



NORTH YORKSHIRE EAST OCTOBER 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)

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Chairman: Sarah McFarlane

Hello Ladies

Goodness me, here we are in the last quarter of the year – where did the last three go to? They say time flies when you are enjoying yourself and I must admit that I have been having a thoroughly enjoyable year!

October promises to be a very busy month for me what with Japanese Drumming, a Hidden Geology Walk, the Jubilee lunch at Burn Hall, the Murder Mystery Evening and the Autumn Council Meeting to say nothing of attending some of your WI meetings. So hopefully I will get to meet a large number of you at these events.

We are working on the plans for our ruby anniversary and I am still awaiting responses from several WIs as to how they would like to celebrate the event – if yours is one of those WIs still to respond do please get back to either me or the office as soon as possible so that we can firm things up.

I need to go now and sort out what I am going to say at the Autumn Council meeting!

Best wishes to you all, *Sarah*

OFFICE NEWS

Federation Carol Service, Saturday 3rd December, Ampleforth Abbey, 10.45am. Due to the limited seating and Health & Safety regulations, tickets will be issued for this event, which will be free of charge. Application form with your Secretary (sent with August Newsletter). Tickets allocated on a first come first served basis. Closing date: 2nd November. If anyone would like to read a lesson at the Service, please send your name and WI to the Office **by 2nd November at the latest.**

REMINDER - Autumn Council Meeting, Saturday 29 October 2022, Archbishop Holgate School, York 10.30am – 3.30pm. Visitors £12.00 and one Delegate per WI Free. Guest Speaker: Paul Hudson

Bring your own cup! – We have a quantity of polystyrene disposable cups in stock to be used up before we restock with a more environmentally acceptable variety. Members may prefer to bring their own cup or buy one of our Federation's travel mugs.

NFWI ANNUAL MEETING 2023, ST DAVID'S HALL, CARDIFF, THURSDAY 25 MAY 2023

NFWI Annual Meeting 2023 will be held at St David's Hall, Cardiff, on Thursday 25th May 2023.

We hope to bring you more information next month. We will let your Secretary know as soon as we have information from National – WATCH THIS SPACE!

Election of NYEFWI Board of Trustees 2023-2025. Nominations are sought for the Federation Board of Trustees 2023-2025. New blood is essential for the future of the Federation. Each WI and members of the present Board of Trustees may nominate up to 12 members for the new Committee. **Please think seriously and put your name forward – the Federation needs YOU!** Nomination forms are with your Secretary and should be **returned to the Office by 31st October 2022 at the latest.**

NORTH YORKSHIRE EAST FEDERATION

“IN2WIN”

Just a reminder that **“IN2WIN”** will once again commence from the **1st November 2022.**

The amount to enter is £12.00 payable in advance annually by the **31st October** and your membership shall run from the 1st November 2022 to the 31st October 2023. Membership may be in the name of an individual only.

The annual prize money shall be half the total raised. Details of the monthly prizes will be calculated after the closing date for membership and announced in the December newsletter.

The Bi-Monthly draws will be made by the Chairman of the Board of Trustees of NYEFWI every two months at a Board Meeting. **Two MAJOR DRAWS** will be made at the Spring and Autumn Council Meetings. The details of the winning membership numbers will be published in the monthly newsletter. **A SPECIAL DRAW** will also take place for Christmas.

Details and entry forms are with your **Secretary**. Entry forms will also be available for completion at the Autumn Council Meeting on the 29th October at Archbishop Holgate's School, York YO10 5ZA. Payment made by either **cheque or cash** will be acceptable **ON THE DAY**. Cheques to be made payable to NYEFWI.

DOROTHY WILKINSON BURSARY 2021/2022 -

Jan Tetley – Thorpe Willoughby WI & Selby Swans WI

I received the good news back in November 2022; but struggled to find places at that time on which to spend the money, due to Covid restrictions.

In July 2022, I attended 3 classes at Leeds Cookery School, plus one in August which I put money towards to fully utilise my money (a Yorkshire girl). I chose Leeds Cookery School as it is a social enterprise; with 100% of their profits going to **Zest**, a Leeds charity who help people living in disadvantaged communities.

The courses were entitled:

1. A Taste of Mexico 2. A Taste of Louisiana 3. Malaysian Takeaway 4. Tacos

There was always one chef/trainer Dan or Scot with a helper Anne or Julie.

A drink of tea and coffee was always offered on entering and water during the course.

I did enjoy the cocktail with the Mexican session!

I learnt lots of new cooking techniques and also how to hold a knife properly for cutting food. Dan and Scott were fantastic and no questions were too simple for them to answer. We tasted the food sometimes at the start to know what to attain or usually all the way through the session as we could alter to our own taste.

They cater for people who want gluten free or other dietary options on request.

I made Pork and Black Beans, Pineapple Salsa, Guacamole and Tortillas on the Mexican session. Chicken, Prawn and Chorizo Gumbo with Rice and Beans and Cornbread were produced for the Louisiana course. Beef Rendang, Nasi Goreng and Chicken Satay made at the Malaysian Takeaway. For the Tacos session, Albondigas (meatballs), Vegetable Tortillas, Chorizo in red wine and honey and Flatbread were made.

My favourites were the gumbo and the chorizo in red wine and honey.

The pictures don't do the food justice but please do think about asking people to buy a gift voucher so you can try yourself.



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



Coffee, Cake and Poetry, with some prose thrown in too. Thursday 19th January 10.30am to 12.30pm. Ebberston Village Hall. We all enjoy being read to so why not come along for a couple of hours to our poetry event. Sit back and listen to a mixture of old favourites, poems you may never have heard before and pieces of prose that are favourites of our readers. We hope this will be a lovely social event to blow away the January blues. **Booking from 1st November. Closing date 13th December. Cost £10. Booking code: 655**

A Taste of Turkey - Monday 23rd January 2023, 12 noon for 12.30pm at The Greyhound, Bagby. Have you ever wanted to try Turkish Cuisine? Your chance is here. Come along to the first of our **Tasting the World** lunches. Enjoy a starter, a main course and tea or coffee.

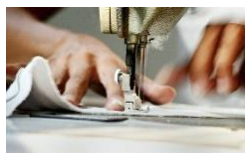
Starters:(a) Hummus- Puree of chickpeas, tahini, lemon juice and garlic.

(b) Sigara Boregi - (V) - Deep fried filo pastry parcels filled with spinach and feta cheese. (c) Mitete Korfte - Ottoman style lamb patties cooked in tomato sauce.

Main courses: (d) Greyhound Fish Pie - Salmon, haddock, smoked haddock and prawns in a fish veloute sauce with sliced potatoes and cheddar cheese glaze.

(e) Tavuk Sis - Marinated diced chicken breast, chargrilled, served with rice or chips, salad and yogurt dip. (f) - Sebzell - (V) - Original Turkish style vegetable casserole with aubergine, potatoes, peppers, courgettes, peas, carrots, chickpeas, and herbs. **Booking from 1st November. Closing date 13th December. Cost £28. Booking code: 657**

Jewellery Painting Workshop. WI House, Thirsk. Saturday, 25th February 2023 from 11.00am - 2.30pm Join our jewellery painting workshop, learn a new skill, and meet new friends. You will learn how to paint your own earrings and will surprise yourself with your creative talents. You will be hand painting onto lightweight polymer clay to create 2 or 3 pairs of unique, wearable works of art. All Materials will be provided - no creative experience is necessary! This workshop will focus on evoking creativity, encouraging mindful painting and gaining knowledge of colour. The tutor is Jessica Hall, a trained painter with several years of professional design industry experience. Jessica has sold her pattern designs globally and to well-known high-street brands. Her Studio has been featured in three issues of British Vogue and Luxe Magazine. **Cost, members only £55 Booking from 1st November, closes 10th January 2023. Please bring a packed lunch - tea and coffee will be available. Booking Code: 658**



Know Your Sewing Machine. WI House, Thirsk. Saturday 4th February 2023. 10 am to 3 pm. Bring your sewing machine out of the cupboard and we will help you get the best from it. We will start with the basics of your machine and guide you forward, from needle and thread to tension, handling all types of fabric, progressing through to construction of simple items. Remember all the participants of The Great British Sewing Bee began somewhere! You will need to bring with you your sewing machine and instruction book. You will also need a packed lunch. Tea and coffee will be provided. **Booking from 1st November. Closing date 13th December. Cost £20 Code: 656**

Rambles 2023

Do you enjoy walking? Has your WI ever thought of organising a ramble for the Federation? Why not give it a go. We are looking for WIs to plan a walk for 2023. This is an opportunity for you to share your local area with the rest of the Federation.

Rambles take place between April and October so if you would like to know more, please contact me and I will help in any way I can. - **Frances**

CURRENT AFFAIRS: Chairman, Lindsay Gee

A quiet month, leading up to a celebratory Council Meeting on Saturday 29th.

The coming year's resolutions are in course of preparation - as is our spanking new website.

A chief benefit of living in North Yorkshire (beside the charms of York) is the variety of countryside places in which to take delight, and respite, in autumn - in my case, Brayton Barff.

CLIMATE CHANGE CO-ORDINATOR: Glenis Wedzicha - glenis.wedzicha@btinternet.com

The A - Z of Climate Change: “M” is for Modelling systems.

Scientists can now look into the future. By using computers and selecting a particular model, say the weather, they can make predictions as to what will occur if parameters are changed, to predict future similar events to ones that have occurred before. In the case of weather, climate change requires scientists to introduce this increasingly dominant factor into their algorithm (the set of mathematical rules followed). Weather is topical at present. So is climate change. In the past weather forecasting was a hit and miss affair. Now it is virtually 100% accurate. Scientists can predict events with such accuracy by selecting the model and applying the correct algorithm. Any system, however complex, can be treated in this way. This does not mean we can be complacent. Whatever model is being studied (when, where and with what violence earthquakes strike, accurate timing of volcanic eruptions, destructive floods and crippling droughts) results should enable governments to do something about a situation by applying measures that will ameliorate events and prevent a future catastrophe. It is all about Adaptation to what we may have to face in the future as our climate continues to change.

Did you know? **Mosses** are ancient plants dating back 450 million years. They occur in all continents, are a variety of colours and some are luminous. They have survived on earth because of their extreme adaptability to climatic changes. They harbour large numbers of micro-habitats, help control temperature and soak up water. Love moss, it is a worthy model for us to mimic.

SCIENCE CO-ORDINATOR: Glenis Wedzicha – glenis.wedzicha@btinternet.com

Science by Number. Number 11: Sodium.

Sodium is a soft silvery-white metal which must be stored under oil as it reacts with air and burns with a bright yellow flame when ignited. It is the sixth most abundant element in the earth's crust but only occurs in chemical combination with other elements. It is an essential element in humans occurring in blood and the fluid bathing the outside of cells, but only occurs in a few plants thus a totally plant-based diet can lead to a deficiency. Where it does occur in plants, sodium restores the supply of Chlorophyl, the essential green pigment used in Photosynthesis. Too much sodium in humans can cause high blood pressure, heart disease, stroke and chronic kidney disease but severe depletion in the element leads to other acute conditions. Intake should therefore be regulated accordingly. The importance of sodium cannot be overstressed because its compounds impact so much on the world of commerce and industry. Chemical compounds of sodium are used in industrial processes and in manufacturing several important everyday materials. Soap and perfume are two as are petroleum products. Sodium chloride is the “salt” present in sea water. It has been discovered that fish have a remarkable capacity of adjusting their bodily fluids to cope with habitats of different saltiness. We are familiar with the preserving and flavouring qualities of salt. Have you tried your fish and chips without it?

Save the Date. An Evening of Forensic Archaeology, Wednesday, 15th March, 2023. Burniston and Cloughton Village Hall. See November Newsletter. Booking from December 2022.

MEMBERSHIP AND TRAINING– Chairman: Janice Whiteford

Congratulations!

to Anne Potts from Dringhouses WI on passing her Adviser course.

You will see Anne at WIs soon and at the Autumn Council meeting

We have a new trainee, **Diane Stephenson from Selby Swans WI** who is starting her Adviser training this month.



Want to recruit new members?

THE WI
RECRUITMENT
GUIDE

theWI
INSPIRING WOMEN



Did you know that our National Federation has produced a booklet called “The WI Recruitment Guide”

It is available on MyWI website and is downloadable and has lots of information and ideas that will help you to get new members.

From where to recruit, printed material, resources, websites, buzz words etc.

Have a look and get started.

AROUND OUR FEDERATION

Ainderby Steeple Across the Generations.



We had a great 80th birthday celebration as President, Judith, and members Aileen and Katie prepare to cut Katie’s wonderful cake- followed by a terrific chocolatier demonstration and supper.

Our 2 most senior members are entranced by our “first baby in years”. Very sadly, Josephine aged 95 (seated centre and still attending) passed away 3 weeks later and will be greatly missed.





Thornton Dale WI - _ The ladies of Thornton Dale had a very successful day and raised £1000 for Ryedale Special families. Tea Coffee and cakes were served whilst a Raffle, Tombola and sale of books took place.

<u>WI Advisers</u>	Janice Whiteford – email: whatstheplanjan@hotmail.com Tel: 01904 269361 Pat Shotton - email: patriciashotton11@tiscali.co.uk Tel: 01904 795953
<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.

Enclosures:

In2WIn Application Form and Rules
Membership Fees Form Part 3

Diary 2022

EVENT	DATE & TIME	VENUE	CLOSING DATE	BOOKING CODE
EVENTS PREVIOUSLY ADVERTISED				
<u>Autumn Council Meeting</u> <u>Paul Hudson as our Guest Speaker</u>	Saturday 29 th October 10.30am – 3.30pm	Archbishop Holgate School, York	Cost: Visitors £12 – one delegate per WI Free	Booking Code 534
Lunch at the Golden Lion in Northallerton. Speaker Chris Lloyd July n/l	Monday 21 st November 2022. 12 for 12.30 pm.	Golden Lion, Northallerton	Cost £28. Booking from Tuesday 2 nd August. Closing date Tuesday 4 th October. Booking Code: 652	
Make a Willow Christmas Wreath July n/l	Friday 2nd December from 10.30am to 2pm	WI House, Front Street, Norby, Thirsk YO7 1BG	Booking from 2nd August. Closing date 18th October. Members only. Cost £35. Booking code: 653	
The Science of Christmas August n/l	Thursday, 8 th December 2022 7.00-9.00 pm Or Wednesday 14 th December 2022 7.00–9.00 p.m.	North and South Cowton Village Hall, Main Street, North Cowton DL7 0EZ Booking Code 645 Middleton and Aislaby Village Hall, Middleton, Pickering YO18 8PB Booking Code 646	Booking from 1 st September 2022; closing date: Thursday 27 th October 2022. Cost £10.00 Members Only. <i>Please indicate chosen venue</i>	
Holiday to Kent September n/l	28 th September – 2 nd October 2023	Coach pick-up in Thirsk and York to Bridgewood Manor Hotel, Kent	£100 Deposit Booking From 1st October Booking Code: 654	
Federation Carol Service September n/l	Saturday 3 rd December 10.45am	Ampleforth Abbey YO62 4EN	Free but Ticket only - First come first served Closing date: 2 nd November	
NEW EVENTS				
Coffee, Cake and Poetry October n/l	Thursday 19th January 10.30am to 12.30pm.	Ebberston Village Hall YO13 9NS	Booking from 1st November. Closing date 13th December. Cost £10. Booking code: 655	
<u>A Taste of Turkey</u> October n/l	Monday 23 rd January 2023, 12 noon for 12.30pm	Greyhound, Bagby YO7 2PF	Booking from 1 st November. Closing date 13th December. Cost £28. Booking code: 657	
Jewellery Painting Workshop October n/l	Saturday, 25th February 2023 from 11.00am - 2.30pm	WI House, Front Street Norby, Thirsk YO7 1BG	Booking from 1st November, closes 10th January 2023. Cost £55 Booking Code: 658	
Know Your Sewing Machine October n/l	Saturday 4 th February 2023. 10 am to 3 pm.	WI House, Front Street Norby, Thirsk YO7 1BG	Booking from 1 st November. Closing date 13 th December. Cost £20 Code: 656	