



ASSOCIATION OF INNER WHEEL CLUBS IN GREAT BRITAIN & IRELAND

issue  
**31**

# spring2010



**“HELP bring HOPE”**

Personal copy for

# FROM THE NEWS DESK

**Our heartfelt sympathy goes out to all those who are still suffering from flooding or from the loss of family members who served in Afghanistan.**

Sometimes the reality of life seems overwhelming and remaining focussed on the positive, good things and staying cheerful, often seems too difficult to countenance.

As I write, the sun is shining bravely and although it is cold, the day shares its hope and brightness.

How encouraging it is to bring hope to those in distress! A smile, a kind word, a helping hand can lift the spirit and give new courage to face the future.

The friendship shared by Inner Wheel members is wonderfully comforting and provides invaluable help. Equally wonderful is how that comfort and practical help reaches out across the miles bringing care and hope to those in need.

Let us make 2010 a positive year for all and 'Help Bring Hope'.

Happy New Year ladies!

Rae

Rae – [raeogden@hotmail.com](mailto:raeogden@hotmail.com)



## Obituary

### Barbara Bennett – 1922-2009

Association President 1985/86 –  
IIW President 1994-95

Barbara Bennett was dedicated to Inner Wheel; her membership began when she joined the Belper Club District 7, later becoming part of District 22. In 1974/75 she was our District 22 Chairman.

Over the years Barbara was a diligent and astute Treasurer for her Club, District, Association and International Inner Wheel committees, positions she very much enjoyed.

As Association President she instigated the formation of the District 22 Choir of which she remained extremely proud and the choir members hold her memory very dear to this day. She regularly attended District 22 Rallies.

Barbara's Association Conference in Blackpool, which I attended in 1986 proved to be a most inspiring and truly magnificent occasion.

Some 20 years ago Barbara moved to Southport to be near her daughter Elizabeth. Here she joined the Crosby Club (District 18) and latterly she was a member of the Liverpool Club.

Outside Inner Wheel Barbara was a member of NADFAS, a Guide for the National Trust and a keen supporter of her local amateur dramatic group. She was a dedicated member of her local church, St. James's of Birkdale. It was at this church three of us from District 22 attended her funeral.

Barbara was held in great affection and with the highest respect by all who knew her. She felt it an honour and privilege to have been the International President of our worldwide organisation. We in District 22 feel it was an honour and privilege to have known her.

Yvonne Neville, MoC D22.

Check it out!  
Log on to the  
Association Website



[www.associationofinnerwheelclubs.co.uk](http://www.associationofinnerwheelclubs.co.uk)

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# Just a Thought

Supposing, just supposing that one petal of a rose,  
Said, "Nobody will miss me; I could fall off if I chose,  
I really need not bother to flush my petal edge,  
Or fill my heart with perfume, or keep my beauty pledge,  
And smooth my satin garment that the dew this morning kissed.  
There are many other petals that just one would not be missed."  
Then other petals of that rose would murmur with a sigh,  
"That petal did not bother, then why indeed should I?"  
While another and another would follow suit you see,  
And what a dreadful withered thing our lovely rose would be.  
So it's working all together in the harmony of soul,  
Every unit gives its best to make a perfect whole.

Author: Kathleen Partridge

*(Taken from the Daily Sketch newspaper 23.10.37.  
Mrs Golding sent this poem as a Christmas message to all Clubs.  
Each member lost does matter and it does make a difference).*

Pat Leigh, Woking D14.

## Sausage Links



After a sociable meal President Betty introduced our Speaker – Rotarian Roger Papworth, Master Butcher, who has won top awards for his Lincolnshire Chine and Lincolnshire sausages.

Roger had set up a butcher's block with his tools of trade and fresh meat. After introducing us to Chine, which can be made from neck, middle or lower spine area of pork and stuffed with parsley, we sampled the tasty cooked product.

We were encouraged to use shoulder of lamb instead of the leg for dinner parties and Roger demonstrated his skill at making a very artistic 'Cushion of Lamb' which can easily be cut in wedge portions.

Turkey was demonstrated next and instead of using the whole turkey, we watched Roger deftly produce a Butterfly (with bones removed) stuffed and made oven ready and a Crown with bones.

What followed next was one of the most hilarious demonstrations ever. Roger showed us how his sausages (with his secret recipe) were made with an older hand powered sausage making machine!! Volunteers from the Club were asked to come forward and have a go.

What brave people they were! In the beginning, sausage meat ended up anywhere but in the skin. When the audience stopped holding their sides, the volunteers then made a longggg sausage; this in turn had to be made into the usual lengths and links. This provided so much hilarity that some members may never recover and at the very least not be able to keep a straight face when asking their butcher for a "couple of pounds".

Bailgate, D127.



The apprentice sausage makers: Joan at the rear and Janet and Diane with a Chinese puzzle. Roger not looking convinced at Diane's unorthodox methods.

It's no good stopping doing things because you are growing old –  
you only grow old if you stop doing things. Thora Hird, D4 Bingley.

The Association President writes:

# Dear Friends

I have always proclaimed I am a gypsy at heart and professed I have seen a lot of our beautiful country when caravanning but nothing had prepared me for the delights I have encountered these past 5 months as I travelled from District to District.

There have been lovely old villages, towns, picturesque fishing harbours, and beautiful cathedrals to name but a few and the warmth I have received from members has been absolutely marvellous. I cannot thank you all enough.

I would also like to express my thanks for the hospitality shown and to the Members of Council who have looked after me so well. I have felt like a queen. Thank you all so very much.

I hope to see many of you at the Bournemouth Conference in April which I hope you will all enjoy. Do introduce yourself to those around you to spread the fellowship. You can talk to members of your own club anytime so enjoy the friendship of those you don't know so well.



Photograph Studio Southwest, Bude

In the meantime I am looking forward to the next stage of my journey, visiting 17 more Districts and several Clubs with special anniversaries.

By the time you receive this message it will be the start of the New Year.

**I wish you all peace and happiness with the hope that this could be accomplished throughout the world.**

**With love and friendship**

## National Trust Museum of Childhood

**A group of us left Sutton for a day at Sudbury Hall.**

The coach took the pretty way and we arrived in time to have coffee before visiting the National Trust Museum of Childhood. This has recently been revamped and was well worth a visit. We were able to play whip and top, diablo and skip. We were even able to go up a chimney, as did the very young children in Victorian times. After lunch, it was time to visit the house. This is very beautiful and parts of it have been used in the filming of *Pride and Prejudice* and *Jane Eyre*. It was a lovely day out.

Pam Lord, Sutton-in-Ashfield D22.

## 'Beggars Reach' Lunch

**The highlight of the year for President Elizabeth was the lunch at Beggars Reach when the 'Special Needs' teenagers from Sir Thomas Picton School were invited to join us.**

Some of these youngsters, who had never been to a restaurant before, ordered from a menu. The reaction of these boys and girls was wonderful.

Joan Irving, Haverfordwest D15.

## Beach Day



On our annual Beach day we were happy to welcome many members from other Clubs, some of whom travelled long distances to be with us.

Susan Martin, Parkstone & Poole District D11.

Left to Right - President Sally Reed (Lymington), President Georgina Brooks (Parkstone and Poole) Past President Mary Tuffrey (Ferndown) and President Merle Ball (Southampton) seen enjoying Beach Day.

## Museum Update

We were all thrilled that Nantwich Museum managed to acquire this picture, a piece of Nantwich history. Mr Walsh's 'Perdita', with Jockey up on Nantwich Racecourse - is an oil on canvas by Benjamin Killingbeck, 1781. To celebrate and get some local publicity Nantwich Inner Wheel organised a Cheese and Wine Reception to coincide with the official unveiling of the picture. There were over 100 guests including representatives from the V&A and the Art Fund as well as local dignitaries including the Mayor and the new Cheshire East Council. It was an excellent evening, organised at short notice. We are delighted that with new financial constraints on the horizon, we managed to raise a tidy sum for the Museum.

Pam Lord, Sutton-in-Ashfield D22.



## Small is beautiful

**Do your volunteers form a queue, or do you have some difficulties in finding willing members to take office?**

Well, here in Runcorn we have no such problems! All runs smoothly. We may change our titles or continue as last year. We enjoy the fellowship of our house meetings at President Barbara's. We will have more coffee and quiz evenings and a summer garden event to help local charities. We will continue knitting and collecting stationery items, etc, for overseas needs, such as Jacob's Well. We'll continue being a very small supportive part of Inner Wheel. We cannot face the alternative!

Petrina Johnson, Runcorn D128.

**FINAL COPY DATE FOR THE SUMMER EDITION**

## 20 March 2010

Zone A 1, 2, 3, 16, 19, 23, 128

Zone B 4, 5, 6, 7, 21, 22, 127

Zone C 8, 9, 10, 15, 18, 24, 26

Zone D 11, 12, 13, 14, 17, 20, 25, 129

Ann Buckby

Rae Ogden

Valerie Caswell

Shirley Davies

**"To err is human, but to really foul things up you need a computer"! D18 Llangollen.**

## Bake a difference with a scrumptious Cake Break!

Join us in hosting a Cake Break, sharing tea and cake with friends and family to help people affected by multiple sclerosis.

**Cake Break day is 30 April, or choose a date that suits you.**

Request your free Cake Break pack, which includes delicious recipes from the Hairy Bikers, by visiting [www.mssociety.org.uk/cakebreak](http://www.mssociety.org.uk/cakebreak) or call **0870 241 3565**. (Please quote or select Inner Wheel when registering).



### Free prize draw

Host a Cake Break and you could win this fantastic top of the range Kenwood Multipro Libra Food Processor courtesy of Kenwood Ltd.

For full terms and conditions please visit [www.mssociety.org.uk/cakebreak](http://www.mssociety.org.uk/cakebreak) or call **0870 241 3565**.



The Multiple Sclerosis Society of Great Britain and Northern Ireland is a charity registered in England and Wales (207495) and Scotland (SCO16433)

## Windermere Air Show



Members of our Club contributed much support to Windermere Rotarians during the annual two days Windermere Air Show in July. This attracted the largest crowd ever since the event was introduced nine years ago. Thousands of people converged on Bowness on Windermere for the aerial spectacular and the organiser (Windermere Rotary) did not fail to impress. It is congratulations to the Rotarians for putting on an amazing air show.



Inner Wheel members had great fun selling programmes, meeting people and circulating through the crowds collecting 'loose change' in the collecting buckets. Members also held a cake and sandwich stall raising funds for Inner Wheel charities.

## Well Done!

In April Pembroke Inner wheel was recognised for their Service to the Community over the past fifty years, with a Civic Award from Pembroke Town Council, presented to President Joan at a special ceremony by the Mayor of Pembroke.

Marcia James, Pembroke D15.

## English Theme Night



**This turned out to be an outstanding success with something for everyone.**

The food, supplied by outside caterers, was excellent. A country music group provided the music for us to have a go at mastering some of the dances. I simply have to mention the demonstration by our own 'Wickford Maypole Wheelers'. How we rehearsed and tried our hardest to give an added level of culture to the evening!!

Thelma Panton, Wickford D24.

The last flying Vulcan bomber was amongst a bumper selection of aircraft taking to the skies. The flight over Windermere was one of its first displays of the summer, a tremendous sight.

The event boasted static air craft, helicopter displays, model aircraft, steam locomotives, brass bands, sheep dog and falconry displays and a funfair. A truly exciting family weekend finalised by the Royal Air Force's world famous aerobatics display team, the Red Arrows, who gave a stupendous performance.

Joan Pollard, Windermere D19.

# Sue's Running



I started running after a chance remark by Brian Screation on New Year's Day this year. We'd been for a lovely walk near Dolgellau in mid-Wales in very cold, crisp sunshine amongst the most glorious scenery.

We enjoyed the walk so much in fact that we did another one nearby before lunch and Brian said he'd had a job keeping up with Geoff and I. We'd make good runners and why not join him in the 'Two Castles' run in June? I thought he was joking, as he is an experienced runner since school, but no, he was serious. (The Two Castles Run is a Rotary organised charity 10k race between Warwick and Kenilworth Castles).

It set me thinking (not Geoff, who was less keen at the time) and, as I love a challenge, I sent off for the race details and bought some good running trainers. There was no going back now; I started running on the treadmill at Atherstone Sports Centre for a minute or two, between walking, and increased the time and distance I ran bit by bit. I also ran along Quarry Lane, where I live, down to the canal and along the towpath until I could manage two or three km without a break.

Lots and lots of aches and pains later, I stood shivering amongst a huge crowd of runners in the courtyard of Warwick Castle one extremely wet Sunday morning in June, wondering what I'd let myself in for and whether I'd actually manage the whole 10km. Thunder clapped, the heavens opened and we were off! Surprisingly, running in torrential rain wasn't so difficult as at least I wasn't hot and sweating! Lots of bystanders lined the route clapping and shouting encouragement and there was so much going on around me it took my mind off the pain and discomfort to a large extent.

I finished the race in 1 hr 6 mins which I am told is quite good for an old bird like me who hasn't run since her schooldays! Running the race gave me a real 'buzz' and I felt tremendous, especially having raised funds in sponsorship for Shelter Box.

I've since done another two 10k runs so I have caught the running bug and now even Geoff has bought a good pair of running trainers!

Sue Smalley, Atherstone D6.

# Mad Hatters' Tea Party



**A Mad Hatter, a White Rabbit, Queen of Hearts, Duchess, Tweedle Dum and Tweedle Dee – where could we all possibly be?**

Our President Judy, playing a charming Alice, hosted a Mad Hatter's Tea Party in her garden on a lovely summer afternoon in June.

Anita Bentley,  
Blandford Forum D11.

## Inner Wheel Commemorative Plate



The ideal personalised present @ £37. For an order form go on line to [www.associationofinnerwheelclubs.co.uk](http://www.associationofinnerwheelclubs.co.uk) or telephone Warwick Square 020 7834 4600

# Shelter Box Charity – Rotarian Tom Henderson's Remarkable Vision

**At the end of last year, I was invited by Rotary District 1100 to attend a Shelter Box presentation.**

I was delighted to see many other members of Inner Wheel District 10 also there. While in the past we have applauded the work of Shelter Box, our in depth understanding of their operation and the extent of their efforts, became much clearer as a result of this presentation. There can be no doubt in

our minds that their work is so vitally necessary and needs all the support we and others can muster. Clearly, Rotary does its best to help financially and, in addition, provides voluntary support; indeed, following its most recent public appeal, when £1.2M was raised, the charity revealed that of that sum, more than a third of that had been raised by Rotarians and Inner Wheel members in the UK.

Shelter Box now has Voluntary Liaison Officers in 22 Rotary Districts in RIBI (Rotary in Great Britain and Ireland) one of whom has been recently appointed in our own area. It follows that should any IW Club in District 10 want to learn more about the Shelter Box charity, the Liaison Officer is on hand to meet that need. Although it will be the prime job of the Liaison Officers to keep Rotary Clubs informed of the charity's activities, and to encourage Rotarians to continue to support the organisation, I have asked him to keep us informed too.

Inevitably, some of the funding for Shelter Boxes has to be spent on administration, occupancy and, not least, on fundraising itself! Nevertheless, it is of some comfort to know that with so many volunteers, costs are kept as low as 10% of total funding – the

remaining 90% of income being spent directly on aid. Items for inclusion in the Shelter Box are sourced from all over the world; the criteria is that, while they have to represent value for money, they must also be the best possible available, and able to withstand the rigors and hard usage to which they will be subject. It is quite amazing that some Shelter Box equipment, including tents, are still in use in many parts of the world, many months after it was delivered, and in some cases, some years following its distribution.

Just a thought – the contents of a Shelter Box meets the needs of a family of ten for a minimum of six months (the contents will vary according to the recognised need) however, its urgency and speed of delivery that counts, with every intention to deliver boxes within three days of a disaster striking. We can survive for up to three minutes without air and up to three weeks without food, but only three days without clean water. Therefore among the items included in the box are of course, water purification tablets – a vital inclusion together with the pots, pans and sleeping bags.

Of course, the Shelter Box charity cannot provide aid beyond its means. It is now surprising therefore to learn that the charity intends to expand over the next few years, and by 2013 will have the capacity to deliver some 50,000 Shelter Boxes per year to disaster zones; an increase of some 45,000 annually!

If your Club is already supporting Shelter Box, I hope you will continue to do so; but if your Club has not yet considered this worthy charity in your fundraising programme, I hope you will do so in the future. You can learn more about Shelter Box at [www.shelterbox.org](http://www.shelterbox.org).

Nita Martin, District Overseas Service Organiser D10.

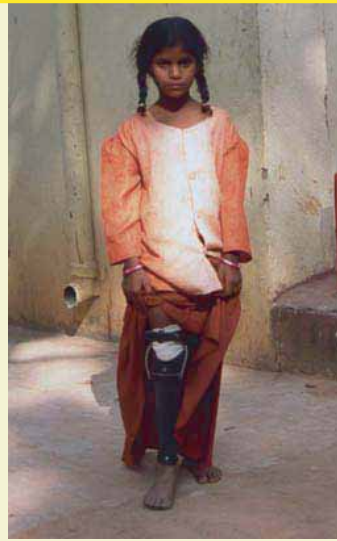
**When my grandmother got arthritis, she couldn't bend over to paint her toenails any more so now my grandfather does it for her all the time even when his hands got arthritis too. And that's love.** Rebecca (aged 8), D1.



1984 – 2009  
25 Years of Service



giving  
Independence - Mobility - Normality



Thanks to Inner Wheel for helping Rotary  
make such a difference

With your continuing help we can do so much  
more

Trust Secretary - Margaret Webb - 01279 503225  
[www.rotaryjaipurlimb.co.uk](http://www.rotaryjaipurlimb.co.uk)

**The Work of the Rotary Jaipur Limb Project**  
Few people appreciate just how long the project has been in operation - nor the results achieved since 1984. We are a 'facilitator', allocating the funds that pass through our accounts to appropriate projects. Donations, made directly by clubs and individuals here and those made in countries where camps/centres are organised, are also often increased by Foundation Matching Grants. The project plays a key start-up part in providing 25,000+ replacement or new limbs each year; together with wheel chairs, calipers, crutches and corrective surgery sessions.

The management team is headed by Trustees, who include an orthopaedic surgeon and doctors. The African and the Indian Continents each have a Manager who look after projects in 15 countries that run alphabetically from Afghanistan to Zambia.

Recent research has improved the limb and the manufacturing processes with low cost and simple machinery criteria being paramount. 93% of funds received are spent in the country where fittings take place. Only the Plaster of Paris used is wasted and £25 a limb remains the average target cost.

Sadly, in the two continents mentioned above, there are over 8 million disabled persons.

The Rotary Jaipur Limb Project intends to make a real difference for them for many more years to come

## Birthday Celebration Walk

Our President Judith Pearson celebrated her 50th birthday in May with a sponsored five mile walk/run, hoping to raise enough money to pay for fifty wheelchairs for the Wheelchair Foundation with many of our Club members' participation.

Their dedicated efforts and generous sponsorship, often Gift Aided, resulted in over 120 wheelchairs being bought and presented to the Foundation.

Maureen King,  
Horwich D128.

Photograph shows Judith and Geoffrey Pearson with their daughter Helen, pushing one of the wheelchair-bound participants, Mr. Chris Brogan, during part of the walk.



## Street Pastors

We enjoyed an inspirational talk by Sandy Hammond (wife of a Broadlands Rotarian) on STREET PASTORS.

These are volunteers who are trained and go out from between 11pm and 3am on Friday and Saturday evenings, mixing with the youngsters who are gathering in the area of the night clubs, who are being rowdy, half-drunk and generally causing problems. The Street Pastors talk to them, give any help needed and befriend the young people thereby making the situation safer – they carry flip-flops to hand out to the young girls who are no longer in a fit condition to walk in high-heeled shoes. They wear a distinctive uniform.

Ann Roy, Broadlands D8.

## ASSOCIATION TALKING MAGAZINE

Available on CD Price £1.50

To order a copy contact the Association Editor



# Lands End to John O'Groats on a tandem!

So why did we decide to cycle from Lands End to John O'Groats? Well, 2008 was a bit of a health challenge for both my husband John and I and sometimes it takes a bit of a 'wake-up call' to get you motivated. It was time to do something again so why not have fun and raise funds for the benefit of others?

2009 was a 'big' year for me as I celebrated my 60th birthday and became President of the Club.

'Lands End to John O'Groats on a tandem with the help of Inner Wheel and Rotary!' John got to work looking at possible routes and I sent out emails to all the Inner Wheel and Rotary Club Districts which we were likely to travel through. Our plan was to cycle approximately 85-90 miles a day so we needed ten nights' accommodation. We had very good responses and offers came from both District and Club members of Inner Wheel and Rotary.

We trained hard and finally June came. The weather wasn't very good and the 'Challenge' was arduous but it was an amazing adventure and we had a fantastic time. We were hosted by some wonderful people with whom we shared our experiences, friendship and fellowship and we hope to remain good friends always. We completed our challenge in 11 days and 3 hours.

Our thanks to all those wonderful members of Inner Wheel and Rotary who helped us. It showed us the true ideals of both our organisations.

Sponsorship money was divided between Macmillan Cancer Care and the Calvert Trust, Keswick.

[Anthea Sansom, President Kettering D7.](#)



## Midnight Walk

Putting their walking shoes on and braving the dark of night, President Margaret and fellow member Brenda did a 10 mile Midnight Walk to raise funds for Nightingale House Hospice.

A very successful event apart from the sore feet and feeling tired at the end of the walk.

[Brenda Leach, Hawarden and District D18.](#)

## Wooden Dollies

The speaker at our Club meeting was Commander Bryan Rayner who gave a very informative talk on the "Wooden Dollies of North Shields". They were seen to bring good luck and each time they went to sea, sailors would chip a little from a dolly resulting in 'dolly demise' and replacement.

[Elaine March, Blyth D3.](#)

## District 13 PDC's visit to The Royal Hospital Chelsea



On a sunny morning in June 2009, 13 PDC's met in Sloane Square and went off to meet 400 elegant and fun loving Gentlemen. We were having a tour of The Royal Hospital, Chelsea, built by Sir Christopher Wren for and in the reign of King Charles II.

It was completed in 1692, and has been where old Soldiers in their scarlet coats and black tricorne hats have lived ever since.

Our guide for the afternoon was Mr Paddy Fox. All the in-pensioners are referred to as "Gentlemen of The Royal Hospital". Mr Paddy told us that to gain entry into Chelsea you either receive a long service or an invalid pension. Soldiers give up their army pension to the Hospital but keep their State and any private pension themselves. When they arrive they are kitted out from head to toe - including handkerchiefs and thereafter everything is replaced free of charge when needed.

On our tour we walked through College Court, their Club Rooms, and through the colonnade where they can sit and chat, and of course reminisce, with hot air vents under the seating to keep them warm. We saw the dining room where polished tables for 10 were laid for high tea and read the menu for the day - extensive breakfast choices, a three course lunch with five choices for the main and the dessert, with high tea which had many cooked dishes and salads. The ceiling was hung with the flags from the many campaigns past soldiers had fought in. Under the portraits of the Queen and Prince Philip stood two leather 3-gallon flagons. In olden times each soldier was given one each day filled with small beer as water was not fit to drink. The Chapel with painted ceiling, altar laid with the 1660 gold plate, was a beautiful and peaceful place. Our extensive tour included the museum, Governor's quarters and the lawn where cannons from the Crimean War are on display. Our guide Paddy took us to see his allotment and gave us all a rose.

For PDC Margaret Parker it had been a trip down memory lane as her Grandfather had been a Pensioner in the 1960s, and as a child she had visited him many times. I worship there, one of my sons was married there, and my Pa-in-Law lived there for many years, so for me it was like showing my friends around my home. A not to be forgotten outing. I recommend it.

[PDC Cynthia, Whiting D13.](#)

[PDC's Eileen MacLannan, Bessie Pass, Ruby Cockman, Sheila Davis, Cynthia Whiting and Billie Crook listen intently to their guide, Mr Paddy Fox.](#)



## Queen's Award

Our Club has had more community involvement during this year.

It began when we took over the care of a small roadside garden for Biddulph in Bloom. This was followed by an invitation to attend the presentation to Biddulph in Bloom of the Queen's Award for Voluntary Service by HRH Prince Richard, Duke of Gloucester. This is the first time that this award has been given to a small voluntary group rather than a large national one.

[Jean Sutch, Biddulph D5.](#)

Thought for the month - We make a living by what we get; we make a life by what we give. Sir Winston Churchill (1874-1965), D6 Atherstone.



# Treloar Help

Two of our well supported and loved Bridge Lunches have been organised this year.

So successful were these and also President Lynda's super tea party in their garden, we were able to present a magnificent cheque on the 8th June 2009 to John Colville from The Treloar's Trust which cares for every need of severely disabled young people from 7-16 and 16-20 years old. Most of the young people use heavily adapted wheelchairs and have little or no speech. Some will not live to grow old. Treloar's provides education and facilities to promote independence and caring support helping to maximise the potential of the children.

Treloar's is an amazing Trust situated in Upper Froyle, Alton, Hampshire and has been established for 100 years. It provides support for young disabled people, and one of their greatest strengths is their ability to adapt and change the lives of 320 of the most disabled young people in the UK.

The Treloar's Trust will always welcome your interest and help.

Maggie Beaton,  
Farnham D25.

## Give me a chance!

For over 100 years Treloar's has been helping some of the most severely physically disabled youngsters from across the UK and overseas.

Your help will ensure Treloar's students continue to get the support, specialist equipment and the chance they deserve for a brighter, more independent future.

For more information on how you can help us visit [www.treloar.org.uk](http://www.treloar.org.uk) call 01420 526 567 email [fundraising@treloar.org.uk](mailto:fundraising@treloar.org.uk)

**Treloar's**  
Enabling Education

Registered Charity No. 1092857



## Alton Land Girls

We are proud to have two members who served in the Land Army during the Second World War. The town of Alton recently honoured Jeanne Stratford, a Past President and Founder Member of our Club, with a tea party and presentation of her commemorative award together with other local members of the Land Army and Timber Corps.

Jeanne Stratford was in Curdbridge, near Botley, when the war started. She was nineteen and had to go into some form of war work, for example munitions or land work. Her mother went and asked the local farmer for a job for her and she was taken on and learnt how to grow chrysanthemums and tomatoes. She was trained at Sparshot College but lived at home. After three years she unfortunately, or fortunately, put her back out and so was 'invalided out' but joined the ATS as a clerk in the Pay Corps where, whilst her husband was in Burma, she lived in private digs in Bolton.

Hazel Legg was also involved in the war. She began doing field work in Norfolk but subsequently moved to Scarborough to work with a herd of cows. She was terrified! One of her tasks was to deliver the milk with a little pony and cart. One day she was out and was overtaken by a convoy of Polish tanks. They caused the pony to bolt and the milk went everywhere. The convoy commander took over the situation, righted the cart and set Hazel on her way. As the pony trotted past the convoy she tells that the pony turned his nose up at the tanks! Like Jeanne she was forced to leave due to ill health and became a hospital receptionist.

Both of these ladies are very valuable members of our Club and contribute stories of their lives to add to the richness of the Club's history.

Kay Rowan, Alton D11.

## Land Army Girl Gwen meets Queen at D-Day Ceremony



A former Land Army girl from Barton-on-Sea was invited to meet the Queen in Portsmouth to mark the 65th anniversary of the D-Day landings.

Gwen Berryman (83) who worked on farms in Somerset from the age of 17 to support the war effort was invited along with other World War Two veterans to attend the event at the D-Day Museum.

"It was a really fun day and I felt really grateful to be invited," said Gwen, who represented the Women's Land Army in Hampshire. "The Queen asked me lots of questions about my five years as a Land Girl – I even told her how I met my husband Gordon. I joined the Land Army in 1943 – I stayed with a family the whole time so really I just became one of them". The royal visit concluded with lunch at Portsmouth Guildhall. (Thanks to Lymington Times for allowing us to use the story.)

D11 magazine.

## Pedalling for Pounds

Exercise bikes are usually associated with losing pounds but in September the Abbeydale Club launched their 'Miles with Smiles Week', for the local St Luke's Hospice, with members keeping two exercise bikes going for an hour.

The Club is celebrating its 50th Birthday this year and President Christine Marshall worked hard with the local Esporta Health Club to make the Week possible. Members of the Gym offered to do some activity in their own time eg. rowing – swimming – walking etc and to be sponsored for their efforts on our behalf, but what could our Club do? Be sponsored to keep these two bikes going, that's what!

It was a great 'fun' afternoon.

Fifteen of us, (with a little help from some children and grandchildren) pedalled for almost 20 miles to start the St Luke's fund. Needless to say, the exercise ended with coffee, chat and laughter! The 'pedalling' may not have taken many ounces off – but it did raise many pounds.

Whilst we were busy cycling to nowhere, a group of 'real cyclists' in the corner were pedalling away on Spinning Bikes for two hours, spurred on by fabulous Abba music. Included in this group were 5 Abbeydale Rotarians, plus 3 girls who work at Esporta. They all wanted to support St Luke's and Abbeydale Inner Wheel – their kindness and generosity is so very much appreciated.

Jenny Jones, Abbeydale D127.



# Fit and with Purpose!



**We are proud to have two members who did amazing things to raise funds for their favourite charities in 2009.**

Our President, Liz Rose and her daughter Paula, climbed the Machu Picchu Trail in Peru, which entailed camping out in the mountains for three nights in snow and pouring rain. Liz reached the highest point of the climb second only to a much younger man in their party of fifty, and Paula was close on her heels. They raised a four figure sum for Cancer Research, and returned home unscathed and triumphant.

Our newest member, Ann Livings (see above), completed a running total of 24, 901 miles this year, having taken part in many marathons and other events around the world since 1992. She invited all her friends and running colleagues to run or walk a sponsored final mile to complete the circumference of the globe, and to give generously to Alzheimer's Research. Another four figure sum was achieved and



everyone celebrated at the local pub with lavish refreshments, a special cake and heart-warming speeches.

We salute the commitment of our friends who still have plenty of energy left for Inner Wheel.

Angela Dike, Thame D9.

## Inner Wheel Association BOURNEMOUTH Conference 2010

12, 13, 14 April 2010

Registration  
fee is only  
**£50**



**Come and join the fun!**

## Operation Sunshine

**We had a very good response to a newspaper article.**

The same day that it appeared in the paper, a lady came in and delivered over two hundred sheets, knitted blankets, shoes and wellies for Operation Sunshine. Bags of goodies were also taken to a group of children on Polzeath Beach. For some of them it was the first time they had been to the seaside. President Paula, Sue May and Dot Sampson had the pleasure of giving the bags to the delighted children.

Dot Sampson, Bodmin D129.

## Grand National Breakfast

**The Grand National Breakfast has become an annual event for the Inner Wheel Club of Gatley held on the Saturday morning of Grand National Day in April at the home of our Overseas Service Organiser (presently Audrie Lea), to raise funds for an overseas charity.**

Amidst much laughter and chatter, a full English breakfast of bacon, egg, sausage, tomato, black pudding and mushrooms is served, followed by toast, marmalade and coffee. A raffle is held and everyone dips into the hat to draw out the name of a horse running in the afternoon's great race.

This year we catered for thirty. It is hard work, but always a lovely morning, in fact the gentlemen present (in view of the breakfast they have just devoured) always remark that they feel it should be a weekly event rather than annually! In spite of all the hard work, it is good fun, much appreciated and a great way of raising money for our chosen charity. This year it was for 'Send a Cow'.

Finally, guess what, I had the winning horse. No, it wasn't a fix, honestly!

Joy Armstrong, Gatley D5.



## Big Day Out

**At 7am in a bright and sunny June morning – earlier than most of us are used to – we assembled in anticipation of our big day out.**

Armed with bottles of water and various snacks in our air-conditioned coach, we didn't appreciate the heat of the day until we disembarked at our first stop of the day – The Savill Garden in Windsor Great Park. This garden was designed by Sir Eric Savill in the 1930s and combines several gardens, all at their best at different times of the year.

We were able to wander at leisure which was just as well, as none of us could have hurried anywhere in the heat!

After lunch, we continued on to Windsor Castle, where we took our audio guides and enjoyed the splendour and opulence of time long gone. From the magnificent St George's Chapel to the exquisite craftsmanship of Queen Mary's Dolls House, everywhere was breathtaking. The devastating fire, which could have left such a scar, might as well not have happened, as the workmanship in the rebuilding was unbelievable. How nice to think that the skills of the past are still available for restoration work such as this.

Joanny Palmer, Whatton D8.

## Cuckfield Mayors' Procession (A little bit of history!)

**In 1965 the fields at Mill Hall Farm were compulsory purchased by the Council.** This field held the annual Donkey Derby, where a lot of money was raised for charity, so a new idea had to be found. Cuckfield was duly declared an "Independent State" and a Mayor was needed, therefore a corrupt election was founded. Votes in those days cost sixpence and the person with the most votes was elected Mayor, and to this day both fair and foul means are found to sell votes!

To celebrate, Cuckfield holds an annual procession to welcome the new Mayor, local charities and organisations are invited to take part and more money is collected along the route, to share amongst favourite local charities.

Both Rotary and Inner Wheel were invited to take part and so on Saturday 17th October we joined forces, to publicise the work we do and hold aloft our Inner Wheel Banner. Rotarian Alan Hancock lent his 1910 Rolls Royce Silver Ghost, Cameron Sharp drove on the day, supported by members Chris Kinnear and David Wilson and our Inner Wheel President Sue Sumpter and members' held our banner aloft. The weather was dry, but cold. The crowds were very friendly and we have raised more funds for charity.

Carole Sharp CC, Cuckfield & Lindfield D25.

**An exasperated mother, whose son was always getting into mischief, finally asked him "How do you expect to get into Heaven?" The boy thought it over and said "Well, I'll run in and out and in and out and keep slamming the door until St Peter says 'For Heaven's sake, Dylan come in or stay out!'" D18 Llangollen.**

# Inner Wheel Grove at the National Memorial Arboretum



I am delighted to tell you that our bench at the Arboretum has been given some real TLC. D7 District Chairman Janice Quinn went with some fellow members of her Club and they gave the bench some much needed oiling and polishing.

Unfortunately Janice forgot to take any Brasso to polish up the plate but, ever resourceful, one of the group dashed up to the restaurant, returned with some sachets of brown sauce, and proceeded to rub the sauce into the brass plate. Within minutes the plate shone like a new pin. They returned home satisfied that they had done a great job, but also somewhat concerned about what brown sauce had done to their 'innards' over the years if it managed to do that in a few moments to a brass plate.

Ann Buckby Publications Committee, Kettering D7.

## A Close Encounter of an Inner Wheel Kind!

A spur of the moment' visit by Brigg Club Correspondent Janice Robinson and husband Michael to the National Memorial Arboretum in Staffordshire proved to be more memorable than anticipated.

Searching around the area designated for Inner Wheel plaques in an attempt to spot the plaque placed by District 127 to commemorate its 25th Anniversary, we chatted to a group also visiting the site. We were delighted to meet Association President Pam and District 6 Chairman Chrissie Dance who were accompanied by their husbands together with Member of Council Jean Gavin. Cameras came out and the resulting photograph is of two very elegant ladies (Pam and Chrissie) plus one rather windswept club correspondent (due to exercising dog prior to visit).

Janice Robinson, Brigg D127.

The photograph shows (L to R) D6 Chairman Chrissie Dance, Association President Pam Byford and Brigg CC Janice Robinson.



## Visitor from D323

We have had the great and unique pleasure of welcoming a fellow Inner Wheel member and Past District 323 Chairman from India to a recent meeting.

Her name is Vasanthi Rao and she is over here visiting her daughter who lives in East Ham so of course it was very appropriate that she should come to visit us at the Inner Wheel Club of East Ham. It was most interesting to be able to make comparisons between the two Clubs and for us to be able to extend the hand of Inner Wheel friendship to someone from across the World. She spoke to us and said she was pleased to be able to take our good wishes back when she returned to India. A very happy experience for all of us.

Pauline Brumwell, East Ham D13.

# A Day to Remember

I had long wanted to visit the National Memorial Arboretum in Staffordshire to see the Inner Wheel Grove, the design of which is based on the badge with the gold and blue cogwheels being represented in the colours of the trees and shrubs, surrounding a large circled area.

The chance to visit the Arboretum came in letters to Dick and myself inviting us to attend the opening of the RAF Association's Remembrance Garden at Alrewas. We had been lucky in the application draw. In the accompanying booklet giving code of dress details it suggested a hat might not be practical as it could be windy but an umbrella was considered to be essential!

On the morning of 28th September we left our B&B and drove to an improvised Park and Ride in a field where buses picked up the guests who arrived by car and coach from all parts of the country. On arrival at the Arboretum we could see the vast area around which had been a disused gravel quarry. Clutching our letters stating our entrance numbers we filed through a kiosk, showed our identity documents and received our official invitation cards admitting us to the marquee area after the opening ceremony by HRH the Princess Royal.

We sat outside the RAF's impressive memorial topped by a huge gleaming eagle in silver metal. We listened to the Central Band of the RAF and watched old comrades greeting each other, as is always special on such an occasion. Colours were presented, after the Princess Royal arrived, followed by a service, then two young sisters went forward with a wreath for HRH to lay at the base of the memorial: a poignant moment, for the children's father had been killed on service in Afghanistan. A Spitfire flew overhead and the Red Arrows followed with a colourful display.

We joined a lengthy queue for refreshments with a thousand of us to go inside a huge marquee, being vetted with our invitations as we entered. I was asked about the blue Inner Wheel brooch I was wearing on the lapel of my bright yellow jacket. Being dressed in Inner Wheel colours was a coincidence; I thought the yellow jacket would show up should Dick and I lose each other!

The Princess Royal stayed for an hour and afterwards the Secretary General of the RAF Association gave an address. It was time to wander around the area outside, to see the poignant memorials and to find the Inner Wheel Grove. I was getting frustrated when a land train passed along a wide path nearby and the driver announced that the next garden was the Inner Wheel. I could not believe my luck as I stood and listened to his commentary. A magic moment.

I stood by the gates and felt so pleased to be there looking at the trees and shrubs with the inscriptions of the clubs whose names accompanied them. It is a lovely place of which we can be proud.

There was so much to see and not enough time in which to cover the vast area and we want to return. It was a day for us to remember and of remembrance. The weather was kind, a little breezy, but thankfully no umbrellas were needed.

Mary Askew,  
North Walsham D8.



## Lunch at St James's Palace

Congratulations to Mary Sheppard on being invited to attend a reception and lunch at St James's Palace presided over by the Duchess of Cornwall. This is in acknowledgement of Mary's forty years of work, for the Brooke Hospitals for Horses.

Cirencester D10.

# BBC Visit

The Inner Wheel Club of Arbury enjoyed two most interesting and informative tours of the BBC, located at the Mail Box, Birmingham. As we assembled we were lucky enough to chat with Nick Owen, one of the news readers.

Our first stop was to try out the "red sofa" familiar to Midlands Today viewers. Here was a very small area, with three wide angle cameras giving viewers a very different perspective. We saw the rolling autocue, got to read out a timed 'breaking news' bulletin and discovered that the newsreaders' thirty minutes in front of the camera is preceded by hours of research and writing their own scripts. Unlike other weather reporters, who use a blue screen, Shefali Oza stands in front of a screen with an actual weather map of the Midlands area.

The Control room with its numerous monitors and control panels was awesome, all coordinated by the director and his highly qualified team of technicians to bring us the latest up to the minute news.

We were also made aware that many of our favourite programmes come from the Midlands – Countryfile, Hairy Bikers and Flog It to name just a few.

The Drama Studios aroused great interest too, a comprehensive insight into the meticulous broadcasting of "The Archers" with special reference to the sound effects equipment used. We were amused to see two coconut shells and yes they are used for horses' hooves! The studios also contain a fully functioning kitchen as apparently some very astute listeners can tell the difference between hot and cold water being poured into a teapot! Attached to the Drama studio is the Sound Deadening room. The walls are covered with large pieces of sponge which absorb sound.

Following on from what we had experienced there, some of the sound effects were put into practice when our visit concluded with our own mini drama which was recorded but thankfully not broadcast! Many people might be surprised to learn that the sound of bats in the belfry can be easily achieved by vigorously waving a pair of dry 'Marigold' gloves.

Sue Larder, Arbury D6.



## We went to London - to visit the Queen?

Actually, no because she was away on her summer holidays; but certainly, we were off to visit Buckingham Palace, and Clarence House first, though we didn't even know exactly where that was. For those who still don't know, it's one of those mansions on the right as you go down towards Buckingham Palace – there's a helpful large sign to tell you where to go in.

As in an airport, you have to have your handbag sent through an X-ray machine, and you walk through a magic door that tells them if you've got any bombs in your pocket. What a world we live in! But then it was through the garden following our uniformed guide, and into the house.

It was bigger than any of our homes, and the paintings on the walls were Stubbs and John Piper rather than family watercolours and photos (though there were many of those too) – but it is most definitely a home, and the home of a very pleasant family. The only big item that was uncompromisingly grand was the big silver model of Nelson's Victory in the centre of the dining table. Get rid of that, and I'd happily move in – though it's a bit large for me, and we'd need a cleaning lady.

After lunch we rested in St James' Park, where we were entertained by greedy ducks, cheeky squirrels and a HUGE pelican, which seemed to be enjoying the admiration and company of the lunch-time crowds.

Then, to the Palace. The usual inspection and X-raying, and in we went – they have a sensible timing system in place, but some things were more popular than others, so the public lingered longer in those areas and made, not quite a blockage but certainly a denser crowd than was comfortable. This was where the Queen's gifts and ball gowns from her Commonwealth visits were displayed – lovely dresses, though some of the gifts were a bit bizarre, to say the least! ("Just the thing I want – how nice!")

For the rest, I have never seen so much crimson carpet, so many Old Masters, such opulent gilding, or such glittering chandeliers, as in those State Rooms. Truly, I began

Why doesn't glue stick to the inside of the bottle?  
Judith Jude Wortley D127.

# Art Show Fundraiser

Our Spring Art Show which was held over three days was a great success. We had over 150 paintings (by well-known artists), art nouveau stained glass, silver jewellery and wood carvings. An astonishing amount of money was raised for President Pat's charity, CLIC Sargent Cancer Care and local charities.

Margaret J Fell, Rutherglen D23.

## DUBLIN DELIGHT

1.25 kg Potatoes

59 grams Butter

2 small Onions finely chopped

2 Bay Leaves

Bag of fresh Baby Spinach

Splash of Extra Virgin Olive Oil

284 ml Carton Double Cream

125 grams Parmesan Cheese grated

Juice of half Lemon

Handful of flat leaf parsley, roughly chopped

450 grams mixed fish such as Salmon, Cod or Haddock and a good piece of naturally smoked fish (not dyed)

450 grams fresh shelled prawns and if liked some fresh mussels

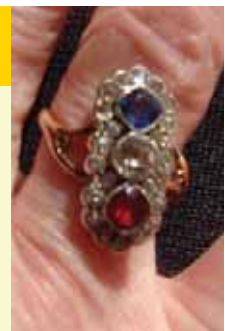
1. Pre heat oven to 200c, 180 fan, gas 6
2. Cook the potatoes in boiling salted water until tender, drain well, mash with seasoning and half the butter.
3. If it feels a bit dry add some heated milk. Put aside.
4. Wash the Spinach and wilt in clean pan in just the water clinging to the leaves.
5. Drain well and squeeze out any excess water.
6. In a separate pan gently cook the onions and bay leaves in the oil for 6/8 minutes until softened.
7. Add the cream and bring just to boil, remove from heat.
8. Stir in parmesan, lemon juice and parsley.
9. Cut the fish into bite size pieces, cook for a few minutes (don't overcook).
10. Remove the bay leaves.
11. Grease an ovenproof dish with butter and lay the spinach on bottom.
12. With a slotted spoon spread the fish over the spinach, pour over the sauce.
13. Spoon mashed potato on top and spread over with a fork.
14. Bake in oven for 25 to 30 minutes.
15. Enjoy.

Maura O'Neill, Dublin D16.

## Aunty Peggy's Ring

Member, Margaret Saxon, has many memories of our Founder, Margarette Golding, who she used to call 'Aunty Peggy'. She proudly wears a ring that she inherited from her mother, Connie Axon, also an Inner Wheel Founder Member. The ring was originally a personal gift to Margarette Golding from the Manchester Club.

Hazel Grove, D5 Magazine.



## Hatty Stories

One Club meeting we all brought a hat about which there was a story to tell. The idea caught everyone's imagination and the range of stories and poems were as varied as the styles!

Rosie Clements, Belfast D16.

to feel oppressed by so much grandeur. For the Queen's sake, I hope she has some less intimidating rooms upstairs, not designed to impress important visitors, but for her comfort and to her taste.

Thanks to President Jenny Parkin for arranging the trip. Exhausting, but I know we all enjoyed it.

Peggy Rooker, Aldershot D14.

# District 5 celebrates 80 years

**The original District Founding Committee, chaired by Mrs Harris of Liverpool, with Mrs Golding of Manchester acting as Secretary, had its first meeting on 25 February 1928.**

Several weeks later, the decision was taken to form the first IW District Committee. It was named District 5 to match the Rotary division of the country even though there was no other IW District in place. In 1987, the District was split into two, with the Manchester Club and Clubs to the south remaining in District 5 and the North Manchester Clubs, plus the Isle of Man, becoming District 128.

The District Directory for 1986/7 listed a total of 75 Clubs but following the split, this reduced to only 32 Clubs the following year. The Inner Wheel Club of Gatley was chartered in 1989, with the Inner Wheel Club of Hyde following in 1991, making 34 Clubs in all. Sadly, this has now been reduced to 27 Clubs, which should give us room for thought.

Over the years, District 5 Clubs have met each other at District Meetings, for World Inner Wheel Day at St Anne's Church in Manchester and other Rallies and Conferences, and there were formerly District golf (now defunct) and bowls competitions, usually held on the same day. A very popular annual event now is the District Quiz.

On 23 February 1989, a Diamond Jubilee Rally was held at the Valley Lodge Hotel, when the District Chairman was Betty Leach, of the Bredbury and Romiley Club. Sadly, both Betty and her Club are no longer with us, but I know that there are many in District 5 who still remember them with great affection. Our 70th as a District was celebrated with a night out at the Altrincham Garrick Theatre, when a packed theatre audience enjoyed Noel Coward's 'Private Lives'.

I also broke fresh ground that year by being invited to address the Rotarians at their Southport Conference, on behalf of Inner Wheel.



I had four minutes on the platform at the plenary sessions and spoke on the history of the movement. I thank District Governor Silverwood for that opportunity. The following year, District Chairman Vera Briggs spoke on the future of the movement and every District Chairman since then has had a chance to address the meeting. The next celebration was our 75th, when Patricia Hood, now sadly no longer with us, was District Chairman. A Gala Dinner was held at the Stockport County Football Ground on 3 November 2003, and a gold brooch, a gift from Rotary District 1050, specially designed for the occasion, was presented to Pat for her Chairman's regalia.

In Millennium year, District Chairman Vera Briggs had hoped for a District visit to the new National Arboretum, then in its early stages of development, but unfortunately, the weather let her down. However, Vera did launch a competition for someone to design new notelets for the District and I believe that there are some still around – a definite collector's item!

Her Majesty the Queen's Golden Jubilee saw District Chairman Anna Bissell organising a grand garden party at Gawsworth Hall and inviting District 128 to join us.



This year's visit to Biddulph Grange in June celebrated the 80th anniversary when 43 members from 17 clubs had a very enjoyable day out. Good Luck, District 5, now and for the future. Continue to enjoy your Inner Wheel.

Betty Hayhurst, Manchester D5.

## The Beeb at White City

**On a hot sticky day in July, a number of Inner Wheel members, their families and friends went behind the scenes of the Beeb at White City.**

We were met in reception by two entertaining young men (probably out of work actors). After going through an airport-style search of our copious handbags, they took us around the enormous building giving us a taste of what it is like to be part of the highly acclaimed and world-famous BBC TV studios – fascinating!

The news rooms are enormous with a staff of two thousand receiving and checking news items from all over the world, or from round the corner, with equal stringency. The newscasters themselves compile and prepare the items for their auto-prompts.

We were taken into dressing rooms, given an insight into the demands of the rich and famous, and were shown the set of 'Friday Night with Jonathan Ross'. Most of us would have preferred to see the Alan Tichmarsh set – yes it is produced by ITV but filmed at the BBC. Apparently the BBC hire out their studios quite frequently to make the most of their wonderful facilities. Our group was even given the opportunity to present the weather forecast, read the news and take part in a quiz show. Great fun but don't look for us on the screen. It was only to give us a taste of how it is all produced.

The tour was very interesting and a real eye-opener as to how our licence money is spent. However the icing on the cake was a visit to the amazing new shopping centre 'Westfield' just across the road!

Our next outing is to the radio studios at Broadcasting House in October, just around the corner from Oxford Street!

Tracy Kobrin, Atherstone D6.

## Autumn Charity Concert

The Lincolnshire Fire and Rescue Concert Band gave of their usual excellence and when they weren't playing the repartee kept us smiling if not laughing out loud. There were refreshments in the interval with suggested donations, stalls with jams and chutneys and a raffle. A box of Havana cigars donated by an anonymous donor was auctioned helping to boost funds. During the evening the ladies of Inner Wheel were invited to come forward and 'perform' to The Stripper, which went down really well. Coats were flung in the air and even shoes were removed, everyone cheered. The evening finished with a 'Last night of the Proms' when the audience, wearing traditional bowler hats stood and waved Union Flags singing loud enough to raise the roof.

Kathryn McKee, Lincoln D127.



## FILEY, NORTH YORKSHIRE

Available to all members of Inner Wheel and their families, our well equipped, residential three bedroomed first floor flat.

Sea views, private patio, central heating, satellite TV, washer/dryer. Sleeps 6. Bookings all year.



Telephone Lis Kay for details: **01706 376775**

Life is nothing without Friendship. (Cicero). D2.



## A really big thank you to all Inner Wheel members for supporting Alzheimer's Society over the last year!

To date you have raised a staggering £62,000.

Many of you have also volunteered your valuable time at our local branches, joined in with our Memory Walk, raised awareness about our services in your local community or signed up to our brain training project.

We are so grateful for everything that you have helped us to achieve. With your ongoing support we can continue to be the UK's leading support services and research charity for people with dementia and those who care for them.

If you would like any further information please visit us at [www.alzheimers.org.uk](http://www.alzheimers.org.uk) or contact us on [community@alzheimers.org.uk](mailto:community@alzheimers.org.uk)

Registered charity no 296645

## Cheque Presentation



L to R Michelle Brett, Myrtle Buchanan and Ali England at the presentation of the final Alzheimer's cheque at the Rubens Hotel.

## Daffodils

We enjoyed an excellent talk by Michael Brooke on the subject of daffodils. He is an expert grower of daffodils having about 400 different varieties and has competed and exhibited some of his flowers in the USA and European countries. He has a specially constructed light-weight metal carrier (rather like a large laptop) which he brought with him and opened it up to reveal dozens of different specimens. He began by asking us if we know the difference between a daffodil and a narcissus – the answer is there is none, they are all daffodils. He showed us many variations of colours, different trumpets, sizes, multiple headed ones. It was so informative and enthralling and greatly enjoyed by us all. He ended up putting the flowers into two bunches which he donated to our raffle.

Ann Roy, Broadlands D8.



## Tenacious

My husband and I reached new heights when we climbed the mast of the Jubilee Sailing Trust vessel Tenacious when it moored at St Katherine's Dock during a recent visit to London.

After a tour below decks, we donned safety harnesses and swiftly climbed aloft on one of the Tenacious' masts that rise a majestic 40 metres from the deck. The Jubilee Sailing Trust is one of the initiatives that our Club uses to encourage young people to achieve a personal best. Obviously, it comes in handy with members as well!

Sonal Patel, Feltham D14.



## 'Now we are sixty'

We celebrated our 60th anniversary with a production featuring all our members. We performed a Variety Show 'Now we are sixty', which included dancing sketches and readings. Our proceeds were divided between the Bobby Robson Foundation Appeal and local charities.

Barbara Job, Barnard Castle D3.

It is a sweet thing, friendship, a dear balm, A happy and auspicious bird of calm.  
Shelley, D1.



# Eisteddfod Refreshments

During the International Musical Eisteddfod week in July, Enid Law organised an afternoon tea for Club members in the Eisteddfod's Refreshments Tent.

Members were entertained to some colourful, lively dancing by one of the visiting choreographed dance groups. Later, Gethin and Eulanwy Davies gave an erudite history of the development that Llangollen International Musical Eisteddfod has undergone, from the ideas behind the concept in 1945 right up to the present day.

Val Cartwright, Llangollen D18.



The National Autistic Society

For most of us Christmas is a time of fun, laughter and family, but for many people with autism it can be a particularly difficult time; people may be confused and frightened by sudden changes of routine, unusual foods and new social activities, while others may feel excluded and isolated from the celebrations around them.

Around 1 in 100 people have autism. Despite this, autism is still widely unknown and misunderstood. At The National Autistic Society we work year round to support individuals affected by autism and to raise understanding of this life long disability.

You can support this work and raise awareness of autism through a talk at your Inner Wheel – helping to build a more tolerant and supportive society where individuals with autism can reach their full potential.

What's more this Christmas you can show your support for people affected by autism by hosting a FestiTea Party in your local community. You can throw a FestiTea Party wherever and whenever suits – big or small – it's all about raising money to transform the lives of families touched by autism. To find out more and order your FestiTea Party pack online visit:

[www.festivitea.org.uk](http://www.festivitea.org.uk).

Alternatively for more information about autism and to book a time for someone to come and talk to your group please call 0207 9235704 or email

[sunny.sunshine@nas.org.uk](mailto:sunny.sunshine@nas.org.uk)

## 5 Year Run

We welcomed Rosie Swale-Pope home to Tenby after her magnificent 5 year run around the world to raise awareness of Prostate Cancer. Following her civic welcome we provided afternoon tea for Rosie and her friends at her home.

Sue Broomhead, Tenby D15.



## Mary's Meals

On 5 January 2010 we will be holding an open overseas meeting when the speaker will be a representative from Mary's Meals, a charity our Club have been supporting this year. Mary's Meals aims to provide chronically hungry children with one meal a day in school. In this way hungry children are encouraged to attend school and through education gain a better future for themselves and their communities.

Mary's Meals has encouraged the education of girls as well as boys and is helping them to realise their potential. The Back Pack project aims to provide the basic educational materials required by the children receiving Mary's Meals.

Most of the children who benefit from Mary's Meals and the Back Pack project have suffered war, poverty, famine or natural disaster. The Project helps to solve some of the problems by providing poor children with things they need in school – paper, pencils and crayons etc. The Project has already sent over 120,000 backpacks to poor children in Malawi, Uganda, Liberia, Rumania, Haiti and the Congo, but the need continues.

Education can set a child free from poverty in adult life. To gain education children need to attend school and be given the support to learn free from constant hunger. This Project hopes to provide "a simple solution to world hunger that works".

June Bates, Altrincham D5.

## Suswa School

We had a talk from our member, Mary Price, who last October along with her husband, Howard and daughter Eleanor, went in a group of ten to Kenya to work on the extension of Suswa School.

They also visited the Jonathan Gloag Academy and the Mashimoni School in Kebira, an area where people live in very poor conditions.

This was the second time that the Price family had given practical, hands-on help in the third World – in 2006 they did similar work in Sierra Leone. Mary's talk and slides were inspirational and we felt very proud to have her as a Past President.

Margaret Small, Dundee D1.

## Cinnamon Trust Care

Toni Deaves told us about the Cinnamon Trust.

This has nothing to do with culinary affairs, but provides volunteers who will look after pets, even housing them for temporary periods, when their owners are unable to do so because of illness or old age. This is now a well established charity and it can relieve a lot of heartache and worry and strike up some lasting friendships.

Stella Hunter, North Walsham D8.

## ASPIRE Swim

Our Overseas Organiser, Petra Connor, swam the distance of the Channel over twelve weeks in a local pool. She was generously sponsored by her family and friends and the money raised was given to ASPIRE, a charity for people with spinal injuries.

Brenda Gardner, Lancaster D19.



Research into childhood leukaemia will save young lives

Fighting Britain's biggest childhood cancer

CHILDREN with LEUKAEMIA



# A Huge Drop Off in Anglesey!

A total of 368 years of Inner Wheel and Rotary "dropped off" the 112ft high Anglesey Column in an Abseil for charity on Sunday 20th September. The event, a joint one by the members of Llanfairfechan and Penmenmawr, raised a substantial amount to be split equally between the two Clubs.

Three Inner Wheelers and three Rotarians took part, ranging in age from 53 to 70! They donned harnesses, hard hats and stout gloves, before mounting the 115 wooden spiral steps to the top of the column and then climbing over the rails and terrifying overhang, to abseil the 32m of free fall to the bottom. Perhaps not quite as brave as the Marquis of Anglesey, who lost his leg at Waterloo! and in whose honour the column was built in 1817 – it was, nevertheless, a most courageous and praiseworthy event.



The Team, backed by many supporters, enjoyed the stunning views over Menai on a sparkling autumn day. As one first time abseiler said, "It was more than a little scary getting over the rail, but great fun on the way down!"

**Mairead Rushbrooke,**  
Llanfairfechan &  
Penmaenmawr D18.

# Women making a difference



**Pictured are four members belonging to two long-standing women's service organisations within St Helens, 66 year old Soroptimist International of St Helens and the Inner Wheel Club of St Helens which is celebrating 85 years of service.**

For the first time in their history both have members serving at regional level.

Bernadette Platt is the third member of the St Helens Club to be S.I Regional President for South Lancashire whilst Katie Dalton is the first member of St Helens Inner Wheel to be District 128 Chairman and both are very proud to be serving their organisations. With them are the Club Presidents, Cally Ince from Inner Wheel and Soroptimist Barbara Thompson. All the ladies live within the St Helens area.

Their objects are very similar: To promote true friendship, Education, Human Rights, Health and International understanding which involves them in raising awareness and funds for many local and international charities. Inner Wheel members are wives and family of Rotary members. Soroptimist members are business and professional women and all serve the community in many ways.

**Gloria Shepherd,** St Helens D128.

Left to right back row, Barbara Thompson President of St Helens Soroptimists, Cally Ince President of the Inner Wheel Club of St Helens and Bernadette Platt Soroptimist Regional President for South Lancashire, seated in front is Katie Dalton Inner Wheel District 128 District Chairman.

# Children 1st

**In 1875, the New York Society for the Prevention of Cruelty to Children was founded because of a little eight year old girl, Mary Ellen, who suffered terrible abuse from her adoptive parents. She was discovered by a Church Worker who tried to persuade police and others to protect the child. Unfortunately, everyone was powerless because of the absence of laws to allow an intervention. As a result of her case the Society was established.**

In 1881 branches were set up in Scotland and the same year the first Act of Parliament for the Prevention of Cruelty to Children was passed. In 1921 the name changed to RSSPCC.

Initially it was set up to rescue children living rough and begging on the streets. The Society's Inspectors were referred to as the 'Cruelty Men'. They investigated abuse and neglect reported by the general public. In 1968 responsibility for investigating child abuse was handed over to the local Social Work Departments.

In 1995 the name was changed to Children 1st.

Today, this organisation supports families under stress, protects children from harm and neglect and helps them recover from abuse. There is a ParentLine Scotland, a free helpline for anyone in Scotland. At the end of the telephone they will get a listening ear, advice and support.

There is also a lifeline for new Mums called the 'Bluebell Helpline'. This line takes calls from families suffering the impact of Post Natal Depression.

**PDC Mary Leslie,** D1.

# Wheels within Wheels

**June 2009 found me for the third consecutive year doing overseas voluntary work in Kenya. This year I was not only continuing as part of a team on the restoration of St Luke's hospital Kaloleni but I had two personal missions in mind.**

One was to visit a Child Development Centre in Mombasa, equipping it with educational resources; the other was to make contact with Inner Wheel Mombasa and exchange Club banners. Little did I know what a fortuitous combination this would be! Chhani Sur was utterly charming and so hospitable! She explained that Inner Wheel Mombasa facilitates three major projects: education, micro-finance, and breast cancer screening. Chhani had links with a firm who were offering one year's supply of free sanitary supplies to girls in need. I explained to Chhani that I was currently involved with a centre supporting aides orphans, and out of the two hundred and seventy nine children, there were some teenage girls.

The outcome is that fifty girls will now benefit from this initiative. I was further moved when Chhani quite spontaneously gave me a parcel of dresses made by her mother. I presented these to the centre when I visited the following day, putting more smiles on faces. My thank you letter included an Inner Wheel scarf, bag and a District magazine. When I look at the Mombasa banner I am reminded of the objectives of Inner Wheel – promoting true friendship, encouraging the ideals of personal service and fostering international understanding. It was very much a case of "wheels within wheels"!

**Valerie Nibbs,** Jersey D11.



L to R, Valerie and Chhani

**Do illiterate people get the full effect of Alphabet Soup?** Judith Jude, Wortley D127.

## EXCHANGE VISIT WITH THE INNER WHEEL CLUB OF STEGE, MØN, DENMARK



**Møn is a small island in the Baltic, south of Sjælland connected by a bridge. The Inner Wheel Club in Stege was chartered on the 6th April 1957 and is Club no 23 in Denmark. There are at present 19 active members in the club.**

Following three meetings in Denmark with Helga Vinthner the incoming President for 2009/2010 and Kirsten Jensen to whom Helga had delegated the responsibility for organising the visit, the scene was set for our visit that commenced on the 28th August this year.

After an early start from Manchester to Copenhagen we arrived in Stege on Møn via a train and bus journey at 4.30 pm. When we arrived our hosts were there to welcome us. In the evening we all had a "hyggelig" time with our individual hosts with good food and wine and where the conversation flowed, largely due to our hosts excellent command of the English language.

The following morning the 29th August, we were invited to participate in the Inner Wheel Club of Stege's monthly meeting. We were given a warm welcome and President Helga Vinthner, whose command of the English language was a little rusty, had taken the trouble to get her speech translated by Google into English.

The Agenda commenced and finished with a song. Three Inner Wheel members gave a short talk conducted in near perfect English. In our honour the finishing song that had been chosen was Auld Lang Syne but even we struggled to recognise the words, as these were pure Robbie Burns.

Following the meeting we met up with our husbands in Stege town square where a Jazz band was performing. We were then taken by our hosts to Liselund Park for a picnic. The park was established at the end of the 1700 as a love-gift to a lady called Lisa. From there we went on to Møns Klint, (white cliffs) a renowned Geological Centre where we saw many fascinating geological "finds" including fossils

and dinosaurs and early life forms on earth.

In the evening we were wined and dined with a Hog Roast Danish Style, the salads provided by the Inner Wheel members of Stege. To end the evening a large gâteau was carried in, beautifully decorated with the Union Jack. The whole day was a happy and memorable occasion.

The following day we left our hosts to travel to Copenhagen where we spent the afternoon sightseeing ending the day in Tivoli gardens, which is a strange mixture between beautiful floral displays, exotic buildings and old fashioned fairground rides and stalls.

The next morning we continued our sight seeing endeavours by taking a canal boat to the most renowned tourist sites, one of which was the little Mermaid. This was followed by some therapeutic shopping for the ladies on Strøget (Walking Street) in the middle of Copenhagen.

After lunch in Nyhavn with our men, a jolly affair, we set off back to the Airport and arrived home in Manchester about 7pm. A fun packed enjoyable long weekend. We very much look forward to hosting a visit from our new found friends in August 2010.

**Else Ogden, President Carlisle D19.**

\*HYGGE is a Danish phenomenon that is not easily translated but I found a couple of sentences which I feel are the best interpretation I have seen:

Gather the family and invite over a couple of good friends. Push the sofas and chairs close to the coffee table. Douse the electricity and light some candles. Better yet, light a fire in the hearth.

Serve plenty of food and drink. Raise a toast or two or three and feel the warmth flow around the table. Look at each other until you see the candlelight shimmering in each other's eyes. You've got hygge.



## 100 Years of Girl Guides



**100 years of Girl Guides – yes this does sound to be a long time but many of my guiding friends have been members of the movement for over half of that time highlighting how quickly time passes.**

The weekend of 4 September 2009 was the 100th Anniversary of the first request by girls, at the Boy Scout Rally at Crystal Palace, for General Sir Robert Baden-Powell to organise and allow girls to be Scouts. This was the designated weekend when members of the Girlguiding movement held Launch Parties in all parts of the UK to start the year of celebration. Everyone from the youngest Rainbow, through Brownies, Guides, Senior Section, Leaders to the oldest member of Trefoil had the opportunity to get together and celebrate.

During the year many large scale events are being held culminating with every member renewing her promise at 8.10pm on 20 October 2010 – ie. 20.10.20.10.20.10 – this being the date in 1910 when Girl Guides were formed. During August 2010 there is to be an International Camp at Harewood House, Leeds, the home

of our former President HRH The Princess Royal. All the regions of the UK are holding special events at the time in February affectionately known as 'Thinking Day' plus all local Units and Districts are celebrating, in their own ways, throughout the year.

I have only been a member of Inner Wheel for six years and I find many similarities with my guiding – fun and friendship being utmost within the two. I know many of you ladies were members of the Guiding Movement at some time during your lives, so watch out during the coming year for events being held in your area by the Rainbows, Brownies, Guides and Senior Section – go and visit them and see just what the youth of today is doing within the community. You will be amazed and the girls and their leaders will be thrilled that you, and the Inner Wheel Clubs, are taking an interest in them. I am a Girl Guide in a red uniform now (Trefoil Guild) and love my life in the Movement, so hope it will continue for some time to come into Girlguiding's second century.

**Maureen Smelt, Holmfirth D4.**

## Gala Concert

A highlight of this year was the talk by Betsy Stirling, a Rotarian, who organised a Gala Concert in the Usher Hall in aid of Leukaemia Research. She was inspired to do this after her husband Hamish died, having suffered from the illness for five years. The mammoth task was to bring Jose Carreras to Edinburgh to sing with Scottish Soprano, Lisa Milne. As the wonderful recording, made at the concert filled our meeting place, many were moved to tears by the power and the emotion of the event.

Arbroath D1.

If you want to reminisce with former guiding friends about the good times you had, register free on [www.guidesreconnected.org.uk](http://www.guidesreconnected.org.uk)

Girlguiding UK has launched a Centenary Fund, which will help girls and young women in guiding realise their dreams. For more details visit [www.girlguiding.org.uk/centenary](http://www.girlguiding.org.uk/centenary)

**We also have a beautifully produced coffee-table book on the centenary, called Something for the Girls. If you are interested, you could look at it here:**

<http://girlguidingukshop.co.uk/productinfo.aspx?pid=7887>