

LANCASHIRE FEDERATION OF WOMENS INSTITUTES

Issue 3—May/June 2021



WELCOME TO THE THIRD EDITION OF THE HOTPOT NEWSLETTER

REPORT ON LFWI VIRTUAL COUNCIL MEETING 29 MARCH 2021

Lancashire Federation held its Annual Council Meeting via Zoom with guest speaker Annabel Tiffin on 29 March 2021. Overall, the Zoom arrangements went very well and there were no Jackie Weaver moments.

After Jerusalem, LFWI Chair, Jackie Hobson, welcomed around 300 ladies to the meeting, not forgetting Dave, the Accountant, and representatives from other federations.

After the adoption of the Standing Orders, Terms of Reference and new Articles of Association, Jackie addressed the meeting, acknowledging what a difficult year 2020/21 had been, but mentioning positives such as WIs being able to meet online and virtually with other WIs further afield. She also mentioned how impressed she was with the community activities and NHS support undertaken by many institutes. LFWI at Home had also been a lifeline for many members.

Jackie mentioned queries she had received about subscriptions and the cost of running the National and Lancashire WI Federation offices and assured those present that overheads still needed to be met.

Jackie thanked fellow Trustees, Dave the Accountant and Liz and Diane; our office staff having managed working from home whilst juggling family commitments.

The Annual Report was read. Many celebrations had had to be cancelled, although a virtual Lancashire Day and the January fun quiz had gone ahead. The Centenary Bench was unveiled as planned in Blackpool and is to remain in place. A highlight at the beginning of the year had been the Eccleston Brass Band concert at Chorley Town Hall. Another concert by the band is in the diary and other activities, such as the rescheduled celebration afternoon teas, are also being planned. The successful LFWI Big Raffle will be repeated at the end of 2021. LFWI at Home has raised much needed funds and will continue. The closure of Denman was mentioned and also the success of Denman at Home.

The 2019/20 Accounts were presented, and a copy of the annual report and accounts has been sent to every WI.

There were special centenary presentations for WIs reaching their 100th birthday and bouquets were delivered to the homes of Netta Brodrick, who had retired as Hotpot Editor, and Kay Hopkinson, who had retired as Denman Rep.

Annabel Tiffin gave an enjoyable and interesting talk on her early career and currently as a presenter on North West Tonight. She mentioned the great friendship between the North West Tonight Team, and her sadness that she was no longer presenting alongside Roger Johnson since lockdown, which has been made permanent due to cuts at the BBC. Owain the weather presenter had a special mention, and there were questions about his wardrobe of colourful suits. Annabel also spoke movingly of her close friendship with Dianne Oxberry, who died from Ovarian Cancer two years ago. Annabel is a patron of the Dianne Oxberry Trust and was donating her speaker fee for today to this charity. Having lost her own mother to Ovarian Cancer, this subject is very close to Annabel's heart, and she urged all present never to ignore possible symptoms. The meeting closed with the National Anthem. **Pam Aspden, Croston and Bretherton WIs**

MESSAGE FROM JACKIE

At long last there seems to be a light at the end of the tunnel! It will be great to get back to normal meetings whenever that is, I expect some members will feel apprehensive at coming back to meetings, but we need to do this for our own well-being. I would ask each WI Committee to make meetings as welcoming, safe and comfortable for all our members. We need these members to return to the fold, not just for our numbers but to ensure they are shown the care, concern and friendship the WI does best.

We have all tried different things over the past twelve months, some more challenging than others but Lancashire has risen to these challenges and I thank everyone for the patience and stickability they have shown. I understand other Charitable Organisations as well as the Charity Commissioners have been looking at how the WI has coped with changing rules etc, of course they have—we are “inspiring women”. We don't just sit back we get on with the matters in hand, business as usual albeit in a slightly different form.

The attendance at our Zoom Council Meeting proves we are “Team Lancashire”.

Best Wishes

Jackie

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TICKED BOXES ALL ROUND!

At the Spring Council Meeting back in 2019, the Editorial team handed out survey forms, asking people to indicate what they liked/didn't like about the Hotpot magazine at that time, what they would like to see included and how did they feel about an electronic version. In 2020, we were able to demonstrate the last point and received some very positive comments. The results of the 2019 survey have just been looked at again and it's interesting to see just how many boxes we can now tick with the new style Newsletter:

- .. Would like stories about WI trips/visits, ideas for successful fundraising etc;
- .. Would like ideas/tips on recycling, helping the environment etc;
- .. Would like to see members providing useful tips and stories from WIs;
- .. Would like to see craft ideas and recipes;
- .. Would like to see more up to date articles;
- .. Would want to know what is going on now and future plans, rather than what has already happened;
- .. Would like to see success stories of women in the WI;
- .. Would like to see ideas to share, unusual activities;
- .. Would like to see successful ideas for recruiting new members;
- .. Several ladies said they would be interested in an online version, and would follow on Facebook, Twitter and Instagram.

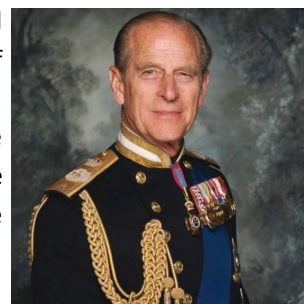
We think you'll agree that we've already ticked quite a few boxes and aim to tick a few more as we move forward with the new style Hotpot Newsletter. And of course, we welcome any ideas/suggestions you may have, so please feel free to contact the Editorial Team (**Pam Aspden, Pat Forder, Emma Gillinder, Julie Gudgeon, Alison Peek and Fran Walker**) at any time.

WHOS RUBBISH IS IT??

What a fine mess, we've got ourselves into. Remember the fuss we all made about recycling 15-20 years ago? Also, the great strides made by Keep Britain tidy. I beg to suggest that we have become somewhat complacent. We see, everywhere litter bins. We see lots of litter bins overflowing with all sorts of rubbish. This has been brought before us recently on our TV screens. In my town there is just one – to my knowledge – where you can segregate your rubbish, the rest are general rubbish style of bins. I was at a university in the EU where in the students' canteen there was a bank of highly specific waste bins. If you recycled your can or bottle or yoghurt pot you would get a token towards your next meal. On holiday in Turkey there was a bin for plastic bottles, only if you put a bottle in, a small amount of pet food came out for the feral animals, to stop them wrecking the refuse bins. A town I visited in the midlands they had bright orange waste bins, and one specifically for used coffee mugs! There are so many interesting, attractive, and fun ways dealing with our rubbish. **Emma Gillinder, Southport Scarlets WI**

Our thoughts are with fellow WI member, Her Majesty Queen Elizabeth, and the Royal Family as they mourn the loss of HRH Prince Phillip, Duke of Edinburgh. Over the course of his life, the Duke of Edinburgh was patron or president of some 922 organisations, with special interest in conservation and the environment, the encouragement of sport and the welfare of young people, with The Duke of Edinburgh's Award likely to be judged as Prince Phillip's greatest legacy. The longest serving consort to any British sovereign, we recognise the Duke's dedicated service to Her Majesty The Queen and the nation.

The Editorial Committee



CRAFTER'S COMPANION—WOOL PATCHWORK

As an avid quilter, but no expert, I recently discovered the craft of making items in patchwork using wool felt.

This is a tiny needle-case using an appliquéd felt design which opens up to accommodate quite a large selection of pins and needles. I will try to put the instructions on the Facebook page. The pattern is very simple, just 4 heart shapes, two of which are cut in half, and same for the lining. Using felt means that it does away with neatening or hemming the edges making the end result pleasing and quick to achieve.



If you are feeling ambitious there is an excellent book 'Wild Wool & Colourful Cotton Quilts' by Erica Karrow published by C&T Publishing, and available from Amazon Books, good to look at but I haven't tried any of the projects yet.

Julie Gudgeon, Lathom & Burscough WI

2021 RESOLUTION

Following the over 66,000 selections made by members on the resolution shortlist, there is just one resolution that will be put forward to the Annual Meeting in June.

This is the “Call to increase awareness of the subtle signs of ovarian cancer”.

Although there will be speakers at that meeting, the actual vote will NOT take place. WI's will have until the 9th July 2021 to cast their vote.

Many of us will have been very shocked at the sudden death in 2019 of the Northwest Tonight weather presenter Dianne Oxberry. This highlighted the need for early diagnosis – Cancer Research UK state that nine out of ten women will then survive for five years or more.

Please do join the LFWI “Resolutions Discussion Meeting via zoom” on Wednesday 26th May at 2pm. There will be a speaker from Target Ovarian Cancer and the opportunity to ask questions.

Jenny Bennett, Resolutions Officer

ACWW (Associated Countrywomen of the World)



The ACWW links 9 million women, in over 60 countries. It aims to improve the standard of living for women in developing countries by helping them to help themselves and operates on a very small budget, helped by WI contributions of Pennies for Friendship and donations to the Women Empowered Funds.

I recently took afternoon tea in South Africa with ACWW's world president Magdie de Kock! Of course I didn't attend in person – just on a Zoom meeting. She told us that she had been able to attend the Canadian WI's celebrations for Founder's Day via Zoom and spoke about the work of some of the committees of ACWW. She particularly mentioned the work of the Finance and Membership Committee who were hoping that lots of women would “Walk the World” on 29th April to raise funds for the Pennies for Friendship Fund (known also as the Enabling Fund) of ACWW.

This fund is not used for the various projects but maintains the central office, which is the hub of ACWW's work, giving a place to carry out the day-to-day activities, host Board and Committee Meetings, and keep the extensive archive. It also maintains the staff, who support all ACWW activities globally with resources, research, advocacy, and legal compliance.

Due to the pandemic, many local WI meetings have not taken place and donations to ACWW have dropped drastically so members are being asked to support Pennies for Friendship this year. A WI cannot send money to this fund but if your WI has collected Pennies for Friendship and would like to donate the collection to this fund rather than the WE fund Maternal & Reproductive health, it needs to be sent in the form of a personal cheque. You can give donations directly through ACWW's online portal. Email info@acww.org.uk for more information. If you are a tax payer you could also complete the declaration form available to download from their website so that ACWW can claim Gift Aid. **Ruth Gibbons, ACWW Representative**

Superdrug are working in conjunction with **TerraCycle** who will convert the packaging into reusable raw materials using its unique recycling process – preventing empty packs spending a lifetime in landfill. What's more, **Superdrug** are supporting **Marie Curie** as each empty blister packet that gets recycled as part of the 'Little Packs, Big Impact' scheme. It's easy - it's free and it's a double whammy - recycling and supporting a fantastic charity too. Can you help? Please start saving yours. It really is amazing as to how they add up very quickly. Posting to **TerraCycle** is **FREE**

Debbie Reardon, Bickerstaffe WI

NEWS FROM THE WIS



Looking for ways to keep busy during lock down Anne Marie Whitehead of **Cherestanc WI** jumped at the chance when she was invited to sign up to an online judging qualification in Interpretation and Staging. She found this to be most enjoyable and learnt about colours, styling and arrangements of objects. She created mood boards and found examples of good and bad window displays in her home town of Garstang. The last Assignment was challenging as she needed to create a 'mini-co-operative' inspired by a film, a book or a song and Anne Marie chose 'The Shell Seekers' by Rosamund Pilcher. It will need a few tweaks and more shells sand and pebbles when she manages to get together with students later in the year, but we are all very glad to hear her submission means that she has passed the course.

Anne Marie Whitehead, CHERESTANC WI



Just before Christmas 2020 **President of LYTHAM GREEN WI, Shirley Thornton**, made and presented every member with a beautifully designed, handcrafted fabric bag. No mean achievement considering they have a membership of 85 ladies. Each bag contained a selection of useful items such as paper mask, bookmark, tissues and Christmas card, etc. Assistance in delivering the bags was provided by committee members, and many ladies have expressed their surprise and delight in receiving such a lovely bag, especially as we have not been able to meet since last March. This gift will, hopefully, help each lady to realise that she is not forgotten and will be in our thoughts until we can all get together someday soon.



The February zoom meeting for **QUERNMORE WI** was attended by The Forest of Bowland Moorland Group. They donated 56 bird box kits, complete with nails and lid hinges (wood donated by the Abbeystead Estate), and demonstrated how to make them. Some members made them during the demonstration, some afterwards, and one enterprising member made hers as soon as it was delivered and has already had plenty of interest from visiting birds.

By chance the February meeting coincided with National Bird Box Week, although it had been pre-booked for nearly a year. The meeting was lots of fun and the FOBMG members were quite impressed with the questions.

We are hoping to have FOBMG back in the future to talk about their work - and to enjoy the complete Quernmore WI supper experience!



Debbie Northin from ACCRINGTON AND DISTRICT WI has found a novel way of dealing with clothes that are bursting at the seams thanks to her bake fests "a la Heather" and has dusted off her sewing machine to start making her own clothes. Her first project was the Tessuti Apron pattern. It's a free, downloadable, one size pattern, more cross backed pinafore dress than apron, with a square neck, wide straps and the ever useful pocket. The instructions are clear and detailed with photographs. She had the apron cut out and finished in three hours flat. Available in sizes up to UK 30 and are true to size or even a little generous. Best of all they are modelled by average sized real people.

Her next projects are some lightweight cotton lawn camisoles with shoestring straps for all the social mixing



It was a proud moment for members of **WITHNELL FOLD WI** when, on 12th April 2021, they were able to hand over a new defibrillator to Chorley Community First Responders for use in the local Community.

They had long dreamed of being able to do this, but lockdown put paid to their usual fundraising activities. However, WI members are not easily put off by a challenge and, by a variety of ingenious fundraising activities, including a marathon challenge; a socially distanced afternoon tea and a "name the mascot" competition, they raised an incredible £926.

A BIG THANK YOU TO THE WOMEN OF WOOLTON (WOW) WI COMMITTEE

What a year 2020 turned out to be but that did not stop the brilliant committee of WOW WI keeping everyone connected, providing much needed support and help besides trying new and creative ideas to help us all through the pandemic. President Angela crafted a hand-made card for every member and wrote a cheery, chatty letter. No less than 23 homemade cards, many with specific themes, from Angela have been sent throughout the year. Using WhatsApp and email the committee kept members up to date, entertained and challenged with quizzes and enabled us all to add our own cheery posts, memes, puzzles, brain teasers and general chats. On a beautiful sunny day in July, a delicious hand-made by committee members Afternoon Tea (and Prosecco!) was enjoyed by 68 members in groups in various members' gardens. Monthly zoom meetings with a variety of speakers started in October, with sub-groups also using technology for their virtual get-togethers – even the Ukulele group continued their lessons and practice each week! No-one has been forgotten – birthdays have been remembered; those not able to Zoom have been kept up-to-date with all the goings on and random surprise flower deliveries a-plenty to cheer ladies up. A well deserved “thank you” to all involved.



FLYING VISITS

At **BANKS WI** 17 members took part in a ‘Coffee Morning Zoom quiz’. As the result was a tie, with her name being drawn from a hat, Pat was the winner.

NEWBURGH WI members are meeting ‘online’, have had some interesting speakers, and cakes made and delivered by the committee.

HOGHTON WI committee gave their members an Easter surprise with bags containing a handmade card, freesia corms, hot-cross bun recipes, Easter customs around the world, puzzles, and not forgetting the obligatory chocolate bunny!! President Jean and other brave committee members, donned appropriate ‘fancy dress’ to surprise members on their door-steps!

Members from **GREGSON LANE WI** held their first ‘face2face’ meeting of the year, sitting outside, socially distanced and suitably dressed for the weather.

Cate, a celebrated cake designer from the Lilac House, who has won several awards, gave a Zoom demonstration at **QUERNMORE WI**. At a request from charity Neuro Dropin, members made 40 crochet bunnies for their Easter pack.

Zoom meetings have been held at **LUMB IN ROSSENDALE WI** since September, with minutes, HotPot and LFWI mailings to members without computers. During lockdown their regular meeting hall closed, so there will be a new venue when meetings are resumed.

BARTON WI's recent Zoom meeting saw Melanie Gibson-Barton gave a talk on Glamour, Wealth and Heartbreak....Three Women and One Man, Aristotle Onassis. A very interesting look into the lives of these people.

TATHAM FELS WI had a Zoom meeting with a quiz devised by Carl Hunter. Well done to the winner Helen Wilkinson with 47 Mary Kidd second with 43 and Ann Dawson third with 38. Meetings are planned a month at a time, with the next being a bluebell walk in May.

A crafty member of **HOGHTON WI**, Christine Hounslow, decided to make her very own Cuthbert the rabbit, from a pattern formed in 1917 as a way of compensating for the stoppage of toy manufacture during WWI.

BARTON WI had a talk from cookery teacher Anne Marie Lambert who gave a demonstration on no bake cheesecake and some energy balls. Anne is passionate about showing people how to cook simple meals using cheap, wholesome ingredients.

HAIKU – WHAT’S A HAIKU? HUTTON AND HOWICK WI Book Club enjoyed another successful zoom meeting with everyone airing their views on the latest book *The Peculiar Life of a Lonely Postman* by Denis Theriault. It’s quite a short book, and the story is based around Haiku, traditional Japanese poetry which consists of three lines only, in a 5-7-5 syllable formation, using few words “to capture a moment, to create a picture in the reader’s mind, opening a tiny window into a scene much larger than itself.” Opinions about the book were quite varied but it was good to share them and as avid readers, we look forward to our next meeting and a time when we can meet face to face again. Some members were quite successful in trying their hand at this unfamiliar art form – just a short selection being -

The mornings are dark
The night goes on and on
But light comes with the Spring

Colourful jigsaws
Thwart, battle deep covid blues
Green of Spring, now fight

Fresh air on my walk
And company of my friend
Keep my sprits high

NEWS FROM THE SUB COMMITTEES

COOKERY AND CRAFT COMMITTEE

Well so far so good we have made it to another easing of the lock-down. Many of you will be enjoying the delights of the hairdresser and preparing cosy blankets for outdoor visits.

However at LFWI we have travelled around the country with wonderful Zoom events. Maggie Jones patiently took us through making Macramé bracelets and Claire Salmon shared her expertise with Easter Bags that I am sure many grandchildren enjoyed receiving. Heather Williams taught us some wonderful biscuit recipes ready for the “garden parties” and Chef Alex encouraged us to try some delicious vegetarian dishes. We have walked to freedom with Al Sylvester, been amazed with the strength and determination of women at the North Pole and relaxed “Mindfully” with Lindsay Barrell.

The committee are busy planning future Zoom events for June and July as well as some hands on classes in November and December. There are so many Zoom events to tempt everyone so please do sign up, then relax and learn in the comfort of your own home. Keep cooking and crafting, enjoy the warm weather following the guidelines and most of all look after yourselves and each other. Thank you for your support with the LFWI events. **Melanie Blackwell, Woodplumpton WI**

LEISURE COMMITTEE

At last Ladies, it would appear that there is some light at the end of the tunnel. A lot of you will have already had your second jab, and will be raring 'to go' and attend events.

We at the Leisure Activities sub-committee have 'pencilled in' a Walking Treasure hunt for the beginning of September.

Obviously and outside in the fresh air and hopefully with take out refreshments. I will keep you all up to date with what is going on in the next edition of Hotpot.

We know just how much a great many of you enjoy these walks, and, we hope that this will be our first event on our return.

Needless to say that it will be subject to Government and LFWI guidance.

In the meantime, enjoy the beautiful Spring weather and stay safe. **Joan Randall, Crank WI**

TOURS COMMITTEE

As I write this this sun is shining through the windows giving us hope of warmer days to come as we emerge from lockdown. Let us hope this really is the last lockdown. The Tours & Excursions committee are hoping we will be able to offer an outing or two before the end of the year, and as soon as plans are finalised, details will be sent to your WI Secretaries. In the meantime, stay safe. With best wishes, **Jacqui Mallinson, Accrington and District WI**

SHOWS COMMITTEE

The Show Committee, the Board of Trustees Liaison and the Federation Treasurer held meetings to discuss the logistics of holding the 2021 show. The health and safety of WI members and visitors is, *and always will be*, our most important consideration. This we cannot guarantee, so after many sleepless nights, much deliberation, two votes and many broken hearts the decision to withdraw the 2021 show was reluctantly made. We appreciate this will be a huge disappointment to you all and hope you will understand. Just for fun, why not hold a small show within your own WI? It would be a great opportunity for a fund raiser and a chance to show off your creations. Please continue crafting, baking and gardening to help make the 2022 show the ‘come back of all come backs’ with over 4,000 entries! Stay safe and healthy. **Dawn Threlfall, Withnell Fold WI**

AT HOME WITH LFWI

Online events – May/June 2021

Thursday 20th May – Richard Rickett Honey Bees (2nd Talk) 7pm

Saturday 22nd May – MCS Workshop 10am* FREE

Monday 24th May- Steve Hill MBE Adventurer & Fundraiser 2pm

Wednesday 26th May – Mary Macintyre – Astronomy 7pm

Thursday 27th May – David Hastings – Heroes at Sea (RNLI) 7pm

Saturday 29th May – Lindsey Barrell HYGGE 2pm

Thursday 3rd June—Petra Wenham Trans Awareness 7pm

Thursday 10th June—Lisa Moore Felting 6.30pm

Saturday 12th June—Harsha’s Spicy Indian Cooking 11am

Monday 21st June—Heather’s Cook along 7pm

Thursday 24th June—Nicki Detko Transplant story 7pm

Full details on all these online events will be available a week before each event on our Website and Facebook and will be emailed to all WI Officers. You will be able to book them on the Online store at www.lancashirewi.org.uk
All events are priced at £5.00*

Please feel free to pass this information to friends and family as these events are open to non-members

Please note you do not need to have a PayPal Account to make the purchase, just follow the instructions on the payment page

INSPIRING WOMEN FROM AROUND THE COUNTY

WHAT HAVE I BEEN DOING IN LOCKDOWN?

LINDA'S LOCKDOWN LEGACY

During lockdown, I've written two books! I set up my own publishing company in 1998, shortly after I moved to a village and joined the local WI. I only went to see if I knew anyone in the village...and became a member instantly. After completing an MPhil 40,000 word dissertation, I said 'Never again' to academic writing. At the time, I was a Senior Lecturer in children's nursing at the University of Central Lancashire, and had written many academic articles for the nursing press. But I missed writing, so, encouraged by my student nurses, I wrote my autobiography. That's quite easy, as you know all the characters and what happened! Unable to find a publisher, despite writing to thirty, I was advised to set up my own publishing company. I enjoyed the whole part of having my work in print, so I decided to write a novel. And so it started!



My third book was to be my last, as I was taking early retirement. Publishing is an expensive hobby, as I don't make any money, but I won two self-publishing awards for it, so I had to write another book, just so that I could write 'award winning author' on the back. And so it continued. The eighth was definitely going to be the last as sales were falling, but my nephew offered to upload all the books to Amazon as e-books. I realised then that I could carry on writing, but without the need to keep stocks of the books in my small house! But some of my regular readers complained. They didn't want a Kindle and wanted a real book, so in 2017, I published a sequel to Jane Austen's Pride and Prejudice, called 'Pemberley in Waiting'. That was to be my last book (again!!) but I was interviewed on Radio Lancashire and the interviewer said. 'This will be your last book, Linda.' And I replied that every book is my last book, but he said. 'This is your twelfth. Your next would be your thirteenth, which is unlucky'. So I told him I was a practising Christian and wasn't superstitious. So when lockdown came, what else could I do? Far too much time on my hands, no toddler group to run, no community cafés, no church, no WI, no choir practice, no tour guide job at a stately home, no meditation class, no speaking engagements, no Pilates or Zumba. So I wrote my latest book in lockdown one - 'The Quiet Neighbours.' It's about a newly retired lady who has sold her home and buys an old church, which she converts, but she also inherits the graveyard and slowly gets involved with visitors coming to the graveyard. It was published in July 2020. But the lockdown came back, so this year, in lockdown three, I've just completed book number 14. Now comes the awful task of proof reading and editing many times before it goes to the professional proof reader!

The best part about this hobby is that I donate money to two charities: Derian House Children's Hospice in Chorley, where I worked briefly after retiring, and also a charity called Petal, which raises money for children's cancer research in the north of England. I have donated over £7000 between the two charities.

Will there be a book 15? Who knows! But 'never say never' is my motto!

(All my books are available as e-books on Amazon or, for print copies, from me at lindasawley@gmail.com. Also a list of all my talks that I offer, when we're allowed to meet as WI's again, from the same email.)

Linda Sawley, Simonstone with Read WI

Thanks to Pam Aspden—Editorial's Roving Reporter

We are still on the lookout for inspirational women to follow up and profile – if you know someone who would be willing to be interviewed and appear in Hotpot, please let us know at hotpot@lfiwi.org.uk

SCARLET CORNER

I have been looking back through the resolutions and there are some great, forward thinking ones, but something I have noticed is that the problems connected with a lot of them still seem to be hanging around.

It was in 1943 that Bures WI in West Suffolk put forward the resolution that men and women should receive equal pay, in 1964 Whitchurch on Thames WI in Berkshire urged as a matter of urgency the government and Regional Hospital Boards to treat as a matter of urgency the provision of comprehensive facilities for routine smear tests for cervical cancer, and then in 1929 Berkshire Federation urged every WI to study the work of the league of nations and consider how to best further the cause of world peace. That last one is still a work in progress.

Now, I am sure you know that the Keep Britain Tidy campaign came after the 1954 resolution when Northumberland urged every member of the WI to make it a personal matter to mitigate this evil. But did you know this year we are having the Great British Spring Clean, between the 28th May and the 13th June. Don't worry, they aren't asking you to clean your house, but they are asking you to go out in your local area and collect litter. My own WI has arranged with the Council to borrow some litter picking tools, but you can do it alone or as part of a family depending on your lockdown restrictions of course, but however you do it please do get involved.

Emma Gillinder, Southport Scarlets WI

SCIENCE NOTES—STRAWBERRIES

It is that time of the year again – strawberries and cream time!

Strawberries are synonymous with the British summer and home grown strawberries are much sweeter than imported ones, which we seem to have all year round. Imported ones are picked slightly under-ripe and are often hard and with an undeveloped flavour.

Strawberries, genus *Fragaria*, is a member of the rose family. They are not a true berry, but a pseudocarp, as technically berries have seeds inside but the strawberry seeds are on the outside of the strawberry. On average it has about 200 seeds, each one a separate fruit.

Strawberries have high levels of nitrate, this increases blood and oxygen to the muscles. Research shows that when people eat strawberries before exercising they have greater endurance and burn more calories. Strawberries are very rich in Vitamins C, B6 and K, fibre, folic acid, potassium and amino acids, and are low in calories.

Strawberries have been eaten since Roman times when they were also used medicinally for digestive ailments, discoloured teeth and skin irritations. Thomas Wolsey (Henry VIII's right-hand man) first served strawberries with cream at a banquet in 1509 and later at tennis matches at his palace. Thus we have the tradition of strawberries and cream at Wimbledon. On average, 10,000 litres of cream and 28,000kg of strawberries are consumed each year during the two-week tournament.

I am lucky enough to have a strawberry patch, but if you have to buy them look for unblemished and bright red fruit with fresh-looking green leafy caps. The scent is an indicator of freshness and the smaller strawberries have more flavour. Strawberries are highly perishable and best eaten within 24 hours, as they absorb water readily they are best served unwashed.

A simple dressing to enhance the flavour:

Gently heat a little balsamic vinegar and/or orange liqueur, add an equal volume of sugar and stir to dissolve, allow to cool and pour over the strawberries. Remember less is more!

As a finale, a good use for hard strawberries at this time of year (wonky strawberries are sold at a well-known German supermarket) is to mix with rhubarb and make a delicious fruit pie and of course remember to serve your strawberries with cream.

Pam Coates, Science Rep, Board of Trustees and Croston WI



CONTINUING THE STRAWBERRY THEME ...

Strawberry Dacquoise Serves 8 to 10

75g ground almonds or ground hazelnuts

4 egg whites

200g caster sugar

Pinch of cream of tartar

Sauce: 1 punnet strawberries

2-3 tablespoons of Raspberry Liqueur or Limoncello or Cointreau

250mls double cream + extra for decoration

Extra sugar to taste if needed.

125mls water

75g granulated sugar

Strip of lemon rind

Decoration: 25g icing sugar

25g grated chocolate

Whipped double cream to pipe rosettes on top (optional).

Strawberries cut into halves or slices to decorate.

METHOD

1. Oven temperature 140C, 130 C fan, gas 1. Line 2 trays with non-stick baking parchment.
2. Whisk the egg whites until stiff, add 1 tablespoon of caster sugar and the cream of tartar and continue to whisk for 1 minute. Fold in the remaining caster sugar and ground almonds.
3. Divide the mixture between the 2 trays and spread into 2 x 8 "rounds. Bake for 1½ hours or until the paper easily peels away from the meringue. Leave to cool.
4. Hull strawberries and chop roughly, lightly crush with a fork. Mix in liqueur or Limoncello
5. Dissolve the granulated sugar in 125mls water, add the lemon juice and boil for 3 minutes to make a sugar syrup.
6. Whip the cream, sweeten to taste then fold in 1/3rd of the strawberry mixture. Spread between the meringue rounds.
7. Dust the top with icing sugar and decorate with the extra whipped cream, grated chocolate and sliced or halved strawberries.
8. Dilute the remaining crushed strawberries with the sugar syrup and serve as an accompanying sauce.

Heather Williams, Norden WI



NAME THE CITIES IN WHICH THESE STREETS ARE FOUND

1. PALL MALL
2. LES CHAMPS ELYSEES
3. BOND STREET
4. WALL STREET
5. VIA VENITO
6. MADISON AVENUE
7. BEACON STREET
8. WILSHIRE BOULEVARD
9. PEACHTREE STREET
10. HANS CHRISTIAN ANDERSON BLVD
11. NEVSKY PROSPECT
12. KURFURSTDAM
13. PROMENADE DE ANGLAIS
14. DIZENGOFF
15. MOTT STREET
16. PICCADDILLY
17. UNTER DEN LINDEN
18. MICHIGAN AVENUE
19. BOURBON STREET
20. PLACE VENDOME
21. BASIN STREET
22. FLEET STREET
23. LAS RAMBLAS
24. MASSACHUSETTS AVENUE
25. PIAZZA CASTELLO

TEATIME TEASERS - CAN YOU FIND THE FLOWERS? Answers from last month

- ◇ A capitol group of lions—**London Pride**
- ◇ Remember me always—**Forget me not**
- ◇ Industrious Miss Taylor—**Bizzie Lizzie**
- ◇ A sly animal and a hand covering—**Foxglove**
- ◇ Part of the eye—**Iris**
- ◇ A smart king of beasts—**Dandelion**
- ◇ A sugary royal prince—**Sweet William**
- ◇ A very precious measure of length—**Golden Rod**
- ◇ England's national flower—**Rose**
- ◇ A musical instrument—**Viola**
- ◇ Worn on Remembrance day—**Poppy**
- ◇ Evaporated milk—**Carnation**
- ◇ National flower of Wales—**Daffodil**
- ◇ Long handled sweeping brush—**Broom**
- ◇ Not popular at a dance—**Wallflower**
- ◇ They seek him here and there—**Pimpernel**
- ◇ It rings in a Cathedral—**Canterbury Bell**
- ◇ Keeps up appearances—**Hyacinth**
- ◇ Melancholy chimer—**Bluebell**
- ◇ She rides on a tandem—**Daisy**
- ◇ A feline herb—**Catmint**
- ◇ Prickly white wine—**Hollyhock**
- ◇ Truthfulness—**Honesty**
- ◇ Break a monster sharply—**Snapdragon**
- ◇ Name of a cheese—**Primula**

TRIBUTES

HOGHTON WI is sad to report the death of Connie Berry, a regular and popular member for many years. The thoughts of members are with her daughter and family at this time.

LYTHAM GREEN WI wish to record with great sadness that loyal member Anne Jones passed away in January. She was a very dedicated member who had held many positions at WI level and had joined the WI with her mother when she was 14 years of age. Sadly, she didn't quite achieve her ambition of receiving a certificate acknowledging 70 years of membership.

SIMONSTONE WITH READ WI are very sad to report the passing of two members who were good friends and joined us 20 years ago. Doris Fawley had been our president for the last 10 years, and we will all miss her friendship and leadership. She was very talented, making celebration cakes, preserves and a wide variety of handicrafts. Eleanor Treadwell had also been a loyal member and both ladies made a great contribution to the institute.

QUERNMORE WI are sad to report the passing of Margaret Batty, an enthusiastic member of QWI for over 40 years. She was on the committee for over 20 years, President for 3 years and Vice-President for a number of years, happily chairing meetings whenever she was needed. A hard-working, busy lady who always had time for a chat with her friends or a fun day out, as well as helping on the farm, working in the office at Lancaster Auction Mart and being an active member of the NFU Ladies Group for many years.

WARTON WI are sad to report the passing of Dorothy Wood aged 93, a very strong lady who had led an interesting life and certainly enjoyed her time with us.

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

Editorial Team:

Pam Aspden—Croston WI
Patricia Forder—Hutton & Howick WI
Emma Gillinder—Southport Scarlets WI
Julie Gudgeon—Lathom & Burscough WI
Alison Peek—Swinton WI—Board Liaison
Fran Walker—Cockey Moor WI



DEADLINE FOR SUBMISSIONS FOR ISSUE 4— FRIDAY 11TH JUNE

Hotpot is brought to you by the Editorial Team, with additional thanks to Liz Kerr for formatting and circulation

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