

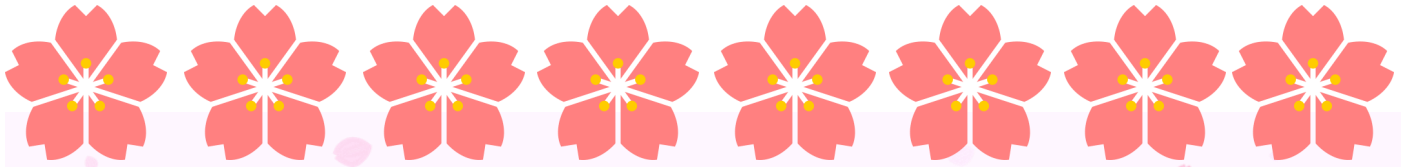


# Middlesex News

## May 2024

# theWI

INSPIRING WOMEN



### Chair's Chat

Alison Fremantle

Hello everyone, I hope you are well in spite of the disappointing weather we're having – bit cold again!

I'm writing to you this month as Angela is presently enjoying a much-deserved holiday in the shape of a cruise in the Canaries. As well as beautiful scenery, the weather is hot there. I'm looking forward to hearing all about her adventures.

A few things to flag up this month:

The WI Learning Hub ('virtual Denman'), which launched in January – every member should have access to this provided they have a computer, is extremely versatile. There are courses for everyone – live courses which involve you engaging with the host as the course is delivered, on demand courses which are recorded and can be accessed anytime up to seven days after they have taken place; and study courses which are followed over two years and therefore in depth. The great thing about these courses is that they can all be shared at WI meetings. If you want to follow a craft or a lecture, it can be done with us all looking at one computer, or better on a screen. I found the above information from the March edition of MyWI magazine, and I recommend re-reading and keeping the crib sheet handy for future use.

The resolution- Dental Health Matters- needs to be discussed and voted on before the National meeting in June. You can contact me at [publicaffairs@mfwi.org.uk](mailto:publicaffairs@mfwi.org.uk), with any resolution concerns.



We had an extra meeting today and were reminded that we will be losing two of our officers, Angela, and Sarah, after March 2025, as they are obliged to stand down for a year having served nine-year terms. This means that our Board of Trustees will be below acceptable numbers, and without officers, cannot legally function. So, I'm inviting members to come forward if they have a little spare time and feel they could offer some new ideas and join a friendly and dedicated crew, to ensure that our Federation continues and flourishes.

Lastly, Health and Safety matters. WIs, please check that your forms (produced by the NFWI and found on the MyWI website) are up to date, and that all your activities are written down and assessed for risks. I was asked recently whether a particular activity was covered, and my answer was: so long as it is seen to be mentioned and assessed for the risk, then you are covered by the NFWI. (Some forms we hold are a little scant in their detail, so it is worth using a committee meeting to go through your activities). Please send a copy of the updated form to the office.

I wish you a good month,

*Alison*



**Catch the story behind these delicious looking scones on page 5**

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

## WI BIRTHDAYS



A very Happy Birthday to the WIs celebrating in May

Finchley	13 May 2009
Stanwell	15 May 1919
Ladies of the Lock	26 May 2016

## 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:

### April 2024

- 1st prize - £40  
Brenda Mason, Stanwell
- 2nd prize - £30  
Jennie Lowes, Bedfont Belles
- 3rd prize - £20  
Jayne Fowler, The Alexandra
- 4th prize - £10  
Shirley Vick, Hayes



## 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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200+ CLUB.....	<a href="mailto:200plusclub@mfwi.org.uk">200plusclub@mfwi.org.uk</a>
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WEBSITE Emma Watson.....	<a href="mailto:website@mfwi.org.uk">website@mfwi.org.uk</a>

## 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

- \* June 2024 issue: 17 May
- \* July 2024 issue: 21 June
- \* Sept 2024 issue: 23 Aug

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.

## Teddington

Shelagh Laing

'What should we do with underwired bras?' was the first question from the floor. The answer is to ensure the wires are away from contact pads. What was going on at Teddington WI?

TWI held a First Aid Awareness training evening in April, delivered by St John's Ambulance. If you are going to directly assist someone, always introduce yourself, check they can hear and understand you, ask them to do something and give clear commands to others around. If you are asked to do something to assist, always return and state that you have done it, and the result of your endeavours.

We were shown how to place someone into the Recovery Position and how to maintain and assist in CPR. Differences in actions taken on adults, children and babies were demonstrated. There were Annie

models for us to work on. Age differences in training were expressed through preferences for 'Nellie the Elephant' or 'Staying Alive' being your inner song of choice to maintain the rhythm of compressions.

Use of an AED (automated external defibrillator) was fully demonstrated – underwire in bras and hairy chests can affect the equipment. Encouragement was given to be more aware of their locations in our neighbourhoods. Since we are Thames side, we need to be aware of locations of Emergency Life Rings too.

Some of our Members are trained First Aiders. After this awareness training, we all know what we might expect to happen, should help be needed by a member of the public. All of us are far more competent and confident in how to assist others.



## Ruislip Evening

Sandy Channon

Despite a last-minute change of venue for our April meeting and a team effort from the committee to let everyone know, it was well attended. We had a fun evening painting eggs and then rolling them down gutters for our "annual" egg rolling competition - much harder than anticipated with eggs rolling all over the hall – the cup was won by Rosemary this year. There was an interesting quiz with words beginning with "S" organised by Helen, a cupcake tasting competition – the chocolate entry chosen as the winner! – books were swapped, a plant sale with donations for our charity and our "Spikey" pennies theme had entries which included a Spike Milligan book and a very spikey plant but was won by Elaine's spikey dinosaur.

Our book club are reading the excellent Daphne Du Maurier's "My Cousin Rachel" – did she or didn't she kill Ambrose? I am sure there will be an interesting discussion at our next meeting.

A trip to the Chiltern Open Air Museum has also been arranged for May.



## Sunbury Village

Debbie Levy

Betty and Helen from Cruse Bereavement Support joining us for our March WI evening 2024. The charity helps people through one of the most painful times in life – with bereavement support, information, and campaigning. Thank you to our member Sally who is a bereavement volunteer and made the connections to arrange our speakers.

What a brilliant charity, we were blown away by the knowledge, skills and passion of the speakers who are volunteers. We learned about how to seek support and contact information, and how we can help by planning and being organised with our affairs such as password access which can minimise additional stress allowing our loved ones to begin to grieve. We learned about what was involved in being a bereavement volunteer and how we can support with fundraising.

We raised a whopping donation of £73.10 on the night.



## Laleham

Chris Walker

Some of our “crafty” members at Laleham have started a new subgroup to explore arts and crafts. They started by bringing items they were currently working on and are exchanging new ideas and new skills to try.

Here are some of the groups enjoying a challenge (and biscuits)

Also, this month we had a really interesting talk by Celia from Eel Pie Island Museum.

She told us all about what it's like to live on the island and had some great stories about its history - in particular, about the nightclub which was an early venue for jazz and then bands like The Beatles and the Rolling Stones.

We all enjoyed her energetic presentation.

## Southbourne

Jackie Head

We were very lucky to have Ward Officer Gemma Robinson as our guest speaker. She gave a very interesting talk on safety at home and in public. It was a great reminder of what to watch out for to stay safe.

Our theme this month started with the letter D. This was won by Rose Watson who had brought in a plaque with donkeys on it.



## West Drayton

Kay Crone

West Drayton have had a great start to 2024. In January we had a fascinating talk by local wildlife photographer Tom Way, this one being mainly based on his recent trip to Africa. If you have yet to see his photos, do check him out, they are amazing, and he recently won an award in the "Wildlife photographer of the Year" competition.

February saw us all getting moving with a Zumba Gold class - those unable to stand to join in were able to take part sitting down and laugh at those of us standing and attempting to keep up, but we all enjoyed it and obviously got our endorphins going as we all agreed we felt good for doing it! We also went to a local garden centre for a lunch club meet up, which was well attended and a good opportunity to chat and catch up with people we sometimes don't get to talk to in the meeting.

In March, in the spirit of trying to recycle as much as possible, we held an auction of unwanted items. We had a table full of items which kept our "auctioneer" Liz

Morrell busy, and some items created quite a bidding contest! Money raised will go towards our summer garden party, so everyone was very generous, and hopefully were happy with their bargain purchases!

We also had a private tour of Dorney Court, a Grade 1 listed building mentioned in the Domesday book. The tour included the tiny 12th Century church where Kate Middleton's parents were married, where we sat in the pews while the tour guide pointed out all the interesting features. After the tour we crossed over to the adjoining garden centre for a pre-booked lunch and some shopping, a lovely way to finish a day out!

Our monthly craft & games afternoon is another chance to meet up and enjoy some leisure time together, learn new things and make friends, and although our walking club have only had one walk so far this year, more are being planned - we are definitely fair-weather walkers! Our new programme begins in April, and we have lots more trips, speakers and fun ahead!



## Bedfont Belles

Jenny Hanrahan

Our meeting in April was just delicious. Sandra made her yummy scones which we consumed with jam and clotted cream and tea. All diets went out the window! We just had enough energy for Jean's bingo to round off the evening.

We started with heavy rain and were almost blown away crossing Vauxhall bridge, but it didn't deter us from having a grand day out to Tate Britain. After a hot drink we continued to the Turner exhibition and then on to view the other artworks. A few we thought we could do better ourselves, but mostly it was a privilege to be able to see so many treasures. We continued to the Morpeth Arms for posh chip butties and a drink before being blown back across Vauxhall bridge and home. Another grand day out with lovely people.



## North West London

Lindsay O'Hagan

A fascinating visit to the UK Supreme Court, arranged by Rebecca, kicked off our activities for the month. A very informative guide explained the workings of the court and led us on a private tour of the beautiful Grade II\* listed building, a haven from the noise and bustle of Parliament Square outside. Some of us even got to sit in the justices' (very comfortable) chairs!

Monika the mudlark was the brilliant speaker at our March meeting. One of a limited number of licensed mudlarks permitted to operate on the north shore of the Thames, she spoke of her passion for sifting through

the mud to find fragments of London's past. A highlight of the evening was the chance to look at some of the amazing artefacts she has found on the Thames foreshore.

Our March walk was a beautiful, though muddy, route from Dorking to Reigate along part of the Greensand Way, led skilfully as always by Angela. We stopped off at St Michael's, Betchworth, one of the churches from Four Weddings and a Funeral and enjoyed a well-deserved pub lunch at the Skimmington Castle.

To round of the month, dining club members enjoyed a great evening at Côte brasserie in Hampstead, hosted by Dési.



## Halliford

Elizabeth Davies

From The Archers to Bees to The Jersey boys.

For the first quarter of the year we have been busy again.

We were very fortunate to have as our speaker Carole Boyd aka Lynda Snell for you Archers fans. She led us through life in Ambridge over the last 36 years since she joined the production with interesting facts and anecdotes. She also has had many numerous roles over the years including voice overs for Postman Pat.

The next meeting we had a very interesting talk on Bee keeping from a local enthusiast, he even bought a beehive to show how they are constructed, lucky it was empty. Lastly a group of our members spent a most enjoyable evening being entertained with a lively show from The Jersey Boys in Esher Theatre. It was a wonderful evening, and they even came out to join us for a photo shoot. We have some trips organised for summer outings and we still walk and picnic every week.



## Ashford Evening

Wendy Kislingbury

April's speaker took some Ashford WI members down memory lane with a talk about Eel Pie Island in Twickenham. Several admitted to going there, without their parents' permission, in the 1960s when the island was known for its music scene.

The lucky ones may have seen the Rolling Stones, The Who or other bands who played there. We learned that Rod Stewart



was discovered on the Twickenham train platform and given a start on the island.

But the island also had a rich history before and after that period which includes electric cruisers in the 19th century, the start of Daimler motors and the invention of the wind-up radio.

With so much more to learn, a tour of the museum and area has already been booked for May.

Our craft group is always popular, and a new evening meeting is planned for those unable to attend during the day. April's project was a dragonfly card.



## Stanwell

Marilyn Rix

Quite a few Stanwell WIs members attended the Annual council meeting in Ealing.

Great speakers and well organised by the committee and helpers.

Lunch was organised for 20 croquet ladies at the Feathers in Laleham, another great lunch enjoyed by all. April is the last lunch before the croquet seasons starts, and we start playing.

We had to cancel our walk across the reservoir due to high winds and torrential rain.

We held an Easter coffee morning, offering coffee/tea cake, hot cross buns. A chocolate tombola stool, raffle, beautiful home-made cards. Wood stall all handmade items for sale. And a LSA vase collection all different sizes and shapes.

Finishing off with the easter bonnet parade, although our numbers had dipped a bit.

Arabella Rix won the junior prize and Muriel Moore won the ladies, with her very creative hat.

Well done to Arabella and Muriel.

We made a total of £390, not bad for a couple of hours Saturday morning.

2nd April we held our monthly meeting.

Sadly, our speaker cancelled, so we improvised with a short quiz and handbag bingo. My goodness never ceases to amaze me what we carry in our handbags.

Short overview from the Middlesex Federation meeting by our delegate. Approximately 20 Stanwell WI ladies had bought tickets for the meeting. Supporting our Treasurer Angela Chessman who works so hard as Chair for the Middlesex Federation. Like all the Trustee's puts so

much time and effort to ensure the organization runs so smoothly.



## Stroud Green

Christine Gregory

An aromatic aroma filled the hall as members increasingly hungrily watched Pear of Pachara Asian grocery stores make a Thai green curry. Following her own vegan and gluten-free recipe, Pear showed how to make a green curry sauce from scratch using a mix of well-known and less familiar spices such as chillis, lemongrass, garlic, and cumin along with galangal and krachai. Once the spices were blended, Pear added water and boiled the mixture before adding the vegetables starting with the hardest and adding softer vegetables such as aubergine five minutes later.

After a tantalising 20 minutes smelling the curry cooking, members finally got to try the vegetable and tofu mix with rice noodles Pear had cooked earlier. There was much contented slurping as the curry was eaten. If anyone wanted to add chicken to the recipe, Pear said it would need to be added to the sauce 10 to 15 minutes before the vegetables.

Pear, who came to the UK 15 years ago to learn English, now has two Asian grocery

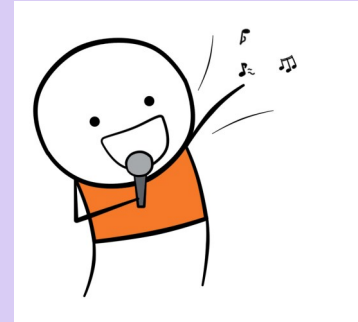


shops – one in Stroud Green Road and one in Crouch End, with another planned. Her cooking career began working in restaurants and hotels including being a pastry chef at the St Pancras Hotel and working at Pad Thai in

Hampstead. She started cooking at home and making home deliveries in Crouch End and Stroud Green with orders taken on Facebook. Customers asked her to start cookery classes which she did at people's homes.

## Finish the song lyrics

1. "Hey Jude, don't make it bad, take a sad song, and make it \_\_\_\_\_"
2. "Do you remember, the \_\_\_\_\_ nights of September?"
3. "Oh, I wanna dance with somebody, I wanna feel the \_\_\_\_\_ with somebody"
4. "The best thing about bein' a woman, is the \_\_\_\_\_ to have a little fun"
5. "I hopped off a plane at LAX with a dream and my \_\_\_\_\_"
6. "You're insecure, don't know what for, you're turning heads when you walk \_\_\_\_\_"
7. "It's me, hi, I'm the \_\_\_\_\_"



## What am I?

1. I am taken from a mine, and shut up in a wooden case, from which I am never released, and yet I am used by almost everyone. What am I?
2. Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?
3. I am the only vegetable that is never sold frozen, canned, processed, cooked, or in any other form but fresh. What am I?
4. With pointed fangs I sit and wait; with piercing force I crunch out fate; grabbing victims, proclaiming might; physically joining with a single bite. What am I?
5. You go at red but stop at green. What am I?



## Capital Cities

What is the capital city of...

1. Guatemala 
2. Bolivia 
3. Taiwan 
4. Liechtenstein 
5. Australia 
6. Greenland 
7. Malaysia 
8. Canada 
9. Indonesia 
10. Switzerland 

## Answers

- |   |                     |                        |
|---|---------------------|------------------------|
| 6. Nook   | 5. Watermelon       | 4. Prerogative         |
| 5. Canberra   | 4. Stapler          | 3. Heat                |
| 4. Vaduz  | 3. Lettuce          | 2. 21st                |
| 3. Taipei City  | 2. 8                | 1. Better lyrics       |
| 2. Sucre  | 1. Pencil lead      | 5. Cardigan            |
| 1. Guatemala City   | 6. Through the door | 7. Problem             |
| Capital cities  | What am I?          | Finish the song lyrics |
| 7. Kuala Lumpur   |                     |                        |
| 8. Ottawa   |                     |                        |
| 9. Jakarta  |                     |                        |
| 10. Switzerland has no official capital, but Bern is the administrative capital |                     |                        |



## Celya Maxted



### 6. Music choices ?

Eclectic, mainly female artists, New singer Raye, Shirley Bassey.

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

Sri Lanka



### WI Credentials

Joined East End WI four years ago, currently committee member as Treasurer/Secretary. Just under a year I became Middlesex Federation trustee.

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

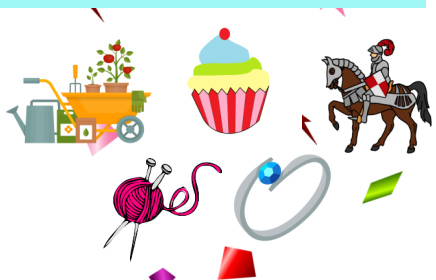
Medieval History, Gardening, making jewellery, baking, knitting, crochet.

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

Rich Tea

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

To make new friends in retirement find what was available and how I could contribute.



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

Philippa Langley of the Richard 111 Society, Emily Pankhurst, Marie Curie, Florence Nightingale, Mary Seacole, Maria Montessori.

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

The White Ship by Charles Spencer

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

Japan



### 5. What is your favourite film?

Brief Encounter

### 10. Marmite?

Crowded places.

## 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

30th May

### Heat Embossing Cards

£8

20th June

### Needle Felting (animal)

£8

18th July

### Zentangle Embroidery

£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@mfwi.org.uk](mailto:craft@mfwi.org.uk) or call/text Lorraine on 07976 398 533.

## Public Affairs

### The Great Big Green Week- 8th-16th June

Alison Fremantle

We'll be getting together during this special week in support for action to tackle climate change.

Will we be swapping skills whilst repairing clothes, planting pollinating flowers in our eco-friendly gardens, visiting second-hand shops to buy or donate, discovering and sharing left-over food recipes, or writing to our MP's asking them their plans for tackling climate change?

By taking action everywhere (the whole country's WIs included), the politicians will not be able to ignore how important this is to us. Maybe we'll go litter picking or testing water in the local river, visiting a recycling plant, or helping in foodbanks and kitchens.

By including just a few of the things that I have done or seen others do, it's obvious that we are already doing so much to protect our planet, and just need to spread the word to encourage others to join us. Whatever we choose to do, let's make a celebration of it and share it with the press or in the Middlesex News

