

# Red Rose News

The Lancashire Federation of Women's Institutes



Issue 2 | March / April 2024

## WELCOME TO ISSUE 2/2024 OF YOUR LFWI NEWSLETTER

We hope you enjoy reading this issue of Red Rose News. It is filled with many interesting and informative articles from our LFWI Teams and your WIs. There is also news about forthcoming trips and events and tips for members entering the new Showcase event.

It's lovely seeing the signs of Spring in your WI articles and photos and also hearing about your many celebrations. This edition will reach you after Easter, and we look forward to receiving articles on your Easter activities as we start to make the most of the longer days and hopefully sunnier weather.

If we could make a couple of requests:

- Please try to send us only **one, clear photo** with your article. It is very helpful if we don't have to sift through multiple photos and risk not selecting the one you would have preferred us to use.
- Also, if you could send a **single article** containing all of your WI news to us for each issue, it really helps us not to miss anything important.

As always, very best wishes,

*The Editorial Team*

## SCARLET CORNER

### VERY

I have been thinking about it and I can't really apply the word 'very' to anything about me, although my son says I am very short, but really I am just average.

I think that is one of the reasons I love going on the courses laid on by LFWI. They give you a little taster and some expert advice before you go off spending a fortune on equipment. I have been looking for something I am very good at, and I have just been to a lacemaking one at Leyland which was excellent. Before you ask, no, I was not very good at lacemaking but I am sure one day I will find that thing and, in the meantime, I am going to carry on taking advantage of the opportunities that being in the WI is offering me and trying new things. They are moving out into the wider Lancashire area to offer courses, and I really would recommend that you have a look at the flyers at your meeting or on the LFWI website and have a go at something. You never know, you might love it and find something you are very good at.

Oh, I know something. I am very enthusiastic about the opportunities the WI has offered me.

*Emma Gillinder*

TARLETON & SOUTHPORT SCARLETS WIS

## A Message From Our Chairman

Welcome to the April edition of Red Rose News and to Spring. There are certainly signs of Spring in my garden - the daffodils are plentiful now the crocus and snowdrops are nearly gone and there are signs of life with newborn lambs in the fields and birds building their nests in boxes and trees. My magnolia trees are bursting into flower, which I hope isn't going to be damaged by the frost. "Ne'er cast a clout till May is out", the old saying goes, so new plants will need our tender care and protection for a while longer.



Our climate is constantly changing and we can help do our bit to slow it down by looking after the environment: reducing our plastic use, recycling and by looking after our countryside and coastline. Our Federation Climate Ambassadors can provide many more ideas of things we can all do.

A National Federation of WIs Resolution from the 1950s started the 'Keep Britain Tidy' campaign throughout the country and I know many of you like to help in keeping the community you live in clean and tidy. Keep up the good work.

It's nearly time for the NFWI Annual Meeting, this year at the Royal Albert Hall in London. Your WI delegate at this meeting will want to know how you want her to vote for the resolution that is being put forward. This year it is 'Dental Health Matters.' There will be lots of information on My WI and in WI Life to help you decide which way to vote, as well as information put out by our Resolutions Officer, Janette. There will be a Zoom meeting on the subject as well. Watch out for details.

Talking about Zoom meetings, I hope you are taking advantage of the WI Learning Hub to access free, yes free, courses, lectures and more, on various subjects and activities, from talks about places, history, learning languages, exercise classes and craft subjects such as crochet, painting with acrylics etc. All NFWI training courses, e.g. for Advisers, Trustees and more, will be delivered through the Learning Hub eventually. In Lancashire, however, we will still offer face to face activities such as luncheons, craft courses and public affairs meetings and opportunities to visit places of interest to give you the chance to mix with members from different WIs as well as offering training courses for Officers.

I am really looking forward to meeting over 500 delegates and members at the LFWI Annual Council meeting in Lytham and I hope you enjoy the afternoon. The business has been shortened so that we can listen to the Inspiring Women Speakers. A full report will be in the next edition of RRN.

Best Wishes,

*Heather Williams*



# Around the WIs

## MEETINGS, BIRTHDAYS & PARTIES...



**ANSDALL & FAIRHAVEN WI's** embryonic group, The Green Goddesses, is going from strength to strength with many exciting projects lined up for the future. The ladies kicked off 2024 with a snowdrop walk in the magnificent grounds

of Lytham Hall. Much knowledge and appreciation of naturalistic and woodland planting was acquired. Of course, it also involved coffee and cake! In the supportive spirit of the WI, the nearly 30-strong group plans to help members who are experiencing challenges with a one-off tidy up of their gardens. This generous bunch will lighten the load and many hands will make light work. Future plans include visits to garden centres near and far and the sharing of cuttings, bulbs and seeds. They plan to approach St Paul's Church in Ansdell to create a beautiful area in the grounds of the church which welcomes them every month for their meetings. Green fingers, warm hearts.



**BANKS WI's** February meeting was at Meols Court Lounge, with speaker Karin Snape, a puppy walker and fund raiser for Guide Dogs for the Blind and her current puppy, Elaine. She entertained everyone with tales of her walk from John O'Groats to Land's End dressed as a dog and was thankful for the generous support of many WIs along the way.

In March, thier speaker was Anita Hayes, who gave an insight to the world of perfumery. Neolithic goat herders noticed that when the goat's skin was burnt it gave off a "parfum". The ancient Egyptians made perfumes, as they thought that they stood for mortality. The Romans first introduced fragrances to Britain. There are three main types: Chypre - dry and warm; Floral - sweet smelling; and Oriental - sweet and warm, containing vanilla. Anita then talked about some of the more modern ones and ladies reminisced about their favourites from the 1960s, 70s and 80s.

At their February meeting, **BILLINGTON, LANGHO AND DISTRICT WI** heard from Barbara Bryan, the NW Commissioner for Girl Guiding, about how during the Covid pandemic they had to rethink delivery of their meetings and badge achievement. Members who were ex girl guides were very impressed that from such a challenging time, a more inclusive approach to achievement has been developed for all stages of Girl Guides.



### PATAGONIA

Pat Ascroft

Always an adventurer who

Travelled to South America with 50 strangers to raise money for MENCAP

And they climbed up high mountains and down into river valleys. The

Going was tough- sleeping in tents with temps. as low as -7 at night. Their

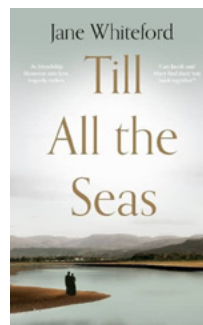
Only daytime food was in packets to be mixed with water - 3 days' supplies carried in their heavy backpacks.

Noises in the night - pumas and owls were so near and petrifying to hear.

In Buenos Aires a local trip to see the sites and a Tango Dance in the street-photos to prove it.

An adventure told with passion, enthusiasm and lots of humour. Lots of memories and new friends made.

Thank you Pat for a delightful evening.



**BOLTON LE SANDS WI** welcomed Jane Whiteford, a local author, as their February speaker, to talk about her book 'Till All the Seas'. Set around Morecambe Bay in the 1800s, the book tells the story of two children, Jacob and Mary, taken from their families and made to work on an isolated farm. As they grow up, they fall in love and eventually manage to run away. In time they marry and plan their future together, but a painful

separation tears them apart. There are many twists and turns in this fascinating story before we can discover if they ever find their way back to each other. The setting of the book appealed to many members, as they know the area so well. Jane talked about the background to her book as well as the research she had to do. A sequel 'Savannah' comes out at the end of May... members can't wait!

In March, **BUCKSHAW VILLAGE WI** member Angela Fletcher regaled members with stories of her time on the Great British Sewing Bee. She started by giving an insight into how she became an avid sewer and the in-depth selection process - no mean feat. Angela talked through each episode and showed the pieces she made - the good and the disasters. An enjoyable evening and Angela is highly recommended. The evening ended with a celebration of the 100th Birthday of member Sheila Nixon. Happy Birthday, Sheila!



## ...AROUND THE WIs



Bez Cooper was the brilliant speaker at **CHERESTANC WI** (Garstang) in February. She told stories, illustrated with slides, about how she became a Tiller Girl in the 1960s and 70s. Working with stars such as Frankie Vaughan, Cilla Black and Mike and Bernie Winters to name just a few, she performed as part of that famous line up at Sunday Night at the London Palladium. Her career took

her all over the world including South Africa and Paris. She asked for four volunteers to come forward at the end and directed them to kick and turn and perform. After they had perfected their routine, she produced costumes and everyone said how entertaining it was. A good evening.



**ECCLESTON WI** members sang songs and carols played by the Strummers and Warblers Ukulele Group from Leyland U3A at their Christmas Party. In January, Alex Fisher demonstrated a variety of clog dancing steps. This dance originated in Italy in the 15th Century, performed on marble floors. It became popular in England and Wales in the 18th and 19th Centuries, when men competed for the Championship Belt, which is now in the V&A Museum. Diane and Linda from Cake by Diane, Heskin Hall, demonstrated making beautiful



naked cakes, decorated with buttercream, berries and flowers. They tasted delicious, too! At the annual Winter Warmer fundraiser in February, members invited the community to buy chef's homemade soup and a bread roll, tea or coffee and cake. Stalls selling raffle and tombola tickets, books, cards, cakes and bric-a-brac were well supported.



James Wragg and his wife Carole visited **FORMBY WI** in period costume to speak about life in the 17th Century, mainly from a woman's perspective. Members heard about domestic and rural life, and the life of a soldier and his family. Society was class-based - if you were rich, you could employ servants, but if you were poor, life was extremely hard, especially

for women. They were the property of their husband; the saying 'rule of thumb' relates to the thickness of the stick they might be beaten with. Clothes were dried on the grass or lawn, ('laun dry'). People wore layers of clothes to keep warm. High-class ladies wore stays with back fastenings, as servants helped them dress; the poor's stays had front fastenings as they dressed themselves. Carole brought some exquisite needlework of the period together with a range of artefacts. The more embroidery you had on your clothes, the richer you were. Members also learned that nutmeg, ginger, cinnamon and marchpane (marzipan) were frequently

used in 17th century cooking, so for refreshments, members had gingerbread and a marzipan Battenburg cake.



**FRECKLETON WI's** March speaker was Peter Frankish. After caring for his much loved wife after her diagnosis of Alzheimer's, he decided to use his practical abilities in a positive way. His talk entitled "In the Frame" told of his realisation that many of the tired-looking pictures hidden away in Charity Shops could be brought back to life by re-framing with clean, modern frames.

He has a team of volunteers and artists who are proud to provide the St Catherine's Hospice shop at The Mill with a selection of beautiful pictures, raising considerable funds. Peter and colleague Steven showed a delightful selection of pictures, describing how they were acquired and telling stories of the artists. Peter also judged the competition (a favourite picture frame) which Wendy Fieldhouse won. At their next meeting on 9th April **FRECKLETON WI** will be celebrating its 102<sup>nd</sup> birthday with a wine and cheese party followed by some fun games.



**KENDRICK'S CROSS WI** were treated to a visit from Graham and Janet Walton, the Merseyside couple who famously became parents to the only female sextuplets in the world in 1983. Graham hilariously conveyed the joy and trepidation of six births at 31 weeks. The girls were swiftly baptised as a can of lager was thrust into dad's shaking hands. Janet was calm and strong throughout, dealing with Granada TV and the Daily Mail and changing 36 nappies a day. Many people helped and now Lucy, Hannah, Ruth, Sarah, Kate and Jenny are 40 years old. If



you want to make friends, come along to St Ann's Millennium Centre on the fourth Tuesday of every month at 7.15pm. It's free to give us a try.



**LEA WI** gave a warm welcome to Emily Bowles (Judy Beeston), who related the story of Cornelia Connelly, a married woman who became a nun, devoted to the education of girls.

There was a close link to Preston because Mother Cornelia was responsible for starting the Girls' Convent School on Winckley Square. By coincidence, **LEA WI** also welcomed a special visitor from Ohio, who knew the river that Cornelia had travelled on nearly two hundred years earlier. Everyone agreed it was a really enjoyable and educational evening.



## ...AROUND THE WIs

**LEYLAND WI's** January competition was any item that you have 'smuggled from abroad' - this was for the benefit of Brian Topping, their speaker for the afternoon, although nobody was caught out! Brian, although a Lancastrian, spent many years as a Senior Customs Officer at Heathrow and it is unbelievable what lengths some people will go to avoid paying duty on things they have bought abroad. Brian's tales are legend, his delivery fast-flowing and humorous and everyone felt they had learned a lot, although he still didn't give any tips on how to 'smuggle'! In February, members were given the opportunity to learn how to draw a picture of someone from a photograph. It's fair to say that some were a little apprehensive but under the expert guidance of fellow member and artist Nicky Robertson, they took it in their stride and concentrated hard on producing a passable likeness of their chosen subject. A pleasant, and quite different, way to spend an afternoon.



Pablo Picasso famously said, 'Art washes away from the soul the dust of everyday life.' **LONGTON WI** members were certainly very much aware of the power of seeing art created before their eyes at a recent meeting when a member, Helen Heslop, invited all to an 'Art Class'. Helen started with a brief outline about composition, and then

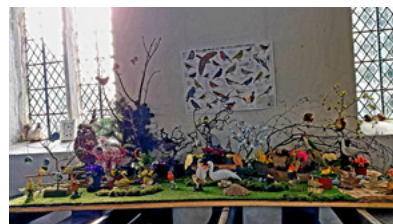
set about creating a beautiful painting of a Norwegian landscape. Working from a photograph, Helen gave herself the freedom to give her own interpretation of what she saw, creating her own reality. She chose to work in acrylics, but also enjoys working in oils and watercolours. **LONGTON WI** has a varied programme of speakers throughout the year, but when the speaker is one of their own it is particularly enjoyable, and all were grateful to Helen for sharing her amazing talent.



**CLOSURE OF LYTHAM GREEN WI:** It is with great sadness and reluctance we report the closure of **LYTHAM GREEN WI**. This is because they cannot fill the role of Secretary and the present incumbent wishes to stand down after nine years in the role. The President has made numerous appeals for a volunteer to step forward but to no avail. Sue Jones, the founder, and first President, spoke about the formation of Lytham Green in 1992, so sadly she was present at both the opening and closing of the WI. However, despite the sad day, members still managed to enjoy their usual meeting routine with a speaker, competition for a favourite cooking

implement and a raffle. Also, as a special treat to mark the occasion, the President ordered fresh scones to go with the usual tea and coffee. Jackie Hobson and Ruth Grimley, WI Advisors, attended this last March meeting and conducted the necessary formalities to suspend **LYTHAM GREEN WI** in accordance with National rules. Let us hope members can look forward to a time in the future when Lytham Green WI will arise and once again become a vibrant part of LFWI.

**PILLING WI's** January meeting was very popular with both members and guests. Angela Fletcher was the speaker and she described her time as a contestant on the Great British Sewing Bee. She also showed members the garments she had made whilst on the show. Everyone enjoyed her talk.



February's speaker was author Sasha Morgan who spoke about her writing journey. This was another popular meeting, as Sasha lives locally and is known to several

members, some of whom had read her books. She presented the WI with a copy of her latest novel which was raffled. There was also a display featuring birds of Britain. Members provided birds and painted eggs made from a variety of materials including knitting, brass, china, cloth, and wood. There were also flowers, potted spring plants, logs, branches, and a very nice piece of bog oak. In February, members also took part in the Pilling Snowdrop walk to raise funds for Pilling Coffee Feast.

**RIBBY WITH WREA WI** had an excellent turn out in January for speaker Peter Frankish talking about 'New Life for Old Frames'. Peter has visited many WIs to speak about how he started volunteering to help sort out donations at St. Catherine's hospice after his wife died. Noticing the number of donated old, tatty pictures and frames, he decided he could improve on this using his talent for woodwork, refurbishing the frames and pairing them with paintings and photographs donated by local amateurs. Peter has found a new purpose in life and the hospice shop has a wonderful selection of attractive pictures to sell. Members celebrated their 104<sup>th</sup> birthday in February, with a craft evening where several members demonstrated crafts for others to try, including patchwork, Macramé, Cording, Tunisian Crochet and Dolly Pencil Toppers. The March speaker was unable to attend at the last minute, so two members stepped up to talk about their time and experiences as local Magistrates. They explained how they had been appointed, how the Court sections are organised and the types of cases they had dealt with, particularly in the Youth Court. It was a very interesting talk and gave all some understanding of the workings of the Magistrate's Court.



## ...AROUND THE WIs

Planning **SIMONSTONE WITH READ WI's** Birthday party in January always causes a bit of anxiety because of possible adverse weather, and this year turned out to be cold and icy. Nevertheless, they had very good attendance, including guests Ruth Grimley and local vicar Reverend Susan Ball. All enjoyed a very tasty supper courtesy of Tim Slater Catering. Following a 'seasonal' quiz and a good chat, members went home with a 'Secret Santa' gift. Unfortunately, they had to wait until the following month for a slice of the delicious (and all-important) Birthday cake as its baker, Cynthia Carter, was unable to get to the party because of icy road conditions where she lives. It was definitely worth the wait!



President Cathy Schofield & newest member Kath Pheathan



**STAINING WI** ladies enjoyed a fun evening in February where they undertook three very different challenges. The first was a taste test to decide which hot cross buns were the best, with samples from Lidl, Asda, Sainsbury's and M&S. There were some surprised ladies when they found which ones they had decided were best. The second challenge was to recreate Blackpool Tower using only spaghetti and marshmallows - this challenge certainly stimulated the brain cells and got the ladies working together. The final challenge was probably the funniest of the evening, with some strange conversations going on as the ladies tried to guess what was in the bag.

**VIADUCT VIOLETS WI** had an entertaining talk by Frances Raftery on the history of women's underwear, from the earliest (145 pairs of triangular pants discovered in Tutankhamun's tomb), to the pretty underwear we buy today. Roman women used a leather breast strap ('strophium') for protection; the first recognisable bra was only developed in the 1930s. The Victorians favoured split-leg knickers (known as crotchless knickers today!), so they could pull their underwear down for the toilet. Francis shared photos of a priceless collection of over 1200 corsets and pieces of underwear usually only accessed by fashion and textile industry students, but as a historian she was allowed to see the stunning pieces. The introduction of sewing machines revolutionised handmade corsets. Originally, corsets were only worn by ladies with servants to help them dress, hence the back fastening, but over time this changed to more practical front fastenings. What a fascinating talk!

## DEBBIE REARDON - CLIMATE AMBASSADOR'S NOTES

### NEW ZEALAND

In my search for pieces for my PowerPoint presentation for New Zealand Day, I came across two very interesting items at the last moment and hastily printed a note and circulated them. I hope you find them as interesting as me:

1. Dame Whina Cooper (Te Rarawa), a real firebrand and advocate for Māori rights.
2. [www.newzealand.com/us/feature/maori-hangi](http://www.newzealand.com/us/feature/maori-hangi)
3. NUKU by Qiane Matata-Sipu - a snapshot of indigenous whines, published by Penguin NZ - I have yet to locate a copy on the pre-loved circuit. I like books with short biographies and stories. In WI Life last year there was a piece about the Māori NZWI member Jess Hopkinson. I emailed her and she has been very helpful to me, teaching me more than all those media and gov.uk sites. I am always taken aback when I am reminded how New Zealand ladies got the vote in 1893. Here we had to wait over 30 years to get full equal voting rights in 1929. My Grandmother had to wait until she was in her 30s before she could vote.

### THE WI & THE FUTURE...

I still dream of one day being able to do a Zoom type meeting with other countries, despite the time difference. We could take it in turns to be the ones zooming in the small hours of the morning. I am sure it would be fun. Now it is known that the ACW/W Triennial meeting will be held in Ottawa, Canada, that would be easier as the time difference isn't so great. We learnt to do things on the internet we never dreamed of in the pandemic, so now is the time to build on this and think well and truly outside of the box. What do you think? (P.S. A postage stamp is too big for the knowledge I have of social media, internet, X etc...)

### SPRING, GARDENS & GARDENING

Just picked up my copy of 'The National Garden Scheme 2024' and have marked five gardens to visit in my areas. I will keep mine discretely hidden. For me, my efforts are less about flowers - except my roses - it's more about fruit and veg. Winter has seen the arrival of an expensive and much wanted 'Hot Bin', despite the cost of repairing storm damage to the greenhouse.

The Hot Bin is for composting cat poop. I have lovely, large rescue ginger tomcat and something needs to be done with his droppings. I have for years carefully separated his cat litter into a non-poop bin and a poop offerings bin.

Non-poop - is composted in the big, black bin or those made from car tyres, in which cat urine breaks down well. You must allow 6-12 plus months for it to break down into compost; longer if possible.

Poop - goes in the square bin. Vermicomposting can be used but takes time. A hot bin can reach temperatures of 40-60 degrees, plus heat allows bacteria to break down waste into compost in just 30-90 days. It destroys Toxoplasmosis Gondii which is found in faeces. It should never be used on fruit and veg. Keep it for the front garden and roses.

These two methods of dealing with cat waste and general domestic waste are also helped with a wonderful contraption called a 'Hungry Bin' which uses worms to make compost. It is always ready for all the waste I chuck into it weekly.



## Flying Visits...



**AINSDALE NATTERJACK WI** had a lovely day out last month visiting The Lowry Art Exhibition at Salford Quays in Manchester – a lovely venue with so much to see and do. The film show about Lowry's life was fascinating. There was a very good turnout for their Easter-themed March meeting, with lots of the crafters making wonderful gifts for sale and a cake and biscuit baking competition judged by Gill Brown, who gave a very informative talk on the story of the WI.

**BELMONT WI** enjoyed returning to Joan Rushton's home for their UFO afternoon, bringing handy-work which always seems to be put on the back burner and never finished. They are now looking forward to a Ceilidh evening on 20 April at Bolton Sailing Club with Peter and Barbara Snape.



**BLACKPOOL WI** Book Club were able to enjoy the warm Spring sunshine at their March meeting.

**ELSWICK & DISTRICT WI** celebrated their 80th Birthday in February. The evening was well attended and members were treated to a delicious meal with entertainment by the local Ukulele Soup Band. President Janis Nowell had the honour of cutting the birthday cake, which was made by member Lesley Airey. Happy 80th Birthday **ELSWICK WI**!



**HUTTON & HOWICK WI** started their year with an afternoon of resolution discussion, a little gentle exercise, followed by tea and cake! In February, they were entertained by Angela (Sewing Bee) Fletcher and the Walking Group tiptoed through the snowdrops at Lytham Hall. The members enjoyed some Chutney and Cheer in March, presented by Mel from Holly Cottage Preserves; such an interesting and amusing lady, a joy to listen to. The stalwart walkers had an interesting guided walk through Cuerden Valley and are looking forward to a Morecambe to Heysham walk next month.



On Thursday 21st March **FAILSWORTH & BEYOND WI** celebrated their 15th birthday. 36 members enjoyed lunch out at Oswaldtwistle Mills. They were entertained by Sheila Diamond, an excellent vocalist, played bingo and had a FaBulous raffle, before shopping until they dropped in the Mill.



**LOWTON WI** had a lot of fun and laughter at their February meeting, with a visit from the Thelwall Morris Men who firstly gave an interesting talk about the history of Morris dancing, then went on to demonstrate the dancing. This required audience participation from some of the ladies. As it was a crash course, they couldn't help being overtaken by fits of laughter as they tried not to fall over one another.

**LYTHAM BELLES** invited Greg Anderton from Leafy Green Garden Hub to their last meeting, which suddenly became even more interesting when he asked if the piano was tuned. Greg provided guidance on what plants and flowers to plant for this upcoming Spring and amazed members with his piano skills and the connection between music, flowers and plants. There was also an introduction to lesser known plants which may have gone out of fashion or got lost in time. Truly interesting and lots of ideas to put into practice in our gardens this Spring.

**NEWBURGH WI's** February speaker was unable to attend due to illness and, at very short notice, Rhona Whiteford, a WI member from **ASPULL & HAIGH WI**, stepped in. Rhona gave a brilliant account of her experience as a writer and artist, bringing along a wonderful display of illustrations. She also brought along a selection of her books to sell.



The Craft Club at **TARLETON WI** is getting back into full swing, this month making marbled eggs and cute bird houses for Easter. It is a great opportunity for members to craft and socialise as well as learn new skills.

In February, Nicola Hatking introduced **TATHAM FELLS WI** members to the Secret Life of Bees. She has hives in Tatham Fells and brought several jars of honey for everyone to taste. March was a complete contrast as Dr Mike Winstanley, with the aid of aerial photographs and ancient maps, showed how this rural area has changed due to the enclosure of the common.



## COOKERY & CRAFT

Lancashire members have already enjoyed two successful craft days.

Stump work with Sandra Maher was on Friday 12th January. There were lots of examples to look at for inspiration, demonstrations to show the stitches and lots of information to take away to enable ladies to finish their work at home or begin new projects. Feedback showed it to be a good, enjoyable day.

In February, there was Appliqué with Lis Binns - another enjoyable day with something for everyone; for ladies who were new to the craft and ladies who more advanced sewers. Again, everyone went home pleased with what they had achieved on the day and lots of ideas for future pieces of work.

Coming soon are two more interesting sessions: Pearl Knotting with Frances Carlow on Tuesday 23rd April and Advanced Sewing Techniques with Debbie Northin on May 17th. These classes have been very popular but there are still a couple of places available on both days.

*Dianne Forbes*



## LIFESTYLE

February 2024 and a chance to take up something new: Author Rhona Whiteford led a 'Write that Book' workshop on writing, either for your own interest and enjoyment or with a wider view. Rhona has written many books, originally as education aids for children and then moving on to adult novels. She was very good, lots of her own work was on display and she offered advice and encouragement to her audience.

In March we learned How to play Whist, at an in-house workshop led by Joan and Jane from the Lifestyle Team. The basic rules were demonstrated and soon we were assembled in fours with score cards and ready to play. Joan and Jane were on hand to give advice (much needed in my case), we played twelve games and it was fun. Everyone enjoyed it and we are hoping for a follow up session in the near future.

Our next event on 29 May will be a self-drive trip to The World of Glass in St Helens. This will be an opportunity to learn about the story of glass making from the earliest times up to the present. The visit will include a guided tour, an exhibition of glass blowing techniques with time to explore the underground tunnels and the wonderful galleries. Morning tea/coffee and a light sandwich lunch will be provided. Booking for this event is open now.

*Cynthia Greenall*

## SHOWCASE

By now we have all read the Showcase schedule and have made our 'wish lists'. There is so much to choose from I want to do everything, even though I cannot draw a stick man! The theme 'Under The Sea' offers an endless spectrum of creatures (real or mythical), from Nemos to sea dragons (yes, they are real!). The Betty Sanderson Trophy allows us to stretch our imaginations to Mars and back. The internet has nearly all the patterns you may need, or you could design one yourself.

When making your creations, please ensure that all threads are invisible and that stuffing is even and does not show through; similarly, use glue sparsely so this too is invisible. Where a specific size has been stipulated in the schedule make sure you measure from the outside of the frame and floral exhibits from the widest and tallest points of the leaves.

After you have finished your entries, store them somewhere safe and go back to them every now and then to see if you have missed something.

Please read the full schedule on the LFWI website ([lancashirewi.org.uk](http://lancashirewi.org.uk)) for essential information. If you have any queries, please email: [dfmac7@gmail.com](mailto:dfmac7@gmail.com)

*Dawn Threlfall*



## RESOLUTIONS

Have you ever thought about submitting a resolution? Any member can take an idea and form it into a resolution submission.

Resolutions are submitted on behalf of a WI and must be voted for and agreed by that WI.

How to make a start...?

- You don't need to be an expert- just simply...
- Have an issue that you feel passionate about!
- Carry out some research into why the issue is important.
- Be specific about what you want to change.
- Call on a particular organisation to do something.

My role is to support with any, or all, of the above.

Last year there were four submissions from our Lancashire WIs on a range of topics- all of which started with an issue that a member felt passionate about.

The best time to start thinking about a submission is... NOW. So, if you need any advice, support or 'top tips', please get in touch via the Federation office. Looking forward to hearing from you.

*Janette Sharp*

RESOLUTION CO-ORDINATOR



## PUBLIC AFFAIRS



### International Women's Day

To celebrate International Women's Day, five members of the Board of Trustees booked on a walking tour of Liverpool to celebrate some inspirational 'Scouse' women. To say it was windy and cold was not an exaggeration...it was freezing.

Carl, their leader from Famous Walking Tours, took the ladies into Liverpool Cathedral and the Lady Chapel to see the stained glass windows representing famous women, not all from Liverpool. They ventured down Hope Street towards the Metropolitan Cathedral, to Lime Street Station, ending up at St George's Hall. They heard about many women but here is a sample:

Bessie Margaret Braddock, born in Liverpool on 24 September 1899, was nicknamed 'Battling Bessie' as she was a fiery campaigner, Labour politician and Trade Union activist. Elected MP for Liverpool Exchange in 1945, she was granted the Freedom of the City of Liverpool in 1970 shortly before her death.

Eleanor Rathbone, born in 1872, was the daughter of social reformer William Rathbone and campaigned for equal pay for men and women, a topic which the WI have also fought for in the past. The first woman to be elected to Liverpool City Council, she helped negotiate the terms of women's inclusion in the 1928 Representation of the People Act, which gave the vote to women over the age of 30.

Mary 'Ma' Bamber was the mother of Bessie Braddock and herself a leading socialist, trade unionist, social worker and suffragist in Liverpool. In 1919 she was elected to the Council to represent Everton ward, later becoming founder member of the city's Communist Party.

Catherine 'Kitty' Wilkinson was known as the saint of the slums because of her pioneering work in promoting public health in the first half of the 19th century. Kitty arrived in Liverpool as an Irish child immigrant. In 1832, during a cholera epidemic, she had the only boiler in her neighbourhood and invited those with infected clothes to use it for a penny a week, destroying the cholera bacteria and saving many lives. Her gravestone in St James' garden has sadly been toppled over by vandals; if only they realised Kitty's role in their life. She is the only woman to have a statue in St George's Hall.

What a wonderful two hours – a walking tour is recommended to other members. Of course, it all ended with lunch, where some had to sample 'Scouse'.

*Pam Coates*

### NEW ZEALAND DAY

The New Zealand Day was a great success; members encountered Māori stories and art, tasted Lamingtons and Anzac biscuits and learned about environmental issues, but... the favourite part of the day was tasting New Zealand wine with comprehensive descriptions from Federation Chair, Heather Williams. Here, Ruth Gibbons is the wine waiter! The members enjoyed a picnic lunch and were encouraged to take home and recycle all packaging. An amazing day.



## TRIBUTES

**WARTON WI** is sad to announce the passing of Wendy Cummings. Wendy was an active member of the committee and will be warmly remembered for her knowledge, her crafting and her kindness.

*We send our condolences to Wendy's family and WI friends.*





## LAMB CUTLETS WITH A RED WINE AND REDCURRANT JUS



Served with crushed new potatoes, pea puree and green beans. Serves 2

### INGREDIENTS

- 4 small lamb cutlets – trimmed & bone partly exposed or leg steaks
- 1 sprig Rosemary finely chopped
- 125mls red wine
- ½ lamb stock cube
- 1 tbsp redcurrant jelly
- Salt and black pepper
- ½ teaspoon butter and ½ tsp plain flour made into a paste - beurre blanc

### To Serve

- 200g Jersey Royal potatoes, boiled and lightly crushed
- 100g frozen peas, cooked and pureed + 10g butter
- 75g green beans, steamed or broccoli or spinach

Heather Williams - FEDERATION CHAIRMAN/NORDEN WI

### METHOD

1. Dip the trimmed lamb cutlets into the chopped rosemary and pan fry in a hot frying pan for 3-4 minutes each side to brown.
2. Place in an ovenproof dish and place in the oven at 170C gas 4 for 10 minutes. Remove from the oven and cover. Leave to rest.
3. Meanwhile wash and boil the potatoes and frozen peas for 10- 15 minutes. Puree the peas.
4. Place red wine, redcurrant jelly and lamb stock in a small saucepan and reduce by half by gently boiling. Add a teaspoon of the beurre blanc and whisk in well. Add more if a thicker consistency is required or a little cooking water to make it runnier. Season with salt and pepper.
5. To serve : Place the crushed new potatoes on a plate, spoon the crushed pea puree next to them( if this is too stiff add a knob of butter and a little cooking water), Arrange the cutlets on top along with the extra vegetables and trickle the jus around the edge. Serve piping hot – if necessary, place in the microwave for 1 minute until steaming.

## 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@lfdwi.org.uk](mailto:editorial@lfdwi.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 2nd May 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  
 Patricia Forder - Hutton & Howick & Leyland WIs  
 Emma Gillinder - Tarleton & Southport Scarlets WIs  
 Michelle Holt - Warton WI



DEADLINE FOR SUBMISSIONS  
 FOR ISSUE 2 - MAY/ JUN 2024  
 Thursday 2nd May 2024  
 Email: [editorial@lfdwi.org.uk](mailto:editorial@lfdwi.org.uk)