



# North Yorkshire West Federation News

## June 2020

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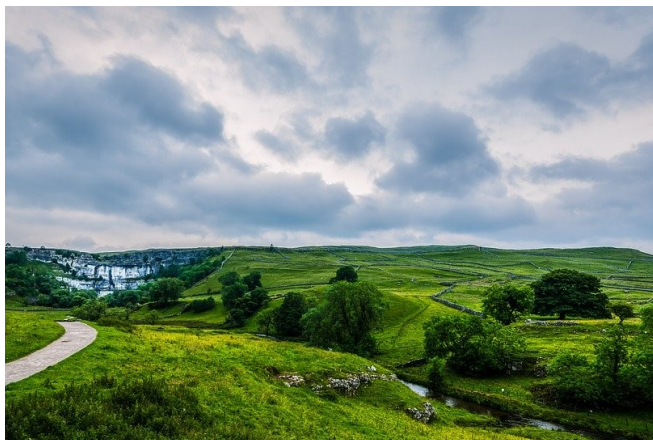
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**theWI**  
INSPIRING WOMEN

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



***Through  
uncertain  
times***

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**Office Closed:** Due to Staff  
furloughing, May Homeworking  
will be for one week from Monday  
18th - 22nd May.  
9.30am – 12pm & 1–3pm  
Find us on Twitter & Facebook  
NYWFWI Charity Reg. No. 513934

## Latest News

**Federation Office Staffing** On Monday 23rd March, the Federation Office was closed, and staff began working from home. From Monday 27th April, with workload reducing, and in the interests of reducing costs and remaining financially sustainable for the future, our staff were furloughed on the government Job Retention Scheme. To maintain continuity and for the duration of lockdown, our office staff will remain on furlough, working one week in four, safe at home, until the government directs that normal working can resume. Any emails that are sent to the office will still be received and actioned at the first opportunity in the next work period which is w/c 18 May 2020.

**Refunds** We are working very hard to process all of your refunds, for both WIs and individual Denman refunds, while also navigating the challenges of homeworking and the furloughing of our staff in line with the government restrictions. The first dispatch of refunds was made at the end of April and the others will be completed in the coming weeks, hopefully during w/c 18 May. We are also aware of some postal delays in some areas, and would like to ask for your continued patience, and your trust and understanding that we are doing all that we can to ensure that your refunds will reach you as quickly as possible.

**Weekly Federation updates** Since Thursday 9th April a weekly update has been emailed out to all WI Secretaries, to be forwarded out to all members, to ensure that we keep regular contact with every member and so we can share with everyone any news that we may have. Updates will continue to come out every Thursday, but since 30th April (Update No. 4) the updates have been posted onto Federation's website, where members can directly access the information. Updates can also be downloaded for onward circulation if required. If any member has missed any update, please contact your WI Secretary for a copy.

**Federation News** The format of each issue of Fed News during the Coronavirus outbreak will change, hopefully to try and reflect what we hope members will want to hear about as this crisis progresses: trying to keep members updated on the changing Federation events schedule, and on what's happening across the Federation to keep members in-touch and supported. The usual content for At a Glance and Events listings on pages 2, 8 and 9 will be temporarily removed and instead we will include new content for "How WIs are staying in contact with members" and "Lock Down Tales". Do let us know your own stories by sending them to: NYWFnews@gmail.com. If you need inspiration to keep busy, don't forget the NFWI website has good crafts and baking sections on MyWI.

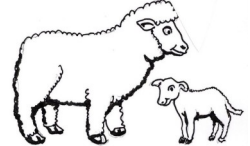
## Chairman's Update

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



As I hear today Captain Tom Moore has just made number one in the charts with "You'll never walk alone." I do hope you are coping with all the governments restrictions, especially those of you who have to self-isolate for 12 weeks, this month this should expire and hopefully restrictions will ease to allow more socialising for all.

For those of us who live on farms and are actively involved, like myself, as yet I have not experienced being restricted to one hour's exercise per day outside – it's been more like one hour's rest per day inside!! Lambing time has a lot to answer for.



I know many of you have been communicating frequently with each other possibly just for a chat or to do some shopping. Many have been making items to support the NHS. Our President here in Coverdale sends regular emails reminding us this week it's a mini meeting and quiz on Zoom, for which we'll need "Make do & comfort recipes" to share. It's wonderful to hear what you are getting up to and keeping the WI spirit of "Fun and Friendship" alive.



I wonder if you have thought about the "Our Yorkshire Federation 1920 - 2020 Challenge" mentioned in the May Federation News. I do hope so and I thank those of you who have already submitted your memorable occasion you wish to record and share with others. Don't forget

I'd asked for these to be submitted by 1st July.

I do hope by the time you're reading this newsletter the situation within the country has turned the corner and we are able to start making plans for the future, when we will be able to return to some form of normality and look forward to holding meetings once again.

Take care, and let's hope it won't be too long before we can meet in person again.

Julie

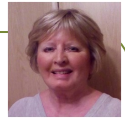
## Send a report to Federation News

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.

## Reports from Committees

### Membership Support

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



The Membership Support Committee wish everyone well and hope you are all staying safe. We are disappointed that we are unable to run both our Fine Tune Your WI and Treasurer's training events, but can assure you all that as soon as it is safe to do so, we will rearrange these sessions. Refunds are being processed, but as our staff are now furloughed please bear with us as this may take a little longer than initially expected.

I am pleased to report there are many tales of WI ladies rolling up their sleeves and getting on with whatever they can, to help others that need support. So many are sewing scrubs, caps or laundry bags, others making red hearts for

the hospitals and some delivering groceries or prescriptions or whatever is needed by those in total lockdown.

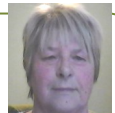
Never before have I known a time when the spirit of the WI was so evident and a shining example of what our Organisation is all about, well done to all.

I hope you are all getting to read our Federation weekly update as it is so important that we keep in contact with all our members. If you have not seen this please contact your WI Secretary. Also, if anyone needs any help or advice please contact your WI Adviser/Helper we are here to help.



### Treasurer's Report

by Sue Earl-Armstrong ([smea48@yahoo.co.uk](mailto:smea48@yahoo.co.uk))



As I write this report the Government had extended the lockdown a further three weeks, we hope that this helps to reduce the amount of deaths that are happening and we have to say our thoughts are with all that have lost loved ones over this tragic period we need to stay safe as best we can. As you will be aware from our regular updates we are aiming to reduce our costings in the office whilst the staff are not there, we will endeavour to do our best as a Board of Trustees, we are making

sure that we are best placed to restart our functions as soon as is possible, I want to say a big thank you to you all for your patience and understanding whilst we try to get refunds out to you for events that have been cancelled, the postponed events will be rescheduled once we have the go ahead.

Again if you do have any queries please contact us on either my information on the top of this report or via the office on 01765 606339.



## Craft & Home Economics

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



With everyone except key workers in lockdown and some of you homebound as well, you may well find you have time to do all those crafts and try out new recipes (if you have the ingredients to hand?) that there was never time for.

I have been busy making scrubs (quite complicated) for a village group that is supporting Darlington Memorial Hospital and desperately needed long-sleeved coveralls (easy) for



nursing home carers from cotton bedding. I circulated a request for this recently and have had a good response for materials, but would love to hear from anyone with a sewing machine who could make a few. If you are housebound, safe collection can be arranged. In nursing homes, they are usually not NHS and although they get visors, aprons, gloves and masks, they do not get PPE kits and can feel vulnerable and are appreciating this extra protection.

## Arts and Leisure by Heather Stoney

*(hjstoney48@gmail.com)*



Hopefully you and your families have remained safe over the last few weeks. Sadly there will have been people that we know, that have passed away, please as members of an incredible organisation, offer them help and support in any way you can.



It does seem surreal to be trying to plan events for the autumn when we are not sure whether they will happen. Trying to be positive though, the quiz is progressing. The biggest challenge is that some of the halls do not have staff replying to emails or answering the phones. We are hoping to run a History Wardrobe

in early November – with the Two Lucy's but booking the hall is proving to be a challenge – anyone who knows me knows I do not give up easily!

But Ripon Cathedral is booked for December, this has been booked for a year, sadly it is a Wednesday afternoon, but the good news is in 2021 I have a booking for a Saturday—I did say I did not give up easily! I do try every year and in 2021 I am one of the lucky ones.

Let us hope that by the time you all read this some decisions have been made re social distancing- but whatever happens do stay safe and be kind to each other.

Communications & PR by Jackie Williams  
(jackiewilliamsmeden@gmail.com)



I hope you are finding ways to cope through this crisis, and you are doing ok.

Like lots of you, we are cooking and gardening and catching up with jobs around the house. I saw the writing on the wall and got my Husband to get in materials so he could do some 'projects' during lockdown. He is getting through the list, and has started painting things now, so I have made 'a note to self', not to stand still for too long when near his workshop!!

I am only shopping once a week and I do find it quite stressful: should I be varying old recipes with different ingredients and browsing to find them now there's more time to cook, BUT- I mustn't browse and hold up the carefully choreographed movement of socially distanced shoppers going from aisle to aisle around the supermarket. I do wish that our Technology & Daily Living workshop had happened before lockdown, because at least then a few more ladies could have been better prepared for internet shopping or using such as on-line library services. We are still hoping to reschedule the workshop, but it now looks as if Autumn or early December would be most feasible, and it may have to be run with whatever social distancing arrangements might still apply then.

More and more WIs are holding meetings using online conferencing

software like Zoom or Skype. Federation Trustees have also held their first Board meeting using Zoom, which went really well and it was great to see and speak with everyone, sometimes all speaking at once it's true, but we are all learning to work with the new technology. Several WI ladies have had support to get started with email accounts, and with Zoom too, so if help is needed please do email Michelle



at the office or myself on jackiewilliamsmeden@gmail.com or Hazel Smyth on web.nwyorkswi@yahoo.co.uk.

I hope all this madness ends soon though, as it is just starting to 'get to me'. I, like everyone else, want my life back and some freedom to move beyond the garden gate.

In the meantime, I have a couple of conundrums for you all:

1. Why is it that my jeans are shrinking whilst just hanging in the wardrobe? And,
2. Although minutes and hours seem to go slowly, why do I regularly get to early evening and wonder how on earth it could be 6.30pm already, without me achieving very much at all?

Stay safe and well ladies, and I look forward to seeing you all again soon. Maybe via Zoom but hopefully face to face before too long.



## Public Affairs by Liz Whapples

(liz.whapples@gmail.com)



As we enter the month of June, those who we feel are hopefully, we will be having better news re the lockdown and may be some areas will be gradually being able to function again. Life as we knew it will perhaps never be quite the same again and actually shows how vulnerable we all are, but on a brighter note it has also shown how resilient we are and has in the majority of cases brought out the best in us.

those who we feel are more isolated and need support, clapping for the support workers or even just sending through on social media funny stories or quizzes.

I hope you enjoy the weekly update from the BOT and wonder whether like myself you have noticed an influx of bees in your gardens? Please contact me if you have.



WI has as we all know been an organisation which looks out for others in our community and exists due to some very strong and forward-thinking women.

Some may say how are we going to move forward now as an organisation.

Most of us in one way or another have been involved in helping either in the community small or large, shopping, making scrubs, in our campaigning spirit move keeping in closer contact with forward.

Hopefully NFWI will be getting in touch re this year's Resolutions and as soon as they do, I will certainly be passing on their latest thoughts.

In the meantime, let's make sure we value the good things which have come from the lockdown and in our campaigning spirit move forward.

## **Lady Denman Cup 2020 Competition**



*'What I heard on the bus.....'*

In latest news, a decision has been made by NFWI to extend the competition timescale and a closing date of Friday 18 September 2020 has now been set for members to submit their entry to our Federation Office, with results to be announced by mid-December 2020. As the current lock-down maybe challenging for many, but may also be the perfect opportunity for some members to develop or learn new skills and take part in activities which wouldn't have perhaps normally captured their interest, or been able to give the time to, it has been decided to extend the timeframe for entries.

A revised schedule, individual entry form and federation entry form will be available to download from My WI shortly.

# Challenging Climate Change

by Wendy Knight, Ure with Leyburn WI



I am privileged to live in a wonderful rural environment, with gardens and country lanes, enough food, deliveries organised by the village support group, and no financial worries. How different is the experience for city dwellers in high rise flats, single parents, gig workers and those on temporary contracts with rent or mortgages to pay...

Some good news: Pollution in major cities is down by an average of 60%. We don't have much here, but the sky seems a clearer blue every day. Very good news for the environment and from those suffering from C19, as recent studies have linked higher mortality to air pollution. Wildlife is flourishing and 'coming back' to urban areas; Some of the news that made me smile were the articles on the mountain goats in a Welsh town, jellyfish and other marine life in the gin clear waters of Venice canals, and a pride of lions basking on a deserted road in South Africa.

In my own patch, the dandelions are carpeting the verges with sunbeams of vivid golden yellow, humming with massive queen bumblebees, the bird song fills the air the number of 'new' species is heartening. Last week I heard three skylarks (first time in three decades, near Hunton). The heron has returned to the village (it likes peace and quiet). It is amazing how things like English bluebells are flowering in areas previously cut for years. What we do need, though is some rain! Despite the restrictions (or maybe because of them?) there is a great feeling of connection (even though conversations have to be shouted!). People who are only around at each end of the day, stop for a chat on their exercise runs.



The changes that have occurred, both good and bad, would have been unthinkable 3 months ago. If any one of us had been asked to change our behaviour in this way to save the planet, we would have been aghast and disbelieving. Not only are the frequency and severity of pandemics being linked to the Climate Crisis, but the sort of action needed to avert the worst effects of Climate breakdown have been demonstrated in the world's response to this disease.

I hope that the good that will come out of this is a reappraisal of how we all conduct our lives and businesses. Flexible home working, based on outputs, less commuting and down time. The world cannot continue to place a value only on growth, but needs to value quality of life.

Finally, I take pride in and hope from the quality of leadership of women in power, in particular, New Zealand, Germany and Taiwan.



## How WIs are staying in contact with members during Coronavirus?



### Taking over YouTube

*by Sam Pugmire, Spa Sweethearts WI*

The wonderful president of Spa Sweethearts WI, Felicity, is working hard to keep the WI's craft club going.

While Felicity is not the biggest fan of technology, she has embraced it like never before and has even created her own YouTube channel. A craft video is posted each week which is then followed-up the next day with a Zoom meeting where all members can take part in recreating the craft.

Check out Felicity's YouTube channel link below, and share with your own friends and family on social media.

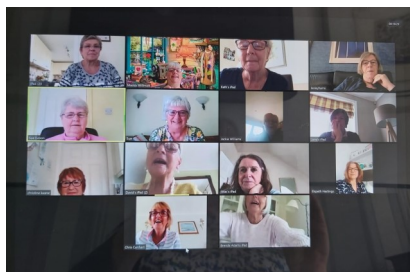
[www.youtube.com/channel/UCPJA2qSZbReffRz4\\_8KoaRg](https://www.youtube.com/channel/UCPJA2qSZbReffRz4_8KoaRg)

If you fancy giving YouTube a go yourself, but aren't sure where to start, please refer to the instructions on the WI website, at:

<https://yorkshire-north-west.thewi.org.uk/members-page>

**14 ladies from Knaresborough WI enjoying their Zoom catch-up session.**

**Have you tried Zoom?  
See page 6 for Zoom helpers if  
you need them**



### Melsonby WI COVID-19 Support

*by Judith Stansfield, Melsonby WI*

Some Melsonby WI members have had two virtual meetings with Zoom where they could have a good chat and feel a bit less isolated.

One member is in Leyburn Band and she told us how they had all managed to play their parts alone at home and all join together to play 500 Miles - it was spectacular!



## What are you doing to stay in touch?

Please email [nywfnews@gmail.com](mailto:nywfnews@gmail.com) with a report on what you are doing to support one another through the coronavirus. Don't forget to include your name and your WI name.



## Lock Down Tales



by Margaret Merrall, Ure with Leyburn WI

We are so lucky to live in 'Gods own Country' aren't we girls. My village, Hunton, lies between Bedale and Leyburn and as soon as this crisis began the Village Hall Committee, Parish Council and other groups started work. A 'Messenger' group was set up and through this many local companies were contacted and delivery services were set up. We put our orders in, they are delivered on certain days of each week to the village hall and it is either delivered to your door or one can walk to the Hall to pick it up (daily exercise). The list so far: fruit & veg, fish, meat, fresh local bread, garden needs, pies, deli stuff, cheese, DIY, Fish & chips and Pub grub. *WHO NEEDS TESCO OR THE OTHERS?* My time has been spent on all my hobbies and I have completed two weaving projects and the material created is about to be made up into little clutch bags a start to Christmas shopping. I am waiting for rain to do this because like many of us I have been busy in my garden, hasn't the weather been wonderful. Now I am not as fit or as strong as I used to be but the sunshine makes us believe we are 21 again, okay 31, so I set myself the job of splitting and moving plants, in fact I am completely re-designing my garden, well I'm in Lockdown so I can. Unfortunately, I discovered that firstly I am not 21 or 31 for that matter and that every plant I wanted to move had a root system that stretched to Australia. I have succeeded in potting up some Japanese Anemones ready for our next Plant Sale at Garden Group. I gave up on the plants linked to the 'southern hemisphere' and moved to the greenhouse, where I found some old seeds and decided to just plant them, as we hadn't got the deliveries from Braithwaites sorted then. Every seed I planted has germinated and as I write this tale I have to order more compost and fine sand to pot them on, didn't I do well!!

My lawn has been a hiccup, usually Rodney Robot, who has served me well for several years, is in for his annual service. Sadly the company I use is in lockdown and everyone is furloughed so 'Rodders' isn't with me he has sent me messages of support as he restores his energy.

So who has had a go on ZOOM? Yep me too, the beginning was great and the camera worked perfectly on my laptop but the last meeting I was faceless no idea what is wrong but I am still fiddling with it. However despite this calamity I find it a great way of bringing my worldwide friends together. Technology is amazing I have my clarinet lesson via Facebook, stay in contact with my family near and far. I am intrigued as to how much I have to keep charging my iPad and phone.

Whilst sitting in my front garden the other day reading and having a cup of tea a neighbour walked past and stopped for a chat 3 metres away on my garden wall, we put the worlds to right and as she walked on we shouted in unison, 'We'll meet again and Stay Safe.'

## Lock Down Tales Cont'd

*by Judith Stansfield, Melsonby WI*

Like many villages, most people stand on their doorsteps on Thursdays to applaud the NHS and Keyworkers with a cacophony of clapping, banging on pans etc. A young man in the village has a drone and invited everyone to also flash lights while he sent his drone all over. This was spectacular for those on the ground, especially the children and he turned it into a video on Youtube: [youtu.be/vfHzGcyHgKU](https://youtu.be/vfHzGcyHgKU) or, google 'Shine a light for NHS Melsonby.'

## Notices

### 200 Club Results

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

£30—Sue Appleyard, Askwith With Weston WI

£20—Kettlewell WI

£10—Betty Ellis, Addingham WI

## Around the Federation

### Show the Love

*by Ruth Rising, Thornton Watlass WI*

Thornton Watlass WI made over 80 hearts for the Show the Love campaign on Climate Change.

They were arranged on a board in Thornton Watlass Village Hall, for all to see. At meetings of the Gardening Club, the Art and Craft Group, a quiz night and Soup and Puds lunches, the WI were telling people about the campaign and asked them to take a heart away with them to remind them of climate change and what they can do to help our planet.



## Dorset Buttons

*by Wendy Jakeman, Skelton on Ure WI*

Once upon a time 12 ladies met at Alma House to learn how to make Dorset Buttons; does anyone remember the times when we could meet like this? It seems so long ago now!

I can't pretend I didn't feel a little anxious as I walked in, it all looked a bit complicated; was I capable of doing this? But I needn't have worried, Edna our Tutor explained the instructions clearly and showed us what we could make with our completed work, which you only needed different sized rings to make. Large rings used on curtain poles could be used to make a pendant, the smaller brass curtain rings would make a smaller necklace or make up part a flower picture.



Very soon after choosing the coloured thread we wanted to use we were busy doing blanket stitch round our rings. Those who had chosen the large size used glittery sorts of wool the rest of us used various crochet threads.

Once the outside was completely covered the next part of the proceedings was a bit more complicated. Firstly, the blanket stitch was turned to the inside of the circle and then we had to wind the thread across the circle to make a dozen spokes which were then secured by a couple of stitches in the middle of the circle, secured and middle being the vital words. After a few failed attempts we then began weaving our thread through the spoke using back stitch and hey presto the pattern emerged.

I made three buttons which I then mounted on card along with backstitched stalks and leaves to complete a flower picture and even though I say so myself it looks pretty good.

If I could only find the jar containing the old curtain fittings, I could start making pendants as presents but that won't turn up until I go and buy some more rings. During the course of the day chatting as WI ladies do someone mentioned Yorkshire buttons similar in many ways to the Dorset kind and I have also heard of but not seen Macclesfield Buttons. Is this another craft day when all this trouble is over?

So, thank you to Edna for her excellent teaching and to Janet for looking after us serving the tea and coffee and biscuits.

## **Aldborough Boroughbridge & Dunsforth WI – Centenary Meeting 11/3/2020**

*by Debbie Rosher, Aldborough Boroughbridge & Dunsforth WI*

Having been formed in 1920 on consecutive evenings in March 1920, Boroughbridge WI joined forces with Aldborough WI (already merged with Dunsforth WI and members from the former Minskip WI) in 2001 to form our current, Aldborough Boroughbridge & Dunsforth WI.

So, it was with great pride that we celebrated our centenary meeting with a party themed over the past 10 decades. We were joined by guests from Skelton WI and Roecliffe WI and our federation chair Julie Clarke, along with past members invited back for the occasion.

Several members dressed in outfits from the past including a maid complete with mobcap, a 1950s outfit with net underskirt and seamed stockings, a dress from the 1970s, a 1920s flapper and a fabulous ballerina length wedding dress from 1957, originally worn by the mother of a member.

Our President Suzanne Campbell welcomed everyone with glasses of Prosecco and after a very short business section introduced our entertainers for the evening Patrice and Phil Lyth, a duo of folksingers, who sang a medley of songs from each of the decades since 1920. Members who could remember the lyrics joined in!

Supper was a table-groaning selection of dishes and recipes from the past 10 decades all provided by our members, including devilled eggs, twiglets, open and closed sandwiches, vol au vents, a pineapple and cheese 'hedgehog', Indian party snacks, sherry trifle, pavlova, to name but a few. Centre table was a huge pork pie decorated with our WI name and anniversary dates. Of course, no celebration is complete without a cake: Thanks go to Mavis Smailes who worked her magic with a fruit cake suitably decorated for the occasion.



As a memento of the anniversary members received a cotton shopping bag emblazoned with our logo and our dates – a fitting reminder of our past and looking to a greener future.

All in all, it was a lovely evening and our celebrations will continue throughout the year highlighted by an outing in summer which will include full afternoon tea at the Devonshire Arms, Bolton Abbey.

We now look forward to the next 100 years of Aldborough, Boroughbridge & Dunsforth WI!

## WI Focus: Ripon Centre WI

by Pauline Bowman

I recently attended Ripon Centre's Committee meeting and was treated to a delicious homemade cake as it



was Val the President's Birthday. Note to self- 'try to always attend meetings on an officer's birthday!'

Ripon Centre WI are now 92 years old having been opened in 1928. At the end of 2018 this Institute was planning to close due to the lack of members and enthusiasm. Thank goodness that a few totally enthusiastic members took the bull by the horns and did not allow that to happen. Thanks to Val Paxton their President they are now a thriving group and bursting with ideas to grow even further. They have 20 very satisfied members but I predict this will grow even further as time goes on.

The Committee are conscious of the demographic of their members and are always mindful of this when organising the programme. Variety is the key to a successful programme and speaker's do not have to cost the earth. They take advantage of speakers that only require donations, their own members have demonstrated crafts, they have held a Quiz, as well as having speakers on the circuit and this allows them to manage their funds. The group communicates mostly via telephone rather than

email and have not ventured into the world of Facebook and Social Media to date. However, there is nothing to say that will continue and one day they may feel the time is right.

As we all know it is always so busy at meetings that it is easy to miss something, but by the Committee issuing a monthly notice detailing Federation and in house events this avoids that happening.

These ladies also look after each other's welfare and if someone is ill they will always receive a card and flowers and the offer of any help needed.



Ripon Centre have also ventured out as a group for lunches, evening meals and coffee and this is helping them to get to know each other outside of their formal meetings. They are an afternoon group and this, as we have witnessed, is proving to be very popular.

So whilst this is not a new WI it certainly feels like a new WI it was time to change, to refresh and throw out all the old ways of doing things. Congratulations, this is exactly what Val and her Committee have done and it is working. I wish you another 92 Ripon Centre WI years together.



## Recipe of the Month: Orange Meringue Pudding

*In troubled times we often look for comfort. This recipe is lovely to eat and is a twist on a good old rice pudding. You could make your own rice pudding or why not use a tin of ready-made.*

*If there are only two of you, a normal sized tin would be suitable but just do a one egg meringue mix and perhaps use half a tin of oranges. Otherwise perhaps use two tins of rice pudding for the full recipe.*

*Serves 4*

### Ingredients

450ml (3/4pt) full milk  
150ml (1/4pt) cream  
55g (2oz) arborio or pudding rice  
25g (1oz) sugar  
1 tin mandarin oranges  
2 eggs  
115g (4oz) caster sugar



### Method

Oven: 150°C, gas 3

1. Put the milk, cream and washed rice in a large pan. Simmer very gently with a lid on until the rice is soft and creamy. Stir frequently and watch carefully, as it will want to boil over!
2. Turn heat to low. Stir in the 1oz sugar. Put into an oven proof dish.
3. Separate the eggs, putting the whites into a clean largeish bowl, and mixing the yolks into the rice, stir well.
4. Drain the oranges then fold into the rice mix.
5. Whisk egg whites stiffly. Gradually whisk in 4oz sugar until very stiff.
6. Pile on top of rice and place in centre of oven and bake 30 to 40 minutes until golden and crisp.  
Best served warm!

*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**

Following the advice of our Prime Minister, Boris Johnson, on Monday 23rd March the office at Alma House is closed and will remain so until further notice.

Telephone calls will be answered between May 18th - May 22nd, but we would appreciate you trying to keep these to a minimum.

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 as we are doing our best to keep you all informed whilst protecting our employees.

