



# North Yorkshire West Federation News

**March 2021**

In this edition:  
200 Club Results P2  
Chairman's Update P3

Committee news  
P4-7

Zoom Fun & Opportunities  
P8-12

Around the Federation  
P12-13

Notices  
P14

Recipes  
P15

**theWI**  
INSPIRING WOMEN

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



***Through  
uncertain  
times***

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**Office Closed:** Until further notice. 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 there being no secretary, 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.

## **An invitation to the 38<sup>th</sup> Spring Council Meeting**

**Wednesday 14<sup>th</sup> April 2021**

**7.00pm - 8.30pm approx.**

**All welcome - no charge – a virtual meeting**

Delegates Book:: <https://www.eventbrite.co.uk/e/141473500047>

Visitors book: <https://www.eventbrite.co.uk/e/141856232811>

Come hear how the Federation has coped in 2020

Be entertained by – **Magic Ian**  
**President of Edinburgh Magic Circle**

Finally meet your new Federation Chairman

## Chairman's Update

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



March already but still we continue to have restrictions placed upon us to curtail life's activities, but let us look on the bright side - Spring is just round the corner and the dreadful weather from February is long forgotten.

As you will know National's Annual Meeting has been rearranged for the 8th June, numbers to attend will be restricted, we had only been allowed 12 Delegate places instead of the normal 25 plus reduction in visitor tickets also. National asked us, the federation to inform them by the 16th February, the number of places we required. At a special board meeting all the trustees discussed at length the implications of attending the meeting, not knowing what restraints would be in place as a result of the state of the pandemic. Our duty of care to you, the members, is to keep you safe especially when considering travelling on a coach, staying at the hotel plus within the Albert Hall, while also complying with social distancing. We felt we had no alternative but to inform National we would be withdrawing from attending this year's meeting.

Another factor we also needed to consider was that we had to confirm the Hotel bookings by April, and after that date would result in financial implications for us. We, as a federation, could not afford a further loss to our finances if the event were to be cancelled. We did suggest to National to provide a Zoom event or stream the meeting, as this would allow more members than normal to participate. As yet, we have received acceptance from National for our nonattendance, but nothing relating to our suggestions.

I do hope your Institute has received the information on the NFWI Board elections and you will take the opportunity to vote returning your results before Wednesday 31st March. Your secretary will have received a paper voting form or if you prefer you can vote online going to [www.mi-vote.com/wi](http://www.mi-vote.com/wi). I have had comments that there are no nominations north of the Humber; the reason simply being that no members allowed their names to go forward to be a nominee. There is a very good feature in the February issue of WI Life, where you can read the experiences of the nominees and their opinion on what the biggest challenges are facing the WI in the future, plus the solution to resolve this.

Next Month will be our Spring Council on the 14th April 2021. Look for more information on the meeting on page 2. I do hope you will be able to join us.

*Julie*

## Reports from Committees

### Public Affairs

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



Hi everyone - I expect, like me, that you were expecting that perhaps we would be seeing the light at the end of tunnel re lockdown. As I write this, I feel that at the moment we have no idea where this terrible virus is going. However hopefully by March with many of us vaccinated we can be more hopeful.

Again, at the time of writing it is very uncertain whether the AGM will actually take place in The Royal Albert Hall in June, but as you will have read from our Chairman, it has been decided that North Yorkshire West Federation, along with other Federations will not be travelling down to London. This decision was not taken lightly but we feel strongly that it is the right decision.

I hope you have all read the information from Buckinghamshire WI inviting us to join them on a Science and Discovery Day in March which was forwarded to your Secretaries. It does sound very exciting and at a cost of £12 for three excellent speakers seems very worthwhile. If you need any more information then get in touch.

I shall certainly be discussing perhaps our Federation looking into doing something in a similar vein.

One very important week for WI members which took place in January was Cervical Cancer Prevention Week and was the main purpose of our 2019 resolution to raise awareness of the importance of cervical screening and addressing barriers to attendance to help eradicate cervical cancer. Two women lose their lives to the disease every day, nine women are diagnosed with cervical cancer every day and 75% of cervical cancers can be prevented by cervical screening (smear tests). So, we want to ensure that all women and people with a cervix know how cervical cancer can be prevented. This means:

- Attending cervical screening when invited
- Knowing the symptoms of cervical cancer and seeking medical advice if experiencing any
- Ensuring that those aged 11-18 take up the HPV vaccination
- Knowing where to find support and further information

Obviously at the moment it is hard to campaign, but there are a couple of ways in which we can make a difference until we can return to some sort of normality:

Use social media to let your followers know how cervical cancer can be prevented and



encouraging others to take action. Finally let me finish by recommending that you watch the 5-part David Attenborough Life on our Planet Series which featured on Sunday nights. If you didn't manage to see it and you can get catch-up on your TV

## Membership Support

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



Well here we are in March with the gardens starting to look vibrant as I write this report.

My first crocuses are just showing their heads after the last snow we had on the 2nd February.

Do you know who your WI adviser is? If not give me a call and I can put you in touch with the one allocated to your WI.

We use the MCS to keep in touch with you, so it is important that personal information is amended and updated in the MCS system, especially if this has changed due to another person taking on this role. If changes need to be made, please get in touch with Hazel Smyth

mailto: web.nwyorkswi@yahoo.co.uk who can action this for you; you can always get a committee member to enrol for this position.

## **Subscriptions**

Subscriptions are due in April so this month is a good time to let your members know how much they need to pay.

Full members will pay £44.00 and for your 2nd WI the dual payment is the WI share which is £21.60 just

less than £3.66 per month to meet up with WI friends a speaker or demonstration.

National have agreed that we can help our members with the subscription this is dependent on each WIs finances of course but we can for alter the WI share of the subscription - only the Federation and National amount has to be paid by each member, your WI will let you know their arrangements when you are asked to renew your subscription for 2021 - April 2022 (see also page 7)

In February's WI Life, the "new ways to meet" feature could be a real bonus to our WIs that use Zoom. It could bring in people who may not have been able to attend our meetings due to physical restraints.

We had a very successful Treasurer workshop on the 28th January and we are hoping to have a Presidents and Secretaries session this month, on the Thursday 28th March – as we go to press this has not yet been confirmed, but a Newsflash will be sent out once we have approval.

As we look forward to being able to meet up again, and to



get groups of WIs together to see if we can gain new members to join us.  
 We are here to help if need to ask any questions.  
 Anne Harrison: 01969 663381  
 Margaret Merrall: 01677 450652

Carol Ambler 01765 620350  
 Sue Earl–Armstrong: 07928 714593, 01282 854629.  
 Susan Butters 01423 509548  
 Trainee adviser.

### Craft & Home Economics

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



Practical sessions and Events have not been possible for the past year, but the Committee is looking now at making some plans for later in the year.

We would also be interested in having some new members to bring in fresh ideas. Is there anyone 'out there' who would be interested in joining us? Email me or give me a ring on 01325 718139 if you would like to chat about possibilities for joining us or for new courses and events that you would like to see.

Meantime you can always join us on a Zoom session !

## **The results of the 2021 resolution shortlist selection process**

<b>2021 resolutions</b>		<b>Selections</b>
<b>1</b>	<b>A call to increase awareness of the subtle signs of</b>	<b>30,240</b>
2	Stop women dying prematurely from coronary heart dis-	16,285
3	Racism and discrimination	5,363
4	Now's the time to act! Protect your nature space to create	7,808
5	Stop the destruction of peat bogs to tackle climate	6,616
<b>Total selections received</b>		<b>66,312</b>

This year there were 66,312 selections cast. We know this has been a more difficult year due to the challenges surrounding the Coronavirus pandemic and multiple lockdowns, so thank you for supporting your WIs throughout this process. The NFWI Board of Trustees has decided to put forward the top resolution to the Annual Meeting in June.

## 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 [nywfwfwi.treasurer@btconnect.com](mailto:nywfwfwi.treasurer@btconnect.com). Whichever way your query reaches me, I am always happy to help.**

By now you will all be aware of the future of the WI Organisation. This Flexible Subscription Initiative and gives local Committees the power to control their own finances year have welcomed the proposal. Both to control their own finances year NFWI and Federation have seen on year, dependant on number of funds deplete dramatically during members, natural attrition and this pandemic and have done all recruitment needs. I wish you all they can to remain viable. Concern the best in your decision making. If for our WIs has always been at the anyone needs any further forefront of the Trustees minds clarification or and we fully support this initiative. advice please do not WIs now have the opportunity to hesitate to get in control their own future and the touch. flexibility is good news for the



## Arts and Leisure

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



I do hope that you are all safe and well and that some of you will have had your first dose of the vaccination. Won't it be wonderful when the vaccination programme is complete and life can become easier?

While we are still in restrictions why not try your hand at something different!

All the details of the Lady Denman Cup competition are on the website or on My WI.

If you do not have access to technology ask a friend to contact me on [hjstoney48@gmail.com](mailto:hjstoney48@gmail.com) and I will email the information across. There are more activities on Zoom for ladies who feel that months of inactivity are leaving you a little

sluggish; we have Sue who is a trained aerobics instructor who is providing a session of "Chair Aerobics", which will help with more gentle movement.

Also Emma who is a qualified fitness instructor and triathlon coach, who is doing strength and conditioning exercise for ladies who would like a different routine.

All the information is on the Federation Zoom sessions or on Facebook there are video links to Eventbrite.

We will hopefully be able to get back to Walking Netball over the summer period and other outdoor activities, but until then stay safe and try something different.

## **Zoom** In for Fun

by Judith Stansfield (judstass@gmail.com)



Here are some more interesting activities to distract and entertain you during lockdown in March. If you missed the free Chat and Coffee sessions in January, come and join us now! Winter weather may prevent you getting out for physical activity, but you can join Emma for a more strenuous workout, or Susan for a gentler workout from your armchair.

For bookings and details : <https://yorkshire-north-west.thewi.org.uk/nyw-zoom-along> and Facebook page for future courses.

**EMWo1** Monday 1st March 2pm and 7pm  
<https://www.eventbrite.co.uk/e/141594782807>  
**Do you want email to work for you?**

### Email workshop

Hazel and Judith are running workshops to help you find ways of making email work well for you. Learn how to set up your own or a new email account for your WI; set up a Group list; use Bcc to preserve group privacy; attach files etc etc This is a free training session.



**CCo4** Thursday 4th March 2pm and 7pm  
<https://www.zoom.us/join>

**Meeting ID: 812 4320 6206 Passcode: 452430**



### **What poems make you laugh?**

Chat and Coffee - Favourite funny poems

This is the fourth session when members can join



Julie Clark and Sue Butters for a Zoom session with their own cuppa of coffee, tea or wine and cake! You are welcome to join either or both sessions.

Initially we can reminisce about your favourite funny poems

We do not need to stick to the theme if other topics emerge– it is just an opportunity to socialise distantly with like-minded friends. The March 200 Club Draw will be made during the session.

**DYBo1** Friday 5th 2pm March

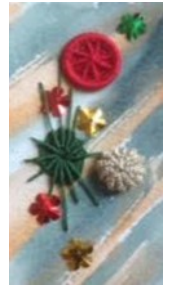
<https://www.eventbrite.co.uk/e/141595027539>

Learn a fascinating new craft

## **Dorset Yorkshire Buttons**

Jan Bell

Jan has developed the technique to make unusual fashionwear and decorative cards



**AAo4** Monday 8<sup>th</sup> March 11am and the following 3 weeks—same time

<https://www.eventbrite.co.uk/e/141590953353>

## **Fight the flab gently!**

### Armchair Aerobics

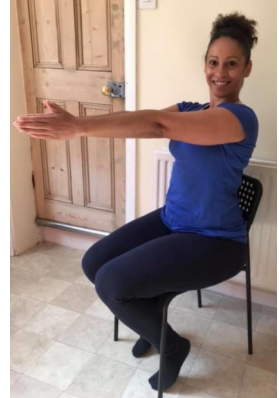
Susan Cunningham

Susan is a qualified dance and exercise teacher, normally working in care homes and community centres, but has now transferred her activities to Zoom. She provides exercises to music to gently stretch older limbs to help

you keep your vital organs healthy and all from the comfort of a stable chair! All you need is a chair that won't tip over and a flimsy scarf.

You can do it on your own or get your husband/partner to join in.

The session lasts for 20-30 minutes and will only cost you £12.00 for all 4 sessions



**ZFFo4** Thursday 11<sup>th</sup> March 7pm  
<https://www.eventbrite.co.uk/e/141591039611>

**Drive away those winter blues and get fit!**

### Zoom Fitness

Emma Stoney

Emma is a 42 year old Mum of 3 sporty girls. She is a triathlon coach, specialising in working with female athletes and also manages an online Women's fitness platform - The Pretty Gritty Fitness Hub.

Now, perhaps more than ever before, making time to take care of your physical health is so important, and the impact of adding some physical activity to your daily routine will have a huge positive effect on your mental wellbeing.

The strength and conditioning sessions she will be guiding you through, will tone your muscles as well as creating a strong foundation for any other sports that you take part in, meaning you will be less susceptible to injury.

Join Emma in the comfort of your own home and get fit to enjoy outdoor activities again when the better weather comes and lockdown is a thing of the past!

The session lasts 30 minutes for £3.00



**ECD01** Tuesday 16<sup>th</sup> March 7pm  
<https://www.eventbrite.co.uk/e/136607273031>

### **Make an interesting Easter Card**

### Easter Card

Felicity Jennings

Learn how to make a fascinating and unique Easter card



**EC01** Thursday 18th March 7pm  
<https://www.eventbrite.co.uk/e/141596271259>  
**Create something good for Easter**

### Easter Special

Elizabeth Fawcett

Popular Elizabeth is returning to cook up a fish pie and lemon tart for your Easter guests



**CC05** Friday 19th March 2pm and 7pm

<https://www.eventbrite.co.uk/e/141597103749>

### Feeling isolated and want a chat?

#### Chat and Coffee /Wine Cookery disasters

This is the fifth of the sessions when members can join Liz Whapples and Pauline Bowman for Zoom session with their own cuppa of coffee, tea, wine and cake! You are welcome to join either or both sessions.



Everyone must have experienced cookery disasters – do you dare reveal yours?

We do not need to stick to the theme if other topics emerge– it is just an opportunity to socialise distantly with like-minded friends.

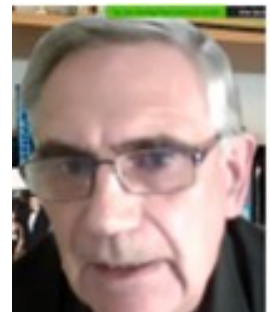
**PL01** Tuesday 23<sup>rd</sup> March 7pm

<https://www.eventbrite.co.uk/e/141597103749>

#### A Policeman's Lot

Peter Laurence

Peter will relate stories from his vast experience as a London policeman accompanied by illustrations from his collection.



**CS01** Thursday 25<sup>th</sup> March 7pm  
<https://www.eventbrite.co.uk/e/141597284289>  
**Have you been scammed?**  
**Cyber Security**

Liam Carter

PC 435 Liam Carter is the PREVENT/PROTECT Officer attached to the North Yorkshire Police Cyber Crime Unit. He will talk about various scams and how you can protect yourself and your personal information details



**WWK01** Monday 29<sup>th</sup> March 7pm.  
<https://www.eventbrite.co.uk/e/141597779771>

### **Willow garden craft**

Rachel Hutton

Learn how to make willow objects for your garden. Kits available on application



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## **Around the Federation**

### **Mrs Muriel Raw**

Kettlewell and District WI wish to announce the passing of Mrs Muriel Raw in October 2020, who was in her 80<sup>th</sup> year as a member of the WI movement in the county of Yorkshire.

She joined the WI at Aysgarth in Wensleydale where she was born before she and her family moved over the hill into Upper Wharfedale. Her sister Mrs Betty Lambert till her death was another long-time WI member who with her sister joined the WI in Kettlewell.

Due to Covid-19 restrictions the WI has not been able to mourn her passing as a member which sometime in the near future we will all be able to do when we can meet again. We will miss her presence as she was such an active member of the WI. May she rest in peace.

## **Keeping in Touch at Ripon**

*by Val Paxton, Ripon Belles*

It has been quite hard to keep in touch with our members over the last year. Although we are a small group, we are all retired and only two of us able to use Zoom. Just over half the members do have email, but only a few of those know how to reply!! Some of us knitted hearts, others made masks and cotton bags for the NHS, in which to keep their scrubs. Ripon Belles kindly helped by collecting and co-ordinating this and distributing along with those their members had made.

We normally have a regular monthly book and jigsaw stall at our meetings, the contents kept by the president, Val, who was able to swap puzzles and books with some members who lived close to her. Three committee members shared the load and rang everyone to see how they were and collected their resolution votes, so we are proud that in spite of our technological inabilities and the fact that most of us were isolating, we “did our bit” and passed on to Federation a 100% vote.



### **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.

## Notices

### Paddle-boarding Talk



Darley's Angels WI are hosting a Zoom event next month on **18th March** with speaker, Jo Moseley, the Paddleboarder. They would like to open up their event to other local WI groups and have included details of the event below.

<https://www.eventbrite.co.uk/e/darleys-angels-wi-march-meeting-tickets-139858782383>

If there are any WI members from another group who would like to join them, then they are offering each WI group a cost of £5 regardless of how many members in their group. They thought this way, it may help other WI groups who have a small membership or small number of members who use Zoom but may not want to pay a larger fee for a speaker. They are a small WI and are new to hosting Zoom speakers, mainly because of cost, but thought this may help them and other groups all round.

### Keep Smiling

‘How was your jab?’

‘ I had a terrible symptom’

‘What was that?’

‘A huge grin from ear to ear’

## Recipe of the Month: Traditional Italian Spaghetti and Meatballs

*This recipe is from a Denman zoom cookery course by Lindy Wildsmith which I watched and enjoyed.*

*Serves 4 to 6. Makes 24 meat balls. Reduce the quantities or freeze half for another meal if there are only 2 of you.*

### Ingredients

#### **Sauce**

Extra virgin olive oil  
2 x 400g tins of whole plum tomatoes, drained, but reserve the liquid.  
2 garlic cloves, crushed  
A pinch of chilli flakes

#### **Other**

500g spaghetti  
Grated parmesan to serve

#### **Meatballs**

250g minced beef or lean pork  
200g coarse sausage meat  
40g breadcrumbs  
25g grated parmesan  
1 egg  
1 tbsp chopped parsley  
A grating of nutmeg  
Pinch of chilli  
Salt and black pepper

### Method

1. **Make the sauce:** Put a large pan on medium heat when hot enough add oil to cover base. Add drained tomatoes, garlic and chilli flakes.
2. Mash tomatoes in pan, cook on high for a few mins, reduce heat to low, add reserved tomato juice, cook for 20 mins with lid on. Add 250ml of water and cook gently for a further 20 mins.
3. **Make the meatballs:** Put all ingredients in a bowl, mix well with your hands.
4. Using a teaspoon, start making the meatballs, use 20g of mixture for each one. Roll the balls between your hands and set aside until required. Should have 24 to 30.
5. **Put it together:** When the tomato sauce is ready, carefully add the meatballs in a single layer. Do not squash them together or put on top of each other. Cook gently for 20 mins.
6. Cook the spaghetti according to the packet and reserve a cup of the cooking water.
7. Return the pasta, the reserved water, and 2 tbsp of grated parmesan to pan, mix well. Add the tomato sauce and meatballs, and mix well until all is coated.
8. Tip into a large serving dish, and scatter with Parmesan. Serve with a salad.



*Enjoy!*

## **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.

