



North Yorkshire West Federation News

July 2020

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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, homeworking
planned for w/c 15 June, then w/c
13 July.
9.30am –12pm & 1–3pm
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Federation Office Staffing and Refunds

Week commencing 18th May was the first return to home-working since being furloughed. As anticipated, dealing with members' enquiries, processing urgent tasks to keep the office running and sorting out the prioritised dispatch of event refunds, was an extremely hectic time. As many refunds as possible were dispatched in the week. If your WI refund has not yet been actioned, it doesn't mean it has been forgotten, it is merely caught up in a backlog. Your patience on this is appreciated, with Michelle and Kim working from home and furloughed for three weeks out of four for the foreseeable future, with next home workings currently planned for w/c 15 June, then w/c 13 July.

Federation Activities Programme 2020

The Board of Trustees has considered Federation activities beyond June, understanding that our members may not wish to attend large group events, even if government restrictions change. Consequently, in the interests of safety first, all Federation events and activity plans are now cancelled through to the end of October. We are continuing to cost save in all possible areas that we can, and we are applying for every pot of funding that may be available to us to ensure survival. We are also welcoming miscellaneous sales, such as Bulbs and Yorkshire 2020 Commemorative bags, and valued donations.

Weekly Federation updates

We are grateful to WI Secretaries for forwarding our weekly updates, however we're still receiving enquiries from members who have never received it. They are therefore unaware that the Board are issuing regular communications to ensure that everyone is kept up to date at Federation and National level. The office closure significantly impacts on our methods of communication; the week the Federation Secretary is working, the update will be emailed out to all Secretaries. For the other three weeks, the latest update can be downloaded from our Federation website link: www.yorkshire-north-west.thewi.org.uk/latest-news where the previous weekly updates are all available. WIs' help in ensuring that we stay in touch with as many members as we can in these circumstances, is really appreciated.

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. 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)



It's the July newsletter and normally this month we would be full-steam ahead with the Great Yorkshire Show, but alas here we are still affected by the restrictions of this dreadful virus.

I'm sure you're managing to keep in contact with your fellow members, I know many are having Zoom meetings or weekly updates via email just informing what each of you have been up to. I've even heard from one president of one of our smaller Institutes who writes frequently to each member. Whatever method of communication you use, it just proves what a caring organisation we are in trying to care for each other. In fact, a telephone call for a catch up especially to members who live on their own I have found helps to relieve the loneliness especially if they are less able to go out frequently.

As we didn't have our Spring Council Meeting, I have been asked who won the various competitions many of you or your Institute entered, so I've decided to include the results here. Sorry you cannot see photographs of the winning entries as they are all at Alma House and as you know the office is closed.

Ann Martin Award, awarded to a member who has made a significant contribution to her community was won by Sylvia Bentley a member from Killinghall WI.

Kathleen Bird Award, organised by the Membership Support Committee this year, members were asked to write why they "Love Your WI," this year had many entries and the winners were Spa Sweethearts WI from Harrogate.

Norah Worth competition arranged by the Craft and Home Economics Committee for a piece of handicraft this year, a cushion, we had almost 20 entries and the winner was Margaret Webber from Harrogate Bloomers WI.

Congratulations to all the winners but a special thank you to all the other entries. It was such a shame we were unable to show you all at the Majestic Hotel; hopefully once this dreadful situation is over, there will be an opportunity to share with you all the wonderful entries for you all to see.

Breaking from our usual format of this being a double issue, Emma, our Editor, suggested why not have a newsletter for August as well, and your trustees agreed. So look out for the next edition when I hope we're able to share with you plans for the future. In the meantime, take care and stay safe.

Julie

Reports from Committees

Arts and Leisure

by Heather Stoney (hjstoney48@gmail.com)



I have been thinking about how the way of life and habits are changing at the moment more than at any other time and how many everyday words now have very different meanings; Zoom used to mean fast, but I am sure we have all had virtual new experiences that don't bear any resemblance to the original phraseology!

Sadly, over the last few months we have suffered traumas, apart from COVID-19, we must keep being very kind to family, friends and neighbours, along with our larger WI family. I think that as time is moving on people are starting to feel the strain of weeks of self-isolating, with no events on the horizon, we must try that little bit harder to remember the lonely.



You will be aware of the decision to postpone all events until the end of October, which leaves us with still having spare time.

Give the Lady Denman Cup a go, National have extended the closing date, there has never been a better

time for giving writing 500 words a try.

Virtual Walking Netball is being held locally - is that a phrase you thought we would hear?!

Sadly, we are going to have to look at the future of the Federation Choir, financially it is no longer viable to sustain three branches, with three choirmasters and accompanists. Pauline and I will be having talks with the choirmasters shortly, to decide the way forward. This has been a very difficult decision, but I do hope that there will be a continuation of our wonderful choir, albeit a slightly different format.

The choir is such an asset to the federation but more importantly so beneficial to the health and well-being of all taking part. We will endeavour to keep it moving forward. There will certainly be no rehearsals before October.

We are still planning events for the end of the year. We must remain positive about the future. Take care, everybody.

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. 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.

Membership Support

by Pauline Bowman (Pauline.bowman@icloud.com)



I hope all our members are staying safe and well. The WI Advisers/Helpers are available for contact if you have any WI related queries and will do all they can to resolve any problems. I was delighted to receive an email from a member who has declared her interest in joining the Committee as a Helper once life returns to normal. No doubt we will find our workload will increase and Institutes may need support again. It could happen that Officers find it difficult to carry on remotely, which will in turn produce Officer vacancies. It may have proved difficult to manage finances and we will therefore need to offer our advice. If there are such issues surfacing now, please do not struggle alone, let me know.

I hope those that are able, are continuing to contact their members to ensure no one is

struggling with everyday tasks. Loneliness is terrible and with an organisation as huge as we are, there is no need for anyone to feel isolated and alone. I am aware that some of our members are not comfortable with technology, but they are all happy with using a telephone, so I would urge Officers to make some sort of contact.

I normally submit the monthly WI Focus report, but because of the restrictions, I am unable to travel to meet anyone. I am now appealing to all Presidents, would anyone please contact me via the email above if they are happy for me to send out a list of questions. Then using your answers and if no objections, a quick telephone call, I will be able to compile a Focus report for next month's newsletter. Stay well, stay safe.

Treasurer's Report

by Sue Earl-Armstrong (smea48@yahoo.co.uk)



As I write this report in May, we can only hope that by our next newsletter the situation will be starting to recover and we can get back to some semblance of order in our lives. I have noticed that some of our WIs have not paid their Agent's portion of the subscription to Alma House. I am self-isolating myself so I do understand the dynamics of getting cheques signed to send out to Alma house; if



you could let us know if this is the case that would be very useful for us. Hopefully by now all refunds will have been paid to you. I really appreciate your understanding at the delay in actioning this as we have had our office staff furloughed for three weeks and a limited amount of time to get everything organised. If you wish to contact us you can ring on 01765606339 or send me an email. Stay Safe.

Public Affairs

by Liz Whapples (liz.whapples@gmail.com)



I am writing this report the day after I have been part of a Zoom meeting with National, hosted by Ann Jones, where 59 Public Affairs Chairs were able to find out the latest news. Ann is the NFW Vice Chair as well as being the Chair of Public Affairs.

Ann started the meeting to explain that the Board alone would adopt the 2020 Resolutions on our behalf. She said the Board appreciated that during the pandemic it would not be possible to work as a WI group on these Resolutions. However, there are resources available on MyWI for when restrictions begin to lift and we are able to work together again. Ann then went on to say that individual members could send their resolutions for 2021 directly to Federation rather than have to get approval from their own WI, as they realised that not all members are contactable by email/Zoom.

Ann introduced Emma Holland Lyndsay, the Senior Staff Head of Public Affairs. Emma explained that all head office were now working remotely from home using Zoom and other media to communicate. She explained their rationale of working on areas which they thought were most beneficial to our community during these difficult times e.g. Food Waste, Violence to Women, Cervical

Screening, Mental Health, Alleviating Loneliness, and SOS Honey Bees. She then informed us that they were working with Friends of Earth to reduce plastics, and this would be added to the Bill which was going to eventually go through Parliament. Should any of you need any information on any of these projects, National or myself are always very willing to help source this for you.

There are two things I would like you to think for when this pandemic is over; the fashion industry and how to bring new life back into clothing by reusing items which would be generally thrown away.



In the meantime, we can do something on a smaller scale to get everyone involved; I wondered whether members would be willing to send in photographs of bee friendly gardens or bee friendly flowers which we could perhaps feature in the August Federation News? I am sure our members would love to see these. You can email them to myself or Emma our Editor at: NYWFnews@gmail.com.

Finally Public Affairs would love to hear of any events that your WI have organised to assist those who are lonely or isolated to make their life bearable during these difficult times. I hope you are staying safe and well.



Craft & Home Economics

by Judith Stansfield (judstass@gmail.com)



Have you run out of things to do? Small painted stones have cropped up in different parts of our village recently. Children (mainly) have been painting them and then hiding them in nooks and crannies for others to find and move to another place - adds a bit of interest to the daily walk around the village. One of our WI members has painted some pebbles white and added names of herbs to place in her herb garden. If you have access to some flattish pebbles, it is very easy to make your own. You can use gloss paint or acrylic and add a coat of varnish

if you want them to be more permanent. The sky is the limit for you to use your imagination, or if you are stuck, google 'painted stones,' to see what others have done.



You learn surprising things from lurking on Facebook. Did you know that using strong white flour and baking powder make very light scones? I've not tried it yet, but something else to experiment now we have the time.

Communications & PR

by Jackie Williams (jackiewilliamsmden@gmail.com)



As I write this on May Bank holiday, it is so lovely to be able to have a socially distanced walk with a friend. I absolutely want everyone to stay healthy and safe, but I can't suppress my excitement at possibly widening our "social bubbles" if the R factor allows us to. For the time being, I have put together a light-hearted look at getting the best from your online meetings, ladies:

1. Give yourself a home haircut, so you can see everyone else on the call. Be very careful with the mirrored image, and remember wet hair will be even shorter as it dries!
2. Choose a nice top to wear—remember that in order to stand out in a crowd as the Queen does, your bold colour choice will be key.
3. Camera positioning is crucial to avoid looking directly up your nose,

or highlighting those extra chins or chicken necks? Those of us who have these know what this means!

4. If your call is limited to 40 minutes, don't worry - that is the perfect timing to refill your cuppa or wine glass, then you can go back into the call — the original joining details will still work.

5. Stay relaxed in your comfiest trousers or even pyjama bottoms, since only you know how your lower half is dressed!!!

So, once you've organised your "shelfie" (i.e. a suitable backdrop of colourful coffee table books) let the fun begin. Maybe on your next call you'll be trying to guess who is following these fun rules.

Keep smiling, ladies, and stay safe.



Lock Down Tales

Thoughts in Lockdown

by Carole Rawson, Skipton with Stirton and Thorlby WI

I used to see war torn areas of the world and hospitals full of patients with bomb and bullet injuries when I watched the news. Now when I watch the news, I see predictions of death and graphs showing hospital admissions in the UK. This is my new normal.

I go out for my walk; I smile when passing two metres away from another pedestrian and I receive a wave or a shouted 'good morning.' This is my new normal.

I walk down the High Street and see the queues outside Boots. Everyone respecting the two-metre rule. I see people queuing at the banks again two metres away. I continue to Tesco. The queue is lengthy so I make my way towards Morrisons. The queue is even longer there. I stop and think - do I really need to make rhubarb chutney. Perhaps I should make crumbles instead and then I would not need dates and stem ginger. I then remember that I have no flour. This is my new normal.

I return home and immediately wash my hands. This is my new normal.

I sit down to take my shoes off and as I look up, I notice the dust on the rail under the table. I go outside and bring the washing in and fold it ready for ironing. This is my NORMAL.

Normality in this period of lockdown is important. I might even dust the rail but again would prefer to sit in the sun in the garden. Everyday chores become important for one's wellbeing and I know when lockdown ends, as it surely will, that I will again inwardly curse at having to change the bed as I have done for nearly 60 years. That will really be my normal!



Will my new normal greetings be received with a smile when lockdown ends or will I receive a look that clearly means 'poor soul has lost it!' I want to keep this new normal and still receive a smile or wave.

I don't want to go back to news where I see children with missing limbs, hospitals full of war victims and pictures of bombed houses. That was the norm and I fear it will be again. War does not stop for a virus and unless of course the world can join together and say enough is enough, these wars and many more to come will again be the norm.

A Semblance of Normality

by Carole Rawson, Skipton with Stirton and Thorlby WI

I'm not grumpy
I'm not glum
Another day has begun
I have a shower in bathroom new
Is it pink or is it blue?
No coffee shop for me today
My husband brings it on a tray
Trump has said we need bleach
to keep the virus out of reach
Do we drink it as if it's gin
Or do we put it somewhere 'within?
Could a goblin come in the night
To clean the windows and make it
light
Could a goblin come in the day
In order to keep the dust at bay
I am cycling very fast
And have reached Scarborough at last
Cycling 'up north' was very hard work
But I am not one to shirk
So forced the pedals round and round
Hopeful of losing many a pound
Sunday is facetime day
I see my family out at play
In the hot tub in the sun
Splashing about having fun
I watch Poirot and sometimes Vera
And many programmes of another era
The pandemic news is now a bore
One day it will recede into folklore
Until such time dear friends of mine
Continue to drink and to dine
We are British and can cope



How WIs are staying in contact with members during Coronavirus?



Time to Seize some Opportunities as Lockdown Eases?

Transport

The lockdown has created much debate on how to reduce congestion on our roads once the restrictions are lifted. Increases in numbers of people walking and cycling means that purpose built paths in our areas are becoming crowded. Is it time to reopen the debate on cycling infrastructure in our towns, enabling cycles and cars to better share roads? Join in local discussions and check out our next Climate Change update in August's Fed News.



Local Businesses

Shop local And shop safe is the way forward for us as consumers and as businesses start to reopen within lockdown easing plans, do spare a thought to support your local corner shop or farm shop, often offering a range of fresh meat products and salads, and with a quick call to individual businesses, even deliveries can usually be arranged for vulnerable customers with the help of good neighbours. We need to Support Local now to ensure they survive this crisis.

Heath & Wellbeing

The lockdown and pandemic have made us think a little more about how we feel, how we express things and how we behave towards others. Re-found friendliness and kindness are the norm to be preserved as we progress through easing of lockdown, so as we try to increase the casual conversations across the footpath or over the fence, they can continue to make a huge difference to a Shielding Neighbours day.

Homeworking

This might be a feature of more of our lives in future, but it needs to be properly supported: regular social communication between colleagues is a must or we will soon miss the lost kettle chats or corridor conversations that are the staple of office life; structure to the home-working day needs to preserve a healthy work to family time balance; home workstations ought to meet individuals' posture and height needs to avoid neck or back strain and remember that moving around regularly is needed to avoid muscle seizures from hours in one position.



What are you doing to stay in touch?

Please email nywfnnews@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.

Keeping in Touch

by Sue Butters, Knox WI

In these unprecedented times I feel very fortunate to be a member of the WI. At the beginning of March, Knox WI decided to cancel our April meeting, thinking we could monitor the situation on a monthly basis. Little did we know how the situation was going to escalate. Our priority was to keep our members safe and identify those who had no family near. I spent over 2 hours phoning every member to explain our decision to cancel and to offer help if needed. By the time I contacted the last few members I found myself calling them by the wrong name, phoning every member in one session was not my best idea.

So now we contact 5 different members every day, this weekly call helps us to be a contact in these isolation times. As a reminder of the contact phone number we attached a note to the newsletter. Making it easier for members to call us any time they just need to chat or in need of shopping.



As the situation alters so does our response. Why am I proud to be a WI member? It is the care and friendship that makes us a community not only in our local WIs but in the wider Federation, together we are strong. Keep safe.

General Knowledge Quiz

A great way to keep in touch is hosting quizzes and games over a video call—especially if you have a competitive side! Gather a group of friends or family members on a Zoom call and you can all play along. We have provided ten general knowledge questions for you here which you could have as a round for your own quiz. You could even play a track and have a music round!



Test yourself first, then check the answers on page 14!

1. What is the only letter in scrabble to have a value of 5 points?
2. How many sides has a heptadecagon?
3. What company made the first cell phone in 1973?
4. Which was the first James Bond film to feature Roger Moore as the title role?
5. Who played the title character in the BBC series Jonathan Creek?
6. What was the Baroness Thatcher's middle name?
7. How much is the purchase price of the Old Kent road in the London version of Monopoly?
8. Who is the alter-ego of Sir Percy Blakeney?
9. What is a well known Italian dessert?
10. Which English author created Father Brown?

Around the Federation

Aldborough Boroughbridge & Dunsforth WI Scrubs Project

by Debbie Rosher

As a member of the admin staff at our local surgery in Boroughbridge but currently in self-isolation after health problems, I was asked if the WI could help with a lack of scrubs for the clinical staff who were unable to order any through the usual channels.

I put an email out to our members for volunteers to make up the scrubs and once word got out, received an overwhelming reply from not only our own ladies, but some from neighbouring WIs and other local ladies. Unfortunately, due to the logistics I had to turn down some of the kind offers of help.

We duly swung into action, making up our own pattern from a sample set of scrubs, ordered fabric online funded by the surgery and a team of 14 WI members (including three non-members) started cutting and making up the sewing kits.

Distribution of kits and collection of completed scrubs from ladies living in the Boroughbridge area was a bit tricky but we had help from volunteer drivers organised via the surgery in Boroughbridge and a willing WI husband.

As a result, we have now delivered completed scrubs to four GP surgeries in the area and received grateful thanks. In addition, we

have kept a group of ladies busy while confined to the house and in touch with each other by phone, text, WhatsApp and email during the project.

Well done to the ladies of Aldborough Boroughbridge & Dunsforth WI and associated friends!

Below you will see the scrubs made and modelled by one of our members.



75th Anniversary of VE Day

VE Day Celebrations at Melsonby

By Judith Stansfield, Melonsby WI

Melsonby had planned to have a Big Picnic on the green on VE Day, but plans had to be changed due to lockdown. The Sports Day Committee had organised a scarecrow competition and there were 118 entries with great examples of creativity and imagination. The pictures show those made by Melsonby WI members. Popeye had been in hibernation since his appearance at the GYS, but emerged showing signs of his war wounds to celebrate. On VE Day, many people joined their scarecrows in front gardens to 'share' a picnic tea with neighbours, accompanied by a peal of bells from the church.

Melsonby's own answer to Vera Lynn, Tanya Henderson, accompanied by husband Shaun, delighted a suitably distanced number of villagers on the village green, amplified so most could hear her beautiful singing of 'We'll meet again'.

The BBC weather app had forecast a shower at 4pm which punctually appeared as a sharp downpour for a few minutes, but fortunately disappeared as quickly as it came and did not spoil the festivities. It was not quite the Big Picnic on the green that had been planned, but a good time was had by all.

How were other members of our WI celebrating?



Notices

The Resilience of Being

Scrutinising our body's every move has become an instinctive part of society's behaviour. Whether it be tracking our weight, scars, or shape, we always seem to be seeking a new way to beat our body into submission. *The Resilience of Being* is here to challenge that. This is an anthology that aims to remind people that a self-destructive approach to your body doesn't have to be the default, throughout a range of submissions, from poetry to essays.



This anthology will be on sale from Amazon in Summer 2020 and is perfect reading for anyone with an interest in body image and self-love.

The Editor is aiming to send the anthology *free* to libraries, schools, universities and charities to open normalised discussion and workshops on body image. If you have any ideas for where this anthology could be sent, or if your WI would like a copy, do get in touch with Emma at resilienceofbeing@gmail.com

You can find more information at resilienceofbeing.co.uk

200 Club Results

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

£30—W. Jakeman, Skelton on Ure WI

£20—Linda Dunn, Ripon Centre WI

£10—Rose Sanderson, Giggleswick WI

How many did you get right?

1. K
2. 17
3. Motorola
4. Live and let die
5. Alan Davies
6. Margaret Hilda Thatcher.
7. £60.00
8. The Scarlet Pimpernel.
9. Tiramisu
10. G. K. Chesterton

Recipe of the Month: Baked Smoked Haddock and Cider Pie

This recipe serves four.

A wonderful flavour and increases your omega-3 levels too. Peas would make a good accompaniment.

Ingredients

800g new potatoes, scrubbed
60g butter
3 leeks, sliced
1 to 2 garlic cloves (or to taste) crushed or finely chopped
1 heaped tbsp plain flour
350ml dry cider or apple juice or simply veg stock
150ml creme fraiche
1 tbsp grainy mustard
550g undyed smoked haddock, skinned and cut into large chunks
1 small tsp thyme leaves
75g strong cheese, grated
Salt and pepper



Method

Oven: 180°C/Gas 4

1. Cook the new potatoes in boiling salted water until tender, drain and leave to cool.
2. Melt 50g butter in a large pan, add sliced leeks and garlic, cover and cook gently for approx. 10 mins, stirring occasionally, until leeks are soft, and not coloured.
3. Stir in flour, cook for 1 min, then gradually add cider, or apple juice or stock, stir until the sauce is smooth.
4. Add the creme fraiche and mustard, stir well.
5. Add the haddock chunks, season carefully, stir so all the fish is coated in sauce.
6. Put the fish mixture into a greased oven proof dish.
7. Slice the cooked potatoes into thick rounds, arrange on top of fish mixture. Melt remaining butter and brush over potatoes.
8. Scatter over thyme and cheese. Bake in oven for approx. 30 mins until very hot and potatoes are golden brown.

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 during scheduled homeworking weeks, 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.

