



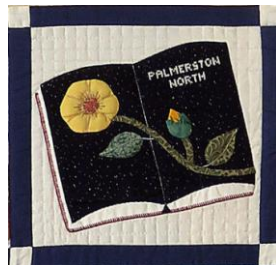
# District NZ294 Magazine



*All good men and women must take responsibility*



*to create legacies that will take the next*



*generation to a level we could only imagine*



## June 2018



## Farewell Message from District Chairman Judi



*Sadly, my year is over and what an amazing year it has been. I shall certainly remember it lifelong, not only for the experiences I've had, but for the fun and fellowship, and the many friends I have made along the way.*

*I know every Past District Chairman has said the same, but the highlights of my year have definitely been my club visits. Every club made me so welcome and I so enjoyed meeting so many members of the District. I was also gratified at how every club embraced my theme for the year 'Bee the Exception to the Rule'. Every club is so different, but all have the same goals and heart, it is very humbling to see what you all achieve.*

*I have also enjoyed being a part of the National Governing Body. It has given me an insight and an understanding of how our wonderful organisation works and how we are such an important part of a very much bigger International machine. It excited me so much that I have agreed to take the next step and take on the role of IWNZ Secretary. I am slightly nervous but looking forward to the next challenge.*

*My special thanks go to my Executive for all their support and the wonderful work they have done during the year, I really could not have done this job without them. Thank you.*

*I wish Marie all the very best for her year and hope she has as much fun and friendship as I have done. I know I leave the District in very good hands.*

*In friendship*

*Judi Newborn  
Chairman District NZ294*



*"You have all been the  
Exception to the Rule"*

## *Introducing Marie Gillies Incoming District Chairman*



I was introduced into Inner Wheel by the late Helen Bruce in 2012 and since then have served 4 years on the Eastern Hutt Committee, one term as President and for the past two years as editor of the club's newsletter.

My early working life as a School Dental nurse culminated in a position as Dental Health Tutor at the Wellington School for Dental Nurses. A changing shift in the role of the School Dental Nurse and a Health Education Diploma took me to a position with the Arthritis Foundation of NZ where I spent 12 years as their Support Services Manager.

The staff of 40 field officers covered the whole of New Zealand providing useful information on managing daily life with arthritis and a message to "Use it or Lose it", a programme of exercise suitable for those with a painful and often crippling condition.. A highlight of my time with the Foundation, was the instigation of annual camps for children with arthritis.

Currently I remain involved with Old St Paul's which I managed for 7 years before retiring and I continue this interest through the Friends of Old St Paul's. I am also a Director on the Trust Board of the Masonic Villages and their associated rest homes and care facilities. This is a role I value as my late husband was a very committed Freemason.

I look forward to meeting clubs of IWNZ 294. I believe we all have a role to play in promoting the great work that Inner Wheel does in the community and I invite you all to join me in seeking ways to do this.

## *District Assembly - 24 March 2018*

The District Assembly was a great day packed with lots of information, fun and friendship. Marie and the ladies from Eastern Hutt club provided a lovely morning tea and lunch and made us all very welcome. The objective of the day being to be better prepared for the Leadership roles you will assume in the year.

Judi opened the meeting and introduced Carol Woodfield, 2nd Vice Chairmen and noted there were 50 attendees for the day.

Marie Gillies spoke next about the object of the day and how we could to prepare for leadership roles - Rose Day

- R - Roles of Responsibility
- O - Orientation
- S - Strategy
- E - Enthusiasm



We had some very interesting talks about the different roles within each club from being President, Publicist, ISO and Secretary. Each role being very important to the running of the clubs and keeping everyone informed.



## *District Assembly continued*



Darlène Westrupp, Vice President Inner Wheel, talked about herself, her family and her many interests especially adventure travelling.

She told us about her many years in Inner Wheel. Life is all about taking a risk and facing things head on and most of all enjoy what you are doing.



After lunch Jeanie Mackie, who is a fitness instructor, emphasised the importance of exercise especially when you get older. As we age there is more chances of injuries, heart attacks and strokes. Exercise is the best pain killer - in other words "use it or lose it". It is important to exercise the muscles around the joints. She had a real passion for keeping people moving.



Marie Gillies finished the day speaking about her role as Club Editor and Brenda Callear spoke of her journey from Editor to District Editor and how it is good to challenge yourself. Many of us have hidden talents we just need to be brave enough to put up our hands and give it a go. You don't know what you can do until you try.

District NZ294 is a great district and we are lucky to have members willing to take up new roles. We will be well represented on the National Committee for the 2018/2019 year and have had two new members for the District Committee.

Darlène Westrupp - National President

Judi Newborn - National Secretary

Anne Joyce - National Treasurer

Carol Woodfield - Vice District Chairman

Debbie Lattey - District Treasurer.

### **"Don't just."**

Don't just learn, experience.	Don't just take, give
Don't just read, absorb	Don't just see, feel
Don't just change, transform	Don't just dream, do
Don't just relate, advocate	Don't just hear, listen
Don't just promise, prove	Don't just talk, act
Don't just criticize, encourage	Don't just tell, show
Don't just think, ponder	Don't just exist, live

At the start of the day we were all given a booklet containing the Agenda and information about the different roles on Committee. At the back was a tag with one word on and we were asked to comment using the word. Following is a summary of some of the comments.

**Creative** - We need to be creative with ours speakers and club meetings; listen for opportunities for our club; take a risk working together.

## *District Assembly continued*

**Exciting** - It is exciting to listen to wonderful experiences from other people and this motivates me; this is the first training meeting I have attended and it's exciting to see so many "older" ladies.

**Flexible** - Being flexible allows me to explore my options; to be open-minded; be prepared to change; to take up a club position; to be open to new ideas.

**Fun** - Meeting and catching up with new and old members; camaraderie.

**Important** - Today I learned the ins and outs of ISO; to plan, set goals and look ahead; today has been inspirational, informative and helpful; great to meet other women who share the same ideals.

Just a reminder -

### *Objects of Inner Wheel*

*To Promote True Friendship*

*To Encourage the ideals of Personal Service*

*To Foster International Understanding*

### *Honoured Active Members*

*Doreen Badger and Rosemary Newton both of South Wairarapa*

## *IIW International Convention - Melbourne 2018*



The 17th IIW Convention in Melbourne was attended by 1,500 delegates from many countries around the world including England, France, Croatia, Finland, Iceland and Uganda to name but a few. New Zealand was well represented with a contingent of 102 delegates and partners from every District. It was a wonderful chance to catch up on old friends and make new ones.

It was a full on 4 days of inspiring speakers, top class entertainment, business sessions and good food. It was wonderful to meet so many diverse women from all around the world and to see Inner Wheel is - Alive, Evolving and Involved.

The Opening Ceremony on Thursday night commenced with the Flag Parade, the New Zealand flag being carried by our National President Christina King. The business sessions after lunch were followed by the Friendship Dinner which was an outside function at restaurants offering a degustation experience along the South Wharf Promenade. A wonderful evening with plenty of great food, wine and a huge amount of fellowship.

## IIW International Convention continued

Friday was a full business day with proposals and voting. That evening was the Gala Dinner with "The Melbourne Cup" theme and a live band. A chance to dress up and another evening of good food, wine and friendship.

The Incoming IIW President Chris Kirby introduced her new Executive and announced her theme for the 2018-2019 which is 'Empower and Evolve'



23 Members of NZ294

At the end of the day the result for the vote for the IIW Board Directors 2018/2019 was announced and we were delighted to learn that Joanne Gaudin has been elected.

The 18th IIW Convention will be held in Jaipur, India from 10th-14th March 2021. If ever you wanted to go to India now is your chance, a wonderful opportunity to visit this amazing country.

The IIW Social Project 'Happier Futures' will end in June 2018 and the new Social Project for 2018-2021 will be 'Caring for Women and Girls'.

The Final act of the Convention was to extinguish the Flame of Friendship.

## In Remembrance

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



*Annette Wells formerly Drury - Eastern Hutt*

*Maisie Meder - Feilding*

*Ethel Little - Kapiti*

*Jenny Green - New Plymouth North*

*Jean George - Wellington*

*Sue Whitell - Palmerston North*



# Out and About with the Clubs



## EASTERN HUTT



### INTERNATIONAL INNER WHEEL DAY JANUARY 2018

It was great to see so many members (plus a number of husbands) celebrating International Inner Wheel day in January.

A nice lunch was enjoyed by all with lots of fun and friendship and a great way to celebrate such an important day.

Rosemarie Wright, from Letchworth visited her cousin Marion Swales who is one of our members.

Eastern Hutt corresponds with Letchworth Club by sending them our monthly newsletter and they can access our Facebook page.



Marion Swales (Eastern Hutt) Rosemarie Wright (Letchworth) and Heather Leslie

### Fund Raising for Sailability

Sailability provides sailing experiences for disabled people. So successful is this remarkable programme that it has a waiting list for people wanting to join.

We have been raising funds for these special boats so as many disabled people who wish to enjoy sailing on our beautiful Wellington harbour can do so.



Sue Rowell presenting a cheque from the proceeds of in home high teas and lunches which Eastern Hutt Members hosted for Sailability.

The weather in Lower Hutt on the evening of 11<sup>th</sup> April can be described in two words, "huge downpour". This did not detract at all from a most successful fashion parade at Ballentynes in Lower Hutt with proceeds going to Sailability Wellington.

At the beginning of the evening the Club Captain of Sailability, Eleanore van der Reyden, gave a talk on the benefits for both the family and her son taking part in the sailing activities.

## *Eastern Hutt continued*

The evening started with drinks and nibbles followed by our “super models” taking to the red carpet. Each model presented newly arrived fashion in six categories ranging from denim wear to evening wear. Following the parade attendees were able to purchase garments from the parade. Eastern Hutt Inner Wheel were delighted to have two volunteers from LGFB as our guests for the evening.



Robyn Wheeler, Nan Thomson, Judith Morris, Christine Meredith, Jaye Howey and Sue Griffiths.

Still raining, we all went home a little soggy but happy with our contribution to Sailability Wellington.



## FEILDING

At our November Christmassy meeting our special guest was District Chairman Judi Newborn and we enjoyed her interesting talk. Her Mum is her inspiration for community service. Our members, dressed in Red & Green, filled Piccolo's Cafe and we enjoyed lovely raffles, divine food and good company.

Joanne Jellyman introduced to us a new community project, knitted Twiddle Muffs. These are especially beneficial to dementia patients and knitted with bright colours, different textures and an amazing assortment of attachments. These could be zips, key rings, ribbons, pom-poms or buttons.



Members got busy knitting and Joanne presented these to Coombrae Rest home in Feilding where the staff said they were most welcome. Twiddle mats are smaller rectangular in shape rather than tubular and would be just as popular.

Our Christmas evening saw everyone bring a luxury Christmas item to go towards the Community Christmas meal. This led by the Makino Rotary Club of Feilding was put on for the Anglican & Salvation Army Community Ministries.

Our meetings are mostly held at lunchtime in members' homes except our March & April meetings which were held in restaurants in Feilding.

Lyn Jensen & Pam Turner attended the IIW Convention in Melbourne and gained knowledge and strengthened friendships.

It is with sadness we report the passing of Maisie Meder a Charter Member of our club.

Our club may be small but friendship and fun are achieved in abundance.





# KAPITI



Fellowship, Friendship and Fun was the focus of our Inner Wheel year.

Our main major Fund raiser was a Movie Night to raise funds to purchase a Heat Pump for the Kapiti Women's Centre.

Other Charities supported - Foster Hope with Teddies and Christmas Gifts at Christmas, for children in Foster care, Serving afternoon tea for the Blind Foundation. Collecting for the Kapiti Food Bank.

Knitting for the Kapiti Maternity Unit and Middlemore Hospital. Supporting Pregnancy Help with a donation and quilts Collecting for Pink Ribbon Appeal, Daffodil Day and the Life Flight Trust.

Donations sent to support the District project for the Ruel Foundation and the Look Good Feel Better New Zealand I W project.

Six Members attended the I IW convention in Melbourne a very rewarding journey.

The Highlight above all of this was the Presentation of a Margarett Golding Award to Margaret Hayward for her Serves to Save The Children at the October District Meeting in the presence of Her Inner Wheel Friends, her family and members from Save The Children organisation.



Our club and its members have certainly been inspired to Leave a Lasting Legacy with our involvement with the above Charities.

We ended our IW year on a very sad note, with the sudden passing of long-time member Ethel Little on 29 May. Ethel attended the IW International Convention in Melbourne in April with other Kapiti members but has been unwell since she returned. Her sudden death has left our Club bereft of one of its most lively and engaging members, and she will be very much missed by her many friends and IW colleagues



# MANAWATU CENTRAL CONNECTION



In November a most enjoyable morning was had visiting Delta Gardens, a wholesale flower nursery on the outskirts of Palmerston North. Our hosts were very generous with their knowledge and time and we came away with armfuls of flowers and foliage. This was followed by lunch at a local café



At our Christmas function at Wharerata, our members brought along reading books and stationery for all ages, which was donated to Denise Carnahan for her Tamariki Education Centre in Kenya. What better way to "Leave a Lasting Legacy" by educating our more vulnerable children overseas.



In March we had a visit to Greenhaugh Gardens just outside Palmerston North, to have a wander around the two-hectare semi-formal gardens. The gardens surround the colonial homestead which was built in 1874, one of the early homes in the Manawatu. Unfortunately, the giraffes wouldn't fit into our cars



Our ongoing support continues to Kind Hearts with our thrice weekly baking and knitted baby blankets. At Christmas we donated gift bags and hampers with toiletries, magazines and food items for parents of children in NNU & Children's ward Palmerston North Hospital





## *Manawatu Central Connection continued*



For Easter we made and donated 30 little Easter Bunny boxes filled with mini chocolate eggs. These were presented to Kathy Simpson from "Starlight" Charity, whose aim is to bring joy and hope, to mental health patients - whom they want them to know their community cares about them. These were greatly received. Kathy was our guest speaker in April.



We served up a wonderful morning tea at Addis House in February to the ladies that arrived for their "Look Good Feel Better" health and beauty session. One of our members baked the most beautiful and delicious pink ribbon shortbread. These were given to the ladies and carers who attended that morning.



## *NEW PLYMOUTH NORTH*

### **GARDEN FESTIVAL TRIP**



Mr and Mrs Trolove's garden

The last time I submitted something to the E-magazine our club was in the process of organising a day trip to view some of the gardens from around the coast which were open for the Powerco Taranaki Garden spectacular in late October/early November. Two mini buses of members started out on a day that was a bit on the damp side but quickly cleared up. We were lucky to have two husbands who 'volunteered' as drivers.

You can only marvel at the work that the gardeners put into turning their places into the show places that they are. The owners were only too happy to answer any horticulture questions that we had. Many of us came home with ideas of what we could do with plants that were for sale plus ideas about what to do with 'that problem area' in our own gardens.

### **QUIZ NIGHT**

Our club held a Quiz Night. Sixteen teams made up of members, their families, friends, co-workers and Rotarians took part in a really enjoyable evening. The quiz was commercially run, with prizes. The questions and the quiz master were supplied by the establishment. There were some questions that really taxed the memory banks. However, when all the scores were added up there were certainly some really clever people present that night. The first two winning teams were the President and some of the members of the NP North Rotary club

### **INNER WHEEL DAY**

For Inner Wheel Day in January members gathered at Pukeiti for a walk-a-bout and lunch. Pukeiti is renowned for its unique collection of rhododendrons and azaleas. Although the flowering season for these shrubs is October/November there was still a lot to see along the many kilometres of track. We visited the newly completed Rainforest Centre and had lunch in the newly completed Founders Café.



## *New Plymouth North continued*

### **DISTRICT CHAIRMAN VISIT**

District Chair Judi Newborn was our guest in October which was also our birthday month.

Two of the charter members were on hand to cut the Birthday cake. The theme for the evening was "Furs and Pearls. Members entered into the spirit of the evening and there were quite a few fur stoles and jackets worn by members.

It was also an opportunity for Judi to address us on her aspirations for her year as Chair and to induct two new members Kay Kendall and Sue Jameson.



*President Kathy McKinnon, District Chair Judi Newborn, Betty Dalgleish, Kay Kendall, Sue Jameson, Nell Probyn*

### **SAUSAGE SIZZLE**



*Cynthia Van Beers, June Barr, Nell Probyn, Emily Rose, Pat O'Connor*

In February we held a sausages and hamburgers bbq as a fund raiser. Mitre 10 in The Valley has a mobile caravan set up for such occasions. We had to book the site a fair time in advanced so we were a bit concerned that 'trade' might be affected by the fact that Americana was also on the same weekend and Saturday would be the day when all the vehicles were on display to the public in town. However, at 3pm we were still getting customers. Having a sausage sizzle outside a large hardware store really paid off.

### **CANCER SOCIETY 12 HOUR RELAY FOR LIFE**



In March each year the Cancer Society holds its Relay for Life. This is the second year that this is a 12-hour event instead of the previous 24-hours. This new format is very popular and it is amazing how many organisations, businesses and schools take part. Our club took part again this year but unfortunately the weather was bitterly cold with heavy showers. With the sponsorship the participants received, our club was able to make a suitable donation to the Cancer Society.

Our ladies braved the elements and took their turn at walking throughout the relay. The photo attached is taken from last year's attendance in the relay as we were unable to get a suitable picture on the day. However, the ladies standing outside the tent were most of the ladies who participated again this year.

### **KNITTING GROUP**

Our Knitting Group continues to supply knitted goods to those in need and recently donated beanies, slippers, and gloves to Banardos. Presently they are assembling knee rugs to be given to Meals on Wheels to be distributed to their clients.

## *New Plymouth North continued*

Our guest speakers have been:

- Dr Jan Lockett-Kay Academic Dean at the Pacific International Hotel Management School talking about the training organisation and the success of the students.
- Tammy Wellaway from Ngamotu Kindergarten which our club has decided to 'adopt' by supplying a monthly fruit parcel, story books, craft material and spare clothing when children need a change of dry clothes.
- Janice Jessiman from Women's Refuge Safe House. As a result of her talk our club stocked the cupboards of the safe house.

While we have lost a few members through illness we have inducted four new members this Inner Wheel Year.



## *PALMERSTON NORTH*

### **International Inner Wheel Day**



We started the year with a bang – a “Long Italian Lunch” at our president's home to celebrate International Inner Wheel Day. It was a very hot windless summers day in a glorious setting, and our members and partners enjoyed good food and great company.



In March we had a sewing bee to make toilet bags for the Palmerston North Hospital Accident and Emergency department. Members assembled essentials such as toothbrushes, toothpastes, razors, tissues, combs notepads and pens. We then made 50 toilet bags, filled them and delivered to the hospital – greatly appreciated by patients who have unexpected emergency visits/stays at the hospital.





## *Palmerston North continued*

In April we presented a collection of cosmetics in cosmetic bags, and warm snuggly bathrobes to Camellia House, which provides emergency shelter to women in need in Palmerston North.



In December we presented the Luck Centre with close to 100 Christmas gifts to be distributed by staff to their members who in many cases do not receive any other gifts. These gifts were all donated by members, or purchased by our Inner Wheel club, sorted, wrapped and donated in the Christmas spirit!



On the last Saturday of each month some of our members gather at a local café for “Coffee & Chat”. We vary the venue, and sometimes there are a lot of us, sometimes just a few, but we always enjoy the friendship and socialising often extending to a couple of hours. Very informal and relaxed.







# PLIMMERTON

Inner Wheel Plimmerton held a fundraising Movie Night to help 3 girls from Aotea College debating team to travel to Yale University to compete in World debating and speech competitions.

At a recent meeting the girls told us about their World Scholar's Cup journey and how it felt to qualify for the final at Yale University. They talked about the events that they competed in, and how they were awarded two gold and five silver medals at Yale's Tournament of Champions



## Pop Up Shop



The idea for a pop up shop turned out to be a very successful project. This is a great example of Plimmerton Rotary and Plimmerton Inner Wheel working together.

Pre-loved clothes, bags, shoes and jewellery were collected sorted and made ready for sale. A large team of ladies worked in shifts to set up the shop and sell the items. We also provided clothing to Women's Refuge and Sunday Red Cross (Refugees) along with the Mungavin Trust and Dress for Success and Rape Crisis. There were plenty of good bargains to be had and new clothes arriving all the time.

## Rotary Book Fair - Our Book Fair Café

With all the generous contributions of food, sweets, preserves, donations and energy provided for the **Inner Wheel Book Fair Café** on Saturday 17<sup>th</sup> and Sunday 18<sup>th</sup> March, it was a great success. We can be proud of what we are able to contribute to The Life Flight Trust for their new Air Ambulance. The Air Ambulance flies above us almost daily supporting people requiring urgent medical assistance.

It was a fun weekend of Inner Wheel Friendship and contributing to The Life Flight Trust and our community.



## *Pimmerton continued*

**Trip to the Wairapara** - Do you enjoy having fun, shopping or even playing golf?



Well 10 ladies said an emphatic YES and set off on Thursday 5 April for 2 days of golf, enjoyable evening at Solway Park and a day of shopping on the way home. In no particular order but with the golf first

- Bev won the Best Nett and the Elaine McGregor trophy
- Margaret and Joy won the joint stablefords
- Janet won the "longest drive"
- Christine won the "nearest to the pin"
- And Joy got a birdie!
- To round off the golf afternoon Adrienne drove the golf cart and was the "drinks caddy" for the afternoon

The evening was lovely with a nice dinner and not too late to prepare everyone for a day of shopping

- Alison was awarded "training wheels" as a first time Greytown ladies day shopper
- Adrienne won the shoppers prize for the widest selection

And Janet won the unusual shopping prize with her "whirly gig" - you have to see it at the orchard



## **Inner Wheel Convention - Melbourne**



Several of our members attended the Inner Wheel Convention in Melbourne. Here they were seated with Dr Kapila Gupta our IIW President.

It was 4 full on fun days of inspiring speakers, top class entertainment, business sessions and great food. So good to see that Inner Wheel is 'Alive, Evolving and Involved'. A great chance to meet old friends and make new ones from all around the world.



## *SOUTH WAIRARAPA*

This has been a year of many highlights. The initial question was "How can we best Leave A Lasting Legacy"?

Not long after her Presidential year began, Anne Hayden presented her major fundraising project to the Club, a Silent Auction, to partially fund and send at least one local girl on the Outward Bound course to give her a 'leg up' and make a lasting, positive change to her life. The recipients were required to raise the balance of the funds, through work experience, as extra motivation. Outward Bound was to be the game changer. They were very positive and encouraging, so the lengthy task of selection began, with the support of local secondary schools.



## South Wairarapa continued



We had 10 applications, and to date three girls have completed the course. One of them has attended a Club meeting and gave an inspiring presentation to the club on the impact it had had on her life, especially by building her self confidence. This was a real highlight for us as we were caught up in her enthusiasm and positivity, affirming the value of this project. The latest girl to return from Outward Bound said in her letter of thanks "One thing you hear a lot at Outward Bound is *There is more in you* and that is very true! They say that *There is more in us than we know and if we could be made to see it perhaps, for the rest of our lives, we will be unwilling to settle for less!*" Powerful words indeed!

A second highlight for this year has been our visit to Papawai, our local Marae, with Plimmerton Inner Wheel, our Sister Club. We were welcomed on to the Marae and enlightened by the korero (talk) in the Wharenuī (Meeting House). Many of our members had never been on a Marae before, and were impressed by the hospitality and warmth of the whole experience. We now have our very first Maori member of Inner Wheel, and feel more connected to the local Maori Community.



Carolyn Wallace and Meryll Evans



Another significant event was the erection of our Inner Wheel sign alongside all the other usual Service Organisations mentioned at the entrance to Greytown Village. There was a bit of 'red tape' to be negotiated but we did it! We are now listed alongside Rotary and Lions.

Shelagh and Anne making us more visible to the public



## TAWA

Tawa has continued its cruise through the year and will reach its home port in June at our Club Changeover when Co-President Carolyn Crutch takes over the helm as "Captain" (President). The "Officers" and "Crew" have all had their hands on deck, participating in the activities in which the club has been involved this year. They have continued to knit peggy squares along the way and these are then crocheted together to be made into bassinet and cot blankets for Pregnancy Help. The machines have been busy too with members sewing small cotton bags with members coming together at a working bee to fill them with supplies needed when someone is suddenly admitted to hospital. Along the way silky pillows continue to be made for the Cancer Society.



## *Tawa continued*



*Left: members filling the Emergency Toilet Bags for Wellington Hospital. Photo right - Margaret and Frances delivered 94 bags to Trish.*

*Included in the bags are a toothbrush, toothpaste, comb, soap, shampoo, conditioner, razor for the men, notebook/pen. These bags are always needed, especially before Christmas.*



A monthly stopover is when members provide supper for the Wellington Male Voice Choir. This is one way we raise funds which are deposited into our Charity account. A weekly stopover is when some of our members visit one of the local primary schools and listen to children read – a really worthwhile experience.

However the Club has had two very successful fund raising events. The first one was a 'Pub Quiz' at one of the local eateries. The quiz night was held to raise funds which will be donated to local charities. It was a lively time - and we all had fun. Great support was given by Tawa Rotary, Tawa Lions, Tawa Community Patrol and Vibrant Tawa as well as members from our Club.

Our Christmas meeting was held at the Tawa Bowling Club and Co-President Carolyn announced that this would be the new venue for our Club meetings. In keeping with our cruise theme for this year, we celebrated with an island motif and it proved a most colourful affair. With flowers and shells on the tables and leis for everyone, there were all the colours of the rainbow to be seen. The Hawaiian shirts that most of our men-folk guests wore contributed greatly to the occasion and everyone looked bright and cheerful.



*The children of the Tawa School Pacifica Group came to entertain us with their singing. We all enjoyed their songs and their enthusiasm*

*Members brought along presents for children and these were presented to Salvation Army Officer Nathan by Diane Lockery on behalf of the Club*



Attendees were given a goodie bag on arrival, provided with a free drink of choice and nibbles throughout the evening. Sponsorship was critical in ensuring the evening ran with minimal overheads. Nearly all the exhibitors donated goods and/or services for spot prizes. The efforts by all on the night made the organisation all come together to deliver a very successful evening.

## *Tawa continued*



Members gathered at a local eatery, “The Borough”, to celebrate IIW Day. It was a most relaxing time enabling members and partners to have a catch-up.

The latest fundraiser was held in March and, with Co-President Carolyn Crutch’s dream and ‘think big’ attitude, enabled an event of this magnitude and success to happen. Over 130 people attended and 30 exhibitors and demonstrators shared their goods and services. The purpose of the evening was to raise funds for the Inner Wheel New Zealand National Project – *Look Good Feel Better*.



*Clare O'Higgins speaking about Look Good Feel Better.*



Photo Right shows the “busyness” of the evening. Members, family members, friends and members from other IW Clubs attended



*Photo shows Co-President Carolyn presenting Robyn Hogg from New World, Tawa with a Thank you Letter from Inner Wheel Tawa. New World Tawa were one of our major sponsors for the Health and Beauty Expo.*

A highlight of the year was hosting the District Meeting in October for District Chairman Judi Newborn and her Executive, along with members from Clubs in NZ294. It was a busy day as Co-President Carolyn was busy hosting the IW Tawa stall at “Spring into Tawa”, with Co-President Frances at the District meeting. Club members were very busy helping at one of these events.

A December get-together for members was held at Frances’ home where members dressed for a “Captains Cocktail” party. Those attending enjoyed an evening of friendship and fun while the committee provided very tasty nibbles.

At the April meeting, Pat Waite was the guest speaker and he entertained members and partners about his life from school to work, before Rotary and after and the many experiences along the way. In May we are looking forward to hearing from Matine Kupenga-Wanda, Acting Regional Commissioner from the Department of Corrections.

With Co-President Carolyn, taking over the full presidency, Tawa will “Leave a Lasting Legacy” which will carry on through the new Inner Wheel year.



## UPPER HUTT

Most of our meetings during this Inner Wheel year have in some way been related to the theme, "Leave a Lasting Legacy". We have had successful fund raising movie nights at the Miro Cinema in Upper Hutt which has enabled us to support chosen charities.



A highlight of the year was the induction of a new member Noelene Dobson who had been attending most of our meetings as a guest of her daughter, President Lynn Otway.

In July Lindley Yates spoke about her interest in street names, why they had been named, why names had been changed, who named them etc. Having compiled all this information (which is by no means complete) she decided to produce a book. The book will be full of photographs and she hopes that it will encourage children to become interested in the subject but also history in general. As publishing is an expensive business she took her project to the Mayor Wayne Guppy who has expressed an interest in helping her so that the book can be placed in libraries and schools in the city.

Our speaker in August was Shirley Cressy from Earthlink. Shirley is also a member of the Inner Wheel Club of Kapiti. Shirley spoke of the work that Earthlink does to help people get work, this included those with mental issues, redundant, dealing with stress, served prison sentences and were trying to overcome addiction. They did this by giving them work and training them, and by giving them a living wage. They fund this by collecting everything that is collectable, mending, restoring or rebuilding it and then selling it on. They collect from right across the Hutt Valley including Porirua.

In September Dr Sam Shay spoke about his work. Sam is an Acupuncturist, Chiropractor, Functional Neurologist, Online Adrenal Fatigue Coach, Video Game Addiction Coach, Whole Foods Coach and Certified Fitgenes Practitioner and founder of the 'Ten Pillars of Health'. Sam uses these to help his patients with fatigue, mystery pain, bowel disorders etc. By helping with these disorders he aims to help give his aging patients a better and more energetic life. By addressing the 'Ten Pillars of Health' you can enhance your quality of life including your balance. Sam also performs personal gene profiles which can show specific disorders that you are susceptible to including how carb tolerant you are. Sam gave an extremely interesting talk accompanied by a data show.

At our October meeting Judi Newborn, Club Secretary and District Chairman, spoke of her theme for the year "Bee the exception to the rule". She talked of how she had flouted rules in her life. She introduced her mother, Helen, who at 93 was still taking an active part in many organisations but especially Inner Wheel. She stated that rules should be made of pink elastic not red tape and that if you do the same old things you will get the same results. She asked that members support the new National Project Look Good Feel Better.



## *Upper Hutt continued*

The last meeting for 2017 was a Christmas luncheon at Aston Norwood Gardens.

In January we held our traditional Box, Bottle or Bag Auction as well as inducting a new member.



Gillian Candler spoke to us in February. Gillian is a full time author of children's nature books. She grew up playing on Mana Beach looking at Mana Island. Her brother worked on the island when it was a farm; eventually it was taken over by DOC and reverted back to bush with volunteers planting trees and shrubs. However, as it had been farmland the seabirds had left and so there were no more droppings or nutrients being put back into the soil. To rectify this, in 2015 100 Fairy Prion chicks were translocated to the island about 2-10 days from fledging. As Gillian's first book 'Under the Ocean' had featured Fairy Prions she became interested and decided to volunteer with the chicks, feeding, weighing and leg banding them. She was there for an amazing week and went back for a further week in 2016 when more birds were translocated. Fluttering Shearwaters had also been translocated to the island for the same purposes. The Island is now predator free and during her stays on the island Gillian has seen geckos and skinks, Takahé pairs, Rowi Kiwi, Bellbirds, Pied Shags, Robins, Yellow Crowned Kakariki, Little Penguins, Oyster Catchers, Dolphins, Stingrays and Flax Weevils. The hope is that when the Fairy Prion's are ready to breed they will return to Mana Island to raise their chicks.



In March we visited The Inner Wheel Club of Eastern Hutt where the speaker was Clare O'Higgins, General Manager of "Look Good-Feel Better."

### **From Left:**

*Lisa Chapman, Trish Houghton (LGFB volunteers), Heather Leslie, President IW Club of Eastern Hutt, Clare O'Higgins (General Manager LGFB).*

At our April meeting Judi Newborn gave a presentation about The Ruel Foundation which is a non-profit making children's charity committed to bringing significant and lasting changes to children in need with cleft lip and/or cleft palate, particularly around the South Pacific – One smile at a time. Judi stated that all it takes for one child to smile is a donation of just \$300. All the members were extremely touched by Judi's presentation and unanimously decided that the club donate \$300 to the Foundation to give a child a smile.

We are looking to donate a park bench, possibly to an appropriate location in Upper Hutt.



## WELLINGTON

At the District meeting every club was encouraged to support **Look Good Feel Better** our National Service Project. We already support LGFB with baking but decided to raise some funds.



The only thing we can do for future generations is care for the environment and Dawn and Ann certainly organised a good night and definitely did that. As usual all our members were very generous and we were donated lots of fashion items.



Members were so encouraging with colours and advice on looking right for those who were choosing. One elegant shoe mad member fell in love with the fit and feel of a pair of shoes and had to get them immediately. Left over articles went to Dress for Success, even the balloons to a Rest Home.

### VISITORS

We have also had two visitors on their way to the Australian Conference.

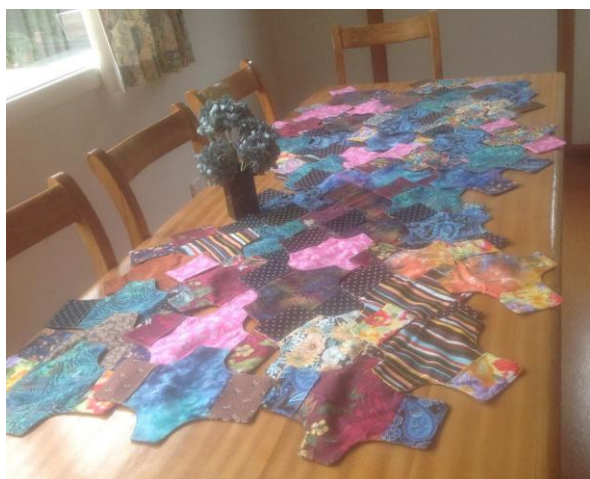
Gill Broadway from Florida USA 696 - Gill is very passionate about Inner Wheel and their main fund raiser is for prosthetic limbs for children.

Lilian Bergholtz came from Sweden. Lilian was a very gracious and friendly woman and we learnt a lot from her about her IW club in Sweden.



Ladies who Lunch  
March 2018 with Gill Broadway (USA) at Home on Stout

### DAY FOR GIRLS



What a great effort at the sewing bee for Day for Girls – in this photo there are 50 items.

Around the world, girls and women resort to using rags, mattress stuffing, banana leaves, feathers, and even cow dung to manage their menstruation.

Days for Girls provides a safe, beautiful, washable, and long-lasting alternative along with vital health education.

Our contributions help these girls with the long lasting alternative.



## *District ISO Service Project- 2017- 2018 Ruel Foundation*

In 1999 New Zealand, David Cowie, visited Eastern Samar in the Philippines and during a visit to a local hospital he came across a boy named Ruel. Ruel's small, emaciated body lay on a single steel bed in this under-staffed and under-resourced facility. His face was scarred by a double cleft lip and palate, causing serious difficulty in swallowing. With his tiny body wracked with viruses and infections, Ruel was near death.

Ruel's story was the founding of the Ruel Foundation and today the Foundation has helped thousands of children and their families through the South Pacific. The Ruel Foundation is a not-for-profit Children's Charity committed to bringing significant and lasting change to children in need around the world.



Cleft Lip and Palate affects about 1 new born child in every 700, and has little deviation across race and gender. Fortunately for most of the modern world, Cleft Lip and Palate is addressed early and the effects are well hidden. What we call a "harelip" is often the result of early surgical intervention in a child born with a Cleft Lip and Palate. Not all people are lucky enough to have access to surgical intervention and need our help for their opportunity at normal life. All it takes is about \$300 to provide a life changing surgery and give a child a smile.



A big thank you to all who have donated to this very worthy cause.

[www.ruelfoundation.com](http://www.ruelfoundation.com)

## *Look Good Feel Better*

*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



## Dairy Dates upcoming events

23 June	District Meeting/AGM/Changeover
30 June	IWNZ Changeover in Dunedin
10 November	District Meeting
13 April 2019	District Assembly



## Inner Wheel NZ Inc Conference - Auckland 2-5 May 2019



## Parting thought

*Don't walk behind me; I may not lead.*

*Don't walk in front of me; I may not follow.*

*Just walk beside me and be my friend.*

*Albert Camus*

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