

# Lancashire Federation of Women's Institutes



Issue 2 | March / April 2022

## WELCOME TO THE SPRING EDITION OF YOUR LFWI NEWSLETTER

We're so pleased to have received so many lovely contributions from your WIs, helping us to really bring the newsletter to life. Articles are welcome from all WIs – please keep them coming in.

*The Editorial Team*

## LFWI ANNUAL MEETING

International Women's Day was a perfect date for the 2022 LFWI Annual Meeting, which was attended by around 500 members.

The new venue at Bolton Stadium was easy to get to, with plenty of parking and the venue only five minutes' walk away from Horwich Station.

Proceedings started, as usual, with the singing of Jerusalem – how wonderful to sing in such a large group after a long absence! Jackie Hobson, Chairman, then welcomed everyone warmly, and said that our thoughts were very much with the people of Ukraine.

The reports, updates, votes and presentations were, as always, professionally and skilfully conducted, before the first speakers, Lucy Adlington and Meredith Towne, from The History Wardrobe, entertained us with a fun yet informative romp through the history of knitting, complete with hilarious outfit changes, historical facts and, most importantly, the benefits of knitting, both to creator and recipient, if items are given as a gift.

After lunch, our own Emma Gillinder from the editorial team skilfully interviewed Nisha Katona about her childhood in Skelmersdale, twenty-year career as a family law Barrister, her pride as mother and role model to her two daughters and the establishment of her Mowgli Restaurant chain, charitable foundation and cook-book publications. What began as a desire to preserve and share the recipes of her Indian heritage has grown steadily and a new restaurant will open soon in Preston. Family, community and making a difference shone through this inspirational interview.

The meeting concluded with the singing of the national anthem and all departed looking forward to the next annual meeting.

*Pam Aspden*

EDITORIAL TEAM

## MESSAGE FROM OUR CHAIR



### Annual Council Meeting

The council meeting is over and I am glad to say it was very successful. Moving to a new venue is not easy because we are creatures of habit. Bolton was suggested by a WI - we listened and thought, why not? The facilities and the staff were great. We were heartened by the numbers who attended - as some members were still a tad nervous of a large gathering -

but Lancashire members rose to the occasion. Thank you for supporting the change. I hope everyone enjoyed the speakers as much as I did. I cannot wait for Mowgli to open in Preston!

### Climate Change - Passing on Our Knowledge

Climate change is on everyone's agenda at the moment. I wonder what individual WIs are doing

towards this? If we challenged our own WI to do one thing, however small, for a month, with another challenge the following month, this knowledge could then be cascaded down to our families and we would all be doing our part. Have you a climate ambassador in your WI?

### A New Media Team for the LFWI

Here at the Lancashire Federation, we are looking to form a "Media Team". Information about the proposed team has gone out to your secretary. If you could put items of interest regularly on our website, Facebook page etc, we would love to hear from you. Our website - [www.lancashirewi.org.uk](http://www.lancashirewi.org.uk) - is being updated to make it user-friendly, relevant to members and encouraging to new members. Could you spare a few hours to make this happen?

Stay safe.

*Jackie Hobson*

FEDERATION CHAIR



# AN ETHICAL FLORAL ARRANGEMENT FOR THE ANNUAL COUNCIL MEETING



When asked to create a flower arrangement for the ACM, I was determined find ways to use sustainable, recyclable materials without the usual single-use plastic foam and tray.

The first decision was to use a vintage Beswick ceramic celery dish bought from my local charity shop along with a new

type of compostable foam called Agra wool foam, which is made from natural basalt rock spun into fibrous layers. This avoided using the usual Oasis foam, which is plastic and non-recyclable.

My local florists only sell ethically sourced foliage

from the UK and Dutch growers, transported by lorry. Supermarkets are more difficult as most sell a combination of UK and Dutch goods along with flora from many different corners of the world and transported by air with no regard for the cost to the earth. I decided that a few ethically sourced florist blooms, along with cuttings of heather, forsythia, pussy willow, rosemary (and a few more I don't know the name of) from my garden would be good.

I'm not a florist: I am not even a flower arranger. I just like making things and love a new challenge, so, to finish off I knitted some fresh green leaves from cotton yarn and included them in the arrangement to identify my place on the Cookery and Craft Team. What a privilege it was.

*Debbie Northin*

COOKERY & CRAFT TEAM/ACCRINGTON WI

## ACWW NEWS

If you attended the Annual Council Meeting in Bolton, you will have heard me say that I would like to hand over the job of ACWW representative for Lancashire. If you think this is something you would like to do, please contact me or any board member. In the meantime, I will continue doing my best to ensure you are kept informed about ACWW activities, either through this newsletter or by speaking at WI meetings.

Coming up is 'Women Walk the World Day' on **Friday 29 April**, when people worldwide celebrate ACWW's international network by joining together to raise awareness of ACWW's work and raise funds. Perhaps your WI could organise a walk, inviting friends and family to join in? See [www.acww.org.uk/wwtw.html](http://www.acww.org.uk/wwtw.html)

If you do organise a walk, don't forget to send photos to ACWW by **Sunday 15 May**, stating how many people took part, the weather on the day and where you walked. A winning photo will be featured on the front cover of The Countrywoman Magazine. You could also send photos to this Newsletter.

*Ruth Gibbons*

ACWW REP



## CLITHEROE AREA WI SHOW

Our annual show returns this summer as "We're back - on with the Show" on **2 July**, 10am - 4pm with presentation of trophies at 3.30pm. We last held our annual show in 2019, when the theme was "Our Fragile Planet". It was well-attended and successful. Then Covid happened: our shows for 2020 and 2021 were cancelled, so we started planning the 2022 show - such a long time ahead! However, the venues we used were no longer available, and we started searching for somewhere with plenty of space and parking etc - a difficult task! Finally, we came up with: **Brave Church, Watson Street, Oswaldtwistle, BB5 3HH**. Because of doubts over Covid, the schedule of entries has been reduced, but there will be refreshments, a raffle and a tombola. It will be great if we can get support from our members and the public. Admission £2.50 (See our website: [cawishow.wordpress.co](http://cawishow.wordpress.co))

*Alison Tapley*

GRINDLETON WI/SHOW COMMITTEE

## TIPS FOR NEWSLETTER CONTRIBUTORS

### Please do:

- Send your article in Microsoft Word to [editorial@lfwi.org.uk](mailto:editorial@lfwi.org.uk) (please note our new email address) by the submission deadline with your email clearly marked 'Item for Newsletter'
- Send items that will be of interest to other WI members (maximum 150 words)

### Please don't:

- Send long descriptions of speakers' presentations
- Send lots of photos for us to choose from
- Send the minutes of your monthly meeting
- Miss the deadline - if your item arrives late, we may not be able to publish it
- Send multiple articles - please condense into one



# Around the WIs

## ANNUAL MEETINGS, BIRTHDAYS & PARTIES...

**AINSDALE NATTERJACK WI's** first presentation of the year, given by a member, provided a powerful and thought-provoking afternoon, entitled "Thalidomide and my Life Experience". This detailed the history of the drug and how, over time, it was discovered to have fatal and disabling side effects. Most poignant was the member's personal account of how this drug had affected her life. The PowerPoint presentation was accompanied by slides, audio and commentary and a recording from her mother. At times, her recollections were humorous, but there were some astonishing examples of how families and children were treated. It was illuminating, instructive and scary to think that this drug, licensed in the 1950s, was felt to be a bit of a cure-all and prescribed for many different conditions. Members all felt that the presentation had been a most valuable contribution to the New Year's schedule.



**ASHTON ON RIBBLE WI** have been very busy over the last few months, starting off the year with a talk from Debbie Reardon, who gave advice on reducing your carbon footprint, such as clever travelling and the use of renewable energy. Debbie described the new waste organising bins now on the market and also talked about wormeries and compost to reduce waste. This was followed at their next meeting with three talented **ASHTON ON RIBBLE WI** committee members hosting a crafting session where members could try making a macrame friendship bracelet, quilling, decorating stones and air-dry clay modelling. The last meeting of the first quarter was very fitting for International Women's Day, where guest speaker, Brian Halliwell entertained them with stories about showbiz ladies.



At **BALDERSTONE & DISTRICT WI**, our January speaker was Alex Hubberstey from the Blue Marine Foundation's UK Sturgeon Project - a charity dedicated to restoring the oceans back to health, as they are in crisis and marine life is threatened due to climate change. Over-fishing represents a major threat for food security. He also discussed the benefits of re-wilding the sea and countryside, encouraging fish eaters to buy from sustainable sources and supporting fish mongers. Alex's talk about his work and that of the foundation was entertaining and very topical. It was well received by everyone and is highly recommended.



President of **BARLEY WI**, Jayne Shaw was married recently, with many members playing a part in the preparations. Members did the wedding bouquets and dressed the entire venue beautifully with flowers grown in their gardens. Also the confetti, cheese,

biscuits, tea loaf and wedding cake were all made by fellow WI members, even the felted mice. The wedding cake was decorated by a young, budding bake-off contestant with buttercream and pressed flowers. The new Mr & Mrs Fisher took their first steps into married life through an archway of **BARLEY WI** ladies holding out wooden spoons & rolling pins. What a truly talented WI!



There was eager anticipation from **BARTON WI** members before a talk on Goosnargh Gin by locals, Rachel and Richard Trenchard, who didn't disappoint. Launched in October 2018, their distillery at the foot of Beacon Fell became instantly successful when their very first gin won a national gold medal, followed by other coveted awards. Members heard a detailed description of the methods of creating new gins and reproducing earlier ones. In 2020, The Hairy Bikers included the distillery in a TV programme, which, apart from being very enjoyable, led to hundreds of enquiries about their gins and gin school. At the school, small groups learn about gin-making and produce their own to take home. The Hairy Bikers later brought their own families to the school. Production has trebled recently and they attend many shows: County Shows, Country File Live, Steam Shows, Hampton Court Food Show etc. They refuse to involve supermarkets and insist on paying their workers fair wages. There were only two ways to finish the evening: One was wishing Rachel and Richard even more success, and second was tasting one of their prize gins, which was received with sincere thanks.



Belonging to a WI gives you the opportunity to try new things and **BURNLEY WI's** meeting was an excellent example. Members were given a talk by Martin Wilson, a potter from Trawden, about his personal journey doing something he loves. He gave a demonstration on his wheel and showed examples of his work. To everyone's delight, he brought clay for members to try it for themselves. The **BURNLEY WI** works of art were taken away to be fired and will be returned to their proud owners. Thanks to **RIMINGTON** and **DOWNHAM WI's** for sharing this speaker's contact details - a good example of WI teamwork in the East of the Federation. The details have also been passed on to other WIs in the area.



Daffodils are blooming around the village, so and spring cannot be far away. Kathy Gemmell, **FRECKLETON WI** President, attended the WI annual council meeting at the Bolton Whites Hotel. It was a new venue and opinions are divided, as members missed the familiarity and charm of the Floral Hall, Southport. Nevertheless, it was an excellent meeting. **FRECKLETON WI** was presented with a trophy to mark their one hundred years. Cheers, and here's to the next hundred years! Forthcoming events in the village are gathering pace and it is going to be a year to remember. The various committees are working hard to achieve that goal, and I am sure everybody will want it to be a great success.

**GREAT HARWOOD DISTRICT WI's** first meeting this year included a talk on poet, novelist, journalist, suffragist and socialist, Ethel Carnie - a cotton mill worker who sent her poetry to the Blackburn Times and read to the impressed Blackburn Authors' Society. Highly politicised, Ethel was an ardent critic of the factory system, likening working in a factory to slavery. Her work includes Helen of Four Gates and poems can be heard on [www.poetryarchive.org](http://www.poetryarchive.org). Their second talk was by Jacqui Jax who gave an insight into narcissism - a very current topic. While a narcissist can make a good business-person, they have no empathy, which can lead to gas-lighting and desertion as well as 'romance fraud' as their lesser offences, but can escalate to sexual assault, domestic violence and murder as they try to get control and power over others. Some red flag indicators were given.

25 January arrived. Two of my school friends and I had decided to attend a **LEVENSHULME WI** meeting but were worried it would all be just a 'bit too old' for us. Should we, or shouldn't we? After deciding we had nothing better to do on a cold, wet Tuesday evening, we decided to go. How wrong were we? After a warm welcome and a quick look around the room, we instantly felt at home. A buzzing group of chatter, laughing and organisation; most of the attendees were much younger than us! We were introduced before the activity, which was cheerleading and teambuilding. Who'd have thought that, within 30 minutes of arriving, we'd be up shaking our pompoms in a room of people we'd never met? After a cup of tea, cake and a chat to members, we decided to sign up there and then. We also signed up to go camping and join the Area quiz night. We left feeling pleased we'd braved the elements and could look forward to lots more. Thanks to **LEVENSHULME WI** for making us feel so welcome. Here's to lots more fun and learning in 2022.

*Barbara, Trish & Zarina*

## Flying Visits

**BANKS WI** have had some varied meetings so far this year. In January, they had a talk on the Marshside Fog Bell, the disaster which led to its erection and the fund-raising campaign to restore the building and open a small heritage museum and coffee shop. In February, they were entertained by the Friends of Bank Hall and in March they had an interesting talk on the diverse culture of India.

Chris Atkinson of **BLACKPOOL WI** crocheted violas in the colours of the Ukrainian flag and sunflowers (the national flower of Ukraine) and sold them at a recent meeting, raising £78 for the Disasters Emergency Committee. On behalf of Tippy Toes charity,



**BLACKPOOL WI** members also collected a large quantity of nappies, baby food, baby blankets, socks, woollies and sanitary products for mothers and children fleeing from Ukraine, which are now their way to Poland together with pet foods collected for refugees with pets.

**HAMBLETON WI** started the year with a talk by Helen McCumiskey, former head of wardrobe at Northern Ballet and PA to Rudolph Nureyev. Helen described her typical week's workload on tour with the ballet, which was not always as glamorous as you would imagine - she had to take a twin tub washing machine wherever she went! She displayed some fabulous costumes, including one worn by Nureyev, who she described as very flamboyant. Tutus and headgear from Swan Lake were also on show, with lots of photographs.

### KENDRICK'S CROSS WI

recently welcomed back fun and versatile singer, Sarah Lowe. They went from musicals to gospel and pop, but it was Mowtown that had them on their feet showing their moves! Members also recently celebrated Audrey Jones' 90th

birthday. A stalwart member for over 30 years and a past President, Audrey is still an active and valued committee member.



**LONGTON WI** recently visited Quarry Bank Mill. The original mill owner, Samuel Greg opened the huge cotton-spinning and weaving complex in 1784, and the waterwheel is still visible inside the mill. Members saw demonstrations of mill life, including raw cotton processing and the operation of hand and mechanical weaving looms. Despite the beautiful surroundings, however, there were frequent reminders of the harshness of the workers' lives. Up to ninety children lived and worked at Quarry Bank at any one time, often orphans sent from far away workhouses. After working in the mill, they still had to do chores, including gardening and sewing. Quarry Bank Mill was so interesting to explore and is a valued part of our industrial heritage. In other news, President, Jose Booth recently presented five members of **LONGTON WI** with orchids. Brenda Coulton, Margaret



Molloy, Jean Poulton, Helen Butterworth and Anne Cameron had all celebrated 'special' birthdays during lockdown. It was good, at long last, to be able to wish them all a belated happy birthday.

**LOWTON WI** started off the year with a fitness theme and was treated to a seated yoga session by Lynne Dalglish which had their members gently exercising body and mind. They finished by doing some relaxation and boy did they relax with many members falling asleep! Their second meeting welcomed speaker Julie McKiernan who gave a talk on Leigh Grammar School, after which they celebrated International Women's Day with a "Jar of Hearts." Money raised from the hearts will go towards supporting a local Women's charity. They also asked members to wear something purple in keeping with the colour of the Suffragettes. After the difficulties of the last couple of years, **LOWTON WI** is now fully up and running and has re-commenced their Nibble and Natter and Craft groups. They have also started to arrange trips out again.

Just as we needed a reminder of sunshine, blue skies and sparkling seas, **LUND WI** welcomed local speaker John Atherton - new to WI speaking and well-travelled since he taught in Uganda 50 years ago. Having visited many countries, John documents his trips for travel talks. Members were treated to a journey around the Azores - nine Portuguese volcanic islands in the Atlantic, off the west coast of Africa. There were stunning photos of six of the islands and fascinating tales of the geography, culture and many unusual features. One day, he chanced upon a 'Soup Festival.' After singing, dancing and entertainment, tables were brought outside laden with pots of many kinds of soup and passers-by were handed bowls to sample any (or all) they fancied. An entertaining journey.

## ...Flying Visits



The reward for attending the **RIBBY WITH WREA WI** annual meeting was social time, with tutor Lisa Moore demonstrating how to needle felt a sheep brooch. Members set to with a will and soon everyone was busily stabbing their wool into shape. Everyone produced a brooch and miraculously they all looked like sheep.

Members of the **SIMONSTONE WITH READ WI** Knitting Group have been busy with their knitting needles over the last few months, knitting 14 small blankets, assorted cardigans and hats which will soon be on their way to help refugees from Ukraine. Hopefully Teddy will help bring a smile to a small child's face.



The allotment group at **SOUTHPORT SCARLETS WI** have planted a pear tree and registered it with the Queen's canopy in honour of the Queen's platinum jubilee this year.

At their January meeting, **WARTON CRAG WI** were privileged to have an excellent talk by Nigel Parish on the exceptional work of North West Blood Bikers.

**LYTHAM GREEN WI** recently enjoyed an illustrated talk from local historian, David Hoyle called 'A look Around Lytham'. Although over the years cottages were demolished, roads widened and shops changed hands, it was intriguing to learn how many landmark buildings remain, such as the old public baths, police station and many of the larger hotels/pubs. One exception, however, was the demolition of the art deco Lytham Palace cinema in 1960. It was mainly the appalling loss of the Egyptian-themed cinema which prompted the formation of the local Civic Society to protect and act to avoid future vandalism of the beautiful town. David gave historical information about buildings such as Lytham Hall gate house, the customs house, estate offices and Cottage Hospital. He recommended a visit to Lytham Heritage Centre's exhibition entitled 'Lytham Past'. Lytham will inevitably continue to change, but hopefully it will retain its charm and attractiveness, aided by community-concerned groups.





**NORDEN WI** had a great time at their March meeting. There was a 'BodyShop at Home' demonstration of cleansing and moisturising and tips on applying make-up. Can you guess from the photo who the model was? Don't think the face mask she's wearing hides our LFWI Vice President, Heather Williams, who was keeping it in the family, modelling for her daughter Sarah, the demonstrator. The evening was enjoyed by members old and new and raised some funds for the WI. Thanks for being a good sport, Heather!



**ST ANNES ON SEA WI** has now held seven meetings and numbers attending have grown steadily. Speakers have varied from a not-very-funny barber to a moving story about resistance workers in France during WWII and, latterly, a popular local gardener. Unfortunately, the Christmas party speaker was taken ill and I had to delve deep and subject the members to 45 minutes of bits and pieces I have collected over the years. They were very polite and laughed in all the right places. We did, however, manage a most enjoyable Christmas lunch at a local hotel. Some keen members gave up their time to make decorations for our entry in the parish church Christmas tree festival. Our theme was sunflowers and the effect was magnificent. We donated our share of the money collected to the local women's shelter. Our new Social Secretary is busy organising outings, so it is all looking good for the future.



In January **TATHAM FELLS WI** had an enthralling presentation about the Clipper Round the World Race by Nigel Odling, who was a crew member on CLIPPER TELEMED on the first three legs of the 2015 race. He described early problems as 12 magnificent 70-foot yachts set sail down the channel, all trying to reach South America first. He told of his relief when the spinnaker held after he stitched it up with a sewing machine after it was ripped by a gigantic wave. The crew spent nine days in South Africa, having had made good time before braving the Southern Ocean for Australia. The whole race took 11 months. At their February meeting, there was a presentation Forest of Bowland Moorland Group on the work done to improve the Grouse Moors. They brought pre-cut wood and nails for making a Bird Box and 25 members proceeded to complete a box with much hammering and laughter.



Members also recently had great fun creating their own scenes using coloured wax and warm irons following a demonstration by Suzie Wax. Proceeds from the sales table were for the Ukrainian appeal.

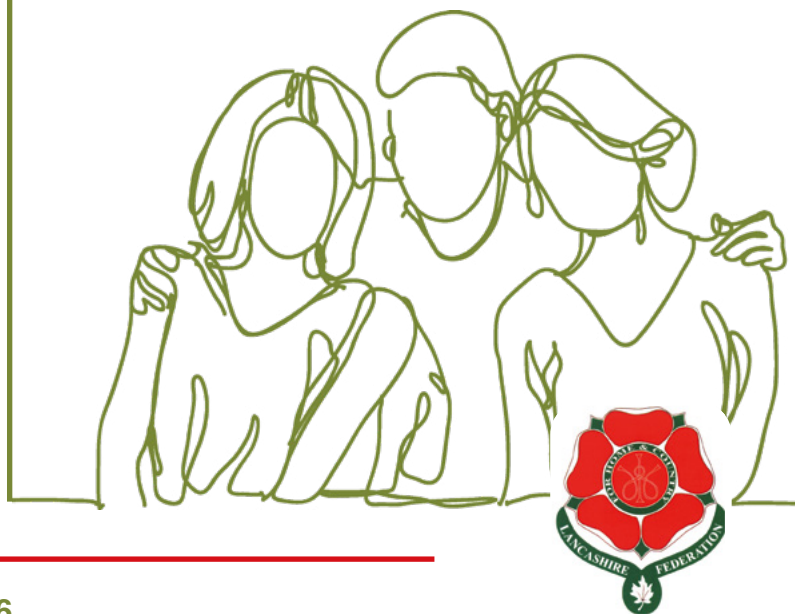
**TREALES WI** celebrated its 100th birthday at Singleton Lodge, with members and special guest - advisor and LFWI President, Jackie Hobson. All enjoyed an excellent meal, a glass of Prosecco and entertainment from Yvonne & Matt. Matt played various musical instruments and sang some well-known folk songs. Yvonne gave the history of the songs and all were encouraged to join in. Jackie thanked members for inviting her and presented the President, Jane, with a certificate and commemorative glass plaque.



Members of **VIADUCT VIOLETS WI** joined the mayor of St Helens and other local groups for the official opening of the Post-16 Learning Hub of Wargrave House & College, a college for students on the autistic spectrum at Lyme & Woods Country Park. Students set up workstations to give an insight into the type of work that will be carried out at the learning hub and showcased their talents. All were very excited about the opportunities the learning hub will provide. Secretary, Angela, bought a plant in a pot decorated by a student. **VIOLET VIOLETS WI** look forward to collaborating with the school in future projects.



In further news from **VIADUCT VIOLETS WI** they also knitted a total of 23 six-foot long scarves for the Shropshire Way Appeal of 2021, donating them to their local community hub for distribution as part of the winter warmer pack annual scheme in nearby Wargrave district.



## COOKERY & CRAFT

### I AM PROUD TO BE A WI MEMBER!

The public image of WI is often inaccurate, even leading to some groups choosing names that omit WI in the fear of being thought old fashioned, out of date, reactionary or boring.

An institute is an educational organisation and the WI is no exception, with a continuing aim to advance the education of women.

The early WI had strong links to women's suffrage so hence our shared anthem - Jerusalem. Suffragettes, far from being old fashioned and boring were politically astute, forward-thinking activists who were passionate about improving the lives of women: a blueprint to emulate.

The cookery and craft team is passionate about enabling the members to learn new skills, develop and grow existing talents and to enrich their lives.

If you want to join this educational journey, just go to the LFWI website to book workshops in beginners and improvers crochet, dressmaking, still life drawing and photo image manipulation and then look out for flower arranging, sugar paste decorations and repeats of the super-popular Peaky Blinders cap workshops later in the year.

Let's be proud of being in the WI by learning new skills with a flexibility of thought, energy and positivity - just like our revolutionary founders.

*Debbie Northin*

## LEISURE ACTIVITIES

We began the New Year with plans for lots of activities, starting with our games evening on Wednesday 15 February. Alas, this wasn't to be, as this event was

cancelled due to lack of numbers.

Such a shame, but never mind.  
Onwards and upwards.

Our next event is the ever-popular walking treasure hunt on Wednesday 16 March at Oak Hill Park, Accrington. There will be two sessions and we look forward to seeing you there.



If any WIs are organising walks for members, can you please let me know? Also, would any members like to join our committee? We have four committee meetings a year and we would love you to join us.

*Kathy Gemmell*

## MEMBERSHIP

Isn't it wonderful to be back together at our meetings and have really interesting talks and presentations? Speakers are getting high-tech and it's usual to have either our own equipment used or speakers bringing along laptops and projectors to illustrate what they are talking about. However, with this equipment there can be trailing wires, extra power points and cables surrounding the speaker's area which can be dangerous!

It's really important to make sure that members don't injure themselves falling over these wires, or damage equipment by knocking it off tables. When booking speakers, inform them that you expect they will make sure the area they set up is safe and their equipment is stable. Identify someone on the night to do a risk assessment as the speaker is setting up. Reduce the risk of injury or damage by asking members to be seated, ask any questions from their seats and allow the speaker to dismantle their equipment at the end of their presentation without dashing up to them asking questions.

Am I exaggerating my point, you ask? No - this happened in one of our WIs recently, and we thought it was a wake-up call and worth sharing with other WIs.

*Ruth Grimley*

## PUBLIC AFFAIRS

It was very heartening at the annual council meeting in Bolton to have most of the information and leaflets put out on the stand taken away by members. There did seem to be an interest in the subjects that had been resolutions in the past few years and NFWI have been lobbying the government on our behalf.

I hope those of you who took information away find it useful and use it to inform other members of your WI, family, friends and in some cases people you work with. These issues affect us all.

You can find further information about public affairs on the NFWI website - [www.thewi.org.uk](http://www.thewi.org.uk) - under 'Our Campaigns | National Federation of Women's Institutes'.

On a lighter note, many thanks to the National Garden Scheme for providing leaflets about open gardens in Lancashire, Merseyside and Greater Manchester. Some are opened by LFWI Members. It's a real opportunity to visit something beautiful, reduce your stress levels, inspire you to make a connection with nature and, in some cases, eat cake!

*Ruth Grimley*



### RESOLUTIONS

Thank you to everyone who voted for the resolution shortlist. We had votes from 117 WIs with a total of 2984 votes as follows:

- Fit for purpose: Fit for Girls **148**
- Appropriate sentencing of non-violent women offenders **913**
- Equality in law for the menopause **296**
- Women and girls with ASD and ADHD **943**
- Tackling digital exclusion **684**

Over 75,000 votes were cast nationally, an increase on last year. NFWI have agreed to put forward one resolution to the annual meeting in June: 'Women and girls with ASD & ADHD - under-identified, under-diagnosed, misdiagnosed, under-supported'. It gained 22,683 votes, only 557 ahead of 'appropriate sentencing of non-violent women offenders'. There will be a discussion meeting at the LFWI office, Leyland, on **Friday 22 April**, when more information will be available about this resolution.

*Jenny Bennett*

### SHOWS

Thank you for interest shown at the county show display stand at the council meeting.

Spring is here. No, I haven't heard the first cuckoo or seen hedgehogs emerge from hibernation, but gardeners are "a-weedin' and a-plantin' ". Now is the perfect time to plant most of your home-grown horticulture entries, whether inside or outside, remembering to protect delicate roots from late frosts. Their tootsies will shiver!

Chilli plants are easy to grow indoors and a bright, colourful addition to any room. If your growing space does not get sufficient natural light, fluorescent tubes or bulbs in daylight white (widely available at most hardware and craft stores) simulate sunlight well.

Alpine plants are also easy to grow. They can be planted at any time of year but will settle better in spring when the soil is starting to warm up. Most like plenty of sun, although some will tolerate shady spots too. They are low maintenance as long as you use a sharply draining compost and don't over-water them. Alpines live for several years, are ideal for small gardens or containers and are available in many species. My kinda plants!

*Dawn Threlfall*

### AMENDMENT TO SHOW SCHEDULE - PRESERVES

Please note that 4oz jars are accepted as well as 2oz ones for your preserves, as we realise how difficult it is to purchase the smaller ones. There will be 4oz ones on sale at the show tips days.

*Janet Wilkinson* - SHOWS TEAM

### TOURS & EXCURSIONS

It is so good to see lighter mornings and the promise of better weather to come. Let's hope we can all get back to some sort of normality and enjoy getting out and about again.

I hope you had chance to visit our stand at the annual meeting on Tue 8 March and see the plans we have for 2022. Our next outing is the Manchester Ship Canal and lunch excursion on **Thursday 28 April**. This promises to be a lovely day out and I hope to see you there. Plans are currently being made for us to visit Wentworth Woodhouse, a grade 1 listed stately home near Rotherham, South Yorkshire on **Wednesday 6 July**. This stately home has the longest façade of any country house in England. Standing in 87 acres of gardens and grounds, it has extensive views over former parkland including a deer park and lakes. Look out for further details in the next newsletter.

*Jacqui Mallinson*

### SCARLET CORNER

#### COURAGE

The Winter Paralympics will well be over by the time you read this, but something struck me yesterday as I was watching the blind skiing - yes blind skiing. I mean, how much courage do you need to take that on? Yes, they have a guide, but still, you are taking your life into your hands and putting complete faith in another person not to let you go flying off the end of a cliff or into a tree. But what must it feel like when you have finished? What an accomplishment and how exhilarating!

It got me thinking. I have a thing I call blank page syndrome; it isn't just for things that need writing like Scarlet Corner, it's for everything and it refers to the difficulty in getting started, so you don't - you put it off.

I remember my son saying to me when he was about 12 that he wanted to make a website but he would never be able to. Why wouldn't he be able to? Well, he didn't know. I have lost count of the number of websites he has made 15 years later, and the skills he has learned along the way.

What I am getting at is that if you want to try something, try it! Take up a new craft, try a new recipe, do the couch to 5k. Just get started and, when you do, make sure you let us know and we will pass on your good news.

*Emma Gillinder* - SOUTHPORT SCARLETS





## RECIPE

### BURY SIMNEL CAKE



#### *Heather's Version*

The Bury Simnel cake goes back a long way in history. It is the poor relation to the Shrewsbury Simnel cake which developed with richer ingredients and marzipan to be a cake like a Christmas cake, decorated with rolled out marzipan and eleven balls of marzipan placed round the top to represent the eleven disciples who did not betray Jesus. In some areas, servants in large houses were allowed home on Mothering Sunday and often took a homemade Simnel cake as a gift ready for Eastertime. The Bury Simnel is more like a fruity scone/rock cake decorated with flaked almonds and needs to be eaten soon after baking.

#### Ingredients

- 250g self raising flour
- 100g caster sugar
- 100g butter or margarine
- 1 ½ teaspoons mixed spice
- ½ teaspoon ground cinnamon
- 150g mixed dried fruit including peel
- 50g glace cherries, halved
- Grated rind orange and lemon
- 1 egg
- 2-3 tablespoons milk
- 25g flaked almonds
- Beaten egg or milk to glaze

#### Method

1. Heat oven to 200C/ Gas 6/ 180C fan.
2. Place flour, sugar, spices and butter in a bowl and rub the butter in until it looks like fine breadcrumbs.
3. Add the fruits and rinds and mix to a stiff dough with egg and enough milk.
4. Turn out onto a lightly floured surface and knead gently. Cut into six pieces and shape each into a flattish round or make one large round.
5. Place on a baking sheet and brush the top with beaten egg. Sprinkle with flaked almonds. Bake for 15 – 20 minutes until risen and golden brown.
6. Serve warm or cold, sliced and buttered.

*Heather Williams*

BOARD OF TRUSTEES / NORDEN WI

## CRAFTER'S CORNER

**Lockdown gave many of us an unexpected opportunity to dedicate more time to our hobbies, and for Julie Gudgeon this meant dusting off her paintbrushes. Here she gives us an insight into the pleasure she gets from tapping into her inner artist - and encourages us to do the same!**

The Covid pandemic has affected our lifestyle in various ways. For some, it meant subsiding into loneliness and isolation and, for others, time to indulge in forgotten or neglected hobbies to fill the time at home.



In my case the latter applied. I've been a keen amateur artist for many years but, alas, have had no time to hone my skills because of pressures of work and volunteering commitments, so during the various lockdowns I actually found time to put brush to paper. I was also waiting for a hip replacement - one of the four million or so on the NHS waiting list. Added to which, I had a heart problem and until it was fixed there was no way I could get my hip dealt with. So, I was fixed on the waiting list!

I know that many people say 'I can't draw (or paint) a thing - it's no good to me'. But everyone can draw and from that follows painting as an added pleasure. The materials required are readily available: paper and a pencil to start with and a simple box of watercolour paints. However, should the bug take hold, I would recommend investing in a few good brushes. I have acquired a large number ranging from very large to very small, but in fact I mostly use only two or three from my collection!

Another spin off from painting and drawing is observation. I love painting outdoors. It enables me to really look at subjects I want to capture on the paper. I started by copying photographs, but found this too restricting and my best efforts are those painted from life. Another factor is finding a good teacher. If this is not possible, I can recommend the internet, where you can find lots of tips and information on sites like YouTube or Pinterest.

So, give painting a go, whether in oil, acrylic or watercolour - try them all. Watercolour certainly saved my sanity during the last two years. It could fill your life too.

*Julie Gudgeon*

EDITORIAL TEAM



## SCIENCE NOTES - A KIND OF MAGIC?

Yeast is a single-celled microbe belonging to the fungus family. There are hundreds of known species but the one familiar to us in baking is *saccharomyces cerevisiae*. In a process called fermentation, it produces carbon dioxide (CO<sub>2</sub>) when it feeds on sugar molecules. The CO<sub>2</sub> is trapped and forms the spongy texture.

The sugar it feeds on comes mainly from starch in the flour and the little sugar we may add. When water is added to the flour, it breaks up the chains of starch into individual glucose molecules. The yeast cells eat this glucose which they convert into energy, releasing water and the CO<sub>2</sub> as a by-product. The yeast needs some warmth to grow and works best between 30 and 35

degrees C, which is why the dough rises best in an airing cupboard or warm oven drawer. As the proving finishes, the yeast runs out of oxygen so switches to anaerobic process which doesn't need oxygen and produces alcohol (ethanol) instead of water. This is why Paul Hollywood can tell if the dough has been left too long to prove!

In the next newsletter I will write more about the science - or is it an art? - of making bread!

*Pam Coates*

SCIENCE CO-ORDINATOR



## WATER & MUD



With January mild, I looked up the definition of drought for the UK, which states that a drought is 15 consecutive days without rain. I cannot remember, since storm Barra, needing or using an umbrella. It was enough just remembering a face covering!

The pleasure of a dry January here in south Lancashire needs to be put in context. The soil is blowing across the road today, something I thought was confined to deserts. The other worry is that the reservoirs will, in late spring and summer, be down on their anticipated water levels. As soon as 'Freedom Day' 19 July 2021 came, I went to my static caravan on a farm. I passed Thirlmere reservoir several times. The level was low, and still low at the start of November.

My caravan is very old but has running water and minimal plumbing! I'm always surprised at how little water I use when I'm there. The average consumption per person is 141 litres (248 pints) per day! I remember the days of a strip wash and no showers! Dermatologists favour less showering than the average 2-3 per day - yes - 2-3 per day! Other countries are ahead of us in water conservation. Staying with friends in Germany, the warm-up water from the shower was saved in a bucket to flush the loo. Same in the kitchen, with washing up water used to water plants.

Soil erosion is worsening in this country. The drier and warmer weather, combined with the increase in the strength of the winds, the more topsoil is destroyed. Apparently, 'every five seconds, the equivalent of one

soccer field is lost due to soil erosion' and also there is just 60 years of topsoil left in the world.

With all that in mind, I now have a water butt both back and front of the house. One already has a second attached and I'm saving to do the same to the other one. The compost bins are multiplying. I was delighted to hear Christine Walkden on Gardeners' Question Time say she had nine. I have four and counting.

*Debbie Reardon*

## FROM THE ARCHIVES

I was looking through our records for items which might interest secretaries who were attending a workshop and I came across a beautifully hand-written letter requesting a WI adviser (VSO) to attend a meeting.

The problems the secretary highlighted were about some resignations from committee. One officer didn't wish to hold office the following year and another had moved out of the area. The secretary also wanted to be relieved, as she was finding it too much alongside her business and home duties. She felt the committee had not been supported by members and too much work had been falling on a few. Some members were possibly having financial difficulties as they had recently been resettled into the area (land settlement) and so could not afford to do much.

What year was this and how familiar does it all sound? The Secretary also enclosed with this letter, a postal order for 2/- to pay a bill to LFWI. That's shillings for those who remember what a shilling was!

The year was 1939 - does anything change I wonder? I would love to know how the WI adviser sorted that all out!

*Ruth Grimley*

HONORARY ARCHIVIST



## TRIBUTES



Mrs Kathleen Gowers, who joined **LUMB IN ROSSENDALE WI** in her twenties, passed away on 18th January after a fall, at the age of 91. Kathleen had served as President and Secretary in her long membership and will be remembered as a kind, generous lady who will be truly missed.

It was with great sadness that **BALDERSTONE & DISTRICT WI** report the sudden death of Sue Middlemas, an enthusiastic WI member and committee member. A great supporter of the county and Clitheroe shows, their very talented friend will be greatly missed. They were also sorry to hear of the death of former member June Harrison who left the WI in 2019 after being a member for 55 years.

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

## BOOK REVIEW

### THE QUIET PEOPLE, BY PAUL CLEAVE

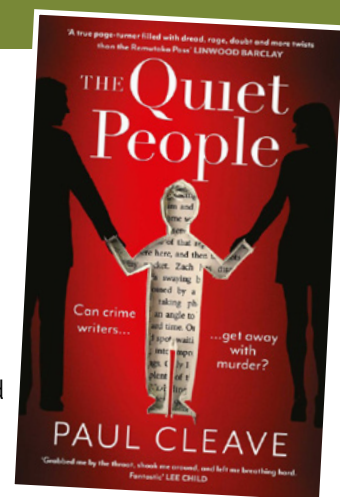
A thoroughly good read - intriguing mystery, with a satisfying undercurrent of thoughtful reflection on mob psychology.

Cameron and Lisa Murdoch are "mid-list" murder mystery writers whose worst nightmare – and a scenario that might have come from one of their modestly selling novels – comes true when their eight year old son Zach disappears from his bedroom one night. Zach is, to put it kindly, a difficult child – sweet and loving one minute, subject to impossible rages the next. Did one (or both?) of the parents finally snap? Are they testing their claims that if anyone could get away with murder it would be a writer of murder mysteries? Or is something else going on?

Satisfying twists and turns, and the writing and characterisation of the two leads (Cam Murdoch and police detective Rebecca Kent) was very engaging. The New Zealand location adds some interesting local colour.

*Maura Heaphy Dutton*

CROSTON WI



## FIND THE MISSING TOWNS

1. Part of a candle
2. Spoil entrance
3. Associated with blue birds
4. People rock
5. Decide not to walk
6. Hill in front of wharf
7. Religious water
8. Opposite North side of ship
9. Dark water
10. Gardener's aid put in oven
11. Blemish on town
12. Harbour's facial cavity
13. Not yours principal
14. Fresh landing place
15. Bottle stopper
16. Organ ball game
17. What we breathe
18. Thick paper maybe
19. Swift forest
20. Woolly jacket
21. Wine in a hurry
22. Explode either
23. Number alongside
24. Beautiful woman far from slow
25. Glowing not off

### ANSWERS TO PHONETIC QUIZ (Issue 1/2022)

- |                          |            |                         |
|--------------------------|------------|-------------------------|
| 1. Foxtrot, Tango        | 7. Echo    | 14. Zulu                |
| 2. Oscar                 | 8. Hotel   | 15. India, Lima, Quebec |
| 3. Charlie, Mike, Victor | 9. Uniform | 16. Yankee              |
| 4. Alpha                 | 10. Kilo   | 17. Golf                |
| 5. Bravo                 | 11. X-ray  | 18. November            |
| 6. Romeo & Juliet        | 12. Whisky | 19. Sierra              |
|                          | 13. Papa   | 20. Delta               |

## 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 3

Thursday 21st April 2022

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

Please note our new email address

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