



# Middlesex News

October 2022

theWI  
INSPIRING WOMEN

## Chair's Chat

Angela Chessman

Hello

I am writing this in the days following the funeral of our dear Queen, Elizabeth II.

What an awful shock her death was—I am sure none of us was expecting it; I think deep down we all felt that she would be there forever, guiding us with her quiet dedication. I am sure that we all agree that we will miss our fellow-member very much.

However, we must now look to the future with our new King Charles III and I know you will all join with me in sending him our deepest condolences and our good wishes for the future.



You will probably have seen that most of the events that National Office had planned for September were cancelled or postponed, including the annual celebrations for WI Day on 16<sup>th</sup> September. As soon as we have more information on the revised dates we will let you know.

As an extra thought, if you log in to MyWI on the National website, you will find lots of ideas for crafts and recipes in memory of Her Majesty, including a floral corsage and some Scottish shortbread with rose petals.

We have some good news to share: we now have a Secretary for County Office! It has taken a while, but we are sure that our new colleague, Georgina Glynn, will be an excellent addition to the team. Georgina has written a little bit about herself—see page 3. I know you will all welcome her to Middlesex Federation. The Office will now be open 9am-1pm on Monday and Wednesday, as well as for Craft Days and County training sessions.

At long last it feels like we are getting back to normal.

As we look towards the Autumn days, I wonder what your Wis will be doing.

Do you have a Halloween Coffee morning fundraiser planned? Do your walking groups brave the mist and frosts and keep going? Are your crafty ladies knitting or stitching wreaths and pumpkins? Do let us know – and don't forget the photos!

We will soon be receiving the shortlist for next year's Resolutions. Please look out for the information so that your WI can make your selection.

Kind regards

*Angela*



1926-2022

### We Thank You Ma'am

On behalf of the Federation of Women's Institutes of Northern Ireland, the National Federation of Women's Institutes and the Scottish Women's Institutes, we express our sadness at the passing of **HM Queen Elizabeth II** and pass our condolences to the royal family.

We are immensely proud that HM Queen was a long-standing member and passionate supporter of the WI and on behalf of all of our members we thank her for her life of service to our nations and our organisations.

We will all continue to honour her legacy, promoting the role of women in public life and the powerful contribution of women across our nations. HM Queen remains a role model to us all and an embodiment of the WI spirit and values.

—Margaret Broome, Chair of the Federation of Women's Institutes of Northern Ireland, Ann Jones, Chair of the National Federation of Women's Institutes, Ann Kerr, President of the Scottish Women's Institutes.



Newsletter deadlines >>> see page 2

## WI BIRTHDAYS



October is a big month for WI birthdays in Middlesex Federation.

We want to know how your WI is celebrating in 2023

Please share with us!

HA	1 October 2012
Stow Roses	02 October 2013
Ashford Evening	03 October 1984
The Alexandra	05 October 2010
Stone Rangers	08 October 2014

Greenefields	09 October 1956
Hanwell	09 October 2013
Bedfont Belles	10 October 2014
Shoreditch Sisters	11 October 2007
Hampton	11 October 2011
West Hampstead	13 October 2011
West Drayton	14 October 1919
Halliford	16 October 1922
Pinner	16 October 1968
Laleham	22 October 1935
N1	24 October 2006
Manor Farm	27 October 1972
Twickenham	27 October 1988

## 200+ CLUB

Congratulations to the winners of our recent 200+ Club draw

September 2022

1st prize - £35

Stella Wardlow, Manor Farm

2nd prize - £20

Barbara Betterton, Southbourne

3rd prize - £15

Yve McBride, Hayes Town

## GET IN TOUCH

### COUNTY OFFICE

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The MFWI office is open 9am-1pm Mondays and Wednesdays

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ACWW .....	<a href="mailto:acwwrep@mfwl.org.uk">acwwrep@mfwl.org.uk</a>
CRAFT Lorraine Reed .....	<a href="mailto:craft@mfwl.org.uk">craft@mfwl.org.uk</a>
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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](mailto: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

- \* Nov 2022 issue: 21 Oct
- \* Dec 2022 / Jan 2023 issue: 18 Nov
- \* Feb 2023 issue: 20 Jan

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](http://mfwl.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](http://mfwl.org.uk) of our website.

## Meet our new secretary

### Hello!

My name is Georgina Glynn, but you can call me George (just don't tell my mum) and I am the newly-appointed secretary for the Middlesex Federation of Women's Institutes.

So who am I? I'm a recently graduated financial economics student who managed to mix my love for food sustainability with my economic knowledge to obtain a very expensive piece of paper (otherwise known as a degree).



My love for the environment extends far beyond just studying it as I try to do my small part everyday to help protect our wonderful planet.

Another passion I have is cooking. I love to experiment with recipes from around the world, to try and find the ultimate dinner menu. If I'm not in the kitchen, I'll probably be participating or watching sports, in particular rugby. I am a huge rugby fan and am very excited for the Women's Rugby World Cup coming up very soon.

I look forward to interacting with many of you, be it via the phone or by email and potentially meeting some of you in person, too.

## Climate Ambassadors at Hackney Sustainability Day

On 23 October, N1WI will be hosting a WI Climate Ambassadors stall at Hackney Sustainability Day, running from 10 am to 3 pm in the Town Hall Square.

The event, run by Hackney Council, brings together representatives of sustainability campaigns, initiatives and organisations working in the borough. The topics range from plastics, food waste and compost to repair workshops for bikes, clothes, electrical items and furniture, and energy-saving advice.

N1WI has two Climate Ambassadors, based in Hackney, and we'll be there to help with questions about climate change, reducing food waste and microplastics as well as showcasing WI's climate work and giving information about other environmental campaigns WI run, assisted by other members of N1WI and, we hope, other WI Climate Ambassadors.

We will be sharing the stall with Sustainable Hackney ([www.sustainablehackney.org.uk](http://www.sustainablehackney.org.uk)) – for which I'm Acting Chair – and Fairtrade, which was co-founded by WI in 1992, represented by another Sustainable Hackney Steering Group member.

It will be good to have people from the three organisations together, combining knowledge, experience and friendship.



Newer members may not know that WI are a founding member of the Climate Coalition and have a long history of action on sustainability and social issues.

A big, fairly recent event was in 2019: the 'Time is Now' mass lobby in Westminster - the largest environment lobby in history, with 12,000 people coming to Westminster and over 350 MPs lobbied. You can see the WI lobby group here: <https://youtu.be/uBbfHA5eEPO>. Over 200 WI members

came along to call on their MPs to act, including two from N1WI. As Hackney residents, Anna and Clare met with Diane Abbott; she was unable to come down during the lobby, so invited us to her office after the event.

Climate Ambassadors are WI members who would like to get more involved with environmental campaigns. We focus on community action, and ladies have set up a wide range of activities apart from lobbying: they range from Zoom events, where everyone can learn more about topics from energy saving in the home to global policy, to community litter picks.

You don't have to be a climate expert - WI has helpful resources and you can listen to experts at the Zoom events. To find out more, head over to <https://www.thewi.org.uk/campaigns/key-and-current-campaigns/climate-change/the-wi-climate-ambassador-scheme>.

The Hackney Sustainability Day will be the first climate stall N1WI have hosted. We're looking forward to plenty of visitors from WI to show their support for WI climate action, as well as from members of the public to discover that WI do a lot more than making jam and cakes – although we hope to have some of those too.



## Manor Farm

Patricia Harpur

The July Speaker was a former Hillingdon Mayor, who enlightened us on the history of the role and the significance of the mayoral regalia. Fulfilling over 700 engagements in his year of office (sometimes three in a day), refreshment consumed did nothing for his waistline!

The June outing was to Knebworth House. Owned for over five centuries by the Lytton family (amongst whom was a Viceroy of India and a Chairman of the Bank of England) the gothic house is well worth a visit, as are the grounds.

The wealth of stately trees offered abundant shade (in a temperature of over 30) and to supplement the maze, lake and rose gardens, there are the unique sculptures made from fallen tree stumps

Attention now is focussed on the 50<sup>th</sup> Anniversary Party in September and (two weeks later) the 100<sup>th</sup> birthday celebration of an active member, who still participates in outings.



## Bedfont Belles

Jenny Hanrahan

As we have relocated to the Assembly Hall on the Fairholme Estate in Bedfont (pictured), our August meeting was cancelled, but some of us got together when we went to the Superbloom at the Tower of London.

The weather was lovely for us but the flowers had definitely suffered from the heat of the past weeks. Margaret and Elaine could not resist the slide!

Our September meeting fell on a very sad day. Our Queen and Patron joined her Prince. Although we met we did not hold our planned meeting. Brian Greenan, who was due to give a talk, instead led us in two minutes silence.

Several of our members went to pay their respects both at Buckingham Palace and at Windsor. Marion, Janice and Margaret bravely queued for many hours to pay their respects at Westminster Hall. On the day of the funeral many of us watched while the funeral procession passed by. A very emotional few days.



## Laleham

Chris Walker

Laleham WI skipped its normal monthly meeting in August in favour of an adventure—a fabulous day out with a boat trip (and lunch) on the Kennet and Avon canal and a shopping stop in Hungerford.

The whole trip was arranged by member June Barnard, and we all had a great time, falling in love with the gorgeous Monty who pulled our canal boat while we enjoyed the peace and quiet of the beautiful countryside.

Members then had free time in the pretty market town of Hungerford—a very enjoyable day out for everyone.



## West Drayton

Chris Sharp & Pam Trim

At our meeting this month we had a very interesting talk and demonstration on how to wear a sari.

Anjuna brought with her several saris of different materials, some elaborate and some plain. She had a silk hand printed sari, an embroidered one with sequins sewn onto it and also plain ones, in gorgeous colours.

The wearing of saris dates back to around 2000BCE, and saris are nearly always passed down through families.

Alison, our President, modelled the sari for us. First on was the short blouse, which is usually made to measure, followed by the petticoat, which is pulled tight to hold the sari in place.

This is followed by the sari itself, which is tucked into the top of the petticoat at first and the rest is pleated and secured with a safety pin before also being tucked in to the top of the petticoat.



The rest of the sari is then draped over the shoulder. The hem/border of the sari is called the fall which is reinforced to protect it from fraying.

As you can see from the photos, Alison is wearing a more elaborate one. To finish the ensemble long earrings, necklace and bracelets are always worn with the sari.

Anjuna explained that elaborate red saris are always worn for weddings, white plain ones were worn for funerals or indeed for weddings if performed in registry offices.

Historically, traditional northern Indian dress is a long tunic with trousers as the weather is colder, while southern Indians traditionally wear saris.

Anjuna brought in different types of Bindi for everyone at the meeting, these are worn on the forehead between the eyes denoting a married woman. Now they are worn for decoration.

We also were treated to some Indian food, pakoras and sweets, which were delicious.

## Sunbury on Thames

Barbara Draper

Sunbury on Thames WI does not meet in August. Instead an annual trip is arranged. This year was no exception. Our trip organiser did us proud. A coach trip from Sunbury to Westminster Pier where we boarded a passenger boat to Greenwich. It was pouring with rain when we set off.

It was an extraordinary trip due to the amusing commentator. He has lived by the River Thames for most of his life and was deeply familiar with the Thames and Docklands. His explanations, apart from being amusing, were also very informative.

When docklands was a working part of the Thames it was full of rats. Now the rats have the pickings of some of the most expensive restaurants in town! At Greenwich we arrived

in bright sunshine. We were then able to explore the market, the college, the Observatory and places to eat.

As we were returning from the opposite side of the river the coach took us through a



different route back home. This included many areas of London which to some of our members were unknown.

Our next activity, two weeks later, was fish and chips in the local park. I can only report that the fish and chips were excellent but the weather was not. Umbrellas were needed!

## Ruislip Evening

Sandy Channon

Our August Meeting was a relaxing fun filled games evening with a Beetle Drive, card games, tower building and various games and interesting poems! A Camera Challenge was set for our members to take a picture wearing their 100 years of the Middlesex Federation badges showing a picture with various categories including visiting an unexpected place or activity, furthest distance from the GAA club and our favourite place in Middlesex. The pennies theme for our charity was orange with a chocolate orange for the winner. Our evening finished with a card game with prizes for the last three ladies standing.

A few ladies braved the extremely hot weather in August and we had a lovely picnic, chat and game of petanque at the Manor Barn in Ruislip.

September's meeting included a very informative talk from three members of our local Safer Neighbourhood Team, who spoke



to us about how to be aware of phone, email and doorstep scams, taking care of ourselves and our property and they also provided information of an online scheme called OWL (Online Watch Link). Residents can join online at [www.owl.co.uk](http://www.owl.co.uk) and they will receive emails of what's happening in their area. Residents can also report local issues on the site.

Our book club read *The Beekeeper of Aleppo* and we were also invited to an enlightening talk and reading from the author Christie Lefteri from her new book *Songbirds at the Great Barn*.

As I am writing this newsletter there are tears running down my face as I have been listening to the sad news that our beloved Queen Elizabeth has died. We loved and respected her; may she rest in peace knowing she fulfilled her promise of serving her people her whole life.



## Halliford

Sue Al-Kudcy

As we were not holding a meeting in August, we visited Weald and Downland Living Museum on Tuesday 2 August, and it certainly took us back in time. The weather was perfect—not too hot to explore at a leisurely pace.

We all reminisced in the market square having a go with quoits, stilts and traditional hoops. There were many historic homes to visit plus

the water mill, where we chatted to the millers.

We also saw a lacemaking demonstration and the museum displaying all the tools that were used on the land years ago. We couldn't visit The Repair Shop as filming for television was taking place.

In September 2020, the Museum celebrated 50 years since opening. It is an educational charity so need all the support of visits.



## Southbourne

Jackie Head

In September we were very lucky to have one of our long-standing members, Beryl Mansi, show us how to put flowers together to make beautiful floral displays. She made everything look so simple and gave us many tips. Beryl was ably assisted by Jean Webster. She kindly donated all of the displays as prizes for our raffle, and everyone in the room was eager to win.

In addition, this August, we had a very successful afternoon tea on one of the hottest afternoons. Rose Watson, the Treasurer, kindly hosted this in her garden.

We would also like to take this opportunity to welcome all our new members.



## Hayes Town

Gill Wildman

Our speaker for this month was the very knowledgeable Steve Batchelor, a bee keeper from Bledlow who makes his own honey and was so informative. Honey bees were around 146 million years ago whereas humans only two million. There are eight species of honey bees, which form into 3 types of bees: the Queen bee, the drones, which are male and mate with the Queen bee, and the workers, which are female (no change there!!) and produce the honey. The world's best antibacterial & expensive honey is Manuka from New Zealand.

The very likeable Steve went down a storm with the members, with lots of questions answered and some tasting of three honeys he had brought. He will be coming back to give a talk on his other creative work. His fee was a donation to Tiggywinkles [see last issue!], which he works closely with as he rescues animals too!

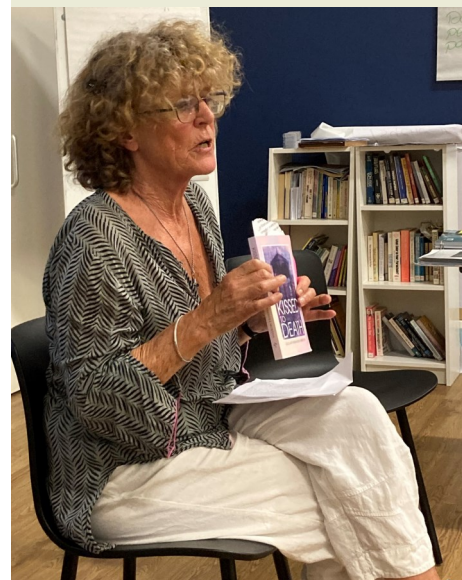


## Stroud Green

Christine Gregory

We understand our lives, the world and our place in it through stories according to Crouch End author, Gillian Fernandez Morton. She explained how her first book, *Bombweed*, was born from the story her mother had written in 1947 to make known ordinary women's experiences of World War II, wanting to show what life was like for civilian women during the war years.

Gillian said she used her mother's story and added historical information into it. She explained that she had joined a writing group at City University whose members helped critique each other's work and supported one another.



She was unable to find a publisher so she and her sister self-published the novel and paid for help from a small publisher who produced her books and advised on publicity.

Gillian's second novel (*Kissed to Death*), also self-published, was based on experiences she had working as an educational therapist as well as in her life and she said writing it was hugely therapeutic. Her first children's story is due to be published before Christmas and she is now working on her third novel, the writing bug having caught her.

After Gillian's talk, members recommended some of their favourite books, talked about some they wouldn't recommend, and swapped books, with the few unchosen taken by Amanda for the North London Hospice's shop.

## 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](mailto: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*

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



## Centenary Recipes

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

We continue this month with a simple gluten-free recipe submitted by Rina Panayi of Field Dames WI: thank you Rina!

### Gluten-Free Lemon Shortbread Biscuits

100g unsalted butter

50 g caster sugar

Grated zest of 1 unwaxed lemon

150g gluten free plain flour

25g gluten free cornflour

1/2 tsp gluten free baking powder

Beat butter until soft, add sugar and lemon zest, beat until light and fluffy.

Stir in flour, cornflour and baking powder to form dough.

Divide into 10 balls on lined baking tray. Press each ball flat then place in fridge for 15 minutes.

Heat oven to 190°C / Gas mark 5.

Bake for 12-15 minutes, sprinkle with more caster sugar and allow to cool on tray for 2-3 minutes.

Transfer to cooling rack to cool completely.

