



Middlesex News

May 2022

theWI
INSPIRING WOMEN

Chair's Chat

Angela Chessman

Hello all,

I hope you are well.

Can I first of all thank everyone who has sent their best wishes to me following my appointment as Chair. Your kind thoughts mean a lot and I am sure will inspire me going forward.

By the time this reaches you, Easter will have come and gone, and do I hope you had a pleasant time. Did you do anything to mark the occasion? Maybe an Easter Coffee morning, or an Easter Bonnet competition? Do let us know—and send some photos!

You will remember that in the last issue I suggested a Federation-wide Tea Party to celebrate our Centenary—and anything else, really! Well, I am pleased to say that a few WIs are already planning something. Please let us know if you are too – and if we can do anything to help.

I know some of us are still anxious about meeting up, so please don't do anything you are uncomfortable with. Hopefully, as the weather improves, we will all start to feel a bit more confident, especially outdoors.

Have you seen the mailing from NFWI Wales regarding their 2022 *Not in my Name* competition? The competition is to 'Design and Make



a Scarf' depicting the *Not in my Name* campaign to end violence against women. Full details can be found on My WI.

As you probably know, the National Annual Meeting is being held on 11th June, in Liverpool. I am really looking forward to attending—especially after missing out for the last two years—and I am looking forward to meeting some of you there.

Finally, the National Federation raffle tickets for this year are now on sale through your Secretaries. Tickets cost £1 and the first prize is £10,000. Good luck!

Angela

It was good to get together face to face, as the majority of our meetings are still via Zoom, and while Zoom is very convenient it's not the same as actually meeting up. The meal was delicious (and so was the wine!) and a good time was had by all.

Thank you to all of my colleagues for a lovely meet-up—and especially to Sarah Endersby for making the arrangements.

Pictured clockwise from left: Heather McIntyre, Emma Watson, Julia Lewis, Sarah Endersby, Lorraine Reed-Wenman, Angela Chessman, Liz Alcock, Alison Fremantle.



In April, the Board of Trustees said our own thank you to Lorraine Reed-Wenman (left, above) who stepped down from her role as Federation Chair in March. Lorraine did a brilliant job steering the Federation through the difficult Covid period, even staying on for an extra year in the hope of sharing our Centenary celebrations.

Unfortunately, this was not to be, but we all just wanted to show our gratitude to Lorraine—so we treated her to a lovely lunch on the South Bank.

Newsletter deadlines >>> see page 2

WI BIRTHDAYS



Happy Birthday to WIs celebrating in May

Finchley
13 May 2009

Stanwell
15 May 1919

Ladies Of The Lock
26 May 2016

IN BRIEF

In response to the war in Ukraine, Halliford WI was asked for donations for refugees, and members responded quickly. Items were collected and taken to a member's home, where they were bagged or boxed, labelled up and then delivered to a collection point all within 40 hours!!!

One of our members, who has first hand experience of refugee work and who has visited Serbia and Bosnia to take and deliver into the hands of refugees parcels of donations 13 times, was very moved by the appeal by her local church for help and hence all these donations in her home.

- Elizabeth Davies, Halliford WI

Advice from NFWI here on
best ways to support Ukraine:

[https://www.thewi.org.uk/
home/supporting-ukraine](https://www.thewi.org.uk/home/supporting-ukraine)

200+ CLUB

MARCH 2022 WINNERS

Congratulations to the winners of our
March 200+ Club draw,
drawn at the ACM.

1st prize - £35

Sarah Endersby,
Sunbury On Thames

2nd prize - £20

Joan Linden, Greenford

3rd prize - £15

Mary Fraser, Halliford

Bursary

Pat Long, Manor Farm

GET IN TOUCH

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**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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WE NEED YOU!

Please send articles (maximum 150 words please) and photos (largest size possible, as separate attachments, please) to Emma at newsletter@mfwi.org.uk. Articles received after the deadline are unlikely to be included due to production deadlines. Sometimes space limitations mean we may hold articles over to the following issue.

Deadlines

- * June 2022 issue: 20 May
- * July/August 2022 issue: 17 June
- * September issue: 19 August

Printed copies?

The cost of printed copies is £1.00 per copy, and for the 2022-23 subscription year there will be ten issues. A PDF copy is sent to all officers and members with an email address at no charge.

The newsletter is also available on the [MFWI website](https://www.mfwi.org.uk) 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.

 Sunbury Village WI - SVWI

The Women's Institute

SUNBURY VILLAGE

Debbie Levy

Sunbury Village WI has updated our website. Take a look: it's full of past news, what's coming up, a photo gallery and information for existing and new members.

<https://www.sunbury-village-wi.com/>

At our March meeting, we were delighted to invite British Airways pilot John Tye. More importantly though, John flew Concorde! John gave a passionate talk, sharing his journey to becoming a pilot and beyond of the truly iconic Concorde. John shared a photo he took at age 11 when Concorde flew for the first time; little did he know he would one day be at the controls.



John gives his time to support the UK charity Dreamflight, which children with a serious illness or disability on their holiday of a lifetime to Orlando. The experience can be life-changing and gives young people an opportunity to do something that medicine can't: discover independence, confidence, and a new outlook. Sunbury Village WI is proud to have raised a whopping £166.32 for the charity.



TEDDINGTON

Sian Cooley

We were delighted to welcome Sam Berry from Bone Idyll Gin to help us celebrate International Women's Day and the Centenary of the MFWI at our meeting on March 9th.

A gathering of 40 members and guests included Angela and Sarah from MFWI, Julia from the Hygiene Bank, Twickenham (our previous month's speaker), and our new informal social media advisor, Emily.

We had a raffle and collection for DEC for Ukraine, and our generous members and guests raised 358 pounds which was gratefully received by Twickenham Oxfam. Snacks were provided by Surplus to Supper, and an excellent evening was had by us all!



RUISLIP EVENING

Sandy Channon

Ruislip Evening WI Celebrated our 11th birthday in March at the GAA club. Our evening included a delicious birthday cake made by Lesley, plates of food to share from members, daffodils for the tables and to help us to celebrate.



Entertainment was provided by four members of the *Strictly A Cappella* group—who needs music when their voices were in perfect harmony with various songs including *Always a woman to me* and *Rain in Africa, I will be there for you*, which members had lots of fun singing as rounds. A special rendition of *Jerusalem* was also included in their repertoire.

Kim, who was one of the original committee members, who helped set up REWI and Maureen (who was actually celebrating her birthday!) were asked to cut the cake.

Air was the subject of our pennies competition, a difficult theme won by a 'Tapestry Air Balloon'. Sunflower seeds were given to all members, books were swapped and a raffle finished a fun evening which was enjoyed by all our members.





BEDFONT BELLES

Jenny Hanrahan

At our March meeting we met Sue Green who is the founder of The Inspired Hub in Hampton. She has set up an amazing venue which gives space to many different individuals, groups and small local businesses. Among the areas are a Zen garden, surplus shop and a community cafe, where our member Sandra uses her culinary skills to cook fabulous meals using the produce from the surplus food which is collected by, and donated to, the hub. We have been invited by Sue to visit the hub next month to see for ourselves all that it has to offer.

Several of our members enjoyed Dabble day this month. Slate painting challenged our confidence and skill, but everyone was proud of their achievement and as usual enjoyed a good chat.

EAST END

Celya Maxted

The project had been driven by a curiosity to discover both the well-known, and some forgotten or 'unknown' remarkable, (dead) women and create a 500-word piece for each to contribute to the book by The Hackney Society and Hackney History, *Women from Hackney's History*. (This has sold out, but may be reprinted, and Natasha possesses a copy!)

Clearly, women were the backbone of the industries – matches, Clarnico sweets for example – as workers and also as entrepreneurs.

Designers, silversmiths, illustrators, artists, actors, agony aunts, activists for the vote and against fascism, the first policewomen, and shoplifters and a single woman driven to despair who drowned her child and was hanged: all have a history in Hackney.



Difficult to choose one, but Nelly Power, a 'lesser-known Music Hall star', pictured above, who appears in a painting rescuing a woman at Southend whilst a crowd (of men) look on from the shore, did coincidentally feature in a Tate Modern talk just the previous week!

East End Women's Institute meets on the third Thursday of the month, 7.00pm for a 7.30pm start, at St Margaret's House, 21 Old Ford Road, Bethnal Green, London E2 9PLE.



We had our Spring lunch at the Sudbury Golf Club. It was good to catch up with them. In uncertain times, it is important to keep some sort of social life going, especially when The Golf Club has such a great chef!

GREENFORD EVENING

Trish Quinlan

We were entertained in March by Julie Beavan, a very talented musician who told us that despite being a busy Maths Teacher, she has learned to play around 10 instruments taking in various styles from classical piano to jazz, folk and many more.

On this visit, she brought along her hammer dulcimer, a rare, valuable and interesting instrument which has its roots back in the 11th century. It is played with delicate wooden hammers, expertly and individually made with the finest woods, each slightly changing the tone when hitting the keys.



She played a varied selection of her repertoire before telling us of her world tours with music which included playing in the palace of the Saudi Royal Family.

As you can see, she has her dulcimer signed by the many famous people she has met during her travels.



STROUD GREEN

Christine Gregory

The two stylish founders of sustainable fashion shop, Come Swap & Shop in Hornsey, Georgie and Teri McKenzie, talked passionately about their shop and what had inspired them to set it up. They told us how we could update our wardrobes every month in a cost-effective and sustainable way.



They outlined eight tips for cutting down on clothing going into landfill:

- wear what you own a lot
- take care of clothes: mend, clean and restore clothes;
- swap clothing with friends and family;
- sell unwanted items on retail platforms; buy second-hand clothes;
- buy quality items that will last a long time;
- support clothing brands that recycle clothes;
- rent occasion wear such as party and wedding outfits.

<https://comeswapandshop.com/>

Our second speaker, Liz Ixer, explained how the Railway Fields Nature Reserve, in Harringay, had evolved from a disused railway goods yard into a Green Flag award winning environment with 21 species of butterfly and 60 species of birds. The reserve has its own unique species, the Haringey vine, which is a cross between Japanese knotweed and Russian vine.

Bought by Haringey Council in 1975, the reserve provides local primary schools with environmental sessions to help children engage with plants and animals and enjoy spending time in nature. Graziella, who has volunteered there since 2016, said how it is like entering a different world. <https://www.tcv.org.uk/railwayfields/>

LALEHAM

Chris Walker

Members enjoyed a really interesting talk at this month's meeting when retired police officer, Brian Greenan, delivered a fascinating presentation about the Brinks-Mat Robbery in 1983.

Brian worked on the investigation into the theft of 2.5 tonnes of gold which was stolen from nearby Heathrow—a large part of which was never recovered.

Afterwards, Lucky winners of this month's raffle were able to choose some lovely spring plants



THE ALEXANDRA

Rosemary Pettman

At our March meeting, we enjoyed an interesting evening with make-up artist Rosemarie Swinfield. Make-up artists are often asked to solve unexpected problems when they are working. Rosemarie took us on a light-hearted journey through her long career working in photography, film, commercials and theatre.

We heard her stories of working with top models and actors with all the challenging and often hilarious things that can happen. Rosemarie has made up many famous people and on one occasion even a horse!



SOUTHBOURNE

Jackie Head

The March meeting had us all fascinated by a very interesting talk about fingerprints. Our guest speaker, with only a few notes, kept us captivated about the history of fingerprinting in criminal cases to various stories about some of the cases he helped solve.

We learnt that fingerprints are created in the womb and everyone, including identical twins, have unique fingerprints and footprints. Footprints have also been used to identify people.

We were only a little disappointed that we did not get the opportunity to have our prints taken which we thought would be fun to have a set of. These days everything is done by computer and thus fingerprints are now scanned.

We are now happily ensconced back in our newly refurbished venue so we had lots to talk about in our social time after the speaker had finished.

News From The Dust

Elizabeth Alcock

Let me introduce myself, although you may have come across me before—at annual meetings, on a Thames boat delivering the Queen's baton, sitting in a corner at your meeting, or helping you with crafts. I am a member (and past President) of Finchley WI and co-ordinate their KToG group. I have a training history of textiles and their care, as well as an enthusiasm for learning.

You may not be aware that you had a MFWI Archivist! That is because I have been locked into my workroom for two years attending to urgent work which was required for the wealth of textiles uncovered in 'The Office'! I am delighted to say that the practical tasks are now almost at an end and I can come out into the light again!

I can't remember when I was first elected to the post of Archivist but I attended the first and only Training Conference of Federation Archivists at Denman College

and, guided by those with more experience than myself (including the redoubtable Mary Stamper), I set about bringing some order to the West Drayton cupboards stuffed with paper, fabric and books.

The one thing I have learned is that I can't do this alone! To that end, I will visit any WI which invites me to their WI Committee meeting to pass on advice of what you can do on a regular basis to preserve your own records and artifacts.

I know the saying —Everyone can do it, Anyone may, but no-one will—so, if I don't hear from you soon, I will come to encourage you!

The shared activity will allow us to build a valuable resource for social research and the history of our Borough.



Trustee and MFWI Archivist Liz Alcock, left, with fellow trustee and Public Affairs and Science & Leisure Representative Alison Fremantle.

For my part, I shall continue to unravel the difficulties of digital storage and methods of sifting information and share my experiences and knowledge with you for you to pass on.

Liz can be contacted at archivist@mfwl.org.uk

AROUND THE WIS

HAYES TOWN

Gill Wildman

On a lovely sunny afternoon, Wendy Capehorn did a wonderful job organising a 'crafty' meeting, bringing in Easter bonnets for everyone, with colourful accessories & glue guns at the ready! There were lots of serious faces, concentrating on chicks, eggs, bright feathers etc.

We have many talented ladies, but the one that caught the judge's eye and was declared the winner was Eileen Barber's hat with blue and yellow feathers the colours of the Ukrainian flag!

Everyone was whipped into shape by Wendy—even non crafters enjoyed the fun afternoon and were ready for their cuppa and cake.

Hayes Town's April meeting will be special as it's on the Queen's 96th birthday!



A Buckinghamshire Science Day Out

Alison Fremantle

On a bright spring day I drove to Aylesbury for a *Day of Investigation and Discovery* put on by Buckinghamshire Federation. What a marvellous day!

There were four speakers, all experts in their own fields. I was swamped with very interesting information—I just lapped it up!

Carbon capture was about sourcing hydrogen from oil fields, and taking the carbon emissions back to be stored underground safely. The aim is that by 2050, we will all be using hydrogen to replace gas.

A Life in Astrophysics was presented by Dame Jocelyn Bell Burnell, an astrophysicist who discovered the first radio pulsars in 1967. This discovery earned the Nobel Prize in 1974; however, she was not one of the prize recipients. She was the only woman studying a degree in Physics at Glasgow University and had to fight for recognition throughout her student career.

Robotics and Artificial Intelligence was about automated and autonomous robotic development. Automated robots are widely used for manufacture and surgery among other things, but autonomous robots such as driverless cars are only in the early stages of development.



Rebel Cell: Aspects of Cancer was all about the cells in our bodies which mutate to escape our immune systems and cause cancers. Research has led to discovery that some rebel cells can be controlled, and

unfortunately they soon learn to re-invent themselves.

The speakers were excellent at presenting ladies. They had all been heard on Radio 4, were contacted by the team and 'interviewed' to make sure that they could present their topics in a way that we would understand.

As Science Representative, I will try to organise something similar for us in Middlesex. So watch this space!

A longer version of Alison's article is on the [MFWI Website](https://mfwi.org.uk).

Marking World Health Day 7 April 2022

Alison Fremantle

This is the day celebrated globally to raise awareness and causes of climate change, affecting poor diet and health. This year's theme was 'Our planet, Our Health', and focussed attention on urgent actions to keep all humans and the planet healthy and to create societies and organisations to achieve this goal.



World Health Day centres on the link between the health of the planet, and the health of humans, animals and plants. WHO is calling on everyone to imagine a world with clean air, water and food available to all, and where healthy, people centred cities, villages and

communities create conditions for people to lead better lives.

The WHO estimates that thirteen million deaths around the world are due to avoidable environmental issues. This includes the climate crisis which is the simple biggest health threat facing us, ie *climate crisis is health crisis*. It also estimates that ninety percent of people breathe polluted air. Warmer climates are having a catastrophic effect on natural occurrences such as floods, wild fires and disease.

We can also be responsible for our own well-being, and the careful use of utilities to reduce energy use. We can also continue to be responsible for our own health and well-being by leading a healthy lifestyle to include a healthy diet, enough sleep and exercise.

Centenary Souvenirs coming your way!

The Board of Trustees was keen that, along with enjoying a special in-person Annual Council Meeting—which, sadly, did not take place due to the covid pandemic—members were given a

tangible memento our Middlesex's Centenary year.

As such, we hope you like the enamel pin and bookmark which will be on their way to you in the near future.

The pin, designed by

Emma Watson (Trustee and Stroud Green member), features the Centenary logo you've seen over the last year.

The bookmark includes the winning design for a tote bag by Lesley O'Malley of Laleham WI. We'd hoped to produce and distribute the bag at the ACM which was ultimately held online. Unfortunately, logistics of distribution became too difficult, though we may revisit a MFWI tote bag in the future.

Membership Team updates

Liz Morrell,
Membership Chair

A big Thankyou to Carol Sullivan, Stanwell WI member and WI Adviser, who has completed her term as Chair of the Membership Committee, but who will continue to visit many of your Annual Meetings this year. A big thankyou also to Sarah Wilson (Harlington WI) who has resigned after many years of service as a WI Adviser. Thanks also to all the committees in the WIs holding spring Annual Meetings; I hope you have enjoyed your time making your own WI the best it can be.

Congratulations and welcome to the new committees, especially those members who have joined for the first time. Remember the MFWI Membership Committee is here to support you, so please complete the Annual Return form so your information will be updated and we can issue new passwords to officers.

We are always looking for members to join the Board of Trustees and other committees. Please email or call the office or contact me direct with any questions:

membershipchair@mfwi.org.uk

Dabble Days

As the name suggests, *Dabble Days* are the 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!

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.

Booking is essential for all craft sessions.

Cheques payable to Middlesex Federation of Womens Institutes (Craft Committee)

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

Queries and bookings

Email craft@mfwl.org.uk or call Lorraine on 01895 676 105 or call/text on 07976 398 533

Note that planned sessions are subject to change: we ask you to book to help us plan

MFWI OFFICE WEST DRAYTON

Thursdays 10.30-15.30

Members only

Fee payable in advance or on the day

23 June

Silk Painting

£10

28 July

Needle Felting Animal

£10

25 August

Quilling

£6

29 September

Block Printing

£8

27 October

Stitched Cards

£6

EASTCOTE COMMUNITY CENTRE RUISLIP

Saturdays 14.00-17.00

All women welcome

Fee payable in advance

25 June

Beading Tapestry

£12

30 July

Cathedral Window Patchwork

£8

20 August

Block Printing

£10

29 October

Silk Scarves

£16

26 November

Rag Wreaths

£10



Special Craft Event

Sat 9 July, 10.30

Mors Bag Workshop

£15

MFWI Office.

All materials supplied, however you will need to bring your own sewing machine.

Craft Inn

A weekly craft get-together, hosted by members of the MFWI Craft Committee.

19:30, every Monday

Zoom link

Meeting ID: 852 8335 4467

Passcode: 358099

Crafty Pop+Ins

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

13:00, first Thursday of the month

Zoom link

Meeting ID: 844 3566 4863

Passcode: 574403