

LANCASHIRE FEDERATION OF WOMENS INSTITUTES

Issue 2—March/April 2021

WELCOME TO THE SECOND EDITION OF THE HOTPOT NEWSLETTER

HAVE CRAFT ... WILL TRAVEL! When lockdown first hit in March 2020 my WI craft group came to a grinding halt and I was at home crafting on my own. When you are used to crafting in a group each week it doesn't feel quite the same.

Speakers who we had previously booked weren't yet zooming for our monthly meetings so I offered to demonstrate decoupage. Little did I know then that programme secretaries from WI Wanderers would invite me to virtually demonstrate my craft whilst never clocking up a mile in the car! My virtual travels have taken me to all corners of the UK and given me the opportunity to meet new people, share my love of decoupage with them and raise money for St Ann's Hospice, which is a huge privilege.



Laughter is the common denominator and everyone now knows that anything destined for the recycle bin is under scrutiny - a dud light bulb can be turned into a lovely decoration and an empty baked bean tin transforms into a beautiful pen holder! **Hayley Dell, President Swinton WI.**

DIARY OF A DOG WALKER Since Covid-19 pervaded our consciousness, walking, whatever the weather, has become one of the nation's favourite pastimes.

I own a Labrador (who is everyone's friend whether they want to be or not!) and live near a large park. Looking back to almost a year ago, I noticed three things. Firstly, there was a new tribe of walkers on my daily constitutionals and, secondly, everyone was so much more amenable to sharing a cheery smile and a friendly chat. Lancashire is a friendly community but this seemed different and was a welcome chink of sunshine in a year where the clouds would gather ominously and we would sometimes struggle to see a way through.

These newly-formed acquaintances have begun to weave their way into the fabric of daily life. My fellow chit chatters vary considerably from an elderly man who likes to potter in his garden and pass the time of day, to a toddler who likes to stroke Phoebe whilst she gives him her special kisses which make him giggle in a way that is only possible when you are three! A few years ago, these brief exchanges may have seemed inconsequential but I have learnt that they are life enhancing, pleasure boosting and promote a feeling of kinship. Friends agree that our new walking acquaintances make us feel more connected and less alone and we hope they feel that in return. My 87 year old Mum decided to embark on a park walk first thing each morning. She has made new friends and even swapped Christmas and birthday cards with some.



Thirdly - kerbside kindness: beautiful handmade Christmas cards carefully wrapped to protect them from the weather; a table piled high with books and a sign inviting "please take one"; a glut of apples; carrots and potatoes fresh from the veg plot and little bunches of flowers with a note saying, "have a happy day". There will be many positives that stay beyond lockdown and I hope that the joy of acquaintance and kerbside kindness will remain. **Diane Jenkins, LFWI Office**

the WI
INSPIRING WOMEN

LANCASHIRE FEDERATION
1920 - 2020

MESSAGE FROM JACKIE

Today as I write this the spring bulbs are showing, we have a road map out of restrictions and some of us have had their first jabs, all positive signs. These last twelve months have been so difficult in many ways in our WIs there has been so much change. I am so inspired by how the members have risen to the challenges that have come our way. Zoom meetings have taken over our lives at the moment. I would like to place on record my thanks to the Trustees for their support there have been a vast number of changes to deal with, all by Zoom. It has felt like being on a roundabout discussing possible postponement of events, where you cannot really make a decision due to restrictions, then the next month discussing the same issues again.

Recently we have all had to deal with the proposed Constitutional changes and changes to the Articles of Association all this with a very tight deadline to meet. Thank you to all the WI members, Liz and Diane for keeping Lancashire meeting these deadlines. The meeting at NFWI takes place in early March by Zoom with 600 participants. It will make our Council Meeting like a walk in the park!!

Jackie

INSIDE THIS ISSUE

Around the WIs

Around the sub committees

Online events

Tributes

Heather's Recipe of the Month

Teatime teaser

Reader's Recommendations

Inspiring Women in our Federation

TEA FROM A TIN: Many of our WIs support their local food bank, providing much needed daily essentials for struggling families. However, with meetings no longer taking place, members at Ribchester & District were concerned about the potential impact on food donations and so they came up with a plan: *Tea From a Tin*.

Inspired by Jack Munroe's *"Tin Can Cook"* and the success of products such as *Gousto* and *Hello Fresh*, the group wanted to provide busy families with nutritious meals that they could cook themselves. Members were asked to suggest recipes which could be made exclusively from stock cupboard ingredients; from these, twelve recipes were chosen, ten main courses and two puddings, and work began on gathering ingredients and sourcing shoeboxes.

The aim was to produce five meal boxes for each recipe; in the box would be every ingredient required, right down to the seasoning, spices and cooking oil. The recipe itself was clearly produced with easy to follow steps and additional cooking tips. Once filled, the box was sealed and our logo and contents information were attached. Over a week we put together the sixty boxes and then delivered them to Ribble Valley Food Bank where they were received enthusiastically by both clients and staff.

Feedback from the food bank was overwhelmingly positive. Clients felt like they were receiving a treat when the boxes were handed over and they loved the fact that everything was there for them, ready to go. No thinking or planning required, just follow the instructions and a *Winter Warmer Pie with Dumplings* or *Momma's Marinara Pasta* would be there on the table for the family to enjoy.

We would love to see this initiative rolled out across Lancashire – could your WI be part of Tea from a Tin? We are very happy to help with recipes, tips and ideas for organisation – just drop us a line at ribchesterwi44@gmail.com or call Catherine on 07972 924889

A FINGER IN MANY ENVIRONMENTAL PIES Most of us have heard there is a Climate Emergency. Lancaster is one of the many local authorities declaring so. The Church of England recognises we must take action now! The Women's Institute is a member of the Climate Coalition. Each one of us can take personal responsibility and make choices that are better for the environment and future generations. St. Thomas, Lancaster, started an Eco-Church Task Force. I began to write a monthly newsletter on green issues to raise awareness, searching out positive news. It's not all doom and gloom.

In Halton, a senior cohousing group (55+) has planning permission to build 20 Passiv-Haus homes linking into the local mini-grid from the hydro and solar panels. We are looking forward to moving into our warm cosy homes that don't cost the earth to heat. Our ethos is to be as sustainable as possible, to be good neighbours and keep active as we age. As a community led project, we are the developers and will be managing the site once we move in.

Another of my activities, is to volunteer 3 days a week at the local Community Food Growing Project and Nature Trail. During these days of restrictions it gives me the opportunity to be out in the fresh air, communing with nature and other volunteers, and harvesting seasonal fruit and veg. I set myself a challenge to live off the land as far as veg is concerned. I'm vegetarian so that's a lot of veg. Food Futures is another organisation I support. We aim to promote local food production and consumption. Cutting down on food miles and food waste is something we all can do to protect the environment.

Lancaster Sewing Café is growing plants to use as natural dyes. We have set up Sew and Sow cabinets around the city where people can find seeds to grow and sewing materials for mending and repurposing our clothes.

For information on any of these projects contact kathybarton54@yahoo.com



CRAFTER'S COMPANION - Needle Felting

There are two types of felting, wet and needle, personally I prefer the latter. Wet felting is fine but with the strenuous pressing and rolling of the yarn, it puts a strain on the arms and if you have any aches and pains it can be stressful - which I can do without!

Needle felting on the other hand demands patience but is quite therapeutic and can be done with a minimum of fuss once you have got into the technique. I started felting by using a kit, these can be obtained at a reasonable price and contain all the requirements in a box - needles yarn and a sponge. The picture is of Flossy, my first attempt made from a kit. I also took part in a WI Workshop which helped enormously.



As always, YouTube and Pinterest both have tutorials and ideas to inspire on felting which are very useful. Give it a go, happy felting! **Julie Gudgeon, Lathom & Burscough WI**

KNIT THE SHROPSHIRE WAY!

Would you like to take part in the above project which LFWI is supporting? Shropshire Federation's challenge is to knit enough scarves by the end of the summer to match the length of the Shropshire Way – all 190 miles! Full details of the initiative and how you can get involved are available from your WI Secretary – all finished scarves will be measured and then distributed to local homeless charities.

The scarves should be 60" long, 6" wide and can be knitted or crocheted. Feel free to use your own pattern and yarn but keep to those dimensions. In DK wool it would be about 30 – 35 stitches, size 4mm needles, depending on your own knitting tension. Knitting is good for mental health and mindfulness - so get your needles clicking!

REFILL CAMPAIGN

The pandemic has made single-use plastic a hot topic. The Refill campaign, which encourages the use of reusable containers, has launched an app to find where to refill coffee cups and water bottles and shop plastic-free. Over 30,000 locations are listed, including branches of Morrison's and Lush as well as more than 100 zero-waste independent shops. Search for 'Refill' in the App store.



SIMPLY BEE-ING

I was spellbound listening to the talk by Richard Rickets on the Honeybee, I learnt so much, and I thought I was well informed! I had already extended my small patch of garden for wildlife and bees, relocated my bee houses. The bank of lavender is in urgent need of a good trim and tidy.

It was a case of I knew, but hadn't really thought it deeply. The idea of what really amounts to 'farming' Honeybees, and the high morality they suffer. This is because of the prairie style of farming, found especially in the USA. Millions of bees are transported to the prairie style fields and orchards, one of the largest user are the Almond orchards in California, where 60% of the bees will die. This occurs to a lesser degree with other crops. When we select a new super food, somewhere in the natural world something must give. Yes, we do transport a number of bees here in the UK, but it is nowhere on such a scale, and it is an aid and not a necessity, but the need is growing!

Bees in 2021 got off to a bad start when the UK government granted an exemption to the ban on neonicotinoid pesticides, allowing sugar beet farmers to temporarily use seeds treated with bee-harming thiamethoxam. We urgently need to reverse this dangerous trend.

The department for the environment (DEFRA) is formulating a new Pesticides Action Plan. We can help formulate our response to this move through our SOS Bees resolution. **Debbie Reardon, Climate Ambassador**

News from the WIs



AVIAN ENCOUNTERS Take a moment to look out of your window. Can you see a shrub, or a tree? Allow your gaze to settle and, before long, you will see movement. Just a shadow at first, then the shape of a bird appears before, 'Whoosh!' It is gone!

Views of our feathered friends can be tantalisingly brief; sometimes they are out of sight, but we can still hear their call or song. I am not a 'Twitcher'; I simply enjoy trying to identify the birds that I see in my garden and the local countryside. In Bretherton, WI members nominate birds they have seen for a monthly draw and I sketch the winning bird then circulate the picture by WhatsApp! Some of these sketches helped to illustrate a Zoom talk I gave recently to **BRETHERTON WI** members on basic bird identification. The recent cold weather brought Redwings, Fieldfares and Mistle Thrushes into my garden, attracted by the apples that I put out for them. I was glad to give them a helping hand when natural food was in short supply.

Lancashire has an amazing variety of both resident birds and seasonal visitors. At this time of year, the bird world is alive with activity. Our garden birds are busy establishing their territories and looking for nesting sites. Winter visitors such as Bewick Swans and Pink Footed Geese are migrating back to their breeding grounds in Siberia, the Arctic, Iceland and Greenland - epic journeys! The resilience of nature brings light to these difficult days. **Esther Turner, Bretherton WI**



VALENTINE'S DAY provided the perfect platform for **BILLINGTON, LANGHO & DISTRICT WI** to bring cheer and challenge to its 58 members. The idea of issuing everyone with a "romantic novel", a friendship card and a tea-bag was received with so much warmth and gratitude by everyone. Twenty-six titles in all have been issued, so members are challenged with reading as many as possible via a book-swap once monthly meetings resume. This is just one of the many initiatives this WI's Committee has been doing to keep their membership alive. A happy and vibrant WI community is just waiting for the signal to emerge from "lockdown".



CAKE DECORATING FUN An excellent Zoom demonstration was enjoyed by the ladies of **CROSTON WI** on the occasion of their 72nd birthday in February. Joady Grime of The Fondant Pig Cakery, Croston, shared her secrets on how to achieve a professional 'drippy cake', from the cake recipe through to tips on how to make the best buttercream and ganache. It was a demonstration which was all the better on Zoom, as Joady was very comfortable in her own kitchen with everything to hand. She even managed to use the phrase 'and here's one I made earlier!' A dingbats cake themed quiz was then shared with members, which produced much laughter.

BUCKSHAW VILLAGE WI Committee member, Julia Beardmore, provided the talk for their February meeting - on the subject of Gardening. Julia is a member of Royal Horticultural Society (RHS) and also the Sweet Pea Society, who show at various events, including Tatton Flower Show. Julia gave general advice on seasonal planting and explained why gardeners should use peat free compost, in line with the resolution discussed at the January meeting: 'Stop the destruction of peat bogs to tackle climate change'.

Members had been asked to send questions in advance, ready for a Q&A session. Julia directed members to the RHS website for specialist guidance and advised that the wildflower seeds distributed by the Buckshaw Christmas Elves should be planted in April. She also advised members that Tesco Club Card points could be used to pay for RHS membership. Julia plans to establish a WhatsApp Gardeners' group and invited members to join.



LATHOM & BURSCOUGH WI decided to treat their members this Easter to cheer them up as they are not able to meet in person. Here are just a few of the chicks, knitted in extra quick time by Gill and Julie (there are about 28 in total) all awaiting their chocolate Easter eggs before being distributed to some very lucky ladies!

SCARISBRICK LADIES ZOOM THROUGH THEIR BEETLE DRIVE! Like many other WIs throughout the country, **SCARISBRICK WI** have ventured into the new world of Zoom for their meetings. The first of these was in place of their normal Christmas party. Members enjoyed seeing and hearing Jerusalem being sung at the Royal Albert Hall at the Centenary annual meeting in 2015. This was followed by quizzes, poems and a photo presentation of past events. Everyone looked very festive in their Christmas hats and jumpers!

The success of this event spurred the ladies on to have a second Zoom, in place of the traditional January games night, coinciding with Burns Night. Tartan was donned, a wee dram ready to toast the good health of everyone and members stood by, prepared with their printed Beetle sheet, pen and dice and off they went. Caller, Jennifer, kept us to time and it proved that playing Beetle on Zoom can work very well. Three games were interspersed with other games including guess the mystery places and Catchphrase pictures, with all winners receiving a small gift. **Sue Myatt, Secretary**



DOWNHAM WI – A GREEN HEART FOR VALENTINE’S DAY To coincide with St. Valentine’s Day, Downham WI sent each member a green heart bookmark as a symbol of WI’s support for the Climate Coalition. ‘Show the love’ is their annual celebration and reminder for each of us to play our part in helping to tackle climate change.

Within each handmade origami bookmark the committee tucked a raffle ticket inside for the Lancashire Federation of Women’s Institute’s prize draw, as this helps to support the local office.

TOMORROW

Inspired by Captain Sir Tom Moore, Christine Catherall of **Bromley Cross WI** put pen to paper. Thanks to Christine for sharing her poem with us.

*It will be a good day tomorrow
No more sadness and no more sorrow
No more tears will we cry
When we wave Covid goodbye.
It will be a good day tomorrow
We will walk in the sun
Hug and kiss everyone
When Covid is gone tomorrow.*

*Tomorrow will be a good day,
All children will go out to play,
All masks disappear
We will grin ear to ear,
We will all give a great cheer tomorrow.*

*But wait! Tomorrow never comes they say
Will our days remain empty and grey?
No fear not! Here comes the Spring
Flowers bloom and birds sing,
So let’s give thanks for each new tomorrow.*



NEWS FROM THE SUB COMMITTEES

MEMBERSHIP SUPPORT (WI ADVISERS) The Advisers were very excited to see that WI was a specialist subject on Mastermind and we prepared ourselves to sit in the black chair and face John Humphreys. At the end of the round I got six out of eleven, so am not as clever as I thought ! That got me thinking about answering questions on WI as an important part of the Adviser role. When you have questions about WI that you don't know the answers to or are not completely sure about, do you:

a) pick an answer and hope for the best. b) go 50/50 and hope inspiration comes in a flash c) phone a friend because they are very likely to know the answer.

We hope that you would pick c) and phone a WI Adviser friend. We do have up to date knowledge about the WI procedures and are only too happy to help you. Bad news, though you won't win a million pounds. Our contact details can be found in the year book. Make a note of who your Adviser is. Please send any queries via the Office liz@lfdwi.org.uk. **Ruth Grimley, Membership Chairman**

THE LEISURE ACTIVITIES SUB-COMMITTEE are looking forward to, what we hope will be, a resumption of some degree of normality in the not too distant future. Like us, I trust that you have all had your first vaccination, and hoping to get the second one soon. Our planning diary for the year is full, but, as I am sure you will appreciate, until we get the go-ahead there isn't anything else that we can do but patiently wait. We are as eager as you are to prepare and attend events, but at the moment this is a no-no.

Whilst we wait we all have to take care and stay safe. **Joan Randall, Chairman**

COOKERY & CRAFT: The vaccination programme is rushing ahead at speed. Thank goodness for our NHS. However, the Government is taking the removal of restrictions at a slower pace and we still have no idea when the Cookery and Craft committee will be able to recommence craft classes and demonstrations at Croston House. In the meantime, there are abundant events online - Getting involved with crafting is great for our mental health by being creative and taking us out of ourselves. The committee like to practice what we preach: Angie Murray has been making green hearts, Debbie Northin has a sewing blog on the WI Facebook page, and I have been crocheting yards of woolly scarves for the "Shropshire Way" challenge. Remember the courses are open to non-members and are excellent value at £5 each and can be booked at www.lancashirewi.org.uk. Nothing lasts forever and eventually we WILL celebrate Lancashire Federation's Centenary and resurrect all our plans for that celebration. It is a very long tunnel, but I think I can see a pinprick of light at the end of it. Chins up everyone - keep wearing those lovely homemade masks, stay distanced and we will get through this. **Helen Lambert, Cookery & Craft Sub-Committee**

AT HOME WITH LFWI

Online events – March 2021

Ken Pye (Birth of the Beatles) Wednesday 24th March – 7pm

Claire Salmon (Easter Bags) Thursday 25th March – 2pm

Maggie Jones (Macrame Bracelet) Saturday 27th March – 2pm

Annual Council Meeting Monday 29th March, 10.30am

Misba Khan (North Pole Expedition) Tuesday 30th March – 7.00pm

Online events – April 2021

Lindsey Barrell (Mindfulness) Thursday 1st April - 7pm

Alex Connell (Vegetarian Cooking) Tuesday 6th April - 7pm

Gillian Walnes-Perry (Afternoon Tea) Wednesday 7th April - 7pm

Clare Pooley (Best-selling author) Thursday 8th April, 7pm

Ken Pye (Spooky Liverpool) Saturday 10th April – 2pm

Al Sylvester (Walk to Freedom) – Monday 12th April – 7pm

Helen Neave (Make in Wild) – Wednesday 14th April – 7pm

James Haddow (The Taxi Driver Poet) Thursday 15th April - 7pm

David Allen (The Amazing Mr Dickens) Monday 19th April – 7pm

John Pearson (Cheese Maker) Wednesday 21st April – 7pm

Chris Duffin (Retired Prison Governor) Thursday 22nd April – 7pm

Jaye Windmill (Monumental Britain) Saturday 24th April – 2pm

Andy Thomas (Mysteries /Crop Circles) Monday 26th April – 7pm

Lana Pearson (Self Massage) Wednesday 28th April – 7pm

Sian Fox (Life as a Home Economist) Thursday 29th April – 2pm

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

ALWAYS UP FOR A CHALLENGE!

Editorial Committee's very own Julie Gudgeon is the subject of this issue's column on inspirational Lancashire Federation WI members.

Julie's early career was as a Woman Police Constable (WPC), one of only three in Chorley, where she met her husband, Tony. In those days, WPCs worked separately from Policemen, and there were no equal opportunities. They didn't work nights, but were on call out of hours, and could be called to travel anywhere in Lancashire – which was a much larger county in the 1960s than it is now. Before their marriage, Julie and Tony were posted to Rawtenstall, starting off in separate 'digs' until they were married. In accordance with the practices at that time, Julie had to give up her police career when she became pregnant with her eldest daughter and the couple spent ten happy years in Rawtenstall, raising their two daughters, Sarah and Rachel, and enjoying being part of the community.



Tony was then promoted to Inspector in Skelmersdale, changing from non-uniformed CID to a uniformed role. They had only a week to move, using a horse box provided by County. Their time in Skelmersdale new town was challenging, but Tony successfully led a team of constables, many of whom are still in touch with Julie. A move to Burscough followed, when Tony returned to a non-uniform CID post.

In Skelmersdale, there was nothing for Julie's daughters to do outside school. With the nearest Brownie pack some distance away, she spotted an opportunity to start a new pack on her estate. The District Commissioner was sceptical, saying Julie wouldn't get enough children to join, but she soon had 24 girls aged 7-10, all wearing their smart uniforms. The Ninth Skelmersdale Brownie Pack was born and is still running. When Julie's girls were old enough to join Guides, there was no unit, so Julie persuaded two ladies to start one up, eventually taking the lead over herself and having to let the Brownies go. She later returned to her first love, Brownies, and, by this time, wanted to pass on her knowledge to others, so completed a training licence, whilst also running a Brownie pack with two assistants.

Julie says that Guiding has given her wonderful opportunities, including trips to India and Mexico, where she saw the contrasts between rich and poor, wonders of the world, such as the Taj Mahal, and witnessed how Guiding worked in these countries. One of her most memorable moments in Mexico was a visit on Thinking Day (22 February) to see a magical Monarch butterfly colony.

In 1982, Julie was asked to join a group to devise a programme for pre-Brownies and Rainbows were born, with their distinctive tabards (initially in the colour of their choice, designed to be simple and economic) and special activities (with no badges). Julie started one of the first Rainbows Groups in Burscough and, as northern regional rep and District Commissioner, she travelled across the north west region, spreading the word about Rainbows and helping to start up new groups. As part of her career in Guiding, Julie also became Deputy Programme and Training Chair for the region.

Having retired from Guiding, Julie remains an active member of the Trefoil Guild, an organisation for Guiders and non-Guiders, and is the key user for their database. Before the pandemic, she regularly visited Waddow Hall, near Clitheroe, to enjoy residential events and outdoor activities.

As well as being busy with the Trefoil Guild, Julie remains active in her local WI (she is regularly called upon for craft projects since she retired from the Committee) and has been a member of the LFWI Editorial Committee for more than six years. A keen crafter, she has recently started 'Crafter's Corner' in the Hotpot Newsletter. Current projects include painting, quilting, knitting and stitching. Julie's daughters share her love of crafting, and she herself describes crafting and painting as 'wonderful'. She always has several projects on the go and hasn't had time to be bored during lockdown!

Thanks to Pam Aspden—Editorial's Roving Reporter

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

SCARLET CORNER It's here finally! Spring is peeping out at us, and I personally think it has come towards us like a speeding train, which could be the only contact I am having with trains this year if restrictions continue! Do not dismay - with the spring we can get out into the fresh air. Always guaranteed to make you feel better and the 28th March and the hour going forward will give you more time to do so. Light mornings and light evenings will make such a difference to mental health and wellbeing.

For me I will be spending more time at my allotment. I am a dreadful vegetable grower - my best crop seems to be weed - but every year I make a promise to myself that I will be better and I really do try, so I will be busy planting seeds and getting rid of the weeds. I have spent the winter making some raised beds and a cold frame with some windows someone gave me which aren't bad if I say so myself! My original winter job was to move the huge compost heap I have named 'Sunshine Hill'. However, it turned out to be full of burrowing toads who have taken up residence for the winter. If anyone knows when they will be moving on, please feel free to let me know. Some of you may prefer to tend to your blooms or even just get out and walk in the fresh air. There are some lovely walks around Lancashire. Whatever you decide to do. stay safe everyone.

Emma Gillinder
Southport Scarlets

SCIENCE NOTES—SODA BREAD

I have been given a recipe for Soda Bread by a friend. It is a more hearty and wholesome bread than the traditional yeast bread. At home, I always refer to cooking as alchemy and that is just what the process of making and baking Soda Bread is, as it is the result of a chemical reaction. Lactic acid in the buttermilk reacts with bicarbonate of soda, a "base", to form bubbles of carbon dioxide – this gives the bread its rise. This reaction takes place immediately on mixing and carries on whilst baking. The reaction is pretty quick. Baking powder may be added for extra rise, especially if using gluten-free flour. Another product of the acid-base reaction is salt, so minimal salt is added to the recipe.

Soda Bread

450g plain white flour
1 teasp salt
1 teasp bicarbonate of soda
350 ml buttermilk.

Method

Sieve the dry ingredients
Make a well and add the buttermilk and mix
Shape into a round, place on a floured tin
Cut a deep cross on the top
Bake 15 mins at 230 degrees
Reduce to 200 for a further 20 mins
Wait until it goes cold before slicing - (perfect the next day toasted)!



Thanks to Susan Draper of Eccleston WI for her recipe!

Pam Coates (Croston WI)
Science Rep

AND NOW FOR A CHANGE FROM THE TRADITIONAL EASTER ROAST

Lamb Tagine (Serves 8)

- 1 tsp cayenne pepper
- 2 tsp black pepper
- 1 ½ tbsps paprika
- 1 ½ tbsps ground ginger
- 1 tbsps turmeric
- 2 tsps cinnamon
- 1 kg shoulder lamb, cubed
- 2 onions, finely chopped
- 2 tbsps olive oil
- 3 cloves garlic
- 570 mls tomato juice
- 2 x 400g tins tomatoes
- 115g dried apricots
- 55g dates
- 55g sultanas
- 85g flaked almonds
- 1tsp saffron
- 600 mls lamb stock
- 1 tbsps clear honey
- 2 tbsps coriander leaf
- 2 tbsps parsley



Method

1. Mix together the tagine spices and stir into the stock.
2. Heat the oil in a large pan or tagine and add the onions, lamb and crushed garlic.
3. Add the tomatoes, tomato juice and stock and bring to the boil. Cover and simmer for 1 ½ hours until lamb is tender
4. Stir in all the other ingredients and simmer for a further 30 minutes until meat is really tender. Remove lid and increase heat to boil off some of the remaining liquid.
5. Serve with roasted vegetable couscous or Sultana Soda bread

(The lamb can be substituted by chicken thigh or breast OR for a veggie option, by the weight of meat for any lentils, chick peas, beans and any vegetables particularly Sweet Potato, Butternut Squash, peppers, mushrooms, courgette, aubergine etc.)

Roasted Vegetable Couscous (serves 8)

- 1 courgette
- 1 aubergine
- 2 red onions
- 2 peppers
- 3 tbsps Olive oil
- 500g couscous
- 1x 400g tin chick peas
- 75g pine nuts
- 100g raisins
- Handful coriander, parsley and mint
- 1 tbsp harissa paste
- 125mls lemon juice



Method

1. Cut vegetables into cubes and roast drizzled with oil for 30 minutes at 200C/gas6
2. Place couscous in a bowl and cover with boiling water. Leave to stand covered for 10 minutes.
3. Add drained chick peas, pine nuts, raisins and harissa paste. Stir in chopped herbs and enough lemon juice to taste, plus vegetables and juices
4. Place in a dish in the oven to keep hot or serve cold as a salad.

READERS RECOMMEND ... Podcasts, Netflix and a good book!

I enjoyed reading the latest Hotpot and I would like to recommend a book. It is The Salt Path by Raynor Winn. It's a biography about a couple who loose their business and home and are homeless. They walk the South West coastal path, wild camping all the way. **Barbara Robinson , Accrington WI**

PODCAST LISTENS Fortunately with Fi Glover and Jane Garvey, the friends, chat about relatable day to day to day happenings like how often do you buy new bras or their pet traumas. Listeners are invited to participate by email and there is always a guest from media, theatre, music writing or politics and the odd chef. The only turn off is the guests are usually promoting some commercial activity. However, I enjoy their camaraderie, smart questions and witty responses. They giggle a lot and it is a bit like a group of my WI friends getting together.

Carol Bolton, Southport Scarlets

My cousin, who now lives in Scotland, writes under the pseudonym 'Julia Brannan'. She is a self-confessed 'Historical Fiction Buff' and has written "The Jacobite Chronicles". Some of the content is fictional but quite a lot is true history which she has spent many years researching. There are 6 books in "The Jacobite Chronicles" and the first issue is free in Kindle if you want to get a taste. I am half way through book 6 and cannot put it down. She has also written stand alone stories, which I will explore next. (Warning! There are a few sexually explicit sections which you may feel are unsuitable for the young). **Anne Bradley, Secretary, Bromley Cross W.I.**

TEATIME TEASERS - CAN YOU FIND THE FLOWERS?

- ◇ A capitol group of lions
- ◇ Remember me always
- ◇ Industrious Miss Taylor
- ◇ A sly animal and a hand covering
- ◇ Part of the eye
- ◇ A smart king of beasts
- ◇ A sugary royal prince
- ◇ A very precious measure of length
- ◇ England's national flower
- ◇ A musical instrument
- ◇ Worn on Remembrance day
- ◇ Evaporated milk
- ◇ National flower of Wales
- ◇ Long handled sweeping brush
- ◇ Not popular at a dance
- ◇ They seek him here and there
- ◇ It rings in a Cathedral
- ◇ Keeps up appearances melancholy chimer
- ◇ She rides on a tandem
- ◇ A feline herb
- ◇ Prickly white wine
- ◇ Truthfulness
- ◇ Break a monster sharply
- ◇ Name of a cheese

ANSWERS IN THE NEXT EDITION

TRIBUTES

ATHERTON WI are sad to report the loss of Betty Bullough, a long-standing founder member and a well thought of true lady.

BARTON WI will sadly miss Francis Ibisen, a very talented lady and a member for over 40 years. She made their beautifully decorated birthday cakes for many years and won many prizes in the sugar craft section of the County Show.

BROMLEY CROSS WI send their heartfelt condolences to the family and friends of Joyce Holt, who sadly passed away in hospital, after a short illness.

NORDEN WI will sadly miss long-standing member, Margaret Blakeley, who passed away in December. A very talented needle-woman, who made and designed our panel on the Lancashire Hanging.

LITTLE THORNTON WI have sadly lost three long standing members: Hilda Baxter - whose lovely smile will be missed by her friends in the Luncheon Club; Jess Bartlett, who despite fighting a long illness, rarely missed a monthly meeting, Luncheon Club or Craft sessions; Myra Stephenson - past Treasurer and "tutor" for many craft sessions, who will also be missed by many friends in Stalmine WI.

RUFFORD WI report the sad news that Annie Duxbury has passed away. She was an active member for a number of years and a thoughtful and treasured member of the Rufford Reader. A lovely lady who will be missed by all.

WADDINGTON WI are sad to report the passing of two of their long-standing members, Doreen Hollins and Marian Wood. They will be missed by all.

WHITE COPPICE WI are sad to report the passing of Enid Nowell on Christmas Eve after a short illness, aged 91. Enid, a founder member, had been looking forward to help celebrate their 70th birthday later this year. She will be missed by the many friends she had made across the county.

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

ANSWERS TO LAST MONTHS TEASERS

- ◆ What is the least number that must be added to 5296 to make it exactly divisible by 63 ? - **59**
- ◆ A man was born in 1839 and died at the age of 87. He married in 1878 and his wife died in 1907. For what fraction of his life was he unmarried ? - **Two Thirds**
- ◆ A train on the Underground Railway takes an average of 1½ minutes to go from one station to the next, and remains 30 seconds in the station. How long will a train take from the time it starts out at the first station until it enters the tenth? - **17.5 Minutes**

Editorial Team:

Pam Aspden—Croston WI

Patricia Forder—Hutton & Howick WI

Emma Gillinder—Southport Scarlets WI

Julie Gudgeon—Lathom & Burscough WI

Alison Peek—Bromley Cross WI—Board Liaison

Fran Walker—Cockey Moor WI



10

DEADLINE FOR SUBMISSIONS FOR ISSUE 3—16TH APRIL 2021

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