



District 15



Spokeswoman

Spring 2025



Carwen Earles 1955-2025
President Carmarthen
2024-2025

(Mortuus in Officio)



It is with great sadness that we have to inform you that Carwen, our friend and President, passed away at home, on the 3rd. January 2025.

Carwen was born in Carmarthen and attended her local primary school, Peniel, and then went on to Carmarthen Girls Grammar School. After which, she decided to follow her mother Nancy into the nursing profession.

She studied nursing at the Hammersmith Hospital in London. She also gained her nurse tutor qualification there, before returning to her home town Carmarthen and taking up a tutor post at the Dyfed School of Nursing in Glangwili Hospital. After reorganisation, Carwen moved to the School of Health Science at Swansea University, where, she eventually became Head of Community Nursing. Many colleagues and students have benefited from her knowledge, kindness and endless patience.

Carwen enjoyed walking and reading and was a valued member and contributor to many organisations, such as Inner Wheel and W.I.. We will all miss her organisational skills and her ability to make new members and visitors feel instantly welcome. Above all, she loved spending time with her family, husband Stephen, children Gethin and Angharad and was a cherished mam-gu of baby Efa.

We will miss our friend, but will continue raising funds for her chosen charity, the Chemotherapy Day Unit at Glangwili Hospital, in her memory.



District Chairman's Report

Although not quite over yet, it has been a whirlwind of a year – and all thoroughly enjoyable. (A whirlwind being just about the only weather I didn't experience on my travels!) I can recommend it as a way of meeting everyone in District 15, and getting to put names to the many faces that we see in Club photographs as well as those that attend District meetings. Everywhere I went I felt very welcomed, and it was interesting to see how different Clubs run their meetings. Some are more formal than others, but all epitomise the values of Inner Wheel – Friendship and Service. (As well as good food!)



By the time you read this I will have attended Conference in Harrogate and completed all my Club visits – I do hope that you all enjoyed these as much as I did, and you *can* talk about the wig reveal now! For the benefit of Haverfordwest and Milford Haven – my first Club visit – at future visits I arrived wearing a wig and removed it during my talk!

Thank you all for the donations to my charity, Breast Cancer Now. I don't yet know the total raised through all your club efforts, but I know it is in the four figures, and it will all be very well spent. Added to this, I intend to double the sum raised out of my Chase winnings – learning to stand-up paddleboard on the far distant and exotic shores of Cardiff Bay didn't require all of the money!

I look forward to seeing many of you at our AGM and Handover at Greenmeadow Golf Club in June, and I wish Sonia Stevens all the very best for her year of office ahead. I know she will enjoy it as much as I have done, and I know that her Club, Pontllanfraith, will support her as well as Cardiff Club has supported me during my year.

Thank you to our Executive team – you have all executed your duties diligently and taken much of the weight of office from my shoulders, and all with a lot of laughter and fun. And special thanks to Pauline Minshull (and Ian) for hosting our meetings.

Ladies, thank you all for making this a year to remember for me.

Yours in friendship



**BREAST
CANCER
NOW** The research &
support charity

Club Reports from around the District

ABERDARE

President Marilyn Bratman
Club Correspondent Gwyneth Rees
23 members

Members were saddened in October to learn that Mrs Audrey Moore had passed away at the age of 95. She was an honorary active member who still joined us for lunch when she was able. She had been a member of Inner Wheel for very many years.

We held our annual Christmas lunch at Aberdare College and were joined on this occasion by members of Aberdare Rotary Club. Members read Christmas poems which were very entertaining.



Once again we collected toiletries, which this year were given to a local food bank. We also gave a number of knitted items, made by a friend of one of our members, to a local charity providing items for families of infants who would struggle to purchase clothes otherwise.

We celebrated International Inner Wheel Day in January by holding an afternoon tea; the students of Aberdare College made a selection of delicious cakes and sandwiches and, of course, scones and cream and we were joined by former members from Merthyr Tydfil.



Lynn Brill, a non attached member, gave an entertaining talk in our next meeting on her role in the Salvation Army. Her demonstration of her skill with the tambourine was much appreciated, and we were delighted that she wore her original bonnet. We were pleased to donate to the Merthyr branch of the organisation to further their good work!

She mentioned the work of another Merthyr lady who raises funds for charity by making bags, children's clothes and knitwear. She brought a display of goods to our next meeting; she has a small army of crafts women who helped her raise £3,500 last year. Aberdare certainly contributed to her funds, purchasing some delightful tote bags and children's clothes.



Other speakers have included Stephen Barnes, who gave an amusing talk on idioms.

Another fundraising quiz was held at the Red Cow in Llwydcoed; we would like to thank them for their help in fundraising and providing an entertaining evening. Proceeds from the quiz were given to Rudy's Trust for the benefit of the grandson of one of our members.

Plans are in hand for the annual Concert in the Quad to be held in the Dare Valley Country Park as part of our fundraising efforts.

ABERYSTWYTH

President Team Aberystwyth

Club Correspondent to be appointed (due to ill health)

18 Members

This year we have shared the presidency and have had a number of venues for our meetings, which has again proved successful.

In October we were invited to hold our meeting and lunch at the home of our member Cynthia Whiting. She entertained us royally with a wonderful buffet prepared by her daughters. Donations were given to Cynthia's chosen charity, Cancer Research, in grateful thanks for her kind hospitality.

Before Christmas, members contributed generously to the local foodbank.

We celebrated International Day at the home of our Social Organiser Jan Young. Members provided an excellent buffet, prepared stamps to take to Oxfam and held a fund-raising raffle.

February saw us welcoming the President of Aberystwyth Rotary Club, Phillip Evans who joined us for lunch and gave a very entertaining slide show on his life and work.

Jan has again done us proud finding suitable venues to hold our meetings and, of course, enjoy good food.

BRITON FERRY

President Pauline Minshull
Club Correspondent Susan Davies
10 members

Our club was chartered in November 1984 and we are very proud of the achievements of the Inner Wheel Club of Briton Ferry over the last 40 years. District Chairman Liz presented President Pauline with a certificate to mark the occasion when she visited our club.



Members helped out at the Briton Ferry Community Fayre and President Pauline hosted a very successful coffee morning on Inner Wheel Day in January and all proceeds were raised in aid of MIND. Members and friends who attended thoroughly enjoyed the event particularly the Gin and Tonic cake!

Seven members attended the District meeting in February and our club continues to support the various coffee mornings and gatherings in our district.

We are hoping to organise a flower arranging demonstration and an afternoon tea in the near future.

On a sad note we have recently heard that our friend and member Valmai has passed away after many years service to Inner Wheel. Our thoughts are with her family and many friends at this sad time.

CARDIFF

President Wendy Ashton
Club Correspondent Liz Bettles
18 Members

It has been a long cold and wet winter, but it is a joy to see spring and sunshine at last – the flowers are blooming, and the world seems a happier place for it.



Since last reporting we have attended our District Rally and 2nd District Meeting, been entertained at the Wales Millennium Centre by Pretty Woman and Hamilton, celebrated Christmas, Inner Wheel Day, our 88th Charter Lunch and our own District Chairman's visit. All involved food of some sort (some more frugal than others) and we have thoroughly enjoyed all these occasions. We have also enjoyed a coffee morning to raise funds for Inner Wheel supported international charities.

By the time you read this, two of our members will have celebrated milestone birthdays – Joan Mercer and Avril Spencer. And we wish them both all good wishes for the next decade! Sadly, we have also lost members; Beti Hatcher has retired, and Edna Rees has passed away, and they are both much missed as they were members of Inner Wheel for many years.



Past District Chairman Sylvia Williams and Heather Hensman are both still valued members in Cardiff, although unable to attend meetings nowadays.

Our speakers have all been excellent, and we have been very happy to be able to give donations to their charities.

We look forward to the summer, when President Wendy hands over to incoming President Angela Cassar, and District Chairman Liz hands over her responsibilities as District Chairman to Sonia Stevens from Pontllanfraith.

Our best wishes for the summer go to all Clubs in District 15.

CARMARTHEN

Club Correspondent Alison Harries.
19 Members

IDEAS FOR SUCESSFUL SUMMER ENTERTAINING.

As we are approaching summer, the season for entertaining, Carmarthen Inner Wheel has collated some ideas to help you ensure a successful gathering.



- First curate your lifestyle. (Me neither, go to next point)
- A cork screw is the most important implement in your kitchen. It is important to check it is working, so open a bottle. *(As they say: I love cooking with wine, sometimes I even put it into the food)*
- If holding your soiree in the garden, remember to take in your washing and take the line down, so you do not garrote your taller guests.
- Compile a list of your most famous and photogenic friends. Failing that, invite other Inner Wheel members.

- Create your inspirational, exclusive and elegant shopping list. (*Arrange second mortgage. Sod that, go to Tesco.*)
- Open second bottle.
- Always provide your guests with cutlery. If you don't have any, use knives and forks.
- Bask in the warm glow provided by your hob before starting to cook. Be the star in your own kitchen.
- Prepare an organic, vegan, holistic, fat free, green vegetable and forest herb smoothie. Zuzz in blender and taste to check seasoning. Pour straight down toilet and cut out the middle man. (*Note to self. Buy paint to cover stain on ceiling that even bleach won't shift.*)
- Make your own spirit water by chanting and dancing as you fill a jug from the tap.
- Open another bottle, to check that the corkscrew still works.
- Take your lavender, multi seed, einkorn flour and homemade jam cookies out of the oven. Test them on your Labrador, draw on your inner radiance as she turns up her nose and refuses to try them.
Open a packet of Garibaldis instead.
- Before you start, ask your guests to experience a life affirming hug, for we are all as one with the universe and share our auras.
- Ask the guests who are left to help. (*Another note to self, lock doors after guests arrive in future.*)
- Open another bottle.
- Don't forget the party bags for the children attending. Fill handmade paper bags with pumpkin and sunflower seeds, hand carved carrot sticks, tie dyed napkins, books of inspirational quotes and a bottle of spirit water.
- Lock yourself in toilet with another bottle to avoid the most mega tantrums you will ever experience.
- A final tip. If you are ever invited to one of our spiritual soirees, run. Run fast. Run far and don't stop until you are in the next county

Ah Well, As Ever, Carmarthen Inner Wheel.

CWMBRAN

President Gill Thomas

Club Correspondent Beth Jones

12 members

This report is going to be largely a tale of two Lynnes. It was with great regret that our club received a letter of resignation from Lynne Collins in October, not only because she is a valued friend but also because, as an officer of the Salvation Army, she brought to our attention the great contribution the local branch of the organisation makes to our community. Since then, we have supported it and, in November, we donated our best-ever supply of Christmas presents to the Cwmbran branch.



Our other Lynne, Lynne Phillips, also is long overdue a shout-out for her quietly constant support of Velindre Hospital. An expert crochet worker, every year she makes crocheted items for the hospital's various fund-raising events.

This Christmas, she crocheted numerous Santa Clauses and assorted gonks, specially designed to sit upon chocolate oranges. Needless to say, we were happy to supply the oranges, and the whole ensemble was transported to Velindre to form part of their Christmas Fayre.



So impressed were members with Lynne's skills, we decided to alter our January "Knit and Natter" (held to celebrate Inner Wheel Day) into a "Crochet and Natter." Lynne kindly agreed to instruct us in the first steps of crochet. Despite furrowed brows and exasperated exclamations, most of us managed a small circle. I am not sure Lynne will volunteer her services again, though, because she worked tirelessly the whole evening, and richly deserved the coffee and slice of delicious cake, home-made by Gill Thomas, that rounded off the evening.

The prevalence of low key, but consistent, giving seems to be a feature of our club. We support many charities by small monthly donations.

For instance, we recently contributed to the purchase of a specialised wheelchair for a local lad; we supplied underwear for "Smalls for All;" bags of ring pulls come in regularly for the Purple Fund and bags of clothes for Romanian Aid; "Hope and Homes International" is a permanent beneficiary, while our collection in lieu of Christmas cards was sent, as a one-off, to "Toy Box" to fund birth certificates for Guatemalan street children; just this semester, a small donation of one pound each, at every month's meeting, has netted almost £100 for "Mary's Meals." Add to this our items sent to the "Mission for Seafarers," and you will see that we support a wide variety of good causes - local, national and international - on a regular basis, before we even consider using our charity funds for our big annual donations.

"I am proud to belong to this small club because it has such a big, but self-effacing, heart"

Warning - Pun Alert !

Those who jump off a bridge in Paris are in Seine
A man's home is his castle, in a manor of speaking
Dijon vu - the same mustard as before
Shotgun wedding: A case of wife or death
A man needs a mistress just to break the monogamy
A hangover is the wrath of grapes
Reading while sunbathing makes you well red
She was engaged to a boyfriend with a wooden leg but broke it off
A chicken crossing the road is poultry in motion
When a clock is hungry, it goes back four seconds

HAVERFORDWEST

President Angela Evans
Club Correspondent Ann Turner
16 members

We joined with Milford Haven Club to celebrate International Inner Wheel Day and had a fish and chip supper delivered by a local 'chippie'.

We cancelled our February meeting after hearing the very sad news that Gwyneth's husband David had passed away. Gwyneth is sharing the presidency with Angela this year. David was very well known within the local community, and was a past president of the Rotary Club. Our love goes to Gwyneth at this sad time.

On St. David's Day we held a very successful charity lunch at The Jolly Sailor restaurant in Burton near Pembroke when 63 people helped to raise £600 to boost the charity fund.

We intend to support local charity FRAME who renovate and recycle furniture.

District Chairman Liz Bettles and friends were welcomed by Club Joint president, Angela Evans and we were pleased to have members of Milford Haven and Pembroke who joined us for a very good roast lunch.



Following the monthly meeting at The Glen Hotel where a delicious selection of meals were enjoyed from the menu, our own member Joan Evans then gave a talk on her time in India when she was asked to go there as a councillor by friends from a local church. She went out three times one of which was after the Tsunami hit in 2004, which she told us was extremely harrowing. She wore a sari whilst living amongst the people and on a lighter note she kindly showed us some of her saris, underskirt and little top to wear under the sari. When asked she kindly showed us how to put on and wear a sari. Her talk was really interesting, the experience of living with very poor but very generous hospitable people.

We also have plans to have a meeting where we talk of food recipes both past and present and plan to swap recipes with each other. Hopefully there will be some ready made!!

EATING IN THE UK IN THE FIFTIES

Pasta had not been invented, Curry was a surname
A takeaway was a mathematical problem
Bananas and oranges only appeared at Christmas time
All crisps were plain; the only choice was whether to put the salt on or not
A Chinese chippie was a foreign carpenter.
A Big Mac was what we wore when it was raining
Oil was for lubricating, fat was for cooking
Tea was made in a teapot using tea leaves and never green
Coffee was Camp, and came in a bottle
Cubed sugar was regarded as posh, only Heinz made beans
Fish didn't have fingers and eating raw fish was called poverty, not sushi
None of us had ever heard of yoghurt, healthy food was anything edible
People who didn't peel potatoes were regarded as lazy
Indian restaurants were only found in India,
Seaweed was not a recognised food, prunes were medicinal
Sugar enjoyed a good press and was regarded as being white gold
Surprisingly, muesli was readily available, it was called cattle feed
Pineapples came in chunks in a tin; we'd only ever seen a picture of one
Water came out of the tap, if someone had suggested bottling it and
charging more than petrol for it they would have become a laughing stock.
The one thing that we never had on our table in the fifties .. was elbows

LLANDEILO

President Karen Davies,
Club Correspondent Janet Williams
17 Members.

We in Llandeilo Club still manage to meet twice a month. Once in the evening for our official meeting and then for a lunch as well, as some members find attending an evening a little difficult. We are very impressed that former District Chairman Mrs Marilyn Ralph still manages to drive all the way from Llandrindod Wells to join us which is commendable dedication to Inner Wheel. We continue to share evenings occasionally with Llandeilo Rotary Club when we each have interesting speakers.

We were delighted to host our District Chairman Mrs Liz Bettles at our November meeting, it's always a highlight of our year to hear what message they convey.

As the saying goes "you cannot be a sissy to get old" but we are trying hard in that respect as we have illnesses and injuries to contend with. One of our members who will remain anonymous is in her early eighties and fell recently whilst taking off her high heeled boots after partaking of a few glasses of champagne at a celebration dinner and fractured her wrist. Apparently every medic treating her has found it very amusing!

We do find a great deal to chat and laugh about and the many years that we have been together as good friends is so appreciated by us all as it helps us through difficult times and to then appreciate the good times. We received some cheering news at our last meeting, our newest member is to be a grandmother again this year with two babies on their way. We no longer are able to organise events but we do support a few local charities when we can.

We celebrate our Charter Dinner in April and our guest speaker will be Mr Dafydd Llewelyn, Dyfed Powys Police Commissioner.

Our President Mrs Karen Davies, former Association President has kindly agreed to continue in the role next year as well for which we are grateful as we want to keep our club alive and well so that we can continue to chat and laugh and enjoy each others company..... Friendship at its best.

MACHEN

President Jen Harris
Club Correspondent Colette McIntosh
20 Members



It is with sadness we have to announce the death of one of our members Pam St Leger. Pam was a member of Inner Wheel for many years and was president and secretary. Pam organised our Christmas and social events and most of all she made sure that we all knew what time we should be at events. Pam is going to be missed by everyone.

One thing Pam did with her husband Chris, daughter Debbie and our member Sue was to look after and care for newborn chicks. This is a project that has been undertaken by Inner Wheel and Radyr Junior School for many years. A company delivers an incubator and eggs in a special delivery box to the school. The eggs are ready to hatch within the next two weeks. The children in Debbie's class love to watch the chicks hatch and there is great excitement in the class. During school closure, Pam and her daughter chick sit at their home. Once the chicks hatch, they are taken to Sue at her farm where one of Sue's chickens mother the chicks and they live a happy life at Sue's farm.

At our November meeting we had a lady who informed us how good reflexology is for us. It is a complementary health therapy. She brought a model of a foot and explained that by pressure on parts of your foot, you can relieve stress and tiredness. All the ladies found the talk very good.

All members enjoyed our Christmas event at Bryn Meadows with an Elvis Tribute band. Everyone had a good time singing along to the Elvis songs.

At our February meeting we played a game of Call my Bluff, most of our members could remember the game when they were younger. All members enjoyed the game.

District Chairman Liz Bettles attended our March meeting where she gave us an informative talk about her charity and how she became a member of Inner Wheel. Everybody found the talk very interesting.

We also had a guess who the member was with baby/ toddler photos. A good laugh was had by all.

SEENAGER

I JUST discovered my age group! I am a Seenager (senior teenager).

I have everything that I wanted as a teenager, only 55-60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's licence and my own car.

I have ID that gets me into bars and the wine store. I like the wine store best. The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared? And I don't have acne. Life is Good!

Also, you will feel much more intelligent after reading this, if you are a Seenager. Brains of older people are slow because they know so much. People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains. Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem; it is nature's way of making older people do more exercise. SO THERE!

MAESTEG

President Daphne Harries
Club Correspondent Menna Davies
7 Members

Members of Maesteg modelled clothes from Samantha B at a successful Fashion Show held at The Masonic Hall, Maesteg. money raised went to Air Ambulance Cymru and local charities. A Spring Coffee morning was held with proceeds going to Breast Cancer Now.



Pun Alert 2!

The man who fell into an upholstery machine is fully recovered
Every calendar's days are numbered
He had a photographic memory that was never developed
Once you've seen one shopping centre, you've seen a mall
Bakers trade bread recipes on a knead-to-know basis
Acupuncture is a jab well done

MILFORD HAVEN

President Liz Corey
Club Correspondent Vicky Brown
12 members

Last month, Milford Haven Inner Wheel raised £260 for SAFE all by eating homemade cakes and drinking tea! There were many delicious cakes on offer but thankfully all calorie free (apparently!) In addition there was a range of stalls selling homemade gifts! We would like to say thank you to the stall holders and to everyone for traveling down to make the day a success.

Our next venture is a charity fashion show that will take place on 30th April in Image by Vanessa, to raise money for the Megan Starr Foundation which provides mental health services to local young people and their families. Funds raised will support this and other local charities.

Then in May we will be holding another fashion show where you may recognise some of our top models! Details to follow....



**INNER WHEEL
MILFORD HAVEN**

Designer Fashions
Image
By Vanessa Ltd

PROUDLY PRESENT

CHARITY FASHION SHOW

30th April, 6pm

Proceeds to

And other local
charities

£10 Entry to Include Drink and
Refreshments with 10% discount on
purchases made on the evening



MUMBLES

President Barbara Evans

17 Members

We sadly lost one of our founder members in January, Barbara Owen was 103 and had been in a nursing home for two years.

We enjoyed a visit from District Chairman Liz in November and we continue to support the Salvation Army and Maggie's Centre in Swansea.

NEWPORT

President Barbara K Davies

Club Correspondent Edwina Higgins

8 Members

Since September the Inner Wheel Club of Newport has concentrated on the social side of Inner Wheel. We have held our monthly meetings and enjoyed our meals at Junction 28 Restaurant, Newport.

In between these meetings we have met for coffee at The Parkway in Cwmbran. Those who can make it to these gatherings always enjoy a chat, a coffee and a naughty sweet treat from the coffee shop. One or two of us usually also manage to stay for a light lunch afterwards.



However, we do not only eat and drink. We continued our visits to our dear retired member, Margaret Seymour, up until the time of her passing in the Autumn and we enjoy our ongoing visits to retired Past President Elizabeth, too. Now we are such a small number, visits of this kind have become easier, and we take little contributions towards the refreshments, of course.

In some ways this has been a sad year, as we not only said goodbye to Margaret at a lovely service in St Mark's, Newport in the Autumn but also attended the memorial service for our former member, Edna Rees, in Cardiff on 10th January. How appropriate that we should spend World Inner Wheel Day bidding farewell to such a dedicated member of Inner Wheel.

Since then we have received the sad news that retired member Past President Adelaide Morgan has died. As these ladies, whose names are almost legendary in the world of Newport Inner Wheel, move onwards from us, it has certainly given us pause and a time for reflection.

Club supports good causes when possible, though naturally at a modest level. In the week following World Inner Wheel Day we held our traditional Frugal Lunch, this year in the home of President Barbara. The bread and soups were as delicious as ever and the desserts far more than frugally splendid. We were very pleased with the amount raised from among ourselves and have still to confirm how it will be used.



President Barbara, accompanied by one or more other members when possible, has attended one or two District and Interclub events during the year. It is so good to catch up with other clubs and see their friendly faces once again.

Going forward we have decided to hold business meetings over a coffee in members' homes but choose a different restaurant each month where we can have a social lunch together in between times. Who knows? We may be about to set off on a voyage of discovery to venues around the area. Watch this space...

PEMBROKE

Joint Presidents Marcia James and Elizabeth Gale
Club Correspondent Ann Lankshear
16 Members



As usual members enjoyed the run up to Christmas with our traditional programme. Our November meeting was a floral demonstration by national demonstrator Adrian Cooke. He did three stunning arrangements.

A swag for the door was won by Josie Releen. The large arrangement by Jane Davies and the other was given to the secretary of Pembroke Dock Golf Club in thanks for their hospitality.



This was followed in December by our Christmas dinner and card exchange with avoided postage money donated to Inner Wheel charities.

Sadly in February members attended the funeral of Pat Omnet. Pat had held the following posts in our club. President 1989 - 1990, Secretary 1990 - 1993 and Treasurer 2002 - 2005 and again in 2010 - 2012. We miss her support and friendship.

We have many longstanding members but congratulations are given to Glenys Brown who is our longest serving member - 56 years so far! Glenys joined Inner Wheel in 1971. She was President in 1982, Secretary 3 times, Overseas Service Organiser and also Club Correspondent.

Our members still fundraise for our charities. Individual contributions are from Maureen Stoneman who makes and sells cards, calendars and jewellery. Jam is donated by Elizabeth Gale. Knitted blankets for Ukraine are still 'work in progress'. These are kindly sewn together by Chris Vater.



Unfortunately we have realised that our club will be no longer viable. Our members, due to various reasons - mainly ageing and other commitments cannot provide the necessary committee members for 2025 - 2026. This will sadly lead to disbandment. The positive outcome is that we have all made lifelong friends and will continue to support each other.

PONTLLANFRAITH

President Sylvia Pitman
Club Correspondent Donna Jones
23 members

Our autumn meetings started with two very interesting speakers on the topics of 'Childcare through the Ages' and 'Stormy adventures at sea around The Falklands and South America'. The latter of which took many of us back to the stormy scene in our childhood book Robinson Crusoe and was a delight to all!



In October members enjoyed a trip to Cardiff with an exclusive behind-the-scenes tour of the BBC Cymru Wales television and radio studios. Our ladies discovered the secrets of making a BBC programme and followed in the footsteps of famous presenters by trying their hand at presenting the news - we also had our own weather girls in training! After the tour finished a hearty lunch was enjoyed by all.

Our fundraising efforts have been going extremely well in the run up to Christmas, including very good attendance at our monthly coffee mornings.

Membership and Development Officer, Diane Lloyd organised another successful fund raising evening with Bon Marche in our local high street, which is now becoming an annual event.

In November our International Service Officer, Mary Waters, organised an auction for the Mary's Meals charity, which serves nutritious meals to children in school in some of the world's poorest countries - Africa, Asia, Latin America and the Caribbean. During the auction Club Treasurer, Sonia Stevens rang her bell with much enthusiasm every time money was raised to feed a child for a year. The auction raised £750 which was then doubled by supporters of the charity to a total of £1,500 from our Club - what a result!

On Remembrance Day, as we remember the service and sacrifice of all those that have defended our freedoms and protected our way of life, President Sylvia laid a wreath at our local Cenotaph together with Noel Tippet member of Pontllanfraith Rotary Club.

As the whole country was battered by Storm Bert in November, our local Blackwood Rugby Club experienced significant flooding with water so high one local resident shared a video of a skip floating towards parked cars outside the club. A fundraiser was launched to save the club and in response to this, President Sylvia presented them with a cheque for £200, it's always a privilege to support our local community.



With Christmas fast approaching members organised their stalls for our Christmas Fair. President Sylvia was thrilled with the turnout and welcomed past and present members of the District 15 Executive Team. At the Fair some members wore the colour orange in support of the International President's campaign 'Orange The World' to end violence against women and girls.

Our December meeting was met with much excitement and an array of sparkly jumpers! We enjoyed a festive Christmas meal at our local venue, followed by a visit from Santa who handed out the secret Santa presents. A lot of fun and merriment followed with a raffle, a quiz, party games with prizes and poetry recitals.

In the New Year members were thrilled to welcome two new members to our Club. President Sylvia had the pleasure of inducting Alison Bebb and Michele Davies and proudly presented them with their Inner Wheel brooches.

What a fabulous start to 2025!

PORTHCAWL

President Mary Emmment-Lewis
Club Correspondent Liz Jones
16 members

We wish all the Clubs and Members a very Happy New Year. It has already been a busy year in Porthcawl.



President MEL took on the mantle of President again for the eighth time with a garden party at her house, inviting the Rotarians. We have had tremendous speakers such as Guide Dogs for the Blind, Salvation Army Sandville Hospice and Volunteers from the Food Bank to name but a few. Also we contributed to 100 for 100 by making 100 lavender bags and President MEL'S 's Granddaughter Faith donated 100 baby items from her Great Granddaughter Esme .

We have also had a D Day service and President MEL laid a wreath on the 11th of November for Armistice day.

Our usual lunch meetings are at the Hi Tide but we have had a few excellent afternoon teas at One-Un cafe, Newton, where we help fund Fair Trade coffee picker Jennipher from Uganda who came over to this country and gave us a talk. We have raised money for Night Torches to help them with the evening picking and also the town selling Fair Trade coffee.

President MEL is the District Overseas Chairman and takes her job to heart but we also look after our community raising money through raffles, coffee mornings and knitting.

It was a pleasure when our District Chairman Liz came to our first meeting of 2025 when we presented her with a cheque for her charity 'Breast Cancer Now'.



Sadly at the end of January we lost one of our long term members Janice Jones. President MEL was unable to attend the funeral due to illness but was told that Newton Church was packed for her send off. We also lost one of our founder members who was 103, Beryl Thomas. On a lighter note one of our long term members, Irene Williams, was given a 60 Year Certificate by our Club signed by the District Chairman Liz. Irene has served in the Port Talbot and Porthcawl clubs for over 60 years.

February meeting we had a talk by Chris from the Sandville Self Help Foundation on the treatments that were now on offer, yoga, wellness suite, chair exercises and providing hairdressing and beauty advice to name but a few.

Unfortunately Dee Richardson fell in Porthcawl breaking her hip. She had just received a congratulatory 60th Anniversary card from the King and Queen.

It was decided that as MEL was doing another year as President, Inner Wheel would hold a June Handover Tea in her Garden and work together with Rotary to have 'Tea in a Tent'. This will be a fundraiser for Shelter Box.

Our social event, when the weather gets better, will be a trip out to either St Fagan's or Fônmon Castle, where of course we will have 'A Sip of Afternoon Tea'!

'Sip Tea' refers to the act of quietly enjoying gossip or secret information. Right up our alley!

TENBY

President Team Tenby
Club Correspondent Karen Tulley
25 members

Our monthly meeting resumed in September after the summer break and Jan was our first President of the 2024/25 Inner Wheel year. During the summer Jan had suffered a broken arm and Joyce had broken her hip, not the best news to start the meeting with but thankfully both ladies have now recovered well from their mishaps.

In October we celebrated our Club's birthday with a lunch at Trefloyne Golf Club, this was organised by Maggie, who at the last minute was unwell and not able to attend. Poor Maggie, did all the work and missed out! We lit candles for the past, present and future of our Club and Inner Wheel worldwide and enjoyed an afternoon of friendship with lots of chatter.



Carwen and her Programme team continued working hard to get interesting speakers for our meetings and, in October, Ros Oak of the Yorkshire Building Society, together with her colleague Laura, came and gave us an interesting and informative session on scams and how to avoid them and what to do in the event of falling for one.

We had a fabulous treat before our November meeting when Dilly from Dilly's Handcrafted Chocolates told us all about her business and how it began in 2018 when she was given a book on making chocolate as a birthday present from her husband. She explained the process of making the chocolates and told us about her passion for flavours and experimenting to get the right balance of delicate and not so delicate ingredients. We were then invited to sample the chocolates, they were divine! As Christmas was just around the corner we made good use of the opportunity to make some purchases. Definitely one of our favourite speakers Carwen.

In December we had our Christmas Lunch at the Giltar Hotel in Tenby, we were all delighted to be joined by Jo Steele and Joan Osborne at this occasion. Jo was a member of our Club for 16 years and resigned last year due to ill health but is always very welcome to join us for social gatherings whenever she feels well enough. Joan is still a member of the Club but isn't able to attend meetings these days, she is our longest serving member and was due to celebrate her 90th birthday at the end of December so we were particularly glad to see her.



Our President for that month, Judy, presented her with a gift from us all.

December President Judy presenting Joan with a gift with Jo in the background.

For International Inner Wheel Day we had lunch at Tenby Golf Club with friends, husbands and each other (obviously). Some of our members attended a church service at St. Mary's in Tenby before lunch.



At our February meeting President Carwen welcomed Mr Chris Evans who talked to us about Colby Woodland Gardens which was extremely interesting and gave us a totally different outlook on its development over the years. Built in 1802/05 by John Colby, it was used as a business base and hunting lodge. The land was also part of the South Wales Coalfield and produced the best quality coal – anthracite.

Our Fish and Chip event in March was very successful and raised £710 for Wales Air Ambulance. Well done to Caroline and her team for all the hard work arranging the event and hosting the day. Thank you to everyone who supported us, we sincerely hope you enjoyed the food and those of you who won some nice raffle prizes.

Our next fundraiser is a Curry & Quiz night on 28th April at The New Overlander in Penally, tickets are £12 each and are available from Karen (District Treasurer).

As our “Rolling President” has proved to be successful, we will be using this format for 2025/26 and “Team Tenby” will keep our Club strong and ensure it continues to thrive.

TYWI CARMARTHEN

President Anne Evans
Club Correspondent Pauline Edwards
10 members

If I needed to look for a theme for this report it could be "a musical and literary half year?"

Along with our business meeting in October nearly all members supported a local anniversary concert raising money for very local charities by an all women choir called Acquired Taste. With one of our members being an active member of the choir and several other members of Twyi Carmarthen Inner Wheel having been past members of the choir and a few grandchildren of our members appearing on stage it was very close to our hearts and a fantastic evening.



As usual December came around quickly and we were back for a bi-annual cake decorating workshop, arranged by member Lynette.

We also maintained our annual support for children's gifts distributed by the Salvation Army. Our Christmas meal together was a lunchtime event in the Mansion House just outside Carmarthen.

Again, the advantage of being a small club we can all sit together on a very sociable round table.

Sometimes our club celebrate Inner Wheel Day with a local walk, but January was a miserable month, so we marked the day with a Club donation to the Christ Church Food Bank.

Returning to the musical theme, Carmarthen Twyi Rotary Club had a major fund raiser with a concert in the Lyric Theatre featuring the world renown Cory Brass Band and the enchanting Bella Voca choir. Our Club galvanised ourselves with just two weeks' notice to "feed and water" the performers.



The concert was outstanding and knowing very little about brass bands we were totally captivated.

Rotary asked us again to help with refreshments in The District Youth Speaks competition held in a local high school, (although why Rotarians can't make tea and coffee I personally do not understand). However, for our assistance we accept donations from them into our charity account with grace!

We enjoyed the company of The Very Reverend Shirley in February who gave us a delightful talk and spice demonstration and I took away from the information shared that I need to use more onions in my curries.

March arrived and although our small numbers were very depleted with holidays and other commitments that couldn't be altered, we welcomed Liz Bettles to our meeting and very much enjoyed her company. We were able to present a donation to her chosen Breast Care Charity.



President Anne welcomed new member Gina

If you have read this far you may remember at the start I mentioned a "literary" theme too. We are all (I hope) busily finishing two books by local author Sian Collins who has been kind enough to agree to join us in April to talk about her books. So, for one meeting only we will be a Book Club, it is good to ring the changes.

Calendar of Events 2024-25

International Rally	24/4/25	The Plough, Rhosmaen, Llandeilo
AGM and Handover	26/6/25	Greenmeadow Golf Club, Cwmbran
District Assembly	10/7/25	Aberavon Beach Hotel, Port Talbot
District Rally	25/10/25	Aberavon Beach Hotel, Port Talbot

District 15 Executive Team

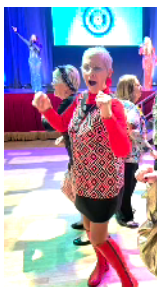
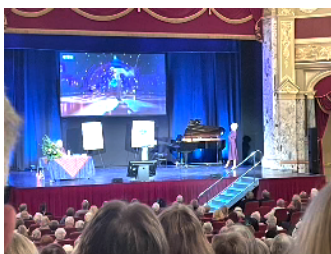


Standing in the sunshine at the Swan Inn, Tytherington, after a get together with District 10 Executive members.

From left to right; District Treasurer **Karen Tulley**, International Service Chairman **Mary Emmet-Lewis**, District Chairman **Liz Bettles**, Member of Council **Pauline Minshull**, Immediate Past District Chairman and Membership & Development Officer **Brenda Scourfield**, District Secretary **Maria Williams**, District Editor **Felicity Jenkins** and District Vice Chairman **Sonia Stevens**.

District Rally Village Hotel Cardiff 2024





Association Annual Conference Harrogate 2025



True friendship is laughing when your friend falls before helping them up
True friendship is being allowed to criticise your friend for how they dress,
but as soon as someone else does, you love their outfit
True friendship is knowing everything about each other (even the
gruesome details)
True friendship is missing them even before they're gone
True friendship is always being there, no matter what
True friendship is keeping each other in check
True friendship is understanding where your boundaries are but
pushing them just slightly with the goal of winding them up
True friendship is knowing each other's emotions so well
True friendship is being able to guess what the other is going to say
True friendship is:
Magical Amazing and Extraordinary

True Friendship
by Rylie Lucas



Inner Wheel at the Heart
of the Community for 100 Years