



# North Yorkshire West Federation News

**April 2020**

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**theWI**  
INSPIRING WOMEN

## *A Trip to Holker Hall*



The Cavendish family welcome visitors to their home, one of the best-loved stately homes in Britain. Come and join us on a visit to Holker Hall, surrounded by beautiful countryside.

**Thursday 2nd July 2020**

£25.00 members / £30.00 non-members  
Hall admission extra - see booking form  
(Luxury Travel, Usual Pick Up Points)

Alma House  
Low St Agnesgate  
Ripon  
HG4 1NG  
01765 606339  
nywfw@btconnect.com

**Office Hours now 4 days a week:**  
Monday, Tuesday, Thursday & Friday  
9.30am –12pm & 1–3pm  
[www.thewi.org.uk/northyorkshirewest](http://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
<b>Apr</b> Wed 22nd	Bobbin Knitting	10:30am-3:30pm
Thu 23rd	Resolution Meeting	2:00pm-4:00pm
<b>May</b> 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
<b>June</b> Mon 15th	Technology & Daily Living	2:00pm-4:00pm
Thu 18th	Ribbonwork Flowers	10:00am-4:00pm
Tue 23rd	Jodrell Bank Trip	Full day
Wed 24th	Patchwork: Feathers Cushion	10:00am-4:00pm
Thu 25th	New Members Evening	7:00pm-9:30pm
<b>July</b> Thur 2nd	Trip to Holker Hall	Full day
Tue 14th— Thur 16th	Great Yorkshire Show	Full days

## 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.

## Chairman's Update

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



April this year is the month we start with a blank canvas and the trustees vote for all the positions to be held for the next 12 months. This is just as you do at your Institute's AM, one exception being we invite a board member from a neighbouring Federation or an ex-Chairman of our board who is no longer involved at Federation level to act as teller.

Firstly, the Officers Chairman, Vice Chairs, Treasurer and Assistant Treasurer are elected and they then allocate who will be on which committee and then the other very important positions of, Facilities Manager, Archivist, Denman Ambassador these are usually Trustee positions, then Climate Ambassador and Science Rep. which have been non-Trustees in the past. Hopefully in your May Federation News and on our website you will find who has been appointed to which position. I wonder what changes there will be this time.

Looking back over the last 12 months, Alma House has seen the major improvement of the complete replacement of the central heating system and the rearrangement of the Office layout, both of which have made a vast improvement to the working environment.

There have been many events and activities plus workshops for members to participate in ending with Spring Council. As I write this in late February, I hope those of you who joined us at the Majestic Hotel enjoyed the new venue took advantage of looking at all the stands to see what is already planned for 2020, enjoyed listening to your federation choir and our two speakers Jane Robinson and Jules Hudson plus giving you an opportunity to meet up with other members renew old friendships and make new ones.

Congratulations to all members and Institutes who achieved special awards, and those of you who have supported the 200 club and the Denman Dip, enjoy your good luck.

Lastly I must thank all Institutes who have invited me to their special celebrations, members I have met at the various events I have attended it has been my pleasure to meet you all.

Continue to enjoy your WI membership take advantage of all that interests you and if an opportunity comes your way to play a more active role within the organisation grasp it you never know where it could lead, as the saying goes - "unless you try you'll never know what you can achieve."



Julie

## Reports from Committees

### Membership Support

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



The Membership Support Committee are working to capacity to deliver the 'Fine Tune your WI' and 'Treasurer's sessions'. I am mindful that we do not deliver same old, same old, but until I receive your feedback I am reliant on the experience of the Committee members. To ensure we have 'hit the spot' I would dearly love some constructive feedback from those that attend the sessions. If you did not have time to complete a feedback form on the day, or you have something else to say, please drop me an email at [pauline.bowman@icloud.com](mailto:pauline.bowman@icloud.com).

Our Speakers Snippets evening is on the 19th May so please try to send your programme planners. Our New Member's evening will be on the 25th June. Please encourage your new members to attend as this session allows them access to the bigger picture. It also gives the Committee the opportunity to sell our organisation to any new members and give them the opportunity to get to know more about the Federation in general.

My last words sadly must be that we are desperate to recruit some new WI Advisers. If you love our Organisation, if you are a people person, if you enjoy meeting people and guiding them to be successful, if you would like to invest a few hours a week and join me on this journey to refresh and revitalise our WIs please get in touch at [pauline.bowman@icloud.com](mailto:pauline.bowman@icloud.com).



I hope you have looked at the Speaker's List on our Website. This is in its infancy at the moment, but my intention is that the more information about good speakers WIs send to me, this list will grow to ensure you all have a good source of information to help you

## 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](mailto:j-a-clarke@hotmail.co.uk).



## Communications & PR by Jackie Williams

(jackiewilliamsmeden@gmail.com)



Happy Easter ladies. How did it get here so quickly, with finely tuned plans now all in place for our traditional Easter visits to catch up with family and friends, plus, no doubt, some new adventures or Quests for our younger children and grandchildren. Hopefully, weather permitting, these will involve the outdoors and lots of fresh air, but inevitably they will include chocolate eggs or treats of some sort.



Hopefully, after a short break in service whilst technical infrastructure was put into place, you can all now enjoy the benefits of the recently upgraded NFWI/ Federation and WI Websites. Further details on the changes are provided on page 13 by Hazel Smyth, our Federation web-mistress, and those of you attending the Comms & PR stand at Spring Council will have seen the new features close-up. Do contact us with any queries on the upgraded website or if you need assistance.

## Arts and Leisure by Heather Stoney

(hjstoney48@gmail.com)



Hopefully as you read this you are all experiencing, warmer drier weather, we seem to have experienced some very dark wet days this winter, so sit with a warming drink, read your newsletter and plan your summer.

Have you booked your day out at Holker Hall yet? The Hall and grounds are both a wonderful experience! We felt that you would probably prefer to plan your day once we arrived; the choice is yours. Please let us know your thoughts on this new venture.

Whilst relaxing this summer, start your revision for the quiz, a highlight of the WI year. The heats will be Friday September 18th and the final Friday October 16th, more details next month.

Now for something different – I am making two requests!! The choir is getting short of members, particularly at the Hellifield and Newton-le Willows venues. The existing members would love to have some more joining them, hopefully you will have seen the flyer that was sent to your WI in March, in this month's mailing is the booking form - please give it a try. The ladies who are at present in the choir all really enjoy the fun and friendship. The other request—Sadly Damian, the choir master at Hellifield, steps down at the end of the summer term. If you know of anyone who would be able to take over this role, please let me know.

Enjoy your WI summer.



## Public Affairs by Liz Whapples

(liz.whapples@gmail.com)



I wonder if, like me, you are thinking that time has once again overtaken us. It seems a short while ago that we were all celebrating Christmas and now we are 1/3 of the way into the year.

April sees quite a busy time for Public Affairs with regard Resolutions. In our own Federation we will be holding a meeting on the 23rd April to discuss the chosen resolution/resolutions when hopefully we will be having speaker/speakers to gain some more expert advice on the subjects chosen. Also at this meeting Delegates who will be representing their group of WIs at the AGM in June in London will have the opportunity to ask questions about the voting process and obtain all the information required for the time in London. Those of you who choose to be the

delegate I can assure you that you'll have a great time and feel very proud to be part of such a powerful group of women.

If it is your own WI who is on the list don't hesitate to put your name forward as the delegate. If you have never been a delegate don't worry there are plenty of people who will support you and if you want to ask any questions beforehand please don't hesitate to contact me.

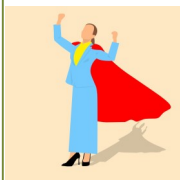
For those of you who went to Allerton Waste I do hope you enjoyed it and found it informative and well worth the visit. When I went I certainly enjoyed it and it gave me a real insight into just what is happening to alleviate our waste problem.

I can't believe that International Day is now over for another year and do hope that those of you who attended enjoyed it. If you have any ideas of what you would like next year please do get in touch. This is always such a popular event.



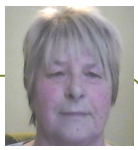
On another note perhaps you feel that perhaps the Committee should have a break from International Day and you have something else you think would be more appropriate.

You will now have received the booking form for Jodrell Bank. I am quite excited about this visit. There seems so much to do and it looks an extremely interesting programme which we have planned so I do hope you will support this and hope the weather is kind to us as the grounds look well worth spending the time in especially the beehive section which is aligned to Wendy's article this month.



## Treasurer's Report

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



I hope we are done with all the rain and we are starting to look forward to warmer dryer days ahead.

### **Subscriptions**

As we are into the first part of the pro-rata system for new members, don't forget to send in the "Agents" portion to Alma House as you receive them to save them getting overlooked.

April is the month to make sure that MCS records are up to date; if you have any queries please get in

touch with your WI adviser who can help or Michelle at Alma House.

Thank you to the Treasurers that attended our recent workshops. If you were not able to attend but have a problem then please get in touch with our team at Alma House, Jackie and myself are there to help. If you would prefer a one-to-one ring 01765 606339 to make an appointment.

## Craft & Home Economics

by Judith Stansfield (judstass@gmail.com)



We have a new, very experienced Patchwork tutor, Hazel Williams taking over the patchwork courses. Unfortunately, the cost has had to be increased, but it is in line with our other well qualified tutors. If you search on

[www.quiltersguild.org.uk/members/page/hazel-williams](http://www.quiltersguild.org.uk/members/page/hazel-williams) you can find out more about her. Hazel has a mobile shop with materials, needles etc from which you can purchase what you need, or you can bring your own from a list that will be provided with your ticket. Hopefully this will be the first of many patchwork workshops.

There are still places on courses advertised earlier: Jan Bell's bobbin knitting that 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.

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



## Events and Workshops

All finish times are approximate.

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

### Bobbin Knitting

Wednesday 22nd April, 10:30am-3:30pm  
Alma House



£20 + £2 for materials  
**Places may still be available**

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)

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

### 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, 10:00am-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. Unsuitable for those with arthritis.

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## 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.

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## Ribbon Work Flowers

Thursday 18th June, 10:00am-4:00pm  
Alma House



£35.00  
Booking closes 11th May

An enjoyable day with Nicola to learn to make lovely flowers and leaves using a variety of ribbons. Suitable for all levels. Bring your own materials or buy from tutor.

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## 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)

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## Patchwork: Feathers Cushion

Wednesday 24th June, 10:00am-4:00pm  
Alma House



£35  
Booking closes 24th May

Have an enjoyable day with Heather Williams learning how to make a Feathers cushion. Bring your own machine or book one for £5. Supplies will be circulated with acceptance form or Heather will have equipment and all the supplies needed.

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## New Members Evening

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



£5 (Can be paid by WI)  
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.

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## Trip to Holker Hall

Thursday 2nd July, full day  
Cumbria



See below for cost  
Booking closes 2nd June

Visit Holker Hall Explore the hall and gardens at your leisure.  
Costs: Admission Hall, gardens & parkland £13; Gardens & parkland £9; or Hall only £9, payable at the hall. Coach £25 £30 non-members.

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# Challenging Climate Change

by Wendy Knight, Ure with Leyburn WI



## The Dandelion

*[Dents de lion, Norman French, 'Lion's teeth']*

Worst old wives' tale, 'Wet the bed'. The stalk sap is meant to do this, but as a child I tasted it (Ugh) and I didn't wet the bed! Historically, it was used as a mild diuretic tisane, but tea and coffee have diuretic effects, too.

### Pernicious weed, or lifeline for bumblebees?

Well, both actually.

The humble dandelion is a beautiful flowering plant. Its problem is that it is far too successful. If it were a rare wild flower we'd be buying it in garden centres and nurturing it with feed and compost! The dandelion doesn't need help to survive, but bumblebees do.



Of the 24 different species of bumblebee in the UK (25 if you include the reintroduced Short-haired bumblebee), almost all are in steep decline due to habitat loss, lack of native flowering plants and neonicotinoid poisoning, and two species have been driven to extinction here since 1940. Only 6 species are widespread, so these are the ones you are likely to see in your garden or park.

At the time when queens emerge, there are very few flowering food plants. Their survival, and that of the next generation, depends on finding crucial food in early spring.



Queen bumblebees are the only members of the colony that survive the winter. They emerge in spring to gorge on early nectar and pollen before hunting out a nest site (usually a hole in the ground or abandoned small mammal burrow) where they will raise a brand new generation. These huge queens will be among the first bumblebees you see as spring arrives, and will usually be one of a handful of species, from late February, in some places.





Bumblebees are calm, busy and placid, have small broods numbering in hundreds, and are crucial in pollinating a huge range of plants, in particular, tomatoes. In Australia, where there are no bumblebees (as, rather late in the day, Australia has woken up to the ecological damage of introduced species) all commercial tomato crops have to be hand

pollinated with a brush! In Holland, bumblebees are kept in large greenhouses to do this vital job.

We need to put on 'bumblebee' glasses when looking at dandelions, at least for the spring and for future years. Let them flower early then, if you must, dig them up in early summer, once there is a better range of food plants for bumbles, and honeybees. Don't spray them. Even though neonicotinoids have been severely restricted (banned in 2018 in the EU, except in closed greenhouses - hopefully not tomato houses!), there is conflicting advice on new 'safer' pesticide sprays, with some studies implicating them in bee death.

As, as we drive along the roads and lanes, let's look at the cheerful splash of spring colour afforded by these wild flowers, rather than see them as 'untidy' weeds.



On the wider subject of insects, you may have noticed that, in recent years, the windscreen splatter phenomenon has almost disappeared? As a child, I remember being regularly given the job of washing the car windscreen, and headlights, through from Spring to late Autumn; driving at night through clouds of insects; watching moths batting at the window in the unlit darkness. Now I go months without noticing insects on the windscreen in any numbers.

This stark evidence of insect biomass decline makes the use of insecticides of any sort something we should all reconsider.



**The dandelion is a wonderful work of Nature.  
So, I'm going to live and let live.**



## WI Focus: Richmond WI

*by Pam Myers, Richmond WI*



Richmond WI was formed in April 1984 shortly after closure of Hudswell WI. It began with 17 members including several members from Hudswell WI, rising to 27 by the end of the year. There are currently 23 full members and 3 dual members from Swale with 3 existing members ready to renew their membership over the next week or so. We still have one founder member but numbers have dropped over recent years due to an ageing membership. Word of mouth has always been an important way of getting new members but recently we have also used social media as well as leaflet drops and regular entries in local publications.

We use email for most communication but have a back-up of printed information for those without email access. We also use email for contact with Federation, with phone calls when necessary. Because of public transport restrictions, several members have great difficulty getting to Federation events, even though we co-ordinate travel as much as possible. Most members have attended a federation event as some stage but 6-7 members are regular attendees at events. New members are given information about upcoming events and encouraged to take part. Some members receive their own newsletter, either by email or as a printed copy, and

there is always a copy available at meetings.

Some members feel the Federation organisation is a little remote from the individual institutes, especially those on the edges of the Federation area.

We currently have additional events each month for needlecraft, Mah Jong, walking and a coffee social. We also organise educational events/workshops during the year paid for by the institute, including craft sessions, first aid and orienteering. We usually organise 2 coach trips a year, recently visiting York for Christmas shopping and Newcastle which included boat trips on the river Tyne.

We have been very fortunate with programme secretaries who have produced a very varied choice of speakers with craft, cookery, history and local interest all being well represented. One or two meetings each year have no organised speaker but have activities organised by members themselves.

As with any community, members look out for each other and liaise with the committee when there are any health or other problems which might need addressing. We are looking forward to welcoming new members to allow the institute to continue to be successful and encourage more members to take an active part in running their institute.

# National and Federation Website Upgrade

## HIGH IMPORTANCE

The National Website and hence our Federation Website has been given a refresh to make it more accessible and follow the emerging conventions on the Internet. The website now integrates with the MCS meaning that provided your entry is correct then the basic overview information about your WI meeting day, time and venue will be automatically updated overnight reducing the errors currently seen between the website and MCS.

The Federation website will now be a full “microsite” of the National Website which will allow us to better reflect our identity and make our information more readily accessible - it will not be lost in National information on the same page.

WI Members will be able to login to the My WI area using their email address and password (reset available at login, as is common on most websites). This area provides member only material e.g. recipes, crafts, courses as well information and resources for WI officers e.g. ideas for meetings, promoting your WI, agendas, accounts spreadsheets etc.

WI's can create their own Web Editor by designating a member to that role within the MCS. Editing has been simplified but is still using the SQUIZ system – training information available on My WI. The Federation Editor will continue to support editors and/or update pages with information forwarded on request.

The National Website remains at [www.thewi.org.uk](http://www.thewi.org.uk).

The Federation page can be found at [www.yorkshire-north-west.thewi.org.uk](http://www.yorkshire-north-west.thewi.org.uk)

As with any major IT upgrade there are issues and delays which are being worked through and it is hoped it will all be working smoothly in March. As of Fri 21<sup>st</sup> Feb the individual WI overview pages and the Federation About Us page are the only parts live the rest is due to go live over the next week.

Any issues or queries with the website upgrade please contact:  
Hazel Smyth – Federation Web Editor – email [web.nywfwfwi@Yahoo.co.uk](mailto:web.nywfwfwi@Yahoo.co.uk)

Any issues or queries with the MCS or My WI please contact:  
Michelle Gracey – Federation Secretary – email [nywfwfwi@btconnect.com](mailto:nywfwfwi@btconnect.com)

## Notices

### Resolution Votes

Thanks to all WIs who submitted members' votes on the five proposed resolutions. The result below has been forwarded to National.

Don't forget to come to our Resolution Discussion Meeting at 2pm at Alma House on Thursday 23rd April to hear about the Pros & Cons of this year's selected resolution(s).

Title of resolution	Selection (X)
A call to increase potential stem cell donor registration	591
Female crash test dummies	122
End modern slavery	673
Time to talk about death and dying	139
Protect our precious helium	131
TOTAL NUMBER OF SELECTIONS	1656

#### 200 Club Results

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

£30 - Knox WI

£20 - Mrs B Mason, Low Bentham WI

£10 - Gail Teasdale, Farnley Estate WI

#### KIRKBY MALZEARD WI

Visiting a place of interest in our locality?

Why not visit Kirkby Malzeard WI for Morning Coffee or High Tea?

Please phone 01765 650130 or 01765 451612

#### Denman News

by Judith Stansfield ([judstass@gmail.com](mailto:judstass@gmail.com))



Not long now until we go to Denman for our Federation visit. Thank you to those who are going and for paying your dues – you will soon be receiving further information and your travel arrangements.

These one-day events may interest you and could be combined with an overnight stay at Denman.

#### Talk: Making Papercraft Cards

Tuesday 16 April

10.30am – 1.30pm

Members - £42 | Non-members - £47

#### Talk & Trip to Bletchley Park

Thursday 23 – Friday 24 April

Members - £164 | Non-members - £174

To book go to: [www.denman.org.uk/whats-on/special-events](http://www.denman.org.uk/whats-on/special-events)

## Recipe of the Month: Rich Yoghurt Chocolate Loaf

*This recipe is a real treat! An easy recipe with a result that will last.  
Delicious served with fresh fruit and cream.*

### Ingredients

#### **Loaf:**

200g (8oz) butter  
100g (4oz) dark chocolate (70%  
cocoa solids)  
150g pot natural yogurt  
1 tsp vanilla extract  
3 large eggs  
250g (9oz) SR flour  
175g (6 oz) dark muscovado sugar  
1/2 tsp bicarbonate of soda

#### **Topping:**

100ml (3 1/2 fl oz) double cream  
1 tbsp butter  
100g (4oz) dark chocolate  
chopped



### Method

Oven: 180°C , 160°C fan, gas 4 to 5

1. Line a 2 lb or 2 x 1lb loaf tins
2. Put the butter and chocolate in a large pan, heat gently until melted, stir and cool for 5 mins, then use a whisk to stir in yogurt, vanilla, eggs and a pinch of salt.
3. Mix the flour, sugar and bicarbonate of soda then stir into the chocolate mix. Ensure the mix is smooth - no lumps of sugar. Pour or spoon into prepared tin(s), then bake for 45 mins or until cooked. Leave in the tin for 15 mins, then remove and allow to cool.
4. Put the cream into a small pan, bring to the boil, then add the butter and half the chocolate, chopped. Take off the heat and leave to melt. Stir until smooth and shiny.
5. Spoon over the loaf, don't worry if it runs down the sides. Then scatter the remaining chocolate on top. Allow to set and cool.

*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!

# *New Members Evening*

**Come along for a big welcome to the  
North Yorkshire West Federation of WIs!**

*Thursday 25th June*

*7:00pm*

*£5 per person (can be  
payable by your WI)*

The Membership Committee invite you to discover what your Federation has to offer and meet fellow new members. A great opportunity to find out what the WI can do for you—and how you can best be involved! A night not to miss if you're a new member.



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## **GREAT YORKSHIRE SHOW 2020**

**Tuesday 14th - Thursday 16th July**

### **Get Involved**

Please ask your Secretary for a copy of the Catering Assistants, Early Birds, and Exhibition Stewards Application Forms. Return these to Alma House by 22<sup>nd</sup> June 2020.

### **Competition Opportunities**

You can find the Competition Entry Form with your Secretary to be returned to Alma House no later than Friday 26<sup>th</sup> June 2020.



**There's something for everyone!**