

LANCASHIRE FEDERATION OF WOMENS INSTITUTES

Issue 6—November/December 2021



the WI
INSPIRING WOMEN

LANCASHIRE FEDERATION
1920 - 2020

MESSAGE FROM JACKIE

WELCOME TO THE SIXTH EDITION OF THE HOTPOT NEWSLETTER

GIRLS ON TOUR - AT LAST!!

On Thursday 14th October, 30 ladies enjoyed a day at RHS Bridgewater. This was particularly special as it was the first trip organised by the Tours and Excursions sub-committee for over 18 months. I had been watching the weather forecast with bated breath all the previous week and thankfully, we were blessed with dry weather, with only an odd isolated shower. The sun came out just as we were getting on the coach to go home! We were very relieved the trip was able to go ahead after such a long time, and I would like to thank the ladies for supporting us. From your comments on leaving the coach, you all had a good time.

Our next tour will be a journey through the 'world famous' Blackpool Illuminations on Tuesday 7th December. In response to requests received, there will be a pick up point at Manchester Trafford Centre as well as Leyland. A second coach will pick up in Lancaster and Bilsborrow. Both coaches will set off mid-afternoon. After we have toured the lights, there will be an opportunity to enjoy fish and chips before we head home. This tour goes on sale at the beginning of November. **With best wishes, Jacqui Mallinson Tours & Excursions**



The Editorial Team would like to thank all WIs for their contributions this year, and hope you all have a lovely Christmas and a Happy New Year.

It is really encouraging to hear many of our WIs are now back meeting face to face, taking all the necessary precautions to keep our members safe. Events across the Federation are also taking place, please support these events. Four Afternoon Teas in four venues—what shone through more than anything was the warmth of friendship. A new venue for us was the Woolton Golf Club. This was attended by 88 members and the atmosphere was electric – thank you Liverpool.

Saturday 25th September, our birthday, saw so many members from across the County attend our Open Day. We viewed some of our archives, purchased merchandise, had coffee, cakes and best of all unveiled our amazing Centenary Wall Hanging. We were delighted to welcome the ladies who had worked on this and I hope if you did not manage to be with us on that day you will come to Croston House to view the fantastic talent and record of Lancashire this depicts.

As we move forward, we need to be thinking seriously about planting trees, looking at the amount of food waste, solar energy and the list goes on. Do we know enough, what can we do not just for us but for the next generations? In the Federation we have a very passionate Climate Ambassador Debbie Reardon, who would be only too happy to share her knowledge with your WI. You can contact Debbie through the Office. I recently completed a survey on energy saving etc it made me think and reach for another sweater. I just might challenge our Trustees! And finally, I hope everyone has a Happy Christmas and a Peaceful New Year.

Take Care *Jackie*

COP26 AND THE COAT OF HOPES

So how exactly did so members of **GRINDLETON WI** get involved with an ecumenical climate change pilgrimage from London to Glasgow? Well, it all began with our deep concern for the effects of the Climate Emergency on our families, and the love of sewing.

Many members of Grindleton Craft and Chat are also in the WI. We love a good project, so when we heard that the Coat of Hopes was stopping off in Clitheroe for a rest day, we were intrigued and challenged. We learned that the artist Barbara Keal was accompanying the 40 Camino to COP 26 walkers all the way to Glasgow, where this vital meeting of world leaders must take major decisions to protect us all.

Barbara designed a short, felted wool jacket, with empty floor-length panels. There are loops and buttons to keep it out of the mud, as it is worn all the way. Each community offering hospitality en route has taken up the challenge to produce 10x10cm patches to attach to it. Six of us produced patches which expressed our love and concern for the Ribble and Hodder Valleys and the Forest of Bowland. Grace, Mary and Fiona took part in a simple, moving ceremony to pin on our 6 patches, explaining their meaning. There is room on the coat for 300 patches and as I write, the walkers are gathering up their gear and walking out of Carlisle, carrying our grief and fears to Glasgow, but also bringing love and hope. The Facebook page for the Coat of Hopes and the website show many more photos.



ACWW NEWS

At the time of writing I am just recovering from a rather hectic but very enjoyable and successful Afternoon Tea and Fashion Show at the Midland Hotel, Morecambe. The event was a sell out, the weather was fair and the tide had only just turned so we had lovely views over Morecambe Bay. Members from all over the county had plenty of time to browse the stalls showing accessories from Kitty Brown of Carnforth, homemade cards by Kath's Cards of Halton and handmade soaps by Bare Village Soaps. Our models for the fashion show, two members of **CATON WI**, one from **BARE WI** and Ruth Grimley from the Board of Trustees, did an excellent job showing off the various outfits which they had chosen to model. After tea, members were able to try on any of the clothes they liked and from what I could see Kitty Brown's card machine was working hard! 10% of their takings will be donated to ACWW so I cannot give you a final figure but we will have raised over £1000. Thank you to everyone who supported the event. **Ruth Gibbons ACWW Representative**

NFWI RESOLUTION SELECTION MEETING

I have to say I was quite apprehensive when I was invited to join the above meeting – it was going to be held on Zoom and was due to last 6 and a half hours! I need not have worried as it turned out to be interesting.

The meeting was chaired by Nicky Amos, the new Chair of the Public Affairs Committee and she began by explaining what we should be looking for in a resolution. She gave us 8 headings to consider – **Topical, Timely, Targeted, Achievable, Partnership, Accurate, PR Potential and Appropriate** and asked us to bear these guidelines in mind when we considered each proposal. We also had to think whether each resolution was bold and inspiring, relevant, inclusive and flexible. Quite a challenge then!

Thankfully the Public Affairs team had already evaluated each proposal and put forward points for us to consider. We, as representatives from each Federation, numbering over 100 participants, then looked at each proposal and voted initially as a "maybe" or not. We were able to whittle it down to 10 possibles for further discussion.

Each of these 10 proposals was then looked again in greater detail, bearing in mind the 8 guidelines. We eventually came up with a shortlist of 5 possible resolutions which will now be checked by the WI solicitors and original proposers. Once fully approved, they will go out to all members for voting.

Despite my misgivings, I actually found the whole process very informative. I look forward to seeing how our selections are received by the membership. **Jenny Bennett, Resolutions Officer, Warton WI**

2023 CALLING!

Is your Lancashire Hotpot the talk of the town? Have you knitted a bobble hat that would be the pride of the catwalk? Have you put brush to canvas and produced a masterpiece? Then we'd love to know about it for our 2023 calendar and its theme of "Lancashire Crafts". Any craft that YOU have completed is acceptable – artwork, baking, photography, knitting, crochet, embroidery, crafting ... the choice is yours. Photographs of your creations (along with a short description of the photograph) should be submitted as high quality colour prints or digital images on a CD/DVD or USB (with a printed image accompanying) to our Federation Secretary, LFWI, Office 8 Croston House, Lancashire Business Park, Centurion Way, Leyland, PR26 6TU. Maximum of 10 entries per member and you must take the photos yourselves – no cheating, ladies! Deadline for submissions is Monday 23rd February 2022 and we can't wait to see what you crafty lot have been up to!

SCARLET CORNER

Harvest Festival



We always used to have harvest festival at school, and so did my son but by then it was more tins and packets than cabbages and carrots, but it seems to have fallen from favour. Maybe it is something that needs to be reintroduced. So, those of you who like to grow their own what would you have been giving away this year? I have had a huge amount of courgettes, but who hasn't? If you are anything like me you can't give them away. Lots of potatoes, onions, kale and green beans. Beetroot is always a struggle for me even though it is supposed to be so easy to grow. I managed three jars of apple and beetroot chutney and I have managed one, very impressive if I say so myself, cabbage. The harvest festival basket isn't getting that. I have also this year started a Christmas dinner bed. Thankfully we aren't relying solely on that, there will be carrots and parsnips, onion and potatoes, there may or may not be sprouts, the stalk is there, there is time yet. No red cabbage this year but hey, for me the fun is in the trying. If you haven't already I would urge you to give growing your own a try, you can't go wrong with potatoes or pea shoots and it never fails to be amazing that you plant something and then get something to eat from it. Healthy, organic and saving the planet, it has it all. **Emma Gillinder, Southport Scarlets WI**

SURPRISE, SURPRISE!

When Jackie Hobson attended Bretherton WI's Annual Meeting, Secretary Barbara Farbon had no idea about the real reason for her visit – which was to present Barbara with the Standfast Trophy. Barbara was nominated because she lives her life at the centre of our village, not only as a hardworking WI Secretary, but also as a Parish Councillor, supporter of NGS open gardens, litter picker and village newsletter co-ordinator. During lockdown, Barbara completed applications for £12,000 of funding, enabling the WI to provide grocery vouchers to local residents impacted by Covid, and support young people with online learning. She also organised a fun scarecrow competition, was the "phantom knitter" placing rainbows around the village in return for foodbank items, and used her technology skills to ensure all the members remained connected during lockdown. A very worthy - if somewhat shell-shocked - winner!



Jane Elphick, President Bretherton WI

MINI CHRISTMAS WREATH TREE DECORATION

This lovely little tree decoration needn't cost the earth. If you don't have the colours in the example shown, just use whatever materials you have to hand. The finished decoration is about 3" or 7cm in diameter. Materials:

- Fine yarn or crochet cotton in dark green and light green
- Crochet hook to suit the weight of your yarn
- Miniature holly decorations (or a few red beads)
- Miniature bell
- Ribbon to make miniature bow
- Ribbon to hang on the tree



Method 1. Foundation row: with one colour green make a foundation chain of 50 stitches. 2. Next row: 1 treble into 3rd ch from hook, then 1 treble into each ch to end. The crochet will spiral into a corkscrew shape as you go. 3. Fasten off. 4. Repeat to make another corkscrew with the other colour green. 5. Fasten the two corkscrews together at one end, then twist them together to make a neat coil. 6. Fasten the other end of the two corkscrews together, then join both ends to make the wreath shape. 7. This join will be at the top of the wreath and concealed by the bow and the bell. 8. Stitch or glue the decorations around the wreath as you wish, concealing the stitches in the twists. 9. Make a loop of the hanging ribbon of the length you require to attach to the tree. Acknowledgement & copyright Taken from 20 to Make Mini Christmas Crochet by Val Pierce. Published by Search Press 2011. Please note this pattern may be used only for personal use or for items to be sold for charity. Commercial usage requires prior permission from the publishers. **TRACEY GARVEY, ANSDELL & FAIRHAVEN & ELSWICK WIS**

News from the WIs

BALDERSTONE AND DISTRICT WI recently enjoyed listening to a speaker from Hearing Dogs for the Deaf. Martyn had problems with his hearing from childhood, which has had a huge impact on him. Eventually he applied for a hearing dog, Kenny was allocated and came to live with Martyn and his family. He spoke movingly about the beneficial impact that Kenny has brought to his life. Kenny sat quietly listening while Martyn told his story, but eventually he decided he'd like to meet the members. Much to everyone's delight, he moved around the room enjoying pats and strokes, gently making his way towards the refreshment table. Kenny is not allowed cake but gets the appropriate rewards from his devoted owner. Hearing Dogs for the Deaf is not as well-known as other assistance dog charities. Each dog costs £40,000 to train and sponsor, but the benefit to a deaf person's life is priceless.



BARTON WI Autumn with its ever-changing colours had arrived as the ladies of Barton WI gathered for their second meeting as a group. On entering the village hall they were greeted with an array of coloured clay pots which were to be the focus for their speaker, Yvonne Pinder, entitled "Pinny's Pots". During her fascinating talk she demonstrated the techniques she used to transform a simple terracotta plant pot into a creative piece of work, using napkins for the designs and special glazing methods.

The October meeting was a very special one, celebrating their 100th Birthday and to mark the occasion, Federation Chair Jackie Hobson, presented them with an award, to smiles and applause all round. The speaker was local lady Nicki Detko, who soon immersed everyone in her very personal and amazing story of the past 16 years. Working as a PE teacher over many years, she started to feel unwell with an illness which proved hard to diagnose, resulting eventually in a life changing liver transplant. Regardless of everything she has gone through and having to give up teaching, Nicki has become involved in sport and more specifically "The Transplant Games", where she has achieved many medals, and she has great plans for the future. Amazingly, her whole story was told in a detailed, amusing, down to earth way – the members found her to be truly inspiring and a great tonic.



BORWICK AND PRIEST HUTTON WI held a belated Centenary celebration with Federation Chairman Jackie Hobson, Adviser Sheila Mitchell, some of their past Presidents attending along with current members. Since the formation in May 1921 the WI has met without a break until Covid. A brief resumé was made of the inaugural year and comparisons made between then and now. After a buffet supper Jackie proposed a toast to Borwick and Priest Hutton WI, and Rachel Mercer entertained, singing songs from 1921 to 2021.

LYTHAM GREEN WI At long last the ladies of Lytham Green WI managed to get together for the first time since March 2020 lockdown, at the spectacular Lytham Hall. It was an informal meeting, with scones with cream and jam, coffee and tea, all served in the delightful café function room. It was lovely to meet up again and see familiar faces and chat about what has been happening to each other. Afterwards some of the ladies enjoyed a tour of the hall and discovered what restoration work had been carried out during the lockdown. A lovely day accompanied with warm, sunny weather.



They met together again in October for their Annual Meeting, their first proper meeting since the first lockdown and the proceedings started with a one minute silence for deceased members, followed by Jerusalem. It felt rather strange after such a long time but signs of normality soon appeared and it was encouraging to see so many familiar faces which gave the new Committee a warm feeling and hopes for better times ahead. Yes, the WI will survive!

The photo shows the President, Shirley Thornton, and member Sue Jones, who is a volunteer guide at Lytham Hall.



CROSTON WI 'GIVE IT A GO'



With support from the village 'Croston Together' charity and Croston KnitWits, **CROSTON WI** recently held a 'Give it a Go' day. The day was aimed at preserving craft skills and passing them on to the next generation. Young people came along with their families to try out a number of crafts, including: cupcake decorating, origami card making; dressmaking; abstract painting; door ring creation; fabric pumpkin-making; knitting and crochet; decoupage; and mini doll-making. Of course,

being the WI, there were also home-made cakes and refreshments available. Many people of all ages got involved and proudly took home their creations, which included hair scrunchies, decoupage pots, paintings, pumpkins and cards. Most of the cupcakes didn't make it home - after decoration they were eaten straightaway! The event was such a success that there were many requests for it to become a regular event!

EUXTON WI had their strawberry tea on 18th August, the first time (even in two groups as Governments guide lines) they were able to meet in person since March 2020! They have kept in contact with members by newsletter and phone calls, but the ladies have been busy in response to Shropshire Federation's request to match the length of the Shropshire Way. So far, they have knitted 240 feet so far and members are still knitting. Scarves have been donated to charities supporting homeless people in the Chorley area.



(Apologies to Euxton WI – in an earlier newsletter, a photograph of the ladies collecting for a foodbank and Women's Refuge was incorrectly ascribed to another WI)

TOGETHER AGAIN – AT LAST!



The doors of **HUTTON & HOWICK WI'S** meeting venue finally opened after 18 months, just in time for the Annual Meeting. It was quite poignant, - after singing Jerusalem once again, a minute's silence was held for the five members who have sadly passed away since our last meeting. They will all be sorely missed. Once the main business was concluded, resident photographer Judy gave a lovely colourful slide presentation put together from all the photos taken during the pandemic of the occasions when it was possible to meet for socially distanced walks, al fresco book clubs and more recently, the small "coffee meets" set up to keep members in contact with each other. But the best slides were of the gardens so lovingly maintained by many of the ladies – really beautiful displays of so many different flowers. Hutton & Howick's theme since 2018 has been the Marigold – this year they were inspired by the NFWI campaign to overcome loneliness "Me Myself and WI" and made butterfly badges and cards for members as a sign of friendship and to promote The Butterfly Effect – "Everything you do matters". Star baker, Joyce, made a lovely cake to welcome everyone back.

HAMBLETON WI had a great start to the new season's meetings with over forty members, some newbies as well as the regular members. With refreshments served by the members of the committee, there was a real party atmosphere and Bill Nelson entertained and educated everyone with his "Tales of an Auctioneer". Many WIs will have enjoyed the exploits of 'Betsy the Scullery Maid' in the past and at Hambleton's second meeting, "Betsy" gave an interesting update on her action packed life. She has moved up in the social circle and is now married to the Lord of the Manor, Mr Martin Fielding, and has a daughter. She has a maid called Rosie and between them they run the house. As always, "Betsy" was very entertaining and the members all enjoyed this peek into life UPSTAIRS and DOWNSTAIRS!

Members of **BOOTHSTOWN AND WORSLEY WI** enjoyed a lovely garden party, back together again for the first time for months.

Everyone came in a summer hat, although the weather was on the dull side. It was so good to see everyone face to face.



Book Review—The Turn of the Key, by Ruth Ware

What a page turner! There may be some "would anyone REALLY do that?" moments, but Ms. Ware papers them over very enjoyably. Rowan has been accepted for her dream job, as live-in nanny to three small children, living in a remote "Grand Designs" style home in the Scottish Highlands. From the very start we know that something has gone horribly wrong, and that one of the children has died in her care. (So consider this your dreaded "trigger warning" – but rest assured, the sad outcome is delicately handled, and there's no lingering over violence.)

This thriller by Ruth Ware, falls firmly into a genre that I'm thinking of copyrighting – "real estate noir" – in which the action hinges on some super-desirable property, with a number of features (hidden rooms, remote location, suspicious death of a former or current resident) that ramp up the tension. Somehow, the estate agent has neglected to mention this ... and, of course, it never ends well! **Maura Heaphy Dutton, Croston WI**

Flying Visits

HOGHTON WI A warm sunny day saw Pauline Fazackerly and Joan Houghton abseil down Hoghton Church Tower. This feat was completed with great aplomb by these two intrepid Lancashire lasses, supported and cheered on by the local community, and many others, who, through sponsorship, all raised cash for charity. This whole event resulted in a very good amount to be split equally between Holy Trinity Church, Hoghton and All Saints, Higher Walton.

LOWTON WI The speaker, to celebrate their birthday, was John Sterling, whose impressive career has taken him from show business to charity work. Having worked with many famous names, with lots of laughter, he brought back memories of early TV programmes. John and his wife now run a Donkey Sanctuary, the donkeys give comfort and support to children with disabilities. A heart-warming evening.

TREALES WI Karen Hardman has been busy during lockdown, among other things, knitting scarves for our County Show and the Shropshire Challenge. The Craft group have also knitted scarves.

BLACKPOOL WI The Craft group have resumed meetings in person after keeping in touch via WhatsApp throughout lockdown and in September the WI celebrated their 26th birthday with cake, bubbly and a quiz.

BANKS WI The speaker at their first meeting was Judy, who told about the life of Edith Rigby, Preston's most famous Suffragette. They heard of the struggles that early 20th century women had to face to achieve the right to run their own lives, and the harsh treatment and force feeding of those who were imprisoned.

HOOLE WI It was good to get back after the break and the speaker was Bez Cooper, who told of her travels as an ex-Tiller Girl and of all the famous people she has met. A Classic Car show was held at the new Village Hall, with a long queue for WI tea and cakes, and on 24th November there will be a Craft display with demonstrations. The WI give a monthly donation to the new Village Hall and during the past month they have raised a good amount towards the extensions.

KENDRICKS CROSS WI The first speaker after lockdown was John Wilson from the Seaman's Mission who gave a fascinating and humbling talk about his work with all the hardworking crews who spend months at sea before ending up in the port of Liverpool. During this shore leave the Mission does everything it can in taking care of this vital work force. Such a huge undertaking for John, who has to do this single handed at the moment, as the other staff were made redundant due to Covid.

GREGSON LANE WI Along with visiting WIs Withnell Fold, Brindle and Much Hoole, a September Craft Show was held, organised by Karen Cairns and Mandy Foster, with Janet Wilkinson kindly taking time to judge the various categories. Winners were Sue Stewart, Mandy Foster, Christine Snape, Carole Stocks and Pam Bayes.

WARTON CRAG WI Warton and Millhead had a 'Get Back Together' day, great for everyone to get back in touch after lockdown. In attendance was Warton Crag WI who had a knitters corner with lots of members' items on display.

News from the Sub Committees

Public Affairs

We are pleased to announce that there are two new members on the Public Affairs Committee, but we are still recruiting for a further two members to give us a wider variety of experiences and interests. If you are even a little bit curious about taking part please give me a ring and I can talk to you about the Committee and what we do. 01772 696455

I was listening to the news before I sat down to write this and it was announced that knife crime was going up and I thought, wow, we did a session on that subject before Covid which was attended by 45 members from all over the Federation. We had an expert speaker from the Police and everyone who attended got a great deal from the session. Let's make sure we stay ahead of the curve. Do you have any subjects which you would like Members to know more about or think they would be interested in? If so, get in touch and we will see what can be arranged.

It helps if we know what would be of interest to our members. **Ruth Grimley Board Liaison**

Membership Committee

WI Meetings have been taking place since July and how wonderful it is to see everyone and catch up, and advisers are now starting to attend Annual Meetings for the first time since March 2020. During late Sumer we prepared ourselves with risk assessments, made sure we were social distancing and paid real attention to our hand and respiratory hygiene (that's face masks or coverings to you and me). Now we are entering Autumn and Winter, the novelty is wearing off but we must make sure that we continue to pay attention to these things at our meetings. What was easy when the sunshine and a gentle warm breeze floating through our carefully opened windows is not so easy with a cold wind that comes off the Irish Sea!

We would like to draw to your attention the following:

Are we able to insist on members or visitors wearing a face covering?

No, the government has urged people to be "mindful and respectful" of circumstances when people cannot wear a face covering. They have also said that members of the public should not challenge people who are not wearing one.

Guidance on Resumption of meetings can still be found on My WI. **Ruth Grimley WI Adviser**

GETTING PUBLISHED IN HOTPOT

We're now receiving lots of lovely articles for the new-look, bi-monthly Hotpot Newsletter. Please keep them coming. Here are some tips for getting your WI news and other items published:

Flying Visits : short snippets about an event or news item. Maximum 50 words. Photos not required.

News from the WIs/original articles: slightly longer items with or without a photo. Maximum 150 words. Please choose one, clear photo that illustrates the item (photos are not obligatory).

Tributes: up to 50 words.

Please do:

Send your article in Microsoft Word to: hotpot@ifwi.org.uk by the submission deadline (either on the front or last page of each newsletter).

Send items that will be of interest to other WI members.

Send items about anything exciting and interesting that individual members of your WI have been up to that may not be WI related! This county is full of inspiring women.

Please don't:

Send descriptions of guest speakers' presentations which have previously been featured in Hotpot.

Send lots of photos for us to choose from.

Send the minutes of your monthly meeting.

Miss the deadline – if your item arrives late, we may not be able to publish it.

Deadline for the next issue: **10 January 2022**. All contributions are very gratefully received, but please be aware that your item might be edited/might not make the final edit. **With thanks The Editorial Team**

FORTHCOMING EVENTS IN THE FEDERATION

Sunday 14th or Friday 19th November, 10am	Willow Weaving Workshops at the LFWI Offices
Thursday 18th November, 7pm	Ken Pye – Famous Animals of Merseyside via Zoom
Monday 22nd November, 1.30	Heather Williams Cook along – Stir up Monday
Wednesday 24TH November, 10.30	Crazy Golf at The Flower Bowl, Barton Grange
Thursday 25th November, 7pm	Se7en Brothers Brewery Tour in Salford
Saturday 27th November, 1.30pm	Lancashire Day at St Marie’s, Standish, Wigan
Monday 29th November, 1.30pm	Heather Williams Cook along – The Main Event
Friday 3rd December, 7.00pm	Band Concert at Chorley Town Hall
Monday 6th December, 1.30pm	Heather Williams Cook along – Festive Entertaining
Tuesday 7th December, late pm	Blackpool Illuminations Trip
Wednesday 8th or Friday 10th December, 10am	Machine Embroidery with Sue Chisnall-Sumner

Further details on all the above will be sent by email to all WI Officers and will be advertised on the Federation Website – www.lancashirewi.org.uk Full instructions on how to book and pay has been sent to the WI Officers and the guidelines are available on the Website under ‘Useful forms and Info’

SCIENCE NOTES

I CAN TAKE ON THE WORLD – BUT FIRST I’LL NEED SOME LIPPY!

Did you know that cosmetics have been used for over 6000 years and that during WWII Winston Churchill rationed all cosmetics except for lipstick? He said lipstick boosted morale.

In ancient Egypt and China, both men and women used chemicals to darken their eyelids and paint their nails. But what is make-up? Cosmetics are made up of many different components, the main one being oil-in-water emulsions with an emulsifier which allows liquids to mix when they otherwise wouldn’t by holding the water and oil together in a mixture. Cosmetics also contain alcohol which works as a solvent, it dissolves or carries other ingredients. With nail varnish the solvent carries polymer with colour pigments, after evaporation it leaves a colour film on the nails. Manufacturers add colour, and fragrance to give a pleasant smelling product.

The main components of lipstick are oils and waxes (for glossiness), these contain mainly hydrogen and carbon. Other ingredients may be olive oil (softens the lips), pigments and dyes and a fragrance to cover up the smells of the other ingredients. So that the lipstick does not melt, chemists add carnauba wax, which has a high melting point.

Cosmetics are tested for their safety, sometimes humans are used but products can be tested by computer modelling. In 1998 the UK parliament passed the law to ban testing of finished cosmetic products and ingredients on animals; 15 years later, in 2013, the EU adopted this law. It is illegal to sell products which have been tested on animals.

So ladies, get yourselves ready for the festive season, glam up for all the parties which you have missed over the last 2 years and remember Churchill...lipstick boosts morale.

Pam Coates, BoT Science Rep



CAN YOU HELP?

Sightline Telephone Befriending service is looking for volunteers to expand its service into the sight loss community. People with a visual impairment, many of whom have faced social isolation since their initial diagnosis of sight loss, have found the COVID-19 pandemic particularly difficult and are facing even greater isolation, loneliness and anxiety, which is likely to lead to more worrying long-term mental health issues.

We therefore need **YOUR** help now, especially if you can spare as little as one hour per week for a friendly chat with a visually impaired person from the comfort of your own home. Sightline volunteers benefit from building new relationships whilst making a difference in the lives of isolated people. Becoming a befriender can help you develop your confidence and conversational skills, whilst we also offer ongoing training opportunities to build experience for your career aspirations. Sightline is an inclusive organisation that welcomes volunteers from all backgrounds who are experiencing, or have close experience with, sight loss. If you want to know more, we’d love to hear from you. info@sightline.org.uk 0800 587 2252

HEATHER'S RECIPE—TASTY CHRISTMAS TREATS - MINCE PIES WITH VIENNOISE TOPS

Shortcrust pastry for 12:

250g plain flour
2tbsp icing sugar
50g butter
50g margarine
25g lard/ white fat
2 egg yolks
1 jar mincemeat
Topping:100g butter
25g icing sugar
100g plain flour



Method

1. Make shortcrust pastry as normal and line 12 tartlet cases
2. Spoon 1 tsp mincemeat in each
3. Make topping by creaming butter and sugar and gradually beating in flour.
4. Spoon into a piping bag and pipe in swirls on top of each pie.
5. Bake for 20 minutes at 200C/ gas 6.
6. Serve warm or cold

Will keep in an airtight tin for 3-4 days or freeze

Macaroon topping enough for 24 mince pies

2 egg whites
150g caster sugar
100g ground almonds
2 teaspoons cornflour mixed with 1 tablespoon cold water
1 teaspoon almond or vanilla essence
Flaked almonds

Method

Whisk egg whites until broken up, stir in all other ingredients in until smooth.

Cut bases only out of pastry, fill with one teaspoon mincemeat and top with a spoonful of macaroon top. Sprinkle flaked almonds on top. Bake for 20 – 25 minutes until set and golden brown.

Heather Williams, Vice Chairman (LFWI) & Norden WI

DID YOU KNOW the tradition surrounding Christmas MINCE PIES?

Mince pies have become one of the favourite sweet treats at Christmas time. The crumbly pastry is filled with dried fruits often soaked in Brandy and flavoured with citrus and spice. The original Mince Pie from Tudor times was savoury and not round but oblong in shape. They were shaped like a manger and often had a pastry baby Jesus on the lid. They were made from 13 ingredients to represent Jesus and his Disciples and were all symbolic of the Christmas Story. As well as dried fruit such as raisins, prunes and figs they included lamb or mutton to represent the Shepherd and spices (cinnamon, cloves and nutmeg) for the Wise Men. It was only later, post Reformation, that they adopted a round shape. This mixture was quite usual in the Middle Ages.

It wasn't until the late 19th and early 20th Century that meat was dropped, and a filling of all fruit was adopted but with suet. Today one of the traditions when making Mincemeat is to stir it in a clockwise direction to bring good luck. You should always make a wish when eating the first mince pie of the season and never cut one with a knife.

Stir up Sunday is the traditional day for making Mincemeat, Christmas Puddings and Christmas cakes, giving them time to mature to full flavour by Christmas Day. This Sunday is usually the last Sunday before Advent, 21st November in 2021.



More News from the WIs

RIBBY WITH WREA WI Despite being a wet and windy evening, a good number of members braved the conditions and came to their first live meeting since last year. With permission to use the hall again, the Zoom subscription has been cancelled and live meetings resumed. A new member and three guests were welcomed, along with the speaker for the evening, Reverend Philip Chew. Joyce May was presented with a framed certificate marking her outstanding achievement of 75 years membership of the WI. She told Philip that in all those 75 years, she had never heard a talk from a vicar before so his would be a first! Philip shared his early memories of going to church in Blackburn, when he enjoyed the sermon because his mother gave him and his brother fruit pastilles - children were expected to be quiet in those days! As a boy he was in the choir and continued to sing after starting his first trade. By day he was a printer, but by night he was a would-be rock star singing in a punk band. Philip was ordained 23 years ago so his printing days are long gone, but the music lives on, both in church and with his band Revisit. He entertained the members playing one of their numbers and concluded his talk with some stories from a book he has written called "Altar Ego! Tales of the Punk Vicar" - a most interesting and entertaining talk.



PARBOLD WI Following monthly meetings on Zoom, virtual afternoon tea sessions and meetings outdoors, **PARBOLD WI** were delighted to be able to hold their September monthly meeting in their hall. It was an excellent start to their Autumn programme with Sarah Garrish explaining and demonstrating, with amazing costumes, the art of belly dancing. The smaller subgroups had already been meeting in the Hall for a while, including Knit and Natter, the Book Club, and the Parbold Jammers (their own ukulele group).

TATHAM FELLS WI spent their August meeting exploring Clearbeck garden, which is open each year under the National Garden Scheme. Owners Bronwen Osborne, herself a member of Tatham Fells WI, and her husband Peter, welcomed ten members; one had cycled there, and one arrived in attractive yellow wellies, having been home to change out of elegant sandals due to some soggy lawns! Following the delights of the garden, including a walk round the lake, a noisy game of Garden Jenga was enjoyed before settling down to a picnic. Bronwen, who is a member of Tatham Parish Council, thanked those who had lent a hand by clearing thorns and vegetation from around footpath signs and stiles.



Back in the warmth for their October meeting, speaker John Dawson, a farmer from Bleak Bank, Clapham had his audience in peals of laughter with his slides, including a glimpse into his ancestral history plus past and present farming activities.



BILLINGTON, LANGHO & DISTRICT WI Prior to the LFWI trip, three friends from Billington, Langho & District WI enjoyed a fabulous day out at Bridgewater Gardens, travelling with a team of volunteer gardeners, Langho in Bloom. They were taken aback at the grand scale of development which has been accomplished in such a short time. From the elegant design of the Welcome Building to the Walled Garden housing many individual areas, the ingenious use of water from the Bridgewater Canal, not to mention the delicious fare on offer at the café, their day out was one to remember and they strongly recommend a visit.

A CHRISTMAS PUZZLER - The first letter of each answer will reveal a seasonal greeting!

This plant can be used as a candied confection

A pulse would indicate this Yorkshire TV programme

The first name of Henry VIII's second and fourth wives

Comes before a fall, they say

How the gates of Heaven are often described

Rises in a faintly eastern setting

A goat is which sign of the Zodiac

The product hoped for by an apiarist

An endlessly confused tortoise produces this rice dish

Describes ink or pencil which cannot be removed

A religion in Japan

The number of birds in the twelve days of Christmas

Is helped, on its downward path, by a spoonful of sugar

Take an orange, lemon or lime to find a heavenly being

Goes before beet, loaf or tongs

Toxophily is what sort of popular sport

Rhino, elephant, both reveal a version of Christmas

The transatlantic chemist's shop

He built the Hanging Gardens of Babylon

In a sense, trade reveals this soap opera

Name of a famous bear

An illusive snowman

She made Noddy famous

A fable- maker

A legendary English outlaw

Answers to ANT quiz (Issue 5)



Peasant; Pheasant; Cantaloup; Eggplant; Anteater;
Bantam; Deodorant; Tarantella; Plantation;
Quarantine; Antler; Giant; Panther; Fantasia;
Cormorant; Clairvoyant; Dianthus; Antelope ;Elephant;
Ignorant; Anthrax.

Tributes

ACCRINGTON WI sadly announce the passing of Sue McLoughlin, a popular person who was well known in Harwood. She contributed a lot of material and wool last year for facemasks and scarves for the homeless and will be sorely missed by her own WI and Great Harwood WI.

HOGHTON WI is extremely sorry to report on the death of Joy Pinder, an extremely popular member for 70 years, who served both on the committee and as President. Over the years she appeared in many variety shows and pantomimes produced by Houghton WI, and her many travels included visits to her family in Saudi Arabia, and her grand-daughter's wedding in Dubai. Joy was still very active in her nineties, and she will be sorely missed.

It is with much sadness that **HUTTON & HOWICK WI** announce that long-serving member Mary Johnson, passed away peacefully in the nursing home that she had moved to recently. Many of us have fond memories of Mary, her sense of humour and her ready smile. She will be sadly missed, particularly by the amateur bowlers and members of Longton Folk Dancing Circle.

LUMB IN ROSSENDALE WI are sad to report the passing of Marjorie Mannion during the summer. Marjorie was a very friendly, lovely lady who always sold the raffle tickets at all our meetings and she will be missed by everyone.

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

EDITORIAL TEAM

Pam Aspden, Croston and Bretherton WIs

Pat Forder, Hutton & Howick WI

Emma Gillinder, Southport Scarlets WI

Julie Gudgeon, Lathom & Burscough WI

Alison Peek, Swinton WI (Board Liaison)

Fran Walker, Heath Charnock WI

Email: hotpot@lfw.org.uk

**Deadline for submissions for Issue 1 (2022)—
MONDAY 10TH JANUARY 2022**

Tea and Cakes—Federation style!

