



Newsletter



NORTH YORKSHIRE EAST DECEMBER 2023/JANUARY 2024

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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*Season's Greetings
from*

*The Board of Trustees,
Committee Members,
Shirley & Laurence in
the Office*

*Have a lovely
Christmas*



Dear Members,

Well, Christmas is nearly here. I expect that, like me, you have started making plans and sorting out menus with the inevitable lists that go with them. I am a great list person much to my family's amusement and this year there are additional lists as the family is coming over from Rome for a week at the beginning of the month!

My fellow Trustees and I are looking forward to our three Carol Services - I will be attending the services in Thirsk and Scarborough and hope to see as many of you as possible at both of those events - I am only sorry not to be able to get to Selby but I can't be in two places at once! Please make sure you sing out heartily and help to raise the roof at each of the churches.

Once Christmas preparations are complete, our thoughts will turn to the new year and the challenges that will bring. I am hoping that lots of you have signed up to attend my Chairman's lunches, with an excellent and very amusing speaker. As I mentioned at our Autumn Meeting, we have lots of exciting events planned for you, so make sure you book early to guarantee your places. Have you signed up to come on the holiday to the Cotswolds yet, if not there is still time to do so but places are now limited.

I would like to wish you all a very happy and healthy Christmas and New Year and to thank you for the support you have given to the Board of Trustees and the Federation sub-committees over the past year.

With very best wishes

Sarah

OFFICE NEWS

A WARM WELCOME TO THE BOARD OF TRUSTEES TO JANE BURNS AS CO-OPTED MEMBER AND GILL EDMONDS AS SUPPORTER



Jane Burns, Dringhouses WI

I used some of the time I gained when I retired from teaching last year to get a little more involved in my local WI. I am not quite sure what happened to the rest of the time - Granny Daycare, gentle walks involving cake with husband Clive, Pilates, 2 book clubs, holidaying during term time, lunching and catching up with friends can't have accounted for it all - can it?! I joined the committee at Dringhouses WI, took up the post of Treasurer and volunteered as our delegate for the National Conference. I loved the conference - all of it, but especially meeting members from other WIs, sharing experiences and stories - it was inspirational. Keen for more experiences like this, I took the next step of joining the Federation Board and am looking forward to new challenges, learning new things, having fun and meeting more of you at Federation events.

Gill Edmonds, Riccall WI

I started my WI journey in 1994, when my husband and I went to live on the Isle of Arran. The day we moved to the Isle of Arran my new neighbour said "I will pick you up at 7.30 for the Rural...", there was no "would you like to go to the Rural"...so I went, and before long I was Housewives and Handcrafts secretary of the Isle of Arran Federation of WIs. The Rural is now the Scottish WI. When we moved back to York in 2006 to be near our increasing brood of grandchildren, I joined Cawood WI, of which I was president for 5 years. When Riccall WI started in 2016, I was president for 6 years. My interests have mainly been associated with all aspects of craft and cookery, but my real passion now is gardening. I have organised several successful garden outings and three very successful coach holidays. I hope I will be able to make a useful contribution to The Board of Trustees as a Supporter.





Bursary Winners – drawn at our Autumn Council Meeting on 28th October 2023

Doris Wilkinson Bursary Winners 2023/2024 -

The following ladies were all lucky to win £250 towards an educational course of their choice:-

- Paula Mitchell – Osbaldwick & Murton WI
- Angela Fawcett – Kirkbymoorside WI
- Joanne Hughes – Welbury WI
- Anne Robinson – Rufforth WI
- Kay Tester – Wigginton & Haxby WI

WI Bursary - The following WIs all won a £25 voucher to spend against a Federation event:-

- | | |
|----------------|-----------------|
| Seamer & Irton | Swainby & Potto |
| Rufforth | Dudley Dales |
| Stillingfleet | Elvington |
| Brayton | Kirby Fleetham |
| Worsall | Whitby |
| Fryupdales | Hemsley |

MEMBERSHIP FEES 2024/2025

An email regarding the **Subscription 2024/2025** has been sent out to all WIs as part of the NFWI November 2023 Mailing. The NFWI Board of Trustees has set the membership subscription for the 2024/2025 membership year at £48.00. This means there will be a £2.00 increase from the current membership year. The distribution of the 2024/2025 subscription will be:

Total subscription	WI share	Federation share	NFWI share
£48.00	£23.60	£11.30	£13.10

Pro-rata subscription for new members in their first year - New members joining the WI from April 2024 for the first time, or who have not been members of any WI in the past year, will pay a pro-rata subscription depending on the quarter in which they join. The rate per quarter and the distribution are shown in the table below:

Date of joining 2024	Total subscription	WI share	Federation share	NFWI share
1 April – 30 June	£48.00	£23.60	£11.30	£13.10
1 July – 30 Sept	£36.00	£17.70	£8.48	£9.82
1 Oct – 31 Dec	£24.00	£11.80	£5.65	£6.55
1 Jan – 31 March 2025	£12.00	£5.90	£2.83	£3.27

New WIs starting in 2024/2025 - New WIs starting from April 2024 will keep all the subscriptions paid by their members in 2024/2025 membership year.

Flexibility Policy - WIs can apply the flexibility policy to their 2024/2025 subscription. This means they can charge the full amount of the WI portion of the subscription, reduce their portion of the subscription or waive the WI portion of the subscription entirely.

Dual Membership - Dual members will pay the WI portion only to their second WI. If the WI is not utilising the flexibility policy, this will be £23.60. There is no pro-rata rate for dual membership, and the set fee will remain payable at any time during the year.

Pooling of Fares 2024 - The NFWI Annual Meeting pooling of fares for 2024 is set at £16.00 per WI.

* **INSURANCE 2023 / 2024** - The Public Liability Certificate is enclosed, should your WI need it.

* Enclosed is the **MEMBERSHIP FEES FORM PART 4** for the final quarter of 2023/2024. Please pass to your WI Treasurer to be completed and sent back to WI House by the deadline mentioned on the form, even if it is a Nil Return.

In the New Year, we will be sending the Full Membership Fees Return for the year 2024/2025. As our Federation Treasurer explained at the Autumn Council Meeting, we are under pressure from National to return the National portion before the end of April 2024. This we know put a lot of pressure on you as members and your Treasurer, but this is at the request of National, not our Federation. It would be much appreciated if the fees for the Full Membership are returned promptly as we, at Federation level, will be under pressure from National.

OFFICE CLOSURE - the Office will be closed for the Christmas holiday from Thursday 14th December 15.30pm and will re-open Tuesday 2nd January 2024 at 10.00am.

In2WIn 2022/2023 - Congratulations to the lucky winners of the In2WIn **Special Autumn Meeting Draw**

1st prize: Mrs M Everatt, Carlton (Goole) WI

2nd prize: Mrs E Plevy, Seamer & Irton WI

In2WIn 2023/2024 - November Monthly Draw - Congratulations to the lucky winners:

1st prize: Mrs M Ellison, Sowerby WI

2nd prize: Mrs J Dobson, Whixley WI

In2WIn 2023/2024 - December Monthly Draw - Congratulations to the lucky winners:

1st prize: Mrs H Ison, Northallerton WI

2nd prize: Mrs K Jackson, Strensall & Huntington WI

It's not too late to sign up for the 2024 In to Win! Now on a pro rata basis you can join throughout the year still only £1 a month. Ask your Secretary for details.

HEALTH SCREENING OPPORTUNITY - WEDNESDAY 6 MARCH 2024, WI HOUSE, THIRSK, YO7 1BG.

The Osteoporosis Assessment Service is a mobile health screening company specialising in offering low-cost health assessments. They are offering for a **special fee of £25.00** an Ultrasound Bone Density Heel Scan which assesses the Osteoporosis Fracture Risk. The machine used to perform the test is a heel ultrasound scanner (McCue CUBAClinical) which does not use X-rays but safe ultrasound signals. The bone density measured in the heel is strongly related to the hip and spine and is an excellent scanning site for osteoporosis assessments. A small amount of ultrasound gel is placed on a bare heel and the scan is performed within three minutes. The results are printed and explained to each client at the time of their consultation.

Risk factors : Family history of Osteoporosis (Mother, Grandmother); Low Calcium intake ; Regular Steroid use; Lack of exercise; Smoking; Excessive Dieting (anorexia); Overactive Thyroid Gland; Hysterectomy with ovaries removed; Previous Fracture (from a low impact fall); Early Menopause or Post-menopausal and not on HRT.

If you would like to take advantage of this opportunity, then please register your interest by calling Marylyn Benamram on 07786231534 or emailing her at marylynben@gmail.com by **20th February 2024 at the latest.**

Please be aware that in order for this lady to travel to our Federation Office and carry out the assessments, a minimum number of members booking appointments will be required.

40TH SPRING COUNCIL MEETING - WEDNESDAY 10TH APRIL
The Spa Complex, Scarborough



We are delighted to welcome The Reverend Known for her appearances on the popular Channel 4 programme Gogglebox, the Reverend Kate Bottley is passionate about bringing stories of faith and belief to the widest audience possible. She presents Good Morning Sunday on Radio 2 and is seen regularly presenting Songs of Praise. She has also made appearances on Celebrity Masterchef, 8 Out of 10 Cats and writes for a variety of publications.

We will also welcome Nicola Mills as our morning Guest Speaker. Coming from a working-class non-musical background, opera found her at the age of 15. She has been devoted to singing ever since her first opera lesson, has performed in Opera Houses throughout Europe and featured on Belgian and Dutch TV. Her passion is singing 'for the people'. Her song menu which is a full of a mixture of Opera, Musicals and Pop, and she will be performing for us after her talk.



The Spring Council is our half yearly get together to catch up with the latest news in our Federation

For those members who have not been to one of our Council meetings, why not fill a car and come to Scarborough - this is one of the best meetings of the year. You will find out so much more about what goes on beyond your own WI and what it feels like to be part of such a brilliant organisation

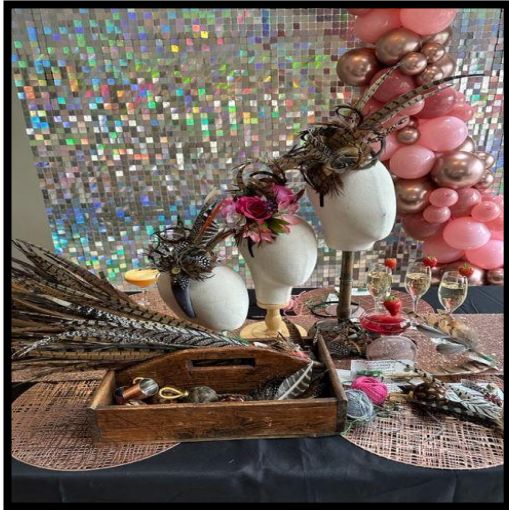
After the morning session, enjoy a super lunch followed by our guest speaker Go on... What are you waiting for? Sign up to come to Scarborough on Wednesday 10th April - you will have a fabulous day out!!

Delegates tickets: Free of Charge
Visitors' Tickets: £15.00 - Booking Code: 539
Pre-Plated Lunch: £20.00 Booking Code: 541



WI Stalls Annual Spring Council Meeting - The Board of Trustees are inviting WIs to have their own stall and sell their produce, whether art & craft, jewellery or food. If your WI is interested or you would like to find out more, please contact the Office. Cost to members is £15.00 per table.

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



Fascinator Workshop – Saturday 18th May, 11am - 3pm
Raskelf Village Hall, York Rd, Easingwold, Raskelf, York, YO61 3SD. This fun and informative workshop will show you how to create your own fascinator using pheasant and game bird feathers and applying a variety of techniques. Liz from Yorkshire Feathers will bring all the materials and equipment needed to ensure everyone completes their own fascinator. However, if you would like to incorporate, for example, a vintage brooch, ribbon or particular feather into your work you are very welcome to bring them along on the day. This workshop is suitable for everyone. Basic sewing skills would be great but Liz is on hand to help you at every step and her main aim is that everyone enjoys the day and leaves with a fascinator they are proud of. Please

bring a packed lunch - tea and coffee will be available. **Cost: £50.00 - members only - Booking starts 2nd January. Closing date: 2nd April. Booking Code: 718.**

“Whatever the Weather” with Meridith Towne



**Come and join Meridith Towne in The Forum, Bullamoor Rd, Northallerton DL6 1LP
on
Friday 3rd May at 7.30pm**

Another of her lively and informative talks celebrating the history of women’s fashion. Grab your sunhat, don your wellies and don’t forget your mittens, this is a talk for all seasons. Join **Meridith Towne** as she battles the rain, soaks up the sun, braces for blustery winds and wraps up warm in this lively and fun talk on dressing for the weather....whatever the weather....weather we like it or not! **Cost: £10.00 members £12.00 non-members. Booking from 2nd January. Closing date: 2nd April. Booking Code: 753.**

DATE FOR YOUR DIARY: DUNNINGTON – Wednesday 1st May 2024 Bluebell Season in Hagg Wood. Further details in the February Newsletter.



EVENT REPORTS

Autumn Council Meeting at Manor School Academy on the 28th October was not only an opportunity to meet up with Members and friends but also a chance to celebrate the Federation's Ruby Anniversary.

Alex Hutchinson's talk on chocolate and confectionery was both funny and engaging, especially to those who had memories of working in Rowntrees.

Samantha Giles told us about working on "Emmerdale", being an author and her interest in Wiccen.



Members had a slice of this beautifully iced cake – and it was delicious.



Halloween Lunch, Golden Lion, 31st October – Gathering of the Federation Coven to celebrate a Spooky Halloween.



Witches and Devils, please concoct your best spell (think Hogwarts) to return the spooky table decorations that disappeared.... They belonged to the Bat – Oops!! - Editor



Sashiko hand stitching workshop – Nine members joined Helen Barnes to learn the art of Japanese Sashiko Embroidery at WI House. She explained that Sashiko means small stitches, these were used to hold together layers of fabric that needed to be mended and strengthened. It is unique to Japan. Cotton was mainly used due to the low social status of the communities and sumptuary laws, but hemp was also popular. The sumptuary laws also forbid bright colours and any stitching bigger than a grain of rice, hence the size of the stitches.



From this one small stitch, comes an array of geometric patterns in white on an indigo background. The designs are motifs inspired from nature, the environment and stylized objects. These motifs are repetitive and based on a grid of vertical, horizontal and diagonal lines. The patterns were handed down from mother to daughter as a story is passed from one generation to the next since ancient times. In the 19th Century it began to be sewn by the merchant classes for its decorative value.

An excellent workshop *and enjoyed by us all.* **Linda Cariss, Rufforth & Poppleton WI**

On 18th October, 7 lucky members attended the Lampshade making Workshop run by Claire Priestley from Teesside Felts. We were met with a lovely array of felted lamps and items made by Claire to look at and see what could be achieved using fibre before we started.



After Claire explained about the fibre and how to pull and lay it out to create a scene, we all started to plan what we wanted to create. Some ladies already knew what they wanted or had a certain colour way they wanted to do. In the end we all did either a landscape or seascape design, I created a poppy field design.

Claire also showed some of us how to make mini wet felted flowers that we planned to add when our fabric was dry to create a 3d effect.

After lunch we all started to wet felt our main design using soap and water to start the fulling process. It was fascinating seeing the pattern appear once it was all wet and the fluff had disappeared.

While our main piece was drying Claire showed us how to make a wet felted vessel using a resist technique, which was a fun and quick process.

When we had finished gluing on our fabric to the lampshade it was time for the big reveal. Seeing the lamps all light up made the hard work come to life. Everyone did an amazing job and were over the moon with how they turned out. It was wonderful to see how different they all looked. Thank you for organising another enjoyable workshop. **Paula Mitchell, Osbaldwick & Murton WI**



Japanese Drumming - On 4th November 15 ladies, one very nice young gentleman, and 16 Japanese Drums gathered in Dalton Village Hall so we could learn the art of Japanese Drumming.

After showing us where to stand, how to hold the drum sticks and the way to beat the drum we started.....and what a sound we made. By the end of the morning, we had almost perfected a little routine, which also involved throwing our arms in the air and shouting something Japanese.



Thank you to Sarah who organised the morning and was also there to supply drinks.

A fantastic morning - I would love to do it again. (Would any of the other ladies who attended like to do the same, maybe one of his 6-week classes if he would be prepared to travel to us?)

Wendy Jakeman - Helperby WI

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

So the 12 days of Christmas are back on the horizon. Amongst all the preparations, do find time to book for our spring events: the first is lunch with Zoe Metcalfe, our Police and Crime Commissioner, at The Downe Arms in Wykeham on 2nd March - a fascinating talk and delicious food, something to look forward to after the gloom of January!

The new Safeguarding policy, mentioned in the October Newsletter, has now been circulated to all WIs for your consideration.

Your New Year's resolutions will have their turn. Right now, it's time to consider our four:

- **Dental Health Matters**

There is a chronic shortage of NHS Dentists and people are suffering health issues as a result. The NFWI calls on the Government to increase investment in the training and retention of dentists and to review the current inadequate NHS contracts in order to ensure everyone can access an NHS dentist wherever they live.

- **Impacts of poor housing conditions**

Poor housing can have a deleterious effect on human health and wellbeing, safety and quality of life and can disproportionately affect the most vulnerable groups in society.

The NFWI calls on the UK Government to boost housing standards and regulations, increase funding for housing renovations, increase the supply of affordable and secure housing and strengthen collaboration with local authorities, housing associations and other relevant stakeholders to develop strategies that address local housing challenges.

- **Say 'no' to gambling advertising**

Harm caused by excessive gambling is a global problem. Some countries are already addressing this by banning advertising. The NFWI calls on members, the government, regulators, the NHS, educationalists and gambling charities to work together towards achieving a complete ban on gambling advertising. This will reduce gambling harm, save the NHS money, protect family relationships and decrease the number of suicides, around 400 per annum at present.

- **Improving Outcomes for Women in the Criminal Justice System**

There is an urgent need to radically reform decision making in respect of women in the criminal justice system and in particular, pregnant women and women with children. We urge cross government collaboration to the deliver on the 2018 female offender strategy by setting goals, robust governance and performance measures to reduce the number of women who have committed non-violent offences from being imprisoned.

You are to individually SELECT ONE Resolution* from the shortlist of four resolutions which you think should be presented at the NFWI Annual Meeting in June 2024. Briefing notes will be available on My WI and in WI Life, to help with your discussions.

* WI members can make their individual selection by completing the resolution selection slip that will be printed in the November/December issue of WI Life or the copy sent to their WI Secretary with this Newsletter.

Completed selection slips can be sent directly to the Federation office and we will accept it by post or by email sent to:- fedsec.nyefwi@btconnect.com. WI Secretaries can also collect the total number of votes for each Resolution from their members and email the tallied results to fedsec.nyefwi@btconnect.com or slips can be collectively posted to the Federation Office. Photocopies of the form are acceptable. **These must be completed by individual members and NOT by your WI.**

Please get involved with these worthwhile causes, this is your opportunity to really make a difference! **Please take note that forms / votes have to be returned by to WI House: 13th February 2024 at the latest.** Any voting slip received after the deadline will be void. We look forward to receiving responses from EVERY WI by the due date!



Introduction to British Sign Language (BSL) - Saturday 4th May 2024 2.00pm – 4.00pm, North Duffield Village Hall, Back Lane, North Duffield, Selby YO8 5RJ. We are pleased to offer another session introducing members to BSL. It will again be run by Heather Relf of Whitby WI, an experienced user of BSL and a qualified teacher of the d/Deaf. She will give a brief introduction to BSL and Deaf Awareness. Most of the session will be practical and will focus on signed games and activities, the fingerspelling alphabet, basic greetings, and everyday topics. The aim will be to give members insight into using visual communication through BSL, body language and facial expressions, and allow them to leave the session with some useful basic signs. Heather loves sharing her second language! **Booking from 1st February. Closing date: 21st March. Booking Code: 583.**

Glenis Wedzicha - My departure

Science - I became a member of the Executive committee of NYEFWI in 2008 and simultaneously was elevated to the position of Federation Science Co-ordinator serving on the then PA&I committee (later the Current Affairs committee). I was the first to occupy this vacancy which had up to that time never had a previous occupant. That was a good state of affairs as I had no-one to keep up with so far as excellence mattered. Being trained in science, it was like fitting a square peg into a square hole. I loved the job and took to my new role like a duck to water. I took my followers to various seats of excellence like Oxbridge, Jodrell Bank, Bletchley Park and many others. There was always a meal to keep us on our toes and tea and biscuits along the way. (after all, we were the WI). We had lots of excellent speakers for evening events; members specially liked our forensic guest speakers (forensic science, archaeology and art were firm favourites). Another talk was at the Belmont room in York and we listened to speakers on Functional food as we sampled tempting morsels from Betty's own incomparable kitchens. Another popular talk, the Science of the Cream Tea, was held many times in the conservatory at Scampston Walled Garden. I could go on, but I desist. Those who came will, I hope, always remember.

Non-scientists (yes we have them in NYEFWI!) presumably did other things. If I inspired one member with a love of “the life scientific” (to coin a phrase) I retire happy. I have been happy to dedicate my Federation life as a member to serving you the members in my own way.

Climate Change - Our changing climate (for so it is) has not always been my domain. As time went on, I became more and more drawn to this area of study. Co-incidental with this, we had no longer anyone to champion Climate Science in NYEFWI. I offered and was accepted. Devising events on the subject is less easy than for Science. I had to think of another way to interest the members. I decided on an A to Z of Climate Change as a topic to focus on in the monthly WI News. From the appreciative responses I received, I concluded this was a well-chosen approach. Climate Change is far from easy however and I had to be careful in choosing my words. I also devised a Climate Change Quiz which was popular with the members, especially with the smaller WI groups This month was to be W for Wild Fires, but time has, sadly, run out. Perhaps you, ladies, would like to have a go at researching this yourselves. No? Well, let me give you a mini-clue. Not all fires are “wild”. Some are necessary to rejuvenate the parched land and make way for new growth of spring flowers and saplings leading ultimately to seeds, lush growth and new life. Good Luck! The last three letters are X, Y and Z. These are “unknown variables” which affect the climate, e.g. time, temperature and interference by humans. Their nature and type are a matter for speculation.

Miscellaneous - I spent over five years on the M&T sub-committee and after an intensive course at Denman College, became a WI Adviser. Having refreshed once, I left to resume work with PA&I and as Resolutions Co-ordinator, I was pleased to offer my assistance to Mrs Jackie Housham (Burniston and Cloughton WI) who, in 2018, took her resolution on improving rural and city bus services to the Annual Meeting at the Royal Albert Hall to victory by winning a large vote from the delegates to proceed with a campaign, mandated by NFWI. The Covid pandemic struck in 2019 and work on campaigns was drawn to a sudden halt.

My WI - I have been a member of Copmanthorpe WI for 43 years. I served as President, Secretary, and Archivist. As a WI formed in 1924, we have an enviable Archive collection. I am still a member of our WI Handicrafts group and am very proud of a teddy I made many years ago with jointed legs and arms and glass eyes! I have tried beading, sewing, knitting, card-making and made endless bags and cushions. I almost made a quilt and in the subsequent display held in our hall it was labelled “Nearly There”. I dressed up as a 1920’s flapper for the WI centenary and thoroughly enjoyed myself Looking back, there is not a lot I haven’t tried, but sadly not much actually finished. My main reason for joining the WI was to be a member of our Tap group. For several years we also had a Poetry group Sadly, neither still exists. I shall continue to enjoy the company of my friends at our monthly meetings. The WI has been good to me and I like to think I did what I could when I could. Now all I have to say is: we have had some good times together. All good things must come to an end. We will meet again, you can count on that!

Glenis

I'm no scientist but Glenis's articles have prodded me into taking more notice of such subjects. Thank you Glenis - Editor

MEMBERSHIP AND TRAINING – Chairman: Janice Whiteford –
whatstheplanjan@hotmail.com

A warm welcome to the members of our newest WI -

By the time you read this newsletter, we should have formed a
new WI in Filey called
Filey Flithers WI.



Treasurers' Q&A Sessions - Calling All Treasurers

New and not so new to the job? Enjoy time with the IFEs putting your questions, networking with other treasurers, and having your questions answered. Following the success of the last Q&A session Carolyn & Marilyn are putting on another 2 sessions for you. The date and details are:

Wednesday 20th March 2024, 2.00pm – 4.00pm OR 6.00pm – 8.00pm at WI House. Cost per person (out of WI funds) £10.00. Please state which session you want to go to at the time of booking. Booking from 1st December. Closing date: 28th February. Booking Code: 586.

Information for Treasurers - Where to find the online Account Book:

- Login to My WI
- Search for the WI Finances section within the header "Running your WI".

You can download the Account Book to your computer together with key documents. There is so much information to help you in this section. If you are unsure, please contact the Treasurer's helpline.

Help is at hand

Need help logging into My WI, the new training hub, or MCS? Your Advisers are here to help you. Our contact details are listed in the Newsletter helpline section, so please do get touch with us.



Save the Date – Quiz, Quiz, Quiz
– Monday, 20th May –
More information in February
newsletter



In the July newsletter Kate Stead shared a poem that had been created using artificial intelligence. There has been quite a lot in the press recently about AI (Artificial Intelligence) and Kate has given further information to enable you to explore its capabilities below. My own feelings about the advances in such technology are very mixed. I can see the medical possibilities but am wary of other aspects of its use – too fast, too far? You will have to decide for yourselves and hope that the powers that be can keep control of this startling technology. I am tempted to ask it to write something in Yorkshire dialect! - Editor

"ChatGPT is a breakthrough in natural language and has given artificial intelligence a big push forward, which is one of the reasons it has been in the news this year. Now it can understand not just the words we are expressing but also the context. Making it feel like we are engaging with a real person, although one who is highly informed.

For the interest of members, I provide the link to ChatGPT below. Here you can sign up for a free account. It is free because it is not the newest version, (although still quite astonishing to use).

I have no affiliation with the ChatGPT, but as I work in digital, I keep abreast of new technologies. As natural language is underpinning much of the automation coming into the customer services, it is useful to understand it a bit more.

The link to ChatGPT is : <https://chat.openai.com>

As a starting point you might want to ask it too, "Write me a letter of gratitude to my friend in less than 250 words, mentioning how kind, funny and loyal they are." Or perhaps ask it to write you a poem as I did for the July newsletter. That one was generated by asking it to "write a four verse poem about the women's institute, with a focus on friendship." If you aren't happy with the letter or poem you can ask, "please write me another," and it will.

Kate Stead - Kirby Sigston WI

AROUND OUR FEDERATION



Helperby WI at their recent Craft Evening.

Unfortunately, no-one finished the item they were working on!!!!

Too much chatter.

– Quite right too – being sociable is an essential part of WI – Editor



Jean Dale has been a member of the WI for 75 years. Firstly, with Naburn, then Stillingfleet. In October she was congratulated and presented with a rosette by the President and fellow members of **Stillingfleet WI.**

"Well done Jean".



Remembrance Day



Thorpe Willoughby WI were invited to lay a wreath at the college memorial, Sue Kinsella, Mary Pollock and Jeanette Robinson attended to lay a wreath.

This year Helen took her place in the march and at the church service, then marched again to lay the wreath on the Memorial on our behalf. It was a very cold day, but Helen says it was a privilege to be part of it, and represent **Easingwold WI.**



<u>WI Advisors</u>	<p>Janice Whiteford – email: whatsinepiania@notna.com Tel: 01904 269561 Pat Shotton – email: patriciashotton11@tiscali.co.uk Tel: 01904 795953 Anne Potts – email: anne.pottsetal@btinternet.com Tel. 01904 700212 Diane Stephenson – email: r17dne@gmail.com Tel.07547672010</p>
<u>Treasurers' Helpline</u>	<p>Carolyn Boam – email: anth.cazboam@gmail.com Tel: 01845 400132 Marilyn Bellinger – email: paulmarilynbell@yahoo.com Tel: 01723 859020</p>
<u>Newsletter</u>	<p>Entries by 7th 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.</p>
<u>Bookings</u>	<p>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.</p>
<u>Payments</u> <u>On- line payments</u>	<p>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.</p> <p>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.</p> <p>Account Name: NYE Federation of WI Account no: 35787073 Sort Code 05 09 44</p> <p>Please remember to tell your WI Secretary if you have booked and paid direct.</p>

ENCLOSURES: Public Liability Certificate, Membership Fees Return Form Part 3, Annual Spring Council Meeting Visitors' tickets Application Form, Annual Spring Council Meeting Delegates' ticket Application Form, Annual Spring Council Meeting Pre-plated Lunch Application Form, NFWI 2024 Annual Meeting Resolution Selection slips, Information on Bone Density Scan at WI House (Osteoporosis).



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 January 2024 - Booking now						
Thursday 18 th 12.00 for 12.30pm	Federation Chairman's Lunch	Oct. n/l	Downe Arms YO13 9QB	£28.00	750	12 th Dec.
Wednesday 31 st 12.00 for 12.30pm	Federation Chairman's Lunch	Oct. n/l	Pavilion Hotel, York YO10 4PJ	£28.00	751	12 th Dec.
Happening in February 2024 - Booking now						
Mondays 12 & 19 th 10.00am to 3.30pm	Teddy Bear Workshop	Oct. n/l	WI House YO7 1BG	£110	702	9 th January
Monday 26 th 12.00 for 12.30pm	Federation Chairman's Lunch	Oct. n/l	Golden Lion Hotel, DL7 8PP	£28.00	752	16 th January
Happening in March 2024 - Booking from November						
Saturday 16 th 10.00am - 3.30pm	Spring Crafts Dabble Day	Oct. n/l	WI House YO7 1BG	£25.00	712	6 th February
Monday 25 th 10.00am - 4.00pm	Machine Embroidery	Oct. n/l	WI House YO7 1BG	£45.00	711	13 th February
Saturday 2 nd 12.00 for 12.30pm	Lunch with our PCC	Nov. n/l	The Downe Arms YO13 9QB	£28.00	582	6 th February
Saturday 23 rd March 10.30am - 12.00pm	Clean Rivers: current local work and what we can do	Nov n/l	North Duffield Village Hall, YO8 5RJ	£18.00	584	6 th February
Happening in March 2024 - Booking from December						
Wednesday 20 th 10.30 - 12.00noon	Visit to North Yorks. County Archives	Nov. n/l	County Records Office DL7 8TB	£6.00	714	6 th February
Wednesday 20 th 2.00pm - 4.00pm or 6.00pm to 8.00pm	Treasurers' Q&A session	Dec. Jan. n/l	WI House, Thirsk, YO7 1BG	£10.00 from WI funds	586	28 th February
Happening in April 2024 - Booking from November						
Saturday 13 th 1.30pm - 4.30pm	Bringing Nature to Your Door	Nov. n/l	North Duffield Village Hall, YO8 5RJ	£12.00	585	5 th March
Happening in April 2024 - Booking from December						
Friday 5 th & 19 th 10.30am - 3.00pm	Two Day beginners' Patchwork	Nov. n/l	WI House YO7 1BG	£40.00	715	6 th February
Wednesday 10 th April, 10.30am - 3.30pm	Visitors	Dec. Jan. n/l	The Spa Complex, Scarborough	£15.00	539	12 th March
	Delegates	Dec. Jan. n/l	The Spa Complex, Scarborough	Free		12 th March
	Pre-plated Lunches	Dec. Jan. n/l	The Spa Complex, Scarborough	£20.00	541	12 th March
Saturday 20 th 1.00pm - 3.00pm	Introduction to New Age Kurling	Nov. n/l	Malton Sports Centre YO17 7BP	£27.00	716	5 th March
Happening in May 2024						
Friday 3 rd May 7.00pm	"Whatever the Weather"	Dec. Jan n/l	The Forum, Northallerton, DL6 1LP	£10.00 /£12.00	753	2 nd April
Saturday 4 th May 2.00pm - 4.00pm	Introduction to BSL	Dec. Jan. n/l	North Duffield Village Hall,	£10.00	583	21 st March
Saturday 18 th May 11.00am - 3.00pm	Fascinator Workshop	Dec. Jan n/l	Raskelf Village Hall, YO61 3SD	£50.00	718	2 nd April
Happening September 2024 - Booking Now						
Monday 2 nd to Friday 6 th	Federation Holiday - Cotswolds	Oct. n/l	Cotswolds As priced in n/l	£120 Deposit	713	30 th January



HAPPY
NEW YEAR

2024

