

**Soroptimist International Durham  
Newsletter - CONNECT  
January 2021**



Wising each and every one of SID members a:  
safe, healthy, contented, happy, warm and creative NEW YEAR  
ahead



**From the archives of Soroptimist International of Durham**

**Let's start with a smile!**

On 11 December 1979 the Executive Committee noted:

'New Year Dinner: Mr K. Graham and guest to attend the dinner and give us a display of magic.'

*Lively times!! Thank you to Margaret Mc. for this giggle-making contribution.*

**Some Resolutions ..... I will try to:**

- 1 - buy my lottery tickets at a luckier store.**
- 2 - remember Thumper in Bambi, 'If you can't say anything nice, don't say anything at all!'**
- 3 - know that if I can't change things – I can accept them with grace.**
- 4 - read more and definitely before doing all the chores.**
- 5 - enjoy eating five fruit and vegetables every day**
- 6 - remember that sitting is the new smoking – move, move, move!**
- 7 - count my blessing when I'm feeling fed-up.**



Maybe getting outside as much as is safely possible can also be a New Year Resolution for some of us?

This photo was sent to me by Jan C.

Do you know where Jan is taking a breather and who her rather handsome companion may be?

Jan walks about three and a half miles per day with Tia, her sprightly dog.

*Do let Jane K know where YOU are walking with maybe a photo attached – if you have a minute.*

You will find the recipe for this tasty northern ‘delicacy’ on the next page. Maybe try it out and report back? Thanks to the Auckland Project for this recipe.

Recommended: butter, jam, cream or yogurt as accompaniments.



## Bang goes that diet!!!



### Recipe for Singin' Hinnies

#### Serves 8

#### Ingredients

450g plain flour  
1/4 tsp bicarbonate of soda  
1/2 tsp cream of tartar  
1/2 tsp salt  
110g butter  
110g lard  
175g sultanas or raisins  
A little milk  
Oil or butter for frying  
Butter/sugar to serve

#### Equipment

Sieve  
Bowl  
Rolling pin  
Griddle pan or frying pan  
Round scone cutter or knife.

#### Instructions

1. Sift the flour, bicarbonate of soda and cream of tartar into a bowl and mix well.
2. Rub the butter and lard into the dry ingredients using your fingertips.
3. Mix in the salt and sultanas or raisins.
4. Add enough milk to make a firm dough. Then roll out the mixture on a floured surface until it is approximately 1½cm thick. Use a round cutter to make round singing hinnies or use a knife to make triangular shapes.
5. Grease the pan with oil or butter and fry the cakes on a medium heat. Turn them over when they start to brown (approximately 7-8 minutes). You might hear them start to sing at this point!
6. Enjoy your singin' hinnies when they are still warm with a little butter or sugar on top.





Well done to everyone who has been making face masks for others to use as protection against Covid.

These are some of the many that Jan C has made.



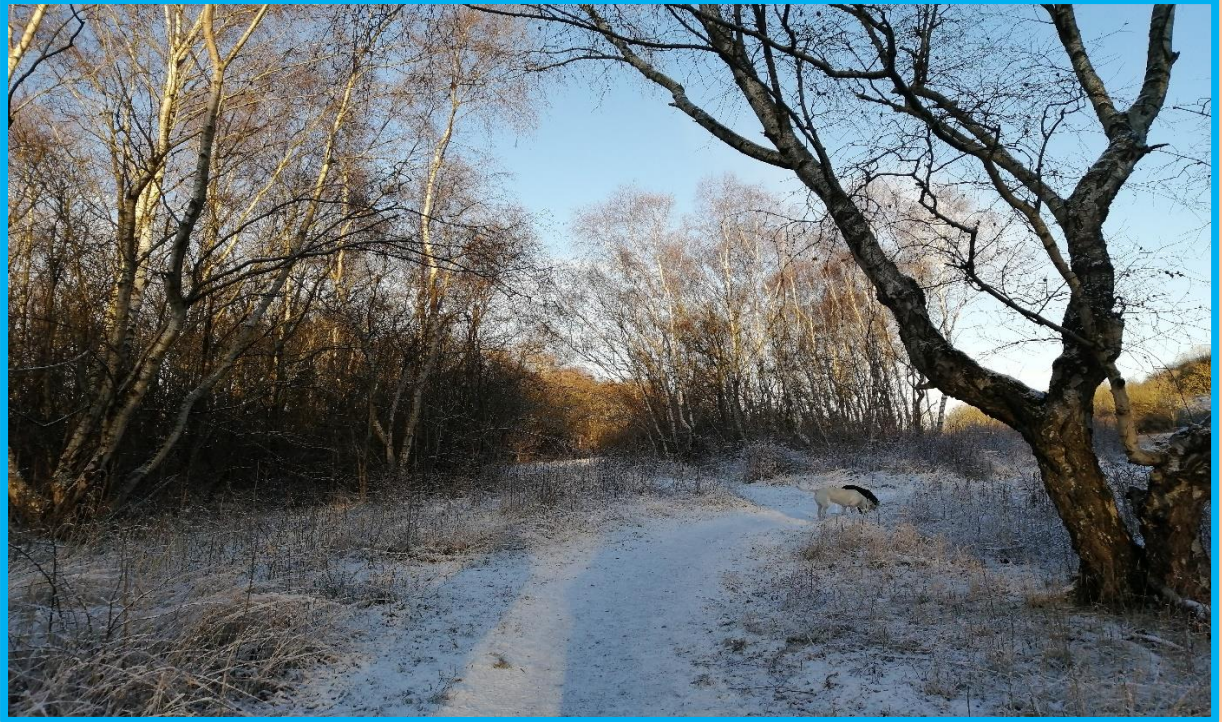
A smile sent in by Jane M







**A photo of a bright winter sky by Jane M**



## **And a winter walk by Sue P**

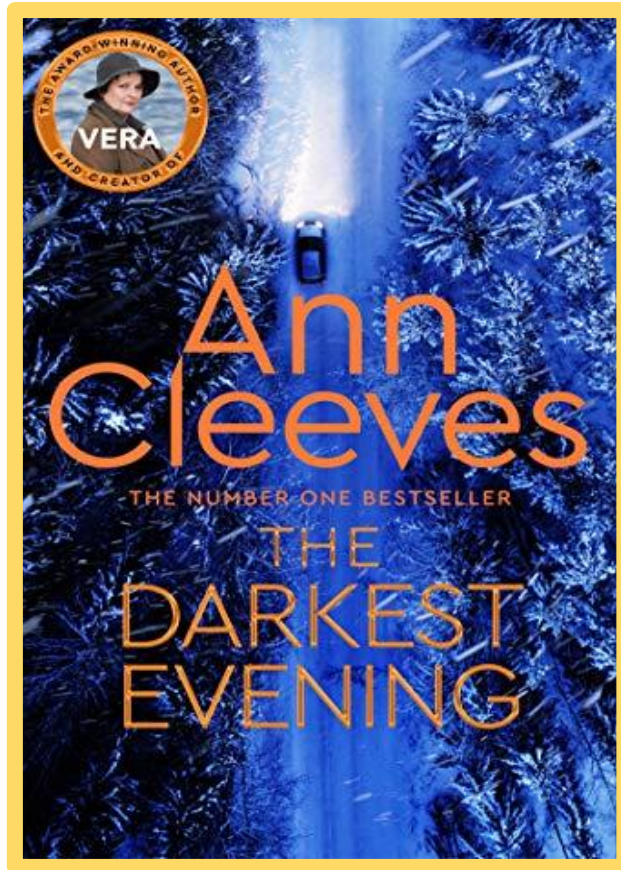
**Book Review by Vyvyenne M of:**

### **'The Darkest Evening' by Ann Cleeves**

This book is the latest in the DCI Vera Stanhope novels. Vera is driving home from work in a blizzard and loses her way. She sees a car at the side of the road with the driver's door open. Vera stops and goes to the car to find a young toddler strapped into a car seat and no sign of the driver. As she's concerned for the child's health, she leaves a note and her business card inside the windscreen and drives on. She arrives at a run-down stately home which was the house where her father grew up. There's a party going on at the house, but outside lying in the snow is the body of a young woman.

Really enjoyed reading this book. It draws you in straightaway and you want to know more about the characters living in the house and village in rural Northumberland, Vera's connection to the family living in the stately home and the reason for the murder. It was well written; the plot is strong and very atmospheric.



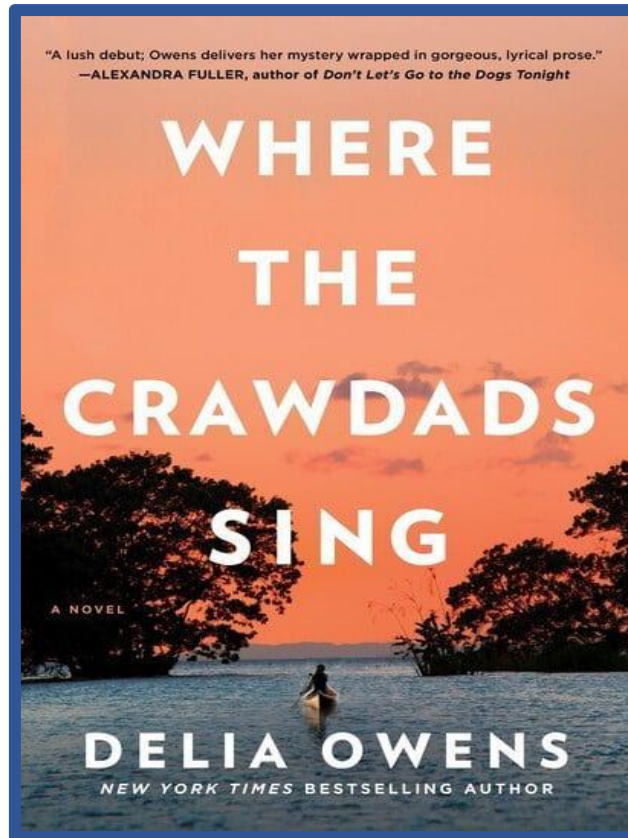


If you like the TV series and/or murder mysteries, you'll probably enjoy this book.

**Book Review by Sue P of:**

**'Where The Crowdad's Sing' by Delia Owens**

I couldn't put this book down. **So** moving. This is Delia Owens first novel and it is brilliant. She is a scientist by training and has previously written non-fiction books regarding her scientific research studying wildlife. Her biography is worth reading.



Where the Crawdads Sing is set in the desolate marshlands of the North Carolina Coast and tells the story of Kya who is sensitive and intelligent. She has survived for years alone in the marsh that she calls home, finding friends in the gulls and lessons in the sand. Then the time comes when she yearns to be touched and loved. When two young men from town become intrigued by her wild beauty, Kya opens herself to a new life - until the unthinkable happens.

*Note: This book has sold four million copies but has had mixed reviews. Why don't you try it for yourself and compare notes with Sue?*

**Who could this young lady be behind the mask?  
What is written on the face mask?  
Where did it come from?**





**It's Gerry H, married to Jerry H, who was kind enough to make some face masks for her. The masks bear the old Soroptimist International logo. The wording says: End Violence Against Woman WELL DONE THAT MAN!!!!**

A lovely, happy photo sent in by Vyvyenne  
Here's hoping that we will be able to share Christmas together *this year!*

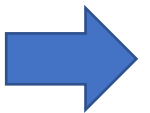


A thought to end!



And finally – If you didn't have time to complete the Human Rights Quiz; the answers are overleaf!

[Human Rights Quiz](#)



**Name: ‘Ooohs, I forgot to do it!’ (If this is your new name, don’t worry! See Below)**

1. In what century was slavery abolished in the UK?

The Slavery Abolition Act 1833 abolished slavery in most British colonies, freeing more than 800,000 enslaved Africans in the Caribbean and S Africa and a small number in Canada. It took effect in August 1834. However: forced labour is any work or service which is exacted from the threat of a penalty and for which the person has not offered themselves voluntarily. It affects millions of people around the world – including children. It is the most extreme form of people exploitation or modern-day slavery.

**Question – Has the west become complacent about today’s reality?**

2. When is ‘forced labour’ theoretically allowed in Britain today?

This can be said to occur in British prisons today – not for ‘normal’ jobs, e.g., cleaners, laundry, kitchens and stores BUT contracted-out labour for large firms. This involves the conscription of prisoners who are made to perform forced labour in our own prisons for rates as low as £3 or £4 a day. Refusal to work or not working efficiently can be punished by solitary confinement or loss of ‘privileges’ – no showers allowed or no phone calls to family. Health and Safety, in prison workshops is often poor resulting in horrendous accidents, especially when there has been little training, prisoners are heavily medicated or have mental health issues. Compensation is extremely unlikely and any disability incurred would mean that the prisoner may not be able to work when released from prison.

**Question – What sort of prison arrangements and best practice would you like to see?**

3. How old do a couple have to be to marry without consent in the UK?

A couple must have parental consent if either party is over the age of 16 but under the age of 18. In Scotland it is legal to get married without parental consent once both parties are over 16.

**Question – Is marriage antiquated and irrelevant in today’s world?**

4. In which year was corporal punishment outlawed in British schools?

Corporal punishment was banned by parliament in 1987. This includes both state schools and private schools receiving any element of public funding. It was not banned in the independent sector until 1999. A number of HT’s from Christian Fellowship Independent schools appealed at length through various courts, for the ability to have delegate authority from parents to physically punish their children should they so wish. The campaigners lost. Interestingly, Poland banned corporal punishment in 1783.

**Question – What do you recommend as the best way to reprimand a child?**



5. Where in the world is it illegal to be lesbian, gay, bisexual or transgender?

It remains illegal to be gay in 70 countries in the world even though it is 30 years since the World Health Service declassified homosexuality as a mental disorder. In 12 countries the death penalty is still used for adult couples who participate in consensual same-sex acts.

Question – Does this concern you?

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I have answered 5 /10 of this Human Rights Quiz. You may like to pick one of the questions and talk about it with your phone buddy. You may prefer to ignore it – no pressure. There are 5 questions left. I will give the answers to these in my next Newsletter; unless one of you would enjoy doing some research.

I may need everyone's help with question number 10!

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6. In which country do workers have by law, to surrender their passports to their employer?

7. Name a country that you believe tortures their own citizens?

8. What is one of the most lucrative businesses in Europe?

9. Do you know the telephone number of The Modern Slavery Helpline UK?

10. In what ways can we all in SI Durham support victims of human trafficking?