



Inner wheel Club of Plimmerton May 2017



Carol Woodfield with Hayley Brown and Rob Oscroft from Health Evolution

Carol's Corner

I am just home from a wonderful 'airpoints' trip to Aussie where we marvelled at the contrast and diversity of that vast country - the outback, cities, vineyards and stunning beaches. Highlights were the train trip from Adelaide to Perth (where we stayed with family), dining under the stars on the Nullarbor plain, an Anzac ceremony with a moving rendition of our national anthem in Maori, golf with kangaroos at Margaret River and a jazz concert with the Adelaide Symphony Orchestra.

While I was away Barbara and her team, Faye Raffan, Jenny Garner and Lou Aldershaw, were beavering away on the donated items for Women's Refuge. Many thanks to you all and to everyone who contributed towards the gift bags.

We literally 'Touched a Heart' with our CPR training evening and our donation to Wellington Free Ambulance (see report and photos below).

Bowls was an entertaining evening of fun and friendship with a few of our Tawa club friends joining us.

It's not too late to support our Pink Ribbon lunch on 19th May, please bring along a friend. We have all been touched by breast cancer in some way or another.

I am also looking forward to our speaker this month. Sue Chetwin is a high achieving women

who has improved the life of many in her role as CEO of Consumer Nz.

My time away has helped me to reflect on our fantastic Inner Wheel Club and the service and friendship of this amazing International Organization.

Yours in friendship
Carol



Judith Tanner and Carol Woodfield presented Joy Allcock with a cheque for \$1,500 being the funds raised from the Rotary Book fair cafe to be used for the Shine program



APRIL MEETING - HAYLEY BROWN AND ROB OSCROFT FROM EVOLUTION HEALTH

Our speakers Hayley and Rob gave us a very interesting talk about their specialised therapy that uses an increase in the atmospheric pressure to allow the body to incorporate more oxygen into the blood cells, blood plasma, cerebral-spinal fluid and joint fluids at greater volume. They use electronic pads which have a low pulsating electro magnetic field which stimulates the cells' metabolism. This effect causes a chain reaction within the human body which leads to improvement of health without side effects. Several of our members were able to "sample" the treatment by resting on the pads for a short time. They treat many conditions such as strokes, cancer and arthritis. Their specialised equipment, including the electromagnetic pads, can enable the body to heal itself.

MAY MEETING - GUEST SPEAKER SUE CHETWIN CEO OF CONSUMER NEW ZEALAND

GOLF AWARD

Carol receiving her golf reward for the Best Player of the Day.

On our recent golf trip there was some confusion about where the trophy for the best player was. Carol could not find the trophy until someone told her it was in the torch box. So now she is officially the best player from the annual golf outing.

The Trophy is The Elaine McGregor Trophy.

Elaine donated it some years ago. She came with us to the first golf outing but didn't play and when we all arrived back at the motel she had a spread of food and drinks ready for us. She was a great lady and made the banner or cloth. Went to Australia a few years back and I don't think has been heard of since. Has anyone heard news, her husband was Duncan



WOMEN'S REFUGE

A huge thank you to everyone who donated goods for the bags for the Women's Refuge and to Barbara Nichols for firstly suggesting the idea and then organising the collecting and packing. This is a great initiative and something we could do again next year. Barbara and her helpers put together essential toiletry items which I am sure the women who arrive with absolutely nothing will greatly appreciate.



Contents for each bag

KNITTING ASSISTANCE

Justin Brooker from the Neonatal Trust has requested our help. He has been donated some 10cm x 10cm knitted squares which have been made by lovely volunteers which need to be stitched into cot blankets for our Neonatal units.

If you can help with this little project. Please contact Carol 021 986 774 carolwoodfield5@gmail.com





CPR TRAINING

Sing ' Staying Alive' not 'Another one bites the dust' was the tongue in cheek advice from Elizabeth, a volunteer trainer with Wellington Free Ambulance, when she gave 22 of us a CPR demonstration on 12th May. We learnt so much about saving lives in a very short time and had a lot of laughs along the way.

We had 4 manequins to practice on - let me tell you a 100 pumps with straight arms is very tiring! I still have a few small cards available with the following advice :

You can save a life - know the signs:

If someone is unresponsive to a shout or a shake, and they are not breathing or moving, they are in cardiac arrest. Do the DRSABCD;.

Remember DRSABCDs:

D check the area for dangers

R check for a response

S send for help (111)

A tilt their head to open the airway

B check for breathing

C start CPR (chest compressions only)

D use a defibrillator if there is one available Ring 111 for code to open). In our area these can be found outside Lighthouse cinema, at Judgeford golfcourse, at Whitby New World Lotto counter and Plimmerton 4 square



Janet Reidy with her certificate

Let's hope we never have to use this but it does save lives and my friend Lorraine, who attended the evening, is living proof! She shared her story of surviving a cardiac arrest when out for dinner with me - thanks to the Wellington Free Ambulance crew. At the end of the evening we were delighted to present WFA with a cheque for \$500 from our donations. There will also be more to come later in the year from the Entertainment book sales.

I apologies if this is a rather long-winded report but I felt it was so important to share this vital information with you.
Carol

ACCESSIBLE PLAYGROUND AUDIT - VOLUNTEERS TRAINING

Our project in partnership with Plimmerton Rotary and Porirua City Council is finally off the ground! On the Tuesday after Easter twelve of us met with PCC Parks, Communication and IT staff along with Dr Meredith Perry and Hemakumar Devan from the University of Otago to learn how to use the survey tool that they had developed. The aim of the survey tool is to assess how parks measure up for accessibility by people with disabilities.

We had fun, learned how to use the survey and learned somethings about the quality of our parks. Porirua City Council has already put together the first communication for their newsletter about this project as they are delighted to be working with Rotary and Inner Wheel in this way.

Over May and June we have 37 parks to survey and the information will go back to the council for the data to be analysed and priorities set for upgrading and replacing equipment as required.





ENGLISH LANGUAGE PARTNERS PORIRUA - a Training course

There is a 20 hour Saturday training course for volunteers starting in June..

The volunteer is assigned a refugee to visit for one hour a week in their home. This may be one of the key times in the week that the student has a chance to engage in English and learn about living in Porirua. The volunteer is asked to commit to the programme for three months.

For more information you could contact Sonna-Ra at the office.

Sonna-Ra Kavanagh, Coordinator
English Language Partners Porirua

Ph +64 4 2389400 | Mob +64 273482131
Sonnara.kavanagh@englishlanguage.org.nz
www.englishlanguage.org.nz | **Like us on Facebook!**

Or you are welcome to phone Sheryl Perera to get an idea from her experiences.

TEN PIN BOWLING EVENING

What a fun evening we had with some of the Tawa Inner Wheel ladies at the Ten Pin Bowling.

Congratulations Marlene Casey and Di Patchett who were the joint champions with a high score of 221.

Everyone enjoyed the evening so much maybe we could make this a regular event.



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MARL	18	26	35	53	62	81	90	109	118			118				
JUDI	5	2	6	3	9	5	4	1	9	7	2	6	2	3	3	67
CHERYL											269	269				
Team 12											16.83	Km/h				





ENTERTAINMENT BOOK

We are fundraising again for The Wellington Free Ambulance. Please contact Carol 021 986 774 carolwoodfield5@gmail.com

WORKING BEE - WHEAT PACKS FOR THE CANCER SOCIETY

We will hold a working bee on Monday 19th June to make more wheat bags. It will be held at Dianne Robert's home 4 Port Lane Whitby at 10am. For more information contact Dianne Roberts email dna.roberts@gmail.com.

OUR CLUB DINNER MEETING

We meet the 3rd Tuesday of every month at 6pm, at Plimmerton Boating Club

Please remember that if you have said you are attending and are a no show you will still have to pay \$25 to cover catering costs.



Payment for the dinner is to be paid at the bar once you have signed in and efpos will be available. Drinks will also be available at the bar.

MONTHLY SUB GROUPS:

Book Club: 2nd Monday of the Month at 1.30pm. We give a talk each on books we have read in the past month, we don't all have to have read the same book. For more information contact Sheryl Perera's 233 9144 or email perera.home@xtra.co.nz

Craft Group: There will be no craft group this month.

The Cancer Society have requested more wheat bags - see working bee.

Recently members of the craft group enjoyed a lunch together. Anyone is welcome to come along and join the group.



Tasty Tuesday: 1st Tuesday of the month at 6pm.. All are welcome to meet every month on the first Tuesday for a chat and a good laugh. They meet at Denny's or the Co-op. For more information contact Von Groom Phone 04 2934461 or email vonxx@xtra.co.nz

Mah-Jong: every Wednesday night 7-9pm at St Mary's Church in Whitby. Everyone welcome and they are willing to teach new members. For more information contact Margaret Pine Phone 2346471 or email margaret@ownboss.co.nz

Table for 8: For those new to Inner Wheel this initiative is to foster Inner Wheel friendship while enjoying a shared meal at a members home. Everyone will take a turn to host an evening. It is open to couples and singles, so if you don't have a spouse or he is away or doesn't want to come you can still enjoy the company of others. We meet four times a year. The host member will serve the main dish and others will be asked to bring, nibbles/entrée, side dishes and dessert. The next date to be advised. If you would like to join us please contact Lorraine Whyte 973 2565 or email montrose30@gmail.com to register your interest.





BIRTHDAYS FOR MAY

Barbara Nichols
Chris Torbit
Jocelyn Jackson
Margaret Pine

NIICE THOUGHTS:

Whether its a friendship or relationship, all bonds are built on trust.

Yours in friendship
Brenda



DATES TO REMEMBER

- 16 May** Club Meeting at Plimmerton Boating Club
- 19 MAY** Pink Ribbon Lunch - midday at Lyndsay Kelly's
10 Optimist Way, Whitby
- 10 June** District Changeover at Featherston
- 19 June** Wheat Bag Working Bee
- 20 June** Club Meeting at Plimmerton Boating Club
- 2 July** Changeover - 5.30 Plimmerton Boating Club
- 11- 14 April 2018** Melbourne International Convention

For more information about the Convention please
contact Carolyn Wallace
gralyn.wallace85@gmail.com

There are already 7 members confirmed

Inner Wheel Web sites are:
<http://plimmertonrotary.org.nz/Inner+Wheel>
<http://www.innerwheel.org.nz>
<http://www.internationalinnerwheel.org>

