DISTRICT 25 ‘In a Nutshell’ NEWSLETTER

Welcome to the District Executive.
The District Executive is made up of the following roles; District Chairman, 1st Vice Chair, 2nd Vice Chair, Member of Council, Secretary, Immediate Past District Chairman and Membership Officer, Treasurer, International Service Officer and District Editor.

In a nutshell here is a snapshot of their roles and responsibilities:

The District Chairman - presides at the District Executive Committee and District Committee meetings. She should visit each club within the district during her year of office and speak on some aspect of Inner Wheel. 1st Vice Chair & 2nd Vice Chair are District Chairmen in waiting!

The Member of Council - acts as a liaison between the Governing Body of the Association and the District Executive Committee explaining all points of view without bias.

The District Secretary - attends to all correspondence, sends out agendas, keeps minutes and ensures the smooth running of the district.

The Immediate Past District Chairman and Membership Officer - is responsible for maintaining and developing membership.

The District Treasurer - is responsible for and should supervise all financial matters.

The International Service Officer - is responsible for bringing about an understanding of all the needs and hopes of the peoples of the world.

The District Editor - is responsible for the creation of the District Magazines and newsletters.

Welcome from the District Chairman for the Inner Wheel year 2017 – 2018 Pat O’Keefe.

Dear Fellow Inner Wheel Members,

I am delighted that you have accepted me as your District Chairman. My name is Pat O’Keefe and I am married to Peter. We have 3 children, 8 grandchildren and 1 great grandchild. Upon leaving school I worked for Barclays Bank and left after getting married to have my children.

As they were leaving school I went back to part-time work in administration. Peter and a colleague started their own Architectural practice and I became the office secretary come dogsbody until my retirement.

I joined Inner Wheel when Peter became a Rotarian many years ago and have progressed through all the offices some several times over, but never dreamed of becoming District
Chairman. So having been thrown in at the deep end, this last 12 months has flown by. Everyone has been very welcoming, and I am now looking forward to visiting you all in your respective clubs learning more about your individual projects and events.

I would like to support Children's Hospices in the South East this year which I will speak about later on in the year. And in our clubs and everyday life we must ‘keep smiling and have fun’, which hopefully you will all take as our Inner Wheel motto. I am a great believer in not taking life too seriously, so enjoy your Inner Wheel friendship.

Here’s the rest of the District Executive

The 1st Vice Chairman is Corinne Alford. I joined Inner Wheel in 2009 but as I was still working full time my involvement was limited. I joined the Committee in 2012 and became President in 2014/15. I remained as President for the following year and on completion of my second term, I joined the district as 2nd Vice Chairman.

I am married to George who is a member of Farnham Rotary Club and we have two grown up children. I have worked most recently as a psychotherapist in private practice and for a drug, alcohol and mental health charity from which I will retire this year. I am currently Chair of Citizens Advice Surrey.

2nd Vice Chair is…vacant as we go to print.

Our Member of Council is Gail Elhinn. I joined the Inner Wheel Club of Lewes in 2002, after retiring from my job as Head of English. My husband George had joined the Rotary Club of Lewes several years earlier and I had been invited to join Inner Wheel but felt that I could not do so while I was still working. The club members were friendly and welcoming and I was drawn by the ability of Inner Wheel to make a difference in the lives of those who were struggling, both here and abroad. I also saw joining the club as a way to stop my brain from atrophying after a long career as a teacher.

I have served as Club Correspondent, Club Secretary, Club President, District Editor, District Chairman and Membership Officer. Taking on the position of Member of Council gives me an opportunity to serve the organisation and to learn more about it. I will be able to reconnect with many nice people whom I met in the past as a District Officer and, once again, become a member of a team. I have found that the more I engage with Inner Wheel, the more pleasure I receive from the membership. I firmly believe that women can be a powerful force for good and the achievements of the Inner Wheel are proof that, no matter how old we are, we have the ability to be that force.

Our District Secretary is Chris Barrett. I joined the Inner Wheel Club of Midhurst & Petworth over 20 years ago. I was soon co-erced on to the committee becoming Overseas Officer as it was then called, then secretary and becoming Club President in 2003/4. I joined the District Executive as Secretary for the first time in 2006, closely followed by another term
Our District Treasurer is Francoise Basden-Smith.
I have been in Inner Wheel since 2000, when I retired from full-time teaching. In 2005 I became President of the Seaford Club, and then in 2011 and 2012 I was treasurer. In 2013 I became the District Chairman.
I put my name down for District Treasurer as I enjoy planning and budgeting, and extracting as much out of anything available as possible, so ladies...be on your guard! Combining duties with pleasure seems to be a natural thing to do....I'd also like to follow in Ann's footsteps as when we shared a room at the conference in Plymouth Ann would make me beautiful cups of tea first thing in the morning, which I accepted gratefully as I am a dreadful riser, (without giving anything in return), and late at night we would talk a great deal. I will try very hard to follow in her experienced footsteps, as I know it will be a challenge. But I will do my best.

It is always a great experience to be on a Committee, whether the local Inner Wheel Club, or District. Yes, jobs need to be done, but the friendship this creates, is well worth the effort! Thank you for everything, Inner wheel!

Our District Editor is Katharine Butcher.
I was born in the city that attracted many pilgrims, most notably Geoffrey Chaucer, famous for his Canterbury Tales. At 18, I came to Brighton to study at ‘Brighton Polytechnic’ (I am showing my age now) and then I to started to work at The Body Shop International – a childhood dream for me. I was one of the International
Product Trainers writing training material for all the skin and hair care products and running training workshops for the International Training Managers. I then went to work for Nelsons (they manufacture homeopathic products and the Bach Flower Remedies) and became the training manager for the BIEP …the Bach International Education Programme. I joined Inner Wheel in 2014 and became President two years later. I love coming to District Meetings and attending Conferences….this year’s conference in Nottingham will be one I remember with great fondness due to our night out ‘clubbing’.

I am married to David and we have two children who are aged 15 and 12. We are quite a sporty family (swimming, football, rugby and cricket) and both Dave and I love BMF (British Military Fitness). As a hobby I love papercraft and am looking forward to scrapbooking my journey with Inner Wheel and District 25.

**Our International Service Chairman is Pat Wallace.** We moved from Eltham, to Horsham in 1985 when my husband, Bruce, was appointed as the Manager of Boots in Queen’s Square, Crawley. Soon after, Bruce was invited to join the Rotary Club of Crawley and then I was approached by the Crawley Inner Wheel. I thought this was a good opportunity to make friends in the area and become involved with community projects. I transferred to Horsham when I found travelling through the countryside more difficult.

I remember the first outing I attended with Inner Wheel to Leonardslea Gardens. I had two small children at the time and I was not sure that small children would be interested in a garden, but the ladies assured me they would be fine. We had a wonderful afternoon!

I have always been on the international overseas committee. I feel we are so lucky in this country and life is so hard and the need so great in most developing countries. Foreign aid has always been my passion. I was one of the Overseas section leaders for four years and then in 2010, I was approached by Lynda (the then District Chairman) and asked if I would consider being 2nd vice Chairman. All I had to do was organise the skittles competition! Three years later, I was District Chairman! I had a wonderful year and made lots of new friends. They were, and are, such a friendly and supportive group of ladies. A few years later, it was suggested that I might like to take on the role of International officer. So, here I am, doing the role for which I have had a lifelong passion, surrounded by friends and fellow members who support me in my efforts to make a small difference through our international charities.

Supporting the International Service Officer Pat are three section leaders. Their main role is to help Pat organise the International Service Rally and collate the International Service Report. Each club has a section leader and they are as follows:

1. **Nicky Clark** (Hove) - Chichester, Cuckfield & Lindfield, Horsham, Midhurst & Petworth
2. **Kay Young** (Seaford) - Caterham, Haywards Heath, Hove, Lewes, Oxted & Limpsfield, & Seaford.
3. **Andrea Ricketts** (Guildford) - Bookham & Horsley, Godalming, Guildford, Dorking & Farnham.
Nicky Clarke - In 1996 when my husband Robert joined Rotary, I had no intention of joining Inner Wheel; ladies clubs were not for me! However having met a simply splendid member of Pershore Inner Wheel I agreed to ‘give it a try’. Little did I know at that first meeting I would be presented with my badge and asked for a cheque! I clearly said that whatever happened I would NEVER join the Committee or, heaven forbid, go to a District Meeting.

So here I am some twenty one years later having, at Club level, been Overseas Chairman (as it was then), Club Correspondent and twice was allowed to be Pershore’s President!

It was at a Rotary Conference I heard the wonderful Mark Cook from Hope and Homes for Children speak, and stupidly said to a good friend that I simply HAD to do something to help. Said friend was just stepping down as District Overseas Service Chairman and, yes, you’ve guessed it, I took over from her for the following three years!

As Inner Wheel had given me so much I thought I wanted to give something back and the only way I knew how was to step up and offer my services as District Chairman. Much to my amazement they said yes and thus I was DC in the same year as our Lois Driscoll. We were the naughty pair! Since then I served on the Association International Committee so I suppose you could say that if you sliced me in two, like a stick of Worthing rock, I would have Inner Wheel splattered around my middle. Have I enjoyed my Inner Wheel ride? Its been amazing and I’m delighted that Hove have agreed to ‘adopt’ me as my own Club of Worthing Steyne is very sadly disbanding.

Kay Young - My interest in Inner Wheel comes from my Grandmother who was the Treasure of GB & I in 1934 when the Association was founded. She kept that post until 1945 and took over as Association Secretary during the war as well, until a paid secretary was appointed. My Grandfather was Rotary GB & I President and went on to be a member of council (I think that is the right name) for International Rotary. I joined Inner Wheel after I retired - 4 years ago I think, and I have a lot of catching up to do.

I think International is one of the greatest things within Inner Wheel and I would like us to communicate with other countries. It is one of my reasons for attending the Convention in 2018. I have been International Chairman for my club Seaford and will be Vice President come July. I love the friendship and was shown it on my very first evening. I feel a part of both a small and a large family.

Andrea Ricketts – I joined Inner Wheel in 2003 and was President three years later! I have just enjoyed a second term as President, having been International Service Officer and a section leader over the last 14 years. I am married to Peter (a Rotarian for 38 years) and we have two daughters and three grandsons who all live close by. Having run a jewellery bead business for many years, I enjoy many crafts including quilting, jewellery making and card making.
What a lovely day….the choir were magnificent, the readings were superbly chosen for the occasion, the flower arrangements looked beautiful, the room was light and airy and the food was delicious. The Association President Zena gave a great address … here are just a few snippets of that.

“I am a great believer in the power of positive thinking. One of my themes for this year is motivation and you cannot motivate unless you think positively so please think positively about Inner Wheel and value your membership. Do you say down It is Inner Wheel tonight or do you say up It is Inner Wheel tonight. We need to encourage new ideas and welcome them. I need you to think about your membership and what you can put into it by supporting the events and meetings organised by your club, visiting other clubs, going to District meetings, enjoying conference, meeting other members and making new friends.

Being a member of a social club may be just as important as exercise in helping to prolong life after retirement. Researchers studied evidence from the English Longitudinal Study of Ageing and found that if a person belonged to two social groups before retirement and then continued with them – in the six years after leaving work, their risk of dying in that time was just 2%. However the risk rose to 5% if they gave up one membership and 12% if they gave up both.

Finally some words of wisdom from Winnie the Pooh “What day is it?” asked Pooh. “It’s today” squeaked Piglet. “My favourite day” said Pooh. A positive message which I hope will work for everyone.”
Many clubs have celebrated birthdays this year and invited members to their ‘birthday parties’ …

Oxted & Limpsfield celebrated being 70 with a speaker Ann Chance – ‘Saddle Sore in Montana’.

Seaford also celebrated being 70 & held an interclub Anniversary tea with Rotarian Tony Lees speaking about ‘Happy memories of Seaford Club’.

Cuckfield & Lindfield were 32 years old and their speaker spoke about ‘Theatrical makeup’.

Bookham & Horsley held an afternoon tea to raise funds which also included listening to Hugh Laurie speak about ‘Mary’s Meals’.

At Godalming members heard Michael Goodridge speak about ‘My year as a Master of the Worshipful Company of Arbitrators’s’ while Chichester held a fashion show in conjunction with Phase 8.

In the picture, Michael Goodridge and his wife being presented with the Inner Wheel Rose by the Club Presidents of Godalming – Marjory Moray and May Torrington.

Looking Ahead

The International Service Rally

This will be held at Ashington Village Hall on Tuesday 17th October. Our guest speakers will be from the ‘Healthcare Ethiopia Partnership’. This is a group of midwives, and support workers who work and train in the hospital in Ethiopia. They are responsible for the training of healthcare workers in midwifery and child health to save the lives of women and children.

Our International Service Chairman Pat Wallace has also requested that clubs bring items to sell with the money going towards the Health Ethiopia Project. Suggestions include cards, jams, chutneys, knitted items, Christmas decorations, candles…a tombola. This will be alongside and compliment the raffle and cake stalls. Please contact your Section Leader for more information.
Greetings... from James Onions District 1145 (Rotary South) Governor 2017018. I joined Rotary in 1984 and over the years I have gradually became involved with International Charities and the Rotary’s Charity – The Rotary Foundation. I prefer to support causes and carry out projects that we can put our name to. In your next newsletter I will write and give more detail about some of those projects but in the meantime I wish Pat O’Keefe and you all a great year ahead. I hope to meet many of you and hope that we can carry out some projects together.

In November members were treated to a presentation from Keeping Abreast – District Chairman Aileen Hargreaves’s charity. During her year members have raised over £2000 for this charity which is fantastic. If you fancy finding out more about what they are doing then please visit www.keepingabreast.org and click on the news/events banner at the top.

Dates for your Diary 2017

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If you are ALWAYS trying to be NORMAL, you will never know how AMAZING you can be – Maya Angelou

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