



Middlesex News

March 2023

theWI
INSPIRING WOMEN

Chair's Chat

Angela Chessman

Hello

As I am writing this the sun is shining and the early daffodils are starting to bring the garden alive again.

I really love Springtime. I know that in this part of the world we are quite lucky with the weather, but it really lifts the spirits when the warmer weather comes along.

The Board of Trustees is still busy planning our first face to face Annual Council Meeting since before the pandemic.

As you probably know, we have changed the venue this year, mainly in the hope that more members will be able to attend — the theatre has excellent transport links. Many thanks to Board member Julia for recommending her local playhouse!

I do hope we will see a lot of you there.

Tickets are available from your Secretary or from Federation Office and you will be able to order a packed lunch, bring your own or take a short walk to the local cafes.

If the weather is nice there is a lovely park just opposite the theatre.

We also have two excellent speakers, so I am sure that you will have an enjoyable day.

The deadline for Resolution votes has now passed and the results for the Middlesex Federation WIs have been sent to National Office.



The results for Middlesex were:

Save our Water	210
Women to Women	67
Online Gambling	218
Clean Rivers	299
Total Votes	794

Thank you to all WIs who took the time to discuss the Resolutions and send in their votes—but it was a bit disappointing that this was only approximately half of our membership. However, I am sure that we are all looking forward to finding out which Resolution has been chosen to be voted on at the Annual Meeting – we should hear the results at the end of the month.

As you know, we are hoping to start organising some Federation events and one suggestion was a cross-Federation quiz.

As soon as we have more news we will be in touch—so please do put your thinking caps on!

Take care and keep in touch.

Kind regards

Angela

MFWI ANNUAL COUNCIL MEETING

Monday 20 March 2023

10.00 – 15.30

The Questors Theatre,

12 Mattock Lane, Ealing. W5 5BQ

Speakers: Bonita Norris, mountaineer & Eliza McClelland, actor

Bursaries and raffle

Refreshments available

Tickets £6 from MFWI Office

Newsletter deadlines >>> see page 2

WI BIRTHDAYS



A very Happy Birthday to the WIs celebrating in March

Ruislip Evening	04 March 2011
Gothic Valley	08 March 2012
Field Dames	09 March 2015
Teddington	09 March 2011
Hampton Tudor Rose	14 March 2017
Harlington	22 March 1932
Norwood Green	25 March 1985

200+ CLUB

Congratulations to the winners of our recent 200+ Club draws

February 2023

1st prize - £40

Jennie Lowes, Bedfont Belles

2nd prize - £30

Kathleen Crawford, Halliford

3rd prize - £20

Ashford WI

4th prize - £10

Stella Wardlaw, Manor Farm

FROM YOUR BOT

Have you considered...

...becoming a Federation Trustee?

We need and welcome more Trustees, and would always be happy to have a chat with any member who is interested in joining us. We will invite you to observe one of our monthly Board of Trustee meetings (either in person or on Zoom), so you can get a feel for who we are what we do.

Interested? Please call the office or drop an email to Angela at

chair@mfw.org.uk

GET IN TOUCH

COUNTY OFFICE

Unit 3 - No 7 The Green, West Drayton, Middlesex UB7 7PL
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The MFWI office is open 9am-1pm Mondays and Wednesdays

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Newsletter Info

Please send articles (maximum 150 words please) and photos (largest size possible, as separate attachments, please) to Emma at newsletter@mfw.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

- * April 2023 issue: 17 March
- * May 2023 issue: 21 April
- * June 2023 issue: 25 May

A PDF copy is sent to all officers and members with an email address at no charge. Information on the newsletter for the 2023-24 year will be provided soon.

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.

Bedfont Belles

Jenny Hanrahan

This month we had the most delicious New Year meal cooked for us by Sandra (on her wedding anniversary). Our committee prepared a beautiful table and waited on us throughout the evening.

Roast turkey with all the trimmings, 'Sandra-made' Christmas Pudding, wine, crackers, raffle. A very special evening.



We had such an interesting talk by Brian Greenan at our February meeting: *Frank Sinatra and the Mafia - was he or wasn't he?* We were told many facts, places, Italian names, but managed to keep up as it gave us some background when the crooner was added to the story.

Suggestions were made for our trips out this year and the next. The first is to The Museum of Brands which will no doubt include lunch somewhere and maybe a look at Portobello Market.



Sunbury Village

Debbie Levy

A huge thank you to Spelthorne Beat (Surrey Police) team who visited our WI to us talk about Street Safe, how we can stay safe as well as how to report areas in our neighbourhood where we feel unsafe.

We received alarms and a demonstration on how to use them. Here is the link to complete the form on unsafe areas in Surrey:

<https://www.police.uk/pu/notices/streetsafe>

Street Safe



www.police.uk

StreetSafe is an online service for anyone to anonymously tell police about public places where you have felt or feel unsafe, because of environmental issues, e.g. street lighting, abandoned buildings or vandalism and/or because of some behaviours, e.g. being followed or verbally abused.

Southbourne

Jackie Head

This month we invited Rachel and Daisy (and baby Florence came too) to talk to us about the charity ORCHYD.

It was set up in 1971 in Ruislip and has been running ever since. Rachel gave us an amazing and inspirational talk about what they do. The main part of the project is to offer 20 disabled children between the ages of 8 and 12 from anywhere in the UK the opportunity to spend 10 days at St Martin's Church Hall to have a fun holiday also giving parents/carers a break.

The complexities of running this charity, all run by volunteers, are extensive and yet they still continue 50+ years on. There are also many helpful offshoots that they provide as well. If anyone is interested in finding out more about them they have a website: <http://www.orchyd.org.uk/>

This year we have set up a theme for each meeting, January was fluffy and this month was red. It is just a bit of fun to see what unusual items members have.



Stroud Green

Anna Matthews

Beth Moore, co-founder of vegan cheese maker, [Honestly Tasty](#), said her brother had been inspired to develop vegan cheeses as a way to cut everyone's carbon footprint as a plant-based diet produces 50% less carbon than a non-plant based one.

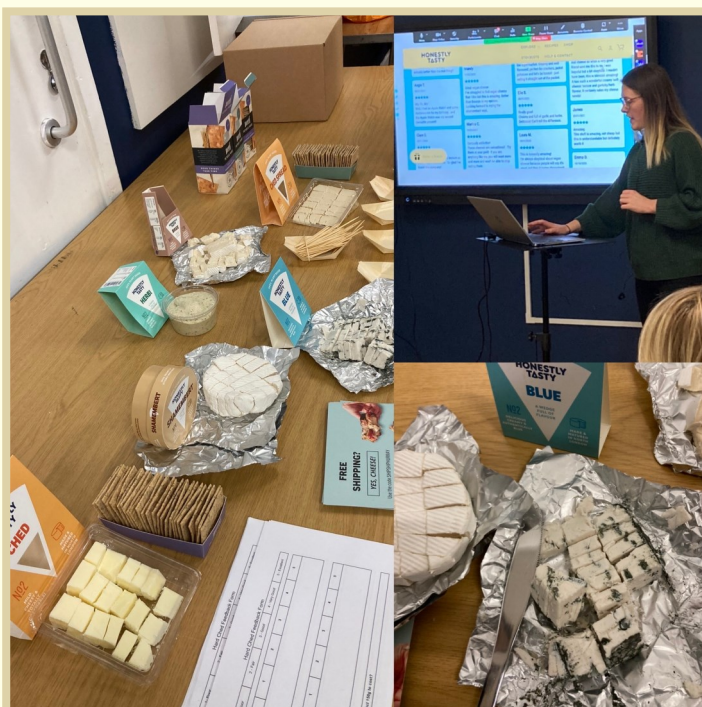
After going on a vegan cheese course in Berlin, her brother experimented with recipes and set up the business in their grandmother's spare bedroom.

Honestly Tasty is now based in Wood Green and produces five cheeses, which are all based on nuts—either almonds or cashews—and is available from independent shops, including Selfridges, and from Holland and Barrett this summer.

They have won awards for their cheeses and are currently trying to further cut their carbon footprint, while continuing to donate two percent of their revenue to charity.

The business is currently small scale, with a premium product, but they would like to cut costs and expand, and are continuing to develop new cheeses.

Members enjoyed tasting five of the current cheeses—Bree, Herbi, Ched Spread, Shamembert and Blue—and one cheese still in development—Ched—for which they were asked to give feedback to help with the development of the cheese.





London West End

Natalie Miller

The ladies of London West End WI kicked off their January meeting in fine style. It might not have been Christmas, but we were still jingling some bells—Morris Dancing bells!

We invited the Belles of London City to join us for a Morris Dancing workshop...or is that workout?! It certainly felt like a work out! After a good warm up and some health and safety notices to ensure we didn't do any damage to our legs, knees and fingers (we were dancing with large sticks too) we began the session.

We met the Belles at the Soho Summer Fayre in 2022 so it was nice to see them again and find a new appreciation for all the hard work and effort they put in to making the dances look so effortless.

How did we follow that? Well in February we opted for a peaceful session on meditation!



Ruislip Evening

Sandy Channon

Show the Love for our climate was the theme of our February meeting.

An interesting, informative climate-themed quiz with some of the answers showing the average person in the UK uses 140 litres of water a day, a bottle of wine, as opposed to a litre of milk, has a lower carbon footprint and using a dishwasher is better than washing up by hand!

Our recycling pennies competition was won by an excellent model of a bicycle made from a coat hanger brought in by Daphne. Our members were also offered the opportunity to decorate a green heart to 'Show the Love'.

With Keep Britain Tidy in mind, Lorraine has organised a litter picking event at a local park with the help of Hillingdon Litter Pickers in February.

Plants, bulbs, books and information on future craft meetings were also available. We welcomed three new visitors to our meeting.



For those interested in Walking Netball, Mary provided information about indoor sessions being held at Vale Farm Sports Centre on a Tuesday evening.

Poppy Factory and Dog Trust visits are also planned in the near future. Although busy, we still had time for tea and a delicious Queen Elizabeth Chocolate Biscuit No-Bake Cake made by Wendy.

Looking forward to our birthday next month.

Laleham

Chris Walker

First meeting of the year for Laleham WI and our featured speaker was one of our own members, June Barnard .

June gave a great talk about that fabulous decade the '60s—reminding us all of the newsworthy items of the period and sharing her own experiences of the fashion and music of the time.

June told us some great stories of mixing with famous folk of the '60s, from actors to pop groups (lots of name dropping going on !) as well as showing us some of the trendy 'gear' she wore .

A really entertaining evening of nostalgia and fun.



Harrow Belles

Caroline Lee

In December Harrow-on-the-Hill WI—the Harrow Belles—hosted their second Christmas quiz and raffle, an event fast becoming a festive highlight for both our WI group and the local community.

Our formidable members Sarah Barry and Katherine Earl tirelessly approached local businesses to lend support for the raffle and they amassed an incredible prize list including tickets to London Zoo, meals at local restaurants, gardening sessions, and even a tattoo voucher!

Beautiful handmade cushions and goody bags were crafted by our members, Debbi

Watson and Claire Prescott, and members donated items to fill the bags.

Our quizmaster James excelled on the night with rounds including guessing Christmas crisps flavours and Christmas movie theme tunes.

The Raffle raised over £1200 to be split between two deserving local charities—Harrow Young Carers and the Centre for ADHD and Autism Support.

In January we got the year off to an energetic start with a belly dancing class with the incredible Sandrine and we are looking forward to another busy year!





Stanwell

Marilyn Rix



On the 18th of February Stanwell WI held its annual quiz night to raise funds for the hanging baskets in the village, and plants for the War Memorial and Village Hall, all to be entered into Spelthorne in Bloom. The evening was a great success and well attended, raising more than £900. Local businesses donated raffle prizes and Skippers, the local fish and chip shop, offered a discount for their delicious fish and chip meal on the night.

A big thank you to Carrie Leggett who organized the quiz, for her helpers and the WI committee who co-ordinated the event. The winners were Jill Lord and her team. Lastly thank you to our mayor Susan Doran for drawing the raffle winners. Very enjoyable evening.



Hanwell

Kim Broadbent

Hanwell WI enjoyed a very interesting talk on Tarot card reading with Laura which covered its history, the myths and misconceptions, and why are people so afraid of it. Laura, who is a member of TABI, Tarot

Association of the British Isles, is very experienced and bought along some really beautiful sets of Tarot cards, the artwork was amazing.

She finished her talk with a 'mock' reading to demonstrate how the cards work. After some initial hesitation on the subject the ladies were very interested and asked a great deal of questions.

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.

We ask you to book to help us plan.

Queries and bookings

To book, mail craft@mfw.org.uk or call Lorraine on 01895 676 105 or call/text on 07976 398 533.

Dabble Days

MFWI Office, West Drayton

Thursdays 10.30-15.30

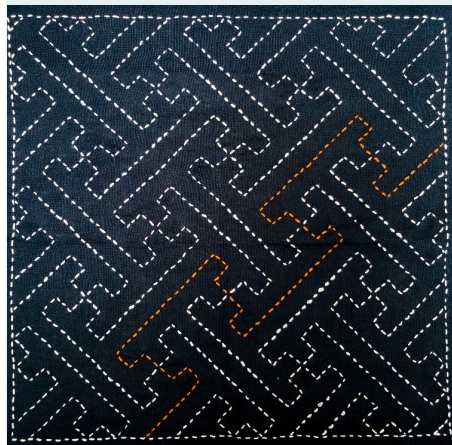
Members only

Fee payable in advance or on the day

16 March

Sashiko Sewing

£10



13 April

Needle Felt Animal

£10



18 May

Glass Painting

£6



15 June

Encaustic Art

£8

20 July

Dream Catcher

£6

17 August

Paper Craft

£6



19 October

Silk Painting

£10