

INNER WHEEL CLUB OF BARNSTAPLE NEWSLETTER AUGUST 2026

Greetings once again! I hope you have all survived the heat and it does at last seem we're about to get some rain – we're going on holiday to Scotland soon and it will probably rain the entire time! Meanwhile the news about all the wild fires is pretty grim and I really feel for the people whose houses have been destroyed – I've never heard of this happening in this country before.

Sadly, for those who have not heard, Judith Domleo, one of our longest-term members died on 14th August from a stroke, and a card is being sent to her daughter Laura on behalf of the club.

Club Events

President Julie's Tea

No club meeting this month but in line with tradition new President Julie hosted an afternoon tea party on August 11th, which because of numbers was held at Grosvenor Church which also had the advantage of plenty of parking.

This was a lovely sociable occasion with time to catch up with each other and it was a great pleasure to see Pat Malek who attended as a guest.

There was a splendid spread of food and Pam and Jill did sterling work as tea ladies! We also had the customary raffle and the overall takings for the afternoon amounted to a creditable £296 which will go towards Julie's chosen charities.





Finally, Julie took the opportunity to remind us of the annual Charity Gala Night that she organises which is being held at the Barnstaple Hotel on Saturday 12th September from 6.30pm.

As well as the dinner there is a live band, silent auction and raffle.

I can't go this year but a table of us went last year when the theme was 'Casino Royale' and it was a great evening. Tickets can be obtained from Barnstaple Town Council, and are £45 each or £400 for a table of ten.

Future Club Events

Club Meeting

Our next Club meeting is on Tuesday September 1st, 11.45 for 12,15 and Dr Caroline Archer is going to speak to us as the planned speaker is unable to come. He will come to the October meeting instead and will be from 'Root Cause CIC', one of President Julie's charities for the year.

This is a North Devon project to support Veterans, serving military personnel and their families, with the aim of supporting individuals early before challenges and problems build up to crisis point.

Club Quiz

It had been intended to have our annual quiz in September but the venue is not available on the dates President Julie can come, so instead the Committee is going to ask each member to think about undertaking a challenge of their choosing for a month and sponsor themselves for a small amount each day. There will be more ideas, suggestions, details and explanations at our club meeting. Meanwhile, have a think about this – it does not need to be very difficult but something you can do every day for a month. Hopefully we'll be able to have a quiz later in the year.

District Rally

Looking a bit further ahead this year's District Rally, when we will have a visit from National President Pat Russell, will be on Wednesday 14th October, with the Pre-Rally the day before. The District Rally is at the Palace Hotel, Esplanade Road, Paignton TQ4 6BJ, 12 for 12.30, and the Pre-Rally at the Boat House, Preston, Paignton TQ3 2NJ, 6 for 6.30. You should be able to book for this at the club meeting, and don't forget, car shares are always available.

Autumn District Meeting

To be held at the Waie Inn on Tuesday 27th October, with a cost of £19.50 for a two course lunch.



Other Club Activities

International Service

We shall soon be collecting items for shoeboxes to send via CR2EE to Eastern Europe so start thinking about saving toys, school supplies, toiletries, etc. Sue Thomas will collect and store your donations.

Community Service – We continue to collect for the Freedom centre at our monthly meetings, tend the Inner Wheel garden, and participate in the reading scheme at Pilton Bluecoat School.

The garden is looking particularly good at the moment, especially the roses so I've included a picture again. Sue Thomas continues collecting used stamps for the North Devon Hospice

Zoom keep-fit sessions – Pat Bunch has had a break during the summer, but I think intends to start her sessions again in September at 11am on Monday mornings for half an hour and if anyone else would like to join in please contact Pat for details.



August Traditions

There are many – here are just a few.

Lammas day is on 1st August and celebrates the first grain harvest. Meaning 'loaf-mass' loaves made from the first grain were laid as offerings on church altars. Dating from Celtic times corn dollies were made from the straw of the first harvest, kept during winter and then buried when seeds were sown the following spring.

Rush Bearing takes place in Grasmere, Cumbria on the Saturday nearest 5th August and dates from the days when rushes were used as floor coverings. At the time the rushes are harvested, sculptures were made of them and paraded.

Marhamchurch Revel is on the first Monday after August 12th and celebrates the good works of St Morwenna who founded a monastery at the

site of the present church. A Queen of the Revel is crowned there and paraded around the village.

Some Jokes and Quotes

'If you want to change the world, start off by making your bed' – *William H McCraven*

'Everything has been said before but since no one was listening, everything must be said again' – *André Gide*

'After one look at this planet would say 'I want to see the manager'' ;– *William S Burr*

The nice picture opposite which was sent to me by Sue Smith is of Lorraine Rogers on her 80th birthday with the flowers and card sent to her by the club.



This is another poem from
Pam Harman:

Mr Blackbird

He sits there on my Balcony
Singing a merry tune,
Telling me to rise and shine;
The sun will be up soon.

Resplendent in his shiny black
With beak a perfect yellow,
To me he really is a very
Handsome little fellow.

He tips his head, he watches
me.
'Come on', he seems to say.
'It's time for you to get up now
And start a brand new day'.

I don't mind alarm clocks,
You may this think this absurd,
But I prefer my wake-up call
To come from my blackbird.



British simplicity at its finest



From 'A Grandparent's Little Instruction Book':

You're old enough to be a grandma if:
Young people say 'I hope I'm like you when I'm your age'.
People with crutches offer you a seat on the bus.
No one looks surprised when you show your pensioner's discount card.
The fitness instructor looks at you when she tells everyone to take a rest.

You're old enough to be a grandpa if:
You ask a pretty barmaid where she's been all your life and she says for most of it she wasn't born.
You get stopped by a policeman and you find he was your son's best friend in primary school.
Complete strangers call you 'Pops'.
You actually find literature on pension plans and inheritance tax interesting.

Two more quotations to finish with:

'Sooner or later we discover that the important moments in life are not the advertised ones, not the birthdays, the graduations, not the great goals achieved. The real milestones are less prepossessing. They come to the door of memory unannounced, stray dogs that amble in, sniff around for a bit, and simply never leave. Our lives are measured by these.' – Susan Brownwell Anthony

'I want to go and go, and then drop dead in the middle of something I'm loving to do. And if that doesn't happen, if I wind up in a wheelchair, at least I'll have my high heels on.' – Dolly Parton

That's all for this month
With very best wishes to you all, and I look forward to seeing you soon.
Bridget