



Middlesex News

May 2021

theWI
INSPIRING WOMEN

CHAIR'S CHAT

with Lorraine
Reed-Wenman

The weather has been a little bizarre, but it's been nice to sit

outside in my garden for lunch on a couple of days, despite unpredictable weather; it has been much appreciated to get away from the screen. It has also given many an opportunity to get out and see people outside without hiding under all the hats and scarves.

It was lovely to see some of you for our first Centenary Afternoon Tea—albeit via Zoom, and even nicer to see more than two Zoom screens of members. As you can see on my photo here, we were joined by our three roving members: Millie, Mollie & Mandy. The trio will be following me around throughout the year to attend any events that they we might be invited to. And.... yes, it was tea in my cup although was soon replaced by bubbly and muffins (I had already eaten the sandwiches!).

I am looking forward to some real face-to-face afternoon teas in the coming year though—it is not the same when you have to be your own waitress!

Getting back to 'normal' will be such a bonus for everyone. However, we are in the hands of our own personal health and family circumstances and of course, government guidelines. We must continue to



take care of ourselves and others around us, so if that means we take longer to get back to 'normal' then so be it, but we can see a glimmer of light, so ever hopeful. My glass is always half full!

At the time of writing, I have no idea what is going to happen but we all now have the security of the new CIO Constitution (3a) that was adopted at the end of March at the Special General Meeting. It enables us to be flexible and conform to the charity commission legalities accommodating online meetings as the emergency legislation stopped at the end of March. What this means is there are options going forward to help all WIs as well as us as a Federation.

Keep smiling and take care.

Lorraine x

MFWI CENTENARY ANNUAL MEETING

Thursday 22 July 2021

As a result of the Member Poll that we undertook recently, we can reveal it was a unanimous vote to hold the Annual Meeting online rather than face to face. Out of all the members who voted, the result was:

Face to face: 23.5%

Online: 76.5%

Please do keep the date in the diary, and we will get details to you in due course on how you can join us online.

Thank you to all who took the time to vote. It is not easy at this moment in time, but I believe the right decision has been made by you, the members.

CENTENARY AFTERNOON TEA

We kicked off the centenary year on 11 April with a relaxed Sunday afternoon tea, and it was fabulous to see so many members on Zoom: turn to the back page for more pictures.



WI BIRTHDAYS



**A very happy birthday
to our
May birthday WIs**

Finchley	13 May 2009
Stanwell	15 May 1919
Ladies Of The Lock	26 May 2016

CENTENARY RECIPES

CENTENARY RECIPES

Calling all cooks!

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

Please email, with photos where possible, to secretary@mfwl.org.uk or contact Lorraine for her address for a postal submission.



200+ CLUB

APRIL 2021 WINNERS

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

1st prize - £35

Teresa Hamilton, Greenford

2nd prize - £20

Mary Hedges, Ruislip Evening

3rd prize - £15

Nikky Cussen, Sunbury Village

GET IN TOUCH

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Tel: 01895 440161

Email: secretary@mfwl.org.uk

***Due to the coronavirus situation, the MFWI office remains 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 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 is £12.00 for 12 copies starting in April 2021. 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.

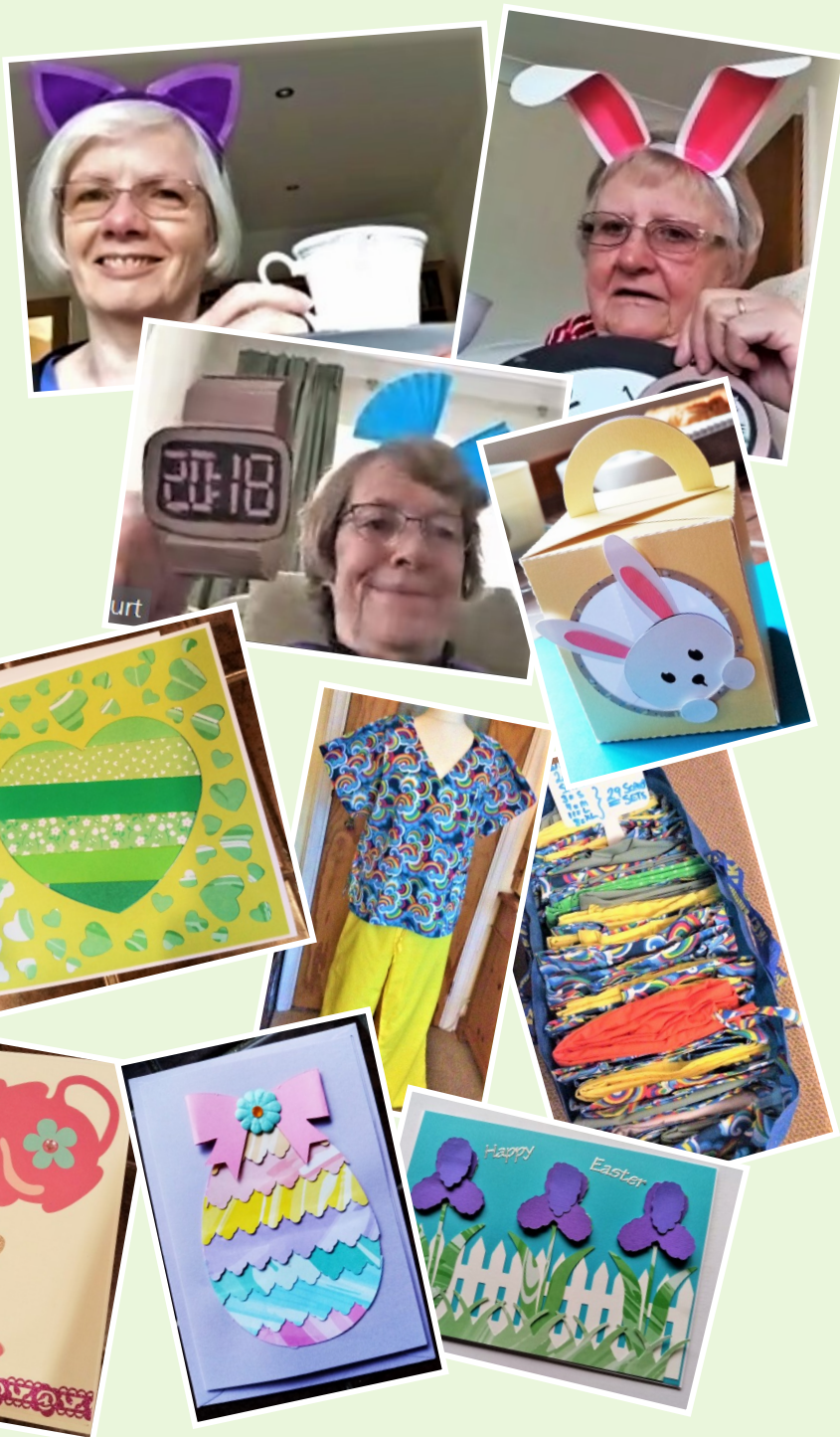
ASHFORD

Helen Beecham

Members rose to the challenge of presenting a zoom pantomime (*Oh no they didn't, Oh yes they did!*) which was greatly enjoyed, for our monthly meeting. The following month we enjoyed a nostalgic journey through the music of the early 1960s, proving that we do still remember all the words.

Between the meetings, the friendship of the WI continues to be paramount. Zoom coffee mornings and book club, as well as the amazing newsletters, are helping provide some essential social contact, as are phone calls. The craft group has gone from strength to strength and is not only making cards for birthdays and events but is now making Easter cards as many members are wanting to reach out to family and friends with a card as we cannot yet greet them for real. Some have got involved making scrubs. Those without internet are being included as they are getting postal or hand delivery of news (which usually involves a safely distanced doorstep chat).

We are waiting with bated breath, firstly for our vaccine, and then for chances to begin meeting for walks and in gardens, but until then we're grateful for our WI friends to help us through.



HAYES TOWN

Gill Wildman

Hot cross buns. after pizza and chips, with three of us WI ladies briefly squeezing together for a picture at the Ruislip Lido, on a grey Good Friday.

We also did a bit of postbox topper spotting: here's an Easter bunny from the Ruislip Crafters.



WEST EALING

Sally Greenbrook

After a year of working from home on chairs that are not designed to be sat on all day, probably being less active than before and with limited opportunities for massages, West Ealing WI was delighted to welcome massage therapist Chris Briggs to our March meeting.

Chris took us through nine moves for self-massage aimed at relieving tension in our bodies. He was very engaging and many of us found his moves very helpful. He was also happy to take questions about specific aches and pains and recommended a massage therapist for us all to look up once lockdown is over.



We are eagerly awaiting a return to in person meetings—our June meeting is scheduled for 22 June, the day after all restrictions are planned to be lifted. We're keeping our fingers crossed that we'll be able to return to the community centre in the summer and enjoy one another's company in person again.

In the meantime, as we come to the beginning of the new subs year, we are heartened to see lots of our members renewing their membership and a few new members coming on board as well. We can't wait to see all our members—old and new—when we return.

DE BEAUVOIR

Sara Lawrence

De Beauvoir WI has been actively involved with our local Domestic Violence Charity for five years now. When we were able to meet monthly we collected and donated toiletries to Solace Women's Aid. In January 2021 we took on the Solace 40 challenge which was to walk, run or cycle 40 miles in January, a mile for every refuge run by Solace in London. We walked over 225 miles and raised £1500. We also raised £270 and collected gift cards and gift sets for the women and children in the refuge at Christmas.

Also in January, Lynn Brooks, an ex nurse and member of De Beauvoir WI, felt so helpless watching the exhausted medical staff gallantly carrying on despite their mental and physical fatigue and the danger to themselves and their families that she decided she wanted to do something to help.

She chose to create homemade goody bags to help lift the spirits of workers at

the local hospital, Homerton University Hospital, in Hackney, inner city London, to be given out at the end of their shifts.

They are filled with little thoughtful gifts, a homemade thank you card made by local children and artists, a heart shaped lavender bag, some hand cream, all put together in a handmade drawstring cloth bag, to express our appreciation and send some love.

She enlisted the support of her sisters in De Beauvoir Women's Institute and other in the community, to help make this vision into a reality. She started a funding campaign and raised over £4000 in six weeks to fund buying provisions and materials.

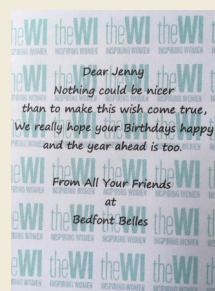
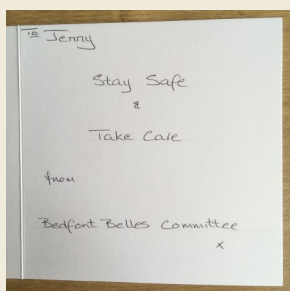
Together we are proud to have worked to produce and deliver our 450th bag to the hospital to date. We are aiming to produce 1000. Lynn also enlisted the help of local sewers that had joined De Beauvoir WI in making scrubs during the first lock down, to taking up the task of creating pretty



drawstring bags and lavender hearts in the second.

We have continued to run our monthly meetings on Zoom, so far this year covering bespoke embroidery from Zara Day who featured in *WI Life*, a celebration of Chinese New Year in February and veganism in January/ Veganuary which included (although later than planned due to the January lockdown) a vegan brownie hand delivered to all members which was hugely enjoyed by all.





BEDFONT BELLES

Jenny Hanrahan

Amid these strange and challenging times there is always a reason to be thankful.

During our permitted walks for exercise our members often see each other and stop for a socially distanced chat and catch up on any news, or lack of it.

Our committee members have been lifting our spirits with seasonal gifts and cards.

At Christmas we each received a gift bag with supplies for a cuppa, a Christmas themed mask, and a hyacinth bulb and glass with instructions.



The photos provide evidence that some of us were more successful than others.

Valentine's day brought another hand delivery of a card to say 'Stay safe and take care'.

Every year for our birthday, Janice Keningale designs and makes each of us a card which is usually presented at our meetings with a rousing rendition of *Happy birthday to you!*

At the moment they are another doorstep delivery, but who knows, soon we will be embarrassing each other again, if not in our hall, then in a socially distanced garden.

LALEHAM

Chris Walker

With clocks going forward and spring in the air, members are now looking forward to maybe getting together for a summer meeting—fingers crossed anyway.

In the meantime, the committee arranged another 'goody bag' drop for all members to celebrate Easter.

This time we've been treated to Easter eggs, an Easter quiz and some lovely summer flower bulbs for planting.



Here are Val Grove and Eileen Windmill receiving their goody bags when restrictions were eased at end of March, and a few of the members were able to get together to collect their bags in person.



MEMBER CHATS



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

Sunday 25 April 5-7pm
Wednesday 28 April 7-9pm
Sunday 9 May 5-7pm
Thursday 27 May 7-9pm
Sunday 6 June 5-7pm
Thursday 17 June 7-9pm
Sunday 27 June 5-7pm

[Zoom link for all sessions](#)

Meeting ID
835 6237 6270
Passcode:
809020

CRAFTY POP-INS

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

13:00

First Thursday of the month

6 May
3 June
1 July
5 August

[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, and maybe bring
along a glass, cup or mug of something...

19:30

Every Monday

[Zoom link](#)

Meeting ID:
845 2969 7238
Passcode:
829648

*Here's some of Yve McBride's handiwork: a very
sweet little jumper, knitted for charity.*

HUXLEY CUP

Alison Fremantle, Science & Leisure
I'm sure everybody is now aware of the Huxley Cup competition mentioned in *WI Life* magazine. Unfortunately, the winning WI cannot now construct its design of a raised bed at Hampton Court Flower Show, as the WI won't be attending as a 'body' due to the Covid-19 situation. However, the updated competition schedule is more flexible, in that we are now invited to design a flower bed, which could be a raised bed, for a community space.

Moreover, we are encouraged to work together as WIs, which, on a wider level, supports our Centenary plans regarding community efforts. Your WI could enter the finished product into the competition, or just do it for your community.

The choice of plants is up to you. Your members could all contribute their favourites and say why this is. My favourite has always been the pansy. I've loved it ever since I was at nursery school, where I was given a picture of that flower, instead of a name tag, for my coat peg, my pinafore, my bedding (we



had a rest after lunch), and my flannel and towel. I've been planting them in my gardens ever since as they are easy to grow and colourful always. If everyone involved chose their favourite, for whatever reason, we would, surely, end up with a variety of shape, height, texture and colour.

Or you could plant vegetables: they can produce a riot of colour with the added advantage of being edible. I once saw an amazing design of carrots, cabbages and many more, outside Leeds Town Hall!

Where to plant your bed? This would have to be considered, depending on what you plan to grow. I've already been in contact with our local church, and the gardeners there would be delighted for a

WI to plant anything we like! If you chose to use a public space, you would need to contact the council, or whoever owns the space, and they would probably want to see the plans before giving permission.

There is help on getting started on the website, including tips from the RHS.

All the competition details can be found on the *My WI* website, and WIs have until August 2021 to submit a design. You will of course need to follow the current covid guidelines, which means we may not be able to plant our ideas in time for flowering this year—we can always plant it later, or even next year.

So get designing and make a 'mood board' for somewhere in your community.



WALKING NETBALL

Alison Fremantle, Science & Leisure
Who, and where, are the ladies who used to play walking netball at Spelthorne Leisure Centre?

As we begin to see light at the end of the tunnel, I've discovered that I, as a host, have lost touch with participants that used to attend Spelthorne Leisure Centre, Staines, on Wednesdays, between 12.00 and 1.00, before lockdown last year. I was unable to attend the very last session, because of a Board of Trustees meeting, so handed the register over to our coach, Amanda. Unfortunately, I have been unable to contact her, and remember few of the names of the participants. We were a great group of ladies, I enjoyed the activities and fellowship, and hope we would like to continue, once restrictions are lifted.

Is there a member, or members, willing to take on leading walking netball sessions?

I have never been much good at netball, but that didn't matter, as the

participation is all about friendship and exercise. I've been on various host courses, and an umpire's course, hoping to get the hang of the game.



Unfortunately, I've not improved, and since lockdown have developed back and leg problems, making exercise difficult. However, once the restrictions are lifted,

I will resume exercising, and hope to build up stamina! I have all the equipment stored in my garden shed, and also manuals for 'warm up' and 'skills practice' activities. Once I am certain of when we can get back together to play netball, I will contact the Leisure centre to check that we still have our Wednesday slot. Amanda, who was employed by the Leisure Centre, had indicated that she would continue to coach us. That could have all changed, because of lockdown, but I hope that things will go back to the way they were.

In the meantime, anyone interested in trying it for themselves, there are zoom sessions to which everyone is invited, or a recording for you to watch of a session, on *MyWI*, under 'Make, Create and Do', then 'Sport and Wellbeing'.

Please, contact me at scienceandleisure@mfwl.org.uk if you are one of the 'Spelthorne group' or if you could help at the sessions.

Thank you.

THE BULLY

Mary Dawkins, Sunbury on Thames
Thankyou to Mary, who has submitted this very touching poem.

Fear stalked by school days
I was small, bespectacled and fat
In the days of Twiggy
You can just imagine
What the bullies made of that.

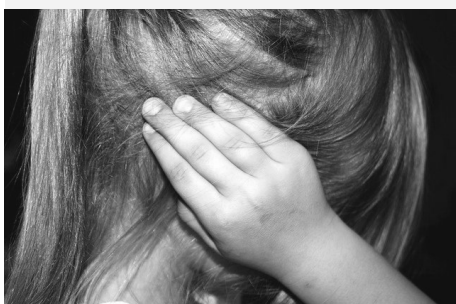
My Mother said "This isn't right
I'll go and see the school"
But miserable though I was
I knew the rule
You didn't snitch
That would have made things worse
So I lived with
The terrible curse
Miserable and lonely

THEN

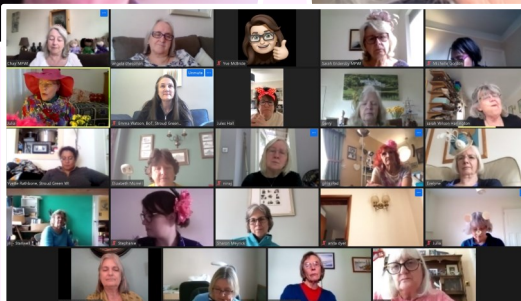
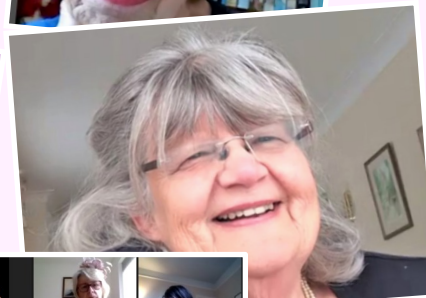
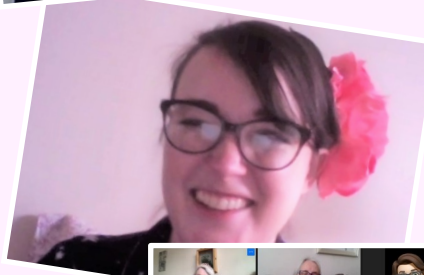
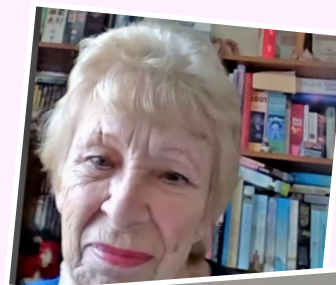
Years later, in the street
I met my tormenter in chief
"Hello Mary weren't our
School days fun!"
Now was my chance
I could clear the slate
She should atone for
All the hate
And
Making me want to die

BUT

No, I looked into her face
Of the bully
There was not a trace.
She really did not know.
I had the whip hand now
I could let her go
In peace or pain
I shook the proffered hand
"Sorry I can't stand and talk
Bus to catch"
We went our separate ways
Anger has gone
But grief stays.



CENTENARY AFTERNOON TEA GALLERY



SPRING QUILTING

Emma Watson

When not glued to a computer, Emma occasionally gets a little crafty: here are a couple of quilts she made recently, one for Project Linus, and one for a friend (guess which?).

