



NORTH YORKSHIRE EAST NOVEMBER 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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Hello Ladies

When you read this the start of Winter will be just round the corner - a frightening thought, but there is a lot to look forward to over the next few months - we certainly don't go into hibernation! The lunch at the Golden Lion in Northallerton at the back end of this month is proving to be a popular event and then at the start of December is the Carol Service at Ampleforth, which is always a really lovely occasion and heralds the start of the Christmas period. I am looking forward to eating my way round the world starting with the Turkish Lunch in January and I might try my hand at jewellery painting in February, although I am not known for my artistic ability!

October was action packed with lots of workshops and events. Japanese Drumming was a most strenuous affair but all who attended seem to have enjoyed it and many have asked for it to be repeated. What a lovely occasion the lunch at Burn Hall was - the speaker was excellent and the lunch was delicious. At one time I fancied myself as a detective but the Murder Mystery evening proved to me that I was better off with the career path I finally chose! The day of Flowers and Plants was very well supported and it was wonderful to see so many of you at the Autumn Council Meeting and to be able to catch up with members I haven't seen since before lockdown, to say nothing of the retail therapy I enjoyed.

Best wishes to you all,

Sarah

OFFICE NOTICE BOARD - Federation Newsletter - Clarification

There seems to be some misunderstanding regarding the re-introduction of charges for the Federation Newsletter. The Newsletter has never been part of the share of the Subscription paid by members to the Federation like WI Life Magazine is with NFWI. Historically, it has always been an extra tool used to promote the events organized by the Federation and its various Committees and there was always an extra charge to members for hard copies (Secretaries always had free copies). This was mainly to cover the cost of printing, packaging, and posting.

In 2014 it was decided by the Board of Trustees that for 2015, to celebrate the WI Centenary, the newsletter would be provided free of charge to all members. This was intended to be only for 2015 but ended up being extended up to this year as a gesture by the Board of Trustees.

However, because of the rising costs of paper, etc., this can no longer continue for the time being. The Board therefore has re-introduced a charge from November 2022 to coincide with the Federation Financial year that runs from 1st November to 31st October.

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

Blackwork Embroidery, WI House, Thirsk. Saturday 4th March 2023 10am to 3.00pm. Have you always wanted to have a go at Blackwork embroidery? Here is your chance to learn the basics and complete a small project. All that you will need will be provided by your tutor at a cost of approx. £8.00 per person payable on the day. Please bring a packed lunch. Tea/coffee are available at WI House. Members only.
Booking from 1st December. Closing Date 24th January 2023. Cost £25 plus £8 payable on the day Code: 659



Rambles. Our recent walk at Easingwold was most enjoyable and despite the weather forecast being poor the rain held off until we got back. Our reward for our hard work was a delicious lunch and the chance to win some excellent raffle prizes. We are now looking for WIs to organise walks for 2023. If you have never done it before, or even if you have, and would like to give it a go we are here to help. – **Frances**



Easingwold WI hosted a Federation Ramble in September. Around 24 members left the cricket club after coffee, for a ramble around the countryside. The weather was kind and stayed fine. They came back to a lovely lunch of jacket potatoes, salads and tempting puddings. It was lovely to welcome members from other institutes, some of whom came quite a distance. We all had a great day.



CURRENT AFFAIRS: Chairman, Lindsay Gee – lindsaygee67@gmail.com

No sun - no moon!
No morn - no noon -
No dawn - no dusk - no proper time of day.
No warmth, no cheerfulness, no healthful ease,
No comfortable feel in any member -
No shade, no shine, no butterflies, no bees,
No fruits, no flowers, no leaves, no birds!
November!

Thomas Hood's claim to fame. This month isn't so empty: the new resolutions are published on the 2nd and by the end of the month we'll be starting to consider the pros and cons; then the final shortlist will emerge in the spring.

**CLIMATE CHANGE CO-ORDINATOR: Glenis Wedzicha - glenis.wedzicha@btinternet.com
The A to Z of Climate Change: "N" is for La Nina and El Nino.**

El Nino and La Nina are climate patterns in the Pacific Ocean that can affect weather worldwide. During an el Nino cycle, the surface water of the equatorial Pacific warms up. This can lead to damaging floods and violent storms as well as forest fires in susceptible countries. La Nina has the opposite effect. The equatorial Pacific cools down leading to increased rainfall and sometimes snow. These phenomena may last months or, in some cases, years. Low lying countries and islands in the Pacific can sustain massive damage to crops, industries such as fishing on which they depend and infrastructure such as towns, cities and hotels which border the ocean may be destroyed and with this a tourist industry on which the people depend. Scientists who study geographical events which link up with Meteorology have shown clearly that el Nino and la Nina cause a degree of global warming which impacts on other ocean temperatures, such as those in the Indian Ocean. A degree of coral bleaching has also been seen. These are typical results of Climate Change due to global warming. El Nino and La Nina have happened for aeons. We can slow down human driven global warming. The Planet's life is in our hands.

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

Science by number. Number 12: Magnesium.

Magnesium is a grey metal which reacts chemically with cold water at room temperature and burns in air with a brilliant white light. It forms a range of chemicals with the element, carbon, called Grignard reagents many of which speed up chemical reactions. The metal is never found in a pure state but only in combination with other elements to form minerals. Magnesium is an essential element occurring in all forms of life. It is present in about 300 enzymes (biological chemicals which drive reactions in the human body) as well as every living cell. It occurs in the chemical compounds, ATP (Adenosine triphosphate which drives all essential processes in living cells such as nerve impulses); DNA and RNA both of which are vital chemicals which carry the genetic material establishing the blueprint of life for an individual. Because of its lightness, Magnesium is widely used in the construction industry in the form of alloys with other heavier metals, such as Aluminium. It is used in the aerospace industry, in the drive towards the requirement for fuel economy during the current trend towards rising costs. Considerable research is proceeding in metallurgy and manufacture in the search for new Magnesium alloys. The EU runs three projects currently in such research for replacing the heavier Aluminium by Magnesium Alloys. Medicinally, Magnesium is used in Milk of Magnesia and Epsom Salts amongst other remedies. It is worthy of note that all forms of life including humans depend upon carefully regulated and highly complex chemical reactions to function and live. Our bodies and all our associated organs are one large incredibly well organised set of chemical reactions.

Save the Date. An Easter Science Egg-stravaganza. Monday, 3rd April (North Duffield Village Hall); Tuesday 4th April (Middleton, Aislaby & Wrelton Village Hall). Full details in December.

An Evening of Forensic Archaeology and Forensic Art

Burniston & Cloughton Village Hall, Burniston. Wednesday 15th March 2023. 7.00 pm - 9.00pm

Members only. Price, inclusive of light refreshments: £16.00.

Our distinguished speakers for this event are David Dance, who is a Member of Teesside Archaeological Society and the Council for British Archaeology and holds a Master's Degree in Forensic Archaeological Science, and Adrienne Barker, who holds a Master's Degree in Forensic Art. David has prepared a splendid evening for us incorporating hands-on activities to explain how forensic archaeologists work to locate evidence, e.g., at crime scenes, using the skills normally used on archaeological sites to uncover evidence from the past. Using her skills in Forensic Art, Adrienne will show how she reconstructed the face of Simon of Sudbury, a 14th Century Archbishop of Canterbury who met a grisly end during the Peasants' Revolt of 1381. Adrienne's considerable achievement was widely acclaimed in the media. The evening includes a break for light refreshments. Booking from: 1st December 2022. Closing date: Wednesday 1st February 2022. Booking code: 660

MEMBERSHIP AND TRAINING– Chairman: Janice Whiteford

Annual Meetings

A lot of WIs will be holding their Annual Meetings soon, so don't forget that the President needs to be elected each year.

Also, members don't forget this is YOUR WI and your help is needed by your WI Team in all sorts of ways.

- Officer roles – President, Secretary and Treasurer.
- It may help to have a team to run the lists for Federation events.
- Help with the raffle.
- Help with refreshments.
- Help with programme.
- Help with ideas.
- Help setting out the hall and putting things away.
- Advertising in the form of posters, social media, website.
- Meeting and greeting visitors.

This list is not exhaustive and I'm sure you all have different teams. But its your WI so everyone can work together to make the WI the best it can be.

If you need help in any way, please get in contact with us and we will be there for you. Look forward to seeing you.

REMINDERS - If your WI decides to **change the month of your Annual Meeting**, please inform the Office so that the records can be updated accordingly.

Please also inform the Office if your **Officers change** during the year. The Office database is not linked to the MCS, so any amendments in the Positions made on the MCS by a WI does not transfer to the Office database automatically.

AROUND OUR FEDERATION



Our Speaker for September was an ex landlord of the highest pub in England, Tan Hill, in the 1970s and 80s. To prepare us for his talk about the highs and lows, fun and frolics of running the inn, on a lovely September day 16 members from Romanby WI hired the local village minibus for a trip to Tan Hill. The route took us to Reeth for a coffee stop and then onto Tan Hill pub for a prearranged pub lunch. After a wander around outside with the wind in our hair and taking in the amazing views we left to come back through the dales and winding narrow roads into Keld and back down

Swaledale. This left us just enough time to enjoy tea and of course cake at the Station Cafe in Richmond. A day to be remembered. **Sue Ward – Romanby WI**

Visit to Tennants - Leyburn

The five members of Fylingdales W.I. who were part of the visit organised by the Federation to Tennant's of Leyburn, would like to pass on to the organisers of the event our appreciation for organising a wonderful outing. We all thoroughly enjoyed the hospitality of the staff of Tennants and the delicious meal served to us. It was a thoroughly enjoyable day. Many thanks and we look forward to seeing you all at other events.

Margret Lonsdale on behalf of Fylingdales W.I.



(I tried my best to get you all showing your best side! Margaret - Editor)



Seven members attended the Tennants event, and we wish to say what a lovely day we had. Very informative, excellent staff, both on the auction house side and also the Garden Rooms side, delicious food. A very full day, in more ways than one! Please thank Frances for her efforts. **Sue Smith - Secretary, North Cowton**

Burn Hall Lunch -7 Carlton (Selby) members attended a most enjoyable Lunch at Burn Hall Hotel today, with much laughter to start with about the vegetables! (Sending the staff into complete confusion – but they smiled). We were sat with 4 members from Whitby, the very opposite ends of NYEF, a Trustee, Margaret Ellison and 3 of our members - we all thought it was a good idea to mix members. After a delicious meal, the raffle (no winners for our table) an excellent speaker, Andrew Clay, explained who owns the Royal Jewels and who wears them, going back in history with fantastic photos on the screen. We would like to thank The NYEF for organising the event. Many Thanks. **Margaret Everatt – Carlton WI**

Lockton and Levisham WI recently held a fundraising evening for Scarborough Hospital's 'Urgent and Emergency Care Appeal' and raised £751.30.

The event included a talk by Maya Liversidge from the York and Scarborough Hospitals Charity followed by a lively and entertaining 'Auction of Promises' plus a plant and book sale and a large raffle.

Many local businesses generously donated vouchers and prizes. Friends, supporters and WI members also offered a wide range of other items including sacks of logs, home made preserves, a guided nature walk and art tuition.



Diary 2022

EVENT	DATE & TIME	VENUE	CLOSING DATE	BOOKING CODE
EVENTS PREVIOUSLY ADVERTISED				
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	
A Taste of Turkey 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	
Coffee, Cake and Poetry October n/l	Thursday 19 th January 10.30am to 12.30pm.	Ebberston Village Hall YO13 9NS	Booking from 1 st November. Closing date 13th December. Cost £10. Booking code: 655	
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	
NEW EVENTS				
An Evening of Forensic Archeology and Forensic Art November n/l	Wednesday 15 th March 2023. 7.00 pm - 9.00pm	Burniston & Cloughton Village Hall, Burniston	Cost £16.00 Booking from: 1 st December 2022. Closing date: Wednesday 1 st February 2022. Booking code: 660	
Blackwork Embroidery November n/l	Saturday 4 th March 2023 10am to 3.00pm.	WI House, Front Street Norby, Thirsk YO7 1BG	Booking from 1 st December. Closing Date 24 th January 2023. Cost £25 plus £8 payable on the day Code: 659	

Enclosures: Federation Ruby Anniversary Questionnaire

<u>WI Advisers</u>	Janice Whiteford – email: whatstheplanjan@hotmail.com Tel: 01904 269361 Pat Shotton - email: patriciashotton11@tiscali.co.uk Tel: 01904 795953 Anne Potts - email : anne.pottsetal@btinternet.com Tel: 10904 700212
<u>Treasurers' Helpline</u>	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.

Why not try something different for Bonfire Night?



TOFFEE APPLE CRUMBLE (Recipe on My WI)

Serves 6

Filling

- 6 tbsp light brown sugar
- 2 tbsp unsalted butter
- 6 cooking apples peeled, cored and sliced

Crumble Topping

- 150g plain flour
- 100g unsalted butter
- 100g light brown sugar

Preheat the oven to gas 5. For the toffee apples, place the sugar and butter into a saucepan and slowly bring up to the boil. Reduce the heat once the sugar has melted. Turn down the heat, add the apples and cook, stirring gently, until just soft. Place into an ovenproof dish.

For the crumble, rub the flour, butter and sugar together in a bowl with your fingertips until the mixture resembles breadcrumbs. Spoon the crumble evenly over the toffee apple mixture and place in the oven to bake for 15 minutes, or until crisp and golden brown. Serve the crumble with custard, cream or ice cream (or all three).

Have a Safe & Happy Bonfire Night

