



NORTH YORKSHIRE EAST

MAY 2022

Federation Office: WI House, Front Street, Norby, Thirsk, YO7 1BG

Visitors/Telephone Enquiries Tuesday to Thursday are welcome between: 10.00am – 12.30pm and 14.00pm – 15.00pm (Closed Mondays and Fridays)

Newsletter Editor: Margaret Ellison **Editor email:** nyenewseditor@gmail.com
Federation Secretary: **FederationSec.email:** fedsec.nyefwi@btconnect.com
Telephone: 01845 522415 **FinanceSec.email:** financesec.nyefwi@btconnect.com
Twitter: [@NYorkEastFedWI](https://twitter.com/NYorkEastFedWI)

[Sarah with Guest Speaker Nicki Chapman](#)

Hello Everyone,

Well, here we are in May with the longer, lighter evenings and hopefully warmer days!

By the time you read this, our Spring Council Meeting will be a distant memory and we will be looking forward to the National Annual Meeting in Liverpool. It was lovely to see so many of you in Scarborough and I should again like to thank everyone who was involved in the planning and running of a very successful day. In April, I and three of my fellow board members, spent a most enjoyable evening with the members of North Duffield WI who were celebrating their 101st birthday, having been unable to properly celebrate their centenary when Covid got in the way. I also spent a lovely afternoon at Seamer and Irton WI and, as I was still unable to drive

following my hip replacement, my husband came with me and he and the dog were able to explore new walking territory, which was a very popular move with the dog!

The month of May is frequently referred to by poets and writers as being the merry month of May. In times gone by, children made garlands from greenery and participated in joyful celebrations dancing round the village maypole on the first of May. This tradition has largely died out but I am pleased to say that it is still carried on in some villages in the UK. With the gardens springing to life and the migrating birds returning to our shores there is a definite sense of brightness ahead.

Best wishes

Sarah



DO YOU KNOW WHAT YOUR BOARD OF TRUSTEES DOES?

HAVE YOU EVER THOUGHT OF JOINING ONE OF THE FEDERATION SUB-COMMITTEES OR THE BOARD OF TRUSTEES?

Why not come along to observe our July Board meeting which will be held on the evening of 4th July, on Zoom so that as many of you as possible can join us for that meeting. To secure a place and receive the link details please send an email to withirsk2020@gmail.com If you do not have the internet but would like to observe a Board meeting, contact the office who will arrange for you to attend a face-to-face meeting.

IN 2 WIN – Spring Council Winners
No.32 £25 Kath Garner, Newton on Ouse W.I.
No. 1 £15 Daphne Simmons, Hutton Bonville W.I.

OFFICE NEWS

As many of you already know production costs for our Federation Newsletter are spiralling out of control! With regret the Board of Trustees have decided that, as from November 2022, there will be a charge of £6.00 per member to help offset printing and postage. Further details will be sent to WI Secretaries.

SUB COMMITTEE NEWS

EVENTS: Chairman Frances Langley franceslangley.nyefwi@gmail.com



NORDIC WALKING TASTER – Monday 5th September at 1.00pm in Rawcliffe Country Park, York (YO30 5XZ), parking free at Rawcliffe Park and Ride.

Nordic walking is a full-body exercise that's easy on the joints and suitable for all ages and fitness levels. Find out about the Nordic walking technique and its health benefits. The activity is performed with specially designed walking poles similar to ski poles in order to add two major benefits to walking, upper body muscles are used as well

as the legs. Nordic walking can help you burn up to 46% more calories compared to walking without poles, it can help to release tension in the neck and shoulders, and it can strengthen your back and abdominal muscles. More than 10 million people globally enjoy this year round activity so why not give it a whirl!

Booking from 1st June. Closing date 26th July. Cost £15 includes hire of poles, members only. Booking Code: 629

AN INTRODUCTION TO HARDANGER EMBROIDERY . A workshop with Janet Coe on Friday 9th September at WI House, 10.30am to 3.30pm. Hardanger is a traditional Norwegian embroidery technique that combines drawn thread work and cutwork to create geometric shapes. At this workshop you will be making a coaster. You will need to bring a packed lunch and a basic sewing kit, which should include a pair of sharp pointed scissors. **Booking from 1st June. Closing date 26th July. Cost £15 to include all materials to make 1 coaster. Materials can be purchased from the tutor to make an additional coaster. Members only. Booking Code: 634**



A VISIT TO TENNANTS AUCTION ROOMS. Wednesday 14th September 11am to 4pm .

This promises to be a lovely day out. Find out more about antiques and the running of a saleroom from the experts at Tennants. Enjoy some time looking around on your own. All this together with coffee on arrival, a delicious two-course lunch and tea and cakes before you leave. Open to friends and family. **Booking from 1st June. Closing date 26th July. Cost members £35, non-members £37. Booking code: 630**

a) Creamy Fish Pie topped with parsley mashed potatoes, with buttered green beans and carrots

OR b) Gnocchi with courgette, red pepper, mascarpone and spring onion

c) Lemon posset, raspberry sorbet, traditional shortbread OR d) Honey and almond parfait, mixed berry compote, honeycomb

A TASTER DAY OF CROQUET. Tuesday 20th September. 10.30am TO 3.30pm York Croquet Club, Scarcroft Road, York YO23 1NF . Have you ever thought about trying a game of Croquet? Come and join us for a fun day out. Experience the feel of the ball, mallet, lawn and hoop at first hand. Friendly tuition is given in the morning, with plenty of tea and biscuits to keep us all going and following a break for lunch, a simple game of croquet is played. This is a game is suitable for all ages and abilities. The Venue is convenient for the Park and Ride from Askham Bar York, with a short walk from the drop off bus stop in Blossom Street, to Scarcroft Road. **Booking from 1st June. Closing Date. 9th August. Cost £20.00 to include tea/coffee/ biscuits. Please bring own lunch. Booking Code: 635**

JAPANESE DRUMMING WORKSHOP. Saturday, 1st October 2022 10.00am – 12.00pm in Snainton Village Hall, Snainton YO13 9BG . Come and have fun in a 2 hour introductory session to Taiko drumming. Learn the exciting and energetic art of Taiko drumming with Tengu School of Taiko! Playing Taiko isn't just about hitting a drum to make a sound, it involves body movement, balance, energy and stamina and unites mind, body and spirit. So do join us for what promises to be a most exciting morning . All drums are provided and all you need is comfortable clothing and plenty of energy and enthusiasm. **Cost £25 members only. Booking from 1st June Closing date 16th August. Booking Code: 637**



RAMBLES

A HIDDEN GEOLOGY WALK. Monday 10th October 10.00am – 1.00pm. Join palaeontologist Dr Liam Herringshaw on a Hidden Geology Walk as we explore the 200-million-year history of North Yorkshire. Meeting at the National Trust Visitor Centre in Ravenscar, we will walk down across the golf course to Peak Steel, where we can admire the spectacular geology of Robin Hood's Bay. We'll then follow the coastal path round to the industrial complex of the Alum Works, before joining the Cinder Track of the old Scarborough & Whitby Railway, where we'll find historic quarries before returning to Ravenscar, the town that never was, making sure not to miss the Jurassic gems hidden in the old brickworks. You will need stout footwear and sensible clothing. **Booking starts 1st June, closing date 30th August. Cost £15 members only. Booking Code: 639**

EASINGWOLD WI RAMBLE. Monday 12th September. 9.30am Easingwold Cricket Club. A lovely easy 5.8 mile walk with gentle inclines. There are nine stiles, all good and sturdy with hand posts. The walk goes through open, rolling countryside, farmland tracks and country lanes. Dogs are welcome but must be kept on leads where there are animals. **Booking from 1st June. Closing date 19th July. Cost: £9.50. Booking Code: 647**

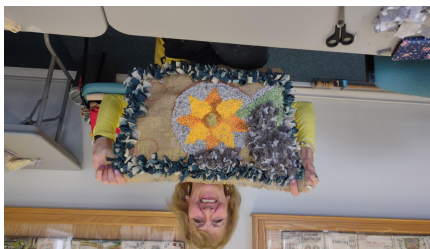


DATES FOR YOUR DIARY

- ❖ *Murder Mystery Evening. 7pm Friday 21st October. Malton Golf Club*
- ❖ *Take One International Floral Designer and Two Gardeners and What Have You Got? (Johnathan Mosely, Sarah Hopps and Martin Fish) Monday 24th October, Stockton on Forest Village Hall. 10.30 am – 3.30 pm*

EVENT REPORTS

Barbara's design in progress



I attended the **Rag Rugs for Beginners Course** which ran over 2 days in February and March along with 8 other women from across the region. The venue was WI House, which was easy to find, with plenty of parking and a short walk into the market town of Thirsk. There was a warm welcome from Margaret and Marigold with refreshments, then down to business. We were given a brief history of rug making and instructions on 2 methods, hooked (loop) and proddy (rag). We were then encouraged to think about our design and the colours we wanted to use. This design was then transferred to the hessian, and we chose and cut our materials and got going. Margaret and Marigold were on hand with tips and advice and the first day flew by. We were sent home with instructions to finish as much as possible of our doormats and to return ready to finish them. The second day was just as welcoming with everyone eager to see each other's designs and progress. We learned how to finish the rugs and I am absolutely delighted with mine and it has pride of place at home. A massive thank you to Margaret and Marigold for sharing their knowledge and skills with us, I am already on to my second one.

Gill Smethurst – Carlton WI

PUBLIC AFFAIRS & INTERNATIONAL: Chairman, Lindsay Gee

May Day is both International Workers' Day and traditionally, in many countries, marked for the start of summer - here, with maypoles, cakes, cheerfulness. This year with war in Europe it is not easy to feel positive. Nonetheless, we still have reasons to take pleasure in summer; counting our blessings is a useful approach with or without a religious context.

As usual there is a great diversity of anniversaries and awareness days: including the month celebrating mental health, walking, action on stroke, sharing stories, and local and community history. May's first week features Time for a Cuppa, Sun awareness (promoted by the British Association of Dermatologists), Dying Matters (encouraging open discussions), Deaf awareness, and the Red Cross. Next we have a week for doughnuts, food allergy awareness, and vegetarianism; with Foster Care Fortnight from the 10th to the 22nd. That is followed by Water Saving, between the 17th and the 20th. The month is rounded off with a week for English Tourism and English Wine: a summery theme!

As for specific days, the 2nd is Dawn Chorus Day, the 12th Nurses Day, the 18th International Museums Day, the 21st Hats for Headway (re life after brain injury), and the 23rd World Turtle Day; the 29th celebrates both biscuits and oak apples; then the month concludes with British Tomato Fortnight, blooming between 24th May and 5th June.

Closer to home, booking is still open for **Science of the Cream Tea**, a repeated favourite. Then booking starts on 3rd May for our **Vegan or Vegetarian Lunch**, in Forest and Vale Hotel in Pickering on 1st September: as you will have seen in the April newsletter, pp. 5-6, there is a truly delicious menu!

Next month - my twelfth and last coverage of these awareness days - it will be time to start considering action that might be taken on the resolution that will be voted on at the Annual Meeting.

CLIMATE CHANGE CO-ORDINATOR: Glenis Wedzicha - glenis.wedzicha@btinternet.com The A to Z of

Climate Change: "H" is for Heat Pump. Many people already own one of these. The principle behind all Heat Pumps is that heat flows from a cold space to a warmer one. A Refrigerator (fridge) is a Heat Pump. It extracts heat from inside the fridge and passes it out into your kitchen. This cools the food inside the fridge and raises the temperature of the air in the room. Consider your home: here a heat pump would act in the same sense. Heat is extracted from air outside or from underground (geothermal) and given out into your home. Size is important. A large space requires a correspondingly large heat pump. Heat pumps contain moving parts all of which require electricity during manufacture and when operating, for instance, the motor to drive the pump. Thus, a heat pump does make demands upon outside energy sources, but produces more heat than is put in, sometimes as much as four times.

SCIENCE CO-ORDINATOR: Glenis Wedzicha - glenis.wedzicha@btinternet.com Science by number;

Number 5, Nitrogen. Nitrogen is a colourless and odourless gas which forms about 78% of the Earth's atmosphere. It is present in all organisms, particularly as amino acids which are the constituents of proteins, in the "nucleic" acids DNA and RNA which are the blueprint for replicating cells in an individual and in the energy transfer molecule, adenosine triphosphate (provides energy for muscle contraction, nerve impulse propagation and manufacture of chemicals within the cell). The nitrogen cycle describes movement of nitrogen from the air to the soil and to the biosphere (biological systems) and back to the air again. Nitrogen is used extensively in

various chemicals which are fertilisers. These help in building up proteins in crops which are then either stored for future use or used as food to enable the various mechanisms at work in any organic compound. There are a number of medical uses for nitrogen-containing chemicals some of which occur naturally, others are synthetic. Thus nitrogen is an extremely abundant chemical vital to all living things.

RESOLUTIONS Co-ordinator : Glenis Wedzicha - glenis.wedzicha@btinternet.com A Reminder: Members are not obliged to campaign on the issue passed at the Annual Meeting. If there is an issue which is relevant particularly to your community/area, and an earlier resolution has already been passed and mandated by NFWI related to this issue, you may wish to continue working on this. As usual, at the Annual Meeting, WIs may give their Delegates power of discretion, after hearing the expert speakers.

MEMBERSHIP AND TRAINING – Chairman: Janice Whiteford

Programme Planning Workshop - “Swap, Learn and Advertise”

Your programme is more than you think come and join in the fun at this informative workshop. Friday 1st July 2022 at WI House 10.00am – 3.00pm. Refreshments provided, bring your own lunch. Cost £2.50 Booking Now Closing Date – 2nd June 2022 Booking Code: 567

President & Secretary’s Workshop

Saturday 9th July 2022 – WI house 10.00am – 3.00pm. Bring a packed Lunch Enjoy time to explore how to streamline the jobs, get ideas and chat to other WI Officers. If you think you might like to help with the jobs or already are a President or Secretary, then this workshop is tailored to your needs. Refreshments provided, bring your own lunch. Cost - £2.50 Booking now Closing date – 16th June 2022 Booking Code:561

Walking Treasure Hunt in York with Meal

Join us for a fun evening around York. Follow the clues and then enjoy an evening meal. Monday 18th July 2022 - 6.30pm - Meeting place Nunnery Lane Car Park Cost £12.00 per person includes the meal. Booking Now Closing Date 9th June 2022 booking Code: 568

If anyone would like to observe our M&T Committee, please contact the office we would love to have you on board.

AROUND OUR FEDERATION

Thornton Dale WI ladies sewing aprons to use at the Jubilee when serving tea coffee and cakes for the village



Copmanthorpe WI - Wendy Wallace, VP

Members of Copmanthorpe WI hosted a Shrove Tuesday lunch in aid of Yorkshire Air Ambulance. For £5 we offered lots of toast and butter with a range of pates, including delicious mushroom and mackerel pates made by two of our members, Brussels pate and hummus. That was followed by delicious home-made pancakes with orange and lemon wedges, plus tea and coffee. We served around 60 people, raise £270 for the Air Ambulance, and had a very busy couple of hours before sitting down to enjoy a lunch ourselves.



FIND INFORMATION AND ADVICE HERE

WI Advisers

Janice Whiteford – email: whatstheplanjan@hotmail.com Tel: 01904 269361
 Pat Shotton - email: patriciashton11@tiscali.co.uk Tel: 01904 795953
 Glenis Wedzicha - email: glenis.wedzicha@btinternet.com Tel: 01904 708704

<u>Treasurers' Helpline</u>	Val Illingsworth – email: rectorycorner@btinternet.com Tel: 01347 888203 Carolyn Boam – email: anth.cazboam@gmail.com Tel: 01845 400132N
<u>Newsletter</u>	Entries by 7 th of each month, earlier for holiday issues. All entries will be included, space permitting. Photographs preferred in jpeg format. Please ensure that you have asked for permission to use any photographs before submitting them for inclusion in our newsletter, etc.
<u>Bookings</u>	First come first serve basis. We give plenty of notice for events coming and maintain a waiting list. Confirmation of a place will be sent out when the minimum number of participants is reached – usually the closing date.
<u>Payments</u>	Can be by bank transfer / online payment or by cheque (enclosing a SAE) and made payable to "NYEFWI". Send to the Finance Secretary; North Yorkshire East Federation of WIs, WI House, Front Street, Norby, Thirsk YO7 1BG. Enclose a booking form or send an email to Shirley in the office financesec.nyefwi@btconnect.com letting her know which event(s) it is you are paying for and when the payment was made together with your W.I. name, the attendee names and food choices if booking for a meal and the email address to which any link is to be sent. Please include the booking code where appropriate .
<u>On- line payments</u>	Account Name: NYE Federation of WI Account no: 35787073 Sort Code 05 09 44 Please remember to tell your WI Secretary if you have booked and paid direct.

Diary 2022

EVENT	DATE & TIME	VENUE	CLOSING DATE	BOOKING CODE
EVENTS PREVIOUSLY ADVERTISED				
Silver Clay Jewellery Workshop February n/l	Friday 17 th June 2022 from 10.30am to 2.00pm.	WI House, Front Street, Norby, Thirsk YO7 1BG	Booking from 1 st March. Closing date 10 th May. Cost £45 inc. materials. Booking code: 497	
Sushi Cookery Demonstration February n/l	Monday June 20 th 6.30pm	York Cookery School, Amy Johnson Way, Clifton Moor, York. YO30 4AG	Booking from 1 st March. Closing date 24 th May. Members only. Cost £20. Booking code: 498	
Further your Knitting Knowledge March N/l	Saturday 25 th June 10.00am to 3.00pm	WI House, Front Street, Norby, Thirsk YO7 1BG	Closing date 17 th May. Cost £15. Booking code: 499	
An Introduction to Sun Painting (Cyanotype) February n/l	Saturday 2 nd July 11am – 3pm	Woodend, The Crescent, Scarborough YO11 2PW	Booking, members only, Closing date 24 th May. Cost £55 includes all materials Booking Code:627	
A Wire Bird Sculpture Workshop March n/l	Thursday 7 th July 9.30am to 4.30pm.	Fridaythorpe, East Yorkshire	Closing Date 24 th May. Cost £60.00 + materials. Booking code :632	

Programme Planning Workshop - "Swap, Learn and Advertise"	Friday 1 st July 2022 at 10.00am – 3.00pm.	WI House, Front Street, Norby, Thirsk YO7 1BG	Closing Date – 2 nd June 2022 Cost £2.50 Booking Code: 567
President and Secretary Workshop April n/l	Saturday 9 th July 10.00am to 3.00pm	WI House, Front Street, Norby, Thirsk YO7 1BG	Cost £2.50 Booking Code: 561
Science of the Cream Tea March n/l	Thursday 14 th July All day event	Scampston Walled Garden Conservatory, Scampston Malton	Closing date: Friday 2 nd June 2022. Price £20.00. Booking Code: 563
Having Fun with Photography March n/l	Friday, 15 th July at 10.30am – finishing time dependant on weather!	WI House, Front Street, Norby, Thirsk YO7 1BG	Closing date 31 st May. Members only. Cost £15. Booking code: 633
Walking Treasure Hunt: York with Meal April n/l	Monday 18 th July 2022 - 6.30pm -	Nunnery Lane Car Park	Closing Date 9 th June Cost £12.00 Booking Code: 568
Vegan and Vegetarian Cookery Demonstration March n/l	Tuesday July 19 th at 6.30pm	York Cookery School, Amy Johnson Way, Clifton Moor, York	June 14 th . Members only. Cost £20 Booking code: 628
Beginners' Beading Workshop April n/l	Friday 22 nd July. 10.00am to 3.30pm.	WI House, Front Street, Norby, Thirsk YO7 1BG	Booking from 1 st May. Closing date Tuesday 14 th June. Cost £15 + £10.00 kit direct to the tutor. Booking code: 631
Lavender Wreath Workshop April n/l	Thursday 4 th August, 10.30am to 1.00pm.	World of Lavender, Terrington, York YO60 6PB	Booking from 1 st May. Closing Date 21 st June. Cost £55.00 Booking Code: 640
A visit to the Theatre Royal Costume Hire Warehouse April n/l	Thursday 18 th August 11.00am	Birch Court, Osbaldwick Link Rd. York. YO19 5JA	Booking from 2 nd May. Closing date 28 th June Cost £10. Booking Code:636
Clay Pigeon Shooting April n/l	Sunday, 21 st August at 11.00 am	Yorkshire Activity Centre, Rufforth, York, YO23 3RR	Booking from May 2 nd Closing date 5 th July. Cost £35, members only. Booking code: ???
Vegan or Vegetarian Lunch April n/l	Thursday 1 st September 12.00 for 12.30 pm	Forest and Vale Hotel, Pickering YO18 7DL	Cost £28 members only. Booking starts 3 rd May closes 19 th July Booking Code 628
THIS MONTH'S NEW EVENTS			
Nordic Walking Taster May n/l	Monday 5 th September 1.00pm	Rawcliffe Country Park, York YO30 5XZ	Booking from 1 st June. Closing date 26 th July. Cost £15 inc. Booking Code: 629
Introduction to Hardanger Embroidery May n/l	Friday 9 th September 10.30am to 3.30pm	WI House, Front Street, Norby, Thirsk YO7 1BG	Booking from 1 st June. Closing date 26 th July. Cost £15 inc. Booking Code: 634
Visit and Lunch at Tennants Auction Room May n/l	Wednesday 14 th September 11am to 4pm .	Leyburn	Booking from 1 st June. Closing date 26 th July. Cost members £35,

			non-members £37. Booking code: 630
Taster day of Croquet May n/l	Tuesday 20 th September 10.30am to 3.30pm	York Croquet Club, Scarcroft Road, York YO23 1NF .	Booking from 1 st June. Closing date 9 th August. Cost £20.00. Booking Code: 635
Japanese Drumming May n/l	Saturday, 1st October 2022 10.00am – 12.00pm	Snainton Village Hall, Snainton YO13 9BG	Cost £25. Booking from 1 st June Closing date 16 th August. Booking Code: 637
A Hidden Geology Walk May n/l	Monday 10 th October 10.00am – 1.00pm	Meeting at the National Trust Visitor Centre in Ravenscar	Booking starts 1 st June, closing date 30 th August. Cost £15 members only. Booking Code: 639
Easingwold WI Ramble May n/l	Monday 12 th September. 9.30am	Easingwold Cricket Club, Back Lane Easingwold YO61 3BG	Booking from 1 st June. Closing date 19 th July. Cost: £9.50. Booking Code: 647
A Right Royal Celebration May n/l	Wednesday 5 th October Noon for 12.30	Burn Hall, Huby YO61 1JB	Booking from 1st June. Closing Date 23 rd August Cost: £28.00 Booking Code: 644

ENCLOSURES - Member to Member - Details of your WIs Trustees & MCS Representatives Form – NYEFWI Link List of delegates attending NFWI Annual Meeting June 2022 – Booking form for A Right Royal Celebration a Lunch fit for a Queen