



North Yorkshire West Federation News

March 2020

In this edition:

Committee news
P4-7

Upcoming events
P8-9

Climate Change
Report
10-11

Around the
Federation
P12-13

Notices
P14

Recipe
P15

theWI
INSPIRING WOMEN

East Meets West *A Cookery Demonstration*



Come and join Perveen, Dalera and Kasaur for an Asian cookery demonstration, and hear their best ideas for a healthy living!

Thursday 14th May 2020
12:30pm-3:30pm
Gilling West Village Hall near
Richmond

£18 members / £20 non-members
Refreshments provided

Alma House
Low St Agnesgate
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Office Hours now 4 days a week:
Monday, Tuesday, Thursday & Friday
9.30am –12pm & 1–3pm
www.thewi.org.uk/northyorkshirewest
Find us on Twitter & Facebook
NYWFWI Charity Reg. No. 513934

At a Glance: The Next 3 Months

All finish times are approximate. Please note closing dates for booking (with full details of events are on p8-9). Places will be allocated at random from all bookings received by that date.

Date	Event	Time
Mar	Wed 18th Fine Tune Your WI	7:00pm-9:30pm
	Wed 18th Garden Willow Obelisk	9:30am-4:00pm
	Tue 24th Ozark Maple Patchwork	10:00am-4:00pm
	Thu 26th Fine Tune Your WI	7:00pm-9:30pm
	Sat 28th Spring Council Meeting	10:00am-3:45pm
	Mon 30th Allerton Waste Recovery Park Visit	10:00am OR 2:00pm
	Mon 30th Fine Tune Your WI— Revised date!	7:00pm-9:30pm
	Tue 31st Treasurers' Workshops	7:00pm-9:30pm
Apr	Fri 3rd Trip to Shibden Hall and Piece Hall Halifax	Full day
	Wed 8th Treasurers' Workshops	7:00pm-9:30pm
	Wed 22nd Bobbin Knitting	10:00am-4:00pm
	Thu 23rd Resolution Meeting	2:00pm-4:00pm
May	Thu 14th Asian Cooking	12:30pm-4:00pm
	Tue 19th Speaker Snippets	7:00pm-9:30pm
	Thu 21st Anodised aluminium jewellery	9:30am-4:00pm
June	Mon 15th Technology & Daily Living	2:00pm-4:00pm
	Thu 18th Ribbonwork Flowers	10:00am-4:00pm
	Tue 23rd Jodrell Bank Trip	Full day
	Thu 25th New Members Evening	7:00pm-9:30pm

Something you want to try?

If there's a craft or other activity you'd like to try, please let the relevant committee chairman know and we'll do all we can to arrange a date.

Chairman's Update

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



March looks like being a busy month for your Trustees and their committees; there are 11 activities or training sessions which hopefully many of you have opted to attend.

Last month I mentioned our Spring Council, I was unaware at the time of writing the Rock Choir will also be performing, as well as our two interesting speakers, and hearing everything in the pipeline for the year. In this mailing you will receive the Annual Report for 2019; many hours go into its preparation so please ensure you see it as your delegate will have to vote on your behalf on the document and its content.

At the first meeting after Spring Council the Trustees vote for the Officers and which Trustee will stand on which committee. Unfortunately, this year we have lost two Trustees, Tamsin relocated to Devon and Marcia was granted a sabbatical but has decided to resign. This puts additional work load and pressure on those remaining. We know we need to consider changing some of our current meeting times in order to attract working members or even using technology now available to us to progress to streamline the basic operation of the Federation, so if any member would be interested in knowing more about being a team player on the board, I'd be delighted to hear from you. Contact me or the office and without any obligation to commit we could discuss what being involved would entail.

There is one area in our Federation News I always look forward to reading and that is "Around the Federation" so please if you have done something special within your WI please share it with us also if you've attended an event, workshop or training session why not send in a report to nywfnews@gmail.com



I'm sure Emma, our Editor, will be only too happy to include especially if you have photographs to accompany the article. Remember - double check "Send a report to Federation News" for what Emma requires.

This month at my WI in Coverdale we have a talk, Women in Warfare, a Group Darts Tournament, an invitation to another WI, plus our Community Lunch, so I'm going to be busy! Plus, I look forward to meeting many of you at some of the Federation Events.



I hope whatever your WI is offering, you take full advantage.

Julie

Reports from Committees

Membership Support

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



At the moment we are running with only four Advisers and two Adviser helpers and one member looking to start training to be an Adviser in the near future. I am aware we are seriously undermanned. Sadly, this situation has arisen because we have not had anyone step up to train over the last four years. Why that has happened is for a number of reasons. As I have only recently taken on the role of Chair of this Committee I feel this must be one of my priorities. I am investigating the best way to change how the Advisers operate and we desperately need some younger blood in these roles.

I am therefore, throwing the challenge out to you. Please would anyone who would like to know exactly what this role is all about please get in touch. I would love to sit down with you and explore the options available. If we are to maintain a healthy and flourishing Federation we must turn this situation around. Not only will you bring your skills to this role but you will also learn new skills and meet so many members from all walks of life and enhance your own life more than you could imagine. If you love the WI then please help us to sustain our Membership Support Committee and our Federation.

Another subject under discussion was the preparation for the Treasurer's training and the Fine Tune sessions. A mammoth task that could benefit from more members coming onboard to get involved. Again, I am sure there are members across our Federation with up to date Training experience who would be an asset if they joined this Committee. You can dictate the amount of time you can devote to this task and we can work around this.

Some WIs struggle to find good Speakers to fill their programmes which is one of the key components of a successful WI. We are now preparing a page on our Website to record Speaker's details and would welcome your feedback on their performance. We will of course still be providing the Speaker's Snippets evening but the website will provide a continuous database.



Our Advisers will now also help you in providing flyers that you can distribute around your catchment area to attract new members. Place them in your doctors, dentists, hairdressers, local pub, school, playgroups, village halls, shops, talk to the sales office of new builds, the list is endless and we can also provide support with advertising on Facebook.

Craft & Home Economics
by Judith Stansfield (judstass@gmail.com)



Come the Spring and we have some exciting new activities for you! Jan Bell will be showing you how to revive that bobbin knitting you may have done years ago in school playtimes and turn your 'snakes' into exciting jewellery. For a harder type of jewellery, you can join Rachel Hutton (Poole) and learn how to use anodised aluminium to make various items. Nicola Hume is a new tutor for us and will show how to turn wired ribbon into beautiful flowers.

tickle your palettes with examples of sweet and savoury cooking from Asia. They will explain about some vegetables and spices that may be new to you and how they use more familiar ones as part of their culture. They will also bring some of their colourful clothing and the afternoon will be rounded off with a cream tea. This event at Gilling West is in the North of our wide area, which we hope will appeal to our more northerly members, but is easily accessible from the A1 for those who live further South.



In May we have a new departure when Perveen and Dalera will

Arts and Leisure by Heather Stoney
(hjstoney48@gmail.com)



Almost at the time of year when we change the clocks and we look forward to Spring and Summer. Let us hope that we do get some warm sunny evenings, to enable you to spend time outside with your WI friends.

The committee are planning two outdoor events over the Summer months, all details will be in the April edition. We are going to hold an evening of croquet, with a glass of Pimms – how refined! Also an archery competition; the aim is to run it in three areas with a final taking place. We are all about trying new types of events.



I do hope that you have all seen in last month's mailing the information regarding the Lady Denman Trophy- what a brilliant subject – I am sure that at some point most of us will have heard a conversation on a bus and thought – Wow, Gosh! Have I just heard all that? Please have a go at entering, it would be lovely to have NYWest with another winner.

Please look at the Arts and Leisure information at Spring Council, or tap me on the shoulder and voice your views , unless you tell me , nothing can be achieved, I am a WI member just like you and love feedback- good or not so good.

Public Affairs by Liz Whapples

(liz.whapples@gmail.com)



Having just arrived back from holiday on The Royal Clipper around Barbados I am now trying to pick up the threads of events which concern Public Affairs and WI. It is now March so hopefully we are all enjoying the Spring Weather and have not been too affected from wet and cold in the last few weeks.

By now all the Votes for the Resolutions will have been submitted to National and hopefully we will hear very soon on the vote most popular with our members.

As regards past Resolutions I wonder if any of you have something that we could put into the newsletter about your involvement in a campaign – it could be just having a speaker come to your meeting related to one of the campaigns or it could be something your own WI have got involved with. Do let me know as it



is so good to hear from you and however small you feel the involvement is always interesting and inspirational for us to read about.

I hope all of you who are going to the Allerton

Waste Recovery Park in Knaresborough have an enjoyable and informative visit. I am sure you will.



The Committee is just finalising arrangements for our visit to Jodrell Bank on the 23rd June which again I think will be something completely different. So watch out for final details in the April edition of the Fed News.

Finally if you would like any topics covered relating to Public Affairs please let us know and my hard working committee will try to accommodate your wishes as well as assisting in any way with issues or contacts.

Remember do you have a resolution you think would be something WI should get involved with – now is the time to be thinking about it.

Join a Federation committee

Our committees are always happy to welcome new members to join them. If you would like to help shape our Federation in future, email chairman Julie at j-a-clarke@hotmail.co.uk.

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



Here's hoping you are all enjoying your WI 2020 programmes and activities. It doesn't seem very long at all since our Christmas celebrations and half-term visits from our children and grandchildren, but Easter is now just around the corner with all the lovely and loving 'makes and bakes' that the bank holiday brings.

Latest news from Comms & PR is the welcome of a new member into our team: Maddy Willmott, from Knaresborough WI is joining us, and brings a wealth of fresh ideas and commitment to our team tasks. Some of you will have already met Maddy at the Social Media workshops last year, or as a GYS 2019 volunteer, and those of you booking onto the Technology and

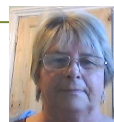
Daily Living workshop in June will see her working there. Check out the booking form in this month's mailing for more details on this informative new workshop: aimed at helping those who are still unsure or suspicious of technology and social media, and offers you a chance to see some fun ways to incorporate them into your daily lives such as library services, hotel and holiday browsing or booking, and much more.

Don't forget it is International Women's Day on March 8th, and visit internationalwomensday.com for ideas on how to celebrate women's achievements while promoting greater gender equality.



Treasurer's Report

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



Hello to all. As the days lengthen we all start feeling a little brighter and Spring is just around the corner.

Subscriptions

Please remember that your "Agents" portion of your WI funds is due to Alma House by the 31st of March 2020.

End of year accounts, please use the 2018 version of the financial statement which now shows where your WI is acting as an "Agent" for NFWI and Federation before handing in your accounts for

Independent examination. These are available from Alma House or download from MY WI.








Reminder that we have a Treasurers' Workshop to be held on the 31st March at Alma House; please come along we are looking forward to seeing you there.

In the meantime if you have any queries please get in contact with Alma House on 01765 606339, and we will get someone from our team to contact you either Jackie, Kim or Sue.



Events and Workshops

All finish times are approximate.

KEY		Extra cost for kit		Equipment required		Food included		Coach travel included
		Interactive workshop		Tea & biscuits included		Wine/punch provided		

Trip to Shibden Hall and Piece Hall Halifax



£25
Places may still be
available

Friday 3rd April, full day

Experience an enjoyable and organised visit to Shibden Hall, then use your free time exploring the Piece Hall. Usual pick up points. Members to pay own admission fee at door as £8 per Adult or £5 Concession fee.

Treasurers' Workshops



£7.50 per WI (Payable by your WI)

1st session—Alma House - 31st March 2020 - 7.00pm to 9.30pm

2nd session—Hellifield Village Hall - 8th April 2020 - 7.00pm to 9.30pm

Invitations to the Treasurer of every WI to attend.

Bobbin Knitting

Wednesday 22nd April, 10:00am-4:00pm
Alma House



£20 + £2 for materials
Booking closes 22nd
March

Come and learn the technique of bobbin knitting with tutor, Jan Bell. Jan will have all materials and bobbins to use; an optional materials list will be sent out closer to the date. Don't forget your packed lunch.

Resolution Meeting

Thursday 23rd April, 2:00pm-4:00pm
Alma House



£7.50 (Payable by your WI)
Booking closes 23rd March

Hear about Pros & Cons of selected resolution(s) and how NFWI's annual meeting is run including voting.

Asian Cooking

Thursday 14th May, 12:30pm-4:00pm
Gilling West Village Hall near Richmond



£18 members/£20 non-
members
Booking closes 14th April

Learn about and taste Asian cooking followed by a cream tea.

Speaker Snippets

Tuesday 19th May, 7:00pm-9:30pm
Alma House



£8 (payable by your WI)
Booking closes 19th April

Ideas for your WI Programme with samples of talks, demonstrations etc. Maximum 2 places per WI.

Anodised Jewellery

Thursday 21st May, 10:00pm-4:00pm

Arrive 9:30am

Alma House



£35.00 + £10-£20 for materials payable to tutor
Booking closes 21st April

Learn how to colour, cut and assemble items of jewellery from your own design in anodised aluminium – dangle earrings / stud earrings / silhouette brooches / pendants. Unsuitable for those with arthritis.

Technology & Daily Living

Monday 15th June, 2:00pm-4:00pm

Alma House



£10
Booking closes 15th May

Join an informative workshop to incorporate technology into daily tasks such as library services, hotel and holiday browsing and much more.

Ribbon Work Flowers

Thursday 18th June, 10:00pm-4:00pm

Alma House



£35.00
Booking closes 11th April

Have a really enjoyable day with Nicola and learn how to make lovely flowers and leaves using a variety of ribbons including the gorgeous 'Ombre' ribbon. The day will include making a variety of individual flowers and leaves and then arranging them into a pleasing design of your choice. Your finished work could later be used as a corsage or to adorn a box top or a simple wooden heart etc. Suitable for all levels. Bring your own materials or buy from tutor. If the minimum number is not booked by 11/5/20, the course will be cancelled to avoid paying a cancellation fee of £100.00.

Trip to Jodrell Bank Cheshire

Tuesday 23rd June, full day

Alma House



£20
Booking closes 23rd May

Luxury coach travel to Jodrell Bank Discovery Centre to explore the wonders of the universe, learn about the Lovell Telescope, Jodrell Bank gardens, arboretum and cafe. Group rate admission fee: £7.50 or £6.50 (Concessions over 60's)

New Members Evening

Thursday 25th June, 7:00-9:30pm

Alma House



£5
Booking closes 25th May

To give a wider picture of WI, explain how the organisation works, and what opportunities it offers. Come and meet other new members, the Board of Trustees, and the Membership Support Committee.

Challenging Climate Change

by Wendy Knight, Ure with Leyburn WI



I am sure all reading this will be aware of the devastating and unprecedented bush fires still raging in Australia, fed by high winds and drought and driven by changes in the world's climate.



This disastrous series of events has resulted in over a billion animals being killed across an affected area that is as large as the United States.

Those volunteers caring for injured and homeless animals need donations of money, to buy food, medical supplies and bedding.

What you can do: There are many charities on the ground working to save and succour surviving wildlife, which welcome donations from individuals"



What you should not do: there have been well meant, but misguided social media posts asking for knitters and those who sew to make pouches and other items. Please don't do this. Australia is half a world away; it will be costly and environmentally damaging to send parcels, and, in any case, individual volunteers are using their own funds to sustain these animals, now. Charities working in Australia are stating that they can obtain everything they need locally, but they need money.



With no food plants, it is going to be a very long and challenging time before any animals can be rehabilitated, even after their injuries have healed.

The fire season commonly continues till April, so the crisis, whilst it will be pushed off the front pages of the news outlets, will continue for months.

New Low waste, no packaging shops

A new low waste outlet, called The Only Weigh Out, is opening on 18th January at 25 High Street, Stokesley. Gravity fed dispensers; use your own containers (these are weighed empty before you fill). Large range of dried goods and cleaning products. I haven't been and it is out of my area, but some of you may shop in Stokesley, or nearby. Also, there are now two in Harrogate: The Refilling Station on Grove Road, and Jarfull who have just opened a shop near Asda.

One-use plastic

I was shopping at the market greengrocers in my local town, Leyburn on Friday. The good news is they had brown paper bags, under cover from the rain, hanging in many places in the stall. The bad news is, I didn't see one shopper use them. Everything was put in clear one-use plastic bags., even single items - used for an hour at most, around for more than 100 years. Plastic not only contributes to the degradation of the environment, particularly marine life, but it is made from petrochemicals (oil, essentially), so it contributes to carbon emissions and planetary heating. Given the pace of change in the climate, these issues are not just about mild inconvenience; they are part of an existential threat to the planet.



No Fly Year 2020

We decided that our International Day on 10th March this year at Darley Memorial Hall, should link to initiatives to limit flying. This led to our choice of destination of Scotland. Join us for a packed day of Scottish music, dancing and culture. It may be close, but it is a fascinating nation, with its own traditions, language and history, dated back millennia.



Proud tradition of campaigning

I belong to the generation who 'had it all'. The next generations will be fighting for survival, unless we all, individually, do what we can to limit consumption. Recycling is not the answer; refusing, reducing, repairing, reusing, are the way forward.



I am also one of those rather stubborn people. The news that Extinction Rebellion has been categorised by the police and Home Office as an extreme ideology perturbed me so much that I joined them there and then, and now wear my XR badge, along with my Suffragette ring, with pride.

And, since writing this, I have also discovered that an organisation I have financially supported since the mid 1970s - Greenpeace - is also on the list. Since when has protecting the planet been a terrorist activity?

2020 is the year when things must change.

Around the Federation

The Newest WI in Town... Castle Belles WI Knaresborough

by Julie O'Mahony Secretary, Castle Belles WI Knaresborough

In 2019 the need for another new afternoon WI for Knaresborough was identified and in October an open meeting was held. There was an excellent turnout of about 40 interested ladies keen to find out more. Presentations were made by NYWFWI officers and a committee for the new WI was created with Pauline Bowman at the helm as President. I stepped up to take the role as Secretary and I've enjoyed every minute.

We had taster meetings in November and December and these were very well attended. Castle Belles was chosen as our name. In November we had a hands on workshop and everyone made a rag wreath for Christmas. In December two of our talented new members gave us a wonderful demonstration making ten fresh floral Christmas table decorations and we raffled them all at the end of the meeting.



On January 15th 2020 Sue Earl-Armstrong formally opened our WI and read out a welcome note from Lynne Stubbings NFWI chair. We are pleased that 40 Members joined and paid their subscriptions. We had an excellent talk from

Andrew Willocks from RHS Harlow Carr and a fun time was had by all.

We are a relaxed and friendly group. We meet at a superb venue, the

Conservative Club in Knaresborough. It is right in the middle of town next to the bus station and we meet on market day!



We have an excellent programme for 2020, a series of extra trips planned, a Facebook page, and we will soon have a scrapbook! Members are interested in having a 'Foodie' group where they can meet up socially and try out local eateries. Members are signing up for Federation events and are seriously thinking about entries for the Great Yorkshire show in July.

We may be new but we believe that we've come a long way in a very short time. We look forward to a happy and healthy time living out the WI ethos of fun and friendship.



On the Trail of the Red Squirrel

by Angela Turnbull, Ripon Belles WI

Last autumn, a group of intrepid WI members gathered at the Dales Countryside Museum in Hawes, hoping this would be the day they'd catch a glimpse of the elusive red squirrel!

We were greeted by Ann Harrison and a welcome hot drink. Matt Neale introduced himself and Ian - both Rangers with the Yorkshire Dales National Park Authority (YDNPA), who were going to be guiding us on the trail later in the day. First though, Ian gave us a very interesting and informative talk about the work of the Authority in managing the National Park. An important part of this work is Wildlife Conservation, particularly as there is a Red Squirrel Reserve lying within the Park. The red squirrels live in coniferous forests, where there is not enough food to support the larger greys. However, the reds thrive on the cone seeds, fungi and berries found there. The coniferous forest at Snaizholme is ideal for them. The YDNPA and local landowners have created a trail and a red squirrel viewing area at Snaizholme, so the public can see these enigmatic creatures in the wild.

After eating our packed lunches, we divided into two groups, to take the ten-minute ride to Snaizholme on "The Little White Bus". Pauline Bowman was the Federation representative with us on the trail. I was in the first group to arrive, led

by Matt. Not far along the trail we caught our first glimpse of a red squirrel as it ran along the top of a dry-stone wall - delightful! We continued along to the viewing area, where there is a feeding station. Matt was concerned that given the heavy rain; the squirrels might be reluctant to come out. He needn't have worried - soon there were a number on the scene, visiting the feeding station, and then leaping from it in dramatic fashion!



They appeared quite relaxed in our presence, one even scampering within inches of our feet! After a good long time watching their antics, we continued along the trail, back up to the road and the Little White Bus, for the return trip to the Museum.

We may have been rather wet, but we were all exhilarated by the experience - what a privilege to see not just one, but many red squirrels, and at such close quarters! Certainly, a special day to remember!

Notices

Denman News

by Judith Stansfield (judstass@gmail.com)



Any of you baking enthusiasts interested in taking part in a Bake-off competition? It's a one-day event, but you could combine it with an overnight stay at Denman.



Denman Bake-Off

14 April

Compete in teams of two to complete a fun technical challenge as you display your knowledge to baking experts in the hope of being crowned champions.

With plenty of cuppas and treats to keep you going!

200 Club Results

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

£30 - Beryl Simpson, Bainbridge WI

£20 - Nancy Nixon, Ripon Centre WI

£10 - Pannal WI

Yorkshire 2020 Bags for Sale

Why not treat yourself or a friend to this lovely bag commemorating 100 Years of the Yorkshire Federation? This shoulder bag is strong, re-usable, washable and helps to reduce plastic!

They will be on sale at Spring Council Meeting at the Majestic Hotel, Harrogate or you can purchase them from Alma House, alternatively we can post them to you where there will be an extra charge for postage and packaging using the order form which is included in this mailing. Cost £5.



Vision for the Future

See February's WI Life—Page 20/21

The NFWI is developing a bold vision for the WI's future and wants your help in making it happen! Don't miss out on the opportunity to share your thoughts with NFWI on the 4 Vision Statements. Submit your proposals to Melissa Green, The WI, 104 New Kings Road, London, SW6 4LY or email vision@nfwf.org.uk before the closing date 3rd April 2020

Recipe of the Month: Lemon Posset, served with Raspberries

After a very large or filling main course you may just feel like a smooth, light, tangy refreshing sweet, this fits the bill perfectly.

An ideal time to use lemons, which are at their best now!

Will keep covered in the fridge for several days.

This is a quick, easy recipe and can be made in advance!

Ingredients

600ml (1 pint) double cream
150g (5oz) caster sugar
Finely grated rind and juice of 3 lemons



To serve:

Raspberries. Or, use yellow fruits, e.g. Pineapple, mango.
Whipped cream if wished.

Method

You will need 6 to 8 small glasses or ramekins. Or, the mixture could be put in a nice, larger dish.

1. Heat the cream, sugar and finely grated lemon rind in a pan, over low heat until at simmering point.
2. Remove pan from heat and allow to cool slightly (Luke warm)
3. Mix in the lemon juice, sieve if pips or bits in.
4. Pour the posset into glasses or ramekins. Transfer to the fridge to set, for several hours or better over night.
5. Decorate with fruits and if wished a little whipped cream.



ALLERTON WASTE RECOVERY PLANT

Monday 30th March

Tour 1: 10.00am

Tour 2: 2.00pm

£5.50

A chance to see inside a modern, state of the art facility, which diverts non-recyclable waste, formerly destined for landfill and converts it into energy, which is used to power thousands of homes in the area.

Phone the office for late availability

Please remember!

Wear suitable clothing and footwear and clothing for an industrial site visit!

- Thick soled shoes with feet fully covered
- No high heels
- Legs must be covered, preferably by trousers

Treasurers Workshops

1st session:

Alma House - 31st March 2020 - 7.00pm to 9.30pm

2nd session:

Hellifield Village Hall - 8th April 2020 - 7.00pm to 9.30pm

We value your knowledge
and you can help those
who may be having a few
issues!



£7.50, payable by your WI

Invitations to the Treasurer of every WI to attend