

PLIMMERTON INNER WHEEL NZ294

December 2022



DATES FOR YOUR DIARY

12 December	Otaki shopping & Christmas afternoon tea	1.30pm	Yvonne Groom's - 30 Raukawa Rd, Peka Peka
12 December	Christmas Decoration Fundraiser	4-7pm	Dianne Robert's - 4 Port Lane, Whitby
23 January	Pizza & Plonk	TBC	Janet Reidy's - Pauatahanui
11 March	District Meeting	TBC	Waikanae
5-7 May	IWNZ Confrence	TBC	Rydges Hotel, Wellington

UPCOMING REGULAR EVENTS

14 December	Mah Jong	7pm	St Mary's Church, Whitby - Every Wednesday
20 December	Club Dinner Meeting	6pm	Boating Club - Plimmerton
9 February	Craft Group	10am	Diana Paris - 19 Samwell Dr, Whitby
13 February	Book Group	2pm	Carolyn Wallace - 85 Seaview Rd, Paremata

MORE ABOUT UPCOMING EVENTS

DECEMBER DINNER MEETING

This will be our Christmas meeting on 20th Dec. It will be a fun evening of Christmas celebration. We invite you to wear your Santa hat, Christmas earrings, or sparkly clothes. (or all 3)

Please bring a \$10 Secret Santa to share.

Also, in keeping with the Christmas theme. Please bring a grocery item for the St Anne's pantry food bank who have been experiencing a higher demand than usual for food parcels.

CHRISTMAS AFTERNOON TEA

Monday 12th December at Yvonne's house 30 Raukawa Road, Peka Peka - any time from 1.30pm onwards.

Club member Yvonne Groom is inviting us for afternoon tea and to view her amazing collection of Christmas decorations that will be all set up again. This is a great way for Yvonne to connect with club members as she does not attend our dinner meetings. It will be a great day out for our new members too.

We can travel individually, or carpool together. We usually stop at Raumati Village and/or Otaki outlets shops on the way there for a spot of Christmas shopping and finish up with afternoon tea at Yvonne's. For catering purposes, **please let Sheryl know if you are coming or need a ride.**

CHRISTMAS DECORATION FUDRAISER

Monday 12th December Club member, Dianne Roberts will kindly open her house from 4pm - 7pm on Monday to view her wonderful decorations as a fundraiser for the Malaghan Institute of Medical Research.

Dianne's address is 4 Port Lane, Whitby. Entry by gold coin donation. Let's give Dianne our support for this. Please try to pop along to this very worthy fundraiser if you can.

SHERYL'S SUMMARY

What a lovely time of year with the spring garden in riot and some warm days. Time to recap over the year's events and time to look to the launch of 2023.



We've had a great year and I have had real joy getting to know our club members more. It is like being in the box seat being President. I get to see all the industrious and kind things that you all do. Thank you for making our Inner Wheel fun.

I have had a few meals out this month, and more coming up. The Entertainment Book has been a wonderful way to obtain great discounts when eating out. You can support Wellington Free Ambulance by purchasing an Entertainment Book. They will make a fantastic gift too. You can buy yours by clicking this link:

<https://subscribe.entertainmentnz.com/fundraiser/11101j9>

My Season's Greetings to you all. I hope you all enjoy a good change of pace over the holidays, savouring time with your families and trying different things. Time to count your blessings. I'll be enjoying my newly landscaped garden and will hopefully get cycling again.

Kia tau te rangimarie ki a koutou – Peace be with you

Peace be with you

LAST MONTH'S HAPPENINGS

NOVEMBER DINNER MEETING

Our speaker was Debbie Mair, principal aquatic ecologist. We had a lot of laughs. Who would have thought the science of riparian planting could be so interesting.

Measurements of water quality and local river life forms demonstrate a direct correlation to certain improvements to the riverbanks. This means we can set clear goals and track progress of improvements to the river's ecosystem.

She spoke of an exciting new technology, eDNA which can microscopically detect lifeforms present in the water. Environmental DNA is genetic material that is shed by organisms through the loss of skin, hair, scales, fluids, and faeces. We can identify thousands of species of fish, birds, mammals, reptiles, amphibians, plants, fungi, protists, bacteria, and other organisms from a cup or two of water. A biodiversity snapshot of what's in the water.

It gives a sense of hope that realistic goals can be set, and practical improvements can be made. Thank you, Deb, your passion is inspiring.

COMMITTEE CHRISTMAS MEETING

This week, the committee had our final meeting for the year at Julie McLagan's house. We were treated to the most spectacular afternoon tea that Julie had organised and prepared for us. We even started the meeting with a glass of bubbles.

If you would like to be involved on the committee next year, even just as a helper (you don't need to take on a role) please let Joy Creet know. "Many hands make light work", and it really is a good way to get to know each other better.



CHEESE SABLES

Julie had so many delicious goodies on her Christmas table, and these gorgeous melt in the mouth cheesy biscuits were among the first things to disappear. Julie has kindly shared her recipe, and I suggest you give them a try - you won't regret it!

These delicate little appetisers are given a hint of spice by the cayenne pepper. They are delicious served with a glass or two of sparkling white wine or stand alone with a cup of tea or coffee.

Ingredients

200g plain all-purpose flour

200g grated cheese (half tasty cheddar and half parmesan)

200g salted butter (I grate butter straight from the fridge to ensure it mixes in well)

pinch salt

¼ teaspoon cayenne pepper

good squeeze of lemon juice

Method

Place all ingredients in food processor or mixer and pulse together to form a dough.

Divide dough in half. Roll into two sausage shapes. Wrap and chill in the fridge for an hour. Can be frozen for use later.

Preheat oven to 180 - 200 degrees.

On a lightly floured board, cut dough 1½ -2 cms thick rounds. Place on baking tray lined with baking paper. Bake for around 15 minutes till light golden. Leave on tray for 5 minutes before cooling on a wire rack.

Cheese sables will keep for a week or so in an airtight container in a cool place. Not likely though as they are so delicious!



PALMERSTON NORTH GARDEN VISIT

On Monday 14th November some of our club members ventured up to Palmerston North for a visit to Julia Mottram's gorgeous garden, followed by a trip to Longwood Gardens. The weather was glorious and could not have been better, as we sat outside in the sun in Julia's Garden to enjoy morning tea. The delicious lunch was catered as a fundraiser for Walking Stars in support of cancer awareness.

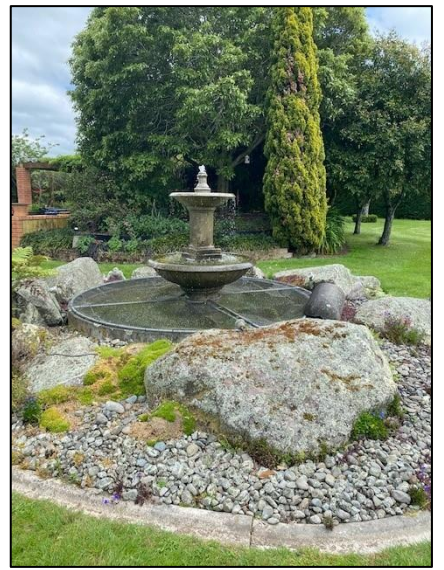
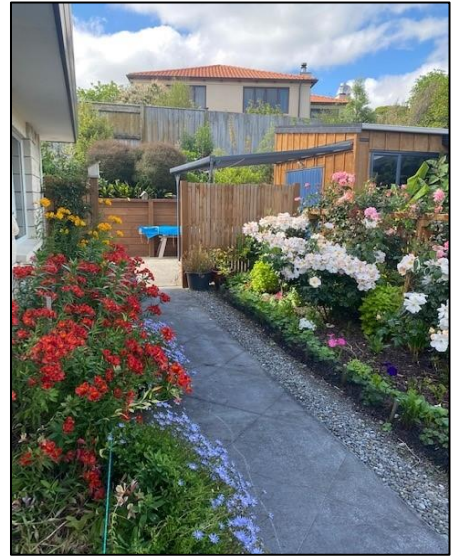
We received this lovely thank you from Barbara Mouat

Please can you pass on my appreciation to your club members who ventured up to Palmerston North on Monday and supported my fundraiser lunch. As a result, the coffers for my Twinkle Toes team participating in Walking Stars in Wellington were boosted by \$420! - I made mention of your club when depositing \$1,000 yesterday. All money raised goes to Wellington Cancer Society.

Sadly, we all know people affected by cancer - my sister-in-law is terminal, and she was the motivation behind me getting involved. I did the walk with my daughter and son and have to say it's been a positive, heart-warming experience. Walking Stars is a yearly event - maybe it's something you could put on your agenda for next year?

I look forward to meeting up with some of your members at the next garden visit Julia has organised for February.





BOOK GROUP OUTING

On Monday 28th November, 12 Book Club ladies had a Christmas outing to Greytown. We carpooled and stopped for coffee at the Featherston Hotel. We then wandered the town visiting the 3 bookshops that were open.

We then moved on to Greytown, where we visited Mrs Blackwell's Bookshop and then had a lovely lunch at the Main Street Deli.

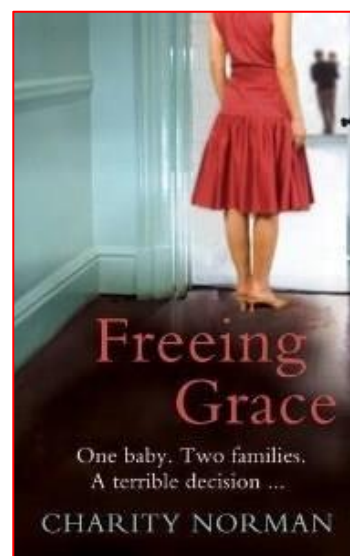
After lunch, we wandered the stores for a bit of shopping before heading home.



BOOK RECOMMENDATION

Freeing Grace - Charity Norman

A tender and thought-provoking story exploring the sacrifices we make for family and what it takes to be a good parent. Grace's teenage mother dies shortly after giving birth and the perfect adoptive parents are found for her: David, the curate of an inner-city parish, and his wife Leila, who are unable to have children of their own. What they don't count on is Matt Harrison, Grace's shell-shocked young father who falls in love with his daughter and fights to keep her. The Harrisons are an unconventional family who see in Grace a chance for redemption. To convince the courts of their suitability will require a commitment from Matt's mother to return from Africa to her unhappy marriage. The Harrisons enlist their friend, the feckless, charming Jake Kelly, to retrieve her and he sets off on a quest that will force a confrontation. Ultimately, there are terrible decisions to be made about Grace's fate. Everyone only wants what's best for her - but who can say exactly what that is.



IWNZ CONFERENCE - WELLINGTON

The Conference Committee and our District NZ294 are delighted to be welcoming you all to Wellington on 5 -7 May 2023 for the IWNZ conference.

The IWNZ conference website is now live. You can click on the link below to find out all the information and details you need to know. Do keep an eye on the website over the coming months for updated information. **Click here.** <https://www.innerwheel.org.nz/Conference-2023>

Important Dates for Your Diary:

Registrations Open - 5th January 2023

Early Bird Closes - 5th February 2023

Your chance to win back your Early Bird Registration Fee (drawn on Sunday at Conference) \$290.

Registrations Close - 5th April 2023

Registration Includes:

Members \$290

- Friday Opening Ceremony
- Saturday Conference Sessions including Lunch
- Gala Dinner at The Beehive
- Sunday Conference Sessions and Morning Tea

Partners \$190

- Friday Opening Ceremony
- Gala Dinner at The Beehive
- Sunday Conference Sessions and Morning Tea



WORDS FROM THE EDITOR

Well, another year is almost finished, and what a busy year it has been with some highs and lows.

I am looking forward to spending time with our family over Christmas and seeing my son who will be visiting from Melbourne.

I wish you all a safe and happy Christmas, filled with joy, happiness, and relaxation.

Yours in friendship Karen 😊

WELLfed

Wellfed is a local social service organisation in Porirua. They are an award-winning FREE adult education programme teaching learners about food, meal planning, cooking, and food storage/hygiene.

They do amazing work in our community. There is currently a waiting list of 60 people wanting to do this course as finances permit. WELLfed are already running 7 courses a week. A donation of \$1,000 funds a whole term for ingredients for 10+ learners.

Quite often their learners do not have the basic kitchen items to cook up simple foods, so WELLfed help kit these people with items. The organisation is very frugal with how they access things. Some organisations donate equipment to them. In the past we have donated items to WELLfed and they are always well received.

WELLfed learners practice how to plan, shop for, prepare and cook low-cost, healthy meals with a strong focus on fresh, seasonal fruit and veges. They learn budgeting skills to find ingredients that will stretch their dollar and learn about safe food handling and storage techniques.

I have included a flyer at the end of the newsletter with items that they need.

Please drop off your items to Sheryl, and she will deliver to WELLfed. There is plenty of time for this and it won't be until the new year.

Another great way we can help, is to provide wholesome, economical recipes. If you have any recipes to share, please can you print them off and include them with your donation.

www.wellfed.kiwi visit this link for more information about WELLfed

LGFB CHRISTMAS CRACKERS

The LGFB Joy crackers have arrived in time for our Christmas dinner meeting. We ordered 74 in total raising \$1,480. Wasn't that an easy and pleasurable way to fundraise!

HAPPY BIRTHDAY

- Carolyn Wallace
- Jenni Norton
- Joy Tongs
- Judy Parker
- Karen Warner
- Yvonne Thompson

REGULAR EVENT INFORMATION

Tasty Tuesday: 1st Tuesday of the month at 6pm

A group meets on the first Tuesday every month for a meal, chat, and a good laugh. For more information contact Diana Paris 234 7683.

Mah Jong: Every Wednesday at 7pm

This group, initiated by Marg Pine has been running since 2007. They meet every Wednesday night at St Mary's Church in Whitby from 7-9pm. New members welcome. For more information contact Marg Pine 021 610 906.

Book Group: 2nd Monday of the Month at 2pm

We each give a talk on books we have read in the past month; we don't all have to read the same book. For more information contact Lyndsay Kelly 234 7238.

Craft Group: 2nd Thursday of the month at 10am

Everyone takes along their own project, fun and fellowship is had by all. For more information contact Enid O'Neil 022 529 2232.

Table for 8: Saturday evenings

You are invited to join a group of Inner Wheelers (partners are welcome too) for a pot luck dinner on a Saturday evening. The host usually cooks the main dish, and each person brings a course or side dish. Dates will be advised. If you would like to be included in the group, please contact Julie McLagan 021 425 872.

YOUR COMMITTEE

President Sheryl Perera 022 098 5516 saperera2022@gmail.com	Vice President Joy Creet 027 679 4333 joy.creet@gmail.com
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Facebook Inner Wheel New Zealand	Almoner Maureen Barber 027 239 9000 jd.fam@xtra.co.nz If you, or someone you know, is experiencing illness or difficulties, please let me know. I will contact you or your family to identify how we can best support you.
Transport Should you need a Driver please contact Maureen Barber on 239 9528	
IW Bank Account: 12 3254 0081449 01	
Absences If you advise us you are coming to a meeting, then do not come, we still require you to pay for your meal as we have committed for catering	



WELLfed Equipment Donation Drive

We welcome donations of good-quality pre-loved kitchen equipment to pass on to WELLfed Learners. Please no electrical items or large whiteware (we would suggest calling St Vinnies or Salvation Army).

We always have a need for :

- oven-safe dishes eg pyrex, casserole
- plastic containers which clip or seal eg sistema, click-clack, tupperware



We also welcome donations that continue our environmental impact:

- Paper bags eg from online supermarket deliveries
- Clean, good-quality food-safe containers with lids eg ice cream or yoghurt containers in any size

Items that we are currently low on are:

- Family sized frying pans
- Spatula / scrapers
- Potato Mashers
- Fish Slice
- Measuring Cups (preferably stainless steel)



WELLfed Essential Equipment Items

We welcome donations of good-quality pre-loved kitchen equipment to pass on to WELLfed Learners. Please no electrical items or large whiteware (we would suggest calling St Vinnies or Salvation Army). Please contact us to arrange a donation drop-off wellfednz@gmail.com

