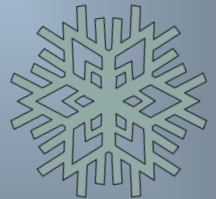
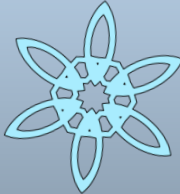
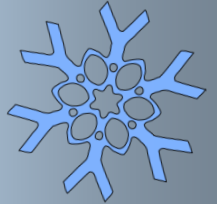
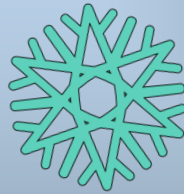
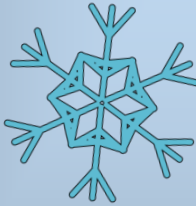
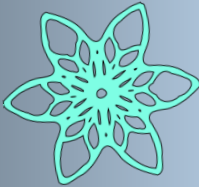
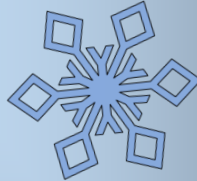


DISTRICT 15



SPOKESWOMAN

WINTER 2023-2024



CHAIRMAN'S REPORT

To members of our wonderful organisation.

I hope you all have had a wonderful peaceful Christmas and a very Happy New Year.

It's hard to believe that 2024 has arrived! We have been talking about the Convention in Manchester in May 2024 for a while and now it's only 3 months away!

Thank you so much to all of you who have been busy knitting bees, writing post cards and given sweets to our Member of Council Daphne to take to Warwick Square ready for the Convention.

I can't believe how fast time has gone since I've taken over as your District Chairman, that I now only have 5 months left to represent you. It has been a wonderful experience and I have thoroughly enjoyed every minute of it. Thank you to you all for making me feel so welcome when I visited your Club and for the generous cheques that you have given me towards my Charity SSAFA. I have now done over half of my Club visits. It has been really interesting in seeing how you all run the Club meetings, full of fun and friendship not to mention the wonderful meals that I have had with you.

All of you have taken on and excelled at your 100 for 100 for Association President Anthea Tilsley's theme. The most popular 100 for 100 has been to collect 100 tins that you then have donated to your local Food Banks, who have benefited greatly from your donations and have helped numerous families in your community.

The theme has varied from knitting 100 squares, knitting 100 baby bonnets for Neonatal Units, giving £100 cheques to various charities, like the Salvation Army.

I have had the privilege of attending Afternoon Teas, Coffee Mornings and Chinese Auctions where all money raised has been forwarded to your charity of choice.

It was an honour and a privilege to attend The Inner Wheel Club of Pontllanfraith where I was able to present the Margarete Golding award to Eileen Bullen for all her charity work, who had also sewn 100 syringe driver bags for the local hospital. Eileen, we are all very proud of you in District 15 to have one of our members receive such a prestigious award. I hope you will wear the beautiful brooch with pride which you thoroughly deserved when I was told all about what you have done.

I will be sorry to hand over the Chain of Office to Incoming District Chairman Liz but all good things have to come to an end! I can assure you Liz that you will have an exciting and wonderful year ahead of you.

Thank you all for your wonderful friendship, including all the Executive members.

Yours in friendship

Brenda



ssafa
— the —
Armed Forces
charity

CLUB REPORTS FROM AROUND OUR DISTRICT

MILFORD HAVEN

President: Liz Corey

Club Correspondent: Vicky Brown

Members 20

Milford Haven Inner Wheel enjoyed a night of festive fun at their local meeting place The Horse and Jockey in Steynton. They shared a delicious meal before taking part in a Christmas quiz and an Inner Wheel quiz! Most fared better with the Christmas quiz, especially with the prize being chocolate! President Liz, who is the master of most crafts, showed us the craft of 'felting' and presented each member with a beautiful Christmas decoration using 'tattooing' a type of lace embroidery. Afterwards, Secretary Lynda decided it was time to perform the 12 Days of Christmas, karaoke style, complete with actions! No one was allowed to sit down and it ended, especially after a few glasses of wine, with everyone in laughter. A lovely night with friends.



PONTLLANFRAITH

President Barbel Jones

Club Correspondent Sylvia Pitman

23 members

What an amazing Autumn session we have had!! The installation of Barbel, our new president, by Sonia, the outgoing one. We have had a string of exciting events, talks and demonstrations including physical wellbeing by a physiotherapist (Laura). Then a visit, from Malawi, of our friend Bridget, who told of the lifestyle of women in her country, followed by a demonstration of how a metre long sarong style piece of cloth is used for numerous daily functions.

Each month a coffee morning is held at Blackwood Bowls club for members and friends, organised by Cath Clark. Refreshments and much socialising takes place. The October morning was given over to raising funds for MacMillan research. Many raffle prizes were donated making it a great success. This was followed, a couple of days later, by the now annual Bon Marché evening held in aid of the local breast care unit at Ysbyty Ystrad Fawr.

The monthly meeting saw members donating unwanted medicines for use in war torn Ukraine which Sonia organised. In October we joined Rotary at Bryn Meadows Golf Club for a meal and a competition of Would I Lie to You, ably put on by Maureen Hughes, a fun evening and, BOY what great lies were told!

PONTLLANFRAITH (continued)

November gave the opportunity for more fund raising with an auction at the meeting followed by a Chinese auction at Blackwood Bowls club in aid of the Alzheimer's Society.

To cap it all our very own Eileen Bullen was given the Margarett Golding award for her untiring, unstinting charitable work in the community.



We moved forward to the Festive season with a supermarket bucket collections and a visit, to our last meeting by Father Christmas (Rotary's Bob Dodd).



This was a fun evening with readings and poems; instead of cards we each donated five pounds to the local food bank.

We look forward to our first meeting of 2024 with Mr Barry Brookes showing us all how to use a defibrillator.

We are fortunate to have a growing membership, many of whom are younger ladies, a healthy sign and long may it continue.

We wish you all a jolly Christmas and a happy, healthy 2024.

PORTHCAWL

President Mary Emmet Lewis
Club Correspondent Liz Jones
18 members

All the members of the club wish everyone a very Merry Christmas and a Happy New Year. It's hard to believe that 2023 is nearly over and that it will soon be 2024. However, we still have lots of things to look forward to before we ring in the New Year.

In October we held our meeting in the One Café in Newton. The afternoon tea was a success and much enjoyed by all. Ellen the owner, works with women fairtrade coffee growers in Africa. She had already given us a very interesting talk on the initiative so it was a chance to support her good work. We are getting ready for our Christmas activities, with lots of events planned both for just IW and jointly with Rotary many of our members help out as postwomen. We have also decided on our 100 for 100 project and are going to make lavender bags. We were very proud of our turn out at the District Rally where nine members represented the Porthcawl Club.

PORTHCAWL (continued)

We welcomed Chaplain Harriet Forwood-Andrews from the Salvation Army to our November meeting. She gave us a very interesting talk on her work with life-houses /hostels and the young people they accommodate and also the new age assessment house for migrants and refugees which opened in March. We were able to present her with a cheque before she left, which will help to make Christmas more enjoyable for some.

Our 100 for 100 project is continuing and we have also donated 100 baby items to charity thanks to Pres Mel's granddaughter.

We attended a fish and chip evening with Rotary, which was very enjoyable and are taking part in their Christmas Tree festival in December. Wishing all the best from Porthcawl Club.



TYWI CARMARTHEN

President Ann Evans

Club Correspondent Pauline Edwards

11 members

I think that Club members will agree that we have made the most of several opportunities for fellowship in the second half of the year.

Reviewing the photographs, especially from the perspective of a damp and dark December, we enjoyed the sunshine too.



In August as a Club we had an away day, travelling to Powys Castle for a special Quilt exhibition. We also took the opportunity to visit past District Chairman and our past Club member Helen in her new home in Llanidloes. Sitting in her garden adjacent to the River Severn in glorious sunshine was an excellent start to the day and a welcome break in our road trip. The quilts were interesting but the time spent in the tea rooms and gardens were a special treat.

We needed a business meeting in early September and coffee in President Ann's garden turned into a summer feast that we all enjoyed. Our next Club event was organised by Ann J and most of the Club gathered for a creative afternoon of pottery and, of course, a delicious meal to follow.

TYWI CARMARTHEN (continued)

As a smaller club, members have started to share the tasks of developing our annual programme; Lynette last year organised a cake decorating workshop and this year she also planned a December wreath making class with mulled wine and nibbles to help in the creative process! Our annual Christmas meal is still to come but with the same venue as last year we are all looking forward to another sociable evening. Being fewer in numbers makes for a lovely circular table where no one is left out. We were delighted to welcome District Chairman Brenda to our November meeting - one visit where Brenda doesn't have to travel far from home. Her presentation about SSAFA was fascinating and of course to hear about her own fundraising efforts, but no spoiler alerts from us if her visit to you is scheduled for next year. Best Wishes for the New Year



FORTHCOMING DISTRICT 15 EVENTS

2nd District Meeting Thursday 8th February 2024: Best Western Aberavon Beach Hotel

International Rally Thursday 11th April 2024: Trefloyne Manor, Tenby

AGM & Handover Tuesday 18th June 2024: Best Western Aberavon Beach Hotel

2024 District Assembly Thursday 25th July 2024: Best Western Aberavon Beach Hotel

District Rally Friday 25th October: Village Hotel Cardiff



DISTRICT 15 EXECUTIVE TEAM 2023—2024



Chairman Brenda



At our November District Meeting, M&D Officer Gwyneth gave us an interesting and informative talk on vintage clothing - with articles of apparel from the times (some only for ladies to view!). These photographs show just a small sample from Gwyneth's collection.....



BRITON FERRY

President: Pat Keen

Club Correspondent: Pauline Minshull

20 members

We have continued to meet regularly once a month followed by lunch and our meetings have been well attended.

At the end of June several of us joined Swansea Valley Inner Wheel for their "Farewell Afternoon Tea", their last event before the club disbanded. It was a lovely afternoon although sad to see one of our neighbouring clubs, with whom we have had a close association, close after 52 years. We are delighted however to have 4 of their members transfer to our club. We also welcomed another new member, Emily.

We have continued to attend District meetings and events including the District Rally in October. A number of us attended the Carmarthen Christmas Fayre which was very enjoyable despite the wet weather.

We supported the Briton Ferry Autumn Fayre providing tea and coffee, naming the Teddy Bear and the Raffle.

Our final event of 2023 was our own Christmas lunch which as always was very well attended and we all enjoyed a visit from Santa in the form of Secret Santa gifts.

We wish everyone a Happy, Healthy and Peaceful 2024!



ABERDARE

President – Marilyn Bratman

Club Correspondent – Joan Richards

Members – 23

President Marilyn had a good start to her year in office. The handover was held in Amore, a new Italian restaurant in Aberdare town, and we were delighted when honorary member Audrey joined us for the occasion.

Prior to this Cwmbach Male Choir and a children's choir from the Church in Wales Junior School gave a superb open-air concert in the Country Park. It is always a very well attended event and the weather was kind to us. We are lucky to have such local talent available to us. The highlight of the year has to be our visit to Goedwig, the kitchen of Gareth Richards in Lampeter, who is famed for his TV cookery on S4C and throughout Wales. Joined by friends an early morning journey through stunning countryside heralded a brilliant start to the day. We received a wonderful welcome, with coffee and Welsh Cakes, then taken to the kitchen where Gareth prepared our Lunch and Tea. He is a generous chef who not only shares his food but recipes too. The food was outstanding, then we were taken back to the kitchen where we were treated to a flower arranging demonstration. Three arrangements were raffled. I (Joan R) was the lucky recipient of one. We had tea before our journey home sated and happy. Da lawn Gareth.

ABERDARE (continued)

We were delighted to welcome our District Chairman Brenda Scourfield, and President and friends from Merthyr Tydfil Inner Wheel for lunch in October. This meeting was an enjoyable time and epitomises true friendship.



Rotarian President Fr. Bernard Jones made us put our brains to soak again when he talked about A.I. (Artificial Intelligence) as a guest speaker at our November meeting. What a gifted orator. He always provides food for thought, and believe me A.I. is. We always enjoy his visits very much.



2023 ended for us with a delicious Christmas lunch in Aberdare College. We also collected 82 items of food which was generously made up to 100 items by President Marilyn and Secretary Joan Williams and then delivered to the local food depot in Merthyr to be packed for distribution where needed. We wish everyone a Happy Christmas and a Healthy New Year.



**100 FOR 100
A TIME TO
CELEBRATE
1924 - 2024**

100 for 100 CAMPAIGN

District 15 efforts



**100 FOR 100
A TIME TO
CELEBRATE
1924 - 2024**



HAVERFORDWEST

President Joy Brown

Club Correspondent Ann Turner

14 members

The AGM was held at the home of Joy Bown when she again became President for the umpteenth time. Our main charity this year will be Diabetes Research as Joy's granddaughter has this condition.

It has been decided that we will this year do small fundraising activities. Gwyneth made a series of Sunday lunches at her home. Joy held a coffee morning in her home. Two members, Trudy and Gwenda are serving a cawl, cheese and dessert lunch. Seems like a good idea to use our individual talents!

During the summer we each brought a picnic to the garden of Janet Greens home when inclement weather saw us eating it in Janet's lounge. The September meeting was in the home of Ann Ansell which I missed due to being in hospital with a cerebral haemorrhage (now recovering well).

I was fit enough to attend when District Chairman Brenda visited our club for which the Milford Haven Club joined us. Two potential new members also came.

We have now found a new venue to hold our meetings, The Glen Hotel in Haverfordwest, and held our meeting there in November. President Joy's daughter spoke to us of how she has fostered children who displayed challenging behaviour due to problems caused by no fault of their own. We learned a great deal from Sharon's interesting talk.

We had a lovely Christmas Lunch at a local pub, The Pump on the Green, in the village of Spittal and each of us provided a gift from £5 to put into the sack so each one of us had a surprise package. It is surprising what one can still get for a fiver!!!

In the New Year we will be joining the Milford Haven Club for a meal to celebrate International Inner Wheel Day in our 100th year.

The following month we will have gathered together 100 cans of food to give to a local foodbank. President Joy and members wish everyone a VERY HAPPY CHRISTMAS and PEACE AND LOVE in THE NEW YEAR



PEMBROKE

President - June Willcocks

Club Correspondent - Ann Lankshear

22 members



We began our club year at the end of June with a lunch at Pembroke Dock Golf Club. We are fortunate enough to hold all our meetings at this excellent venue. This year's President June Willcocks is shown having received her chain of office from the outgoing President Jane Davies. With them is Auriol Scourfield, our Secretary.

PEMBROKE (continued)

Unfortunately, we are down to 22 members as three of our stalwarts - Margaret Phillips, Joyce James, and Dianne Jones have retired. Margaret had been President three times and had also been active within District 15.

In August there was a Welsh Week at St. Mary's Church, Pembroke. President June and International Officer Marcia James were pictured with our knitted blankets which are a joint venture with some of the church members. The 54 blankets have since been dispatched to Ukraine.



We have raised money for charity in many different ways - selling jam, jewellery, greetings cards, and calendars, all made by talented members.



Our biggest event was in November when we held our Soup and Pudding lunch at Pembroke Town Hall. This is a picture of President June with her helpers, all in a very buoyant mood.

We finished 2023 with a Christmas card tea which was much enjoyed, where Christmas cards were exchanged between members and the equivalent postage money donated to charity.



100 for 100 CAMPAIGN

More District 15 efforts



This may ring only too true...

Dear Tech Support

Last year I upgraded from Boyfriend to Husband and noticed a distinct slowdown in overall system performance, particularly in the flower and jewellery applications, which operated flawlessly under Boyfriend.

In addition Husband uninstalled many other valuable programs, such as Romance and Personal Attention and then installed undesirable programs such as Rugby, Football, Sailing and Continuous TV.

Conversation no longer runs, and Housecleaning simply crashes the system. I've tried running Nagging to fix these problems, but to no avail.

What can I do?

Signed

Desperate

Dear Desperate,

First keep in mind, Boyfriend is an Entertainment Package, while Husband is an Operating System. Please enter the command: 'http: I Thought You Loved Me.html' and try to download Tears. Don't forget to install the Guilt update. If that application works as designed, Husband should then automatically run the applications Jewellery and Flowers, but remember - overuse of the above application can cause Husband to default to Grumpy Silence, Garden Shed or Beer. Beer is a very bad program that will download the Snoring Loudly Beta.

Whatever you do, DO NOT install MOTHER-IN-LAW (it runs a virus in the background that will eventually seize control of all your system resources).

Also, do not attempt to reinstall the Boyfriend program. These are unsupported applications and will crash Husband.

In summary, Husband is a great system, but it does have limited memory and cannot download new applications quickly. It also tends to work better running one task at a time. You might consider buying additional software to improve memory and performance. We recommend Food and Hot Lingerie.

Good Luck,

Technical support

CARDIFF

President Liz Bettles

Club Correspondent Avril Spencer

21 members

As we started another Inner Wheel year with a Friendship Meeting, we mourned the loss of long-time member Edwina Scourfield and Rotarian Keith Wilson, the widower of our well-known member Joan Wilson. And lately also Deepa Salvaji.

In October, we returned to Lisvane Memorial Hall and welcomed many Members from other Clubs for our Interclub afternoon tea and a fascinating talk by Rosemary Chaloner on 'Fashion on a Ration'. It was a trip down memory lane for many of us. We also had an Inner Wheel table at the Rotary Club of Cardiff's Quiz night which raised funds for Ukrainian Refugees in Cardiff and Cardiff Food Bank, and also at the annual NSPCC Literary Lunch.



And so to November when we were pleased to welcome back Keith Moger who gave us a history of Hospitals in Cardiff.

Six members went to Aberavon for the District Meeting when we were delighted to learn that our own Felicity Jenkins would be District Editor next year, joining our President Liz at the top table.



As if that wasn't enough activity for one month, we had our annual Christmas lunch at Junction 28. We all enjoyed Christmas cake and mince pies in December and had fun with a Beetle Drive. As usual we haven't sent each other Christmas cards but have collected donations to buy warm clothing for children at one of the local schools.

To celebrate Inner Wheel Day, we enjoyed a Frugal Lunch (with less frugal desserts), followed by a speaker from Mercy Ships.

We look forward to Spring and wish everyone a happy and healthy New Year.

100 for 100 CAMPAIGN

More District 15 efforts



ABERYSTWYTH

President Christine Sutherns

Club Correspondent Valerie Deaville

Members 19

Now, regularly meeting at lunch times on the second Wednesday of the month, our nineteen members have become somewhat nomadic in our venues, sometimes venturing out of Aberystwyth. At Llanilar Village Hall in July, President Pat handed over to President Christine where we enjoyed a very sociable 'bring and share' lunch. Our September in-town lunch meeting was in Medina, where plans were made for the year ahead.

The following month we visited Plas Antaron in Southgate, the headquarters of HAAV the Hospice at Home Aberystwyth Volunteers where we were very privileged to learn about the incredible work done by this wonderful homegrown organisation in Aberystwyth.

We returned to Llanilar Village Hall in November once more, to eat delicious samples presented by our speaker from Pwddin, a newly opened Welsh produce shop in Aberystwyth.

During December, Members gave generously to the local food bank at the Jubilee Storehouse in Penparcau and two trolleys full of donations were gratefully received.

To end the year, in celebration of Christmas, we ventured north towards Machynlleth to the Wildfowler at Tre'r-ddol to enjoy a splendid meal. (Special thanks to Jan, our Social Organiser, who plans our wanderings so well.)



CARMARTHEN

President: Nancy Evans

Club Correspondent: Alison Harries

Members 22

A Happy New Year from President Nancy and all the members of Carmarthen Inner Wheel.

The year began with a very special celebration. Carmarthen Club was founded 85 years ago and we celebrated the anniversary with a special lunch at the Mansion House, near Llansteffan. We were joined by many members past and present, President Pauline and friends from other clubs. Some had travelled long distances to be with us: thank you all. We enjoyed a lovely meal, a delicious cake and an interesting talk from our guest speaker Fr. Liam, about his work as a Police Chaplain. Even the sun came out to help us celebrate, which enabled us to go outside, enjoy the weather and take in the beautiful views.

It was lovely to have so many friends celebrate with us. Go to our Facebook page to see more photographs.



CARMARTHEN (continued)

Our annual President's summer outing was a trip and afternoon tea on a Gwili Railway steam train. The journey, through some of our beautiful Carmarthenshire countryside, and of course the cream tea, was enjoyed by all present!



September 2nd brought not falling rain, but to quote Buzz Lightyear, a falling with style Brenda! As District Chairman, our Brenda, launched herself out of an aeroplane at 10,000 feet over Swansea Airport. Travelling at over 120mph. She enjoyed the views before landing safely and in the process raising £1443.75 for her nominated charity SSAFA.

Well done Brenda!

In November, we held our annual Charity Christmas Fayre and Coffee Morning at the St. Peters Civic Hall in Carmarthen. We were again joined by The Carmarthen Ukulele Band, who kept a large crowd of friends and members from near and far entertained.

We are looking forward to more fun, friendship and the 100th Anniversary of Inner Wheel in 2024.



MACHEN

President Maria Williams
Club Correspondent Colette McIntosh
22 members

Members of Machen Inner Wheel supported the ladies from Motor Neurones Disease at the Machen show. A strong friendship has been made between Machen and the representatives of MND. Children who visited the MND stall enjoyed the lucky dip, chatted to all members and were keen to know what MND stood for. This was explained in a way the children would understand by the MND members.

Helyn Latimer was President Maria's guest at our November meeting. She is a puppeteer and visits hospitals and schools with her puppets and helps children recover who have been bereaved, as well as children who have had serious operations. Helyn brought along various puppets, Kermit the Frog was very entertaining. Machen ladies enjoyed the afternoon's entertainment.



MACHEN (continued)

Our International Officer Trich invited members for afternoon tea at her home, Once again Trich and her husband John made us all welcome. Everyone enjoyed the superb buffet. All monies raised will go towards International Charities.

For Remembrance Day, members visited the cenotaph at Machen and placed a wreath to remember all those soldiers who passed away in the two world wars. Members enjoyed President Maria's Christmas afternoon tea. During the afternoon presents and cards were exchanged. Lynne Brill who is a member of the Salvation Army and a member of Merthyr Tydfil Inner Wheel was President Maria's guest. Members made and sold mince pies for "100 for 100".



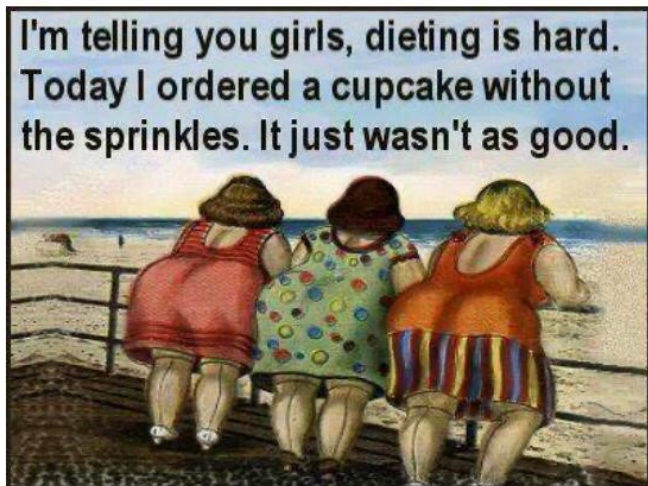
A cheque for £100 was presented by President Maria to Salvation Army member Lynne to help over the Christmas period.

In December some of our members had a Christmas shopping morning in Cardiff followed by lunch. They then went to the New Theatre to watch The King and I. They all enjoyed the day and they are looking forward to making plans for another visit to the Theatre.

For our Christmas celebration, we enjoyed lunch at the Ten Degrees restaurant in Caerphilly, followed by a Tom Jones tribute act. What an afternoon we had, all of us enjoyed singing along to the songs.

It is with deep regret that one of our original members Betty Evans passed away just before Christmas after a long illness.

Machen members would like to wish all Inner Wheel members a very Happy and Healthy New Year.



MERTHYR TYDFIL

President Lorna Weekes

Club Correspondent Shirley Davies

Members 9

Club meetings continue to be held at the Castle Hotel, with a lunch prior to the Business Meeting.

President Lorna received the Chain of Office from outgoing President Alison Minton at the AGM on 7th June 2023.

Suggestions were discussed for forthcoming activities and social events. Charitable donations were given to many national and international charities in addition to support given throughout the year to food banks, food parcels for the community in need and other support through service.

Even though small in number we surprise ourselves by the charitable donations we are able to make. Sometimes the national charities, or the smaller individual charities in the community which we have helped for many years. President Lorna held a Coffee Morning at her home.



At the joint meeting with the Inner Wheel Club of Aberdare for the visit of District Chairman Brenda Scourfield , President Lorna Weekes and Treasurer Ann Ryder were presented with certificates by District Chairman Helen to mark 40 plus years of membership of Inner Wheel. Other members also received their certificates of membership. June Vaughan 40 plus years, Nita Williams 40 plus years, Shirley Davies 38 years.

Secretary Lynne Brill, an Officer in the Salvation Army, visited the Inner Wheel Club of Machen and spoke on the work of the Salvation Army in the community. A considerable donation was given by that club for this work, matching up to the 100 years since Inner Wheel was formed. This money was used to buy food for the food parcels which are distributed by the Salvation Army for those in need in the community. In addition to the charitable donations, members support Women's Aid, drop in centres for the homeless and any initiatives for the less fortunate in the community.

We wish everyone in all clubs a Happy and healthy New Year and the looking forward to spring and summer.



NEWPORT

President: Barbara K Davies

Club Correspondent: Edwina Higgins

Number of Members: 8



Over the years, the Inner Wheel Club of Newport has enjoyed some very good meals at Junction 28 Restaurant at the western edge of Newport. These have always been celebrations of one kind or another, such as Christmas lunch and Club Handover. Now we indulge ourselves



here every month, at our usual first Friday of the month meeting. It is quite a change from the 'Bring your own picnic' routine that established itself during the era of Covid precautions. The menu has suited us well, the staff have been very good and the meetings feel relaxed and sociable.

Being more aware of our limited numbers and health, the Club has decided to make the social side of Club activities our main priority. We have heard so many retired members say how valuable Inner Wheel friendship has been to them, so we have been making a point of getting together for an informal coffee and chat in between our more formal meetings. We have also continued visiting a retired member in the local care home where she now lives. Her health may be declining but it is so good to see how she enjoys being back with the club.

Our senior member, Ruth, who has no plans to retire, celebrated her 65th Wedding Anniversary on the same day as our September meeting. Ruth's husband, Colin, came to lunch with her that day. Congratulations to you both.

The Club continues to support good causes when possible. We are hoping to raise a respectable sum of money from among ourselves through the raffle at this year's Frugal Lunch, marking World Inner Wheel Day. During the year we have made donations to Dementia research and Stroke research at the units based in Cardiff University.



Some of us have also been able to attend some District events during the year, which are always very good. Finally, we must also thank those energetic Clubs around the District, who host the Interclub events that we enjoy so much. This year has been flying past and the Inner Wheel Club of Newport wishes everyone a very happy and successful remainder of this Inner Wheel year.

TENBY

President Maggie Jones
Club Correspondent Karen Tulley
27 members

It's all good news from Tenby! (Apart from the dreadful flooding). We had to postpone our January meeting for a week because we couldn't get to the venue due to the road closure by Kiln Park. Feel sorry for anybody with a nice new caravan on the Park, it now resembles a boat. It has stopped raining for now and we are a little drier... for the time being.

Anyway, back to the good news. We have welcomed three new members in recent months. Our President for September Carwen Harry had the pleasure of inducting Helen Wood into the Club.



In October Maggie Jones was President and she presented Joan Morris with her badge and welcomed her into the Club.



And in November President Liz Storey made Elaine Bissenden, our third new member in as many months. Welcome ladies!



Lovely to have you with us.



Further good news – our long-standing Minutes Secretary Doreen Mortimer has been awarded an MBE in the King's New Years Honours List. Doreen has been involved with Tenby's branch

of RNLI for 26 years, during this time she has worked as a volunteer in the Lifeboat Station's shop. Generating over £11 million in the last 11 years alone, she often works up to 50 hours a week at the amazing age of 89. Thanks to Doreen and her team's hard work, this shop is the second busiest in the UK and Ireland, a wonderful achievement! Congratulations Doreen we are all so very proud of you.

At our October meeting, we were treated to a very interesting and possibly life-saving talk by First Responder Tony Wall. He demonstrated how to use Defibrillators and how to perform CPR correctly, it was a very interesting and informative presentation, and it has certainly made me a lot more aware of the location of these pieces of equipment. Also during October, we visited Pembroke Club when they held a Soup and Dessert lunch. Lots of choices of lovely, tasty soups and delicious desserts plus loads of lovely raffle prizes.

Before our November Business Meeting, we were visited by Diane Massey who gave a talk on Quilting and showed us many different quilting styles. She brought some of her own quilting, beautiful pieces of work which looked like they took many

TENBY (continued)

We didn't have a business meeting in December, but enjoyed a lovely Christmas Lunch at the Giltar Hotel where we collected £200.00 for Paul Sartori Hospice at Home rather than exchanging gifts and cards.

Our future events are the ever popular Fish & Chip Lunch/Supper at the Boathouse in Saundersfoot on Wednesday 21st February and we will be hosting the International Rally on 11th April at Trefloyne Golf Club in Penally. We really hope to see lots of you at these events.

Wishing you all a very Happy New Year and look forward to seeing you all very soon.



Inner Wheel at the Heart of the Community for 100 Years

MUMBLES

President Barbara Evans
Club Correspondent Sue Bates
Members 19

This year has been a quiet one for Mumbles with a slight drop in membership but we still managed to support our local charities, one of which is the local branch of the Salvation Army.

Instead of giving gifts to each other we donate to their Christmas lunch.

We also remember friends at Ty Laura a locally run home offering respite care to local disabled children and their parents.

We continue to knit and natter but with advancing years, more natter than knitting. We also continue to support Maggie's, a cancer drop in centre for patients and their families.

As we celebrate a hundred years of Inner Wheel, we wish all members around the world, A very Happy Birthday!

CWMBRAN

President Rachel Mann

Club Correspondent Beth Jones

16 members

We had been looking forward to the Henllys Fete in July and some members had worked hard to stock and prepare our stalls, which offered a variety of items for sale: jigsaws, books, candles and plants. Unfortunately, the event itself was somewhat disappointing because it fell on one of the rainiest days of the summer. Nevertheless, our ladies stuck it out and were rewarded by takings of almost £200 for our charity account. Many thanks to all who contributed and our deepest admiration to those who braved the weather.

Autumn meetings have been brightened by a project initiated by President Rachel. In response to the request, made at the District Assembly, that each club should do something to theme with the 100th anniversary of Inner Wheel, she brought in rose making kits. After some expert tuition by Rachel, we all make roses at the end of our monthly meetings while sipping our post prandial coffees. We are now proud experts at the craft and have produced 87 roses so far, sometimes accompanying our task with a rousing chorus of "Paper Roses." Once we have reached our hundredth rose, we will attach them to wicker forms in the shape of hearts, wreaths and crosses and sell them at next year's Henllys Fete. Thanks to the association for the idea, and much credit to Rachel for interpreting it so brilliantly and coaching us so patiently.

November's meeting was enlivened by an interesting speech from Major Dianne Kinsey who spoke to us briefly about her career in the Salvation Army and, in more detail, about the Army's local community work and its national Christmas present project. Having been forewarned of her visit, members were delighted to present Major Dianne with a table positively groaning under the weight of newly bought presents and wrapping paper. This good start to Christmas was augmented by the news that our "donations in lieu of Christmas cards," raised £80, which we donated to our local Sea Cadets Group.

So, at the moment, "everything is coming up roses" for Cwmbran Club and we are looking forward to next year with enthusiasm.



LLANDEILO

President Sonia Beynon
Club Correspondent Janet Williams
17 members

Time flies when having fun!

We continue to meet twice a month, once for the official Club Meeting, and once for lunch. This is very much enjoyed with a great amount of chatting!

Some members represent the club at the District Meetings and return with all the news for members who are unable to attend.

We have had a couple of knit-ins thanks to the generosity of two members. The money raised is used for Overseas Aid. As we are all much older and unable now to organise public coffee mornings to raise money for charity, we have decided that each member contribute a specified sum of money and we are then able to support some local causes.

To celebrate Inner Wheel Day we continue to give an annual afternoon tea to a local home for adults with severe learning difficulties.

For the Hundredth Anniversary of the founding of Inner Wheel each member donated 10 items of goods which we gave to two local food banks.

We had a very interesting evening with a speaker who works for the Trading Standard Office. Quite a revelation! We were joined by Rotary members for the evening.



For our November meeting we were delighted to have the company of our District Chairman Mrs Brenda Scourfield who gave an interesting address to us.

Afterwards we enjoyed a discussion on how Inner Wheel has become more informal over the last 30 plus years. It was a very relaxed evening with a great deal of laughter and quite a few anecdotes!!

We joined Rotary members for Christmas Lunch which was very pleasant.

Inner Wheel is an important part of our lives particularly as we get older and need support in various ways, we very much enjoy the friendship.

Mrs Marie Jones known to very many of you, had a nasty fall in November and broke her arm and hip so she will be missing District Meetings which she loves to attend. However, she is making good progress and is a determined lady. We all wish her well for a good recovery.



**SOME MEMORIES FROM OUR 2023
DISTRICT RALLY**





Inner Wheel at the Heart
of the Community for 100 Years

The Inner Wheel, an active charity,
its toothed wheel emblem, symbolic, rotary.

With districts, local, central hub,
more than just a social club.

All its members are volunteers,
whose ages span so many years.

Experience is a useful tool
in running smooth this friendly pool.
Now think about that striving bunch,
who meet so formally, and also lunch,
to consider ways to "Shine a Light"
on those less fortunate to ease their plight.

Their successful efforts, quite an art!
With thanks to the ladies who take part.
The Club now celebrates its 100 years.

So, raise a glass and say 3 cheers!

from Inner Wheel Club of Tenby