



Light News

From the IWA Executive - November 2023

From President Susan...

Wow! What a month October was!

The highlight, of course, was the 55th IWA Conference held in Cowes. For me it was a very busy but enjoyable week filled with some family time and some sightseeing, the Executive, Council and business meetings and of course all the Conference events with the wonderfully inspiring guest speakers and engaging entertainers, with constant fun and laughter tying everything together.

Quite some time ago, during a meeting with the Conference committee, I was asked what I wanted for the Conference and my response was something along the lines of, 'I just want people to feel comfortable and relaxed and enjoy themselves'.

So many people contributed enormous amounts of time and effort to ensure everything ran smoothly and the end result truly was a comfortable, relaxed and most enjoyable Conference - a Conference to remember. If you attended, I hope you came away inspired; inspired to share with others what you loved about the Conference, inspired to shine a light on Inner Wheel, and inspired to help make Inner Wheel in Australia the best it can be.

My thanks again to the Conference Committee and all the members, husbands, partners and friends who each had a hand in making it all happen.

Now my focus is switching to my Official Visits happening this month - first to A77, then A76 and A50, followed by A54 and A53 at the beginning of December. Keep an eye on the IWA Facebook page, where I will be sharing my Inner Wheel adventures.

I will see some of you very soon!

Keep smiling! 😊



What a team!

From Vice President Julie...

Having travelled from one end of our wonderful country and back again, I am always amazed at the diversity and beauty of our landscape and people. The pure delight to see so many happy, smiling faces in Cowes, the growing excitement of our next conference in Bathurst and from the members of Corowa District, has shown me members are committed to our national conferences.

Over the next couple of months, we will be sending out information on upcoming events. For those members going to Manchester a shirt is currently being sourced and the private Facebook group - Aussies going to Manchester 2024 - has been created.

Please message IWA to let us know if you are going and if you are on Facebook, please join the group.

Important dates for next year to put on your calendar:

IWA Changeover 14-16th June 2024
Lake Tinaroo Resort
on the beautiful Atherton Tablelands

REV UP FOR BATHURST -
16-20th October 2024
SO START YOUR ENGINES & GET
READY FOR 2024



Spotlight on...
how to



I have just started reading a booklet by KC Baker, entitled "Speak Up". The following is a paraphrase of part of the introduction.

Do you know what happens when you speak authentically and enthusiastically about something? People want what you've got! How many times have you been to see a movie, or tried a new restaurant, or travelled somewhere you've never thought about going before, based on what people have told you about their own good experiences? Speak positively about something enough and word will spread, ideas will take hold, and we will become a magnetic force for others wanting the same thing. Positive word of mouth is a powerful tool to help build and encourage, and we want to harness that power.

Talking about and sharing Inner Wheel should be no different from talking about that movie or restaurant or the new boutique where you bought a great dress (with pockets!) Be generous in your praise for Inner Wheel and all we do, speak about our National Project, promote your friendships, activities, achievements and community involvement and help build our magnetic force.

from Secretary Melissa... Versace...

Meow 🐾 - I am taking over your secretary's column this month - I am Versace (my human calls me 'Sachi' for short). For those of you who attended the Phillip Is Conference, you heard all about my close encounter with the 'flame of friendship' during the Executive meeting in August. Here's a recap for those that missed out! Well, I am a friendly kitty and I especially like to lay on papers, there were many to choose from on the table whilst your Exec team were hard at work - as I was making myself comfortable my tail flicked into the flame of friendship & all of a sudden my tail hair was on fire! Thanks to my human's quick reaction - I am pleased to report only my fur was singed & no harm was done - though the smell of my burning fur was far from pleasant! I hear on the grapevine there was much hilarity at the Conference, especially from President Susan - I might just have to give her a friendly nip when she returns in February! 😊

I was pleased to have my human return from the Conference, happy though exhausted. Anyway she wanted me to say a HUGE THANK YOU to the penguins, (I hear there were ducks involved too - sounds very tasty!) and big thanks to everyone for making it a Conference filled with fun, friendship & inspiration.

One reminder:

that any Proposal to change By-Laws, District and Club Rules close with the IWA Secretary by first Friday in February - 2 February 2024.

Well that's it from me - you will be hearing from my human on the emails - remember - keep your tail away from the candle flame! Oh and HAVE FUN 😊



From IPP Lynne...

Weird Fun Facts

1. Australia is wider than the moon.

The moon sits at 3,400 kilometres (2,113 miles) in diameter, while Australia's diameter from east to west is almost 4,000 km (2,485 miles).

2. Scotland chose the unicorn as its national animal.

In Celtic mythology, the fictional creature is connected with both chivalry and dominance as well as purity and innocence.

3. The Eiffel Tower gets taller in the summer.

When the iron heats up, the tower can be up to 15 centimetres (6 inches) taller due to thermal expansion.

4. Only four words in the English language end in "dous."

Horrendous, tremendous, hazardous, and stupendous.

5. Human teeth are the only part of the body that can't heal themselves.

Teeth are not made of live tissue and are coated in enamel, which can't spontaneously regenerate.

6. Switzerland prohibits the ownership of just one guinea pig.

Since guinea pigs are such social creatures, one guinea pig would get lonely so having just one is considered animal abuse in Switzerland.

7. Tigers have striped skin.

It's not just striped fur!

8. A shrimp's heart is in its head.

If that wasn't interesting enough, due to the nature of their open circulatory system, shrimp have no arteries, so their organs just float around in blood!

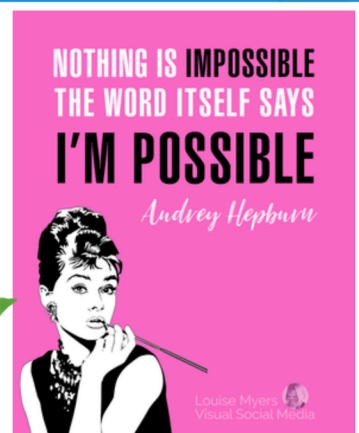
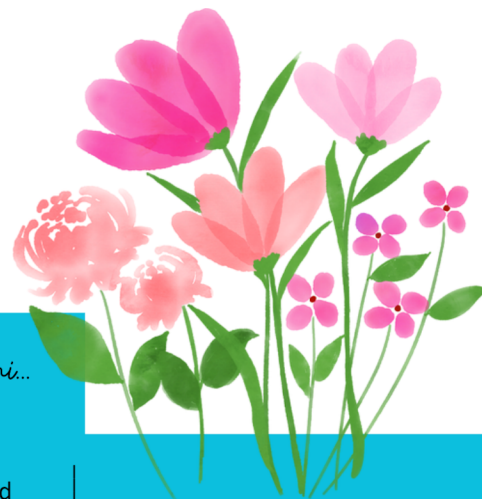
9. Nutmeg is a hallucinogen.

Because it contains myristicin, a natural compound that has mind-altering effects, you can experience hallucinations if you ingest large quantities. Yikes!

10. The real name for a hashtag is an octothorpe.

While we know that "Octo" refers to the symbol's eight points, even Merriam-Webster is unsure about the "Thorpe" part.

Hope you're up and running a marathon in no time, Lynne!



Recipes from your Queensland Treasurer Jenni...

Here's a good recipe that spells Queensland - well not really.

We call it "Joy's Balls"

1x250 gm ginger nut biscuits - crushed with rolling pin or in food processor

125gm roasted macadamias - the Qld nut, roughly chopped

3/4 cup sweetened condensed milk

1 1/2 cup desiccated/shredded coconut

Mix crushed biscuits, nuts, condensed milk and approx half coconut, roll into balls using dessert or tablespoon to measure. Add extra coconut if too sticky, although they will firm up. Roll in leftover coconut and refrigerate until firm. You may need to 'taste test' to make sure they are firm! Enjoy!

Need a quick dessert? Try this Fruit Salad Pie

1 large can fruit salad (remove some of the juice - 1/4 cup maybe)

1 Tblspn custard powder

1 egg - lightly beaten

Put all ingredients in a medium saucepan over moderate heat and stir until boiling. Remove from heat and allow to cool. Put in pastry flan or a German sponge flan base. Top with whipped cream if you like. Works well as the 'custard' in a trifle too.

Big Thank You to all who sent get well wishes - at least another 4 weeks in my sling. Then the fun physio sessions will begin!!!

With one arm in a sling, does that mean Jenni is our own version of a 'one arm bandit'? Hope you're back doing somersaults in no time!