

INNER WHEEL CLUB OF BARNSTAPLE NEWSLETTER JULY 2023

Hello everyone and welcome to the July Newsletter. This time last year we were all wilting from the effects of the hottest temperatures the UK had ever experienced, but even that was nowhere near as bad as what southern Europe is enduring at the moment, so we must spare a thought for those suffering there either from the direct effects of the heat or the consequences such as wildfires. I think we must be thankful for the current rather cool and changeable weather! I was away on holiday for the Summer District Meeting on June 28th and our July Club Meeting but both sound to have been enjoyable, and I've been sent pictures to share.

Club News

The July Club meeting on the 4th was presided over by our new Club President Sue Thomas who welcomed everyone and explained that the format for the year would be much the same as before, with her chosen local charities being the Fern Centre, and South West Blood Bikes, and Smile Train as her International charity.

She then inducted new member Jane Carpenter into the club and everyone welcomed her. June has since sent me her profile where she talked about her interesting and varied career and congratulations to her and her husband Steve who are celebrating their Ruby Wedding this month.

An important matter discussed at the meeting was the subscription for the coming year, and after discussion about the options bearing in mind the International, National and District charges and increasing costs

generally, members voted to raise the subscription to £50, proposed by Sue Smith and seconded by Jane Lowe.

Beryl thanked Gay for being an excellent District Chairman for the last two years and Pat Malek thanked everyone for all her 90th birthday cards.

Then after lunch Nigel Wright gave a talk on Bonsai, the art of growing miniaturised trees and Sue thanked him for his very interesting talk.



District Summer Meeting and AGM



her committee presenting each of them with a red rose and handed the reins over to the new Chairman, our own member Louise French. Louise presented regalia to her new committee which she also introduced to the meeting. Gay was also proposed as Deputy Member of

The District meeting took place on Wednesday 28th June at the Waie Inn, and the day followed the usual pattern of the summer meeting when the District Officers for the 2023-4 year were proposed and approved, then lunch followed by the AGM when all the District reports for the year ending were heard and approved. Outgoing District Chairman Gay thanked all the members of



Council and will succeed Jeannette Dommett when she completes her term of office.



(sorry for the quality of the pictures)

District pre-Rally tea and Rally



These were on 17th and 18th of July respectively. It was a very nice afternoon for our visit to the St Ann,s Tearooms for our cream tea and a happy relaxed occasion to meet new National President Anthea Tilsley. She was very interested to see the Inner Wheel garden which she visited after the tea with a group of us. Good that Maureen and Liz who do so much in the garden were there. The day after saw us at the Barnstaple Hotel for the District

Rally (the third year in a row for Barnstaple and a much cooler day than the record breaking temperature of last year!) Our new District Chairman Louise welcomed guest of honour Anthea Tilsley, the Chairmen of Districts 13, 20, and 129, the Rotary District Governor and the Presidents of the two Barnstaple Rotary Clubs, and members of the other District Clubs. The day followed the usual pattern of lunch followed by greetings from the top table guests and then an address by Anthea



Tilsley who at the end of her talk donned a 'bee' head band to represent the bee of Manchester where the Centenary Congress is being held next year . Votes of thanks were given and proceedings brought to a close with closing remarks by Louise.



Club members with National President Anthea Tilsley



Some of our members and guests at lunch

Below is a letter that Anthea sent to Club Presidents: (retyped from original and omitting headers and footers to save space):



Dear Club President

Hello and welcome to a very special Inner Wheel centenary year.

I am looking forward to celebrating 100 years of Inner Wheel and hope to enjoy Association, District and Club festivities not to mention the International Convention in Manchester. Whilst I appreciate not every member will get to everything, I hope to catch up with you all somewhere at some time!

As you will know I visited Chelsea Flower Show for the launch of the Margaret Golding Rose. It was a very moving experience to acknowledge Mrs Golding's vision and ability to nurture the idea which is now our Inner Wheel.

May I take this opportunity to thank you for taking on the role of President of your club and giving me the privilege of being Association President. I will work hard, together with our Executive Team to deliver those things we planned to make the year memorable.

In the whirl of Centenary excitement, we must value all members. 100 for 100 – a Time to Celebrate is flexible

It gives everyone the chance to interpret it according to their Club's preferences. Whether you decide to do a SKY JUMP for BEAT, collect 100 buttons each for Trade Aid or knit 100 Squares for the Hamlyn Fistula Hospital every little helps and is an important contribution! Whatever you do, promote Inner Wheel as best you can and reveal the secret of Inner Wheel which is friendship and service.

As we start the new year please remember Trish Douglas' IIW President's strapline 'Shine a light' and decide on how and where you want to shine your Club's light to make a difference to people's lives.

I look forward to meeting you in the coming year and wish you and your Club every success.

In friendship

Anthea

Future Events

There is no club meeting in August but don't forget President Sue's hospitality day on Tuesday 8th August with the choice of coffee in the morning or tea in the afternoon. If you haven't already done so, please let her know if you are coming and whether it will be morning or afternoon.

There is a committee meeting on August 29th, but the next Club meeting is not until September, on the 5th, when we shall have a speaker from the Fern Centre.

Other Club Activities

Community Service

We are having something of a break during the summer as there is no reading at Pilton during the holidays, and the Covid Vaccination Spring Booster campaign has finished, but the garden of course will still need looking after and don't forget to bring items for the Freedom Centre to the September meeting.

International Secretary

Pat has sent me the following message and a list of items for the shoeboxes which she asks for us to start looking out for:

I am going to send Christmas Shoeboxes to Moldova through CR2EE (Christian Repose to Eastern Europe) at Exmouth again this year. Last year we sent 33 filled Shoeboxes. I already have 20 empty Shoeboxes to cover with Christmas paper and fill with goodies. At the side is a list of items suggested for the Shoeboxes and whilst you are at the shops you might pick up items to include in the boxes. I should be pleased to receive these at our September Meeting on 5th together with any Shoeboxes you might have and/or large elastic bands to hold the boxes together, and hope the following Tuesday 12th I will have a meeting at my house to cover and fill boxes. I also have a collection of Christmas cards and birthday cards which we might like to recycle. Knitted items, scarfs, hats and gloves are always welcome and pack out the boxes and a ball is good for them to play with others or by themselves.
Pat B International Officer.

For any age you could consider		
Hats	Gloves	Socks / Tights
Underwear	Tee Shirts	Cuddly toy
Tooth Paste	Tooth Brush	Shampoo
Hairbrush	Soap / Shower Gel	Deoderant
Calculator	Cheap watch	Jigsaw puzzles
Chocolates	Sweets	Biscuits
Paints boxes	Crayons	Colouring books
Pencils	Exercise books	Calculator
For Girls		
Dresses		
Tights		
Dolls		
Friendship bracelets		
Beads		
Craft items		
Glow Sticks		
Hair Clips and slides		
Lip gloss		
Purse		
Jewellery		
For older ladies		
Hand cream		
Head Scarves		
Perfume		
For Boys		
Lego bricks		
Toy cars		
Wallet		
Torch		
Glow Sticks		
Airfix type models		
Magnifying glass		
For older boys		
Pen knife		
Razor / shaver		
Shaving cream		
For older gentlemen		
Aftershave		
Mini tools		
Coffee		

Inner Wheel Garden

Thank you to Suzanne for this picture of Liz and Maureen and the news that 'Britain in Bloom' visited the garden on 5th July and were very complimentary about it.

Congratulations and many thanks to them for all they do.



July – associated with the start of summer holidays, sun and sea, and last year with record temperatures in the UK and this year in southern Europe.

Dog days are associated with July and are the hot sultry days of summer. In Greek and Roman times they were associated with Sirius or the dog star, the brightest star in the night sky, which was thought to influence the weather. In more recent times the link with this event seems to have been more vague and indeed some writers thought the hottest days were before the appearance of the star.

In North America it became proverbial that dry weather during the dog days was preferable to wet, and perhaps we can agree with this:

‘Dog days bright and clear
Indicate a good year
But when accompanied by rain
We hope for better times in vain’

Some quotes from Louise about friendship in her closing words at the District Rally:

‘Don’t walk behind me; I may not lead. Don’t walk in front of me; I may not follow. Just walk beside me and be my friend’ – *Albert Camus*

‘Anything is possible when you have the right people there to support you’ – *Misty Copeland*

‘Alone we can do so little; together we can do so much.’ – *Helen Keller*

‘I would rather walk with a friend in the dark than alone in the light.’ – *Helen Keller*

‘It is more fun to talk with someone who doesn’t use long words but rather short easy words like “What about lunch”.’ *A. A. Milne from ‘Winnie the Pooh’*

‘Wear a smile and have friends. Wear a scowl and have wrinkles.’ – *George Eliot*

‘You can make more friends in 2 months by becoming interested in other people than you can in 2 years by trying to get other people interested in you’ – *Dale Carnegie*

A Summer Poem by Ogden Nash

I didn’t go to church today
I trust the Lord to understand
The surf was swirling blue and white
The children swirling on the sand

He knows, He knows how brief my stay
How brief this spell of summer weather
He knows when I am said and done
We’ll have plenty of time together

From our local parish magazine:

Newspaper Adverts

Illiterate? Write today for free help

Dog for sale – eats anything and is fond of children

We don't tear your clothing with machinery, we do it carefully by hand

Used cars – why go elsewhere to be cheated – come here first

Our bikinis are exciting. They are simply the tops.

More Quotes

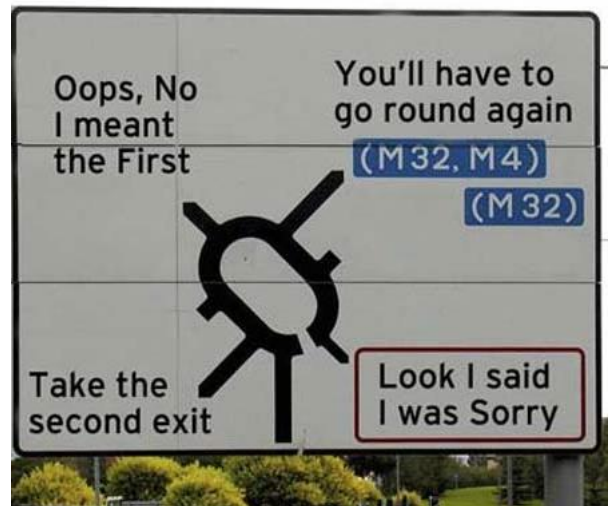
'Why is there so much month left at the end of the money?' - *Alexis de Tocqueville*

'I feel these days like a very large flamingo. No matter what way I turn, there is always a very large bill' - *Joseph O'Connor*

'Fashion is a form of ugliness so intolerable that we have to alter it every six months' - *Oscar Wilde*

'The first 80 years are tough. Life gets better after that' - *Len Deighton*

(I'm not sure if everyone would agree with that last one!)



Do you have trouble with roundabouts?

Two proud parents seen recently on holiday. There are ten cygnets – I don't know that I've ever seen such a large brood!

Well, about time to sign off.

There won't be nearly so much news next month so I thought if any of you have some good holiday pictures perhaps we could feature some of them.

Best wishes to you all and see you again soon.

Bridget

