

INNER WHEEL CLUB OF BARNSTAPLE NEWSLETTER SEPTEMBER 2026

Hello everyone – I hope you are all ready to get going with the next IW year, now the heatwaves seem to be over and I'm glad to say I feel a bit more energetic! Also, I now need to get out in the garden a bit more as things have started shooting up, including the weeds!

Club Events

Club Meeting

This was on the 1st September at the Barnstaple Hotel and at the time I was away enjoying the far north of Scotland visiting John O'Groats but I've had various reports from those who were there. Vice President Pam presided as Julie was unable to attend due to her daughter's illness, but I understand that thankfully she is now improving, but has a long way to go.

We were very happy to welcome Sue McEldon who was inducted into the club by Pam and introduced by Gay.

During club business the future of the association was discussed. Although our club is thriving the number of members has declined considerably throughout the UK and quite a few clubs have closed, meaning that the income for running the association has significantly declined so it is proposed to divide the country into 8 Zones, each with a group of Districts and just one Member of Council which will save a lot on expenses. However, no decisions have been made yet and much more discussion is needed.

The quiz has been postponed for various reasons, and will hopefully take place sometime in the new year. In the meantime, however, members were asked to set themselves a challenge for 30 days in September/October to do one thing extra a day and sponsor themselves (or ask someone else to do so) to collect a small amount, for example 50p each time. Sue T is going on her exercise bike for 10 minutes a day but there are many other possibilities and I shall be interested to hear what everyone has done!

After lunch an interesting talk was given by Caroline Archer, a retired GP, entitled 'Fats, Myths and Facts' about the role of fats and lipids in our diet and easy things we can do to improve our nutrition such as eating just a few nuts a day.

June T gave the vote of thanks and especially thanked Caroline for standing in at very short notice, when the planned speaker from 'Root Cause' was unable to come.

Charity Gala Dinner

The annual Gala Dinner on September 12th arranged by Julie had a Hollywood theme, and like last year IW Club members made up a table. This was another event I was unable to attend, but I've had some good pictures from Liz and Sue S, and Liz told me she and her friends were some of the few who made it on to the dance floor!





Future Club Events

Club Meeting

Our next Club meeting is on Tuesday October 6th and I anticipate our speaker will this time 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.



District Rally

This year's District Rally, when we have our annual visit from the National President who this year is Pat Russell, will be on Wednesday 14th October. The venue is the Palace Hotel, Esplanade Road, Paignton TQ4 6BJ, 12 for 12.30. There are only four of us going this time, and I'm not sure if you can still book, but it's always a good event if you can go. I understand that the Pre-Rally has been cancelled, however.

Autumn District Meeting

This is being held at the Waie Inn on Tuesday 27th October, at 11am. I do encourage you to come especially if you are not going to the Rally, as it is an opportunity to meet up with members of the other clubs in the District, and we are encouraged to wear something for Halloween if we wish. The buffet lunch is £19.50, and car shares will be available. Please book at the club meeting if you have not already done so.

November Club Meeting

Advance notice that our District Chairman, Deidre Stewart from Torquay is coming and speaking to us at this meeting which is on Tuesday 3rd November at the Barnstaple Hotel.

Other Club Activities

International Service – Heike and Sue T are organising collections for CR2EE this year and are asking for shoe boxes, preferably already covered with gift wrap, handbags to fill with toiletries and personal items for ladies. Good quality clothes, sheets, pillow cases, duvet covers, etc., are also needed and particularly mens socks and candles.

Please bring donations to Sue T's home or to the club meeting on 6th October and she will also collect from your homes if you have a large amount to donate.

Sue also plans to have a session packing the boxes on the morning of Tuesday 13th October.

Below is the list of items for shoe boxes that Sue sent out recently:

SHOE BOX ITEMS FOR CR2EE

IMPORTANT all items must be new to certify the boxes, otherwise the load is rejected & turned away at the CUSTOMS. So please, nothing 'USED'. 'USED' toys, clothing etc., can be parceled separately and sent - BUT NOT IN THE SHOEBOXES.

IDEAS / SUGGESTIONS for SHOE BOX ITEMS

TOOTHBRUSH & TOOTH PASTE

SOAP BAR & FLANNELS

PKTS TISSUES / small BRUSH & COMB

WOOLLY HAT / GLOVES / MITTENS / SCARVES

SOCKS / UNDERWEAR / NIGHTWEAR

DOLL

TOY CAR

CUDDLY TOY

TENNIS BALL

SKIPPING ROPE

NEW LEGO / BRICKS

TAPESTRY / EMBROIDERY / CRAFT KITS

PENS / PENCILS / CRAYONS COLOURING BOOKS /

NOTE & EXERCISE BOOKS /PLAIN PAPER

ACTIVITY BOOKS & STICKER BOOKS

ERAZERS / PENCIL SHARPENERS

PENCIL CASE

PACKETS of SWEETS & CHOCOLATES are allowed as confirmed 10 /09/24

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.

Sue Thomas continues collecting used stamps for the North Devon Hospice

Zoom keep-fit sessions – Pat Bunch continues her sessions at 11am on Monday mornings for half an hour, but is having a holiday break soon. As before if anyone else would like to join in please contact Pat for details.

Other events

A few of us went to the Rotary Fair lunch on 17th September at the Park Hotel which was a much smaller event than originally planned because not many had booked to come. The event was still attended by the Mayor and

Rotarian Lawrence 'Nipper' Appleton from the fair who gave a talk about the fair in past years and presented two large cuddly toys! I'm afraid the impression was the event had been completely cancelled because I think otherwise a few more people might have come.

Link Quiz

The upcoming Rotary Link Quiz is on Friday 23rd October 7 for 7.30 at the Barnstaple Social Club, cost £5 per head, tables of 4 (but up to 6 accepted) and bring your own nibbles. Please contact Grahame Davidson on 07483 357991 if interested. Proceeds go towards local charities.





September Traditions

There are quite a few I could choose – here are some examples.

Michaelmas day is on 29th September and celebrates the Archangel St Michael who with his band of angels fought the dragon, representing the fight between good and evil. His feast day was designated by Pope Gelasius in 487AD and subsequently a number of apparitions of him were reported, notably at Mont St Michel in France and St Michael's Mount in Cornwall in the 8th Century. He is the patron saint of knights and grocers (and also many churches including my own at Marwood).

Barnstaple Fair I can't really talk about September traditions without

mentioning our fair! It is one of England's oldest fairs starting as a trading fair round about 930AD, and formalised by a charter in 1556. In the past both the time of year and the length of it varied but it is now established as a four day event starting on the third Wednesday of September with the Proclamation Ceremony at the Guildhall including displaying the white hand of friendship and peace from an upper window and followed by the Mayor's parade through the town.

Clipping the Church In Painswick, Gloucestershire in a charming little ceremony, on the Sunday nearest the 19th the villagers 'clip' or hug the church by joining hands in a circle around it and singing a special clipping hymn, as a sign of love for the building.

Dolly Parton – she was very witty so after using one of her jokes last month and just afterwards hearing she had died, in her memory here are a few more –

'I'm not offended by all the dumb blonde jokes because I know I'm not dumb – and I know that I'm not blonde'.

'It costs a lot of money to look this cheap'.

'I was the first woman to burn her bra and it took the fire department four days to put it out'

'I tried every diet in the book. I tried some that weren't in the book. I tried eating the book. It tasted better than most of the diets'.

'By the time they think I don't know what's goin' on, I then got the money – and am gone'.

Finally, despite her success and fortune I think this statement about her early life sums her up:

'We didn't have any money, but we were rich in things that money don't buy, like love and kindness'.

'You are old, Father William,' the young man said,
'And your hair has become very white;
And yet you stand incessantly on your head –
Do you think, at your age, it is right?'

'In my youth,' Father William replied to his son,
'I feared it might injure my brain;
But, now that I'm perfectly sure I have none,
Why, I do it again and again.' – Lewis Carroll

Scientifically there is no definite evidence about headstands but ageing bones and muscles could make it dangerous to try!

That's all from me this month – Best wishes from Bridget



Below – Brian and I on 1st September

