



# North Yorkshire West Federation News

**January  
2021**

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**theWI**  
INSPIRING WOMEN

## ***Sticking together and finding support***



***Through  
uncertain  
times***

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**Office Closed:** Until January  
2021. For the best phone numbers  
for available contacts, please see  
**page 2.**

9.30am –12pm & 1–3pm  
Find us on Twitter & Facebook  
NYWFWI Charity Reg. No. 513934

### **Important Notice**

Due to the reduced hours of the secretary position, the trustees agreed to share this workload until 2021 when a further review will be taken before advertising and appointing a replacement secretary.

This now means if you require help from the federation you need to telephone, between 9.30am – 3.30pm

Monday, Heather- 07973381320

Tuesday, Liz, - 07779 737953

Wednesday, **Office closed**

Thursday, Anne - 07792348223

Friday, Liz—07779 737953

Or contact us via email:

Julie: [j-a-clarke@hotmail.co.uk](mailto:j-a-clarke@hotmail.co.uk)

Pauline: [Pauline.bowman@icloud.com](mailto:Pauline.bowman@icloud.com)

And we will all do our best to answer your queries.

## **Resolutions - Don't forget to Have your Say!**

**Check out the 2021 Resolutions on pages 22 to 25 of the December addition of WI Life.**

**Asking all WI's to collect your members votes then send the results to the Federation.**

Make sure your committee knows which of the 5 resolutions you wish to vote for so the results of your vote can be forward to Liz Whapples Chair of Public Affairs Committee by the **16<sup>th</sup> January 2021**. Email [liz.whapples@gmail.com](mailto:liz.whapples@gmail.com) or post to the Office , Alma House, Low St Agnesgate, Ripon, HG4 1G

The total results of our members will be collated and sent to National and we should hear by mid February which Resolution has been selected to go forward to the Annual Meeting in April.

## Chairman's Update

*by Julie Clarke (j-a-clarke@hotmail.co.uk)*



I wonder what 2021 will have in store for our organisation, let us hope we can return to greater freedom with meetings and events both at Institute and federation. Even though there is now the possibility of vaccinations, how quickly will they be administered to all allowing our lives to return to normal allowing us to enjoy the fun and friendship and all the opportunities the WI offers.

My concerns are the longer the federation is unable to offer events and workshops, our finances continue to become depleted. I thank all members and Institutes who have given us financial support but the longer this continues we could certainly find ourselves in an extremely difficult position. It would be marvellous if, like Sir Captain Tom, we could think of a challenge which could be sponsored to give financial support to the federation. So, I am asking if anybody has a bright idea on how this could be achieved! Please share your ideas with me, as it could turn out to be a financial life saver.

I hope many of you have enjoyed the Zoom presentations which Judith and Hazel prepare as currently this is where our only income is generated. If you haven't, then why not sign up for one as there is a wide range of topics in the hope something will tempt you. If you are unsure of how to Zoom then just send Hazel an email [web.nwyorkswi@yahoo.co.uk](mailto:web.nwyorkswi@yahoo.co.uk) she will only be too willing to help. Many members have told me after help from Hazel just how simple and easy it is once you know how.

Because of the office situation we found ourselves in last year, the renewals of the 200 Club did not get sent out as normal. By now all Institutes will have been contacted and hopefully all the renewals have come to Liz who is taking charge of this for us. Why not encourage others to have a go, you know it's open to friends and family as well, as the money generated for this not only pays out £30/£20/£10 in 10 months but we have 2 special draws £100/£50/£25 per year. The surplus is then used as our training budget, and we really need to train another Adviser, who has been assisting the present team and this costs the Federation approximately £400.

I hope by now we will have received information from National regarding the Annual Meeting on 19th April in the Albert Hall as I'm sure our allocation of tickets will be restricted, then the Institutes who are eligible to send a delegate will be informed.



As you know, the delegate normally votes on your behalf on the resolution so I hope you have all had the opportunity to select a resolution and returned the result before 16th January to Liz email [liz.whapples@gmail.com](mailto:liz.whapples@gmail.com). They will then be collated and the results sent to National. Because of the tight time scale this year, the delegate attending the Annual meeting will hear the speakers for and against the selected resolution, will give a report to the Institutes they are representing, then the members will vote returning the result by the 5th July. I understand we will be informed of the result in the August mailing to Institutes and in the September edition of WI Life.

Within this newsletter you will find three projects National have instigated; Elizabeth Bell, Crafts with Chelsea Collage of Art, and the design of the Royal Greeting Card. I'm encouraging you to have a go – let's put North Yorkshire on the map with some winning entries!

Lastly, I wish you all good health and keep safe and hope we can meet again face to face to enjoy the WI as we knew it prior to the pandemic.

Julie

## Reports from Committees

### Arts and Leisure

by Heather Stoney ([hjstoney48@gmail.com](mailto:hjstoney48@gmail.com))

Here we are 2021, I am sure like myself it always seemed way in the distance and have used it as a beacon of light and hope. We are still in very strange times and life is not going to be normal as we have always known it.

But WI ladies have always been recognised for their resilience and steadfastness in difficult times, we have to now look at ways of coping with the “new normal” this is not a phrase I like but sadly one we find ourselves increasingly using.

Large gatherings are going to be on hold for a few more months I fear, so let us all start to think outside the box now, we are all very good at that.

The way forward is going to be in the summer months more outdoor activities and smaller events - don't worry I am not going to ask you to run a marathon!! But there are plenty of events that can be held outside, at least it would mean we could start to meet up again and have social interaction - watch this space!

*“Stay positive and the ups will be more frequent than the downs.”*

One of my granddaughters made me a sheet of positivity, and this is one of the quotes, for 2021 we have to aim to get the fun and friendship back into all our lives, keeping to the rules, of course.



## Treasurer's Report

by Pauline Bowman ([pauline.bowman@icloud.com](mailto:pauline.bowman@icloud.com))



**Any queries on anything to do with WI Finance, don't hesitate to contact me directly on my personal email above, or [nywfwf.treasurer@btconnect.com](mailto:nywfwf.treasurer@btconnect.com). Whichever way your query reaches me, I am always happy to help.**

### **Treasurer's Challenge**

The Federation is suffering financially like any other business during this pandemic. Covid 19 has hit our funds hard and the Board of Trustees are looking at every possible way we can to raise additional funds. We have been running Zoom sessions every month, with limited take up, but we are hopeful this will improve. We have applied for grants where applicable, but those successful albeit gratefully received, don't go anywhere near resolving our shortfall. We have looked at every possible means of cost savings and again we are working on the assumption that every little helps. Some members and WIs have been extremely kind and donated money to help but the deficit continues to grow. Without the opportunities to run events and workshops we have no way of raising any money.

### **We need your help!**

We want to ask you to help whilst there being some reward to yourselves. The chance to win money for your W.I. every month. My challenge to all WIs is to purchase one 200 club ticket for every institute. Some WIs already have a 200 club ticket but some do not. So even if you already have a ticket, I am hoping you will buy another. If every W.I. buys just one ticket then that will raise almost a £1,000 to help us balance the books. Please complete the attached 200 Club application form and send with your cheque for £10 to NYWFWI and post to Alma House.



## **Send a report to Federation News**

If you attend a Federation or National event and would like to submit a report and pictures, please email [nywfnews@gmail.com](mailto:nywfnews@gmail.com). Don't forget to include your name and your WI name, along with pictures attached as jpeg files (NOT pasted into your report). Reports should usually be no more than 300 words, and may be edited for publication.

## Public Affairs

by Liz Whapples ([liz.whapples@gmail.com](mailto:liz.whapples@gmail.com))



With Christmas over for another year I wonder how we are all feeling. January is never an easy month therefore it is even more important that we think about each other. There are, of course, many of our members who may have had an enjoyable family Christmas, but some of our members who appear to be coping well and supporting others need to feel that they are also being supported and appreciated.

I am well aware that some of you feel that Resolutions very often get lost as far as their effectiveness is concerned, however history has proved that we as an organisation have actually had a huge influence in some areas and have been in the forefront of beneficial change.

Alongside previous Resolutions let us not forget our commitment to supporting those with mental health issues which under the present circumstances are certainly not becoming less of a problem. The other pressing Resolution is in connection with Violence towards Women. Over the last few months this has actually increased massively and organisations that help these people are finding it increasingly difficult to fund their facilities. These two disturbing and worrying issues could even become part of your WI focus during the first part of January 2021 but it may be that you have already done something to help already.

The other area of previous Resolutions is the Food Waste issue. I know that many of you are already supporting your local food banks but as well as food toiletries and sanitary products are just as important for families, we all know the cost of these items and this may be an area where we as a women's organisation can really make a difference – think about it!

One final area which we as individuals can make a difference is looking at our own buying power as gifts for others or for ourselves. Ask ourselves, do we really need that new top or pair of shoes? The other area which we can help with is just how many times do we need to wash an item perhaps instead of putting it into the machine after every wear, wear it one more time or perhaps even more than twice.

Finally, I know that many of us are trying to cut down on the amount of plastic we use. Do we still buy water in bottles? Have you purchased a bottle of your own to put tap water in? Do you have a reusable cup?

You may not necessarily agree with all the things I have written about but hopefully some of these issues may be something you feel are relevant to you.

This is the start of New Year let's see how much we can make a difference.

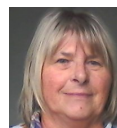
## Craft & Home Economics

*by Judith Stansfield (judstass@gmail.com)*

It seems a long time since we were able to hold face-to-face courses at Alma House, but are glad that some of you have been able to join us on Zoom for Fun or the Denman Online craft courses. It looks like this will still be the pattern for a few months to come. It would be good to hear what are your preferred times for these courses - we can never suit everyone! Some individual WIs have 'bitten the bullet' and arranged sessions for their own members, which is great to hear. We have some more craft courses planned but would like to hear of any successful ones that you can recommend and any good suggestions for future courses. We have had several requests for suggestions for Zoom speakers for individual WIs and have compiled a list of some suggestions, that you can find on our website (see page 14 for details).

## Membership Support

*by Sue Armstrong (smea48@yahoo.co.uk)*



As I write this piece at the end of November, we have just heard that we have to have our Annual meetings by the 31st December, if we haven't had them. I do hope you have all managed to accomplish this and thank you for doing so. You will need to send your Annual report forms to Alma House as soon as possible. Here we are in 2021! I hope that we all were able to see our families over Christmas and have some sort of normality, with the hope of vaccination being available for the New Year on the horizon. Then we can get back to our WI lives doing what we love to do, meeting our friends and getting involved in all sort of things. Don't forget to get your votes to Liz for the resolutions this year is the year to give the record number of votes in and a great breakdown of the resolutions in the WI life. We have endured a very challenging time and we know we need to look at how can we increase our membership; what have we been doing over the last few months that has worked for our members and can this be brought out to others in our community? From wildflower gardens to climate change we have such a diverse number of activities that can get others involved. Let's see how this can move us forward. We will be doing our workshops for Treasurers, Presidents, and Secretaries and one also for our members to see what you want to get out of your WI, as soon we can meet up again. Meanwhile if you have anything that concerns you or your unsure of please get in touch. We are here to help you and your WI.

## **Zoom** In for Fun

by Judith Stansfield (judstass@gmail.com)



It is time to share information on your January Zoom sessions! These are £5.00 each, except for the two new Chat and Coffee sessions which are *free*. They provide an opportunity to have a chat with a trustee and other members with a suggested initial topic, but can develop into a general chat.

<https://yorkshire-north-west.thewi.org.uk/nyw-zoom-along>

Wednesday January 6th 2pm: **Chat and Coffee - Playground Games** (free)

Join us for a friendly chat and memories of games you used to play in the playground.



Monday 11th January, 7pm: **Wedding in Istanbul** Hear about Sally Mabey 's wedding with a difference.

Thursday 14th January, 7pm: **Managing the media during the Dr Shipman investigation.** Sarah Kelly reveals what went on.

Monday January 18th 7pm: **Chat and Coffee - Family sayings** (free)

Join us for a friendly chat and let us hear about your family wisdom.



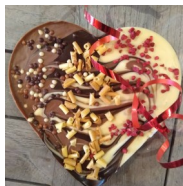
Tuesday 19th January 7pm: **Winter Warmers.** Join Elizabeth Fawcett to learn about tasty warm food for cold weather.



Thursday 21st January, 7pm: **Spoons Workshop,** Pick up some spoons and make music with Jo May.

Wednesday 27th January, 7pm: **Women's Euro-Arabian**

**North Pole Expedition,** Misba Khan talks about this exciting expedition.



Saturday 30th January, 10.30am: **Chocolates for Valentines Demo** Jane Napper will tickle your palette and show how fancy chocolates are made - it's Saturday, so why not bring along your children or grandchildren?

## Why not have a Go?

As the winter nights start to draw in, I am delighted to share with you details of new and exciting activities sent from National for WI members to get involved in. It would be wonderful if entries from North Yorkshire West were selected as a winning entry, so why not have a go.



### **Design the Queen's Birthday Card**

Using calligraphy skills, WI members are invited to submit a piece of work, on behalf of the Women's Institute, to celebrate the Queen's Birthday. Work can be presented in any Calligraphy style, using any form of writing instrument associated with the art of Calligraphy. Members are invited to be as creative as they wish, using a single or various Calligraphy techniques, colours and ink. The attached document contains details of guidelines and closing date, which members must follow when submitting their finished piece of work.

### **Crafting with the Chelsea College of Arts**

Are you passionate about art and design? Are you skilled in weave, print, knit, stitch or embroidery? Would you like to team up with some of the UK's most experimental textile designers to create work which brings together the craft, expertise and heritage of the WI with contemporary design? Chelsea College of Arts, in partnership with the NFWI, are looking for skilled and forward-thinking craftswomen of the WI to take part in a project with BA Textile Design students, that will encourage skill-sharing, communication and creativity.

### **Elizabeth Bell Challenge 2021/2022**

Running from January – December 2021, WIs are invited to compose a record demonstrating how their members have worked together to engage and support one-another throughout the year; offering opportunities that have united their members, as well as successfully marketing the WI to increase their membership. All members of the WI are encouraged to take part and contribute; from organising activities, photography, managing and writing the record(s), to designing and formatting the final entry. We want WIs to work together as a team and create a piece of work which proudly demonstrates the up's and down's of a year in the WI, as well as recognising the inspirational achievement made by all members that will go towards safeguarding another 100 years of the WI.

*All these documents will be available to download from My WI:*

- Elizabeth Bell Schedule and Entry Forms
- Queens Card Guidelines
- Chelsea College Project Advert and Application

## Around the Federation

### **Why Malham WI needs to support the 'No more violence campaign: 16 days of action'**

*By Malham WI*

In 1975, the national WI campaigned on 'Supporting Survivors of Domestic Abuse'. The issue was as real then as it is now. Back then, the WI said that every county should have its own refuge. This was so that women (and their children) could escape to somewhere that was local to where they knew, and that children could continue at their local school if at all possible, depending on how safe they would be.

Fast forward to 2020, we are experiencing the consequences of the Covid 19 pandemic and the calls to Domestic Abuse hotlines in some areas have quadrupled as women have been unable to escape their abusive partners due to lockdown measures. Malham is located in the Craven District, part of North Yorkshire and the local referrals into our nearest domestic abuse services are telling.

Apr 2019 – Mar 2020 = 251 Referrals into Craven & Harrogate services

Apr 2020 – 11th November 2020 = 295 Referrals into Craven & Harrogate services

Malham WI is in its 90th year, it may be small, and located in a small village in rural North Yorkshire but many of its members lives have been deeply affected by Domestic Abuse – through personal experience, our children, siblings or friends.

So we decided we should try and make a difference and support the No More Violence Against Women Campaign and not just for 16 days of action but throughout the coming year.

Despite only being able to meet through Zoom in 2020, we planned that we would start our commitment to the campaign by tying white ribbons around trees in Malham village on Wednesday 25th November to highlight the continued need to speak out against violence against women. The white ribbons will have a label on to say this is the work of Malham WI and also if you were reading the label and were experiencing domestic abuse, the local helpline number you could ring for support.





Many of the women and children just turn up at refuges with just the clothes they are standing in so as not to arouse suspicion from the perpetrator on the day they leave the family home. Women are encouraged to keep a bag of essentials at say a trusted friend's house but for many that's simply not possible if they are being controlled by their abuser.

Contact has been made with our nearest women's refuge in Harrogate where Malham WI have offered ongoing practical support and in discussion with the Refuge Manager we identified that the important items were toiletry

packs for adults and children; underwear; sleeping clothes; support for pets who had to be rehomed; money for basics; new bedding and towels. Some of us have also started to undergo training so we can become volunteers, maybe IDAS champions or provide other more practical help. Members who don't send Christmas Cards this year will be encouraged to donate the money they would have spent, to the Refuge, so that women who are being resettled can have a few pounds in their pockets to spend on things they need to make their lives more comfortable for them and any children.

Our WI Members have already begun collecting toiletries and bedding for these vulnerable women and any children they may have. We will also have key speakers in the coming member programme (probably on Zoom!) to talk about Domestic Abuse and the work of the Refuge and also on Domestic Homicide reviews.

If you need support in dealing with Domestic Abuse in North Yorkshire and Barnsley contact the IDAS (Independent Domestic Abuse Services) Helpline on 03000 110 110.

**Malham WI's efforts have been recognised in the Craven Herald, which you can read more on here:**

[www.cravenherald.co.uk/news/18893791.malham-wis-white-ribbons-will-show-groups-support-domestic-violence/](http://www.cravenherald.co.uk/news/18893791.malham-wis-white-ribbons-will-show-groups-support-domestic-violence/)



## Christmas Goody Bags

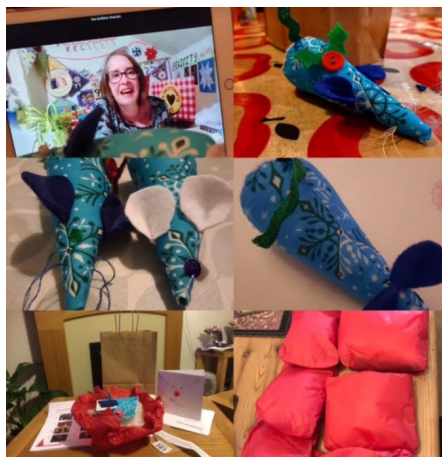
Whilst most WIs have not been able to meet up for months, it has not stopped their committees from pulling out all the stops to bring a little comfort and joy to their members, to make this miserable year a bit more enjoyable. Here are three of many that have been provided.



Felicity from **Spa Sweethearts WI** is incredibly proud of how they have responded to this difficult year. She says 'We embraced Zoom early on and have delivered as near to the programme we promised as we could. This is all down to a lot of work from the committee. We have been constantly mindful of reaching out to everyone. Sending postcards and offering to support members to get the most out of their membership by joining us on Zoom.'



We also opened our virtual doors to WI members and have welcomed women from all around the country to our sub groups and main meetings. For November the committee managed (in small permitted groups) to make up a meeting in a bag for all 76 of our members and ensure they were delivered or collected. We then had a very successful meeting, led by our president, learning to make festive mice, which 52 women attended. It even led to a fun 'mouse in the house' photography competition in December.



This year has certainly been challenging but I am proud of the difference Spa Sweethearts has made to so many women. In fact I think it has been our finest hour!

**Fearby & Healey WI** Committee members all contributed to producing a Christmas goodie bag for each of our members in December. The bags were stamped with a Scandinavian décor design and adorned with a cheery Robin gift tag. They contained many hand made items, including a card and a fabric tree decoration. A decorative gift bag was filled with a selection of edible treats, stem ginger chocolate, fudge and chocolate truffle plus a spicy Christmas biscuit. An embroidered hanky, hand lotion, a trio of fun Christmas quizzes and a message completed the contents.



Meeting regularly via Zoom, our committee members have worked hard throughout the year to keep in touch with all our members, by emails, phone calls and visits or occasional outdoor meet ups when possible, and we delivered a gift bag to everyone earlier in the summer, which was very well received.

I feel it is important to keep communicating with everyone in our group, particularly while we have not been able to meet up again sometime in the coming year.

Judi Smith, (President)

**Masham WI** Committee members had originally planned to meet and pack the bags but Covid rules prevented this. Instead Jean and her daughter Esther did all the hard work and we are very grateful to them. I think they look great! Distribution has been arranged for next week. We have sourced the 'goodies' locally where possible. Sending seasonal greetings.



## Notices

### 200 Club Results November

Congratulations to the following, who have won this month's prizes:

£30—Pamela Rudd

£20—Ruby Booker

£25—Elaine Duerden

### 200 Club Results December

Congratulations to the following, who have won this month's prizes:

£30— Mrs K Jeff Grewellthorpe

£20— Ripley Nidd Brearton WI

£25— Kirby Hill WI

### Suggestions for Zoom Speakers

Some of you have asked for a list of speakers who will give Zoom presentations, so we have now put some suggestions on the NYWFWI section of the website. <https://yorkshire-north-west.thewi.org.uk/wi-speakers-list>

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## Making the most of Lockdown with Crafting

*by Sheila Grant, Long Preston WI*

An earlier article from Judith Stansfield in the Craft & Home Economics section of the newsletter struck a chord with me!



When lockdown was announced the first time, around I decided to make a start on a rug. I had originally intended to work on it in our village 'Knit and Natter' group. I thought it would take me a about



years to complete as we only meet once a month and I hadn't intended to work on it between times.

However, when the lockdown came I was ready to put it to good use. On the lining I've sewn "April 2020 during Covid19 pandemic".

If in years to come it ends up in a charity shop the buyer will have a clue as to its date!

## Recipe of the Month: Carrot and Courgette Soup

*This is one of my favourite soups, I make it in huge quantities frequently, for my daughter-in-law to sell in her ice cream parlour before customers finish with an ice cream sundae.*

*Hopefully she will soon be open again if the government allow and can be found near Aysgarth on the A684.*

*Soup is ideal for a light lunch on cold, wild wintery days. Do try and add the rosemary as it gives a lovely flavour. You may have a bush in your garden but failing that use dried.*

### Ingredients

50g (2oz) butter or you could use oil

1 medium sized onion, chopped

450g (1 lb) carrots, peeled and chopped

225g (8oz) courgettes, trimmed and sliced.

1 level tsp finely chopped rosemary

1.2 litres (2pts) chicken or vegetable stock

Seasoning



### Method

1. Melt butter in a large pan.
2. Add carrots, onion, courgettes and rosemary, sauté for 5 mins, not too hot, do not brown.
3. Add stock and seasoning, bring to the boil then simmer until vegetables are soft, about 30mins.
4. Use a hand blender or food processor to blend, can be very smooth or course.
5. Adjust seasoning. Serve hot with a swirl of cream or a tsp of creme fraiche in centre.  
Freezes well.

*Enjoy!*

### Could you share a recipe?

Do you have a favourite recipe that has proved a hit at WI events? Send it in to Alma House and we might share it in Federation News!

## **NYWF's Stance on Coronavirus**

The Federation office at Alma House is still closed and will remain so until further notice.

Telephone calls will be answered but we would appreciate you trying to keep these to a minimum. Please see page 2 for further details.

There will be NO regular postal correspondence from the Federation and WI Secretaries are urged to check for email communications daily.

If anyone is aware of a Secretary that does not use email please pass this message on, asking them to contact the office for help.

Any notices, updates or announcements will be posted on Facebook and our Website.

Please bear with us during this difficult period but do not hesitate to contact any Trustee or your Adviser if you need help, we will do our best to help you.

