

# North Yorkshire West Federation News

# September 2020

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# Sticking together and finding support



Through uncertain times

Alma House Low St Agnesgate Ripon HG4 1NG 01765 606339 nywfwi@btconnect.com www.thewi.org.uk/ northyorkshirewest Office Closed: Due to Staff furloughing, homeworking planned for w/c 10 August then w/c 07 September.
9.30am –12pm & 1—3pm
Find us on Twitter & Facebook
NYWFWI Charity Reg. No. 513934

#### **Latest News**

# Federation Office Staffing and Refunds

NY West is continuing as we are with no immediate plans to re-open Alma House. Michelle and Kim will continue in furlough, homeworking one week in four. Next planned homeworking weeks are: w/c 10 August and w/c 07 September.

## Federation Activities Programme 2020

In the interests of safety first for members, and as we have now had to cancel all NY West Federation face to face events, meetings and workshops through to the end of November, the Board has decided to produce some online events for our members using Zoom. These will start mid-August and run through until at least January 2021. With a session running for 1 hour for a speaker talk, 1-2 hours for a demonstration, our charge would be £5 per person to be paid directly into the Federation Bank account, and presentations will be scheduled for mornings, afternoon and evenings to cater for all our members' lifestyles. Further details are on page 9, with the first batch of events and booking arrangements set out on page 12.

# **Federation Updates**

To continue our Federation commitment to staying in touch with every NYWest member, all WI Secretaries will shortly be receiving a letter from their WI Adviser/Helper. The Adviser/Helpers are keen to support you to maintain general contact with your members, to cascade information received from NFWI and to answer any queries including advice regarding 'opening up' again, as and when it is safe to do so. For more details please read the Membership Chair's Report on page 6.

#### **Federation News**

The format of each issue of Fed News during the Coronavirus outbreak will continue to change. In October, we hope to publish items on how easing of lockdown is affecting everyone; what are we doing, how has our world changed and how do we feel. Do let us know your own stories by sending them to: NYWFnews@gmail.com.

# Chairman's Update

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

If the year had been normal, today would have been the last day of the Great Yorkshire Show. No doubt feeling slightly weary and thinking of the great clear up and then Friday returning everything to Alma House. Then, hoping that all our efforts had generated both a successful show in the exhibition area and a financial success in the catering department! This is the main source of additional income that helps to keep the Federation in the black; this year with no show we have seen our healthy bank balance rapidly disappearing, even though we have taken advantage of the government's furlough scheme.

Some members and Institutes have been exceedingly generous, for which the Trustees sincerely thank you for thinking of the Federation and sending us donations, as we try to avoid using too much of our reserves which have been accrued over many years with members support and the Trustees arranging many successful events which you have supported and enjoyed.

I'm sure by now you will have heard Denman is closed and the whole estate is to be sold. Many of you over the years will have enjoyed our biannual visits and some members have visited independently and others have never enjoyed the Denman experience. As a result of greater financial pressures due to COVID-19 the NFWI Board of Trustees had no alternative but to make this decision to safeguard our organisation as it could no longer continue to subsidise Denman as there is no likelihood of the loans being repaid.

Many of you have frequently asked why the whole organisation could not be at Denman, the position is that both Denman and NFWI are two separate charities, as a result if London moved to Denman it would have to become a tenant, pay rent and any profits from the sale of London under Charity Law could not be used to benefit Denman. Once everything is completed from the sale of Denman it is hoped to provide more regional courses which should be far more accessible and inclusive for the membership.

Due to furlough, the announcement and accompanying FAQs were sent direct to North Yorkshire West WIs by NFWI on 21 July. Details can be found in full at My WI: <a href="www.mywi.thewi.org.uk/nfwi-news/articles/denman-update">www.mywi.thewi.org.uk/nfwi-news/articles/denman-update</a> These should help to explain the background and process in more detail; however, if the proposal is taken forward, NFWI will host a series of Zoom Q+A calls for WI members in September, when there will be opportunity to ask any questions about Denman. Anyone with existing independent bookings will be contacted directly by the team and will be refunded in full.

I hope that by the time you are reading this, many Institutes have been able to hold or are planning to hold a meeting open for all your members who feel safe in joining, as safety of members is priority. As the restrictions have eased allowing groups of up to 30 to meet whilst still observing certain restrictions, I do hope you have taken advantage and can enjoy a formal meeting whilst still observing all the safety procedures we have to comply with. I know not all members can take advantage of Zoom meetings, so this is the way forward when all members are able to join.

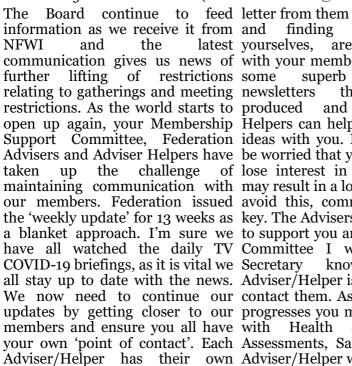
Lastly all that remains for me to say is, I hope whatever your Institute has on offer for you take advantage of, stay safe and keep well.

Julie

# **Reports from Committees**

Membership Support

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





now

Board continue to feed letter from them offering their help out latest vourselves, are communicating communication gives us news of with your members. We have seen examples that are being restrictions. As the world starts to produced and the Advisers/ open up again, your Membership Helpers can help by sharing these Support Committee, Federation ideas with you. I know some may Advisers and Adviser Helpers have be worried that your members may challenge of lose interest in the WI and this maintaining communication with may result in a loss of members. To our members. Federation issued avoid this, communication is the the 'weekly update' for 13 weeks as key. The Advisers/Helpers are here a blanket approach. I'm sure we to support you and as Chair of this have all watched the daily TV Committee I will ensure every knows who all stay up to date with the news. Adviser/Helper is and how you can We now need to continue our contact them. As the 'Opening Up' updates by getting closer to our progresses you may need guidance your own 'point of contact'. Each Assessments, Sanitizing etc. Your Adviser/Helper has their own Adviser/Helper will either have the cluster of WIs to answers or know who to go to for support and by that advice. Please don't struggle all through this minefield alone and Secretaries will risk getting it wrong, we are all in have received a this together, please stay in touch.

#### Arts and Leisure

by Heather Stoney (histoney48@gmail.com)



Well here we celebrating seasons of mist and mellow fruitfulness. words from Ode to Autumn by John Keats he would be proud! As I am proud of those who you vear.

hopefully, by Christmas, WIs are Alma House it would not be large going to be able to hold their enough. Mark and I will be meeting Christmas Parties.

up for socially distanced seating, able to arrange things. but we still have a few months to go.

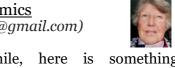
Thinking of music I have some very good news for all branches of the choir, Mark who vou all know has agreed to teach you all as

entered the Lady Denman Cup, I one choir at a central venue, this is do hope one of the entries is a extremely good news. We had winner, I do thank those of you already decided that we would who have taken part in this difficult need to move rehearsal venues to accommodate vou all but now with We still have a long way to go but social distancing if it was still just in the near future to discuss the Our booking at the Cathedral for way forward. We do not anticipate the Carol Service still stands and it choir re starting until the new year, would be lovely to finish the year unless music re starts before with some joy. They are all geared Christmas and then we may well be

> Please bear with me and I will keep vou all updated.

# **Craft & Home Economics**

by Judith Stansfield (judstass@gmail.com)



As we go to press it looks as though Meanwhile, here is something Alma House or elsewhere any time at soon. Plans are being made to run interests/craft/members-tutorials/ some online Zoom sessions to how-to-make-a-thread-bowl complement those provided by Denman, looking SO to seeing 'meeting up' with you interesting virtually soon. Do let us know what articles in you think of the topics and do send WI suggestions for others.

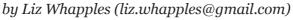
there may be some freeing up of different to try out. It involves rules on meeting but at present making stitches over a stabilizer there is no definite time when we and moulding it over a bowl. Full can run face to face courses at details can be found on My WI www.mvwi.thewi.org.uk/

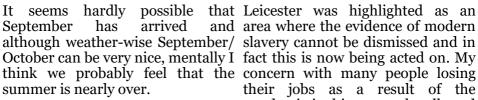
> forward There are lots of the on



National website, so do log on and have an explore!

#### **Public Affairs**





I do hope that despite the lockdown to occur even more when people and social distancing some of you will take anything just to keep their have managed to use this time to heads above water. The future for enjoy your gardens and had the many is going to be time to appreciate the nature very around us. There is no doubt about many people it the lockdown has definitely going to need support benefitted the wild life and serenity and kindness. that we can feel.

two new campaigns on stem cell UK Government highlighting: donation and modern slavery and • as vet they have not produced any back up materials for us to work on. • However they have informed us that they are currently developing • plans for the campaign and would • love to hear from any of us who have ideas for campaign names. You can either let me know your ideas for names or email direct to pas@nfwi.org.uk

I know that Modern Slavery may seem quite removed from North Yorkshire life but we are a national organisation and there is no doubt that in many parts of Great Britain it does exist. Only this week

and area where the evidence of modern their jobs as a result of the pandemic is this cannot be allowed difficult and

National have united with 65 August Public Affairs News from women's charitable organisations National highlighted a number of to call on the Government to Make important issues. As a Federation Women Visible as lockdown is are concerned about the lifted. Together as a coalition they decision from National to adopt the have made recommendations to the

- Women's representation crisis decision making
- Making women safe from violence and abuse
- Prioritisng care
- Public Health and protecting women from a second wave
- Safeguarding women's incomes
- Disabled and shielding women
- Addressing the disproportionate impact on black, Asian and ethnic minority women groups
- Women in Prison

They are encouraging us all to take action by writing to our MP and sharing this on the WI's Twitter page.

you and whether you were able to change. achieve your goals.

July was No Plastic in July; did any wild spaces, and leave no one of you manage to get involved in behind at home or abroad and this initiative? If so, we would love increase support to those most to hear about how this impacted vulnerable to the impacts of climate

Members also attended a day of Finally, over 100 WI members took virtual panels and talks on the Main part in the 13,000+ people who Stage, put together by The Climate participated in virtual lobby Coalition. Viv White from Darley meetings with their MPs. Members Debs who sits on the Public Affairs asked MPs to commit to a green Committee and who is heavily post-COVID19, and involved in Climate Change took emphasised the need for further part in the interview with Julian investment in green jobs and Smith. You can read a small piece infrastructure. Members explaining about the process and also asked their MPs to the outcome from Viv on page 10 protect, restore and which I am sure you will find expand our green and interesting. Thank you, Viv.

#### Communications & PR

by Jackie Williams (jackiewilliamsmaden@gmail.com)



the beginning of the end of COVID- new normal. Let's hope so. 19, or is it the end of the beginning of life with COVID-19? Whichever it is, what can we take from our COVID experiences...

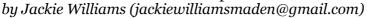
- C Communities coming together in a crisis
- **O** Opportunity to make new friendships and learn new skills
- **V** Volunteers helping us to shop, make PPE, or deliver things
- members are making to keep in Crowded places, and Close-contact. contact with each other
- **D** Dependable and dutiful key workers in health services, care homes, communities, shops and schools.

As we move through easing of If the new found community spirit lockdown and life is returning to holds over to 2021 and the future, the new normal, I wonder if now is this could be a real positive for our



Stay safe ladies. And remember to I - Inspirational efforts that WI avoid three C's: Closed spaces,

## Treasurer's Report





Any queries on anything to do with WI Finance, don't hesitate to contact me directly on my personal email above, or nywfwi.treasurer@btconnect.com, or, if you prefer via Michelle in the office. Whichever way your query reaches me, I am always happy to help.

now also available.

**Direct payments** - It is good to as it is concluded, but in the be able to report that members can meantime if any WIs are currently directly into the considering taking out a longer-Federation Bank account for NFWI term licence with Zoom, NFWI Raffle tickets, and members or WIs advice is to continue paying for a can pay directly for orders for 2021 monthly licence for now. As soon WI Diaries (order forms are with as a national arrangement has WI Secretaries now). The facility been agreed then this will be members to make direct shared so that those WIs that wish payments for 'Zoom In' Courses is to can transfer across to the new national licence.



that

many WIs (and Federations) are calls from scammers using the Zoom online platform to to Amazon customers ensure meetings and activities can (asking them to press happen, and they are currently in 'one' on the keypad). discussion with Zoom to negotiate Beware and hang up. a national licence with the view to being able to offer a discounted Stay Safe ladies. rate to Federations and WIs in the future make this to affordable. We will be kept advised on the details of this arrangement

**Zoom - Scams -** Watch out: the Chartered NFWI aware recently warned that there has been a sharp increase in phone



# 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.



Over the last few months everyone has been deprived of the opportunity to meet up with WI friends or take part in courses and events. Denman College has been providing a variety of talks and demonstrations at  $\pounds_{5.00}$  a session and these have proved entertaining and interesting for the hundreds of members nationally, who have taken part.

NYWFWI trustees have decided it is time to provide a similar service for our members thereby providing knowledge, skills and entertainment as well as much needed income for the Federation and an encouragement for new members. The cost will be £5.00 per member and £6.00 for any non-members, who would like to join in, there are no additional software costs but you will require an internet enabled device.

The Zoom sessions will be at different times to accommodate those who have commitments to work or families. Topics will include talks of historical, literary, environmental, health and beauty, flowers and gardening and social interest and there will be craft and cookery demonstrations. If there is the demand, we can arrange repeat sessions at a different time. For the initial programme see page 12.

Some of you are already expert Zoomers, but if you are a bit overawed or even scared of tackling this way of interacting with the internet, Hazel Smyth, our web mistress, will be happy to have a phone call, text or email chat with you about how to get started. She is offering two free Zoom Sessions on 2nd Sept at 7.30pm, and 3rd Sept at 2pm, when you can have an online chat with others who are new to this way of working. Ring or text her on 01423 330561 or email at <a href="web.nwyorkswi@yahoo.co.uk">web.nwyorkswi@yahoo.co.uk</a> direct for details. An introduction and "how to Zoom" reference document is available on the Federation Zoom Programme Page "NYW Zoom Along" at <a href="www.yorkshire-north-west.thewi.org.uk/nyw-zoom-along">www.yorkshire-north-west.thewi.org.uk/nyw-zoom-along</a>

The programme will start gently with one session for the first two weeks, then build by two per week for the next two weeks, with sessions at different times to establish what are popular times. We would appreciate your feedback to aid future plans. You can access these Zoom sessions from a PC / Mac / Android tablet / Kindle Fire /iPad/ any smartphone that gives internet access. If the talk or demo uses picture, your view will be more restricted than on a device with a larger screen display. You will need to download the Zoom App, but this only takes seconds.

# **Around the Federation**

## **#TheTimeIsNow Virtual Climate Lobby**

by Viv White, Darley's Angels WI

Now for a green and fair recovery' reducing Lobby on 30 June was a call to protection contact our MPs and ask them to environments from overfishing. make the climate and nature the heart of our recovery Coronavirus.

Julian Smith. We had 20 minutes example the to put our questions so probably working group. only half had the opportunity to do so but I felt that the important Julian Smith said that he would points were made.

benefits seen during Lockdown; green economy. environmental sustainability:

**Biking in Melsonby** by Judith Stansfield, Melsonby WI

Melsonby is beginning to see the church had to glimmerings of normalcy after stop months of lockdown! On a short lockdown. Sunday bike ride to Barton, I met recommenced about 20 bike riders in groups of 2 - and a huge hole 10 on their way to the Dales. The to install Melsonby Bullets, the village bike pipework installing toilets and a kitchen in feature providing interest en-route.

The Climate Coalition 'The Time is achieving Net Zero emissions; traffic, bus services: of our marine

after Questions were answered openly and positively. Many answers referred to action government was I and about 15 other constituents already taking and announcements had a Zoom meeting with our MP, that had recently been made, for Green Recovery

follow with up summarising the meeting. This The topics covered ranged across arrived a few days later, was greener building; insulating homes; comprehensive and included the providing jobs in the green statement that he sees our country's economy; air pollution and the future as being a world leader in the

> has the M



club is starting up again for Monday revealed an ancient piece of wall of evening rides. A programme of Boot an earlier church. The road will be Camps has started in the playing closed in August to connect with the field. Most of the children got back mains and hopefully the facilities to school before term ended and the will be complete for September. The leavers and their families enjoyed a habit of taking a daily walk during picnic on the green on the last day. lockdown is still popular with many The builders whose work on people and this unusual gate is one

# **Our Federation's Bee-Friendly Gardens**



To the left we have a healthy bee enjoying the flowers on **Julie Hughes' (Aspin Park WI)** pyracantha!

On the right, we have a stripy friend of Emma Willingham, our Federation Editor, enjoying her garden's delights!



Below, we can see **Carol Packer of Birstwith WI** has filled her garden with lots of bee-friendly beauty and has already had lots of busy visitors!







Here we have a sleepy bee, taking a nap in **Roxana Clifton's (Stray Ladies WI)** garden in Harrogate!



Did you know?
Bees love blue and love cluster plants like lavender and rosemary.
Try growing these to attract more bees to your garden!

#### **Notices**

#### **Zoom in for Fun and Information**

The initial programme is as follows:

Wednesday 2nd FOC01 Free online chat introductory session

September **for Zoom beginners** 7:30pm

Thursday 3rd FOC01 Free online chat introductory session

September for Zoom beginners 2pm

For both these free sessions email <a href="web.nwyorkswi@yahoo.co.uk">web.nwyorkswi@yahoo.co.uk</a> for details and a guide to setting up using the free application.

Wednesday 9th MIW01 Scalpel to Spade and Beyond with Helen

September Neave 2pm

Tuesday 15th SSS01 Sex, Secrets, Scandal and Salacious

September Gossip of the Royal Court 1660-1830 with Sarah

Slater 7pm

Tuesday 22nd WBY01 Write a Book in a Year with Hazel Goss

September 10.30am

Wednesday SBB01 **Soaps, Balms and Butters** with Rachel

23rd September Hutton 2pm

Tuesday 29th LVW01 Life with Victoria Wood with Chris Foote-

September Wood (her brother) 7pm

Thursday 8th MAC01 Macramé: Session 1 Learn how to make

October the knots with Judith Stansfield 10.30am

Further details can be found on line at www<u>.yorkshire-north-west.thewi.org.uk/nyw-zoom-along</u> and on Facebook as well as future courses as they become available.

#### How will you sign up?

- 1. Details of sessions will be circulated to WI secretaries/ on website/ on Facebook, including course title, code number, time and date and brief details of content.
- 2. You will email your booking request to <a href="mailto:nywfwi@btconnect.com">nywfwi@btconnect.com</a> and pay online £5.00 members/£6.00 non-members by online banking to NYW Fed of Women's Institutes—<a href="mailto:acc:35739439">Acc: 35739439</a> <a href="mailto:Sort code:05-07-17">Sort code:05-07-17</a>. <a href="Payee reference">Payee reference</a>: Course Code + your initials + your WI e.g. <a href="mailto:XYZ!">XYZ!"£ ABC Anywhere WI</a>
- 3. nywfwi@btconnect.com will email you back with the Zoom link for your session and any information the speaker wishes to share with you.

4. On the day you will open up your email and click on the link and wait in the 'waiting room' until the host admits you to the session. (It is a good idea to try and log on 15 minutes before the start of the session in case there are any delays). You can choose to have a gallery view, where you will see the speaker, their desktop with pictures etc and a few other course members or you can just see the speaker and their desktop. You will be muted while the speaker is talking, but you can open the Chat box and type in questions, which may be answered during the talk or at the end. Some speakers will unmute you all at the end and you can speak directly to the group.

#### 2020 Membership Extension: Year End & Accounting Clarification

Attention All WI Presidents & Treasurers: Please Note

WIS Do NOT need to extend or change their accounts' year end date because of the 2020 membership extension from 12 to 15 months.

Also, as WIs prepare their accounts on a Receipts and Payments basis, adjustments are NEVER needed for receipts (or payments) made in advance, and so the extended 2020 membership period is very easy and straightforward to deal with: **WIs are NOT required to make any changes to their accounting at all.** WIs will just show their membership receipts as they usually do in the receipts account sheet, on the date that they are received and paid into the bank. Payments over to Federation, for the Federation and NFWI element of the membership subscription, will continue to be made as usual and in accordance with the subscription submission timetable.

In summary, the extension of the 2020 membership period from 12 months to 15 months simply means that the 2021 membership renewal is from 1st April 2021, and NO OTHER CHANGES ARE needed to either a WI's accounts' year end, or to accounting entries in WI accounts.

#### 200 Club Results

Congratulations to the following, who have won this month's prizes:
£30—Mrs A McKay, Richmond WI
£20—Burton Leonard WI
£10—Rylstone WI

# The Resilience of Being: An Anthology

As you will have read in our July edition of the newsletter, our Federation Editor, Emma, has put together an anthology collating people's experiences with body image. This is a project 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.

Here, to pique your interest, we have an extract from one of the contributors, Eva Tutchell.

66 In 1960 I was only the second woman in Britain to have a breast reduction operation.

Before that, I hid inside duffle coats in the winter and carefully tailored dresses in the summer. How I hated my huge breasts! I am small - five feet - and at the age of 16 had a 24" waist, 36" hips and 38G 'bust'. I always looked as if I could topple over at any minute.

Sifting through photos of myself as a teenager in the 1950s I can see how rapidly my shape changed after my fifteenth birthday, so that by the age of sixteen I looked much older than my years. Although I always had a pretty face, all I was conscious of were those unsightly protuberances which preceded me wherever I went.

And they were heavy too. Firmly strapped in, so that I wouldn't wobble, I felt trussed up and so envied the girls in my class with their size 32" A cups, some even resorting to 'falsies'. After gym lessons they stripped off, unashamed, in the communal shower and walked around without caring who saw them. I would cover myself in a towel and sidle into the shower with my back turned, trying to wash without moving and hurrying out as fast as possible in order to get changed before anyone else could see the contraption I wore that passed for a bra.

This anthology will be on sale from Amazon very soon (more details to come!) 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 or you can find more information at resilienceofbeing.co.uk

# **Recipe of the Month: Summer Minestrone**

Although we think soup is for winter, this is full of young, delicious vegetables. Perhaps you have grown some in your garden or your family have a surplus to give away. If so, make extra and freeze. Use a good chicken or vegetable stock for flavour.

Serves 6.

#### **Ingredients**

1 tbsp olive oil 2 shallots, thinly sliced 150g young carrots, diced or sliced 1 stick celery, approx. 50g, diced 1 small garlic clove, crushed 1.2 litres chicken or vegetable stock 2 mint sprigs



100g orzo or other small pasta, or spaghetti broken into 1 cm pieces 1 small courgette approx. 150g, diced or sliced

200g asparagus, chopped into small lengths

100g peas, fresh or frozen

200g sugar snap peas, pods halved diagonally

100g baby leeks or a bunch of spring onions, trimmed and sliced

**To serve:** 2-3 tbsp basil pesto optional

A small handful of mint leaves, chopped if large 4-6 tbsp finely grated Parmesan cheese Zest of 1 lemon

#### Method

- Heat olive oil in a large pan on medium heat. Add shallots, cook 1. gently 2 mins without browning. Add carrots, celery and garlic cook 1 min.
- Add stock and mint sprigs, bring to boil. Add pasta, cover and 2. simmer 10 mins.
- Uncover the pan, add the courgette, asparagus, peas and sugar 3. snaps. Bring to the boil, add the leeks or spring onions and simmer for 3 mins. uncovered. Cook longer if you like softer vegetables. Season to taste.
- Serve in warm bowls, spoon over a little pesto, if using, mint leaves, 4. parmesan cheese and lemon zest. 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 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.

