

# Red Rose News

The Lancashire Federation of Women's Institutes



Issue 2 • 2026

## WELCOME TO THE SECOND EDITION OF 2026.

How fast time is flying! Thank you for all your contributions.

Spring is here, and we hope those of you who made it to the Council meeting in Lytham had a wonderful time.

As always, there has been so much going on for you to enjoy around the county and there are many more events planned. We hope to see you there, and remember to keep us updated with everything you have been up to.

Just a quick reminder that while we love hearing your news, we can only publish one article from each WI, so please make sure you check the deadline dates before sending in your contribution – we don't want people being disappointed.

*Emma & Pam*

EDITORIAL TEAM

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## A Message From Our Chairman

Welcome to the April edition of Red Rose News and to Spring – it's definitely in the air, but still cold on occasions. The spring flowers are bursting into life and there is blossom on the trees, but we are still getting frosty nights where I live (I hope my magnolia flowers survive!).

It was good to see so many of you at our Annual Council meeting in Lytham. A great rendition of Jerusalem as usual and interesting speakers, as well as a Makers Market and many certificates and prizes distributed. Congratulations everyone. Your WIs have all had the LFWI Annual Report to see what we have achieved in 2025. It makes very positive reading. A full report of the Annual meeting should be delivered to each WI by your delegate.

It has been a very unsettling time recently regarding the exclusion of transgender women from the WI. There have been different reactions from across the County and I am pleased to say that members have been very respectful of others' views, sharing opinions and at times agreeing to disagree with each other. As you are aware, following the Supreme Court ruling, the NFWI Board and National Council, made up of two representatives from each Federation, voted by majority to continue to be inclusive, but we have to abide by the law and be seen to be doing so – hence the new registration form which must be signed by everyone if they wish to continue their membership.

NFWI has launched the first cohort of Sisterhood Groups working alongside members for those wanting to include transgender women in their communities. More will be revealed in due course, but please contact NFWI if your WI is interested in running one of these groups or wants to find out more at [inclusion@nfwf.org.uk](mailto:inclusion@nfwf.org.uk). As the law and society evolves, so does the WI, and we must not break the law but must always demonstrate our values through our actions. Remember our Code of Conduct.

We have recently welcomed three new Board members: Shirley Bedford from Much Hoole WI, Jane Jackson from Cherestanc WI and Donna Shaw from Great Harwood WI, who have enthusiastically offered their services to carry on the good work of LFWI.

We have sadly said goodbye to Julie McAuley, our Treasurer for the past year, and the BOT thank her for her enthusiasm and commitment to the Board.

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Do you have a story to share? See page 12 for important information about submitting editorial...



## *...A Message From Our Chairman (continued from previous page)*



The NFWI Annual Meeting this year will see you enjoying the proceedings without having to travel again, as delegates normally do. You can all view it in

your home or at watch parties, but you need to book online to do so. I am looking forward to listening to the speakers and hearing about new initiatives for our WIs. Join in and enjoy the day.

A full report will be in WI Life and delivered to you by your delegate. Don't forget to tell her how your WI wants to vote on the resolution beforehand. The top two Resolutions chosen by members are:

1. Accessible public toilet facilities and
2. Action on Women's Homelessness.

Both of these will be put forward and voted on at the Annual Meeting and your WI will have two votes — you will not be voting one against the other. Watch out for more information in mailings from NFWI and LFWI.

The Clusters system is helping your WI officers learn new skills and pass on more information from LFWI. We hope eventually that it gives you the chance to network and join in activities with your neighbouring WIs. In June and July the next meetings will be about your WI Archives — please get involved if your interest is in this important topic.

*Heather Williams*

CHAIR

## *Scarlet Corner*

### *A Friendly Voice*

This lovely letter has been passed on to me and it reminded me of something I think I have mentioned before. That it is so easy to criticize when someone gets something wrong. It is the default mode when you are not happy with something to complain.

To want to take things higher, to want to speak to the manager, or someone else until you get what you want. Anyone who has worked in a public facing role will know how demoralising it is to have your decision over ruled just because someone shouts louder and makes a nuisance of themselves that the person dealing with them will agree to anything just to solve the problem when all they have been doing is following the policy.

Why is it so much harder to thank someone and pay them a compliment than it is to chastise them? What we need to do is normalise saying I really appreciate your help, thank you for everything you have done and you have done a good job, I know how hard you work. There are so many storms hanging over us at the moment close to home and further afield, let's get the ball rolling and spread as much happiness as we can.

*Emma Gillinder* - TARLETON WI



I recently had the need to phone LFWI office regarding information I SHOULD have been able to access online. I'm an octogenarian, though NOT a technophobe, but technology had defeated me on this occasion! Joy oh joy, when I was able to have a conversation with a friendly voice, and my problem was solved in seconds. Thank you Diane, it was just like old times. You are one of LFWI's treasures!

— Ashton on Ribble WI



Do you have a story to share? See page 12 for important information about submitting editorial...



# Around the WIs

MEETINGS, BIRTHDAYS & PARTIES...



**FRECKLETON WI** met on 13th January in the Village Hall. Michaela Bass (pictured) was presented with the Competition Cup for gaining the most points in the competitions during the year – a great achievement. They heard from Brian

Topping about Tales of a Customs Officer: a brilliant and entertaining talk about customs duties at Heathrow Airport. They heard about all the intricate and inventive ways people try to bring drugs and contraband into the country and how they are stopped by vigilant Customs Officers. They also learnt about a charity he supports following the death of his three-year-old grandson, called Sudden Unexplained Death in Childhood UK. Resolutions to go forward to the Annual Meeting in June (to become a mandate and form the basis of campaigns and educational activity) were discussed and voted on. The meeting ended with the normal social half hour and a quiz.



Sue Keady came to **LONGTON WI** recently to give members a taster session in the ancient art of Tai Chi. Originating in China, Tai Chi is rooted in martial arts, but these days it is practised around the world as one of the most effective exercises for health and wellbeing. Sue explained that Tai

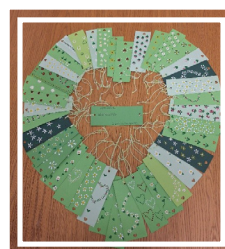
Chi is a series of low-impact gentle exercises that help create harmony between mind and body through slow and graceful movements. Members were later invited to follow Sue's elegant moves while they practised deep, deliberate breathing. At the end of the session, to a background of lovely relaxing music, Sue gave an impressive demonstration of Tai Chi at its highest level. It was easy to see why it is sometimes called meditation in motion. Namaste, everyone. Namaste.

The speaker at **BARTON WI** was Paul Blackett from Preston Street Pastors – part of a national project first started in 2003. Street Pastors are trained volunteers from local churches who care about their community. Patrols are carried out on Friday and Saturday nights from 10.30pm to 3.00am in Preston City Centre. They ensure the homeless are looked after and know where to find help. The main aim is to listen, care for and help people enjoying a night out in the pubs and clubs, helping everyone to stay safe. Patrols are also carried out on occasional Saturday afternoons on Makers Market days. On Friday nights, patrols take place in the early evening in the Plungington area of Preston. Time is also spent with young people on estates, calling into the shops, takeaways, pubs and clubs to chat with local people – all the time looking out for anyone in need. Volunteers wear a uniform so that they are easily identifiable and always go out in teams of three or four.



**LOWTON WI** enjoyed a fabulous afternoon tea on a wet and windy day in January. As it was the first time the members had met since the

beginning of December, there was a considerable amount of catching up to do – with the noise level that goes with it! There was also a great guitarist and singer to entertain, so a good time was had by all. They also enjoyed an evening of line dancing at their February meeting.



Last month, **LYTHAM BELLES** learnt how to make bookmarks for a powerful cause, with the #ShowTheLove2026 campaign in mind. Around 60 bookmarks were made and distributed to local libraries to raise awareness of the

campaign, which focuses on demonstrating love for our community and protecting it from climate change and the loss of nature. It was a great way for members to bond for a great cause, giving them the opportunity to learn a new skill while having fun.





## ...AROUND THE WIs

In March, **MAD WI** (Milnrow & District) enjoyed a talk by Neil Hammond on his trials and tribulations of being the landlord of the highest pub in England. Tan Hill dates back to the 17th century and is located at an elevation of 1,732 feet. The inn has been a vital meeting place for locals including miners, farmers and drovers. Today it is kept alive by walkers, as it lies along the Pennine Way, and remains an important meeting place for locals. The events group also enjoyed an interesting visit to Elizabeth Gaskell's House in Manchester, exploring how she lived and the books she wrote. A refreshing afternoon tea rounded off the day.



Mahmood Ahmed described his experiences as a Police Officer to **ECCLESTON WI**, giving his reasons for joining, explaining why many advised against it, and detailing the various challenges he faced. He received national recognition for his work, becoming a voice for those unable to speak for themselves.



Members enjoyed a demonstration and tasting of Cuckoo Gin, inspired by the Lancashire folk tale about villagers who tried to trap the first cuckoo of spring by building a stone wall around it, believing this would make summer last forever. The locals became known as "Brindle

Cuckoos". The award-winning gins are distilled using fresh spring water from an artesian aquifer in a nearby field and locally sourced natural ingredients.

The very successful Winter Warmer was well supported by Ecclestone residents, who enjoyed home-made soup, a bread roll, WI cakes, and tea and coffee. There was a hamper to be won, a raffle, tombola and home-made cards to buy.



At the beginning of the year, **WHITE COPPICE WI** enjoyed a visit from 'The Captain' at Nautilus Gin Experiences who hosted a tasting event.

In February, resuscitating the heart was the meeting's focus when Chorley's Angels First Aid Community Group delivered an informative demonstration covering emergency CPR procedures and the correct use of a defibrillator — a presentation which highlighted the WI's 'Bystanders can be Lifesavers' campaign.



Later in the month, Julie and Louise spoke at Stroke Association about the WI and its mission to empower women through education while offering them opportunities to socialise and contribute to society. Activity for the first quarter was rounded off in March with another popular craft evening, where several members hosted a table to share their crafting skills.



**VIADUCT VIOLETS** had a terrific turnout in February for their newly named Bistro Belles. Twenty-one members met up and supported a local business, Blossoms by Courtyard, for a delicious brunch. They were joined by new and old members, conversation was

flowing, the food was delicious and a wonderful time was had by all. They have their lovely treasurer, Kerry Hankinson (who's taking the selfie!), to thank for arranging some lovely places to meet up every month for breakfast, lunch, dinner, or afternoon tea. They are looking forward to their monthly meet-up and sampling some fabulous food.



Instead of their January meeting, **NORDEN WI** members enjoyed a wonderful meal out at the fabulous Martlet Kitchen at Rochdale

Town Hall. The food and service were excellent and everyone agreed it was a great night out.

As usual, the February meeting was a Members' Evening. A chance to discuss issues such as the Code of Conduct and general arrangements for meetings was followed by a successful tombola.

At the end of February, the outings group had a fun evening at the local bowling alley, held in the evening to include the newer younger members who work and cannot attend daytime events.

Looking at the results, it seemed to prove the point that some members had had a "misspent youth"!



In January, **RIBBY WITH WREA WI** members welcomed Brian Topping as their first speaker of 2026. Brian's subject was Tales of a Customs Officer. Brian had worked at Heathrow and Manchester Airports during his career.

In February, when the arranged speaker could not be contacted, members enjoyed a fascinating talk from a local villager, Edwina, about living and teaching in Saudi Arabia. When she and her husband had two children under five, he was posted to Saudi Arabia, which turned out to be an amazing experience for the whole family. She described the excellent school facilities, where children from 47 nationalities mixed together, weekends camping in the beautiful desert, and other adventures.



**ECCLES CAKES WI** were recently awarded a Citizens Award by the Mayor of Salford in recognition of their work bringing the local community together to create a striking poppy exhibition for Remembrance Sunday

2025. The project united multiple community groups to produce poppies in a variety of formats, from initial creation through to the final assembly of the display. It involved countless hours of cutting, sticking, gluing, knitting, crocheting and painting by a dedicated team and committed community groups. The finished exhibition took pride of place in the window of Eccles Library, where it was displayed for the community to enjoy in the lead-up to, during and after the Remembrance celebrations. The dedicated volunteers were treated to afternoon tea in the Ceremonial Mayor's Parlour and presented with a certificate and a beautiful glass keepsake.



**MOSS SIDE LEYLAND WI** were invited to David Wilson Homes' show home at Leyland's Centurion Village in February to

enjoy a wreath-making workshop with Michelle from Leafy Couture (Craven and East Lancashire).

Under Michelle's guidance, they used a wire frame and moss to make a wreath with a choice of spring bulbs, foliage and flowers to attach and weave in. Each wreath was beautiful and unique and they were proud to take them home for their doors. Kept moist, they can be refreshed over time with fresh flowers and foliage, to enjoy for weeks and months to come.



January saw a very well-attended meeting for the **AINSDALE NATTERJACKS**. Due to the speaker not being able to attend, the President hosted a Beatles-themed quiz. The Walking Group enjoyed their first walk of the year at the Velvet Trail, which covers part of the Ainsdale and Birkdale Sandhills Nature Reserve taking in some of the coastline, and 34 members enjoyed a delicious meal at Auberge restaurant in Southport. The February meeting was very lively, with guest speaker Jean Finney showcasing the amazing Joyce Grenfell. Jean entertained them with many sketches, and her quick costume changes were most impressive. At the meeting, the craft group displayed a wonderful blanket made up of knitted and crocheted squares, made by the members, which will be donated to Ormskirk Hospital Paediatric Unit. Members were also shown medical bags that had been made by one of their crafters, Liz, which were donated to Queenscourt Hospice. The February walk began at Formby Station and proceeded to Cabin Hill, a local nature reserve. After a very pleasant four-mile walk, they stopped for refreshments before returning home.



**BALDERSTONE & DISTRICT WI** had a very interesting and informative talk from Matt Postlethwaite and Ian Pilling from United Utilities, which was extremely topical considering the problems local residents have recently had with water supplies. They outlined the business plan for the next five years, including the particular considerations for the North West: Victorian sewers, extreme differences in affluence, environmental protection schemes, a current 54% combined systems network, growing populations, climate change, diverse communities and growing expectations. The planned work will be the largest investment in infrastructure for 100 years. Some of the large projects were discussed, including the Haweswater Aqueduct, and there is a possibility of a future project visit for members.







The phrase "every day is a school day" certainly rang true at **LONGTON WIS** recent meeting when Professor Ted Smith was invited to talk on the theme of "stranger than friction". Professor Ted introduced members to tribology, the science and engineering of understanding friction. A

series of cartoon slides showing a woman leaving the house to go on a skiing holiday helped to illustrate how friction is relevant to everything we do: the shoe in contact with the pavement, the car tyre in contact with the road, and so on. Without friction, Samuel Arkwright could not have transformed the cotton industry. Professor Ted's work at the University of Central Lancashire, in the field of mechanical engineering, is focused on the internal combustion engine — by finding ways to reduce friction, wear can be reduced too. A moving song with guitar accompaniment brought the fascinating talk to an end.



**HUTTON & HOWICK WI** started 2026 with a "Talking Tables" session, discussing the proposed Resolutions with members then casting their

votes. A couple of weeks later, they enjoyed their Annual Lunch at The Fat Italian, Burscough — an excellent meal in good company as always. It is fair to say that the last year has been difficult, with closure seeming imminent due to lack of officers, but fortunately a recent influx of new members meant that at the AGM in March, members were able to celebrate the continuation of their WI. The enthusiasm of these new members, together with the loyalty of existing members, means that the future of Hutton and Howick is assured as they look forward to their 108th year. The craft group felt that the number 108 would be a fitting total of knitted red poppies to send to the Standing with Giants organisers — this was achieved and more, with a total of 150 assorted poppies posted off to this wonderful project.

**GREAT HARWOOD DISTRICT WI** members were delighted to present Hayden Harrington from Northwest Air Ambulance with a cheque for their funds in February 2026. The donation came from the profits of an absolutely fabulous Autumn Craft Fair held at Trinity URC in October 2025. A dreadful day weather-wise, but the turnout was spectacular, with the Mayor and Mayoress of Hyndburn spending two full hours chatting to stall holders and being very complimentary about members' cakes and refreshments. Visitors went home with bags full of biscuits, cakes and beautiful Christmas gifts. Hayden gave members a short talk on how the NWAA operates, outlining their remit to bring the hospital to the patient. 2025 was their busiest year on record, with 3,862 missions flown across Greater Manchester, Merseyside, Lancashire, Cheshire and Cumbria — and they are not government funded.



**Women supporting homeless women.**



Did you know that families escaping domestic violence and seeking sanctuary in a refuge are considered homeless? Neither did

the members of **GISBURN WI**, but they decided to adopt their local women's refuge and support the work they do in a small way, by collecting good women's and children's clothing and providing Easter eggs for the children. There are over 6,000 Women's Institutes in the UK and, fortunately, not as many refuges. Adopting your local refuge and supporting them in whatever way they suggest won't cost the earth, but will demonstrate women's support of homeless women and push it up the government's agenda. After all, isn't that what being a WI member is all about? The WI is a charitable organisation that empowers women to influence local and national affairs, campaigns on social issues and improves our communities. This fits the bill!





**BILLINGTON, LANGHO & DISTRICT WI** have started the year with a packed programme. In January they held their own games and quiz night, including stand-up bingo and pass the parcel – all good fun.

In February they welcomed Cheryl Sandford, who gave a talk on her experience of being on *The Repair Shop*. She brought along the brooch and necklace that had belonged to her Nanny and held such special meaning. The transformation is wonderful.

Members have also been busy contributing to the work of St Leonard's Guides, supporting the local food bank with borrow bags – 37 were sent. As the use of plastic bags is discouraged, fewer are donated to food banks, making it difficult for people to carry home donated food. These bags can be borrowed or given

to those who use the facility. A very worthwhile cause. Additionally, members have made and sent off 143 poppies in response to the NFWI appeal for the Standing with Giants Installation.

## Flying Visits...



**ST ANNES ON SEA WI** celebrated Christmas again with their late Christmas meal – a lovely occasion at the Glendower Hotel in St Annes, with a fun quiz

after eating and lots of chat with their new members. One of their talented members did all the flowers for the table, and one lucky lady took the arrangement home at the end of the afternoon.

**BANKS WI** held their first meeting of 2026 on Thursday 8th January. Unfortunately, due to a bad weather forecast, the meeting was rather low on numbers. The speaker was Barbara Eyes, who spoke about the evolution of bathrooms – especially the various ways of coping without an indoor bathroom. It brought back many childhood memories for most members. They discussed the Resolutions for this year and votes were taken. The winning Resolution was "Accessible public toilet facilities to promote dignity, health and social inclusion."



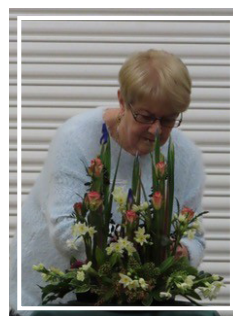
Following the request from Standing with Giants for WI support with poppies for 2026, **LUMB-IN-ROSSENDALE WI** has posted off two separate

packages, one of 100 and one of six, making a grand total of 106 handmade poppies now on their way to Normandy, where they will be used in the restoration of the plinths.



One of the lovely committee members at Lumb-In-Rosendale WI created this beautiful collage to celebrate

Show the Love, the nationwide annual campaign by the WI and other organisations to raise awareness about the climate and nature crisis.



On 19th February, members of **SIMONSTONE WITH READ WI** enjoyed a fabulous flower arranging demonstration by two of their members, Judith Bennett and Alison Eddy. The four arrangements created were all very different and all extremely beautiful. The aim was to show what can

be done with a bunch of supermarket blooms, and Judith and Alison also gave advice on foliage that can be found whilst out walking, as well as tips on cutting stems and using foam and containers. Four lucky members were able to take the arrangements home when their numbers were drawn in the raffle.





# Flying Visits...



**CROSTON WI** celebrated their 77th birthday in February with a brilliant buffet made by members and a delicious cake baked and expertly decorated by former President and longstanding member Anne Sandwell. Anne is pictured cutting the cake, together with current President Debbie

Reynolds. Entertainment was provided by the multi-talented Rachel Dixon, who leads the local and very popular Croston Singers. Everyone enjoyed her medley of songs old and new — especially her renditions of Victoria Wood's iconic Lancashire ballads.

Bill Deller told members at **TATHAM FELLS WI** that early farmers near Settle were of Turkish origin. At that time the whole country was covered in trees; the farmers made clearings, planting seeds in the fertile ash. Bill had discovered that the women had suffered from lower back and knee problems, probably from bending to plant and harvest crops and kneeling to grind grain. Women at that time did not live as long as men, and no one lived to be over 45. Their cooking methods were interesting: having no metal pots to put on the fire, they used stones heated around the fire, transferring them back and forth to a stew held in a leather cooking pot. Using stones also, they dug a pit, placed in hot stones to surround meat encased in dough, then covered the pit with soil and dug it out when the meat was cooked.



**STAINING WI** enjoyed an informative and light-hearted talk and demonstration on how to make soap, bath bombs and shower gels with Matthew from Tiger Muffin Soaps.

Matthew is based in Formby and would love to visit more WIs in the area.

## COULD YOU BE A BUDDY?

Have you thought about starting a buddy system like **GREAT HARWOOD WI** for those members who do not have access to emails?



Buddies can share any communications and information they think may be relevant or important, assist with booking events and even printing off newsletters.

Please also consider printing off a few copies of the newsletter to have available at meetings.

Remember – sharing is caring – so be a buddy.

## BARTON WI GO FORE IT



*Ladies from Barton WI enjoy an afternoon of crazy golf*



Do you have a story to share? See page 12 for important information about submitting editorial...





## RESOLUTIONS

While we all wait with bated breath for the announcement of the resolution vote for 2026, I can tell you that the most popular of the 5 shortlisted resolutions among our Lancashire Fed WIs was 'Accessible Public Toilet Facilities' with 1499 votes, while 'Action for Women's Homelessness' was the second most popular with 1001 votes. A big THANK YOU to all members and WI's who returned votes. We did see a slight increase in the number of votes returned, but I urge everyone to use their votes please!

We are having a resolution briefing for the proposed resolution at Croston House on Friday 24th April at 10.30am, where there will be additional information and hopefully a speaker to share expertise and answer any questions that we may have. This will help us make an informed choice when we vote for/against in May in readiness for the Annual Meeting final vote.

I look forward to meeting you then.

*Janette Sharp*

RESOLUTIONS CO-ORDINATOR

## SPEAK SOFTLY, LOOK CLOSELY

In intimate skin we rarely name,  
A quiet change, a tender pain,  
Each year one thousand, four hundred hear,  
A diagnosis wrapped in fear.  
Most are over sixty years,  
Yet age should never silence care,  
A lump, swelling, bleeding unexplained,  
Or lingering pain that still remains.  
To look, to touch, to truly see,  
Is not a shame, but dignity,  
Self-checking is an act of grace,  
A way to guard this tender place.  
Break the taboos, speak clear and soon,  
The body's signs are not immune,  
When caught in time, hope still endures,  
Eight in ten can find a cure.  
So take a moment, calm and kind,  
A little mirror, peace of mind,  
A regular look, a caring check,  
Is self-respect — and self-protect.

*Jacky Ramage*

ANSDELL & FAIRHAVEN WI

## MAKE & CREATE



### BEGINNERS WATERCOLOURS

The Beginners Watercolours workshop organised by the Make and Create Team gave the attendees the opportunity to dig out the watercolours, brushes and palettes that had been lingering in the back of a cupboard. Some held sentimental value as they had belonged to family members.

Nicky Robertson provided an excellent workshop with lots of tips and advice. Who knew that Prussian Blue should be used instead of black to darken a shade of a colour?

Most attendees were complete beginners, whilst others had lots of painting experience with other mediums but there is always something new to be learnt.

Fruit and liquorice allsorts were the subject and lots of advice on brushes to use and mixing colours. A very enjoyable workshop.

*Make & Create Team*



## PUBLIC AFFAIRS – CLIMATE

### A MILLION ACTS OF HOPE

13-20 MAY

Watching the news or looking at your social media feed, it's easy to believe that the UK is more divided than ever. The voices of those who seek to spread hate, harm our communities and separate us are loud and amplified by social media where outrage is promoted.

But the reality is millions of people across the UK show up for each other, their neighbours and their communities every single day. From litter picking in parks to donating stuff to food banks, coaching our kids' sports teams or organising field days - acts of hope and kindness happen all the time.

These stories are too often left untold. So, in May 2026, the WI along with many other community and faith groups, plus charities big and small, will come together to celebrate and inspire A Million Acts of Hope across Britain. Let us know what you're planning and do send us your photos.



### GREAT BIG GREEN WEEK

6-14 JUNE



The WI was one of the founding organisations of the Great Big Green Week, the UK's biggest celebration of action to tackle climate change and protect nature. Many of our WIs organised events during last year's Great Big Green Week. What are your plans for this year?

A clothes swap? Maybe a cookery demonstration using local plant-based products? A visit to your local recycling centre? Planting up a vegetable bed in your village? Organise a 'bunting bash' where members and friends come together to create bunting out of scrap fabric to decorate your meeting space? Or what about the classic jumble sale where your junk might be someone else's treasure? #ReduceReuseRecycle.

Don't forget to invite your local councillors and your MP along to any events you're organising. Share your ideas and share the joy of 'acting for good' with them. And do take lots of photos and share them with us.

*Maria Gee*

PUBLIC AFFAIRS TEAM

## LIFESTYLE & LEISURE



What a wet and windy winter we are having, I'm sure we will end up with webbed feet. But do not despair, spring is on the horizon, and we have lots to tempt you in the next few months.

### ARCHERY

Have a Go at Archery is the first on the agenda in April. This is a 1½ hour archery session with full tuition by experienced archers.

### GUIDED BIRD-SPOTTING

In May we have a self-drive visit to RSPB Leighton Moss event, those webbed feet will come in handy!!! Here we will have a talk about Leighton Moss and the RSPB followed by a guided walk where we hope to see a spectacular range of birds and wildlife.

Please keep at look-out for our other events planned for later in the year, we look forward to seeing you at them.

*Kathy Gemmell*

LIFESTYLE TEAM





# RECIPE

## MARINATED LOIN OR LEG OF LAMB WITH A REDCURRANT & CAPER SAUCE

This recipe can be used for either a leg of lamb or loin medallions of lamb. The marinade needs to be rubbed into the meat and refrigerated for at least 24 hours to benefit from the flavours. The recipe can be scaled down if only cooking for 2 (I would use loin of lamb for 2 people).

### INGREDIENTS

- Either 1.2kg+ leg of lamb or 700g loin of lamb off the bone.
- Marinade: 3 tablespoons French or Dijon mustard
- 1 tbsp dried rosemary
- 1 tbsp olive oil
- 1 tbsp soy sauce
- A pinch of ground ginger
- 1 clove garlic, peeled and crushed
- Sauce: 500mls water
- 2 lamb stock cubes
- 2-4 tbsps redcurrant jelly
- 1-2 tbsps capers
- 2 teaspoons cornflour mixed with a little cold water
- To serve: 6 x 7.5cm croutons made with white bread, dipped in chopped parsley or mint on the edges

### METHOD

1. Mix the marinade ingredients together and smother the lamb on a shallow dish. Cover with clingfilm and refrigerate overnight. Re-smother the lamb with any marinade that is in the dish.
2. Heat the oven to 200C/gas 6. Take the meat out of the marinade and place in a roasting tin, cook the leg for 40 minutes per Kg plus 20 minutes or the loin for 20 minutes if you want the meat pink (a little longer if required)
3. Make up the stock cubes with boiling water and boil for 5 minutes to reduce and enhance the flavour, add the redcurrant jelly, salt and pepper to taste.
4. Add the cornflour mix and bring to the boil, add the capers.
5. Make the croutons by grilling and dipping edges in herbs.
6. Slice the loin meat into medallions and serve on a crouton, OR carve the leg meat and serve on croutons.
7. Pour a little sauce over and serve with Dauphinoise potatoes and a selection of vegetables. Serve the extra sauce in a jug. Serve with plain boiled rice and stir fry vegetables.



## QUIZ (answers on p12)

1. Which flower is traditionally associated with Easter in the UK, often displayed in churches and homes?
2. Which British monarch reigned for the longest time in history?
3. Which country is credited with originating the tradition of the Easter egg hunt?
4. How many strings does a standard violin have?
5. Hot cross buns are traditionally eaten on which day of Holy Week?
6. In which year did the Titanic sink?
7. How many moons does Saturn have (to the nearest 10)?
8. In which sport would you perform a 'Fosbury Flop'?
9. How many sides does a heptagon have?
10. Stilton cheese can only be produced in three English counties. Can you name all three?
11. Which country gifted the Statue of Liberty to the United States?
12. Which bird is traditionally the first to be heard singing at dawn in a British spring morning?
13. Which element has the atomic number 1?
14. What is the name of the bear in Rudyard Kipling's 'The Jungle Book'?
15. How many time zones does Russia span?
16. In what year did the Berlin Wall fall?
17. What is the name of the deepest lake in the world?
18. Which UK city is known as 'The Granite City'?
19. 1, 11, 21, 1211, 111221, ...?
20. What are the three main ingredients in a traditional Welsh rarebit?



# 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 **Thurs 7th May**.
- 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 week commencing **8th June**. 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 you think other WI members might enjoy reading about.

## NOTES FROM THE EDITORS

### EDITORIAL TEAM

Pam Aspden - Bretherton & Croston WIs

Emma Gillinder - Tarleton WI

### DEADLINE FOR SUBMISSIONS FOR ISSUE 3

**Thurs 7th May**

Email: [editorial@lfw.org.uk](mailto:editorial@lfw.org.uk)

## TRIBUTES



It is with sadness that **BANKS WI** announce that Marion Johnson a former member, passed away at Christmas.

It is with great sadness that **BILLINGTON, LANGHO & DISTRICT WI** announce the passing of Lillian Hargreaves on 22nd January aged 88. Lillian was one of the earliest members of the Branch and served as President and committee member. A very talented crafts lady who inspired everyone to enter the competitions. She will be fondly remembered for her wonderful cheery personality who no one could say no to. But most of all for the way she ended meetings with her stories, sending everyone home upbeat and with a smile on their face.

It is with great sadness that **TARLETON WI** announce the passing of former President Anne Merrills on the 6th March at the age of 87.

**BANKS WI** are very sad to announce the death of long serving past member June Parkinson and member Barbara Webster

### Quiz Answers

1. The Lily (Easter lily) 2. Queen Elizabeth II (70 years) 3. Germany 4. Four 5. Good Friday 6. 1912 7. 146 Confirmed Moons 8. The High Jump 9. Seven 10. Derbyshire, Leicestershire & Nottinghamshire 11. France 12. The Robin 13. Hydrogen 14. Baloo 15. 11 16. 1989 17. Lake Baikal (Russia) 18. Aberdeen 19. 312211 20. Cheese, Mustard & Beer



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

