

# PLIMMERTON INNER WHEEL NZ294

October 2022



## DATES FOR YOUR DIARY

26 October	Something Different Oct	10am	NZ Police College Museum
13 November	Breast Cancer 5km walk	TBC	Frank Kitts Park
14 November	Something Different Nov	10am	Longwood Gardens - Palmerston North
12 December	Christmas Decorations	TBC	Von Groom's house Peka Peka

## UPCOMING REGULAR EVENTS

10 October	Book Group	2pm	Lyndsay's house - 10 Optimist Way, Whitby
12 October	Mah Jong	7pm	St Mary's Church, Whitby - Every Wednesday
13 October	Craft group	10am	Marie Press house - 101 Kahu Rd, Paremata
18 October	Club Dinner Meeting	6pm	Boating Club - Plimmerton
1 November	Tasty Tuesday	6pm	TBC

## MORE ABOUT UPCOMING EVENTS

### OCTOBER DINNER MEETING

PLEASE DO NOT PAY FOR YOUR MEAL AT THE BAR. Please continue to prepay the \$28 meal online beforehand. Drinks and raffles will be purchased on the night as normal. This makes it much easier to reconcile the payments. Thankyou

There has been a change of speaker as, Terry Neal was not able to make the October meeting. District Chairman, Sue Jameson will be our speaker instead. Sue is a very down to earth person. You will enjoy and relate to what she says.

## BRING & BUY STALL

A reminder, we will have a bring and buy table to fundraise for Look Good Feel Better at the October meeting. Baking and preserves always sell well, or small handcrafts, garden produce, jewellery, toiletries etc. We will try to keep the pricing affordable to a maximum of \$5. Feel free to put price tags on your donated items. Velma will price up any items that are not priced. This will be our major fundraiser for LGFB, so let go all out and do it well! - **Please bring plenty of small change**

## LOOK GOOD FEEL BETTER

LGFB is Inner Wheel NZ's national charity. There is an Auckland office/distribution base of 4 staff and 41 stations nationwide. There was a Zoom event with the staff in September, which was recorded, so may be available for viewing. This gave a good overview of what the organisation are involved with.

It is impressive to learn how much LGFB has expanded from community workshops on skincare, makeup and scarf tying to a much broader outreach.

In 2019 they started online outreach and continue to operate that way even though there is no longer lockdown. They are servicing a very immune compromised group. They give online workshops then follow up with courier kits of products.

Now they have expanded to a variety of pertinent topics such as nutrition, plant-based diets, and sleep techniques. Tips and tools from expert consultants. Entire families join into these sessions with up to 120 people logging on. It brings the community of patients together and gives moral support as they see they are not alone. LGFB is developing podcast programmes so people can access when they need it. There are more than 2,000 people accessing these online classes already.

IW funds have enabled LGFB to evolve its service. The makeup products become the conduit to making people feel better by providing human connections.

## JOYFUL CRACKER CAMPAIGN

LGFB make up Christmas Crackers as a fundraiser. These Joyful Crackers are sold for \$20. The products inside have a retail value well over that (\$80 to \$120) Sheryl was very impressed with her cracker last year. Great for family, friends, or end of year thank you gifts. There are a limited number of crackers available, so we suggest you pre-order yours to avoid disappointment. We will let you know the release date when the crackers are available. In the meantime, please be sure to place your name and order on the board circulating at the October meeting.

## TRY SOMETHING DIFFERENT – OCTOBER

Wednesday 26<sup>th</sup> October at 10.00am - Velma has organised a trip to the NZ Police College Museum in Porirua, followed by brunch at a nearby café. Please put your name on the board at the October meeting if you are interested. Velma is taking up this role for a while on behalf of Yvonne.

## TRY SOMETHING DIFFERENT – NOVEMBER

Monday 14<sup>th</sup> November - The Palmerston North Garden Group invite Plimmerton Inner Wheel and partners for a visit to Longwood Gardens, followed by a potluck lunch at (past club member) Julia Mottram's home in Palmerston North

10.00: Morning tea at Julia's house - 35 La Lena Grove, Summerhill, Palmerston North.

11.00: Carpool to Longwood Garden, Stoney Creek Road. **\$8 entry**

1.30: Potluck lunch back at Julia's house.

## DECEMBER OUTING

Please join us on Monday 12<sup>th</sup> December for some Christmas cheer at Von's house.

Our member Yvonne Groom at 30 Raukawa Road, Peka Peka is inviting us for afternoon tea and to view her amazing collection of Christmas decorations that will be all set up again. Other years we have combined this with a shopping outing to Otaki and Raumati village.

## WELLINGTON CONFERENCE 2023

At the District Meeting in Palmerston North, Debbie Lattey gave a presentation about the Wellington Conference 5 -7 May 2023. The conference is hosted by our District NZ294 and will be held at Rydges Hotel, Featherston St, Wellington, a 5-minute walk from the railway station with excellent conference facilities and accommodation rates.

The charity for the conference is the Wellington Children's Hospital. The weekend will start with a Friendship dinner at the Wellington Club on the Thursday evening. Friday night cocktails and the Gala dinner at the Beehive on Saturday night.

There will be interesting speakers and entertainment including:

- Virtuoso Strings children's orchestra
- Governor-General Dame Cindy Kiro
- Comedian Pinky Agnew
- Minister of Women's Affairs Jan Tinetti
- Robert Reid, singer/entertainer
- Bill Day, CEO of Wgtn Children's Hospital (our conference charity)



## SHERYL'S SUMMARY

Another busy month of events. These events all evolve around our friendships with each other. Friendships which are so important to keeping us healthy in ourselves.

I feel I have just started my year as Club President but already our upcoming President, Joy Creet, is thinking of her year and who her team will be.



We don't do formal nominations for the President or committee roles. So, if you see an aspect of the club that you would like to be more involved in, please do put yourself forward. This is your club for you to have your say. If you have suggestions let me or another committee person know - ideas, charities, speakers, or outings. I can't promise to always deliver but we want to hear what you would like.

Joy Creet and I attended the Daffodil Day luncheon last month after the Street Appeal Day. A total of \$125,000 was raised from Greater Wellington Region.

A fantastic night was spent at the Wearable Arts show in Wellington recently. Each year seems to improve on the last, with amazing costumes and a brilliant show including dance and acrobatics.

Tawa IW club have asked if we would like to join with them to make a team for the Breast Cancer awareness 5km walk on 13<sup>th</sup> November starting in Frank Kitts Park. I will speak to Tawa club for more details and let you know more about this later.

## LAST MONTH'S HAPPENINGS

### SEPTEMBER DINNER MEETING – CHANGEMAKERS RESETTLEMENT FORUM



Jacqueline Wilton from Changemakers Resettlement Forum spoke to us about this grass roots non-governmental organisation which represents refugee background communities in the greater Wellington region.

They work closely with Red Cross and provide practical help and services to the community. The diversity of cultures within the Wellington region is impressive, with over 17 different former refugee cultural groups. Jacqs shared stories of refugees who have settled in NZ and re-trained into successful career roles.

Jacqs spoke of their Befriender Pilot. This is where some of our members may enjoy getting involved by befriending a new immigrant. We can re-visit this once the pilot is up and running.



## NEW MEMBERS

Sheryl inducted 6 new members to our club in September. Thank you to Adrienne Murray for providing the beautiful freesias from her garden for presentation to the new members. A warm welcome again to Anne Baker, Mescal Bradey, Judy Tilley, Judy Cosgriff, Pam Costello, and Helen Henkes.



## TEDDIES FOR REFUGEES

The knitted teddies were presented to Jacqueline so she could give them to newly arrived refugees. Thank you to Lesley Fairburn, and all our crafty members who knitted teddies. What a cute pile of teddies!



## NEONATAL BLANKETS

A special thankyou from Janet & Val to those that responded to the request for help with the Peggy Square blankets for the Neonatal Charity. We have 20 to go but have a further 10 to do. If you can help, please contact Janet or Val

## DISTRICT MEETING PALMERSTON NORTH

On Saturday 17<sup>th</sup> September five ladies from our club spent the day at the District Meeting in Palmerston North. The district charity this year is to support refugee re-settlement. The collection of household goods for Red Cross to distribute to refugees made an impressive pile. Thankyou ladies for your generous contributions.

IW National President, Alyssandra Skerrett structured her speech around her national garden theme of *Work Together to Grow our Garden*. She reminded us to cultivate our members so they will blossom. She challenged us to be more inclusive to all ages and cultures. She mentioned Tall Poppies and Wall Flowers. Grow diversity. District Chairman, Sue Jameson spoke about the objectives of Inner Wheel and the benefits of friendship and service. Our involvement in service is positive role modelling for our children and grandchildren.



### Sivleang Ung - Guest Speaker

Sivleang gave a shocking, horrific, and moving account of her story about her life in Cambodia, firstly of freedom as a child but then to have her life as she knew it torn apart by civil war, with the red team Khmer Rouge and the blue team embroiling the country in civil war.

She told the story of her family fleeing, always staying together but having to live as nomads in their own country not knowing where their next meal was coming from. Sivleang's story of starvation, sickness and disease only worsened when Pol Pot came to power and an estimated 2 million Cambodians were killed. The family ended up in Thailand which itself was unsafe due to racism against her people.

She describes New Zealand as paradise, heaven, and it's like living in a dream place on earth. She has proven she is a highly capable woman, who has worked tirelessly for herself and her family, to give them all a successful and happy life here. Sivleang has been able to fulfil her dream of becoming a registered nurse.





Entertainment at the District meeting was a skit performed to encourage members to come to the Wellington IWNZ Conference. Brenda was dressed for the Gala dinner at the Beehive, hence the champagne glass. Everyone stood in a line and then stepped forward when it was their turn. The first three were in Wellington with umbrellas blowing away, second three were representing Pinky Agnew who will be the main speaker, and the last three are dressed for the Gala dinner. Hard to image but it was fun to do while we were all singing along. Keep an eye out for more information on the conference in the coming months





## TRY SOMETHING DIFFERENT SEPTEMBER - WHITIREIA NURSING SCHOOL VISIT

On 23<sup>rd</sup> September we had our trip to the nursing school. 16 of us attended. Phil Hawes, the nurse teacher impressed us with the schools leading approach to nurse training. Phil was entertaining to listen to. He spoke about learning methods and the universal trait of all humans to make mistakes. The students need quality, practical experience. We were shown the simulators and how they can mimic different conditions. We tried the 3D virtual glasses to view human anatomy.



We finished off with lunch at T Bay café in Titahi Bay. A great little local café. We all enjoyed our day. Thankyou Yvonne for organising our *Try Something Different* trip.



## TABLE FOR 8

Two tables (for 6 and 9) dined this month. We all had a wonderful time. It is a great way to get to know each other better and meet husbands/partners. If you do not have a partner, you are still very welcome as it is such a great way to connect with others. Partner up with a friend if you feel more comfortable, but it is not necessary. The next Table for 8 will be in March.



## BRAS & KNICKERS FOR AROHATA

You will have received Sheryl's earlier email about this. It is a wonderful, practical way of reaching out in our community. ***Please can you drop these off to a committee member before the October dinner meeting.*** If you cannot drop off your donations to a committee member, you can bring them along to the October dinner meeting. Good condition pre-loved bras are OK, but **NEW** knickers only please. **LARGE SIZES** are very much appreciated, and what are mostly needed. Zonta have requested delivery by 4<sup>th</sup> November.

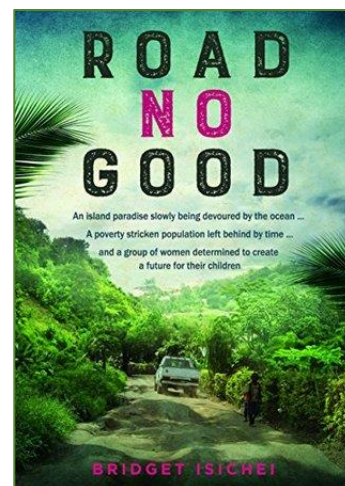
## BOOK RECOMMENDATION

I have asked Lyndsay to approach the book club members asking for a list of Top 10 Good reads, so keep an eye out for that in the next newsletter. Sheryl has provided this month's book recommendation. I have included Sheryl's review below the Google summary.

### Road No Good - Bridget Isichei

This is a true story of hope and heart, and of the resilience and capacity of the human spirit to achieve greatness against the odds.

Bridget Isichei wanted to help people and make a real difference in the world. However, she had no idea what she was in for when she accepted a two-year volunteer post to train women to be pre-school teachers in the popular tourist destination of Vanuatu. But instead of cocktails by the sea in a luxury resort, Bridget found herself in Luganville, a shantytown whose people were still practicing black magic and wearing the same fashions bought in by missionary women in the 1800s. Bridget soon discovered that in Vanuatu's hierarchy women were ranked lower than pigs, and the elevated status of men was seen as God-given. When Bridget decided to enrol the women, she was working with in a correspondence teaching course, she could never have predicted the fierce opposition her plan would face from every corner of the community. The outcry was uproarious: women should know their place - and know better than to try to improve themselves!



*“Bridget is a young New Zealand kindergarten teacher who won selection for a VSA posting in Vanuatu. The road she lives in is called Road No Good, and Bridget drops in a lot more pidgin English expressions throughout the book. She finds herself in a society that simultaneously practises black magic and Christianity and ranks pigs higher than women. The kindergartens are mostly bare poor sheds. She manages through all prejudice to help the Kindy teachers take on training. It is sensitively written, amusing, heart rendering and inspiring.*

*Especially relevant since we packed Kindy equipment for places like this two years ago”*

**Review from Sheryl**

### WEIRD WORDS

The tip of your elbow is called a **Noop**

A rumbling tummy is called a **Wamble**

The dot over an i or j is called a **Tittle**

A small or petty lie is a **Taradiddle**

### HAPPY BIRTHDAY

- Carryll Farrer
- Meryll Evans
- Sheryl Perera
- Vivienne McIsaac



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### PARTING WORDS

It is great to reflect on the events during September and look forward to another busy month in October with plenty of fun activities coming up. It is wonderful to see some of our newest members getting involved with the social activities that Inner Wheel has to offer. It is a great way to make friendships and connections outside of our monthly meetings.

*You can make more friends by becoming interested in other people than you can by trying to get other people interested in you. Dale Carnegie*

Yours in friendship

Karen 😊

## 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 Maureen Barber 239 9528.

### **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.

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## YOUR COMMITTEE

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<b>Transport</b> Should you need a Driver please contact Maureen Barber on 239 9528	
<b>IW Bank Account: 12 3254 0081449 01</b>	
<b>Absences</b> 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	