



Celebrating Inner Wheel District NZ294

Empowerment



Health



Education



Opportunity



E-Magazine November 2021

Introduction – District Chair’s Note

Greetings ladies, from District Chair Debbie Lattey. I am privileged to be holding this position for the 2021/22 Inner Wheel year, and am very much enjoying my club visits and getting to know you all.

I have handed over the District Treasurer’s reins to the very capable Darlene Westrupp, and am now embracing the challenges of my new role. Something I have initiated this year is regular Zoom meetings with the Club Presidents in our District, and so far these have been very well received and worthwhile. It’s always easier to grow into a new role with the support of those who are facing the same tasks and challenges, as we can all share ideas and experiences and encourage each other to try new things that will engage current and prospective members.

My main goal this year is to support clubs to embrace new technologies and ways of communicating, while at the same time accepting that not every member will need or be able to move with the times. However we do need to future-proof our organisation, and our new website and member portal is a great step towards this goal.



Meantime my husband and I continue to enjoy life on our lifestyle block on the banks of the Waikanae River, with our small herd of alpacas and sheep and a few chooks. We have been here for 36 years and the time is coming when we need to downsize, but for now I need to focus my energy on my roles as District Chair and also as Conference Coordinator for the 2023 IW National Conference in Wellington. Life is never dull!

NZ294 District Chairman
Debbie Lattey

Something surprising about Debbie (Tawa, October)

Debbie grew up on a farm, one of 7 siblings, learnt Pitman’s shorthand which took her to the world of secretarial work. This brought her to Wellington and eventually to the Ministry of Foreign Affairs where an overseas post became available in Santiago, Chile. A real culture shock for Debbie however being a part of the Diplomatic Community helped her to feel safe except one time, when dressed up for a P party she left her keys behind, which meant not able to access her accommodation. As the night was now late it took quite a bit of time to convince the Police she was not a “street girl” as the appearance gave. Debbie was offered another post overseas but decided not to take this as she realised, she was a ‘country girl’ at heart and returned to New Zealand.

Who's who in Inner Wheel

District Committee 2021-2022

Brenda Callear, Secretary

My role as Secretary entails me keeping an official record of correspondence and meetings. Since being inducted in 2014 I have held the following roles, Editor, District Editor NZ294, Vice President, Almoner, President, and now Editor for my club and District Secretary NZ294. They say if you need a job done ask a busy person and I suppose that is how I came to my last role as I did not want to see our District without a Secretary when I had been a PA/Secretary in my working life.



I have thoroughly enjoyed all the roles I have undertaken. Producing the newsletter for our club reporting on all our many activities, and as District Editor, reading all the newsletters from all the clubs in our district and putting together all the information for our E-Magazines was very interesting. Being Almoner helped me to get to know more of the members in our very big club and taking care of those that needed it. My year as President was, as many of you will know, a busy time but for me it was a very enjoyable year. I am very new to the role of District Secretary but I am learning as I go. You certainly learn a lot more about Inner Wheel and how it works. We all have hidden skills and should keep using them while we are able. It certainly is going to be a very interesting year with all the new technology and we must move with the times and keep learning.

I am married to Les and have two children and four delightful grandchildren. My interests include yoga, skiing, golfing, walking, gardening, reading, knitting and sewing so as you can see I am a very busy person. And you are never too old to make a snowman.

Carol Woodfield, Immediate Past District Chair



Yes, I'm still around but playing a lesser role on the District Executive this year. I thoroughly enjoyed my 2 years as District Chair; it was full on but great to get to know so many of the friendly ladies in our District. I handed over the chain to Debbie in July and have been enjoying a bit of extra time to spend with my family, gardening, walking and reading. At the moment I'm burning the midnight oil reading the Seven Sisters series.

You will have heard about the online forums on our NZ Inner Wheel website, such a great idea. I for one am looking forward to

the book and craft groups. I did enjoy the 'walk and talk' zoom put on by President Michelle recently and attended by over 60 members around the country.

I am a member of the IWNZ Conference Committee for the next National conference to be held in Wellington on 5th May 2023, led by Debbie Lattey. We have been busy looking at venues, speakers, sponsors etc. and all the clubs in our District will be involved.

I was also involved in the organisation of the Queenstown conference and I can't believe how lucky we were going ahead with this wonderful event, despite these uncertain times.

We were also lucky to have a Past District Chairman's lunch in September which was very well attended and a lot of fun.

Never a dull moment in Inner Wheel!

Carolyn Crutch, ISO

My mission - Dare to Dream. Think big. Not surprisingly, my motto is "if you don't ask, you will never know. That was the case inviting Doctor Bloomfield to speak at an IW meeting. I simply wrote to him and gave him the choice of three dates. He came back accepting Wednesday 19 May, and the rest is history.

The Tawa Club has had many achievements, including the annual Mighty Annual Quiz night, Stuff the Trailers (which was a joint project with the local Rotary Club. It entailed having trailers at both Supermarkets where people are encouraged to purchase extra items to stock the Tawa Food bank). We also have an annual raffle drawn at "Spring into Tawa", and on the first Saturday of each month we have an informal gathering at the Borough called, "Sip and Chat".



I really enjoyed the National Conference in Queenstown, the third NZ conference I have attended. I also went to the International Convention in Melbourne a few years ago. For me the highlights were the friendship and fun. As an added bonus I crossed off one item on my bucket list, my helicopter ride.

As ISO for NZ

District 294 I will be managing the Days for Girls

Project. Our goal is to raise funds to buy two commercial sewing machines. This way we can support a village in Malawi. It is my hope that clubs will run a fun event to raise the money, rather than just donating from Club Funds. Another idea is to have a Bring and Buy Sales Table at the next District Meeting.

Carolyn's Award (Tawa - October)

Another activity which has had to shift its celebration date was the Tawa Community Civic Awards ceremony. This is of particular interest to Inner Wheel Tawa as we are the recipients of two awards this year.

Firstly, Carolyn Crutch has been recognised for her efforts and commitment to the community and the club can also celebrate as they will receive recognition in the service category. Huge congratulations to you Carolyn – I am sure you do far more work than just what we see. This recognition is well deserved. Hopefully the award night will take place in late October.

Sue Jamieson, Vice Chairman

This Inner Wheel year I am stepping into the District Vice Chairman role and the District Membership role, both of which I am very excited (and nervous) about. As a newish Inner Wheel member, I have greatly enjoyed the friendship with the feeling I am doing something worthwhile. I think NZ and the world needs Inner Wheel to grow and be strong because community and friendship are such important things. I have a passion for Inner Wheel and it is my personal goal to charter a new club for younger women in New Plymouth, my home town. Younger women need friendship just as we do. With New Plymouth's population of over 80,000 I am sure there must be 40 young women who are interested.



Just a little bit about me. I did have a souvenir shop, pre Covid, but I am now an early childcare worker. Unpaid! Yes, looking after 2 grandchildren aged 1 and 4. Working was less tiring. It is a wonderful privilege to be a part of their lives and watch them grow up. I live with my husband Jim who is a joiner, a daughter who is an electrical apprentice and an old cat. I am lucky enough to still have both of my children living in New Plymouth. In my spare time I love to craft with scrapbooking and card making as well as taking art lessons every week. Now I also work part-time as an afterhours call out worker for women's refuge. I greatly enjoy being part of a wonderfully supportive team instead of running my own business.

This photo is from the 2021 Inner Wheel Conference held in Queenstown at the local Ice Bar. Cool, eh?

Darlene Westrupp

I have been around for a long time in various roles that most know me pretty well already! I joined Inner Wheel about 30 years ago just to make new friends and have a monthly night out. Since then, I have been club committee member many times, club Treasurer, club President – 2.5 years, District Treasurer, District Secretary, District Chairman, National Treasurer, National President, National Representative, International Inner Wheel Board Director and now back to District Treasurer. Through Inner Wheel I now have wonderful friends all over New Zealand and around the world. I have grown as a person and know that whatever challenges I face, I will be able to meet them. What I set my mind to do, I can do it.



Outside of Inner Wheel, although I am retired from my accounting job, I still do a few small accounting and auditing jobs for various organisations – most of them voluntarily. I am on the boards of Abbeyfield Palmerston North and Manawatu Restorative Justice Trust.

I love adventurous travel and have been very lucky to visit many countries around the world (before Covid of course). Now it is confined to NZ – but there is no more beautiful country is there. I love the outdoors and volunteer in the Green Corridors organisation in Palmerston North where we keep weeds etc. under control in our walkways and plant new native trees. I go on 5-6+ hour tramps every Thursday with my Tramping Club, mainly in the Tararuas or Ruahines. The photo was taken on top of Toka in a howling gale, snow and ice all around and with the wind chill factor the temperature was around -2 degrees. That must be why my eyes are screwed up and my teeth are gritted against the sleet. What a way to feel alive!!!

I also hold various roles at my church. I make the most of every day and don't intend to go to my grave wishing I had done something that I wasn't brave enough to try.

Shirley Cressy

I joined Inner Wheel club of Kapiti in 2015 and was nominated onto the committee in 2016. I became President in July 2019/20 through to June 2021. What a wonderful experience this has been, meeting many delightful ladies within Kapiti club and across the district and nationally and making some lifelong friendships. At District294 Change-over in June 2021 I had the honour of receiving on behalf of Kapiti members, the Chairman's annual award for the clubs outstanding achievements during 2021/22, ending my term as President on a memorable note.



My ongoing commitment is being part of a developing team that continues to support our longstanding and dedicated membership while encouraging a new generation to become part of our national and global network. When Debbie Lattey invited me to join her on the Executive Committee and the 2023 Conference committee I was very privileged to accept the role of District294 2nd Vice Chairman. I will endeavour to contribute positively throughout the coming years.

I have had an interesting and varied working career. In 1994 I was seconded to a team of health professionals to assess and implement personal plans for 78 people relocating to the

community with the closure of Porirua hospital. During this assignment I became part of a wider group of community services providers, family/Whanau, health professionals and consumers, tasked with assessing the range and nature of services to support consumers returning to and already part of our community. I was appointed Manager to Earthlink Inc. in 1997 (a service dedicated to offering paid employment and vocational services for people with mental health, addiction, and disability concerns) becoming CEO from 2010 to 2018.

I have a supportive husband Nelson, three adult children and a Granddaughter living in Australia. I am passionate about music; enjoy entertaining and bringing smiles to others.

Anne Hayden, Editor

I've worked professionally as registered nurse, a social worker and an investigating officer for the Ombudsman and in the community dealing with restorative justice and domestic violence. It's mainly in the fields of criminal justice and women's rights, victim support, and I co-founded Pacific Women's Watch and the Homicide Survivors Support Group. While and since doing my doctorate "Why Rock the Boat: Non-Reporting of Intimate Partner Violence" I wrote a number of journal articles and co-edited a book on Restorative Justice and family violence. It was a privilege to work with two Cambridge professors on this project. As a breast cancer patient I initiated the Anne Easter Hayden Herceptin Petition, which called for funding of the breast cancer drug Herceptin. It took five years to eventuate and I had to vote National for the first time, as John Key promised to fund it for early HER positive people in his first 100



days in government. My left wing friends certainly did not approve! Nevertheless my study was an amazing distraction from breast cancer.

I have felt very welcomed by Inner Wheel since I joined around 2017 and have thoroughly enjoyed making new friends and learning new skills. I've recently joined a mah jong group which I really like; I also enjoy reading and have a "growing" interest in gardening. I live in Greytown, with my husband David, our dog Murphy aged 8 and cat Casper aged 17. They are the bosses while my husband and I are just the unpaid help. They are formidable team! We are lucky to have three lovely grandsons aged 10, 13, and 15. I love being a Nana. And guess what? I saw a blue whale while in Kaikoura!

National President Michelle Atkinson

Michelle is not only our National President, but she's also a computer whiz. Being exactly the opposite, I had to recover from my sense of "overwhelm" before I wrote her bio. She describes herself as a passionate Inner Wheel member which is all too apparent when you consider all the roles she has held since joining in 2008 as a charter member. They are too many to record here. One of the more outstanding was her nomination and election to the role of International IW Editor in 2014! Just one example of her taking opportunities as they arise "to test her limits". It is unclear whether she has found any (limits I mean). She is the Development Manager for the charity, "Look Good Feel Better", a cancer support organisation and also works as a contractor to a number of other charities.

In this age of zoom meetings, Google, lockdowns, etc., Michelle is definitely the right person in the right place at the right time. As her Communications make clear, we have much to learn from her. One of her initiatives is challenging clubs to design a New Members Welcome letter. *What a great idea!*



International Chairman Ebe Martines

Our International Inner Wheel President, Ebe Martines, has been a member since 1984, that is, 37 years! From 1986 she has held numerous roles at local, district and national levels, in some cases, repeating a year, and for more than one Inner Wheel year. These have been in Districts 206 and 210. She has not had a single year without taking responsibility. *Wow! What a leader!*

I found online a touching tribute she had written on Facebook.

TRIBUTE TO MY INNER WHEEL GODMOTHER

Recently, on July 22nd last, I met (informally) the President and Officers of my former Inner Wheel Club of Messina, District 211, Italy. I joined this Club in 1984 and was its President in 1989-90. My Inner Wheel Godmother was Pina Noe' Cultrone. 37 years have elapsed since then, but she is still one of my best friends.

I transferred to the IWC of Padova, District 206, early in 1999, but it is an agreeable tradition to meet the members of IWC of Messina every year, in summer, when I am in Sicily. Thanks to her introduction, I am proud to be the 54th IIW President.



Ebe was educated at the Liceo Internazionale High School in Rome, subsequently attending the Interpreters school where she gained Diplomas of Interpreter/Translator and Parliamentary Interpreter. This was followed by an IULM Milan University Degree in Foreign Languages and Literatures. She has worked for Belgian Airlines in Rome, been a High School Teacher in Agrigento and Messina (Sicily). Her late husband, Claudio Martines, a member of the Rotary Club of Padova, died eight years ago. Ebe has one daughter and a son and five grandchildren

New Zealand International Inner Wheel 21/22 Director, Carol Haskett

I was born in Scotland, raised & married in Ashburton, husband Garry, three children, six grandchildren. I have always worked from home as we have owned our own businesses, for the last 30 years we have been KFC franchisees.



I have been a member of the Inner Wheel Club of Ashburton since November 2003 and held numerous roles - Club Secretary, President, District NZ297 Secretary, Treasurer, Chairman and Immediate Past Chairman/Membership, IWNZ President/National Representative and Immediate Past President/Membership.

When I joined IW I had no thoughts of taking on any roles but through the support given to me by members I was able to gain the confidence to say yes when asked. I have enjoyed every role and becoming involved at National level was certainly an amazing experience.



As an IIW Board Director I have the opportunity to represent IW members worldwide. I will meet with the IIW Board twice in this IW year but due to the Covid lockdown both of the meetings will be online instead of having one in person. Within my role I will put together quarterly reports for the IIW Vice-President on the projects and charitable work undertaken by the six Non Districted Clubs that I have been assigned and other Board Directors will be doing the same with the Clubs they have been assigned.

I am looking forward to learning more about Inner Wheel globally and hearing first-hand how Inner Wheel Clubs worldwide are working together to make a difference.

Changing the Guard - District Changeover –

District Meeting, July 2021

This was held at the Baptist Church Hall, Waikanae. Members were warmly greeted by lots of smiling faces, beautiful raffles to splash out on and lovely cups of tea, coffee and, of course, cakes. It was time to meet our friends from District 294. Shirley Cressy, President of the host club and Carol Woodfield, then District Chair, welcomed us.



Following the Candle -lighting ceremony by Meryl Evans and the Roll call by Judith Dunlop, Carol Woodfield presented her report. She highlighted a benefit of the pandemic being members developing new skills at Zoom meetings, even though there may still be a few hiccoughs. Our district had excelled in service hours of 1017,000! Carol reminded us to put our club name on donated goods as a way of raising the IW profile and even more importantly, that the next National Convention was the responsibility of NZ 294. A special committee has already been formed and work is underway, so put 5 May 2023 in your diaries please. The Financial Report was presented by then Treasurer, Debbie Lattey.

As part of General Business the nominations of Judi Newborn as IWNZ Secretary and Anne Joyce as IWNZ Treasurer were tabled and later ratified as part of the Annual general Meeting. The District Executive for 2021/2022 was appointed as follows.

Chairman:	Debbie Lattey	IW Club of Kapiti
Imm. past Chairman/Membership	Carol Woodfield	IW Club of Plimmerton
Secretary	Brenda Callear	IW Club of Plimmerton
Treasurer	Darlene Westrupp	IW Club of Palmerston North
1st Vice Chairman	Susan Jameson	IW Club of New Plymouth North
2nd Vice Chairman	Shirley Cressey	IW Club of Kapiti
ISO	Carolyn Crutch	IW Club of Tawa
Editor	Anne Hayden	IW Club of South Wairarapa.

The Guest Speaker of the day was Murray Eldridge, Wellington City Missioner. Murray is the 12th City Missioner in the 117 year history of the Mission and the first *not* to be an ordained Anglican Priest. A former businessman, Chief Executive of Barnados, Deputy Chief Executive of Ministry of Social Development, with additional responsibilities in fitness, youth sporting and other activities, Murray held the attention of his audience for nearly an hour. *My pen and amateur shorthand (I call hieroglyphics), were surely tested.*

The organisation began in 1904. Its objectives are to help the community by empowerment (to address the disparity of having choices), transformation (the beauty of having hope, and fullness of life according to individual differences). Challenges faced by those in need include a massive list; housing, debt, food insecurity, social isolation, addictions, physical and mental health conditions, parenting, family relations and child welfare. The worst addiction was alcoholism. The Mission addresses housing, food, emergency support, one to one support, money, alternative education, community, and the Kemp Home and Hospital for people with little support all this with a staff of 180.

The “Zebra Building” in Wellington (featured on TVNZ1 in July) has been refurbished as a boutique hotel with around eighty rooms for transitional accommodation. There are plans for “Whakamaru”, (connecting buildings together) with 35 residential apartments and an office for the City Mission where there is no “them and us”. Instead it will have shared spaces of people and staff. The bottom floor of one building already houses the Social Supermarket that people visit by appointment. There they can pick and choose as they want instead of being given a food parcel containing goods they might not like or are allergic to. Apparently the biggest thrill is being given a trolley to shop with, and each customer buys using a generous point system. Funnily enough the most frequently purchased tinned item is chickpeas!

But, there’s more! A community lounge has been set up with twice a day food service seven days a week, where a rostered barrister serves proper coffee at customers’ tables. One chap, Roger, observed “This is better than the Intercontinental!” Murray met with an “ex-streetie” and asked him what he wanted most of all. The reply was “for people to make eye contact with him and ask him ‘how are you doing?’” In conclusion Murry emphasised the importance of treating people with respect. “It’s important to think about how we think about people. We are all worthy to be treated the same as everybody else”.



Carol's District Chair's Report

Carol welcomed Ahiriri and New Plymouth to our district before commenting that the theme "Let's walk together" is exactly what we have been doing. "Despite the limitations imposed by Covid we have managed to have three district meetings". She thanked Judith Dunlop who was standing down as Secretary and Marie Gillies who stood down from the Executive Committee, both receiving a special gift. She announced the ISO Project for the next year as Days For Girls a very important project that has been going since 2008 and is still needed today.

Presentation of Awards

Candlestick Award to Sue Jameson of New Plymouth

Editor's Award to Di Patchett of Tawa

Chairman's Best Club Award with 30 members attending went to Shirley Cressey of Kapiti

Club Raffles were won by five lucky ladies.



District Service Project - Days for Girls

How it all began

Days for Girls began in 2008 when Founder and CEO, Celeste Mergens, was working with a foundation in Kenya assisting an orphanage in the outskirts of Nairobi. In the wake of historic post-election violence, the population at the orphanage had swelled from 400 children to 1,400.

Upon inquiring about the menstrual health practices of the many girls at the orphanage, Celeste learned that many were sitting on cardboard in their rooms for several days each month – often going without food unless someone would bring it to them. This set into motion her first intervention: disposable pads. But Celeste and her team quickly discovered that without any place to dispose of the pads, this was not a viable or sustainable solution. It was time for plan B: a washable, long-lasting pad.

The first Days for Girls Kits were quite different from the design we use today. Each of the 30 iterations that followed would be informed by extensive feedback and designed to meet unique cultural and environmental conditions in communities throughout the world. It quickly

became clear just how powerful menstrual health solutions are in helping menstrual women and girls break the cycle of poverty and live their lives with dignity.

Our next step was to develop a health education curriculum that would be included in each DfG Kit distribution. With user-centred product design and curriculum in place, the final stage was to launch a Social Entrepreneurship program that enables local women to start their own Days for Girls businesses – and serve as vital thought leaders and suppliers within their own communities.

Thanks to Auckland East for citing from the DfG website in their newsletter,.

Aim to buy two sewing machines - NZ \$1,300 each

SUGGESTIONS FOR CLUBS

- Yards for yards – Sponsored walk by members
(*If Captain Tom could do it so can we*)
- Malawi themed dinner (join with another club or friends)
- Make a quilt and raffle the quilt
- Buttons – Set of matching buttons sewn on a card
- Pink night – Bring and buy sales table
- District meetings. There will be sale tables – bring and buy
- A sales table – Bring and buy (**pink theme**)
- Bits and pieces – Stitched together
- Patch work materials, quarters.
- Pot holders, Christmas decorations (October) meeting
- Jars of pickles/ Jams
- Potted colour/ Flowers/ Herbs
- Packets of homemade coconut ice



Little Gems

Visit to the Police Museum (Plimmerton -June)

A group of us went to visit the Police Museum in Papakowhai and had a guided tour. Having someone relate to you all the details makes things much more interesting. Women were first



admitted to the New Zealand Police Force as temporary constables in 1941. They did not wear uniforms, and their duties were geared towards women and children. In 1952 eight of them were chosen as the force's first female uniformed officers. You can see the in the photo to the right the different uniforms the police women have had since their 1952 through to today. Below you can see how all the things they used to carry are now in one uniform vest. There is an all-women's police

station in Wainuiomata. We also learned about the investigations into the Rainbow Warrior, the Mount Erebus air disaster, the Soviet cruise liner Mikhail Lermontov boat disaster and the 1981 Springbok tour - all very interesting. *Times are changing thank goodness!*

Lockdown Teddies (Upper Hutt - April & September)

Teddies in the Window

Oh look at that teddy in the window

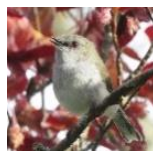
The one with its nose at the glass
I do like those teddies in the window.

I can't take a trip to Invercargill
Or anywhere not in my town;
I'm staying here at home in my bubble
Until we come out of lockdown.

I put my own Teddies in the window;
A Santa Bear family of three.
Are they counting the families passing?
As they patiently wait to be free?

Their window looks over our garden,
At a kowhai and copper beech tree
With kereru, tui and tauhou
While riroriro sing happily.

On Anzac's dawn my teds were watching
Neighbours at the end of their drives
All wearing their poppies of Flanders
Honouring those who had given their lives.



Mums and Dads entertain with their dancing;
Our athletes keep fit in their yards;
Many work to keep feeding the hungry
And to care for the sick in their wards.

We are making our way down the levels
While most of us keep to the plan.
With kindness, patience and goodwill
We prove that "Together we can"

My teddies are back in the window
With Christmas lights twinkling like stars;
Fam'lies pass by on cycles and scooters
Or walking, not driving in cars.

We are all staying safe in our bubbles,
Using masks, being vaccinated too.
We've been here before, not with Delta

But we all know the right thing to do

We're counting them all as we pass.

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Margaret Donaldson



Starlight joy, a one woman project (Ahiriri -June)

Some of you may ask about the Starlight organisation that we support as a Club and what they do in the community. Starlight is almost a one-woman support network whose aim is to bring joy & hope to mental health patients across the lower North Island. Starlight wants them to know that their community cares about them and shows this support by collecting donated toiletries and other small items such as note books; puzzle books, hats, sweets, etc and distributing them as welcome packs (many arrive in the facilities without any personal items) and Christmas/Easter gift packs which are suitable for them to share with their families. To learn a little more about Starlight visit www.starlightjoy.org

Knitting (Eastern Hutt - July)

Our knitting group, K1P1, donated 159 beanies and close to 100 pairs of slippers to Taita Central School. It was great going along to give them to the children who had much fun sorting out a colour and size. One little girl was very curious as to why we were giving them away. But why? The children sent us two A3 size you cards with photos and a drawing of themselves. Cute!



Quiz Night (Manawatu Connector July)

Guess who won the raffle and the quiz?

Who said quizzing was hard? They're having far too much fun!



Pyjamas Aplenty (Wellington July)

Once again our members demonstrated their amazing generosity by donating lots of pyjamas to the Children's Hospital. Two big bags full! Bill Day accepted the pyjamas on behalf of the Children's Hospital.



Comfort Food – Yummy!

Mum's Fish Soup - Opotiki August



Buy 12 raw mussels. Steam them open, but save the water.

Saute sweet vegies, I use onion, carrot, leek, chopped or grated in butter. Thicken if you wish at this stage. Definitely add 1/2 tsp curry.

Add back the mussel water and more water to make 2 cups.

Squeeze a lemon into the mix.

Add chopped surimi and a fillet of fresh fish and cook until the fish is cooked through.

I add parsley at this stage, + cooked chopped mussels + 2 cups of milk.

Reheat and serve.

As you can see, this is how I watched Mum do it - a few years ago. But *who Mum is remains a mystery!*

Bread and Butter Pudding – Upper Hutt, August



Ingredients

4 eggs

½ cup sugar

1 tsp vanilla essence

2 1/2 cups milk

3 thick slices of bread

60 gms butter

¼ tsp ground nutmeg

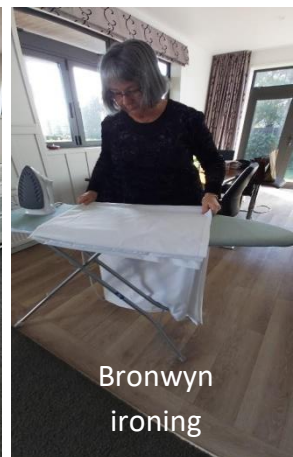
Method

1. Place eggs, sugar and vanilla in bowl and beat for 1 minute
2. Whisk in milk then pour into a greased 1.5 Litre capacity oven proof dish
3. Spread both sides of bread with butter, cut into quarters and place on top of custard
4. Sprinkle with nutmeg, Stand dish in a baking tray with water and bake at 150 degrees for 1.5 hours.

Dolls for Hospital – How-to (New Plymouth North – July)

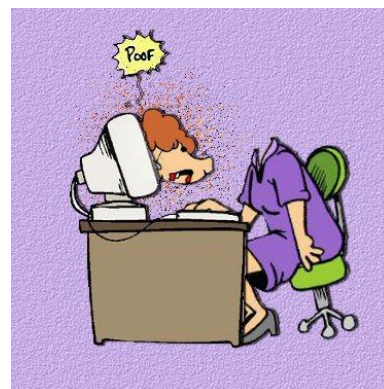
Hospital Dolls cutting out morning

Thanks to the Ladies that came and drew on sheets and cut out shapes for the dolls. We now have 250 to stuff. Great work everyone.



The Computer Swallowed Grandma (Kapiti - June 2021)

The computer swallowed Grandma
Yes, honestly it's true
She pressed 'control' and 'enter'
And disappeared from view
It devoured her completely
The thought just makes me squirm
She must have caught a virus
Or been eaten by a worm
I've searched through the recycle bin
And files of every kind
I've even used the Internet
But nothing did I find
In desperation I asked Google
My searches to refine
The reply from him was negative



Not a thing was found 'online'
So if inside your 'Inbox'
My Grandma you should see
Please 'Copy,' 'Scan' and 'Paste' her
And send her back to me (copy given to Editor, Kapiti)

Alma's Penguin Encounter - Paying it Forward (South Wairarapa – May)

In Oamaru, after a day exploring the town and visiting friends, David and I decided to have a look at the penguin colony. It was almost dusk, getting quite cold, but the impressive Visitors Centre looked inviting, so we went in and lined up at the counter. There was just a small queue and we could soon hear, as the people ahead of us discussed the options, that the entrance fee was unexpectedly high. After a long day and an expensive couple of weeks, we looked at each other and decided to fade gently back to the car.... we were there on a whim after all.

Just as we were heading out the door we heard a young woman say “Come back, I have paid for you” Stunned and rather embarrassed as well, we protested. Suddenly we had become two old people in need of help, but then she said ‘you are here, you will love it. Pay it Forward’ Of course she was right.

We did love it. Spread out in front of us, as we sat in our premium seats, the bay curved away with the lights of the town behind it. The moon was out, so the sea was silvery. Rocks turned into seals, which yawned and stretched while we waited for the penguins to come ashore. And then for about an hour, in a series of groups called rafts, 217 Little blue Penguins floated in popped up out of the breaking waves and gamely waddled across the beach and up the little cliff their nesting boxes. Magic. We experienced something wonderful because of the generosity of a stranger. Thank you Maddy from Melbourne. I promise to pay it forward.



Two Centenaries, Two Cakes (Wellington – May)

Vera's 100th Birthday

These messages and photos were from Jillian Carpenter and Mary Prangell.

Several Inner Wheel members were invited to share Vera's actual birthday party at Ruth Pretty's garden. Gillian was privileged to be asked to speak about Vera's life since she arrived in NZ in 1956. Vera's daughter, Carole organised the party. Robyn, Diana, Jillian C, Mary P, Barbara Gorman, Yvonne Adair all had connections with Vera. Carol her daughter and her family were there along with the staff from the retirement village.



All Offices Filled! (Upper Hutt – May/June)

We begin the 2021-22 Inner Wheel year with a full committee and all positions filled; a situation we have not achieved for a number of years. Several of our newer and younger members have taken on positions of responsibility which has meant that longer standing members, some of whom have other demanding commitments or have held their positions for many years, have been able to step down or take on other roles. *Letter from incoming President*



The Ten Inner Wheel Commandments for Reducing Stress

This is an oldie but a goodie given to me by my predecessor, Judy Shakespeare when I became President of the Inner Wheel South Wairarapa. I found a rather tatty copy pinned to our study wall. I'm not sure how compliant I was. Probably was not very. I was certainly not perfect! However it does remind us that there is life outside IW.

1. Thou shalt not be perfect, nor even try to be.
2. Though shall not try to be all things to all people.
3. Thou shalt, at all times, leave undone things that ought to be done.
4. Thou shall not spread thyself too thinly.

5. Thou shalt learn to say “No”.
6. Thou shalt schedule time for thyself and thy supportive network.
7. Thou shalt regularly switch off and do nothing.
8. Thou shalt be, at times, boring and inelegant.
9. Thou shalt not feel guilty.
10. Thou shalt not be thine own worst enemy and shall be thine own best friend.

Donations! Donations! (Tawa – June)

Tawa celebrated its 2020/2021 year with a special evening held at the Tawa Bowling Club on Wednesday 19th June. Invited guests included recipients of donations from club activities along with local business owners who have supported the club, in many ways, throughout the year. \$1000 was donated to Youth and Families Trust, \$1500 to Tawa Community Patrol, and \$2200 to the Wellington Children’s Hospital Foundation. Other organisations given assistance throughout the year include Wellington City Mission, Kindergartens in Vanuatu, PJs for Hospitals, and Breast Cancer.

Groups have also been supported through products purchased and/or put together by members. These included knitted rugs for Pregnancy Help, Women’s Refuge, the Salvation Army, and toilet bags for Kenepuru Hospital; 274 bags sewn and filled in total.

In this Inner Wheel year members contributed over 760 hours of volunteer work – something to really celebrate from a club of just 24 members!

Three Candles, Not Fork Handles (Wellington July)

The candles of friendship were lit according to a Norwegian custom. Bridget lit the first candle to signify the past: Inner Wheel’s history and achievements and those members we have lost. Liz lit the second candle to represent the recent and vibrant, forward-thinking membership of Inner Wheel. Ina lit the third candle to symbolising the unlimited scope for future personal service and friendship in Inner Wheel globally.



The Pew and the Pioneer – (South Wairarapa)

This is a story about Judy Shakespeare’s family. Judy is a much loved and respected member of the South Wairarapa Inner Wheel Club of which she has been a member 23 years. One day she rang me, very distressed because her family pew at the St Lukes Church, Greytown, was to be returned to her or sold. This was because all pews were being replaced by chairs. She asked if it was possible for the Cobblestones Museum to have it as part of its collection.

Her mother was Mrs Eva Hercock, whose husband Fred passed away in his 99th year in 1952, just two days before King George and on Eva’s birthday. Eva was a devoted Christian woman who attended the old St Lukes which sadly burnt down by an arsonist. After this happened the

“New St Lukes” was built and the Vestry called to the parishioners for donations to furnish the new building. As Judy said,

Mother’s cottage in Papanui needed a new roof as it was nigh on 100 years old. This had taken many years to save [up for] with just the pension as an income. Mother decided that “God’s house needed furnishing before she needed a new roof for the cottage”, so a new pew [with a red velvet cushion] was donated to the New St Lukes Church in memory of my Dad, Fred Hercock.

For some reason the pew was given to a church in Otaki which did not please Judy at all. So it was retrieved and returned to St Lukes. Judy decided that it was never to leave Greytown again! She gifted it to the Museum “where it can rest for all time”, sure that her mother would be happy and her father would approve of her decision.



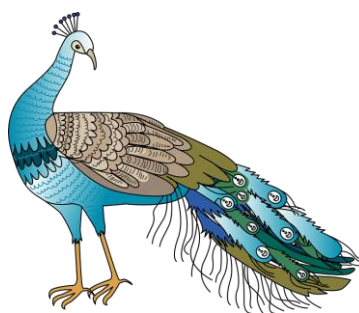
Judy’s Mum emigrated to New Zealand in 1912 when she was 21. Before she left England she collected leaves and flowers which she pasted into an exercise book, labelling each species very carefully with beautiful handwriting. This way she had the English countryside with her in her new country.

To be continued.....

Which one are you? (Auckland East – August)

You would have enjoyed our last speaker – Jacqui Scott – Oozing Positivity – her resilience through the challenges she had been through was very evident and I’m sure we all took away some inspiration. ... I liked the characterisations she made of us all and how everyone fits into one of 4 animal groups:

- The Lamb – very nice people, the doers, the peacemakers
- The Peacock – louder, competitive, talkers, popular
- The Owl – detailed, like order, and are methodical
- The Bull – powerful, in control, risk takers, decision makers.



Good-bye Toa, the Baby Orca (Plimmerton – August)

It's with great pride that I acknowledge the generosity shown by so many of our members in



offering support to the team caring for Toa, the baby orca. Toa was very much a presence at our last meeting, as we viewed him from the Boating Club above. We were so heartened by the courage, determination and professionalism of "team Toa": the tangata whenua, Plimmerton locals, and many who travelled far in order

to contribute their knowledge, skills and care in efforts to save this precious young orca. The disappointment of losing Toa was heart wrenching but he has left behind a legacy of community spirit and camaraderie.

Jewellery-making (Riccarton – August)

District ISO Myra has come up with a project for this year to 'Can Inspire', a charity where cancer patients receiving treatment can join therapy workshops to make necklaces from old beads. We are collecting unused or broken necklaces, beads, and bracelets, for a fun deconstructing session at the District Meeting in October. How about sorting through your jewellery drawers and bring anything that may be useful to the [next] meeting?



A bundle of beads ready to pull apart.

Serious Walkers. (Riccarton)



Picture shows the Serious Walkers taking time out on their hill walk on a frosty day. Former Riccarton member Alikea Rai, visiting from Auckland joined the group of Catherine, Wendy, Shirley and Myr.

Couch = no more “ouch” for Medical Centre (Eastern Hutt – September)

At last the two seater couch has arrived at the Medical Ward. This was delivered the day after we went to Level 3. The reason the four lovely green stackable chairs are in our garage is the wrong colour was sent to Office Products very late in the day we went into Lockdown (17th August) and they too were delivered to our garage the day after we went to Level 3. The following is from one of the letters of thanks to our Club.



The Medical Ward received a wonderful surprise the other day. We were expecting our usual supplies to the ward but were delighted that a beautiful couch arrived. It looks lovely with the décor in the day room. The couch is very comfortable, will be very easy care with the fabric and will be easy for patients and family to stand up from sitting. Thank you so much, we are so grateful and it is a lovely addition to making this space comfortable for our patients and visitors.

Morning tea for the Newbies (Plimmerton, September)

On Friday 30 July our newest members joined Carol Woodfield and Anne-Marie for morning tea at Yvonne Thomson's home. There were Jenni Norton, Diana Young, Caryll Farrer and Joy Crete. Also at the morning tea was Sue Faulke. A time for the new members to spend together and learn more about Inner Wheel.



Getting stronger and stronger (Kapiti, September)

On a positive note, it seems all those present at our August meeting enjoyed our guest speaker! Clay Mosen of The Achievement Room gave us all a wonderful evening of fun and laughs along with some really useful tips on how to look after ourselves with some very simple exercises. There was a lot of hilarity as we attempted squats, roll overs and scrabbled down to and got back from the floor. We learnt a safe method to help our ageing knees by using our Gluteus Maximus (Glutes) ... So how many of you are still doing these?



Warm Fuzzies from New Plymouth North, September



It is amazing where all this knitting comes from. This was before Lockdown so we can only guess what has been made by our industrious ladies over the last few weeks. Lots and lots of hours have gone into these lovely pieces and they are very much appreciated by those who receive them.

The Margarett Golding Award (MGA)

A very few special women have been awarded the Margarett Award. At the Eleventh Convention in Stockholm, Sweden, May 2000, it was decided to create an award in Margarett Golding's name for highly commendable personal service in the community.

Who was Margarett Oliver Golding?



Born in Blaenau Ffestiniog, Merioneth, a slate mining town in Wales on 20 November 1881, Margarett Sarah Owen was the daughter of William Owen and Sarah Roberts. William and his father worked in the gas supplying industry, and Sarah's father was a master woollen weaver. Sometime after Margarett's birth, the Owen family moved to Hay-on-Wye where she grew up. One of the three borders of the town was on the national boundary with England. In 1975 a teak seat outside the town's library bears a descriptive plaque in loving memory donated by District 5, Inner Wheel.

Margarett trained as a nurse and worked at the London Hospital for Tropical Diseases, and married Oliver Golding, brewery cashier in 1905 at Barton-

upon-Irwell, Lancashire. They moved to Manchester one of the most important cities during the Industrial Revolution, particularly in cotton and textiles and associated trades. In fact the textile industry dominated the city as symbolised by the worker bee which can be seen in the city's coat of arms and on the mosaic floor of the Town Hall.

Her husband was in the Manchester Rotary Club and Margarette was ...

infected by the values it was spreading. In such a context all Margarette Golding's different souls ...emerge and reveal: the business woman, the philanthropist; and most important for us, the founder of Inner Wheel. (Louisa Vinciguerra, 2015).

She was a shrewd businesswoman. Joining a uniform manufacturing company run by nurses, she helped improve the quality and quantity of uniforms for nurses, cleaning women, hairdressers, retailers and housemaids. In 1919 once WWI had ended she bought all the shares of that company the name of which she changed to Nurses Outfitting Association Ltd. Go Margarette! Sometime later this name incorporated doctors, and included "Danco" in its title. So she was quite an entrepreneur. But that is not all.

As a philanthropist, Margarette's company's factory at Stockport provided thousands of yards of fabric, and cut out pieces for needy adults and crippled children. These were sewn up by members of the Manchester IW Club. Other involvements were with the Manchester Girls' Orphanage, the Ancoat Hospital and the Girl Guide movement, where she was the commissioner. *I could relate to this as my Mum was a Brown Owl, and I progressed become a Lone Ranger (without a horse!).* Louisa Vinciguerra described her as an interesting and volitional woman, able to be sweet and funny, yet the few available photographs of her convey her with a more severe expression.

She created and provided a structure to Inner Wheel between 1924 and 1939, when she died. By this time the 100th club had been formed. During this time the number of clubs grew, with more and more members willing to play more decisive and prominent roles in society, all part of social change and As Vinciguerra stated,

Without Margarette, ready to breathe life into the new organisation, nurture it during its infancy, iron out its teething troubles inspiring confidence and trust, guide it through its formative stages and see it solidly established, the Inner Wheel, today, would not have reached its 91 years of bright existence [they were] undisputed protagonists of the commitment towards public benefit, still without joining in Feminism (2015).

Interesting! Did she disapprove of Feminism, and if so, what would she have thought of our mantra "Pink First"?

Criteria

The successful Margarett Golding Award recipients have generally been involved with a variety of charities or organisations for a very long time, often involving a great deal of commitment on a very regular basis. This work must be completely unconnected with Inner Wheel membership, Inner Wheel or Rotary fundraising activities. Alternatively or in addition they must have made great personal sacrifices for the benefit of others. The awards are given to Inner Wheel members as well as members of the general public. The criteria for success are set high so that the award remains a truly significant marker of an individual's commitment to others.

Reference

Luisa Vinciguerra. 2015, "Margaret Oliver Golding, The Founder, The Visionaria" in The Inner Wheel Spirit 2, Chapter 111, 1&2, Downloaded 9 July 2021

We Congratulate and Celebrate Honoured Active Members

Clubs may confer Honoured Active membership on an Active member who has given outstanding service to Inner Wheel.

Debbie Lattey – Kapiti

Thank you comes in many ways one being the "Honoured Active members Badge. A dedicated and deserving recipient of this award is Debbie a member of "District 294 IW club of Kapiti". Since joining Kapiti in 2010 Debbie has given her time and expertise without exception to IW undertaking the following responsibilities. Treasurer - 2011/12, 2012/2013 and 2013/14 President -2016/17 and 2017/18 District 294 Treasure - 2018/19 2019/20 2020/21. 1ST Vice District Chairman 2020/21and is currently District 294 Chairman 2021/22 and Newsletter Editor for several years. Debbie so rightly deserves this recognition and is always here in Friendship/Fellowship and service to others.

Brenda Callear – Plimmerton



Brenda has held many roles since joining Inner Wheel in 2014. She has been Editor, District Editor, Almoner, Vice President and last year President. All in 6 short years. Besides cutting out silky pillow, sewing wheat packs and helping with Street Appeals she has been heavily

involved with all activities in the club. She also is one of the organisers of the annual golf trip to the Wairarapa.

Carol Woodfield – Plimmerton



Carol joined IW in 2008 and has been heavily involved with all the activities since. For many years she sold the Entertainment Book helping to raise many thousands of dollars for the Wellington Free Ambulance. She was Vice President in 2016 and President in 2017 when she received the District Chairman's award.

For the last two years she had been our District Chairman travelling the area to visit all the clubs not just for one year but she took it on again for another year. This involves being part of the District Committee and meeting with the NGB. All the while coming to book and craft group and to any activities she could attend. At our golf day she could not stay overnight as she had to fly up to Auckland early the next day for an NGB meeting. They were busy organising the great Conference we have recently enjoyed. At the same time she has been looking after her family with a very sick grandson so for all these reasons and many more it is my pleasure to award you your Active Honoured Award.

Marie Gillies – Eastern Hutt

Marie was introduced to Eastern Hutt Inner Wheel in 2012 by the late Helen Bruce. Marie's service to Eastern Hutt Club and District and to IWNZ has been outstanding.

Marie joined the Club Committee in 2013, and in 2015 became Club President. She has served on our Committee ever since. Marie went on to become 2nd Vice Chair of District

NZ294, and in 2018/19 she was District Chairman. During this time Marie lead a sub-

committee known as "Project Revive" setting out the national strategy to encourage recruitment of new members to clubs in New Zealand.



We Remember



Beryl Doyle – Kapiti



Beryl a dedicated and devoted IW club of Kapiti member sadly passed away on 6th July 2021. Transferring from Matamata to IW Kapiti in 1987 Beryl never had idle hands and worked tirelessly across the years. Club President 1990/91, 1998/99, 2002/03 and shared President and District Secretary for a month in 2007. District Secretary 2001/2002 received Honoured Active member recognition 2011. Awarded the Ngaire Hyde Memorial for club services 2014, Club Secretary 2015/16. For services to the Paraparaumu Beach Bowling club another passion of Beryl's she was awarded the QSM and throughout the years Beryl made the most superb birthday and Christmas cakes as her contribution towards our raffles and special occasions.

Jenny Deane - Kapiti



Judith was Club President 1990/91 & 1998 District Secretary 2001/2002, Honoured Active Member 2011, awarded Ngaire Hyde Memorial for Club Service 2014, Club Secretary 2015/16. She died 6th July 2021 Kapiti Inner Wheel.

Davina Alexander Tawa June 2021



Davina was a personality in the club, a highly intelligent person who loved a good debate. She was a continually active member, being President in 1987, ISO 8 times and attended the IWNZ conference in Tauranga in 1987. She will also be remembered for her love of music which was expressed through her involvement in the Tawa Orchestra. Davina resigned in 2013 as she and her husband, David, moved to residential care in Karori.

Kathleen Brooker -Wellington



On the 19th of June, the Inner Wheel Club of Wellington lost a very dear member, one who had made a deep impression on so many of its members. Kathleen Brooker joined the Wellington Club in 1991, involved in many spheres of Inner Wheel making many lasting friendships. After an initial diagnosis of breast cancer in 1995, she made such an improvement that life really turned back to normal. Kathleen was a member of the Book Group, Bridge Group, and in charge of the roster. Kathleen was a warm and loving member of Inner Wheel, reliable and efficient, always ready to listen and to impart sage advice. We are all the more fortunate to have known Kathleen.

Laurie Lawler - Plimmerton



We were so sad to hear of Laurie Lawler's recent passing. Laurie was a treasured friend and member of our club from 2017-2020. Many of you have spoken so warmly of Laurie's kindness, gentle ways and humility. I've been told heart-warming stories of Laurie's determination to participate in club outings, also attending our club's 30 Year Anniversary dinner in March 2020, despite her illness. Laurie's husband has asked us to express his appreciation for the kindness shown by the ladies of Inner Wheel, especially throughout Laurie's illness and his time of bereavement.

Future Happenings

District Assembly 27 November at the Trentham Masonic Centre, 27 Islington Crescent, Trentham, Upper Hutt at 10-1030am. The theme is Christmas, Speaker is a representative of Days for Girls.

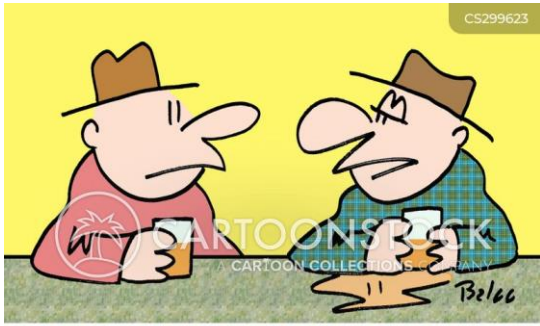
Some events to think about:

May 2023 District NZ294 will organise and host the National Conference. Watch this space.

March 2024 International Inner Wheel Centenary Convention. This will be an incredible event to celebrate the past 100 years since Margarette Golding started Inner Wheel in 1924.

A special thanks to Lyn Heafield (Vice President of South Wairarapa Inner Wheel) for her patience formatting this magazine for me (and you). She's another Gem.

On the Light Side



"Strong, intelligent women don't bother me any — I never go anywhere near them."

Mummy was busy on Instagram
When beautiful bubby fell out of the pram
And lay on the path unseen and alone



could we have a look at how you fill out forms AC56/F5 through to BF675/ND.

God promised men that good obedient wives would be found in all corners of the world. Then he made the Earth round ... and laughed and laughed and laughed





Merry Christmas & Happy New Year

Sending wishes
your way for a
great holiday
season and a
super fabulous
year ahead!

