



Middlesex News

November 2021

theWI
INSPIRING WOMEN

Chair's Chat

Lorraine
Reed-Wenman

How is everyone faring after a period of 'freedom' from restrictions?

Is everyone double jabbed and the booster jab on the horizon? I am

waiting for my booster and quite frankly am looking forward to it even though I have a fear of hypodermics.

Something happened in the past month which impacted so many on so many levels: the fuel issue! It highlighted what can happen when people react without checking facts. I think we should all be able to take a step back to see what the reality is before becoming part of the problem, no matter the subject (toilet rolls, for example).

I was extremely challenged, as were many front line/emergency service workers and normal folk really needing fuel to be somewhere to help others. What I saw was an amazing outpouring of the 'me first' attitude which is beyond my comprehension. I hope that if anything like this happens again, people will stop to think of those who are really in need and not just of their own comfort.

There were so many cars, parked throughout Middlesex, with full tanks but going nowhere; totally unnecessary. This had a big impact on those on a strict budget and those already isolated, the car being their only outlet to see others and attend appointments. Another challenge to attempts to alleviating loneliness, sadly.

As we know in the WI world, there are always changes of officers/trustees and sadly, we say goodbye to Yve McBride, on both Board of

Have you spotted any of Lorraine's postbox toppers while out and about in the Ruislip area?



Trustees and the Digital Team. Thank you Yve for all the support you have given our members over the past four years. (Please do send in your digital requests as normal to digitalteam@mfwi.org.uk; they will be picked up.)

The MFWI Board of Trustees and I would also like to give a warm welcome to our newest Trustee, Heather McIntyre from Ashford WI who has joined with immediate effect. We look forward to working with Heather and I know that she will be a welcome addition to our team.



I attended the resolutions longlist meeting with NFWI. Each resolution one is gone through in detail (ie all the pros and cons debated, questions asked) in order to generate a much shorter list. The shortlist will be published soon by NFWI. Once that is done, the Public Affairs Team will be able to put into place a Zoom session for WIs/members to attend to have a discussion, just as we did last year.

The National Council meeting is being carried out via Zoom in stages and as I write this, part 2 is coming up and will be across two days. Although I quite like not having to travel and stay away from home, I will miss the interactional benefits of talking to other Chairs and Treasurers face to face, but it is what it is, at least for this year.

Enjoy any Halloween and bonfire night celebrations you may have—let us have some photographs of your creations if you do any.

Take care and keep well as we go further into Autumn.

Lorraine x

WI BIRTHDAYS



Happy Birthday to WIs celebrating in November

North West London

13 November 2007

Stroud Green

15 November 2011

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@mfwi.org.uk or contact Lorraine for her address for a postal submission.



200+ CLUB

SEPTEMBER 2021 WINNERS

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

1st prize - £35

Anne Jacob, Iver Evening

2nd prize - £20

Anne Moss, Hillingdon

3rd prize - £15

Gerry Attias, Sunbury on Thames

Good luck to everyone who has submitted an application for the coming year's 200+ Club!

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.

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WEBSITE Emma Watson.....website@mfwi.org.uk

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 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** as a PDF file. You are free to print and distribute copies to your members/community as you wish. In addition, most of our stories may also be found on the news page of our website.

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

Please email Sarah Endersby for an alternative postal address.

HAYES TOWN

Gill Wildman

Wednesday 8th September, on a beautiful hot and sunny day, was our first organised outing for 18 months.

We headed to Church Gardens, Harefield, for a two-hour visit and tour led by head gardener Kay.

We learnt about their family restoration project of a 1600s renaissance garden, which had a very overgrown remains of a formal walled garden, with huge lengths



of brick walls which go back to the 11th and 12th centuries.

Both Kay and her husband Patrick are hugely into recycling, self-sustaining, composting... No weed killers are used here. They show great respect for the history of this special place, even as far

as giving a home to the local church organ pipes, which certainly make a statement in the garden—very quirky! (The Chelsea Flower Show comes to mind!)



Kay planted 5,000 bulbs in 2019 and this year had 21,000 crocuses! They are currently working on a large pond in the cobnut orchard and restoring an arcaded wall.



A spring visit will be on our list of outings next year including to taste again the lovely homemade cakes made by Kay's daughters. We would certainly recommend to other WIs to visit and support this 'oasis', especially when you see the impact on the countryside by HS2 on your way to Harefield.



HILLINGDON

Christine Newell

Hillingdon WI met in on Wednesday 8th September 2021, for the first time in 17 months.

After the business was completed, we had a good natter about how we would like the meetings to go going forward, and what speakers members would like to have in the future.

We were then treated to a selection of homemade biscuits and cookies made by the President.

Hope to see everyone again next month.



Calling all crafty-minded members!

Have you thought of joining the Federation's Craft Committee?

We have quarterly meetings (currently daytime and will be both on Zoom and face-to-face soon), so if you are interested in joining us, contact craft@mfwi.org.uk and help us spread the crafting bug!

HARLINGTON

Anna East

At our September meeting we held a celebration of the LGBT+ community to celebrate equality in society. Anna, using the resources from National Federation, put together a fun evening with quizzes, a word search, drawing and crafts and some fun games.

Rosemary was the winner of the tallest flower competition and received the coveted Eileen Saunders plate and a bouquet of sunflowers.

Members had been given sunflower seeds in their April goody bag and were invited to grow them in their gardens or pots.



Some were very successful, some were lost to our not so friendly wild life, aka slugs and squirrels.

We have held our first Poppy making workshop, with part two to follow, results of all this hard work were displayed. We are aiming for a wreath and a post box topper in Harlington village to commemorate Remembrance Sunday.

We have also completed some knitted canaries in support of 'Climate Craftivism' movement, though we haven't quite got a flock yet! These will be sent to our MPs as a gentle protest to encourage the UK Government to be a bold host as world leaders meet in Scotland for COP 26 in November.

Two birthday girls were celebrated and future events were discussed.



Here are the resources Harlington used for its meeting:

<https://mywi.thewi.org.uk/running-your-wi/members-resources/celebrating-pride-2021>

Like to brush up on the WI's policies on equality and diversity?

<https://mywi.thewi.org.uk/essential-information/equality-diversity-inclusion>

BEDFONT BELLES

Jenny Hanrahan

It was so good to be back at the British Legion Hall for our September meeting and to see our WI friends again.

After official business, we discussed our planned visit to the Tower of London, our Christmas meal, and Sandra told us about her involvement at The Hampton Hub.

Chris and Margaret organised another challenging quiz *Name the Spitting Image caricatures* and *Name the chocolate bars*, both of which proved surprisingly tricky. The winning team (Janice, Linda and Jenny) won some delicious chocolate (not featured in the quiz!). To draw the evening to a close, a raffle was, as usual, organised by Marion and Wendy.



Dabble Days are back!

We've missed you!

As the name suggests, *Dabble Days* are time to try out new things. You will be able to try some crafts that you may not have come across, did not know about or did not want to spend money on in case you did not like it!

The fee includes any materials for the crafts listed. Where there are limited places it is 'first come first served'. Tea/coffee will be available for you and you need to bring a packed lunch if required.



Photo: supermomncape.com

CHRISTMAS PRAIRIE POINT STARS

Thursday 25 November
10:30 – 16:00

MFWI office, West Drayton

Cost: £8.00
Members only

SILK SCARVES

Saturday 27 November
14:30 – 17:00

Cedar Hall, Eastcote Community Association, Ruislip HA4 9SQ

Enjoy an introduction to dyeing delicate silks
Cost: £14.00
All women welcome

BEADED CHRISTMAS STARS

Thursday 16 December
10:30 – 16:00

MFWI office, West Drayton

Cost: £6.00
Members only



BEADED CHRISTMAS STARS

Saturday 18 December
14:30 – 17:00

Cedar Hall, Eastcote Community Association, Ruislip HA4 9SQ

Cost: £8.00
All women welcome.

Booking is essential for all craft sessions.

All **Craft Workshops** and all **sessions at Eastcote** are payable in advance. **Dabble Days at MFWI Office** (only) are payable on the day.

Cheques payable to MFWI Craft Committee. Bank transfers: MFWI Craft Committee.
Sort Code: 20-27-49; Account: 53587703.

Queries and bookings

Email craft@mfwi.org.uk or call Lorraine on 01895 676105 or call/text on 07976 398 533.



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



Crafty Pop-ins



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

13:00, First Thursday of the month

4 November

2 December

6 January

ZOOM LINK

Meeting ID: 879 0513 1326

Passcode: 405027



RUISLIP EVENING

Lorraine Reed-Wenman

Ruislip Evening's August meeting had a fabulous talk and experience with a local wildlife rescue charity. We had the pleasure of meeting some of the rescued animals including the beautiful owl seen here.

It is so nice to be back to face to face meetings again.

Chris Wicks, the founder of the charity based in Rickmansworth is happy to share their experiences.

You can contact Chris at cwwildliferescue.com for more information.



GREENFORD EVENING

Trish Quinlan

Greenford Evening this week enjoyed the company of Dr Barry Twigg MBE who gave a very interesting talk, *They are Changing More than the Guard at Buckingham Palace*.

After working with the Palace in different guises over many years, Barry recounted some interesting facts about this iconic building Barry related that the building has not been updated since the 1950s, so extensive work will result in three years' disruption along with some staff being moved into prefabs for the duration. The Queen is at present in Balmoral on her annual holiday.

More interestingly, Barry quoted some great quips by the Duke of Edinburgh whilst he worked with him on his Duke of Edinburgh Award Scheme, the Duke always ready for a joke and a laugh with recipients.



The Garden Parties present huge logistical challenges as around 30,000 members of the public who have contributed to the good of the country are invited over the year at Buckingham Palace, and now Windsor.

The huge amount of catering, parking, security and unfortunately, due to such large numbers, the dreaded queueing, pose extra challenges.

The Investitures are only carried out by the main members of the Royal Family, ie. The Queen, Prince Charles, Princess Anne and Prince William. Guests are taken to the magnificent Ballroom and given pointers as to how to accept the honours. These take place around three times a year.

When the idea for 100th birthday cards idea was first conceived, only a couple of hundred cards were issued by the Queen annually. That number has now risen to 14,000. Cards are also issued for 60th and 70th wedding anniversaries so this department has now grown significantly. The Queen Mother reaching 102 resulted in the Queen delivering her card to Clarence House via (as was the custom) a special postman; the cards never use the normal post.

Incidentally, Barry stayed on after for tea and cake and to chat with members as they were so interested in his stories. It was a thoroughly enjoyable evening.

LALEHAM

Chris Walker

Now that regular meetings have resumed, Laleham WI is keen to bring education and entertainment to members. What better way to kick off than a belly dancing workshop!

The lovely Sandrine explained the background and culture behind the dance and gave fabulous performances.

Then it was our turn...

Members were invited (and persuaded where necessary) to learn the basics and join in the dancing. A great exercise workout and tremendous fun.



IVER EVENING

Margaret Smith

At our September Meeting we had as a speaker had Tom Way, international photographer.

He is a wonderful photographer and we saw slides of his African adventures. They were wonderful photos and his explanation of each was wonderful. There were lots of questions also; a brilliant talk—we will be having him back again.



Back to competition time also, this time starting with Letter A. Kathy Achilleas won with a large tapestry she had done. There were 20 members present; it was a lovely meeting, and nice catching up with members.

We also had an afternoon tea on 23 September at Flowerland Garden Centre. 12 members were present and it was a nice get together, seeing members who had not been at the meeting.

AMAZING EGGS!

Alison Fremantle

What marvellous little things they are! They're endlessly versatile, and full of nutrients. They can be used in cooking to make a variety of recipes, from custard to meringues, sauces and cakes.

I love them as they are, whether fried, poached, scrambled or boiled. I also keep a stash of hard boiled eggs, shell on, in the fridge so I can grab one as a non-fattening snack when hungry!

The versatility is due to their chemical and physical properties and the changes that occur when they are cooked. They are packed with protein, along with other nutrients such as vitamins A,D , E and B12.

Protein is made up of molecules called amino acids linked in a chain. When agitated , e.g. by whisking or heating, the links get rearranged.

Whisking egg whites creates bubbles and some of the amino acids form nests which stops the bubbles from popping.. Adding sugar, once the

whites have formed gives the bubbles more stability, so you end up with a light fluffy meringue that holds its shape.

I remember whisking egg whites with children when teaching, to demonstrate 'change of state'. Heat also changes the state of eggs. The amino acids cluster together and lock in water causing the yolks and whites to firm up – demonstrated in fried, boiled scrambled or poached eggs.

Mixed with other ingredients they make sauces, eg custard. When used in baking, the beaten eggs coats the air bubbles that form when creaming butter and sugar together, and then when in the oven the egg coagulates around the bubbles and stops them from bursting—hence light fluffy sponges.

Eggs also emulsify. An egg helps to combine two liquids, such as oil and water (which normally repel each other). Mayonnaise is made using oil and lemon juice or vinegar, and the

molecules in egg yolk help them to combine into a creamy sauce.

Eggs can be a little tricky though. When overheated, they can turn rubbery, so for sauces they need slow cooking and constant stirring. Over whisking too can have disastrous results, causing water to be squeezed out of the egg whites and you end up with a grainy, watery mess.

There are pros and cons for storing eggs in the refrigerator or at room temperature. They keep longer in the fridge, but work better at room temperature for most cooking purposes. They can be brought up to room temperature if removed from the fridge half an hour before use.

Eggs can be frozen so long as the yolks and eggs are frozen separately, and in airtight containers. Add a good pinch of sugar or salt to egg yolks to stop them from being too thick when defrosted. Defrost them overnight in the fridge to thaw.

There is so much you can do with an egg (or a few)—so let's get cracking.!

