

# Red Rose News

The Lancashire Federation of Women's Institutes



Issue 4 | July / August 2022

## Welcome to the July/August edition of Red Rose News - your LFWI newsletter.

We are delighted to have received so many interesting contributions, particularly with regard to the platinum jubilee celebrations. You all certainly seemed to have a lot of fun. It was difficult to choose from the many lovely photos sent in, but we've given it a go! Keep those articles coming in – you are bringing our newsletter to life.

*The Editorial Team*

## NFWI 2022 ANNUAL MEETING – LIVERPOOL

The NFWI annual meeting was in Liverpool on a very blustery June day - a great occasion, made all the better because it was the first in-person meeting for two years. There was a great buzz and everyone was in fine voice for the singing of Jerusalem. In her address, the Chair spoke of the challenges of the past two years, but also the opportunities, including the option for members to attend the meeting remotely and the move to more electronic communications, promoting diversity and opportunities for engagement, but with plans in place to support members who need to use traditional forms of communication.

The morning speaker, Kate Garbers, Founder of the anti-slavery organisation, Unseen, gave a powerful talk on modern slavery, the forms it can take, how widespread it is (even in the most unlikely of communities) and how members can look out for signs.

The public affairs resolution 'Women & Girls with ASD & ADHD - under-identified, under-diagnosed, misdiagnosed, under-supported' was debated, with powerful accounts from the proposer and seconder and input from the expert speakers. Members were unanimously supportive and many gave testimonies about themselves, their children or grandchildren. The resolution was carried by 96.5% of the vote.

The afternoon speaker, Sarah Clarke OBE, described her long career in sports management (including 32 Wimbledon championships and becoming championship director in 2013). Sarah was appointed as Black Rod in the House of Commons in 2018 and described it as a dream job. The ceremonial part of the role with the State Opening of Parliament is only a small part of the role, which includes many administrative duties. As the first female Black Rod, she is proud of being able to open up aspirations for women and she attributed her success in large part to her parents' encouragement.

The meeting closed with a rousing rendition of the national anthem. Information about next year's meeting will be announced after reflection on the day and input from members on what form they would like the meeting to take. However, if there is a face-to-face element, it will be in Cardiff.

*Pam Aspden - The Editorial Team*

## A Message From Our Chair

I hope now we are all getting back to face-to-face meetings again. I know for some members this has been a difficult time. WIs and the LFWI are finding events are not being supported as much as pre-pandemic. Hopefully members will soon begin to feel comfortable, and we can get back to over-subscribed events. We just need to put that first toe back in the water. Our teams at the LFWI are working so hard arranging events - please support these and look out for news of what's coming up.

WIs celebrated the platinum jubilee in style. It was great to join in the festivities. Following on from the celebrations, we saw a coach travel to Liverpool for the national annual meeting. If you attended as delegate or observer for the first time, I hope you enjoyed the experience and will attend again. Each meeting is different, but to be amongst all those members from across the country still gives me goosebumps, especially when you hear that first note of Jerusalem.

If you are the MCS rep for your WI, please make sure your records are up-to-date. National use these to collect data on membership numbers. The reason we ask WIs to send in their membership subscriptions on time is to enable us to pay the correct number of national subscription portions. If you have members who sadly have not re-joined, their records need removing. Pat Forder, our Lancashire MCS Lead, is a whizz on MCS, and she will happily help with any queries.

Now as the sun has started to shine, I hope your sunflower plants are thriving for the Chairman's Challenge. After a shaky start, mine are growing. It must have been all the talking to they received. Dave says he knows the feeling!

*Jackie Hobson -  
Federation Chair*



With so much planned for the coming months, make a note of these dates to make sure you don't miss out.

**What: IFE Training Day**

**When:** Saturday 20th August

**Where:** LFWI Offices, Leyland

**Booking:** Available to book now

**Cost:** Free of Charge

**What: Walking Treasure Hunt**

**When:** Wednesday 31st August

**Where:** Gregson Lane Community Centre

**Booking:** Book before Thursday 28th July

**Cost:** £10

**What: Creative Crochet**

**When:** Friday 9th September

**Where:** LFWI Offices, Leyland

**Booking:** Available to book from first week in July

**Cost:** £20

**What: Sew a Peaky Blinders Cap**

**When:** Saturday 10th September

**Where:** LFWI Offices, Leyland

**Booking:** Available to book from first week in July

**Cost:** £20

**What: County Show Preview Dinner**

**When:** Tuesday 20th September

**Where:** Best Western Garstang Country Hotel

**Booking:** Book using postal form sent to WI Secretary by Thursday 1st September

**Cost:** £23

**What: LFWI County Show**

**When:** Wednesday 21st and Thursday 22nd September

**Where:** Best Western Garstang Country Hotel

**Booking:** Book tickets before 12th September

**Cost:** £4 (online early booking)

## 200+ CLUB

It's time to renew your subscriptions to the 200+ Club! We want to say a huge thank you to everyone who has supported us this year. The remaining money assists the Federation to host interesting events for you at reasonable cost. So winners all round.

Membership is open to individual WI Members only, not WIs, and the fee is just £10.00 per year, or if you join with a friend, just £5.00 each, but do remember to put just one member's name on the Application form. So, why wait? Join now!!

If you wish to join for 2022/23 please see your WI Secretary, who will have all the necessary information. (Closing Date: Monday 12th September 2022)



## DIARIES AND CALENDARS

Orders are now being taken for the 2023 WI Diary and the 2023 Calendar.

The 2023 diary is packed with information a WI member needs, including WI contact details, notable WI events, Federation details, week to view pages, etc. Next year's diary will have a RED cover that is completely recyclable, which makes the whole diary recyclable with the exception of the ribbon.

The 2023 calendar features photographs capturing a selection of crafts by Lancashire WI members with a short narrative on the reverse of the photo.

The price of the diary is £7 and the calendar is £5. Please see your WI Secretary if you wish to order either or both. (Closing date for orders Thursday 25th August 2022)

## USING MY WI

My WI is the dedicated website for WI members. Here you will find everything you need to get the most from your membership – from essential information and advice for running your WI, to campaign action packs and special interest projects (cooking, crafts etc) for you to try. It is particularly useful for any new members and those who may be on their WI committee for the first time.

If you have not registered for My WI yet, please go on to the NFWI website ([thewi.org.uk](http://thewi.org.uk)) and click on the My WI icon at the top of the page and follow the How to Register instructions on the next page, using the email address associated with your account on our WI Membership Communication System (MCS). It is important to ensure that this is correct – please check with your MCS rep to make sure that it is. You can then set up your own password and then follow the instructions on the page. There is a very useful video which provides a step-by-step guide on how to log in to My WI.



# Around the WIs

## MEETINGS, BIRTHDAYS & PARTIES...

**BROMLEY CROSS WI** have shown their support for Ukrainian families. Thanks to the generosity of the members, gifts of essential toiletries and money towards furnishings were presented to Rev. Carol Hayden of Walmsley Parish Church. The donations were passed on to two families moving from Ukraine to Bromley Cross. They are hoping to plan fundraising events to continue supporting these families in the future.

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**GREAT HARWOOD DISTRICT WI** listened to Linda speak about her mother, Margaret Sherlock, who - at 92 - is the UK's longest working hairdresser. A determined and resilient character, she paid £15 to become an apprentice hairdresser when perming took hours using metal curlers, shampoo was bought, and setting lotion was laboriously made. There were no hairdressing jobs, so she trained as a nurse, moved to Chorley from rural Ireland and opened her present shop in 1956. Hair styles have changed over the decades but Margaret can still do curly perms and 1940's finger waves if required. Linda has written '*Shampoo and Set*', sold in aid of Rosemere Cancer Foundation, and her mother has appeared on Radio and TV.

Two members also gave a talk about their own experiences as long-term carers for older relatives. They have been in social work for years, but it was an emotional experience when personally involved. Their not-for-profit book, '*The Rollercoaster of Care*', provides information to carers using their own and others' experiences. The book shows what to expect at the various stages of care and suggests coping strategies. Becoming a carer may happen slowly or suddenly. It will change relationships between the carer and the one cared for and will have implications for the carer's career, time for friendships, other family members and, possibly, the carer's health, as they may neglect their own needs. The talk finished with an appeal for more support for carers.

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Over the past twelve months, **GRINDLETON WI** have been raising money for Cafe Autisan at Whalley Abbey. This cafe provides training and support for adults with Autism and also provides outreach support to the wider community in the Ribble Valley and surrounding area. At their May meeting, a cheque was presented to Rachel Brown from the local branch of the Autistic Society, who was very appreciative of all the efforts that have been made in raising funds. She and her colleague Scott gave most interesting talks about their roles and the many ways in which they could support their clients - many of whom have learnt new skills and gained in self-confidence, helping them to overcome some of their difficulties. It was therefore a lovely coincidence that the meeting then went on to vote on this year's resolution about early identification of autism in females. The vote was unanimously carried.

**HAMBLETON WI** have a lot of news, which has also been publicised on their Facebook page. They have now formed a new Craft & Chat Club in the United Reformed Church every third Wednesday afternoon and started off with members bringing their own crafts, which included sewing a cushion with strips of t-shirts, bumble bees made out of black and yellow wool, embroidery, card making, knitting, crocheting and colouring. It's a nice place to be on a Wednesday afternoon so just come along for a cuppa and natter.

Their May speaker was Colin Gordon who brought along fabulous samples of his metalwork for gardens and homes and spoke about how he got to this point in his life. His metalwork comprises animals, nursery rhyme characters, coasters and bespoke lettering etc. A highly recommended speaker who would be delighted to do a presentation for any WI. Future plans include celebrating the Queen's Jubilee in style and in July, guest speaker Jackie Madden will be presenting Fashion Through The Ages.

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Exciting times for the **HEARTS OF HALTON**, with two members celebrating in May. First, Pat Armstrong who accompanied her friend, Pat Griffin, (nominated for services to scouting) to the Buckingham Palace Garden Party. Both have given many years to Scouting within Lonsdale District Scout Group. They had a lovely day despite the horrendous weather. Second, Amanda McGartland, the youngest Hearts member, who will become Mayoress of Lancaster at the end of May, supporting her mum Joyce Pritchard as Mayor. All members are very proud of Pat and Amanda and hope they have the time of their lives.

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**HOGHTON WI** are proud to say that member, Elaine Miller completed the final stage of the Camino Portuguese Route in May, raising funds for Space - their charity for this year. Elaine, who walked a total of 123 miles in seven days, said "It was an amazing experience and I met some extraordinary people along the way." The photo shows her proudly wearing her ACWW T-shirt. Space is the largest and most versatile multi-sensory environment in the UK offering a flexible environment for carers, families, therapists and teachers. Situated in Preston, it has three sensory rooms offering children and adults with special needs a series of virtual worlds adjusted to their personal needs. It builds confidence and motivation and is a self funding charity, regularly used by those with development delay, autism and profound multiple difficulties including brain injuries.





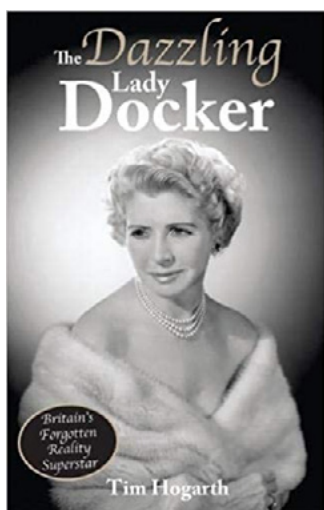
## ...AROUND THE WIs

**HOOLE WI's** trip to the National Arboretum in Staffordshire was a great success and the weather (which was ordered of course) was a big help! The electric buggies were also great, at a small hire charge. Members followed the river and saw the garden dedicated to the Special Operations Executive (SOE), the beautiful pony/horse monument, which was dedicated to all the animals, and the Pegasus bridge monument consisting of three planes within three circles, situated by a bridge on the river. They almost missed the new Sheffield monument, having passed it a little too fast, so they had to ask where it was. The day was rounded off by two picnics. There is a parking charge, but entry to the Memorial Arboretum is free.

### KENDRICKS CROSS

**WI** listened with much interest to the history of Lady Docker, a beautiful socialite who came from humble beginnings to marry no less than three millionaires. She was a colourful character who was banned from Monaco by Prince Rainier and her face sold more newspapers than Marilyn Monroe.

Kendricks Cross members feel that you can never stop learning, so if you want to broaden your mind and make new friends, why not go along to St Ann's Millennium Centre on the fourth Tuesday of every month at 7:15pm.



cold in uses a patterns members learnt how to stitch the asanoha (hemp leaf) or shippō (seven treasures) patterns using sashiko thread and needles from Japan Crafts. Some ladies also had purchased pre-printed kits, available in a huge range of patterns and colours and have pre-printed stitches on them. Sashiko has become very popular in recent years, and will even feature on this year's Great British Sewing Bee!

The **LIVERBIRDS WI** (Liverpool Central) craft club learnt about sashiko from Liz, one of their members. Sashiko is a Japanese form of embroidery which translates as 'little stab'.

Traditionally, indigo cloth and white threads were used to mend and reinforce clothes as cloth was rare and temperatures were northern Japan. Sashiko running stitch to create

that evolved as they were

from mother to daughter, and

## Flying Visits

### ATHERTON

**WI** had a very interesting and informative behind-the-scenes tour at the Octagon Theatre in Bolton with Alex, an



excellent guide. From that visit they are now going to see 'The Book Thief' and 'Brief Encounter' later in the year. The theatre is doing the behind-the-scenes tours over the next few months if any other WIs are interested. Priced at £3 per person, it is well worth a visit.

**BANKS WI** enjoyed a craft evening, when Charity demonstrated the making of a felt sunflower, a symbol of support for the people of Ukraine. The ladies then made their own sunflower badges.

**BARTON WI** had an interesting evening with Trish Bugeja, who began decorating eggs over 30 years ago. She explained the process of preparing the eggs, ready for decorating. Various types are used - ostrich, emu, and goose - with some of the more complicated designs taking up to 3 days to complete. Trish also crafts greeting cards from eggs, managing to produce 3 cards from every egg - a very talented lady.

### LADYBRIDGE WI

**WI** celebrated its 40th birthday recently with an evening of potato pie, birthday cake and wine. Eleven of the original members were there and received certificates, but five others were unable to attend. The president presented all the members with a commemorative pen and a good time was had by all.



red rose cupcakes.

### LANCASTER ROSES

**WI** enjoyed a special occasion in May, celebrating their 10th anniversary with fizz and delicious



## ...AROUND THE WIs

**OVER HULTON WI** members were thrilled to raise a substantial amount for their chosen charity, Bolton Mountain Rescue. Their own members, friends from the local Community Group, as well as other local WIs from Atherton, Lowton, Horwich, Ladybridge and Aspull and Haigh, all joined together for the fund raising. Members enjoyed being able to socialise again and thanked their WI, visitors and the staff at the Over Hulton Conservative Club, who all joined together for an enjoyable and valuable afternoon.

At **VIADUCT VIOLETS WI**'s April meeting, the President supported the Chairman's Challenge by giving all members a packet of seeds to grow their own sunflowers. This was apt, as the speaker was from the local Gardener's Association giving a talk on their work, how to get the best from hanging baskets, and the latest innovations in growing strawberries sustainably on a large scale. They can't wait to see the sunflower results!

**WADDINGTON WI**'s first outing after lockdown was a visit to RHS Bridgewater Gardens, Salford. They arrived in rather soggy conditions, looking rather bedraggled! After a warm and informative welcome by the RHS guide, the members spent a full day walking around and admiring the beautiful grounds. After enjoying tea and cake, they left

in glorious Spring sunshine, inspired to improve their own gardens.

The members of **WARTON CRAG WI** listened to an interesting talk by Ross Bullock on "25 years in a Vault", about his time working in a Bank, with stories from behind the scenes and what some customers got up to. At the May meeting, Francis King, a volunteer, gave an emotional talk about the work of Mercy Ships, which travel around Africa performing operations, all done by volunteers. Her talk also described the effect of the Pandemic on their work. For their small climate change project, the members are now collecting clean plastic bottle tops for a local company who make them into decorative plant pots and other saleable items. From three meetings, a total of four carrier bags full have been collected and they are now starting to collect blister packs.

**WITHNELL FOLD WI** were busy raising funds in support of the North West Air Ambulance when they joined Wildwood Days at Lodge Bank in Brinscall for

## ...Flying Visits

**LYTHAM GREEN WI** had a lively and interesting speaker at their May meeting, when Faye Kitching demonstrated the art of cheese making. Although her talks had been curtailed due to covid, the break had not hindered her ability to interest the members fascinating facts and lively humorous asides.

**PEARLS OF POULTON** had a charity collection for the local refuge. The response was tremendous and was gratefully received. The ladies had put together toiletries into small bags to be handed out to those in need.



**TATHAM FELLS WI** welcomed Pat Ascroft, who has just been awarded the British Empire Medal, to their June meeting, where she gave a very interesting talk on Arctic Dog Sledding. Pat has raised a record amount of money for Mencap by giving talks on the many challenges she has undertaken.

a day of fun and adventure, sponsored by the parish council. Whilst the tent was being put up, the midges thought the ladies were their breakfast buffet but fortunately they soon got fed up and disappeared! There were cakes of all flavours, Indian savouries/ snacks, homemade soft caramels, as well as a 'guess how many sweeties in the jar' plus a 'name the sheep' competition. The winning name for the sheep was Fluffy and surprisingly one young child guessed the exact number of sweets!

One of their members gave a bobbin lace making demonstration and encouraged people to try this beautiful ancient craft on a 'try me pillow', which proved especially popular with youngsters. Having recently relocated to the St Joseph's Community Club in Brinscall, the ladies felt this was a good opportunity to meet local people informing them where and when they meet.







Just recently I was able to send a 10kg sack of used stamps and other items to Recycling for Good Causes.

The scheme is happy to send out sacks for you to fill and you can add other items provided they are in separate bags. When the sack weighs 10 kg, you just ring them and they will arrange for it to be collected free of charge.

My sack was mainly filled with stamps which have been collected over the last few years and a few more weighty items. The amount raised for ACWW was a bit less than I had hoped – just over £22 but every little helps. As usual, this will go into the Maternal &

#### Reproductive Health WE Fund

However, ACWW has recently changed how it supports rural women all over the world. From now, ACWW's main enabling fund will be the Rural Women in Action Fund. Donations to this fund will support all of ACWW's work, from projects to advocacy to education and awareness-raising, with the hope that supporters come to understand how vital it is that all of these elements are connected and cohesive.

From 2023, the new projects model will commence, so please note that the deadline to send in your WE fund donation was 30th June. Any donations sent after this date will automatically go into the Rural Women in Action fund.

*Ruth Gibbons*

## MEMBERSHIP SUPPORT

Thankfully, things seem to be settling down and members are returning to WI meetings with a lot more confidence.

In May, advisers received 49 enquires from women wanting to know about WI and possibly join. We hear from WIs that visitor numbers are increasing too.

A programme which encourages our visitors and our existing members to stay should reflect the WI objectives, which are set out in the constitution (see MyWI), but every meeting should contain something educational about any of the subjects mentioned – which covers just about most things.

Getting speakers and ideas is difficult, so WIs are encouraged to talk to neighbouring WIs or even those across the UK. The Federation newsletter and yearbook also have some ideas.

'Partygate' is still in the news at No 10 and reminds us that a 'party' should not be the main item of a meeting or advertised as such. Your December meeting, which might include refreshments, could include an objective such as music, drama or another cultural subject.

As advisers we are really pleased to help you, so please contact us with any questions you might have.

*Ruth Grimley*



## REMINDER FROM THE EDITORIAL TEAM

If you want to get your WI news published, please remember:

### Flying Visits

Short snippets about a WI event or news item. Maximum 50 words. Photos not required.

### News from the WIs & Original Articles

Slightly longer. ONE submission only per issue, max 150 words. Photos optional – if submitted, please send ONE clear photo to illustrate the article.

### Tributes

Up to 50 words.

Please send your article in Microsoft Word to: [editorial@lfw.org.uk](mailto:editorial@lfw.org.uk) by the submission deadline, with your email clearly marked 'Item for Newsletter', with photos as a separate attachment.

Send items that will be of interest to other WI members.

Please be aware that items may have to be edited and any which miss the deadline will not make the final edit.

For the next issue of Red Rose News (September/October 2022), the deadline is:

**Thursday 4 August 2022**

*The Editorial Team*



# NEWS FROM THE LFWI TEAMS

## LEISURE ACTIVITIES TEAM

I hope you have all enjoyed the Platinum Jubilee celebrations. Arrangements are being finalised for our fish & chip supper/beetle drive at Barton Village Hall on Tuesday 26th July and we're looking forward to seeing you all.

On Wednesday 31st August we have another of our popular walking treasure hunts. This one is at Gregson Lane. A light supper will be provided by Gregson Lane WI members. Details of this event should be with your WI secretaries.

I am sure that there are plenty of WIs who organise walks for their ladies. Please let us know if you do as we would love to add these to our events list for the rest of the year.

Again, if you have lots of ideas for future leisure events, can I also ask you to consider joining our Team, we would love to meet you.

*Kathy Gemmell*

## SHOWS

As you can imagine, we are delighted that the 2022 County Show is to go ahead after three years. We know that members of your WI are not only being encouraged to enter but have been working hard making items. We are hoping for lots of entries to make a colourful display for visitors to view and admire at the BW Garstang Country Hotel on Wednesday 21st & Thursday 22nd September. Please check the schedule for the crucial closing dates/times and emails.

The novice section is for members who have not entered the show before. The three classes are relatively easy to achieve but if you have not entered before it can be a bit daunting. Remember whichever classes you choose, have fun. Experiment with different flavour blends (maybe something out there to surprise the judges) and different ways to present them. Hold a summer garden party 'bake sale/I made this' for novice and non-novice entries to raise money.

Amigurumi animals come in all sizes and colours. Make hundreds, choose the best for the show then send the rest to children's charities or local churches for Christmas presents. Remember, too, that most members could make a teddy in the charity section!



*Dawn Threlfall*

## COOKERY & CRAFT

Since life is returning to normal we have been pleased to host a range of courses for our members to enjoy and learn new skills from. What talented ladies we have in our WI!

The recent 'Let's Get Drawing' classes with Nicky Robertson had everyone working hard to develop super drawings, in different drawing materials, and working from a range of objects which challenged and expanded their skills. By the end of each session there were some excellent drawings.



Debbie Northin put together an excellent series of lessons for absolute beginners in Dressmaking. The first sessions introduced the students to the vast array of fabrics one encounters, the intricacies of

commercial patterns and how to use them, how to arrange the pattern pieces on the fabric and prepare for cutting out. By the end of the sessions the ladies will be ready for any sewing bee.

There are more courses arranged for the next six months, all taking place at Croston House, Leyland unless otherwise stated. All details will be available when you book, or browse the website, or as information comes to your WI via your secretary.

### JULY

Friday 22nd, Saturday 23rd - **Flower Arranging**

### SEPTEMBER

Friday 9th, Saturday 10th - **Creative Crochet; Peaky Blinders**

### OCTOBER

Friday 14th, Saturday 15th - **Sugar Craft**

### NOVEMBER

Thursday 3rd, Saturday 5th - **Papercraft Houses**  
Wednesday 30th - **Glass Fusing**  
at The Albert Mill, Milnrow OL16 3NR

### DECEMBER

Saturday 3rd - **Glass Fusing**  
at The Albert Mill, Milnrow OL16 3NR

*Nicky Robertson*



## RECIPE

A light, fresh summer dish inspired by my recent holiday in Scotland. You can use any type of pasta or other types of fish, but the combination of flavours is particularly palatable with smoked salmon.

### SMOKED SALMON AND ASPARAGUS LINGUINE

#### INGREDIENTS

- 180g linguine pasta or pasta of your choice, fresh or dried
- 1 pack smoked salmon (trimmings) approximately 150g
- 100g fresh asparagus
- 1 tbsp olive oil
- 2 cloves garlic, sliced
- 5 tablespoons Crème fraîche or double cream
- 2 tablespoons grated parmesan
- 20g fresh dill or chives, finely chopped, optional
- Freshly ground black pepper and salt
- To serve: Crusty bread and Rocket leaves



#### METHOD

1. Bring a large pan of water to the boil, add the pasta, and cook for 2 minutes less than pack instructions.
2. Cut the asparagus into 2.5cm pieces and cook in another pan of boiling water for 5 minutes. Drain and keep warm
3. In the meantime, heat the oil in a large frying pan over a medium heat, add the garlic and fry for 2-3 minutes until softened but not coloured.
4. Stir in the crème fraîche or cream, lemon juice and rind, Parmesan and 2 ladles of cooking water. Allow to bubble gently for 1 minute.
5. Drain the pasta and add to the sauce with the asparagus. Cook for a further 2 minutes or until reduced to a creamy sauce that coats the pasta.
6. Stir in the chopped smoked salmon and chives, season with black pepper and divide between two bowls.
7. Serve with rocket salad leaves and crusty bread (if required)

*Heather Williams*

BOARD OF TRUSTEES / NORDEN WI

## SCIENCE NOTES

### THE STAFF OF LIFE

(A KIND OF MAGIC - continued from Issue 2)

The process of making bread can be broken down into four steps: mixing the ingredients, kneading the dough, leaving the dough to rise and baking the dough. The most important component of flour is the protein or gluten. As soon as water is added to the flour, the proteins stick together forming chemical bonds, acting as a kind of glue and creating a network of gluten throughout the dough.

Kneading the dough helps the proteins to uncoil and interact with each other, making a stronger network and making the dough more elastic, in the process adding to the flavour and creating air bubbles. These networks are essential for the bread to rise as is the yeast. The yeast contains enzymes that are able to break down the starch molecules in the flour into sugars called glucose which acts as food for the yeast. It metabolises to produce carbon dioxide and ethanol. The ethanol is expelled in the baking process, the carbon dioxide diffuses through the dough and enlarges pre-existing air bubbles.

Once your loaf is baked you can enjoy your scientifically prepared bread; real bread made by hand with love. So ask yourself, is true bread also an art form?

*Pam Coates*

BOARD OF TRUSTEES/SCIENCE CO-ORDINATOR

## SCARLET CORNER

To help other people and do a good turn every day - that phrase just popped into my head the other day. No prizes for guessing where it is from; I know how many of you are associated with the Brownie Guides.

It got me thinking though: I have worked all the way through lockdown, and I have noticed our clients becoming increasingly more demanding, impatient and much, much ruder. Now lockdown is over, that hasn't changed. I know people have been saying that it has brought out a better sense of belonging and community, but I am speaking from my own experience at work and also what I have seen around me. I was in the post office and saw a woman being so vile to the counter assistant because her parcel wasn't there that she had the counter assistant in tears. That isn't ok. I could go on with more examples but I am not going to because I imagine anyone who has left the house recently will be able to give examples of their own.

My point? Can we go back to the Brownie Guide law? Or just take heed of the quote - 'Be the woman who fixes another woman's crown without telling the world it was crooked'. We all have our own problems and lives to lead, but we can be more cheerful, more forgiving, more patient. Smile at someone, compliment them, build them up. Can we please help other people and do a good turn every day?

*Emma Gillinder*

SOUTHPORT SCARLETS





## THE GREAT BIG GREEN WEEK IS THE UK'S BIGGEST EVER CELEBRATION OF COMMUNITY ACTION TO TACKLE CLIMATE CHANGE AND PROTECT NATURE. AND EVERYONE'S INVITED.

At the May Climate Ambassador meeting we discussed ways in which we could celebrate the 'Big Green Week 2022' across our WIs. It was decided to focus on 'fast fashion' and ways we can combat this through recycling, reusing and upcycling our fashion items.

### Some Shocking Statistics

- The fashion industry produces 100 billion garments annually - for 7 billion people on earth!
- We send approximately 40 million tons of textiles to landfill or to be incinerated every year. Landfills smoulder and pollute the air
- The fashion industry heavily pollutes water and local communities with toxic chemicals and dyes
- 60% of clothing is made of synthetic fibres. Washing these clothes contributes to 35% of all ocean micro-plastic pollution
- Each year 150 million trees are cut down to make fabrics
- 40 million people are living in modern slavery and the fashion industry is the 2nd biggest contributor to this, with child labour common

So it is more important than ever to create a ripple of influence - raise awareness and take action that everyone can be involved in (and have fun together at the same time).



### Some 'Can Do' Ideas

- ✓ Have a 'swish rail' at the September meeting. This can include accessories, jewellery, bags as well as clothing. Bring one pre-loved item in good clean condition, hang it on the rail and take a ticket/token. Later in the meeting, exchange your token for an item on the rail. A great way of recycling our fashion
- ✓ Encourage members to use charity shops and bins in the community, or donate to a local charity event
- ✓ Reuse old items of clothing to make a memory teddy bear/ cushion from clothing items with sentimental value
- ✓ Upcycle clothes - make new items from old, such as patchwork waistcoat, handbags, cushions.
- ✓ Cut up clothes that 'have seen better days' into strips of material and using to make peg rugs or wreaths for Christmas or celebrations
- ✓ Have you got a craft club? Ask them for ideas to reuse and upcycle fashion items



Good luck with your Green Week Events. Let's share our ideas and successes.

*Janette Sharp*

CLIMATE AMBASSADOR - MILNROW AND DISTRICT WI



## TRIBUTES

**BROUGHTON WI** are sad to report the passing of Joan Brunt and Pat Cross, both very supportive, long-standing members. They will be greatly missed and fondly remembered for their help and the fun they brought to their WI.

**LYTHAM GREEN WI** regretfully record the death of Dorothy Greening. Dorothy had been a long-time supporter and member of the WI and was also an ex-president of Lytham Green.

**PEARLS OF POULTON WI** are sad to report the recent loss of Therese Fish, a popular, fun-loving and enthusiastic member, who will be greatly missed by everyone.

**RAINFORD WI** sadly report the passing of Ann Illing, a long-standing, much valued member and committee member. A lovely lady who will be missed by her friends at the WI.

**RIBBY WITH WREA WI** members were sad to learn of the recent death of Mrs Gill Wardle. Gill was president for two years in the early 1980s and despite moving to the Lake District in the early 2000s, she retained a close link with her friends in Wrea Green.

**WADDINGTON WI** were very sorry to hear of the death of Margaret Lupton, 70 years a WI member and former chair of the LFWI, who made a point of visiting every institute in the county. Margaret was also a tutor at Denman College. She had a fine sense of humour and entertained members on many occasions with her experiences of her time in the Women's Royal Navy. Members feel privileged to have known her - a great lady, who will be sadly missed.

*We send our condolences to all of their families and WI friends.*

## BOOK REVIEW

### DISAPPEARING EARTH by Julia Phillips



Beautifully-written, off-beat mystery that uses the disappearance of two girls to consider wider issues like motherhood, family, the safety of women and life in a community on the edge, struggling with change.

Two girls, aged 11 and 8, are abducted by a stranger. Subsequent chapters are from the point of view of (seemingly) random individuals, who have little or no connection to the two missing girls, except for also living on the Kamchatka Peninsula, an area of Siberia which is about as remote as it's possible to be. In each chapter, Phillips circles around characters, and they cross paths and reveal unexpected connections, until it becomes clear that these characters aren't so random after all.

Mildly frustrating, but what kept me reading was the thoughtful and imaginative use of setting, and insights into a part of the world that is - quite literally - on the edge.

*Maura Heaphy Dutton* CROSTON WI

## QUIZ: HOW WELL DO YOU KNOW GREATER MANCHESTER?

The missing words are all districts or areas in or around Greater Manchester.

- Come to the bring and buy \_\_\_\_\_
- Before coming to bed, remember to put the \_\_\_\_\_ the door
- I've got to \_\_\_\_\_ because my tea is ready
- I can't wear my new trousers because the tailor is \_\_\_\_\_
- The plates were so hot I couldn't \_\_\_\_\_
- Is that sleet? No, it's \_\_\_\_\_
- The farmer says there's nothing growing there, because it's a \_\_\_\_\_
- Does the wine merchant \_\_\_\_\_
- I thought you were normal until I found out about your \_\_\_\_\_
- Do partly used candles have an \_\_\_\_\_
- A \_\_\_\_\_ is another name for a snow covered pasture
- For \_\_\_\_\_ the bell tolls
- The cast were \_\_\_\_\_ stage again for an encore
- I asked the shot putter how far he could \_\_\_\_\_
- Why do some animals \_\_\_\_\_ their food

### ANSWERS TO THE ASCOT QUIZ (Issue 3/2022)

- |                         |                               |                             |
|-------------------------|-------------------------------|-----------------------------|
| 1. Berkshire            | 12. Windsor Greys             | 20. Fashion, particularly H |
| 2. Windsor              | 13. The Metropolitan Police   | 21. Ladies Day              |
| 3. Eton                 | 14. 8 mph                     | 22. The Gold Cup            |
| 4. Queen Anne           | 15. Ex jockeys                | 23. Prince of Wales         |
| 5. 1711                 | 16. Silks                     | Queen Mary                  |
| 6. 1911                 | 17. Queen Elizabeth 11 stand  | King George V               |
| 7. 1825                 | 18. The Royal Enclosure       | King Edward V11             |
| 8. George 1V            | 19. Best Bloodstock worldwide | Queen Alexandra             |
| 9. Windsor Castle       |                               | 24. My Fair Lady            |
| 10. Four                |                               | 25. Ascot Gavotte           |
| 11. Cane sided landcaus |                               |                             |

## NOTES FROM THE EDITORS

### Editorial Team

Pam Aspden - Croston and Bretherton WIs  
 Patricia Forder - Hutton & Howick WI  
 Emma Gillinder - Southport Scarlets WI  
 Julie Gudgeon - Lathom & Burscough WI  
 Fran Walker - Heath Charnock WI



### DEADLINE FOR SUBMISSIONS FOR ISSUE 4

Thursday 4th August 2022

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

*This newsletter is compiled by the LFWI editorial team and designed by Helen Moulton from Avrodorn Ltd*

# Jubilee Celebrations

## ACROSS THE FEDERATION



- **ACCRINGTON WI** had a great evening with sandwiches, snacks and cakes, followed by party games and a quiz. They finished with a dance and a song and of course God Save the Queen and some members enjoyed having their photograph taken with the Queen and one of her corgis.
- **BANKS WI** celebrated their own (and the Queen's!) platinum jubilee with a party night. They had a demonstration of making a cacti terrarium, followed by a celebration tea of strawberries and cream, cake and tea and a sing-along.
- **BILLINGTON, LANGHO & DISTRICT WI** celebrated the Queen's platinum jubilee with a traditional afternoon tea, with a Bucks Fizz toast to the Queen, a rendition of the National Anthem, and then sang Jerusalem, in honour of Her Majesty as President of Sandringham WI. There was a 'Queen' based quiz and a fantastic tombola raised a donation to a local charity, 'Millies Smiles'. It was a wonderful afternoon to celebrate a wonderful moment in history.
- **BROMLEY CROSS WI** celebrated the Queen's platinum jubilee with the cake baked by Jean Harfield and decorated by Anne Bradley. Everyone enjoyed a slice with a glass of bubbles.
- **CHIPPING WI** partied with Her Majesty to celebrate her platinum jubilee. A little damp but spirits were high as they enjoyed a delicious afternoon tea and a lovely time chatting with friends. Their president invited everyone to her garden where she cut the amazing cake which had been made by member, Alison Kerry.
- **FORTON WI** raised their glasses in a loyal toast to the Queen on the celebration of Her Majesty's platinum jubilee. All were wearing their Union Jack crowns, which they had made themselves under the crafty guidance of their president.
- **HALEWOOD WI** had a great celebration for the jubilee - including a special visitor!
- **HURST GREEN WI** 'plant a tree for the jubilee' really happened as members turned out to commemorate the Queen's jubilee by planting a beautiful snake bark maple tree. The tree was planted on land next to the Bayley Arms and Margaret Holden, as the longest serving member of the Women's Institute, had the honour of cutting the ribbon with her family proudly standing by. Margaret has been a loyal member of the WI for 67 years, serving on the committee and taking part in many of the institute events over the years. As she lives adjacent to the land in which the tree was planted she was able to say - 'I will be able to keep an eye on it now!'
- **HUTTON & HOWICK WI** had planned a relaxing Jubilee evening viewing a DVD of the Coronation - however, due to a technical hitch, this wasn't to be. With typical WI resourcefulness, they reverted to Plan B, with members taking part in two quizzes relating to events and people from 1952 and 1977, before enjoying a slice of the beautiful Platinum Jubilee cake baked by our resident baker, Joyce Banks, and a glass of bubbly to toast The Queen, Duke of Lancaster.
- **PARBOLD WI** ladies celebrated the Jubilee with guests at the WI Lunch Club and under the watchful eyes of Her Majesty. The club meets every fortnight and is open to WI members and others in the community. It was originally started 45 years ago and was named CAMEO, Come and Meet Each Other, a lunch club for older people in the village, and is still going strong. In the evening, at their usual monthly meeting, members gathered for a quiz on the royals and a games evening, with buffet supper. It was a fitting finale to the many festivities organised in the village.
- **RAINHILL WI** members have created yet another fantastic Post Box topper for the village post office, that they would love to share with all the WIs in the county.
- **SOUTHPORT SCARLETS** enjoyed a Pimms and puddings evening for their platinum jubilee celebration and finished it off by making their own crowns.
- **TATHAM FELLS WI** members celebrated the Queen's platinum jubilee with a party. President, Ruth Garstang proposed the royal toast to the Queen, the Duke of Lancaster. After the food and a quiz, spirited singing of the National Anthem and three hearty cheers for the Queen brought the lively evening to a close.
- **VIADUCT VIOLETS** enjoyed an afternoon tea / picnic in the park. They sang, danced, had a royal quiz and held a crown crafting competition. They had lots of homemade cakes and of course a jubilee trifle!
- **WARTON CRAG WI** took part in a jubilee jamboree on the school grounds on Friday 3rd June and although starting out very wet, the day did dry up in the end and was a success. Many visitors commented on the special display of a teddy bears picnic made by two of the members.





# Jubilee Celebrations



Warton Crag WI



Hurst Green WI



Hutton and Howick WI



Billington, Langho & District WI



Tatham Fells WI



Forton WI



Rainhill WI



Accrington WI



Bromley Cross WI



Halewood WI



Chipping WI



Parbold WI



Viaduct Violets WI



Southport Scarlets WI