



# Middlesex News

July 2023

theWI  
INSPIRING WOMEN

## Chair's Chat

Angela Chessman

Hello everyone

I hope you are all well—and hasn't the weather been wonderful?

In the last few months I have made a real effort to get out

walking more and these last few weeks have been a joy—the parks and gardens really are at their best.

My walks have also taken me along the riverside and it has made me think more about this year's resolution, *Clean Rivers for People and Wildlife*.

What is the river like near me? Is it a safe habitat for river wildlife, for the freshwater fish, voles, dragonflies and kingfishers? Even the bumblebee, foraging among the banks.



*Would I want to swim in it??*

I will definitely be exploring the issue more in the coming months. What about you? Are you and your WI planning anything to get involved?

In September, couple of our WIs are planning a WI Week of River Action in support of the resolution and they are starting off with a riverside picnic, dip and dabble in Sunbury-on-Thames (see page 4). I believe there will be some 'wild swimming' so hopefully we will have some photos to share!

The Thames swim looks like a brilliant day; do let us know what else is going on in the Federation. Please also turn to page 3 for member Sian Cooley's report of the NFWI Annual meeting which involved... swimming!

Just a reminder that we will be holding Officer training in July. Please get in touch with Georgina, Federation Secretary, if you would like to book a place, on [secretary@mfwi.org.uk](mailto:secretary@mfwi.org.uk).

Finally, some of you may remember that we used to hold a craft 'Chair's Challenge', with the winner being announced at the MFWI Annual Council Meeting.

We have decided to revive this, and more information will be shared with you shortly, but get your creative thinking caps on.

A reminder that we do have an August/September issue of Middlesex News, then take a break from production in August, with the following issue the October one.

Have a great Summer.

*Angela*



*What WI doesn't love an excuse for some baking and cake decorating? And what better excuse than a big birthday. This stunning cake, made by members Mary and Sandie, celebrates Southbourne WI's recent 70th birthday.*

*Turn to page 5 for more.*

**Newsletter deadlines >>> see page 2**

## WI BIRTHDAYS



There are no WIs celebrating birthdays in July or August.

## 200+ CLUB

Congratulations to the winners of our recent **200+ Club** draw:

**June 2023**

1st prize - £40  
Ashford WI

2nd prize - £30  
Stanwell WI

3rd prize - £20  
Maureen Hayward, Halliford

4th prize - £10  
Elizabeth Wilson, Stanwell

## 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 on 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@mfwl.org.uk](mailto:chair@mfwl.org.uk)

## GET IN TOUCH

**COUNTY OFFICE**

Unit 3 - No 7 The Green, West Drayton, Middlesex UB7 7PL  
Tel: 01895 440161  
Email: [secretary@mfwl.org.uk](mailto:secretary@mfwl.org.uk)

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

CHAIR Angela Chessman .....	<a href="mailto:chair@mfwl.org.uk">chair@mfwl.org.uk</a>
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MCS .....	<a href="mailto:mcs@mfwl.org.uk">mcs@mfwl.org.uk</a>
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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@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**

- \* Aug/Sept 2023 issue: 21 July
- \* Oct 2023 issue: 22 Sept
- \* Nov 2023 issue: 20 Oct

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.





## Perspectives of Cardiff...

The Annual meeting at Cardiff was the first National event I had attended.

I was excited to be part of such a large gathering of WI members, and to be voting for a Resolution that really spoke to me personally. As a year-round swimmer and lover of wildlife, I feel passionate about the Environment, and our responsibility towards it.

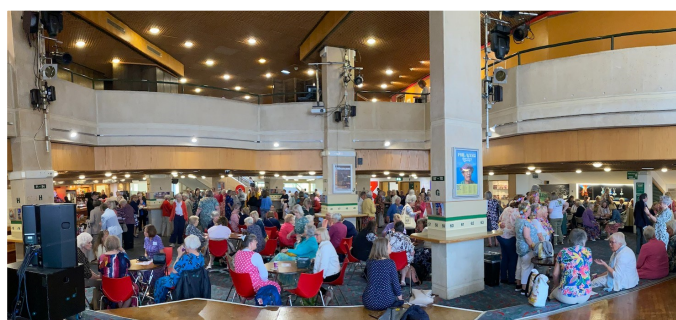
The weather was perfect, and once arrived in Cardiff, I travelled with Debbie, Chris and Caroline to Penarth, to swim in the sea and sample local Welsh ice-cream on the beautiful Victorian pier. Walking back into Cardiff across the Barrage, with views of the freshwater lake and sea, we were reminded how important it is to look to the future and put plans in place to support wildlife and outdoor leisure pursuits. *[See page 4 for Teddington's event to kick off the WI's week of action in response to the 2023 resolution.]*

It was inspiring to see how Mermaid Quay (Cardiff's waterfront precinct) supports this, with the Bay trail for cycles and walking, sailing, paddle boarding and swimming on offer, as well as a variety of wildlife, including the amazing Swift Nesting Tower, with its eerie calls ringing across the bay.

The Conference day itself was overwhelming, exciting and definitely inspirational. The hairs on the back of my neck prickled as thousands of voices sang *Jerusalem* together. I loved hearing the speakers talk about their personal journeys through life, following their dreams with passion and resilience.

I felt privileged to be part of such a huge group of women, working together to bring about change through education, campaigning and never giving up. I would go again in a heartbeat and am already looking forward to the event in London next year!

—Sian Cooley, President, Teddington WI







## Laleham

Chris Walker

Laleham WI ladies celebrated the coronation at our May meeting with a social event and two royalty themed quizzes. Pictured here are members of the winning team (or swots as we like to call them).

We also held a bring and buy sale which raised funds for a local charity and members were invited to display some of their excellent art and craftwork. Here are some pictures produced by our talented member Carol Woolley.



**You are invited to a riverside picnic, dip and dabble to begin the WI week of River Action supporting the resolution, 'Clean rivers for people and wildlife'**



Join us in  
**Sunbury-on-Thames**  
**Sunday 10th**  
**September**  
**1pm-3pm**

**Arrive at St Mary's Parish Hall car park TW16 6RN**

**"Park there and follow" signs to the river at Flowerpot Green**

**(100m walk)**

**R.S.V.P**

**theWI**  
INSPIRING WOMEN

**teddingtonpres@mfwi.org.uk**

**Don't forget your swimming costume and towel!**

**Tea, coffee and toilets provided!**

**Bring a mug, a picnic for yourself and cake to share**

## Frozen in the West End

Julia Lewis

Middlesex Federation organised an outing to see **Frozen** at the glamorous Theatre Royal, Drury Lane on 12 May.

Pictured are some members of West Ealing WI. Teddington and West Drayton members also came along; as always it was good to meet with other WIs.

The costumes and sets were fantastic. All agreed this show was fabulous... whatever your age!







## Southbourne

Jackie Head

In celebration of our 70th birthday, we had a wonderful party.

An excellent band, The Reverbs, played and sang memorable songs which we all sang along to (we were given song sheets).

Mary and Sandie made a beautiful cake (see cover), not only to look at but delicious too.

A big thank you to them for organising everything so wonderfully plus a thank you to Alison for laying out the food so artistically. This month our colour was purple which was won by Anne who had made a lovely ribbon flower card.

We all really did have a brilliant time.



## Finchley

Fiona MacSherry

Our refreshments stall at the Hampstead Garden Suburb Arts Fair last weekend was a huge success and much appreciated by the event organisers. We raised a substantial sum of money for our charities including Grief Encounter and The Anne Owen Centre (Age UK) East Finchley.

It was a busy day initially with stallholders keen to get a coffee before the day kicked off at 11am. The weather was kind which was ideal for enjoying a piece of cake at the outdoor tables, which we had decorated with jars of flowers. There was a steady stream of customers all day Saturday and Sunday. Lunchtime Saturday was peak time with demand almost outstripping Mary's sandwich making capabilities. We were proud to display an amazing selection of cakes and bakes catering for all tastes.

A big thank you to everyone who took the trouble to bake and label; you really did us proud. Huge gratitude to those who worked so hard on the day running the stall and till and of course, to those who did all the planning and preparation beforehand which ensured everything ran smoothly. All in all, a huge Finchley WI triumph.







and drawings, many of which looked like cats, but were still guessed correctly.

We swapped books and plants, Elaine won the "Silky" pennies competition with a photo of a spider's web and we enjoyed tea, coffee with many thanks to Janice, Jackie and Karen for the lovely biscuits and cakes.

At the end of May we had an excellent visit to (popular WI outing venue) Church Gardens, Harefield with a talk and guided tour from Kay who, together with her husband Patrick, had a vision to restore the walled garden and derelict house in 1995.

The WI has joined in celebrating National Thank You Day on 2 July to give a huge thank you to all the unsung

## Ruislip Evening

Sandy Channon

Hillingdon Women's Centre in Uxbridge has been chosen as our charity of the year and we had interesting talk from Kayci Powell, who told us that the centre has been helping women for over 35 years.

It provides a protected, safe environment and advice service for all women of all nationalities and they are passionate about gender equality and ending violence against women.

We also enjoyed various games and had taskmaster fun drawing unusual animals for teams to guess (a pushmi-pullyu, pangolins...)

heroes, particularly carers.

Local WIs have been invited to meet on the green outside St Mary's Church in Northolt on 1 July to sing and record *Thank you for being a friend* as part of the celebration. We are hoping for a picnic and sunshine but have a back-up plan in case of rain!



## Iver

Joan Horton

At our June meeting, member Lynne Brown conducted a craft session on making fabric roses. Thankfully, we succeeded in making no mess of the tables with the glue, but despite a demonstration which had seemed straightforward, folding and twisting the fabric strips turned out to be more tricky than had at first appeared!

A definite knack was involved, and Lynne had to make a number of additional slow-motion demonstrations. The session was very congenial and created much laughter. Most of us managed some impressive results, although a few of us remained 'all fingers and thumbs'.

Roger Laing gave us a very interesting talk on 'Nelson and Emma' at our May meeting. This included less known detail on both of their childhoods and youth before their chance meeting in Naples during the Napoleonic

wars. Also, less well known is that today Nelson has many descendants through his and Emma's only child, Horatia.

At our April meeting we had a talk by Rosemary Farrell on aromatherapy. Their therapeutic uses were explained, and various samples were passed around.

Some of these were easier to identify than others, and their aromas ranged from very pleasing to grimace-inducing. Rosemary distributed a generous number of vials to members selected raffle style.







## London West End

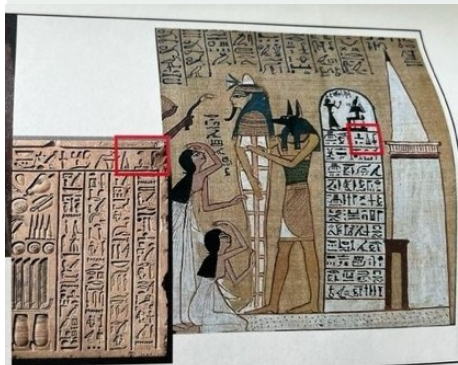
Natalie XX

The ladies of London West End recently had a talk on Egyptian Hieroglyphs given by our treasurer, Pam, who also happens to be an Egyptologist. In the talk we learnt about offering texts, found out in what direction to read the hieroglyphs, by looking at the animals, and also found out more about the game show symbols in Only Connect too.

But we didn't stop there, with the British Museum on our doorstep we decided to arrange a separate event to go and see some hieroglyphs in real life.

Pam, who gave us the talk, accompanied us and we wandered through the Egyptian sculpture gallery spotting the symbols and finding an actual Egyptian offering text, one we could now—almost—decipher.

It was a really interesting way to put factual information from the talk into practice.



## Stroud Green

Christine Gregory

Our fundraising quiz and raffle was for Solace Women's Aid, SGWI's charity for the year. Entry was £5 for non-members and members were encouraged to pay £5 too to support Solace.

Seasoned and ingenious quizmaster, Nick, was given a warm welcome on his return to his SGWI annual gig. He created a wonderful mix of fiendishly clever questions with which to delight and confuse our 24 quizzers. We wracked our brains to think of two word answers starting with the same letter, to find the link between the previous five answers in a round, to find the name of a country within the answers. This year we had a new treat to delight and confuse us in the music round when Nick sang us mangled versions of Eurovision songs—ranging from Bucks Fizz to Abba. We kicked ourselves when we failed to remember the answers from previous years' quizzes which Nick had cunningly recycled. After a hard fought contest between five teams, Kit and Eileen's Mind over Matter team triumphed with 60 points. Everyone enjoyed the delicious cakes and

savouries provided by Rita, Naomi, Yvette, Michele, Kit (and husband Gordon) which raised additional funds for Solace along with the sale of WI preserves. Huge thanks go to our wonderful neighbour, the Goods Office, which donated the star raffle prizes of £30 and £20 gift vouchers for food and drink in their restaurant.

The event raised £275.99 before the deduction of expenses, which will help Solace to support women and their families fleeing abuse.





## Stanwell

Marilyn Rix

On a beautiful day Stanwell WI joined the May Fair held on the Stanwell Village Green on 27 May. Stanwell WI held two stalls, one for the WI, and the other for the Croquet Club.

We asked our members to donate tins, biscuits, cakes, crisps, sweets and so on to make up bowls and bags to sell at our tombola stalls. We raised over £170 and we had a lucky WI member Muriel Moore who won our star prize.

For our June meeting we enjoyed a brilliant speaker, Angela Young, who spoke about *The Aristocrat*, the *Able Seaman* and the tragic sinking of *RMS Titanic*. Angela's great grandmother was Countess of Rothes (*The Aristocrat*) and she told a very emotional story of how she and Thomas Jones (the *Able Seaman*) survived the tragic events of the sinking of the *Titanic*.



On 6 June a few WI members joined Hester Heaver to celebrate her 99th birthday. We organised an afternoon tea at Blue Diamond, at Crockfords Garden Centre. It was a lovely setting, with great food, and excellent service.



## Hayes Town

Gill Wildman

Our May meeting brought Tom Way, wildlife photographer: what a congenial, passionate speaker. He held our ladies enthralled with his enthusiasm and knowledge for animals, be it big cats or elephants, to little penguins. He travels worldwide, but likes warm destinations and loves Africa. He stays in tourist camps with a driver and guide which he needs as he takes most of his shots lying on the ground, so he needs someone to be aware of any lurking danger! He showed us many photos and knew how long he had waited—sometimes days—to get that 'one perfect shot'.

He had many cards of those perfect images, which were quickly snapped up at the end, and after Q&A time it was time for our usual tea and raffle.





## Spelthorne Group

In the last issue we reported on the Spelthorne Group meeting. The usual 'two minute reports' at the meeting were creatively presented in poetry form this year: enjoy the work of Sian Cooley of Teddington and Debbie Levy of Sunbury Village.

In the last year or so, we've been very busy  
The things we've got up to would make anyone dizzy

So let's talk about it to everyone here,  
we'll do it together at the end, you can cheer!

In WI style, we've been knitters and bakers, we've painted and sketched and been candlestick makers.

Zumba and yoga made us all feel alive,  
we like to go dancing in a line or a jive.

The ladies that taught us, they knew how to move, we felt like Madonna getting into the groove.

When the meetings not on, there's no need to miss out, read a book, meet for tea, sing a song, stroll about.

There's a club for you all, come along see your friends and we'll all meet together before the month ends.

It's not all at home sometimes it's away.  
The two groups get together, twice the fun we all say.

The Twickenham club showed how they keep beez.

Then the old picture palace, Calendar Girls, cake and Tea zzzz

Community Support its what we do well, talks from charities, groups, raising money as well:

Teddington had?  
Talk from:  
Strawberry Hill House

Cooking up  
The Hygiene Bank  
The Repair Cafe, and Munira Wilson the local MP

Sunbury Had?  
Talks from:  
Sunbury Matters  
Spelthorne Beat  
Going Supersonic  
The Brigitte Trust, and our resident Health expert Heather on ADHD

Celebrations and parties, too many to count, (D)10 years for the choir, (S) that's an awesome amount  
We toasted the queen in her Platinum year, corgis and cakes and a lot of good cheer.

At the end of our year and beginning anew, we are looking forward to sharing with you.  
More good times together as the next year passes, can you all join with us in raising your glasses.

Cheers to you all.



## Sunbury Village

Debbie Levy

The lovely Donna and Michelle joined us from Families Thriving Together, which provides inclusive access to parenting support for anyone who parents, ensuring there are little to no barriers to participation. They encourage communities to come together with the common issue of parenting, normalise parenting support and reduce the

stigmas attached to attending parenting programmes.

Families Thriving Together is always looking for partners to work with, including funders and volunteers. Our members did not disappoint; a donation from the collection totalling £60 was raised. Additionally, contacts were made and already there is help through our members to source venues and build contacts.

Donna and Michelle expressed such gratitude in their thank you letter.



If you want to know more about this local charity or get in touch with them to do a talk at your WI go to their website at:

[www.familiesthrivingtogether.org.uk](http://www.familiesthrivingtogether.org.uk)



## 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@mfwl.org.uk](mailto:craft@mfwl.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*

20 July

**Dream Catcher**

£6



16 November

**Suffolk Puffs**

£6



17 August

**Paper Craft**

£6

19 October

**Silk Painting**

£10

14 December

**Decoupage Christmas Bottle**

£8

## Officer Training

**We are offering two online training sessions in July**

Both sessions are open to all new and existing Officers, there will be time to share your experiences and discuss and issues that you may have. To reserve a place please email Georgina: [secretary@mfwl.org.uk](mailto:secretary@mfwl.org.uk)

**Treasurers**

Mon 3 July 2023 19:00-20:30

**Presidents & Secretaries**

Mon 10 July 19:00-20:30