

## North Yorkshire West **Federation News**

### October 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 5 October & 2 November 9.30am –12pm & 1—3pm Find us on Twitter & Facebook NYWFWI Charity Reg. No. 513934

#### **Latest News**

#### **Federation Office Staffing**

NY West is continuing as we are with no immediate plans to re-open Alma House. The next planned home-working weeks are w/c 5th October, and w/c 2nd November, with Kim now also working on Tuesday and Friday mornings each week.

Federation Activities Programme 2020 and 2021

1. A New 2021 Chairman's Challenge: Can you help the Federation? We are trying our best to reduce our expenditure, but the pandemic has hit our bank balance hard. Support from WIs and members with donations so far this year has been generous and very much appreciated, but 2021 looks very bleak indeed, especially with a 2nd Covid infection spike now emerging. So, the Trustees wondered if WIs could help by holding a fundraising event of your own and donating a proportion to the Federation, to help us cover our on-going expenses. We are currently unable to plan any 2021 fundraising events, so if your WI can help this would be very much appreciated by all the Trustees. Details of any plans and pledges, perhaps from a Christmas raffle, or mince pie bake & sale, with cheques to NYWFWI, sent to Alma House, will all be acknowledged. 2. Zoom In For Fun: Topics and speakers for this month's programme are in Judith Stansfield's update on page 4, with full booking details set out in the October Zoom brochure circulated to all WI Secretaries with this Newsletter. Feedback was positive on the two free of charge sessions run by Hazel Smyth last month for Zoom beginners, so they are to be repeated again this month. See page 14 for further details.

#### **Federation Updates**

Thank you to all those WIs that returned such positive messages to their WI Advisers following receipt of their letters. It is so good to know that WIs have maintained some contact with their members. We will shortly be sending out a further communication providing guidance on 'Opening Up' again and how to ensure we are sticking to the Gov UK advice. As previously stated you do not have to hold your Annual Meeting this year, this can be held over to 2021. Your accounts will continue to be IFE'd at your usual year end date and held over to be presented at the rescheduled Annual Meeting. Remember **there is no need** to change your year end to fit with the NFWI extended Annual Subscriptions to April 2021.

#### **Federation News**

The format of each issue of Federation News continues to change during the Coronavirus outbreak as your trustees try to keep in contact with all of you, and as we try to bring news to you of the efforts of many of our Institutes to keep going in true WI style. Do continue to let us know your own stories by sending them to <a href="https://www.myw.news.org.news.org.">https://www.myw.news.org.news.

#### Chairman's Update

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

October Federation News already! Who would have thought we would still be in uncertain times? I know while many have used Zoom to keep in contact with those members who are able to access technology, we at Federation realise there are many members who are unable to participate by this method. Many secretaries have tried to keep all members informed by other methods, for which I thank you. Even we at the Federation are having to use technology for all our meetings, and it appears this could remain the same for many more months. I hope some of you took up the opportunity to attend the free Zoom sessions run by Hazel Smyth in the hope this will encourage many more to use technology which appears the way forward certainly in the immediate future.

Today, 17th August, I have been to Sylvia Broadwith's funeral. I was amazed by the number of phone calls and emails I received when many saw the announcement of her sudden death in the Yorkshire Post. Sylvia served on the Board of Trustees for many years, also serving on the Craft and Home Economics Committee, helping annually at the GYS judging either in cookery or flowers at Group Shows and Agricultural Shows. Locally she had held various positions in her own Thornton Watlass WI including President.

You may be wondering how in these uncertain times I could attend on this occasion the service was held in the field behind Thornton Watlass Church at the grave side in the open air all social distancing along with over 100 friends and family, it certainly was a true celebration of Sylvia's life. I felt proud to represent the Federation as well as remembering a dear friend.

You may remember that Institutes formed since the year 2000 were encouraged to send a sampler depicting their Institute, and this was to be on show at this year's Spring Council. In the end, we have had eleven

Institutes submit! Plus, two of our very accomplished needle members Jan Bell and Margaret Merrall, both members of Ure with Leyburn WI, set about the task of producing the banner which is now complete. Thank you, Jan and Margaret for producing such an attractive banner which one day will be hung in Alma House for all to see.



Lastly, I hope whatever you have planned for your October meeting is a success. Take care and stay safe.

Julie

#### **Reports from Committees**





by Judith Stansfield (judstass@gmail.com)

Well, we did it! We've tried to get some interesting activities for you to enjoy in your own homes while Covid prevents most of us attending our usual WI meetings. If you have enjoyed the experience, tell your friends! If something wasn't right, let us know and we'll try and improve it. Those who took up Hazel's offer of a free 'consultation' on getting going with the IT definitely 'felt the benefit' and so she will be repeating the

Those who took up Hazel's offer of a free 'consultation' on getting going with the IT definitely 'felt the benefit' and so she will be repeating the free monthly sessions, where you can talk about getting going with Zoom or other IT issues. Interesting Zoom topics coming up in October are:

- Sarah Slater will be giving a second talk on Ghosts at Hampton Court, to provide a timely experience for Halloween
- Local member Vivienne Rivis will be helping you organise family memorabilia for later generations or stir memories in current ones
- As a 2020 Resolution topic, Clare Mills will be raising awareness that Modern Slavery is not just happening in big cities
- David Mason, a Woodland Trust Volunteer, will be taking you on a photographic journey through Nidderdale's Hackfall Woods
- Our own Liz Whapples is organising a Pirates Zoom game, which will be entertainment for you and your family
- Hattie Bee will keep you entertained with her collection of vintage songs you can enjoy a singalong whether it is tuneful or not!
- Rachel Hutton has another craft demo to watch and then do later
- I shall be helping you learn or revise knots needed for Macramé in preparation for a later session on making a plant pot holder

We have other exciting sessions in the pipeline, including a talk by Peter Laurence, who was a very popular Denman tutor and now gives regular talks on Denman Online and a Christmas cookery demo from our own Julie Clarke!

Check out dates and times on-line at: <a href="https://yorkshire-north-west.thewi.org.uk/nyw-zoom-along">https://yorkshire-north-west.thewi.org.uk/nyw-zoom-along</a> - we are adding details of new courses on a regular basis.

#### **Denman Online**

by Judith Stansfield (judstass@gmail.com)

Denman is continuing to provide a weekly feast of talks, cookery, craft and well-being talks and demos on Zoom. Like ours, they only cost £5.00 and are making Denman activities much more accessible for us who live so far from Denman. You can see what is available every week on their website or sign up for a weekly email update at:

www.denman.org.uk/whats-on/

#### Treasurer's Report

by Jackie Williams (jackiewilliamsmaden@gmail.com)



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.

**Direct payments** - The ability for is our suggested approach for members to pay directly into the individual WIs struggling with the Federation Bank account for NFWI 40 minute meeting limit on the Raffle tickets and for 'Zoom In' free version. This is not exclusive courses has already proved to be a to us and is circulated from time to popular facility. (Last date for time to customers directly by Zoom payments for the NFWI raffle was but for those that haven't been Thursday 17th Members or WIs can still continue be used and passed on to others so to pay directly for any orders for please do feel free to share it. Any 2021 WI Diaries until 30th queries, or if information on November (do ask your WI multiple licences is Secretaries for details of how to contact do this). Please remember that via direct payments can be made using Alternatively, some village online banking or via the bank.

Zoom reserved only for organisations Zoom facilities could suit your WI. working directly with children and young people, so sadly we are just Membership extension not within their remit. option is cost of the year to £95.92, or managing the Christmas costs. £7.99/month instead of the usual £11.99 month-to-month rate. This Stay safe ladies.

September). offered the deal yet, this code can Hazel web.nwvorkswi@vahoo.co.uk town Councils and Community organisations are offering the use **Discount** - Despite of community Zoom licences to NFWI's valiant efforts, they have WIs - this allows longer than the not been able to secure an 40 minutes available on the free of enhanced WI-discount code for charge version and also provides Federations and WIs to use access to break out groups for Youthful as we members all are, small group discussions. This could Zoom's corporate discounts are be a useful way to see if the paid up

The **2020** - As our thoughts drift along however from autumn to Christmas 2020, available to WI's: WIs can use the don't forget that we don't have to ZOOMCARES promotional code to save for our subscriptions until receive a 20% discount on annual well after the festive season, and so Zoom licenses. This reduces the there is a little less pressure on

#### **Public Affairs**

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

When preparing this report I have for the Resolutions which will be realised that you as members will debated on at the AM in 2021. You process is well under way and we going to take place in April at The may even have a submission from a Albert Hall as the 2020 AM due to WI based in North Yorkshire West the pandemic had to be cancelled Federation as we have done in and the only date available at the previous years.

upon after the Zoom arrange. Federation I will let you have the chosen by members November Federation News.

many WIs not meeting in person as in or process to yet because of the restrictions re informed decisions. venue etc that discussions may 2021 a the WI should champion.

ourselves?

I have just been informed by will be considerable overlap. National about the arrangements

aware that the Resolution may recall that in 2021 the AM is Albert Hall was in April due to Once the short list has been other organisations having to re-This has, of course, meeting which will take place on caused many problems for our the 1st October 2020 there will organisation as normally we meet hopefully be some resources in June and a vote is taken at the including videos and power point meeting and either rejected or presentation available which will be adopted to take forward. Because of published on the WI national the timing of the 2021 AGM website and My WI. However once National have made the decision these have been conveyed to the that the Resolution/Resolutions up to date information in the discussed at the AGM but no vote will be taken as they feel that the National have recognised that with WIs will not have had enough time special mailing have to take place via zoom and resolutions notes from the AGM votes collated by the WIs for including links to digital resources submission to the Federation who will be sent out and hopefully WIs can the let National have the will hold meetings to discuss the results. These results will need to Resolutions and decided how they be sent to Federation by mid wish to vote. These meetings can January. By February 2021 we will take place between April and June be informed of the result of which 2021 as the vote does not have to be campaign/campaigns members feel submitted until 5th July 2021 and the results will be published in the So, what is going to happen to the September 2021 issue of WI life. Resolutions which are chosen by This will, of course, have an affect on the 2022 Resolutions as there



it was important that all members which the 2020/21 Resolutions.

frustrated with the lack of material we were at least in part in the past. and support for the 2019/2020 Resolutions which have completely lost as a result of the situation we as a nations have been with since March faced and continue to have to face. I have been pleased to see that many WIs have been working alongside their

On reading this report through it communities and giving support to does seem rather dull but I felt that them and also to their members I know have are aware of the process as regards appreciated by all the recipients. Keep up the good work and hopefully we will be able eventually Personally I continue to feel to feel that we can get back to how



#### Communications & PR

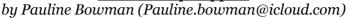
by Jackie Williams (jackiewilliamsmaden@gmail.com)

I hope that by now, there will be National Clean Air Day many of you that took up the on o8 October gives opportunity of the Free of charge opportunity to make this year's the online chat for Zoom beginners, cleanest Clean Air Day yet and feel hosted by Hazel Smyth at the the difference. During the COVIDbeginning of last month. These 19 lockdown we sessions, together with the "How to cleaner air and saw massive shifts Zoom" document on our website, to low pollution behaviours. We all will hopefully have inspired and have a part to play to keep our air supported you to join and enjoy one clean, so let's keep or more of our new "Zoom in for momentum and pull together to Fun events", and you might also keep our air clean by walking or now find additional sessions of cycling on that day instead of interest in the latest additions to driving. the programme. Please do note that online banking is NOT needed to make direct payments into the Federation bank account. Payments can be made over the counter at any bank.



ladies. remembering to avoid the three C's: Closed spaces, Crowded places and Close-contact.

#### Membership Support





COVID-19. Please don't forget about those that Meetings.

may still need help with shopping etc.

WIs still are attempting meeting

outside picnics and walks. If you our regular need advice regarding the Gov UK Take care and stay safe. rules please contact your Adviser.

At the time of writing this report In addition NFWI guidance on there has been a marked change in Resuming meetings is available on the weather, Autumn is almost My WI and it is regularly updated upon us and the long sunny days to reflect changes in Gov advice will shortly be a distant memory, and WI Advisers can respond on There also seems to be a sense of any queries you may have. trepidation regarding how the Whatever you do please note that changing season will affect the there is no requirement to amend It is the date of your year ends to fit becoming increasingly difficult to with the extension of subscriptions write this report as there is very to April 2021, or due to Covid. little to say, as life still feels to be Your accounts will be IFE'd as on hold. Hopefully if we all adhere normal and be presented whenever to the rules, we will all stay safe. you decide to hold your Annual

are still finding it difficult to get Your Advisers will have by now out and about and \_\_\_\_ been in touch to commence regular communication with their WIs. It goes without saving that if we work together, we will get through this and be confident that one day we up via Zoom or social distancing will be able to get together again in meeting places.

#### Arts and Leisure by Heather Stoney (histoney48@gmail.com)



is always an evening full of friendly suggestions are always welcome. rivalry – well, almost!!

the camaraderie of such events. with ideas to bring to you all.

The committee is starting to look Do take care hopefully take place in 2021, until in the sunshine. the limit of 30 people changes we

It is hard to believe that this is the are very restricted. Many of the October copy and that normally we events that were planned for this would be having the quiz final, this year will be carried over but

These are still very uncertain times, Zoom is a wonderful addition to but we have to remain positive and our life, but sadly does not pick up we are working hard to come up

and enjoy the to events that can Autumnal socially distanced walks

#### **Challenging Climate Change**

by Wendy Knight, Ure with Leuburn WI



As the one of the last coal mine of which we are just one species. surprising figures that give me hope Climate Action FB page). for future action. As late as 2012, The activities renewables is coal or than either!

done to production. however. more homes; how about if solar terrestrial forest. panels and air or ground source heating were made part of the planning process? Retro fitting on industrial buildings could boost employment and feed vast amounts of electricity into the grid. I am seeing a lot more farm buildings with panels, but these initiatives have to be more than individuals striving to make a difference.



interconnectedness of life on earth.

closes in England, there are some (I've posted it in full on NYFWI

of these the UK generated 40% of its power engineers have created resurgent through burning coal and its sea grass beds, despite levels of derivatives. Just 6 years later power nutrient run-off from intensive generation from coal is 2%. The cost agriculture that normally creates consistently algal blooms, which kill sea grass. other When sea grass is destroyed by traditional fossil fuels and doesn't algal blooms, the estuaries become rely on pipelines under the sea bed ever more toxic for marine life in general. Sea otters are a keystone species, and their activities have There is so much more that could increased sea grass by 600% in the boost renewable last 30 years. And, one hectare of The sea grass sequesters as much as government has pledged to build between 10 and 40 hectares of



Good or bad news? Nearer to home. a northern-based supermarket is trialling paper instead of plastic bags for life (a serious acceleration in the use of plastic has occurred due to the pandemic, through online supermarket deliveries, as Another good news story, outlining well as the heavy duty bags for life the unexpected 'knock-on' benefits replacing 'flimsy' ones in the stores, of increases in the sea otter which had been largely phased out) population in California's estuaries, The supermarket states that plastic a fascinating article on the carriers are often only used once.



For those who find themselves Finally, late August is the without a bag, paper is better, so time we will be 'hay cutting' long as it is made from recycled the now 'scruffy' wildflower paper and recycled again after area in our village, to allow multiple uses, though we need to seed drop, and prepping consider that the introduction of 'phase 2', another area of plastic bags in the 60's was to avoid wildflower massive deforestation. Another autumn sowing, interconnected world.

cloth masks.

meadow

example of knock-on effects in this response from the residents has been overwhelmingly positive. We For me, the best and safest solution have received a substantial grant for in uncertain times, is to use cloth phase 2 materials from NYCC bags and put them in the wash through a local funding initiative regularly, along with homemade for increasing biodiversity. Looking forward to next year.

#### **WI Focus: Spofforth WI**

#### by Pauline Bowman

the most southerly WIs in our ladies healthy membership.

immediately grabbed my attention outings. was that one of their keys to success Although members are free to come regular basis and if members do not per required transparency. attend the meetings, they make sure I was pleased to read that they do kept up to date.

meetings for a small fee.

My thanks to Charlotte Franks of The Committee are made up of the Spofforth WI for this month's Focus usual roles, President, Secretary report. Spofforth is probably one of and Treasurer then in addition two manage Federation and has been in programme advertising by posters, existence for 92 years. Presently Facebook, the Parish Magazine and they have 29 members which is a a local website. Other committee members help manage Reading Charlotte's responses to Facebook page, Book club, the my list of questions the point that Scrap book and organise walks and

is 'Communication'. They keep their along to Committee meetings few members up to date on a very do, but the offer is there for all as

that they are still contacted and feel they get value for money from the Federation because it is more Their most successful recruitment focused on our region. Some of initiative has been to hold open their older ladies do not feel they meetings to encourage anyone to want to travel to events/workshops come along and they do not charge but the younger members are happy for this. They also make sure that to do this. Before COVID-19 the they advertise that all visitors are Board of Trustees were making most welcome to come to all of their every effort to bring the Federation out to our WIs.

organisation this pandemic has hit Committee member. our bank balance hard. The ladies Charlotte's final comments were

receiving their suggestions.

additional groups, walking group, members was to start a new WI.

The Committee stay

spirit is very much alive in this WI. to join in some of the activities. Well done ladies.

and topics that cover local as well as programme success of any WI.

Charlotte commented Spofforth do not overtly consider doing this too. succession planning, but in fact I look forward to hearing they do probably without realising, of how Spofforth celebrate by inviting members to join the their 100th birthday. Committee that have shown an

Whether or not that will be an interest and then slowly encourage option once life returns to normal, them to take on some form of we are not sure as like every responsibility aside from being a

also feel the monthly Newsletter is that they have found it difficult to good and again at the moment attract new younger members even COVID has cast its spell here as we though they have tried. Judging cannot issue hard copies during this from comments received, there is period but hope you are all getting still an image of the WI being about the chance to read this following singing Jerusalem and making jam. delivery online to your Secretaries. Not unusual, and that image takes I took the opportunity to ask time to overturn although many Charlotte if their members can WIs do not sing Jerusalem now or think of any additions to our make jam. A conversation with a Newsletter and look forward to member from a large newly formed WI near Bradford was that the ladv Spofforth run a good number of thought the only way to get new

book club, knitting
sessions, scrabble and
one I have not heard of
before—a breakfast club.

The Committee stay

I agree a new WI does tend to
attract a healthy number of
members. However, here in the WI
we have room for both. It is not a
one size fits all and we cannot I agree a new WI does tend to one size fits all and we cannot aware of any members that are penalise our older members who having any issues, illness or any would not be comfortable being in a difficulties at all and this is always younger group. The programme on their meeting agenda to decide would probably not appeal to them how they can help. The Community and they would maybe not be able

I do not feel Spofforth WI have A lot of thought goes into their much to worry about. As I said at annual programme to ensure they the beginning of this report 29 is a have a good mix of topics including healthy number. Plus, the 3 key informative, practical, or the Arts elements to success are, a good thev have National ones such as our WI communication they could not do Resolutions. Another key to the better and succession planning,

however you choose to that label this Spofforth are

#### **Around the Federation**

#### Afternoon Garden Tea in a Box!

bu Sara Baldwin-Cole, President Coverdale WI

was starting to be frustrating for bubbles friends and we decided to offer a delivery of WI we asked for favre ready to munch in the garden response main Lockdown period.

Advertised through our Instagram, To be honest we had a lot of fun Facebook and posters in the local doing it! area, we were delighted to get requests for 50 Teas! And clearly people were making an event of it with often first sight of their friends and family for a few months. One mum with four at home kids was thrilled to not have to make a tea for one day!

So the process of planning the event off with kicked an outdoor assembly / decoration of boxes (... clearly Amazon has delivered a lot to our ladies in Lockdown). The chance to play with pretty paper and glue was very popular and again at distance a meeting of some members for the first time in a while. We then agreed the portions

Coverdale WI, up in the Dales has per person and who was to make been holding Community Lunches what. Scones, finger sandwiches, and Teas for a couple of years to cupcakes, meringues and of course encourage get-togethers of our rural pretty napkins and doilies were population and combat loneliness. involved. These were assembled in Lockdown obviously put paid to our a large dining room (in PPE) at March and June events but we space by two bubbles of members, knew that the seclusion for so many (around here most people are in as we are small neighbours. community). Delivery Inspired by an idea a few of our organised for 2 o'clock ready for the lovely ladies did for their small kettles of Coverdale to boil for High hamlet and neighbours for VE day, Tea. We didn't make a set cost, but a donation. amazing, was distance with friends and generous donations and praise for neighbours as the restrictions on the quality of the food – hello we gatherings eased. We chose Friday are the WI! And the idea was 3rd July which was at the end of the applauded as something involving some fun.



#### Spofforth WI and the Coronavirus

by Charlotte Franks, President Spofforth WI

the vulnerable age range who do Abuse. Members have We appreciated. continued to hold our committee meetings via zoom. Having only forty minutes has meant we've really had to stick to the agenda! Top of every agenda has been feedback on how our members are doing. After each meeting we have let our members know what has been discussed. Our book club has also been able to continue via zoom. We have had to cancel our August A lot lockdown there bereavements, some very special distanced picnic on the Castle Field. birthdays, a ruby wedding and in weather permitting. That way we unusual times celebrations could not be held, we has managed to get a hair have sent flowers from our very appointment! own Village Florist Fairie which have been much appreciated.

We have a fabulous group of knitters and they have been busy knitting hearts for Harrogate ICU, nurse mates for nurses' children.



When the lockdown happened, we Others have made scrub bags and decided straight away as a sets of scrubs for community health Committee to each take on a small workers as well as masks for our group of WI members and make members. We have also continued sure that we contacted them on a to knit squares which are made up regular basis. We have a large into colourful blankets for the proportion of members who are in Harrogate Refuge for Domestic not use IT and so felt a friendly wool and needles and friendly voice on the end of phone would be advice for those who have not have knitted before.



has happened during trip on the Skipton Canal but are have been planning to have a when can have good natter and see who



#### **Notices**

#### Support in Communication for Meetings/Members via "Computer"

Free Sessions (Repeat) aimed at the Novice/Unsure/Unconfident. We are aware that as some WI meeting venues may not yet be opening, you may wish to understand how to catch up with members or have an online speaker using technology. Following positive feedback from our September FOC sessions, we have 2 more sessions in October, which will repeat again in November. On Thursday 15 October at 7.30pm and Wednesday 21 October at 2pm a Demo/Q&A Session covering Zoom/email etc will be run — to book your place please contact <a href="mailto:web.nwyorkswi@yahoo.co.uk">web.nwyorkswi@yahoo.co.uk</a> for login/tel details.



Extracted from Forest Moor WI's Facebook page, as they hold their first socially distanced WI meeting, complete with facial coverings.

#### The Resilience of Being Anthology: OUT NOW!

Our Federation Editor, Emma, has put together *The Resilience of Being;* an anthology collecting experiences with body image. This project aims to remind people that a self-destructive approach to your body doesn't have to be the default throughout a range of stories, from poetry to essays.

The anthology is out now on Amazon here: <a href="https://amzn.to/3iBcyLa">https://amzn.to/3iBcyLa</a> so you can have it delivered to your door! It is perfect reading for anyone with an interest in body image and self-love.

Emma is also 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 email Emma at <a hres="mailto:resilienceofbeing@gmail.com">resilienceofbeing@gmail.com</a> or find more information at <a hres="mailto:resilienceofbeing.co.uk">resilienceofbeing.co.uk</a>

#### 200 Club Results

Congratulations to the following, who have won this month's prizes:
£30—Verity Randall, Harrogate Rascals
£20—Spofforth WI
£10—Mrs K Jeff, Grewelthorpe

#### Recipe of the Month: Twice Baked Blue Wensleydale Cheese Souffle

This is delicious for a light lunch, supper or starter. What I like about it is, if you don't eat all the individual souffles they can be frozen for a later meal!

#### **Ingredients**

215ml milk 45g butter 45g plain flour 1/2 tsp English mustard 1/4 tsp nutmeg Pinch cayenne pepper 125g grated blue Wensleydale cheese 3 eggs Separated Little cream and cheese for re-heating



#### Method

Pre-heat oven to 220°C

- 1. Make a roux with the butter and flour, gradually mix in the milk.
- 2. Add cheese and season, cool, then beat in 3 egg yolks.
- 3. Grease 6 ramekins with butter.
- 4. Whisk the egg whites and fold them through the cheese mixture, then fill the greased moulds.
- 5. Bake in a bain-marie (i.e. a roasting tin with 1 to 2 ins water) for 25 mins.
- 6. When cool take out of the dishes and wrap in cling film. It can be frozen at this point if wished.
- 7. When required, place in a shallow oven proof dish, pour a little cream round the souffles and add a little cheese on top of each one. Bake for 10 15 mins until rerisen.
- 8. Serve with a green salad and crusty bread.

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.

