

INNER WHEEL CLUB OF BARNSTAPLE NEWSLETTER OCTOBER 2024

Greetings once more – the middle of the month seems to come more and more quickly! We're well and truly into Autumn now and October is a busy month! We have managed to have a short holiday break to Wales however, and it didn't rain all the time! Now already, with shoeboxes, etc. we're thinking ahead to Christmas!

Club News

The club meeting was on the first this month and we were very happy to welcome Wendy Mugridge who was inducted into the club as a new member by President Sue.

During the business part of the meeting Sue reported about her attendance at the Barnstaple Fair proclamation on 18th September. After lunch we had a lovely talk by teacher Gilly Walden and three senior pupils, Lily, Sam and Rhys from Park School about their visit to Kira Farm last year which is supported by the Amigos charity. The

school sponsors two trainees at the farm and thirty six pupils went on this trip for which each had to raise £2,500

to go which they did with a variety of fund raising activities and family support. Whilst at Kira they helped with certain activities and interacted with the trainees at the farm but also had several exciting sight-seeing trips. All the pupils said it was the trip of a lifetime and Gilly Walden that it was the pinnacle of her career.



The group also brought a variety of items made from colourful African fabrics to sell, and the club gave a donation of £50 for Amigos.



Three days later a number of us got together to pack our shoe boxes for Cr2ee. Thank you to everyone who contributed items, to those who covered the boxes (the most time-consuming bit), and filled them, not to mention those who did their own boxes. As a result of our efforts we filled 36 boxes and also collected a variety of other items which were not suitable for the boxes which will go separately. Donations of money were requested to help with Cr2ee's expenses and June T offered to take everything down to Exmouth. (See pictures on next page)



Sue has been kept very busy with her hospitality as she again had open house for her coffee morning, raffle and table top sale on 15th October. About 10 members came and it was a very pleasant social occasion, making about £50 for our charity account.

Future Club events

The next event is the Autumn District meeting and lunch at the Waie Inn Zeal Monachorum starting at 11am on 29th October, but as it is right at the end of the month I shall report on this in the next Newsletter. Quite a large group of us is going and car shares have been arranged. Ending the month, there will be a session at Sue's to make Christmas cards, starting at 10.30 on the 30th.

The club meeting is on Tuesday 5th November and the speaker this time will be Amanda St John, talking about the work of a Civil Celebrant.

Then, our big event, the Annual Quiz, which is at 7 for 7.30pm on Tuesday 12th November at the United Services Bowling Club, in aid of Sightsavers, cost £5. We have decided to not provide supper this year, hence the lower price, which means much less work for the organisers and there were also a few concerns about food safety, but everyone will be welcome to bring snacks along to have during the evening. There will, however be a bar for your drinks. Richard Smith will again be question master, there will be tables of 6, please bring family and friends, and there will also be a raffle so prizes are also requested. I think Maureen J has tickets so please contact her or see her at the club meeting if you don't already have them.

Although still some time ahead, you will need to book for our December Christmas lunch at the next meeting, and remember that again friends and family will be welcome. Invitations will also be sent to the local Rotary Clubs and we hope to arrange some entertainment. The cost will be £21 for the two course meal and coffee, and as always this should be a lovely festive occasion.

The District Christmas Meeting, table top sale and lunch is the week after on December 10th, and we shall need gift items for the sale, but more details to come in the near future. The last few years I have made a 'guess the weight' cake and I shall be doing that again, but we shall probably be having a tombola and selling other things as well. Because this meeting is on a Tuesday our Christmas Coffee morning is a week later than usual on December 17th and once again Lorna Boaden has very kindly agreed to host this.

Going on into January we have our annual Friendship Lunch at Goodleigh village hall on Saturday 11th to celebrate Inner Wheel Day, with friends and family again welcome, and don't forget our 80th birthday tea and International Rally on Saturday 8th February at Filleigh Village Hall for which some of us are making bunting, overseen by Maggie Sheriff.

Rather a lot of dates, but we do have to plan quite a long time ahead at this time of year, and it would be helpful to note these in your diaries.

Other Club Activities

Barnstaple Link Rotary had one of their regular quiz evenings at the Barnstaple Social Club on 18th October, which about 10 of us went to, some with Rotary husbands, but there was also a table of IW ladies. None of us won this time though the table I was on came second, helped by top marks on a round about railways due to Brian's encyclopaedic knowledge of the subject!

Then Barnstaple Rotary have theirs on Thursday October 31st, at St John's Garden Centre (Newport) with an early start 5.50 for 6.15 for supper first. Probably best to contact one of the committee if you'd like to go to that one. It really is quiz season at the moment!

International Service Officer – Pam H reminds us to continue to donate any left over foreign currency and any out of date UK currency which goes to Mary's Meals, this year's District International charity, and she also collects used stamps for Oxfam, and ring pulls from tin cans.

THE ENVIRONMENT

Brian Sims ABNA

Brian is Chairman of the Taw and Exmoor branch and has been actively collecting blister packs for recycling. He said most people think blister packs are recycled if you put them in the local council recycling boxes. However, they are not and end up in land fill! Other people think a blister pack is only a small item and won't hurt to go in the bin. However, since July Brian has collected 16 bin refuse sacks! To date, Brian has taken 22 bin bags that will not end up in land fill and one bag of blister packs weighs 3.8kg! Brian started researching what happens to blister packs when he discovered they were not being recycled by the local council. He is the Environmental Officer for the Bideford Rotary Club. His research led him to discover that the pharmacy chain, Superdrug recycle them and every Thursday in Barnstaple, North Devon, the blister packs are collected by a company called Terracycle.



Brian Sims, on a branch walk



A bags of blister packs Brian collected.

Blister packs are made of aluminium and various plastics. Brian found out that the aluminium is extracted, and then mixed with other metals to make screws, nuts, bolts, washers etc. Meanwhile the plastics, depending on which type of plastic, is re-used and mixed with other plastics to make either waste bins or to make the frames for UPVC frames for double glazed windows. Well done, Brian, excellent work.

Why not collect blister packs from friends and family as well as your own and join Brian in helping the environment.

Her goals for the year are: Membership Growth: **Each one Brings one**, Cervical Cancer Prevention: **Safe Future**, Branding: **Extend Our Reach**, E-Club: **The Way Forward**, Nurturing Orphans: **Imagine the Future**, Elderly Care: **Old is Gold**, Environment: **Save Earth**, Environment: **Harnessing Nature's Gift – Rainwater Harvesting**.

Whilst not an overseas charity Pam also collects used blister packs that she takes to Superdrug which passes them on for recycling and she has given me this interesting article about what happens to them:

Community Service – we continue to collect food and certain household items for the Freedom Centre, and Sue W has passed on their thanks for our donations.

The Pilton reading scheme continues and I think Mike Warner of Barnstaple Link Rotary would still like to hear from anyone else who might be interested in taking part.

Other – We continue to look after the Inner Wheel Garden, and I'd very much like to thank Liz Harris and all that help her.

Pat B still has her Monday morning Zoom keep fit sessions – please seek to her if you'd like to join in.

This is Mamta Gupta, International liW President's theme for 2024/25



**HEARTBEAT
OF HUMANITY**
Inner Wheel 2024-25

OCTOBER

*October glows on every cheek,
October shines in every eye,
While up the hill and down the dale
Her crimson banners fly.*
–Elaine Goodale Eastman (1863–1953)



Two pieces of folklore for October

- Much rain in October, much wind in December.
- A warm October means a cold February.

Strange things to hear from your satnav

'Sorry, back to where you started, I've got the map upside down'
'You know who used to live round here? Of course they've moved to Dorset now ... hang on, we missed the turning'
'Travel for one hundred miles, complete a U-turn and travel for one hundred miles. It's right behind you'
'Re-calculating route Idiot, now LISTEN this time'
'It's left ... no, right! Oh I don't know, stop shouting!'
'You have reached your destination. I see it's the off-licence. Again'

Some jokes and quotes:

'Birthdays are good for you. Statistics show that the people who have the most live the longest' – *Larry Lorenzoni*
'I sometimes think that God, in creating man, somewhat overestimated his ability' – *Oscar Wilde*
'Lead me not into temptation; I can find the way myself' – *Rita Mae Brown*
'Politics is the art of looking for trouble, finding it whether it exists or not, diagnosing it incorrectly, and applying the wrong remedies' – *Ernest Benn*
Technology is anything invented after you were born – everything else is just stuff' – *Alan Kay*

Another letter to the Telegraph

SIR – One wonders the extent to which *The Great British Sewing Bee* has influenced our online retailers.

The confirmation email from M&S for a single dress placed by my wife contained this paragraph:

'Please note, your order may be despatched from multiple locations and therefore could arrive in separate deliveries'

A mannequin and sewing machine have been placed on standby should our worst nightmares materialise.

John Illidge



A final thought – 'Every great dream begins with a dreamer' – *Harriet Tubman*

Beautiful autumn foliage at Powis Castle on my recent visit to mid Wales
Best wishes from Bridget