

Inner Wheel Club of Liskeard & Looe

Newsletter

SPRING JANUARY 2021.

PRESIDENT'S PATCH



So far, my year has been a very different one to what I expected!

Even with a pandemic we have kept going via zoom, phone calls and letters. We have had a couple of interesting speakers and raised a stunning amount of money for different charities, by your generous donations or by purchasing a Calendar, which is incredible in these unprecedented times.

Many of us have had to embrace new technology to keep in touch with family and friends and done so with enthusiasm, even though it has been frustrating at times.

When we were able, some of our members met for coffee in the garden or a distanced walk.

You have knitted blankets, made masks, (who would have thought that masks would make good stocking fillers for Christmas?)

What a start to our new year, all locked down again awaiting the vaccine, but at least there is now hope that eventually, we will get vaccinated and be able to meet in person sharing fellowship and looking forward to seeing family and friends again in person.

I am so proud to be your President, but I could not do this role without such a supportive committee behind me. They have all been fantastic. Thank you.

Also, a Big thankyou to you all, what a great club we belong to. We have been in this supporting each other.

So, looking forward, we will continue to meet via zoom until it is safe for us to meet in person, having come this far we should all still be very careful, stay home, stay safe until we meet later this year.

Forthcoming meetings.

26th Jan 21.

The Rock Choir. Richard Toomer

23rd Feb. 21

Election of Officers.

23rd March 21.

School in a Bag.

27th April 21.

Air Ambulance

25th May 21.

District Chairman. Hilary Gene

6th June 21.

Afternoon Tea. Jackie & Mike Gill

22nd June 21.

AGM & Handover.

Bridgette.

Our 2021 Calendar

(Ruth Roach)

It all started with our president, Bridgette's challenge to come up with ideas for fund raising during the pandemic. I suggested a photographic competition, naively thinking that it would be easy. We also decided to use winning entries to make up a calendar for 2021 in aid of Cornwall Air Ambulance. After many hours of web design, by my husband, and sub-committee meetings with Bridgette and Gail we were pleased to receive 81 entries from 25 competitors who paid an entry fee of £5 per photograph. We are grateful to members, Gail and Yvonne, and photographer, Richard Lawrence, who judged the entries. All the photographs were submitted anonymously to them so as to ensure impartiality. Thank you to all who submitted entries and encouraged others to enter.

The winner in each of the four categories was presented with a mounted print of their photograph. Winners and runners up all received a copy of the calendar. Thank you to Bridgette and Graham who delivered or posted calendars to competitors and other customers.

Everyone has been pleased with the quality of the completed calendars which were printed by Palace Printers of Lostwithiel. Each calendar cost £2.20 and was sold at a price of £5.

We were pleased at the efforts of club members to promote the sale of the 250 calendars. Despite not being able to show the lovely reproduction of local views in person they were all sold within two months. The proceeds from the photo competition, calendar sales and some generous donations meant that Kath was able to send a donation to Cornwall Air Ambulance on 16th December.

We were amazed that the total raised amounted to £1,000.

We have been inspired by the work of Cornwall Air Ambulance. They have responded to news of the donation in the following way:

'That's such great news, thank you so much for letting us know. We're delighted the calendars have sold so well, and we are so grateful to the members of Liskeard and Looe Inner Wheel.'

Thank you one and all. This has been a good learning experience so that it would be easier another time. Save your good photos for the 2022 calendar.



PHOTOGRAPH WINNERS



!

PAPRIKA PORK.

SERVES 4.

675 g/1 lb 8 oz pork fillet
2 tbsp sunflower oil
25g/1oz butter
1 onion chopped
1 tbsp paprika
25g/1 oz plain flour
300ml/10 fl oz chicken stock
4 tbsp dry sherry
115 g/4 oz mushrooms, sliced
salt and pepper
150 ml/5 fl oz soured cream

Cut the pork into 4 cm/ 1.5- inch cubes. Heat the oil and butter in a large saucepan. Add the pork and cook over a medium heat, stirring, for 5 minutes, or until browned. Transfer to a plate with a slotted spoon. Add the chopped onion to the saucepan and cook, stirring occasionally, for 5 minutes, or until softened. Stir in the paprika and flour and cook, stirring constantly, for 2 minutes. Gradually stir in the stock and bring to the boil, stirring constantly. Return the pork to the saucepan, add the sherry and sliced mushrooms and season to taste with salt and pepper. Cover and simmer gently for 20 minutes, or until the pork is tender. Stir in the soured cream and serve.

Hot Tip from Liz Piper.

How to keep your sprouts fresh!!

Buy a stalk, on sale at most greengrocers. Stalks with the tops are best.

Remove the lower sprouts then trim the stem as though it were a woody flower.

Stand the stalk in a container of water outside. If it doesn't rain keep the water topped up. Then, when you need sprouts, pick off the number you need and leave the others outside.

Will usually last four to five weeks!!

SWEET POTATO CHILLI.

1 tblsp oil

2 cloves garlic, crushed.

1 green and 1 red pepper deseeded and diced.

1 – 2 tsp chilli powder.

Half tsp cinnamon.

450 gm sweet potato, dice in 1 cm cubes

2 x 390 g cartons chopped tomatoes.

1 x 410 g red kidney beans, drained and rinsed.

(optional: 1 x 410 g tin black-eyed beans, drained and rinsed)

2 or 3 dessertspoons tomato ketchup.

Heat the oil in a large pan over a medium-high heat. Saute the onion and garlic for 2 mins. Add the spices, pepper and sweet potato* and cook for another 2 mins.

Stir in the tomatoes and beans. Cover and simmer for about 15 mins, until the sweet potato is tender. Season to taste.

***I find the sweet potato cooks best if partly done in the microwave. When still firm but tender, I add the tomatoes, beans, etc and simmer till tender.**



Thank you, Jackie for the recipes.

“Special Celebrations during Lockdown”

Sarah Bunt. 60th birthday.

Evelyn Julian and Gail Udy. 70th birthdays.

Ruby Weddings Anniversaries.

Bridgette and Graham North



□ *Jane and John Richardson.*

Emerald Wedding Anniversaries. (55 years)

Alison and Nick Maiklem



Jackie and Mike Gill.

SO TRUE !!

Checking out at the supermarket, the young cashier suggested to the much older woman, that she should bring her own grocery bags because plastic bags, weren't good for the environment. The woman apologised and explained, "We didn't have this 'green thing' back in my earlier days" The young cashier responded, "That's our problem today – your generation did not care enough to save our environment for future generations". She was right – our generation did not have the 'green thing' in its day.

Back then, we returned milk bottles, lemonade bottles and beer bottles to the shop. The shop sent them back to the plant to be washed and sterilised and refilled, so it could use the same bottles over and over. So, they really were recycled. But we didn't have the 'green thing' in our day,

Grocery shops bagged our groceries in brown paper bags, that we re-used for numerous things, most memorable besides household bags of rubbish, was the use of brown paper bags as covers for our schoolbooks. This was to ensure that public property (the books provided for our use by the school), was not defaced by our scribbles. Then we were able to personalise our books on the brown paper bags. But too bad we didn't do the 'green thing' back then. We walked up the stairs, because we didn't have a lift in every supermarket, shop and office building We walked to the local shop and didn't climb into a 300 horsepower machine every time we had to go half a mile, but she was right, we didn't have the 'green thing' in our day.

Back then, we washed baby's Terry Towel nappies because we didn't have the throwaway kind. We dried clothes on a line, not in an energy gobbling machine burning up 3 kilowatts – wind and solar power really dried our clothes back in our early days. Kids had hand me down clothes from their brothers and sisters, not always brand new clothing. But the young lady is right, we didn't have the 'green thing' back in our day.

Back then we had one radio or TV in the house – not TV in every room, and the TV had a small screen the size of a big handkerchief (remember them?), not a screen the size of Scotland in the kitchen. We blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used wadded up old newspapers to cushion it, not plastic bubble wrap or styrofoam. Back then, we didn't use petrol and fire up an engine just to cut the lawn, We pushed the mower that ran on human power. We exercised by working so we didn't need to go to the health club to run on treadmills that operate on electricity. But she's right, we didn't have the 'green thing' back then.

We drank from a tap or fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced razor blades in a razor instead of throwing away a whole razor just because a blade got dull. But we didn't have the 'green thing' back then.

Back then, people took the bus and kids rode their bikes to school, or walked instead of turning their Mums into a 24 hour taxi service in the family's £50,000 'People Carrier' which cost the same as a whole house before the 'green thing'. We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances and we didn't need a computerised gadget to receive a signal beamed from satellites 23,000 miles out in space in order to find the nearest pub! But isn't it sad that the current generation laments how wasteful we old folks were just because we didn't have the 'green thing' back then?

SO TRUE!! - Cont:

Please forward this to another selfish old person who needs a lesson in conservation from a smart arsed young person We don't like being old in the first place, so it doesn't take much to piss us off especially from a smartarse who can't work out the change without the cash register telling them how much it is!!

Here endeth the bloody lesson!!!

And finally a beautiful poem from the hand of our very own President, Bridgette ,the words so apt for today.

When

When.....

You cannot run away from the wind

You batten down your hatches

Reduce your sails

And

Weather out the storm

You cannot hide in the hold

Outrun the waves

Or jump ship

You turn your face into the wind

Hold on to your helm

Your heart will pound

Your pulse will race

You feel the storm within and...without

And through it all.....You hope

That when the storm abates

That you are not scarred too deeply

You will find a quiet haven

In which you can

Recover.... build up your strength.....

And find your peace

Bridgette North September 1997

Inner Wheel Club of Liskeard and Looe. January 2021.