# Inner Wheel

ASSOCIATION OF INNER WHEEL CLUBS IN GREAT BRITAIN & IRELAND



Where we began



Where we continue to be AT THE HEART OF THE COMMUNITY

### **Dear Fellow Members,**

It has been a privilege to be able to capture the events of the 100th year of Inner Wheel, a celebration of all that is good in the world through friendship and service.

I have used this edition to highlight some of the wonderful events that have taken place and I hope you will read through and enjoy all the many aspects of Inner Wheel.

I wish to thank all those who have contributed, without whom, I could not carry out my role as editor.

Thank you to Rob and the team at Fyber Printers for their wonderful assistance, their patience in waiting for articles and appreciating the need to capture the whole year.

I begin with the 100 for 100 initiatives, running across the top of each page, a small sample of the fabulous array of things completed. Moving on to the 10th January celebrations in Manchester then onto the Association celebratory lunch in London. A snap shot of the AGM and finishing with the 19th Convention in Manchester. What a year, not only to look back on but to look forward and build for the future.

Enjoy **Di** 

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The launch of the beautiful Margarette Golding Rose took place at The Chelsea Flower Show - it is available to purchase from Harness Roses.

https://www.roses.co.uk/product/531038/rose-margaretgolding-5l-potted

Link posted on the Inner Wheel website www.innerwheel.co.uk

### Little known fact:

I am Portuguese, I was born on the small island of Madeira and came to the UK when I was 9 years old, my parents are both Madeiran and I stay very close to my roots by going back to visit Madeira at least once every year.

Assistant PA. Alicia

# **World Inner Wheel Day - 10th January 2024**By Audrey Davies, D5 Editor

100 years ago, a group of Manchester Rotarian's wives planted a tiny acorn, holding their inaugural meeting at Heriott's Turkish Baths in Deansgate. Today that tiny acorn has grown into a mighty oak - embracing like-minded women from all walks of life who share the aims of "True Friendship, Personal Service and International understanding".

As testimony to these aims, the Inner Wheel Founder Club of Manchester celebrated 100 years of Friendship and Service on Wednesday 10th January 2024.

### What a wonderful day!

Following the annual Service of Thanksgiving in St. Ann's Church, Manchester, a celebratory Centenary Lunch was held at the Manchester Hall. Club President, Christine Sivori, welcomed the guests - District 5 Chairman Diana Ayres, Association President Anthea Tilsley, International Inner Wheel President Trish Douglas and the Rotary President of Manchester, Robin Graham. Our guest, The Lord Mayor of the City of Manchester, Councillor Yasmin Dar, attended with her escort and received a special welcome. Christine also gave a warm welcome to all members and friends from several Districts and Clubs.

President
Christine and
Association
President Anthea
lit the candle of
friendship and D5
Chairman Diana
joined President
Christine in
cutting the
beautiful 100th
birthday cake.





President Christine highlighted two special exhibits displayed for all to see - the hand embroidered purse sewn by Mrs Golding over 90 years ago, and her beautiful marcasite bracelet. Also, on display the Chain of Office.

**INNER WHEEL TREASURE!** 



Club member, Ada Lomax, read a tribute to the Club - which she had composed. Vice President Joan Johnstone said grace and we all tucked into a delicious lunch.

Following lunch, The Lord Mayor and The Rotary President brought greetings to the Club.

A toast to the Association of Inner Wheel in GB&I was proposed by International Inner Wheel President Trish and responded to by Association President Anthea.

Past District Historian, Betty Hayhurst, proposed a toast to the 79'ers.

The formal part of the celebration concluded, leaving us to enjoy a very special treat. "Tina Turner" and her dancers burst onto the stage with a presentation of "Forever Tina" a tribute to a pop icon.

The afternoon ended with everybody on their feet proclaiming to the world that we are SIMPLY THE BEST!

### How the Purse and Bracelet came to be displayed in Manchester at the Centenary Lunch.

The opportunity to display the delightful purse and bracelet belonging to Margarette Golding was made possible by Moyra Cryer of the Inner Wheel Club of Hazel Grove D5.

Several years ago, Moyra learnt that an elderly member of her church, a Mrs Margaret Saxon (nee Axon) was the daughter of Constance Axon and niece of Beatrice Axon - two of the Founder members of the Manchester Club. Her parents were close friends of the Goldings and spent holidays with them, Margaret was Margarette's Goddaughter and called her Aunty Peggy.

In 2015. when Audrey Davies was President of the Manchester club, Moyra contact- ed her, told her all about Margaret and asked if she would like her to arrange a visit - as Margaret was anxious to meet the Manchester President. Of course Audrey jumped at the idea. Audrey spent the most memorable afternoon at Margaret's home - she was a 96 year old lady with a keen mind and a sharp sense of humour. She told Audrey some amazing stories about "Aunty Peggy" - and Audrey published an article in the D5 magazine The Quinta.

Sadly 2 years later, in 2017, Margaret died.

A few months prior to the Centenary Celebrations Moyra contacted Audrey and asked if she would like her to contact Margaret's granddaughter to ask her if she would possibly lend the two precious items that she had inherited. Secrecy was the key word, in case the request was unsuccessful.

THEN ...just before the lunch Moyra contacted Audrey, in great excitement, to say that a registered parcel had just arrived - containing the beautiful purse and bracelet. WOW!!

Our Founder



Margarette Golding

# CENTENARY CELEBRATION LUNCH

The Time - Monday 15th April 2024

The Place - Leonardo Royal Hotel, Tower Bridge, London

Inner Wheel certainly knows how to celebrate!

The coming together of 326 women celebrating was a spectacular scene with many dressed in 1920s gear and posh frocks to honour our founder, Margarette Golding.

Meeting and greeting were given prominence to allow everyone to reunite with friends from the four corners of GB&I. The "fizz" helped and very quickly the volume of noise increased from a low hum to a loud cacophony.





As we moved into the banqueting suite there was a collective sharp intake of breath on seeing the size of the room and the beautifully dressed luncheon tables waiting to receive us. Our very special guest, Betty Selfe with 71 years' Inner Wheel service sat on the Margarette Golding themed table together with Trish Douglas IIW President.

The friendship candles were ignited by Betty, Trish, and Anthea to acknowledge Inner Wheel Friendship, Past, Present and Future.

A special thought for the day was given by AISCC Pam.



The delicious 3 course meal was quickly and effectively served by an attentive staff – smoked salmon, Gressingham duck and raspberry parfait.

Wine flowing freely.



President Anthea's challenge was to say "hello" to every table in between courses, which was tricky but achieved!

The rolling display of 100 for 100 activity photographs gave a brilliant review of members' endeavours throughout the year. As usual there was delight and surprise at seeing individual clubs featured. The Art Deco photo booth gave a wonderful backdrop for some fantastic photos of guests



AVP Heather introduced Lily, our entertainer and talented singer who looked the part and was the part, sang songs/ arias from across the century She invited her audience to join in and stunned us with her performance.

AIPP Karen warmly gave a vote of thanks.

4 pm approached, the candles were dimmed, everyone was thanked but especially Melanie and Alicia for their contribution to this special experience. On wishing everyone a safe journey home, President Anthea reminded all present that in the future they could say,

"On the 15th April 2024 Inner Wheel GB&I celebrated its centenary in style at the Leonardo Royal Hotel, Tower Bridge and I WAS THERE!"

President Anthea



Some of the 312 members attending the Zoom AGM, held 19th April 2024.



The 2024 Annual General Meeting was held on 19th April 2024 by Zoom, with participants throughout GB&I..

This was a very smooth and well-run meeting, which was well received by members. President Anthea welcomed all delegates and members and introduced each of the Association Executive. The 2023 AGM minutes were adopted, along with the Report of the Council. Treasurer Gloria presented a very thorough set of accounts with clear and precise explanations - not an easy task. This was followed by her report. The accounts and report were duly adopted.

The rest of the Executive members read their reports with PowerPoint presentations from the Editor, International Service Committee Chairman and the Membership and Development Chairman, all containing a vast array of information. The Constitution Chairman delivered a lively and well thought out report.

The proposal for extending the term of office for a Member of Council, to be elected each year, for a three-year term was carried as was the General Motion for the necessity to raise the capitation fee.

A very good and well-run AGM by our President Anthea.

Community is about doing something together, that makes belonging matter.

### A Tale about a wee bit Wool and the Joy it can bring By Irene Hopkins - Loudoun Club D23

I picked a small length of wool from the floor the other day and was about to throw it in the trash when my mind started wandering on its own imaginary journey. Just think how that wool came to be there, lying discarded on the floor. How many changes had it gone through from its beginning, how many people were involved in its life, how useful had it proved.

It all started as a tiny cell in an embryo of a lamb. The farmer was involved in overseeing its safe birth, making sure it bonded with its mother and was getting the correct nutrients for the first few weeks.

Soon it was gamboling in the field with its fellow lambs learning to eat the grass which had been fed and nurtured by the farm worker. Life was sweet, the fleece grew and the lamb became a sheep and our little piece of wool became surplus to requirements. The fleece was too hot and heavy for the sheep and so the shearers were called in. Oh! Oh! thought the strand of wool, my time is up, my life is ending, as it was shorn from the sheep and shoved into a large dark bale along with millions of other strands of wool.

However, a surprise was in store. The darkness receded when the bag was opened after a journey in a lorry which had come to pick up the bales from the farm. We were all emptied into a big tub, a worker switched on some machinery and we were all teased into straight lines of strands before being dumped into a cold bath and scrubbed within an inch of our lives. It went from being ticklish to being cold, but worse was to come. The next machine carded us pulling and tugging at all our knots and tangles and that was not pleasant but at the end we were carefully dried and Oh! how we had changed from a grey tangled mass of strands to white soft fibres, but the change was not complete.

In the next shed there were vats of coloured liquid and we were shared out among them and left to steep. I became a beautiful baby blue colour and did I look smart! It had taken a teaser, a carder and a dyer, all skilled people to work the changes but it had all certainly been worth it.

From there we went to the spinning shed where a machine gathered us all up and made us into one continuous thread and rolled us up into a hank. A lady called a spinner oversaw it all happening and joined the strand with a fine knot if one fibre broke. Now we were ready to go to the shop to be sold.

This was exciting. I knew my journey wasn't yet over and I waited to see what would come next. After a few days a lady came into the shop and asked the shopkeeper for blue wool.

So off I went in her shopping bag with some friends and she took me home. There, I was lovingly knitted into a lovely teddy to give pleasure to a person, big or small who needed some comfort that even a stuffed toy could bring. She was doing this to support an Inner Wheel Project "100 for 100". And the last thing she did was pick a small strand of discarded wool from the floor and tuck it inside the teddy so it could live on.

The little bit of wool went through many Changes with the Commitment of many people in the Hope of making things better. Adjustments made from Necessity in some

cases so that future Growth could be sustained but all done with Enthusiasm.

And may it be so in Inner Wheel as we look to begin another Century as part of our World-wide Organisation.



### Little known facts:

I used to test flour in bread making machines for a large flour company. One day I was asked to test a new flour product - Sauce Flour. Once tested and found suitable, it was then passed onto Delia Smith.



### Association Constitution Chairman, Pat

I am currently playing "Come Dine With 36 other Friends!" Not all at the same time, we are in pairs, in dinner party groups of 6. We have cooked for 6 and then the other 2 pairs are cooking for us. Similar to the TV programme, we have a 3 course meal, some entertainment and then we have to send our scores out of 10 to a secret score judicator. There is also money in the pot to play for, every participant has put 10 pounds into the prize kitty! If we win our round, then we go through to the next one! Lots of good fun, I love cooking for friends and it also gives you a chance to meet friends of friends!

Association Secretary, Melanie

I qualified as a pharmacist in 1986 and I have done Ballroom and Latin dance up to (but not including) teaching level.

Association Immediate Past President, Karen

### **Technical Dilemma - D15 - A Letter to Technical Support**

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 programmes, such as Romance and Personal Attention and then installed undesirable programmes 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

### The response to the above query

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 guickly. 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 Good Food, Comfortable Slippers and maybe Hot Lingerie.

Good Luck, Technical Support

Technology is ruled by two types of people: those who manage what they do not understand, and those who understand what they do not manage.

Mike Trout



### A whistle stop tour of the 19th Convention by Dorothy Bowker, Publications Committee member

My visit started on Monday with members of my District Executive and friends joining up for a meal in Manchester's Chinatown and of course the obligatory drinks in the room, ours was BAR205!

Tuesday morning it was down to Manchester Central (yes it used to be a railway station) for registration The marketplace was open where you could find our own Association stall doing a roaring trade, The Bee Tombola and Sweetie Stall raising funds for Beat (our Association Presidents charity), and I have to mention the 100 beautiful designer fabric Elephants made by Renata from Germany for the 100 for 100 challenge and Beat. Then it was off to the meet and greet reception, a very English Afternoon Tea of sandwiches, cakes, scone with jam and cream and of course cups of tea. Our group evening meal was Italian and you have guessed - BAR205 was open.

Wednesday morning started with the Opening Ceremony where 2300 Inner Wheel members from 50 countries were in attendance. Our own IIW President Trish welcomed us and lit the candle. Diane Hawkins the Lord Lieutenant of Greater Manchester brought greetings as the Kings representative, followed by Andy Burnham, Mayor of Greater Manchester, re-elected the previous day. He had really done his homework on Inner Wheel and gave a very good account of Manchester's history from the Peterloo massacre, the Suffragettes and our own Margarette Golding.

Gordon McInally, President of Rotary International brought greetings. We had singing from the GB&I choir and the international choir and dancers who had all been practicing on Zoom and only sang together the day before.

There was a surprise appearance of "Margarette Golding" (aka Anthea Tilsley) who told us how it all began 100 years ago in Manchester. We were told that we had an asteroid renamed Golding – lighting the skies.

Karen Davies led a moment of reflexion and then Betty Selfe was acknowledged for her amazing 71 years of Inner Wheel membership. Olivia Giles moved us all with her own story and her charity 500 miles. After lunch we started on the serious business with Triennial reports from the 2 past IIW Presidents and President Trish on her yet unfinished journey, followed by the financial report, UN report, Orange the World report and Editor/Media Manager report.

Wednesday evening was the Friendship dinner where we went off to one of 6 locations in and around Manchester. I went to the Lowry, a modern building in Salford named after LS Lowry the painter, where we had a panoramic view of the Manchester skyline with Media City BBC and ITV to our right, the Manchester Ship Canal flowing its way to Liverpool, across the canal the Imperial War Museum and to the left Manchester United football ground lit up in lights. I was with ladies from Croatia, India, Sweden, Netherlands, Malaysia, Germany and inexplicably 2 more Dorothy's from GB&I. and then BAR205 was once again open.

Thursday morning, we were back again for the serious business of voting, a few teething problems with electronic voting on phones and some strong opinions voiced. The mood was lightened with some music and exercises. We broke for lunch and then carried on.

What can I say about the Gala Dinner, WOW! WOW! Manchester Central did us proud with our Roaring Twenties theme, White feather or Lantern centre pieces. You will never again see so many flappers in one place. Again, we sat with members from different countries, I was with members from Australia, France, Denmark, India, and again 2 more Dorothys from GB&I! We were treated to the Gordon School of Dancing and a performance by the IIW Board Directors.

The music was perfect, everyone who could, got up on their feet dancing the night away. A truly wonderful atmosphere.



Friday morning was our final business session and we managed to complete all the voting. The closing ceremony was hosted by Jennifer Jones, news anchor BBC Wales and Inner Wheel member. President Trish gave her keynote address. We were entertained by Inner Wheel member Nicola Mills, Oldham Music Centre Youth Brass Band and Yagol Glanaethwy Welsh Performing Arts School Junior Choir.

Association President Anthea gave a presentation accompanied by Andrew Radford, CEO of Beat who thanked us for supporting them. The Gordon School of Dancing, with a very cute 5-year-old melting everyone's hearts, beautifully danced again. The Scottish Piper twirling President Trish around the stage as a finale.

Drawing to a close we were introduced to IIW Vice President Mamta Gupta and her executive The 2027 destination was announced as Manila the Philippines. Trish gave her closing remarks, there was lots of singing in particular "Uptown Girl". The friendship candle was extinguished marking the end of the 19th Convention.

I hope you have enjoyed my whistlestop tour of the Convention. If you have never been it really is an experience you can't get anywhere else. I know there is a cost implication but if you can, it's well worth it. Ladies, let us go forward into our next centenary.

### Comments

"Making new and strengthening old international friendships". Karen Krestin D13

"The best time ever"
Joann Allan D23

"Simply the best"

Catherine Forsdike D8

"Buzzing, informative, thought provoking" Yvette Thomas D22

"Wonderful, truly amazing experience"
Jocelyn Dorey D11

"Friendship from breakfast to bedtime"
Sue Meldrum D14

"My first Convention Wow! Wow!"
Nancy Ralston D2

How marvellous it was to celebrate our 19th IIW Conference in Manchester where it all began 100 years ago, welcoming 2,300 Inner Wheel members from around the world. What a great honour to host such a fantastic event. Thank you all for giving me this opportunity.

Trish (International Inner Wheel President 2023-2024)

### **The Book Bus – Our International Centenary Project.**

**Well ladies...we've done it!!** We have raised enough money to buy, equip and ship a replacement bus to Kitwe in Zambia. The bus is extremely suitable for the challenging terrain and well equipped to carry mentors and books to all the areas around Kitwe.

The bus is due to arrive there in June when it will be immediately pressed into service to enable the Book Bus mentors and volunteers to continue their work of improving the literacy of local children in both government and community schools.

The funds we have raised will also cover <u>all</u> the running costs of the bus along with the salaries of the driver and mentors for at least a full year. The Book Bus Foundation has now re-established its funding streams after the Covid pandemic, and they will help to fund the bus going forward

I am overjoyed by all the support and encouragement that you have given this project and the enthusiasm with which you collected suitable books. The new bus "Matilda" was shipped out full of books which will join those shipped out a year ago after the wonderful collection at the Blackpool Conference.

Matilda has the wording "Donated by Inner Wheel in Great Britain and Ireland" along with the Inner Wheel logo written on each side of the bus along the top panel. She is also decorated with many of the Roald Dahl characters that have been drawn by Sir Quentin Blake.

Thank you so much for supporting this worthwhile project.



#### Little known facts:

A chain of events started on January 8th 1955 when a friend said to my mother, "Please can Elizabeth come Scottish dancing?" I was very young.



My mother was pleased she said yes, as years later I was to meet Stuart, who also had started learning as a child from his mother who ran Scottish dancing classes. Both Stuart and I are qualified Scottish Country Dancing teachers through the Royal Scottish Country Dance Society. My mother in law taught one of her classes for 27 years and I was proud to take it over after she broke her hip.

I have twice represented Scotland in a Festival of Dance in Germany. Taking part were dancers from all over Europe.

The late Duke of Edinburgh asked me "Which end do we start at?" when I attended the 50th Anniversary of The Royal Scottish Country Dance Society in 1973. He then followed it up with "There's going to be the devil

of a mess in this set". Stuart just stopped himself from pushing the Royal Back in the right direction!

Association Membership & Development Committee Chairman, Liz

Whilst a pupil in the 4th year (Year 10) at the grammar school in Sale, the PE/games staff assessed our posture. We were asked to walk around the gym as they conferred.

They reached their decision and 2 of us out of the 120 girls were awarded a "posture girdle". These were purple as opposed to the usual black.

Association International Service Committee Chairman, Pam



### The key to a green planet is in your hands



### How The Bridge Began - By Dorothy Bowker BEM - D128

Can you come and take some notes at a volunteers meeting?

And so, it began!! The next thing I was a trustee and the secretary. Anyone who knows my husband Frank knows he doesn't do paperwork; this is how I ended up running a charity with him.

We started The Bridge in 2015 a small Café serving low-cost meals using surplus food saving it from landfill. We started selling boxes of surplus for £2. This expanded, we opened a Food Market and the Café became secondary. With a grant from the Council, we bought our first refrigerated van and our first paid staff. We both lived it for the first five years it was all consuming and took over our lives. Due to problems with the landlord, we were forced to find a new home.

We found our new home with a Café and Food Market and got a second refrigerated van. Then came Covid. We closed both the Café and Food Market and started a food parcel delivery sending out 100 a day with the help of lots of volunteers. The Charity was awarded the Queens Award for Voluntary Service with special recognition for our work during Covid, and I was invited to go to the Royal Garden Party.

Things gradually got back to normal but we didn't reopen the Café, the Food Market took over the whole area. We got a third refrigerated van, hired an 18-tonne truck, leased a warehouse with freezer, fridge and racking, which we outgrew in 18 months, so we got a 7500 sq ft warehouse. We have over 5000 families registered with us, 200 people a day now use our Food Market they get to shop and choose their items with dignity. We have just opened a new café, "Tea Junction" (junction "noun" a place where things come together) reaching out to people through food with activities and social inclusion.

I was very proud to be awarded the British Empire Medal and was invited to the Palace Garden Party, again, but equally proud and honoured to receive the Margarette Golding award.

Community means that people come together around the table, not just to feed their bodies, but to feed their minds and their relationships.

Henri J M Nouwen



**The British Heart Foundation (BHF)** 

celebrated its 6th annual Heart Hero Awards on Wednesday 6 December 2023 at Glaziers Hall in London. The annual awards recognise the incredible fundraisers, young advocates, lifesavers, healthcare professionals and outstanding supporters who go above and beyond for BHF. It was hosted by Vernon Kay and District 22 member, Pat Churnside was there to receive her award from David Seaman and his wife Frankie Poultner (Dancing on Ice). Pat had been filmed and interviewed at home, explaining just why she is so passionate about BHF.

She has lost family members, including her parents far too early to heart disease and she does not wish this to happen to her children or grandchildren.



She and her husband decided to form a group locally to help. Fund-raising events included ferret racing and Swimathon. Pat was able to announce at the ceremony that the total amount raised over the last ten years was £66,000! What an amazing lady!

Recently, Pat was surprised to receive a well-deserved Margarette Golding Award and her total raised has risen to over £70,000.

### Little known facts:

I had meningitis in my earlier life that made me change my whole outlook, I decided to grab life with both hands and enjoy it. I used to have a delicatessen and I was President of Junior Chamber Scotland and represented my country at various conferences across the Globe.

Association Vice President, Heather OBE (For services to housing in Scotland)

I was Nottinghamshire Table Tennis champion in the 60's (when I was just a slip of a thing!!)

Association Treasurer, Gloria.





Very nice definition of TIME
Time is Slow when you wait!
Time is Fast when you are late!
Time is Deadly when you are sad!
Time is Short when you are happy!
Time is Endless when you are in pain!
Time is Long when you are bored!
Every time, Time is determined by your feelings and your psychological conditions and not by clocks.
So HAVE A NICE TIME ALWAYS.



### Penny Pilbrow, District 24

Each year the Chairman of District 24 issues a challenge to the clubs in the district. The winner is awarded the Daphne Cole trophy, which was donated by Clacton on Sea Club in memory of said Inner Wheel member, who was at one time District Chairman. The challenge this year, set by DC Penny Pilbrow, in relation to Association President Anthea's 100 for 100 challenges, was to write something, verse or prose in no more than 100 words on a "One hundred" subject. This was not specifically to be about Inner Wheel but all the entries were on that theme.

### The winner (selected by an independent adjudicator) was - Helen Jones of South Woodham Ferrers Club

Since Inner Wheel was formed in 1924, the world has undergone transformative changes. Technological advancements have been staggering, from the advent of the automobile to the internet revolution. Socially, there have been significant strides in civil rights, gender equality, and inclusivity. Scientific breakthroughs have reshaped medicine and our understanding of the universe. Environmental concerns have gained prominence, highlighting the need for sustainability. The journey to 100 is a voyage through time; today we celebrate longevity, service and friendship. Let's thank the women who founded our amazing organisation, and toast those who will carry it forward for the next 100 years.

The longest serving member of Inner Wheel worldwide

### **Betty Selfe**

District 12 - Gravesend Club 71 years!

Thank you, Betty, for your loyalty, commitment and friendship to our wonderful organisation.

Also, THANK YOU to all the other wonderful ladies who have generously given their time and served for 50 years or more.

"The Golden Girls"

### Charter Celebration of the Inner Wheel Club of South-East London.

At the end of January Association President Anthea, Association Membership and Development Officer Liz and members from District 13 were delighted to join the founder members of the newest club in GB&I, the Inner Wheel Club of South East London and their President, Angela Jacobs at a joyous celebration of the grant of their Charter.

The members were all wearing traditional Nigerian dresses along Inner Wheel sashes, generously giving sashes to all the other members who were present.



After individual badges were given and the chain of office presented, they were then presented with their Charter by Association President Anthea. President Angela then spoke passionately about her love for Inner Wheel and her journey from being a member and then a District Officer in Nigeria before moving to England. She has also belonged to two clubs in GB&I before a move to London necessitated her becoming a Member at Large until she was able to form this new club, **The Inner Wheel Club of South East London**.

It was an occasion full of friendship, laughter and learning about other traditions, which will be a highlight of this Inner Wheel year for all who were fortunate enough to be present.

\*\*Karen Krestin D13 MOC\*\*

### How did I come to write a book? Gabrielle Ayers D17

It's a long story and it's all in the book! (Available on Amazon)

The book is called Luigi and I used my maiden Ayers, as it was all inspired by my father's exploits was born. It is a true story about something happened in 2016. Luigi was the name my father Italy where he had been a POW. However as he - all I knew was that he had escaped from a POW walked the length of Italy. That's what the grown So in 2016 my husband and I decided to visit Italy just to see for ourselves where he had been and

A TRUE STORY OF A JOURNEY THROUGH TIME
In 2018 to Dy's doughters set off with her houseand or retroes
the figures's spic work throughtery planting the work the one sould
time predicted the authorial reliancements that followed.

LUIG S

GABRIELLE AYERS

to drive the route he had walked when he escaped. There is so much to tell that I was persuaded to write a book which came out in lockdown.

I have absolutely no writing experience but I'm told I write a good letter at Christmas! Because the story was about something that had just happened, I wanted to get it into print as soon as I could. The idea of an unknown writer finding an agent (two to three years at least) and then a publisher who would take it on (another two or three years if I was lucky) seemed an impossible challenge. My husband and I looked into independent publishing companies who, for a fee, can help with proof reading and book cover design and everything in between. We settled on one and the rest is history!

The book was published in July 2020 in that long hot summer of lockdown when life was lived on Zoom. Consequently my club and others in the District asked me to talk about it. Word spread and I was zooming in, from my dining-room table in Devon, to clubs, even including Brechin in District 1, up in the Highlands of Scotland.

The story seems to appeal to everyone. The men love it because of the wartime connections. Women love the emotional side of it and my grandson's class (8 year olds at that time) were fascinated by it, his teacher reading some of it to them.

I am beyond overwhelmed that my little book has pleased so many people; written at first just for my family, now it has touched so many others too.

A book is a gift you can open again and again.

Garrison Keiller

My Dear Fellow Inner Wheel Members. May I take this opportunity of thanking each and every one of you as I come to the end of my year as your International Inner Wheel President for all your support and best wishes I have received. I've had a ball!

It's been hard work travelling to 18 countries around the world these last ten month's but worth every mile seeing all of you use my theme 'Shine A Light'.

Two highlights which I wish to mention are the Centennial lunch in Manchester with our Founder Club of Manchester with DC Christine Sivori attended by over 100 Inner Wheel Members and the Mayor of Manchester Yasmin. Also the Centennial lunch in London, with over 320 Inner Wheel members organised by our GB&I Association President Anthea Tilsley and her 'team' with a 1920's flavour, both occasions





full to the brim with friendship and fellowship, Inner Wheel at its best, the icing on the top of the cake was seeing Betty who has achieved 71 years in Inner Wheel, well done Betty!

Margarette Golding and our first Inner Wheel members would be so proud of what we have achieved these past 100 years.

Love to all, Trish IIW President 2023/24

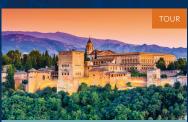
## Where in the WORLD



#### **Paris**

Jun to Dec 2024 and Mar to Nov 2025

Breakfast



#### **Classical Spain**

Breakfast Manager



### Pompeii, Capri & the **Bay of Naples**

Jun to Nov 2024 and Apr to Nov 2025

Half-board<sup>^</sup> Manager



#### Lake Garda. Venice & Verona

Jun to Oct 2024 and Apr to Oct 2025





### The Blue Danube Vienna, Budapest & Salzburg

Jun to Oct 2024 and Apr to Oct 2025

7 visits | Full | Superior drinks | Cruise flights & tours board package\*\* Director



### The Douro, Porto & Salamanca

flights & tours board package\*\* Director

7 visits | Full | Superior drinks | Cruise

# can we take you?



#### **Rhine Cruise to Switzerland**

May to Oct 2024 and 2025

Return 8 visits Full Superior drinks Cruise flights & tours board package\*\*

8 visits fliahts & tours

Breakfast plus 7 meals

**Dubrovnik, Split & Jewels of** 

the Dalmatian Coast

Manaae



### Budapest to the Black Sea

May to Sept 2024 and Apr to Sep 2025

flights & tours board package\*\* Director

Return 15 visits Full Superior drinks Cruise

24 meals

**Grand Journey from India's** 

Golden Triangle to Shimla

Sep to Dec 2024 and Feb to Oct 2025



### **Vietnam & Cambodia**

Nov 2024 and Jan to Oct 2025

18 meals Manager



### Canada's Rocky Mountaineer

4 meals Manager

## Don't just take our word for it

Thoroughly enjoyable cruise around beautiful islands, mooring at interesting old towns and harbours. Good food on board and ashore. A swim stop every day was most enjoyable.

Rosalind - Split, Hvar & the Delights of Dalmatia yacht cruise

feefo<sup>ee</sup> \*\*\*\*

It was superb, we enjoyed every second of it. It was a great group of people, a brilliant itinerary which meant we saw and did all sorts. Couldn't fault any of the hotels.

Amanda - Canada's **Rocky Mountaineer &** Alaska Cruise tour feefo \*\*\*\*\*

My mother and I really enjoyed our trip to Sorrento and the Amalfi Coast. It was such good value for money. The excursions were very very good. Very informative and enjoyable. We also enjoyed our fellow holiday makers that did the trip with us. Our tour guide was terrific and very knowledgeable. We learnt a lot. She was always there for us and looked after us very well. We will definitely be coming on holiday with you again, Many thanks.

Melanie - Pompeii, Capri & the Bay of Naples tour feefo \*\*\*\*\*



#### We'll look after you - no matter what

If your holiday is affected by circumstances out of our control, rest assured that our team will take care of it; finding alternative travel options, organising hotels, and keeping you informed. We're there for you every step of the way - so all you need to worry about is your packing.

#### Trusted by you

We're proud to have won multiple awards for the quality of our holidays and customer service, and we've been awarded the esteemed 'Recommended Provider' accreditation with Which? for 12 years. Plus we're rated 'Excellent' on Trust Pilot, and 97% of our guests would travel with us again.









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and get 10%

back for your

Inner Wheel\*

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Bookings for individuals as well as groups are accepted. \*Some elements are not commissionable - for full details on the affinity offer, please visit rivieratravel.co.uk/affinity. Please remember to mention your Inner Wheel at the time of booking. Riviera Travel retain the right to withdraw this offer at any time. 'Stays at the Hotel Michelangelo are on a B&B basis, \*Stays at the Hotel Portici and Antico Borgo are on a B&B basis, \*\*Unlimited quantity of drinks at lunch and from 6pm to midnight while on board (selected drinks available)





# UNBEATABLE VALUE HOLIDAYS

with over 190 itineraries to choose from...



10% back to your Inner Wheel Club\*

As seen at the Inner Wheel Convention - May 2024



### WE'RE HERE TO HELP ANYONE AFFECTED BY AN EATING DISORDER

Can't get a diagnosis? Supporting a loved one? We're here for you. Head to our website to find out more about our 1-2-1 support, training and support groups and services. Or call our Helpline.

The Beat Helpline is for people of all ages. We offer support and information about eating disorders no matter where you are in your journey. These Helplines are free to call from all phones and are open 365 days a year.

**ENGLAND** 0808 801 0677 help@beateatingdisorders.org.uk

**WALES** 0808 801 0433 Waleshelp@beateatingdisorders.org.uk

**SCOTLAND** 0808 801 0432 Scotlandhelp@beateatingdisorders.org.uk

**NORTHERN IRELAND** 0808 801 0434 Nihelp@beateatingdisorders.org.uk



Beat (formerly Eating Disorders Association) is a registered charity in England and Wales (no 801343) and Scotland (SC039309).



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