

LANCASHIRE FEDERATION OF WOMENS INSTITUTES

Issue 4—July/August 2021



WELCOME TO THE FORTH EDITION OF THE HOTPOT NEWSLETTER

NFWI Annual Meeting 8 June 2021

The NFWI Annual Meeting was held online from the Royal Society of Arts, London – not as grand as the Royal Albert Hall, but pretty grand, nevertheless. The Trustees, staff and speakers were together in person and Lynne Stubbings, NFWI Chair, informed us that 2,500 members and guests were making history at this virtual event. All went smoothly, apart from a global internet outage which meant we had to transfer to YouTube. Did the WI 'break the internet'? Who knows? But it was another history-making moment. Lynne described how the WI had been forced to adapt and find new ways of doing things, including Zoom meetings, community action and online chats. WI Wanderers, spearheaded by our own Alison Peek with Michelle Gordon, got a well-deserved mention for their work in bringing members together.

The first speaker, HRH Sophie, Countess of Wessex, began by saying what fond memories she had of the Centenary meeting including 'Cakegate', and the hilarity around the Queen's cutting of the cake. She spoke movingly about memories of her mother, the values she instilled in her and her many strengths. Sophie then spoke about the challenges women have faced over the last 18 months, when the pandemic has undone some of the progress made in women's equality, and the need to keep focusing on safety and opportunities for women at home and overseas. She ended by encouraging WI members to be proud of ourselves and women everywhere, confident in the knowledge that we can make a difference.

After the announcement of prize winners, an update on finances, including the sale of Denman and future educational plans, Dame Cressida Dick then spoke about 100 years of women in the Metropolitan Police. She commended WI resolutions on issues such as Modern Slavery, loneliness and domestic abuse and how we don't shy away from unfashionable causes. Her main focus was on the Met's work in keeping women and girls safe and how recent tragic events have raised awareness of this work. She mentioned that coercive control is now the highest risk domestic abuse and described how the Police can help if cases are reported. Although great progress has been made, Dame Cressida said there is more to do to ensure greater representation of women in the force, where they make an important contribution across uniformed and non-uniformed roles, giving others courage to engage and make a difference to society.

The resolution on recognising the subtle signs of ovarian cancer was introduced by some sobering statistics and moving personal testimonies. There were few questions from the floor and the resolution was unopposed.

The final guest speaker was Baroness, Lady Hale, the first and only woman Law Lord, whose main interests are in family, equality and welfare law. Famed for her collection of brooches, she was sporting a large dragon-fly brooch. She spoke of how, as the middle of three daughters from fairly humble beginnings in Yorkshire, she came to study law at Cambridge, teach Law at Manchester University whilst bringing up her family, then her subsequent rise to High Court Judge and Law Lord. Her priorities are justice, fairness and equality, including equality of opportunity, and not allowing women's talents to go to waste, since a more diverse judiciary might make better decisions. She finished by saying that, whilst traditions in the law are changing, progress is slow. She hopes her experience means others are encouraged to progress a similar career. She said she believes it's important to enjoy what you do, just as she has thoroughly enjoyed her life in the law.

The meeting ended with an outline of the new five-year strategic plan and new initiatives already underway including the establishment of some new virtual WIs, flexible membership and a new equality, diversity and inclusion policy. The WI remains open for business and Lynne encouraged us all to promote our brilliant organisation. As this was Lynne's last meeting as Chair and several other Trustees were stepping down, there was a vote of thanks before the singing of the national anthems and closure of the meeting.

Pam Aspden. Croston and Bretherton WIs

MESSAGE FROM JACKIE

We are all now keeping our fingers crossed, anxiously waiting for Boris to give us the green light in a couple of weeks. Does he know there are over 200,000 women champing at village hall doors?

When we can meet up face to face what a joy that will be, we must adhere to any government guidelines that exist but as WI members we can, and we will deal with any issues we just want to meet up in a covid safe place. The last year or so has been very hard for a lot of reasons. It has been a steep learning curve for some of us to embrace social media, zoom, access the internet etc. Many have, and now are in face-to-face contact with relatives living away which has proved a lifeline. This time in lockdown has given us the confidence to try different ways of staying in touch.

I wonder how many members before the pandemic could have envisaged being part of a virtual national meeting complete with virtual tea rooms, virtual committee stands and enjoyed three excellent speakers in the comfort of our own homes. Over 2000 members did just that recently, I enjoyed zipping in and out of the various options, it was certainly different and trust our Lancashire delegates enjoyed the day. I hope the experience has inspired first time delegates to eagerly volunteer next year when we attend the meeting in Liverpool.

Stay safe everyone

Jackie

EDITORIAL TEAM

Pam Aspden, Croston WI

Pat Forder, Hutton & Howick WI

Emma Gillinder, Southport Scarlets

Julie Gudgeon, Lathom & Burscough

Alison Peek, Swinton WI (Board Liaison)

Fran Walker, Cockey Moor WI

Email: hotpot@lfw.org.uk

[Deadline for submissions for Issue 5—August 9](#)

Hotpot is brought to you by the Editorial Team, with additional thanks to Liz Kerr.

NEW LFWI BOARD OF TRUSTEES

MY EXCITING WI JOURNEY (SO FAR) – MELANIE BLACKWELL

My introduction to WI began as a chauffeur for my mother and my auntie whilst in my late 20's. It was during this time that I was encouraged to join Broughton WI.

As the years slowly proceeded my family grew, my career developed, other demands took over and after a number of years in WI, I sadly stepped away. Later on with a change in circumstances, house move, and looming retirement a friendly new neighbour, President of Woodplumpton WI, reminded me of the fun and fellowship I had enjoyed. So I gladly joined my current club Woodplumpton WI.

My time back in the fold at Woodplumpton was stimulating and entertaining, so much so I joined our committee, and became the Secretary. After a while I was encouraged to join the Lancashire Federation Cookery & Craft Committee. The next few years flew by, getting involved in a range of craft subjects, and during this time I was asked to succeed the outgoing chairman of this Committee.

With enormous pride I accepted this role, although with naturally a little trepidation, but with lots of drive and determination. I have now been lucky to hold this post for a few years working with an amazing team of like minded members and some excellent tutors.

It was therefore a wonderful surprise and honour to be asked to become a member of the Lancashire Federation Board of Trustees. This is a position in which I hope I am able to make a significant contribution to the continuing success of the Lancashire Federation and all it stands for over the coming years.

I very much hope with your support and help to continue enjoying every aspect of LFWI and that together we can continue the excellent work here within Lancashire and the wider Women's Institute.



JOAN RANDALL



I was introduced to the WI at a very early age when my mother became one of the founder members of the WI in the Village of Everton, North Nottinghamshire, where I was brought up. Fast forward many years training to be a S.R.N., marriage, family and work commitments, leaving little or no time for other pursuits.

On retiring I joined Crank WI, and later I joined Lowton WI, with which I have dual membership. Eight years ago I joined the Leisure Activities Sub-Committee and for the last three years I have been the Chairman of the said committee.

I take great pleasure in helping to plan events for members and meeting up with them when they attend the events. I have always been proud to be a member of the WI, and, I am pleased to be able to contribute, albeit, in a small part to its success.

Being invited to be a Board of Trustee Member is something very special to me and I shall do my very best to fulfil the role.

Welcoming our new NFWI Chair

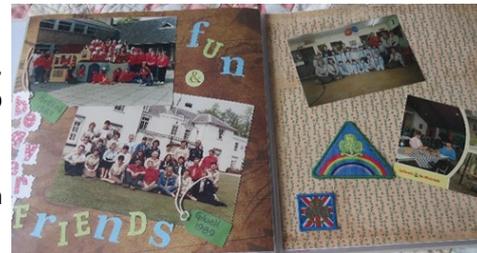
Along with Federations up and down the UK, we welcome Ann Jones, Ceredigion WI, who has been elected as the new NFWI Chair. Ann has been a member of the NFWI Board for several years as NFWI Vice-Chair and Chair of Public Affairs and brings a breadth of experience, knowledge and enthusiasm to the role of Chair. We would also like to take this opportunity to say a huge "thank you" and "goodbye" to our retiring NFWI Chair, Lynne Stubbings. We were so very lucky to be able to welcome Lynne to our 2020 Spring Council Meeting in Southport and we wish her and all those who retired from the NFWI Board in 2021 all the very best for the future. **Alison Peek, Swinton WI**



CRAFTER'S COMPANION——SCRAP-BOOKING

If you have ever been on holiday and come home with a selection of Guide Books, Brochures, tickets, and other ephemera, don't throw them away, why not create a scrap book of your journey?

Scrap booking is a universal hobby and can be used for many purposes, other than holiday memories, collections of birthday/greeting cards, family photographs and .



It is not a straight sticking photos in an album, there is more to scrapbooking, making a page of pictures look interesting to the viewer. By using lettering, decorative stamping and background papers, you can create a narrative and demonstrate the enjoyment of the occasion, or subject.

I first came across the hobby when I took part in a day course run by Girlguiding, so the scrap book illustrated forms part of the events and children involved in the movement.

There are many and various accessories, decorative papers, stickers etc, available from stores such as The Range or Hobbycraft, all you need is an album, loose leafed if possible (your collection will grow) a pair of good paper scissors, glue something like Prit-Stick, and a bit of imagination. So get scrapbooking and enjoy! **Julie Gudgeon, Lathom & Burscough WI**

2021 RESOLUTION

Thank-you to everyone who joined the Discussion zoom meeting recently and to Catherine Murray from Target Ovarian Cancer. The voting system is slightly different this year, as it is not taking place at the NFWI Annual meeting.

WI's can now vote for or against the Resolution by advising their Link Delegate as to their preference. The Link Delegates will then collate all the votes and input them onto the online system where the closing date is FRIDAY 9TH JULY so please get your vote to your Link Delegate asap! If you would like any further information, please go to www.targetovariancancer.org.uk

Jenny Bennett, Resolutions Officer

CLIMATE AMBASSADOR—Who and What is a Climate Ambassador?

There is no one size that fits all. Like so many things connected with the WI it is what YOU make it. The scheme is designed to fit round you, your schedule, your WI, your area and to some extent your interest and expertise. An ambassador is to support WI members who wish to take action in their community on environmental matters.

The projects that some WIs nationally have supported have covered; working with school children to make 'eco-bricks', building a relationship with their local MP, organising a 'Show the Love' celebration in their community, a 'fast fashion event', be kind to honeybee project, recycling, the list is endless.

Any member can become a Climate Ambassador from any WI and what is more you can have more than one in your WI. Climate Ambassadors are provided with a monthly newsletter, access to training, webinars helpful resources provided in conjunction with Climate Outreach. NFWI is a founder member of this group. Head over to My WI or get in touch with pa@nfwl.org.uk

Do not hesitate to have a chat with me Debbie Reardon 07783942428 or deborahrbananas@yahoo.co.uk or I could visit your WI when things get back to a more friendly way of doing things.

JUST A GENTLE NUDGE

KNITTING THE SHROPSHIRE WAY – the grand total so far from our WIs is 5452 inches of scarves (nearly 455 feet!) and still counting! Donations of scarves have already been made to Salford Loaves & Fishes and Bolton Community Kitchen, who have received them with open arms and many thanks. We've got till the end of the year, so keeeep knitting!



ALL MEMBERS – if you've changed any of your details, particularly your email address, please make sure you advise your WI Secretary and MCS Rep. As mentioned in the Secretary's letter last month, LFWI are currently reviewing the booking procedure for events with a view to streamlining the system and making it simpler for Members and WI Officers, so your up-to-date email address will be important. Watch this space!

MCS REPS – just a reminder from your LFWI MCS lead – don't forget to liaise with your Treasurer, tick those Paid boxes and check that members' details are up to date.

NEWS FROM THE WIS

ONE WEDDING, THREE PRESIDENTS Linda Harrison President of **VIADUCT VIOLETS WI**, was a beautiful bride when she married Alan Toole on a sunny May Day. She wore an appliquéd lace dress and was attended by her sister, step daughter and step granddaughter all looking lovely in blossom pink. Alan was supported by his Grandson, who 'Couldn't wait for his granddad to marry Linda'!

Past President of Aspull and Haigh WI, Gill Brown created all the gorgeous flowers and together with her other talent of dressmaking, oversaw the fittings of the dresses.

Norma Clarkson, Past President of Lowton WI was the Girl Friday and the role as unofficial dressing room photographer for Linda to look back on later.

With Covid restrictions in place only the family could attend the ceremony and quite by accident Gill and Norma actually saw Linda and Alan take their vows from afar and was the perfect end to helping their friend on her big day.



With the money raised from the sale of their last few facemasks, **GREAT HARWOOD WI** purchased seeds, compost and planters. Once the seeds had grown, five green-fingered members got down and dirty and put together some beautiful troughs which, at the very start of June, Bernadette, Carol and Sally delivered to five residential care homes. The staff and residents were thrilled and everyone will get a lot of pleasure from the members' hard work. What a lovely way to bring a smile to the local community and bring non-crafty members together in a project.



In support of The Great British Spring Clean this year 12 members of **SOUTHPORT SCARLETS WI** turned out for a socially distanced rubbish collection along the seafront and around the Marine Lake. This was the first time they had been able to meet since lock down began and was thoroughly enjoyed by everyone.

Seventeen members of **TATHAM FELLS WI** were invited by Richard and Rebecca Sanderson to a special preview of their garden at Raw Ridding House, which is to be open to the public in about a fortnight's time. The garden was a delight, constructed on several terraces with spectacular views overlooking the Wenning valley. From a wildflower meadow, shepherd's hut, and small pond, past early sweet scented roses and an orchard to beds of exotic plants nestling alongside cottage garden flowers, paths led down to a secluded seating area. Richard and Rebecca answered members' questions about the garden, saying that in a few weeks time it will be even better, when almost all the plants will be in flower.



Inspired by the "Pass-It-On" project in WI Life, **BILLINGTON, LANGHO & DISTRICT WI** craft team have produced a fabulous handmade card. One has been sent to each member inviting them to "pass-it-on" to a good friend. The sentiment "Friends are Flowers which never fade" sums up the joy and happiness brought about by having a good friend. We've all relied on others so much for support and friendship over the past 15 months and it can be hard to put into words what it's meant. But this little card does the job perfectly.

So THANK YOU to WI Life for being the inspiration.

BRETHERTON WI During the various lockdowns we have made the most of Zoom and WhatsApp. We've have had some great speakers from Ken Robinson talking about Liverpool to Joady Grime demonstrating drippy cakes. One of our funniest experiences was when a friend of one of our members did a cookery demo in her own kitchen. Her husband was the 'cameraman' and did a great job, but at one point, what looked like a rather large dog crept along the floor behind the speaker. Many of us knew that Rosemary actually had a very small dog. Yes - you've guessed – it was her husband with rather long hair as the barbers were closed – as he turned his head we realised!

One thing that we all missed in 2020 was the chat over coffee when meetings were 'live', so starting in the autumn we introduced Break Out Rooms which are now used on every Zoom meeting. The groups change every meeting and one or two committee members join each group to develop the discussion. Sometimes they are informal, sometimes we have a quiz or a particular question to discuss. The groups then report back to the full meeting.

FLYING VISITS

BARTON WI watched a flower demonstration by Christine Pearce from Oxford, who had been a tutor at Denman. She demonstrated a bouquet in a basket, an arrangement of yellow roses and blue irises and an arrangement she used wild cow parsley and white lilac.

A bit of rain doesn't daunt **BLACKPOOL WI** Committee! As there are 8 members of the committee, 2 joined in by video link and tried not to look too smug!



TATHAM FELLS WI walked the field paths to Wennington, passing through glorious bluebell woods before having coffee and cake in the tea rooms at Wray.

EUXTON WI have made it through lockdown smiling and arranged two collections; the first was for the local foodbank and the second for the Women's Refuge. Both were very well supported by their members.



At **BUCKSHAW VILLAGE WI** Lindsey Barrow hosted a zoom talk on "foraging" plants for medicinal and edible purposes. Lindsey gave an overview of what is currently growing and what is "coming soon" Helen Andrew, Julia Beardmore and Beth Blaymires organised a collection for the Women' Refuge and members were very generous with their donations.

SUMMER DAYS ...

Why not join in with #prideseason and embrace the NFWI initiative of a WI Pride Picnic with your WI? Pride is a public statement and celebration of the LGBT+ community and, as WIs start meeting in small groups outdoors, Pride Picnics are a great way to plan your coming together after over a year of social restrictions. You can choose to host an in person event, a virtual picnic or join in with a local Pride event in your area – whatever feels right for your WI and always in-keeping with government guidelines. Take advantage of the WI Pride Picnic Pack that's available on My WI, which is a wonderful resource full of ideas, recipes, crafts and games to make your picnic go with swing. <https://mywi.thewi.org.uk/running-your-wi/members-resources/celebrating-pride-2021/WI-Pride-Picnic-Pack-2021.pdf> Oh, and as we're in the North West, don't forget your brollies! Please do share photos of your Pride Picnics and any other of your outdoor exploits with us by emailing hotpot@lfw.org.uk.

Alison Peek, Swinton WI



NEWS FROM THE SUB COMMITTEES

LEISURE COMMITTEE

At long last Ladies we are nearly at the end of the tunnel I keep mentioning. This is when we can return to an almost existence. We at the Leisure Activities sub-committee are looking forward to seeing you at our events.

The first one, as I have mentioned before is a Walking Treasure Hunt in Tarleton on the 1st September. The details are with your WI Officers or direct to members if your email is held on one of the LFWI Officer databases. Hopefully it will be a fine evening for this event. Needless to say I know that you will come prepared for whatever the weather presents.

I hope that some of you were able to watch the National Annual General Meeting from the R.S.A. I thought that the three speakers were excellent. The meeting did demonstrate what can be achieved in trying times despite the world-wide computer glitch in the morning.

Take care and stay safe. **Joan Randall, Crank WI**

TOURS COMMITTEE

As I write this, there is some doubt as to whether there will be a final lifting of restrictions on June 21st. This will be a blow, but it is better to be safe than sorry, and have a few more weeks of restrictions, at least until everyone is vaccinated.

All being well, The Tours and Excursions sub-committee are hoping to run a trip to RHS Bridgewater in October this year. As many of you will know, this is the RHS's latest Garden, and has only been open for a few weeks. The gardens looks wonderful and we are very lucky to have something as magnificent as this on our doorstep. The details are currently being finalised and once they are, the details will be with your WI Officers.

In the meantime, take care, keep safe and enjoy the sunshine. **Jacqui Mallinson, Accrington and District WI**

SHOWS COMMITTEE

I am sure like me you have missed the show. The friendly competition, meeting our friends at the preshow dinner, oohing and awing at the fantastic displays, eagerly reading (and sometimes disagreeing with) the judge's comment and showing off our creations. With this thought in mind, and your help, we will make the 2022 show the greatest celebration of all things Craft and Produce in the history of our show.

Provisional Dates for your dairy are:-

Show Tips 23.4.22 Leyland

Show Tips 10.5.22 Barton

Preshow Dinner 20.9.22 Best Western Hotel Garstang

Show days 21.9.22. and 22.9.22 Best Western Hotel Garstang

Dawn Threlfall, Withnell Fold WI

AT HOME WITH LFWI

Online events – July 2021

Monday 5th - 2pm

Heather's Summertime Cook along (Part Two)

Wednesday 14th - 7pm

Ken Pye – Curious Tales of Crosby & Sefton

Thursday 22nd July – 7pm

John Lewis, Personal Styling

Monday 26th July – 7pm

David Allen – Lady Victorian Prisoners

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

DOVESTONE WI – ALL ROUND INSPIRATION!

Meeting Jess Moreland, President of **DOVESTONE WI** and Clare Bennett, Dovestone WI member, was like meeting two forces of nature. A Google search describes Dovestone WI as 'A place of Solidarity, Support and Sisterhood'. This came through in bucketloads during my online meeting with Jess and Clare, as the WI approached its second birthday in April 2021. The group was unable to celebrate its first birthday due to lockdown, but, nevertheless, rising to the challenges of the last year has really put the WI on the map. Their community work, with Oldham Council, has been continuous. At the beginning of lockdown in March 2020, they established a support group, initially planning a buddying system, shopping and medication collection, help with dog walking etc, and things snowballed. Restaurant closures meant the group received large donations of food, and a delivery team initially managed to deliver three tonnes of donated restaurant chicken within five hours. As word spread, more donations came in and food, toiletries and even Easter eggs were distributed to the homeless community and others in need. The group also responded to hospitals' needs across the region, and their band of seamstresses made over 600 scrub gowns and PPE using donated bedding. They were even able to obtain a donation of 300 pairs of Crocs footwear for the Royal Oldham Hospital through a connection of the President in Singapore and they raised over £11,000 for local food banks by making over 6000 fabric face masks from leftovers from the aforementioned bedding!

The way in which the WI members came together to provide support to those in need was outstanding, and more is planned for the coming year – helping a local youth centre for vulnerable children, and working to alleviate holiday hunger being only two of the ongoing initiatives. Later this year, they hope to hold an Ice and Fire Ball as their postponed first birthday celebration, raise money for Madlow Youth Centre, and run their Christmas markets, a huge family fundraiser for Oldham Mountain Rescue. During the last year, WI meetings and celebrations have continued online, with quizzes, speakers and a Christmas singalong that Clare and Jess said was so bad it was good! Needless to say, Jess is 'super proud' of the WI and its members.

Alongside all this, Jess and Clare have been developing their prowess and plans for delivering Krav Maga classes to their local community, which they are planning to launch in July 2021. Krav Maga is a form of self-defence, developed by Imi Lichtenfield in Czechoslovakia in the 1930s, from a combination of techniques including Boxing, Wrestling, Judo, Aikido and Karate. Used by the Israeli Defence Forces, Krav Maga is known for its focus on real-world situations and extreme efficiency. Jess and Clare met when Jess attended her first training session. Clare had earlier discovered Krav Maga when she saw a poster at her local gym showing an image of a woman with a man in a headlock. She joined a class in 2016 and was immediately intrigued and amazed by the techniques. Jess was attracted to the discipline by her experience of supporting others experiencing domestic violence. She was fascinated at how simple moves can be used for self-protection without needing physical strength – the principle being 'fight smart, not hard'. The connection between Jess and Clare led to their training together and then taking an instructor course. They have had some knocks and injuries along the way and acknowledge the discipline is not for everyone, but they're driven by wanting to impart their knowledge to others, build confidence and help individuals learn about the importance of developing awareness of their environment and surroundings. For example, one class was about vocalising (including screaming). Although you might assume this comes naturally in a frightening situation, it's not always the case, and it can be as important to use the voice as a weapon as physical strength or movements.

Following their instructor qualification (they are now two of only nine women instructors in the Global Kapap International Federation), Jess and Clare are planning launch classes through their self-protection school, Amazonia Krav Maga, with members aged over 16. starting with observational and awareness skills and the use of verbal de-escalation. progressing through to physical training including weapons. They stress that everyone's primary aim should be avoiding physical confrontation in the first place, through an awareness of personal space and intuition.

Eventually, they want to run seminars and workshops for victims of domestic abuse and they plan to develop anti-rape seminars in collaboration with Oxford University. There is also potential for them to work with the LGBTQ+ community and with young people, aiming to develop confidence and self-protection, as well as physical fitness. Having spent a couple of hours online with this dynamic duo, I'm sure the new venture will succeed and will benefit their local community and beyond.

More information on Jess and Clare's plans can be found on Facebook and Instagram by searching Amazonia Krav Maga.

Pam Aspden, Croston and Bretherton WIs

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@ifwi.org.uk

SCARLET CORNER

In 2009 the resolution chosen by the WI was to Save the Bees, and as with all our campaigns this is a current one. When I think summer I think of the constant buzzing in the air as the bees go about their business, but I have to say, in the last few years the buzzing is getting less, there are definitely fewer bees around, so there is so much we need to do.

There was once a time when most rural families kept bees, and those that did followed a very strange tradition. Whenever there was a death in the family someone had to go out and tell the bees the terrible news, and to keep them happy they had to be informed of all the important family news because if they weren't kept up to date it would leave to a bee calamity, such as the bees leaving the hive, failing to produce honey or even dying. Sadly that isn't the reason they are dying now, so have a look at My WI, SOS for Honeybees | National Federation of Women's Institutes (thewi.org.uk). We need to save the bees, they are important. 70 of the top 100 crop species that feed 90% of the human population rely on bees for pollination and honey is important, we eat it, we use it to sweeten things and it is a natural antiseptic. Plant a bee friendly garden, let it go a little bit wild, stop using pesticides do something. Bees would thrive without us, but we can't survive without them.

Emma Gillinder, Southport Scarlets WI

PAM'S SCIENCE NOTES

PUSH PINEAPPLE, SHAKE A TREE! (We know you're all singing the tune now!)

I do enjoy a fresh pineapple but the fruit makes my tongue and mouth burn – why is this?

Pineapples are a delicious tropical fruit rich in Vitamin C, manganese and digestive enzymes called bromelain. These enzymes are proteases, which break down protein into its building blocks, including amino acids. This aids the digestion and absorption of proteins. The irritation is caused by the bromelain, they attack the tongue, cheeks, and lips on contact as they break down the proteins. If your mouth hurts after eating raw pineapple, you're not alone. It happens to virtually everyone.

As an ingredient, pineapple is used in cosmetics, medications, as a meat tenderiser and best known to us in cooking (try Pineapple Upside Down pudding, pp110/111, Centenary Cookbook). Fresh pineapple will not set in a jelly because of the bromelain. Canned pineapple doesn't have the same effect because heat from canning inactivates the bromelain. Cooking the pineapple also inactivates the enzyme.

Try this experiment with the children or grandchildren or even yourself! -

You need

- ◆ Jelly cubes
- ◆ Fresh pineapple
- ◆ Tinned pineapple
- ◆ Any other fruits you wish to test, fresh or canned
- ◆ Small bowls
- ◆

Instructions

- ◆ Make the jelly up as per the instructions.
- ◆ Divide into several small bowls.
- ◆ Add a different fruit to each bowl.
- ◆ Leave one just as jelly – this is our control. Leave in the 'fridge'.
- ◆



Talk about the results - you will find that the fresh pineapple does not set because jelly contains gelatine which partially consists of protein molecules. It sets because the protein molecules tangle up as they cool down trapping the water to make a solid. Fresh fruits such as a pineapple, kiwi and papaya contain enzymes which break down these protein molecules, making them smaller, so they can't tangle up, preventing the set. This is how the enzymes in your stomach break down food. The tinned pineapple jelly set because the pineapple has been heated to destroy bacteria which also destroyed the enzymes.

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

HEATHER'S SUMMERTIME DINING AL FRESCO

Summer has arrived and it is always good to get out into the countryside or onto the coast with a picnic, in such pleasant weather.

Whatever you pack in your picnic basket needs to be easy to carry and eat – sausage rolls usually feature but how about trying my recipe for sausage pinwheels to add something different. Use flavoured sausages or just buy plain pork sausage and add your own flavour to suit your family. Served with a mixed salad they are delicious. You could make cheese and onion or other vegetarian options in the same way.

The LFWI Centenary Recipe Book has some lovely ideas for summer recipes – we particularly like the Lancashire and Leek Tart on page 71, the Cheese Whirls on page 69 and the Tortilla Espanola on page 76. There are also plenty of recipes for cakes and biscuits that pack well for picnics. Purchase your copy of the Centenary Cook Book from the LFWI office by emailing admin@lfw.org.uk. It makes a good gift as well.

Sausage Pinwheels

1 pack ready rolled puff pastry
500g/ 1lb sausages, any flavour
Optional - 2 heaped teaspoons chutney/ tomato puree
Milk to glaze

Method

- ◆ Heat oven to 200C fan, 220C or gas 7
- ◆ Remove skins from sausages by cutting down length of sausage with a sharp knife and peeling skin off. Place in a bowl and mix with chutney.
- ◆ Spread sausage meat over a piece of baking parchment cut to same size as pastry, I use a fork.
- ◆ Unroll pastry and flip sausage meat onto pastry, the paper should peel away. Spread so that a 1cm gap is left at top edge.
- ◆ Start rolling tightly from long edge until neatly rolled like a swiss roll to form a large roll.
- ◆ Using a sharp knife cut in half then quarters and each piece into four slices (16 pieces)
- ◆ Place flat on a baking tray, brush tops with milk and cook for 20 minutes until golden. Cool and pack ready for a picnic.
- ◆ Serve with a mixed salad and more chutney if desired.

Heather Williams, Norden WI



ANSWERS TO “NAME THE CITY STREETS”

1. LONDON
2. PARIS
3. LONDON
4. NEW YORK
5. ROME
6. NEW YORK
7. BOSTON
8. LOS ANGELES
9. ATLANTA
10. COPENHAGEN
11. ST PETERSBURG
12. BERLIN
13. NICE
14. TEL AVIV
15. NEW YORK
16. LONDON
17. BERLIN
18. CHICAGO
19. NEW ORLEANS
20. PARIS
21. NEW ORLEANS
22. LONDON
23. BARCELONA
24. WASHINGTON DC
25. MILAN

QUIZ— NAME THE DANCE!

1. DO THIS AROUND THE CLOCK (4.3.4)
2. SAMUEL IS SHORTER AND EDUCATED (5)
3. A MERRY GIN (3.7)
4. CAN PAT BEAT THE DRUM (3)
5. A RURAL DWELLING (4.5)
6. I’M IN TUNE (6)
7. THE LOWEST PART IS EBONY (5.6)
8. DO THIS WITH A TURN (5)
9. WHERE TO LOOK FOR EXTRA BEANS (3.3)
10. DO THIS ANNUALLY (11.5)
11. THE ANSWER IS REAL, HONESTLY (4)
12. HELLO SAILOR, FANCY A DANCE (8)
13. FAST MOVES (9)
14. MIXED UP BURMA (1)
15. THE DUTCH SHOULD BE GOOD AT THIS (4.5)
16. WHICH IS LEN’S CAR (6)
17. A JUG OF BITTER (9)
18. GEOMETRICALLY IT IS EVEN (6.5)
19. NOT A DANCE DONE IN JUNE (7.5)
20. CAN WE GO (5)

Ever tried a Podcast? If you’re a fan of QI, then why not give the “No such thing as a fish” Podcast a listen? This is a spin-off from QI where the “elves” at the bottom of Stephen Fry’s garden discuss all the things they’ve found out over the past week—and some content which is entirely imagined! It’s released weekly on a Friday and the banter between the four hosts promises laughs a-plenty. If you’re new to dipping your toes into the Podcast water, this could be just the ticket! **Alison Peek, Swinton WI**

<https://www.nosuchthingasafish.com/>

Series Review Sky Atlantic -The Nevers Female led which will appeal to some it was a great mix of scifiesque story line with action thrown in, not often I say this but I am waiting for the next series. Who doesn't want a super power, I know what mine would be! **Emma Gillinder Southport Scarlets**

Book Review – The Good Samaritan by C.J Parsons When her 5 year old daughter goes missing from the park Carries world shatters. She blames herself, was it her inability to read facial expressions because of her Asperger's that put her child in danger. When a stranger appears days later with her daughter Carrie cannot decide if the good Samaritan is really there to help of it there is something more sinister underlying the incident. Couldn’t put it down, I read it in one go, kept me on the edge of my seat. **Beth Gillinder Southport Scarlets**

Book Review - Lean Fall Stand, by Jon McGregor

A beautifully written novel reflecting on communication, the obstacles that get in the way of expressing ourselves, and the way we can (if we're lucky) overcome those obstacles. In the first section, “Lean,” three Antarctic researchers are overwhelmed by an ice-storm and discover the fragility of life in this unforgiving terrain. In Part Two, “Fall,” the wife of Robert 'Doc' Wright, a survivor of that Antarctic episode, must help her husband deal with the consequences of his experience: his survival requires them to redefine their relationship and make great changes in the way they live their lives. And, finally, in “Stand,” unconventional therapy helps “Doc” come to terms with what has happened – his role in the catastrophe, and his own future.

Although, for me, this didn't quite equal the "pure perfection" of McGregor's wonderful novel *Reservoir 13*, I found it impressive, moving and, at times, a fun, thrilling read. Dark humour, great sadness, and a ray of hope, too. McGregor’s use of language is a real treat, and I would highly recommend him if you enjoy a character-driven story with use of character, imagery and setting to build suspense. I may never have the chance to visit the Antarctic, but the message about the importance of communication, and how it can fail us (and perhaps be repaired), is valid, whoever and wherever you are.

Maura Heaphy Dutton, Croston WI

TRIBUTES

Banks WI are sad to announce the recent passing of two of their members, Wendy Lilley and Sue Scott. They will be missed.

It is with deep sadness that **Hoddlesden WI** announce the death of Doreen Tattersall, who undertook many roles on the committee, including twelve years as President, then retiring with ill health. She remained a member always because “ The WI has always given me great joy “.

Fence & District WI are very sorry to report the death of Andrea Taylor. She was a valued committee member and also secretary of the Clitheroe and District Show committee. She will be greatly missed by everyone who knew her.

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