



# Middlesex News

April 2024

theWI  
INSPIRING WOMEN



## Chair's Chat

Angela Chessman

Hello everyone. I hope you are all well.

I am writing this straight after our Annual Council meeting—and what an excellent day we

had! I do hope that those of you who attended enjoyed it. For those who didn't attend—you missed a great day.

We were back at Questors Theatre in Ealing; it had proved a popular venue last year, easily accessible for many people with lots of eateries nearby and it was good to meet so many members from different WIs. We also had visitors from Berkshire and Surrey Federations.

Our speakers were fantastic, Danielle Brown and Sally Kettle. They were really interesting and inspiring talks and were very much enjoyed by everyone.

It really was a Girl Power Day!

I would like to thank Gill & Jill from Stanwell and Gill from Hayes WIs who helped to organise our visitors, Mary and Maureen from Stanwell WI who provided an excellent Raffle, Carol for the lovely flowers and our super Secretary Georgina who was sorting everything out behind the scenes.

Of course, special thanks go to the Board of Trustees, who worked so hard to organise this event—it wasn't easy!



Congratulations to the winners of the bursaries drawn at the ACM:

### 200+ Club Bursary

Jackie Wilkins, Halliford

### MFWI Bursaries

Sonja Whelan, Clay Hill

Jacqui James, De Beauvoir

Many thanks as well to all members who attended. I have had some lovely feedback from those who did attend, I am really pleased that you enjoyed it.

However, on a less positive note, once again we were very disappointed in the number of members who actually came. We have nearly 1500 members from 43 WIs in Middlesex and only a fraction of that number attended.

Why is this?

A few members have contacted us regarding the day/timing of the event, and we have had suggestions to hold the meeting on a Saturday, which would allow working members to attend.

Some of you will remember that we tried this a few years ago, unfortunately it didn't improve the number of attendees!

However, we will certainly look at all options again.

We provided feedback forms at the meeting, and we are including one in the newsletter; thank you to those who completed them and I would be very grateful for any further comments from anyone—including what would encourage you to attend!

Is there something else you would like from these meetings? We have to do 'the business', but after that we are always open to your thoughts and ideas.

These events are an opportunity to meet our fellow members in a sociable way—it would be great to see more of you.

Have a good month.

*Angela*

Newsletter deadlines >>> see page 2

## WI BIRTHDAYS



A very Happy Birthday to the WIs celebrating in April

De Beauvoir	03 April 2015
Sunbury on Thames	15 April 1980
East End	16 April 2007

## MESSAGE

### 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@mfwi.org.uk](mailto:chair@mfwi.org.uk)

## 200+ CLUB

Congratulations to the winners of our recent **200+ Club** draw, drawn at the ACM:

### March enhanced draw 2024

- 1st prize - £80  
Christine Randall, The Alexandra
- 2nd prize - £60  
Sarah Endersby, Sunbury on Thames
- 3rd prize - £40  
Hayes Town
- 4th prize - £20  
Marita Brown, HA



## GET IN TOUCH

### COUNTY OFFICE

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

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

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TREASURER Sarah Endersby .....	<a href="mailto:treasurer@mfwi.org.uk">treasurer@mfwi.org.uk</a>
200+ CLUB.....	<a href="mailto:200plusclub@mfwi.org.uk">200plusclub@mfwi.org.uk</a>
ACWW .....	<a href="mailto:acwwrep@mfwi.org.uk">acwwrep@mfwi.org.uk</a>
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CRAFT Alison Fremantle and Celya Maxted.....	<a href="mailto:craft@mfwi.org.uk">craft@mfwi.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 [newsletter@mfwi.org.uk](mailto: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

- \* May 2024 issue: 19 Apr
- \* June 2024 issue: 17 May
- \* July 2024 issue: 21 June

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, selected stories are occasionally featured on the [news page](#) of our website.

What an incredible day we had at Questors theatre in Ealing for our 2024 Annual Council Meeting.

After last year I didn't think it could get any better, but it did. Great raffle, beautiful flowers, and a theatre full of wonderful members.

I must mention the brilliant speakers we had, Danielle Brown and Sally Kettle. They made me leave that day thinking I can do anything, no matter what anyone says. They were funny, engaging and very inspirational.

It was great to finally meet so many people who I had only communicated with via email or phone call. Not to mention catching up with those I hadn't seen in a while. It's what these days are about, bringing people together.

Those who didn't come, did miss out on a lovely day.

Georgina



*Georgina Glynn, Sarah Endersby and Angela Chessman*



*Jill Treeves, Maureen Stone and Mary Jeffery at the raffle stand*



*Trustee Julia Lewis; speakers Danielle Brown and Sally Kettle*



*Shelagh Laing, Teddington and Sue Burch, Stow Roses, reading their two minute reports; the audience ready and waiting.*



*Trustees Lorraine Reed, Celya Maxted, Elizabeth Morrell; Alison Fremantle, Sarah Endersby and Liz Alcock*

## ACM Reflections

Liz Alcock

Just like your WI, MFWI meet annually, for reports on Leadership and News, Social, Finance, Records, and Archives. A pink sky greeted Ealing at 06:50, joyful after the rain—when we gathered to prepare the Questors Theatre. Tables and cloths, raffle prizes, etc., all moved at speed and—most importantly—the urn turned on!

At 10:15, following the traditional WI opener, we settled in for the reports: Angela Chessman's introduction kicked us off with welcoming Federation Guests and two speakers. She reported good news and events and thanked all for attending, despite having a sore voice-box. Sarah Endersby's meticulous feedback was positive and delivered with clarity and humour—especially as she doubled for Angela at times!

They were followed in speedy fashion by Emma Watson (Digital), and Alison Fremantle (Crafts, Public Affairs).

Meanwhile, our Super-Secretary, Georgina Glynn was making notes while controlling the slide shows—multi-tasking at its best!

Danielle Brown spoke with inspiration covering inclusion and her career as a multi-medal winner and Author. Danielle has shot arrows for Gold at both the 2008 Beijing and 2012 London Paralympics. Her refreshing approach to life proved that she uses her winning ways to spread positivity and overcome limitations, whatever they may be. Bursaries announced and prizes drawn and then lunch.

Liz Alcock (Archives) explained decluttering 'WI style' for papers, textiles and photos and reminded us that she will help any WI who asks.

Alison returned to introduce Sally Kettle, who promised rough seas, wild storms, and sharks—and delivered. At the same time during her life-defying achievements she raised charitable fund and rowed the Atlantic with *her mother!* She now settles for working with athletes at a high level and supporting women to stay active during pregnancy.

Finally, and all too quickly, we were singing the National Anthem, and packing up for another year... Come along: you'll enjoy it, *promise!* At worse, you'll meet and chat with other women just like you.

## Stanwell

Marilyn Rix

We organised a film night for our March meeting, offering popcorn, crisps and Pimm's then settled down to watch summer holiday, singing along to the songs we knew. Encouraged to wear summer clothes, although we had our thermals on underneath.

The first inside bowls took place in the village hall, we had enough people to make two teams, after 3 hours the match was a draw. Some had played before and coached the novice players. On a rainy day it was a fun afternoon.

Our book club met at Notcutts to discuss our ninth book, *The Language of Food* by Annabel Abbs.

The walking group arranged to meet locally and walked around the reservoir.

Committee and helpers went out for dinner at I Terroni in Staines.



Lastly, the croquet club booked lunch again at The Feathers in Laleham as we thoroughly enjoyed it and wished to return. Great food and service.

Didn't get a chance to fill out the feedback form at the ACM? You can fill it out now. Contact [secretary@MFWI.org.uk](mailto:secretary@MFWI.org.uk) for a form.

### MFWI 2024 Annual Council Meeting Feedback



- Have you attended a Middlesex Federation Annual Meeting before?
 

YES	NO
-----	----
- Do you prefer a weekday, Saturday, or Evening for Federation Meetings?
 

Weekday	Saturday	Evening
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- How easy or difficult was your journey to this venue?
 

Very easy	Easy	Average	Difficult	Very difficult
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- How would you rate the presentation given by Danielle Brown, Paralympian?
 

Very good	Good	Fair	Poor	Very poor
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- How easy or difficult was it to buy refreshments during the break?
 

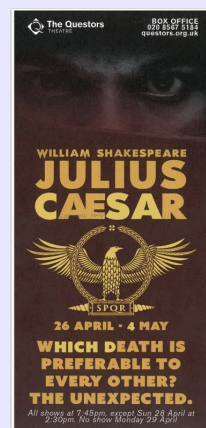
Very easy	Easy	Average	Difficult	Very difficult
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- How would you rate the presentation given by Sally Kettle, adventurer?
 

Very good	Good	Fair	Poor	Very poor
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Any other comments:

The Questors Theatre has given MFWI a discount to one of their plays *Julius Caesar*. You will get 20% off, if more than 7 tickets are booked at once.

**Just use the code W120**



## Spring Bulb Scheme

Elizabeth Morrell

After heavy rain all night and a sharp drop in temperature my bulbs are still blooming lovely.

Thanks for the Women's Institute Spring bulb scheme catalogue.

Now planning what to order for next spring!!



## Stroud Green

Christine Gregory

After passing through airport style security, our first sight inside the Houses of Parliament was the vast, medieval Westminster Hall - where legal cases were heard and where Queen Elizabeth II (and previous monarchs) was laid in state.

We passed through halls bedecked with paintings, statues of former prime ministers and stained glass windows into the splendours of central lobby with its gold mosaic ceiling, royal statues and Post Office branch and up several floors to a Committee Room decorated in deep red flock Pugin-designed wallpaper.

We were there at the invitation of Stroud Green's MP, Catherine West, the MP for Hornsey and Wood Green and Shadow Foreign Minister (Asia and the Pacific). Catherine talked about how she had become an MP; going from working with refugees, to being a case worker in the House of Commons, a Labour councillor in Islington and Leader of Islington Council before becoming an MP in 2015.

Before meeting us, she had hosted a visit from members of the Youth Council and is working to encourage young people to engage with politics.

Members asked her what it was like working in the male-dominated and toxic culture of the Commons, the impact of MPs lying and people's high levels of distrust in politicians, how to encourage more women and girls into politics and what we could do to support female MPs.

As true WI ladies, we thanked Catherine with a basket of WI jams and a WI show the love seed bomb. Our visit culminated with a climb to the Strangers' Gallery to listen to a debate. Seated high above the green leather benches of the Commons, from which we were separated by floor-to-ceiling security glass, we were surprised at how small the chamber is in real life.

We spotted Yvette Cooper (Shadow Home Secretary) and Stella Creasy (MP for Walthamstow) among around 10 MPs still taking part at 9pm in a debate on the boring-sounding, but important, Investigatory Powers (Amendment) Bill [Lords] about how much access the secret services should be allowed to have to our communications and data.



## Laleham

Chris Walker

Members have been treated to really interesting speakers over our last couple of meetings.

Firstly we hosted Bill Cunningham, a local security expert who gave us an informative talk on Scams and how to avoid getting caught out.

As well as giving us all an awareness of how Scammers operate, Bill also provided leaflets and information on gadgets etc to help minimise the risks. A useful talk on this ever-increasing danger.

At our February meeting, popular speaker Brian Greenan made a repeat visit to us, this time to talk about the high-profile Heinz Baby Food extortion case.

In his role as a Scotland Yard Detective, Brian was involved in solving this challenging case which took 3 years to solve, and which had a lasting influence on food preparation and packaging.

## Ruislip

Sandy Channon

March meeting and it was our Birthday! Such a busy evening as it was also our AGM as well. We welcomed visitors, thanked all the committee for their hard work over the past year and voted Dot in as our new President.

Our evening also included a talk from Sarah and Laura from the Pumpkin's Wildlife Hospital which is based in Rickmansworth. It was founded a year ago by Ana Lapaz-Mendez, who is a veterinary surgeon, and with the help of its many volunteers their mission is to 'save and protect wildlife'. Although they try to release all wild animals, Pumpkin the fox would not be able to survive in the wild and

has become their 'mascot'. Some of the animals who have been treated at the Hospital include ducks, hedgehogs, foxes, red kites, and they have recently been able to release a peregrine falcon back into the wild. Peter Egan and Charles Dance are patrons of the hospital.

Much of our wildlife is threatened and we need to help where we can, plant wildflowers, make a hole in your fence for hedgehog highways, feed birds and provide water. For those who like to knit or crochet animals can be made and donated for sale at various open days run by the hospital.

Our members and committee brought in a selection of delicious Scones, cream, jam, fruit,

and Carrot cake to share; our charity pennies theme was 'Olive', won by Viv with a photo of Olive from *On the Buses*. Raffle prizes were won, books were swapped, (our book club is reading the Glass House by Eve Chase) and future events were planned. A very enjoyable evening.



## Sunbury Village

Debbie Levy

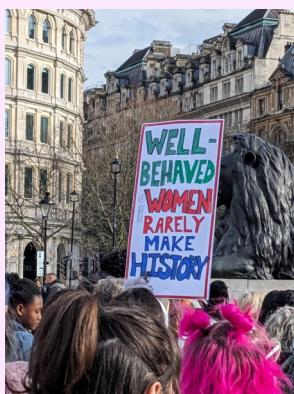
A great talk by Mick who told our members all about the Elmbridge Community Eco Hub, what it can offer them and how members could help.

The Eco Hub opened to the public on February 14<sup>th</sup> 2022, with a view to provide a safe place for local people to help our environment, reduce waste, provide opportunity, and improve community cohesion.

Based in the Elmgrove Estate, in the centre of Walton-On-Thames, Surrey, UK, Eco Hub

provides our community with access to a multi-functional, safe space where they can reduce waste and access many beneficial initiatives.

These include the Library of Things, Community Fridge, Refill Shop, Skill Share, Repair Cafe, Small item recycling, Community Garden, Seed Bank, Jigsaw swap, Book Swap, to name but a few—all under ONE roof.



## Million Women Rise March

Sian Cooley

Here's some pictures from the Million Women Rise march on 9 March. I went with my daughter Rachel.

We met on the corner of Duke Street and Selfridges, we marched along Oxford Street, Regent Street, Leicester Square, and rallied in Trafalgar Square. We heard some inspirational speakers and were so proud to be part of this global action.

## Ashford Evening

Wendy Kislingbury

It was everything Easter for Ashford WI at the March meeting. They welcomed back Meryl White for a wide-ranging talk about Easter baking traditions. But it wasn't all about hot cross buns, as she also provided an Easter biscuit recipe for a baking challenge for members.

They could make plain or iced biscuits and submit 4 for blind judging by the speaker. Competition was fierce, but it was Deborah Martin who was awarded the prize for best biscuits.

As usual, handmade crafts and cards produced by members were available to buy at the meeting and this month the focus was on eggs and bunnies. A substantial amount was sold as members stocked up to share with family and friends.

The craft group, under the guidance of Lesley Wheeler, continued the Easter theme making felt bowls which were filled with chocolate eggs, ready for the holiday ahead.



## Sunbury on Thames

Gerry Attias

Our March meeting was held on Wear a Hat Day. With many of our members taking part with a great variety of hats.

Our delegate for the Middlesex ACM Heather Wasley, gave an excellent detail report to our members. She emphasized how enjoyable it was especially with the two wonderful speakers.

Our speaker Michael Gilbert. His talk Exploring London Through 20th Century.

He spoke in detail about life in London 1940 – 1959.

He started off with a recording of Winston Churchill announcing Britain was at War with Germany.

He spoke about the dreadful devastation around London. He included the Battle of Britain with twenty squadrons flying around London. Also, the Blitz with four hundred German planes. A bomb hit St. Paul's, fortunately it never went off.

He then went on to talk about the 1945 United Kingdom General Election. Unfortunately, Winston Churchill was not re-elected as Prime Minister. Clement Attlee was seen as a more competent leader by voters who feared a return to the high levels of unemployment and to lead the postwar rebuild of the country.

He also mentioned in 1947 the Thames flooded. Croydon Airport London's primary international airport passed to London Heathrow Airport. The Great Exhibition. Princess Elizabeth marries Lieutenant Philip Mountbatten. 1948 Olympics. The building of the Royal Festival Hall which cost £2 million. The Festival of Brittan.

He really covered a lot.



**SUDOKU**

1	7	6		8				
	2		7	6	9			5
	5		1				6	8
			6	7			8	
2				1	3	4	7	
6					8		1	3
7						2	5	4
4	8	2	3			6	9	
5				4				1

**Missing Link**

The answer to each clue is a word which has a link with each of the three words listed. The word may come at the end (e.g HEAD linked with BEACH, BIG and Hammer), at the beginning (e.g BLACK linked with BEAUTY, BOARD and JACK) or a mixture of the two (e.g STONE linked with HAIL, LIME and WALL).

BATH • COFFEE • DELIGHT

FAIRY • PULL • TONE

ALL • GET • PULL

LAUGHING • MASK • NATURAL

CATTLE • LOCK • NATIONAL

FLAP • LARK • PACK

**Middlesix**

Arrange the letters of the word at the top of each grid into its empty squares to create six five letter words, three reading across and three reading down.

**CELLULOID**

	J	J	O	
W				D
G				E
U				R
	Y	E	R	

**COALITION**

	P	S	N	
M				R
P				E
V				E
	T	L	H	

**CONTAINER**

	P	F	M	
M				T
S				E
D				E
	L	T	E	

**Answers from last issue**

**Answer within**

- Orange
- Anne—Thanks to Sue Capon, Laleham for pointing out it was his 2nd and 4th wives., not his 3rd and 5th.
- Lyon
- Iron
- Glen

**Guess the film**

- Top Gun
- Freaky Friday
- Eat, Pray, Love
- Kung Fu Panda
- Psycho
- Dirty Dancing
- Silence of the lambs
- Thor
- Hidden Figures
- Back to the future

**Crack the code**

" I only drink champagne on two occasions: when I am in love and when I am not" - Coco Chanel

Answers to all the puzzles will now be available in the same issue.

This month's answers are on page 10



## Alison Fremantle



### 6. Music choices ?

Classical, rock and roll and pop music from the 50's, 60's and 70's.

### 7. What is your most memorable holiday?

My most recent one – six days in Tenerife—bliss!

### 8. Best biscuit to dunk in tea/ coffee?

Digestive

### 9. Where would you love to visit but haven't yet?

Africa—I just love African music!



### 10. Marmite?

Love it – couldn't live without it.

I eat it every day and took some on holiday with me!

### WI Credentials

I joined the WI in 2011, and have been a member of the BOT since 2017. Presently Chair of Public Affairs, and soon to be taking over Craft.

### 3. What are your hobbies/ interests?

Meeting people, singing, art and craft, gardening, dancing, astronomy and reading.

### 1. What inspired you to join the WI?

Having moved to West Drayton, I discovered that the WI was next door to the doctors' surgery.

I'd heard about the WI, so investigated.

### 4. What was the last book you read?

*The Coal Miner's Daughter* by Maggie Hope.

I read any genre, and always have a book to read in spare time.

### 2. Which woman inspires you the most?

Florence Nightingale fought prejudice to give her all in nursing.

### 5. What is your favourite film?

Currently 'Mamma Mia, Here We Go Again'.

I've watched it three times, and will watch it again and again—I love the songs and the pure escapism.

## 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



## Dabble Days

**MFWI Office, West Drayton**

Thursdays 10.30-15.30

25th April

**Encaustic Art**

£10

30th May

**Heat Embossing Cards**

£8

20th June

**Needle Felting (animal)**

£8

*Members only. Fee payable in advance or on the day*

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.

Bank transfers: Please contact Federation Secretary.

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.



## Just for fun answers

### Missing Link

- Turkish
- Ring
- Together
- Gas
- Grid
- Mud

	J	J	O	
W	O	U	L	D
G	L	I	D	E
U	L	C	E	R
	Y	E	R	

### Middlesix

	P	S	N	
M	I	N	O	R
P	L	A	T	E
V	O	I	C	E
	T	L	H	

	P	F	M	
M	E	R	I	T
S	T	O	N	E
D	A	N	C	E
	L	T	E	

### SUDOKU

1	7	6	4	8	5	3	2	9
8	2	3	7	6	9	1	4	5
9	5	4	1	3	2	7	6	8
3	1	5	6	7	4	9	8	2
2	9	8	5	1	3	4	7	6
6	4	7	9	2	8	5	1	3
7	3	1	8	9	6	2	5	4
4	8	2	3	5	1	6	9	7
5	6	9	2	4	7	8	3	1