



***BEDFORDSHIRE  
WI NEWS  
NOVEMBER 2024***



Bedfordshire County Federation of Women's Institutes presents

**The Historic Houses & Heritage of Yorkshire**

5 days from £699 Departing 23rd June 2025



York Minster

For more information on this tour contact your Group Organiser

**Catherine - Federation Secretary**

**Tel: 01234 359538**

**Email: fedsec@bedfordshirewis.org.uk**

WI House, 62 Adelaide Square,  
Bedford MK40 2RW



Tailored Travel's ATOL  
number is 5605



**FEATURES**

- Harrogate hotel
- Half board accommodation
- All excursion travel & guided tours included
- Some entrance fees included (see below)
- Included train excursion on Day 4
- Blue Badge guide on Days 2 to 4
- Executive coach throughout

**WHAT WE WILL SEE**

- Belton House
- Harrogate – guided walking tour
- RHS Harlow Carr Garden
- York – guided walking tour
- York Minster (**entrance fee included**)
- Merchant Adventurers' Hall
- Whitby
- North Yorkshire Moors steam train excursion (**train ticket included**)
- Renishaw Hall & Gardens – guided tour of the hall (**entrance fee included**)

**ACCOMMODATION**

We stay four nights on a half board basis at the 3\* Cairn Hotel in Harrogate ([www.strathmorehotels.com](http://www.strathmorehotels.com)). Located under a ten minute walk from the centre of the spa town, facilities at the hotel include a restaurant and a bar. All rooms are en suite and feature a hairdryer, television, and tea & coffee making facilities.

**EXTRAS TO YOUR TOUR**

- Insurance (including Covid cover) £28
- Single room supplement £129
- Entrance fees (except the ones indicated above) to places visited as part of this itinerary (National Trust properties free to NT members)
- Gratuities
- Lunches
- Donations at any churches or cathedrals visited

Price based on twin share. Minimum numbers required. Normal booking conditions apply.



Whitby

View and share this tour online - click on View Your Tour at [www.tailored-travel.co.uk](http://www.tailored-travel.co.uk) and quote **bdwi251**  
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*A big but blustery & wet welcome to the November issue. Haven't we had some weather recently! But never mind. Let's think about next year . . . we have been given a little longer to promote the 2025 Federation Holiday to Yorkshire. It offers a lot for the money as you can see above. But if you want less activity, it's easy to sit out some of the visits with a relaxing cuppa & maybe a smidgeon of cake!*

*Last Few Days! Please do get your applications in as soon as you can so that we can sort out and confirm our required pick up points with the travel company.*

**theWI**  
INSPIRING WOMEN



**Bedfordshire Federation of Women's Institutes**

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**Facebook :** Bedfordshire County WI

**Opening Hours:** Members are welcome to visit the office between 10.00 to 12.30 and 1.30 to 3pm Monday & Wednesday. Office is closed Tuesday, Thursday & Friday.

**Parking is available at Queen Street Car Park first 2 hours free.**

**Secretary:** Catherine Bentley

**Newsletter Editor:** Hazel Wade

**Content to:** WInews@bedfordshirewis.org.uk

by: **01 November 2024**

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**FORTHCOMING EVENTS: Knit , Sew & Craft,** WI House, 10.30 to 2..30pm, no booking needed £3. Ring office for dates

**Monday 18 November** John Lewis MK, Christmas Shopping Event

**Saturday 23 November** Craft Fair, Flitwick VH

**Mon 25 Nov** closing date for Tree Santas to WI House

**Tuesday 26 Nov** Resolution Discussion Meeting Gravenhurst VH at 7.30pm

**Wed 04 to Sunday 08 December** Christmas Tree Festival, St. Paul's Church Bedford

**Thurs 05 December** John Rutter (Matinee) RAH

**Mon 09 Dec** Christmas Singalong, Gt.Barford VH

**Mon 16 Dec** Christmas Singalong, Stanbridge & Tilsforth Community Hall, LU7 9PN

**2025**

**Mon 13 Jan** Meet The Team at Frosts GC, Willington

**Sat 25 Jan** Burns Night, Wilstead Bowls Club

**Thurs 13 Feb** (Adult) Panto with lunch, Brick Lane

**Mon 24 Feb** County Quiz, Addison Centre Kempston

**Friday 07 March** Guildhall & Livery Hall London

**Sat 12 April** Annual Meeting, Kings House, Bedford

**Wednesday 04 June** NFWI Annual Meeting

**23rd June 5 days BCFWI Holiday to Yorkshire**

**FEDERATION FLUTTER**  
**October 2024 No. 76**  
**Sutton WI : £50**

WI Duty Adviser for November 2024

**DIANE SANBROOK**

**01525 713931**

Please contact the duty adviser with WI related questions.

For anything urgent, please ring

WI House on 01234 359538

**NOVEMBER TRIVIA QUIZ**

- |    |   |
|----|---|
| 1  | November always ends on the same day as which month?  |
| 2  | November was named after the ninth (novem) month in the early Roman calendar. What two months were added later in the Gregorian calendar to make November the 11 <sup>th</sup> month? |
| 3  | The ancient Greeks believed that topaz could make the wearer (a) super strong, (b) invisible, (c) fast, (d) loyal?  |
| 4  | What is the last day in November that Scorpio would be your Zodiac sign?  |
| 5  | And which Zodiac sign comes after this date?  |
| 6  | Who became King of England on November 6 <sup>th</sup> , 1429? Henry V, Henry VI, Henry VII, Henry VIII   |
| 7  | Emma Stone was born in November 1988. Which Disney character did she play in 2021?  |
| 8  | What date did Germany and the Allies sign the Armistice for WWI?  |
| 9  | What are the two November birthstones?  |
| 10 | The author of Gone with the Wind was born in November 1900.   |



Hello Everyone, In the September issue I said I would continue with my Travelogue in November!! Unfortunately, due to hubby taking ill, my travels were cancelled. It shows just on the turn of a coin how things can change! However, although Cyprus was cancelled, hubby Paul is much better and the NHS was excellent. It's good to be able to be complimentary about the NHS, so often they get a bad press.

So, all things WI.... What a wonderful evening of music the Proms night turned out to be, following a slow take up to begin with, the evening took off and the 120 plus members and friends who came had a super evening. There is still room for many more members next year !!! We hope to receive a copy of the recording, especially of "Jerusalem".

We have started to receive Santas for the Tree Festival at St Pauls and they are brilliant, as ever when we ask for items like this, we receive such excellent craft work! We have also received a couple of Green Hearts for our Climate Change Banner which we hope to unveil at the Annual Council meeting April 2025.

I had been invited to three WI meetings this month (October) and the two I attended proved to be excellent, so friendly and welcoming! Great Barford were holding a Gin Tasting event, my favourite tippie!!! Upper Caldecote WI invited me to their Harvest Festival evening which included a Harvest Super followed by a Harvest Auction. It was great fun and thoroughly enjoyed.... Biggleswade WI have been asking me for some time, via Catherine our Secretary, unfortunately, I had to change plans last minute and was unable to go but I hear it was a very interesting talk on the mystery of tunnels & ghost stories in Biggleswade! I hope to go to one of their meetings soon. It is amazing how our WIs each manage to be different. A Big Thank You to you all for the invites!



Next time I write it will be all things Christmas, and I will be hoping to see many of you at the Christmas Singalongs!! Looking forward to it already.

My very Best Wishes to you all,

*Elizabeth*

**BCFWI CHRISTMAS GIFT & CRAFT FAIR  
SATURDAY 23RD NOVEMBER 10.30AM – 4PM,  
FLITWICK VILLAGE HALL MK45 1HP**

There will be many stalls selling handmade gifts, cards, crafts & locally produced goods. Homemade cakes will be on sale as well as other refreshments in the WI café.

**As always, we would be grateful to receive donations of home made cakes for this event. Please see Request Forms in your WI mailing. Thank you!**

**BCFWI 2025**

**FEDERATION FLUTTER**

Please support your Federation by buying Flutter tickets at only £10 per share

Drawn monthly with £50 cash prize. Extra draws throughout the year. Must be paid for in advance and cannot be invoiced  
Application forms have gone out to Secretaries

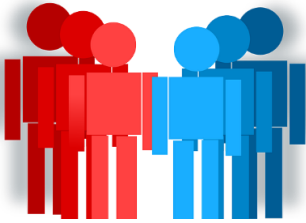
**AN UPDATE ON ORDERING TICKETS FOR EVENTS FROM JANUARY 2025**

You may remember we previously set out information regarding how to order tickets for our events, from TicketSource, including advice for members unsure how, or unable to order online. We suggested that a member could ring the Office who would create the online booking by taking the member's card details to give to TicketSource. Unfortunately, we have been advised by NFWI that to do this, we would be acting illegally. Therefore, we now recommend that members telephone TicketSource Box Office direct to order tickets; or they may opt to seek assistance with an online booking from another WI member or friend. If neither of these options are viable, a member can contact the Office for assistance.. You'll find a Test Event for you to try out the system halfway down the TicketSource events page.

So, the options for booking tickets from January 2025 are:-

- Book online via the link from our website
- Book online directly with TicketSource (type **ticketsource bedfordshire federation** in search bar)
- Telephone TicketSource box office to make a booking on **0333 666 3366**
- Get help with an online booking from another WI member or friend or relative
- If you still need help, contact the Office for advice

*Dot*



The next **Meet the Team** will be after Christmas at Frosts Garden Centre Willington, MK44 3QP on **January 13<sup>th</sup> 2025!!** From 10.00am. Come along, buy yourselves a New Years coffee/chocolate/ whatever floats your boat!! And catch up with the Trustees and Members from other WIs. These events are proving to be a success as it enables the Board of Trustees to sit and chat, which we do not have time to do at any of the more formal events organised by Federation.

**Monday the 18<sup>th</sup> November** is the John Lewis Shopping event for those who already booked tickets !! Itineraries will be emailed the week before.



**December 4<sup>th</sup> to 8<sup>th</sup>** is the Christmas Tree Festival at St Pauls in Bedford. Closing date for receipt of Santas is Monday November 25<sup>th</sup>. I know many of you will have Festivals in your own Churches. Please send us a photo of your Tree and we will place it in the Newsletter!!



Now, what has become a **Big Date** in the Calendar for Trustees is the "Sing Alongs" **December 9<sup>th</sup>** we are at **Great Barford Village Hall 1.30pm to 3.30pm**. Join us for a mince pie and a cup of tea and carol singing! Biggleswade WI Choir will be there along with your Trustees who will work hard to keep you entertained with a Panto and some Christmas Poetry. This is the last event before Christmas for us to get together and enjoy some Christmas Cheer.



**The address is 6 Fishers Close Gt Barford Mk44 3JL Parking available**

**December 16<sup>th</sup> We are at Stanbridge and Tilsworth Village hall 1.30 pm to 3.30pm Stanbridge Road Tilsworth, LU7 0PN**

The programme here will be a repeat of the above at Gt. Barford . Nothing to stop you attending both events...we will be !!



**Thursday February 13<sup>th</sup> Brick Lane Music Hall A Unique experience in a fabulous setting**

This event includes - Three Course Lunch, an Adult Panto, and a Coach to get us there & back!! With plenty of fun laughter and innuendo!! Cost is £88 pp and is well worth it. Pick - ups to be made in Bedford, Flitwick, and the Leighton Buzzard area if needed. We are near the closing date but do ring the Office to check if tickets are still available.

**Cost is £88 per person.**

### **Christmas Tree Festival at St Paul's Church, Bedford, MK40 1SQ Wednesday 4<sup>th</sup> to Sunday 8<sup>th</sup> December**

As you are aware we are participating in this popular Tree Festival; this year's theme is 'The Magic of Christmas'. We have asked you to make a Santa, or two, in any medium but small & light enough to hang on a branch.

We have been asked by the organisers to send out a request for volunteers to help run the event. It takes over 100 volunteers and it would not be possible without the support & help from many brilliant helpers. The Festival is open to the public from Wednesday 4<sup>th</sup> December to Sunday 8<sup>th</sup> December. **You would be needed from 9.45am to 12 noon or 12 noon to 2.00pm or 2.00pm to the end and just the afternoon on Sunday.**

Volunteers are needed for reception desks & stewarding the Festival; also for setting up & taking down after the Festival. Help at the weekend is really appreciated as it is their busiest time.

If you can volunteer please email [treefestival@stpaulschurchbedford.org.uk](mailto:treefestival@stpaulschurchbedford.org.uk) advising which day(s) you can help (morning / afternoon / anytime) and whether you prefer a specific role or want to help with a friend. Thank you!



THE GUILD HALL A STUNNING MEDIEVAL BUILDING IN THE  
HEART OF THE CITY OF LONDON  
Friday March 7<sup>th</sup> 2025

Home to the City of London Corporation and still the centre of government in the City of London, the impressive interiors of this Grade I-listed landmark provide the perfect setting for any occasion.

You may recall that Murray Craig, Clerk to the Chamberlains Court at the City of London came to Houghton Conquest to talk to Federation Members about his career of Conducting Freedom of London Ceremonies.

Murray is to be our guide on this visit to the Guildhall in the morning and a Livery

Hall in the afternoon. There will be an hour plus at lunch time and we have checked out the area for "eateries" of which there are many!! Or members could also bring their own and find a bench in the area!!

**Cost per person £40** There will be three pick-ups, at Bedford Park & Ride; Flitwick; and Three Star Coaches car park. Application forms with your Secretaries. Booking also available with TicketSource

## LIFESTYLE AND LEISURE TEAM

Is.ball@btinternet.com

We are still hoping to hear from members interested in being part of a Bedfordshire WI Choir. If you are, then do please let me know on the email above, or via the WI office.

The Fishers Gin Distillery in Aldeburgh trip was indeed a great success despite the variable weather. And tremendous fun was definitely had at Crazy Bag Whist, apart from slight concerns about the weather disrupting some journeys. The Jigsaw Evening will have had its challenges. We now look forward very much to John Rutter's Christmas Celebration at the Royal Albert Hall is on 5<sup>th</sup> December. The Flitwick and Bedford pick up details will be advised in the confirmation letter as usual.

Over the next few months we will be compiling next years list of events, so if there is anything you would like to see us put on, please let me know and we will see if we can arrange it.

*Sally*

## CLIMATE AMBASSADOR

anniepalmer@hotmail.com

The storms and downpours in September & October were awful. I've never known rain like it. We were badly affected in Shillington. The fields turned into lakes, the roads became rivers and several homes were flooded. Bedfordshire, along with the counties of Cambridgeshire, Northamptonshire and Oxfordshire, was severely impacted by the unprecedented amount of rain that fell in such a short period of time.

The patio outside my kitchen door turned into a pond but, thankfully, the water did not come into the house. Bob the dog got a surprise when he leapt into the darkness and landed in a few inches of water. I did however have to smile when, later that evening, I went into the kitchen to investigate why Bob was so restless and came across a gorgeous little frog. It was climbing out of the water bowl. The dog was not impressed.

Central Beds Council issued frequent flood alerts by email informing everyone about flooding in areas such as Tempsford, Langford and Leighton Buzzard. It was bad.

In 2021, the Government had plans to create a Spatial Framework for growth across the five counties of Beds, Cambridgeshire, Oxfordshire, Northants and Bucks. The plan included the building of one million houses, mainly on our best agricultural land. It was called the Ox-Cam Arc. In 2023 it changed its name to the Oxford-Cambridge Partnership (OCP). Things in this department have been quiet of late but this doesn't mean to say it's gone away; it's just gone underground.

There are plans to build a new town at Tempsford for about 300,000 people. Thousands of houses are going to be built on the very fields that flooded last month. Many more homes are planned for other areas that experienced serious flooding. I'm afraid that developers think that building on fields that turn into lakes isn't a problem.

The question I'd like an answer to is: Why does the Government want to build 1.5 million houses in the next five years when, on Census Day March 2021, there were 1.5 million unoccupied dwellings in England (ons.gov.uk)? What is needed is a deluge of letters from us all to our MPs. Please would you put pen to paper and help stop this madness?

*Annie*

*Please note that copies of Annie's book 'Pulling The Wool Over Our Eyes' are usually available for sale in the shop at WI House. The £5 is passed to Annie directly to cover her costs; they are independent of our own sales enterprises.*

**RECIPE**  
**Bloomer Loaf**

**Ingredients**

- 500g / 1lb 2 oz strong white flour, plus extra for kneading
- 10g / ¼ oz salt
- 1 x 7g sachet of instant yeast
- 320ml / 11½ oz cold or slightly tepid water
- 40ml / 1½ fl. oz olive oil
- Extra and flour, for kneading

**Method**

1. Place the dry ingredients in a bowl, taking care not to have the salt and yeast touching. Add the oil and 240ml / 9 fl oz. of water.
2. Using your hands, mix the ingredients together. Gradually add the remaining water (you may not need it all), until all the flour leaves the side of the bowl and you have a soft, rough dough.
3. Pour a little oil onto a clean work surface. Sit the dough on the oil and begin to knead. Do this for 5-10 minutes, or until the dough becomes smooth and silky. Once the correct consistency is achieved, place the dough into a clean, oiled bowl. Cover with cling film and leave in a warm place until tripled in size. You may also use a dough hook for this stage.
4. Once risen, place the dough onto a floured surface. Knock the dough back by folding it in on itself repeatedly. Do this until all the air is knocked out and the dough is smooth.
5. To shape into the bloomer, flatten the dough into a rectangle. With the long side facing you fold each end into the middle then roll like a Swiss roll so that you have a smooth top with a seam along the base. Very gently roll with the heel of your hands.
6. Place on a tray lined with parchment paper, cover and leave to prove for 1-2 hours at room temperature, or until doubled in size.
7. Lightly spray with water. Make four diagonal slashes using a sharp knife across the top. Add poppy seeds at this stage (if you have any).
8. Preheat the oven to 220/425F/Gas 7 and place a baking tray filled with water on the bottom shelf of the oven - this will create steam when the loaf is baking. Place the loaf on the middle shelf and bake for 25 minutes. After this time lower the heat to 200C/400F/Gas 6 and bake for a further 10 minutes. Remove from the oven and leave to cool on a wire rack.



**EVES TROPHY COMPETITION 2024**

Thank you to the Members for all the wonderful entries and our congratulations to the winners. The overall winner of the 2024 Eves Trophy Competition is **Barbara Davis of Woburn WI**.



**Gluten-Free Cake**

1. Diana Scott, Wootton WI
2. Helen Dodge, Houghton Conquest WI
3. Sandra Cove, Wootton WI



**Jar Lemon Curd**

1. Sandra Cove, Wootton WI
2. Diana Scott, Wootton WI
3. Carol Howe, Keysoe WI



**Knitted Hat and Gloves**

1. Celia Hall, Kempston Rural WI
2. Chris Pugh, Clapham Bells WI
3. Anabela Cullen, Flitwick WI

**Dried Teacup Arrangement**

1. Barbara Davis, Woburn WI



**2024 Bulb Orders**

Rosemary Mitchell reports that the bulb orders have been sent & should be with your co-ordinator by the time you read this.

Commission raised will be a welcome boost to our funds. Thank you to Rosemary for again overseeing the bulb scheme for the Federation

**ANSWERS TO QUIZ**

1. August
2. January & February
3. Invisible
4. November 21st
5. Sagittarius
6. Henry VI
7. Cruella de Ville
8. 11th November 1918
9. Topaz & Citrine
10. Margaret Mitchell

You will see that some of your reports have been edited to make them shorter. We have been delighted with the increasing numbers of reports we are receiving, but as I am sure you will understand, this is the only way to ensure we can include as many as possible. Please continue to send us your very interesting and informative reports, but don't be too upset if we have to reduce your word count. Thank you for your understanding. **Dot**

At **Cranfield** for our September meeting we enjoyed a Quiz night with teams of 4 competing on rounds varying from History through to Disney. We enjoyed our 'bring and share a plate' refreshments while puzzling over anagrams of film names and a picture quiz about people with 'Charles' in their name. Winners of the quiz were the 'No Chancers' team! It was a very enjoyable and sociable evening.



The Kurling evening arranged at **Westoning** in September was an enormous success. Alison Ross from Canine Partners guided 36 competitive ladies through the event; there certainly was some very accurate stone pushing. The winners and runners-up received some well-earned chocolates as a reward.

In September, **Caldecote** were captivated by a fascinating talk on the life-saving work of Magpas, the emergency rescue service serving Cambridgeshire and Bedfordshire. It all began in 1971, when two visionary GPs recognised that having a doctor on-site during emergencies could make the difference between life and death. What started as a modest effort with doctors driving their own cars and using pagers has evolved into the impressive Magpas service of today operating 24/7, at an annual cost of £6 million, and responding to an average of four urgent calls daily. Remarkably, they treat around 900 patients each year in critical, life-threatening situations.

At **Houghton Conquest's** September meeting, Susan Copperwheat gave an interesting talk about the meaning of Christian names. She had been given the names of all members beforehand and so was able to give us the origins of our names. She also told us the history of some very old and unusual names. Four of us went to Aldeburgh and we enjoyed the day very much, so thank you for organising this.

After **Wilstead's** original speaker had to cancel, we were fortunate to be able to book Jim Coley, a River Warden and he spoke about his 'patch', which covers the river from Bromham Mill to Kempston. We were told about the work he carries out, including taking water samples. He takes four photographs of the river every year to enable comparison of conditions during the period and explained that rivers in towns are often cleaner than in rural areas due to the decline of manufacturing and the related waste matter. Invasive species of vegetation and animals were discussed. As September 16<sup>th</sup> to 22<sup>nd</sup> is 'River Awareness' week, we felt we had enjoyed a very topical speaker.

**Clifton's** September speaker gave a very interesting talk on bee keeping. She also brought jars of various types of honey for us to purchase and other bee related trinkets. We will be held a coffee morning on October 25th to raise funds for our local hospice.

**Aspley Guise and Woburn Sands** had a thoroughly enjoyable meeting in September when Simon Pestell, head housekeeper of Woburn Abbey, came to talk to us about Duchess Anna Maria, who was instrumental in bringing the practice of afternoon tea to the country. He gave a very informative history about both the Duchess and tea, and explained how, over the years, the practice has grown into the event we all know today. We finished our meeting by having a mini tea party at tables adorned with tablecloths, where each table had its own teapot and its own cake stand filled with delicious homemade cakes. It was great to see everyone lingering and chatting, as we all do whenever we have afternoon tea.

In September **Library Walk** had an excellent talk by Jane Dismore. Jane is an historical writer and she entertained us, without notes, with stories of the lives of 'Royals, Rebels and Aristocrats', their stately homes and the fast lives some of them lived. We had a most enjoyable afternoon meeting.

When **Wootton's** speaker cancelled, a planned games evening was brought forward and 'Spot the Film' and 'Guess the Object' were played with such enthusiasm that after a tea break, the evening concluded with a hilarious game of 'Consequences' which took everyone back to their childhood. Sixteen members enjoyed a trip on the John Bunyan boat, with tea and cake.

**Tilsworth & Stanbridge's** members enjoyed an afternoon at NHS Ascott House, even though the weather made them wonder who had brought a coat! Before enjoying a cream tea in the Cricket Pavilion, members pottered about in the gardens, chatting and admiring the stunning trees and flowers and came across the bench dedicated to Diane Tong. By the end of the afternoon even the sun came out!! And in September we were treated to a presentation on Pioneering Women in Motoring by Debbie Land. What a colourful group of women they were who made many positive developments to the evolution of motoring. It was interesting to hear that in 1865 to speed limited was raised to 20 MPH whereas today the speeds are being lowered to the same!



At **Clapham Belles**, we had a very interesting meeting when Bluebadger Foods, a family run business, joined us to share their love for Korean cuisine and culture. We enjoyed food tasting, including Korean drinks and snacks, and learnt about Korean culture.

**Keysoe's** speaker for August was Robert Brewer, talking about life in retirement as a TV/film extra. Previously a Thames Valley Police officer, he embarked on new adventures, including white water rafting down the Amazon & writing a book. After replying to an advert for supporting artists for a Hollywood block buster, to his surprise he was recruited. Since then he's appeared in fourteen films with famous stars as well as numerous well-known TV shows. Robert's anecdotes were informative & entertaining, making for a very enjoyable evening. And then in September our speaker was John Harris from Little Staughton, talking about Zebra finches from Australia. John's interest in keeping & breeding birds began when young & has become a lifetime passion; & he's won prestigious National awards. John brought 9 finches with him & we were tasked with judging four of them, great fun but difficult as they were all very pretty. John's knowledge was extensive & his talk very interesting.



**Wymington & Podington** visited Kathy Browns Garden Stevington in August enjoying a tour by this most inspiring and engaging gardening expert. Refreshments including home made cakes using edible flowers following the tour were also fantastic! In September our speaker was Mike Muncaster with a talk entitled from Blacksmith to Dentist. A little gruesome at times but a fascinating subject. Our latest lunch club had a great time at Keysoe International Equestrian Centre which offered good food and excellent service looking out across their show arena.



**Maulden** hosted their Group Meeting, welcoming friends from Ampthill, Haynes, Houghton Conquest and Wilstead. Their speaker was the thoroughly entertaining actor Eliza McClelland, creator of amazing bead work on canvas, with a talk appropriately titled 'To Bead or not to Bead? Tales from an actor on Tour'. As well as passing round many samples of her work, Eliza showed a beautiful quilt made from remnants gleaned from the wardrobe departments of a production she appeared in when she was first setting up home.



Summer has proved to be a happy time for **Caddington**, who enjoyed a talk on Canals, with an insight into holidaying on a barge hotel, with all the pros and cons of such a vacation. We had fun with a Games Night – which is when you identify your most competitive members and a trip to Portsmouth with Tates Coaches was a success, with ships and shopping enjoyed by all. We celebrated our 69<sup>th</sup> birthday in September with fish and chips, to which Eaton Bray and Studham were also invited, with entertainment provided by The Turf Tappers. Several members reached their 80<sup>th</sup> birthday and were presented with beautiful bouquets. And our chosen charity this Autumn is collecting Bras for Africa.

**Wharley End** doesn't usually meet in August, but with a large increase in membership, it was decided to hold a Social Morning, to get to know one another. Our Beetle drive entailed winners and losers changing tables ensuring lots of mixing together. This was followed by a quiz about London landmarks and finally, a delicious Continental Brunch, including baguettes, ham, cheese, croissants, preserves and Pain au Chocolats and orange juice. In September, Deirdre Hanna spoke about 'Life in the Fast Lane – 20 years working at Heathrow Airport', she entertained us with amusing anecdotes from her job, which was organising and overseeing chauffeured limousines for travellers. She also displayed some attractive colour wash illustrations of the people she met.



**Fairfield's** Knit and Natter group produced a fantastic Olympic topper for our Fairfield post box. There were knitted figures of Olympians, medals and an amazing knitted model of the Eiffel Tower. Then in August, we enjoyed a fabulous afternoon tea with members and guests. We were fortunate enough to be able to hold it in the grounds of Fairfield Bowls Club and the weather couldn't have been better



At **Northill & Ickwell** Adrienne Massey came to demonstrate flower arranging. She gave an interesting talk about using a variety of plants and flowers and different types of vases, whilst she created five different flower arrangements which were all very attractive, and were raffled off to members. A good evening, enjoyed by all.

A member of **Warden Hill** has a close friend whose 56 year old son had a cardiac arrest on the football field. He was saved by CPR being carried out from those around him, and medical intervention (defibrillators, paramedics, air ambulance etc). Our member has a paramedic neighbour and arranged a CPR awareness afternoon for 20 of our ladies. He offered his session for free and another member and husband paid for a venue. Of course, a donation for charity of his choice was made as he refused payment. The session involved some basic information about the difference between a heart attack (where a patient is usually conscious) and a cardiac arrest (where the patient has stopped breathing, and is totally unresponsive). We were all given an opportunity to perform CPR on the dummies, which he had brought along (some costing £8,000). He showed us how fast to do chest compressions (counting aloud 1000, 2000, 3000 is a good rhythm and he explained why – I am not explaining as I am not qualified to do so, but I do understand). We also learnt that doing breaths (even through a handkerchief or tea towel, as a barrier over the patient's mouth), as well as compressions, gives a better chance of patient survival. Our group of ladies were very active in the practical part of the session and it was very clear, that it was an extremely rewarding learning experience for all of us. We would highly recommend other groups find out how they can run a session like we did. Chances of ever having to carry out CPR might be slim, and we may not feel overly confident to do it, but we all agreed, we would know what to do and as Robert told us, better to do something than nothing at all.