



Middlesex News

September 2022

theWI
INSPIRING WOMEN

Chair's Chat

Angela Chessman

Hello

By the time this reaches you Summer will have peaked and we will probably be looking forward to the crisper days of Autumn.

I know that the

Autumnal colours are beautiful and there is something special in the crisper morning air, but I really love the long days of Summer and will miss them when they've passed.

I have spent a quiet few weeks but I suppose it's time now to get back to work!

I am sure that your WIs have had a busy Summer, do let us know what you have been up to—and don't forget the photos! We love to include them in *Middlesex News*—it's your magazine—do help us to fill it with interesting articles.



ALL ABOARD!

The races was a theme for a couple of WIs this summer: turn to page 4 for Hayes Town's Ascot visit and page 7 for Halliford's 'home-grown' version!



We are moving into the busy season for WI Annual meetings and our WI Advisers will be looking forward to coming to your meetings and seeing you all.

Can I ask you let them know if there is something you would like us to be doing for you—we are always open to new ideas and welcome your views.

Don't forget it's time to renew your shares in the 200+ Club. The cost remains at £6 and we have had lots of winners; but as they say, you have to be in it to win it!

Your Secretary will have a copy of the application form, so just fill it in and send your payment to Sarah and we will let you know your unique number(s).

Alternatively, contact 200plusclub@mfwi.org.uk for more information or see <https://mfwi.org.uk/200-club/>.

Finally, NFWI has let us know that next year's Annual Meeting will be in Cardiff on 25 May 2023. Maybe we will see you there next year?

Kind regards

Angela

Newsletter deadlines >>> see page 2

WI BIRTHDAYS



Happy birthday to just one
Middlesex Institute celebrating its
birthday this month

West Ealing

27 September 2011

200+ CLUB

Congratulations to the winners of
our recent **200+ Club** draws

July 2022

1st prize - £35
Kay Crone,
West Drayton

2nd prize - £20
Jayne Fowler,
The Alexandra

3rd prize - £15
Angela Catchpole,
West Drayton

August 2022

1st prize - £35
Hayes Town WI

2nd prize - £20
Greenford WI

3rd prize - £15
Mary Weller,
Sunbury on Thames

GET IN TOUCH

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*As the MFWI office remains temporarily 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@mfwl.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

- * October issue: 23 September
- * November issue: 21 October
- * December issue: 18 November

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** 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 on Thames

Barbara Draper

At our May meeting we were privileged to have a special guest in the form of a young lamb called Titch, who got on very well with our President but didn't seem to like the Secretary reading the minutes and made a very loud baa in protest. The speaker of the day was Pete Allen on *History of English TV Crime Fighters*. We learnt about lots of characters from Inspector Holt in the 1930s to present day Vera and Midsomer Murders.

After such a good meeting, June might have been expected to be less interesting, but no! With new members, and the discussion of our August trip plus a very good friend of the WI, Nick Pollard explaining Shepperton Studios from its humble beginning to a multimillion pound organisation that will cater for Netflix and Amazon film and video production.



Ashford

Wendy Kislingbury

Members of Ashford WI celebrated gold success at the August meeting. Joining in the excitement of the Commonwealth Games and the Women's Euros, the group got energetic with their own modified version of the Games.



Laleham

Chris Walker

Members have enjoyed excellent speakers at our meetings over the summer.

Firstly in June we were entertained by 98 year old Maureen Osborne, who spoke about her long and fascinating career as a writer, starting out as a young scriptwriter for the BBC and continuing to the present as poet and author. A very interesting lady who had some great stories to share.

At our July meeting we were pleased to welcome members of the north RSPB who gave a lovely presentation featuring all our favourite familiar and not so familiar birds: very educational as well as entertaining.



Country names were assigned randomly to the teams who were put through their paces with throwing and shooting events. Congratulations go to Maldives who came top of the medals chart after getting five medals from six events.

Ashford members have also been busy promoting the WI with their aprons as they took up catering duties at the local Echelford Care Home fete and at the summer show for the Ashford horticultural club. Echelford Care Home, for people with dementia, is our community project where WI members also run a fortnightly knit and natter group for the residents.





Hayes Town ... and friends

Gill Wildman

On a very hot afternoon we celebrated our 29th birthday, President Linda presented one of our long serving members Barbara Beedell with a 25 year certificate. Well done Barbara!

We had a guest, Middlesex Federation Chair Angela Chessman. Angela helped cut the cake, which was made by our Treasurer Wendy Capehorn. We were entertained by The Hurbs, the Harlington Ukulele Rainbows (including some Harlington WI ladies). and joined in with singing. After some dancing

everyone was gasping for their cuppa and birthday cake!

On 13 July, 27 WI ladies from both Hayes Town and Harlington WIs had a most enjoyable visit to Tiggywinkles Wildlife Hospital. Thanks to Tina and Mike who gave us an introductory talk and showed us hedgehogs Tulip and Rosie. After a walk around, we had a very interesting slideshow on the hospital's work. After a two-hour visit, we headed to Haddenham Garden Centre for lunch.



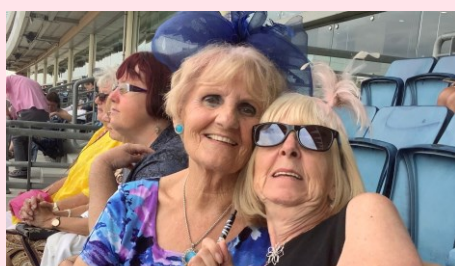
Friday 22 July brought together 24 WI ladies from Hayes Town, **Harlington** and **West Drayton** for our annual Friday visit to the King George Diamond weekend at Ascot Racecourse. The weather couldn't have been better and all the ladies rose to the occasion, with colourful dresses and fascinators. I was asked to stand by the beautiful Porsche: yellow—my favourite colour!



On Wednesday 10 August, Peter Jones in Sloane Square, Chelsea, hosted a summer shopping event for the WI. 19 women from Middlesex Federation were joined by other WI ladies from the local Chelsea area.

The prosecco was flowing and as we moved from floor to floor so your glass was topped up! We had presentations on personal styling, then onto home design, more prosecco, then a tech masterclass. We hope to enjoy a repeat event at Christmas.

13 Hayes Town ladies went onto Caffè Concerto on the Kings Rd, needing some food to soak up the prosecco! Many thanks to our Samantha, of our craft group who did a super job all evening taking the photos and video.





Iver

Joan Horton

At our June meeting, Iver WI celebrated the Jubilee with an afternoon tea hosted by member Lynne Brown in her garden.

The weather was perfect, members contributed cakes and snacks and we had an extremely congenial and enjoyable afternoon. The bunting had been made by members at



our May meeting—a somewhat messy session with plenty of glue and bits and pieces, helped along by Wendy Rogers'



guidance. Member Sylvia Taylor sported a Mad Hatter style Jubilee hat!

We're also pleased to announce that Iver WI has moved! We are now an afternoon group meeting at 2pm at the Tower Arms, Thorney Lane South, Richings Park, Iver SLO 9AE.

At our first meeting there in July, our speaker was John Pearson, a food technologist who had spent most of his career with Marks & Spencer. He gave us a very interesting talk on cheese and its manufacture, along with insights into food retail generally.

For our August meeting, member Pat Gravette gave a flower arranging session. We all succeeded in making a nice table centre decoration. It was good fun, whilst stimulating members to circulate and chat.



Harlington

Sarah Wilson

We welcomed to our August meeting Hazem Farag from Harmondsworth Allotments Bee Keepers who taught us how to make beeswax wraps. As we are all trying to embrace a more sustainable lifestyle, which involves being attentive to how much we repurpose and recycle, our goal this year is to lessen our carbon footprint in addition to saving time and

money, long term. One way is to swap single-use cling film or foil for reusable beeswax wraps.

Beeswax wraps are great because you just wrap the fabric around the food tightly and it sticks to itself.

You can wash the wrap with cool water and soap and reuse it being careful not to use too hot water as you don't want your beeswax to melt. They will typically last a year or so with good care, which saves a lot of money and resources since you won't have to buy plastic cling wrap anymore. They can be used on sandwiches, fruit, vegetables and loose snack items and are fully compostable.



Stroud Green

Angeline Leung

Hot on the heels of the Crouch End Festival, where we held a cakes stall. We enjoyed returning to *Art in the Park*, a free community and family friendly afternoon of various art and craft activities on Sunday 24 July in Downhills Park.

Pictured are two of our stall volunteers and some of the fab creations produced by the children who took part in our cupcake decorating activity!

Lovely to see all who stopped by and a big thank you to our bakers and helpers on the day.





Southbourne

Jackie Head

Eastcote House grounds had a wonderful celebration for the Queen's Jubilee: the first time we have seen so many people there. We had a stall with information about WI in general and also about Southbourne and what we get up to. In the photo are our MCS Rep



Elaine Wigington and Southbourne VVI President Barbara Betterton.

Later in June we took the opportunity to celebrate our birthday jointly with the Queen's Platinum Jubilee, with a cake kindly made by Liz Smith and table decorations in red, white, and blue flowers by Beryl Mansi. We hired a larger hall for the evening, setting out tables. Food and drink were supplied with fun and an eye-opening quiz about the Royal

family, and some ex-members kindly organised a singalong.

There was also a crown-making competition, with the winner a beautiful floral display created by Geraldine Murphy, and we had the Whitethorn Morris Dancers to entertain us. We all had a really wonderful evening and our thanks go to Sandie Nunn and Mary Eastwell who organised such a lovely party and made everything go smoothly.



West Ealing

Sally Greenbrook

At our June meeting we had a belated celebration of the Queen's Platinum Jubilee with a tea party. Members brought along plenty of delicious dishes to share and enjoyed taking part in various games including Pin the Imperial State Crown on the Queen and having a swing at a royal piñata.

We had a quiz and a wordsearch and we were delighted when the Queen herself popped in to say hello. We thought she looked well, albeit a bit more two-dimensional than we imagined her to be. We were also delighted to have our first opportunity to display our handmade West Ealing WI bunting, made by members to mark our 10th anniversary.



Hampton Tudor Rose

Linda Frise

Many of us enjoyed street parties and gatherings with family, friends and neighbours over the Jubilee weekend and beyond. Our own celebration as a VVI group did not take place until Friday 24 June with over half of donations raised going towards the Linden Hall Jubilee Garden charity.

With an eye-watering spread and a glass or two of prosecco, members laughed and chatted together out in the garden at Linden Hall, that was until the heavens opened, and we ended up back inside! But this didn't deter us from enjoying our celebratory afternoon tea and one member even brought along some memorabilia from past royal events.





STANWELL

Dianne Butler

Alan joined us at our June meeting with his amazing birds: such a fantastic evening with so many birds, even a kookaburra.

Stanwell members really enjoyed the NFWI Annual Meeting at Liverpool. We attended the conference and enjoyed meals out at Albert Dock, which was well worth a visit.

Our croquet section has been having fun at the Annual Fun Day. The theme was red, white and blue. Jean Rowleson won the tournament and Mary Newstead the best costume.



Ruislip Evening

Sandy Channon

Our July meeting included an excellent presentation from botanist Dr Brenda Harold. How often do we take a walk in the woods in the spring, surrounded by beautiful flowers such as bluebells, primroses, dandelions and early fauna which provide food for the bees without really understanding how important these flowers are?

We also had a tart tasting competition with sweet and savoury tarts made by our members, and won by Lesley. The *Pennies in the Pot* charity, was won by the wonderful book *The Water Babies*. *Who has the three most interesting items in their handbag?* was won by Helen, who pulled out an eyeglass repair kit, pulse oximeter and an allen key!

During the month we also had an evening visit to the Edinburgh Woollen Mill who put on a fashion show.

A pleasant Sunday afternoon was spent chatting at Manor Farm, Ruislip, where members brought a picnic and chairs. The book club read and had a lively debate about the NHS after reading Adam Kay's book *This is going to Hurt* which has also been made into a TV series.

July was certainly a very busy month for our members.



Halliford

Elizabeth Davies

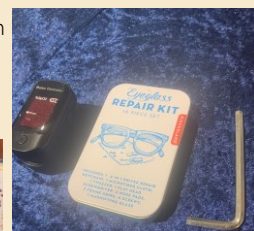
We were busy bees again in June. We had a stall at the Shepperton Village Fair where we promoted the WI.

Our merry band of members sold our lucky dip gift bags filled with lots of exciting things, and also had bags for children. It was an enjoyable time with wonderful weather and lots of customers.

We also had a trip to the Brands Museum in Lancaster Gate. Most of us older members took a trip down memory lane and saw things that reminded us of our childhoods. Thoroughly recommend for an outing and there was a beautiful walled garden—a little oasis in a busy area where refreshments were served.

In July, what a lovely evening was had by the Halliford WI. It was Race Night, and our ladies wore their Ascot style hats. Although the horses were wooden, they ran very well with the help of their jockeys. Some of us were lucky enough to win and of course there were losers too.

A lot of our ladies wore posh hats and after a parade around the hall the winner and runner up were announced.



Bedfont Belles

Jenny Hanrahan

A great community event for the Queen's Jubilee was held on Bedfont Green, with St Mary's Church looking as beautiful as ever.

Bedfont Belles organised a bottle stall and was sold out twenty minutes after it opened.



Our June meeting included an interesting talk by Brian Greenan who, after retiring from the police force, became a Toastmaster. He described many experiences with celebs and members of the royal family, particularly the Duke of Edinburgh.

At our July meeting we were treated to a talk by Richard Griffiths, chairman of Friends of Hanworth Park House. The history of the house is amazing, as are the plans to restore it to its former glory for the use of the community.



Great fun was had by all at the Bedfont Belles garden party. Fun, food, good company and Pimm's. What more could a girl ask for?



Norwood Green

Joan Storkey

Over summer we have enjoyed lunch at The Toby in Old Windsor and with a stop at the Windsor Farm Shop.

A small group sampled afternoon tea at The British Legion in Greenford. We have also been to Flowerland and loved the flowers and plants.

We had a great talk from Julie, the Service Manager at The Mulberry Centre, a support centre for cancer patients and their families. There are many free treatments available such as aromatherapy, relaxation, tai chi, yoga and pilates. They organise coffee mornings, knit and natter groups, book club and local walks.



The Mulberry Centre won the Queens Award for voluntary groups during Lockdown.

Our talk in June was by Abbie, a paramedic from the ambulance service, and we learnt how to give CPR on the dummy she brought.

Heston Community Centre organised a 'bring your own afternoon tea' which we attended to celebrate the Queen's Jubilee.



Our July meeting was cancelled as it fell on the hottest day ever when the temperature reached 40! We had our stall on Norwood Green for Village Day when we raised money for our funds. Committee member Kathy Slade entered Snowy in the dog show and he won first prize for the scruffiest dog (though we thought he was the cutest)!

Greenford

Trish Quinlan

Our members were pleased to get along to our garden party, which was well attended. Our usual fine spread including handmade cakes by members and an extensive array of raffle prizes meant even those without winning tickets did not go home empty handed.

A few members had not seen each other for a while, so it was a great opportunity for lots of catching up.



WI Penpals

Did you know 1 September is Letter Writing Day?

About 4 years ago, when the WI resolutions of mental health matters and alleviating loneliness had been voted on, Valerie Hughes, from Sutton WI, Norfolk federation, decided that a good way of helping was to set up a WI pen pal group.

It is very therapeutic writing letters; often you may do more or look at things in a different way so that you have plenty to write about. It is also really nice to get a hand written letter as opposed to a bill or circular. Penpals can be supportive, encouraging, an inspiration, a person to share highs and lows without being interrupted. There is something tangible, something to re-read as often as you want.

Getting the word out was difficult as she wanted to keep it as a free service, so went to social media and the Unofficial WI Facebook group (often referred to as The Daisies) for help and a sub group 'The Penpal Exchange' was set up. It now has over 1,000 members. Search Facebook for [UWI Penpal Exchange](#).

Once successful, the NFWI promoted it too, it is mentioned on my WI and *WI Life* has written about it several times.

Although Valerie is aware that potentially the loneliest people are not online, this is the only way she can accept applications. She hopes that those who do have internet access will apply for those who don't.

To apply she asks the following questions and for the answers to be emailed to her. She only shares the applicants' addresses with the pen pal she matches them to.

- ◆ Name, age, marital/relationship status
- ◆ Present or former employment
- ◆ Interests and hobbies
- ◆ A bit about your family
- ◆ Full postal address

She aims to link members at the end of every month, hoping that their interests and backgrounds will be a common thread. This is not always easy, and she is also mindful of how near members live to each other as if too close they may already know each other. The hope is that 'just' being in the WI and liking letter writing would be enough of a link.

Her email address is valerie.hughes08@gmail.com. Please use the subject 'WI Penpal'.

Thank you!

Centenary Recipes

For Middlesex Federation's centenary we asked members to contribute their favourite recipes for compilation and sharing among our members.

We start this month with our Chair Angela Chessman's favourite tray bake cake recipe. Angela says, "It always seems to come out moist and tasty—you can add spices to vary the flavour. We sometimes have a piece at our Committee meetings! I believe it might originally have been a National Trust recipe."

Committee Cake

Ingredients

220g margarine
220g granulated sugar
4 large eggs
330g self-raising flour
1 tsp baking powder
2 tbs marmalade
3 tbs milk
400g mixed dried fruit
15g caster sugar

Method

Preheat oven to 180 degrees.
Grease & line an oblong cake tin or straight sided roasting tin, 28 cm long.
Cream margarine and sugar until light and fluffy. Gradually add beaten eggs, adding a little flour to stop curdling if necessary.
Add rest of ingredients except caster sugar, sifting the flour and baking powder into bowl.
Mix with electric whisk or wooden spoon. The mixture should drop off spoon easily. If it's a bit stiff add some water and milk and mix in.
Pour into tin, smoothing the top.
Bake in middle of oven for 1 hour, until golden. Test with a skewer.
Sprinkle with caster sugar while cake is still warm.
Once cooled, cut into squares to serve.



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

Craft bookings

Booking is essential for all craft sessions.

Fee includes any materials for the crafts listed, plus tea and coffee.

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

**29 September
Block Printing**

£8

**27 October
Stitched Cards**

£6

**24 November
Candle Decorating**

£8

**15 December
Beaded Star**

£6

Eastcote Community Centre Ruislip

Saturdays 14.00-17.00

All women welcome

Fee payable in advance

**29 October
Silk Scarves**

£16

**26 November
Rag Wreaths**

£10

**17 December
Candle Decorating**

£12



The Alexandra Charity Knitting

Ching Smith

Hornsey Library Charity Knitting Group (affiliated to The Alexandra WI) celebrated its fifth anniversary on 21 June 2022. Despite Covid, train and tube strike, we were able to celebrate in style with biscuits and some home-bake cakes.

This group is opened to non WI members and we have donated over 800 items to hospitals, Camden Memory Service, Alzheimer's Society, care homes and the homeless. Our main aim

is to make items for dementia patients: twiddlemuffs, shawls, lap blankets, cannula sleeves and, recently, comfort bears.

The group meets in Hornsey Library in Crouch End every Tuesday, 2-4pm (except



August), and have a group of supporters in West Sussex who volunteer with us. We have been very lucky so far with donation of yarns and other materials.

We were featured in Ham and High local newspaper. Here is the link for those



interested to read more about us: <https://www.hamhigh.co.uk/news/hornsey-library-knitting-group-anniversary-9096436>

