

Cambridge WI News

APRIL 2024

theWI
INSPIRING WOMEN

Chair's Chat

Hi everyone,

I am so pleased that Spring is nearly here. The days are getting longer and it's great to see colour returning to the garden. I am keeping my fingers crossed for a dry half term, so I can get the grandchildren outside!



This is a busy time for WIs. Many of you will be having your Annual Meetings this month. Please can I urge everyone to take the time to chat about how **we all need to get involved in running our WI**. We all enjoy the monthly meetings, listening to entertaining and educational speakers and chatting over refreshments – but this can only happen if we all pull together to make our WI a success. What could you do to help? Could you join the committee or be one of the officers. Each WI needs a President, Secretary and Treasurer – but it also needs enthusiastic members to help at meetings, setting out chairs, making tea, sorting the raffle, booking the speakers, welcoming new members, fundraising etc. I never regretted joining my WI committee (in York), finding out more about the WI from experienced members and eventually having the confidence to accept the President role. If you would like advice about running your WI please contact the CFWI helpline number in this newsletter.



Have you booked your tickets for the CFWI Annual Meeting yet? All members are welcome and WIs are invited to send a delegate. I am looking forward to meeting our speaker, Dr Giles Yeo. He is a professor, author and broadcaster with 20 years' experience studying obesity and the way our brains control food intake. Did you watch him in the BBC 2 Series, Trust Me I'm A Doctor? Unfortunately, I missed it (and I can't find it on "catch up"), but I have been

watching short reels on YouTube and I couldn't believe it when he took a knitted digestive system out of a canvas bag! I have also been listening to his podcast "Dr Giles Chews the Fat." I think he's going to give us a lively, thought-provoking talk!

There will also be a cake stall, displays, a raffle and refreshments – and this year we are offering WIs an opportunity to run a stall of their own. Send your proposals to the office asap.

March is going to be a busy month for events. An Upcycling Talk on 8th, A feast to celebrate St Patricks Day on 15th, Speakers Showcase on 16th and a coffee morning with bingo on 20th. They are all very different, so I hope there is something that interests you – and if not please send us your ideas.

March/April closing dates include the Kosher Lives and Kipper Ties trip, World War Quilts talk, Bluebells Walk, Literary Lunch, Quirky Art Walk – and the Annual Council Meeting. All the booking forms are with your secretary and are also on the Cambridge Federation WI website – along with this newsletter cambridge.thewi.org.uk Have a fun time with WI this month.

Sue x



CFWI 200 CLUB 2024/25

Help us raise funds for CFWI and also give yourself a chance to win £25.00?

For £5.00 a share your name will be entered every month into our monthly draw, running from the start of May 2023 to the end of April 2024.

You never know you might be a lucky winner!

GOOD LUCK

WI members can buy as many shares as they choose and can either apply directly to the Federation or through their WI. Application form is with your secretary or available to download from our website.

CFWI Office, Oakington Road, Girton, Cambridge, CB3 0QH
01223 234872 office@cfwi.co.uk cambridge.thewi.org.uk

Office open Monday and Thursday 10am-1pm and 1.30pm-3pm. Tuesday contactable by email only
The office will be closed for Easter on Monday 1 April



Charity Reg No: 1099519 Company Reg No: 4811643

Dates for your Diary

DATE	EVENT AND TIME	VENUE	CLOSING DATE
MARCH			
8	Upcycling with Dimitra Frangos - 2pm-4pm	CFWI Office	16 February
15	St Patrick's Day Feast - 7pm	CFWI Office	25 February
16	Speakers Showcase -10am-4pm	Oakington Pavilion	26 February
20	Bingo Coffee Morning - 10.30am	CFWI Office	29 February
APRIL			
3	Kosher Lives & Kipper Ties	Docklands Museum, London	8 March
15	Literary Lunch with Nicola Upson - 12.30pm	CFWI Office	25 March
16	Resolution Meeting	TBC	NBFY
20	Walk to Histon Wood and HQ - 10am	CFWI Office	29 March
22	Annual Council Meeting - 7pm	Comberton Sports and Leisure	2 April
26	Quilts Talk with Kay Goddard - 10.30am-12.30pm	CFWI Office	5 April
MAY			
8	Progressive Whist Coffee Morning - 10.30am	CFWI Office	17 April
18/19	Beginners Painting Weekend - 10am-4pm	CFWI Office	19 April
20	Quirky Cambridge Walk - 11am	Cambridge	29 April
JUNE			
5	NFWI Annual Meeting	Royal Albert Hall	Closed
11	Mors bag Making demonstration	CFWI Office	NBFY
18	Tate to Tate Tour	London	NBFY
JULY			
12	Cheese and Wine Evening	TBC	NBFY
13	Treasurers Training	CFWI Office	NBFY
20	Tolethorpe Summer Theatre	Stamford	5 April
24	Summer Lunch	TBC	NBFY
<p>Craft, Coffee and Chat sessions will be held on 12 & 28 March in the WI Office 11am-3pm Booking forms can be accessed from the events page on our website using the following link view CFWI events here.</p>			

CFWI Helpline for March

XXXXXXXXXXXXXXXXXXXX

Independent Financial Examiners Contact Numbers

XXXXXXXXXXXXXXXXXXXX

200 Club Winner

Congratulations to the winner of the
February draw
Sheila Wilson, Gamlingay WI

March Closing Dates

Kosher Lives & Kipper Ties	8 March
Literary Lunch	25 March
Walk to Histon Wood	29 March

Federation Safeguarding Officer (FSO)

Did you know that we now have a Federation Safeguarding Officer (FSO)?

Lesley Challands has recently completed NFWI's safeguarding training and is available to receive your Safeguarding concerns (reported via a form which can be downloaded from CFWI's website) and to provide advice and information. If you're wondering why a charitable organisation like the WI needs to have a Safeguarding structure, it is partly due to legislative requirements, but in the wider context it is about protecting everyone's right to respect and dignity, living in safety free from the risk of harm caused by abuse and neglect. Whilst instances of concern within WI activities are unlikely, any that do arise now have a mechanism to be reported. Additionally, members may in the past have had Safeguarding concerns about another member's life outside of WI and not known what to do about it – within this new structure there is now an avenue to report these. The NFWI has created a Policy which is also available on our website – please take the time to read through it and if you have any questions or concerns, please do not hesitate to contact me on office@cfwi.co.uk



International Women's Day Quiz

International Women's Day on March 8th is a global day celebrating the social, economic, cultural, and political achievements of women. It's also about accelerating gender parity, recognizing the barriers women face, and celebrating the milestones in women's rights and equality. As we acknowledge the role women have played throughout history maybe your WI could have a conversation about inspirational women and who they feel has played a major role throughout the ages. To get you started here is a quick quiz to discover what you know about famous "female firsts".

1. In 1918, some women were allowed to vote for the first time. How old did you need to be if you were a woman?

- 18
- 21
- 30

2. Marie Curie was the first woman to receive a Nobel Prize in 1903. What was the prize for?

- Chemistry
- Physics
- Biology

3. Junko Tabei was the first woman to climb Mount Everest, reaching the summit in May 1975. What event nearly stopped her?

- A broken foot
- A lost map
- An avalanche

4. The first woman to fly into space was from which country?

- USA
- Russia
- China

5. What was aviator, Amelia Earhart, the first woman to do in 1928?

- Fly across the Atlantic
- Build a plane
- Fly around the world

6. In 2013 Brenda Chapman became the first woman to win an Oscar for Best Animated Feature. Which film did she direct?

- Frozen
- Brave
- Tangled

Answers page 8

CFWI Reports

Coco Chanel



I have never worn a Coco Chanel dress! However, this amazing exhibition allowed us to get up close and dream! What an absorbing visit to the first UK exhibition dedicated to the work of French couturière, Gabrielle 'Coco' Chanel, charting the establishment of the House

of Chanel and the evolution of her iconic design style which continues to influence the way women dress today. There was room after room of the most beautiful dresses and suits. We had five timed entry slots and I kept bumping into Members in different rooms.

There were many examples of her 'little black dress' and I found it surprising that she used such a vast array of fabrics. It was very interesting to see the influence of British fabrics in her designs. Coco started her career as a milliner and there were several of her hats on show. The most dramatic room was a reconstruction of the sweeping staircase in her salon, with mirrors all down the wall. The models would walk down the stairs, and Coco would sit at the top, out of sight, and watch the reaction of the clientele in the mirrors. We finished the day by walking through some of the other permanent displays at the V&A. More than a day would be required to do this wonderful museum justice.



Christine Wylde, Stapleford WI

Show the Love

We came together at the end of January to make green hearts to 'Show the Love'. For 10 years people have made hearts to show their support for climate action and this year was no different. We had a fun morning but also discussed



the effects of climate change and considered what we would like to see to tackle it and protect nature.

The photos show a selection of our hearts with a beautiful felt one made especially by Sophie Howson.



Lesley Challands

Amanda Sutherland's Styling Masterclass

A friend invited me to join her to go to Amanda Sutherland's Styling Masterclass at Girton CFWI. It was a lovely morning spent away from the rain and cold, with a welcome coffee and cake beautifully served, whilst Amanda was setting out.

She then explained how to decide on what colour would suit you best, then onto the main item about what suits our own body best, be it a long piece of celery - just kidding or an apple or pear shape. But what she did was to show us on a body-form and

herself principally how to make the best of our figures, with help of underwear, slips and jewellery and tweak here and there. Then to everyone's surprise, if you had wide stretchy palazzo pants at the back of your wardrobe you could deftly make a dress by putting both your legs into one leg pulling up to form the skirt and the other leg would go over your head and shoulders making a cowl neck - it looked quite fetching.

Amanda is really into repurposing household items, ie Coca Cola tins into jewellery and used milk plastic bottles into jewellery too.

All in all a very entertaining morning.

Anne Anthony - Over WI



Sword, Sceptre and Sainthood - A Journey Through the Royal Collection

What a fascinating and interesting morning! Deborah Monteiro gave us a wonderfully informative talk on some of the paintings from the Royal Collection. We were given so many interesting facts, for example that The Royal Collection has three times as many items as the National Gallery and is one of the largest and most important art collections in the world.

Deborah showed us a wide selection of paintings and we were given interesting facts about each. These included both paintings of the Royal family and paintings that the Royals had collected through the centuries. Of course, prior to the existence of photographs and 'modern' media, few people knew what the Royals actually looked like. Many of the paintings



were by artists I had never heard of, for instance Winterhalter, who painted this charming portrait Queen Victoria's eldest of Albert Edward, Prince of Wales in 1846. Another favourite of mine was The Sanctuary by Sir Edwin Landseer showing a stag in water with ducks taking off. Queen Victoria purchased this painting as a present for Prince Albert.



This important portrait of Henry VIII and his family shows the king seated in the centre beneath a canopy of state flanked by



his third wife, Jane Seymour, and the couple's son Prince Edward, later Edward VI. On the left is Princess Mary, later Mary I, the king's daughter by his first wife, Catherine of Aragon, and on the right Princess Elizabeth, later Elizabeth I, his daughter by his second wife, Anne Boleyn. This painting hangs at Hampton Court.

Following Deborah's fascinating talk, everyone enjoyed the light lunch of soup and rolls where the discussion continued. We look forward to inviting Deborah back for another talk in the future.

Christine Wylde, Stapleford WI

CFWI Events

Kosher Lives and Kipper Ties

Museum of Docklands, London
Wednesday 3 April 2024
Cost: £65.00 pp
Closing Date: 8 March 2024

A City & Village walking tour of the old Jewish East End with a visit to the "How Jewish Londoners Shaped Global Style" exhibition.

CFWI Annual Meeting 2024

Comberton Sports & Arts West Street, Comberton
Monday 22 April 2024, 7pm
Cost: £10.00pp (Delegate tickets to be paid by WI)
Closing Date: 2 April 2024



Our speaker this year is local author and broadcaster Dr Giles Yeo, who is well known for his BBC2 series, Trust Me I'm a Doctor. There will be stalls, displays and a raffle and refreshments will be available in the break.

Literary Lunch with Author Nicola Upson

Monday 15 April 2024
CFWI Office, 12.15 for 12.30pm
Cost: £20.00 pp
Closing Date: 15 April 2024

Main

Sausage Plait or
Mushroom, Onion and Parmesan Plait
served with Spring Salad and Potato Salad

Dessert

Lemon Posset



Bluebells in Histon Wood? A walk of discovery

Saturday 20 April 2024, 10am
Cost: £5.00 pp
Closing Date: 29 March 2024

The WI helped plant Histon Wood in 1994. In Autumn 2018 we planted English bluebells in part of the wood. This year we hope you will join us to find these plants in flower. Coffee, tea and biscuits afterwards back at HQ.



A Morning with Kay Goddard—Quilts made to raise funds for war effort in both World Wars

Friday 26 April 2024
CFWI Office, 10.30am-12.30 noon
Cost: £8.00 pp
Closing Date: 5 April 2024

Come along to a morning talk about quilts made to raise funds for the war effort during World War I and II as well as quilts made by Japanese prisoners of war. Refreshments of coffee & cake will be available.



The "Quirky Public Art in Cambridge" walking tour

Monday 20 May 2024
Meet at 11:00 in front of Great St Mary's Church, Senate House Hill, Cambridge
Cost: £15.00
Closing Date: 29 April 2024

This gentle walking tour will cover a number of works from the very famous to the less well known and will include one or two Dinky Doors, brought to us by the people who said "We firmly believe that dinky things, discovered unexpectedly, can deliver dollops of delight against the daily onslaught of miserable miserableness"

Coffee Morning with Whist

Wednesday 8 May 2024

CFWI Office, 10.30am

Cost: WI Members £6.00, non members £8.00



Closing Date: 17 April 2024

Join us for coffee and learn how to play whist. No experience or partner necessary. After each game winners move on to the next table and losers swap sides, so everyone gets to play with someone new. There will be a refreshment break during the morning.

Jane Austen's Sense and Sensibility

Tolethorpe Hall Open Air Theatre
Saturday 20 July 2024, 11.30am performance
Cost: WI Members £46.00 non members £51.00
Closing Date: Friday 5 April 2024

Every Summer 32,000 people attend the Stamford Shakespeare Company's acclaimed season of plays at the Rutland Open Air Theatre at Tolethorpe near Stamford.

Performances take place on an open air stage set within an enchanting woodland glade. Jane Austen tells the tale of the Dashwood Sisters and their contrasting approaches to life and love.

Beginners Painting Weekend

Saturday 18 and Sunday 19 May 2024
CFWI Office, 10am-4pm
Cost: WI Members £80.00 non members £85.00
Closing Date: Friday 19 April 2024

If you would like to learn to paint, come along to this beginners painting workshop led by renowned Cambridge artist and art tutor, Denise Schoenberg. Participants will complete one painting on the first day and two on the second. Basic materials will be included in the cost.



For further information and booking forms please follow this link: [view CFWI events here.](#)

Out and About



CALDECOTE W I

What a lovely evening we had in November when Jancis Harvey entertained us with ballads and songs!



She was superb, and several WI members can remember hearing her perform on the radio and at Folk Music events; definitely to be recommended!

We had a good variety of entries of Christmas table place names. Our Christmas Dinner was a great success held at the George and Dragon in Elsworth where we were looked after admirably.

Janet Fletcher



STETCHWORTH W I

The January meeting featured an engaging and informative talk/demonstration on Molly dancing, led by Alison Giles. With an extensive background of over 20 years in Molly dancing, Alison skilfully guided the audience through this traditional dance form, encouraging active audience participation! Her presentation showcased a vibrant and energetic performance reminiscent of Morris Men dancing. Despite an awkward start, the participating group's abilities resulted in a very competent and enjoyable display of Molly dancing. Alison is a member of the Cambridge Group, Gog Magog Molly, recognised for their colourful attire consisting of leggings, skirts, and waistcoats. Both men and women enthusiastically participate in performances throughout the year, showcasing captivating displays of Molly dancing at various events.

Lane Groves

DUXFORD W I

2024 got off to a great start in January with Iestyn Edwards. I'm not sure what I expected but this trained opera singer in drag, wearing a tutu, was certainly not it! He was very amusing though and our ladies loved him. We had lots of very positive feedback. Iestyn will definitely brighten up any meeting.

Lesley Hale

CHESTERFORDS, ICKLETON & HINXTON W I

We started the year off with an interesting talk from Lucy Bargery, an image consultant. Lucy works for **COLOUR ME BEAUTIFUL** which has been helping

ladies and gentlemen for over 40 years to find their right colours. We learnt that whilst previously the seasons of the year were used to identify the right colours to wear, it is now tonal. Hair and eye colouring are both important factors in the decision as well as skin tone. Lucy demonstrated how to select the correct colours on two of our members who were pleased to learn that they had made the right clothing choices that evening!

Jayne Greenwood

BALSHAM W I

Our meeting on 9 January 2024 featured a talk on the History of Jewellery by Jason Middleton. We had a very interesting and illustrated talk on how jewellery has been used from the earliest humans, in the form of bone and shell necklaces, to extremely valuable pieces made of precious metals and gems worn by royalty. Main reasons for jewellery include religion, wealth and power, love and devotion. A lot of jewellery gets recycled by melting down the metal and resetting the stones and the reason we have knowledge of old jewellery is from those found in tombs and burial places. Jason also had some samples for us to see including how a diamond is cut to make it sparkle so much.

Debbie Mower



PAPWORTH EVERARD W I

Members attending the first W.I. meeting of 2024, listened to local man David Duker. He has spent many hours researching the life of Victor Ekins, who grew up in St. Neots. He joined the RAF and was involved in the Battle of Britain. The bravery of young men, like Victor, resulted in the Germans never being able to occupy Britain

during the Second World War. David has written an interesting biography of Victor.

Joan Tomkinson

LANDBEACH W I

The speaker for our January meeting was Mr Jonathan Crisp from the Waste Management Park in Waterbeach. He gave an excellent talk and presentation on how our household waste is taken from our black, blue and green bins and then processed via an array of large robust machinery housed within their facility. The plant is designed to extract recyclables from the residual waste using mechanical separation before breaking it down biologically. His talk was accompanied with a short

film and he pointed out that on average, a family of four wastes £70 worth of food per month. The talk was interactive with some amusing quizzes.

Christine Ayres

HISTON AND IMPINGTON W I

We celebrated the start of Christmas with a varied programme. Each member had the kit to make a snowman ornament during the evening. We sang carols, enjoyed a demonstration of napkin folding, were entertained by the committee's rendition of the musical *The Sound of Music* (an abbreviated version). We enjoyed some festive readings, a quiz, a raffle and our 'Bring and Share' supper, which always results in a variety of delicious goodies.

At the end of the evening, we felt that Christmas was really underway.

Mary Law

HARDWICK W I

Our January Social had a nautical theme –so buying in fish & chips was a success and meant the committee only had to provide the puddings-drinks were BYO and we ended the evening singing sea shanties with all the actions.

A large group of us went to CRC recently and had their Thai inspired 3 course dinner which was very well received.

Naomi Roy

THE SHELFORDS W I

On the first evening of 2024, when yet another storm raged, we were entertained by musicians from Saffron Walden, who played acoustic guitar and keyboard. They played songs from the 50's 60's and 70's and we joined in, clapped our hands, and tapped our feet to the rhythm of the music.

It made a pleasant way to meet on this our first evening in January of the new year. We shared delicious cookies and then discussed the forthcoming resolutions upon which we must vote.

In February Kate Osborne came and gave a most fascinating and interesting talk entitled "Tales and Treasure and Trash - Suffolk Shingle".

Rosemary Livings

CHRISHALL W I

For our January meeting we welcomed Marion Leeper to talk to us about "Legends of the Fens". She told us that stories had been handed down verbally through generations of Fen people before being written down. She regaled us with three of them - one of which involved the Whittlesey brickworks. She added to the atmosphere by subduing our village hall lights and putting on some portable ones with a green hue. Marion is an excellent speaker and engaged us all and our imaginations in her fascinating talk.

Jane Gravett

MILTON W I

We started the first meeting of 2024 by discussing

the Resolutions for this year. All members were in groups and each resolution was discussed.

The meeting was very interesting, chatting about the pros and cons of each one and discussing what we as a WI could achieve. We then all voted individually for our preferred resolution.

Lorraine North

SAWSTON W I

At our February meeting we celebrated our 100th birthday with much enjoyment and hilarity. It is quite a feat that so many institutes reach their centenary. Mary Dicken gave a fascinating talk about the changes in the village of Sawston from 1924 to 2024 and she was helped by Tim Wreghitt who are both volunteer archivists for the Challis Trust which looks after the house and garden of the late Mary Challis. There were 2 birthday cakes, one lemon drizzle and one chocolate, made and



decorated by one of our members and Prosecco to toast the occasion. There were also many items to look at, photographs from the last 50 years, many articles and books and some old programmes. There were two members of Pampisford WI also who helped us celebrate. A very happy evening.



Fran Edson

GIRTON W I

Girton WI were delighted to welcome David Duker to our February Meeting, to give his talk "One of our own" about Battle of Britain pilot, Victor Ekins, MBE, DFC. Using Victor's diaries, logbooks and the photographs Victor had kept of his time in the RAF, David took us on Victor's heroic journey from trainee pilot to squadron leader. We heard about the young men who never came home, their mid-air battles against enormous odds and the exceptional bravery of the hurricane pilots who defended Britain's Southeast coast. A moving talk, about a remarkable St Neot's man, by a very talented speaker and author.

Hannah Wyborn

QUEEN EDITH W I

In January we had a talk from John Miners on textiles in East Anglia. We were amazed to discover how much there was in this corner of the country. He worked in the industry for over 30 years and showed

us a wide range of fabric samples. There were fine silks, satin, brocades, taffeta, dimity, etc. A most interesting and fascinating talk delivered by a confident and knowledgeable speaker.

Vicky Reti

EARLYBIRDS W I

In January Honor Ridout gave us a history of Sturbridge (not Stourbridge) Fair, from the time of King John in 1211. The fair grew over the centuries to become one of the largest and most important in Europe. There were stalls selling anything and everything. There is still a small ceremony every year, the next will be on 7th September 2024.

In February Leisbeth Ten Ham encouraged us all to make our gardens homes for wildlife. She is passionate about working with nature over time to make space for native plants and creatures. 56% of species in the UK are in decline, with many critically endangered. Over 40 million birds have vanished from the UK in 50 years Wildlife gardening is managed and not abandonment. We should allow nature to control pests so there is no need for chemicals. We as gardeners need to be "ecosystem engineers".

Trish Peroni

BARTON W I

Dr Irina Kirillova MBE described some of her experiences interpreting Russian at high level. Her first involvement came when Mikhail Gorbachev came to London accompanied by a large entourage.

Subsequently she travelled with the then Prince of Wales to Ukraine, Turkmenistan and Kyrgyzstan and with HM the Queen and the Duke of Edinburgh on a state visit to Russia. On that trip she acted as Prince Philip's interpreter and, on one occasion, struggled with the technical vocabulary needed on a visit to a submarine. Irina's descriptions of formal events conducted in the Russian style were fascinating and her talk opened a window on a very different world.

Ann Killen

MILTON W I

We started the first meeting of 2024 by discussing the Resolutions for this year. All members were in groups and each resolution was read out and discussed.

The meeting was very interesting, chatting about the pros and cons of each one and discussing what we as a WI could achieve. We then all voted individually for our preferred resolution.

Lorraine North

Thanks for all your reports this month.

Please keep articles to approximately 100 words.

Items for the April newsletter to office@cfwi.co.uk by Monday 11 March 2024.

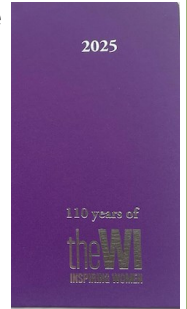
Speakers Update

Please note that Iestyn Edwards does not have a car and relies on public transport to attend meetings.

Fran Saltmarsh, Saffron Summerfield and Ernie Almond are all listed speakers but unfortunately their contact details were omitted from the Year Book, please contact the office for this information.

2025 WI Diaries

We are now ready to take orders for the 2025 WI Diary. Next year's diary is a special edition to mark the 110 years of the WI. It will have a purple cover that is completely recyclable, which makes the whole diary recyclable except for the ribbon. The price of the diary will be the same as the previous two years - £7.00



Diaries to be collected from the office.

Order form with your secretary.

10% of proceeds are received by the Federation

Coleslaw recipe from the Winter Lunch

Serves 8 as a side

Ingredients

1 small white cabbage or ½ a large, or half red half white
4 carrots, peeled
1 large red onion
1 tbsp Dijon mustard
50g mayonnaise
50g yoghurt, soured cream or more mayo
1-2 tbsp white wine vinegar
Sugar to taste
Seasoning
Paprika



Method

Shred cabbage thinly and place in bowl.

Grate the carrots and add to the bowl. Finely slice the onion, as thin as you can, and add to the bowl with the other veg. Stir.

In a jug, whisk the mustard, mayo, yoghurt, sugar and vinegar. Season well, and taste.

Tip the dressing into the veg bowl and mix everything together well with a large spoon. Stir so all the veg gets coated lightly in the dressing. Sprinkle with a few pinches of paprika and serve straight away.

Can be covered and chilled for up to 2 days.

Quiz Answers

- | | | |
|------------|-----------------|----------------------------|
| 1. 30 | 3. An avalanche | 5. Fly across the Atlantic |
| 2. Physics | 4. Russia | 6. Brave |