CWU

CWU WSEC NEWSLETTER

CWU EDUCATION & TRAINING
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-Learning: Where & When YOU Want It

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The communications union

Introduction:

Happy New Year, 2018 wow! How the time whizzes by. I hope that your New Years Resolutions are still in place. So the WSEC, is us. Women of the South East Central..

2018 is the year of the Woman. Celeb Big Brother respecting this by only having female contestants. Well for the first week anyway. 100 years since women got the right to vote, too.

Predictions for 2018, include it will be the year where drones will be used to deliver postal items and help with law enforcement.
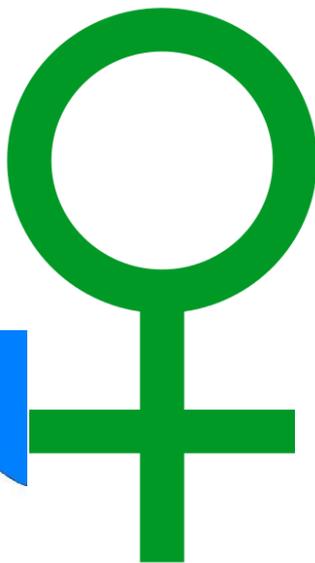
Also 2018 will be a year of political turmoil and environmental crisis caused by dramatic and unprecedented weather.

If you haven't visited the CWU education pages you are missing out !!

THE YEAR OF THE WSEC

Make double of this essential pasta sauce and freeze half for a rainy day

DAILY MIRROR
WOMEN WIN RIGHT TO VOTE IN SUFFRAGETTE VICTORY
19th Amendment Ratified!

ingredients
Low calorie cooking spray
500g 5% or less minced beef
1 onion, roughly chopped
1 large carrot, peeled and diced
3 celery sticks, roughly chopped
4 garlic cloves, roughly chopped
400g can chopped tomatoes
4 tbsp tomato purée
500g passata
1 tsp dried mixed herbs
Salt and freshly ground black pepper
Small handful of finely chopped fresh parsley, to garnish

method
Spray a large non-stick frying pan with low calorie cooking spray and place over a high heat
Add the Quorn and stir-fry for 2 minutes or until browned, then add the onion, carrot, celery and garlic and stir-fry for 1 minute
Add the chopped tomatoes, tomato purée, passata and dried herbs, season well and cook over a medium heat for 12-15 minutes, stirring occasionally.
Stir the Bolognese into your favourite pasta and serve hot, with parsley scattered over.

Heya, wanna some ice cream?

Naah, I'm cool.

AGM

Lets have a female presence at the AGM this year. Come along and get involved, or just observe and be nosey or noisey, or both!! ☺

☺   This is "YOUR" Union.

South East Central Branch

Annual General Meeting

Preston Park Hotel

216 Preston road Brighton

BN1 6UU 21.02.18 7.30pm

   CWU SEC Noticeboard

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