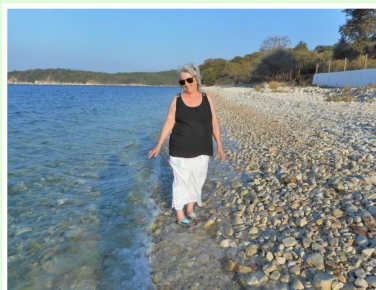


CHAIR'S CHAT

with Lorraine
Reed-Wenman

Well, who would have thought, we are a year on from the first 2020 lockdown with many still shielding, isolated, working from home and trying to follow those ever changing restrictions.

I have never had an issue about working from home or being alone, so that has come easy to me. However, given my commitments I rely heavily on being able to re-charge my batteries every year with a trip to Cornwall in the spring and a Greek Island at the end of the



summer. As with many of you, I have not been able to do that and am sure you, as I do, feel the effects. Memories are good but nothing beats that 'chill factor' that you get when

away from home. I am hoping that the vaccination programme and the containment of the spread of the virus will lead us to at least be able to see some family and friends again soon.

For me, balancing life with the 'job' (which is not a Mon-Fri 9-5 one) has not been easy and I can appreciate and take my virtual hat off to all committees and their members who are keeping things going, at times going the extra mile to keep their members engaged and in contact whilst they maybe working. We cannot replace family, but the friendship that we can share goes a long

way to helping those who are not so lucky, to have someone to talk to. Thankfully Spring is on the doorstep so we can appreciate our outside spaces a little more and be able to at least see more people even if through a mask and at a distance.

As there is a chink of light for us all, let's see if we can't hang on in there for a bit longer and start to plan getting back with our face to face meetings in the summer, if not before.



It will be a mixed journey for us all and things may not be quite the same as before Covid struck, but the WI itself has not changed its principles or objectives.

Please do keep supporting your WI where possible, especially as it is coming up to subscription renewal. Your WI will need your support to be able to continue. Everyone can have a part to play in that.

Let's lift the spirits and have a bit of fun, it is our Centenary Year after all! For those who are able to, how about joining us for an **Afternoon Tea** on Zoom on Sunday 11th April—see page 7 for details.

A reminder that we do need to have your completed banner panels as soon as you have finished them, please. As the office continues to be closed, I would appreciate them being sent to my home address (please contact me for details). See page 7 for some examples.

Lorraine x

EARTH HOUR 2021

27 March 2021

Earth Hour is coming up on 27 March 2021, from 8:30 to 9:30 pm and is organised by the World Wide Fund for Nature aimed at turning off non-essential lights, television and so onto raise awareness of Climate Change.

In the midst of the global COVID-19 health crisis, Earth Hour marks a moment of solidarity for the planet as global communities unite and organize events digitally.

Lorraine will be lighting a candle for Earth Hour when the time comes.

What will you be doing?

<https://www.earthhour.org>

MFWI ANNUAL MEETING

22 July 2021

The meeting is still planned to take place on **Thursday 22 July 2021** at the **Royal Geographic Society** on Kensington Gore, South Kensington.

Pencil it in... We very much hope this to be an 'in person' highlight of our Centenary year!

EASTER PUZZLE

If I have one egg ○
My rabbit lays 4 eggs ○○○○
A thief gives me 3 eggs ○○○
My farm rooster lays 5 eggs ○○○○○

How many eggs do I have?

The answer is hidden in the newsletter... ☺

CENTENARY RECIPES

Calling all cooks!

Do you have some family recipes that you might like to share as part of our **Centenary Recipe Book**?

Please email to secretary@mfwi.org.uk or contact Lorraine for her address for a postal submission.



IN BRIEF

WI BIRTHDAYS



A very happy birthday to our March birthday WIs

Ruislip Evening	04 March 2011
Gothic Valley	08 March 2012
Field Dames	09 March 2015
Teddington	09 March 2011
Hampton Tudor Rose	14 March 2017
Harlington	22 March 1932
Norwood Green	25 March 1985

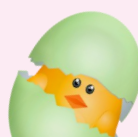
HUXLEY CUP

Competition Update

*Inspiring women across the country to
create a greener and cleaner place to
live*

WIs are invited to design a planted area that could be recreated within their local community. The planted area can be designed for any season, themed to reflect the spirit of the WI, local community, or which tells a special story.

The revised deadline for entries is **27 August 2021**. For more information, contact your Secretary.



200+ CLUB

FEBRUARY 2021 WINNERS

Congratulations to the winners of our February 2021 **200+ Club** draw!

1st prize - £35

Lorraine Reed-Wenman,
Ruislip Evening

2nd prize - £20

Joy Hopkins, Sunbury on Thames

3rd prize - £15

Bebe Bond, Sunbury on Thames

MIDDLESEX NEWS NEEDS YOU!

Please send articles (maximum 150 words please) and photos to newsletter@mfwi.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 2021 will be £12.00 for 12 copies starting in April 2021. January, February and March 2021 copies will be free of charge to those currently receiving paid copies. An order form for 2021 will be coming your way nearer the time.

WIs will no longer be sent a free printed copy in 2021 in order to be a little more eco-friendly and to reduce costs.

As always, a soft copy (PDF) will be sent to all officers and members with an email address, to pass on, at no charge.

*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.*

***Need to send us a cheque
while the office is closed?***

*Please email Sarah Endersby for an
alternative postal address.*

GET IN TOUCH

COUNTY OFFICE

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

Tel: 01895 440161

Email: secretary@mfwi.org.uk

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

CHAIR: Lorraine Reed-Wenman chair@mfwi.org.uk
VICE CHAIR: Jules Hall vicechair1st@mfwi.org.uk
SECRETARY: secretary@mfwi.org.uk
TREASURER: Sarah Endersby treasurer@mfwi.org.uk

ACWW: Lorraine Reed-Wenman acwwrep@mfwi.org.uk
CRAFT: Lorraine Reed-Wenman craft@mfwi.org.uk
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MFWI EVENTS: eventsteam@mfwi.org.uk
NEWSLETTER: Emma Watson newsletter@mfwi.org.uk
PUBLIC AFFAIRS: Sarah Wilson publicaffairs@mfwi.org.uk
SCIENCE & LEISURE: Alison Fremantle scienceandleisure@mfwi.org.uk
SOCIAL MEDIA: Emma Watson socialmedia@mfwi.org.uk
SPEAKERS DIRECTORY: Julie Bloomfield speakers@mfwi.org.uk
WEBSITE: website@mfwi.org.uk

AROUND THE WIS

HARLINGTON: FAREWELL MAUREEN HANDLEY

Sarah Wilson

Members were very saddened to learn of the death of former member Maureen on 23 January 2021. A former member and officer for many years of our Institute, she worked tirelessly every year at our Produce and Handicraft Show which was a great success and well attended. Every year in Spring the schedule would duly arrive, and members would be encouraged to grow produce and flowers, arrange flowers for the floral art class, enter photographs, knit and sew handicrafts, bake for the cookery class, not to mention the jams, marmalades and chutneys. Woe betides anyone not using the right lid or goodness!! The label is in the wrong place. Ah! The excitement of winning a Gold Star.

Liz Morrell (Past Chair and WI Adviser) recalls meeting Maureen when we were encouraged to join the Organisation Committee at MFWI in 1997, by ex-



Chairs Olive Powell and Pat Buffin, both Voluntary County Organisers (VCOs). After a few years of assisting at Annual Meetings and events such as the Middlesex County Show to encourage women to join the WI, the Federation agreed to fund training for Maureen, Carol Sullivan (Membership Chair) and myself, and in 2000 we were appointed

by NFWI. The role of VCO was renamed as WI Adviser (WIA) in the early 2000s.

Maureen was the lead WIA working with Kim Ford, who approached MFWI to open Ruislip Evening WI, The first WI to open in Middlesex after many years. Many others followed in quick succession. Maureen will be remembered by founder members in Gothic Valley, Stroud

Green, West Hampstead and HA:WI to name but a few. Maureen also represented the Federation on the London WI's Forum at NFWI HQ.

Professional, approachable, calm, quietly spoken, talented craft women, good fun, always ready for a laugh. A joy to spend time with. Our thoughts and prayers are with her sons Tim, Guy and their families may she Rest in Peace.

STROUD GREEN

Michele De Broglio



Stroud Green WI has rounded off 2020 with a short video on our Facebook page, showing all the amazing things that we have been up to over 12 months, starting before lockdown and continuing through the pandemic.

If you're reading the digital version of this, click on the image below to take you to the video. Otherwise, check out Stroud Green's Facebook page.



WEST EALING

Sally Greenbrook

When we moved our meetings online in March 2020, we never imagined we'd still be meeting on Zoom nearly a year later! Nevertheless, we persist.

Our January meeting is always focused on physical activity and we see no reason to let a pandemic get in the way of that. We invited a local tai chi instructor, Andrea Bugari to join us on Zoom and take us through some tai chi moves. It was a lovely gentle way to get us moving on a cold Tuesday evening.

We've really enjoyed how much our members are engaging with the online format, and have kept our monthly pub quiz and craft club going throughout the pandemic.

The committee has been busy planning activities for the coming months to keep our meetings interesting. It's no substitute for meeting in person though and we're all looking forward to the day when we're able to return to the community centre.



AROUND THE WIS

LALEHAM

Chris Walker

January 2021 has been a quiet month for Laleham, but a lot of interaction on our WhatsApp group is helping to keep members spirits up.

Members continue to support each other, helping out with shopping and giving lifts for medical appointments and now thankfully for vaccine injections.

President Helen Hurst has been keeping members up to date with WI news and issues – including canvassing for our votes on 2021 Resolutions.

Special shout out for Maria Winter who has been putting her spare time to very good use and has made these beautiful scarves and jumper – well done Maria!



HAYES TOWN

Yve McBride

Hayes Town WI is Zooming!

Hayes Town had its first online members meeting via Zoom this month. Committee meetings and unofficial chats have been arranged in recently but this month there was a meeting to attend.

It was a pleasure to see 15 members in the virtual room together, many using Zoom for the first time.

WI business was discussed with reminders of submission dates for competitions included.

The design for the centenary patch was also decided.

Logging back on after 40 minutes wasn't ideal but it did give those new to Zoom chance to practice their skills.

The next step for Hayes Town - to purchase a licence to enable members without technology to join in from their house landline.

My favourite comment of the afternoon was from a member that had never used Zoom before, she arrived in the 'room' with a smile and said 'Well, that was easy, wasn't it!'

And a message from Yve as MFWI's Digital Team lead:

If any other WIs would like help or advice on setting up or using Zoom for their meetings, please do contact me

on: digitalteam@mfwl.org.uk

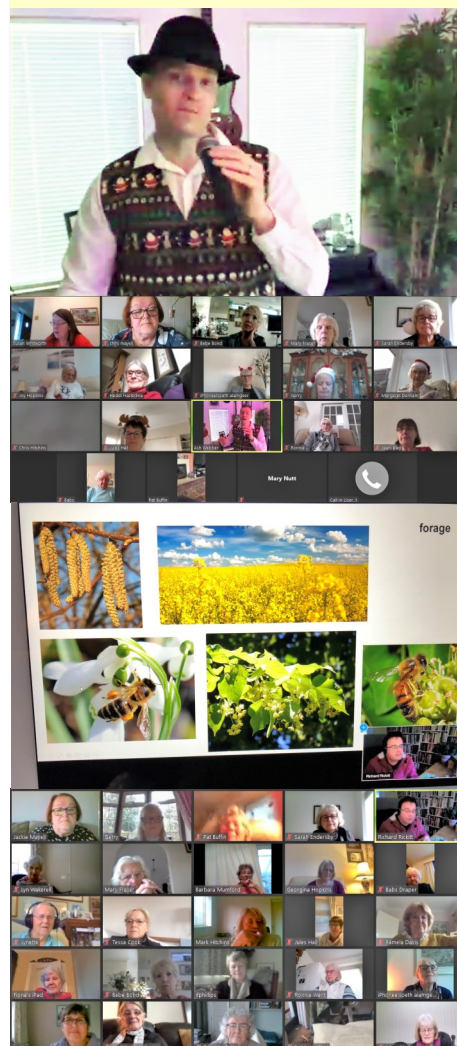
**WELL, THAT
WAS EASY,
WASN'T IT?!**

SUNBURY-ON-THAMES

Gerry Attias

At our November 2020 Zoom meeting, our speaker Richard Rickett spoke enthusiastically about bees. A very informative talk on the various types of bees. In the UK there are 3 types of bees: Bumblebee (24 species), Solitary bees (225 species) and Honey bees (1 species). He gave an in-depth talk on the Honey bees. They live in large colonies. The Workers who mainly are female, they can fly 3 miles to collect pollen which can be a third of their weight and then fly 3 miles back with the pollen. The Drones are the boys who mate with the Queen. There is only one Queen who lays 3,000 eggs a day in summer.

At our December meeting we were entertained by Ashley Webber. He gave a rendition of our favourite Christmas songs and some old greats of Dean Martin and Frank Sinatra. We all joined in, some forgetting to use the unmute button to the enjoyment of others. (*I wonder who that could be, GA?*)



DENMAN AT HOME



Buying a Denman At Home Gift Experience e-voucher is the gift that gives access to Denman's new online adventures from the comfort of your home. From cookery courses and craft demos to history lessons and fun activities for all the family, a new online adventure awaits.

To purchase, go to the Denman website.

KEEP IN TOUCH

MEMBER CHATS



Join members from across the Federation
(and some of our Trustees) for a chat.

Thursday 25 February 19:30

Meeting ID: 873 8351 4667
Passcode: 960683

Sunday 21 March 17:00

Meeting ID: 818 4010 6710
Passcode: 701935

Wednesday 10 March 19:30

Meeting ID: 874 3875 3809
Passcode: 909592

CRAFTY POP-INS

Bring your craft projects and chat,
or just come and chat about crafts.

13:00

First Thursday of the month

4 March

1 April

6 May

3 June

Zoom link

Meeting ID:
879 0513 1326
Passcode:
405027



CRAFT INN



A weekly 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

Zoom link

Meeting ID:
845 2969 7238
Passcode:
829648

MEWI UPDATES

RESOLUTIONS

NFWI Update

The results of the 2021 resolution shortlist selection process are in. This year there were 66,312 selections cast. We know this has been a more difficult year due to the challenges surrounding the Coronavirus pandemic and multiple lockdowns, so thank you for supporting your WIs throughout this process.

The NFWI Board of Trustees has decided to put forward the top resolution to the Annual Meeting in June, with votes from Wis due (this year via an online form) by 9 July 2021.

The wording of the resolution is as follows:

2021 resolutions		Selections
1	A call to increase awareness of the subtle	30,240
2	Stop women dying prematurely from coronary heart	16,285
3	Racism and discrimination	5,363
4	Now's the time to act! Protect your nature space to	7,808
5	Stop the destruction of peat bogs to tackle climate	6,616
Total selections received		66,312

A call to increase awareness of the subtle signs of ovarian cancer

Wording: *Every two hours in the UK someone dies of ovarian cancer. Making sure GPs and the public know what to look for will not only ensure the early detection and treatment of this disease,*

but transform lives today and for generations to come. NFWI calls on WI members everywhere to help increase awareness of the subtle signs of ovarian cancer.

Voting details will be available from your Committee.

THE WONDERS OF BI-CARB SODA!

Alison Fremantle, Science & Leisure
Bicarbonate of Soda, or Sodium bicarbonate, or Baking Soda, or Carb Soda, or carb soda, is a chemical compound composed of a sodium cation and a bicarbonate anion. It is a white solid that is crystalline, but often appears as a fine powder. Slightly salty in taste, its natural mineral form is nahcolite and components of this mineral are often found in many natural springs. Naturally occurring deposits of nahcolite are found in the Green River formation in Colorado, US. It is deposited as 'beds' during periods of high evaporation, ie drought. It is commercially mined using common mining techniques, such as used in coal mining. It can also be a solution, mined by pumping hot water through previously mined beds, and reconstituting dissolved nahcolite through a natural cooling crystallisation process.

There are so many ways in which we can use Bicarbonate of Soda...

It is sometimes used in the cooking of green vegetables, giving a bright green colour, as it reacts with the chlorophyll in the leaves, but also affects the taste and nutritional content. It is used to soften peas and pulses, and is used to make the traditional 'mushy peas'. It is used to tenderise meats, and enhance the crispness in fried foods as it allows passages of steam to escape.



trainers, smelly pet beds, and generally all musty smells e.g. old books, wardrobes and linen cupboards. It is recommended that you keep an open box of bicarb. in place until the smell has gone. To deal with dingy laundry, add 200g of bicarb. to the load to brighten the wash. To clean jewellery, mix 3 parts bicarb. to 1 part water, and apply with a soft cloth.

Medical / Hygiene

Mixed with water, it can be taken orally as an antacid to relieve heart burn and indigestion. It can also act as a laxative. It relieves the pain of insect bites and stings. We can find it in many brands of toothpaste, used for whitening and plaque removal. It can be found in mouthwash because of its antiseptic qualities and used neat or mixed for mouth infections. It is also present in some deodorants.

My mother taught me to use a tablespoon of bicarb. of soda in a bowl of water for cleaning the fridge, but I am amazed at the number of uses I have discovered for this

natural, easily obtainable, and cheap product I wrote a while back, that I wanted to make a 'recipe' book for natural products that can be used for cleaning, to help reduce my carbon footprint.

Now I have made a start, but I'm sure there are many other products out there. would love some ideas from the membership..

Cooking

Used as a leavening agent in baking, it causes the expansion of batter in quick breads eg soda bread. Acidic materials that induce this reaction include cream of tartar, lemon juice, yogurt, buttermilk, cocoa, and vinegar. Heat by itself causes bicarbonate of soda to act as a raising agent because of thermal decomposition – it releases carbon dioxide at temperatures above 80 degrees celsius.

Cleaning

As a fungicide it controls fungal growth and many of us use it for cleaning the fridge. It can be added to swimming pools, spas and garden ponds. But it also removes dirt and wax from vegetables, eg carrots, clogged drains, oil spills, mildew, grimy toys, and dirty sponges. It can be used to freshen and clean smelly plastic containers, musty upholstery, smelly

Centenary



Afternoon Tea

*Dress up, dress
down, wear a hat,
bring along your
own favourite
refreshments: tea,
coffee, cake
... champagne?*

It's our Centenary, and lockdown and any restrictions we may have can't stop us getting together even if it is remotely.

Join us for **Afternoon Tea** on Zoom on Sunday 11th April to kick off the Middlesex Centenary Year with Lorraine and the Trustees.



*Sunday
11 April 2021*

14:00 - 16:00

Zoom details

Meeting ID
894 3172 9004

Passcode
103462



RUISLIP ARTS AND CRAFTERS

Gill Wildman

The Ruislip Arts and Crafters have been busy decorating pillar boxes in around Ruislip. These ones were discovered by Jan Presland (pictured) and me on our daily exercise out and about and brightened our day!



What have you been crafting?

We'd love to see photos of your lockdown crafts—especially community projects like these!

Have you made any discoveries on your lockdown exercise outings?

Please do share with us!
newsletter@mfwl.org.uk

THE ALEXANDRA: CHARITY KNITTING

Ching Smith

Our Charity Knitting Group has been busy in recent months. Since we cannot meet, we are still knitting, making more shawls, lap blankets and cannula Sleeves which seems to be most popular request during this cold spell. The yarns have been mainly donated or purchased personally by members. Thanks to generous donations, in December I was able to go on a spending spree to purchase double Knitting yarns of our choice.

We were honoured to be featured in the Alzheimer's Society's national magazine *Dementia Together*. In the article, Siobhan Cronin, Dementia Navigator at the Society, said, "They have been doing



The Alexandra WI Charity Knitting Group in 2019

such good supportive work for years, and they really do make a difference. We have many isolated, low income families really struggling with advanced dementia needs. These items are so useful, bringing comfort and stimulation to people in the later stages of the condition."

In November 2020 we donated 55 items to the Whittington Hospital. They in turn donated £50 from excess funds after setting up 'The Garden Shed' activity room in their 'COOP' (Care of Older People) department.