

# Inner Wheel Club of Ahuriri

Nov 2020 Newsletter



## *President's Patter*

Tempus Fugit!!! November already.... Soon it will be Christmas and then 2021. Hopefully next year will be more settled and predictable than 2020 has been.

Like many, I spent most of Labour weekend working in the garden, spring cleaning and getting everything ready for a summer outdoors. The weather did not let us down and I trust others enjoyed their four day holiday weekend.

The 'Knit and Natter' was a great success last month. Thanks to Joanne for making her shop available for us to meet in and the cups of tea as we worked. I would encourage other knitters in the club to pop in and spend time knitting for charity. Visitors to the shop were interested in what we were doing and we hope to meet prospective club members as we knit and natter.

I hope that many club members will take the opportunity to spend the day in Palmerston North on 14 November at the District meeting, particularly with the postponement of the much awaited Rod Stewart concert that day. Among other activities planned, we will be packing the boxes for the children of Vanuatu with all the goodies we have been collecting. It is not too late if you would like to contribute.

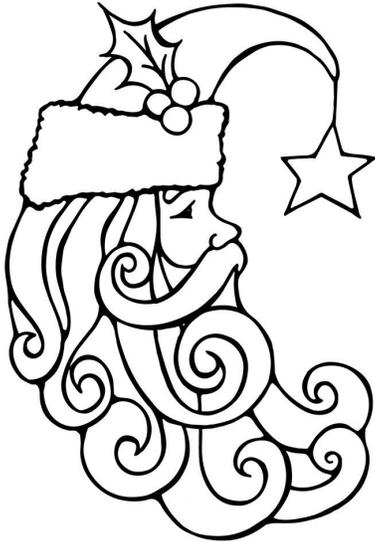
Take care and I look forward to seeing you at the November meeting.

Yours in friendship

Judy Aitken

### Upcoming Meetings

- **Club Meeting November** 7pm at Mission View Village Lounge Speaker is Glenys Murphy, from the Pilates and Wellbeing Project. She will give a short talk (10 min) and take us through a mini version of the Balance class that she runs at her Clive Square studio. Dont panic we wont be on the floor or over exerting ourselves.
- **Friday Morning Coffee Group** 19th Noveber at 10 am .Margery will let us know the venue
- **Knit & Natter 1pm at JJs Crafts, Taradale** 14th Naovember - let's get together for a10am. Everyone is invited so do come along and enjoy the fun. coffee to knit (or stitch) and catch up.
- **NZ294 District Meeting 14th November** at the Bridge club, 2 Cook St, Palmerston North at 10am. Everyone is invited so do come along and enjoy the fun. Numbers required at the meeting long with payment for your lunch on the day - \$15.00



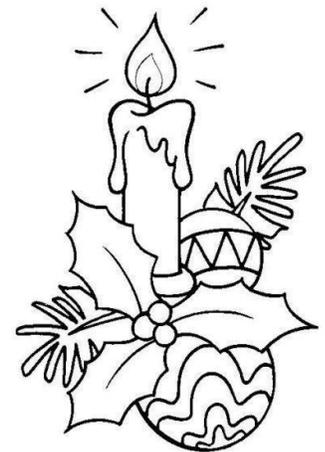
**Ahuriri Inner Wheel Christmas Gathering**  
**Saturday 5 December,**  
**6 o'clock for nibbles and drinks**  
**7 o'clock for dinner**  
**22 Otatara Road, Taradale**

This year has been a strange year for all of us. So, in a year where our charitable efforts have concentrated on the giving of ourselves, our time and talents in supporting our regular charities, the Committee felt that keeping our Christmas celebration in line with this was a good idea. We have made the choice about how we celebrate a committee decision this year and apologise if any one feels left out.

We will be having a Christmas celebration dinner at Joanne & Joy's home where we will share our cooking talents with each other. There will be a list at the next meeting with dishes or items which we will invite you to put your name beside to provide. We are working on about 50 people attending, so the dish you provide will need to be of an appropriate size. We will be providing the meat, a cooked ham and cold chicken. To cover the cost of the meat there will be a charge of \$5 each per member, plus \$5 for any partner attending. We are also asking you to bring drinks of your choice that can be shared (wine, beer, soft drinks).

We also thought it would be a good idea to invite 2 volunteers from each of these 5 charities that we have supported recently: Bellyfull, Cozy Kids, CanInspire, Kids Foundation and Look Good Feel Better, to join us to celebrate and say "thank you" for their efforts with those charities. We can discuss this idea further on Thursday night at our meeting.

There will be a Christmas raffle: *tickets will also be sold outside of Club members*. Any donations to a 'Christmas Treat Basket' raffle would be gratefully received and can be brought to the meeting on the 5<sup>th</sup> of November.



**Secret friend gifts will be gathered into a basket and distributed at the dinner.**

## Other Notices

- When you dine at East Pier, remember to nominate Marewa School for their 'support a local school' programme, where a % of your meal cost is donated to schools annually.
- **13th March 2021** our old District NZ293 get together Saturday, 13th March in Taupo.
- District Assembly - 10th April '21 in Feilding
- **National Conference** - 14-16th May '21 Millenium Hotel, Queenstown

**Don't forget to fill in your Service sheet that we gave out at the last meeting or get one from Bev and to bring your bread tags & wine bottle caps to each meeting**

**Club birthday's**  
**Nov 28th            Jane Harty**



**Congratulations to Last Months Raffle Winner**

*Its your turn to provide this month's raffle prize*

Our bodies break down the food we eat and extract glucose for energy. The pancreas produces insulin to allow glucose into cells where it is used. If there is not enough insulin or too much glucose (as in Diabetes), the glucose stays in the blood where it can cause damage. Balancing the amount and what we eat with our activity levels is an important step in preventing and managing Diabetes, but this can be especially difficult over the festive season. Our Pharmacists have put together 7 top tips to get through for a happy, healthy holiday time. Find out more by reading the full column at [www.ahuririphararmacy.co.nz/blogs/health-topics](http://www.ahuririphararmacy.co.nz/blogs/health-topics) or asking one of our pharmacists at Ahuriri Pharmacy instore or by phoning 8357948.

***“To be inspired is great,  
to inspire is incredible.”***

*Margarette Oliver Golding,  
Founder of Inner Wheel*

*“The greatest discovery of  
all time is that a person can  
change their future merely by  
changing their attitude.”*

-OPRAH WINFREY

