

Autumn 2024





District Executive 2024/2025



Judith de Fleury
District Chairman



Norma Shannon
Member of Council



Doreen Cairns
First Vice Chairman



Jennifer Davidson
District Secretary



Irene McCune
District Treasurer



Sue Pinkerton
Membership Officer &
Past District Chairman



Elaine Doherty
District Editor



Doreen Armstrong
International Service Officer



From the Editor's Desk

District 16 News
Editor: Elaine Doherty

Greetings to all Club Members in District 16

As the crisp air of autumn leading to the colder days of winter sets in, we are reminded of the power of change, renewal and resilience. Just like nature our Inner Wheel organisation is evolving with each season bringing new opportunities to serve, grow and connect.

As we prepare for the colder months ahead, let us take inspiration from one another, finding warmth in our shared purpose and joy in our collective impact. Autumn and winter may bring a time of reflection, but they are also seasons of action. Together we can continue to make a difference.

In this edition we meet our Club Chairman Judith De Fleury, introduce Club Presidents, report on our Club

Rally and highlight how members across our District 16 continue the good work of Inner Wheel and continue to embody the spirit of service which lies at the heart of our ethos.

A huge thank you to all Club Correspondents and all who contributed to the Autumn- Winter magazine.

I look forward to the Inner Wheel year ahead.

Carpe Diem

Yours in friendship

Elaine
District Editor



District Chairman's Greetings

Judith De Fleury, District Chairman

Greetings Ladies and welcome to the new century of Inner Wheel.

My motto for the year is: 'Smile and make new friends.'

At the convention last year, the value of a smile became so very obvious when you approached any of the delegates. It was without exception returned and followed by a conversation usually in English although it required a little help with mime as well! Throughout we got a good insight into the amazing good achieved throughout the world by Inner Wheelers, but what shone through was the fact that everything comes from working together with friends.

I am happy to report all the Clubs in District 16 are thriving regardless of the fact that many now have a small membership. Club size can make it difficult to stage big fundraising events, but whatever your Club can do adds together with District, Association and Worldwide efforts and will make a difference.

It is a great privilege to be your District Chairman this year and I thank you for the honour and

support. I hope that together with the District Executive we will continue to provide the high standards set by our predecessors. I am looking forward to visiting all the Clubs, seeing your smiling faces and making new friends.

I wish you all success in finding new members and hope you have a happy and productive year, but most of all enjoy yourselves.

In friendship

Judith

My chosen charities are:



District Chairman's Profile

Judith De Fleury, District Chairman



to join Rotary, and she became a member of Inner Wheel. She has always enjoyed the friendships and activities of Inner Wheel both at club and district levels. Judith feels very proud to be asked to become District Chairman and looks forward to her year ahead.

In friendship

Judith

Originally from Northumberland Judith qualified as a dentist at Liverpool university and then joined the army. While serving in Germany she met an RAF officer who she eventually married and many postings later they retired to Northern Ireland.

Judith has two daughters, one son and four grandchildren, and is lucky to have the girls living locally so she sees lots of the grandchildren. Her son lives in York a great place to visit regularly.

Judith's husband, Colin was invited



Past District Chair Sue Pinkerton handing over the chain of office to Judith De Fleury Chairman 2024-2025



Meet Association President Heather Sheerin, 2024-2025

Heather is delighted and very honoured to be the President of the Association of Inner Wheel Clubs in Great Britain & Ireland for 2024-2025. From District 1, she is a member of the Inner Wheel club of Inverness and is thrilled to be representing Scotland. There are twenty-eight districts across the whole of Great Britain & Ireland, with a welcoming club waiting to meet you. Each year the ladies of Inner Wheel support a charity chosen by the President and Heather's choice is Arthritis Action.



Meet International Inner Wheel President – Mamta Gupta, 2024-2025



Mamta Gupta joined Inner Wheel in 2001, and swiftly ascended to leadership roles, leaving an indelible mark at every turn.

As District Chairman in 2015-16, Mamta's visionary leadership ushered in a new era of innovation. From releasing a comprehensive history book chronicling the legacy of the existing fifty-one clubs to launching the first E-newsletter and E bulletin, her tenure was marked by significant advancements.

Her crowning achievement came as the Association President in 2019-20 when she orchestrated the ambitious initiative "Mission Mamta," envisioning an Orphan and Orphanage Free India by 2024.

Mamta oversaw the adoption of over six hundred orphans and foster caring for over twenty-four thousand children, showcasing her unwavering commitment to social change. Additionally, seventy-three new clubs were formed, and six thousand eight hundred and forty new members were inducted

Throughout her illustrious twenty three year journey with Inner Wheel, Mamta has epitomized resilience, innovation, unwavering dedication, and remarkable service and achievements.

With her belief in 'Change, Challenge and Opportunity', she rallies Inner Wheel members worldwide to unite in transforming challenges into opportunities for positive change, with her mantra of reading IMPOSSIBLE as I'M POSSIBLE.





Inner Wheel District Rally

June 2024

District Rally was held on 7th June 2024 at the Royal Court Hotel, Portrush. The weather wasn't great, but it didn't rain so guests were able to appreciate the amazing view from the Function Room. Around seventy members and guests enjoyed a Prosecco Reception on arrival before getting down to the business of the day. Sharon Flynn President of Ballymoney Inner Wheel Club welcomed everyone and gave a wonderfully knowledgeable overview of the history and geography of the hotel and surrounding area. Association President Anthea and District Chair Sue lit the Candle of Friendship. District Secretary Jennifer gave the apologies, obituaries, introduction of past District Officers and the Roll Call of Clubs.

Greetings were given by the very newly elected (three days prior) and youngest ever Mayor of Causeway Coast and Glens Councillor Ciaran McQuillan, the High Sheriff of County Antrim our very own Inner Wheel member Patricia Perry, the 2025/26 Rotary District Governor and member of Ballymoney Rotary Club Michael Fleming, The President of Ballymoney Rotary Club David Simpson and the Chairmen of Districts 23 and 1 Margaret Davidson and Annett Anderson. David wrote and recited a poem in our honour and appears in the magazine. The Vote of Thanks was given by 1st Vice Chairman Judith de Fleury, the Inner Wheel Prayer by Liz Dempsey, Secretary of Ballymoney Inner Wheel Club and Grace was said

by Past District Chairman Olive Harvey an esteemed member of Ballymoney Inner Wheel Club.

Lunch followed which apart from being delicious, gave everyone the opportunity for a good chat and a catch up. After lunch we had the honour of being addressed by Association President Anthea who expressed her pleasure at being entertained so well by District 16 and in such wonderful surroundings. She gave an overview of all the events and charities which Inner Wheel had supported both nationally and internationally. Member of Council Norma gave the vote of thanks after which we toasted Inner Wheel.

It was a wonderful warm and friendly occasion, and no-one seemed in a hurry to leave – indeed a few headed to the Bar to continue celebrating! District Chair Sue concluded by thanking Ballymoney Rotary Club for generously providing the prosecco, wine and soft drinks and to Cheryl and her staff at the Royal Court for all their help both on the day and in the planning.

Sue offered a huge thank you to her own club Ballymoney for all their support not only at the Rally but during her year as District Chairman.

District Chair Sue recited the Irish Blessing and thanked everyone who attended and who made the day so special for her, after extinguishing the Candle of Friendship she closed the meeting.



Rally Gallery





Smile and make new friends



Smile and make new friends





Introducing Club Presidents

Ceri McKervill – Joint President Inner Wheel Club Ballymena

I am pleased to share the Presidency role of Inner Wheel Club of Ballymena with Elizabeth and Patricia.

I have been a member for the last decade so I'm still a newbie, although I took office in the strange years of lockdowns. I have appreciated the friendships and routines that are the core of Inner Wheel, especially since my retirement two years ago.



Elaine Moore – President Inner Wheel Club Ballymoney

This is my second time taking on the President's role. I love the ethos of fun and friendship within Inner Wheel and we certainly experience that in Ballymoney. My family have all grown up and flown the nest, our daughter to London and son to Belfast. Since retiring I enjoy travelling, socialising with friends and family, Pilates, badminton, and a little gardening.



Ten of our club members are attending Conference in Harrogate in April 2025, where we look forward to

catching up with friends and making more Inner Wheel memories.



Jane Adam – President Inner Wheel Club Belfast

I was brought up in Thornhill, Dumfriesshire and on leaving school travelled north to Dundee to study Radiography. Prior to joining Inner Wheel in 1981 I was very involved with the 'Ladies Circle.' I have two sons and four grandchildren. Five years ago, I decided to relocate to Ireland and transferred to the Inner Wheel Club of Belfast, where I found instant friendships. My hobbies include gardening, bridge, knitting and in the past curling. I look forward to the coming year and continuing the fun, friendship and fellowship that Inner Wheel promotes.



Irene Millar – President Inner Wheel Club Belfast West

Irene has been President a number of times which she has enjoyed.

She is married to Irvine and have just celebrated their Diamond Wedding with all their family in Yorkshire.

A past teacher of flower arranging and she still attends her Flower Club.

Irene enjoys all forms of stitch and attends a class for embroidery once a week. She also runs a church craft group and enjoys the Embroidery Guild Meetings.

She is a Donegal girl and likes to spend holidays there.





Lauraine Wilson – President Inner Wheel Club Carrickfergus

I have the honour of fulfilling the role of President of Inner Wheel Club of Carrickfergus. I was president of the club a few years ago and have also served as Chairman of District 16. Recently widowed, I have two children, five grandchildren and a great grandson. My son and two grandchildren live in Australia, and I hope to visit them in the near future. My main interests are golf, gardening and reading. As our club is small, we have decided to join our near neighbour club of Larne for some events this year. We all hope this will bring fun friendship and mutual



benefits to both clubs. I hope the programme I have organised is interesting to all our members and they all enjoy the Inner Wheel year, 2024-2025.

Helen Duffy – President Inner Wheel Club Dublin

It is a huge honour for me to be elected Club President of Dublin for the fourth time. I am a “*blow in*” having been born ‘*under bare Benbulbin’s head*’ in that Land of Heart’s Desire - Sligo. It was a wonderful place to grow up.



However marriage caused me to move a lot, in Ireland, and we spent twenty years in Surrey, before getting back to Dublin and joining Inner Wheel right away. I am lucky in the fact that three of my four children live here. After my time in England I came back here knowing very few people and joining Inner Wheel was

the best thing I could have done. It fulfills all its promises, especially friendship. Dublin club members are so very very welcoming, it is a wonderful club.



Lena Wray – President Inner Wheel Club City of Derry

I have been a Member of City of Derry Inner Wheel for eight years and am pleased to undertake the role as President for this year. I serve on the Board for a homeless charity and I have chosen the Clarendon Shelter for Women who need a temporary home, as my charity for this year. I am a retired teacher having begun my career in West Belfast and finally in a rural school close to Castlederg. I am married and have three sons and four grandchildren. During my retirement I have travelled extensively.



I am a member of a Book Club, act as Chair for a Gardening Society and also enjoy music, the theatre

and have an interest in local and world history. I walk regularly with a Rambling Group and enjoy many walks in Donegal and the North Coast. I look forward to a good year with Inner Wheel.

Pamela Rainey – President Inner Wheel Club Enniskillen

I am a retired Chartered Accountant and worked in the Charity sector for over twenty years. I joined Inner Wheel when it was first formed in Enniskillen many years ago although took some time out when my children were young. I am married to Ken who is currently the President of Rotary Club Enniskillen. I have four adult children and one grandson. I enjoy all racquet sports and hill walking with my husband and family whenever possible.





Mary Carmichael – President Inner Wheel Club Larne

I have been a member of Inner Wheel for about seven years, and I was delighted to be asked to be President of the Inner Wheel Club of Larne. I was born in Larne and have lived there all my life. I am married to Alistair who is a member of Larne Rotary Club, and we have three children.



I would like my year as President to be filled with fun and friendship while helping charities and those in need in our local community.

Family time is very important to me, and I enjoy weekends together in our holiday home in Donegal. I work as a school secretary in a local primary school, and I really enjoy this job.

Angela McShane – President Inner Wheel Club Newry

I am a member of Newry Inner Wheel for over ten years, secretary for five years and serving my third year as President. As a teacher I always had a special connection with the children who had special educational needs. I find that being involved with local charities and raising funds can make a difference and is a great motivator. I am retired and enjoying lots of activities including walking in the beautiful Carlingford Lough area, and participating in a book club. I also enjoy having three healthy grandchildren under the age of four who visit frequently and who are all a bundle of energy. I believe Newry Inner Wheel has become a stronger group since Covid although we have



lost a number of members due to age related issues.



Janet Howard – President Inner Wheel Club Omagh

As I step into my role as club president of Omagh Inner Wheel Club for the third time, I am deeply honoured and excited, especially as we approach our Sapphire Anniversary. Being a founder member of this wonderful club, I have seen it grow and flourish over the years, and I look forward to another meaningful and fulfilling year ahead. In addition to my work with Inner Wheel, I remain actively involved in the Girl Guide Trefoil movement and the NSPCC. I am also connected with my fellow enthusiasts in my local flower club, as a retired florist. While community work is important, I also cherish my family and look forward to spending time with my grandchildren, a joy



that balances my busy schedule. Together with the support of our incredible members, I look forward to celebrating Omagh's Sapphire Anniversary and continuing the impactful work of Omagh Inner Wheel.

Philomena Hagan – President Inner Wheel Club Portadown

Philomena joined Inner Wheel in September 1975. She has served as President on eight occasions as well as taking up the role of District Chair (2004-2005), Extension Officer (2005-2006) and member of council for three years (2017-2020). A very well experienced Inner Wheeler! A native of Portadown, married to solicitor and Rotarian Sean, mother of five and a grandmother, Philomena a former teacher of mathematics, enjoys gardening, travel, reading and music.



She has retained her links with education through chairing the Board of Governors of her local school. She has also chaired a local charity – Craigavon Cardiac Care Association. A very busy and dedicated lady

indeed. Despite a major medical setback this year Philomena has returned as President of Portadown Inner Wheel for a ninth time, and we look forward to her guiding hand and experience.



Hilary Corcoran – Joint President Inner Wheel Club Sligo

I am originally from Ennis, County Clare, but I moved to Sligo in 1978. I taught for thirty-six very happy years in a local primary school, ‘Scoil Ursula,’ where I was Deputy Principal for the final three years. Married to Declan, we have a daughter Sarah who lives in County Wicklow and a son Eoin who lives in Dublin. We have two grandchildren.



I love the outdoors and am a daily walker. I also enjoy sea dipping in lovely Rosses Point. Since we retired, we have enjoyed travelling both in Ireland and further afield! I am a member of a Book Club, and I enjoy our book discussions at our monthly get togethers.

Sligo in 2005, I have enjoyed meeting and working with old friends and making new ones. I have served as Club Secretary, Overseas Officer and Club Correspondent. I am looking forward to a hopefully very successful and fun filled year with Joint President Brenda.

Since joining Inner Wheel Club of

Brenda Buckley – Joint President Inner Wheel Club Sligo

I was born in Cork City and my late husband Aidan came from Cobh County Cork. We married in 1966 and spent many years living in the UK before finally moving to Sligo in 1977 when Aidan was appointed plant manager in the new Abbot Ireland Plant.



I have three daughters living in Mullingar, Portlaoise and Sligo. They all run their own businesses. I have two grandsons, Tim and Mic and I am so proud of them both. I enjoy gardening, cooking and am an avid reader.

I was president of Inner Wheel Club of Sligo in 2009-10 when Hilary Corcoran was Secretary, and I am looking forward to having a great year together as Joint Presidents.



Jo O’Brien Sherry – President Inner Wheel Club Monaghan

This is my fourth time taking on the presidency of our wonderful but now small club,



I am originally from Birr in Co Offaly home of the beautiful Birr Castle and famous telescope and gardens. I worked in Dublin for many years and came to Monaghan in 1990 for a month in Revenue and Customs service where I met my late husband Rotarian Tom, I have two stepsons Bernard and Tony who is married to Kathy, they have two sons Ruben and Charlie my pride and joy. I travel

a lot and love watching golf and rugby. I am looking forward to a fun filled year.

News from District 16 Clubs

Enniskillen Inner Wheel Club

In September we convened to plan our programme for the year. In October we had a most interesting talk by RNIB on the birdlife around the marshes in Enniskillen and Fermanagh. In November we took part in a crafts evening, led by

Laverne Millar, where we made a paper chorister from old books and Christmas bauble hairbands. In December we visited the Tyrone Crystal Factory Museum in Dungannon, and enjoyed a delicious lunch afterwards in the Linen Green Shopping Outlet.



Enniskillen members visiting Tyrone Crystal Factory Museum





Omagh Inner Wheel Club

Mrs Pauline Kelly a former primary school principal is continuing to dedicate her time to helping young people by volunteering with the charity Childline.

She explained the valuable work of the organisation as the guest speaker at the first meeting of the new season of Omagh Inner Wheel Club.

The guest speaker explained that Childline is a free confidential service which was set up in 1986 and offers support to children and young people up to the age of 19 and is run by NSPCC since 2006. She described the level of confidentiality in Childline is the highest in any agency in the UK.

At a subsequent meeting members enjoyed another inspiring talk – this time by the founders of the Tara Centre in the town, Maura Twohig and Mary

Daley, outlined the history and work of the centre since its opening in 1996. Tara Centre offers therapeutic services including counselling/psychotherapy and art therapy as well as various complementary therapy treatments.

President Janet Howard and members of the Inner Wheel Club of Omagh observed World Peace Day on September 21st placing flowers in the Omagh Memorial Garden at Drumragh Avenue.

Our club president also worked with Fermanagh and Omagh Council to arrange the lighting of the Strule Arts Centre, Omagh, in Inner Wheel blue to recognise World Peace Day and commemorate the 100th anniversary of Inner Wheel and the upcoming 45th anniversary of Inner Wheel in Omagh.

The club members are looking forward to learning about the vital efforts of SLATE NI Shelter in addressing



Childline volunteer, Pauline Kelly, right pictured with Omagh Inner Wheel Club President, Janet Howard, Omagh Club.



youth homelessness in and around Omagh and then relaxing and enjoying friendship at the annual Christmas Dinner during the festive season.

Karen Atchison
Club Correspondent



Pictured from left are Barbara Eakin, President Janet Howard, Katharine Wilson and Mavis Jardine, (treasurer) placing flowers in the Omagh Memorial Garden on World Peace Day.



President Janet, Omagh club presenting a cheque of £500 to “Slate” a local charity helping young homeless adults ages 18 to 25 years. The money raised was the result of treasurer Mavis Jardine fireside quiz.



Carrickfergus Inner Wheel Club

Inner Wheel Club of Carrickfergus started off the year with a meeting at Secretary Jennifer's house, followed by a lovely supper. Our programme for the year is shaping up well with speakers Jackie Stewart, Deputy Lieutenant for the County of Antrim and a representative from food company Direct Mash. Other plans for the year include a visit to Air Ambulance, theatre visit to the Opera House to see Calamity Jane, quiz night, afternoon tea at Europa Hotel and joint evenings with Inner Wheel Club of Larne.

Some of our members attended the Mary's Meals documentary Zero Hunger at the Agape Centre Belfast in September which explores the under-reported hunger crisis in Ethiopia.

We wish Judith from our club an enjoyable year as District Chairman.

Several members look forward to attending the Conference in Harrogate later in the year and we all look forward to another year of fun and friendship in Inner Wheel.

Jeanette Sproule,
Club Correspondent



Carrickfergus Club members attended the Mary's Meals documentary Zero Hunger at the Agape Centre Belfast in September (L-R) Lauraine Wilson, Club President, Jennifer Davidson, District Secretary, Caoimhe McCann, (Mary's Meals), Judith De Fleury, District Chairman and Jeanette Sproule, Club Correspondent



Dublin Inner Wheel Club

Dublin Club got off to a good start by welcoming an international member visiting from the Inner Wheel Club of Chandra Fort in India, who arrived with her daughter Aditi. Our speaker that night was Sinead Duffy who spoke to us about fragrance and the amazing effects scent has on our bodies from the earliest times. It was an eye opener for all of us.

In October we had a visit from our new District Chairman Judith who outlined her plans for the year and about the lasting value of Inner Wheel both on a personal basis, on community and at International level. She also had the pleasure of

inducting a new member to our club.

Looking forward to our November meeting, our speaker will tell us all about the stories behind the John Hinde postcards.

Apart from that our charity work continues and our International Officer Joan will be bringing lots of parcels for Goshen to the District meeting.

We were very sad at the death of long term member Valerie Osborne who was a very active member and held various positions in the club and also was District Treasurer.

Helen Duffy
Club Correspondent



DC Judith, President Helen and New Member to our Dublin club, Doreen Hatch.



President Niamh Wallace and Helen Duffy presenting a cheque to the Blackrock Hospice from the Inner Wheel Club of Dublin.



Two Inner Wheel Grandmas from opposite ends of the world. Niamh Wallace President IWC Dublin and PDC District 16 GB&I with her guest Carol Haskett IIW Board Member and National Board Member New Zealand. They share grandsons Arlo and Elliot Haskett who live in Sydney.

Belfast West Inner Wheel Club

In September three members of Belfast West attended the Assembly in the Europa Hotel, where it was announced that the District Chairman's charity was Age NI.

The first club meeting was held on 16th September in Linda Brown's home. Much of the programme for the year was finalised. Inner Wheel business, Club, District and Association, was attended to. Copies of the quiz from the District

Chairman, sales of which will support her charity, were distributed.

In October the meeting, in President Irene's home, confirmed that the members would have lunch in the Crawfordsburn's Inn with the business conducted afterwards.

The date and venue for the District Chairman's visit was also confirmed.

There was no Club meeting in November.

Maeve Gray, Club Correspondent

Belfast Inner Wheel Club

We started off the year in September with a social get together. In October we hosted a speaker from Women's Aid, Club President's Jane's chosen charity. Club members donated pyjamas and toiletries at Christmas. In November we had a floral art demonstration by Loretta Coleman.

We finished the year 2024 in December with a Christmas Dinner which was attended by twenty-eight members and guests.

Sheelagh Brown,
Club Correspondent



Belfast Inner Wheel, Club President Jane Adams pictured with Caoimhe McCann, Mary's Meals.



Members of Belfast Inner wheel attending West Belfast Rotary Breakfast in aid of our late Club Secretary, Beryl's Alzheimer's charity at Stormont Hotel Belfast.



Belfast Club donations to Mary's Meals collected for distribution by Aiden.

Aiden's Charitable work

Aiden collects baby related items such as vests, babygro's, matinee jackets, jumpers, hats, cot sheets, towels, in fact anything baby related; plus, bedding, curtains, towels (can be used but in good condition) also pots pans etc. He has contacts in Eastern Europe, Africa and refugee camps and manages to get items transported there. He also works with the Baby Units in the hospitals locally and with Women's Aid. He is just a marvel and an inspiration to us all as far as charity work goes.

Doreen Armstrong- International,
Overseas Officer



David Simpson's Poem

[President of Ballymoney Rotary Club]

*Although surrounded by women I have no fear
In fact, I am delighted to be here
My warmest greetings to Chairman Sue
And every single one of you*

*Women in action, working non-stop
Working together, the cream of the crop
Making a difference, improving lives
That is how Inner Wheel thrives*

*Making friendships, friendships that last
As important today as in the past
As your hundredth birthday you celebrate
We in Ballymoney Rotary think you're great*



Executive Committee pictured with Association president Anthea at District Rally 2024



Larne Inner Wheel Club

The Larne club welcomed some visitors to our monthly meeting. Among our guests we had four of the charities we were able to support after our AGM in June. We heard from Mandy and Gillian from the Home Start East Antrim Baby Bank, Louise from the The Prom Friendship Group, Norma from The Oxygen Therapy Centre and Lewis, Grahame and Andrene from Big C Foundation NI. We were inspired by our charity partners who gave us an insight into

their work. The star of the show was eight year old Lewis Rennie from the Big C Foundation NI who recently climbed Ben Nevis! If you know anyone who would be interested in learning more about our club or becoming a member please send us a PM and someone will be in touch.



DC Judith welcomed to the Larne club, where we shared a lovely meal together before our meeting.



Smile and make new friends



Inner Wheel Club Larne, pictured with our charity partners.

Newry Inner Wheel Club

Newry Inner Wheel met on the first Wednesday of September with a small attendance, due to ill health and holidays. We decided to try a luncheon in winter months, November to March and hopefully more will attend. Business meeting in October, speakers for November and Christmas party in a local restaurant for December. We hopefully encouraged a new member to attend a few meetings.

Maire Murray,
Club Correspondent



Sec Máire Murray presenting cheque from Newry Inner Wheel to Women's Aid Newry

Ballymoney Inner Wheel Club

Ballymoney Inner Wheel have had a wide and varied programme under the leadership of President Elaine Moore. We commenced our year with a talk from a Volunteer from The Samaritans, who outlined the mental ill health issues of stress, anxiety and loneliness and the value of having someone listening in a non-judgemental way as individuals verbalise their problems. District Chairman Judith de Fleury paid a

visit in October and members had an enjoyable evening in November decorating plates which our host Zara then fired in her kiln. An informal coffee morning was enjoyed by all prior to the run up to Christmas. Friendship and Fellowship are very much alive in Ballymoney Inner Wheel, and we are anticipating another entertaining and successful year.

Rosemary Dunlop,
Club Correspondent



Ballymoney Club Past President Sharon handed over the chain of office to our incoming President Elaine at our first meeting. Good luck Elaine!



Ballymoney President Elaine Moore and Sue Pinkerton Past District Chair.



Members of Ballymoney Inner Wheel Club.



Sligo Inner Wheel Club

On a beautiful sunny September evening Joint Presidents Brenda Buckley and Hilary Corcoran held a friendship meeting and welcomed members to a new Inner wheel Year. Later in the month members took part in The Alzheimer's Society Memory Walk in memory of Brenda's late husband Aidan and raised funds for the local Alzheimer's Daycare Centre.

Dr Diane O'Doherty from the Dementia Research Team attended our October Meeting and gave us a very informative and enjoyable presentation.

We have invited a lady from The Ukraine who is currently living in



Dr Diane O' Doherty from Dementia Advisory Team with Presidents Brenda Buckley and Hilary Corcoran.

Sligo to give a talk entitled "My life in your town" at our November meeting. November also seen the return of our annual Centra Food Appeal in aid of Sligo Social Services which is run over two days.

Our Christmas Party took place on December 5th in Fish and Bean Restaurant in Rosses Point. This was a very enjoyable night which promises to be a great start to the festive season.

Hilary Corcoran,
Club Correspondent



Sligo Club Presidents Brenda and Hilary at Memory Walk.



Members of Sligo Club who took part in Memory Walk.



Sisters! Hilary and Mary, Sligo Club

Monaghan Inner Wheel Club

Monaghan Club monthly meetings were held in the Hillgrove Hotel in October and December. In November we were delighted to welcome the district meeting to Monaghan we enjoyed a very informative talk on fashion and had a lovely lunch and catch up with fellow members.

In December we assisted Rotary with their fundraising memory tree. We also experienced deep sadness as our esteemed member Muriel Treacy lost her beloved husband Chris (RIP), after a short illness.

Alice Mullan,
Club Correspondent



Members of Monaghan Inner Wheel at Hillgrove Hotel.





Ballymena Inner Wheel Club

We have fifteen members and one possible new member. In September six members attended a Rotary Canapés Supper to celebrate eighty years of Rotary in Ballymena with the unveiling of an Honours Board of former Presidents. Our member Patricia Perry spoke in her role as High Sheriff of County Antrim.

In October we enjoyed the company of Judith our District Chairman and treated ourselves to a meal in Toast,

Cullybackey across the road from where we meet. In November we held a soup lunch to raise funds for International Charities. December was a Pudding Party, (no we are not always thinking about food!) and secret Santa gifts.

Year 2024 will conclude with a trip to Braid Chamber Orchestra Christmas Concert.

Elizabeth Davis
Club Correspondent



District Chairman
Judith De Fleury visited
Ballymena Club.



City of Derry Inner Wheel Club

President Lena opened our first meeting in September 2024 by welcoming everyone, particularly our new member Caroline Murphy. Lena advised us that our friend and fellow member Myrtle Buchanan was recovering from hip surgery and forwarded our best wishes for a speedy recovery. In Myrtle's absence Maureen Dunseath read Myrtle's touching and insightful tribute to our late long- standing member and friend Sally O'Kane whose death was announced in August.

Our speaker Dr Diane gave a very informative talk on women taking care of their health especially older women and stressed the need to keep exercising, socialising and a healthy diet. Although a retired lady herself she gave a very nimble demonstration of several steps (literally) to improve and maintain good balance.

At our October meeting President Lena welcomed everyone and informed us that she would be providing jars of honey for sale. Lena explained Foyle Honey is pure, locally produced and supplied by her husband. Proceeds to club charities.

Our speaker was Ann Barr, the manager of Clarendon Shelter which provides

temporary accommodation, safety and support for women (some accompanied by their small children) who have been referred by social services and self-referred. Ann stated that all her staff treat those who pass through the Shelter with great empathy and compassion. Clarendon Shelter encourages the women to have a purpose in life, to be useful and contribute to society again and there are many good news stories as a result of their great work.

At our November Meeting we heard from Jack Porter from The Loughs Agency which does valuable work in environmental protection including managing, promoting and developing the fisheries and marine resources of the Foyle and Carlingford catchment areas,

In December our Christmas Party again was held at Club Member Jill Huey's Home.

Dorothy Foster
Club Correspondent



City of Derry Book Club
Christmas Lunch at City Hotel.



Portadown Inner Wheel Club

Portadown Inner Wheel Club resumed on Monday 9th September and welcomed two new members Grainne Wilson and Doreen Cairns whose club in Lurgan unfortunately has disbanded. This raised our membership to sixteen. At this meeting we drew up our agenda for the year. It was agreed that we would support the local foodbank throughout the year and possibly get a speaker from this group to give the club a talk on its work. Our October meeting took place in the Wellness centre in Portadown where its founder Alan McDowell outlined events in his life which had led him to set up this group to help those with anxiety, mental health issues and loneliness. Impressed with the aims of this group we agreed to use this as a venue for our meetings when possible and help to contribute financially to this

worthy cause. In November we met to organise our baby bundles which will be forwarded to the district International officer.

As usual we continue to meet each month for our coffee mornings and support the events of the local Rotary Club.

Madeleine Powell
Club Correspondent



Olive and Madeleine join Rotary at their Conference Gala Ball



Portadown ladies enjoying a coffee morning



AIMS OF
INNER WHEEL
TO PROMOTE TRUE FRIENDSHIP
TO ENCOURAGE THE IDEAL OF PERSONAL SERVICE
TO FOSTER INTERNATIONAL UNDERSTANDING

DIARY DATES 2024-2025

Saturday 7th September 2024
District Assembly – Europa Hotel, Belfast

Wednesday 13th November 2024
District Meeting (1) – Hillgrove Hotel, Monaghan

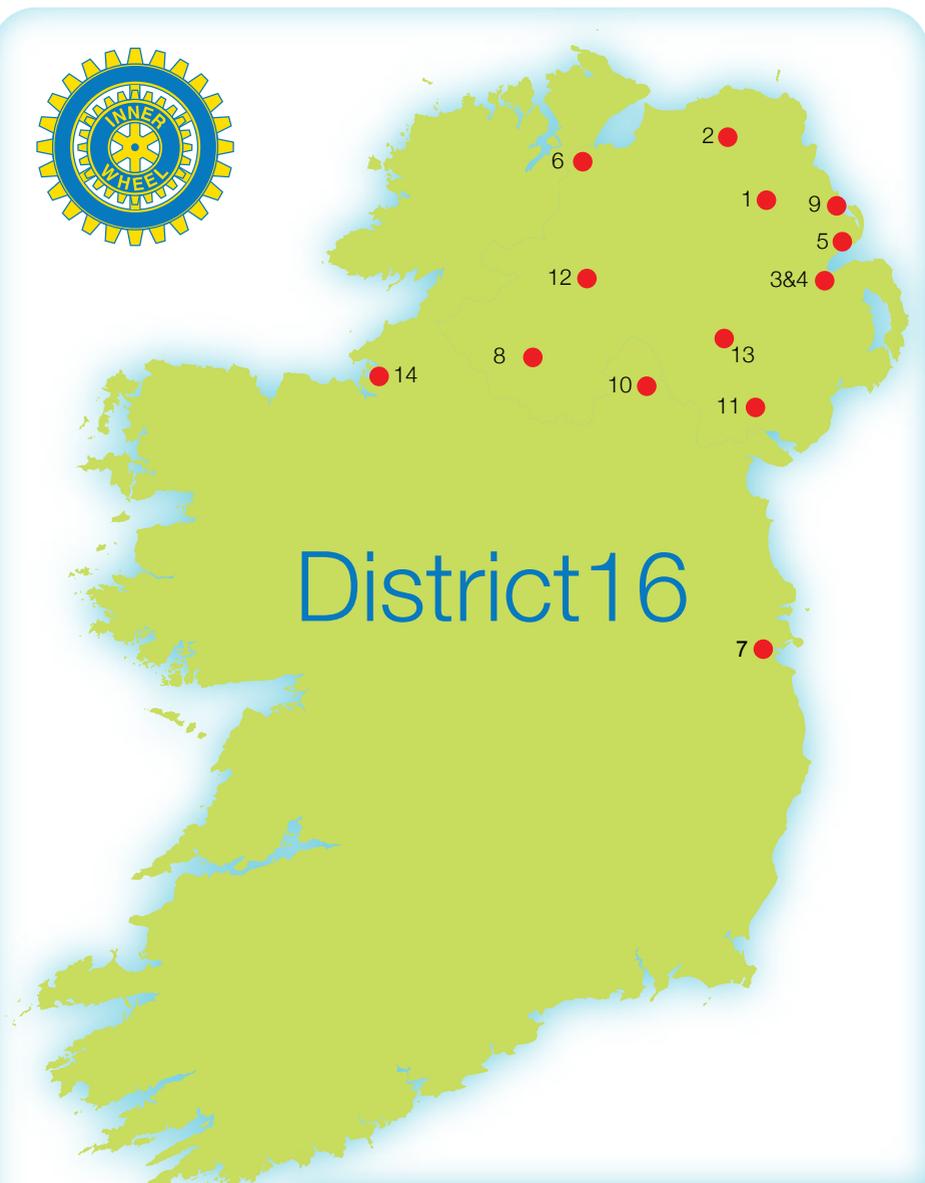
Thursday 6th March 2025
District Meeting (2) – Craigavon Civic Centre

31st March – 2nd April 2025
GB & I Conference, Harrogate

Thursday 5th June 2025
Pre-Rally for District Chairman's Guest, Executive and her Club

Friday 6th June 2025
District Rally - Grand Central Hotel Belfast

Thursday 19th June 2025
District Meeting (3) & AGM - Ballymascanlon Hotel, Dundalk



District 16

- | | | |
|------------------|-----------------|---------------|
| 1. Ballymena | 6.City of Derry | 11. Newry |
| 2. Ballymoney | 7.Dublin | 12. Omagh |
| 3. Belfast | 8.Enniskillen | 13. Portadown |
| 4. Belfast West | 9.Larne | 14. Sligo |
| 5. Carrickfergus | 10. Monaghan | |

*Thank you to everyone who has contributed to the District 16
Autumn Publication*