



Trish Douglas
IIW President



We Shine

International Inner Wheel E-Bulletin

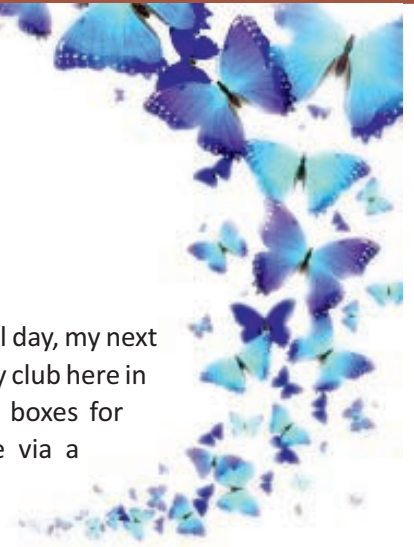
Vol. 2 • November 2023



Shine a **LIGHT**
for Humanity...



Trish's thoughts

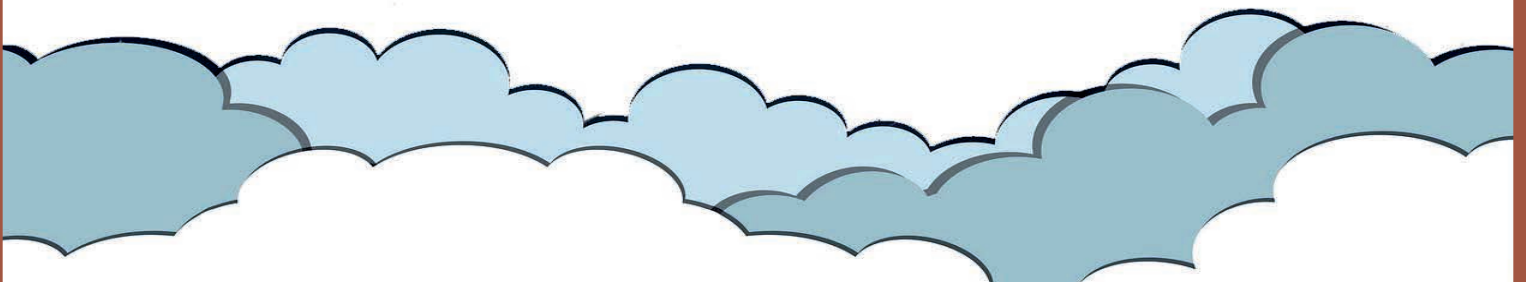


I'm writing to you looking out on a wonderful Autumnal day, my next visit will be Romania, a country I have visited before. My club here in D1 Montrose for many years have been doing shoe boxes for Christmas which have been sent to Eastern Europe via a wonderful organisation here in Scotland called Blyeswood. This particular year I popped my name and address into a shoe box and early March of the following year a letter arrived at our church Manse from a Baptist minister called Peter Vezentan A wonderful relationship developed with Peter and his wife Maria and my late husband Iain and I visited their church in Satu Marie and they came to Montrose to visit our two churches, St. Andrews, Montrose and our village church in Farnell, it really is amazing how friendships can develop!

Since July I have had a fantastic time visiting Inner Wheel Districts, my first visit was to **South India**, another country I was very familiar with as Iain had been a Church of Scotland Missionary in Mahabalipuram for twelve years, of course this visit was tinged with a little sadness as Iain died 10 years ago and he would have been delighted to have yet another return visit! How wonderful to be met by Azhagu and the District Executive at the airport. Vasu who looked after Aileen and I for the whole of our visit was just amazing. Pondicherry was our first visit where we were met by DC Shree and DT Abinya. All too soon my visit was over in D298. Azhagu and her son came to Pondicherry to drive Aileen and I to Chennai to celebrate the Inner Wheel Club of Madras South, D324 who were celebrating their Diamond Jubilee. We had our first evening at the famous Madras Club where we had dinner with PDC from D323, along with Azhagu, and PIIWP Kamala. The Diamond Jubilee celebrations were held at the hotel Hilton, Guindy, Chennai President Kalarani Sivasubramaniam gave a warm welcome to all. Our journey continued with the wonderful Vasu to Mahabalipuram where we spent three wonderful days alongside Preet Gugnani, Association President of Inner Wheel Clubs in India, along with DC of D323 Arathi Narayanan. We were all welcomed to the Conference by PIIWP Kamala Ramakrishnan, over 500 delegates were there. It was great to see Sarita our IIW Treasurer and Prabha, our Media/Manager attending. The following three days were fantastic! My very last visit before leaving was to a Rotary/Inner Wheel project, here we met the villagers who had benefited from living in an absolutely wonderful new build village, please see photographs which are on Facebook. My thanks to the organising committee, Convenor Kamala, DC Arathi and my lovely friend Azhagu, not forgetting PDC Vasu.



Then! it was **Finland**, where I was met by Raija and her husband. I was whisked off to their beautiful home in Jarvenpaa where I was to spend the next few days. I had a great time meeting members from the Jarvenpaa club in the Fjallbo Park, the club was founded in 1958. A visit to the home of the composer Sibelius and his wife Aino was perfect! The following day I was on a train along with Raija to Helsinki. A great meeting with the Helsinki Kallio-Berghall Club inside the Parliament Building along with their MP Mia Laiho. After a fascinating morning we had a delicious lunch then a ride on the Hop-on-Hop-Off bus around the City. Later in the afternoon I had the pleasure of meeting the rest of the IW club at Suomalainen Klubi. Next day it was a visit to a local school as a guest of IW Riihimaki-Hausjarvi Club. In the afternoon we visited a maternity and health care clinic. A Finnish Glass Museum was our next visit. An early dinner was taken at the restaurant Kehmustien Juhlatalo. My





of 10 members of her club. My thanks to the Inner Wheel members of Finland, I received a beautiful photograph album from the IW clubs of Jarvenpaa, Tuusula-Hyrla ja Kerava. My grateful thanks to Raija who had been with me for four days filled with fellowship and kindness.

Now! It's **Sweden**. Great welcome at the airport from Per and Margareta. There was great activity in the Capital today as the King of Sweden was celebrating 50 years of his reign. Members of Stockholm-Ekero Inner Wheel, also Stockholm Vast Inner Wheel Club joined Margareta and I along with DC Brita and CP Ann Christina for cake and coffee at a beautiful restaurant called Karmellan which was situated in a magnificent park very near to the Palace. In the evening Margareta hosted a dinner in her beautiful home. Our IIW BD Ingelof, NP Eva and BR Agneta were also invited to the meal.

On Friday 15th September after a four hour car journey we arrived in D233 for a Friendship Rally at Tallberg, the western part of Sweden. We were welcomed by hostess's dressed in traditional Swedish costumes. DC Lena opened the meeting and we had a wonderful afternoon of music. Sissel and her husband Harald were also at the Rally, 140 members and their husbands were enjoying great hospitality at The Green Hotel. Our outing the next day was to the Dala horse factory. In Sweden the Dala horse is the best known emblem of the Province of Dalarna. After visiting the factory we were shushed off to the home of Anders Zorn one of Sweden's premier artists. That evening we were at a concert at a chalk quarry at Dalhaila and enjoyed an outdoor concert by the 'Weeping Willows'.

Now! It's **Norway**.

Sunday 17th September, I spent the night with Harald and Sissel at their home in Klassbal. In the evening we were joined by Margareta, Kerstin and their husbands, a great evening with marvellous food, and wonderful company.



thanks to President Ritva, ISO Elsie and club members for a fantastic day. Our next stop was Kuopio, four hours away by train. My host that evening was Raija Kotkanoja. A morning walk followed by a sightseeing drive via Rono Island then it was a visit to Puijo Tower where there was an amazing view at the top of Kuopio City. Lunch followed with more IW members joining then it was a visit to Riisa, Orthodox Church Museum of Finland. What a wonderful experience, thousands of years of Byzantine tradition meet the cultural heritage of Karelian Orthodox communities. My last evening in Kuopio was spent with Inner Wheel member Annu Jauhiainen in her home where a wonderful dinner was served in the company

Monday 18th September Sissel and I attended a meeting in D31 at Kongsvinger, our first stop this morning was at The Woman's Museum which opened in 1995. A warm welcome awaited Sissel and I by the members and Club President Aud Kari, also the District Committee. After a wonderful lunch we were given an interesting talk on the history of the Fortress. My time with Harald and Sissel came to an end as I flew to Stavanger D28 very early on Tuesday 19th September, my thanks to Harald and Sissel for their great hospitality.

I was met at the airport D28 by District Chairman Ingjetd Brigg. The District Meeting was a lunchtime event, it was great to see PBD Helene and BD Liv at the meeting. I was invited to address the meeting, this was followed by questions about our Convention in Manchester, a golden opportunity for me to discuss everything about the Convention and what a great opportunity it would be for those who had never been to Convention to come along and enjoy the friendship and friendship with members from all around the world. There are quite a few from D28 already booked for Convention, Helene has put a group together which is great!

Next it's Bulgaria, another 7am flight!

My early morning flight into Sofia where I was met by BD Elena and her husband at the airport, we then drive to the Grand Hotel Plovdiv. Thursday 21st September, Club President Nary and BD Elena, with members of Plovdiv Club took me to a Social Home in the Trakia neighbourhood. The children in this home were looked after by the state, most of them unfortunately had been abandoned as babies, they were now adults with special needs. The Inner Wheel Club of Plovdiv helped the home with food, clothing and toys, this is an 'on going' social project for 'Wellness Brightens Lives', the commitment of the club is invaluable to these young adults. Our second visit was to a wonderful 2nd project, again 'Wellness Brightens Lives' also 'Brighten Lives for the Future'. This visit was to where the Ukraine refugees lives, 140 in total. With the help of the Inner Wheel Club they had transformed the garden for the use of everyone. The building they lived in was an old abandoned hospital which had been transformed with the help of the Bulgarian Government, the Inner Wheel Club of Plovdiv and the refugees themselves who had installed kitchens, showers and living quarters for all. We celebrated International Peace Day with a minute's silence. It was a great privilege for me to see the amazing work Inner Wheel in Bulgaria has achieved.

'In the Circle of Female Energy', Wow! D248 the Rally started at 10am in the Paris Hall at The Grand Hotel, Plovdiv. An Inner Wheel Rally is a time to meet friends, a time to have fun and enjoy a cup of tea. An Inner Wheel Rally is a time for colourful female reflections. An Inner Wheel Rally inspires, D248 certainly ticked all these boxes. We had workshops, 5 in total, 1st was a wonderful Inner Wheel singer, Smilyana, 2nd 'Give yourself a Gift' so unusual! Everyone had to draw a picture with meaning. 3rd, 'Eternal Circle of Life' with Toni, another motivational session, each group was given a huge paper heart and we were urged to put our meaning of life into words and pictures. 4th was 'Recipe of Life' with Silvia and Diana, a session of music and dance. Our 5th and final session was 'Women's Inspiration' with me, thanks to Elena for translating, she certainly helped to 'Shine A Light'. A fantastic Gala Dinner was held in the evening. My thanks to President Mary, her wonderful Rally Committee, to all the members in Bulgaria. A wonderful evening full of fellowship and friendship, Inner Wheel at its very best.

In the next edition more adventures from Denmark, Romania, F.A.M.A.T. and Sri Lanka.

Love to all,

Trish





POST OFFICE		Charge	Counter Number
INLAND TELEGRAM		Charges Words	
Prefix	Handed in	Actual Words	To
<p>If you wish to pay for a reply insert R.P. here</p> <p>ADDRESS</p> <p>TO ALL INNER WHEEL MEMBERS - STOP - BEFORE IT IS TOO LATE - STOP -</p> <p>DON'T FORGET TO REGISTER FOR CONVENTION - STOP - EARLY BIRD ENDS</p> <p>DECEMBER 1ST - STOP - BOOK NOW TO SAVE - STOP - TOO GOOD TO MISS -</p> <p>STOP - MANCHESTER MAY 7TH TO 10TH 2024 - STOP - LOOKING FORWARD TO</p> <p>MEETING YOU - STOP - LOCAL CONVENTION COMMITTEE</p>		<p>CELEBRATING 100 YEARS</p> <p>International Inner Wheel 19th Convention Manchester 2024</p> <p>SERVICE INSTRUCTIONS</p>	

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Save a whopping £100 and register now.

Not much time left. Early Bird ends before 1 Dec 2023. Share this message with your friends

Registration: <https://form.jotform.com/230454409684359>

Convention website: <https://iiwconventionmanchester.com/>

Have you visited the Facebook page ? Are you following it for latest updates?

International Inner Wheel 19th Convention

<https://www.facebook.com/manchester2024?mibextid=ZbWKwL>



Inner Wheel in my life and Conventions Attended

Past Board Director Norma Trillia USA
El Cerrito Inner Wheel Club. District 519 U.S.A.

In 1955 we were young students in Ontario Canada. We were expecting a baby, the lady we house sat for said OH! my sister belongs to Toronto Inner Wheel and they do things for young mothers, I thought they would send me a teddy bear, but a few days later, a huge box arrived with everything a new born would need. Cloth diapers in those days, of course a teddy bear, toiletries for a new baby, booties, matching jacket and cap, a baby cuddly blanket, nighties and vests. Of course I wrote immediately to the Inner Wheel Club and thanked them for their generosity. We returned to Argentina where we were ranchers and raised four other children. My husband was invited to join Rotary, a few days later four ladies came to our home to invited me to join "Rueda Femenina," similar to IIW but not associated to IIW. El Cerrito Inner wheel came to be in 1986,

Conventions Attended

April 1991 I attended my first IIW Convention in The Hague, I was more than astounded at the size and depth of IIW. Enjoyed every minute of the event and of course cast our votes. I met ladies from other countries and cultures, and have kept up those friendships.

1993 Sydney Australia, again I was more than fascinated by the extent and friendships, enjoyed each and every session.

Berlin Germany 1997. I was honored to have been named Board Director at that time, so I was very much involved during the voting process, and again new and lasting friendships.

Stockholm Sweden May 2000 At that time Margarete Golding Award was created, in honor of Founding member Mrs. Oliver Golding similar to the Rotary Paul Harris Fellowship.

Christchurch New Zealand 2006. An award in the name of Margarete Golding to be given for highly commendable personal service through Inner Wheel or in the community. Unicef Global Girl's Education in Madagascar was named the International Project for 2006-2009.

Kota Kinabalu Sabah Malaysia May 2009

Global Girl's education in Bolivia was named the IIW Project for 2009-2012

Istanbul Turkey. April 2012

It was agreed that IIW Governing Body would be allowed to investigate the possible establishment of a Constitutional Council meeting to be held in 2018.

Copenhagen Denmark May 2015

It was agreed that minor changes to the Constitution such as corrections of printing, omissions, typographic errors, simplifications, clarifications would be taken care by the Constitution Chairman, Constitution and IIW Governing Body without putting each minor alteration to the Convention for voting.

It was also agreed that the organization would recognize United Nations International Day of Peace on 21st September annually, It was also agreed that the organization would recognize United Nations International Day of Peace on 22 September annually. and also agreed that cooperation with NGO's that had similar programs that of IIW should be encouraged

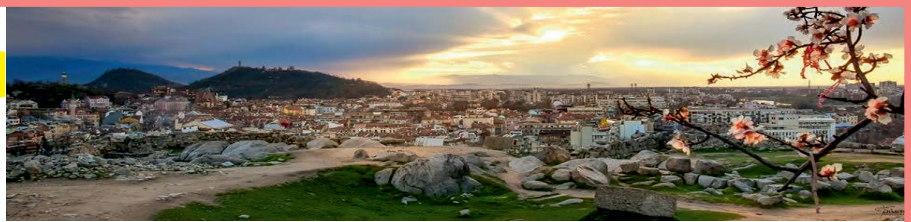
Melbourne Australia.

Needless to say, that attending these wonderful Conventions has added the wonders of visiting countries that were not on our bucket list, and making of friends. Standing in line to board a tourist bus, someone grabs you with a hug, and there is another wonderful lady you met years before.

2021 Jaipur India. Held virtually We were planning on attending the Convention in Jaipur, but instead participated in the voting at 2 am California time.

I am planning on attending the **100th year celebration** in Manchester England in May 2024

Norma Trillia



The visit of the President of International Inner Wheel (2023-2024), Trish Douglas, to Bulgaria has ended. She was a special guest at the third autumn Rally /meeting/ of Inner Wheel clubs from District 248 Bulgaria "In the circle of women's energy", which took place on September 23rd and 24th in the ancient city of Plovdiv, hosted by Inner Wheel Club - Plovdiv.

Upon her arrival in Bulgaria, Trish Douglas was warmly welcomed by the chairman of District 248 Bulgaria, Snezhanka Zhelyazkova, by Elena Zaharieva, board director at International Inner Wheel, by the president of the Inner Wheel Club - Plovdiv, Mariyana Stoeva and friends from the host club.

The first meeting was spent in stories about the Districts visited, ideas for projects, instructions for increasing the membership and friendly conversations with the wonderful hosts - IW Club Plovdiv.

On September 21 - the International Day of Peace, Trish Douglas visited "Second Home" - a buffer center for families with children in the city of Plovdiv and met the Ukrainian refugees accommodated there. They expressed their immense gratitude for the funds provided by International Inner Wheel, with which IWC - Plovdiv helped furnish the center. The Ukrainian friends presented congratulatory addresses to the President of IWC Plovdiv Mariyana Stoeva and to the President of IIW Trish Douglas. Later, Trish Douglas also visited the social home in Trakia district, which IWC Plovdiv takes care of with donated food. She was greatly impressed by the wonderful conditions in which the residents of the home live and the care given to them.

On September 22nd, in the beautiful Rotary Park in the city of Plovdiv, with great trepidation and excitement Trish Douglas and chairman Snezhanka Zhelyazkova opened the commemorative plaque on the occasion of the 100th anniversary of International Inner Wheel. At the opening ceremony, Trish Douglas spoke with passion and inspiration about the organization's place and current state, its tremendous achievements worldwide, and the need for it to continue to expand and evolve.



This was followed by photos of Trish Douglas with the members of the Executive Committee of District 248 Bulgaria, with the present past chairmen, presidents of IW clubs, with the host club - IWC Plovdiv, and with all those who wished, which were many. These were exciting moments of shared friendship illuminated by the light of our century-old organization!

On September 23rd and 24th, the third autumn rally/meeting/ of District 248 Bulgaria was held, named "In the circle of women's energy". It was attended by approximately 100 female friends from Inner Wheel clubs across the country. For two days, the "Paris" hall of the Grand Hotel Plovdiv was filled with music, creativity, beautiful colorful ikebana, and the power of female energy was felt everywhere. Five workshops were held, in which Trish Douglas was very actively involved.

Together with the other participants in the meeting, she immersed herself in the magic of music, painted her own emotions and personal messages on cloth bags, created ikebana and participated in the creation of the "Unique Recipe for Love" of the Inner Wheel community. Trish Douglas herself moderated one of the "Female Inspiration" workshops, where she spoke about the power of female energy, about the mission of International Inner Wheel, as one of the largest international women's organizations in the world, and about the upcoming international convention in Manchester at which we will celebrate the hundredth anniversary of our organization.





In Denmark, the annual national meeting with district meetings and general assembly was held on 7th & 8th October 2023, and we had the great pleasure that the IIW Inner Wheel President Trish Douglas was at the meetings both days.

More than 280 members attended the meetings. On Saturday we had a status of our development projects and where several clubs presented their action plans. They also talked about what it has meant for the cooperation for the club members that they have drawn up action plans to achieve the goals of their projects. It is important that Inner Wheel constantly follows developments and becomes a more modern organization.

Saturday's highlight was the presence of the World President Trish Douglas. It was the general opinion that the International President has an exciting personality, with good mood and lots of good energy.

During Saturday autumn district meetings were held and where Trish Douglas made a short visit to all 5 districts during their meetings. She talked about her future plans for Inner Wheel worldwide, which gave the members a better sense of Inter Wheel internationally.

The theme "Shine a Light" is so much Trish Douglas and her stories. We met a woman with energy, charm and knowledge, and who told us about her visions for Inner Wheel. She told us about how Inner Wheel should develop in the coming years heading into the next century.

We got a vivid impression of the experiences that Trish Douglas has had in the ten countries she has visited so far, such as experiences where women try to help other women and their children in need.

It was with great pleasure that we have been able to donate 150.000 Dkr. to the organization "Lykkeliga", a national community for children with developmental disabilities and their families, using handball to create a fun and loving community. Inner Wheel Denmark also sells baskets made in Madagascar, the profits go to support the organization "LykkeLiga" as well as the women in Madagascar.

The organization "BørneTelefonen" also received 146.000 Dkr. Every day of the year and around the clock volunteers are ready to listen and advice children and young people with their problems.

On Saturday evening Virum Inner Wheel club hosted a gala party, where everyone enjoyed being together and having fun with Inner Wheel friends from all over Denmark.

On Sunday the International President Trish Douglas once again showed us her ability to get us all involved in a positive way. Trish Douglas expressed the hope of seeing us all at Convention 2024 in Manchester. Many of us from Denmark are looking forward to participating in the special 100 year anniversary and to meet the President again.

We went home full of energy and gratitude that the International President visited us in Denmark.





At the beginning of the term 2023-2024 Finnish Inner Wheel Clubs had the pleasure of hosting IIW President Trish Douglas in September. Trish spent four days in Finland, 9.-14.9.2023. Finnish host clubs had planned a tight schedule, for we wanted her to see much of the country that Trish had not visited before, and as many activities of Finnish Inner Wheel clubs as possible. The visit started in Järvenpää, where she stayed at Raija Partanen's home. Raija, the President of the Finnish Governing Body and the National Representative, joined Trish in all club visits.

On Sunday the clubs of Järvenpää and Tuusula-Hyrylä introduced Lake Tuusula's Artist Community of early 1900 and several Museums by lake Tuusula to Trish. Lotta Museum and Ainola, the home of Jean and Aino Sibelius, were visited. The day also included walking by the lake and forest, as the weather was nice and sunny.

On Monday Trish and Raija went to Helsinki. First, a visit to the Finnish Parliament as a guest of a member of Parliament. After a nice lunch and sightseeing around Helsinki, Trish and Raija joined the annual meeting of Helsinki Kallio-Berghäll club.

The following day Trish and Raija visited Riihimäki. Inner Wheel Riihimäki-Hausjärvi Club offered the Scottish guest and the President of the National Council an overview of Riihimäki's pride: the school, school meals, robotics teaching, maternity and family counseling, the Glass Museum and pure Finnish food. Trish was fascinated of the Glass Museum's collections, especially the crystal collections.

After the day in Riihimäki, Trish and Raija took the train to Kuopio, where they arrived late on Tuesday evening.

Wednesday started with a morning walk in a park by a small lake. The guests were taken to the marketplace and market hall, which are the pride of Kuopio. After a sightseeing ride around scenic areas the city, the hosts took Trish and Raija to the Puijo tower to watch panoramic views of lakes and forests – and the city. After lunch Trish and Raija and a group of members of Kuopio club went to Riisa, Orthodox Church Museum of Finland. Trish said that she could have spent the whole day in the Museum! In the afternoon meeting, Get-together, members of the Kuopio club could meet Trish and talk to her. In the evening members of the Kuopio club governing board had dinner with Trish and Raija in a private home.

During her four-day tour of Finland and discussions with club members and district representatives Trish Douglas got a comprehensive picture of how Inner Wheel works in Finland. In addition to the Inner Wheel activity, she got to know our country and Finnish life, history and culture in various ways. All of us who met her got valuable insight into how Inner Wheel works at the top of the organization. In a lively, inspiring way, Trish opened the meaning of the year's theme "Shine a Light" and its top initiatives: How we can brighten lives and give hope for the future when a natural disaster threatens, and how important mental well-being is for all of us. Trish urged IW clubs to continue their activities in supporting those in difficulty. People who need support can be either in our own neighborhood or far away in the middle of war or natural disasters. Especially close to her heart would be a foundation, a disaster fund, from which aid could be quickly sent to the victims of the ever-increasing number of natural disasters. In supporting our neighbours, she paid special attention to keeping in touch with our lonely friends and relatives. Trish's speech strongly highlighted female energy: women have the power to change the world! That's why 27 Rotarian wives in Manchester 100 years ago, led by Margarette Golding, decided to start an association whose mission was selfless service. In Trish's opinion, the most important change in the operation of Inner Wheel has been when it was decided at the World Conference in Istanbul in 2012 that the association is open to all women, no longer just members of Rotary families.



Trish reminded several times about the 100th anniversary celebration in Manchester next spring and welcomed everyone there!

Everyone who met Trish agreed that Trish is a cheerful, positive person who spreads joy and light around her: Shine a Light!





Trish arrived from Finland to Stockholm on Thursday 14th. Past BD Margareta Wesslau and her husband met her at the airport and took her to Drottningholm. Drottningholm is the castle just outside Stockholm where king Carl Gustaf and Queen Silvia live and a world heritage area. There in a charming little restaurant Trish was met by IW members from the two clubs in Stockholm. They had a possibility for nice chats and interesting questions while they shared a cup of tea or coffee in the afternoon. Trish's visit coincided with the king celebrating 50 years on the throne and when they left other prominent guests arrived for the king's party.

In the evening a dinner for a few guests was given at past BD Margareta's home. Trish could meet the Swedish national representative Agneta Larsson and Association president Eva Gille among others. To emphasise Shine a Light from all perspectives a special dessert had been created. On Friday morning Trish was taken by car on a four hours' drive to Tällberg and the Friendship rally.

Tällberg is a well-known tourist resort in Dalarna, a region with a rich cultural offering and colorful history. The Green Hotel in Tällberg had been chosen as the location for the Swedish Friendship Rally 2023. By tradition, a Friendship Rally is organized in Sweden every three years. It is not a decision-making meeting but an opportunity for all members who just want to meet and socialize. Due to the pandemic, the planned meeting in 2020 could not take place, so the meeting was long awaited. The organizer was district 233 with Maj-Britt Wickberg from Falu IWC in charge of the program. The entire organizational group consisted of Stina Troselius-Karlsson, Hanne Hedin, Agneta Schääf Palmén, Lena Friman Porelius, Britta Isberg, Meta Tosteby, Ulla Hedlöf and Maj-Britt Wickberg (see photo).

A total of 140 members participated, and some accompanied, from 33 Swedish clubs, two participants came from Norway, two from Germany and also one from Scotland (Trish!) The opening ceremony began with a candle lighting by Club President Falu IWC Agneta Schääf Palmén, District President Lena Friman Porelius and Association president Eva Gille.

Trish cut the inauguration ribbon to the tune of fiddle playing and gave an impassioned speech. Karin Perers spoke about the area, the forest and the well-known Swedish poet Erik Axel Karlfeldt, who had connections to the area.

At dinner in the evening, the trio Ian Carr, Sofia Sandén and Anders Nygårds entertained with Swedish folk music.

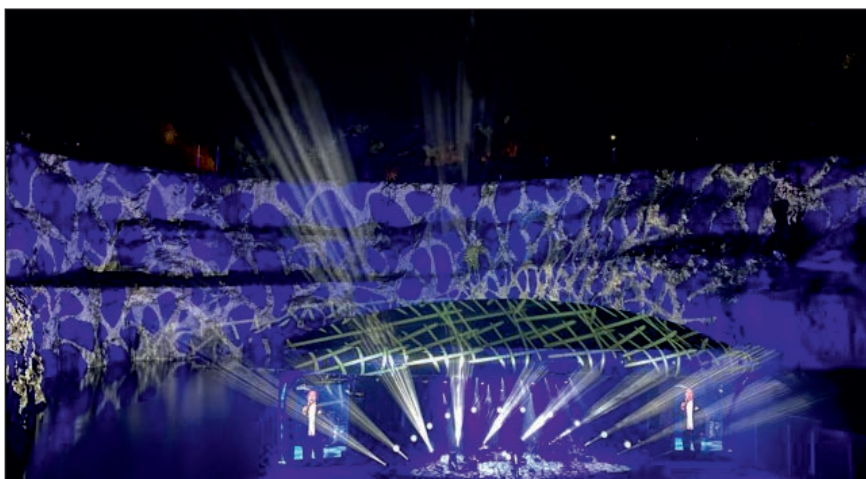
On Saturday, excursions were organized to famous tourist destinations in the vicinity. A bus went to Jobs Handtryck in Leksand and Hildasholm, a historic house with a beautiful garden. Another bus, with i.a. Trish, went to Nusnäs where the world famous wooden Dala horses are made and to Zorngården to visit the



TRISHV~2



THEDAY~1



Dalhalla is an impressive outdoor arena

artist Anders Zorn's home.

After a tasty dinner, it was time for a new bus journey to Dalhalla, which used to be a limestone quarry, but which has now been converted into an impressive outdoor arena with an audience capacity of around 6,000 spectators. It was drizzling on arrival and cleared up during the actual concert with the group Weeping Willows with guests.

Early Sunday morning Trish went with IIW Constitution Chairman Sissel H Michelsen and her husband Harald from Norway to their summer house in Sweden not far from the Norwegian border. Here she beamed with pIIW Editor Kerstin Jonson from Sweden and past BD Margareta Momkvist from Germany with respectively.

It was an international end to Trish's intensive short week in Sweden. Now new rewarding assignments awaited in Norway. Then it's off to..... and toand to...and to....with Manchester as the final destination. Then we'll see each other again.



At the dinner
in the evening a trio entertained with folk music



Karin Perers spoke about the area the forest
and the poet Erik Axel Karlsfeldt



At the Dinner



THERAL~1



140 Delegates listening to Trish's impassioned speech



Here is the organizational group for the
Friendship Rally in Tällberg Dalarna Sweden



Trish visited Nusnäs where the
wooden Dala horse are made

Nusnas



"Together for Peace Respect, Safety and Dignity for All."

D298

Inner Wheel Club of Sankarapuram, District 298, organised a rally with the students of Kasturba Gandhi Balika Vidyalaya emphasising Peace, child abuse, child marriage, tobacco free India, education to girl child and No to one use plastics with banners depicting all these issues to a large gathering in Pacheri. The aim of the program was to make the community aware to live in PEACE and understand the possible changes each one of us can incorporate into our daily lives that will make a remarkable impact.



D319

AIKYAM' International Peace Day hosted by Inner Wheel Club of Bangalore Junction was held with Vani Murthy Eco Warrior as Chief Guest and District Chairman Rekha Sridhar was the Guest of Honour. Joint Service Project of Women Empowerment, supported 5 Needy Women Weavers by donating 2 Pre-Loom Machineries was Executed by Inner Wheel Club of Bangalore Junction along with other Inner Wheel Clubs.



District 325 celebrated World Peace Day on Virtual platform.

A virtual celebration of International Peace Day was organized by District 325 attended by a large number of members.

The history of Peace Day was explained by DISO Nibha Mishra and why Inner Wheel observes this day. Finding Peace within cultivating mindfulness for a positive home environment was expounded on by Anoushka Chitransh a counsellor from Brisbane. Peace means just and inclusive Societies. District Chairman explained How Inner Wheel through service can help create this. PDC Shweta Sinha after explaining the common symbols of peace like the colour White or the Dove and why they are used also spoke on how peace brings sustainable development and prosperity in a community. IIW Editor Media Manager Prabha Raghunandan, a member of our District enlightened us on Raising Voices for Peace peacefully-that should be Inner Wheel's Focus. Besides this there were very good messages on Peace by District Executives of District 325.

Different competitions were floated by the District ISO Nibha Mishra and all the Members of District 325 participated very enthusiastically. Best five entries in all the categories, Poem on Peace, Song on Peace, Ambassadors of Peace and Posters on the theme of Peace Day were shown and were highly appreciated by the audience. The programme ended with an all-religion prayer video on Peace.

It was an enriching experience to celebrate Peace Day so meaningfully.

INNER WHEEL DISTRICT 325 Celebrates

WORLD PEACE DAY

Actions For Peace:
Our Ambition For The #GlobalGoals

Date : 26th September 2023
Time : 4 pm
Venue: Virtual platform

District Chairman
Dr. Ragini Rani

DISO
Nibha Mishra

Peace Sign

Earlier, a dove and olive branch was used to denote peace. The International peace symbol was created on 21st February, 1958 by Gerald Holtom.

The story behind the origin of peace symbol
The first time we saw the peace symbol was at the Aldermaston march in 1958, when thousands of British anti-nuclear activists started a 50-mile march from Trafalgar Square to the weapons factory at Aldermaston.

The march was organised by the Direct Action Committee against Nuclear War and the Campaign for Nuclear Disarmament joined in.

Gerald Holtom, who was a designer felt that the impact of the demonstration would be greater if accompanied with a visual image.





JORDAN

"Together for Peace Respect, Safety and Dignity for All."

On The International Day of Peace, in District 95 Egypt and Jordan dedicated to environmental preservation, the three Inner Wheel Clubs in Jordan. Amman, Philadelphia and Petra came together to nurture our planet by planting trees at the serene Royal Botanical Gardens in Amman, Jordan. This act symbolizes not only a commitment to environmental stewardship but also a beautiful gesture of unity and harmony, echoing the very spirit of World Peace Day. These trees, now firmly rooted in the heart of Jordan, serve as a living testament to the shared goal of safeguarding our precious environment for generations to come. 7 clubs of Alexandria (Alexandria- Alex East - Alex Elnozha-Alex Sporting-Alex Mediterranean- Alex Capital -Damanhour) planted trees in two hospitals Ayady elmostabal 4040 for cancer patients and Elshatby hospital for children. The decision of choosing hospitals was taken as patients need oxygen and beautiful view.16 Royal Poinciana trees were planted.



JORDAN PEACE DAY



ALEXANDRIA CLUBS

JORDAN PEACE DAY

JORDAN PEACE DAY



ALEXANDRIA CLUBS GROUP



ALEXANDRIA CLUBS



International Day of Peace celebration!

On 21st September 2023 District 350 Nepal celebrated International Day of Peace at the famous Boudha Stupa with Sadhachari Guruma (a Buddhist nun) spoke on the importance of peace. The NR Kamala Maharajan Suwal and District Chairman spoke on Peace and the importance of smile in maintaining peace and District Secretary Kamala Shrestha spoke on the power of forgiveness! All the participants lit lamps, went around the Boudha stupa praying for World Peace!





Peace Day

PHILIPPINES

"Together for Peace Respect, Safety and Dignity for All."

FROM COMPASSION TO ACTION

IWCPI District 385 simultaneously celebrated International Peace Day with the different clubs. The origami paper dove as a symbol of peace was used to unify the different activities done.

IWC Metro Valencia – With COMPASSION to ACTION as the theme, the Club distributed learning materials and toys to promote Children's Rights. With regard to Women's Rights, a Mental Health Forum was held and groceries, clothing, beauty products were given out. In addition, a tree planting activity with the community was held.

IWC Uptown CDO – visit coastal area that is maintained for ecology, passing the origami dove as their participation of International Peace Day.

IWC West CDO- early morning Walk for Peace at the CDO Bridge Park, did Zumba and passing of the origami dove.

The following Clubs had the officers' meeting and passing of the origami dove: IWC Ranaw Circle of Friends, IWC Masterson CDO, IWC Pagadian.

IWC Lanao del Norte, spearheaded the project, "Kahayag sa Kumunidad ni One Meralco Foundation" in partnership with the 5th Mechanized Infantry (Kaagapay Battalion). 90 solar lamps were distributed to 90 families of rebel returnees in Berwar, Tangkal, Lanao del Norte. This solar lamp brings light to homes that have limited access to electricity. Its primary objective is to provide affordable and clean energy solutions to the underprivileged households. That also contributes to the reducing of the carbon emission by mitigating the use of traditional source of energy.



Peace Day Symbol D 385



LANAO DEL NORTE



IWC Lanao del Norte lamp distribution



Peace Day D 385



Peace Day West CDO Philippines D 385



Peace Day Uptown CDO Philippines D 385



Peace Day Tree Planting Metro
Valencia D385



Peace Day Mental Health for
Women Metro Valencia D 385



PAKISTAN

INNER WHEEL CLUB OF KARACHI D327

INNER WHEEL KARACHI SECONDARY SCHOOL "A Dream Realized"

Since 1999 this school is being run for under privileged children. The International Peace Day was celebrated at the School. Story telling session was conducted, which the children are interested in and really enjoyed





THRIVE 365

OCTOBER

BREAST CANCER AWARENESS MONTH

BREAST CANCER AWARENESS CAMPAIGN

AUSTRIA

Pink Ribbon Breakfast and Charity Cinema were part of the Pink Ribbon events sponsored by IWC Graz, IWC Graz-Uhrturm D192 and other service clubs in Graz/Austria: Pink Ribbon Breakfast: Pink Ribbon Ambassadors, wearing the pink ribbons, send a strong message of women's solidarity with breast cancer patients and raise awareness for screening. Pink Ribbon Charity Cinema: Under the motto "Women for Women" "Pink Ribbon" is sponsored by IWC Graz, IWC Graz-Uhrturm and other service clubs, by attending the film "The Flea Market of Madame Claire" The participants had the opportunity to exchange views with other women's clubs. With the proceeds of the event, the Austrian Cancer Aid can give help and hope to breast cancer patients



BANGLADESH

Breast Cancer Awareness Program

IWC of Comilla arranged an awareness seminar on Breast cancer amongst the students of Comilla University. IWC of Dhaka North arranged a discussion seminar on Breast Cancer at Health & Hope Hospital amongst the mass people. These projects are taken as October is the Breast Cancer Awareness



BULGARIA

"TOMORROW DEPENDS ON TODAY!"

With this reminder, we launched our campaign during the "Pink month" dedicated to the fight against breast cancer.

The ladies of Inner Wheel Club Stara Zagora, D 248 Bulgaria listened attentively to the guest speaker Dr. Angel Dimov - Head of the Surgical Department at the "Comprehensive cancer Center Stara Zagora", a doctor with a lot of experience in diagnosing this insidious disease. The lecture was entitled "Etymology, diagnosis, prevention and treatment of breast cancer". On October 19, in the city centre of Stara Zagora, the ladies of the club distributed 100 pink balloons and many brochures to women with the appeal "TAKE CARE OF YOURSELF! DO YOUR BREAST CANCER SCREENING EXAM!" to draw attention to the importance of early breast cancer screening, because women should not neglect prevention for early diagnosis.

We know that the problem requires publicity, awareness and reciprocity - from the whole of society, every day. Early detection of breast cancer can save lives, and no woman should lose them through ignorance or lack of awareness of the disease.

All of us women who are busy in our daily lives putting family and work responsibilities first should include time for prevention in our priorities, because there is nothing more precious than being healthy. It's good to never forget that if we are healthy, fit and well, it's good for us and good for our children! Shine a light!



CROATIA

RACE FOR THE CURE "THINK PINK" 2023

Race for the Cure THINK PINK is the world's largest event in the fight against breast cancer. It brings together over a million people in 140 cities worldwide to celebrate life, support those undergoing treatment, and remember those who have lost their lives to the disease.

The most prestigious global event 'Race for the Cure' on the crowded Split Riva on September 24th 2023 was joined by members of two Inner Wheel clubs from D191 Croatia, IWC Split and IWC Palmina and proudly gave their support to women suffering from breast cancer.

The response of the people of Split exceeded all expectations, as many as 3,000 people ran or walked for this noble cause. The atmosphere was charged with emotions, especially when all the women who had overcome cancer released pink balloons into the air, symbolically saying that they will not give up the fight against the evil disease.



IWC SPLIT PALMINA



IWC SPLIT PALMINA2



IWC SPLIT



PINK BALLOONS

DENMARK

Sometimes life will test you but remember this : When you walk up a mountain, your legs get stronger.

BODY AND CANCER

In Denmark, cancer patients undergoing chemotherapy are offered to participate in a 6-week training program called Body and Cancer.

The training takes place 4 times a week over 6 weeks in a closed team with up to 8 people. There are startups 7 times a year. The training is adapted to and consists of strength and conditioning training, relaxation, massage and body awareness.

Studies have shown that physical exercise in conjunction with chemotherapy can:

Reduce side effects during chemotherapy - including fatigue, pain, etc. increase fitness and muscle strength, promote well-being and benefit health in general, e.g. heart, circulation and blood pressure.

BD Kirsten Moller started in this program in the beginning of November last year together with 8 wonderful women some of them very young with breast cancer. After the 6 weeks under the Body and Cancer project they continued the training for 2 weeks more at a training center.

Since then they have met once a month privately for lovely Walks and Talks. With each other they can talk openly without worrying family and friends.

Her advice if you are undergoing chemotherapy try to find other cancer patients with whom you can form a group for Walks and Talks.



Walk and talk group



Sharing helps

GB&I

INNER WHEEL CLUB OF WOODBRIDGE - DISTRICT 8

This year (2023-24) our Club is supporting a charity called 'Little Lifts'.

"If someone you love should be unfortunate enough to be diagnosed with breast cancer what a comfort to know that there could be a Little Lift on the way. Right now, if you should live in Suffolk, Norfolk, Essex or parts of Cambridgeshire, that lift will come in the form of a carefully hand packed box of luxurious, quality and ethically sourced products which have all been selected for a particular role in helping to make the effects of treatment a little more bearable both physically and emotionally. Our September speaker, Oa Hackett, founder of Little Lifts, shared how her personal circumstances and experiences were the inspiration behind this amazing charity and how, in her words, something so devastating could be turned into something so incredible. Along with Oa, Shopie Houghton-Hood, the charity's volunteer events and community manager, explained that different boxes are given depending on the treatment required and reminded us that each year approximately 350 men are also diagnosed with breast cancer."

The Club was very impressed with the presentation and keen to help. We hope to support Little Lifts with a substantial donation before the end of this Inner Wheel year.



Eastbourne Sovereign Inner Wheel

Today the 20th October 2023 some of Eastbourne sovereign ladies and husbands/partner met up for coffee at St Wilfred's Hospice to support the Breast Cancer Research programme "NOW WEAR IT PINK". We had a great time, enjoyed a paper tombola, a good chin wag and a catch upon holiday photos. We raised £45.00 which is on its way to the Breast Cancer Research programme, you could say we had a lovely pink morning.



INNER WHEEL CLUB OF DOVER.

Our Club's Charity of the Year is HOPE FOR TOMORROW.

This Charity was set up to help those suffering with cancer and needing treatment, whether once or on a regular basis, to be able to receive that treatment nearer to where they live. The service is suitable for those that do not require a hospital environment and unlikely to present an emergency, for example needing regular injections, medication renewal, appliance checks, and many other requirements. It provides not only easier access for patients, with available parking, saving time and money travelling to hospital locations, and of course far less stress. The Charity has a fleet of large mobile units that are taken to different sites around the country, having regular days in each location, to provide the treatment. The units look to be the size of a very large HGV lorry. They are fitted out for both patient comfort and treatment; with comfortable seating, a separate area for equipment and medications, plus a small kitchen unit, and toilet. The Units themselves are supplied by the Charity and funded totally by donations. The NHS provides the medical practitioners/nursing staff and the vehicle driver too. Each Unit is made more friendly and personal, being given a patient's first name, usually in memoriam. Our Club members were given the opportunity to visit one of the Units which was located for the day in the car park of a local supermarket, again an ideal location for patients in terms of easy access and parking. We were shown inside the Unit by the driver, who doubles as a receptionist, and met the nursing staff. The visit was brief of necessity as patients were coming and going for appointments. However, the driver gave a very informative talk outside the Unit to explain how the system was working. The visit was enlightening to our members to understand the important work done by the Charity we are supporting this year, particularly as October is Breast Cancer Awareness month.



Martine Delaney, Secretary, of IWC Brighthouse Town & District Secretary, District 4, GB&I. She has used this in the past to raise awareness of Breast Cancer in the hopes the very important message is put across and maybe make you smile.

THE PUPPIES

I've got a pair of puppies which are quite attached to me.
I've had 'em for a while now, they're called 36 double G.
I wasn't always quite so blessed, they've come as a surprise.
My younger pair of puppies were a much more manageable size.

Those pesky youths were firm and pert, but sands of time are shifting
And now they need more stiff support and something more uplifting.
They're meaty, beefy, big and bouncy jogging round the villages
And always first up to the table to catch unguarded spillages.

Whenever I get dressed up and go out, they get there first,
But they served my babies well, succour to hunger and to thirst.
So even though they won't behave, (they're heading for my knees),
It's important every now and then I give them both a squeeze.

Now ladies, love your puppies, be they mountains or just bumps.
Give 'em both a good pat down and feel for any lumps.
They deserve your full attention, you should watch them like a hawk,
Then strap 'em up securely and go and take them for a walk !

INDIA

District 298 - IWC Panruti

Breast Cancer Detection Camp With the help of PDC Mrs. Daivayanai Ramaswamy, organised Breast Cancer Detecting Camp for 50 Women Labourers.

District 301 - IWC Rohtak City

Created cancer awareness to remove the stigma and fear attached. Helped people recognize the early signs and symptoms of cancer and informed about the importance of regular screening and check-ups. Screening of 250 ladies done.

District 302 - IWC Vijayawada East

Dr Lakshmi Neelima, Executive Director Charita Sri Hospital conducted awareness talk on cervical and Breast Cancer. Nearly 116 Ladies from outreach center participated in the awareness programme.

District 304 - IWC Narmadapuram

Breast Cancer camp at Shree Ram Chamist, Cancer specialist by Dr Gupta from Bhopal. Almost 60 patients checked and 15 were suspected to have. Members gave the assurance for further help in investigations.

District 305 - IWC Jaipur Pride & IWC Dausa

A joint project for Awareness & Vaccination drive for prevention of cervical cancer among young girls aged between 9yrs to 26yrs. The first dose of vaccination was given to 50 girls on eve of International Girls day.

District 306 - IWC Bharuch

Pink Rotathon 2.0. 300+ spirited women, participated in the 5 Kms walk followed by a very informative & interactive awareness talk that was conducted by Dr. Himali Patel & Dr Atmi Deliwala on breast cancer.

District 307 - IWC Phagwara

A very informative lecture on Cervical Cancer and Breast Cancer at Govt Higher Secondary School.

District 308 - IWC Panipat Central in association with Lions Club

'IMA Mission Pink' and Medanta Hospital Gurugram had a LIVE HEALTH TALK on winning the Battle against breast cancer at Arya College Auditorium in Panipat by Renowned specialist Dr Kanchan Kaur - Senior Director of Medanta Breast Services. The insights were enlightening.

District 309 - IWC Faridkot

A webinar was arranged to make women aware of the breast cancer and the importance of regular screening after the age of 40 were discussed. With the screening tests breast cancer can be detected early.

District 310 - IWC Kotdwar

A seminar on Breast Cancer with speaker Dr Saurav Tiwari, Surgical Oncologist at Max Super Speciality Hospital, Dehradun. He enlightened about types, causes, precautions & symptoms to identify breast cancer at early stage and hereditary risks if there is a family history of cancer. It was very informative seminar.

District 311 - IWC Kanpur Main

An awareness talk show for the mothers of the students of the school INNERWHEEL SHIKSKSHA NIKETAN for women and girls from the nearby village. The speaker a renowned Gynaecologist of Kanpur gave very important information to the 75 ladies and girls apart from the club members who attended.

District 312 - IWC Barabanki

An event at Mamta Degree College for Dr Abha Verma's Cancer Awareness talk for students and teachers. In her informative session, Dr Abha highlighted preventive measures, cancer symptoms, and available treatments. She also demonstrated breast self-examinations for the girls.

District 314 - IWC Bombay North Island

Served fruits n Snacks for 300 cancer Patients at Gadge Maharaj Charitable Trust, Dadar

District 316 - IWC Kushtagi

Members Visited Sushrut Scan centre, distributed pink ribbons highlighted posters of Breast Cancer Awareness in Hospital. Radiologist gave Breast cancer awareness talk to public. They arranged free Ultrasonography of Breast to all ladies present

District 317 - IWC Sirsi Heritage

Awareness program on Breast Cancer and Conducted Check up Camp at Banavasi by Dr Shanta Bhat and Dr Asha Prabhu.

District 318 - IWC Mysore

Members PP Mala Rakesh & PDC Naina Achappa donated towards the cancer treatment of Mr. Nagaraj, a daily wage worker. PDC Jannavi Murthy donated Rs. 25000 to a woman for Breast Cancer treatment

District 319 - IWC Bangalore

A Cancer Screening Camp at 'The Galleria' Mall in Yellahanka,. Female employees received screening for Breast, Cervical, and Throat Cancer, while Male employees underwent Throat Cancer screening. Counseling sessions were conducted to educate individuals about the harmful effects of tobacco



D298



D301



D302



D303



D304



D305



D306



D307



chewing. General health checks, including blood pressure and blood sugar tests for all participants also done.

District 320 - IWC Coimbatore South

The club supported a cervical cancer screening for 33 cleaning and sanitary staff of Cyprus Oak apartments, Puliakulam, Coimbatore.

District 321 - IWC Trivandrum Suburban

Collected an amount of Rs12000 towards building a home for Manjusha a Cancer patient with two daughters whose house was completely dilapidated. The amount which was raised in just two days was handed over to Mr Shaji President of Iqbalaya an Old Students association of Iqbal school which has undertaken this task for this family.

District 323 - IWC Madras Fort

A Cancer Screening Camp at Vyasarpadi, Sathyamurthy Nagar, Chennai. Tests like Mammogram and Pap smear were conducted by a team of doctors from Ramachandra Medical college free of cost for 42 women.

District 324 - IWC Siliguri

A joint awareness program and free consultation. Dr. Subhadip Chakraborty, MCH(surgical oncology), Apollo Institute was the speaker. He described the causes, symptoms and treatment of breast cancer and related issues. His informative presentation enlightened all about breast cancer and how to deal with it. DC Geeta Sarin, EC members and PDCs also attended.

District 325

Joined hands with Medanta for a Breast Cancer Survivor meet 2023 where there were educative sessions on, Women's health issues related to Breast Cancer with several doctors as panelists.

District 326

Intercity Walkathon & Signature Campaign on breast cancer awareness by all clubs of Cuttack led by our DC Rasika Bahadur, IIW Treasurer Sarita Lunani with DEC, PDCs, Presidents & Members of all clubs of Cuttack and clubs of Bhubaneswar, Jaraka, Jajpur, Athgarh, joined the cause with Placards, Caps, pink ribbons & banners to spread the awareness to get a medical test done every year & Mammogram is a must after 40.

District 329- IWC Calcutta North East

They have donated Rs5000 to a cancer patient named Putul Das for her treatment. She has been fighting against Cancer since last two years. This project was done on 11th October 2023 in the Chairman's Club visit.



NEPAL

The beautiful historical place Bhaktapur Durbar Square was swarmed with nearly 500 ladies and gentlemen wearing pink T-shirts to spread Breast Cancer Awareness. The event, Pink Rally was organised by RCCS (Rakshya Cancer care Society) along with Inner Wheel District 350, Rotary and others, which spreads Awareness of prevention of Breast cancer.

The rally started from the beautiful historical Durbar Square and ended at Nhatapol with good music, dancing and speeches! The famous comedy Icon Hari Bansha Acharya, renowned singer Meera Rana, Dhiraj Rai, Birendra Malakar and the traditional Lakhe dancers and modern dancers (Rotaracts) entertained the audience! Dr Sristee Shrestha Prajapati, the chairperson of RCCS/Treasurer of IW District 350 Nepal gave a wonderful speech on Breast cancer, how it can be prevented, how it can be cured if detected early, how people with cancer need our love, respect, understanding when they come out as the survivors of the dreaded disease! Yes, they can still live normal and meaningful lives even after Cancer! Not only women but men are also susceptible to breast cancer! National Representative Kamala Maharjan Suwal, District Chairman Tuna Thapa, IW members and other District Dignitaries graced the event with their presence!



Breast Cancer Awareness Rally Distrist 350 Nepal 1

NIGERIA

D910
Cancer Awareness Lecture
with Dr Mary Clement



NORTHERN PART OF CYPRUS

Detect it, Treat it, Defeat it...
Empowering Awareness and Support: Inner Wheel Club of
Bellapais Begonvil's 'Happy Hour' Event Fights Breast Cancer in
Northern part Cyprus

IWC Bellapais Begonvil D222, Northern part of Cyprus, organized a 'Happy Hour' event to raise both funds for projects related with women and awareness for breast cancer. Club President Eser Ozyalçın emphasized the importance of women getting regular breast cancer check-ups and urged them to inform their loved ones about this crucial matter. DC Akile Kader, who was present at the event, delivered a speech highlighting that early breast cancer screening is vital for early detection and effective treatment. Upon entry, attendees were provided with pink ribbons,. They also received booklets containing breast cancer awareness slogans in both Turkish and English. The Inner Wheel Club of Bellapais participated in an event organized by the Cancer Patients Aid Association to purchase special beds for cancer patients. Besides promoting awareness for breast cancer via media the club donated 10.000TL for provision of the special beds.

Inner Wheel Club of Girne organised a presentation at Sedat Simavi Technical High School, given by a retired teacher with breast cancer. Her presentation about her life and how the early diagnosis of breast cancer saved her was very inspiring.



Breast Cancer



PAKISTAN

D-340 Combined Activity of 5 CLUBS including IWC ROHI YOUTH DG Glory DIAMOND, STAR YOUTH Club conducted a Breast Cancer Awareness Seminar and Awareness Walk in Comprehensive Girls High School of Multan. Guest Speaker, Psychologist Mehak Haroon delivered a talk for mental health regarding Breast Cancer. Then Dr Manaal explained about the symptoms of Breast Cancer with the help of multimedia. Then Prof. Dr. Ahmed Ejaz Masood Chairperson, Oncology Department, Head of Radiotherapy and Cancer Research Centre, VC Nishter University & Hospital, Multan gave an excellent visual representation of self-examination of breasts at home.

IWC Taunsa conducted a Breast cancer awareness session and walk in GGHS Retra arranged by Asma Banu. All members of club and large number of students and women were present. Dr Saima Altaf gave detailed information about Breast cancer. Pink ribbons were worn by students and members.

D 341 organized a webinar on Zoom titled Breast Cancer Awareness. The event was attended by District Chairman 341, Ayesha Asad, IPDC 341 Faiza Sagheer, DEC, Guest Dr. Sadia Sadiq consultant oncologist from INMOL Hospital Lahore. From District 341 PDC Aqeela Shamsi, PDC Yasmin Mushtaq, PDNR Aliya Amir. D327 IPDC Masooda Khan, Dist. 327 PNR Rubina Haroon graced this webinar, as well as presidents, secretaries, and members from District 341. During the webinar, Dr Sadia Sadiq provided an insightful and comprehensive overview of the reasons and symptoms of Breast Cancer in women. This session emphasized the importance of regular screenings and self-examinations, contributing to a more informed and health-conscious community.

D342 IWCI Cosmopolitan's club President Sumaira Tahir and her team arranged a session on Breast Cancer along with PDC Farhat Sarosh. One of the club member Farrah Farrukh who was the cancer survivor shared about her personal heart touching story, which was not only an inspiration but also a motivation for the ladies. It was a very motivational session. IWC Abbottabad arranged a seminar on breast cancer awareness in collaboration with Women Medical College. NR Dr. Salma Aslam Kundi chaired the session. There were renowned faculty speakers. Emphasis was on breast examination and screening. 250 ladies including students attended the seminar. Now in collaboration with Jinnah International Hospital free breast clinics will be arranged every Friday for 4 weeks. It will be advertised and patients will be examined and free ultrasounds and mammographs will be done. IWC Galaxy's Club president Qamar Pervaiz and her team arranged a Breast Cancer Awareness lecture along with subcommittee chairman and PNR Rubina Haroon. Dr Shamim demonstrated how to perform Self Breast Examination in six steps. It was very informative.

D343 DC Shaheen Langrial invited all the club presidents of district 343 to organize a Breast Cancer Awareness Campaign in their respective cities. Various clubs participated in the campaign with zeal and fervour. DC Shaheen Langrial delivered a speech in Midtown Multan, educating visually



Bahawalpur Satluj Club

Central Club Multan



D 341 Webinar The speaker

D340



D341 thw audience

Rawalpindi Galaxy with Speaker



D344 1

D344 2



IWC Abbottabad Audience



IWC Islamabad Cosmopolitan Speaker

IWC Islamabad Cosmopolitan



IWC Taunsa

Jasmine Sahiwal Club

IWC Abbottabad group



Metropolitan Club Multan



Midtown Multan Club



Sahiwal Chenab Club



D341 Programme

and physically impaired students on the topic of breast cancer and how it has affected lives of millions of women around the globe. A meeting was also held in Sahiwal Chenab Club. President Naz Fatima and Secretary Farrah Shah invited Dr Ayesha Waqas, MS Wapda Hospital to highlight the risk factors of the disease, advantages of its early detection, regular screening, self-examination and when to seek doctors' help. All the members were wore pink ribbons to show their solidarity with the cancer patients and its survivors. President Farah Lodhi, IW Club Satluj Bahawalpur organized a meeting which was attended by club members, IW Club Jasmine 343 Sahiwal organised awareness program organised the event at a village site in which she highlighted the risk factors of the disease, its prevalence, screening, self-examination and when to seek for doctor's help. Charter President Mrs. Yasmeen Tanveer and Secretary Mrs. Robina Rehan were also present on the occasion. IW Metropolitan Club Multan District 343 held an awareness event at Wapda Town. In the session Dr. Amna educated women about symptoms, early diagnosis and self-examination. The campaign proceeded with awareness walk with participants wearing pink ribbon to symbolize solidarity with cancer patients and survivors. President Rashda Tahir, Secretary Mahwish Jeelani, and Bulletin Officer Shugufta Khanam actively participated in the event. IW Central Club Multan visited GGIS School Bahir Basti on behalf of president Zeba Javaid. Secretary, Dr Mariam Javaid led a breast cancer awareness talk amongst the teachers where importance of five minute self-examination was highlighted. Importance of mammogram was also stressed. IPDC, Meena Ghauri raised the importance of de-stigmatizing talk about breast cancer and the shame associated with it.

D344

IW D344 DC Shabnam Shakeel & DNR Dr. Sumera Aslam arranged a lecture presided over by the latter on breast cancer awareness which was attended by Mrs. Nasira Ateeq, Samina, Ghousia Naveed, Mrs. Alvi & others including teachers & female students. The district was highly grateful to DNR Dr. Sumera Aslam for taking out her time.

PHILIPPINES

D379

The Inner Wheel Club of San Fernando La Union participated in the launching of the Childhood Cancer Patients Support Group conducted by the Ilocos Training and Regional Medical Center. This is composed of parents and guardians of paediatric cancer patients. This support group was organized to bring more awareness to parents and guardians of cancer patients on the proper care and process on what they can expect especially for the new ones. The Club gave their commitment to this group on whatever endeavours they plan in the future.

The Inner Wheel Club of San Fernando La Union joins the Breast Cancer Awareness Campaign through the Theme "Fight Breast Cancer - One Pin Saves Lives". This project started last year where the pins are sold at Php 100 each and proceeds go to the breast cancer patients of Ilocos Training and Regional Medical Centre. The club distributed campaign posters to different establishments, schools and offices to promote awareness for early detection of breast cancer through regular self-checking.

D380 Inner Wheel Club of Metro Valenzuela Breast Cancer Awareness campaign The afternoon assembly saw women helping women as the twelve members led by President Maria Jeniffer V. Plueckebaum and D380 Chairman Jessie Uy welcomed twenty-two participants. Guest speaker, Dr. Deluz Deguia-Concepcion M.D., gave a thorough information on the topic about the general signs and symptoms, on how to do self-examination, and the frequency of doing it. It is indeed a wealth of information that any woman could benefit from especially for this campaign on breast cancer awareness. The Club distributed hygiene kits to the participants.

The Inner Wheel Club of Metro Valenzuela led by President Ma. Jeniffer Vitorillo-Plueckebaum initiated the





campaign and collaborated with nine other Clubs namely: IWC-Caloocan, IWC- Marikina, IWC-Kalookan Central, IWC-Marikina Central, IWC-Central Ortigas, IWC-Antipolo Central, IWC-Marikina River Valley, IWC-Rizal Sunrise, and IWC-Central Monteverde at St. Fausta Medical and Diagnostic Centre for a Cervical Cancer Screening and Health Awareness project. The free Pap-Smear procedures was held courtesy of one of the members. District 380 Chairman Jessie Uy was present to support the involvement of the different Clubs. The women in attendance benefited from this campaign and hygiene kits provided to them

D383

Inner Wheel Club of Muntinlupa Filinvest District 383 headed by its President Dra Riza Oben Dormiendo attended the Inner Wheel Club of the Philippines Inc. National Project entitled "Kapihan ng Inner Wheel Club of the Philippines Inc. presents OCTO-BREAST, Early detection is Your Best Prevention" held at the IWCPH Headquarters Makati to raise both funds for projects related to women breast and cervical cancer thru Sweat it Out tshirt selling, awareness for breast cancer prevention and Zumba Health & Wellness Program. Also, gracing the event were IWCPH National President, Sofie C. Lee with her NBOT Team and Master of Ceremony, District 383 District Chaiman, Dr. Analie Bolinao.

IWC ROXAS in cooperation of the Western Isabela Medical Society, association of doctors to conduct PAP smear to 28 beneficiaries at the Soller General Hospital Inc. Many of these women have been hesitant to take the PAP smear because of poverty. They will only be forced to do so when they feel unbearable pain or when profuse bleeding occurs.

SINGAPORE

IWC Singapore In the meeting in commemoration of Breast Cancer Awareness, all members came dressed in pink. Dr Divya Panicker gave a short talk on breast cancer and enlightened members with various pointers on steps to be taken to ensure early detection as it is one of the most treatable and curable disease. Members had questions which were addressed by her. She provided members with a YouTube link which was a good source of valuable information on the subject. President Anjli distributed Breast cancer Awareness badges for all guests to pin on.



SRI LANKA

In an effort to commemorate the month for Breast Cancer Awareness, the Inner Wheel Club of Wattala hosted a seminar for the students of St. Anne's Convent Wattala on the 12th of October 2023. The seminar was led by the club's own Mrs. Preethi Bopearachichi, a breast cancer survivor who went on to enlighten the students on the warning signs, the symptoms to be vigilant for, and most importantly how to prioritize their wellbeing. She wrapped up her speech by earnestly urging the audience to spread the message the best way they could. The seminar was then followed by the distribution of 300 milk packets to all the students in attendance



WEST AFRICA

EARLY DETECTION OF BREAST AND UTERUS CANCER

The Inner Wheel club of Cotonou together with the Collective of Associations and Women's Clubs Services of Benin, organized the early detection of breast cancer and the screening of uterus cancer on aboard a mobile clinic in Bethel of Guinkomey (one area of Cotonou).

The results of these screenings are as follows, Ninety women were examined. Eighty-five women are healthy. Five women are suspects.



NDC DIGNE LES BAINS

IWC Digne les Bains was delighted to make a donation to help the association Medecine Hospital Digne les Bains to organise the day of October Beauties . 60 women suffering from cancer were able to enjoy a beauty treatment and wellbeing day.



Glimpses of the Social Media Campaign



RUN
FOR CANCER



TAKE ACTION
it's in your hands

Join us for a 30 minute run/walk with
Julia Hadad
Followed by a Coffee @ espresso lab
Ticket Price : 20 JD

October 15th 2023 at 10:00 AM
Location : King Hussein Park Dabouq

Inner Wheel Petra

A graphic with a light gray wood-grain background. The text "WE ARE FAMILY" is at the top in black, followed by "NO BODY" in black and "FIGHTS" in pink. Below "FIGHTS" is "ALONE" in black, flanked by two black hearts. A large pink ribbon is draped across the middle. At the bottom, the text "#BREAST CANCER AWARENESS" is written in black. A small circular logo is in the bottom left corner.


[illegible]

INTERNATIONAL INNER WHEEL

Breast Cancer Awareness Month

JOIN THE IW CAMPAIGN NOW

OCTOBER is Breast Cancer Awareness Month (BCAM), when an annual international health campaign is organized to increase awareness of the disease, its causes, symptoms, prevention, diagnosis, treatment, and cure.



Share & Support INTERNATIONAL INNER WHEEL

Standing with her,
Sharing her thoughts
Giving her courage
Giving her support

Let's try doing that!



MENTAL WELLNESS BRIGHTENS LIVES

District 308: Cancer Awareness Campaign

1 in 3 people will develop cancer in their lifetime.
 1 in 4 people will die from cancer.
 1 in 10 people will develop breast cancer in their lifetime.
 1 in 10 people will die from breast cancer.

HOPE IN FUTURE CURE IS ONLY A DECAD. SOON

OCTOBER IS PANCREATIC CANCER AWARENESS MONTH

Did You Know?
 1 in 10 people will develop pancreatic cancer in their lifetime.
 1 in 10 people will die from pancreatic cancer.
 1 in 10 people will develop pancreatic cancer in their lifetime.
 1 in 10 people will die from pancreatic cancer.

Her Fight is our Fight

2008 WOMEN'S CLUB FIGHTS AGAINST CERVICAL CANCER

1 in 10 women will develop cervical cancer in their lifetime.
 1 in 10 women will die from cervical cancer.
 1 in 10 women will develop cervical cancer in their lifetime.
 1 in 10 women will die from cervical cancer.

[illegible]

Pink
OCTOBER
BREAST CANCER
AWARENESS MONTH

Join Wheel Club of Houston

Supporting the Fighters
Admiring the Survivors
Honoring the Taken



West Virginia Office of
Statewide Leadership

2020



FIGHT BREAST CANCER

Early Detection Saves Lives!

**Do your
SELF - CHECK regularly**





**PLEASE SUPPORT THE
ONE PIN
SAVES LIVES**

**Buy a pin for only \$14.00
and help a
Breast Cancer Patient**




Seasonal Kharum Pink Tea Party

Pink Tea Party for Breast Cancer Patients



The Pink Tea Party is an event where women can enjoy a delicious afternoon tea and a special Breast Cancer Pink Tea Party menu. The event is held at the Kharum Hotel and is a great opportunity for women to socialize and support the Breast Cancer cause. The event is held on the 1st of every month and is a great opportunity for women to socialize and support the Breast Cancer cause. The event is held on the 1st of every month and is a great opportunity for women to socialize and support the Breast Cancer cause.

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KNOWING IT
EXISTS IS NOT
ENOUGH.

Inner Wheel members lead an Awareness Campaign for Breast Cancer On the ground and through social media

OCTOBER IS BREAST
CANCER AWARENESS MONTH



INNER WHEEL CLUB LAHORE SHARQI
IIW Theme 2023-24 - Shine a Light

October 2023 marks Breast Cancer Awareness Month, which is focused on spreading awareness and access to resources to support people living with cancer.



INTERNATIONAL INNER WHEEL

Listen to a fighter PP MINI KAR Dist 326




MENTAL WELLNESS BRIGHTENS LIVES

There
is no
health
without
mental
health

esim
MENTAL HEALTH DAY
QUESTIONS • RESPONSES • RESOURCES DAY



Tania, the captain water skier and head of I know this all too well, because I lost my mother to breast cancer in 2000. Every day, she is a reminder of that visit.

Every October there is a reminder to us all, to look after our female friends and families, as early diagnosis is known to save lives.

The makers of our household pool this in solidarity and because it's very, very personal to us, and because we love you all ❤️



[illegible][illegible]

EVERY
Miracle
STARTS WITH
Hope



INDIA

BRIGHTEN LIVES FOR FUTURE

Environment protection and Conservation includes RECYCLING

Why should we Recycle anything?

- Recycling reduces waste sent to landfills and incinerators.
- Recycling conserves natural resources.
- Recycling creates jobs, producing economic benefits.
- Recycling prevents pollution.
- Recycling conserves energy.

When recklessly throwing away our rubbish, it's good to consider if it can be used elsewhere. Land, air and water pollution has resulted from industrial waste from chemicals, cans and plastic. Therefore, recycling these materials will massively improve our environment. Recycling also gives old non-renewable materials a second lease on life when they are used in new products.

A few projects from different countries about cleaning recycling and educating the next gen about the environment.

D319

Inner Wheel Club of Bangalore South, donated used flowers to Nimhans Rehabilitation Centre for the purpose of crafting organic Holi colours and Rangoli powder. This meaningful initiative doesn't involve monetary transactions but provides the gratification of creating employment opportunities for individuals facing mental challenges.

D325

IWC Giridih motivated students of a government school to fill plastic bottles with plastic waste to make Eco Bricks. They then used those bricks to construct a bench in the school premises under the shade of a tree.

IWC Patliputra has created a park in the premises of a college, planting variety of plants. They have used the walls to give messages of awareness too.

D324

IWC Dimapur successfully executed a drive to collect used plastic bottles and have sent it for recycling

IWC Pinecity Shillong launched a drive to collect Ewaste to be safely reused and cleared with the collaboration of Hulladek.

D329

IWC of Club Minto Park Majestic Mango seeds were planted for increase of Oxygen level in environment and to make surroundings greener and Spider Plants as it's known to purify the environment.

IWC Calcutta North East installed three eco friendly benches and one waste bin for public use made from 100% recycled waste plastic bottles and caps. Thus was saved 150kg of plastic waste going to landfill and oceans by recycling. This small initiative saved the environmental pollution a little bit.



Calcutta North East D329

D324 Dimapur

D324 IWC Pine City Shillong



Patliputra

IWC Giridih



Minto Park Majestic D329



D319 2

D319 1

NORTHERN PART OF CYPRUS D222

IWC KYBELE's new project this year, through which they aim to create awareness about the most current and crucial issue both in Cyprus and in the world, which is AGRICULTURE AND ITS DEVELOPMENT. They implemented a new project titled "INTRODUCING CHILDREN TO SOIL: SOIL IS LIFE." The club president and the executive members provided children with various seeds and tools. The children planted the seeds with their own hands and enjoyed the experience very much.



The club members and the children

PHILIPPINES

Empowering Tomorrow, Sustaining Today: The Project Green Way!"

The dedicated ladies of IWC-Yllana Bay orchestrated the impactful "Project Green." This initiative unfolded across Baybay, Poloyagan, and Pagadian City, aligning with both International and National Inner Wheel Club mandates. Driven by the vision to safeguard the community and environment, Project Green took root through the efforts of IWC Yllana Bay's Officers and Ladies. Zenaida M. Obaob, Immediate Past President; Evelyn Salinding, Past President; Genevieve S. Ramas, Secretary; Maristella Galeon, Treasurer; Rutchin Labrador, Immediate Past Secretary; and Glennelie E. Marcos, Social Media Manager, graced the event. As we join hands under the banner of Project Green, IWC-Yllana Bay forges a path toward a greener and more sustainable future, fostering a legacy of care for generations to come.



- Officers and Ladies of IWC Yllana Bay Join Forces for PROJECT GREEN, Promoting a Sustainable Future for Our Environment and Community
- IWC Yllana Bay Ladies transforming communities and the environment through project green.

UNITED FOR NATURE

Alaminos City became the center of an eco-revitalization mission led by the Inner Wheel Club of Downtown Dagupan, D379, supported by local government units and NGOs. The serene landscapes of Hundred Islands and Bued were revitalized through meticulous beach and coastal clean-ups and proactive mangrove planting initiatives. The beaches of Hundred Islands were cleansed of pollutants, primarily plastics, symbolizing a commitment to environmental preservation and marine conservation. At the same time, new mangrove saplings breathed life into the coasts boosting the area's ecological resilience and diversity.

Beyond conservation actions, this mission was a conduit for environmental education, fostering a sense of environmental respect and responsibility among participants and emphasizing the importance of maintaining the health of coastal ecosystems.



SRI LANKA

COLOMBO

Championing the Environment To Save The Planet.

The Inner Wheel Club of Colombo, District 322 conducted an Environmental Education and Conservation project for two schools in the Hambantota District located on the perimeter of the Lunugamvehera National Park in Sri Lanka. Two hundred plus children from the Junior and Secondary sections of two schools benefitted from this program which was conducted in collaboration with the Youth Wing of the Wildlife and Nature Protection Society of Sri Lanka. The children were interactively taught about the effects of the environment and climate change and the human elephant conflict which is a real threat in these areas. "Wild Elephant In My Garden" is a real scenario these children deal with in their everyday life! We conducted a tree planting program with the enthusiastic children and planted native trees on the perimeters of each school which are suitable for the fauna and flora of the region. Lovely school stationary gift packs and school supplies were distributed to the children together with a goodie bag of milk, biscuits and chocolates to sustain them after their morning activities. They also received a



Inner Wheel Club members and children planting a tree

collection of books for the school library on indigenous species including amphibians and reptiles, and how to save the planet, and help protect the environment. We donated sprinklers to the school to help them water the plants during the dry season and taught them the basics of nurturing and watering to help a plant grow and add value to the environment. The finale of the morning session was the arrival of an ice cream truck and distribution of ice cream cones amidst gleeful cheers of excitement from the children and all present.



President Durriyah and children planting a tree



Gleeful children with the ice cream truck



Native trees donated for planting at the school.

WEST COLOMBO

Inner Wheel club of Colombo and IWC Combo West Installed a water purifier at Kapugollawa Maha Vidyalaya in Horowpathana – Anuradhapura to provide clean drinking water to children and teachers in the school. Many children and adults are suffering from kidney diseases in this area due to high content of cadmium and arsenic in the water. The purification unit was handed over to the school which has 382 children on the 15th of September by six of our members who visited the school.



Water project



Mental Wellness Brightens Lives

There are increasing reports of mental illnesses, stress, trauma, victimisation, and displacement which have resulted in suicides, shootings and stabbings, violence such as domestic abuse and homelessness. It is a darkness in lives, filled with negativity and destruction.

October 10th was Mental Health Day which had the theme Mental Health is a universal Human right. It is a wake up call for people to realise that mental health is as important as physical health and requires attention and treatment when required.



BANGLADESH

DILKUSH D345 - A person who is mentally healthy has the power to face all kinds of challenges in life. Physical illness is very much visible but not mental illness & and therefore it requires more attention. IWC of Dilkusha, Camelia & Old Town D345 jointly organized International Mental Health Day talk at St. Francis Xavier's Girls High School & College. The speaker was Fatema Parveen, Program Director of Innovation for wellbeing Foundation. District Chairman Sharmeen Rahman was also present there. Let us never underestimate the importance of good mental health



GB&I

President Anthea of the Association of Inner Wheel Clubs in Great Britain and Ireland chose BEAT as her charity for the year. To raise awareness the charity organised a "Big Jump" "Skydiving" in September, to highlight the plight of so many people and raise funds to support the work they do.

Melanie, GB&I Association Administrator, Rhys, grandson of Anthea and Di, GB&I Association Editor decided to take the challenge and Shine a Light for the charity.

September 16th Melanie and Rhys jumped from 10000 feet at Beccles Airfield Suffolk with family and friends watching their descent. Both Melanie and Rhys found the experience exhilarating and great fun.

September 23rd Di jumped from 14000 feet at Langar Airfield Nottingham where family and members of District 22 joined her to Shine a Light on Inner Wheel and the work we undertake. Di found the experience challenging.

All three of us were delighted with the wonderful support and sponsorship received, Shining a Light on Inner Wheel and the brilliant work we achieve for the community.



GB&I Association Administrator Melanie



GB&I Association Administrator Melanie



Rhys & Mel - Skydive



Shining a light on Inner Wheel

INDIA

District Number:307

IWC KANGRA - IWC Kangra observed International Mental Health Day in Dharamshala College to spread the awareness about mental health through multiple activities, lecture, display boards, posters, slogan writing, skit and nukkad natak. A rally was also organised in Dharamshala

District Number - 306

On 10th October 23, on International World Mental Health Day, Dist. 306 had organised the first ever Pan-district mega public event in the form of De-addiction Walkathon- A Rally. All the Clubs were requested to organise this event on the same day. 22 clubs of Dist. 306 had participated, where in each Club organised a rally. In every place there were more than 300 participants teachers, students, NGOs, doctors, etc who walked along with Inner Wheel members, for the betterment of the society, to spread awareness and fight against addiction.



D306 Rally by Clubs



D306 Rally by Clubs

D307 awareness in College

NEPAL

Awareness program on Dementia and Alzheimer's disease!

Four IW clubs of District 350 Nepal organized a joint awareness program on Dementia and Alzheimer's disease on 30th September 2023 focusing on Mental health! The keynote speakers were Dr. Dhruva Man Shrestha, a senior psychiatrist, Ma'am Vijaya KC, the Chairperson of Alzheimer's Dementia Related Society, Nepal and Ma'am Pramila Bajracharya Thapa, the Founder Chairperson of Hope Hermitage, a care center for Alzheimer patients! It was a very informative and useful session for all 100 plus, participants!



Dementia awareness District 350 Nepal

PAKISTAN

District 341 Webinar on Mental Health Wellness

In light of this year's centennial project, District 341 organized a webinar on Mental Health Wellness on Zoom. District Chairman Ayesha Asad 341, IPDC Faiza Sgaheer, Honorable guest speakers Dr. Noor ul Zaman Rafiq and Dr. Shaista Jabeen, the District Executive Team 341, Dignitaries of District 341 PIIWBD Shad Masood PNR Naghmi Rauf, PNR Nazma Ajmal, PDNR Aliya Amir, PDC Nusrat Khalil, PDC Sadaat muner, PDC Aqeela Shamsi, PDC Yasmin Mushtaq, PDC 327 Zara Das, Dist. 327 ISO Rubina Rao, IWC Dist. 341 Club presidents, secretaries and members attended this session. It was indeed an excellent session regarding Child and Adult Mental Health behaviors. Dr. Noor ul Zaman thoroughly elaborated on all the mental and physical traits of mother & child. On the other hand Dr. Shaista Jabeen discussed mental health issues regarding Adults in detail.

The session on mental health awareness was truly exceptional. It provided a comprehensive understanding of various aspects of mental health, including the importance of self-care, mental health issues, and seeking help when needed. The presenters offered valuable insights, practical strategies, and real-life examples that made the content relatable and actionable.



D341 Poster

D341 Invitation

D341 Participants

D342

IWC Islamabad Cosmopolitan arranged a Session on Mental Health Awareness. Club members heard from Dr Nosheen Kazmi a consultant Psychiatrist and Head of Autism Services at Shifa international Hospital. She explained



D342

D342 2

the importance of relations and presence of positive people in life

IWC RAWALPINDI and IWC Rawalpindi GALAXY District 342 visited to PAKISTAN INSTITUTE OF MEDICAL HEALTH". Club members participated to provide awareness regarding mental health. This institute provides Adult and Child Psychiatry Psychotherapy Services and Transcranial Magnetic Stimulation. Mostly ladies wanted to know how to treat hyperactivity in children. It was a fruitful discussion regarding the anxieties of life. Dr Zubair gave those ladies very helpful suggestions.



D342 3

D342 4

D342 5

TURKEY

Dr. Rehber explaining Dementia at IW Club Ege Meeting

Next in program was D. Asli Rehber, Assoc. Prof. from Ege University, Department of Geriatrics. She gave a speech titled "What was I going to tell you?" regarding dementia. Her statements on mental health were followed with great interest by the attendants. After questions and explanations, the Club President thanked and gave a plaque to Dr. Asli Rehber for her endeavour.



Mental Health

We are the Light that help others see



The International Inner Wheel theme for 2023-2024 is "Shine A Light. This section showcases projects that are commemorating International days of the Elderly or Day of Charity , Day of Girl Child ,or doing something very different and useful for local community .

SHINE A LIGHT

FINLAND

On October 11, the International Day of the Girl, Inner Wheel members in various clubs in Finland got together and went outdoors, no matter what the weather was! The goal of the joint outdoor day of the entire Inner Wheel of Finland was to increase the feeling of togetherness, to remember that we belong to the same Inner Wheel family. In spite of the autumn weather, with wind and rain, we enjoyed walking together! After the walk coffee or meal was enjoyed either outside by the fire or in warm restaurant.



Warming By The Fire After A Cold Walk



Tuusula



Jarvenpaa



Joensuu



Nastola



Oulu



Riihimaki

GBI

IWC Darlington District 3 GB&I members would like to show these lovely pictures of the gowns members are making for the children to wear when they are on the way to theatre at Darlington Memorial Hospital, with the aim of making their ordeals less stressful, we are committed to making 100 gowns as part of the "Shining a Light" celebrations. These gowns are made of cotton so they will stand up to the hospital laundering and be returned to the children's ward, they cover the age group of 2 to 16 year olds. As an ongoing project we also provide small knitted beanie hats for the new born babies, two of them were worn by the new grandchildren of two of our members. Kudos to a very productive club.



IWC Darlington3 GB&I

NIGERIA



D914 giving food items to the needy



D913 on Day of Elderly



D911 International Day of Elderly



District 912 distributed clothes shoes household items to people





District 910 reached out to 20 widows in the community and donated bags of rice beans garri salt groundnut oil and maggi each with transporta



D916 distribution on Charity Day



D911 Assistance To Widows On Intl Charity Day



D914 speaking to girls International day of Girl Child



D913 Went To Motherless Babies Home And Donated Food Items, And Cash



Clubs in D916 led by their Chairman distributed food packs and other items to 100 homeless and beggers



Colombo West

Inner Wheel club of Colombo West , D322 Sri Lanka organized a tea party for 82 elders at Mallika Home in Colombo on the 13th October 2023. Members prepared the refreshments and organized a musician for music for the inmates to have an enjoyable time. All the residents and the staff were given a cash gift. Also, a TV was donated to the home.



Music Programme

TV handover

Members with Mallika home residents



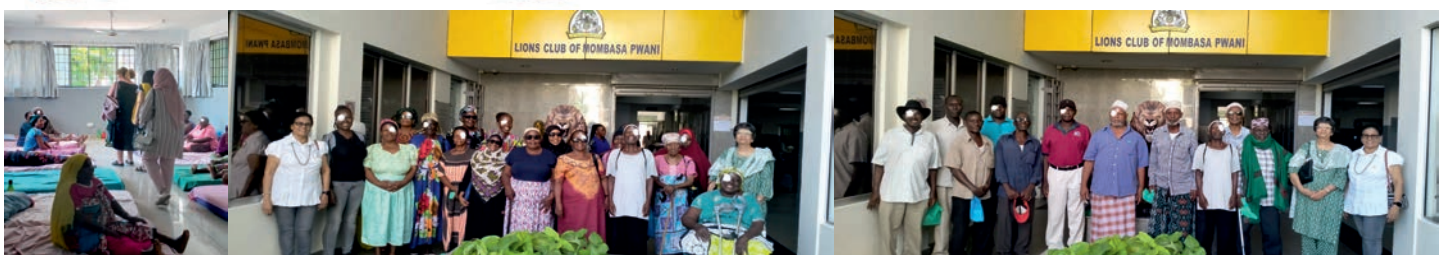
D909 WEST AFRICA

IWC Bamako Koulouba

While on visit to the district clubs, Governor Da Augustine Zoungrana visited Mali On this occasion the Bamako Koulouba club made a donation of essential food and mattresses for children in the nursery. This nursery welcomes around a hundred orphaned and/or abandoned children. The donation consisted of: 300kgs of rice, 50kgs of sugar, 40 liters of oil, 5 boxes of soap pieces, 1 large batch of detergent (bleach, liquid soap, Omo soap powder) Madar, 25kgs of edible paste, 10 cans of concentrated tomatoes, 24 boxes of Nursery 1st and 2nd age baby milk, 15kgs of mixwel milk, 1st and 2nd age diapers, 20 mattresses, 3 Ms cloth offered to each of the ten instructors as work clothing.



EYE CAMP The Inner Wheel Club of Mombasa had an EYE CAMP. 30 patients were operated and taken care of till their release 2 days later.



Visited the patients in the wards on Monday 18th Sept 23 with our donor.

Thirty patients were operated on 18th and released on 19th Sept 23

Patients who underwent surgery for cataracts.



The Margaret Golding Award ceremony - Marija Žišković IW club Čakovec District 191



CROATIA The Margaret Golding Awardee

Marija Žišković (81) from Inner Wheel club Čakovec is the first winner of The Margaret Golding Award the highest Inner Wheel award in the District 191.

Marija is one of the founders of the Inner Wheel club Čakovec and has been a member since 1997.

She is a teacher and in her spare time a great lover

of nature. She has been for many years initiator of humanitarian actions, and she contributed to each one with immense energy and contagious cheerfulness. She also transmitted that energy to young people. And now, as the retired woman tirelessly shares knowledge and kindness with her humanitarian work. She is educator in the mushroom growing society and in the association for the preservation of heritage, he teaches young people in crafting traditional handicrafts. The award was ceremonially presented to Marija by the president of District 191 Ruža Šmrček. Marija's cheerfulness, joy and tireless energy touched many members of IW at the ceremony of District 191.

Hers inspired and such a simple words of thanks about how we must help each other make a strong

impression on the memory of all the participants of the District Committee session.



CROATIA Members of IW klub Čakovec with Marija Žišković



Italy

Delivery of M.G.A. to Carmen Rosset Gallini

On Saturday, September 23, in Galzignano Terme, during the District 206 Italy I.W. Assembly, Past National Representative Donatella Nicolich presented Mrs. Carmen Rosset Gallini with the "Margaret Golding Award." The Inner Wheel Club of Pordenone proposed the award.

Carmen Rosset Gallini, co-founder, with her husband of the association 'Via di Natale' in December 1977, has been working at the forefront of cancer care for about 45 years. She is the director and heart of Aviano's 'Via di Natale' house.

As a close observer of people affected by cancer, she was aware that Friuli Venezia Giulia needed a specific structure to help



Past NR Donatella Nicolich pins the MGA brooch



Carmen Rosset Gallini

patients and their families. She realized that something extraordinary had to be done to draw the attention of the political and administrative world. She promoted a signatures collection to ask the Friuli Venezia Giulia region executive government to create a hospital to cure cancer.

Her efforts to raise awareness among politicians, administrators, and the local population finally bore fruit. What seemed like a dream and a utopia became a reality when the Oncology Reference Centre (C.R.O.) was inaugurated in 1984 in Aviano.

The construction and inauguration of the 12-bed Casa Via di Natale 1 occurred only a few months after the idea. The first patients were admitted in January 1989. 2,700 cancer patients' relatives have been accommodated there, free of charge, during seven years. The structure was small, so she immediately thought to build a bigger house. She never received any public contribution at any level, relying only on fundraising from the people of Friuli Venezia Giulia to keep the project going. Thus began the construction of "House 2", with 34 mini-apartments, to offer free hospitality to relatives and cancer patients undergoing treatment in the day hospital.

More than 50,000 people have been accommodated there free of charge for twenty years. Meanwhile, the problem of oncology patients in advanced stages of the disease arose. An additional floor, the hospice, was added to the house. It is a healthcare facility with a team of competent professionals caring for the patient and his family.

The "Sonia Project" was added in 2000, providing home care for terminally ill cancer patients



Carmen Rosset Gallini with members of the IWC Pordenone

who, due to their temporary condition, could stay with their families for longer or shorter periods. She founded the "Franco Gallini Palliative Care Study Centre" in memory of her beloved husband in 2008, to spread the philosophy of palliative care and pain-free living in this sad last phase of life. The hospice has been the site of several internships for many universities that have an agreement with the association since 1997. The outpatient palliative care and pain therapy service has been active since 2016. The collaboration with the C.R.O. of Aviano on the hospitality offered to patients' relatives and patients in the day clinic on the scholarships awarded to young researchers to encourage them to continue on the difficult path of research has been continuous all these years. Carmen Gallini is working hard every day to ensure that the institution continues to have a future with the help and generosity of many people, and with the support of her granddaughter, who is preparing herself to collect and take care of her grandmother's legacy.

Delivery of MGA to Marina Bettoni Garcea, IWC club Bergamo, D204 Italy

On October 11, the Club of Bergamo (D204 - Italy) celebrated the presentation of the Margarett Golding Award to Marina Bettoni Garcea, a club member. Past National Representative Donatella Nicolich presented the MGA in the presence of D204 Chairman Nika Marinello, Immediate Past Chairman Patrizia Gentile, some members of the District Executive Committee, and numerous Members.

In her speech, Past RN Donatella Nicolich recalled that the MGA is awarded to persons who have long been protagonists of important initiatives or charitable organizations to which they have dedicated a significant commitment regularly. Such initiatives or organizations must not be connected with Inner Wheel membership or the fundraising activities of Inner Wheel and Rotary.

Marina Bettoni Garcea has been suffering since adolescence from Charcot-Marie-Tooth syndrome. CMT is a rare but severe disorder that causes damage to the peripheral nerves, the nerves that transmit information and signals from the brain and spinal cord to and from the rest of the body, as well as sensory information, such as touch, back to the spinal cord and brain. CMT also can directly affect the nerves that control the muscles. Due to its rarity, official medical research does not support this syndrome. Therefore, Marina founded the 'Amiche per la vita' (Friends for Life) Association in 2008, raising funds for research by making and offering artifacts (necklaces, bracelets, bags, etc.). At the base of all the artifacts is the button, the symbol of the Association: people suffering from CMT progressively lose the use of their hands, hence the possibility of dressing themselves independently using this ubiquitous tool.

Graduated in Pharmacy, Marina is also an ACMT (CMT Italian Association) executive member part of a European network of neuromuscular patients. The Association is a partner of a network of medical organizations that deal with neurological diseases.

Marina, is an authentic 'steel butterfly' for her grace, enthusiasm, and courage, congratulations and a big hug from all the Authorities and Friends present.



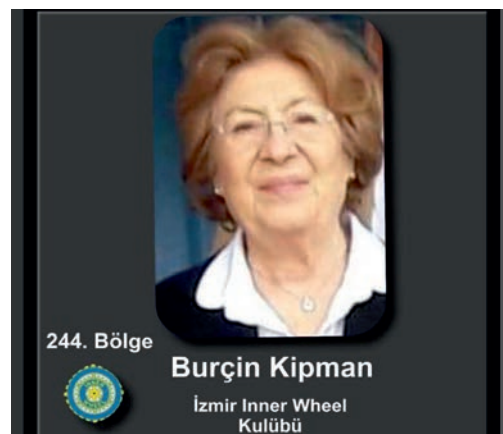
Marina Bettoni Garcea

Past N.R. Donatella Nicolich presents the MGA certificate to Marina



TURKEY

Burçin Kipman who passed away on September 12, 2023, was awarded Margaret Golding Award, a very respectable, diligent, active member of IW Club İzmir and many other voluntary organizations. This special award was presented to the president of IW Club İzmir, Dr. Sezgin Öztekin on behalf of the Club.



FLOOD REHABILITATION PROJECTS IN PAKISTAN WITH AID FROM IIW

FLOOD REHABILITATION PROJECTS IN PAKISTAN WITH AID FROM IIW

First Part of the IIW North Project.

21 Oct 2023 was the opening ceremony of the submersible solar water project at Village Garra Shada District Tank.

The villagers used to drink mud water from the lake. This project will change the fate of this village which has 3000 people and the neighbouring villages which has more than 4000 people. So total of 7000 or more people of neighbouring area as well will benefit. The water test shows the water is safe to drink. No more gastroenteritis, typhoid or hepatitis for them. The cost of construction of whole project was 2.5 million PKR.

The National Representative Salma and all members of Pakistan humbly thank all the International Clubs who donated for this project. The gesture of International Inner Wheel in transferring thses much needed funds is greatly appreciated. The whole village was in jubilation and were thankful to the IIW.

Second Part of the IIW North Project.

This is the second part of International Inner wheel donation for the North Pakistan. The money for this project was spent on hand pumps. From the International Inner Wheel 1.15 million PKR is paid. The rest of the amount 65000 PKR is paid by NR Dr. Salma Aslam Kundi. To finalize the project completion, the NR went to D.I.K to examine the hand pumps. She embarked on the inspection on the 19 Oct 2023 and started examining the pumps as soon as she got off the CPEC motorway. 27 hand pumps were inspected that day. The rest of the pumps were inspected on 20 Oct 2023. All the 40 handpumps installed around Dera Ismail Khan and Pharpur Districts were personally checked and examined by NR Dr Salma .The NGO SERVE has done a wonderful job in executing the project on the ground .

Each handpump was catering to around 200 to 250 people. So total of 8 to 10 thousand people will benefit. It has improved the quality of their lives and also improved the sanitation.

The people were all sending thanks and good wishes to International Inner Wheel.



INNER WHEEL BRANDING THROUGH SOCIAL MEDIA

Today the old adage 'pen is mightier than the sword' has a wider context. Communication, sharing of information is of utmost importance, no one denies that. Within the Club letters, reports, minutes, bulletins, this channel of communication is well established. But what about the arena outside our clubs, What about our town, country the world? Do they know Inner Wheel enough? How will they know about Inner Wheel? What is your Answer?

Website? Social Media? Bulletins? But wait! Have you seen all that yourself?

Test yourself! Have you ever gone to the following links?

WEBSITE

<https://www.internationalinnerwheel.org/>

FACEBOOK

<https://www.facebook.com/InternationalInnerWheel?mibextid=ZbWKwL>

INSTAGRAM

https://instagram.com/international_inner_wheel?igshid=MzRlODBiNWFiZA==

YOUTUBE

<https://youtube.com/@InternationalInnerWheel?si=tWVXLsdoLfYbQDt>

TWITTER /X

Inner Wheel Int (@InnerWheelInt)

<https://x.com/InnerWheelInt?s=03>



Has your club recorded a message to give BESTWISHES FOR THE CENTENARY YEAR in the language of your region? It should be 5-6 secs long, a group video taken in landscape mode. Write your club name, Dist. Country and language on the video. It should reach IIW Editor through your NR, DC or Board Director in November.

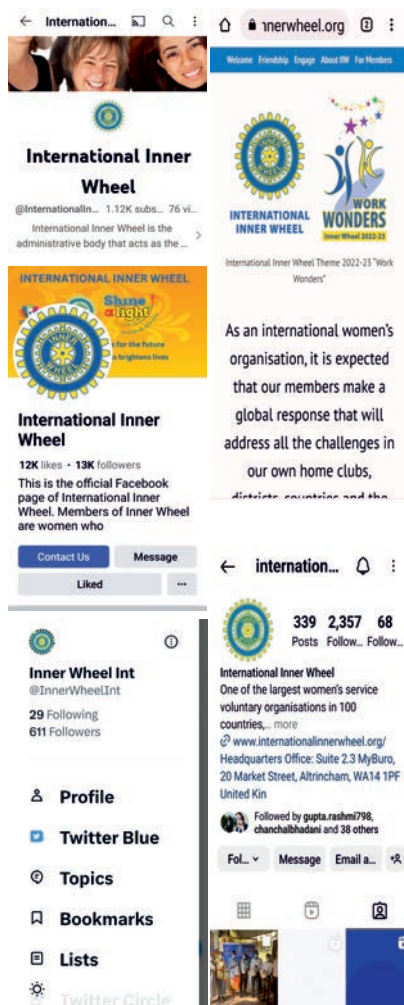
Longer videos will be made from several of these and posted weekly on IIW YouTube page from November 4th week onwards. Hope to get your club's!

On any of the social media platforms if you search for International Inner Wheel you will get the option and in the website too of course. The website also has the live update of every social media page

Social media differs from television and traditional print media like newspapers, as it allows for two way communication between sender and receiver, and between multiple senders and receivers. It is a dialogue. Also, social media is typically free and therefore accessible to anyone who has access to the internet.

You don't need a corporation or a marketing company to brand you now: you can do it yourself. You can establish who you are with a social media following. [Ray Allen](#)

Come on fellow members let us do this together, establish who we are through social media!



EDITORIAL

Dear fellow members,

Thank you, dear members, for sharing the wonderful awe-inspiring work you do every day in different parts of the world. Its my privilege to put it together for all to read and learn so much about other countries. This too surely fosters International Understanding!

President Trish is having an adventurous tour of several countries. Some of them are featured in this edition. The photos show such varied activity. The smiling faces of members will make us smile too! The joy that Inner Wheel membership gives us is indescribable.

October, Breast Cancer Awareness month has shown we can share our stories well It is our duty to make their stories heard. Your posters, videos, work on the ground has made it a success. This We Shine has your articles!

I'm sure you are planning and gearing up to celebrate 100th Inner Wheel Day in some special way of Friendship and Service. That will feature in soe We Shine in the future. Before that there are other opportunities for us to vibe and some of it you may see in other parts of this page.

Keep sending your articles to share on social media and We shine.

Every Member is an Ambassador of Inner Wheel.

Shine a light on all you do!

Enjoy Inner Wheel

Prabha Raghunandan

Shine a light on all you do!

