



# North Yorkshire West Federation News

**February  
2021**

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**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**

There is now no Federation Secretary and the trustees agreed to share this workload until later in 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.

## **Answers to Quiz on page 14**

|              |                       |
|--------------|-----------------------|
| 7. 24        | 14. Coronavirus       |
| 6. Edinburgh | 13. Hot spicy sauce   |
| 5. Linen     | 12. Gang              |
| 4. A hat     | 11. Rabbit            |
| 3. Gates     | 10. The peel          |
| 2. Blue      | 9. Fruits             |
| 1. Germany   | 8. Gone with the wind |
|              | 15. Beetroot soup     |
|              | 16. The North Sea     |
|              | 17. Raold Dahl        |
|              | 18. Wink              |
|              | 19. Melanie Brown     |
|              | 20. The leaves        |

## **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.

**Do you have a set of photos of a memorable occasion that you would like to see shared in the Federation News? Get in touch at [nywfnews@gmail.com](mailto:nywfnews@gmail.com) with your name and WI!**

## Chairman's Update

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



Well, here we are again total lockdown possibly until March; life seems as though it'll never get back to how we knew it. The only thing in my life that seems to carry on as normal is the farming routine, presently with snow to the back door feeding sheep twice a day, so no need to take daily exercise, just keep working!

Yesterday Anne Harrison and I held the first of the "Coffee and Chat" sessions, it was so good to see members and hear their amazing stories, learning things we never knew about one another. It proved so successful and all attendees joined in the conversations that an hour and a half passed so quickly without us realising where the time had gone. We have to thank Judith Stansfield and Hazel Smyth for arranging this session and now these are to continue on a fortnightly basis with different trustees leading the sessions, which are all on Zoom and free to join with no pre-bookings. So, if you haven't signed up yet why not have a go – I'm sure, judging from yesterday's success, you won't be disappointed.

I must thank all the members who attended the Annual Meeting in December. Since we normally hold our Annual Meeting in the Spring, we have decided that for this year we will hold our next meeting virtually, on Wednesday 14th April 2021. This time we will hold two sessions – one at 2.00pm and the other 7.00pm to allow more members to attend, so please put the date in your diary and look out for more information next month.

National have informed the Federation that the proposed Annual meeting has now been rearranged for the 8th June, still at the Albert Hall, London, but with reduced attendees. So, we now await our allocation of delegates and once we are given that information, we will consult with you again. As many of you are aware, Fridays have been the day when the Office has sent out weekly bulletins of all important issues which need to be brought to your attention for your action, so please keep checking these important bulletins, so you don't miss out on any important issues.

Lastly, I want to thank all Institutes who have replied to our request for consultation on the amendments to the Constitution these have been collected and sent to National, so we await the results; also Liz Whapples has collected your votes on the Resolutions and these have gone to National as well.



I wonder what you will be enjoying at your monthly meeting? We in Coverdale are having a Zoom Flower Arranging demonstration, so whatever you are doing, do take advantage and enjoy the meeting, although it will be using technology, as it appears it could be quite a while before we can all meet face to face again. So if you haven't embraced this way of joining and you have the equipment, go on have a go and if you need help to get started, why not consult Hazel, our Digital Champion, by email [web.nwYorkswi@yahoo.co.uk](mailto:web.nwYorkswi@yahoo.co.uk), she'll only be too pleased to get you started.

Julie

## Reports from Committees

### 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.**

I hope those of you that attended the recent Membership zoom meeting found this worthwhile. Let's hope it is not too long before we can meet face to face as we did in what feels like 'in the good old days.' As I write this, it has just been announced that we are back into lockdown. By the time you read this we should be seeing the light at the end of the tunnel and restrictions will hopefully be lifting soon. I really hope everyone has stayed safe and that your WI has helped to keep you going. In my role as Treasurer, I am keeping a very sharp eye on the Federation funds and looking at every opportunity to generate some income. Thank you to everyone that has accepted my challenge and purchased 200 club tickets, the opportunity to purchase continues. I'm sure we are all aware that changes will need to happen when we are eventually able to open up again. We will need your support then, more than ever. Take care, stay safe.



## Arts and Leisure

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



Because we write our articles in advance to allow printing and distribution, situations change and we find ourselves in difficult circumstances.

Coronavirus is not going to leave us in the forthcoming months, we have to stay positive, as hard as that may be but predominantly we have to stay safe and communicate with each other in whatever form it may be, sometimes there is nothing better than a telephone call.

As I write this, it is snowing very hard, but positive thinking tells me all the spring bulbs are protected under their fluffy covering of clean white snow. Ah thoughts of spring and sunshine! One task you may wish to do is – ‘The Lady Denman Cup Schedule for 2021.’ Why not try your hand at writing a 500-word article? A great challenge, especially when we are all at home.

We forwarded three entries to National last year. After final judging had taken place, sadly

we did not have any winners, but a huge thank you goes out to the ladies who did take part – hopefully 2021 is our year.



The topic for 2021 is “Let me show you what a woman can do!”

The competition is being held in partnership with the National Gallery. We have until Friday 30th July to send entries to Federation Office.

All details can be found on My WI, if you do not have access to technology, ask a WI friend to contact me by email [hjstoney48@gmail.com](mailto:hjstoney48@gmail.com) and I will forward a copy to you via your friend.

Looking forward during the summer we are hoping to host some outdoor activities, according to rules and the situation we are in. Doesn't the thought of freedom and warm days cheer you up? It does me! Stay safe and stay in touch with each other.

## Resolution Results

These are the results of voting from members:

1. A call to increase awareness of the subtle signs of ovarian cancer = 265
2. Stop women dying prematurely from coronary heart disease = 195
3. Racism and discrimination = 61
4. Protect your nature space to create wildlife-friendly communities = 67
5. Stop the destruction of peat bogs to tackle climate change = 90

## Public Affairs

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



I wonder how all of you are progressing through February particularly during this difficult time. Did any of you manage to get involved in two events associated with last month to do with lifestyle. These events were:

**Veganuary** - which was established to encourage people to try veganism for the month of January. A definition of Veganism "It is a philosophy and a way of living which seeks to exclude as far as is possible and practicable, the use of animals by man for food, commodities, work, hunting, vivisection and by all other uses involving exploitation of animal life by man". So vegans have a plant-based diet which includes all kinds of fruits, vegetables, nuts, grains, seeds, beans and pulses

January was also associated with **Dry January** which aims for people to have conversations regarding alcohol - why do we drink it, what damage does it cause to one's body and to one's wallet? Studies have shown that over the last 9 months, people's alcohol consumption has risen. So by abstaining for the whole of January we have the chance to ditch the hangover, reduce the waistline and the opportunity to save some cash and generally improve our well-being. One good way of doing this is to be sponsored so that not only do we benefit, but so does a charity, and with all charities suffering a loss of funds because of Covid-19 this is an excellent way of helping to raise much needed funds. Just because January is over if you did manage to look at taking part in Dry January or in fact trying Veganism, why not have a go in February – it is never too late.

**Get on Board for a Better Bus Service** is one of our current campaigns and, more than ever, we need to be considering what we can do to raise awareness and campaign for a better service. COVID-19, lockdown and social distancing are all having a massive effect on bus services. Passenger revenue is dropping off the proverbial cliff face, frequencies and routes are being cut back to the bone and staff are being furloughed in an attempt to make

ends meet with the support of Government grants. A recent survey has shown that:-

- 20% of bus commuters feel that they will use public transport less after lockdown
- 57% of bus commuters will reduce their use of public transport due to fear of illness

- 27% of bus commuters have found other ways of making their public transport journeys

So, as we can see, nearly thirty percent of bus commuters have found new ways of making their journeys and it appears that they anticipate continuing this once the pandemic has come to an end. Our buses provide a vital service for many people, especially those in rural areas, to get to work and to education and also to the doctor or the chemist, and currently the Government is providing support to bus companies so that buses can be kept on the road. So, it is vital that we start preparing now for life after lockdown, as we do not want to see any more bus routes being permanently cut and those living in rural areas being further isolated.

### Plant Britain

A campaign to plant 750,000 [trees](#) across the [UK](#) has been launched by HRH the Prince of Wales in conjunction with [BBC's Countryfile](#) programme and The Woodland Trust.

The two-year plan will encourage people to plant and grow trees in an effort to help tackle the worsening [climate crisis](#). The BBC said the 750,000 target was selected to match the number of [children](#) who will be starting primary school in September. Any type of tree can be planted – all work in the same way. A process called Photosynthesis takes place in every leaf. This process requires water, carbon dioxide (a greenhouse gas) and sunlight and the products are food (which the tree needs for growth) and oxygen. Your sapling (young tree) may be grown anywhere permissible or, of course, your own garden and you can check its progress throughout the year. Even a



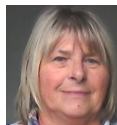


window box will do. It is amazing how many small trees can be accommodated in a good-sized window box. The initiative, called Plant Britain, was launched towards the end of 2020 in a special episode of the programme and comes after new government figures revealed the UK is falling far behind on its tree-planting targets and levels needed to help tackle the climate crisis. We can all do our bit: garden, window box or wood designated as part of the campaign. The latter are scattered throughout Britain but not all are yet designated as part of Plant Britain. If you want to find out more, search for Plant Britain on your laptop. This is something for everyone to be involved with, to do their bit for the environment as well as their own mental health and wellbeing. Why not add "I will plant a tree in 2022" to your next year's list of Resolutions? Finally look out for Zoom in February two events which I think will be extremely

worthwhile. Our very own **Felicity Jennings** on the 13th February will be presenting **Green Heart Crafting** Show the love this February and your support for this popular WI campaign by making green hearts with Felicity from Felicity Crafts. All you need is green paper, scissors and a glue stick. Of course they can also be made in another colour for Valentine's Day too. **Graham Smith** a retired Scientist will be presenting on the 22<sup>nd</sup> February – **Climate Change Is it worth making personal change?** The first part of the presentation covers the evidence for and against climate change and then looks at how governments are interpreting and responding to the data. The second part looks at the impact of personal change so that individuals can decide for themselves whether they wish to act or not and the final section provides 'painless' ideas on how to make changes should one wish to do so.

## Membership Support

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



Well as Spring is just around the corner, we are looking forward to more workshops, as we may still be under some form of restriction. But with vaccine being distributed to the elderly first then vulnerable, hopefully we will be in a better place very soon.

Our thoughts are to have a Presidents' and Secretaries' Q&A session in March via Zoom, if we cannot meet in one venue safely.

We will be looking at working as a team with your committee members, encouraging members to come along and see what you are doing for your WI. We will be looking at how we can help you boost your membership, especially for the long term.

This information may come as a newsflash as the Treasurers' Q&A did, which was a great success. We also intend to do more workshops over the

year; we will let you know as soon as we have a definite way on how best to hold these.

If you have any queries please get in touch with your adviser, or adviser helper. If you're unsure whom to contact, a list of advisers is available on our Federation Website. If you're unable to locate it, please don't hesitate to get in touch with me at my details above.

Lastly, can I say a big thank to all your Committee who have kept their WIs informed with what news is around their area and Federation and National. You have worked tirelessly over the pandemic year 2020, let's hope in 2021 we will soon back to some form of normal.



## **Zoom** In for Fun

by Judith Stansfield (judstass@gmail.com)



Here are some more interesting activities to distract and entertain you during lockdown in February. 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.

### Thursday 4th February, 2pm and 7pm: **Chat and Coffee: Embarrassing Situations**

Meeting ID: 812 4320 6206

Passcode: 452430

The third of a new series where members can join Liz Whapples and Sue Butters for a Zoom session with their own cuppa—this time, reminiscing our embarrassing moments!



### Tuesday 9th February, 7pm: **Easy Gardening**

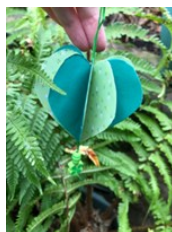
Martin Fish will be taking you through some exciting improvements you can make to your garden—for gardeners of any experience level!

### Thursday 11th February, 7pm: **Valentines Delights**

Treat your sweetheart with something sweet with Elizabeth Fawcett.

### Saturday 13th February, 10:30am: **Green Heart Crafting**

Join Felicity Jennings to show your support for this popular WI campaign from Felicity Crafts.



### Tuesday 16th February, 2pm and 7pm: **Chat and Coffee: Horrible Holidays**

Meeting ID: 812 4320 6206

Passcode: 452430

Everyone must have experienced the worst holiday of their life—come tell us about it with Anne Harrison and Heather Stoney with a cuppa!



Thursday 18th February, 2pm: **Chill Out with a Real Artist**

Stephen Waterhouse will be talking about what inspired his artwork for picture books, posters and original artwork as well as explaining the process behind creating it all.



Monday 22nd February, 7pm: **Climate Change—Is it Worth Making Personal Change?**

This presentation with Graham Smith covers the evidence for and against climate change and reveals how painless the changes you can make can be!



Tuesday 23rd February, 11am, £3.00: **Fight the Flab Gently**

Susan Cunningham, as a qualified exercise teacher, will be leading a some armchair aerobics to keep yourself healthy from a stable chair.

Thursday 25th February, 2pm: **We Didn't Take Any Fault: A North Yorkshire village in World War II**

Vivienne Ravis will be giving a talk about life in Burton Leonard during the Second World War. If you have any small items of memorabilia, bring them along and we can have a show and tell at the end!



Thursday 25th February 7pm £3.00: **Zoom Fitness**

Join Emma Stoney in the comfort of your own home and get fit with strength and conditioning sessions.

# Challenging Climate Change

by Wendy Knight, Ure with Leyburn WI



## Trees and Woodland regeneration

This Christmas we exchanged gifts with family or friends on the driveway, or by post. Still connected, just differently so!

Two books I received, which have inspired and entertained me through long evenings are:

*Trees and Woodland in the British Landscape*, by Oliver Rackham. It charts the development and changes to woodland in the UK from prehistoric times. This is a 'dip in' read.

*An English Pastoral*, by James Rebanks, a Lake District farmer, who is working to include nature rich areas on his land. Compelling and inspiring. A hard life, but a rewarding one.

A forest is not just a stand of tightly packed trees; should you visit Thetford Forest, you will find a wonderfully diverse environment, stands of trees of different species and ages, with clearings lightly grazed at times by the County Council's roving sheep flocks and native ponies. A healthy bio-rich forest comprises mature trees, young saplings, rough scrub, hedge plants, clearings, natural pasture, brambles, ferns, and fungi. But most of the fungi are invisible.



## Trees - the Wood Wide Web

Did you know that trees are not just interconnected in the canopy, or even by their root system underground, but by a vast web of underground fungi, through which they share resources such as sugars and other chemical markers and some, like the black walnut, spread toxins to kill nearby rivals! This web also supports parasitic plants, like orchids, which tap into nutrients. Research also indicates that if trees are attacked by other organisms, they can send chemical signals through the network, which give other trees more preparedness to withstand attack.

However, this complex web of mutual support is damaged by heavy machinery. That solitary mature tree you see in the middle of a wheat field may not be as healthy as it could or should be. Similarly, heavy cultivation right up to hedgerows damages the fungal system too. Recently farmers have been leaving a wide strip along field margins,

I have posted a short piece about this from Radio 4 on our Facebook page: **NYWFWI Climate Change Action**. Just put that in your FB search to visit the page.

Leaving an area uncultivated looks after the trees and hedgerows, and encourages wild flowers and wildlife. A win win.

### **Not all fungus is good!**

Our landscape is rapidly and dramatically changing due to Ash Die-back. Ash is the 3rd commonest UK tree - 80 million or so in the UK, used extensively 25 years ago when farmers were grant aided to plant trees in hedgerows. Of 59 hedgerow local ash trees, 56 show signs of Ash Die-Back. The bad news is that it has been in UK since 2012; the fungal spores travel for miles on the wind and on birds' feet and it is likely to kill 90+% of native ash.

However, Ash is genetically diverse and reproduces readily by seed, unlike Elm which is cloned so hopefully, some individual trees will recover. For that reason tree specialists advise not to rush to cut down all diseased ash trees; it won't stop the spread, and dead or dying ash (providing they don't pose a threat to health), still provide perching, nesting and roosting opportunities. Where they grow in mixed woodland, away from the public, they can be left to fall, and create a rich habitat on the forest floor. Some trees may eventually recover and removing them prematurely will hinder the process of the species building resistance to the fungus.



Meanwhile, tree planting must continue apace.

And, to end on a positive note, Extinction Rebellion have rescued and re-planted at least 30,000 oak saplings across the country after nursery owners said they could be forced to destroy over 750,000 saplings

because of delays to government tree planting programmes.

Trees are available through XR Rewilding's 'Save the Oaks Campaign'. To find out more go to <https://savetheoaks.org/>



There is solace in nature. So, let's continue the journey of reconnecting!

## Around the Federation

### What We Did in 2020

*by Beverley, President of Wythit WI*

We have only missed one meeting - **April** and have had to adapt each month according to the restrictions going from Plan A to Plan B to Plan C to Plan D and I think now we're on Plan E! At the time of writing, we're also consulting members on what they would like to do for the Christmas activity!

**March** (face to face meeting) - A fun evening on Sunday (oh yes it was) from Panto Dame Ian Johnson who gave us a talk all about the history and traditions of the Panto - Ian also runs a charity 4+20 which gives grants to young people in further education. (Auditions starting soon for anyone who fancies some thigh-slapping).

**May** - First Zoom meeting having a general catch up and natter.

**June** - What a great Zoom talk we had last night by Helen Neave from [Make it Wild](#) about how to bring nature into your garden and foraging for food and medicinal purposes (info provided by Helen Compton, Herbalist). Informative, beautiful photos and definitely food for thought! Take a look at the Make it Wild website - loads to see and items to buy.

**July** - A zoom talk and interactive workshop entitled "Life after Lockdown" with Judith Wardell, a former local midlife and retirement

coach. Judith proceeded to tell us how she had reinvented her career from HR Professional to business owner and now coach. This was followed by a fun exercise incorporating our feelings during these unprecedented times of lockdown and coping with life during the covid-19 pandemic as well as how we might adapt our lives post-pandemic.

The evening was very thought provoking and encouraged everyone to reassess how we are living. Thank you to Judith for a really interesting talk. Further info can be found at

[www.timeofyourlife.me.uk](http://www.timeofyourlife.me.uk)

**August** - The rain can't stop us hardy Wythit WI ladies! We finally had our first face to face meet up since March and took shelter for a really good, outside, socially distanced natter and catch up. Some couldn't come and others were put off by the bad weather but hey, we're back together again! Go Wythit! Next month picnic with celebratory surprise!!





**September** - Fab get together and picnic in the park in our 6 bubble for us Wythit ladies with a scrummy celebratory ice cream and cupcakes - we know how to throw a Socially Distanced party.

**October** - our meeting on Sunday (Zoom) was a talk by Health Watch North Yorkshire very interesting and informative lots of suggestions and experiences exchanged - they are always looking for volunteers - go Wythit changing the world (well, North Yorkshire) one Zoom meeting at a time.

Also, three lovely couple of informal meet ups over the various weekends:

Karen, Pat, me and Oscar for tea and cake at Mainsgill in the blustery rain.

and then Linda, Bobby, Frances, Ann, Pat and me had a great crafty natterfest with tea and biscuits in Linda's outside pergola (beautiful!!). It was so nice to see each other. Show us your gingerbread men ladies... And a lovely coffee and cake natter at a member's house (when it was still allowed).

**November** - A fun evening was had at our WI Zoom meeting on Sunday we had a quiz with some

tricky questions (Who knows how many dots are in a braille letter) followed by Handbag Bingo another very revealing game (some strange things discovered in the depths of our bags) maybe time for a clear out!

We've not had all our ladies attending the Zoom meetings but we've not had a bad turnout generally and we've also been promoting the Zoom workshops available - Denman and NYWFWI. Wythit also had a change of secretary who hasn't yet had chance to do any meet ups with the Committee or President to get a feel for her role, but all-in good time...



## 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.

## Quiz

1. Where is the Black Forest?
2. What colour is the shade of cobalt?
3. Which Bill is one of the world's richest men?
4. What is a tamoshanter?
5. Which fabric comes from flax?
6. Which city is furthest West - Liverpool or Edinburgh?
7. How many hours from Tulsa was Gene Pitney in 1963?
8. Which was the first colour film to win an Oscar?
9. From which part of the plant is the spice coriander made?
10. What is the epicarp of an orange?
11. Coney is the fur of which animal?
12. What is a group of elk called?
13. What is piri-piri?
14. What is the anagram of 'carnivorous'?
15. What kind of food is borscht?
16. Which sea surrounds Heligoland?
17. Who is the author of Willie Wonka and the chocolate factory?
18. How do you nictitate at someone?
19. Which Spice Girl was once in Emmerdale?
20. Which part of the rhubarb plant is poisonous?

*Answers on Page 2*



## Recipe of the Month: Italian Sausage Stew

*Being at home so much, I've been trying lots of recipes from magazines, and this was one that got the thumbs up from my husband! It is colourful, very easy and doesn't take long. There are lots of vegetables, and is good served with warm crusty bread and butter to soak up the juices.*  
*Serves 4.*

### Ingredients

6 large pork sausages  
1 tbsp vegetable oil  
200g (7oz) red onion chopped  
1 yellow pepper  
1 red pepper { Both peppers  
deseeded, cut into large dice  
2 garlic cloves, crushed  
1 bay leaf  
2 stems fresh thyme

70g (2.5oz) tomato puree  
450g (1lb) tomatoes, cut into  
quarters  
4 tbsp red wine  
350ml (12 fl oz ) chicken or  
vegetable stock  
Seasoning  
Chopped parsley to garnish

### Method

1. Slit the sausages along their length and peel away the skins, then cut into thick slices. Heat the oil in a large frying pan or casserole, add the sausage pieces and cook over medium heat for 5 mins or until browned.
2. Add the red onion, peppers, garlic, bay leaf and thyme, fry 5 mins.
3. Mix in tomato paste, then add quartered tomatoes and red wine. Cook, stirring for a minute or two, then pour in the stock to just cover everything.
4. Season, bring to the boil, then reduce heat and simmer uncovered for about 10 mins until the tomatoes are softened but still hold their shape and the sauce has reduced a little. Add more stock if needed.
5. Discard the bay leaf. Sprinkle with parsley, then ladle into bowls and serve with warm bread and butter.



*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.

