



NORTH YORKSHIRE EAST SEPTEMBER 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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FEDERATION HOLIDAY TO KENT

28th September to 2nd October 2023



Our trip to Kent will include visits to the beautiful moated Leeds Castle, Great Dixter House & Gardens, Chartwell the family home and garden of Sir Winston Churchill, Hever Castle and Gardens where Anne Boleyn lived as a child and a Vineyard where we will enjoy wine tasting and cake. We will be staying in the 4* Bridgewood Manor Hotel and Spa on a dinner, bed and breakfast basis. The full detailed daily itinerary will be available in due course. Costs are approximate as some of the venues have not yet agreed their 2023 charges. Your Secretary has a copy of the Kent flyer giving more information.

Estimated Cost to members: c £559.00 in a shared room, £687 in a single room;

Non-members: £567.00 in a shared room, £695.00 in a single room.

Cost includes all admission charges. There will be a slight reduction for National Trust members. Please note that in the event of a higher than anticipated increase in the cost of fuel, a surcharge may need to be levied, which will be added to the final bill.

Book your place now with £100.00 deposit

Booking Code: 654

Hello Ladies

Well, here we are in September with some of the shops already starting to prepare for Christmas! I really can't believe how quickly the year is going.

August was an amazing month for me and my family. We arrived in Sintra for the wedding and for the first three days we were shrouded in low cloud, no sign of any sunshine. The weather forecast for the Saturday was terrible; so there was gloom and despondency all round. The wedding day dawned damp and overcast as promised, but, contrary to expectations, the sun came out in earnest and we had a perfect day, completely cloudless and hot. The wedding was wonderful – the food was delicious and more than plentiful and drinks flowed like water! I haven't danced so much for ages and was extremely grateful to my new hip.

From Sintra it was on to Porto where we spent another couple of excellent weeks – sightseeing, port and wine tasting and generally relaxing. We visited some very interesting places on the journey up to Porto and enjoyed a train journey down the Douro valley.

We ate like royalty whilst we were away, finding some lovely places to eat and drink. The local pastries were gorgeous and on the menu every morning at breakfast, as well as at other times in the day. It is a good job that I don't live in Portugal as the food is so tasty I would increase at least one if not two dress sizes!

But we are home now and back to reality after a most memorable holiday. I am looking forward to seeing you all at the Autumn Council Meeting if not before

Best wishes Sarah

OFFICE NEWS

Federation Secretary

On Tuesday 19th July, I re-joined as Federation Secretary at WI House after a year in a different job. It felt like I had never left... I have missed the members and what the WI means as a whole and am so pleased to be back. Shirley and I have always worked well together in the Office and with the Board of Trustees and sub-committee members and we seem to have picked up where we left it back in May 2021... I do hope that members will feel the same and look forward to seeing everyone again at the Autumn Council Meeting and other future Federation events. *Laurence*

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

Secretaries - please don't forget to pre-order any stationery your WI may need to be collected at the Autumn Council Meeting.

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 – 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.**

BURSARY REPORT - Katherine Daws, Dringhouses WI

I was lucky enough to win a Doris Wilkinson bursary last October. I'm not in a position to do a residential course so I've chosen to do a series of half day and day craft courses instead. So far, I've done Papercut Lanterns and Introduction to Marbling with L&S Crafts (<https://landscrafts.mailchimpsites.com/>, who run workshops in York and at Howsham Mill) and Textile Landscapes with the ever reliable Council-run York Learning.



Laura and Sam (L&S crafts) are excellent teachers, and specialise in simple crafts that are easily learnable to ensure that every participant can achieve pleasing results very quickly. The textile landscape day was also expertly run but it was rather above my head and I didn't really do very well. But that's the good thing about taster sessions - you can find out if you're good at something without having to buy a lot of expensive materials. I think I shall confine my interaction with multi-media embroidery to enjoying other people's efforts in future!

I find my job, and the post pandemic world, to be very stressful and although I am an avid crafter, I rarely make time to do much. Winning the bursary has forced me to focus on booking and attending events, and having time to take a break from life and to relax doing something I love has been so beneficial for my mental health. Thank you very much to the WI for providing me with this opportunity, and I heartily recommend all ladies who haven't won a bursary yet to apply in the next round. (I haven't spent all of my bursary money yet so there will be another update at the end of the summer!)

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

Booking Events - I would like to remind you that when booking events either through your WI Booking Secretary or individually it is important that **all details** are included on the Booking Form sent to W.I. House or the email sent to Shirley – this must include the applicants full name, WI they are member of and contact telephone number for the applicant **preferably their mobile** – please also remember to include menu choices for lunches and if payment has been made by BACS the date of the payment, amount of the payment and the reference that will

appear in our bank account. We have recently had a few events where it has been necessary to contact an individual member and we have not had contact details.

EVENT REPORTS

Cream Tea at Scampston Walled Garden. - Thank you so much to Glenis for organising such a splendid day at Scampston Walled Garden. The event was hugely enjoyable and a lovely venue. Her husband, Bronek, is an excellent speaker – easy to understand, very clear, concise and great humour – not surprising with his background and very much appreciated by all the ladies present I am sure. I think we now understand a little more about food technology and the science behind it. The cream tea was excellent, our thanks go out to the lovely Scampston volunteers who did such a great job - faultless. The venue was beautiful and several of our ladies became members and all of us are planning a revisit. We are already looking forward to hearing something along the lines of the Science of Easter and have assured Glenis of a good presence from Whitby WI. Wonderful day! **Lynn Walker, President, Whitby WI.**

Beginners Beading Workshop - On Friday July 22nd, 6 WI members met at WI House in Thirsk for a "Beginners Beading" workshop. After coffee and biscuits we were introduced to our tutor - Christine Fisher - and given our morning's project - a "Threaded Drop" necklace. Christine talked us through the contents of our individual kits, (Beading mat, coloured beads, Beading needle and thread), gave us a sheet of instructions and off we went....once we got over the shock of how small the beads were ! By lunchtime though, we were all proud owners of a finished necklace. So far so good.



After lunch and chatter around the table, the afternoon began with us making earrings using our leftover beads from the morning's necklace. We then had an afternoon project making a "Daisy chain" necklace/bracelet, which proved to be a little more complex but no less rewarding.

Christine was an excellent, knowledgeable tutor with plenty of patience, and was also (as we all discovered) a dab-hand at untangling knots!! **Alison Sigsworth. Kirkbymoorside WI.**

CURRENT AFFAIRS: Chairman, Lindsay Gee

So we are now at the junction between summer and autumn, the start of the academic year and nearly the end of the Federation's. We hope many of you will come to the Autumn Council Meeting next month and enjoy yourselves, to make it a success.

One of the essential features of the WI, as evidenced before and more significantly since early 2020, is the simple but potent theme of fellowship. By definition promoting this is a team effort. Fellowship takes many forms, from tea and a bun to participation in crafts, clubs and campaigns. A good example is provided by the Penpal Exchange set up by Valerie Hughes, as described on page 2 of the August Newsletter.

Following on from the Autumn Council Meeting, our Science of Christmas events (page 4 of the August Newsletter) will also be putting fellowship into action.

Meanwhile our Chairman Sarah and I were the lucky recipients of hospitality from Brayton WI, who celebrated their 22nd anniversary and the Queen's Platinum Jubilee together in June, in fine style (page 5 of the August Newsletter); we had a wonderful time.

At the national level, this year's resolution will be in the process of being incorporated in an action pack; while at the same time preparations are underway for the resolution selection meeting on 4th October, after which several will be put to the WIs for consideration in advance of voting in 2023. It is always interesting to see what members have come up with.

At the international level, at last month's virtual coffee morning with NFWI's Public Affairs department (now a quarterly event) we had a lively account of attendance at April's UN Ocean Conference in Lisbon: some very useful contacts were made, including possible sources of funding, and the WI's presence at that forum was duly noted - consistent with our involvement in climate change action measures, as authorised by members.

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

The A-Z of Climate Change. "L" is for L.E.D.

L.E.D. stands for light emitting diode. Conventional light bulbs incorporate a tungsten filament which glows white hot when heated by passing electricity through it. Such bulbs are short-lived because the filament burns out eventually and much of the energy produced is lost as heat. LED lights are a completely new technology, though the phenomenon had been observed as early as 1907. A diode is a structure comprising a chemical compound between two metals (called a semiconductor). Light is given out when electricity is passed across the diode. Gallium and Arsenic are the metals. Aluminium may also be incorporated forming an aluminium-gallium-arsenic diode. In 2014, three scientists together won the Nobel Prize for Physics for producing the first low energy LED giving a clear blue light. Preliminary work had led to the production of red and green LEDs. With blue, the three made white light. We all use LEDs as a matter of course now in our homes. They are cheaper, more energy-efficient and equally as bright as conventional bulbs. The latter are now being phased out completely by many governments with a view to conserving energy and fighting Climate Change.

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

Science by Number: Number 10, Neon.

Neon belongs to a group of gases called the Noble or Rare Gases. Chemically these gases are totally inert. Neon's abundance in the Universe is about 1 part in 750 making it fifth most abundant after Hydrogen, Helium, Oxygen and Carbon. It is rare in the Earth's atmosphere forming only 1 part in 55,000. Because of this it is costly to extract from air. 70% of the World's Neon is produced in Ukraine as a by-product of steel production in Russia. The current situation in Ukraine has forced the closure of two large plants producing the gas. A familiar use of Neon is in illuminated street signs. When electricity is passed through a sealed tube containing the gas, a vivid red/orange glow is seen. There are two types of Neon signs, one using small bulbs as in, for example, a radio set, the other the modern Neon tubes observed in illuminations. The first type has now been replaced by an equivalent using red LEDs.

RESOLUTIONS Co-ordinator: Glenis Wedzicha - glenis.wedzicha@btinternet.com

The NFWI are currently drawing up a Long List of Resolutions sent in by you, the ladies from WIs throughout the UK. On 4th October a Short List will be chosen following debate online by Federation Representatives and Member Representatives from the WI groups throughout the UK. One or two from this list will be chosen by a secret ballot of the Membership. These will go forward to the NFWI Annual Meeting, 2023, to be debated by delegates chosen from the Membership. Members play a vital role in every stage of the Resolution selection Process. My job is to help and advise at any stage in this process.

MEMBERSHIP AND TRAINING– Chairman: Janice Whiteford

Federation Treasure Hunt

On the hottest night of the year 30 intrepid treasure hunters set off from Nunnery Lane car park with clues to collect and a lovely supper waiting for them at The Longboat in York. It was an enjoyable evening. Here are some of the members of Brandsby WI. They managed a 1st prize winner. Well done to everyone who came.



If anyone who had booked but didn't manage to get to the treasure hunt would like a set of clues to do at a later date please email Pat Shotton and she will email you a copy.



New Committee Member The Membership and Training Committee is pleased to welcome a new face. Samantha Jennings joins us from Romanby WI, near Northallerton. Samantha will be helping to promote the WI in the region, aiming to gain more press coverage and boost our following on Facebook. You may have read about Samantha in the recent issue of WI Life! If you have stories from your WI that you think the local press would be interested in, please contact Samantha.

Email samantha@madebymummymarkets.com or call 07811 190193

AROUND OUR FEDERATION

Byland with Wass WI member Shirley Nicholls (also our Federation Finance Secretary) joined 2,200 participants in the Macmillan Mighty Hike in Northumberland on Saturday 16th July - which also just happened to be her big 60th birthday! She walked from Alnwick Castle to Bamburgh - 26.5 miles - in baking heat to complete her first marathon. Several members travelled to see her en route and at the finish. A brilliant achievement for Shirley and one that has also raised a significant amount for the charity - over £1200 so far! Very well done Shirley.



The ladies of **Thornton le Beans WI** hoping they are not going to be asked to join the demonstration of Brazilian jujitsu by members of Equilibrium! **Pat Woodall**

Members of **Askham Bryan** to commemorate the **Long** (Including someone photo by hiding behind the



WI who gifted and planted a tree Queen's 70th Jubilee. **Monica** successfully keeping out of the tree! – Editor)



Swainby and Potto WI celebrating their Centenary with a meal, cake and items from their archives. Members were amazed by the diligence of our predecessors, especially the volume of jam produced during the war and items provided for our soldiers. A very enjoyable evening. **Aileen Stewart**

<u>WI Advisers</u>	Janice Whiteford – email: whatsheplanjan@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 400132
<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				
Fondant Icing Workshop June n/l	Friday 14 th October 2022 10am to 3.30 pm	WI House, Front Street, Norby, Thirsk YO7 1BG	Booking from 1 st July. Closing date 6 th September. Cost £25. Booking Code: 642	
Murder Mystery Evening June n/l	Friday 21 st October 7pm to 11pm.	Malton Golf Club, Welham Road, Norton, Malton. YO17 9QE.	Cost Members £34, non-members. £36. Booking from 1 st July. Closing date 6 th September. Code: 648	
A Fantastic Day of Flowers and Plants June n/l	Monday 24 th October 2022 10.30am – 3.30pm	Stockton on Forest Village Hall,	Cost: Members £30 Non-members £32. Booking from 1 st July. Closing date 13 th September. Code: 649	

Autumn Council Meeting Paul Hudson as our Guest Speaker	Saturday 29 th October 10.30am to 3.30pm	Archbishop Holgate School, York	Cost: Visitors £12 – one delegate per WI Free Closing date 26 September Booking Code 534
Ribbon Embroidery Workshop July n/	Monday 7 th November from 10am to 3pm	WI House, Front Street, Norby, Thirsk YO7 1BG.	Booking from 1 st August. Closing date 20 th September. Cost £20 plus £8 for a kit payable on the day. Booking Code 650
Calligraphy July n/l	Monday 14 th November 10am to 3pm FULL 2 ND Date availability Friday 11 th November 10am to 3pm	WI House, Front Street, Norby, Thirsk YO7 1BG	Booking from 1 st August. Closing date 20 th September. Cost £22 plus around £7.00 payable to the tutor on the day. Booking Code: 651
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 2 nd December from 10.30am to 2pm	WI House, Front Street, Norby, Thirsk YO7 1BG	Booking from 2 nd August. Closing date 18 th October. Members only. Cost £35. Booking code: 653
NEW EVENTS			
The Science of Christmas August n/l	Thursday, 8 th December 2022 7.00 to 9.00 pm Or Wednesday 14 th December 2022 7.00 to 9.00 pm	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 1 st October Booking Code: 654
Federation Carol Service September n/l	Saturday 3rd December 10.45am	Ampleforth Abbey	Free but Ticket only - First come first served Closing date: 2 nd November

Enclosures: Letter & Nomination form for the Election to the Board of Trustees 2023-2025; Holiday in Kent Flyer & Application Form.