



North Yorkshire West Federation News

**October
2019**

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theWI
INSPIRING WOMEN

The WI Christmas Show Special



A day of Christmas festivities held at **Spofforth Village Hall**, with a morning of Christmas themed fun, followed by singer and entertainer, Judith Hibbert in the afternoon



Thursday 12th December 2019
10:30am—3:30pm
£20... including coffee and
a seasonal lunch!



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Office Hours now 4 days a week:
Monday, Tuesday, Thursday & Friday
9.30am –12pm & 1–3pm
www.thewi.org.uk/northyorkshirewest
Find us on Twitter & Facebook
NYWFWI Charity Reg. No. 513934

At a Glance: The Next 3 Months

All finish times are approximate. Please note closing dates for booking (with full details of events are on p10-11). Places will be allocated at random from all bookings received by that date.

Date	Event	Time
Oct Fri 18th	Federation Quiz Final	7:00pm
Sat 19th	Autumn Lunch	10am-3:30pm
Thur 24th	Introduction to Cold Process Soap Making	10am-4pm
Fri 25th	Fashion Show	7:30pm
Thur 31st	Introduction to Melt and Pour Soap Making	10am-4pm
Nov Sat 2nd	Cake Decorating Workshop	10am-4pm
Tue 12th	Patchwork with Anne Starkey	10am-4pm
Tue 19th	Felt Wreath Workshop	10am-4pm
Mon 25th	Resolution Selection Meeting (Ripon)	2pm
Tue 26th	Christmas at Castle Howard	Full day
Tue 26th	Christmas Willow	10am-4pm
Thur 28th	Food and Flowers	10am-3:30pm
Sat 30th	Resolution Selection Meeting (Hellifield)	2pm
Dec Tue 10th	Stained Glass Christmas Items	10am-4pm
Thur 12th	Christmas Show	10:30am-3:30pm
Wed 18th	Federation Carol Service	2pm

Something you want to try?

If there's a craft or other activity you'd like to try, please let the relevant committee chairman know and we'll do all we can to arrange a date.

Chairman's Update

by Julie Clarke (j-a-clarke@hotmail.co.uk)



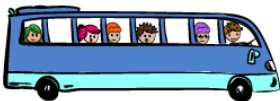
Since writing my last update at the end of July I have had a busy time joining four WI special birthday celebrations, judging at three agricultural shows and three village shows, giving various cookery demonstrations, from here in our Federation to a WI from Teeside federation! It's so good to meet so many members and hearing about the numerous activities you get involved in.

This month many of us will be attending the Autumn Lunch; I hope this year all who apply will be able to attend, currently, as I write, there are still three weeks to the closing date. Only last night Paul Hudson was reporting from Reeth Show one of the areas affected by the floods which caused difficulties as well in Leyburn and Bellerby, which affected a few of our members' homes. Many members helped in different ways; I thank you all for flying the flag and proving what a caring organisation we belong to.

I hope you will have seen the information last month on the "Yorkshire Reunited" Centenary Service of Thanksgiving in York on the 29th February 2020. Don't forget we need to know by the 22nd November how many of North Yorkshire West members wish to attend the service, also if you require us to arrange transport or you wish to go independently.



This month there are a wide variety of events in different parts of our Federation so I hope there is something you wish to attend as you will have seen in the results of the Federation Questionnaire enclosed in this month's mailing resulting in 58.5% wanting events within a 40 mile round trip from home. We do try to use different areas but when you consider our Federation is 50 miles from North to South and 60 miles from East to West, to travel 20 miles from base there are not always facilities available that can accommodate the proposed event.



This is why last month we asked you to highlight for us places suitable for holding events which we have not used previously; so, if you have a place in mind please let us know and we can cost and consider for future occasions.

Julie

Reports from Committees

Arts and Leisure by Heather Stoney

(hjstoney48@gmail.com)



It was a very wet and windy evening, more like November than mid-August, the type of evening where you think, do I really want to go out?! We have all had them, but I was so pleased I did venture out to see our Federation Choir performing at a concert in St John's Church Knaresborough as part of the annual FEVA week.

Members from all three venues of rehearsal performed and they were magnificent. When they stood to sing Jerusalem and had the organ accompanying them, it was one of those spine-tingling moments. They concluded the session with a medley of Queen music; they certainly lived up to "Rock Choir." This performance is on our web page, please log on to watch it, hopefully it will inspire you to join.



The choir will also be performing at the Federation Carol Service on Wednesday 18th December

2:00pm at Ripon Cathedral. Bring family and friends to enjoy a wonderful service in the magnificent Cathedral.

Before this we have the Quiz final at Bolton Abbey on Friday 18th October. Well done to all the finalists and thank you to you all for entering a team, I hope you all enjoyed the various heats. If your WI would be willing to host an event please let the office know. Have you booked your ticket to go to Castle Howard yet? I do hope so, as the house looks stunning decorated for the festive season and also the opportunity for retail therapy!!

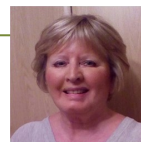
I hope to see you at some of the events. Next month I will be able to give you information on the venues and dates for Walking Netball. How diverse is the WI! Persuade your friends to give it a try.



Membership

by Pauline Bowman

(Pauline.bowman@icloud.com)



Can't believe the summer is almost behind us and we are approaching the time of year when many Institutes will be holding their Annual Meetings. This is the ideal time to invite your Adviser to join you, to share their expertise and advice if you are having any problems.



For example, changing officers, help you with no being not able to fill those positions, or simply to have someone there to provide support.

For those of you that now have a different Adviser following the resignation of Lesley Manser, this will be an ideal opportunity to meet your new Adviser and establish a relationship.

Recently I have received an email from a member interested in training to be an Adviser and she will be coming along to our next meeting to find out more about the position and to 'get a feel' for what is required and what being an Adviser means to the individual. If you would like to do the same, please contact me.

The Committee will be meeting over the next couple of months to plan our programme for next year and to finalise our plans to get out and about, to give you the chance to discuss any problems you may have and for us to find the solutions.

I hope you have all seen the invitation card included in your 'W.I. Life' this month. Please use this to invite potential new members to come to your next meeting. Many WIs are struggling to find new members and this invitation could be the first step to a new lease of life for both your W.I. and your friends, family, neighbours, colleagues and women in your community. Simply add your WIs details to the card and you're ready to recruit.

Craft & Home Economics

by Judith Stansfield (judstass@gmail.com)



Christmas is around the corner, so if you want to make some gifts for friends and family you could get some good ideas and artefacts by signing up for one or two craft sessions to make personalised soap, attractive Christmas lights or even an unusual felt wreath to decorate your Christmas table.



Your secretaries will have received the schedule and entry forms for the Christmas Show to be held at Spofforth this year, so do have a go at producing some entries and come along to the show on 12th December to get some

good ideas for your own celebrations.

The longer evenings are also a good time to keep your hands busy planning and making an interesting cushion for the Norah Worth competition. It can be any medium and any shape, maximum size 20"(50 cms), and displayed with a cushion pad. Closing date is 20th February 2020.

Are there any new crafts or types of cooking you would like to learn about? We are planning next year's programme and are keen to hear of any ideas you have.

Public Affairs by Liz Whapples
(liz.whapples@gmail.com)



I am writing this report in August and by the time you read it I will be in Japan. It seems ages ago that as a family we decided to go to Japan and luckily obtained tickets for Rugby World Cup; however, time has flown by and I am now beginning to panic a little about final arrangements. Especially as my husband and I will be away most of October and November as we plan to go onto Vietnam and Cambodia after Japan. Some of you will remember the young man who spoke about Japan at the international day who was from Intrepid Explorers - we are actually doing the Vietnam part and Cambodia with that company!

However, before I go on my travels there is a lot to organise with the WI. It always seems that September/October is the beginning of our year; I think it is something to do with teaching and returning for a new school year in September.

I am well aware that many of you find Resolutions rather tedious but I do urge you to remember what a wonderful organisation we are and just what an influence we have had in Great Britain and the differences we have made to the lives of many people. I am not going to list all of

them again as I have done so previously, I will just say I am very proud that we have two WIs who have submitted Resolutions this year, being Giggleswick and Farnley Estate. I am attending the meeting on the 1st October when all Resolutions will be considered so I shall, of course, be fully behind the two from North Yorkshire West.



Further news from the committee is that Viv White has managed once again to book two slots to go to Allerton Waste Recovery Park so watch this space to see the arrangements and when you can book. Those who missed out last time will be given the opportunity first to be included.

You will also know that we have managed to arrange two venues for the Resolution Meetings in November and will be holding one in the week in the afternoon and one on a Saturday in the afternoon at Alma House and Hellifield Village Hall; your secretaries should have notification of these but they will also be in the Federation News At a Glance. We do hope many of you will attend.

Communications & PR by Jackie Williams

(jackiewilliamsmaden@gmail.com)



For meteorologists, summer comes to an end on 31st August and autumn begins on 1st September, but astronomers say summer ends on 22nd September and autumn begins on 23rd Monday. So, either way, we are officially in Autumn, often a time when we think about cosy homes, hearty and warming foods, soups and preserves. As evenings draw in, and with clocks going back an hour on 27th October, we might be holding our WI Annual Meetings, planning our Christmas WI events and our WI programmes for next year.

I hope that by now, your WI has had a chance to discuss the form that was sent out to you in last

month's mailing asking for your thoughts on different Event venues, Craft halls, new Speakers and Craft tutors, to help with Federation Programme planning for 2020 and future. This is a request for your input as a direct result of members' responses to Our Federation, Our Future questionnaire (and do check out the full details of the questionnaire results in September's Mailing to your WI). We will listen and will use the returned forms to try and arrange events and activities that meet more requirements of even more of our members. Don't miss the end of November deadline for returning the form.



Treasurer's Report

by Sue Earl-Armstrong (smea48@yahoo.co.uk)



Hello to all. It's that time of year again when we close our WI accounts for the year end.



There is a host of information regarding this on My WI; under Running My WI on the left panel is WI Finances, and there you will find downloadable Financial statements and how to fill them in. Once the statement is downloaded, you will need to have your accounts independently examined to comply with Charity law. We have a few Independent Financial Examiners (IFEs) who we can call

upon to look at your accounts, although please bear in mind that a lot of WIs close their books at this time of year and we do need to have a few weeks wriggle room to accommodate this. When you are sending your accounts to us, please note we require a copy of your financial statement from the year before. Thank you, ladies.


If you are having difficulties, please get in touch with us at Alma House on 01756606339.

Challenging Climate Change



Hello! Last month we heard from Wendy Knight (Ure with Leyburn) about the Climate Change Ambassador training and the wonderful suggestions we received about how each one of us can make a difference. There is a good phrase I'd like to draw from here 'Don't make the mistake of doing nothing because you can't do everything'. Lots of little changes together can really add up.

This month I'd like to talk about using energy wisely. By becoming more energy-efficient - you not only pollute less but you could save money too.

1. Change to energy efficient light bulbs – quality LED light bulbs can last 25 times longer and use 75% less energy than normal bulbs.
2. Keep your heating at or below 18C—install a programmable thermostat or smart heating controls that can adjust the energy required with the weather on demand or, for a more cost effective option, install thermostatic valves on each radiator that let you control the temperature in a particular room.
3. Insulate! – loft insulation is relatively cheap and easy to fit. Fit it to a depth of 270mm and it should lower energy bills.
4. Draught-proof your home – draughty windows and doors can mean that you waste lots of energy.
5. Wash clothes in cold/warm water (not hot) - around 75% of the energy used by a single load of laundry comes from heating the water. Studies have proved that washing at lower temperatures is just as effective. 
6. Unplug electronic devices when they're not in use – devices on 'sleep mode' still consume energy. If you're not using them turn TVs, cable boxes, laptops, etc. off at the socket.
7. Replace old appliances with efficient versions (A-rated and above) – there is no need to rush out and replace all your appliances – but when your old ones die replace them with more energy efficient versions.
8. Hang dry your clothes when you can and use dryer balls when you can't – dryers are so useful, especially in the winter, but dryer balls are cheap and can help decrease drying time.
9. Install a smart meter – smart meters themselves do not help to save money or energy but they can be helpful in encouraging good habits as they provide live info on how much energy you're using.
10. Any of the above!

These may seem like simple things – hopefully some of which you're already doing and you may have some more ideas on ways to be energy wise. We'd love to hear them! Please come and join us on Facebook (search NYWFWI Climate Change Action) or contact Alma House.

A Fond Farewell to a Departing BoT Member

This will be Tamsin's last report in the Federation News as she will be leaving North Yorkshire at the end of September. We thank her for the contributions she has made both as Climate Change Ambassador and her expertise assisting with the Social Media Workshops, and Federation Facebook as part of the Communications & PR Committee.

We wish the family as they relocate to North Devon, and Tamsin's journey within the WI movement, every success in the future.



NFWI Annual Meeting 2020

The NFWI Annual Meeting 2020 will be held at the Royal Albert Hall, London on Thursday 4th June 2020.

We will travel down on Wednesday 3rd June returning on Friday 5th June 2020. We will be staying at the Clarendon Hotel, Blackheath on a dinner, bed and breakfast basis.

Delegates' costs are paid for by all WIs, on a sliding scale:

WIs with 15 Members or less	£25.00
WIs with between 16 - 25 members	£45.00
WIs with between 26 - 35 members	£65.00
WIs with between 36 - 45 members	£85.00
WIs with between 46 - 65 members	£105.00
WIs with 66 and over members.....	£115.00








Please turn to page 14 for the delegate linking list. The WI at the top of each group can send a delegate or if you cannot find a delegate from your own institute you must pass on the responsibility by contacting Michelle at Alma House on 01765 606339 as soon as possible no later than the 29th November 2019.

A number of single ensuite rooms have been booked (for which delegates pay the supplement of £30) and these will be allocated on a first come, first served basis.

Non-delegates who wish to attend as visitors can obtain a ticket for £20 with further cost for travel and accommodation if required payable on booking. The total cost will be for accommodation, travel and ticket £220 (twin) or £250 (single).

Events and Workshops

All finish times are approximate.

KEY		Extra cost for kit		Equipment required		Food included		Coach travel included
		Interactive workshop		Tea & biscuits included		Wine/punch provided		

Federation Quiz Final

Friday 18th October, 7:00pm
Bolton Abbey Village Hall



£8.50

Top ten teams from the heats going head to head to see who is declared the Federation Winner.

Cake Decorating Workshop

Saturday 2nd November, 10:00am-4:00pm
Alma House



£20 plus equipment & materials £5-£10
Booking closes 2nd October

Fun, easy ways to decorate your celebration cakes. Learn How to create figures and animals using sugar paste. It's easier than you think! Just remember your days of playing with plasticine! Bring a packed lunch.

Patchwork with Anne Starkey

Tuesday 12th November, 10:00am-4:00pm
Alma House



£20
Booking closes 12th October

Look out on Booking Form for the type of patchwork to be completed.

Felt Wreath Workshop

Tuesday 19th November, 10:00am-4:00pm
Alma House



£27 includes all materials
Booking closes 19th October

Enjoy creating a floral wreath using felt, scissors and a hot glue gun. The floral techniques can be used for brooches, hair accessories and millinery. Minimal sewing required. Bring a packed lunch.

Ripon Cathedral Christmas Fair:

Federation Choir Performance 2:40pm-3:10pm

Saturday 23rd November, all day event
Ripon Cathedral

Go along and listen to our choir perform 2:40pm-3:10pm. Please note this is not a Federation event.

Resolution Selection Meetings

Mon 25th November / Sat 30th November, 2pm
Alma House / Hellifield Village Hall



£7.50
Booking closes
25th Oct

Review the shortlisted resolutions agreed by the NFWI Board and receive the information you need to make the best decision when voting.

Christmas at Castle Howard

Tuesday 26th November, all day
Castle Howard



£40 including entry and
luxury coach
Booking closes 26th Oct

Visit Castle Howard Decorated for Christmas, this year's theme is "A Christmas Masquerade. Visit is back by popular request."

Christmas Willow

Tuesday 26th November, 10am-4pm
Alma House



£35 plus £10-15 for materials
Booking closes 26th Oct

Choose from different projects ranging from Christmas tree decorations to angels, stars and larger trees on log bases. Bring a packed lunch.

Food and Flowers

Thursday 28th November, 10:00am coffee
Darley Memorial Hall



£28
Booking closes 28th
October

Come and enjoy the day with Jane Lovett Cookery Demonstrator and Lee Burrell, our Flower Arranger, plus a 2 course seasonal lunch.

Stained Glass Christmas Items

Tuesday 10th December, 10am-4pm
Alma House



£35 plus £10 materials
Booking closes 10th Nov

Make 2-4 Christmas decorations. Bring wipe-clean apron, washing up gloves, scissors and a pencil. Please remember to bring a packed lunch.

Christmas Show

Thursday 12th December, 10:30am-3:30pm
Spofforth Village Hall



£20
Booking closes
12th Nov

Christmas Show entries, a morning of Christmas fun, Christmas themed lunch and the day rounded off with Judith Hibbert popular entertainer.

Christmas Carol Service

Wednesday 18th December, 2pm
Ripon Cathedral



£5
Booking closes
18th Nov

Come and enjoy the carols and readings in this magnificent building. Hear the Federation Choir give their final performance of 2019.

Around the Federation

Coverdale Celebrates 90 Years

Kimberley the president wanted a night that the whole community could join to celebrate our birthday. Invitations were sent to past members, notices put up in the Dale, various Facebook notices despatched inviting all to come and help celebrate this milestone.

As well as memorabilia display, it was decided to entertain by depicting a sketch for every decade from 1929 to present day. Sara, a committee member, researched all the minute books to find something of interest for each period and coordinated the entertainment.

Rehearsals started, then a narrator was needed, who, Edgar a friend of the WI was approached, he was delighted to be involved.

The evening arrived; guests, members and friends arrived with a plate of food, welcomed with a glass of Pimm's, the hall was soon buzzing. Kimberley welcomed all, everyone enjoyed the supper then a

specially designed apron was presented to all members, then it was time for the entertainment.

Edgar set the scene and the first act began with "Tea for Two" followed by "Somewhere Over the Rainbow", acts followed including "Yellow Polka Dot Bikini", Abba, Madonna, Brittney Spears with a lead of prose before every performance and finally ending with "The Greatest Showman" to loud applause for all the members musical efforts to the delight of all present.

Anne Harrison, our Advisor and past WI member where her WI journey began nearly 50 years ago thanked all for such a splendid evening.

Then to break with tradition instead of fruitcake which seemed to be the order of all previous birthday celebrations all left with a cupcake, after what had been a highly successful way to celebrate our 90th Birthday.



Federation Rock Choir at FEVA Concert

Members of Fed Rock Choir, with all three sections represented, appeared as part of a Knaresborough's FEVA choral concert at St John's Church, on a murky wet Saturday evening in August. A video of them singing an amazing Queen tribute at the concert is on our website. Next Fed Choir performances will be at Ripon Cathedral on Saturday 23rd Nov at 2.40pm -3.10pm and at our own Christmas Carol Service in Ripon Cathedral on Wednesday 18th December at 2.00pm.



Blood Bikes with Low Bentham and District WI

Our August meeting was a talk on *Blood Bikes*. This marvellous service is run entirely by volunteers with them delivering blood, samples and even patient notes to all the local hospitals. After a very interesting and informative talk and slideshow, we were invited to sit on one of the bikes used and try the siren and flashing lights, which I am sure was a big surprise to all the local residents!

The photograph shows our speaker with Sheila Brown our treasurer who thoroughly enjoyed the experience.





2020 Membership Subscriptions

Date of joining 2020	Total subscription	WI share	Fed share	NFWI share
1 Jan-31 March	£43.00	£21.10	£10.00	£11.90
1 April-30 June	£32.25	£15.83	£7.50	£8.92
1 July-30 Sept	£21.50	£10.55	£5.00	£5.95
1 Oct-31 Dec	£10.75	£5.28	£2.50	£2.97

NFWI Annual Meeting 2020 Delegate Linking List, as referenced on page 9

Clapham with Horton	Stray Ladies	Barnsoldwick Buttercups	Bishop Thornton & Shawmills	Melsonby
Ingleborough	Knox	Settle	Hampsthwaite	Swale
Low Bentham	Bilton	Austwick	Killinghall	Ore-Some Copper Belles
Burton in Lonsdale	Scriven	Giggleswick	Birstwith	Manfield
Hellfield	Pateley Bridge	Coverdale	Starbeck Afternoon	Thoraby & District
Long Preston	Dallowgill	Spennithorne & Harmby	Knaresborough	Bainbridge
Malham	Summerbridge	Thornton Watlass	Harrogate Roses	West Witton
Airton	Glasshouses	East Witton	Harrogate Rascals	Ure with Leyburn
Starbeck Sirens	Kirkby Malzeard	Marton cum Grafton	Newton Le Willows & PB	Ribston
Bishop Monkton	Fearby & Healey	Ripley Nidd & Brearton	Two Dales	Forest Moor
Aiskew	Masham	Arkendale	Mad Hatters	Goldsborough
Burton Leonard	Grewelthorpe	Ripon Belles	Richmond	Aspin Park
Sharow	Threshfield & Linton	Ripon Centre	Skipton w Stirton & Thorby	Harrogate Library
Ben Rhydding	Skipton Dalesway	Grantley cum Winksley	Embsay w Eastby	Spa Sweethearts
Skipton Ewes	Rylstone & District	Upper Nidderdale	Broughton w Elslack	Pannal
Happy BUNDAYS	Kettlewell	Burnestone & Carthorpe	Gargrave	Spofforth
Bolton Abbey	Follifoot	Cowling	Skelton on Ure	Whythit
Bradley's Both	Darley Debs	Sutton in Craven	Roecliffe	Bedale Belles
Addingham	Askwith w Weston	Glusburn w Crosshills	Ald, B'Bridge & Dunsforth	Harrogate Bloomers
Cononley	Farnley Estate	Salterforth	Kirby Hill	Colburn Town

Notices

 **My Life is Chocolate** 

Demonstration by Andrew Thwaites, Chocolatier
 Tuesday December 3rd 7.30pm
 Almscliffe Hall Huby
 Tickets £10 to include light refreshments
 Contact Caroline on 01423 734412
 Farnley Estate WI

200 Club Results

Congratulations to all who have won the following prizes:
 £30 – Margaret Golightly, Glusburn & Crosshills WI
 £20 – Settle WI
 £10 – Enid Turnock, Skipton Dalesway WI

Recipe of the Month: Roasted Vegetable Quiche

Can you tell, everyone, that a quiche made from this recipe was a joint BEST IN CLASS at the Great Yorkshire Show in July? It smelt absolutely delicious when just baked. Well done to Susan Freer who made it on behalf of Bainbridge WI, in the class: "An item of food incorporating at least one of your 5 a day."

Ingredients

330g short crust pastry
500g butternut squash, cut into small pieces
1 red onion, quartered
1 red pepper, deseeded and thickly sliced
1 bunch asparagus, cut into segments, woody ends discarded
10 cherry tomatoes, halved
60 ml olive oil

Salt and pepper to taste
5 large eggs
200 ml whole milk
100 ml pouring cream
100g grated Parmesan cheese
100g grated Gruyere cheese
1 tbsp finely chopped parsley
1/2 tsp sea salt
You will need a 20 to 24 cm flan tin

Method

Heat oven to 180°C

1. Spread the vegetables in a large baking dish. Coat well in oil and season. Roast for 25 to 30 mins until slightly charred, cool slightly.
2. Line flan tin with pastry, bake blind, with paper and beans, for 10 to 15 mins or until golden. Leave to cool.
3. In a large mixing bowl, whisk together the eggs, milk and cream.
4. Stir in cheeses, parsley and seasoning. Transfer to a jug.
5. Spread the vegetables over the bottom of the pastry shell and pour over the egg mixture.
6. Bake for 30 to 40 mins until just set
7. Serve warm or cold



JUDGING TIP

This quiche would have won but lost a mark because the base of the flan tin hadn't been removed before putting on a plate.

So please note: if putting in a show—remove from tin, if entering in a ceramic dish you could lose a mark. There is more skill in removing from tin and putting on a flat plate. For home use it wouldn't matter!



Enjoy!

Christmas Carol Service

This service is open to everyone! Bring family, friends and anyone who will enjoy a festive celebration with music and readings

Featuring a performance from our very own Federation Rock Choir!



Wednesday 18th December
Ripon Cathedral
2:00pm

£5 per adult / Children free

Tea, coffee, and mince pies will be served!

Stained Glass Christmas Decorations *with Rachel Poole*



Learn how to make 2-4 Christmas decorations choosing from angels, stars, trees, robins, penguins, holly and mistletoe.

Our ever-popular tutor Rachel Poole will be teaching the copper foiled method of stained glass to bring your creations to life!

Tuesday 10th December
10.00am to 4:00pm
Alma House
£35 plus costs of materials

See page 11 for what you need to bring