



I know by now it's a bit late and many of us have met up already but wishing you all a happy and healthy New Year with the hope that peace and love can overcome war and despair, as we prepare to celebrate the club's 80th birthday next month

I hope you all had a lovely Christmas and are all now full of energy to face the challenges of the coming year!

Here is a short extract from International IW President Mamta Gupta's IW day letter:

Let us make our next 100 years count. Let us beat

stronger, louder, and prouder, as the heartbeat of humanity- Every beat counts, every action matters.

Let us honour our founder on each year INNER WHEEL DAY by inducting new members.

Happy Inner Wheel Day!

May our collective efforts continue to spread love and positive change to the world.

HEARTIFY INNER WHEEL DAY!

Mamta Gupta

President

International Inner Wheel



Club News

We had our annual Friendship Lunch to celebrate Inner Wheel Day and to raise funds for the Crohn's and Colitis charity on Saturday January 11th at Goodleigh Village Hall. Family and friends were invited and there was the usual excellent selection of home-made soups, together with bread, cheese, pate and grapes – great value for £8. There was also a raffle with a wide selection of prizes donated by members and a short quiz compiled by Maureen



Ireland. Thanks to the generosity of all who bought raffle tickets, the total raised on the day was £605. A very warm and friendly way to start the year!

The week after a large group of us met at Sue Smith's house to discuss our 80th birthday tea next month, many are making contributions and the discussions were aided by tea, coffee and cakes!

Thanks to Sue!

Future Club events

I think you will now all have heard that the February meeting at the Barnstaple Hotel on 4th February has been cancelled as it was thought to be too close in time to our celebratory tea at Filleigh Village Hall 2.30pm on 8th February. Other local IW and Rotary clubs plus family and friends are all invited and the cost is £8 per person. For this you will have a traditional afternoon tea with sandwiches, scones, cream and cakes, etc. with each table being hosted by one of our members, and of course a birthday cake! All our documents, memorabilia and photos will be on display, there will be some entertainment and I hope that District Chairman Louise will say a few words. There is plenty of parking there and several of us will be happy to give lifts for anyone who needs it. It promises to be a great day and I hope as many of you as possible will come. We look forward to seeing you! There are no other events in February, but looking ahead we have our annual business meeting on 4th March when we agree the officers and committee for next year so have a think about anyone you'd like to see on the committee and I don't think we have a nomination yet for Vice-President. We also have a speaker Dan Dabnon on AI – a subject much in the news recently.

Next, on 11th March is the annual District Skittles Competition and District Meeting which as usual is at the Waie Inn, Zeal Monachorum, starting at 10am, with skittles, darts and a quiz in the morning, and a short meeting after lunch. If you're going to any District Meeting, this is the one to go to – it's always great fun, and we always car share so there are plenty of people to offer lifts if needed. Please let Sue T know if you wish to go and if you want to play or just be a spectator.

Other Club Activities

Some of us with husbands in Barnstaple Rotary are going to their Burns Night dinner on 23rd January – I'll report on that next month.

International Service Officer – As before 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.

Community Service – We keep on with our monthly donation of food and other items to the Freedom Centre. I recently had a newsletter from them which is too long to reproduce but which had this table of activities at the centre last year which gives a good idea of how valuable their work is:

Activity	Total	Activity	Total
Visits to the Freedom Centre	10152	Food parcels given	435
Different individuals supported	475	Loads of client laundry	243
Lunches provided	6404	On site pods nights occupied	970
Clothing donations given out	313	Breakfasts for pod users	600
Showers provided	959	On site GP / Nurse interventions	959
Foodbank vouchers given	189	Mental Health interventions (since Aug)	82
Phone used by clients	136	'Together' clients seen	206
Phones charged	393	Individuals accessing counselling	29
Computers used	1175	Gym visits (since July)	455

The Pilton reading scheme has started again for the Spring term and as before, if you would like to take part in the scheme Mike Warner of Barnstaple Link Rotary would be pleased to hear from you.

Calling all knitters! Knitted teddy bears for the hospital and special care baby unit – Sue White has asked me to distribute the pattern for this little teddy. Picture and instructions on the next page:



Materials: Double knitting wool, size 3.75mm (9) knitting needles, toy stuffing, ribbon.

Method: Cast on 18st and knit 33 rows. Cut yarn and leave these stitches on the needle. Cast on another 18st and again knit 33 rows. Then, knit a further 33 rows across both sets of stitches, marking the end of last row. Knit another 28 rows and cast off, leaving a long length of yarn.

Arms (knit two): Cast on 15st and knit 25 rows, cast off.

To make up: Fold legs in half and sew up, leaving ends open. Then fold body so seam is up the back and sew up, leaving top open. Turn to right side and where the marker is do a running stitch around the body for the neck but leave the ends and don't pull up yet. Sew arms side seams and attach to each side, leaving bottom ends open. Sew eyes, nose and mouth with contrasting thread, then stuff. Pull thread up to form neck and secure. Sew up ends of limbs and top of head, then sew across each top corner of the head to form the ears. Finally tie a ribbon around the neck and secure with a stitch for safety reasons.

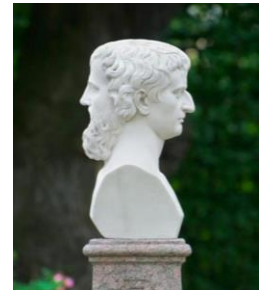
January

January was named for the Roman god Janus, known as the protector of gates and doorways, which symbolize beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the

ability to see into the future. What a fitting symbol for this first day of the year; this month is our door into the new year.

January weather folklore -

*Fog in January brings a wet spring.
A favorable January brings us a good year.
If grass grows in January, it will grow badly the whole year.
A summerish January, a winterish spring.*



I am very grateful to Pat B for these two poems – the second one was written by a friend of hers and is quite reflective but I think the first one could be an invitation to join her keep fit sessions!

'Twas the month after Christmas
And all through the house
Nothing would fit me, not even a blouse
The cookies I'd nibbled, the Baileys I'd tasted
Had gone to my waist.
When I got on the scales
There arose such a number
When I walked to the shop
(less a walk than a lumber)
I'd remember the marvellous meals I'd prepared,
The gravies and sauces and beef nicely rare,
The wine and the roasties, the bread and the cheese
And the way I'd always said, "Oh yesplease
As I dressed myself in my husband's old shirt
And prepared once again to do battle with my girth
I said to myself, as only I can
"You can't spend a winter disguised as a man"
So - away with the last of the sour cream dip,

Get rid of the fruit cake, every cracker and crisp
Every last bit of food that I like must be banished
At least until all the additional ounces have vanished.
I won't have a cookie , not even a lick
I'll want to chew only on a long celery stick
I won't have hot chocolate, or yule log, or pie,
I'll munch on a carrot and quietly cry.
I'm hungry, I'm lonesome , and life is a bore -
But isn't that what January is for?
No! Come to exercise class for a giggle and laugh
You'll lose the
extra
POUNDS
AND WON'T
FEEL SO
DAFT!



When we lose our loving parents
We are broken and really quite sad
But if you look deep in your mirror
You can still see your mum and dad

We are half of each of our children
And half of each parent that's true
That is why in our own reflection
Many souls we are able to view

We will happily live in our bodies
Until the old flesh gets destroyed
If we've bred with another person
Our new Genes have been deployed

Human bodies just keep improving
That's why we're strong to the core
We live longer and we are smarter
Than all those who went on before

We pass to the next generation
So that we can continue to live
The baton received from our parents
Our DNA which we are happy to give

Our children are not just "like" us
The "are" us with our new DNA
If we breed we will keep on living
And that's why for children we pray

Some random January facts:

- Did you know the tradition of making New Year's resolutions dates back to ancient Babylon, around 4,000 years ago? Babylonians made promises to the gods to start the year on the right foot. So, our yearly quest for self-improvement has a history as epic as a dragon's tale!
- 🐾 January 21st is Hug an Animal Day.
Hug an Animal Day emerged from the simple joy of connecting with our furry friends. It's a day to appreciate the warmth and companionship animals bring into our lives. From pets to backyard critters, January 21st invites everyone to share a moment of affection.
- Picture this: January is crowned as Hot Tea Month. Now, why this month?
Well, tea enthusiasts decided to dedicate an entire month to celebrate the warmth and elegance of sipping tea (presumably January was chosen because tea is needed most when it's cold).
It's like a tea party that lasts all month long! So grab your coziest mug and join the tea-rrific celebration!
- January 20th was 'Low Monday' when people tend to feel most depressed, but in the US it is also National Penguin Day!

Reverse Acronyms

Where you take the letters of a word to make a phrase which vaguely defines the word – some examples follow:

ACRONYM – A Clever Ruse Of Nudging Your Memory

GOOGLE – Grand Online Oracle Generating Legitimate Explanations

DIE – Depart Into Eternity

NAKED – No Attire, Keep Eyes Diverted

WOMAN – Watches Over Man's Absurd Notions

DOG – Dutifully On Guard

CAT – Crawl Attack Tactician

BRA – Bosom Regulating Accessory

PARADISE – Preferential Accommodation Rewarding All Decent Individuals Surrendering Existence



Two quotes to finish:

'A bank is a place that will lend you money if you can prove you don't need it' – *Bob Hope*

'In America, anyone can become president, that's the problem' – *George Carlin*

Well, that's it for this month – See you all at the anniversary tea! With best wishes from Bridget