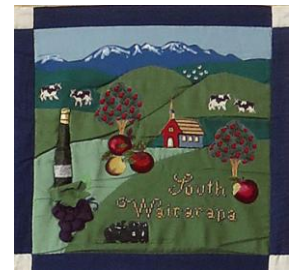
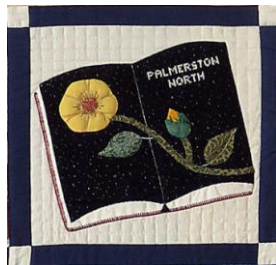




# District NZ294 E - Magazine



Empower - to give someone the power to do something, to make them stronger and more confident



Evolve - to develop, make progress, move forward, mature, expand



## November 2018



## *DISTRICT CHAIRMAN MARIE GILLIES*



It is hard to believe that the half way mark of my year as District Chair of IWNZ294 is just around the corner. I have been so impressed and not just a little proud of the mix of friendship and service I have encountered in the clubs I have visited. In many ways it saddens me a lot that the work we do and the help we give, in so many ways, is not better recognized in the community. So, can I ask that if you are gifting goods, find a way to put a sticker or an identification on them that boldly states they are gifts from your Inner Wheel Club. Use our new bags as presentation containers and put our promotional material in them as another way of spreading the word about Inner Wheel and the things we do

Have you made the decision to attend the Inner Wheel Conference in Auckland next year. I have attended the two previous ones in New Plymouth and Christchurch and whilst I was very new to Inner Wheel at the time, I enjoyed and gained a big understanding of the wider organization. I hope you will take the opportunity to attend – you will feel most welcome and I can guarantee you will have a good time. I would love to hear from you if you are wondering if this is something you would like to do. I am hoping that we will have a big representation at IWNZ Conference 2019.

In Friendship  
Marie Gillies  
IWNZ 294 Chairman

## *DISTRICT COMMITTEE 2018 - 2019*



The new District Committee for 2018-019

Debbie Lattey - Treasurer, Brenda Callear - Editor, Carolyn Crutch 2nd Vice Chairman -  
Jeannette Townsend - ISO, Marie Gillies - Chairman, Judi Newborn - Past Chairman, Judith Dunlop-  
Secretary and Carol Woodfield - 1st Vice President



## PROFILE OF NEW COMMITTEE MEMBERS



**Debbie Lattey -  
Treasurer**

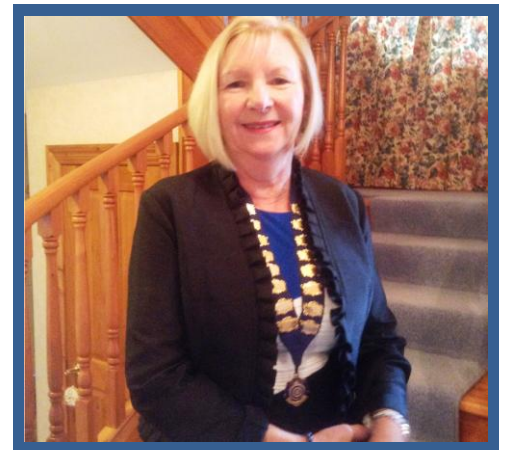
I joined IW Kapiti in July 2010 after hearing about the amazing things the Club does from other Rotary wives. I quickly found myself on the committee and with the role of Newsletter Editor (which role I have held ever since). I was Club Treasurer for three years from 2011-2014 and President for two (2016-18). Stepping up into the role of District Treasurer seems a natural progression and I'm really looking forward to the challenges the role brings.

My husband Wilson and I live on a lifestyle block north of Paraparaumu where we run a small herd of alpacas, a few sheep and a flock of chooks. Wilson has been a Rotarian for nearly 25 years and runs the annual Paraparaumu Rotary Art show at Southwards Museum. We are both now retired and enjoying having the time to pursue other interests.

I have had 10 happy years of fun, friendship and service with the Inner Wheel Club of Plimmerton. I enjoyed my time as President in 16/17 and as ISO. I also thoroughly enjoy my ongoing involvement in service to the community, fundraising, outings, book club, craft group and our mahjong club. Working and playing together forges close friendships. There's never a dull moment!

I am originally from the Loch Lomond area in Scotland and married to Alastair a Kiwi. We have 4 children and 2 grandchildren. I did my degree at Edinburgh University and worked many years with pre - school special needs children when we moved to New Zealand. I love walking, golfing and travelling.

Attending the IIW Convention in Melbourne was an amazing experience and I would encourage everyone to attend an Inner Wheel conference or convention if possible. We have a great team at the District 294 executive and I am looking forward to the challenges ahead.



**Carol Woodfield  
1st Vice President**

Carolyn is a widow with a daughter and two beautiful granddaughters. Her interests are cooking, walking, reading and being involved and working in the local community.

After moving to Tawa 6 years ago and not knowing anyone she became a member of Tawa Inner Wheel. She had been a Rotarian in her working life which was in the hospitality industry, Events, sponsorship, fundraising and working for Not for Profit organisations.

In the time she has been involved with Tawa Inner Wheel they have inducted three new members. With the support of the members they have introduced new and creative events for raising the profile of the Club in the wider Tawa Community. The annual quiz, Health & Beauty Expo., Sip and Chat once a month are just some of the activities.



**Carolyn Crutch  
2nd Vice President**

## NATIONAL CHANGEOVER



The National Changeover held in Dunedin in June celebrated Christina King's year as National President and welcomed our own Darlene Westrupp as her successor. In addition Judi Newborn and Anne Joyce both from IWNZ 294 took on new roles in the National Committee. The District is very well represented at National level.



## DISTRICT CHANGEOVER



The day began with the lighting of the Friendship Candle followed by speeches, fun, friendship and entertainment. The ladies of Eastern Hutt put on a splendid lunch enjoyed by all.

Judi commented on how quickly her year as Chairman had gone and how much she had enjoyed it. She had visited all the clubs in our District and been made very welcome. The highlight of the year was attending the convention in Melbourne.

Marie is looking forward to her year and emphasised the need for attracting new members.





## *DISTRICT CHANGEOVER continued*



After lunch we were entertained with a short video of Judi's mum, Helen Mills telling us all about the time she was in the WAAF - she is now 94 year and is the last living WAAF.



In 1942 at the age of 18, and at the height of the war, Helen joined the WAAF (Women's Auxiliary Air Force). Initially posted to Bridgnorth in Shropshire she received her uniform and some basic training. On completion she was then posted to Morecambe in Lancashire where she had her initial training and 'passed out'. She had a choice of job and decided to become a Clerk SD or Plotter using RDF (Radio Direction Finding) which was done using a large map and instructions given over a headset. She was posted to the Sector Airfield of RAF Fighter Command of 11 Group at Hornchurch. This was in the south of England and was in the thick of all the action including the Battle of Britain. Later she was then posted to the Observation Room of RAF Fighter Command's 11 Group HQ at Uxbridge, which was overseen by Air Vice-Marshal Keith Park. The Obs. Room was underground in a bunker and was accessed by 76 steps and everyone, no matter how important, had to climb up and down, there was no lift! The VIP's who visited included King George VI, Churchill and Eisenhower.



## *DISTRICT AWARDS*



Candlestick Award  
New Plymouth



Best Newsletter  
Sue Stewart from  
Palmerston North



Chairman's Award  
Tawa

## INTERNATIONAL CHAIRMAN



My hope for the theme is to encourage our members to educate themselves on Inner Wheel. By examining, honouring and learning from our Inner Wheel heritage, we can use this knowledge to ensure our growth, individually and collectively, and to enable Inner Wheel to participate more confidently and successfully.

It is with this empowerment and support that Inner Wheel will further grow, evolving to adapt to the needs of today's members and modern society.

When everyone moves forward, evolving positively together, great success will follow.

A British Philosopher once said "the mind is like a garden; if we plant good seeds we will have a great garden, if we plant poisonous plants, that is what we will reap and if we do not plant anything at all, it will be idle and the weeds will take over".

I hope that, using the 2018-19 Theme, we will all 'plant good seeds' to ensure that both Inner Wheel and its members continue to make a difference, and flourish around the world.

### The Venus Symbol – Empower and Evolve

The symbol for "woman" or "female" was named after the Goddess Venus and has become the symbol denoting all things female. The circle, or in our case the wheel, denotes the inclusive nature of our organisation. Here there is no exclusion. All welcome, and ever-expanding

The cross (added in the 16th century) rests beneath the womb (represented by the circle in the Venus symbol). The location of the cross under the circle indicates all are birthed from an inclusive, loving womb.

On the top half we feel the openness and inclusivity (circle). Yet, on the lower half we experience a narrowing, or a "coming to the crux." Visually you can see opening and closing, beginnings and endings, in this symbol.

Through the symbol and the theme there is an acknowledgement of the great need for women to change the world through their own empowerment and evolution.

## DISTRICT MEETING

This year we celebrate 125 years of Women's Suffrage and this set the theme for the meeting. Marie opened the meeting and the Friendship Candle was lit. She spoke to us about how special these meetings are, getting together and the level of commitment especially from our older members.



Our guest speaker was Dr Anne Else who is a writer, feminist and academic. She spoke about the update of a book first published in 1993 - "Women Together: a history of Women's organisations in New Zealand. The review of the original will celebrate 125 years of Women's Suffrage.

The Wellington Club produced a scrumptious lunch serving us with their "Votes for Women" aprons.







After lunch Eunice Chivers from the Ruel Foundation spoke to us of the work done in the Philippines at their orphanage where the little children are brought back to good health before their operations to repair hair lips and cleft palates. She also showed a short video of the children living in the orphanage. Jeanette Townsend, our OIS then presented her with a cheque for \$3,000+ (some clubs had donated direct) which she was very grateful for as this would mean more smiles on more little faces.

## *DISTRICT SERVICE PROJECT*



A year ago you accepted the District Project - Ruel Foundation, Give a Smile for those that can't and we have. So far we have raised \$3,000+ for this very worthy cause. What a wonderful effort and thanks must go to all the clubs who have given so generously. 7 children will now be able to smile.

This project is aimed at:

- Making a better life for children - Ruel House in Philippines
- Life saving medical aid to children need in the Philippines, Vanuatu, Fiji and emergency treatment for children in need
- malnourished children and disaster relief.



Welcome baby Precious! - (This is not her real name but is certainly what she is to all our staff and caregivers at Ruel House). Precious was brought to us when she was only 6 days old and has had a very difficult start to life. Her birth mother is only a child herself, who due to poverty and sexual abuse lost her childhood prematurely, was abandoned by her family and left to deal with the physical and emotional pain of rape and childbirth alone! However, this is only the beginning of a transformational life story for Precious and her mum.

Thankfully one of the police personnel, involved in the rape case formed a close bond with Precious's mum and took her into her own home offering safety, security and hope! This amazing police woman has now applied for a foster care license so that she can continue to care for this young girl to ensure she is educated, loved and given life opportunities that she wouldn't have otherwise had available to her. We are so grateful that this incredible lady reached out to make a significant difference to one young girl in desperate need of love. Precious is thriving with us and her case is being assessed for possible future adoption. Both Precious and her mum have been given hope for a much better future. Thank you to all our sponsors and donors for making it possible for us to share these exciting life changing stories - one smile at a time! "

Today the Ruel Foundation is helping many children throughout the South Pacific

## OUT AND ABOUT WITH OUR CLUBS

### EASTERN HUTT



Several Members of Eastern Hutt Club recently assisted with the street collection for Lower Hutt Women's Refuge. This was certainly an event which fitted well with our profile of "We are Women in Action, working to make a difference and improve lives". Recent Government funding cuts have seen these safe houses forced to reduce or stop spending on day to day items which many of us take for granted. It was pointed out to one of our Inner Wheel collectors that there is a great need for toiletries and personal items for women and children coming into the Refuge.

Our Club responded by requesting Members bring along such items to our monthly dinner meeting for gifting to our local Women's Refuge. The response was great with a car boot load of items being collected and passed on. We also had one Member donate 3 large bright coloured crocheted rugs for the Refuge. It was a pleasure and an easy way to help our local community.

### KAPITI



President Debbie Lattey with Whitcoulls Coastlands Manager Carol Sainsbury and some of the donated bears

The last twelve months have been very busy for the Kapiti IW Club. Our members continue to be in good heart and very active in our community, helping with collections, serving food for the Blind Foundation, knitting and crocheting for babies, and enjoying social get-togethers where we walk & lunch and play Rummikub, Scrabble and Mahjong.

At Christmas we worked again with Whitcoulls to collect and donate more than 250 Whitcoulls bears to Foster Hope and the Women's Refuge. We hope to do the same again this year. The bears are soft and cuddly and can be very comforting for children at a stressful time.

Our major fundraiser in April was for the Kapiti Women's Refuge, for which we raised \$2,000 towards a heat pump to warm the refuge reception area at the Kapiti Women's Centre. This was done by holding a very successful movie night. Our club also donated \$300 to the Ruel Foundation and \$300 to Look Good Feel Better.



## *KAPITI continued*

We were thrilled when in November last year one of our club members and a past District Chairman, Margaret Hayward, was awarded the Margarett Golding Award for services to Save the Children NZ. This honour recognised Margaret's many years of service and dedication to this charity, as well as her long involvement with IW.

Several of our older members have retired in the last year but we have also gained a number of new members, and look forward to another successful IW year.

## *FEILDING*



Our District Chairman Marie visited us in November and shared her wisdom for the future of Inner Wheel and we loved the carry bags.

Members meet regularly for coffee and lunch. At the September meeting we had 4 speakers, students from Freyberg School who have produced a book "Pio the Whio" which had an environmental message and was aimed at the 3-6 age group. They informed us of the steep learning curve in achieving the finished product. The two versions of the book are written in Te Reo and English.

We continue our support of the Combrae Rest Home making Twiddle muffs, mats and aprons for the dementia patients. These are pictured below.



The members have been very busy knitting angel pockets (for stillborn babies) and prem baby knitting for the Neo-natal unit in Palmerston North hospital.



## *MANAWATU CENTRAL*



We had a great turn out at our August meeting where we had a very interesting talk by Sue Webb. Sue is an ex school teacher, school counsellor, Massey University counsellor and now runs her own business. Sue spoke on stress and anxiety, why we experience it and how we can manage it. She talked of mindfulness, living in the present, getting through the next half hour, slowing down and noticing and appreciating the small things around us and making space in a day. Sue was an excellent and relaxed speaker

## MANAWATU CENTRAL *continued*

A fun night out was recently enjoyed by 13 of us when we attended the movie 'Mamma Mia Here we go again' After a good laugh and some tears we retreated to a local restaurant for a meal and some friendly banter. September saw us enjoy some fantastic food and great Inner Wheel friendship at a local Turkish restaurant.



October was a month busy making gift boxes for Starlight Charity, our chosen charity for the year. Starlight charity was started by Kathy Simpson and aims to bring Joy and Hope to mental health patients. One of our members, Chris cut and stamped all the boxes and the members decorated and assembled them. Late in November these boxes will be filled with sweets and presented to Kathy along with decorated recycled paper bags and a large supply of toiletries collected by members. These will be gifted to patients and their families at Christmas time.

## NEW PLYMOUTH NORTH



*Book bags filled with crayons and pads for children at Ngamotu Kindergarten*

In March our Guest Speaker was Tammy Wellaway from Ngamotu Kindergarten where she was Head Teacher. The Kindergarten is categorised as Decile 2 reflecting the make up of the children, most from low socio-economic homes. Essentially the children are aged from 3 to 5 years but there is now a need to cater for 2-year olds. Our committee has decided that some of the money from our Charity Account go towards story books and clothing and a monthly fruit parcel. Members continue to contribute individually with books and craft materials. This month, October, our members made up a collection of personal items for mothers who cannot afford the essentials such as shampoo, conditioner and sanitary products

### FOSTER HOPE

Mention had been made by a few clubs at both a District Meeting and an AGM of Foster Hope. Enquiries locally resulted in our club finding a lady who acts as the local agent for this charity.

As many Inner Wheel members know, Foster Hope was established to supply items for children who are placed in foster care often with short notice resulting in them arriving without any possessions particularly clothing.

Our club donated singlets, track pants, pyjamas, nappy packs, undies and personal care items



*Carol Kenworthy representing our club delivering items to Foster Hope*





*Nurse from the Children's ward  
with some of the dolls*

Each year we cut out and then sew 'hospital dolls'. They are from bed sheets that are donated by a local laundry. We spend a morning cutting out the shapes and then they are distributed to members to sew up. We spend a meeting evening stuffing the dolls and completing the sewing. The evening is also our "fish and chip" evening as we are in a member's home and not at our usual meeting venue.

The dolls are delivered to the children's ward and are used by doctors and nurses to indicate to children what treatment they will be receiving. The children are encouraged to decorate the dolls. This year we excelled ourselves and completed 280 dolls

### **WALK AND TALK**

This year we walked around the streets close to a Retirement Village which has an excellent café attached which is open to the public. With the area also being residential, while we walked along we got the benefit of seeing the start of spring flowering.

We were lucky with a lovely fine day. We had two categories of walks. A 'gentle' walk of half an hour or something more adventurous of three-quarters of an hour. We had a good muster, walkers and the non-walkers later joined us at the café for well-earned refreshments.



*At the café on Inner Wheel "Walk & Talk Day"*

### **FUND RAISING**

**Biscuits** - Finding new and innovative ways of fund raising is not always easy and so the tried and true is often relied on. Currently we are raising funds by buying frozen biscuit dough from Yarrows. They offer four of their popular biscuits to choose from. This fund raiser is quite popular because members all have friends and relatives that enjoy having something in the freezer that they can take out and make a batch of biscuits at short notice.

**Catering** - In June members catered lunch for our member Emily Rose's 80<sup>th</sup> birthday. We will continue to do the catering on behalf of the supervisor of those in the community that go into schools to assist with reading recovery.

**Truffles** - In November we intend to sell truffles during the "Heavenly Homes" event. Eight homes at various locations around New Plymouth will have their homes dressed for Christmas and the public are invited (need to buy a ticket) to view the houses. One of our members Shirley Dickson will be opening her home. Shirley is a talented florist and has the knack to turning ordinary into extra-ordinary.

**OTHER ACTIVITIES** - Our members continue to make and donate numerous knitted items which go to Red Cross (for Meals on Wheels), Barnardos, and the Neo Natal ward of the hospital. Our walking group continue to walk on Saturdays and they along with non-walkers meet at The Hub in Fitzroy for coffee. The Garden Group and the Book Club continue to flourish.

## PALMERSTON NORTH

### Camellia House



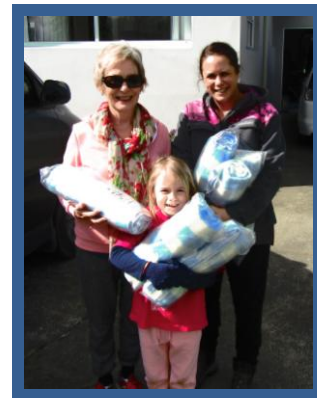
Camellia House in Palmerston North provide emergency accommodation to women and children, and our club have been helping out and supporting them as part of our community service. They are very appreciative of any assistance we can provide especially donations of almost anything that is useful when helping women to set up home.

Committee member Lynne Wightman with Abby Watson, Operations Manager at Camellia House. Photographed with our donations in September

### Woollen Blanket Donations

In mid July our club donated 20 woollen cot sized blankets to midwife Kelly Fage which she will place at the maternity unit and which will be donated to appropriate new mothers at the midwives discretion. At the beginning of September we donated a further 30 woollen cot blankets.

The photo shows our member Jill O'Sullivan, Kelly, and little Grace with some of the blankets which were rolled and wrapped in plastic, like a neck roll, and had our IW club label and Town and Country label...So very much appreciated.



## PLIMMERTON

This year we are focussing on the three objects of Inner Wheel "To promote true friendships", "Personal service" and to "Foster International Understanding". We are encouraging our members to take the opportunity to put new ideas in our Suggestion Box and it is working well.

At our changeover in June our President Janet Reidy was given an Honoured Active Award and her comments were "I've always wanted a sister and now I have 60. Pictured are all our Honoured Active Members.



We recently inducted our first new member for this year Julie McGlagan pictured here with Janet Reidy our President





## PLIMMERTON *continued*

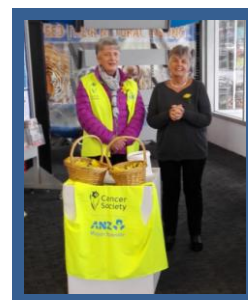
In July a group of ladies put together goodie bags of essential toiletries for Women's Refuge and the Hospital. August saw our Craft Group spend some time stuffing Silky Pillows and one of our ladies delivered them to the Cancer Society where they were very well received. This is an ongoing project of Plimmerton Inner Wheel. Attending the rehearsal for WOW performance is also another annual event on our calendar and which is also a fundraiser for Neonatal Unit.



We continue with our regular Book group, Craft group, Marjon, Tasty Tuesday and Table for Eight. This year we added another activity "Try something different" which has seen the members going to the Trench Experience, visiting English Language Partners and Porirua Council Nursery where many came away with "bargains"



What a miserable day Daffodil Day was considering it was meant to be Spring but a cheery group of collectors must have brightened a lot of people's day. A group of our ladies were out collecting for this very worthwhile cause.



Our speakers in September were from WELLfed  
Kim and Rebecca

These girls are teaching people how to cook good nourishing food for their families. So many do not have the knowledge to produce good wholesome foods on a tight budget.

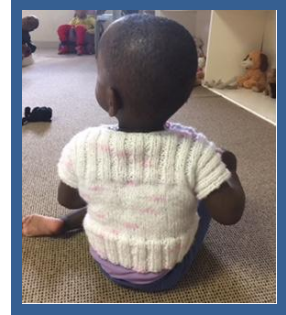
How appropriate our theme for this year is Empower and Evolve These two young women are extremely passionate about their desire to help other women and as a result our Pop up Shop proceeds will be shared with WELLfed and Virtuoso Strings



## SOUTH WAIRARAPA

Our year to date has focussed mainly on our theme - Caring for Women and Girls, but also our own theme of Charity Begins at Home while increasing International Understanding.

Our monthly Knit and Natter group made in excess of 150 singlets and beanies for babies and small children in an orphanage in Botswana. These were taken by plane as hand luggage and the passengers were so intrigued the singlets were all passed around with great appreciation from everyone.



We continued our knitting evenings and provided our local Maori and Pacific Island Health Centre (Whaiora) with more knitted garments and cot blankets. Louis Witbooi, one of the Clinical Directors, came and spoke to our group about the work they do particularly with the impoverished families in the Wairarapa. We thanked him with a car load of food, linen and knitted goods for the mothers and children from the Centre.

To celebrate our 25th Anniversary we donated 12 native trees and a brass plaque to the Memorial Bush in Greytown. We also had a speaker from The Lions Club who have been raising money to purchase an electric trishaw for Greytown. This project has been supported by all groups in our community to give older people the opportunity to be taken out for a ride, to improve their quality of life and give them new experiences.

Following a spate of burglaries in Greytown we invited Area Commander Scott Miller to talk about our personal and home security and the possibility of setting up Neighbourhood Watch groups. A number of our members are older women, living on their own, who can feel vulnerable. He gave us some very valuable tips about protecting ourselves including the need to have a lockable room inside our homes in which we can keep safe if there is an intruder or home invasion.

We had the girls who we supported to go to Outward Bound last year, come and speak of the life changing experience the course had given them. This was a huge project last year and it was very gratifying to have them come and talk to us. We have also sent hundreds of new and good used bras to the women in the Solomon Islands.

We had a very interesting talk about our cultural heritage in the form of our Greytown Little Theatre which is entering into a new stage of development with the building of a new purpose-built theatre to replace the present earthquake damaged premises. Little Theatre has been operating for over 190 years and South Wairarapa Inner Wheel have had a close association with them. We look forward to their reopening and enjoying shared evenings of local talent.

Two of our members plus a Rotarian visited Raratonga where they attended a Rotary meeting and talked about Inner Wheel and what our objects are. Those present knew nothing about our clubs and were very interested. An excellent opportunity to promote our organisation.



Finally, we enjoyed entertaining Sheila Woods, Past President of Dublin Inner Wheel. A group of us took her out to High Tea in Masterton. She was very interested in our club and we enjoyed sharing experiences with her.





# TAWA

The Inner Wheel club of Tawa has had a busy beginning to the year with the first meeting in July one in which President Carolyn outlined plans for the 2018/2019 year. These were developed with an agreed vision in mind - *Working with our local community, increase membership, raise Inner Wheel Profile.*



Our club was privileged to be the first in the District to be visited by District Chairman Marie Gillies.

She was welcomed warmly with a request to open the meeting with the lighting of the candle before inducting two new members. We were delighted to be able to present Marie with a cheque towards the District's Service Project – '*The Ruel project*'. At the end of the evening Marie was presented with a Tawa fridge magnet sign post acknowledging that she would be welcome back at any time.

Two events have been held during the month of September. Firstly a quiz evening at the Borough Tavern on the Main Road. Groups from around the community made up teams with a range of interesting team names depicting the group of participants ie. The Incontinents, The Bowlers, God Squad, The Undertakers to name a few. All Proceeds were donated to the Tawa Community Patrol. Auctions and buy an answer all contributed to the raised funds.

The monthly club meeting was open to members of the community as Amelia Kerr – White Fern cricketer had agreed to speak to the meeting about her cricket career to date. She was accompanied by her father Robbie Kerr and introduced by grandfather Bruce Murray (past Principal Tawa College). Grandmother Shona Murray, another iconic Tawa figure, came to support and act as photographer. Table decorations were created and donated by the Twisted Willow Florist in Tawa taking on a silver fern theme with spring flowers and painted silver ferns. Cricket Wellington donated a cricket bat which Amelia signed and was auctioned with these funds going towards the clubs identified service projects.



In MasterChef there are always staples under the bench and whilst the activities outlined above were taking place so were our club staples. Knitted peggy squares continued for rug making to be donated to Women's Refuge; hospital bags sewn, filled and delivered to the hospital; plants and pants support the projects at Arohata prison; Beanies knitted for Pregnancy help; Foster hope received contributions of pyjamas; catering for the Tawa men's choir continued each month and friendship groups met for coffee mid-week and a sip and chat on a Saturday. Both events are run once a month.



## *TAWA continued*

October continues to deliver on the theme taking Inner Wheel to the community with participation in 'Spring Into Tawa' – an annual public event and in December organisations will be invited to decorate tables with a Christmas theme raising funds for the Salvation Army Christmas Appeal. As the adage says – 'Watch this space'

Our Facebook Page is a key means of getting the message out advising of forthcoming events then sharing the success following.

The club has been very fortunate to have a significant sponsor in Guardian Funeral Home which enables rooms to be secured for meetings alongside many generous donations from New World Tawa, The Borough and Twisted Willow Florist.

## *UPPER HUTT*



*Julie Bold, Beryl Worth, Olive Pearless, Derene Charles and Coral Kidd*

June was a very busy month for us as we hosted the District Changeover. As is usually the case on these occasions our club members rallied around and provided ample food and assistance in the kitchen.

Our speaker in July from Lagans' Pharmacy spoke about health advice for the elderly, mentioning some elements which may be lacking in our diets as well as the need for appropriate exercise.

Judi Newborn shared her presentation from District Changeover, in August, about Helen Mills' (Judi's Mother's) war years, as our club had been working in the kitchen and did not see the presentation.

In July we supported and provided four models for a fashion parade at Ballentynes Upper Hutt to raise funds for "Look Good – Feel Better".

On 1<sup>st</sup> September, "Walk and Talk" Day, we met for coffee at Quinn's Post Tavern with The Inner Wheel Club of Eastern Hutt. From there we walked to Golder Cottage, one of the oldest surviving colonial houses in Upper Hutt where John and Jane Golder raised their family of twelve children.





## UPPER HUTT *continued*

At our September Dinner Meeting the speaker was Bidy Harford, the CEO of Te Omanga Hospice who gave a very interesting talk about the Hospice rebuild. Construction is well under way and it is expected that the target date will be achieved. \$7,500,000 has been raised, leaving \$2,500,000 yet to be raised. There is a live camera in a tree at the site which makes it possible to view progress from the builder's website. <https://armstrongdownes.co.nz/projects> . When the project is completed the Inner Wheel Club of Upper Hutt will be donating a garden seat for the use of families visiting patients in the hospice.

In October the speaker at our dinner meeting will be District Chairman, Marie Gillies, and we will be inducting a new member. Also in October we will be having a craft day/sewing bee. Club members will be able to bring along their own projects to work on for charities or make heart pillows for the Cardiac Unit at Hutt Hospital.

## WELLINGTON

To start off our new year we had a very interesting speaker, Vivien Whelan from Arohata Women's prison. It was very educational and also a little frightening learning of the numbers of people in our prisons. Our Club presented Vivien with 20 "shopping" bags filled with such things as face cloths, soap, toothbrushes, female products to be given to women who were leaving prison to go and live in the outside world. One of our local supermarkets was very generous with items. So enthusiastically were these received by the prison that our club as decided to continue contributing items for the bags that will be sewn by the women in Arohata as a cottage industry.

Coffee mornings were held in member's homes catering for up to ten people. Over a cup of coffee/tea and scrumptious food discussion was held on a number of things pertaining to the club. A lot of useful information came out of these discussions along with friendship and championship.

Our September meeting included husbands/partners and we were all entertained to a hilarious evening listening to and singing along with David Dell, who is a composer, publisher, archivist, historian and minister of religion. He is also very involved with Musical Heritage New Zealand (and collects sheet music of NZ music, so those of you reading this who have NZ sheet music and want a good home for it, email [musicalheritagenz@gmail.com](mailto:musicalheritagenz@gmail.com).

Apart from fascinating speakers and lots of friendship at meetings Wellington IW have continue to support Look Good Feel Better with baking for morning/afternoon teas. Regular gatherings of members are mah jong (fortnightly), weekly walks (rambling roses); ladies who lunch (monthly), occasional movie afternoons and visits to the theatre.

We are looking forward to hosting District 294 meeting on the 10<sup>th</sup> November at the Khandallah Presbyterian Church Hall.



## HONOURED ACTIVE MEMBERS



*Janet Reidy - Plimmerton*

## IN REMEMBRANCE

*Let us not forget our dear friends who are no longer with us, they will be sadly missed.*



*Jean Floyd - South Wairarapa*

*Elizabeth Ward - South Wairarapa*

*Dorothy Lomas - Tawa*

## LOOK GOOD FEEL BETTER NATIONAL IWNZ PROJECT

*IWNZ is delighted to be supporting the work of Look Good Feel Better NZ as our National Service Project. So far we have raised over \$15,000+ for this very worthwhile cause.*

Look Good Feel Better offer free Feel Better classes to support any cancer patient with any cancer. Inner Wheel Clubs across NZ are supporting LGFB through various fundraising initiatives and as volunteers with the LGFB programme



## SHOPPING BAGS



The blue bag, specifically designed to be “a shopper” that has reinforced handles for extra strength. The bags are branded both sides with the Inner Wheel logo and look quite smart.

Here is a chance and a relatively simple way to get our logo out there. These can be ordered through you club. If your club comes up with a novel way of using the bags please let us know and we will share the idea with other clubs.



## DIARY DATES

13 April 2019

District Assembly

2-5 May 2019



Registrations open - Early bird registration runs until February 2019  
Details at [www.iwnzconference.org.nz](http://www.iwnzconference.org.nz) for more information

29 June 2019

District Changeover

## PARTING THOUGHT

### Standing for Peace

“We are standing for the world’s children and grandchildren and for the seven generations beyond them.

We dream of a world where all children have safe drinking water, clean air to breathe and enough food to eat.

A world where they have access to basic education to develop their minds and healthcare to nurture their growing bodies.

A world where they have a warm, safe and loving place to call home.

A world where they don’t live in fear of violence – in their home, in their neighbourhood, in their school or in their world.

This is the world of which we dream.

This is the cause for which we stand.”

**Jean Shinoda Bolen MD, Author, Jungian Analyst, Women's Activist**

Don’t forget to look at the Inner Wheel websites and facebook page which are full of interesting information and change all the time. [www.innerwheel.org.nz](http://www.innerwheel.org.nz) and [www.internationalinnerwheel.org](http://www.internationalinnerwheel.org)