The Association of Inner Wheel Clubs in Great Britain & Ireland

Pieces of 8
Summer 2016

Inside this Edition:
The IW Conference in Glasgow
District Chairman Elect
50 years of Service to IW

The Magazine of Inner Wheel District 8
Summer 2016
Entries to the Editor by 30 September 2016

Winner of the Winter 2015 caption competition:
Ann Clark - Bungay
"Can he pour a glass of whiskey and use a SatNav?"

PARKINSON'S UK
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

IW President Trish Douglas
Charity 2015-2016

IIW President Charlotte De Vos.
Theme 2015/2016 - Unique and United
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Catherine Forsdike

Dear fellow members of Inner Wheel

What a wonderful year! It has been a great privilege to be your District Chairman and to experience the warmth and welcome of Inner Wheel as I have travelled round the district. Over and over again I have been struck by the variety of activities that each club undertakes and the care and concern they show for each other and their communities.

Every club and every member is unique but what we have in common is friendship and hospitality which is the glue that binds us together and unites us in our great organisation. This was so apparent at the Association Conference. Thirty-three members of District 8 accompanied by six husbands made their way to Glasgow joining up with over two thousand delegates.

What a time we had. On the Monday some of us explored Glasgow whilst others took part in the Sheila Crane Walk. In the evening Member of Council, Deirdre Griffin, five Inner Wheel members and I joined other guests at the Civic Reception held in the magnificent banqueting hall of Glasgow City Chambers.

Conference started on Tuesday morning with a United Service of Faith led by the Revd Dr Laurence Whitley. Music was provided by The Scottish Fellowship Band and the Sapphire Singers and I and 7 other District Chairmen gave a range of readings – I’ve never had such a large congregation! Afterwards many people said how much they appreciated the choice of readings and the inclusivity of the service.

Over the two days we had some very good speakers. Luke Simon, spoke movingly about the loss of his brother in the 2004 tsunami which led to the Piers Simon Appeal and the School in a Bag initiative. Following his talk their stand in the exhibition centre was busy with Inner Wheel ladies buying and filling backpacks.

Olivia Giles who contracted meningitis and needed quadruple amputations was an inspirational speaker and is determined to spread awareness of and raise funds to combat the disease.

Tricia Stewart, one of the original WI calendar girls, lightened the mood with her humorous account of how the calendar came about, meeting the stars of the film and the making of the West End stage plat. Initially Tricia wanted to raise £5000 in memory of John Baker, the husband of one of their group. To date
they have raised over £3.5 million for Leukaemia and Lymphoma Research. Association President Trish has chosen Parkinson’s UK as her charity this year. Sheila North gave us an insight into what it like to live with Parkinson’s as she has suffered with the disease for the past 20 years. Sheila has been actively involved with the charity in a variety of roles, including being a volunteer facilitator for self-management groups. Sadly, the Parkinson’s is making its presence more known in her day to day living.

Jane Asher is the President of Parkinson’s UK and was unable to be present at Conference but sent us a video message. Sheila North and Katherine Crawford, Director of Parkinson’s UK Scotland were overwhelmed by the amount raised by Inner Wheel this year.

The AGM business on Wednesday morning was conducted efficiently and there was lively debate over the proposals and general motion. As usual Liz Thomas gave and excellent financial report and when next year’s officers were introduced on Wednesday afternoon and we were delighted when she was announced as Association Vice President for 2016-17.

Both afternoon sessions concluded with a performance. On Tuesday we were entertained by Dr Paul Whittaker who is a profoundly deaf organist and pianist. We caught up with developments in his work with deaf musicians, enjoyed his piano playing and were profoundly moved by his signed song performances.

On Wednesday we were treated to a performance by children from the Gordon School of dancing who presented Scottish dances in traditional and contemporary styles. There was also a guest performance from the cast of ‘Stepping Out’ who danced to ‘Putting on the Ritz’ dressed in top hats, tails and fishnet tights. In the line-up was Association President Trish who had made a swift change from the glamorous outfit that she was wearing earlier.

If that wasn’t enough entertainment, we had ‘A Ticket to the Theatre’ on Tuesday evening when talented young musicians performed songs from the shows and then the Ceilidh on Wednesday night. D8 members looked resplendent in their sashes and badges.

All to soon we were making our way home and back to reality. At the time of writing I have three more club visits to make and some other club events before the DCM and AGM in June when I will have the pleasure of handing over the chain of office to Jenny Childerhouse. I offer her my sincere good wishes for her year.

Finally, thank you for your support and encouragement and your contributions to CAF’s challenge. So far £300 has been raised for my charity MIND from the sale of the produce.

With best wishes
Catherine
Once again I would like to thank all club Correspondents for their contributions to this, the 2nd. Edition of the magazine with me as editor. With their help the magazine becomes informative, fun and a good read. It also provides a unique insight into District 8 as a whole, as opposed to a series of individual clubs.

A further thanks goes to those members who went to the Conference in Glasgow and let me have the photos they took. These were such a wonderful selection that I found it hard to narrow them down to the numerous ones included in the Magazine. They certainly bring the Conference to life.

The Home Service reports have been collated and sent to the Association Editor. Our District 8 supported 52 different UK charities and fund raised in many varied and ingenious ways the grand sum of just over £35,000. Well done everyone and thanks Correspondents for getting the Home Service reports to me on time.

I know that you will all like to join me in congratulating District Chairman Catherine on her excellent year.

Now begins another Inner Wheel year with our new District Chairman Jenny. We wish you a happy and successful year with safe journeys around District 8 visiting our clubs.

Finally I would like to wish you all a good summer and hopefully a sunny one.

Yours in Inner Wheel friendship,

Pauline

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When choosing between two evils, I always like to try the one I’ve never tried before.
Dear Ladies of District 8

I have been asked by the District Editor to write a piece for the magazine which has brought home to me that my year as Chairman is not that far away. Whilst I am looking forward to the year immensely, I also have some feelings of trepidation as I follow Catherine who has done a wonderfully efficient job, and Yvonne who brought her own inimitable style to the post.

I joined Inner Wheel in Thetford after several years in Ladies’ Circle where I was Club and Area Chairman and also served one year on National as Executive Councillor for the East, where I was in charge of regalia orders. I also visited clubs around the country representing the Association which was good experience in addressing large groups of people – usually at Charter Nights which meant a mixed audience. I found I had no problem with this at all although I had always considered myself to be shy.

Career-wise, I was never a high-flyer. After dropping out of teacher-training college I spent a lot of my working life behind the counters of various High Street banks which could be why I took on District Treasurer although a course in accountancy would have come in handy as well.

I have been married to David for 45 years and we have two grown-up children and three grandchildren who range in age from 21 down to two and a half. The family all live close by in Norwich and Wymondham so we see them often but for short periods.

We were both born in Thetford and haven’t moved far from there apart from a short spell in Luton when we were first married so are a true pair of Norfolk Dumplings

Reading through Catherine’s extensive list of interests and activities I can only lay claim to the family history research which can take up a lot of my time – it gets very addictive. Otherwise other activities include shopping, going on holiday and avoiding the ironing.

I have chosen as my charity this year the East Anglian Air Ambulance – something I have supported long before their recent famous recruit. I am fortunate enough not to have required their services as yet, but I feel that in our rural areas there are times when only the helicopter can help and they are entirely reliant on public donations to keep operating. I hope you will agree and support me in this.

At time of writing I am not aware of the IIW theme so I cannot wave the banner on their behalf, but I do hope I can count on your support for our wonderful organisation locally, nationally and, yes, internationally and I pledge that I will do everything I can to help you all in the forthcoming year to continue in fun and friendship.

Jenny
Letchworth Garden City
BARBARA KELLY’s
50 YEARS OF
SERVICE to INNER WHEEL

Celebration Lunch on Inner Wheel Day - see Letchworth report P. 21
SAVE THE DATE!

District Committee Meeting & AGM
Monday 20th June, Grange Hotel, Thurston

Club Officers Assembly
Thursday 14th July, Park Hotel, Diss

District Rally
Wednesday 12th October, Lyndford, Mundford

Rotary Conference
Saturday 15th October, Trinity Park, Ipswich

District Committee Meeting
Wednesday 23rd November, Park Hotel, Diss
Beccles Inner Wheel would like to wish a Belated Happy and Prosperous New Year to all our fellow Inner Wheelers.

We have had our usual enjoyable but friendly and busy few months. We continue to welcome all our transferred members from the closed Lowestoft Club and enjoy their input into our Club. We have continued with our Simple Suppers and Coffee mornings one of which was for the President’s Project of Parkinson’s UK.

One very successful lunch was a Chilli and Pudding Lunch in aid of our President’s Charity which is against Female Genital Mutilation. We were very pleased to welcome members from other Club’s to this meal. We all had seen and watched the video sent to us about this problem and had an interesting discussion afterwards.

Some of our members attended the District Meeting and Presidents Lunch as well as Bungay President’s Charter Night Saxmundham Friendship Soup Lunch to name but a few.

We have a very hectic few months ahead of us looking at our programme up to our A.G.M. We always help Rotary by providing refreshments at their Cycle for Life in May and at the local Hospital Fete they organise in June as well as various things on our own programme. Some fund raising like a Cake Stall then a Bric a Brac Stall and then for pleasure an “Ascot” themed Garden Party in a member’s garden as well as the usual day to day events.

Our monthly Club Lunch in April fell on the Queen’s 90th Birthday so we all joined in wishing her (with a glass of Bubbly) many Congratulations and Thanks for all she has done in her long reign.

Life is what happens to you when you’re making other plans. 
(Betty Talmage)
As February 29th was an “extra” day we decided to use it to raise funds for Farm Africa’s Young Urban Farmers Appeal. Members prepared African themed food of Bobuti, Sweet Potato Curry and Chicken and Peanut Butter Casserole followed by Pineapple desserts. The money raised will help to provide tools, equipment and training for you people in the Dagoretti District of Nairobi to enable them to set up vegetable gardens and grow nutritious food. A friend who had lived in Nairobi for 25 years, and was a member of Inner Wheel there, gave an interesting talk about the region of Dagoretti and the homes and lives of the people who live there. Members of some other clubs supported this event.

January saw us celebrating Inner Wheel Day, as usual, with a Soup and Cheese lunch and packing 45 brightly coloured Baby Boxes with baby clothes, knitted toys and toiletries. These are sent to Eastern Europe through International Aid. The photo shows our International Officer Lou loading her car.

We also raised money for Parkinson’s U K in November by holding a Soup and Desserts lunch, and filling the Camon Bear rucsacs for School in a Bag. Future plans include a Ploughman’s Lunch with a Craft Fair and a Cake Stall under the Buttercross in Bungay Town centre.

Three of our members attended the Association Conference in Glasgow which was a great show case of what Inner Wheel is about, inspirational speakers, good entertainment, friendship and fellowship with members. We hope more of our members will go to Nottingham next year.

Life’s true happiness is found in the friendships we make along the way.
Since our last report, we have had a variety of interesting speakers. We have learned more about some of the characters in the Dickens novels from the Rev. Arthur Windridge and the Rev. Nigel Patterson showed slides and told us the history of the Compostella Route. This is in Northern Spain and has been a walkway for pilgrims and travellers for more than 2,000 years. After many years of neglect and out of favour, it now attracts over 200,000 pilgrims each year.

It was a great pleasure to meet Nikki Morris, the deputy Chief Executive of the Big ‘C’ Norfolk Cancer Charity. After being a cancer sufferer herself, she spoke about its work and the changes over its 35 year history including a new centre and welfare advice service at Cromer Hospital. This charity has been chosen by our president, Carol Selwyn.

Several of our members paid a visit to the Little Sheringham Theatre to see ‘The Vicar of Dibley’. Apparently, it was hilarious and many of us were sorry we had missed it.

We had the privilege of hosting the District President’s Lunch at Diss and this was a new experience for some of us and thoroughly enjoyed by all. We look forward to our summer activities as these are always such good times when we can get to know one another better with a garden party, to raise money for the Big ‘C’ and our president’s barbecue – a time to chat, enjoy the sun (hopefully).
DEREHAM (1955)

President
Pat Walton (nee Collis)

Club correspondent
J. Steward

Members
17

We have had varied and interesting meetings so far. In October we learnt how to work with Pewter, then in November we held Coffee Morning raising money for R.N.L.I to put towards a new house for the Shannon lifeboat at Wells next the Sea. December saw us at Windmill restaurant in Necton with all members attending our Christmas lunch. Inner Wheel Day was celebrated on Jan 11th with lunch at Janet Harvey’s where Carole Plunket spoke on progress of the Nook, a new Children’s Hospice being built at a cost of £11 million pounds, the Duchess of Cambridge is Patron of the Nook appeal. In January our speaker Martin Flitcroft of the R.N.L.I followed our business meeting. He was presented a cheque from funds raised at the coffee morning.

Our February meeting was a visit to a member’s house in the countryside when her son in law Simon Davis spoke on Farmhouse and Country antiques. Election of club officers 2016-17 took place at our March meeting with President, Stella Fancourt, Secretary, Maureen Hart, Treasurer, Shirley Willis, Correspondent, Jennifer Steward, International Service organiser, Sue Mansfield, Welfare officer, Christine Wood and new Committee member Ann Parnell.

We are finding it difficult to fill all the offices (no Vice President or Membership officer) but hope to invite a small number of ladies to join us so the club can continue.

In April we are holding our second fundraiser “an Evening with Queenie” Rachel Duffield from Gressenhall Rural Life Museum. Wine and canapés will be served and a raffle held. All proceeds from the evening will go to the Nook Appeal.

When it rains look for rainbows, when it’s dark look for stars.
As President Diana’s year draws to a close we can look back on a varied and interesting year. There have been some excellent Speakers including Stephen Bourne, retired C.E.O Cambridge University Press which now has offices in 50 different countries. He is now the Administrator for Ely Cathedral. On Inner Wheel Day in January are Speaker was a local Rotarian who is also Chairman of the Parkinson’s Support group in Ely. He was very enlightening and forthcoming on his symptoms and treatment. We held raffles and raised money for Parkinson’s U.K local branch.

President Diana’s chosen charity is Cam SAR (Cambridge Search and Rescue) and Richard Morley was invited to our Charter Night Dinner to give a talk and screen presentation on the work of this organisation before being given a large cheque for his team of volunteers.

More fund raising events are yet to come i.e. A Fish and Chip supper in aid of the Spinal Injuries Association, then on May 25th. Is our Annual International Charity Evening in aid of Sight Savers with speaker Dr. David Kinnaird when we hope to raise a substantial amount for this important Charity.

This all sounds like a lot of hard work but we do have a lot of laughs along the way.
A bumper year of meetings with an amazing variety of subjects and speakers has stimulated and enthused us together with our fund raising. We welcomed Tom Cogan talking about his “Life in Music”, a fascinating look at his career from young chorister at St. John’s College Cambridge, returning there as an undergraduate and choral scholar and his subsequent work with such famous names as Luciano Pavarotti, Peter Pears, and composer Benjamin Britten.

Another interesting speaker Rev. Manette Crossman told us of her family’s involvement with the Dutch Resistance during WW2 and their many acts of bravery helping mainly Jewish families to escape from Holland. Lastly we enjoyed the story of Suffolk farmer Henry Adams Cupper from Worlingworth who with his wife and 3 children emigrated to Oregon in the 1870’s to the good farmland out west in America. He became a prominent member of the community and Cupper Creek in Oregon is a reminder of the Suffolk Pioneer from Worlingworth. His story was told to us by Mr. Geoffrey Robinson who had researched and written about Henry Cupper and has since met up with his great-grandson in America.

In March we had our joint meeting with Rotary and made it our International Charity evening in aid of Medicins Sans Frontieres. 76 Rotarians I.W members and friends attended with speaker Hazel Southwell giving us insight into the work of this leading independent humanitarian organisation for emergency medical aid. A raffle was held with some amazing donations and a large amount was raised for MSF. Several outside visits have been arranged with a guided tour of The Mayor’s Parlour at Ipswich Town Hall in March.

The club has supported the local Salvation Army Food Bank, collected bras for Africa, knitted hats for seafarers, teddies for “School in a bag” project, filled 42 shoe boxes for the charity “Blythsoood”, collected hats, scarves and mitten sets with games racquets to be given to children from Chernobyl this July.

Donations have been presented to RDA, local MENCAP group, MSF, Chicks, Shelter Box and the Eve Appeal.
It has been a very busy year for Gt. Yarmouth. A “Frugal Lunch” was held at the home of Sheila Gunn and the monies raised from this went to International Charities. District Chairman Catherine Forsdike spoke at our business meeting and it was very interesting.

Gt. Yarmouth Inner Wheel held their usual Easter Fayre and over 100 Easter Eggs were donated. This event was held at the Minster, Gt. Yarmouth. (See photograph).

Money cannot buy happiness …but it’s far more comfortable to cry in a Porsche than on a bicycle

Objects of InnerWheel

To promote true friendship

To encourage the ideals of personal service

To foster international understanding
HUNSTANTON AND DISTRICT (1977)

President Val Atterbury
Club Correspondent Coral Campbell
Members 21

STROLLING IN FRIENDSHIP

We are conscious that we all have different life experiences which we would like to share and thus get to know each other better. Building friendships is key to a happy group. We are achieving this through our “Inner Wheel Strollers”, the idea of a past president who suggested members meet socially for a monthly walk followed by refreshments. Our "strollers group" was born and is thriving. In this beautiful part of Norfolk, we are fortunate to have an amazing variety of venues for our walks: Sandringham woods, the countryside around Bircham Windmill and wonderful beaches. Members who find the walks difficult join us for refreshments after our strolls. We have a full programme for the next six months! We are extending our social venture to theatre outings – starting with a local theatre performance of The Mousetrap with a pre-show meal. Through these activities, we hope to encourage friends to accompany us and perhaps become members.

In February we welcomed Julie Dillon, new member, and Hilary Farrell, returning to the area and transferring from her previous club. Congratulations, Hilary, on becoming District Treasurer.
What a busy year so far for our President Teresa!

The Body Shop evening proved so popular that Teresa had to organise a second evening. A very sociable time with everyone leaving smelling of roses.

Then Past President Jenny had an idea that she may have come to regret. Jenny suggested we made and sold Christmas Trees to support Teresa’s charity, ICENI. The whole club was involved collecting bottle tops, cleansing pads, Christmas material and felt, then the sewing began. Jenny had several sewing sessions and even persuaded people to sew at home. The finished trees were very decorative and as a result we sold all we could produce. Thank you everyone.

St Mary Le Tower church in Ipswich have an annual Tree Festival and we supported it this year with a pretty blue tree which we dedicated to ICENI. The event is truly magical.

A Murder Mystery evening was arranged in February. The setting was Runnacles Manor. There were affairs, blackmail, incriminating photos, adoptions and disposals of unwanted husbands. Who could believe that Inner Wheelers could lie so easily!

In March a warm welcome was shown to our District Chairman, Catherine Forsdike. It was a fun evening. There was a quiz to find out how well we know Catherine. We may not have known many of Catherine’s secrets before but we do now. She presented Teresa with a beautiful cross stitch relating to Ipswich and Teresa gave Catherine some flowers.

April was announced with an amazing Parade of Puddings lunch at Tuddenham Village Hall. Puddings appeal to all ages so it was lovely to see our families tucking into delicious soups and an impressive array of puddings. The money raised will go to ICENI. A big thank you to all involved.
This year we have enjoyed talks by two very interesting speakers. The first was by Professor Carla Moran, Consultant Endocrinologist with the British Thyroid Foundation, who talked to us about the thyroid gland, its function, and current research. She qualified in 2002 and undertook further training specialising in hormones, then gained a PhD with Professor Chatterjee at Cambridge. A large amount of her work involves outpatient clinics with follow up telephone clinics to adjust medications, and she also attends conferences and teaches. She outlined the symptoms of both underactive and overactive thyroids and how they can be treated for life with thyroxin which is generally well tolerated with no side effects.

We also enjoyed a very informative talk from Kate Wooldridge of Fred Olsen Cruise Lines who talked about cruising and the history of the family owned Fred Olsen company. She explained the advantages of the smaller cruise ships operated by the company and the personal service they are able to offer. All the cruises operate out of British ports so no flying is involved (and hence no baggage restrictions!). We learned about all the facilities on board the ships and the opportunities for excursions on shore. She ended by tempting us with a 108 day world cruise which offers something for everyone!

Do you realise today is the oldest you’ve ever been!
What a wonderful few months we have had. We have welcomed 5 new members to our club since last October. Our visits to Baylham Care home have bought a lot of fun helping the residents to make, bake and play games.

One of our members travels annually with the charity TEECH to Moldova. We are again collecting essential items that are difficult for people to obtain, we hope to exceed last year’s total of over 600 items. We enjoyed a frugal lunch, raising money towards this worthwhile cause. At this event we welcomed District Chairman Catherine to our meeting who inducted one of our new members.

Our meetings continue to take us out and about and we spent a lovely day indulging in some Christmas retail therapy at Earl Soham followed by a delicious lunch during which 2 new members were inducted.

Our evening meetings have been a great assortment of fun, education and encouragement to broaden our horizons.

We listened in awe to Daisy Turner from CLIC Sargent the young peoples' cancer charity the young person’s charity CLICK, herself a cancer survivor, such an inspiration. President Val has chosen this as her charity for the year.

Our Bangers and Mash evening with games was a great success and all members, friends and rotary visitors all had a great time. We raised funds from this towards President Val’s charity.

Other evenings have included a talk from a couturier, a wonderful visit from three extremely well behaved guide dogs and a most informative and amusing talk from Jane Parker the Head of Registration Service for Suffolk entitled, “Hatched, Matched and Dispatched.” It was an interesting insight to the working life of a registrar that was enjoyed by all.

We have welcomed other Inner Wheel members to many of our meetings and have ourselves visited other wheels and are looking forward to our planned summer events.

Knowledge is knowing that a tomato is a fruit. Wisdom is not putting it in a fruit salad!
A very exciting year beginning with Inner Wheel Day when a lunch was held in honour of Barbara Kelly who has served Inner Wheel for fifty years, as Treasurer, Secretary, President and District Secretary, Chairman of Council, Association Chairman and President. As Association President she helped to set up boys clubs in India. She then realised there were no provisions made for girls, so they were neither cared for, or educated. Consequently she set up a home and school near Madras where girls are nurtured and educated. The Barbara Kelly Home. We continue to sponsor a girl at the home and are in touch with them. It is now financially run by the International Children’s Trust. David Christie from ICT was the speaker, bringing with him a recording of messages for Barbara from the girls. President Trish Douglas attended and gave thanks for Barbara’s service and presented her with a framed certificate of long service.

By 2015 Royston, Baldock and Cambridge clubs had sadly closed, so Letchworth Garden City was out on a limb. The journey to Norfolk for meetings became prohibitive, with members increasing age, health needs and less people able to drive. In March 2015 an extraordinary meeting was held and the options identified. It culminated in a vote, resulting in a unanimous wish to move to District 26. The wheels were set in motion and we hope to move in July. Leaving District 8 is tinged with sadness after such happy years. A very special thank you to members of District 8 for the fun, fellowship and friendship which we have experienced serving with them.

Now we must look forward to the change and, as we have started to meet members from District 26, they have been incredibly welcoming and we look forward to new links with them. Stevenage club invited us to their service at a local Church and lunch for Inner Wheel Day. It was a splendid occasion and especially good to have been included.
NORWICH (1928)

President
Mrs. Jill Noble

Club Correspondent
Miggy Hennings

Members
18 plus 2 Honoured Active

Our new president Jill Noble invited Carol Plunkett from the charity EACH to our September meeting. This is Jill’s fundraising choice for the year. The East Anglian Children’s Hospice are raising funds to open a new centre, The Nook. This will allow them to offer more space & facilities to continue their wonderful work. Also on this occasion one of our former President’s, Rosemary Sargisson presented a colourful hand-knitted patchwork blanket to our Overseas Organiser Janet Corwood. This was one of many that Rosemary has kindly donated over the years.

In October we welcomed a visit from the Lord Mayor, Councillor Brenda Arthur and the Sheriff, Mrs Beryl Blower. They gave an insight into ‘Sistema in Norwich’ the Norwich Civic Charity Appeal for 2015/16. Through learning to play a musical instrument & being part of an orchestra, young deprived children are supported in realising their potential to succeed across all areas in their lives.

The following month we held our annual Autumn Fair. President Jill suggested an afternoon tea event which proved to be a very popular choice. All members contributed by making scones & a wonderful array of cakes. We had a number of stalls and prizes generously donated by members for the raffle. A very healthy amount was raised for EACH.

We held our annual Christmas lunch at the Debut restaurant which is part of the catering course at Norwich City College. This was well attended by the ladies along with husbands & friends.

January was a very distressing month for people living in Lancashire & surrounding counties who experienced some of the worst flooding for generations. Our meeting coincided in celebrating ‘International Inner Wheel Day.’ Janet Corwood heard an appeal on Radio Norfolk to donate unwanted clothing, bedding etc. for ‘Help the Flood Victims UK.’ Our members happily obliged. On Friday 8th January this resulted with Janet’s car being very overloaded. Her husband Alan insisted in accompanying her to the depot in case she was unable to see where she was going! The contributions were then taken to Manchester by lorry. Rosemary included another colourful blanket for the appeal.

The following month speaker Jean Smith gave an illustrated talk on fashion from ‘New women to New Look’.

Throughout the year we have been invited by Rotary and other clubs to events which were supported by our members.
We have two more meetings and sadly we will be closing. Last December we had a very successful Christmas Lunch and Canon Bob Baker was our guest and he gave an appropriate “Talk”, with a collection of amusing Tales. We have just had a second Quiz and Supper Evening; these are so popular and we have many regular supporters; they are very relaxing and a lot of fun and raise funds for the President’s Charity and other causes.

On a sad note Doris Mackey passed away in December and also Barbara Henley (a past member) who had been a member for many years. Doris was 93 and was a member of the Land Army and was in the WAAF in the Second World War.

We have been so privileged to belong to such a wonderful organisation and we leave having made lifelong friendships.
Goodness me! Where have the last few months gone? It seems like only yesterday that I was compiling our last report for Pieces of Eight. Here, in Saffron Walden, we have been busy and active. We ended last year with a fascinating visit to the Houses of Parliament to which Rotarians were also invited. We had a guided tour led by our MP - Sir Alan Haslehurst. Inner Wheel World Day was celebrated by club members, ex club members, partners and Rotarians at the Saffron Hotel; where we enjoyed a convivial brunch. During the celebration our international committee chairperson told everyone about 'LifeStraw', one of the charities we are supporting this year and people attending were invited to donate. Our fundraising ventures have consisted of a Beetle Drive, Quiz night, and our third annual Bridge Tea. All these events have attracted people other than just Inner Wheelers which we find gratifying as it both broadens knowledge of us and what we do and brings in additional monies for our chosen charities.

As I write we are planning a coffee morning to support ‘School in a Bag’ and a fashion show in collaboration with our local M and Co store. This to raise funds for local charities. We continue to help, on a monthly basis, our local Support for Sight group by providing the refreshments at their coffee mornings. We also arrange a monthly coffee meeting at a café in town for any Inner Wheel members who would like to attend. We have recently welcomed two new members to our club and hope they will enjoy being part of the Inner Wheel family.

Our only recent speaker was Kathy Hipperson, a historical interpreter and museum educator. She spoke with such enthusiasm about her work. She works at Audley End House which is very local to us as well as Hampton Court and The Tower of London. Amazingly, she has just learned to be a mounted falconer! Side saddle at that and in full historical costume!

Most recently eleven members of our club journeyed to Glasgow for the Inner Wheel conference. In January we held a Burns Night in collaboration with our Rotary Club so this prepared us for the Scottish festivities ahead! We flew from Stansted and the flight numbers were definitely enhanced by many other Inner Wheelers. Ryan Air must have been delighted! We all enjoyed our trip and found Glasgow to be an interesting and friendly city. We all took part in the walk organised around Kelvingrove Park. In addition we managed to fit in an afternoon tea at The Willow Tea Rooms, famous for their association with Charles Rennie Macintosh. The conference venue was comfortable and easily accessible for us either by taxi (of which there were many) or by a pleasant half hour walk alongside the river Clyde walkway. The only time taxis were in short supply was when we had to compete with the audience from the E.L.O concert nearby! After the conference all the ‘Sweet Talkin’ Women’ returned home ‘All Over the World’ determined to ‘Shine a Little Love’ back in their clubs! (That’s my attempt at linking the Electric Light Orchestra with Inner Wheel!)
THE ASSOCIATION OF INNER WHEEL CLUBS of GB & I
Annual Conference GLASGOW April 11-13th 2016
Images from Glasgow

ASSOCIATION OF INNER WHEEL CLUBS IN GREAT BRITAIN & IRELAND
ANNUAL CONFERENCE 2016
www.innerwheel.co.uk

Saffron Walden members “Why are we waiting”

Brightening up the Underground
Images from Glasgow Stalls for IW Charities and Projects

A Sea of Teddies

Bags of ‘School in a Bag’

Felixstowe with bags to donate

Parkinson’s UK stall
Images from Glasgow IW Charities and Projects

“Our Radiant Leader”
Trish Douglas

Bras for Africa

Old Fashioned Sweeties
Images from Glasgow Civic Reception

District 8 - Chairman Catherine

Lord Provost of City of Glasgow Sadie Docherty

Jenny Vice- Chairman District 8 and Marian de Bass
Images from Glasgow
‘On the Stage’

Liz Thomas - Association Treasurer
Images from Glasgow
‘Food and Drink’

Maria raises a glass

Jenny: Food Glorious Food

Saffron Walden ‘trapped’ in Kelvingrove

Maria and the Meringues
Images from Glasgow Last Night Ceilidh
At our Christmas Dinner at the Cedars Hotel, Stowmarket Inner Wheel joined with Stowmarket Rotary Clubs and enjoyed an excellent meal, followed by a different entertainment from the usual professional one. President Brenda Brown had devised her own version of “Would I Lie to You?” 8 members told anecdotes and the audience voted for the 2 truthful tales. Entertaining and cheaper!

Once again Stowmarket Inner Wheel decorated a Christmas Tree in Stowmarket Church. This year depicting Joseph the Carpenter. This is one of the largest festivals in the Country and is not only a stunning display of nearly 400 trees, but brings organisations, including Inner Wheel into the public eye.

In January, instead of an evening meeting we met at a local pub for lunch. This enabled some of our more elderly members to join us. Some of these ladies prefer not to attend the evening meetings during the winter months. We have some interesting speakers arranged for the coming months, and in May, 2 of our members, Marguerite Budden, and Sue Munro, have arranged for members to visit the Mayor’s Parlour in Bury St. Edmunds, then after lunch the choice of a guided tour of the Cathedral, or a visit to Moyses Hall Museum.

The committee members have been liaising with Thompson & Morgan as they launch a new rose “Inner Wheel Forever” T & M will donate £1.00 for every rose sold. The donations to go to the individual Inner Wheel Club for their charity. Members of Stowmarket Inner Wheel club, have already placed some orders, and President Brenda Brown will be giving details at the President’s lunch in March.
Our 57th Birthday lunch was held in April – again a very successful event. Photograph shows Dorothy Boughton, Annalee Clark and President Janey Mackay. Our speaker on this occasion was Ian Toulson, a cycling enthusiast who regaled us with tales of his challenging charity rides around the World. A very interesting and amusing talk.

We are delighted that Thetford club members Jenny Childerhouse and Marion de Bass have both been elected to the District committee, and apart from wishing them every success for next year, we are all lining up to help them!

Another very pleasant and very useful 6 months as far as meetings, raising of money for charity, and interacting with Thetford Rotary is concerned. Along with our monthly speakers, which have included one who spoke on ‘Monopoly, more than just a game’, a local undertaker and a local vet, we have joined Rotary at one of their meetings and at a Burn’s lunch, both of which were very successful. A coffee morning and bring and buy sale was held on Inner Wheel day raising a tremendous sum for Parkinson’s research.

Live each day as if it were your last and garden as though you will live forever.
Wednesday 30\textsuperscript{th} March saw the last in the present season of the popular Lunchtime Concerts organised by our Club: ‘a season’ being three or four such events held between October and March each year. It all started in 2006 when one member, Brenda Davis, had the idea of putting on mid day entertainment and serving a light lunch afterwards: and what a winning formula this has proved to be! Time after time eager audiences pack the Hall waiting to see what delights, both artistic and gastronomic, we have in store.

We do start with some advantages. In the first place Watton boasts a really splendid, well appointed, well maintained Hall which we hire at a modest fee for many of our events.

Then too, Brenda and her husband Ken have many connections in the world of entertainment and over the years their friends have been pressed into service and have been willing to share their various talents giving programmes of song, music, poetry and prose. Members work together to prepare and serve a simple but delicious meal with mainly locally sourced ingredients.

A few years ago, having been unable to book a ‘proper’ entertainment for Christmas, Brenda decided that we ladies could do this ourselves, aided and supported by another local group ‘The West End Waiters’. This has now become a tradition and this concert is, without doubt, the most popular of the season, though whether this is due to our sparkling performances or to the fact that the food on this occasion moves up a notch with turkey- filled baps followed by mince pies, is hard to determine.

Over 30 concerts later and our guests still clamour for tickets and arrive early at the Hall in order to get a good seat. Though the ticket cost is very modest, concerts always make a profit and the benevolent fund benefits accordingly, but more importantly, they are a place for people (many of whom live alone) to meet, to enjoy entertainment and to share a meal. What’s not to like about that?
Knowing from personal experience the importance of a quick medical response in an emergency our President, Kay Hirst, chose the East Anglian Air Ambulance as her charity for the year. To support this worthy cause our club has held two major charity events, a Fashion Show in the Autumn, when twelve club members modelled a selection of casual, day and evening wear from two local shops, Adams Apple and Country Casuals and our Annual Charity quiz last month.

At our monthly meetings we’ve heard about ‘Vietnam, a country, a war, a holiday destination, a people’, learnt that there is more to the local Cooperative Society than share numbers and ‘divi days’ and been entertained with amusing anecdotes from a local vet. For our Christmas meeting, the Reverend Canon Claire Sanders spoke about the history of cribs using some examples from her vast collection. A very enjoyable evening was rounded off by a surprise visit from Father Christmas and carol singing led by members of our Rotary Club’s Memory Cafe male voice choir.

Socially, a coffee morning held on the International Day of Peace reflected on peace within the home with proceeds used to buy food tokens for Lighthouse Women’s Refuge, Ipswich. Inner Wheel Day was celebrated with a Soup and

Pud’s lunch, proceeds to Parkinson’s UK and President Kay has organised two lunch and film trips to Suffragette and Lady in a Van.

We supported the Rotary Club’s collection for the Nepal Earthquake Disaster by baking cakes for a stall held in the local branch of Barclays Bank. Within the community several club members regularly visit a local Old Folks Home and our International Officer encouraged us to start spring cleaning early by turning out haberdashery items for Tools with a Mission (TWAM). Three club members also took up a challenge in an email circulated by our club secretary to try tap dancing and are working towards a display for the club.

Too much of a good thing can be wonderful. (Mae West)
NEW MEMBERS

A very warm welcome to all new and rejoining members in District 8 and wish you many happy years of fun and friendship in Inner Wheel.

New members:

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<tr>
<th>Location</th>
<th>Name</th>
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<tr>
<td>Beccles</td>
<td>Christine Stafford</td>
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<tr>
<td>Derham</td>
<td>Jan Carey-Clarke</td>
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<td>Ely</td>
<td>Liz Every (City Mayor) Honorary</td>
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<td>Felixstowe</td>
<td>Sandra Woodard</td>
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<td>Gt Yarmouth</td>
<td>Linda Westlake</td>
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<td>Hunstanton</td>
<td>Julie Dillon</td>
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<td>Ipswich</td>
<td>Hazel Girling</td>
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<td>Ipswich</td>
<td>Isa Graham</td>
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<td>Ipswich</td>
<td>Dottie Kennerly</td>
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<td>Ipswich</td>
<td>Penelope Thompson</td>
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<td>Ipswich</td>
<td>Lois Hoyle</td>
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<td>Letchworth</td>
<td>Krishna Thakur</td>
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<td>Letchworth</td>
<td>Rosemary Wright (previously Baldock)</td>
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<td>Letchworth</td>
<td>Anna Day</td>
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<td>Norwich</td>
<td>Betty Wordingham</td>
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<td>Saffron Walden</td>
<td>Joy Edwards</td>
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<td>Saffron Walden</td>
<td>Ann Cousins</td>
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<td>Saffron Walden</td>
<td>Veronica Barras</td>
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<td>Watton</td>
<td>Janet Chisholm</td>
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<td>Woodbridge</td>
<td>Linda Mortimer</td>
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<td>Woodridge</td>
<td>Sue Holoway</td>
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<td>Woodridge</td>
<td>Sylvia Keen</td>
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Transfers:

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<th>Location</th>
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<tr>
<td>Saffron Walden</td>
<td>Janet Marven (ex Cambridge)</td>
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<tr>
<td>Hunstanton</td>
<td>Hilary Farrell (ex Felixstowe)</td>
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IN MEMORIAM

Farewell to friends

Since the last edition of the magazine the following members, past and present of District 8 have passed away. We express our gratitude for their friendship and services to Inner Wheel and share senses of loss with their families:

Anne Floyd          Cromer, Sheringham and District
Doris Mackey        Norwich South
Barbara Henley       Norwich South
Beryl Doy           Woodbridge
FAREWELL NORWICH SOUTH

After many years of Friendship and Service it is time to say Farewell. Our Club was founded in 1970, a few months after Norwich South Rotary, which disbanded last year and, sadly we are closing a few months after them.
Owing to our ageing membership, we have found it increasingly difficult to find members willing to be President of the Committee.
We are proud to say that three of our members have been District Chairman: Faith Cullum, Daphne Bennett (past member) and Doris Langford.
We have enjoyed many interesting speakers and have had lots of happy times with our successful Fund Raising Events, enabling us to support Charities in the UK and abroad.
We will miss belonging to a very special organisation, but we have enjoyed many years of fun and friendship.

Doris Langford: Founder Member President. 10 times
Sue White: Founder Member. President 5 times

SAXMUNDHAM SWAN SONG

This will be the last report from our club as we have voted to close after the AGM in June. We were founded in 1982 and have had 34 years of fun and friendship. How life has changed since our inauguration! When we started out everybody at district meetings wore hats - , that was not for us. We found our own way and had some great times under the guidance of past presidents.
When we were young we supplied the cabaret at a Rotary ladies night, all dressed as turkeys much to the amusement of our fellow guests. For over 30 years we have supported or Rotary Club by doing the catering at their heritage Coast Marathon, ourselves raising over £40.000 for charity. We won’t stop here but continue to help being ‘Friends of Rotary’.
We are sorry to finish but maybe some of our members will go on to join other club so keep in touch with Inner Wheel.

Deborah Woodruff