

Red Rose News

The Lancashire Federation of Women's Institutes



Issue 4 | July / August 2024

Thank you all for your articles – we love receiving them.

What a busy time it has been since the amazing AGM in London. While nothing can top that, we have had the 80th anniversary of D-day, the Euros, Glastonbury, Wimbledon and not to forget a General Election. Now all we need is some decent weather!

All these events must have given you plenty of material to send into us at Red Rose News, where we will be waiting to hear what your WIs have been up to, and if it hasn't, check out what else Lancashire has to offer in the way of courses and trips and go on one of those. We would love to hear!

To make our jobs easier, please read the guidelines on the back page which give you tips as to what we need from you for publication in the way of word count and photos.

Pauline from Houghton WI – you need to take the compliment of looking too young to vote. Always a good excuse when someone called who you didn't want to speak to and you can say – "sorry, my mum's not in"!

The Editorial Team

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A Message From Our Chairman

Hello everyone, and a huge welcome to our newly formed WIs in Roe Green, Shaw, Women of Wyre (Poulton-le-Fylde) and Coppull - and to all new members throughout our existing WIs in the Lancashire Federation. You should all have received a report from your NFWI AGM delegate by now.



They had a very uplifting experience at the Albert Hall. The speakers were excellent and our previous resolution about ending violence and abuse of women was spoken about with passion by all the speakers. There is a report by one of our delegates further in this edition.

The current resolution, voted on by the delegates about 'Dental Health Matters' was seconded by our Resolutions Officer, Janette Sharp. Didn't she do well in front of 5,000 members in the Albert Hall and many more on Zoom! NFWI will now work on a campaign, and we can all get involved in our own areas in supporting this campaign. Janette is on hand to help you with this and to help those WIs who wish to submit a Resolution for 2025.

Don't forget to book on the various activities and trips organised by the Federation. You need to book early for some of the popular ones, particularly the visit to the newly restored Rochdale Town Hall. This includes a guided tour, lunch and a Christmas Flower Demonstration in the Grade I listed building. It is either a drive-yourself or we have a coach going from Leyland. Have a look on our LFWI website for this and many more events and activities, courses etc. Please try to support our volunteer members who work hard in their teams to provide these activities or, better still, if you have some spare time come and join them.

Two of our extremely hardworking Advisers, who help you run your WIs, have decided to hang up their "Adviser Hats" and we sincerely thank Rhiannon Cannon and Sheila Mitchell for all the advice and help they have given over many years. Enjoy a rest ladies. If you think you have the skills to advise others on WI matters, please consider this role and get in touch with me or a member of the Board of Trustees.

Don't forget the Showcase in Chorley on 14th September – I hope your entry lists have been sent to Davida and the Linus quilt challenge has kept you busy.

Have a lovely summer

Heather Williams



Around the WIs

MEETINGS, BIRTHDAYS & PARTIES...

AINSDALE NATTERJACKS WI were lucky enough to have Angela Fletcher, a contestant from The Great British Sewing Bee at their June meeting. Angela was highly entertaining, and explained how she started sewing from an early age, learning from her mother and grandmother. Sharing her experiences of filming the show, she brought along the outfits she had created for each round. Most were excellent but some were a little bizarre and very amusing. Many of the members enjoyed chatting to her at the end of the meeting. Their secretary Tricia was lucky enough to secure a place at the WI AGM held at the Royal Albert Hall in London. Tricia thoroughly enjoyed the fascinating speakers and will be producing a presentation to share the experience with members.



ANSELL & FAIRHAVEN WI had a fun and healthy June meeting. Brenda Ward, Senior Yoga Teacher, led the ladies in a chair yoga session to teach them how to increase joint mobility and improve relaxation. Loose and comfortable clothing was advised beforehand, and shoes were removed to ensure connection with earth. Brenda began with a gentle warming up of the neck, shoulders and hands, then led the group with flowing movements of all parts of the body. The exercises – suitable for all – can be done at any time of the day and within the safety and comfort of home. There was also a visualising section to focus and replenish the mind. By the end of this highly enjoyable session, the ladies felt calm, yet supple and revitalised, and ready to tackle the delicious drinks and cakes afterwards – always a standard feature of this 80-strong group!



Following a busy month, **BALDERSTONE & DISTRICT WI** visited the Empire Theatre, Blackburn to see Sunshine over Leith with everyone joining in the singing of I Will Walk Five Hundred Miles. The show was extremely professional and enjoyed by all. At their latest meeting, members enjoyed Rosemary & Thyme (two ladies specialising in stress relief and wellbeing). The Strollers Group took the bus to Skipton and enjoyed the market. Some of the Group went treasure hunting in the charity shops but five had half an hour cruise on the canal before getting the bus back – all sitting on the back seat! Unfortunately, the Walking Group had to postpone their outing but hope to do a good walk around Balderstone and Osbaldeston next month. The 11th June meeting speakers will be talking about Tops and Bottoms – not really sure what that will entail, but they're sure we will be captivated!



BANKS WI's May competition was Victorian Memorabilia, and the meeting was treated to hearing members present their family heirlooms. The items ranged from a 19th Century fiddle to a tea set commemorating Queen Victoria's Diamond Jubilee, along with old family photographs. June's meeting saw two volunteers from the charity Medical Detection Dogs speak about their work. Established in 2008 and trained to detect Type 1 Diabetes, by 2002 work began on detecting bladder cancer and by 2009 detecting breast cancer. Since then, they have been trained to detect other cancers and are now more accurate at detecting prostate cancer than the PSA test. They are now beginning work on tests for Parkinson's disease, Colorectal Cancer and Pseudomonas. The meeting then progressed, and ladies were shown a display of some of the teddies, jumpers and blankets collected to be sent, via a Banks' resident, to a school in Uganda.



BARTON WI's May meeting saw long-serving members Fay Percival and Valerie Waterhouse presented with certificates from LFWI to celebrate their 40 years of membership. All the ladies agreed that this was quite an achievement!

May is the month that Barton discuss the NFWI Resolution, and following a presentation of the facts, members voted for Dental Health Matters – allowing their delegate to vote at the NFWI AGM in July on their behalf. The ladies were then entertained by Rob Mason who regaled them with stories and anecdotes from his life growing up in Lancashire in the Sixties: such a hilarious walk down memory lane with laughter echoing around the hall – a very uplifting way to end the meeting.



BELMONT WI have started short, easy walks beginning at a pub and ending up at a pub, or café, for lunch. So far, they have walked to Belmont Community gardens along with a walk round Ridgemont, ending at

Curleys in Horwich for a light lunch and drinks. They're planning their next walk to Smithills Hall.



...AROUND THE WIs

BILLINGTON, LANGHO & DISTRICT WI

members continue to enjoy a varied programme of events and speakers. In April they had a very interesting talk by staff from Hobkirk's Sewing Machine Shop and Museum – bringing examples from the very first sewing machine through to a demonstration of a latest model. In May the ladies were treated to a wonderful demonstration from local florist Katie Rose, who produced two arrangements – one gifted as a raffle prize. Katie gave lots of practical tips throughout the evening. June saw members enjoy their annual outing – this year to Lancaster Castle (a working prison until 2011 and where the Pendle witches were held until their execution). The guide gave an enlightening tour, often slipping into character. Afterwards the ladies enjoyed afternoon tea at the fabulous Art Deco Midland Hotel in Morecambe – a wonderful way to end the day and highly recommended.



BOLTON-LE-SANDS WI Craft Group recently spent a very pleasant afternoon making jewellery. Using silver and copper wire, beads and enamel each member made a delightful piece of jewellery under the tuition of local maker

Adele Bowker. The Group used very different tools to their usual needles, threads, crochet hooks and knitting needles but spent a satisfying afternoon with pliers, snips, enamel and beads. Their efforts were much admired at their next WI meeting and have been worn with pride! The Group was very grateful to Adele for all her help and looks forward to inviting her to another session soon.

At a recent meeting of ECCLESTON WI,

Pamela Parkinson led members in chair exercises, using all muscle groups. Pamela demonstrated how to rise from a chair and sit back down safely, and everyone had to prove they were paying attention by showing how it was done. A bit harder was getting up from lying on the floor, but Pamela gave handy tips to help everyone achieve this. Members have also enjoyed Donna and Alison from Rosemary and Thyme, when they spoke about their gardening-related activity workshops and cafés for people, mostly over 50 years of age, living with dementia, and their carers. They use gardening and social activities to boost wellbeing and to spark a conversation in social groups, care homes or day care centres. Members supported Eccleston Fun Day by baking and selling cakes, tea and coffee; boosting funds for the play equipment on the recreation ground.



In May **FRECKLETON WI's** speaker was Niki Delco with a talk entitled My Transplant Story. Niki, a mother of four and an ex-PE teacher in schools in and around Garstang had a busy life. Niki was diagnosed with self-immune PBC, a disease which was destroying her liver – the only treatment a liver transplant. Niki was determined to continue her sporty life and trained and competed in the British Transplant Games. Niki won medals in many cities, including Perth, Australia and has now signed up for next year's London Marathon. In June, the speaker was Angela Fletcher who participated in The Great British Sewing Bee. Angela highlighted her talk with examples of garments, including a skirt which had won garment of the week in the first show. After the talk ladies were treated to refreshments baked by members. The competition for A Handmade Item was won by Lynn Bourne.

GREAT HARWOOD DISTRICT WI found Caroline Hendra's visit in May to be an emotional experience, with slides of dogs and cats used to illustrate her talk on the Cinnamon Trust causing many sighs. The charity's aim is to keep elderly people, the terminally ill and their pets together. Annually, over 150,000 people with about 160,000 animals are helped when they are unable to care for all types of pets, with volunteers providing walks, general care, vet visits and short or long-term fostering. Members learned about creative writing in June when Peter Scholes explained his methods such as ending chapters on a cliff hanger, in-depth researching and how to get a book printed with a well-known online publisher. His books include Once Upon a Time There Was a Man (nominated for this year's Booker Prize) and, with another author, the Beyond the Hill series of illustrated children's books.

GRINDLETON WI have recently had some very interesting speakers. In April, Lesley Cookson of Arvore presented her love of working with cork and had many unusual items for sale, including clothing and bags. Dave Byers from Medical Detection Dogs attended their May meeting. Dave gave a fascinating talk about the work the dogs do for medical research and medical alert assistance. Members found the talk awe-inspiring and asked many questions. In June, members were entertained by Angela Fletcher (Contestant from The British Sewing Bee and member of Buckshaw Village WI). Angela spoke about her experience as a contestant on the show and gave a humorous and entertaining behind-the-scenes talk. East Lancashire Hospice was Grindleton's 2023/24 nominated Charity.



Three members of **HOGHTON WI's** craft group attended the WI Learning Hub with Felicity making a Dorset button. At their craft group monthly get together, at the end of May, they showed other members how to make one. The photo shows their buttons – a modern take on historical linen buttons, and also some traditional patterned ones using modern threads. The historical buttons have an interesting



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story. Googling Dorset buttons will give you a lot of information and direct you to websites selling the requisites for making them. There are YouTube videos too, from experts keeping the historical craft alive.



HORWICH WI celebrated their 15th, Crystal Anniversary, with a delicious dinner, plus quiz and choir entertainment at the Old Links Golf Course. They welcomed previous presidents, past members as

well as guests from Ladybridge & Bradshaw-Harwood WIs. Their claim to fame was that soon after starting their WI they suggested a resolution on increasing the number of midwives, which was later adopted nationally. They are now thinking that it's probably time to compose another!



In May, **HUTTON & HOWICK WI** had a fun Beetle Drive on International Cocktail Day, which they celebrated with nibbles and delicious mocktails of their own devising. In June, they were shown the rudimentary dance steps of Flamenco and Ballet



– Olé! The walking group enjoyed an invigorating walk, starting with coffee at the Midland Hotel in Morecambe and round the bay to Heysham, visiting the beautiful St Peter's Church; enjoying a welcome drink and lunch at The Royal. The day ended with a visit to the popular Smokehouse at Glasson Dock, with one or two ladies going for some of the smoked cheeses on offer, including Stilton and Lancashire, as well as the usual fish. Enjoyable events, in good company, as always.

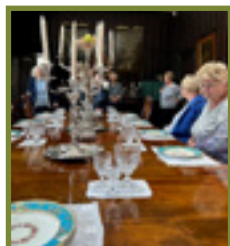


In June **LANCASTER ROSES WI** enjoyed an informative talk from Bez Cooper, ex Tiller Girl. Bez gave a history of the Tiller Girls and then expanded on her times and travels with the Group – what an interesting life! The ladies had lots of laughs as the picture shows – many thanks to four of their ladies – Rachel, Jo, Julie and Lynn.

Members don't want to say more, so as not to spoil it for any other WIs who have booked, or are going to book Bez, other than to say you will enjoy the interactive talk!



LEYLAND WI's recent day trip began with a stop at Carnforth Railway Station where many of them had brief encounters with bacon barmen and, like the movie's director, the bacon was 'lean' too. After an inspection of the exhibits in the museum and a bit of trainspotting they had a



saunter round the shops before leaving for Leighton Hall. The lady of the house, Susan Gillow Reynolds, greeted them warmly before a guided tour of the house and gardens. Everyone appreciated the chance to sit on the Gillow chairs and see the many splendid pieces. There was then a chance to meet beautiful birds of prey who didn't mind getting up close before demonstrating their flying prowess. The afternoon was rounded off with delicious afternoon tea before heading down the M6 and home. The day was well organised and excellent value – all in all, a grand day out.



On a sunny but very breezy day in June, **LOWTON WI** had a display table at Golborne Carnival, organised by their very own Norma Clarkson. The afternoon was a great success, even though the breeze sent leaflets flying all over the place. Thank you to the members who went along to help and raised the profile of Lowton WI at this local event.



LUMB IN ROSSENDALE WI welcomed six new members in April. Recent speakers were Dave Eaton, who provided interesting facts on Honeybees

and Jan Hicks who spoke about Bletchley Park (the Government's secret Codebreaking Centre during WW/II). Many ladies were employed there and had to sign the Official Secrets Act, causing problems on leaving as they couldn't mention their previous employment. The site is now being renovated and will allow public visits. Our ladies continue to help the community by collecting tinned food and toiletries for the Foodbank and knitting hearts for East Lancs Hospital (given to the deceased and their relative). The ACW/W Walk the World event was supported by fourteen members who walked to Goodshawfold Village, followed by a light lunch and collection of donations for ACW/W. Three members enjoyed the LFWI trip to Higham Hall, Cockermonth especially the company of others, the food and participating in workshops.



In June, **MOSS SIDE LEYLAND WI** members enjoyed participating in Leyland Festival. The ladies' float was part of the Mardi Gras themed parade – passing through Leyland and ending-up at Worden Park. Many hours were



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spent making decorations and sourcing colourful outfits. A great day was had by all and even the inevitable rain could not dampen the WI ladies' spirit!



NEWBURGH WI recently enjoyed all the fun of the fair at their local carnival, where all the local clubs and organisations participated in the opening procession. The members' stall was brimming with a wonderful selection of their homemade cakes and, as always, the produce sold out very quickly making a good amount of money. Well done ladies! In

June, the ladies enjoyed an entertaining meeting when Matthew Lepp from Tiger Muffin Soaps demonstrated soapmaking, with free samples for everyone. Matthew also made shower gel and gave a history lesson on local soap-makers in their area. Word of mouth is a great way to choose good speakers as Matthew had previously visited Llangollen WI and was recommended.

NORDEN WI had a busy time lately. April saw them all in a state of hypnosis following a very interesting talk from a hypnotherapist. In May they celebrated their 25th anniversary with a party and entertainment from the Greater Manchester Police Male Voice Choir – who also joined the members in a rendition of Jerusalem, which sounded superb. The ladies enjoyed a fabulous buffet prepared by their Committee and a beautiful cake made and decorated by their LFWI Chair, Heather, and Rosamund. The meeting was also joined by Judith and Pam from LFWI. To commemorate their birthday the ladies undertook fundraising to purchase and fill a planter for their village, which will be maintained and refilled every season. A more restful presentation followed in June. Secretary Julie was made-up by make-up artist, Emma. Lots of tips, ideas and recommendations were provided and Julie looked even more lovely at the end!



On May 20th **OVER HULTON WI** held a Summer Tea Party to raise funds for Bolton Hospice and were supported by members of other local WIs. There were stalls and nostalgic entertainment with laughs and a singalong

and members' homemade cakes. The sun shone to help make it a happy and successful occasion.

The ladies of **PARBOLD WI's** Knit & Natter group have recently been working hard in support of a local Food Bank by making blankets and teddies for local families in need. At their latest meeting, members thanked the Group and all those involved for the wonderful efforts towards such a good cause in their local community.



In May, **RAINHILL WI** were happy to welcome members and guests (including members from some of their neighbouring WIs at Halewood, Kendrick's Cross and Rainford) to their first Afternoon Tea & Boutique Fashion Show at Blundells Hill Golf Club. The fashion show was courtesy of Jessie & Co. from Prescot, with young, volunteer models from Merseyside

Youth Association (MYA). Four members of Rainhill WI also took part on the catwalk: Chris McGowan, Emma Davies, Jill Moran and Rita Carrier. Rainhill send a big Thank You to all their members and guests - the proceeds raised from the event will be donated to Willowbrook Hospice.

In May, **RIBBY-WITH-WREA WI**, enjoyed Ann Derizzio's talk about dog training. Ann began training dogs in 1981, along with competing and judging at Crufts, plus training dog-display teams for Crufts. Ann explained some techniques using rewards and one of their members, Angela, demonstrated these with her own dog. In June members were entertained by Bez Cooper's talk about her life as a Tiller Girl. Bez had started dancing at the age of 4 and joined the Tiller Girls when she was 16. Bez had many interesting anecdotes about various shows and the famous stars with whom she rubbed shoulders in Paris, Manchester, Blackpool, Glasgow, South Africa and the London Palladium, amongst other places. At the end of her presentation Bez taught four ladies a short dance routine, which was then demonstrated, complete with costumes and headdresses, to the rest of the group.



In May **ST ANNE'S-ON-SEA WI** welcomed Angela Fletcher who had participated in The Great British Sewing Bee. Angela highlighted her talk with examples of clothes she'd made and stories of how she had faired against

the other contestants in the challenges. Her comical anecdotes made it an enjoyable afternoon, particularly for those who like to sew. In June the WI celebrated their 34th anniversary with a Jacob's Join buffet plus a lovely cake to mark the occasion. The guest speaker



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was an interesting and witty lady known as Pat the Hat (from the various hats she wears). Pat talked about being a stoker on the Argyle and Bute steamship at the age of 77 and how this had come about. She told how coal had to be shovelled onto the steamer and also the fact that there was a steam-whistle organ on board. Such an interesting lady.



At June's meeting, the ladies of **STAINING WI** enjoyed a thought-provoking talk from Andrea – the daughter of one of their members – who works tirelessly making and

distributing Sanitary Packs and educational information to young girls and teachers in schools in Nepal and Malawi. The packs are a colourful fabric bag with two pad holders and eight pads, some knickers, a small waterproof bag to hold the used pads until they can be washed and a small bar of soap. As well as ensuring the girls do not miss school, these packs raise their status in the community and make them less vulnerable to abuse. The meeting also heard of a nail-biting motorcycle ride to reach one of the schools to deliver some of these packs and watched a demonstration on how the pads and holders are made. Members also enjoyed an ice-cream to celebrate the summer

TARLETON WI have had a very busy month. At their meeting, Gary Connolly entertained them with his talk, Hey up the Pies Have Come, which was an entertaining insight into the running of a Working Men's Club and the trials and tribulations of the decisions of their committee. This was followed by a talk on wine and the cheeses to go with them. They also went out to promote the WI at the Rose Queen crowning and are glad to report the weather stayed fine for the day. The month was finished off with a trip to Parbold WI to join them with their wine-tasting evening where a good time was had by all, and everyone went home with wine recommendations.



In May, the speaker at **TATHAM FELLS WI** was Jane Dean, who spoke about the children's charity, A Breath for Life. The charity was started in 1997 to help children with brain injury or other medical conditions by using

a Hyperbaric Oxygen Chamber, which looks like a submarine with portholes. Up to nine people sit inside while compressed air is pumped in. At an equivalent depth of 10 feet oxygen masks are used allowing the pressure to continue to build to 24 feet for children and 33 feet for adults. After an hour the pressure returns to normal. Under pressure lymph, plasma, spinal fluid and blood carry more oxygen, allowing regeneration of the connections in the neurons. Jane showed photos of a boy who had inspired her and told of many people helped all over of the world. The treatment helps adults recover quickly from hip replacements and leg ulcers.



VIADUCT VIOLETS WI received an invitation to join other local groups at the unveiling of a stone circle created by the Friends of Lyme and Woods Country Park – a large green area run completely by volunteers and reclaimed from the waste land left by two old coal mines. The

Friends have since planted thousands of trees which are now attracting diverse wildlife. In brilliant sunshine, the ladies enjoyed the great views of the countryside from the top of the hill and then celebrated the Summer Solstice by forming a circle around the largest stone. Everyone enjoyed a lovely song from the local nursery children, before walking back for bacon butties and drinks provided by students from Wargrave LEAP Specialist College.

In April, **WARTON WI's** speaker had to cancel, but one of their Committee was able to organise a special replacement called Jessica. Jessica is 27 years old; severely disabled and uses a specially adapted chair. She explained to the meeting how she communicates via an iPad using her eyes which then interfaces with software called TOBII. Her voice is then generated by the software. Jessica attended High Furlong School and Beaumont College, Lancaster and trained as a Mentor for other TOBII users. Jessica overcame a full hip replacement at 16 and also suffers with mouth ulcers caused by the facial movements required by TOBII but loves to go shopping and meet up with friends for coffee and a chat. She goes Ten Pin Bowling, and has even tried a zip wire. Jessica is an amazing young lady who has the ability to enjoy life and certainly inspired their ladies!



COOKERY & CRAFT



Sashiko

The origin of sashiko is lost in the mists of time. Rural farmers in Japan were only allowed to wear either indigo blue or grey utility clothing. Worn workwear was patched and sewn together out of necessity, as farmers were peasants with little income. Using simple running stitch, clothing repairs were usually completed by the women or girls of the family. These repairs, using recycled cloth from worn out clothing with heavy stitching, made the cloth stronger and improved its thermal qualities.

Sashiko evolved as a rural domestic craft in Japan during the Edo era (1615-1868) a time of peace after 100 years of civil war. Fabric was remade into workwear aprons bags and cleaning cloths with the sashiko method. Decorative patterns in a simple running stitch were made from a grid or straight line, evolving into more intricate patterns over time reflecting the Japanese culture and belief.

By 1912 this form of hand sewing had established itself in Northern rural communities as essential winter work for females when outside activities were restricted due to weather conditions. Girls and young women attended village needlework schools where sashiko was passed down from hand to hand. It had become vital to the rural domestic economy and essential for a young girl wanting to make a good marriage prospect - helping to instil the values of patience and perseverance which reflected Japanese culture.

Stitching fabric creates something special in all cultures. In Japan takonomakura, five pointed cross, protected Kyushu fishermen from shipwreck while a pentagonal star and five criss-cross lines were a talisman for female divers in the Mei region. Zig-zag patterns are considered protective, as evil spirits cannot follow the zig-zag lines (the same belief behind zig-zag bridges in Japanese Gardens).

Sashiko declined in the first half of the 20th century with increased prosperity and cheap manmade fibres. A sashiko revival began in the 70's alongside popularity of Western quilting in Japan. The role of sashiko as a

frugal necessity disappeared and people started to appreciate stitching in sashiko style for its creative, relaxing and therapeutic qualities.

I hope this has tweaked your interest to explore the craft further.

Angie Murray

LIFESTYLE



On the 29th May a group of members transported themselves to St Helens and The World of Glass, where they were escorted to the café for tea or coffee and then Faye, their guide, split them into two groups. One group followed her to the glass blowing area where they watched Marcin blow various items of glass, helped by his assistant Cate. Following the glass blowing, the group were shown the Tank House Tunnels, situated alongside the Sankey Canal. These tunnels (dating from the late 1800s) brought in the gas and air that made the furnaces burn hotter and more efficient. Faye explained the various jobs and how the tunnels cooled down the area where the glass blowers worked. The group then returned to the café and had a wonderful lunch and gossip (as WI members do). After lunch the group moved onto the museum. Before this they were shown an enormous chandelier and the guide explained that this was once hung at Manchester Airport. Looking at the chandelier thoughts were of Only Fools & Horses and Grandad shouting "ready when you are Del Boy". The museum, dedicated to the local history of the town, was fascinating and showed glass made from the late 20th century to the present day. In fact, The World of Glass was commissioned by The British Fashion Awards and the group enjoyed the various photos on display. A truly wonderful outing enjoyed by everyone!

Our next events are a Tour of the Shakespeare North Playhouse (10th October) and the Bras & Colours Event on the 8th November.

We look forward to seeing you there.

Jill Woods



MEMBERSHIP

Advisers really enjoyed the Officer Training sessions we held in January, February and March and are looking forward to our next sessions in July and September. We hope you can join us. They are really informal and allow you to meet members from other WI's and hear about meetings in WI's which may be miles away from your own.



Red Rose News is another great way of keeping up with what is happening in other parts of the Federation and even those newsletters from many years ago throw up some interesting articles. A good example of this is something I found in a 1980 Hotpot from the LFWI Jubilee Council Meeting

Betty Shaw spoke of the WI members as a set of bones:

- 🌿 some are jaw bones (I think she meant they talk a lot at meetings and even through speakers);
- 🌿 some are wish bones (they wish something would happen but make little effort to put that into being);
- 🌿 some are knuckle bones (knocking everything) – no explanation needed;
- 🌿 some are funny bones (our real comedians – those who bring joy and laughter to our meetings);

But the real strength of the WI movement comes from its many back bones – loyal, and hardworking – those who are always ready to go the extra mile.

Isn't that a brilliant way to describe our diverse membership and we can all recall members who fill each of those categories in their own special way, helping to make our WI's what they are – with no two WI's the same – thankfully. Which bone am I? I ask myself. Which bone are you?

Talking of asking, does anyone know who Betty Shaw was, or is, and where she was or is from?

Ruth Grimley

SHOWCASE

LFWI ARTS & CRAFTS WI CELEBRATION DAY SHOWCASE

Chorley Town Hall, Market Street, Chorley, PR7 1DP
Saturday 14th September 2024 – 10am - 4pm
UNDER THE SEA
Entry Fee £3 (children free)

The Arts and Crafts WI Celebration is almost here so I am writing to remind you of the details for both entrants and visitors.

Entry lists will have been collated by the Wis and emailed by Friday 2nd August 2024 with no late entries accepted. Invoices are issued later. So now all the ladies entering have until the following dates to complete their work with reference to ON WITH THE SHOW (2021 edition).

Friday, September 6th 9.30am -12.30pm
Art, Children's, Craft, Creative Writing & Papercraft
Entries

Entries for Classes 2 -10, 12-18, 21-25 should be delivered to LFWI office at Croston House, Lancashire Business Park, Leyland, PR26 6TU (What 3 Words-rash.taped.trader) Please pack your entries carefully and leave them in the packaging with a clear label to state your name and the class this item is entered for. On this occasion the packaging is to be left on because after judging the items will be carefully repacked and transported to Chorley for display. This is the first time that we have asked for packaging to remain so please pass on the message to your members.

Saturday, September 14th 8am – 9.30pm
Co-operatives, Floral Art, Sugarcraft and Betty Sanderson Memorial Trophy Entries

Entries for Class 1 (Co-operatives), Class 11 (Sugarcraft), Classes 19 and 20 (Floral Art) and the Betty Sanderson Exhibits should be delivered to Chorley Town Hall, unpacked and packaging removed from the hall, before handing in for judging.

Chorley has many car parks within easy walking distance of the Town Hall and are free after 1pm. A variety of cafés and eateries are nearby if you would like to enjoy lunch.

Please do bring friends and family to see the wonderful work of the members who enter.

Debbie Northin



ANNUAL COUNCIL MEETING

The 2024 NFWI AGM was held in the spectacular setting of the Albert Hall this year. 5000 members travelled from all over the country to attend and what a day it was.

After singing Jerusalem, the business element of the day was carried out.

The first speaker was Nazir Afzal – an inspirational champion for women's rights, who earned himself a standing ovation after telling the meeting about the work he had done, even in the face of death threats.

After lunch the resolution, Dental Health Matters, was heard and then proposed and seconded. There was an expert speaker for the motion, and whilst National had not been able to find an expert to speak against the motion, several questions from the floor did ask why diet and fluoridisation had not been mentioned. The resolution went through with a 94% majority voting in favour.

The second speaker was ex-Spice Girl Mel B, who was interviewed by Victoria Derbyshire and spoke of being trapped in an abusive relationship and her work with Women's Aid.

The third speakers of the day were Timothy Watson who played domestic abuse perpetrator Rob Titchener in the popular Radio 4 show, The Archers (and who was booed onto the stage), and Teresa Parker from Women's Aid, which is celebrating its 50th birthday this year.

Teresa provided a fascinating insight into how Women's Aid helped with the story line and is continuing to do so with other soaps such as Emmerdale and Eastenders.

Tributes were paid to Ann Jones, who is stepping down as National Chair this year and who has done a fantastic job, seeing NFWI through some very big changes.

The day came to an end with the second rendition of Jerusalem, followed by Land of my Fathers and God save the King.

All in all, a memorable day!

Emma Gillinder - TARLETON & SOUTHPORT SCARLETS WIs



REPORT FROM HIGHAM HALL RESIDENTIAL

The Higham Hall Residential in mid-May was brilliant. The Hall fully lived up to expectations, with a warm welcome, comfortable rooms, delicious food and enjoyable activities for us all to get involved in.

The courses on offer were Silver Jewellery-making, Calico Embroidery or exploring the Solway Coast. Ladies on the jewellery-making course made some amazing pieces – lovely rings, earrings and pendants – and said the tutor was excellent. I heard the Solway Firth option was really enjoyable too. There was a bit of rain, but it didn't dampen the spirits; the ladies visited many interesting sites, hearing about the history and landscape from an inspirational tutor, with coffee and cake and lunch stops along the way. I

chose Calico Embroidery, and we began our project on the first evening after dinner. I

had perhaps, unwisely, had a couple of glasses of wine, not expecting to be 'hands on' quite so soon, so made a slow start! I caught up the next day, though, and thoroughly enjoyed the opportunity to focus on a single project whilst chatting to new friends. Here is a photo of my creation – I will certainly be picking up my needle and thread and doing some more embroidery in the future!

Thank you to the Board for organising such a brilliant opportunity. I hope there will be a return trip next year – and to be lucky enough to get a place.

Pam Aspden - BRETHERTON & CROSTON WIs



RIGHT TO REPLY

Reading Emma's article about voting when she was 18 in the last edition of RRN bought back a voting memory for me. It goes back to 1974. There were 2 general elections that year to enable Harold Wilson to gain an overall majority. They were the second and third general elections in which 18-year-olds were able to vote following the passing of a new law in 1969, reducing the voting age to 18. Coincidentally, that was the year I turned 18. Yes, I have been Googling and checking the history! So, I was able to vote in the general election in 1970.

So, there I was in 1974, fresh of face and, admittedly, looking young for my age. Height, under 5 feet. Build, slight. Hair, long and blond. And reader, to miss quote Jane Eyre, "I married him the previous August". I answered a knock at the door. A man canvassing for the election looked at me and the conversation went as follows:

"Is your father in?"

"No."

"Is your mother in?"

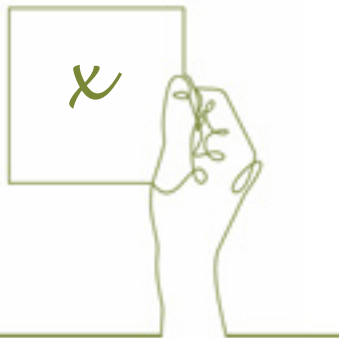
"No. They don't live here."

"Oh. I don't suppose you vote do you?"

You will have worked out that I was 23 and he didn't think I was even 18! I can laugh at it now but at that time in my life I was not a happy bunny, knowing someone thought I looked 5 years younger than my age!

Pauline Bearcock

HOGHTON WL



TRIBUTES



ANSDALL & FAIRHAVEN WI sadly announce the passing of their beloved Geraldine Roach. An active member since 2017, this charismatic lady led the dancing at all her WI's special outings. She added a sparkle to the group and fought a cruel disease with bravery and dignity.

CABUS WI are saddened to announce the passing of a much valued and long-standing member, Eileen Smith. Eileen was a past President and will be remembered for the annual Christmas Celebration which she devised and organised in aid of local charities. A fitting tribute.

GRINDLETON WI were sorry to hear of the loss of a long-standing member, Pippa Munroe-Hebden. Pippa was a very creative writer, writing for the Clitheroe Advertiser as a theatre critic. Pippa's love of creativity lent towards an interest in the Arts. She was also an active trustee of Grindleton Recreation Ground. We will miss her.

STANNE'S ON SEAWI are sad to announce the passing of their long-standing member, Val Andrews. Val served in several Committee posts and was their former president for 8 years - active until July last year when, due to illness, she had to hand over the post. She was on the Editorial Team for the Hotpot Magazine before we had Red Rose. Our condolences go to her family and friends.

We send our condolences to their family and WI friends.

Scarlet Corner

Weather is a much-loved topic of conversation for the British, mostly I think because no one knows what it is going to be like from one minute to the next.



We can have every season in one day. I am as much a weather expert as any other Brit and I think there is definitely change afoot. I was on the phone to someone who said that at least we would not see the effects of climate change in our life time. I looked out of the window. Ermm, I think we are seeing them right now.

Even so, is it just me, or has everyone found themselves saying, 'crikey, isn't it windy' a lot more than usual lately? I went to a talk on climate change, and had I not known up until then that along with extreme heat, drought, rainfall and flooding we are also getting much more windy weather.

I know we are in the north west and we should expect it, but I am going to go out on a limb, and say there has been an increase in rainfall here. I thought I was going to have to build little boats for my potatoes rather than plant them this year.

I got a weather station for Christmas, so every day I have been going out and noting the temperature and rain fall, and yes, how windy it has been. There was one day in January when it had blown over, so my comment for that day was "very windy indeed". It has been an interesting exercise, but I think next year will be even more interesting when I can compare results. I'll keep you posted..

Emma Gillinder

TARLETON & SOUTHPORT
SCARLETS WIs



SUMMER FRUITS TIRAMISU

INGREDIENTS

- 250g mascarpone cheese
- 250ml double cream or readymade custard
- 12 Boudoir Fingers biscuits
- Glass of white wine or elderflower cordial
- 350g raspberries or strawberries, lightly crushed
- Grated chocolate to decorate

Heather Williams

FEDERATION CHAIRMAN/
NORDEN WI

METHOD

Use a decorative dish or 6 wine glasses. This dish can be made the day before it is needed.

1. Beat the double cream until just holding its shape
2. Beat the mascarpone cheese and fold together with the cream. (If using custard, beat the cheese and custard together)
3. Put two-thirds of the fruit on the base of the dish.
4. Dip the Fingers in the wine or cordial and lay over the fruit
5. Cover with the mascarpone mixture and smooth the top.
6. Spread the remaining fruit on top and grate plenty of chocolate on top to finish
7. Cover with cling film or foil, chill and serve.



TIPS FOR NEWSLETTER CONTRIBUTORS

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. Please note ONE submission only, max.150 words. Photos optional – if submitted, please send ONE CLEAR PHOTO ONLY WHICH BEST ILLUSTRATES YOUR NARRATIVE AND NO COLLAGES as a separate attachment.
- **Tributes:** up to 50 words (no photos please).
- Please send your article in Microsoft Word to: **editorial@lfiwi.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.

Next issue deadline: **Thursday 15th August 2024**. Please be aware that items might have to be edited and anything received after the deadline date will not make the final edit. We cannot guarantee to publish every submission and the final decision lies with the Board of Trustees.



NOTES FROM THE EDITORS

Editorial Team:

- Pam Aspden - Bretherton & Croston WIs
- Emma Gillinder - Tarleton & Southport Scarlets WIs
- Michelle Holt - Warton WI



**DEADLINE FOR SUBMISSIONS
FOR ISSUE 5 - SEPT / OCT 2024:**

Thursday 15th August 2024

Email: editorial@lfiwi.org.uk