

# PLIMMERTON INNER WHEEL NZ294

## July 2022



### DATES FOR YOUR DIARY

14 July	Movie Fundraiser	5 pm	Lighthouse Pauatahanui
19 July	Club Dinner Meeting	6 pm	Women of Worth
22 July	Dry July Morning Tea	10.30	Karen's house - 34 Samwell Dr, Whitby
23/24 July	Womens Lifestyle Expo	10 am	TSB Arena Wellington
29 July	Try Something Different	11.30	Ruth Pretty Lunch
19 August	Pink Ribbon Lunch	11.30	Dinah's house - 61 Moana Rd, Pimmerton
26 August	Daffodil Day Street Appeal	TBC	TBC
28 September	WoW Full Dress rehearsal	TBC	TSB Arena

**Subs are due now. Please pay \$48 into the Inner Wheel bank account with your name as the reference**

### UPCOMING REGULAR EVENTS

11 July	Book Group	2 pm	Bev Lillico house
14 July	Craft Group	10 am	Diana Paris house
August	Tasty Tuesday	6 pm	Diana Paris. Venue TBC

### INTERNATIONAL INNER WHEEL PRESIDENTS THEME FOR 2022/23

The new IIW Theme is **WORK WONDERS**

The new IIW President is Zenaida Farcon "Zeny" from The Philippines. Her vision for IIW is to see a sustainable global organisation, experiencing robust growth relevant to the diverse needs of women



## HELLO FROM YOUR NEW EDITOR

Brenda has been club editor twice for 2 years, with a stint as district editor for 3 years in between. That leaves some very big shoes for me to fill as I step into the role. I would like to thank Brenda on behalf of the club for all the excellent newsletters she has produced for us over the years. Sheryl and I hope you enjoy the new content & style of the newsletter. If you have anything to contribute, please contact me. (Karen W)

## MORE ABOUT UPCOMING EVENTS

### MOVIE NIGHT FUNDRAISER

This is next Thursday. Well done everyone! We have sold all tickets. That's both theatres. Thank you to Carol who is organising this event for the Child Cancer Foundation. Please let Carol or your committee contact person know if you can bring a plate of nibbles. We need a few more offers yet. The food is best on disposable plates for a quick tidy up before we move into the theatres afterwards.

There will be several raffles and spot seat prizes, plus and artwork for auctioning.

Our Treasurer, Marg, is now ready to receive your ticket payments into the IW account. We have your tickets printed.

**Movie:** Phantom of the Open

**Date:** Thursday 14th July at 5pm for nibbles & raffles. Movie starts at 6pm

**Place:** Lighthouse Pauatahanui

### WELLINGTON WOMENS LIFESTYLE EXPO

The Women's Lifestyle Expo is a two-day event for women of all ages featuring everything from fashion and beauty to health and fitness, artisan goods gourmet food and beverages and more. This will be held at TSB Arena, Wellington over the weekend of Saturday/Sunday 23 and 24 July. Our Inner Wheel District 294 is having a booth there. We are looking for a few of our members to attend 2 hour slots together to help fill the roster. Your committee contact person will be asking if you can help.

### DRY JULY MORNING TEA

Most of you will have received the email from IWNZ promoting Dry July. More info here [Dry July website](#) We have the commitment to make an annual contribution to Look Good Feel Better since it is IWNZ's nationwide annual appeal. More info here [LGFB Dry July fundraiser](#) LGFB is a recipient of the Dry July campaign and this month they are offering to sponsor a fundraiser in the form of a raffle hamper. A Dry July morning tea event is much more fun than individually registering for Dry July, so it was too good an opportunity to let go.

Karen Warner has kindly offered to host a morning tea for Dry July and has registered us as a club event. Morning tea on Friday 22nd July. We will charge an entry fee, Look Good Feel Better will provide the raffle. Save the date and look out for the invitation to be emailed soon.

## TRY SOMETHING DIFFERENT

This year Yvonne has taken over the role of organising our "Something Different" outings.

To kick off the Inner Wheel year, Yvonne has organised a Ruth Pretty Lunch, on Friday 29th July. The cost of lunch is \$30. We will carpool to the venue. Lunch is from 11.30 to 1pm.

If you are interested in attending this event, please let Yvonne know ASAP either by text 0212672906 or email. [ytplace@gmail.com](mailto:ytplace@gmail.com) There will be a board circulating at July meeting.

## WORLD OF WEARABLE ARTS

The dress rehearsal for the WoW show is on 28<sup>th</sup> September. We will be selling the fundraiser tickets as soon as they are available. That is why we need to have our list of people ready. Sheryl has the list of your responses, thank you. This year, Margaret Nation and Joy Creet will be buying the tickets. In the meantime, Sheryl is keeping in touch with The Little Miracles Trust (Neonatal trust)

## DAFFODIL DAY STREET APPEAL

Friday 26th August. Please support Jan Fisher, our new Daffodil Day coordinator as she puts together a roster for this. A clip board will go around at the next dinner meeting. Pauline Moults has coordinated this appeal for many years. Thank you, Pauline for your valuable contribution to the running of this for the club

## JULY DINNER MEETING

Women of Worth [wow.org.nz](http://wow.org.nz) is a well-established charity in Upper Hutt which is soon to go nationwide (including Porirua) Their vision is "women knowing their worth and living their best lives" WOW runs programmes (in-group and on-line) of well thought out tools and strategies that support women to create positive and lasting change for themselves and their whanau. WOW has a range of programmes, including supporting women to be 'work ready'. Sue Kefali-Pattinson founded Women of Worth and has experience of starting up other community initiatives. She herself is inspiring.

## PINK RIBBON LUNCHEON

This is a fundraiser for the breast cancer appeal. Friday 19th August at Dinah McEwan's home. Save the date for now and we will send out more information later.

## UPCOMING SPEAKERS

<b>August</b>	Marilyn Garson: The living situation in Gaza. She wrote "Still Lives"
<b>September</b>	Jacqueline Wilton: General Manager of Changemakers
<b>October</b>	Terry Neal: a teacher of remote tertiary education programmes
<b>November</b>	Sue Jameson: our District Chairman

## LAST MONTH'S HAPPENINGS

### SHERYL'S SUMMARY

We have had an upbeat year with Anne-Marie at the helm. Now she has taken off for a well-earned holiday. We wish her a fantastic break with her little family in Ireland.

Our new Inner Wheel year is hectic already. I can't believe I am saying this, but it is actually enjoyable engaging with so many people at so many different levels. July will be a busy month.

You will see our new editor, Karen, has added a few things into this newsletter in the hope of encouraging us to get to know each other more. I think the newsletter can be a great platform for this. I encourage you to share your discoveries, a great book, a new word, a handy hint, a recipe, a life hack, or curiosity. If you are involved in an organisation that you want to post a notice for, please pass on the information to Karen or myself. (This will be subject to screening.)

I must tell you that for all of August I will be away. Joe and I are off to see our family and little granddaughter in the Cayman Islands. But I will be leaving IW in good hands. Different people have stepped up to fill in for me. Also, to keep the organising to a minimum for the next few months you will see that we have a line-up of speakers organised for the rest of this year.

So put your skates on for July. We are just about to take off. You are welcome to invite friends to the dinner meetings or events.

Thank you, many of you, for your comments of encouragement and huge moral support you have given me so far. **Sheryl**

### PLIMMERTON CHANGEOVER

We celebrated our club changeover on 21st June with 69 guests despite uncertainties of covid. What a fun evening. Being served plated food kept it relaxed. The musician, Greg Christian had easy listening music, good for dancing afterwards. Thankyou everyone for making it happen.

Anne-Marie spoke of her year, the highlights were the Queenstown National Conference, our enacting a wearable arts evening, and our Christmas meeting when we could finally mix freely after so many covid restrictions. Sheryl spoke on how Inner Wheel and the positive 'can do' attitude of these friends has been a form of personal development training for her in that she can take on the President role.

Helen Keller: Alone we can do so little; together we can do so much.

Or another way to put it - All in the waka together!



CHANGOVER NIGHT PHOTOS





## EMPOWERMENT DAY & AGM

Empowerment day was a mix of learning, discussion, and fun activities. We had a lovely dinner on the Saturday night with live entertainment and dancing. The Sunday morning was AGM and Awards. An extremely successful and well organised event. The result of a lot of hard work by all involved.



## DISTRICT CHANGE OVER

Over 80 ladies from our district spent a very wet and wild weekend on 11/12 June in Kapiti for District Changeover, Empowerment Day & AGM. 13 attended from our club. The weekend was hosted and catered by Kapiti club, and we were truly spoilt with a constant supply of gorgeous food.



Debbie hands over to new District Chairman Sue Jameson



New District Committee 2022/23

## DISTRICT IWNZ OFFICERS 2022/23

POSITION	NAME	IW CLUB
Chairman	Sue Jameson	New Plymouth
Vice Chairman	Shirley Cressy	Kapiti
Past Chairman	Debbie Lattey	Kapiti
Secretary	Brenda Callear	Plimmerton
Treasurer	Darlene Westrup	Palmerston
ISO	Carolyn Crutch	Tawa
Editor	Anne Hayden	South Wairarapa



## AGM AWARDS

It was great to see so many clubs getting involved and recognised for their achievements. What a great incentive and inspiration for other clubs. Congratulations to all the well-deserved winners.



**Candlestick Award** for most new members went to South Wairarapa with the largest increased membership (net percentage increase) inducting 14 new members during the year.

**Best Newsletter** was awarded to Wellington club for their fun and interesting content.

**Chairmans Award** presented to the club who best implemented the IIW Presidents theme throughout the year. This award went to Tawa club. Well deserved.

## NATIONAL CHANGEOVER

IWNZ National Changeover event was held on Saturday 28th May at the Hilton, Queenstown. A wonderful evening of celebrating friendship and leadership. Lasting memories were created over a night filled with the glow of friendship. True friendship grows from mutual respect, admiration, and gratitude for another person. Friendships grow and strengthen over time through shared experiences and opportunities.



Outgoing National Committee 2021/22



Incoming National Committee 2022/23



## NATIONAL IWNZ OFFICERS 2022/23

POSITION	NAME	IW CLUB
President	Alyssandra Skerrett	Queenstown
Vice President	Judi Newborn	Upper Hutt
Past President	Michelle Atkinson	Aotea
Secretary	Helen Faulkner	Marlborough
Treasurer	Wendy Chitty	Whangarei

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## BOOK RECOMMENDATION

For those of us that love to read, let's share what we have been reading. Please email me with any books you have loved recently. I enjoy listening to audio-books when I am out walking, and this story kept me walking for longer!

### **The Great Alone - Kristin Hannah** (Historical Fiction)

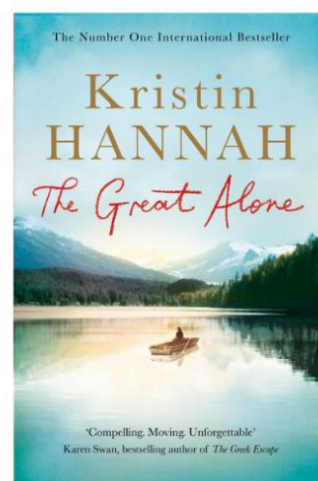
*Ernt Allbright, a former POW, comes home from the Vietnam war a changed and volatile man. When he loses yet another job, he makes an impulsive decision: he will move his family north, to Alaska, where they will live off the grid in America's last true frontier.*

*Thirteen-year-old Leni, a girl coming of age in a tumultuous time, caught in the riptide of her parents' passionate, stormy relationship, dares to hope that a new land will lead to a better future for her family. She is desperate for a place to belong. Her mother, Cora, will do anything and go anywhere for the man she loves, even if it means following him into the unknown.*

*At first, Alaska seems to be the answer to their prayers. In a wild, remote corner of the state, they find a fiercely independent community of strong men and even stronger women.*

*But as winter approaches and darkness descends on Alaska, Ernt's fragile mental state deteriorates, and the family begins to fracture. In this unforgettable portrait of human frailty and resilience.*

*The Great Alone is a daring, beautiful, stay-up-all-night story about love and loss, the fight for survival, and the wildness that lives in both man and nature.*



## SOMETHING YOU DON'T KNOW ABOUT KAREN

*I am hoping this can be a regular segment to share some interesting stories, and to help new members get to know others. Hopefully members won't mind taking part in future - I'll go first ....*



I have run 2 marathons. My first was the London Marathon in 1998, second was Rotorua the following year. A group of dedicated people from my running club entered a ballot to gain entry to run the London marathon. There were more than 30,000 entrants.

We ran down Pall Mall past the Palace, and the crowds lined the streets around the entire course with cheering and live music, it was incredible to be surrounded by so much encouragement.

I remember the officials on the side of the road standing with two fingers out with great globs of Vaseline in case any poor soul running past needed it for their chaffing! Some of the men had blood on the front of their T shirts from the nipple chaffing. Ouch!! I finished 17,963rd in a time of 4.29 hrs.

### NEW WORD – DID YOU KNOW?

**Griffonage** - is careless or illegible handwriting

I think everyone has been guilty of this one at some point in their life.

“I know that you are in a rush Doctor, but the script you have given me is just griffonage”

### HAPPY BIRTHDAY

- Anne-Marie Garrett
- Brenda Callear
- Diane McGavin
- Glenys Greaves
- Judith Tanner
- Mary Temperton
- Yvonne Groom
- Velma Knight



## RECIPE INSPO

Chris, Sherly, and Carolyn demonstrated their cooking skills recently at an event to raise funds for the Drowning Prevention Project. Carolyn shares her recipe this month

### SESAME AND OREGANO LAVOSH

Lavosh is a thin, crunchy Middle Eastern bread that's delicious as a picnic snack or served as a pre-dinner nibble with blue cheese and dried fruit. In this recipe I flavour it with sesame and oregano, but you could also use fennel seeds, parmesan, or chillies. The wholemeal flour adds texture and makes it a healthy oven-baked snack. Cut any shapes you like, as long as the dough is very thin, you'll get a fabulous crisp bread.

Prep Time: 15 mins  
Cook Time: 15 - 18 mins  
Makes: approx 40

#### INGREDIENTS:

1 cup plain flour  
½ cup wholemeal flour  
2 Tbs each of black and white sesame seeds or 4 Tbs of just one kind  
1 Tbs of finely chopped fresh oregano or 1 tsp dried oregano  
1 tsp salt  
¼ cup extra virgin olive oil  
1 tsp sesame oil  
½ cup water

#### DIRECTIONS:

Preheat oven to 165C (fan-bake) and line an oven tray with baking paper.

In a mixing bowl stir together the flours, sesame seeds, oregano, and salt. Mix the oils and water together and add to dry ingredients, stirring to form a soft, pliable dough. At this point I just cut off small pieces of dough, roll out as thin as possible (paper thin).

Carefully transfer strips to a baking tray, brush lightly with oil and sprinkle with flaky salt.  
Bake until crisp and pale golden - about 15-18 mins.  
Allow to cool fully and then store in an airtight container.



## REGULAR EVENT INFORMATION

### **Book Group:** 2nd Monday of the Month at 10am

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 Sheryl Perera 233 1944.

### **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, phone 239 9528.

### **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.

### **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 Christine Harrison 234 7535.

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## PARTING WORDS

Well, that was an epic first newsletter from me. There was a lot to cover this month with the changeover and a month of exciting events. I am sure next month's newsletter will not be as long. I hope you enjoyed the read.

*A good friend is one who overlooks your broken fence and admires the flowers in your garden*

Yours in friendship

Karen 😊

## YOUR COMMITTEE

<b>President</b> Sheryl Perera 022 098 5516 saperera2022@gmail.com	<b>Vice President</b> Joy Creet 027 679 4333 joy.creet@gmail.com
<b>Secretary</b> Christine Harrison 027 300 6734 christineh656@gmail.com	<b>Editor</b> Karen Warner 027 5744 054 karen@perfectorder.co.nz
<b>Treasurer</b> Margaret Nation 021 515 691 nation@xtra.co.nz	<b>Raffles</b> Julie McLagan 021 425 782 jmclagan@seagulls.co.nz
<b>ISO</b> Velma Knight 027 281 1809 dvknight@xtra.co.nz	<b>Membership</b> Karen Paulin 021 222 9471 admin@straitconstruction.co.nz.
<b>Website</b> www.innerwheel.org.nz www.internationalinnerwheel.org	<b>Almoner</b> 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.
<b>Facebook</b> Inner Wheel New Zealand	
<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	