

Red Rose News

The Lancashire Federation of Women's Institutes



Issue 5 • 2026

WELCOME TO THE FIFTH EDITION OF 2026.

Hello ladies, and welcome to our latest newsletter. The autumnal weather does seem to be arriving, after our summer of sunshine, and, as the saying goes, 'the nights are drawing in'. We are still having some warm, sunny days, however, so let's hope these last for a few more weeks.

In this issue we have a combination of reports on summer outings and activities and your August and September meetings and speakers. We hear regularly that the articles from your WIs inspire other groups to invite speakers that have been well received, or provide good ideas for activities that others can undertake, so please do keep them coming.

As usual, we would really appreciate it if you could send a single item per issue by the published deadline (see page 10) with one suitable photo. It makes our job of collating items for publication much easier and ensures that we don't miss anything important. Please help us with this if you can.

It's hard to believe, but our next edition will be our Winter/Christmas issue! The deadline for your submissions is Friday 6 November. In the meantime, we hope you enjoy your autumn activities and look forward to hearing about them.

Emma Gillinder - Tarleton WI

Pam Aspden - Croston WI

A Message From Our Chairman

Welcome to the Autumn edition of Red Rose News and to a time of year that usually sees lots of changes in our gardens. They have definitely needed the rain we have had in the past few weeks. The trees will be shedding their leaves soon – a sure sign of Autumn. It brings back memories for me of walking through all the fallen leaves on my way to school on a crisp, bright but chilly morning.



After a lull in activities over the lovely, hot summer holiday period, our Teams have lots of activities for you to look forward to in the Autumn and run up to the Festive Season. I hope you have all been active in your local communities and promoting the WI and my Chairman's Challenge for this year. Please let me know what you have been up to. I have seen a lot of photos on Facebook of your "purple celebrations" for NFWI 1+1+1= 111th Birthday. There have been lots of activities and events organised by our volunteers on the LFWI Teams. I hope you enjoyed any you took part in. The Lancashire Day Cheese Tasting in Bolton le Sands is still available to book through the website but is selling out rapidly. All our events are advertised on the website and in the monthly mailing, so keep an eye out for the remainder of this year and into 2027.

In September, 33 members enjoyed the residential days at Higham Hall, taking courses in bead embroidery, enamelling and enjoying visits to several private gardens in the locality. We all ate well, had lots of fun and enjoyed the company of other WI members from all over the county (see page 8).

In 2027, we are organising a coach holiday to Cardiff which will include visits to Cardiff Castle and the Royal Mint. Places are filling fast, so do book soon to avoid disappointment. Full details and booking forms are on the LFWI website.

Don't forget to think about whether you have the skills and time to offer your services volunteering at LFWI. We need Board members, Team members who organise activities for other members, and also Advisers who can help WIs to function well. The more helpers we have, the more we can do to make LFWI a huge success for you the members. Forms and information are available on the website or talk to an existing Board member, team member or Adviser. I can assure you it is great fun and very rewarding.

Heather Williams – CHAIR



Around the WIs

MEETINGS, BIRTHDAYS & PARTIES...



AINSDALE NATTERJACKS

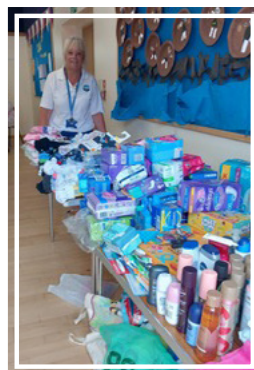
don't have a meeting in August but that didn't stop some of the members getting together. The

walking group visited Port Sunlight and saw two exhibitions, one in the Lady Lever Art Gallery and the other at Bridge House, the former home of Lord and Lady Lever. They finished off the day with a lovely walk through the village and did some star spotting – Johnny Vegas was playing bowls on the green. The Craft Group continued with their meetings and are very busy producing blankets, bonnets and toys, which will be donated to a local hospital in October. Their hard work is much appreciated.

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On a very warm and sunny evening there was a good attendance at **BARTON WI's** meeting to hear Julie Clark talk about the history of the National Garden Scheme (NGS). For those who aren't aware, this is where private gardens, huge or tiny, open to the public for a small fee on a specific date, often with tea and cake available. The scheme was started in Liverpool in 1874 by philanthropist William Rathbone VI and was closely connected to the District Nursing Association. Amazingly, the NGS has raised £4.2 million over the years. Julie was an entertaining speaker, who also provided a short quiz and brought delicious chocolate brownies for all to enjoy.

Their August speaker was Maureen Little with a talk 'The Buzz' about Bees, which gave an insight into the life and work of honey bees. She told members which flowers attract the bees, colour and scent being very important. A fascinating fact was that when bees found a good source of nectar they would go back to the hive and do "a waggle dance" to let the other bees know. She told members how important it is that all should do their best to help the bees as they are so important to the environment.



This year, **BLACKPOOL WI** are supporting Blackpool Carers, who provide specialist support, respite and outings for unpaid carers aged five and upwards, helping carers to feel less isolated and make happy memories. They hold an annual charity collection at their July meeting, and

following a talk from a volunteer, asked what they could provide to help their child and teenage carers. Most helpful were socks and undies, period products, deodorants, craft aprons and fiddle toys. A very generous number of these items was donated by members, and volunteer Terry was extremely grateful. The mascot of Blackpool Carers is Rocco the donkey, as carers and donkeys both carry heavy loads. Cuddly Roccos wearing a range of outfits are sold to raise funds for their Centre; to assist them, their Craft Group are helping to knit outfits for Rocco.

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BUCKSHAW VILLAGE WI

were pleased to lend display material on the Canary Girls to Euxton

Mothers' Union for them to use in the Parishes in Bloom exhibition in Blackburn Cathedral. The idea was to showcase the uniqueness of individual parishes in Blackburn Diocese. Buckshaw Village WI were instrumental in having a Canary Girls memorial placed in Buckshaw Village. It was fabulous that Euxton Parish wished to build on this to preserve the legacy of the Canary Girls. Members are now turning their thoughts to preparing more Canary Girls displays over the Remembrance period and to creating wreaths to lay at the Remembrance Day ceremonies. Following the Canary Girls presentation at this year's LFWI Annual Meeting, several WIs expressed interest in laying wreaths to remember these unsung heroines at their local Remembrance events. If your WI is thinking of doing this, Buckshaw WI would love to hear from you.



Do you have a story to share? See page 10 for important information about submitting editorial...



...AROUND THE WIs

At their August meeting **CHERESTANC WI's** speaker showed examples of Scottish Highland dress and explained the history of Tartans. She also instructed members in some simple Scottish dancing which was quite energetic but good fun. However, the dancing came to an abrupt end when Lynda Musgrave slipped and fell, banging her head and hip on the floor. As she came up to a sitting position, she said "But I haven't done the Vote of Thanks!" She bravely did so from the middle of the floor in true WI fashion! Thankfully, she is well on the way to recovery and did not sustain any serious injuries.



Cherestanc WI feel it's important for WIs to support their local shows in and around Lancashire. Garstang's show has been going for over 200 years. After winning the cup for the first time last year, member Anne Marie Whitehead entered 14 items this time - preserves, bread, cakes, biscuits etc. She retained the cup and was delighted. Her

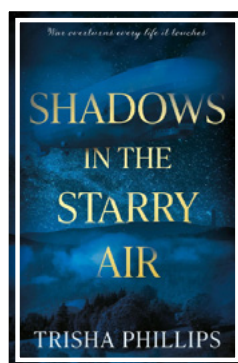
daughter said, 'Well you will have to go for the hat trick next year!'



ECCLESTON WI member Norma Lawson was delighted to win the 'Best-Kept Large Garden' competition in her village. A dedicated gardener, she spends hours working hard, tending her plants. Her garden is a riot of colour, changing with the seasons. Well done, Norma.

In August, Jackie Mafi talked about the 'Origin of Brands'. Image was everything and brands were continually improved – e.g. early brick-sized mobile phones or William Addis drilling small holes in a piece of bone, tying boar bristles into tufts and glueing them into the bone to make a toothbrush. Advertising gained many customers. Y-Fronts, displayed in a Chicago department store window in 1935, instantly sold millions. An advertising campaign for Pears soap, gentler than other similar products, used fine-art pictures featuring wholesome children. Bird's Custard was popular as it didn't contain eggs, suiting those with allergies. How times have changed!

On a very warm July evening, **GRINDLETON WI** members either walked the 'Village Heritage Trail' finding out what all the Beehive plaques meant, or took part in a topical quiz. The longest piece of grass found for the competition was almost two metres! In August – another hot evening – they met Yvonne Pinder who gave an entertaining talk on her journey towards setting up "Pinny's Pots". She demonstrated a variety of skills used in creating her colourful pots, tins and cards. She also runs workshops for small groups of 4-10 for those who like to have a go themselves. The WI has also finally planted a hornbeam tree in celebration of Queen Elizabeth II's Platinum Jubilee, when she asked for gifts of trees to be planted in recognition of the occasion.



Looking for your next book club read? After winning the Lancashire Federation Creative Writing Cup in 2024, Pat Phillips, member of **HOLCOMBE BROOK AND SUMMERSEAT WI**, has recently published her debut novel, *Shadows in the Starry Air*, writing as Trisha Phillips. The novel was

inspired by the Zeppelin Raid in Holcombe in 1916, the WW1 Military Hospital in Dunham Massey, Altrincham, and the execution of wartime spies in the Tower of London. *Shadows in the Starry Air* is 'a gripping historical novel of love, deception, the quiet bravery of ordinary people caught in the machinery of war. And the thin, bright line of connection that can alter a destiny.'



When **HUTTON & HOWICK WI** were asked to run the tearoom at the village Flower Show, they didn't realise what a positive impact they

would have on the community. All WI members played their part with energy and enthusiasm, whether it be preparing the hall, helping in the tearoom and on the cake stall, baking or buying and showing exhibits. The beneficial effects were evidenced by the large number of visitors, and also newly signed-up members, who joined the group at the regular meeting only two days later. The guest speaker, Frank Riding, entertained with stories about his career as a gemmologist, which spanned

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...AROUND THE WIs

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45 years in the Caribbean after beginning in Preston. The audience listened in awe about starlets, a stowaway, flawless jewels, mischievous monkeys and a love story. A lucky member won a lovely autumnal cake made by the group's secretary. A year on from almost closing, Hutton & Howick are truly thriving!

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What a lovely day – **LUMB IN ROSSENDALE WI** members, family and friends enjoyed, on their Summer trip to Little Moreton Hall in Cheshire. The weather was perfect for a walk around the gardens and sitting enjoying refreshments and food. The construction of the Hall is fascinating, steeped in history and with lots of quirky features. A shop full of second hand books for purchase was also of great interest. Members agreed a

great day out was had by all.



The WI also recently had an outing to Manchester's Pankhurst Museum and Whitworth Art Gallery, including lunch of course! Here

is a picture of WI members (taken in the parlour where the first meeting was held) getting into the spirit of the suffragette movement at the Pankhurst Museum.

The Book Club enjoyed a lovely evening at their Summer meal in June. Great company, delicious food and fabulous views on a glorious evening.

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In July, **MILNROW AND DISTRICT (MaD) WI** held a games night. All the games you had as a child revisited: Kerplunk, Buckaroo, Jenga, Operation and more. A great time was had by all, with many laughs and groans!

August, saw their tenth birthday celebration with music, dancing-and birthday cake, of course. Certificates were presented to the 17 members who have been part of MaD from the beginning and managed to get together all three MaD Presidents, past and present.

The craft group tried Kinusaiga patchwork with some great results. Writers and scribblers also ventured onto the wild and windswept moors of Blackstone Edge to seek out the Rain Stone. The dramatic grit stone outcrop is weathered layers sculpted by wind and rain. Its name is said to come from its function as a weather predictor; if it's damp it's going to rain if it's dry the weather would hold. The area is also a place for quiet reflection and escaping the hustle and bustle of everyday life.

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NORDEN WI had a very interesting 'trip to the seaside' in August. They did not need a coach as they only went as far as their usual meeting hall which doubled up as the seaside for one night only. There were games to play— Splat the Rat, The Human Fruit Machine and a Maltesers Donkey Derby with sticks of rock and fruit as prizes. Lots of giggles ensued and there were many puzzled faces as members tried to identify fellow members from photos of them as children at the seaside. Chocolates on the tables, candy floss and ice cream for all added to the seaside atmosphere as did the plethora of sun hats. The evening closed with the typical seaside pastime - a few games of bingo. A good time was had by all!

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In July, **RIBBY WITH WREA WI** enjoyed a fascinating talk about Spinning and Knitting by Kate Brassington. With evidence that humans were spinning fibres 52,000 years ago, it is an ancient craft. Kate distributed samples of raw wool, still coated with lanolin, which is warm and waterproof for garments like fishermen's jumpers, and also washed wool, which is more widely used nowadays. Wool is carded to line up the fibres before it can be spun, and a couple of members had a go. In Tudor times, wool was spun using a Distaff to hold the wool and a Spindle to spin it onto. The colour of ribbon holding the wool onto the Distaff indicated whether a woman was married, or not (a 'Spinster'). Spinsters could earn and keep their own money, but married women had to give it to their husbands! Flax was also spun to make linen. Later, spinning wheels made spinning easier and quicker. Kate demonstrated an old traditional one and a more modern one. After spinning for three years, Kate now has a collection of ten different spinning wheels. She enjoys demonstrating spinning at Tudor events and enjoys dressing up as a Tudor, speaking like a Tudor and eating Tudor food! It was a very enjoyable and informative evening.



...AROUND THE WIs

ST ANNES ON SEA WI once again joined in their local Carnival. It was an early start decorating the cars for judging at 9am but worth the effort as they were awarded Highly Commended. The theme was 60s, 70s, and 80s so they went as hippies! It was lovely that new members joined in making decorations for the cars. In July their speaker, Robert Dunn spoke about his book 'Love changes a man' and how he had met a lady from a war zone overseas and conquered everything to be with her.

St Annes On Sea WI also received the photograph and letter (below) regarding one of their oldest members, Elsie Foster, who is 101 years old and still very active in the WI. They think she is an amazing lady and would be a great speaker at any WI meetings. The day described was a very special one for Elsie.

SPECIAL MENTION FOR A VERY SPECIAL LADY



Elsie Foster - 101 Years young, meet Evelyn Elsie Foster - 20 days old. How beautiful is this from Chris Foster and his wife Pamela?

We registered Evelyn's birth at the town hall

registry. Just in time for her great grandmother to visit and learn of her full name. When discussing names with Nicole, it seemed right that we honour my grandmother.

As a child she was known to me as "Seaside Grandma". She lived in Abergele, close to a pebble stone beach, on which me and my siblings would play, finding stones to throw, to see who could make the biggest splash, or skip a stone the furthest. Following this, there'd always be lunch, often with home-made butterfly cakes, which we would scoff as many as we were able. A frequent comment would be "do you not eat at home!?" 😊

I was very fortunate to have the grandparents I was given, even more so to still have one in our lives. I'll always have the fond memories of trips to see Seaside Grandma, so it seemed only right our first daughter carry her name.

Chris & Pamela Foster

TARLETON WI were privileged to be invited to participate in the 'Let's Go Green' event staged at Holy Trinity Church in September. Themes were allocated to participants and Tarleton WI's church window display theme was 'All Creatures Great and Small', inspired by their local woodlands; all materials used were repurposed, recycled or foraged. They hand dyed woollen blankets to make birds, a birdhouse and a beehive, used pine cones to make woodland animals, turned discarded cheese graters into owls, made a rag rug from old clothes donated by the local Queenscourt Hospice shop, and reused knitted animals which came from post box toppers. Foliage came from members' gardens and local hedgerows and was displayed without using oasis or any plastics for a truly eco-friendly 'Green' display. The community event was a great success and they have had many compliments from local residents and beyond!



To celebrate the 150th anniversary of the opening of the Settle-Carlisle Railway, 16 members of **TATHAM FELLS WI**

travelled the line in August. First stop was Dent Station, the highest in England, on to Garsdale with the life-sized bronze statue of the famous dog Ruswarp, pronounced 'Russup'; then it was on through stations with interesting names such as Langwathby and Kirkoswald. Some members went to the Castle while others visited the Cathedral, famous for the impressive east window, magnificent ceiling and wonky Norman arches: Some of the ladies managed to fit in a visit to a Museum and most enjoyed a meal at the Cathedral Cafe before the wonderful railway journey back to Ribbleshead.



Summer was super busy for **WHITE COPPICE WI** with much time and effort expended on creating a Community Garden at the 2026 Chorley Flower Show.

Inspired by the musical 'Wicked', the garden featured Glinda the Good Witch and Elphaba the Wicked Witch... > continued on next page



...AROUND THE WIs

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surrounded by their friends from Oz. In addition to gardening skills, an array of crafting skills was on display - from a beautifully painted backdrop to a handmade scarecrow, a shiny tin man, a knitted bunny, knitted cats, carrots and spiders, pipe cleaner butterflies and decorated spellbooks to a troop of crocheted flying monkeys. All the hard work paid off when the garden received a Gold Award. Amongst the many visitors to the garden was Hiroshi Suzuki, the Japanese Ambassador to the UK accompanied by Sir Lindsay Hoyle MP and Chorley Mayor Debra Platt. On Day 2 White Coppice WI were joined by colleagues from Buckshaw Village WI who helped with telling visitors all about the Women's Institute.

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The Wish Centre has supported people affected by domestic abuse in Blackburn since 1989, providing safe accommodation, counselling, CBT, specialist mental health support and practical advice for adults and children. Over the past 15 months, **WITHNELL FOLD WI** has developed a close partnership with the Women's Refuge through Senior Refuge Worker Lisa, who shares monthly lists of urgently needed items. Members



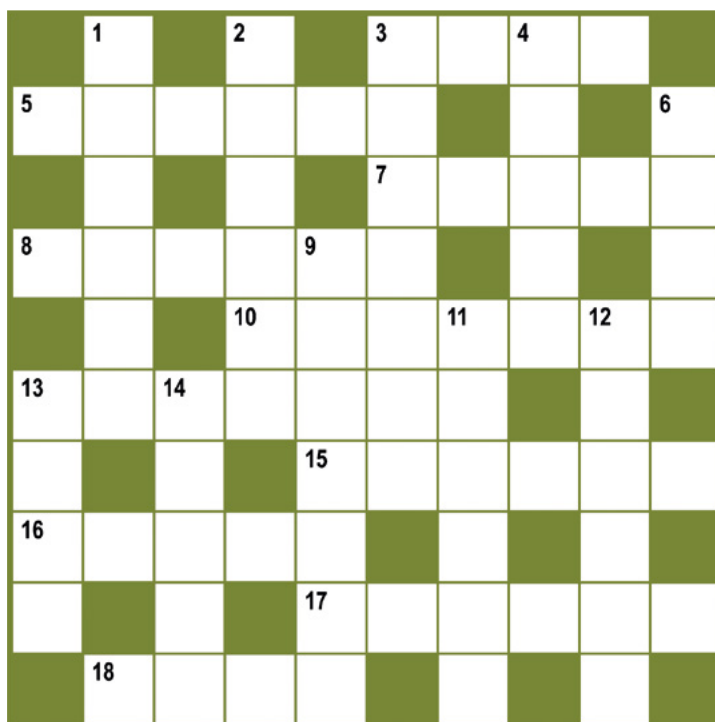
regularly donate essentials, from food and toiletries to bedding, toys and clothing, with toilet rolls remaining one of the most requested items. Members have

also raised funds and volunteered their time. A knitted Nativity set raised £288, while weekly craft sessions taught knitting, crochet and macramé, offering residents valuable skills and companionship. In addition, WI members donated £1,200 directly to the Refuge and gave each of the 22 children living there a £10 Christmas gift. Withnell Fold WI is proud to support The Wish Centre, helping provide comfort, dignity and hope to families rebuilding their lives.



Do you have a story to share? We'd love to hear your news. Take a look at **page 10** for details of how to contribute to Red Rose News.

CROSSWORD



Across

3. Money token; invent (4)
5. Sun-dried fruit (6)
7. Innocent; trusting (5)
8. Peels; swatches; lengths (6)
10. Cargo (7)
13. Overwhelms with noise (7)
15. Dull; starchy (6)
16. Gun; ransack (5)
17. Almost (6)
18. Fissure; niche (4)

Down

1. Elbow out; hustle (6)
2. Import tax (6)
3. Agreement; approval (7)
4. Finishing; cake decoration (5)
6. Length measures; ends of limbs (4)
9. Gift; now (7)
11. Pressure line on weather map (6)
12. Vastly; enormously (6)
13. Without light; sombre (4)
14. Horrible; dreadful (5)

Find the answers on page 8.



Do you have a story to share? See page 10 for important information about submitting editorial...



Flying Visits...



Well done to Ann Ward from **ACCRINGTON AND DISTRICT WI**. Ann had a Breast Cancer Day at her home, and with the help of donations of gifts, bottles and people making cakes, she raised a substantial amount for the charity

In September, **CROSTON WI** had a very interesting talk by Rob and Paul from Priscan Archaeology on Metal Detecting – how it's done, the rules and regulations, interesting finds and what happens to the items found. All enjoyed the interesting talk and browsing the artefacts that Rob and Paul brought along.

LITTLE THORNTON WI had a publicity stall at their local Horticultural & Craft Show - to let people know the WI isn't just about Jam and Jerusalem! There was a lot of interest and hopefully new members will be joining soon. At their August meeting, a representative from the charity 'Kindness Counts' told members how the charity helps those who need it and a young girl who had benefited from that help thanked everyone for their support by singing for them. A special raffle held at the meeting meant over £150 was donated to this very worthwhile cause.



At their August meeting, **LYTHAM BELLES** had an active lesson in keeping fit whilst having fun – a line dance workshop helped members

learn that there are really fun ways to stay active. Members could participate in the workshop with a partner, in a group or alone. Line dancing burns calories, as it works muscles and means people exercise without realising. Members learned some group dances with set choreography, following a step by step guide. Towards the end of the evening, members were able to dance along to entire songs and it was fabulous! A thoroughly entertaining and amazing calorie-burning session!



PEARLS OF POULTON WI had an afternoon learning to play croquet, finishing in true WI style with tea and

cakes in the pavilion. The green fingered ladies of their garden group also visited the Chelsea gold medal winning garden of Greg Anderton, Leafy Lytham; a fabulous afternoon of garden advice, and of course delicious strawberries and cake.



Following on from their visit in January, **LUMB-IN-ROSSENDALE WI** received an invitation from Rossendale Hospice to an afternoon tea in August. Thirteen members

attended and enjoyed a lovely afternoon. A donation of £138 was presented to the Hospice on the day. Members were encouraged to think about volunteering in the shop or cafe and about making items to donate all year round, rather than just at Christmas.



What better way to celebrate Wimbledon, summer and raise funds for charity than **WARTON CRAGG WI**'s Strawberry and Fizz Afternoon!

CELEBRATIONS



Sara Mason was the Guest of Honour at **TATHAM FELLS WI**'s 50th Anniversary Celebration on 14 July 2026. Sara cut the cake and said it was good to see the WI still going strong with many younger members.



Lifestyle & Leisure Team

I hope you have all been enjoyed the fabulous summer weather and you've been out and about with all your various WIs.

The Lifestyle Team have had a busy time organising the events for 2026. Sadly, the last event will be on 12th October where we will visit Bridgewater Hall for a guided tour. It's a fascinating hall with many secrets and stories to discover. So, put on your comfy shoes and come and join us. If you've been lucky enough to get a place - you will not be disappointed.

Although that's it for another year, we are continuing to seek out and organise other ideas/events for 2027 so please look out for the flyers and further information.

If any WIs would like to arrange an organised walk in their own area, please let one of the team know, as we haven't had one for a couple of years.

Kathy Gemmell - LIFESTYLE TEAM



HIGHAM HALL VISIT



In September, the third LFWI visit to Higham Hall was fully subscribed and a great success. Over 30 members came together for three days of crafting, garden visits or stitching, with lots of fun and excellent food and drink, as always.

Activities included: an

embroidery group stitching a cabochon brooch or pendant or a stump work pansy; a craft group making a variety of enamelled items including bowls, jewellery and plates; and an intrepid group who visited some wonderful Lakeland gardens in less than perfect weather. Regular stops for tea and cake helped the garden group to ignore the rain! It is Higham Hall's 50th anniversary year, so many lovely donations of raffle prizes were received from attendees, and the proceeds were donated to the Hall.

Pam Aspden - EDITORIAL TEAM & CROSTON WI

A BUSY SUMMER FOR BILLINGTON, LANGHO & DISTRICT WI



In June members visited the National Memorial Arboretum in Staffordshire, touring the site on the land train and hearing about each monument. They then had a delicious lunch in the restaurant, followed by time to wander around, look at the memorials in more detail and, of course, visit the shop. A wonderful and peaceful place - well worth the journey to get there.

In July they welcomed Simon McDermott, a fundraising officer for Alzheimer's Research, with a very informative and personal talk on Alzheimer's and Dementia through his and his mother's experience after his father was diagnosed. This condition is, sadly, affecting more of our lives. Simon provided information on recognising early signs, hopefully leading to earlier intervention.

In August, members welcomed Vanessa Flow Yoga, for a gentle introduction to chair yoga. They ended the meeting relaxed, calm and ready to face the world.

CROSSWORD ANSWERS

ACROSS

3. Coin 5. Tomato 7. Naive 8. Strips 10. Freight
13. Deafens 15. Stodgy 16. Rifle 17. Nearly
18. Slot

DOWN

1. Jostle 2. Tariff 3. Consent 4. Icing 6. Feet
9. Present 11. Isobar 12. Hugely 13. Dark
14. Awful



Two things happened on the same day recently, and it gave me pause for thought. I attended an event and bumped into somebody I hadn't seen for a long time. We were chatting and she laughed and said, 'I have missed seeing you.' It gave me the sort of warm fuzzy feeling that you would expect - she invited me round for a cup of tea at some point, and we went on our way.

Then later that day I was talking to somebody else about a workshop she had recently been to. She pulled a face and said. 'Yeah I enjoyed it, and I would probably do it again but...' and proceeded to tell me about another attendee who had complained for the entire day and made everybody else totally miserable and uncomfortable. So, while she really wanted to remember the day with excitement, the behaviour of one person in a group of 30 was totally overshadowing her memory.

So yes, be kind to people because you don't know what sort of a day they are having. But your actions go far beyond that. An unkind word or gesture isn't a fleeting thing, people remember the way you made them feel above everything else, and they remember it for a long time. You may have totally changed their lives without even knowing about it. Be the ray of sunshine and not the thundercloud.

Emma Gillinder – TARLETON WI

RECIPE: AUTUMN CUPCAKES OR MUFFINS

This bake uses seasonal vegetables – either pumpkin or butternut squash - to give these delicious muffins their moist texture. As an alternative there is also an easy savoury breakfast muffin for you to try.

PUMPKIN CUPCAKES (Makes 12)

INGREDIENTS

- 175mls sunflower oil
- 175g light soft brown sugar
- 3 eggs
- 1tsp vanilla essence
- 200g coarsely grated pumpkin or butternut squash flesh
- 100g sultanas
- 1 orange, zested
- 2 tsps ground cinnamon
- 200g SR flour or wholemeal SR flour
- 1 tsp bicarbonate of soda

Optional Frosting:

- 200g full fat soft cheese
- 85g icing sugar
- Small handful of toasted pecan nuts, chopped, to decorate

METHOD

1. Line a 12-hole muffin tin with paper cases. Heat oven.
2. Pour the oil into a large bowl with the sugar, eggs and vanilla. Whisk until mixed, then add the pumpkin or squash, sultanas and orange zest. Stir in the cinnamon, flour and bicarb. The mixture will be quite wet.
3. Spoon into the paper cases and bake for 25 minutes at 160C fan/ gas 4 until firm and springy to touch.
4. Transfer to a wire rack and cool completely. The cakes can be frozen at this stage for up to 4 months.
5. To make the frosting: Beat the cream cheese and sugar together and use to spread on cupcakes, decorate with pecan nuts. Will keep in the fridge for up to 3 days.



HAM & MUSHROOM MUFFINS (Makes 12)

INGREDIENTS

- 70g butter
- ½ small onion, finely chopped
- 80g mushrooms, finely chopped
- 360g plain flour
- 2 ½ teaspoons baking powder
- 25g cheddar cheese, grated
- 250mls milk
- 1 egg
- 80g smoked ham, finely chopped
- Salt and black pepper

METHOD

1. Preheat oven to 150C fan / gas 3. Place paper cases in a 12-hole muffin tin.
2. Melt butter in a small pan and fry onion and mushrooms until soft, add salt and pepper. Cool.
3. Stir dry ingredients together then whisk in egg and milk. Add onion, mushroom and melted butter and stir well.
4. Spoon into paper cases and bake for 30 to 35 minutes. Serve warm. Can be frozen and microwaved to warm through for 30 seconds.



WE'D LOVE TO HEAR YOUR NEWS!



We're always looking for news and events which will be of interest to our readers. To give your submission the best chance of being published, please take a look through our editorial guidelines:

- Take note of the submission deadline - items for the next newsletter must reach us by **Fri 6th Nov.**
- Email to **editorial@lfw.org.uk**
- Send items as a Microsoft Word document. Please note that PDFs are not suitable for inclusion.
- Include 'Item for Newsletter' as your email subject heading and be sure to include the name of your WI.
- Photos must be sent as a separate attachment.
- Please be aware that items might have to be edited.
- We cannot guarantee to publish every submission and the final decision lies with the Board of Trustees.

FLYING VISITS:

- Short snippets of news.
- Maximum 50 words.
- Photos are optional.

TRIBUTES:

- Maximum 50 words.
- No photos please.

NEWS FROM THE WIs & ORIGINAL ARTICLES:

- Please only submit **one** article per issue.
- If sending information on more than one activity or meeting, please include **all** of the information in a single email attachment.
- Indicative word limit per article - 150 words.
- Photo optional - if submitting a photo, please send **one** clear, relevant image as a separate attachment (please don't embed your photo in your word attachment).
- Please don't send photo collages as we cannot use these.



NEXT ISSUE:

The next issue is due for publication in w/c **14th Dec.** As well as your WI news, we would particularly welcome the following items:

- Charity make photos and reports.
- Recipes.
- A quiz for readers to complete (please provide the answers).
- Articles on your forthcoming activities/plans.
- Review of a book or film that you have recently enjoyed.
- Anything topical that other members might enjoy.

NOTES FROM THE EDITORS

EDITORIAL TEAM

Pam Aspden - Croston WI
Emma Gillinder - Tarleton WI

DEADLINE FOR SUBMISSIONS FOR ISSUE 6

Fri 6th November

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TRIBUTES



It is with great sadness that **ARKHOLME & DISTRICT WI** announce the death of stalwart member, Judith Greenwood. She was known for her friendship and calm support of all WI activities. Her amazing needlework abilities and knowledge will be missed by all.

It is with great sadness that **BILLINGTON, LANGHO AND DISTRICT WI** announce the passing of Maureen Topham. She was a much valued long serving member, spending many years on the committee and in the role of treasurer. Maureen will be remembered as a talented crafts lady with a gentle personality and a cheeky laugh.

It is with great sadness that **DUNSOP BRIDGE WI** announce the death of Sheila Mason. She was a founder member from 1947. As a stalwart and actively inspirational member, she will be missed by all.

With great sadness we report the death of Elaine Jones, an active member and President of the former **PENWORTHAM WI**. She was an active member in her WI before its closure and a keen supporter of the work of the WI.



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