



District 15



Spokeswoman

Autumn 2025

The season of sweaters, falling leaves,
and pumpkin-spiced everything!





DISTRICT CHAIRMAN'S REPORT

When I joined the Inner Wheel Club of Pontllanfraith in 2008, it opened my eyes to the work, fun and friendship we all share within this wonderful organisation. Little did I realise that I would one day become a District Chairman. My early years found me working full time as a Senior Manager in the NHS, then retiring and becoming a grandmother, with Nanna days, which restricted my ability to fully participate as a member. Day time activities were out of the question and, for a time, I struggled to attend our monthly evening meetings. The Covid pandemic and lockdown changed all that, with meetings moving to Zoom and being able to fully join in all the online meetings. I was asked to become Club President. I undertook that role for 2 consecutive years and then became Club Treasurer, which I still am today.

Just after becoming District Chairman, we had the sad news that Immediate Past Association President Heather Sheerin had passed away on 11th July. I did not meet the lady personally but was so glad that I had been at Conference in Harrogate to see and hear her. Truly, a woman who was the epitome of Step Up and Lead. This year's Association President, Pam Boyes, will join us at our District Rally on 25th October and I'd like to encourage you all to come along and meet her if you can.

I enjoyed the hospitality of District 10 at Malvern in July and am now looking forward to visiting all the clubs within District 15 during my year, to meet as many of the members as I can. I know, from reading the club reports in previous editions of the Spokeswoman, how much good work and fun you all have in your communities. I'm hoping to hear more about that from you when I visit.

My charity for this year is Mary's Meals. I am in awe of the work this charity undertakes in the poorest parts of the world, ensuring every child receives a meal every day, for just £19.15 a year. How much can we get for that amount here at home these days? I hope you will support me to raise money for them.

Finally – Orange the World. You should all have heard about the United Nations campaign to stop violence against women and girls, which Inner Wheel is fully supporting. Mark the date of 25th November in your diaries, join us at Cardiff Bay for a short walk to the Senedd building if you can, or walk in your own area, even if it's just to the shops – but wear something Orange! Let's raise the profile of this campaign and of Inner Wheel, as we Reach and Inspire for a Better World!

Yours in Friendship

Sonia Stever



CLUB REPORTS FROM AROUND THE DISTRICT

ABERDARE

President Sian Lucas
Club Correspondent Gwynedd Rees
23 Members

This year we held our annual concert in Dare Valley Country Park. Although the skies were grey, it remained dry. As usual, we were entertained by Cwmbach Male Choir and the children of Town Church Primary School. It was a successful event and we wish to thank both choirs, and wish the Cwmbach choir every success on their visit to South Africa.



The handover in June was held in The Red Cow. President Marilyn handed the chain of office to incoming President Sian. Many thanks to Marilyn for the success of her long tenure in office. It was good to see Mrs Pam Messer present after she had spent some months in Canada. The first meeting of President Sian's year was held in Amore Restaurant in Aberdare. We do like our food!

The following week a number of members attended a birthday party for Mrs. Elaine Bradley. More food - this time at Peppers Restaurant.

An executive meeting was held to decide the programme for the year. Meetings will now take place on a Wednesday and speakers have been arranged. Fundraising events will be held for the President's charities - The Purple Community Fund and a bursary for a college pupil at Coleg y Cymoedd, where we hold our meetings.



ABERYSTWYTH

Club President - shared by members as Team Aberystwyth
Club Correspondent TBA
17 Members

We have continued sharing the presidency of the club and enjoy our lunchtime meetings in a number of venues. Our May meeting was especially interesting as we welcomed Kath Kierle who gave a very interesting and informative slide presentation on Bee Keeping. We were amazed how much information we gleaned on the different bees and even wasps, such essential contributors to the health of our ecosystem.

Due to the distance needed to travel, unfortunately, we do not often attend district meetings, but two of us ventured forth to the International Rally hosted by Inner Wheel, Carmarthen at the Plough Inn, Llandeilo and had a very enjoyable day.

We look forward to another year of friendship and service.

BRITON FERRY

President Margaret Davies
Club Correspondent Susan Davies
13 members

President Margaret organised a delicious afternoon tea for members after our September meeting to mark the start of her year in office.



Following her successful coffee morning, Past President Pauline visited the Men's Shed in Clydach and presented a cheque to the newly formed ladies section. They were delighted to receive the donation which will be used to further enhance the activities of the club. The organisation is a very worthwhile cause and provides a valuable outlet for people to learn new skills and make new friends which is very beneficial for well-being and mental health.

Our club continues to support the various events and gatherings in the District and suggestions are being discussed regarding support for Orange the World campaign in November.

Members will be providing the refreshments and will also hold a hamper raffle at the Briton Ferry Community Centre Autumn Fayre in October.

We are looking forward to the visit of District Chairman Sonia at our next meeting and are hoping to organise a flower demonstration event sometime in the coming months.

CARDIFF

President Angela Cassar
Club Correspondent Liz Bettles
16 Members

Since my last report, we have had an eventful few months in Cardiff, some positive, others less so.

Sadly, we have lost longtime members Beti Hatcher and Gill Didlick, both will be much missed.

Joan Mercer and her husband celebrated their platinum wedding anniversary, while Liz Bettles and her husband achieved a measly 50 years of wedded bliss – many congratulations to all.

The Inner Wheel Conference was attended by 6 members from Cardiff, and we had an exceptionally enjoyable time in Harrogate, where the weather was very good to us – sunshine all the way!



Several members attended our District AGM and Handover at Greenmeadow Golf Club, and officers attended our District Assembly in Aberavon.



Our incoming president Angela organised another highly successful coffee morning in June. We particularly appreciated the generosity and raffle prizes given to us by Tesco, Culverhouse Cross – these will be used at more than one club fundraising event!



We are very proud to now have 3 club members on the District Executive – we are very lucky to have so many willing and active members in our club.

All our members play an important part - and we are always looking for new and enthusiastic members!

Our best wishes for the coming Winter and Christmas go to all Clubs in District 15.

CARMARTHEN

President Brenda Scourfield
Club Correspondent Alison Harries
19 Members

What were you doing 50 years ago in 1975?

David Beckham, Kate Winslet and Liz Truss were born. Harold Wilson was Prime Minister; Margaret Thatcher became leader of the Conservative party. In sport and entertainment, Arthur Ashe and Billy Jean King won the singles titles at Wimbledon, West Ham beat Fulham 2-0 to win the FA Cup, Queen's Bohemian Rhapsody topped the charts and Jaws famously kept us out of the water!

In Carmarthen Mai Thomas joined Inner Wheel.

Mai being presented with roses and a certificate of achievement, to celebrate her 50 years as a member of Carmarthen Inner Wheel

Mai and her husband Dudley, had moved with their family to Carmarthen the previous year. They married on the 28th December 1968 a snowy day, at Tabernacle Chapel in Pembroke. The couple moved to Handsworth in Birmingham, a multi ethnic community, where Mai a teacher, taught the children during the day, and the parents English in the evenings.



They adopted two children, Emma and Nicholas and now have four grandchildren. A loving family, they also fostered many children over the years.

Fifty years in any organisation is an incredible achievement, so I decided to ask Mai about her memories and thoughts on her time as a member of Inner Wheel Carmarthen. Dudley, said that he had been invited to become a member of Rotary as he was of 'Good Character' ('ha-ha'... said Mai), and as a wife of a Rotarian she was invited to join Inner Wheel. Membership then was by invitation. She felt, as if 'she had arrived'. She said she was the youngest member, in her twenties, the baby of the club, and was looked after and supported by the other members, especially her next-door neighbour Nest Crane.



Her memories are of a group of ladies, many formidable characters, but wonderful company, committed members and hard workers, who would take her to events and meetings near and far, with many adventures on the way.

Meetings were fun but formal, especially at District level, where you were still expected to wear a hat and gloves. White tablecloths were De Rigueur, and the club even had its own crockery, white cups, saucers and plates emblazoned with the Carmarthen Inner Wheel emblem.

Mai said that historically, there seemed to be more voluntary organisations, with lots of socialising and greater cooperation between them. Carnivals, Ox Roasts, Fetes in the park and Agricultural shows, such as the Three Counties Show were held annually. Inner Wheel would have stalls and a presence at these events allowing them to be seen by and engage the public. Knit and Natter, Cheese and Wine parties, Coffee Mornings and Celebration Teas were held regularly. Members also delivered Meals on Wheels, alternating with Rotary and other organisations to do so. It was hard work but rewarding.

Informative and interesting guest speakers from local and national organisations and charities over the past fifty years gave her an insight into how Carmarthen and the world was changing and how we must adapt, but at the same time learn from the past.

Mai has been President twice, 1988-9 and 2013-14 and has held all the other offices, some more than once. She is still a stalwart and supportive member of Inner Wheel and its members and one of the first to volunteer, especially with the washing up!

Thank you for your friendship and commitment Mai, now, and for many years to come.

Cheque donation to Breast Cancer Now

At the AGM and Handover in June, Immediate Past District Chairman Liz presented a cheque to Gudrun of Breast Cancer Now. The amount was made up of donations from Inner Wheel members and clubs, this was then doubled by Liz from her winnings from the ITV quiz programme 'The Chase', gift aid was then added to Liz's donation.



CWMBRAN

President Gill Thomas
Club Correspondent Beth Jones
12 Members

I am beginning to think that when I enter the room for our monthly meetings, I should expect to hear the Harry Potter theme tune percolating the air, because there will be yet another cluster of exotic creatures sitting on the display table. And, no, I don't mean our members. I am, of course, referring to the ever-evolving collection of gonks crocheted by our nimble-fingered Lynne Phillips.



Readers may remember that I have mentioned Lynne and her little band of creatures in former reports and that the accompanying photos showed mainly Father Christmases and similarly themed creations. However, I have some exciting news to deliver: a new species has emerged! Hairy faced gnomes, sporting enormous beanies, looking as if they have just crept out from a pile of leaves in an autumn woodland. A brilliant idea because they are saleable outside the Christmas festivity period.

The gonks are designed to sit on chocolate oranges, donated by other members – the least we can do, considering each gonk takes Lynne an evening to crochet. They sell for £5 each and all proceeds go to Velindre Hospital, Cardiff. £70 worth were sold during the meeting and those that were left were sent to the hospital, to be sold there. I leave it to you to assess how much funding Velindre will receive from the present collection – and remember, it is just one of the many mini-armies Lynne regularly sends out to battle against cancer.

On a less whimsical note, I am sad to report that the annual “Kids Out” jamboree, sponsored by Rotary, which, over the years, has treated thousands of pupils, from special schools, to a fun day out at Barry Island, will no longer take place. Joan Gunsen and I are particularly upset because, for many years, we set up a face-painting stall that was always very popular. I think I can speak for Joan, as well as myself, when I say how much we will miss that hectic few hours on the parade, painting a wonderful array of bright little faces. I always left Barry refreshed not only by the breezy sea air, but also by the rare chance to chat to happy kids, delighting in a day off school. I will conclude with two happier items to report.

The Henllys Fete was a run-away success for us yet again. Approximately £350 was added to our charity account from the plant stall, (wholly supplied and run by Joan) and the book and jig-saw stall, not to mention Rachel's home-made artificial flower collection. Many thanks to Ann and others who helped set up and run our stalls.

Our trip out for afternoon tea was such a success last year that we repeated the experience this July - same venue, under new management, but just as good.

After August off, we started up meetings again in September, and are looking forward to a packed agenda for the next few months. I will tell you all in the next bulletin - bet you can't wait!



HAVERFORDWEST

President Betty Smith
Correspondent Ann Turner
16 Members

We have had very enjoyable Spring and Summer months. After having a talk from a member of Frame we were invited to have a guided tour of the workshop premises where furniture is recycled and sold on. This is done by people who have mental health issues and those who need to re enter the workplace. We presented a cheque for £500 to this worthwhile cause.



In May Vice President Betty Smith hosted a coffee morning in her home aided by Shirley Evans and Mary Haye. This gave a big boost to our charity account.

It was suggested that we have a bit of fun and a Spa Day was arranged. As some of us had never done this before, seven of us set off on a lovely day in June for Trefloyne Manor near Tenby. We really relaxed into our various chosen treatments from shoulder and back massage to having toe-nails painted. Lunch and Prosecco was included.

Betty Smith was inaugurated as President for 2025/26 at the AGM in June and she has requested that some of our charity funds should go to Breast Cancer Research.

Cold Comfort Farm Gardens were visited in July and seven members had a guided tour by the owners. The outdoor afternoon tea was taken indoors due the rain!



We had a party to celebrate VE Day at the home of our President. Everyone brought finger food and as usual with Inner Wheel the table was brimming with all the goodies. Some members dressed in the clothing reminiscent of the forties and music of the day enhanced the mood.

We have had a speaker on the really fascinating life of bees and although we do not have an Inner Wheel meeting in August several members, friends and family went on the Gwili Railway and enjoyed afternoon tea on the train.

From funds raised this year we have been able to Donate £590 to buy a Shelter box and to give £395 to The Purple Community Fund.

So on we go into another interesting year with a speaker on reflexology and we will be collecting and giving new toys to 'The Three Amigos' bikers who deliver toys to needy families at Christmas.

LLANDEILO

President Karen Davies,
Club Correspondent Janet Williams
16 Members

It's been a glorious summer and we in Llandeilo have enjoyed it.

Very sadly former District Chairman Mrs Marilyn Ralph known to many of you, has resigned from our club. What a stalwart Inner Wheel member she has been...inspirational! Unbelievable that in her early nineties she was still driving unaccompanied, the many miles mostly in the dark, from Llandrindod Wells to join our meetings but sadly she has recently found it too difficult and made the decision that she could no longer attempt it. We will all miss her company and wisdom and we send our very best wishes and heartfelt thanks to Marilyn from us all.

We celebrated our Charter Dinner in April and we were joined by Llandeilo Rotarians and their wives. The guest speaker was the Commissioner of Police for Dyfed and Powys, Mr Dafydd Llewelyn, it was a very interesting after dinner speech. We were also joined by the Llandeilo Mayor and her Deputy. Two inspiring ladies with great plans for the town.

We still share some meetings with Llandeilo Rotary members, we had a combined Handover Dinner in June with them and we are all delighted that Mrs Karen Davies former Association President agreed to be our President for another year.



Rotary kindly shared the proceeds of the handover raffle with us. They held a Strawberry Tea for charity and some of our members helped them with it.

We all enjoy and appreciate the strong friendship that we have. It's important to us and long may it continue.

District 15 International Charity 2025-26

Globally, there are millions of children who are deprived of an opportunity to learn. On an individual basis, a SchoolBag for these children can provide vastly improved learning capabilities, hope and a lifeline to a future out of poverty. On a world scale, educating the next generation is a key force to human development and global stability.

<http://www.schoolinabag.org>



MACHEN

President Colette McIntosh
Club Correspondent Christine Hughes
16 Members

Over the last few months, members have had Sunday lunch at three different restaurants. This has been a great idea which we are going to continue.

Members attended the annual Machen show. The weather that day was hot and sunny. Everyone enjoyed the day meeting up with old friends

Every July, members attend Machen Primary School for the Betty Brimble Awards, where one child from each class is chosen for various reasons, such as kindness to other children, and personal achievements during the school year.

This year Barbara Lewis and Anne Shinton attended the ceremony. Sadly, this year was the last time that the Club will be giving the awards. It was fitting that Barbara who was a pupil at the school during World War 2 was able to be there together with Anne who was a founder member of the Machen Club.

Barbara later told us that she would always remember her form mistress. One morning she received a telegram to say that her husband had been killed in action. She carried on teaching that day, she was a very brave woman.

The school wish in future to take over the awards in memory of a teacher who sadly recently passed away.



We have already booked our Christmas Lunch. 4 members of Newport Inner Wheel will be joining us.

We are hoping to see a Christmas show but we are still trying to find something suitable.

Photo shows Executive Team hard at work.

WHAT'S ON THE CALENDAR by Stuart A McIntosh

The calendar foretold
January will be cold
February may snow
March winds begin to blow
April has its showers
May brings forth flowers
June we hope to glimpse sun
July's a warmer one
August we'll feel the heat
September sun retreat
October leaves have left
November trees bereft
December darkly bold
The calendar foretold

MAESTEG

President Menna Davies
Club Correspondent Menna Davies
7 Members

Members of the Inner Wheel Club of Maesteg thoroughly enjoy going to District events, recently we have attended the International Rally at The Plough Inn, Llandeilo, and the District Handover at the Greenmeadow Golf Club.



At the Handover we particularly enjoyed the singers from Ukraine, the great welcome we received and we thought the food was really good.

Everyone knows how helpful and friendly Maesteg Club are, so helpful that it led to a Fawlty Towers moment on our table, we were (well Menna was) trying to help the lovely waiter, except we were not helpful.

First the fork fell on the floor, it was picked up, then the knife fell and was picked up, then something else fell! This all led to fits of hysterical laughter on the table (possibly you had to be there!) We think the young man serving us would have been seriously thinking about a career change! We hope we will be allowed to come again, and promise to be good!

We made an enthusiastic start to the year with President Menna at the helm! We always meet up in August and this year headed off in our Sunday best to Afternoon Tea at Pyle Garden Centre, we really enjoyed our 'tea' and all headed home with doggy bags.

We would like to wish Sonia well for her year as District Chairman.

Written down after listening to two of our partners.

The Driver Assistant. *By Pauline Edwards, Tywi Carmarthen*

Two Rotarians overheard discussing the "Driver Assistant" (DA) they had both found in their respective, but very different cars.

"Do you find that your DA over-rides the sat nav?"
"Frequently, and directional indicators are used"

"Does yours point in the direction you need to go?"
"Indeed, occasionally rather aggressively, I find"

"Have you found that your DA sometimes switches over to sleep mode, usually after a lunch stop or a late night trip?"
"You're right, but re-booting involves alarming sounds as it aligns itself to current road conditions"
"Jolly distracting, I find"

"I'm guessing your DA offers to take control of the vehicle when it judges you are tired or driving too fast?"
"I ignore it"

"I say yes, I'll pull over when it is safe to do so and then chose to forget, I find the DA forgets too"

"There are benefits to the DA though"

"You are so right, assimilating information from the manual that I can't be bothered to thumb through, "it's online in my car but the DA can be helpful, like finding a clean tissue, retrieving food from back seats and my glasses"

Note from Editor's husband. "My DA has panicky sound effects and an acute Deliveroo cyclist sensor.

MILFORD HAVEN

President Marian Harris
Club Correspondent Steph Hobbs
11 Members

Members of the Inner Wheel Club of Milford Haven held two fashion shows in a few weeks.



On 30th April they held an amazing fashion show alongside 'Image by Vanessa' for the Megan Starr Foundation and other local charities. Following the event a cheque for £700 was presented in support of the foundation's ongoing work promoting youth wellbeing, suicide prevention and mental health support in the local area. Members were warmly welcomed at the Dizzy Bear where they presented the donation and spent time learning more about the foundation's projects

On 10th May they then joined forces with Milford Haven Youth Council to put on a fashion show in aid of the Paul Sartori Hospice at Home.



MUMBLES

Membership and Development Officer, Brenda Scourfield, attended Inner Wheel Club of Mumbles on 3rd June 2025 to officially witness their AGM and last meeting.

President Barbara Evans had invited past members to the lunch and there were 21 in total on that day. Brenda gave every one present a yellow rose for their 46 years of service.



NEWPORT

President Barbara K Davies
Club Correspondent Edwina Higgins
6 Members

Our past six months have involved some very modest fundraising activities, regular visits to our retired members, three of whom are now living in care homes, and social lunches or coffee mornings in between the business meetings.

The high spot of Newport's year, however, has been the Summer Outing. As usual, we tried to plan something for the month of August, when we do not usually have a meeting.

This year we went to visit the Cowbridge Physic Garden on Tuesday 5th August. We started with a leisurely coffee in the Penny Farthing café.

Then we strolled along a side street and discovered the most beautiful garden. It lies hidden behind a high stone wall. Apart from being very attractive, the garden aims to present as full a range as possible of the medicinal herbs and flowers that have been used traditionally over the years.

Each flower bed relates to a different part of the body and the kinds of ailments from which that body part might suffer.



Our excellent guide, herself a retired pharmacist, explained many fascinating facts to us and answered our many questions. The garden makes no claims to be offering remedies, cures or recommendations, which we quite understood, but our questions probably covered everything from medicine to gardening.

Restraining ourselves from buying new plants from the plant stall, we then walked back to The Bear Hotel, where we dined in 'The Cube', an attractive glass structure in the main courtyard.

Before we knew it, it was nearly four o'clock and time to be beating the rush hour traffic homewards. Lovely food, a lovely garden, lots of laughter and sunshine.

A great Inner Wheel day out.



PEMBROKE

The members of the Inner Wheel Club of Pembroke a few months ago realised that their club was no longer viable, due to various reasons, mainly ageing and other commitments, sadly leading to disbandment. Their last meeting was attended by Membership and Development Officer Brenda Scourfield, who presented each member with a yellow rose in recognition of their years of service.

They have made lifelong friends and they will continue to meet and support each other.



PONTLLANFRAITH

President Cathrine Clark
Club Correspondent Donna Jones
24 Members

At one of our meetings earlier in the year, Gwyneth Morris gave a floral demonstration and talk on how to keep your cut flowers fresher for longer. A raffle took place and Pauline Jones was the lucky winner of the vase of flowers - don't they look beautiful!

Our Membership Officer, Diane Lloyd informed us that our local Cefn Fforest Scout club were fundraising towards the cost of a trip to Paris, to look up the streets from the game called Monopoly. Fundraising and parent support had raised some of the costs of the trip but further funds were needed and President Sylvia presented a cheque for £200 to a terrific group of young people.



District Chairman, Liz Bettles attended our March meeting and gave a talk on her life and career, following which President Sylvia presented her with flowers and a cheque for £200 for her charity 'Breast Cancer Now'. Chairman Liz also had the pleasure of inducting our third new member this year, Jane Morris, who was presented with an Inner Wheel pin to rapturous applause from members.

Three local Rotary Clubs have led the way to raise funds for the project 'Stop the Bleed' which encourages bystanders to become trained, equipped and empowered to help in a bleeding emergency before professional help arrives. President Sylvia presented a cheque to Blackwood Rotary Club for £200 towards their fundraising efforts to put a training kit, together with a trainer in every comprehensive school in the Borough and to purchase Bleed Kits to be placed in existing defibrillator cabinets.

This was then followed up at our May meeting, where Rotarian Trevor Lewis and Reverend Lisa provided training to members on how to stop life threatening bleeding that could save a life - what a great team effort!



Our annual spring Crocus Walk was well attended by Inner Wheel and Rotary members at Bedwellty House and Park in Tredegar, where everyone enjoyed their walk socialising followed by a delightful Sunday lunch.

At our May meeting we celebrated the VE Day 80th Anniversary with union jack flags and a toast to commemorate the courage, sacrifice and resilience shown by an entire generation. Members shared stories of their loved ones and their amazing efforts in the Second World War. President Sylvia even had a photo with a life-size cardboard cut-out of the man himself!

A silent auction coffee morning was organised in May, in aid of Mary's Meals and raised a whopping £422.60 for this very deserving cause whilst everyone had fun bidding.

A special highlight of our year was the District Handover meeting held at the Greenmeadow Golf Club, Cwmbran where we celebrated the installation of Sonia Stevens as Chairman of District 15. Thanks to everyone who worked hard organising the event and to all those who attended and made it a truly successful and entertaining day. We wish Sonia all the very best for a wonderful year in office.

On a brilliant sunny evening in July, our ladies dressed up in their elegant evening wear for our Handover meeting, where heartfelt thanks were given to outgoing President Sylvia for all her hard work over the previous year. Many congratulations to our new President, Cathrine Clark who wore the chain of office with pride!

As our Inner Wheel year comes to a close, we celebrate the success of increasing our membership and of all the many talents our members bring to the table in friendship and service.

Did your Welsh grandmother / great grandmother sign the 1923 Peace Petition?

Said to be 7 miles in length, the petition was signed by 390,296 Welsh women and was taken to the USA in an oak chest by Annie Hughes-Griffiths, Mary Ellis, Elined Prys, and Gladys Thomas, where it was then presented to the women of America by the Welsh peace delegation.

Now back in Wales, it has been digitised and you can search for your ancestor's name yourself on;

<https://peacepetition.library.wales/>



PORTHCAWL

President Mary Emmet-Lewis
Club Correspondent Liz Jones
16 Members

Hello Everyone. We can't believe the last six months have gone so quickly and it's time for another District Magazine.

We are lucky in Porthcawl Inner Wheel that our President MEL has taken on the role once again for another year. We usually have the Handover Garden party in her home and this year was no exception, it was a happy occasion and along with our Rotarians a good time was had by all.



President Mel was presented with a lovely bunch of flowers at the Rotary Handover and was thanked by the incoming president Alison for all the Porthcawl Inner Wheel's support over the years.

Sadly MEL'S stepdaughter passed away in April suddenly and because she did not attend Conference she gave her expenses to the Air Ambulance who were on the scene very quickly.

On a lighter note we have had a varied program of events this last six months, District meetings and Inter clubs, afternoon teas, Open Garden rides on a tractor, speakers and our birthday party to name but a few.

We have also started back our knit and natter afternoons, and look forward to some social events with Rotary such as the Christmas lunch in December. We are exploring another fundraiser tea at the Sandville Care Home and as usual our members will contribute some delicious cakes.



Our monthly meetings continue with enthusiasm and we are always open to visitors, anytime any member finds themselves in sunny Porthcawl. We meet at The Hi Tide, first Tuesday of every month if anyone wishes to join us. We look forward to our District Chairman Sonia's visit and MEL'S chosen charity, Porthcawl Stroke Club's Presidents' Mary and Keith's talk in the near future.

But for now we wish everyone a Happy and peace full Christmas and A very Good New Year.



TENBY

President Team Rolling Monthly Presidents
Club Correspondent Karen Tulley
25 Members



What a lovely summer we have had, lots of lovely sunshine and Tenby has been busy, busy, busy. Most recently we had Ironman Weekend, the town was full of athletes from all over the world who came to take on "The Dragon" as it has become known. An amazing weekend when the town is transformed into an athlete's village and nobody is here for any other reason. (Well maybe a few who were unfortunate enough to book that weekend and found themselves unable to go anywhere on the Sunday because of road closures). Things have now begun to quieten down and we locals start to feel like we have our town back to ourselves a bit more.



We had our handover in June and Joyce, our final President for 2024/25, handed the chain of office to Jan who was to be the first President of the 2025/26 Inner Wheel year.

We didn't have a business meeting in July but got together to hand over a couple of cheques to local charities. Firstly £660 to Paul Sartori which is a Pembrokeshire based hospice at home charity. They offer free specialised, supportive care and advice for people in the later stages of any life-limiting illness and their families.

Secondly, we presented a cheque to Roland Grigg of Tenby Friends of the Community – this charity funds defibrillators in schools, sport grounds, homes, etc and more recently have been putting bleed packs in with the defibrillators. They also supply some medical aids to people in need.

We then spent a few hours looking through all our old scrap books and photo albums, a lovely walk down memory lane Oh how young we all looked and how well we all scrubbed up for the various functions and outings. They are now all safely stored away again until the next time we feel the urge to revisit the past.



Our first meeting of the new Inner Wheel year was in September, we have some new officers this year, including Elaine who is our new Programme Secretary and she has been working hard to put together some interesting items for us. She does have a hard act to follow in Carwen, but she has some great ideas. Our first event is a Macmillan Coffee Morning to be held on Saturday 4th October at the New Overlander in Penally. All we want is people to come and drink coffee (or tea) and eat cake, not difficult at all and we can hopefully raise some money for the charity.



We have our birthday in October and we will be 79 years old this year Big one next year! So will be celebrating with lunch at Trefloyne Manor, which is always a favourite of ours. Last year Maggie was our October President but missed the birthday lunch as she was ill, she is President again in October this year and we are keeping our fingers crossed she stays well and manages to join us this time.

We are making plans to support the Orange the World campaign and help raise awareness in our town, some of our members will attend the walk in Cardiff on 25th November.

Carwen, our past Programme Secretary continues to collect food and other items for the James Criddle Foundation Food Bank in Tenby. The foundation began in 2022 in memory of James who tragically died in motorcycle accident in Bali and his mum is one of the organisers. Like all Food Banks, they provide a lifeline for families and individuals living in poverty and struggling to feed themselves.

TYWI CARMARTHEN

President Anne O'Toole
Club Correspondent Pauline Edwards
9 Members

Sunshine, Gardens and Fellowship summarises our Club in the last few months with the visit of District President Liz Bettles in March helping to end the grim winter. It was a very small meeting in March with several members lucky enough to escape the winter for sunnier climes. At that meeting we were very happy to be able to present a cheque to Liz in aid of her chosen charity.

April saw local author Sian Collins talk about her two published books released to acclaim in recent years. We enjoyed dipping our toes into "book club world" and continue to share personal recommendations. Perhaps a new regular agenda item for future meetings?

The following month we were especially delighted to have member Pam join our monthly meeting. Pam, now lives away and returning to Carmarthen to catch up with family and friends means she has a busy schedule on her visits so it was lovely to share Inner Wheel news in person with her.



All too soon that time of year when nominations for office are needed, our small Club is more than grateful to Ann Evans for holding the Presidential reins for the last few years and now Anne O'Toole will be keeping us on our toes. Our Overseas role covered by Ruth, also for a number of years was passed to new member Gina.

July started with some members supporting Gayle who opened her garden under the National Garden Scheme. It was a lovely day and we enjoyed chatting to visitors while selling them refreshments and delicious cakes all in aid of the "Yellow Book" charities.



Members also returned to the wonderful Pentresite Garden following an invitation from Gayle and Ron to celebrate their 50th Wedding Anniversary, a memorable social event in lovely sunshine.

Continuing with the garden theme President Anne invited us to her garden in August, the weather wasn't so kind but we enjoyed her garden, wonderful food, some business and fellowship.



In September we were welcomed to the Carmarthen Stroke Club where we were able to present a cheque for their funds.

Whilst being past President Ann's chosen charity we also remember with affection and thanks our founder President Christine Rees and know that her husband Wyn values our support for this local charity.

District 15 Diary of Events

Meeting	Date	Place
District Rally	25/10/25	Aberavon Beach Hotel, Off Princess Margaret Way, Port Talbot, SA12 6QP
1st District Meeting	20/11/25	Aberavon Beach Hotel
2nd District Meeting	26/02/26	Aberavon Beach Hotel
Association Annual Conference	23/03/26 - 25/03/26	Venue Cymru, Llandudno
International Rally	16/04/2026	Parkway Hotel & Spa, Cwmbran Drive, Cwmbran, NP44 3UW

District 15 Executive Team



Working hard at the Annual Assembly at Yarnfield Park, from left to right,

Membership & Development Officer Brenda Scourfield, International Service Chairman Mary Emmment-Lewis, Member of Council Pauline Minshull, District Vice Chairman Wendy Ashton, District Editor Felicity Jenkins and District Chairman Sonia Stevens (missing from the photograph, District Secretary Maria Williams and District Treasurer Karen Tulley)

The Twelve days of Turkey

On the first day of Christmas my true love said to me I'm glad we've bought a turkey and a proper Christmas tree.

On the second day of Christmas much laughter could be heard, as we tucked into our turkey - a most delicious bird.

On the third day of Christmas we had friends in from next door. The turkey tasted just as good as on the day before.

On the fourth day of Christmas, Gran came, she's rather old. We finished up the Christmas pud and ate the turkey cold.

On the fifth day of Christmas outside the snowflakes flurried. But we were nice and warm inside - we ate the turkey curried.

On the sixth day of Christmas the turkey spirit died. The children fought and bickered and we ate the turkey fried.

On the seventh day of Christmas my true love gave a wince. When we sat down to dinner and was given turkey mince.

On the eighth day of Christmas the dog ran off for shelter. I served up turkey pancakes and a glass of Alka Seltzer.

On the ninth day of Christmas poor Dad began to cry. He said he couldn't stand the strain of eating turkey pie.

On the tenth day of Christmas the air was rather blue. And everybody grumbled at eating turkey stew.

On the eleventh day of Christmas the Christmas tree was moulting. Mince pies as hard as rock and the turkey quite revolting.

On the twelfth day of Christmas at last Dad smacked his lip. The guests had gone, the turkey too - we dined on fish and chips.

Author unknown.





International Rally

The Plough Inn, Rhosmaen, Llandeilo 2025





District AGM & Handover
Greenmeadow Golf Club
2025







Orange The World

The United Nations run a campaign for Orange The World, to stop violence against women and girls.

The campaign runs from 25th November until 10th December.

In 2025 Inner Wheel are again supporting this whole heartedly. District 15 members, dressed in orange, will be walking on 25th November from the Norwegian Church to Y Senedd in Cardiff Bay to raise awareness of the violence many women and girls are subjected to.



INNER WHEEL
UNITE IN ACTION
HER SAFETY
OUR PRIORITY