



# Middlesex News

October 2026

theWI  
INSPIRING WOMEN



## Chair's Chat

Alison Fremantle

Dear Members,



Now we are into October and will have had our September Board of Trustees meeting. One of the subjects discussed will have been the need to recruit more trustees. We are in a situation where we do not have the required minimum, and we urgently need two or more volunteers, who care about the Federation, to join us and enable us to continue as a Federation. The alternative is to cease to be a Federation, and all Middlesex WIs will then have to merge with surrounding counties. I wonder if this maybe what the majority of members would prefer, and I would ask you please, to discuss this in your groups and contact me to let me know your thoughts. The responsibility of the Federation is to pass on information from the NFWI, set a budget, give an annual report of finances and organise events and activities. As has been mentioned many times before, trustee work need not be arduous and can indeed be enjoyable through sharing the responsibilities with other trustee members. The board of trustees is simply another WI committee, which pulls together to get things done. I was a president of a WI, and now I'm Chair of the Board of Trustees – no difference really. I have taken on this responsibility because I want to work with others to preserve our Federation.



A great example of 'pulling together' was the group meeting of Harlington, Hayes, Hillingdon and West Drayton WIs, which was held on Saturday 12th September. It was a wonderful afternoon with Hillingdon's Mayor in attendance - I accompanied her during the afternoon, and I know she thoroughly enjoyed talking to members. We all enjoyed ourselves catching up with friends and meeting members from other groups, not to mention the entertainment and delicious home make cakes to go with our tea. Some of us were able to wear purple, and a few photos were taken, of us in threes, to send to NFWI for the WI magazine. As usual, our Middlesex News (another responsibility of the board) is packed with reports of amazing activities which one or more people have worked together on, to make them enjoyable for all.

With best wishes and hope that you will contact me with your views on the future of your Federation.

*Alison*



Newsletter deadlines >>> see page 2

## WI BIRTHDAYS



Happy Birthday to our WI celebrating in October

|                        |                 |
|------------------------|-----------------|
| <b>Pinner Evening</b>  | 01 October 2012 |
| <b>Stow Roses</b>      | 02 October 2013 |
| <b>Ashford Evening</b> | 03 October 1984 |
| <b>The Alexandra</b>   | 05 October 2010 |
| <b>Stone Rangers</b>   | 08 October 2014 |

|                       |                 |
|-----------------------|-----------------|
| <b>Hanwell</b>        | 09 October 2013 |
| <b>Bedfont Belles</b> | 10 October 2014 |
| <b>Hampton</b>        | 11 October 2011 |
| <b>West Hampton</b>   | 13 October 2011 |
| <b>West Drayton</b>   | 14 October 1919 |
| <b>Halliford</b>      | 16 October 1922 |
| <b>Pinner</b>         | 16 October 1968 |
| <b>Laleham</b>        | 22 October 1935 |
| <b>NI</b>             | 24 October 2006 |
| <b>Manor Farm</b>     | 27 October 1972 |
| <b>Twickenham</b>     | 27 October 1989 |



## 200+ CLUB

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

### September 2026

1<sup>st</sup> prize - £40

Mary Weller, Sunbury on Thames

2nd prize - £30

Babs Draper, Sunbury on Thames

3<sup>rd</sup> prize - £20

Dill Britton, Hayes

4<sup>th</sup> prize - £10

Laleham WI



## 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 Alison Fremantle .....                  | <a href="mailto:chair@mfwl.org.uk">chair@mfwl.org.uk</a>                             |
| SECRETARY Georgina Glynn .....                | <a href="mailto:secretary@mfwl.org.uk">secretary@mfwl.org.uk</a>                     |
| TREASURER Elizabeth Morrell .....             | <a href="mailto:treasurer@mfwl.org.uk">treasurer@mfwl.org.uk</a>                     |
| 200+ CLUB Sarah Endersby/Georgina Glynn ..... | <a href="mailto:200plusclub@mfwl.org.uk">200plusclub@mfwl.org.uk</a>                 |
| ARCHIVES Elizabeth Alcock .....               | <a href="mailto:archivist@mfwl.org.uk">archivist@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 [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 2026 issue: 23 Oct**
- **Dec 2026 issue: 20 Nov**
- **Feb 2027 issue: 22 Jan**

A PDF copy is sent to all 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.

MIDDLESEX FEDERATION OF WIS

## CATERING EQUIPMENT Sale

A RANGE OF CATERING KIT  
AVAILABLE TO PURCHASE.

JOIN US SATURDAY

**14<sup>TH</sup> NOVEMBER**  
10:30 AM – 12:30 PM

All proceed will go to  
Princess Alice.

secretary@mfwi.org.uk  
MFWI County Office, Unit 3, 7 The Green,  
West Drayton, Middlesex, UB7 7PL

## Safeguarding

Julia Lewis

Safeguarding is a huge subject. Although mostly a committee concern, it is also befitting that any member can bring their own concerns to their secretary. The safety and the welfare of your members must come first. Each woman can contribute equally.

Good practices will have been discussed by the committee with aspects of concerns. – similar to the risk assessments, they consider for your venue and/or any external trips you undertake.

Such as keeping your newsletter lists up to date / vetting the requests that come in for membership of your Facebook page / checking records on MCS are fully up to date and if a person has left then ensure they are deleted.

Committee keeps records of who attends and for example, if a woman stops attending, they can contact her to make sure she is well and show her that we are all thinking of her if she is ill.



## Hillingdon Diane Street



In September, Hillingdon welcomed Leigh Russell to our meeting. She is an author of some repute with 27 crime fiction novels published. She gave us a talk about how she began writing at the age of 57 and she said that her initial success was a bit of a surprise. She was a lovely lady who was very interesting and answered loads of questions for us. Her husband had been her driver and joined our meeting. Tea and biscuits were enjoyed by all.



## Bedfont Belles Jenny Hanrahan

Although we were small in number for our September meeting we had fun. Bingo and a quiz kept our brains in action and plans were made for another lunch outing.

Some of our members had an enjoyable visit to the Poppy Factory in Richmond. The poppies made at the factory are handed out during October and November as part of the Royal British Legion's Poppy Appeal. The Poppy Factory produces around 100,000 wreaths and 250 Royal and special wreaths made by ex-service personnel, veterans, and dependents.





## Greenford Trisha Quinlan



On yet another lovely sunny day, we had our Garden Party - a smaller group this year due to holidays, etc but a fun day nevertheless with an extensive savoury and sweet buffet due to our great cake makers.

On Wednesday, we had another visit from retired detective Chris Truran whose theme this time was TRACES, the documenting of forensics from its humble origins in Paris in 1905. Chris related cases brought to justice from the tiniest of clues from fingernails, hair, a piece of broken button from a perpetrators jacket and some waterside ash on a tree branch which helped solve the Ian Huntley murder of the two young girls. Chris is always an interesting speaker.



## Clay Hill Lynn Brana



Clay Hill WI have had a varied programme of meetings this year including talks from a Toastmaster, a musical afternoon with songs with could sing along to, learning about the life of Oscar Wilde - and more! We also enjoyed our usual fish and chips lunch and afternoon tea with lots of strawberries. For our first meeting after the summer break, we welcomed Eliza McClelland whose talk was entitled 'A Woman for All Seasons'. She was really good. Members so enjoyed her talk which was witty and funny and very entertaining - we were laughing out loud. She is an actress by profession and really knew how to work with her audience.

She acted a scene from a play with just a table, chair and a scarf and it was so well done you could imagine the scene she was trying to create. We found her in the MFWI speakers' book, and it was a good find.



## Stanwell Louise Stuart



What a month! We were delighted to welcome Eleanor Brown, who gave us a fascinating and entertaining talk on the legendary women of East London. Eleanor brought to life the stories of some remarkable women who have made their mark on East London's history, sharing fascinating tales of their lives, achievements and contributions to the community. It was a wonderful opportunity to discover more about these inspiring women and the important part they played in shaping the history.

The same evening, we raised £439 for Macmillan with stalls including jam, cakes, kitchenware and a raffle, to top the evening off we all wore purple and had our pictures taken in threes to celebrate 111 years of the WI. The WI has brought women together in friendship, community and shared experiences. Stanwell WI is proud to continue that tradition, celebrating our past while looking forward to the future.

Our walking group enjoyed the last of the September sun and had an evening walk from Walton Bridge to Sunbury Lock. Our book club is continuing to enjoy books from different authors and chatting about them. The croquet ladies enjoyed playing this month and having afternoon tea at Foxhills.

As summer draws to a close, we're looking forward to an exciting programme of autumn activities. With plenty of opportunities to get together, enjoy new experiences, learn something interesting and, of course, catch up with friends, there's lots to look forward to!





## Teddington Alex Bradshaw



As part of our speaker programme this month Teddington WI was delighted to welcome Kat Wootton who works as an educator at Butser Ancient Farm, a research and education centre in Hampshire. She gave us a fascinating history of the site and then expanded on the workshops she gives and her interest in all things nettles. She gave us a demonstration of how to extract and then weave nettle string which members gamely had a go at. It was fascinating to reflect on the origins of phrases such as 'grasp the nettle' and 'spinster' as Kat explained how important textile weaving once was. Members all agreed that it was a really informative and enjoyable evening.



## Ashford Evening Deborah Martin

Ashford's August meeting was a virtual safari as wildlife photographer, Tom Way, showed us his remarkable images. In discussing his work, it was clear he is a very patient person, when it can take days or weeks to capture the perfect photo.

For our September meeting, we welcomed back our favourite choir leader, Danny Gortler. He managed to teach us, in a compressed lesson, the harmony parts for an old favourite by Roy Orbison: 'You Got It'. Although some members claim they can't sing, the result was very tuneful.



The extreme heat took its toll on Ashford's other activities. Our picnic in the park fell on one of the hottest days of the summer and was postponed and then cancelled. Similarly, the walkers called time on their jaunt through Stanwell owing to road disruption and excessive heat.

Craft and games groups keep on going however and the crafters have been busy making more items to sell at the next fundraiser when we have a stall at a local fun day.



## Ruislip Evening Sandy Channon



We had a good attendance and some new visitors for our talk from Simon Selmon who formed Swing Dance UK in 1986, a dancer, teacher, choreographer with 40 years' experience dancing around the world - who was invited to our September meeting to speak about his life – Swing Dancing – which includes a mix of Lindy Hop, Charleston, Jitterbug, Hip Hop, best danced with a big band, happy music. He met many famous dancers and performed at venues all over the world. Swing was created by African American communities in Harlem, New York in the 1920s through to the 40s and with renewed interest in the 1980s from American, Swedish and British dancers it is still enjoyed by dancers today. Famous Swing songs include "In the Mood" by Glenn Miller and "Boogie Woogie Bugle Boy" by the Andrews Sisters - to name but a few. Further information can be found on the Swing Dance UK site including a special 40th anniversary celebration. We enjoyed the talk and would have liked to have had more time for music and a demonstration of the dances.

We were surprised how many questions we knew of the dance themed quiz set by Helen, but what was Margot Fontaines real name? Shortbread tasting was won by Debbie with a delicious lemon shortbread and Elaine won the "Chalky" theme pennies competition with Talc. Kim and Anne brought delicious cakes for our tea. Our book and puzzle swaps are proving popular, and we finished with our raffle.





## Middlesex West Area Group Meeting



### Diane Street

An army of members, led by the organiser Kay Crone, from West Drayton, Harlington, Hayes and Hillingdon were up and about early on Saturday 12 September. These ladies were setting up chairs and tables for the group meeting at the West Drayton community centre. We had some VIP guests introduced by Kay; The Worshipful the Mayor of Hillingdon, Councillor Reeta Chamdal, Alison Fremantle chair of MFWI, Presidents from the four WIs in the group, Georgina Glynn secretary of MFWI and an audience of around 80 people.

Kay welcomed us to the meeting and we sung Jerusalem. There were a few words from Alison who then introduced the mayor. The mayor spoke about one of the borough's charities set up from a legacy. This is The Fassnidge Trust which concentrates on activities etc for older residents.

We were entertained by Lestyn Edwards aka Madame Galina. His talk was largely about entertaining the troops in Iraq. There were some daunting and hilarious moments whilst performing to servicemen from Britain and Australia. We then enjoyed lovely and delicious homemade cakes with a chance to socialise with old and new friends.

The four WIs involved had produced 15 entries in the competition "flowers in a teacup". This was won by Julia Bennett from West Drayton, with runners up Joan Leonard from Hayes and Ann Stephens from West Drayton. There were also display boards with details of WI talks and activities over the last year. The raffle was drawn and the lucky ticket prize, a £25 M&S voucher won by Pam Trim of West Drayton.

Throughout the meeting Ingrid from Hayes town was busy taking photos, a few of which we have included here. There were closing words and thanks from Anna East, flowers were presented to The Mayor and to Alison before the meeting ended and people made their way home. Thanks go to everyone involved.





## Halliford

Liz Davies



We have done lots of interesting things and been very busy the last quarter. We started May with a very good talk by Marcia Summers a local lady who trekked around Sri Lanka, it was so interesting to hear how she negotiated all the hazards on the way, raising £30K for grass roots projects.

We attended the group meeting and had an enjoyable evening with our member Jacqui Mattison securing 1st place for the second year with her 'Downing Street' tooth campaign.



Our local church St Nicholas Shepperton held a flower festival and 3 of our members created exhibits with wonderful ideas including 100 years of WI in Halliford.



We also attended an open gardens in East Moseley which were amazing backing onto the river and the tea and cakes were scrumptious.



At our June meeting we had board games which was successful and got the old grey matter working! Our picnics still run on Wednesdays at the Greeno centre and have been replaced on two occasions by garden parties at our members houses which were very enjoyable. Our walking group still meet every Tuesday morning and last month broadened their horizons with a train journey incorporated with a very enjoyable day out to Lewes. New members are always most welcome, please come and give us a try.



## Southbourne

Jackie Head



### August meeting

A lovely evening was had by us as all, albeit rather hot. Bingo was the first bit of entertainment; silence reigned over the room whilst we all concentrated on hoping to get a line or a house.

We also had a gardening quiz, kindly put together by Barbara Betterton, it was fun but a challenge. Who knew the flower on the Hong Kong flag was Bauhinia × blakeana?

A few months ago, Barbara also kindly grew, from seed, some marigolds, giving us one seedling each to look after to be returned for our August meeting for us to judge who had looked after theirs the best. There was a vast range of marigolds from absolutely thriving too absolutely dead! Congratulations to Sandie Nunn who won the best one. Mine was one of a few that were dead! Our theme this month was green. Congratulations to Margaret Tearle for her healthy basil.



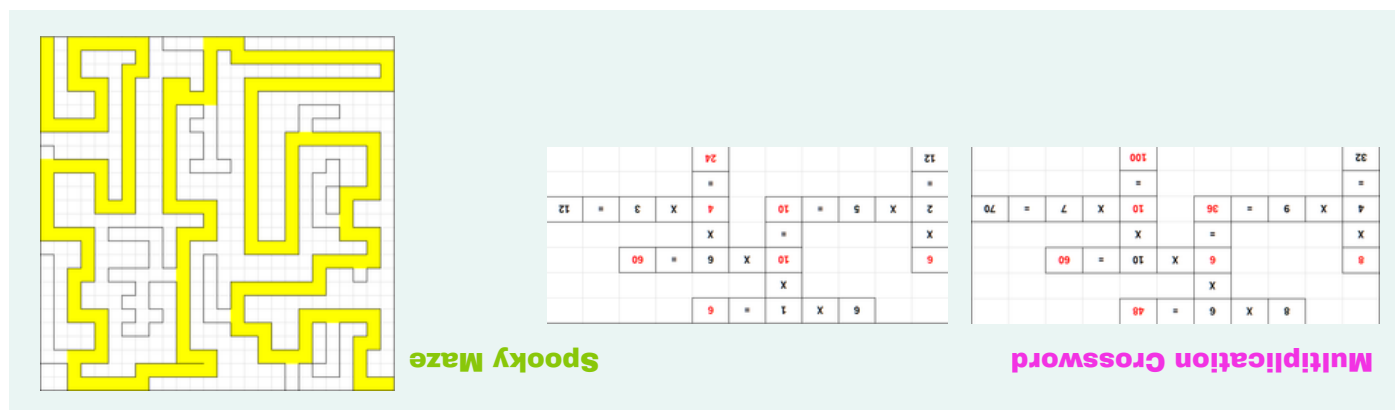
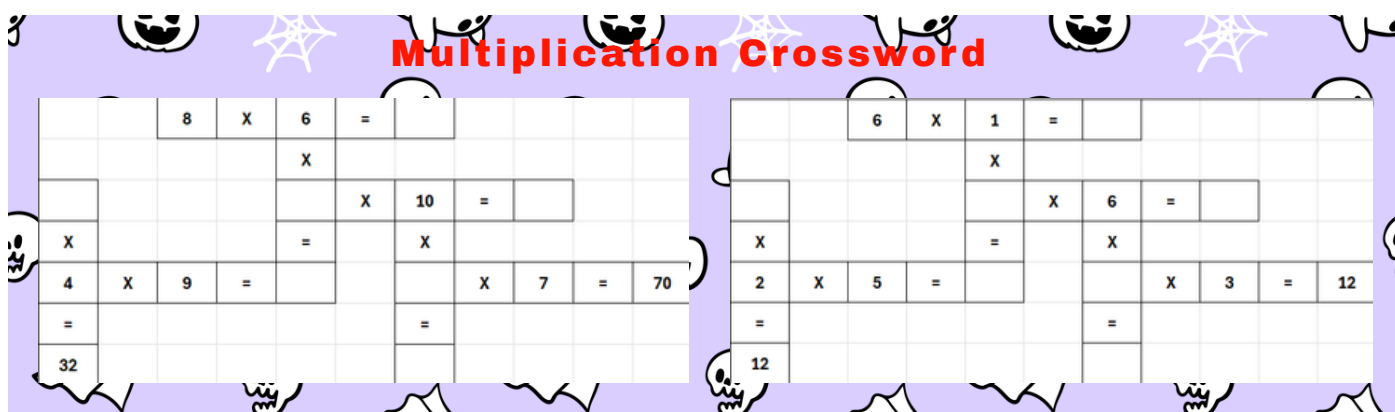
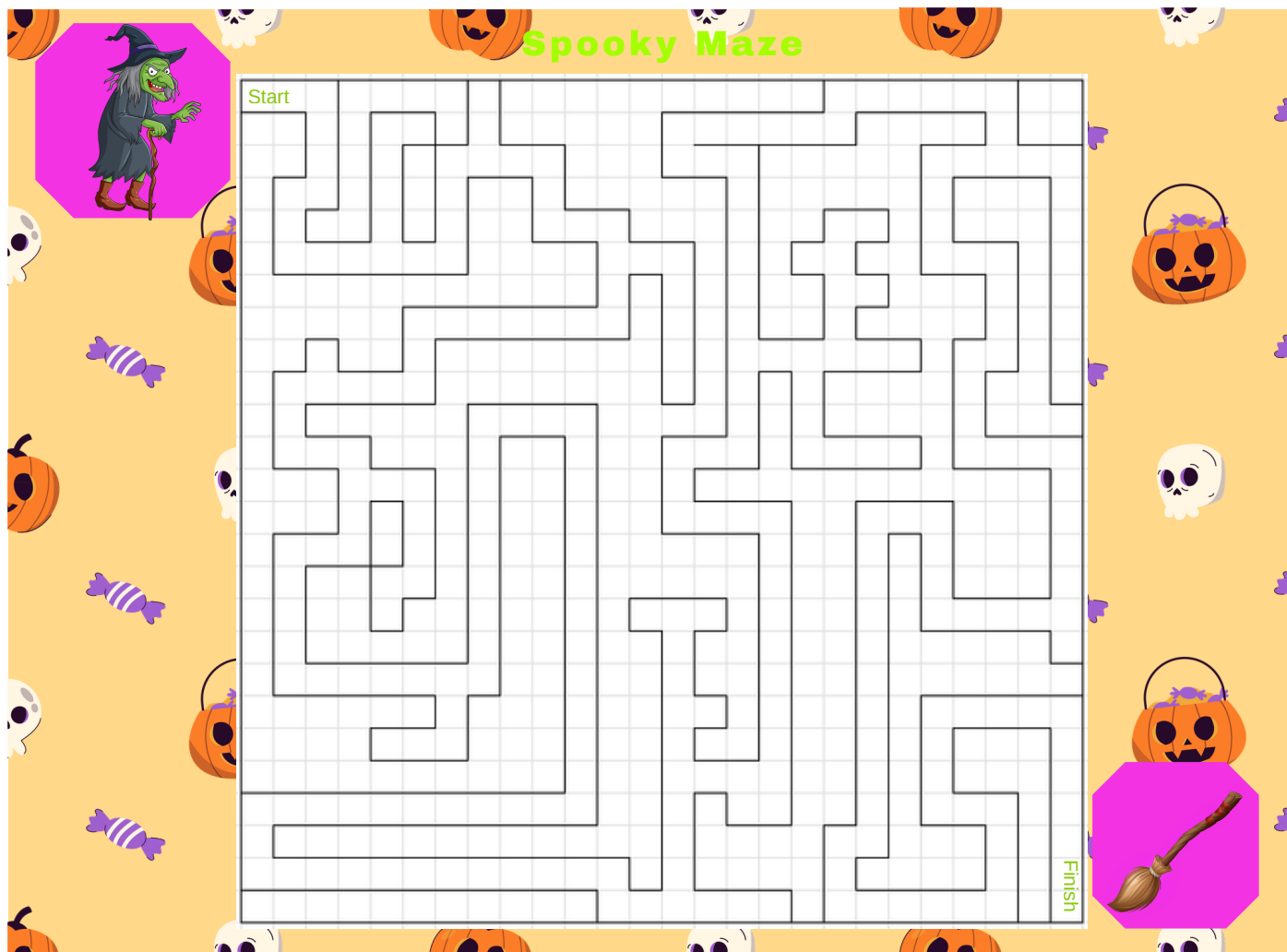
### September meeting

This month our guests were Gill and Barry Goodman. Their talk was titled 'Down the Canal'. It was really interesting with them both narrating about the history of the canals with Barry entertaining us with songs in between. It was a truly lovely evening.

This month we had a 'decorate a plate' competition which, came with a cup, and was won by Susan Schluter.



Our theme was yellow which Isabelita John won for her lovely daffodil knitted bag.



# 10 facts about...

1921-2021

## Flags

Here are 10 (probably) true facts that you (potentially) didn't know about Flags.

**1. The Study of flags is called vexillology** - a term derived from the latin word *vexillum*, which meant a kind of cloth banner or standard used by Roman soldiers.



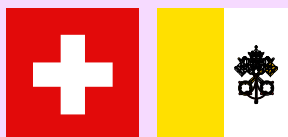
**2. Nepal has the only non-rectangular national flag** - it features two stacked triangular shapes that represent the Himalaya mountains



**3. Denmark's flag is the oldest continuously used national flag** - known as the *Dannebrog*, which has flown since early 13<sup>th</sup> century



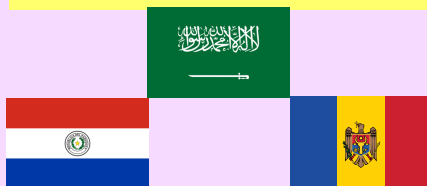
**4. Only two national flags are perfectly square** - Switzerland and Vatican city



**5. Mozambique's flag features a modern weapon** - an AK-47 rifle paired with a hoe and an open book - symbolizing defence, vigilance and education



**6. Three national flags have different designs on the front and back** - Moldova (the coat of arms only appears on the front), Paraguay (the reverse side features a unique treasury seal), and Saudi Arabia (the Shahada text and sword read correctly from left to right on both sides)



**7. Upside down flags signal distress** - or a severe emergency in traditional maritime and international signaling



**8. Jamaica's flag contains no red, white, or blue** - making it uniquely distinct among national color schemes (though Sri Lanka and Mauritania have similar exceptions depending on how shades are categorised)



**9. Only two national flags feature the colour purple** - Dominica (which has a tiny purple parrot on its crest) and Nicaragua



**10. Afghanistan changed its national flag more than any other country** - in the 20th century, altering its design roughly 25 times due to shifting political and religious regimes

## LORRAINE'S CRAFTS

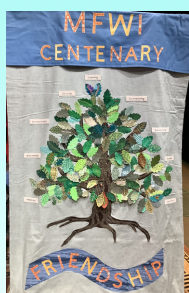
A weekly craft get-together, hosted by Lorraine.

**19:30, every Monday**

**Zoom link**

Meeting ID: 8528335 4467

Passcode: 358099



## CRAFTY CORNER

### Lorraine Reed

Finally, after 5 months I have got to the end of a project that I was not sure I could finish due to hands not always playing ball. All that's left now is to create a legend (now done) and get himself to make me a backing board so I can hang it somewhere. It is a 2025 temperature chart with each leaf representing a single day (it reads January left to December right).



I have a couple of tweaks to do but for me it is off my 'unfinished project' pile!

Thank you, Stitch Doodles, for the pattern

| Temperature Chart for 2025 (All readings from approximately midday) |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
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| Temperatures                                                        | 5.1                                                                                 | 5.4                                                                                 | 5.7                                                                                 | 6.0                                                                                 | 6.3                                                                                 | 6.6                                                                                 | 6.9                                                                                 | 7.2                                                                                 | 7.5                                                                                 | 7.8                                                                                 | 8.1                                                                                 | 8.4                                                                                 | 8.7                                                                                 | 9.0                                                                                 | 9.3                                                                                 | 9.6                                                                                 | 9.9                                                                                 | 10.2                                                                                | 10.5                                                                                | 10.8                                                                                | 11.1                                                                                | 11.4                                                                                | 11.7                                                                                | 12.0                                                                                | 12.3                                                                                | 12.6                                                                                | 12.9                                                                                | 13.2                                                                                |
| Visual Colour                                                       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

# Dabble Day

## BOOK Workshop COVERING

Friday 16<sup>th</sup> October  
10 AM - 3 PM  
MFWI County Office

£5

Book covering with decorative collage  
Using coloured papers & pictures  
Bring a lunch. Teas, coffee and  
biscuits provided

Sign up Now: [craft@mfwi.org.uk](mailto:craft@mfwi.org.uk)

## FUTURE DABBLE DAY DATES FOR YOUR DIARY

Tuesday 1st December – Hand  
sewn Christmas decorations.

All sessions last from 10 am till  
3 pm

**Please contact**  
**[craft@mfwi.org.uk](mailto:craft@mfwi.org.uk) to**  
**book your place.**

If you have a crafty idea that  
you would like to help us to  
try, do please get in touch with  
us at [craft@mfwi.org.uk](mailto:craft@mfwi.org.uk)