

## Lancashire Federation of Women's Institute

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### From the Chairman

I hope this finds you all keeping safe, well and abiding by the Government guidelines. I know it is very difficult, I think it is because we are limited to what we can do and where we can go and that makes me want to go! I can hear my Mother saying "the devil makes mischief for idle hands" I now realise what she meant, and realise I haven't changed!!

Sewing machines across the Federation have been busy sewing scrubs, scrub bags, headbands etc for our NHS Frontline Staff, which I know have been so welcomed by the hospitals and care homes around Lancashire.

Keep in touch with WI members in your group it is important they know we are still around and care. Some WIs are holding virtual activities and meetings, I expect these are challenging and fun! At Federation we are holding Zoom meetings as business has to carry on and we still need to re-arrange Centenary Events which have had to be postponed.

We intend to carry on our special year next year and call it "**Centenary Year Plus One**". The afternoon of music at Blackburn Cathedral in December will now be our last Centenary Year Plus One 2021 event after what promises to be a great year.



Personally, throughout this difficult time I have felt I have moved from feeling yippee nothing to do, then ok let's get some serious domestic goddess action in, to can I be bothered when the highlight of the day is obtaining an online shopping slot from Sainsburys!! I'm glad to say now I am back firing on all cylinders (well maybe two!) Please keep in touch with your members, friends and family, it is so important.

Stay safe and well, remember **the WI will be there for you.**

Jackie



### 200+ CLUB APRIL DRAW

£30	Janice Newton (Ladybridge WI)	89
£25	Stephanie Whitfield (Elswick WI)	314
£25	Jenny Worth (Heath Charnock WI)	17
£25	Maureen Wood (Dunsop Bridge WI)	253

### 200+ CLUB MAY DRAW

£30	Mary Kelly (Gringleton WI)	128
£25	Sue Topping (Bromley Cross WI)	96
£25	Jilly Higon (Dolphiniums WI)	30
£25	Jennifer Forsythe-Jones (FAB WI)	200

### Some Rehearsal!

My son and his fiancée were organised to marry on 7 April 2020. It was going to be a great family event because after the wedding breakfast we were all going to a wonderful barn conversion at Grindleton for three days of family time.

However, 'twas not to be. Anticipating trouble Ian and Alison went to see the Registrar in Harrogate the Monday prior to their fixed date and she confirmed that it was her last day of work.

However, she said she had a slot and all their papers were in order, so Ian and Alison and Ian's two daughters were there at the Registry office in their everyday clothes. After the ceremony they wanted to have a bite to eat and they ended up sitting on a bench in the sun looking out on the Stray eating fish and chips. The photographs are certainly different. Ian and Alison said they regarded it as a rehearsal.

### Self Defence

I see in this month's Hotpot that a WI had a self-defence demonstration. I was interested because long ago before marriage and children my daughter, who is six stone on a good day, ran female self-defence courses. Heather is a Karate Fourth Dan Black Belt and the self-defence classes came from that. Here are a few of the tips that she passed on to her class... When using a cash machine, try for one indoors, failing that never stand with your back to the pavement, always stand so that you can see passers-by.

When you are in the car alone always make sure that you lock the doors. Should you have the misfortune to be "car jacked". If you are still being allowed to drive and need to stop at traffic lights, or a junction, try to run into the car in front – gently of course. That will cause enough of a diversion for you to get help from the other irate driver. Better an insurance claim than....

If you are face to face with an assailant try spitting in his face, not very ladylike, but it will make him step back and may give you a chance to get away.

If you have keys in your hand use them. There is nothing like a key stabbed into a hand or better still a face to make someone flinch.

### Video didn't kill these radio stars!

It's not every day that three lasses from Lancashire get to ask Tom Kerridge for cookery tips on national radio but that's exactly what happened to Alison (LFWI Trustee), Emma (Southport Scarlets WI) and Hayley (Swinton WI) on a Wednesday afternoon at the beginning of April. It all started with a call into the LFWI Office from a producer of the Nihal Arthanayake talk show on Radio 5 Live, who was putting together a phone-in for Jack Monroe (aka The Bootstrap Cook) and thought what a grand idea it would be if three WI members called into the show with some lockdown cookery questions (we agreed!).

The three 'girls' duly prepared their questions (what do you do with a 3 year old packet of savoury rice found at the back of your larder and can you really make brownies with kidney beans?) and found out just before the show that, sadly, Jack Monroe was poorly but that Tom Kerridge had stepped into the breach.

A food hero for many, our three members steeled themselves for their chat with Tom. We heard all about what Tom was doing with his Meals from Marlow campaign and we were able to share with Tom and Nihal what the WI is doing across Lancashire to support both its members and the community. Tom said he never imagined he would be giving baking advice to a member of the WI ... every day's a school day!



### COFFEE BREAK QUIZ

1. What do Americans call a torch?
2. What is the name of the BBC Teletext system?
3. What would an American call a baby's nappy?
4. Which word can go before, meat, dog and roll?
5. Who is the oldest of the Seven Dwarfs?
6. What is the name of Mickey Mouse's pet dog?
7. What colour do you add to blue to make it green?
8. What colour are Harrods's shoppingbags?
9. What is the next highest prime number after 31?
10. How much is three cubed?



Answers on back page

## Keeping in Touch

We have been holding Zoom meetings, but I wanted to encourage more to join them and also thought it would brighten our members' day maybe to receive a little note in the post. I made some cards and placed the poem inside together with a hand-written note to each member. My aim was just to put a smile on their faces and let them know we haven't forgotten them even though we are not meeting. I know it worked, by the number of email/text and phone calls I received saying thank you for the lovely surprise.

*Hayley Dell. President, Swinton WI*

*Federation Annual Meeting  
seems so long ago  
off to Southport we went ten of us in tow.  
Good Weather, good company  
and oh what a show  
but what was to follow we didn't know.*

*No social gatherings the Government said  
so WI and sub-groups were all put to bed.  
How long for? I heard you all say  
the answer to that I know not today.*

*My mind started thinking, this is so sad  
for some of our members this could be bad.  
There must be a way we can  
still stay in touch  
but my technology skills are not up to much.*

*Working from home has been quite a boom  
and then I realised we could use Zoom!  
I emailed the members and  
asked what they thought,  
we'll give it a go they said, if we can be  
taught.*

*We've managed one meeting and  
on for number two,  
all that remains is to see who's zooming who.  
So come on ladies, go get your brew  
and get on Zoom with the rest of your crew.*

## TRIBUTE - Joe Turner

In 2012 the Federation had a huge presence in the Preston Guild with many dancers from WIs from all over the County supporting this amazing float.

This was made possible by the generosity of the Turner Family from Much Hoole Preston. We were greatly indebted to Joe, Sheila and Son Graham and it is with sadness Joe a true gentleman has recently passed away.

How fitting that he made his journey to his final resting place aboard one of his wagons.

We send our condolences to Sheila a member of Hoole WI and the rest of the family.



## Nursing Today

2020 is the WHO Year of the Nurse and Midwife, commemorating the bi centenary of the birth of Florence Nightingale. She was no stranger to pandemics and many of the approaches to care and hygiene that she pioneered are the foundation of how nurses and midwives practice today.

There must be many nurses and midwives reading this who were trained in infection control a la Nightingale and are thinking to themselves the advice we have been given all feels very familiar - hand washing, keeping the environment spotlessly clean and limiting visitors to hospitals, and don't go out in your uniform, though of course the 'enemy' from 1950-1980's was TB not Covid -19.

I look at my 1970's schedule of training records and see that my first experience of nursing someone on an East Radcliffe ventilator was in 1973. Treatment of patients in intensive care has certainly moved on since then. I regularly see Nurses trying to look after patients in Intensive Care wearing the full PPE. One nurse told me that once you have put on all that protection you cannot have a drink, cannot go to the toilet, cannot scratch an itch, its hot and airless and sweaty to work in. When you come to take the protection off your face is marked and sometimes the skin is broken by constant rubbing of the mask. There is very little physical contact with the patient you are looking after and, like working in theatre, you learn to communicate with gestures and your eyes. By the end of a shift you are exhausted physically and mentally.

All the staff I know are so grateful for the acts of kindness that we are all showing to staff on the front line, from the practical help of providing uniform wash bags that many WIs in Lancashire Federation are sewing and donating to local hospitals and of course going out at 8pm on a Thursday to clap. It is all really appreciated.

## Around the WIs



HEARTS OF HALTON WI have formed a sewing group Haltonscrubs. Ladies from surrounding institutes joined together to make Scrubs for Morecambe Bay Hospital Trust



AINSDALE WI have been busy during lockdown. These gorgeous Wellbeing Bears are going to Bolton Lads and Girls Club for the many young carers and vulnerable families they support.



CATON WI members are sewing Scrubs for the Morecambe Bay NHS Trust.



BLACKPOOL WI craft group have been making knitted mask adapters to prevent nurses' ears from becoming sore.



Scrub Bags for health workers made by Helen Lambert and members of ELSWICK WI



SADDLEWORTH WI have also been making scrubs

To be included in the Picture Gallery, please send your photos to:  
[hotpot@lfw.org.uk](mailto:hotpot@lfw.org.uk)





BLACKPOOL WI collected cleaning supplies for women who had been rehoused after fleeing from domestic violence. Little did they know how hard to find these items would become!



Future contestant on Sewing Bee? Jayden Burrige 11yrs. Grandson of MAWDESLEY WI member Elaine Cuzner sewing mask adjusters



BARTON WI. Many Congratulations to Joan Rowlands on achieving 60 years membership of the WI. Quite an achievement.



BRETHERTON WI First on-line committee meeting with Cake and wine! To be repeated.



## Your Photos your WI

To be included in the Picture Gallery, please send your photos to:

[hotpot@lfw.org.uk](mailto:hotpot@lfw.org.uk)



Members of BILLINGTON, LANGHO & DISTRICT WI were asked to submit a photo and words about "What's on your mantelpiece – and what it tells us about your life"

The first to arrive show the power of emotional attachment to relics from our past lives, with our parents taking pride of place. Objects which transport us to happier and simpler times before "coffee and cake" at our favourite tearoom.

### KEEPING IN TOUCH - Covid-19 News A-Z

Members of **BILSBORROW WI** joined together for a virtual WI monthly meeting. In all, seven members managed to master the technology to exchange Federation news and chat. They have now set up a WhatsApp group to offer help if needed. Next month they hope to be joined by a speaker.

**BRETHERTON WI** set up a village Covid-19 network, leafleting every house in the village before the lockdown with contact information for residents needing practical help and have had fantastic feedback from residents. The committee have each undertaken to contact a few members weekly via phone or text, to ensure that every member has a "buddy" as their first point of contact if they need help or fancy a chat.

From raising spirits to helping the NHS, **CROSTON WI** have been busy during lockdown. Over the Easter weekend many members tried to raise spirits by decorating trees, flower boxes and front doors with an Easter Theme and they have been making hearts for Bolton Hospital Intensive Care Unit and making scrubs and scrub bags for the RPH Group.

**DOWNHAM WI** gifted bars of their own Centenary chocolate to Pendleside Medical Centre and received this reply. "Thank you to the ladies of Downham WI for your kind donation of bespoke chocolate bars. We will celebrate on your centenary whilst munching. There are many inspiring women in the team and in the wider NHS fighting COVID together (and the boys are doing their bit too.)"

**HOOLE WI** President, Janet Wilkinson, was particularly pleased when two newer/younger members offered to send a card to each of Hoole WI's members, containing their names and telephone numbers. They said in the card that they couldn't visit, but were at the end of the telephone lines and could chat, talk and listen, on a mutual sharing of thoughts and tales.

A member of **LONGTON WI** has been extremely industrious. She took up the challenge of making comfort mask aids for the NHS. Members helped by sourcing the correct sized buttons, buying elastic and sewing on buttons. Now she is sewing gaily coloured face masks and making some for members of the Longton "What's App" group.

Like many other groups, the **WOMEN OF WOOLTON WI** 'Ukuladies' were sad that their sessions had to stop. However, rescue came in the form of Skype lessons! Cath the teacher organised sessions to any of the group who wanted to take part and taught them via their screens at home. How fantastic! It just goes to show that you can't keep a Ukulady down.

### Getting Through the Lock-down

#### SADDLEWORTH WI

During these unusual and challenging times, we have pulled together, offering each other help, support and ideas on passing the time. Despite not being able to hold our usual meetings and clubs, or planned trips, events and workshops, we have grabbed technology by the scruff of the neck and kept our members entertained, informed and most importantly for those living alone, connected.

An email newsletter has gone out every couple of weeks, with useful information, a few tips and light-hearted items to help members get through the days and weeks before we can get back to some form of normality. Our Facebook page has been busy: a weekly Virtual Walk with one clue per day and answer revealed at the end of the week, a daily riddle and monthly book reviews. Some members have returned to letter writing and become pen pals to brighten each other's days. Recipes are being exchanged at an increasing rate so we should be ready for a true WI celebration at the end of this!

On VE DAY, several members took part in STAY AT HOME STREET PARTIES, decorating their houses red, white and blue, dressing in their best forties outfits and enjoying a socially distanced picnic in the front garden.

Several of our amazing ladies dusted off their sewing machines, producing much-needed sets of scrubs and bags for the NHS and nursing homes, whilst others have been knitting pairs of little hearts for the ICU Oldham, one heart staying with the patient and the other with their loved one, helping them to keep connected.

After our successful fundraising last year, we have now made donations to each of our nominated charities - these wonderful charities also all need our help in these difficult times.

**STAY ALERT**  
**CONTROL THE VIRUS**  
**SAVE LIVES**

## The Amazing Diary of DOVESTONE WI formed just over a year ago – WOW!

### Entry 1.

Joanne Ellis (NHS). Asked if we could make headbands to go with the PPE they were wearing. A generous donation of cotton snoods and buttons meant that DOVESTONE WI now had the tools and the sewers to complete the mission... Others in the community have also been busy.

### Entry 2.

1,800 Nando's chickens have been despatched to help those in need. There is a lovely nurse at Oldham ICU who will be doing a huge cook up for her colleagues busy saving lives.

### Entry 3.

We have been asked to make Victoria Sponge cakes for a VE Day celebration organised by Carry on Delph Community Group for Stoneswood Care Home. The WI was created to support communities during two world wars and is still doing today, what we set out to do 105 years ago. Just mentioning that we make a damn fine sponge. A huge thank you to everyone who donated the ingredients so generously. – a great community effort.

### Entry 4.

In two weeks a task force of 40 women across Greater Manchester was assembled made up of cutter bees, sewing bees and a collector/deliverer bee. The aim was to make 500 surgical scrub gowns in fact 605 were made, plus 638 scrub bags. All out of donated cotton bedding and organised via WhatsApp, face time etc., It's been brilliant to be part of such an awesome team.

### Entry 5.

Masks for Age Concern.

### Entry 6.

DOVESTONE I (plus a few honoraries) shifted two tonnes of bacon and half a tonne of cheese in just over an hour. Everyone behaved impeccably while their cars were being loaded. Huge thanks to everyone involved in this mammoth task. Having just got home received an offer of 900 out of date brioche buns. Boy are the animals at Little Owl Farm happy.

### Entry 7.

We have been asked to help get clothing/toiletries to the homeless community – we did it in less than 24 hours. Over 100 bags were donated including two Santa Suits, a basque and a frying pan – thanks.

### Entry 8.

Received a request to help acquire some Crocs for Oldham ICU. Fortunately, I have a friend who is "Big" in crocs and we now have 300 pairs en route to Oldham.

**Entry 9.** After some went out with the KFC, over 800 tubs of donated coleslaw was taken to Back on Track Charity in Manchester.





## VE Day Celebrations Gallery - Afternoon Teas

Heather Williams takes tea with her neighbours, socially distanced of course!



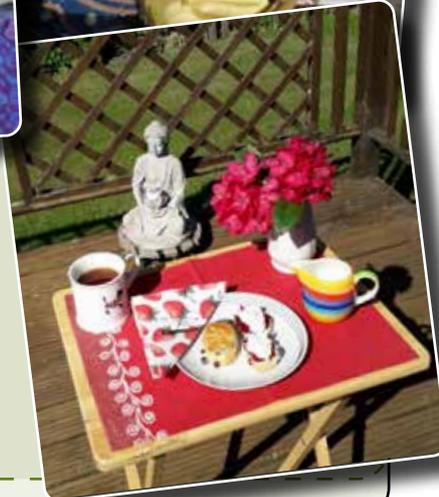
Mother and daughter, Ann and Jane Phythian take afternoon tea separately (but together in spirit).



Two SADDLEWORTH WI members invite us to join them in their gardens for afternoon tea.



Some very attractive tables set for VE Day afternoon tea



**A Selection of Windows Decorated for VE Day**



**VE DAY - BOLTON LE SANDS WI**

We're renovating. Most of my craft stuff is packed away, but I had flat-pack cardboard, a Stanley knife and some lights .... Voila ! *Yvonne Bell. BLS*



I put a flag up - this is my son's flag from his posting to Gibraltar, it previously flew on The Rock now up in Morecambe . Enjoy!  
*Lynne Turner*



A Ladybridge member used a pre-war celery jar for her display



RAINHILL WI held a VE Day 'Good Deed' for the day. Myself and fellow Committee Members, Chris McGowan and Rose Reeves, delivered VE Day Cupcakes to our members who live on their own. The ladies were delighted, and it was lovely to see them and have a chat – social distancing of course!



### From the Archives – Ruth Grimley, Hon Archivist

#### The Wartime Years

World War II was coming to an end 75 years ago and in this article we look at what contribution the WI made towards the war effort. In 1939 from September onwards many WI activities were curtailed and WIs were involved in housing evacuees, members formed sewing and knitting groups, organised home nursing and ARP Classes.

In 1940 -1945 County committees (Federations) arranged demonstrations on fruit preservation with an exhibition in Southport. A Produce Guild was formed and 34 WI's from Lancashire Federation joined forces with the Lancashire Village Produce Associations. Downham WI bought 2 pigs and members took all their food and vegetable waste to help feed them. Barton WI made nearly two tons of fruit into jams and preserves. Longton WI had a canning machine which they put to good use. WI's hired allotments and collected rose hips for syrup, and they joined the NFWI Onion scheme.

They also formed National Savings Groups, salvage campaigns, and collected for Air Raid Distress and Ambulance funds.

Other schemes included Aughton WI adopting a mine sweeper and Slyne with Hest WI adopted six prisoners of war. Hoghton WI hand knitted gloves for the local home guard and members raised funds to support local causes such as the Preston Station Buffet and the Army Hospital at Whittingham. Elswick was the first institute to form a Meat Pie Centre which opened once a week.

During the war, the LFWI were able to provide free speakers and a free demonstration each year including how to cook cheap cuts of meat. There was a gift of 124 packets of seeds from Canadian WI's and the Ministry of Food asked the WI's advice in organising food advice services in rural areas, and Downham WI became penfriends with Chilliwack WI, Canada.

There must be lots more stories from the 52 WI's who are still meeting in 2020 and were a part of the Lancashire Federation during the war. It would be really interesting to go back through your archives to find out some more details or to ask some of your senior members if they still remember what the WI did in their village to help win the war. I would love to know what happened to those six prisoners of war for example.

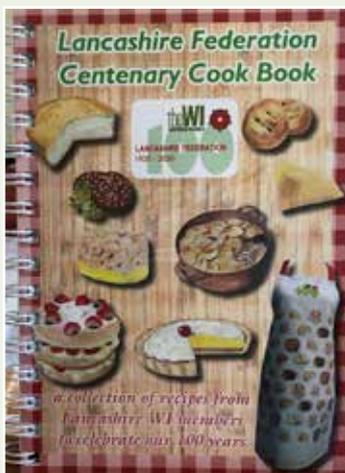


### Centenary Merchandise

If you have been following our blog, you will have seen the recipes from our Centenary Cook Book which is packed full of delicious recipes sent in by you, our Members. It includes traditional favourites as well as Vegan, Gluten Free and some more unusual creations. It's great value to purchase at £7.00 plus P&P.

Our other merchandise is also available- Centenary Apron at £15.00, Centenary Tote Bag at £12.00, Centenary Mug at £10.00 and Centenary Badge at £5.00, all plus P&P.

If you would like to order any of these items, please email [liz@lfw.org.uk](mailto:liz@lfw.org.uk) and she will post them out to you with an invoice.



You can follow us on the daily blog [www.lancashirewi.org.uk](http://www.lancashirewi.org.uk) and Facebook <https://www.facebook.com/lancashirewi/>

## ACWW - Associated Countrywomen of the World

I would like to share with you an extract from ACWW's World President.

*"In a recent report from UN Women, it is clear that women have been hit hard by COVID 19 as women constitute 70 percent of the workers in the health and social sector globally and are on the frontlines of the response. The evidence is also mounting that the economic impacts will hit women harder, as more women work in low-paying, insecure and informal jobs. Disruptions, including movement restrictions, are likely to compromise women's*

*ability to make a living and meet their families' basic needs, as was seen in the Ebola crisis".*

**Below you will find a link to take part in ACWW's Covid-19 Impact Survey. This will take place every two weeks until the WHO announces the Pandemic is under control globally and used to inform ACWW's advocacy work at the UN and with other international bodies**

**[https://www.research.net/r/acww\\_covid\\_1](https://www.research.net/r/acww_covid_1)  
Ruth Gibbons. ACWW Rep.**

## Cookery & Craft

Lockdown continues and until we receive government advice about public gatherings it is problematic to plan future cookery and craft workshops. The planned workshops for the remainder of this year have been rescheduled for next year and our big event for the Centenary, the Celebrity lunch at Ewood Park will hopefully go ahead at Centenary Plus One. Messages from around the county tell us that many of our crafty WI members are busy sewing and

knitting for the carers on the front line, making scrubs, scrubs washing bags, masks, mascots and greeting cards. It is heart warming to see how much people want to help and be involved in fighting this awful pandemic. Don't forget that both NFWI and LFWI have a mass of resources online on their own websites and on Facebook. Stay safe and well everybody.

**Helen Lambert**

## Editorial - Going Digital - To e-read or not e-read?

That was the question posed by the Editorial Team at Southport this year. Over recent weeks, many of us have embraced new technologies to help us to continue to work and stay in touch with friends and family. For some of us, this has opened up for the very first time a new (and sometimes slightly scary!) world but many who were previously both reluctant and sceptical are now very smitten with the opportunities the digital age can offer. One of those opportunities is to be able to offer Hotpot magazine as an e-read, opening the magazine up to a digital audience. Almost everyone we spoke to in Southport recognised the need for the magazine to adapt to move forward – some said a digital copy would enable them to read it whilst exercising at the gym and travelling (and not having to carry a paper copy) and liked the versatility that an e-read offered. Others said their preference would be for a printed magazine to pass on to non WI friends but would certainly

not discount reading the magazine online if it was available that way too. Certainly, safely packing and despatching the previous issue of Hotpot magazine presented a challenge and we say a huge "thank you" to Liz (and Jack – Liz's son!), Diane and members of the Board of Trustees who all went above and beyond to make that happen. Maybe, at some point in the future, all our subscribers will be able to read Hotpot at the click of a mouse!

*We have no intention of discarding the printed version of HotPot; in fact we would run them in tandem whilst there are readers who prefer it.*

*In order to make an informed decision we need your comments, so please send your views to [hotpot@lfiwi.org.uk](mailto:hotpot@lfiwi.org.uk)*

## Leisure Activities

The Leisure Activities Sub-committee are keeping our fingers crossed so that as soon as the lock down is lifted we can go ahead with our autumn plans. As you all know, the LFWI has postponed all events up to the end of September. At the moment we have a Dance morning 'pencilled in' for October, and, a Drumming session 'pencilled in' for November.

These events are both subject to whatever decisions the Government and our LFWI may make.

You can be assured that as soon as we are aware of any details we will be relaying them to you.

**Joan Randall, Chairman**

## From the Federation

### Membership Support

Can you believe it is June already, and what a year it has been so far. Floods, a famine of toilet rolls and a pandemic - Covid 19. What has been evident is the kindness and caring WI members have been showing to each other and to those who have needed support. Personally, it's been an opportunity for me to slow right down, take stock and have a good sort out in my kitchen cupboards.

Hopefully you will have had the opportunity to do this with your WI's and with the way some of us have had to learn to communicate, we have made real friends with our

WI members even though we have been in lockdown. Is it possible that a few more members might consider joining Committees or taking on Officer Roles knowing how much support there is for you and how much you are valued by your WI/friends?

Annual Meetings are being provisionally scheduled for the autumn for WI's in Lancashire. The Advisers would ask you to consider which of you require an adviser present and let us know.

**Ruth Grimley**

### Shows

After hours of debating and much sadness the decision to cancel the 2020 County Show was made. Fear not, all your work and creativity will not be for nought; the 2020 schedule, in its entirety, will be carried forward to the 2021 show. If you look you can always find a silver lining. This is true here as you now have an extra 16 months to complete your entries. With these extra months, you could possibly

enter extra classes and make the 2021 Craft and Produce Show 'Lancashire Love it!' the biggest and best show the LFWI has ever held.

As usual, please contact Dawn Threlfall [dctcrafts@gmail.com](mailto:dctcrafts@gmail.com) or Davida MacKay [davida.mackay@outlook.com](mailto:davida.mackay@outlook.com) if you have any queries.

**Dawn Threlfall**

### Science Notes. Pam Coates, Science Rep - Blanching

Since we have all been in 'lockdown' for weeks and rediscovered the joys of gardening and growing our own produce, we will need to preserve the excess. Freezing is a good way to preserve food, there's more to it than putting food in a bag and then the freezer.

Blanching vegetables and hard fruits reduces the enzyme action, retains the colour and flavour, kills bacteria and cleans the vegetables, it also slows down the loss of vitamins. To blanch the vegetables place them in boiling water, or steam, for a short period then quickly put into iced water to prevent them from cooking completely, you can check blanching times online. Over-blanching can result in loss of flavour, colour and nutrients. Frozen peas, for example, contain more vitamin C than fresh ones because they are

frozen as they are picked and not kept for a day or two. Vegetables frozen straight from the garden will have very tiny vitamin C loss.

To blanch, prepare the vegetables as normal, boil the water and immerse the vegetables. When the water returns to boiling begin to measure the blanching time. Remove the vegetables and plunge into iced water to cool quickly. Change this water frequently or keep adding ice. When the vegetables are cold, drain on a clean, flat towel or paper towels to dry them. Pack into freezer bags or plastic containers, label, date and store in the freezer.

You will then have a variety of fresh food next winter. Oh, and as an extra, saving you some money.

### Tributes

**HOOLE WI** – Joyce Smith, a long term very active member remembered as the champion Trips Organiser and leader of the Hoole Ramblers

**HUTTON & HOWICK WI** – Sheila Burton, a very supportive member of the WI and local churches. Sadly, none of her many friends could attend her funeral but we will hold a minute's reflection for her when we are able to meet again as a WI.

*We send condolences to all their WI Friends and Families.*



### Coffee Break Answers

1 Flashlight, 2 Ceefax, 3 Diaper, 4 Sausage,  
5 Doc, 6 Pluto, 7 Yellow, 8 Green, 9 37, 10 27.