



NORTH YORKSHIRE EAST SEPTEMBER 2023

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

Visitors/Telephone Enquiries 01845 522415 Tuesday to Thursday are welcome between: 10.00am – 12.30pm and 14.00pm – 15.00pm (Closed Mondays and Fridays)

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This event was a real treat....



On Friday 21st July, 8 members of Glaisdale WI set out for Malton for the Federation’s evening ‘**Behind the seams**’ part of the anniversary celebrations for North Yorkshire East Federation of WIs. Arriving in the aptly named Water Lane car park (there was a cloud burst!!) we first headed for the New Derwent Bistro on the Market Square for an early evening meal and then to the Milton Rooms only a couple of minutes’ walk from our restaurant.



The stage was already set up with a sparkling array of costumes from the Strictly shows. The evening opened with an introduction by

Federation Chair, Sarah MacFarlane, who introduced our speaker, Gerald Schwanzer, one of the Directors of DanceSport International Ltd. Gerald proceeded to tell us about the dresses, how the process works from initial design to final rhinestone application, and what it takes to put together the sparkling creations we see on our screens. He was ably assisted by a couple of WI volunteer models to show off the dresses. They looked fantastic and we learned a great deal about dance wear and how it is made.



The Strictly show costumes only make up a tiny proportion of the work of the company, and costumes are reused and sold on if possible, nothing is wasted.

At the end of the evening an enterprising WI member got up on stage and showed each individual dress to us, while Gerald told us something about the wearer and the dance it was used in. Gerald was an entertaining and informative speaker and we all enjoyed our evening! Thank you Federation, for organising this!

–Hanneke Wood, Glaisdale WI



(Above left - Sarah McFarlane and a member from Snainton WI, Angela Howgate)

Dear Members,

As I write this, we are still waiting for summer to arrive! Unfortunately, the weather has caused some events to be cancelled or rearranged and at the moment I am keeping my fingers crossed that the rearranged gliding session will take place.

In August I was lucky enough to have been invited to visit some WIs for birthday celebrations and to others for summer get-togethers. I have also been to the interest meetings for a new WI in Northallerton and have enjoyed several of the Federation's 40th Anniversary Afternoon Teas. Each event has reminded me as to why I belong to the WI - the friendship, fun and a great sense of belonging shone through at each one.

So what do we have lined up for September? There are a number of workshops, the Nepalese lunch and the fascinating evening of Forensic Archaeology and Art to name but a few. Then of course there is the holiday to Kent, which will see a number of us wending our way south to visit some of the numerous castles and gardens that area has to offer. I am greatly looking forward to visiting my old stomping ground and afterwards spending time in Canterbury with my sister and brother-in-law.

October promises to be action packed ending with the Autumn Council Meeting, at which I hope to see a good many of you, and our Halloween Lunch, both of which are always great fun so make sure you book soon.

The year seems to be going at an alarming rate and your Federation Committees are already well down the line planning next year's events. If you have any great ideas for events, workshops etc we want to hear about them.

Have a great month.

Best wishes,

Sarah

and here is even more for you
to look forward to -
coming in 2024!

Chairman's Lunches 2024

Kick Start 2024 with a lovely lunch and afterwards listen to an amusing speaker - Join Sarah at one of the following venues

- **Thursday 18th January, Downe Arms, Wykeham, 12.00pm for 12.30pm**
- **Wednesday 31st January, Pavilion Hotel, York, 12.00pm for 12.30pm**
- **Monday 26th February, Golden Lion Hotel, Northallerton, 12.00pm for 12.30pm**

More details will follow in the October Newsletter with the menu choices and booking forms.

Also coming in 2024 - TEDDY BEAR WORKSHOP - 12th and 19th February 2024 at WI House, Thirsk YO7 1BG - 10.00am to 3.30pm

Nico, a beautiful mohair teddy bear which you may have seen on display at the Autumn Council meeting.

OFFICE NEWS

Autumn Meeting, Saturday 28th October, at Manor School Academy, Millfield Lane, Nether Poppleton, York YO26 6PA, 10.30am - 3.30pm. Visitors' tickets: £12.00. Delegates: Free. Booking forms with your Secretary. Closing date: 30 September.

Secretaries - don't forget to pre-order any stationery to be collected at the Autumn Meeting.

Reminder - Doris Wilkinson Bursary Applications - Closing date: Thursday 30 September.

Diaries 2024 – orders will be available to collect at the Autumn Council Meeting from the stationery table. They are also available to be collected from WI House.

Federation Carol Services - Saturday 9th December, St Mary's Church, Thirsk and Selby Abbey, Saturday 16th December, St Mary's Holy Apostles Church, Scarborough. Booking form with your Secretary and on the website. Please make sure you state the venue you wish to attend and send the form back to the Office with your name and WI and a stamped addressed envelope **Booking Codes: 705 / 706 & 707. Closing date: Tuesday 7th November.**



NORTH YORKSHIRE EAST FEDERATION "IN2WIN"

"IN2WIN" will once again commence from the **1st November 2023.**

The amount to enter is **£12.00** payable in advance annually by the **31st October** and your membership shall run from the 1st November 2023 to the 31st October 2024. Membership may be in the name of



an individual only. Two numbers will be drawn monthly by the Federation Chairman at a

Board Meeting. **Prize money will be apportioned as: 1st Prize £35.00 and 2nd Prize: £20.00** for each month. **These amounts may raise or fall depending on membership numbers.** So why not have ago? Enter to have a chance of winning and treat yourself or someone you love with your winnings!

Details of the winning membership numbers will be published in the monthly newsletter. Details and entry forms are with your **Secretary**. Entry forms will also be available at the Autumn Council Meeting on the 28th October. **Payment can be made on the day** either by **cash** or **cheque** made payable to NYEFWI.

In2WIn 2022/2023 - Congratulations to the lucky winners of the In2WIn **monthly draw:**

1 st prize:	57	Mrs E MacDonald, Poppleton WI
2 nd prize:	36	Mrs P Walsh, Kirkbymoorside WI

NFWI ANNUAL MEETING 2024, ROYAL ALBERT HALL, LONDON, WEDNESDAY 5th JUNE

This is a wonderful opportunity not only to represent your WI and the WIs in your Link, but also to meet fellow members from around the UK and is an experience not to be missed!

* **The Federation's Link List**, together with information about being a delegate, is enclosed with this newsletter.

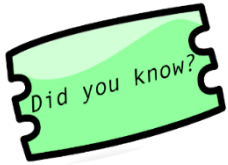
PLEASE NOTE: Accommodation booked by the Federation is in twin bedded rooms only. Anyone who would like to have a single room needs to make their own arrangements direct with the hotel where the Federation is staying or an alternative hotel and need to inform the Office.

Please ensure that a Delegate is found asap. If your WI is unable to find a Delegate, please let the WI next on the list in your link know. Further information and request form for a Delegate will be sent out with the October newsletter.

All remaining tickets not allocated to Federations for Delegates and Representatives will be on sale to Observers and will be offered to all federations on a pro-rata basis, based on the number of members in each federation. Further information regarding the Observer tickets and application forms will follow.

Federation Facebook Page – Have you looked at the Federation Facebook Page?

<https://www.facebook.com/NorthYorkshireEastFedofWIs> . If your WI does not have their own Facebook page and would like to post photos and news sent to the Newsletter Editor onto the Federation Facebook page to help promote what you are offering, let the newsletter Editor know and she will pass it on.



Visitors to your WI - It is recommended that an individual be permitted to attend as a visitor up to three times before she is obliged to pay the subscription fee and become a member, although this is the individual WI's decision.

EVENTS: Chairman - Linda Cariss – lindacariss2312@gmail.com

Candle Making Workshops at WI House, Thirsk, Friday 1st December 2023 – 10.00am to 12.00 noon or 1.00pm to 3.00pm. Join us for a Candle making workshop with Bob Horst to get you in the Christmas mood. You will make a rolled bees wax candle plus a Candle in a Tea/Coffee cup. Please provide your own cup. This is an opportunity to make two lovely gifts to take home either for yourself or as a present for someone special. *Two separate sessions have been arranged so please book whichever time suits you best.* **Cost: £20.00**
Booking from 1st September. Closing date: Tuesday 24th October. Booking code: 708.



Christmas Fused Glass Art at WI House, Thirsk, Friday 8th December, 10.00am to 12noon - Join us in making a Christmas Themed Glass Decoration with David Teece, to be displayed either as a light catcher, tree decoration or as a coaster. You will be using an assortment of coloured glass on a 10cm square tile that, once completed, will be taken away by David for firing and returned to WI House for collection. **Cost: £36.00. Booking from 1st September. Closing date: Tuesday 24th October. Booking code: 709.**

MORE EVENT REPORTS

Monday 18th July saw 8 ladies all eager to lino cut. Some had never done this before but they all happily settled down to the job. As you can see from the photo the quality of the prints made from their varying designs were excellent.



I recently signed up for an acrylic workshop. Having never ever used acrylic paint before I was not sure what the result would be. But under the guidance of Alison (middle of back row) we all learnt how to mix the colours and apply to the canvas. Well, what can I say, four hours later and the results of the group were brilliant. We all did the same picture but they all looked completely different. If ever you fancy a workshop but think 'I can't do that' then be brave, sign up and step out of your comfort zone – *Shirley McDonald*

CURRENT AFFAIRS - Chairman: Lindsay Gee - lindsaygee67@gmail.com

One thing that springs to mind in connection with September is harvest. This derives from an Old English word for autumn. Most of the month counts as late summer, though, building towards autumn: one of the markers for which is Michaelmas, on the 29th, at least in the past an occasion to feast on geese.

Harvest Festival this year does not take place till 4th October. But the theme is recognisable in this month's designation as Organic September. This offers an opportunity to celebrate pesticide-free produce and its

farmers and agents. Many of our fruit and vegetables are anyway at their best at this time of year, of course, to our great benefit.

Meanwhile work proceeds on the programme for 2024, on the horizon past winter.

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

The A to Z of Climate Change: V is for Vulnerability.

Climate vulnerability is a concept which describes how well people or other ecosystems adapt to changing climate. There are broadly two types of climate vulnerability (or risk) which overlap: economic and geographic. What this means is that the poorer people in the world are more vulnerable to the effects of climate change than the rich. Poorer communities include indigenous people, women, children, the elderly, and those on low incomes. Also, those in certain occupations are more vulnerable or at risk than others, for example smallholder farmers and fishing communities who are dependent upon the sustainability or otherwise of ocean use and effect of heating up of oceans and land use leading to extreme dryness and desertification. These two factors drive climate vulnerability. It also means that people living in areas of the world susceptible to flooding, drought, wildfires, heating of oceans which in turn drive our weather systems (at present the system, el Nino in the Pacific Ocean, is affecting global temperatures), which move around the world are at high risk of the effects of climate change. It has been estimated (2021) that 3.3 to 3.6 billion (current world population is 8 billion (estimate)) people are living in contexts of climate vulnerability. Hot off the Press: The average temperature of the world's oceans is rising at an unprecedented rate, Ocean temperature is now higher than that set in 2016. Does this point to a time for less talking by nations of the world and clearly to a time for action?

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

Science by Number: Number 19: Potassium.

Potassium is an alkali metal (the opposite of acid), silvery grey in colour and is soft enough to be cut with a knife. and is explosively reactive in air. Because the element is so reactive, it is stored under oil. It reacts vigorously with water and the vapour given off by the burning metal is a magenta (violet) colour. Most potassium compounds with other materials are non-toxic but where they are toxic it is because of the materials with which the potassium is chemically combined. Potassium chlorate and potassium nitrate are both used in explosives. Potassium is very important in living organisms, in fact it is the ratio of potassium to a similar metal, sodium, that matters. Because potassium is so important to living organisms, potassium sulphate is used in fertilisers which helps keep some staple foods relatively high in potassium. Its chief function is in maintaining the action of muscles in the body., enabling them to contract or expand. Its' action depends on the ratio of potassium to sodium (a similar metal) The heart is a pump and is made of muscle. Thus, potassium is important in the function of the heart, pushing blood through the arteries and veins. Good food sources of potassium are bananas, apricots and raisins. Only tiny quantities of these "trace metals" are required. In general, a normal diet provides all the average individual needs.

AROUND OUR FEDERATION

After reforming in November, **Pickering WI** managed to come first in points in the WI craft tent at Ryedale Show this year. We were very proud to accept the cup. Tina Maclean our president holding the cup, and one of our Members, Joanne Wright.

(Well Done - the competition can be daunting - Editor)





Following a presentation from Bloodrun Emergency Volunteer Service (EVS) earlier in the year the ladies of **Danby Wiske WI** held a coffee morning to raise funds for this excellent local charity.

Bloodrun EVS is a blood bike charity (they also use cars) established in 2010 to provide a free, voluntary courier service to North East NHS hospitals and Trusts.

The charity is staffed by unpaid volunteers who give up their time to provide this vital service to the NHS, saving many thousands of pounds and providing a reliable and professional transportation service.

£546 was raised and this was presented to some of the

Bloodrun team at our July meeting. Two of our members were so impressed with the work of Bloodrun EVS they have volunteered to join and are currently being shown the ropes by the team. The photograph shows some of the EVS team and members of Danby Wiske WI Committee. *Valerie Pinkney - Danby Wiske WI*

Kirkby Fleetham WI - We had some four-legged visitors at our July meeting, Digby & Poppy from the Therapy Ponies. It was a lovely summer evening so our members went out to see the ponies and hear about their work. It was a lovely relaxing start to the evening. *Linda Williams*



work. It was a lovely relaxing start to the evening. *Linda Williams*



Instead of their August meeting, **Thirsk & Carlton Miniott W.I.** visited Dunesford Vineyard, near Boroughbridge, for a wine tasting experience, which even the showery weather couldn't dampen. We learnt about grape varieties suitable for cooler climates and the pruning and maintenance necessary to ensure a good crop of grapes; work often carried out by a team of volunteers, who regularly help out. Entering the Cellar Bar, one is immediately struck by the amazing murals by Leyburn artist, Lynn Ward, and it seemed



as though we were entering an ancient wine cellar. Upstairs is an incredibly detailed mural, 27ft in length depicting the nearby village of Aldborough surrounded by its vineyards at the peak of the Roman occupation. Wine production in England is nothing new.

The actual wine tasting didn't disappoint either and we learned how to tell which sort of wine we enjoyed: aroma, flavour and the feel of the wine inside your mouth all play a part, giving us a reference for choosing a wine in the future. This was followed by a cheese and charcuterie platter, accompanied of course by a range of Dunesford wines.

I can highly recommend a visit - and the wine! - Alison Southward



Romanby WI turns 95 - Formed in 1928 Romanby WI celebrated its 95th Anniversary with a party for members and two guests from Federation. Members were invited to dress in 1920s fashions for the occasion, and the hall was decorated in black and gold paper chains, fans, and banners. During the event the names of the founding committee members were read aloud, and photo albums of past members and events were displayed. The first ever general meeting of Romanby WI was on 23rd October 1928 at the Dairy Institute, no longer standing. 56 members

paid their subscription and Mrs Adele Watson was elected as President. Today Romanby has 80 members and a waiting list. *Samantha Jennings*

NEWSLETTER EDITOR - nyenewseditor@gmail.com

Following on from my request for “ideas” I would like your involvement once again please. As you know, there is now a greater awareness of the hidden disability – hearing loss – (personal to me as I now have to use hearing aids in order to understand my grandchildren!).

Our recent BSL workshop in Whitby with Heather Relf and the online Denman courses has made the Board of Trustees consider that it may be useful to some of us to have a “signer” for speakers at our Autumn and Spring Council Meetings. What do you think? Please let us know as soon as possible so that, if required, we have time to book someone suitable.

Also, the idea that some members from different WI’s may wish to discuss and work together on a particular Resolution or issue, putting together a possible action plan – again, let us know. We will aim to co-ordinate contacts.

Lastly, what have you been reading – individually or in your WI book clubs? I was introduced to “Lessons in Chemistry” by a member from a different WI to mine. Not my usual choice of reading but I thoroughly enjoyed it and would recommend it. It’s about one feisty lady who was determined to do things her way – I wish I was more like her!

Please keep your ideas and items coming for the newsletter – they make great reading to be shared with all in our Federation. *Margaret Ellison – Newsletter Editor*

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Treasurers’ Helpline	Carolyn Boam – email: anth.cazboam@gmail.com Tel: 01845 400132 Marilyn Bellinger – email: paulmarilynbell@yahoo.com Tel: 01723 859020
Newsletter	Entries by 7 th of each month, earlier for holiday issues. Entries will be included, space permitting. High Resolutions 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 and website, etc. Font now used for newsletter – Atkinson Hyperlegible Regular (because it is easier to read) – use Arial if font not available.
Bookings	First come first serve basis. We give plenty of notice for events coming and maintain a waiting list. Please ensure you pay on booking. Confirmation of a place will be sent out after the closing date or before, provided the minimum number of participants is reached.
Payments	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

On-line payments

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.**

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: 1 x Annual Report Form; In 2 WIn Rules & Application Form; Link List for NFWI Annual Meeting 2024; Information for NFWI Annual Meeting Delegates

DIARY DATES - (Key - *Cost to Non-Members. ++ Please select which time slot) XXXX

Hi- lighted dates are to remind you time is running out for booking!

Date/Time	Event	All the Details	Venue	Cost	Code	Closing Date
Happening in October - Booking Now						
Wednesday 18 th 10.00am -4.00pm	Lampshade Making	July n/l	WI House YO7 1BG	£65.00	698	5 th Sept.
Friday 20 th 10.00am-4.00pm	Sashiko Embroidery Workshop	May n/l	WI House YO7 1BG	£35.00	691	5 th Sept.
Saturday 21 st 10.30am-3.30pm	International Day - Italy	May n/l	Stockton on Forest Village Hall, YO32 9UR	£28.00	580	5 th Sept.
Saturday 28 th 10.30am - 3.30pm	Federation Autumn Meeting	May n/l	Manor CE Academy, YO26 6PA	Visitors £12.00	538	30 th Sept.
Tuesday 31 st 12.00 for 12.30pm	Halloween Lunch	July n/l	The Golden Lion Hotel, DL7 8PP.	£28.00	699	19 th Sept.
Wednesday 11 th 10.00am- 12.00pm	Treasurers' Q&A session	August n/l	WI House YO7 1BG	£10.00	581	26 th Sept.
Happening in November - Booking now						
Saturday, 4 th 10.00am-12.00pm	Japanese Drumming	July n/l	Dalton Village Hall, Nr. Thirsk YO7 3BN	£25.00	694	3 rd October
Saturday 11 th 9.15am-12.30pm	Circus Skills	July n/l	Terrington Village Hall, YO60 6PZ	£22.00	695	3 rd October
Saturday 18 th 10.00am-3.30pm	Christmas Crafts	July n/l	WI House YO7 1BG	£20.00	696	3 rd October
Saturday 25 th 10.30am - 2.00pm	Willow Wreath Workshop	August n/l	WI House YO7 1BG	£42.00	703	17 th October
Happening in December - Booking now						
Friday 1 st 10.00am-12.00 OR 1.00pm-3.00pm	Candle Making Workshop ++	Sept n/l	WI House YO7 1BG	£20.00	708	24 th October
Saturday 2 nd 10.00am-3.30pm	Christmas Crafts	August n/l	WI House YO7 1BG	£20.00	696	3 rd October
Friday 8 th 10.00am- 12.00	Christmas Fused Glass Art	Sept n/l	WI House YO7 1BG	£36.00	709	24 th October
Saturday 9 th 10.30am	Federation Carol Service	August n/l	St Mary's Church, YO7 1PR	Free of charge	705	7 th Nov.
Saturday 9 th 10.30am	Federation Carol Service	August n/l	Selby Abbey, YO8 4PU	Free of charge	706	7 th Nov.
Saturday 16 th 10.30am	Federation Carol Service	August n/l	St Mary's Church, YO11 1TH	Free of charge	707	7 th Nov.