

### CHAIR'S CHAT

with Lorraine Reed-Wenman



Gosh, it is that time of year again for so many people to get their flu jabs and the light has dawned on me of the ageing process as I now qualify for one for the first time. For anyone who knows me well, they will know that was a bit of an ordeal for me as neither me, nor

the long pointy thing used to administer said jab, get along (if yours is due, don't forget to get it done). Mentally and logically I tell myself there are worse things in life but it is one of a couple of fears I cannot get past. I can deal with other people getting injections, just not myself.

This made me think of others who are so fearful of all sorts, in particularly Covid-19, which is affecting their lifestyle and mental wellbeing. As time is passing, some have not been able to do much due to shielding or isolating themselves or others and it has become a very big issue for them to step outside the door and venture to the shops or have any actual contact with others. The wearing of masks or not is also an issue with many not being able to wear them whilst others are not distancing.

Please do check on your fellow members, neighbours, friends and family who may be suffering in silence or hiding behind a smile that is not quite telling the truth, a friendly smile or hello from you might be just what is needed to get them through the day. No matter what your personal beliefs are, we need to be tolerant and understanding of other's fears.

On another note, I spent a day recently as part of the NFWI Resolution longlist selection panel. It's not something that I have had the chance of doing before and was a very interesting experience. It was a long and intense day but we finally whittled the submitted resolutions down to a shortlist; you will hear about them in due course from NFWI.

I am sure most of you will be aware that annually, October is Black History Month. NFWI highlights inspiring women throughout the year; it's always good to [check out their website](#) for the latest news. Better still, why not sign up for the NFWI newsletter if you have not yet done so.

Coming up in the last week in November sees the highlighting of the *No More Violence Against Women* campaign /16 Days of Action starting on 25th November (White Ribbon Day), so do keep a look out for information.

Communication is key, and as we are turning to zoom meetings more and more, it is necessary to look at including those who do not have access to or use the internet and are missing out on WI meetings. How many of you know that if your WI pays for a Zoom subscription, you can attend Zoom meetings via the telephone? You can use your mobile phone or landline, for which there may be charges relevant to the phone service package each person has. The charges will be the member's responsibility, but an option to be included is at least a choice.

For organisers of Zoom meetings, you can set the default country within the settings of your Zoom account to the UK, this means that when you schedule meetings, the invitation will include all the numbers available for people to dial into your meetings as well as the usual link to Zoom and ID/ Passcode. The prompts are quite clear and easy to follow using the telephone - please do check with your phone provider/ package first to understand what charges there will be even though the Zoom website says: *Using a dial-in number for your country will be treated as a regular phone call. If you choose to use a dial-in number outside of your country it will be treated as a long distance call.*

Talking of communication, we set up chats between members and the Federation and since the end of May we have scheduled both weekday and Sunday evening chats across eleven two-hour sessions. Sadly, for whatever reason, very few members have taken part (fewer than ten members to date).

My thanks go to those who have joined us and to the Trustees/ Advisers who gave up their time to keep me company when hosting the chats but we will have to cancel some if members continue not to join us. Details, for future reference, are sent to your WI Officers, put in this newsletter (see page 5), emailed to members plus noted on our Facebook Group. Everyone is welcome to join us with a cuppa, ask questions, get clarification or simply just chat in general.



Finally, some good news: I would like to say a very warm welcome to Michelle Gordon, from N1 WI, who has agreed to join the Board of Trustees team. You may know Michelle from the *WI Wanderers* Facebook Group (and last month's *WI Life*) and I am sure you will be seeing more of her in the future.

Regards,

**Lorraine** x

# IN BRIEF

## WI BIRTHDAYS



**Happy birthday to three  
Middlesex WIs which celebrate  
in November**

**North West London**

13 November 2007

**Stroud Green**

15 November 2011

## CONGRATULATIONS

Congratulations to Hayes Town member Wendy Capehorn for completing her challenge in September, doing 1.7million steps in three months, the equivalent of Lands End to John O'Groats, while raising the total of £1101.05 for Diabetes UK.



## 200+ CLUB

### SEPTEMBER 2020 WINNERS

Congratulations to the winners of our September 200+ Club draw!

**1st prize - £35**

Jenny Lowes, Bedfont Belles

**2nd prize - £20**

Tracey Mercer, Stanwell

**3rd prize - £15**

Alison Fremantle, West Drayton



## GET IN TOUCH

### COUNTY OFFICE

Unit 3 - No 7 The Green, West Drayton, Middlesex UB7 7PL

**Tel:** 01895 440161

**Email:** [secretary@mfwl.org.uk](mailto:secretary@mfwl.org.uk)

**Due to the coronavirus situation, the MFWI office is currently closed.  
The best way to get in touch with us is email.**

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## MIDDLESEX NEWS NEEDS YOU!

Please send articles (maximum 150 words please) and photos to [newsletter@mfwl.org.uk](mailto:newsletter@mfwl.org.uk) in a Word-compatible format before the end of the month prior. Please note that articles received after this date will unlikely be included due to production deadlines.

### Printed copies?

The cost of the printed newsletter for 2020 is 82p per copy. Every WI is sent an email version to pass onto their members at no charge.

*Whilst the MFWI office continues to be closed, printed copies of the Middlesex News may be delayed, but are being sent out to Secretaries.*

*All copies will be sent directly to members with email addresses as well as being sent to Secretaries for their own distribution where appropriate.*

*The newsletter is also available, as always, on the MFWI website. You are free to print and distribute copies to your members/community as you wish.*



# AROUND THE WIS



## HARLINGTON

Sarah Wilson

Harlington members met in Cranford Park on Wednesday 2nd September for a catch up. We were lucky with the weather and welcomed three guests.

After business was dealt with, we all admired Anna's WI doll which she had made after subscribing to a Denman virtual on-line course (see page 7, as you can see from the photo, an impressive make.

Jan became one of those incredible people who got sponsored to shave their hair for charity. What an amazing lady Jan is to take part and raise money.

Gill took us all through a twenty-minute keep fit session (in my case *get fit!*). We wished happy birthday to Janet and Lynne who are celebrating birthdays this month, and future meetings, outings and workshops were discussed for when we are able to meet again indoors, hopefully in the not too distant future.



## HAYES TOWN, HARLINGTON & WEST DRAYTON

Gill Wildman

Members of Hayes Town, Harlington and West Drayton came together on a glorious afternoon at Ansell Garden Centre in West Drayton.

We unfolded the banner I made last year at Hayes Town and to show friendship on the WI's 105th birthday, and to wish Liz Morrell of West Drayton a happy 70th birthday! We celebrated with tea and Victoria sponge, of course.





# CRAFTS\_ON\_SHOW

## Kay Crone, West Drayton



I made this Unicorn trophy head for a friend's daughter. It's knitted from a kit in a super chunky yarn And measures just under 18" from front to back. I'm now knitting a dragon for her son!



This tablemat is one of two I crocheted to test the pattern for the designer, who lives in Finland!



It's getting closer to Xmas, time to knit those Xmas sweaters!

## VIRTUAL COW BYRE

We were sad to have to skip our annual craft exhibition at the Cow Byre this summer, so over the next few issues we're sharing some images of some of the crafts we've been creating this year.

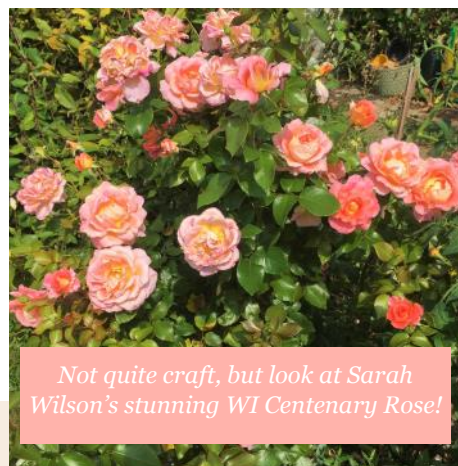
Thank you to Yve McBride for this sterling idea!

## Sarah Wilson, Harlington

This patchwork dog blanket is for my son's boxer dog.



These are the result of trying out encaustic art (painting with pigmented hot wax) with Dot at last year's Cow Byre exhibition.



*Not quite craft, but look at Sarah Wilson's stunning WI Centenary Rose!*

I made these two sundresses for my grand-daughters.





# KEEPING IN TOUCH



## MFWI MEMBER CHATS



*Click on the link and join members from across the Federation for a chat. You'll might meet someone new!*

### Wednesday 28 October

**19:00**

Meeting ID: 838 2443 9174

Passcode: 934859

### Sunday 8 November

**17:00**

Meeting ID: 897 5812 1549

Passcode: 862606

### Wednesday 19 November

**19:00**

Meeting ID: 890 8966 1670

Passcode: 741127

### Sunday 6 December

**17:00**

Meeting ID: 836 2355 1980

Passcode: 933335

### Thursday 17 December

**19:00**

Meeting ID: 832 0112 3918

Passcode: 648822



## CRAFTY POP-INS

*Crafty Pop In: bring your projects and chat, or just come and chat about crafts! Get some ideas from fellow members*

### Thursday 5 November

**13:00**

Meeting ID: 831 2845 8015

Passcode: 619671

### Thursday 3 December

**13:00**

Meeting ID: 811 2236 0354

Passcode: 050524



## CRAFT INN

*A new monthly craft get-together on a Monday, hosted by members of the MFWI Craft Committee.*

*Bring along your unfinished objects (UFOs) or your current project to craft and chat, maybe bring along a glass, cup or mug of something...*

### 19:30 every Monday

**from 19 October**

Meeting ID: 816 8394 4835

Passcode: 859741



*BoT member Yve McBride has been busy knitting and crocheting, above.*

*This intricate stumpwork panel depicting The Owl and the Pussycat, below, was created by Diana Caley of West Drayton. Diana also made these sweet knitted creatures, seen on the right.*





# AROUND THE WIS

## WEST EALING

Sally Greenbrook

We were hoping this month to be able to resume some of our activities in person, particularly our walking group. Unfortunately the rule of six has scuppered that, so we'll be sticking to online activities for the foreseeable future.

Our craft group has started trying out new activities guided by YouTube videos. This month we had a go at botanical drawing with pen, with very impressive results. Some members commented that no one could teach them to draw but YouTube proved them wrong!

Our main meeting this month was supposed to be our Annual Meeting but we have taken the decision to defer this until next year. Our officers are happy to remain in post until we can meet in person.

We have had some other committee changes though—after four years, Angela has decided to stand down and we thank her for her service to the committee (and her excellent photography and social media skills).

We are however delighted to be able to welcome Jane and Janet to the committee.



Instead of our Annual Meeting we had a magic show! We were joined on zoom by Wayne from Magic in a Trice who gave a brilliant show and told us a bit about his career as a professional magician.

He even taught us a few tricks to impress our friends and families. It was the perfect lighthearted entertainment for these very weird times and we highly recommend him: see

[www.magicnatrice.co.uk](http://www.magicnatrice.co.uk).



## HAYES TOWN

Gill Wildman

It's been a sad start to October for Hayes Town WI. One of our founder members of 1993 Viv Beckett, organiser, doer of many jobs, and most importantly, Treasurer of 25 years until her retirement two years ago, suddenly passed away on October 3rd, then two days later our President of 14 years, Joan Kimber, sadly died.

Joan was a kind and calm person and a brilliant quilter/needlewoman, always smartly dressed in matching colours and jewellery, and would greet visiting



*Viv Beckett, Joan Kimber and Heather Reid at Hayes Town's 20th birthday*



*Joan Kimber with Hayes Town's 25th birthday certificate, and below, receiving the certificate from Federation Chair Liz Morrell at the MFWI Annual Council Meeting in 2018.*



*Joan Kimber with an example of her imaginative quilting work*

members old and new with a friendly smile and warm words. Always leading from the front with the singing of Jerusalem at the start of every meeting, Joan's proudest moment was receiving the Hayes Town 25th year certificate, two years ago at the Middlesex ACM.

To Linda, Marion and myself, Joan was our fourth WI sister, doing together several Annual National Conferences and outings, our favourite yearly visit to Ascot Racecourse and numerous afternoon teas in London; always a fun time.

Both Viv and Joan were well supported by their partners Alan and Bill and Hayes Town condolences to go out to them both at this sad time.



# MIDDLESEX UPDATES

## DENMAN UPDATE

Lorraine Reed-Wenman

Sadly, Angela Chessman and I visited Denman to remove the remainder of the MFWI items from the Middlesex Room. It was not a visit we enjoyed, but we did get to thank some of the staff. The good news is that staff are working on a project to donate the large pieces of furniture to a women's charity, so will go to a good cause.

Denman may be closing, but its online courses are getting many members sewing and crafting once again after a break. Here's 'Lockdown Lucy', Angela's Denman at Home doll. We love her!



## DENMAN AT HOME

*We know a lot of you have been busy enjoying online courses at Denman.*

*If you have not tried yet, we highly recommend you take a look. Yes, they are held using Zoom, but you don't need to have your camera on you can just watch and listen without participating. Most of them give a chance to ask questions though. Enjoy!*

**All courses are listed [here](#) on the Denman website. Here are a few highlights of upcoming sessions:**

John's Talk on Mistresses and Their Houses .....	Mon 09 Nov 8:00pm
Needle Felt-Along Squirrel with Sue .....	Weds 04 Nov 10.30am
Christmas Wreath Make-Along with Claire .....	Fri 06 Nov 2.00pm
The Rise of Detective Fiction—Peter's Talk .....	Weds 18 Nov 4.00pm
Stitched Christmas Cards with Claire .....	Fri 20 Nov 2.00pm
Edible Gifts—Italian Biscuits .....	Tues 24 Nov 4.00pm
Bruges—It's More Than Just Chocolate .....	Mon 23 Nov 7.30pm
Mince Pies and Mulled Wine Cider .....	Tues 01 December 4.00pm

[www.denman.org.uk](http://www.denman.org.uk)

**MOSTLY ONE HOUR  
MOSTLY £5**



## SAVING ON RAIL TRAVEL

Gill Wildman, Hayes Town

As many of our WI members were 65 by 5th April 2020, they qualify for a London Freedom Pass, and have had some wonderful days out in. We love London: it's never boring—there's always something new you find out... and of course shopping! (I had my Freedom Pass at 60 so now have had mine 21 years... wow!)

I recently used mine, on a day out to Maidenhead. Yes—on the new TFL Elizabeth Line, which goes from Reading in the west to Shenfield in the east, and which will eventually go through central London as Crossrail (via Bond Street, Tottenham Court Road and Canary Wharf). Travelling all the way from Zone 1 to 7, the trains have beautiful royal purple livery, and you can walk right through the long carriages, so in these days of Covid, there is plenty of space. You will not be able to touch out or back

in at zone 7 stations yet, as the gates haven't been enabled for Freedom Pass, but staff let you in and out no problem and with a cheery smile!

Another tip for train travel is the Senior Railcard for 60s and over which is for any rail travel and which gives you 1/3 off the ticket price. It costs £30 a year (or £70 for three years), but if you shop at Tesco and have vouchers, it only costs £10 in vouchers. It is excellent value, as sometimes you may only have to make one or two rail journeys and you've saved that £10. I make sure I keep £10 in vouchers each year for my renewal & have done so for at least the last 12 years. You can also link this card to your Oyster card, if you're not a Freedom Pass holder.

Freedom Pass holders do remember when booking long journeys out of London zones, book the ticket from the last station in that zone to maximise the part of your journey covered by your Freedom Pass.

So... go ladies, go! Enjoy your train journeys: much nicer see the countryside than car chocked roads!

**More information here**

**Freedom Pass**

<https://tfl.gov.uk/fares/free-and-discounted-travel/freedom-pass>

**Senior Railcard**

<https://www.senior-railcard.co.uk>



Image: TfL



# A CUP OF COFFEE WITH...

## JULIA LEWIS

Member, Board of Trustees

*Julia was a founding member of West Ealing WI in 2011 and has been a member of the Board of Trustees since 2020.*



### Who would you most like to have a cup of coffee/tea with?

Hugh Grant; cannot imagine how our paths have never crossed... He has strong views on many things and an interesting take on romance and I believe I would like to know how his mind works.

### What inspired you to join the WI?

I realised all my friends lived outside London and heard a new WI was planned. Went to the pub (of course) when it was formed and it was good to be there at the beginning.

After a year, I joined the Committee and was Vice President under three different Presidents over seven years.

### Which woman inspired you most?

Twiggy: Always smiling, always positive and game to have a go at acting, singing and dance as well as modelling (watch *The Boyfriend*).

### What is your most treasured possession

Two boomerang kids: 27 year old girl and a 25 year old boy!

### The best biscuit to dunk in tea/coffee?

Rich Tea.

### The unending quest that drives you on?

One day... I will clear my house of things I do not want.

### How do you relax?

Swimming, Tai Chi Sword Fighting, reading in bed.

### How my hobby became an obsession?

My unending quest to clear my house, lead to running a Vintage/Retro Stall and I am still selling only my own inherited things!

However, at six years old I had bought my first antique with my pocket money, so there was no hope!



### The person who influenced you most, and why?

Miss Warman, a teacher who said, "Always look upwards and around you."

### The worst job you have ever done?

I worked in a tiny bakery with two very large sisters and had to roll myself between them like brushes in a car wash as we all served shoppers up and down the counter!

### The piece of wisdom you would pass on to a child?

"Always believe you can do the thing you feel afraid of... It is never as bad as you think."

### The temptation you wish you could resist?

Wine.

## MAKE A MATCH

Every twenty minutes, someone in the UK is diagnosed with blood cancer. Often, replacing their cancerous blood cells through a blood stem cell donation from a matching donor is their best chance of survival.

Ideally, stem cells are taken from a family member, but 65-75% of people who require this treatment are unable to find a sibling match. Most people depend on finding a suitable donor via a donor registry. In order for more matches to be found, more people are urgently needed to join the registry.

## DKMS

[www.dkms.org.uk/thewi](http://www.dkms.org.uk/thewi)

**Anthony Nolan**

[www.anthonynolan.org/WI](http://www.anthonynolan.org/WI)

**Currently, in the UK, only 2% of people are registered as stem cell donors.**

While a number of organisations are already working on this issue, meeting the demand for suitable stem cell donors is recognised as a big challenge.

The NFWI has worked with donor registries **Anthony Nolan** and **DKMS** to create WI-specific sign up links to the stem cell registry. These links will allow the WI to keep track of the number of people who sign up as a potential donor as a result of the WI's **Make a Match** campaign.

Signing up to become a stem cell donor is a personal choice and there are restrictions on who can register, including age limitations. Eligibility criteria vary across organisations involved in this process.

You can find out more about this and how to sign up by visiting their websites.