Soroptimist International St Albans & District

www.sigbi.org/st-albans

Newsletter November 2020



Letter from the Editor

Friends,

I do hope you are all managing in this strange uncertain world we are in these days. With the days being short of daylight and the evenings starting so early I fancy we are heading for a glum, unsettled time not helped by another lockdown. Let's hope it IS only for 4 weeks!

If anybody wants to chat do please call me, it doesn't have to be for any reason, just a friendly voice. I will be delighted as I am here on my own too and glad of any conversation. I have noted later in this newsletter the group list as a guide.

I have rearranged the charity stuff I do and now work at the St Francis Hospice Charity Shop in Marshallswick which of course has now closed again. They are so friendly it is a joy to be there and I am already missing it enormously. Trouble is, they have so many wonderful items there for sale it is hard not to come home with some sort of goodie that I can't possibly do without!

Thanks to Jane Slatter, our Communications Officer, we are meeting on Zoom. Jane always sends details and I would urge you to join in when you can. Of course it isn't like meeting normally but does keep us in touch.

Don't forget I am always pleased to receive anything you would like to put into the next newsletter. It doesn't matter if it is serious, funny or just interesting, I will be very pleased to hear from you.

Don't forget, as Captain Sir Tom says "Smile at someone and maybe they will smile back!"

May I welcome Louise Marron as a new Member to our Club.

Keep well,

Jean Eaton (Editor)

Groan from Jean....

As I left the reptile house at the zoo I felt something in my pocket. I put my hand in and discovered something with no legs and several teeth. Once I knew what it was, I left it there undisturbed. What was it?



Helen Byrne – President SI London Chilterns Region – theme for 2020/21 "Celebrate the Past, Create the Future"



We are proud that our Helen Byrne is now our new Regional President and I asked her some Questions for this Club Newsletter.

1 How did you hear of our organisation and what made you want to join?

I was introduced to SI St Albans by my friend and Club Member Judy Faraday (now a Member of the Thames Valley Club.) Judy thought I would enjoy it and she was quite right. I had never heard of Soroptimists before and wasn't sure what I was coming to but I was warmly welcomed and very much enjoyed my first visit - carol singing at the station. As I attended a few more meetings, hearing speakers and learning more about what the Club was about, I realised it was just what I was looking for - a lively Club with the opportunity to give back and enjoy the friendship and support of lovely like-minded women.

2 How has it met, or not, those ideals?

It has fully met my expectations. Over the 12 years I have been a Member I have been able to get involved in some amazing projects locally, nationally and internationally - fascinating and very satisfying. I have learned about areas of life I would otherwise never have had any contact with, gained confidence in networking, helped grow the Club and made lots of new friends, both within and outside. Being a Member means I know a lot more about the situation for women both in the U.K. and in other countries and I feel much better placed to discuss and lobby for better opportunities for myself and for other women and girls.
Being a Soroptimist is not without it challenges: we are all busy women and, with an unlimited agenda, it can feel daunting at times. But I have always found friendship and support amongst my Soroptimist sisters and having worked out what mattered most to me amongst the all-embracing agenda and learned to say No when needed. I have had a great time amongst lovely women making an important difference.

3 What was your work and do you use any of those skills now that you are retired?

I am a Librarian by profession and have been lucky enough to use my love of and aptitude in finding and using information from Higher Education to the Royal College of Nursing, from a firm of Chartered Surveyors to Hertfordshire Libraries. Empowering users and staff has been an important element throughout my career something I continue as a Soroptimist. I overcame my own real worries with the introduction of computers in the 1980s to become a regular user and have gone on to use IT increasingly - firstly getting involved in computerisation within libraries , as an IT adviser and trainer and then Installation Manager for a software company, various roles in Herts County Council. My favourite was with Hertfordshire Schools Library Service, a special Service section supporting School librarians using what were then the latest technology - information CDs! Until it closed, Herts SLS was a fantastic and very innovative service. It was lovely to be involved with schools and to work with children's librarians and to find wonderful books for my children. I finished my career working for Hertfordshire Library Service involved in the development of the public computers in the county's libraries. I am proud to have been involved in this much appreciated service and to have been instrumental in encouraging Hertfordshire Libraries into social media and to offer an e-book service.
Overcoming my fear of computers has stood me in good stead and I still love finding and using information which my friends and family appreciate when I put together our travel plans! I still appreciate what I learnt at Herts SLS - I am delighted once again to be looking for children's books for friends and family.

4 Are you looking forward to becoming our Regional President and what are most looking forward to in the role?

I am delighted and humbled to be Regional President especially following Denise who has done such a great job during such a difficult period. I already have some great speakers lined up and with the success of the October AGM on Zoom I am confident Members will be inspired by the Regional mini online conferences over the coming year. I am looking forward to visiting Clubs (even if only on Zoom) so I can promote my Regional Project - Planting trees and then we have the year long Celebration of the founding of Soroptimist International. Yes, it is going to be fun!

5 What is your favourite pastime/hobby? And why?

I love walking and Pilates - they both keep me fit and are a great way to clear my head. I love walking especially and often go out with family and friends as I love being out in nature and sharing the fun with others. I love cultural visits too - art, the theatre and music and have been missing them quite a lot since lockdown. At least I have been able to continue reading!

6 What is your favourite choice of holiday?

Travelling - before the pandemic I used to travel to far away places to explore new countries, meet new people and learn about their history and culture. Since lockdown I have managed a few trips in the U.K. and it has reminded me how much beauty there is at home. As a Member of the Planet Team I am committed to reducing my carbon foot print so my travelling is going to have to change anyway - so watch this space!

7 What, if anything. would you like to change about our Club or see us do? In normal times anyway?

I wouldn't change anything, we are very lucky to have such a friendly, innovative and well organised Club which does such great work locally and beyond. I would love to see us gather lots more Members but Ameeta and Co is doing a great job on that front too!

Thanks Helen and good luck with your new role. Jean



Helen has taken over from our own Denise Powell shown here receiving a floral gift as she handed over to Helen.

A novel fund-raising idea from Denise….



Given that we are unable to do our usual carol singing to raise some funds, we have found a new and innovative way to try and raise cash for our chosen charities,

In association with the Herts Domestic Abuse Helpline we are going to take part in a balloon race - but not just any balloon race.....this one is eco-friendly, completely safe and great fun for everyone.

How does it work? Simple - just go here: https://ecoracing.co/user/page/1066 to buy your balloon (each balloon costs £3 and you can buy as many as you like, either for yourself or as gifts for others). You are then able to choose various things about each balloon, its shape, its thickness - and you can decorate it too. On race day (which for us will be Xmas Day) the 'balloons' are released - from Lapland - and the site uses genuine prevailing weather data to chart the progress of each balloon. The race lasts 7 days, and the balloon that travels the greatest distance is the winner. Please note the race will include participants from a number of causes so we can't guarantee that one of ours will win an overall prize (£500, an Apple iPad and 10 £10 book tokens), but the fun is really in the progress of our cause's balloons, which Denise, as cause owner, will be able to track and provide daily updates on.

The platform takes a cut for running the event, and all net proceeds will be divided between us and the Herts Domestic Abuse Helpline. We will allocate our share to our chosen charities.

Jane will produce some information and email it to you so that can you can share with your friends, family, colleagues.

We know that other Soroptimist Clubs have had great fun with this concept, so please do get behind it, publicise it far and wide among your networks and let's get some funds raised!!! The link is live now.....so what are you waiting for?

Thanks Denise lets all go fly a balloon!!!!!!!!!!!!!!

The Womens' Refuge.

Don't forget when you are shopping to get an extra packet of tea, coffee, shower gel or shampoo. They get through a lot of "Cuppas" and the ladies (and a few gents) do appreciate some toiletries. We also would like to once again give them some Christmas Gifts. These can be toiletries or warm hats and gloves. If they can be wrapped for Christmas with a label from Soroptimist International St Albans but also with a post-it note of what is inside. This gives the management there a clue as to who gets what. We also are now able to give them vouchers which might make your shopping a little easier. If you are able to drop them in to me at 43 Westminster Court that would be great but I am also more than happy to collect anything you want to give. I aim to take all the goodies **latest 10th December.**

They were so grateful for all the bedding and home ware that we gave them for the new house – it helped them to reduce their costs to get up and running which they now are. Of course COVID does give them some problems as, when a lady (or gent) leaves they have to leave the room empty for 3 days before they can clean and then take in another guest. This of course reduces their income at a tricky time all round.

Any questions do please contact me and I will be more than pleased to help.

Again, many many thanks, Jean

From Treasurer Sarah Lichman

I am pleased to tell you that the second batch of Lendwithcare loans have all been repaid and I have reinvested the money. We have lent to a further three groups of women. One group is in Zambia and the other 2 in Malawi. They are mainly in retail including a hairdressing business and fishmonger. These ladies (21 in all) are trying to make a living and support their families in very difficult circumstances made more challenging by the pandemic. This means of course that the loans may be a little riskier. However, I can report that since we started this project in May 2019, we have made 10 loans, helped 129 entrepreneurs who altogether support 409 family Members including orphans. So far (mainly due to currency fluctuations) there has been a net cost to the Club of around £30 I am hopeful that these latest loans will be repaid, and we will be able continue recycling this money. I am proud that we run this project as it fulfils the criteria of enabling empowering and educating women, the Prosperity P in the 5 P's of the UN Sustainability Development Goals (the others are Peace, Planet, People and Partnerships), and I love the way we are able to support so many at such a small cost.
Lendwithcare also offer the opportunity to buy gift vouchers. The recipient can choose the entrepreneur they wish to lend the value of the voucher to, and then have the pleasure of knowing that they have helped to empower people to work their way out of poverty…they can then withdraw the money and spend it on themselves or perhaps choose to reinvest it. A donation and present all in one! There are always people that we find it difficult to buy presents for and I think these vouchers make a unique and inspirational gift . You can find the details on the Lendwithcare website www.lendwithcare.org

Given the current circumstances I must admit that the role of treasurer is not too demanding but reviewing the accounts just now reminded me what a great job we did with the open Zoom Meetings. As well as being successful events themselves we were able to send £145 to the Haemotology Dept at UCL (this was the charity nominated by the 'spice lady') and add £143 to our Herts Rape Crisis fund which now sits at almost £1000. We handed that over on 2nd November.

We do receive occasional payments from easyfundraising (for Soroptimist International St Albans and District) and for cartridge recycling ..but you can all help to increase these amounts by making sure that easyfundraising is enabled when you shop on line and using our envelopes (available from Jean) to recycle print cartridges and please encourage your friends and family to do the same.

Keep well and safe everyone and also busy during the dark evenings!

Thanks Sarah

ZZZZZZZZZZZZ

Did you know that statistics show that just 20 minutes of napping in your day can reduce your burnout?

That's my excuse anyway!!!!! Jean

Report from Helen Byrne on latest Cricket Success



Hertfordshire Ladies win the Inaugural Soroptimist East of England Ladies County Championship Trophy



On a chilly Sunday 27th September Member Helen Byrne attended Knebworth Cricket Club to present the Inaugural Soroptimist East of England Ladies T40 County Championship Trophy.
The presentations were made at the end of the day:

Inaugural Soroptimist County Championship Trophy - Hertfordshire. Kezia Hassall collected the trophy on behalf of Hertfordshire Ladies (see picture on right) Kezia takes over from Amy Price (who is now training to be a PE Teacher at the Univ of Herts) as Captain of the Ladies team for both the T20 and the T40 format games for next season. Success in the Inaugural year of the Championship was very equitable with the Best Batter and Bowler Trophies for the T40 competition going to players from the other 2 Counties – Norfolk and Huntingdonshire (presented at a later date). The T20 competition trophy went to Buckinghamshire
Before the presentation the final two matches of the T20 competition were played between Buckinghamshire and Hertfordshire to decide the T20 (20 over) competition. The matches were close with Hertfordshire in with a chance to win the competition but with Buckinghamshire winning in the morning that gave them the competition. Undeterred Hertfordshire gave it their all in the afternoon, winning well, including a beautiful 50 from Catherine Cirkell. League Co-ordinator Tom Ruxton describes the Championships' first season:
"Overall, especially in these times, I don't think the league could have gone any better (especially for Herts of course) with 4 of the 6 games played between the 4 counties very, very close."
In August the Hertfordshire Ladies team kicked off the Soroptimist East of England County Championship with a 9 wicket win over Huntingdonshire. The following weekend their next game was very tense as Buckinghamshire made a reasonable score of 177 and with Hertfordshire at 79/5, it looked a lost cause, but the girls managed to sneak home by 1 wicket with the last pair managing to get the 7 runs needed to win with an over left.
The team played Norfolk the next day which was a title decider. I didn't think it could be much closer but it was. Herts only made 74 which was in truth a poor batting display for the talent that is in the team. And with Norfolk 31 for 0 the game looked over. But the team came back and Norfolk lost 7 wickets for 12 runs . Norfolk tied the game with 1 wicket left and needed one run but Herts took the wicket so the match was tied. The game went into a Super over which Herts won by 6 runs to 5.
When we started the league we could only have dreamed of a final game like this and it was a fantastic advert for Womens cricket. Even the locals at Harlow were surprised and entertained. They left the mens game they were watching and came over to watch the womens game and want the team to play there more. (They did play another friendly there the following weekend)." Sadly there was no Soroptimist Audrey Collins U14 Girls Trophy this year as there were no Junior competitions at all in Hertfordshire only friendlies. However considering at one point in the season it looked like there wasn't going to be any womens and girls cricket at all because of the pandemic it has been a pretty good season. Thanks to everyone who made it possible.
For more images please see the website: www.sigbi.org/st-albans/2020/cricket-20

Thanks to Helen Byrne for making this happen and to Audrey Collins for leaving us the facility.

Virtual Meetings and Club News Since the Last Newsletter

24th August We had a virtual Club outing to Kenya to visit International Peace Initiatives that we have been supporting for a few years including by selling jewellery made by the ladies in Meru. The founder, Dr Karambu Ringera, who many of us have met, told us about the wonderful work done at the Kithoka Amani Childrens Home.

14th September We had a "healthy" Top to Toe evening . Our Member Sarah Lichman (recently retired as an Optometrist explained how our eyes work and what to "look" out for. Ameeta Sabharwal a Chiropodist told us how to look after our feet and in between our own Bev Keech helped us breathe properly. We all felt quite relaxed in in charge of our bodies by the end. A great evening of what we all need.

28th September Mandy McNeill was working in New York and about to go into the Twin Towers on 9th November 2001. She wondered why everybody was turned away then saw to her horror the rest of the destruction. What a lucky escape but memories that cannot be erased.

8th October Helen and Jane helped to hand in a lobbying letter, Helen says "As a non-political organisation working to transform the lives of women and girls we are fully supportive of Build Back Better's aims. We are only too aware that the pandemic has made existing inequalities even starker, revealed the frailty caused by the lack of adequate funding for health and social care and as always has hit the vulnerable most. We are hopeful that the opportunities for the positive change needed to achieve climate targets can be taken but as you outline this will only be achieved through major investment and a financial structure which supports everyone. On behalf of the Club I can confirm that we would be very happy to be a signatory to the open letter to Daisy Cooper." The letter was signed by more than 20 local organisations urging Daisy Cooper MP to write to the Chancellor and the Prime Minister, and imploring them to consider a fair and sustainable recovery from the COVID-19 crisis.



In the pic we see Kate Swindells back left and Helen back right, Chris Allen from Build Back Better St Albans handing the letter to St Albans MP Daisy Cooper (Jane took the photo).

12th October We heard from our own Liz Tillett who spoke of some of her time at the United Nations. She explained some of the complexity of our political system and why changes are so difficult.



26thOctober we had a Spoken Word Event with Sovel Cunningham called "Just being me" Sovel is a lovely poet (pictured right) and we had a charmingly gentle evening bringing pieces of nature with us to share. Do look at the web site to see some of Sovel's poetry.

2nd November Over a Zoom "cuppa" we heard from Cathy Freeman from Herts Rape Crisis about the work they do. Last year while Kat Clark was our President we raised funds for this charity and were pleased to hand over £1000.

9th November we were honoured to have as guest our new SIGBI President who is a Member of our Region. Johanna Raffan MBE. Johanna told something about herself, her interesting career and her hopes for her year as our President.

For more detail click here www.sigbi.org/st-albans/category/club-news and just scroll through.

Friendship Links

Muenster Germany



I have recently heard from Sylvia in Munster that they are back in lockdown and can now only meet in house with a max of 10 but only two households. This of course makes family gatherings very difficult. Sylvia and Axel had been in Calabria in Italy (my favourite part of Italy!) but were horrified at the quietness of the airport on their return. Their Club had been meeting in person during October but now will be back to Zoom. Pic is when Munster Club visited us in 2012 – all enjoying a lovely meal out. They also joined us for our 60th anniversary in 2017. Jean

Chico California

Margaret, who has visited our Club on several occasions and lives at Paradise where they those terrible fires a couple of years ago tells me that the fires were close again but luckily they have been safe in their own home this time. They are keeping busy but awaiting another lockdown, who knows?? Their Club at Chico keeps going with Zoom.
Jean

Seychelles

Our newest friendship link keeps busy – October has been Breast Cancer awareness month



The photo is from their recent annual Cancer Beach Walk. Due to Covid-19, only Club Members and close partners took part The aim was to raise awareness on the importance of being tested for cancer, show support and solidarity to the people and families suffering from cancer and raise funds for projects relating to cancer. Their main project is the oncology ward at the Seychelles Hospital where they have renovated and furnished the ward to make the patients' time more comfortable while awaiting treatment. The ongoing fundraising is to upkeep the ward, and plan for the hospital to have a separate ward for cancer patients to stay overnight for treatment.

Two of their Members have recently become Government Ministers so I sent then a message of congratulations on behalf of the Club. I received a lovely reply from them – which is here (slightly edited). Jane

Good Day to our Sisters at St. Albans Club
We thank you for your message and kind words and shall gladly pass on your congratulatory wishes to the two Soroptimist now in high office. We are all very proud of Rose-Marie and Peggy and know that they will do a good job serving our country and working towards bringing about the changes needed.
We also appreciate your interest in our Club's work and assure you that this is mutual.
We know that all of you are back in lockdown and our thoughts are with you. Stuck in the house again cannot be easy, especially now that the days have gone colder and shorter and night falls early. We count ourselves so fortunate that here we have been spared community spread of the virus so far and with the eternal tropical sun shining we are able to enjoy the outdoors. We are however careful and with many of us in the elderly bracket we take precautions. Meetings and especially social gatherings have become fewer. We would now be planning for our Christmas Gala but this year it will be a small affair only.
There will be better times again. We have to believe in that and such an outlook helps us when it all gets to us. Stay safe and well!
With warmest regards and greetings from
Angelika Maurel with Cecile Hodoul on behalf of our Club

In this second lock down it is important to look after our own. Do give a call to anybody in your group, or not in your group if you think they are on their own. Jane has reissued the group lists but to remind you:-

Group 1 - Harpenden
Judith Kenyon
Diana Kingham
Denise Powell
Becca Powell (linked)
Linda Shall
Liz Tillett (Gustard Wood - but near enough to Harpenden)
Joan Williams

Group 2 - St Albans
Janet Audley-Charles
Helen Byrne
Jean Eaton
Sarah Lichman
Barbara Saunders

Group 3 - St Albans
Katherine Clark
Bev Keech
Mary Moran
Janet Tansley

Group 4 (no-one currently)

Group 5 - St Albans
Patsy Cann
Catherine Moore
Madeline Skinner
Debbie Tankard

Group 6 - (Soroptimist Outliers WhatsApp Group)
Ann Beatty (High Barnet)
Ameeta Sabharwal (Radlett)
Jane Slatter (Watford)
Pamela Rochford (Welwyn Garden City)
Louise Marron (new Member - Hatfield)
Lindsey Brett (was a Soroptimist before she moved to Berkhamsted and may join in the new year)
Vathsala Ramamurthy (Berkhamsted)
Alyson Walker (linked - Exmouth)

As your welfare officer I do try to ring those Members I know are on their own but if you are aware of anybody I might have missed or who are needing a call do please let me know. If I don't know, I cant do anything. I can only have a chat but it can help – I know it helps me.

Or, write a postcard to someone you haven't seen in a while.

Jean

Our Planet – make a difference.

Planting acorns to grow mighty oaks - why not have some fun?



October is a time when acorns are dropping and so now is a great time to visit your local wood, perhaps with your grandchildren, to experience the miracle of trees. Use this tree guide to help you identify the trees you find.
www.treegrowing.tcv.org.uk/identify

Or you could go a step further and collect some acorns or other seeds to plant and nurture into seedlings for planting out.

If you are looking for acorns choose ones which haven't been nibbled by insects - they should be in good condition if the caps come off easily. This leaflet from the Woodland Trust is a really helpful guide to planting acorns and nurturing them into oak saplings.
www.nationalforest.org/get-involved/grow-tree-seed
Bear in mind that oaks are slow growing so will take up to two or three years to produce a sapling strong enough to be planted out.

If you are thinking of collecting seeds from other tree varieties take a look at this guidance from the Conservation Volunteers to find out how to grow them successfully. Only choose native tree varieties.
www.treegrowing.tcv.org.uk/grow

If you decide to plant acorns, or any other tree seeds, or indeed if you have any self-seeded tree saplings already in your garden please let me know so the Planet Team can source a planting location for you.

With the climate crisis the need for planting trees could not be greater. We are being urged to do so from all sides and SIGBI and SI are challenging us to get on board the Centenary Project #Plant Trees for a Brilliant Future. So why not have some fun and then share your story on the SI Centenary Project website
www.sigbi.org/soroptimistcentenary2021/a-brilliant/planting-trees-for-a-brilliant-future/

Meanwhile, the Planet Team are investigating local tree planting opportunities with St Albans Friends of the Earth and through them with St Albans City and District Council. We will be reporting back to Club soon.

Enjoy yourselves! Helen Byrne, Planet Team Email: helenbsorop@yahoo.co.uk

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Don't forget - SIGBI Benevolent Fund

The Benevolent Fund is a confidential fund available to ease financial difficulties for those who apply.

The Fund can give a quarterly payment to help cover outgoings or a one-off payment to help cover an unexpected item. Discretionary help may be considered for such items as utility bills, telephone bills, essential living expenses or house maintenance.
Any Soroptimist who has been a Member for 3 years or more, living in the UK including the Channel Islands and the Isle of Man and the Republic of Ireland can apply. Support is given subject to simple confidential financial checks.
How to apply ? If a Member would like to apply, contact Rita who will talk through the application process.

Rita Beaumont – Regional Trustee Email r.beaumont3@ntlworld.com
Phone 01234 401475 Mobile 07764511006

Dates for your diaries - we do not know when we will next be actually meeting, but I do have some dates for you. Do check your emails and the web site as things can change!!!
www.sigbi.org/st-albans/club-programme

From September to December our "Double Act" Presidents are Denise Powell and Ameeta Sabharwal And January to April will be Barbara Saunders and Jane Slatter. Barbara will be our new President starting April next year – perhaps we will be meeting again by then !!!!!!

2020
21st SIGBI November Tree Planting Webinar 14.30-15.30 – ask Helen or Jane for the link to join.
23rd November Zoom Club event – film and Q&A about **Domestic Abuse in the Traveller Community –** you need to book please **www.sigbi.org/st-albans/2020/16days**
12th December Region Human Rights Day by Zoom 10-1 – book now - www.sigbi.org/london-chilterns/2020/11/09/hr-day-2020
14th December Zoom Club Christmas Cheers at 7.30pm!

2021
11th January Club Meeting Post Christmas catch up and feedback from HR Day and our launch of the 100th anniversary year for Soroptimist International.
23rd January Online Fundraising Quiz Night – postponed from last March – details will be out soon
7th March Women of the World celebration on the SouthBank – watch for details
13th March Regional Meeting
12th June Regional Meeting at Milton Keynes
9th October Regional Meeting and AGM at Lancaster Hall Hotel London
28th to 30th October SIGBI Conference Llandudno www.sigbi.org/llandudno2021

All Zoom details will be sent in due course.

For more information do look at our website **www.sigbi.org/st-albans/club-programme**

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Changes to contact details: Please don't forget to always let Denise Powell or Sarah Lichman know if you change your **telephone number or address** and **Jane Slatter** for your **email address**, so that we can keep our records straight. Denise will update the Contact Sheet, Jane the email list and Sarah will advise SIGBI (if you haven't already done it) on your on-line SIGBI Membership record.





Don't forget.....*To hang on to your your milk bottle tops, used postage stamps or broken jewellery. Also your gently worn bras and packs of new pants as we hope in to send to Smalls for All again soon. Bring them along to Club when we next meet. All go to a good cause. The milk bottle tops go to Lush so if you are passing one of their shops perhaps you can take them in there if you are running out of places to store them.*

Any packets of tea, jars coffee, shower gels or shampoo also bring along for me to take to the Refuge, You can deliver to my address or ask me to collect.
Any Christmas gift you can give for the ladies at the Refuge wrapped as described earlier in this letter.

*Also don't forget that when you are putting in a new **ink cartridge** into your printer that you send the old one to Recycle4Charity. Just use one of the envelopes, pop the old cartridge into it, seal and post. That's all you have to do.*
Each time you do so some money will drop into our bank account and will go to the Womens' Refuge. This ticks two of our boxes, Recycling and helping the Womens Refuge.
If you want any more envelopes please just let me know and I will get some to you, thanks, Jean

Groan from Jean solution ***A comb!!*** ***Sorry……***

Note from the Editor

The next newsletter will be in February so if you have anything you would like to put in, please send it to me, no need to wait until then, get it off your desk on to mine and I will make sure it is included. Perhaps you would rather deliver your "life talk" in writing rather than present it verbally, have an interesting story to share with us, a comment about the Club or a particular item you would like to air or an interesting holiday story. Perhaps you have some "tales of the epidemic". Tell us if you have a favourite famous woman in business, art, history, music, and I am sure you all know SOMEONE!!!

If you have any news of Members - be it yourself or another Member (with their permission of course) that you think we would like to share do please let me know.

Maybe you might like to do a "Letter to the Editor" with any comments about our Club - could be a new section! Perhaps some ideas for things we can do when we get back to whatever the new normal is.

I look forward to hearing from you, Jean



If you want any further information on anything do look at the website
www.sigbi.org/st-albans

Jean Eaton *jean.eaton43@gmail.com*

As part of General Data Protection Regulation please advise if you don't want to be contacted by us in the future.