

## INNER WHEEL CLUB OF BARNSTAPLE NEWSLETTER OCTOBER 2023

Hello once again. Now it's properly autumn and I think my summer clothes have had their final outing for this year. Local harvest festivals are taking place, but as I look at the peaceful scene around me from the warmth and comfort of my home, I can't think what it must be like to be caught up in the current war between the Israelis and the Palestinians in Gaza, not to mention all the other conflicts and disasters around the world. Nearer to home, I'm also very mindful of all those who are struggling with insufficient income for their basic needs and the effects of inflation.

### Club News

Our meeting this month was on 3<sup>rd</sup> October and had a busy agenda with news of all our activities and future events. Marilyn Lee was due to be inducted but unfortunately she'd had an accident and was unable to attend, but we hope she will have recovered enough to come next month when there will also be several other inductions. After lunch we had an excellent presentation by Roger Bartlett about the Freedom Centre (Freedom Community Alliance) and departed with a good supply of donated items for the centre.

Below is a summary from the centre's website about its work:



### Who we are

We are a Christian charity outworking the vision of Freedom Church to help those who are marginalised and socially excluded, demonstrating the heart and love of God in our community.

We are a 'needs led' organisation – where we recognise a need that is not being met for the vulnerable in our community we do our best to fill the gap. This involves working with a range of service users including homeless people, those suffering from addiction issues, people with

poor physical and mental health, debt and poverty and those who simply want to improve their health or improve their life skills.

We believe we can best meet each individual's specific needs through a multi-agency, holistic approach. We accept people for who they are, see the value in every individual, welcome them and do our very best for them. We are not here to judge actions or motives, rather to assist and support. We accept and respect every individual, regardless of race, gender, age, beliefs, (dis)ability or sexual orientation.

Then, on the 17<sup>th</sup> about 10-12 of us met for a fundraising coffee morning at Sue T's home and were also treated to a delicious selection of cakes and biscuits. In addition there was a book sale and raffle, and we all enjoyed catching up with each other's news.

### Autumn District Meeting





Nine of us attended the Autumn District Meeting on 24<sup>th</sup> October at the Imperial Hotel, Exmouth on a day of very mixed weather varying from bright sunshine, to fog, and some very heavy showers, one or two of which caught us on the way home. We had a very pleasant time meeting friends from the other Devon clubs and during the meeting each president gave a report of their club's activities – this is always a good way to pick up some ideas as to what we might do. Like last year Debbie from Unique Boutique came with a selection of gift items for sale and proceedings finished with a leisurely lunch.

### Future Events

There was due to be a visit to the Fern centre on the 26<sup>th</sup> but unfortunately this was cancelled due to staff sickness, but another date will be arranged. Some of us went on a visit to the centre with Rotary recently, and it gives a good insight into the various services offered.

Going into November our next club meeting is on the 7<sup>th</sup> when we will have a talk about the work of South West Blood Bikes, and then on the 14<sup>th</sup> we have our annual quiz for teams of up to 6 at the United Services Bowls Club which will be in aid of Smile Train. It starts at 7pm and the cost of £10 per person includes supper. As before the question master will be Richard Smith and there will be a raffle so items for prizes are requested, please.

Later in the month on the 23<sup>rd</sup> Torquay club have their 90<sup>th</sup> birthday celebration at the Livermead House Hotel in Torquay and an invitation has been issued to any of our members who would like to join them.

Although further ahead, it's worth mentioning the District Christmas meeting. This was to have been at the Tiverton Hotel on 12<sup>th</sup> December, but there have been difficulties with the venue so we are hoping to book with the Waie Inn instead, but this needs to be confirmed. As in previous years the meeting will feature a table top sale in the morning followed by a Christmas Lunch. Please think about coming and whether you could contribute small hand crafted and other gift items for our table, the proceeds of which will add to our charity fund.

### Other Club Activities

#### Community Service

The Pilton School reading scheme continues, and of course we still bring donations for the Freedom Centre each month. Below is a recent list of requirements which our church was given when we donated to them at our Harvest Festival, so I think it should still be pretty much up to date:

Freedom Centre - This is a list of our current requirements to keep our kitchen running and provide food parcels for our clients:

Meals in a tin e.g. chilli, stew, curry, Tinned fruit e.g. pineapple chunks, pears, peaches, rhubarb, apple or mandarins, Tinned custard, Coffee, Biscuits, Granola bars, Chocolate bars, Orange juice – large or small cartons, Blackcurrant squash, UHT whole milk, White Flour – self raising and plain, Granulated white sugar, Jelly – any flavour, Gravy granules – beef, chicken and vegetable, Tomato puree, Brown sauce, Vegetable oil, Washing up liquid.

**We have a huge amount of the following, so can we please ask you NOT TO SEND:**

**Baked beans, Tinned tomatoes, Tinned soup, Pasta and spaghetti, Tea.**



### International Secretary

Pat had another session to complete our shoeboxes on 25<sup>th</sup> October, and the final number was a magnificent 39! I think we can all pat ourselves on the back for that! Here is Pat's message:

*Thank you for all your contributions to Shoeboxes and bedding etc for Moldova. I am pleased to say that 39 shoeboxes are now full and ready for transportation to Exmouth. Also all the Christmas cards are now sold and I used up the remaining few to put in the shoeboxes with our good wishes for Christmas. I did think this would be the last year for recycling Christmas cards but I have received a big pile from Torquay, and I am sure we will have many more from our members after Christmas, if*

*anyone is interested in recycling them, I am happy to hand them over.*

*If you sort out your airing cupboard and find any surplus sheets, pillow case, blankets and/or towels, I should be pleased to collect them at the next November meeting and take them to Exmouth with the shoeboxes. **No pillows, however.***

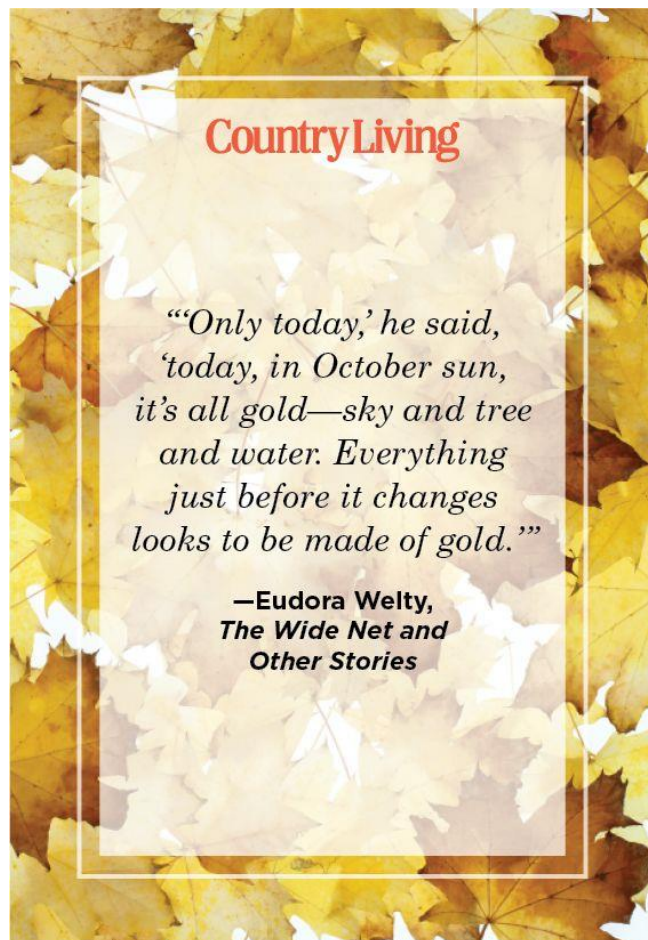
### Inner Wheel Garden



There are not quite so many flowers now but there is still quite a bit of colour



"October gave a party;  
The leaves by hundreds came-  
The Chestnuts, Oaks, and Maples,  
And leaves of every name.  
The Sunshine spread a carpet,  
And everything was grand,  
Miss Weather led the dancing,  
Professor Wind the band."  
- George Cooper, *October's Party*



### Country Living

*“Only today,’ he said,  
‘today, in October sun,  
it’s all gold—sky and tree  
and water. Everything  
just before it changes  
looks to be made of gold.’”*

**—Eudora Welty,  
The Wide Net and  
Other Stories**

## More 'Laws of Life'

The Law of Mechanical Repair: After your hands become coated with grease, your nose will begin to itch.

The Law of Biomechanics: The severity of the itch is inversely proportional to the reach.

The Law of Probability: The probability of being watched is directly proportional to the stupidity of your act.

The Law of Random Numbers: If you dial a wrong number, you never get a busy signal; someone always answers.

The Variation Law: If you change lines (or traffic lanes), the one you were in before will always move faster than the one you are in now.

The Law of Gravity: Any article when dropped will roll to the least accessible place.

The Law of Physical Surfaces: The chances of an open-faced gooey sandwich landing face down on a floor are directly correlated to the newness and cost of the carpet or rug.

## Jokes and Quotes

How did the farmer find his wife? – He tractor down!

Gardening starts at daybreak and ends with back break!

So many weeds, so little thyme!

'I've decided to sell my Hoover – well it was just collecting dust' - *Tim Vine*

'By the time you're 80 years old, you've learnt everything. You only have to remember it. – *George Burns*



## Sycamore Gap

Do you remember the furore a few weeks ago over the felling of the well loved sycamore tree on Hadrian's wall? It was a rather sad event for me because a few years ago I walked the Hadrian's wall trail with friends, and I have fond memories of the tree which was a great landmark, and remarkable for having grown and survived in such a position. Here's one of my pictures of the tree – unfortunately we will not see it looking like this again in our life-times.

Below, more trees and autumn colours beginning to show on Pat's view of Dunkery Beacon.

## A Final Thought

A person needs a little place.

Small as it may be.

Of which he can say,

'This is mine, here I live, I love,

Here I find my rest.

This is my land,

This is my home'.

*(Quoted by Dr. Gerrit Jan van Heuben, Goedhart, the first UN High Commissioner for Refugees in 1952 – he'd found it written on a piece of cardboard his father had kept for many years)*

With best wishes to you all - Bridget

