

# LANCASHIRE FEDERATION OF WOMENS INSTITUTES

## Issue 5—September/October 2021



## WELCOME TO THE FIFTH EDITION OF THE HOTPOT NEWSLETTER

### There's a Gap on the Wall at Croston House ...

... and filling it come the end of September will be a beautiful wall-hanging, celebrating a snapshot of where LFWI is today. Lovingly embroidered by our five NFWI Craft Judges – Tracy Ankers, Linda Beattie, Sue Bennett, Bev Hemming and Margaret Such – the wall hanging will depict the three pillars of the WI – education, friendship and community – and feature many elements of interest.



Design work started on the piece back in 2020, when the five crafters involved immersed themselves in the archives and decided that it would be impossible to produce something that reflected every event and milestone of the past 100 years without resorting to a major opus like the Bayeux Tapestry and, with so much having been achieved by LFWI over the last century, how on earth could a decision be made on what could be left out? An “order of work”, painstaking sampling and subsequently over 18 months of doorstep consultations, telephone conversations and “click and collect” for materials followed. Had it not been for Covid-19, Linda Beattie of Lund WI tells me the wall-hanging would have been done in six months! As it is, the five accomplished craft judges have all trusted each other to “do their bit”.

The dominant tree design at the centre of the wall-hanging was inspired by the old and much-loved WI logo and each leaf on the tree will represent a facet or role within our Federation. There will be a rainbow – a symbol not only of hope but a reflection of the LGBTQ community and the inclusivity of the WI. Appropriately, in the background, sit images of the Coronavirus, based on the all-too-familiar depiction of the virus used by the BBC. Of course, the wall-hanging would not be complete without the beautiful Red Rose of Lancashire.

So, what techniques have brought the design to life? A combination of Kantha hand embroidery; automated machine embroidery; applique embellished with surface stitching; printing on fabric; free machine embroidery and printing on fabric with enhanced hand stitching.

This is a piece of craft that reflects not only great skill but a wonderfully emotional connection to 100 years of LFWI. I look forward to seeing it “in the flesh” as, I am sure, will generations of LFWI members that follow.

**Alison Peek, Editorial Team – with grateful thanks to Linda Beattie.**

### MESSAGE FROM JACKIE

At long last we can look forward to resuming our meetings and, as you can imagine, things will be slightly different from our normal meetings. On entry to the meeting, you will be asked to sign-in giving your contact details. This is purely so you can be informed should anyone feel unwell or are notified they have been in contact with someone who has tested positive. Our WI Committee and the venue will have conducted a risk assessment before your meeting. If you prefer to wear your face mask this is entirely personal choice. Anti-bacterial wipes etc should be available in the toilets and you should take your own drinks.

We have all been anxiously looking forward to meeting up again, so if we must adhere by a few rules then it will be worthwhile. Annual Meetings maybe coming up in your WI and your WI may need members to take Officer roles for your WI to continue. Please consider joining the Committee - we mustn't lose what we loved before lockdown.

There are some very interesting events planned, so do look out for the information. I look forward to meeting up with Lancashire members soon.

Take Care

*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, Heath Charnock WI**

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

**Deadline for submissions for Issue 6—**

**FRIDAY 15TH OCTOBER 2021**

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

## RHS Bridgewater

A phoenix has surely risen from the ashes of Worsley New Hall in Salford – RHS Bridgewater. As you take your first step into the Worsley Welcome Garden, it's hard to believe that you are in the shadow of the M60 as the tranquillity of the surroundings is complete. Almost entirely flat, with benches quite literally every 100 yards, RHS Bridgewater is a place to take your time, wander and absorb the sympathetic and thoughtful design and plantings of the "gardens within a garden". Grab a brew from the coffee cart at the edge of the Weston Walled Garden, sit yourself down and take in the view – the Victoria Meadow, Middle Wood and Moon Bridge Water in the distance; the sheen of the pond in the Paradise Garden, the myriad of crops in the Community Grow area and, on the horizon, the beautiful Chinese Streamside Garden. Even on a drizzly day, it's no hardship to spend a good few hours here and what a privilege it will be to watch the garden grow and mature over the seasons and the years. **Alison Peek, Swinton WI**



## Scarlet Corner

### A Tale of Two Mowers



My friend rang to tell me that her lawn mower was broken, and, spookily so was mine. She had snapped the switch on hers, the metal handle had snapped on mine. Nothing wrong with the actual mower. Now, how hard do you think it is to replace a piece of bent metal? Well, very. I put in the make and model on the internet and bought what it came up with. Should have known better - it was the wrong thing. Went to a lawn mower repair shop and ordered and paid for one, six weeks later it still hadn't arrived. Why not was a mystery, the grass at the allotment was up to my shoulder and I was in danger of having to give myself a warning because of the state of it. I tried the internet again, and again the wrong piece came, but not as wrong as first time. Surely I could do something? My first attempt was rubbish, and I was on the verge of just buying a new mower, like I should have seven weeks ago, but I gave it one last attempt and now have a working-ish mower. My friend took hers to a man who fixed it. Two mowers saved from landfill. My point? Should it really be so hard to get something repaired? It was literally a piece of bent metal with holes in. Come on companies, you need to make saving the world easy and people will be more inclined to do it. **Emma Gillinder, Southport Scarlets WI**

## ACWW News

After several attempts to rearrange the Afternoon Tea and Fashion Show at the Midland Hotel, Morecambe, it has been booked for **Wednesday 20th October at 1.30pm**. Kitty Brown of Carnforth will show their autumn range and there will be various stalls where you can treat yourselves or buy early Christmas presents. Tea will be served at 2.30pm, so there will be time to browse, buy raffle tickets or simply enjoy the wonderful view of Morecambe Bay. Ample parking is available in City Council car parks opposite the hotel. Online booking opens 20 September on the LFWI website, closing around 7 October.

If you've been saving used stamps, unwanted jewellery, old coins, mobile phones or anything which can be recycled (see [www.recyclingforgoodcauses.org](http://www.recyclingforgoodcauses.org)), you're welcome to bring them along, as I'm filling a 10kg sack to send off.

So far, LFWI groups have sent over £6,000 to the Women's Empowerment Fund 'Maternal & Reproductive Health', which has recently funded projects such as: Improving Rural Girl's Menstrual Sanitation and Hygiene; Uganda, £2838; Midwifery Skills for Community Health Workers, Ghana, £3767; Safe Menstrual Health Management for Tribal Communities, India, £3,681; Sexual and Reproductive Health and Rights Education for Adolescent Girls, India, £2,724. Thank you for your support so far – let's keep up the good work! **Ruth Gibbons [ruthgibbons4@gmail.com](mailto:ruthgibbons4@gmail.com)**

## Resolution Timetable for 2021/22

WIs and federations are invited to submit proposed resolutions to the NFWI up until Friday 10th September 2021. Members are encouraged to submit resolutions electronically and details can be found on MyWI. In October 2021, Federation representatives will meet to consider and debate each resolution on the longlist, with a view to creating a shortlist from which all members will have the opportunity to select the resolution they support the most. This is a key stage in the democratic resolution process.

## Mindful Crafting

Many of us have heard of mindfulness or “living in the moment” as a wonderful thing to reduce stress and anxiety, and generally help us to maintain our mental wellbeing. Women have been practising mindfulness for millennia by knitting, quilting, embroidery and other repetitive crafts allowing their busy minds the space to restore and reorganise.

One creative idea is to take regular crafting activities and give them a mindfulness spin by slowing down, and letting the activity absorb your attention. This is the opposite of the timed projects we love to watch on the Great British Sewing Bee or Bake Off, which result in frustration and a high level of stress for the competitors. Think more in terms of The Repair Shop, where projects are carefully researched, planned and painstakingly completed, with the acceptance that it takes time to do things well.

So, whether you macramé, knit, scrapbook, slow sew or embroider, paint, whittle wood, you could be protecting your mental wellbeing by focusing on repetitive actions and achieving a meditative state without consciously working at it. It won't make you happy all the time, but it could help to order and understand your thoughts and emotions, to better cope with the detritus that life can throw up.

If you need a bit more inspiration to craft, look no further than our own LFWI courses to help you get going. **Debbie Northin, Cookery and Craft Committee.**



## Make do and Mend

I know about make do and mend. I am certain every little bit helps, and I do try. I was brought up by a Granny who ironed **clean paper bags to reuse** and kept **butter wrappers** to line or grease a cake tin – I still do it. When visiting her I slept in a bed where the sheets had been turned – sides to middle – me too. She knew a lady who could invisibly repair 15 **denier stockings** and took her **umbrella** to the Polish man in Liverpool to be repaired. Lots of the **blankets** had in large red letters WD!

I've always lined my **curtains with old sheets**. The curtains at the front are white and the back ones are coloured ones. Old sheets are also used to make **pillow protectors**. Poor Granny - when she washed pure wool blankets, they became somewhat felted. They are now used as **underblankets** and **mattress protectors**.

I've discovered, in the Lancaster-Morecambe area, a group which uses fabric from old, abandoned umbrellas to make shopping bags and recycle the metal frames. A great idea.

My **old tea-towels** are used to line drawers in the kitchen instead of paper. You can easily wash them and when their time is over they can be used as **cleaning rags**. Some of my rags make happy memories of when they were first bought. I detest microfibre dusters - not only do they contain plastic, I really don't like the feel.

I use **old stockings** at the end of drainpipes and barley straw stuffed in **old pillowcases** or **stockings** to keep the water butt clear and fresh. These need to be replaced every year or so.

My daughter and I collect **redundant knitting wool** to make blankets for the homeless. We cut back as it has been difficult for the charities to accept them. The knit and natter group will be back in action in September as Christmas is coming. The lone **knitting needles** that have lost their partners are used as plant supports or in the garden with **ribbons** attached as scares when the seeds are still small. Kitchen waste is fed to the wormery.

The small tabletop cooker broke down – the element – I think. My student from Pakistan is shocked I couldn't get it repaired. Now there is an obligation to make items repairable. Something for a shrewd WI to come up with and lead the way? I am willing to learn and contribute my bit of knowledge, if it helps? Can you help me with this task?

P.S. My Mother-in-Law left me one of my most prized possessions – **'the anti-tumbler dryer'** gadget - a 'Sheila Maid' – known in this house as a rise and fall -- it is over worked!! **Debbie Reardon, Climate Ambassador.**

# News from the WIs

## Buckshaw Village WI Charity Support Update

Following publication of the NFWI updated WI Guide to Raising Funds for Projects, Causes or Appeals, **BUCKSHAW VILLAGE WI** consulted members about how best to support charitable organisations.

The top three activities were:

- ◆ **Group donation of specific items for a charity.**
- ◆ **Making cakes/staffing stalls.**
- ◆ **Group donation of items for an appeal.**



They chose unanimously to support a specific charity and for 2020/21 selected Chorley & South Ribble Women's Refuge – topical during lockdown following news reports about the increase of domestic violence. Clare House is a safe, compassionate environment, where lives can be rebuilt. Purpose built for women and children experiencing domestic violence or living in fear of a partner or family member, the organisation also manages the domestic abuse helpline for South Ribble and Chorley (01772 435865). As well as donating to their Christmas Appeal, members collected new items to help women leaving the Refuge set up their own home. Collections included: kitchen and cookware; cleaning items, bedding and towels; and crockery and cutlery. All donations were gratefully received and distributed immediately.

**BUCKSHAW VILLAGE WI** has also supported Derian House Winter Sparkle for many years, generating over £1k in 2019. Wishing to continue supporting local hospices, the WI will have a cake stall at Euxton Cricket Club Fun Day for Derian House, as, sadly, the Winter Sparkle has been cancelled again for 2021.

## Janet's Lockdown Project

**BILLINGTON, LANGHO & DISTRICT WI** committee member, Janet Hoyle, decided to pass some time during lockdown by constructing a quiz with a challenging list of 34 questions. She thought about what members would enjoy and devised a WI-based quiz. Concluding that that was what all members have in common. She was fascinated by her research into the history of the organisation, its development, key issues and strategies. She also researched her own WI branch and its history and remembered that a new member had said she didn't really know the names of some of the committee, so a final picture round was added.



Janet busy prepping the Quiz questions

### How Well Do You Know Your W.I.?

#### The History of the Women's Institute

1. What year was the W.I. formed in the U.K.?  
a) 1915
2. Who was responsible for setting up the first W.I. in Britain?  
a) Madge Watt
3. What was the original aim of the W.I.?  
a) To revitalise rural communities and encourage women to get involved in producing food during the First World War.
4. Where was the first W.I. meeting held?  
a) Anglesey Wales
5. Which country did the W.I.'s originator immigrate from to Britain?  
a) Canada

Sample of some of the Lockdown Quiz questions

## Fun and Games

**TATHAM FELLS WI** met outside in July after 16 months' absence. After an update on WI matters, there was an evening of fun and games, with members divided into two rival teams of eight - Tatham and Fells. In the first game, one from each rival team had to put as many marbles as possible through the hole of an upturned plant pot, with a dinner fork, in one minute. This was hilarious, with marbles shooting off everywhere. The Fells team won. The next game was more strenuous, as Tatham and Fells attempted to throw bean bags through a hole in a board. Each throw was met with a cheer or a groan. After two rounds, the Fells team also won this game.

## Flying Visits

Rosalind, **ASHTON-ON-RIBBLE WI** President, an accomplished Motor-biker since 1995, gave a spellbinding Zoom talk on her biking holidays with her husband in this country and abroad. Another biker, Joan Hogg, arrived on her tricycle at their 'Together Again' meeting.

18 members of **TOCKHOLES WI** celebrated Pride Month in a member's garden, with bingo, a raffle and a good old natter. At an earlier meeting, Julia Parkhouse, a Rehabilitation Physiotherapist gave an interesting talk on strokes.

Inspired by 'Spikey Jean' of WI Wanderers, Maggie Jones led **MILNROW AND DISTRICT WI** members in making a Rainbow Heart banner for Pride season.



At **HOGHTON WI**, a few baffling conundra faced members, at a Zoom 'Call my Bluff' challenge where they pitted their wits against the cunning committee members. The evening progressed with 'Desert Island Discs', giving an insight into the minds of the committee, with their choices on what to take!!!!

With Jackie Hobson as Guest of Honour, **BANKS WI** held their first meeting since March 2020 with an 'Outside Afternoon Tea' in the President's garden. A lovely afternoon with lots of catching up!

**LITTLE THORNTON WI** are organising celebratory trips and lunches in September and November. Their venue is undergoing a major refurbishment, but they will find a corner for meetings and to catch up after lockdown, although the groups have met regularly outside.

**QUERNMORE WI** had a 6.5-mile scenic walk around Galgate on a wonderful evening. Along the route, walkers saw Quernmore (and the farms of some members!), Clougha Pike, and Morecambe Bay. Suzanne has produced a book of local walks. Email [quernmore-wi@outlook.com](mailto:quernmore-wi@outlook.com) for information.

After Covid lockdown **WARTON CRAG WI** met in July with a talk from WI member, Lesley Simon, on 'COVID Adventures Down Under'. Lesley and her husband were stranded in Tasmania for a few months due to travel restrictions and had many tales to tell.

After 16 long months – and in a temporary new home – **SWINTON WI** met for cake and a natter. Two hours flew by as everyone caught up on news – new grandchildren, replacement hips and welcoming new members. Cheers to the next time!

Dorothy Lancashire an ex-President of **HODDLEDEN WI** celebrated her 100th birthday on 21 July. Dorothy lived for many years in France and recently returned to live in Lancashire. It was a memorable afternoon with tea and lots of chat.



28 Members of **HEATH CHARNOCK WI** recently got together for the first time in 18 months over tea and cake at Spring cottage, Rivington, where they enjoyed a wonderful afternoon.

**SCORTON WI** recently held a Afternoon Tea at their village hall to raise funds for St John's Hospice, Lancaster.

**CHIPPING WI** held its first meeting since March 2020 after months of planning, cancellations and endless newsletters. With a brilliant turnout, the meeting opened with a strong performance of Jerusalem. The ladies drank a toast and remembered three members who had sadly died since the Institute last met. Brains were taxed by a light-hearted quiz, but best of all was catching up with news of families, friends and village happenings, over a good brew and plenty of cake.

**LOWTON WI** held its first tentative meeting since lockdown with a great turn-out of old and new members welcoming speaker Caroline Hendry from the Cinnamon Trust, a national charity for the elderly and terminally ill and their pets - a wonderful, heart-warming time.

# News from the Sub Committees

## Tours and Excursions Committee

Hello ladies. We are delighted to be able to offer a trip to RHS Bridgewater on **Thursday 14th October**. The coach will pick up at Lancaster Park & Ride, Bilsborrow Village Hall and the Federation office in Leyland. We hope to arrive by 11.00am and leave at approximately 3.30pm, which will give us a good amount of time to enjoy all the gardens have to offer. For those of you who are RHS members, entry into the gardens is free, but please remember to bring your RHS membership card with you. Booking is via the new online booking system, which seems to be very straightforward. We look forward to seeing you on the 14th October. With best wishes, **Jacqui Mallinson**.

## Public Affairs Committee

We are inviting new members to join our committee - but what does Public Affairs do?? The Committee delivers small and large meetings on subjects of interest to our Members. We have kept up to date with a diverse variety of topics, such as Plastic Waste, Cyber Security, Making Wills, Emergency First Aid and Knife Crime, to name but a few.

We have been incredibly fortunate with our past members - they have had a passion for subjects in the public interest and we have always been able to arrange meetings with expert speakers to give us the facts. This enables our members to be informed and educated about items in the news and pass that information on to others in their WIs, families, friends and the wider community. If you feel you have something to offer and would like to join us, I would be very happy to discuss with you.

**Ruth Grimley (01772 696455)**

## Leisure Activities Committee

Ladies, by the time that you read this, a good many of you will have enjoyed our first event since returning from lockdown - the Walking Treasure Hunt. I do hope that you enjoyed it.

Our next event is a **Dance Taster morning on Tuesday 12th October** at Enfield Cricket Club, Accrington. Do look out for the details - they are with your Secretaries.

On **Wednesday 24th November** we are hoping to stage a Crazy Golf morning at the Flower Bowl at Barton Grange Garden Centre. More details in the next edition of Hotpot.

We do keep December and January free for all your personal activities, and, then in February, hopefully, there will be the Games Evening. That is quite a way away but I am just mentioning it to keep you up to date. Take care and stay safe. **Joan Randall**.

## Cookery and Craft Committee

After a long period of very successful Zoom meetings it will be lovely to be able to meet in person. In October, we are planning a Zoom Halloween Cookery Demonstration with our wonderful Heather Williams. In November, Jovanka Gregory will be running a Willow Weaving class at Croston House and in December, Sue Chisnall-Sumner will be holding a machine embroidery class.

Our Calendar of events for 2021 and 2022 will be a golden opportunity for you to take part in many exciting cookery and craft activities and to be able to share the joy of crafting together once again.

We have a new Chair - Angie Murray - as I step down from the role and concentrate on The Board of Trustees. My sincere thanks to the Committee for their support during my tenure – a group of talented and amazing women who have contributed so much to the successful programme of events and will continue to do so under the auspices of our new Chair. **Melanie Blackwell**.

## Annual Meetings – WI Advisers and Tellers

Advisers' busiest time of year is approaching, as most Annual Meetings fall in October/November. We are expecting to attend more meetings than usual this year, so Tellers will be required if an Adviser is not attending. At every WI Annual meeting there should be two Tellers unless a WI Adviser is in attendance. Please contact neighbouring WIs to ask for two Tellers to attend.

The Teller's role is to collect the nominations for President, then ask each nominee if they wish to become President. The Teller writes, on a new slip, the name of the person nominated and Yes or No. This is handed to the nominee, who circles or ticks her choice. The slip is collected and the Teller announces who is President. If more than one person nominated says Yes, there is a vote, with all members using a voting slip to choose their President by majority vote.

If you have any queries or questions, please do not hesitate to contact your WI Adviser. **Stephanie Whitfield** Vice Chair of Membership.

# Inspiring Women from around the County

## Gill Broom

Meeting Gill over Zoom was every bit as inspirational as I had been told it would be. On her second career, she is now an indispensable part of Emma Sutton's team at Mosney Mill, a home textiles, ceramic and stationery business, which, from small beginnings, now trades internationally. Gill describes her role as 'doing the packing, accounts etc', but it's clear she does a lot more than that. Having met by chance when Gill was working in a gift shop, the two are now almost family – but more of that later.

Before joining Mosney Mill, Gill worked for 35 years as a teacher of Religious Education and History, becoming Headteacher at a school in Burnley. She 'retired' in 2016 to care for her mother for two years, and, in addition to being an active member of **PENDLETON WI**, has been Chair of Blackburn Music Society for many years, modestly saying that she 'just co-ordinates the Committee'. However, I'm sure that organising three major concerts per year (pre lockdown) needs more than a little input from the Chair! Gill has always sung, took singing lessons after retiring from teaching, and also sings in a smaller choir. Lockdown has had an impact, but Zoom has helped everyone stay in touch. Gill is a member of the RHS and is looking forward to adding visits to RHS Bridgewater to her regular visits to Harlow Carr. She's also a member of her village book club and was able to attend an outside meeting there recently.



It was in September last year that Gill had some symptoms that made her go straight to her GP, and which marked the beginning of tests, scans, painful procedures and encounters with some less than diplomatic consultants, culminating in a hysterectomy at the end of November and an assurance that everything 'looked fine'. However, shortly afterwards, Gill was notified that she needed Chemotherapy because of some high-grade cancerous cells inside her ovary. She moved in with Emma's family after her surgery, and welcomed the distraction, friendship, support and opportunity to walk in the local countryside. The Chemotherapy and other weekly treatments were gruelling, but were made bearable by the wonderful NHS staff who treated her, and by Emma's unflinching support. She laughs that she was able to get out more than most during lockdown because of her regular hospital appointments. Along the way, Emma and Gill found time to raise £1800 for the Royal Preston Gynaecology Department by shaving their heads. Gill's strong bond with her brother has also been unshakeable and even though he lives in Australia, where he is a GP, they speak weekly and he provides tremendous support.

Having recently completed her treatment, Gill is awaiting scans, remaining practical and optimistic that the 'pesky cells which have been having a party in my body' have been seen off. She says she feels lucky to have such wonderful support from the NHS, her neighbours, friends, Pendleton WI, colleagues and, above all, her family and Emma's family. Gill's zest for life, practical, matter of fact approach, and her many achievements and interests are truly inspirational.

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

## Science Notes

### Compost - Black Gold

Composting is good for the environment. It is the process by which organic matter decomposes to produce a nutrient-rich soil called humus. This can replenish nutrients in your garden (nitrogen, phosphorus, potassium), helping the soil to hold more carbon dioxide and decrease methane gas emissions. We can compost fruits, vegetables, coffee grounds, tea bags, nut shells, shredded paper, plant trimmings, hair, fire ashes and wood chips. The ideal conditions include a warm temperature, nutrients, moisture and oxygen.

Decomposers play a big roll in the process – beetles, worms, snails and centipedes break up materials by chewing, tearing and grinding. Other decomposers are microbial and include bacteria, fungi and protozoa. Decomposers generate the essential heat to break down the organic material. By composting, we reduce landfill which breaks down anaerobically, i.e. without oxygen, and as a result produces greenhouse gases like methane as well as toxic bi-products. Landfills are responsible for 20% of methane emissions.



#### How to Start

Compost bins are available from the council, or you can choose a spot in the garden, or even make a compost bin from wood. Save all your organic waste but do not add diseased plants, pet droppings, cooking fat, glossy paper, or weeds with seeds, and avoid cooked food as it can attract vermin. Encourage air circulation by turning it over every now and again with a fork. Cover the compost to keep in the heat and moisture.

After a few months, the compost will be broken down and crumble easily. Use it in the garden and save on fertilisers. Setting up a composting system helps you to see just how much waste you generate and can help to reduce the shopping bill.

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

#### Changes to how Members book Federation Events

Our first face to face events in 18 months are taking place this month and we're 'going live' with a new simpler, streamlined booking system. Many of you will already be familiar with our online store where we have advertised our zoom events over the last 9 months. We are now going to include all our Federation events for online booking which should make the lives of WI Secretaries and Treasurers a little easier. Here's how it works.

- ◆ Brief details of LFWI events will be emailed to all WI Officers and all members from our various email databases. This will be emailed approximately four weeks prior to the event going 'live' on the website. WI Secretaries/Officers to be responsible for passing this information to their member either by email or at monthly meetings.
- ◆ When the event goes 'live' members go to [www.lancashirewi.org.uk](http://www.lancashirewi.org.uk) and click on the Book LFWI Events tab where they can select the event they wish to book. They're then guided through the checkout procedure and it's important to note that a PayPal account is not required. Members are able to pay by debit/credit card.
- ◆ Once booked, members will receive an acknowledgement of their order and after the closing date all participants will receive an email from LFWI office which will include any additional information they may need.

**The new system is already working well. Thank you to everyone for supporting these changes as we all move forward.**



# Heather's Recipe

## Leftovers

I often find myself with oddments of vegetables in the fridge and this is a good recipe for using them up. It varies every time I make it depending on what I put in.

You can adjust the flavour of stock you use depending on the meat or fish you are adding or use vegetable stock if using only vegetables.

It is a good way of using up roast meats or cooked fish or you could add tinned fish or sliced cooked meats instead.

A few frozen vegetables or cooked beans or lentils or nuts could also be added.

## Risotto

225g/ 8oz Arborio risotto rice

1.2 litres hot vegetable stock

2 onions, peeled and chopped

25g parmesan cheese, grated

2 tbsps sundried tomato paste

Salt and pepper

1 tbsp oil

Selection of vegetables e.g.

100g mushrooms, sliced

1 carrot, peeled and diced

2 sticks celery, diced

1 red pepper, deseeded and diced

1 courgette, diced

A few cherry tomatoes, cut in half

A few spears of asparagus



200g cooked chicken, ham, fish, or prawns or 100g cashew nuts

## Method

- ◆ Prepare all vegetables and fry in oil in a large saucepan until beginning to soften.
- ◆ Add Arborio rice and continue to fry for 2 minutes. Add enough stock to just cover rice and cook until it disappears.
- ◆ Then add another ladle full and keep repeating until all liquid is absorbed, cooking over a medium heat. Taste rice to see if it is cooked.
- ◆ Add cooked meat or fish and heat through. (add more stock if rice is not cooked. The risotto should be moist.)
- ◆ Stir in Parmesan cheese before serving.
- ◆ If using asparagus, chop stalks and add with other vegetables and blanch tips in the hot stock for a few minutes before adding to risotto near end of cooking time.

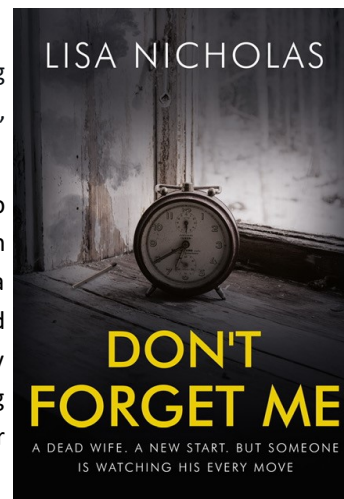
**Heather Williams, Vice Chairman (LFWI) & Norden WI**

# More News from the WIs

## Barley WI Member's Debut Thriller Published

Megan's dead. Adam's run away. Olivia wants revenge. A twisty tale of obsession, belonging and the *terrible* things people do in the name of love, 'Don't Forget Me' is a debut, psychological thriller by **BARLEY WI** member, Lisa Nicholas.

Lisa's first novel was published on 26 August, realising her dream. Work and life tended to get in the way, but after several false starts, 'Don't Forget Me' came to her in a nice dream about love and dedication. Preferring a darker tale, she inverted these traits, creating a sinister story about obsession and jealousy. Writing it came naturally, but she hadn't realised it was only the tip of the iceberg. After many months, eighteen rounds of edits and thirty rejections, she was offered a publishing contract and had to edit some more. It was a long journey, but whatever the outcome, Lisa says it's just a pleasure to hold the book in her hands.



## Barley WI's Boots are made for Walking!

**BARLEY WI** has been finding innovative ways to raise money for Breast Cancer Now and Rossendale & Pendle Mountain Rescue Team. First came the walking boots... then the long march over the Pendle Way. They created a beautiful garden using old walking boots to raise £500 for the local vital mountain rescue service, which saves lives all year round.

Then, following member Maree's diagnosis of breast cancer, the daring group got together to walk 45 miles over several weeks, rain or shine, to raise money for Breast Cancer Now, a charity that provided invaluable care as she bravely battled the disease. Now on the road to recovery, Maree and the groups have raised nearly £3,000 – and counting – thanks to sponsorship, selling cakes and teas, a charity auction, and local people's support.



Their efforts to make such a huge difference to charities, and to one another—especially during lockdown - just goes to show the incredible fighting spirit of these remarkable women. Congratulations to you all, ladies!

## Eccles Cakes and Incredible Edibles



After 17 months of virtual meetings, **ECCLES CAKES WI** took advantage of the glorious British weather with an outdoor evening with Ian Bocock from Incredible Edible Education at the Cleavley Community Gardens in Eccles, Manchester. In true WI fashion, with cake and Prosecco, they heard about the Incredible Edible Network, how Incredible Edible Salford was founded and the birth of Incredible Education. Ian and his team deliver sessions at the Community Gardens to a variety of age groups promoting the outdoors, community spirit and the benefits of growing your own fruit and vegetables. It was a great evening and fantastic to welcome back old and a new members as if they'd never been apart!

Incredible Edible is a nationwide network of community teams that started in Todmorden with a vision to create kind, confident and connected communities through the power of food. Basically, it's a community initiative to grow fruits and vegetables for sharing amongst the community, using the process of growing to bring the communities together.

## Answers to Name the Dance

1. ROCK AND ROLL
2. SAMBA
3. GAY GORDONS
4. TAP
5. BARN DANCE
6. MINUET
7. BLACKBOTTOM
8. TWIST
9. CAN CAN
10. ANNIVERSARY WALTZ
11. REEL
12. HORNSPIPE
13. QUICKSTEP
14. RUMBA
15. CLOG DANCE
16. LANCERS
17. JITTERBUG
18. SQUARE TANGO
19. MAYPOLE DANCE
20. CONGA

## The ANT quiz



The word ANT appears in each answer.

1. Which ant worked on the land ?
2. Which ant is a game bird ?
3. Which ant is a juicy melon ?
4. Which ant is a purple vegetable ?
5. Which ant likes to eat termites ?
6. Which ant is a small domestic fowl ?
7. Which ant could smell nice ?
8. Which ant is a hairy spider ?
9. Which ant is covered in vegetation ?
10. Which ant may need to be in this for six months?
11. Which ant is found on the head of a male deer ?
12. Which ant is huge and enormous ?
13. Which ant is a kind of leopard ?
14. Which ant is an early Disney film ?
15. Which ant is an aquatic bird ?
16. Which ant has insight ?
17. Which ant is a carnation ?
18. Which ant is a graceful long-legged animal ?
19. Which ant is a large grey animal ?
20. Which ant didn't know ?
21. Which ant is an animal disease ?

## Book Review

### My Name is Why, by Lemn Sissay

A heart-breaking, beautifully written memoir. Lemn Sissay structures his recollections around the official Social Services files chronicling how he was taken into care as a new-born, against his birth-mother's wishes, and fostered by a couple who seemed singularly unprepared to care for a child of a different race. They rejected him and returned him to the Care system aged 12.

Sissay makes excellent use of the dry, surreal, often typo- and misspelling-ridden documents. It's all there, in black and white: the racist language, the cruelty, the bleakly limited expectations, but it's Sissay's articulate, graceful prose, and thoughtful reconstruction of events, that makes this book special. There are some heroes here, particularly one social worker who seems to have gone to some lengths record how ill-served little "Norman Mark Greenwood" was by the system (he was even deprived of his real name ...). When young Lemn was being driven away from the only family he had ever known, that social worker stopped the car and said, "None, none if this is your fault. None of it."

For me this book read like a thriller: will he escape, will he survive? And, again, that's testimony to Sissay's talent as a writer, because we know that he does: Lemn Sissay MBE is a well-regarded poet and broadcaster, who (we hope) has conquered the demons that his childhood cursed him with.

**Maura Heaphy Dutton, Croston WI**

### Tributes

**KIRKLAND WI** are saddened to report the passing of Joan Cook. Joan would have been their longest serving member but for a break in her membership after her husband died, re-joining in 1980. A lovely lady with a ready smile who, for many years, took the register at our meetings., She will be much missed.

**LYTHAM GREEN WI** regret to report the recent passing of two members: Vivienne Hodgson, a delightful lady whose attitude to life belied her years, and Josephine Billinge, a loyal member who spent a good few years on the committee in the early days of Lytham Green WI.

**CHIPPING WI** are sad to report the passing of three long-standing members over the last year: Mona Clark, an independent lady remembered for her enthusiasm, fun and lovely quirky nature; Margaret Gardener, fondly remembered for her lovely smile and her contribution to their WI. She was President for several years and was always the 'go to' lady for arranging refreshments for events; and Margaret Rich, a valued member for well over 40 years. She served as secretary and for many years helped run the WI competition tent at Chipping Show and organised fun Chipping WI holidays away back in the '70s. She worked with Lancashire Federation on the County Show Committee for many years.

These ladies will be sadly missed in their WIs. We send our condolences to all of their families and WI friends.

## And finally ... Southport Scarlets and their Sunflower Competition Results

- Deb's is the tallest with an estimate of about 9ft.
- Pauline has the biggest flowers at 25cm across.
- Elaine F's was 172m (assuming she meant centimetres - if not, stand by Guinness Book of Records!)
- Jo's sunflower has 17 flower heads!
- Josie was the only one to have a matching pot and saucer.

