



# Light News

From the IWA Executive - December 2023

From President Susan...

Airports, railway stations, road trips, meetings, dinners, lunches, more dinners and lunches, Mrs Bright looking for the first Inner Wheel meeting, drinks & nibbles, Christmas shopping, trading tables, six white boomers, horse racing, a fascinator, birthday cake, raffles, sightseeing, Nutbush, the Hokey Pokey, a conga line, fancy dress, photographs, morning teas, Christmas brooches and more photographs...all things associated with my Official Visits so far, which have taken me to A77 - Brisbane, Maryborough, Toowoomba; A76 - Cairns, Atherton, Yungaburra, Lake Tinaroo; A50 - Dubbo, Orange, Bathurst; A54 - Griffith, Yenda, and A53 - Sydney, with stops at various towns along the way where I have done my bit to boost the local economy.

It has been absolutely wonderful to meet so many members, see so much of our beautiful country, and experience the different personalities of each of the Districts. The efforts made by those members who went to so much trouble to make me feel welcome has been humbling and I am looking forward to the rest of my visits in 2024.

I have been posting my travel diary on the IWA Facebook page but I thought I would include a memento from each District here.



As Christmas is fast approaching we are sharing with you some of our favourite recipes and traditions.

I usually put up our first Christmas tree on 16 September, which marks 100 days until Christmas. I love the glow of the Christmas lights at night and by the time all 15 trees are up, there is a lot of glow! Just when I thought there was no room for another tree, last year I was given my Grandmother's tree, which she purchased in the mid-60s and which carries lots of childhood Christmas memories for me. Our most sentimental tree, however, is our 'family tree' on which we hang our children's handmade ornaments from preschool and primary school, holiday souvenirs, our new ornament for the year and special ornaments in memory of someone precious. It's a tree that tells a story. The angel doesn't go on top of that tree until all our children are here to put her on together, and sometimes she has to wait until Christmas Eve before assuming her position! This year will be a special Christmas as we will experience for the first time the joy of sharing Christmas with a grandchild - our granddaughter, Daisy.

*From my family to yours, sending our best wishes for a merry and joyful Christmas and much happiness and good health in 2024.*

Keep smiling! Susan ☺

## Gingerbread Rocky Road

1/2 cup shredded coconut, toasted in 180° oven for approx 3 minutes  
 3/4 cup natural almonds, roasted in 180° oven for 5 minutes, cooled slightly then coarsely chopped  
 2 x 290gram packets of dark or milk choc melts  
 200gr packet Pfeffernusse, coarsely chopped  
 250gr marshmallows



1. Grease an 18x28cm slice pan. Line base & sides with baking paper, extending paper 3cm above pan edges
2. place chocolate in a large heatproof bowl and sit bowl over a saucepan of simmering water. Stir until melted and smooth. Remove bowl from top of pan and cool for 10 minutes. NB: do not get water into chocolate, or use a wooden spoon to stir
3. Stir biscuits, marshmallows, coconut and almonds into melted chocolate. Spoon into prepared pan and spread evenly. I top mine with the Christmas sprinkles (candy canes, gingerbread men, holly leaves etc) found in Coles and Aldi.

Refrigerate for 4 hours or until firm. Cut into 18 pieces. Can be made up to a week ahead. ~~Hide~~ store in an airtight container in the fridge.

### Berry Punch

Makes 4 litres

125gr blueberries	1 cup vodka
125gr raspberries	1 lime
250gr strawberries, hulled and sliced	1.25 litres lemonade, chilled
1.5 litres raspberry & cranberry juice, chilled	ice cubes, to serve

Place all berries in a large bowl. Add juice and vodka. Cover and refrigerate for 1 hour to allow flavours to develop. Thinly slice lime then cut slices into small wedges and stir through punch. Add lemonade and ice. Serve.

If there is any punch left over, I freeze it in a ring tin and add it to a punch for New Year's Eve



From Vice President Julie...

Christmas is my favourite time of the year. It's made more special when all the family is together. This year is one of those special years with our daughter Kerri, Glen (hubby), Aiden & Will (grandsons) are coming up from Brisbane and joining with our son Nick, Christy (wife), Billy & Ruby (grandies) from Cairns. We've been out getting lights and doing online shopping. I had to make a list of expected parcels.

When asked for a Christmas recipe, my first one is always to make my Mum's plum pudding. I go back to a child of 4, remembering these puddings where threepences and sixpences were added. I still have Mum's collection and her steamer as I became the maker of the plum puddings in Mum's later years.



Photo of a well-used steamer!

#### MUM'S RECIPE FOR PLUM PUDDING

2 Cups Self Raising Flour  
2 Cups Mixed Fruit  
1¼ cups sugar  
2 teaspoons mixed spice  
pinch salt

Mix these together.

Put 1¼ cup milk plus ¼ cup rum on to boil with 2 tblsp butter.

Then put 2 teaspoon soda into mixing bowl, pour the boiling milk and butter into it: put in the dry ingredient as quickly as possible. Prepare steamer – buttered basin. Stir well and steam in buttered basin for 2½ - 3 hours. Put plastic wrap over basin then brown paper and tie with string before putting lid on.



Merry Christmas to all members and families. May 2024 be filled with love, good health and laughter.

Julie

From IPP Lynne...

Greetings all from not so sunny Victoria.

I thought I'd give you a brief rundown of information from a recent Zoom meeting with the IIW Board Directors and IIW Vice President Mamta Gupta. We were from many countries, including the Middle East which showed how we can work together for peace. Much is being done within the Israel and Egypt Inner Wheel clubs as they do all they can to alleviate the distressing situation playing out at this time.

We really are women doing incredible work and should be proud of every aspect of our organisation.

Membership Worldwide at the moment is approximately 3,200 Clubs and 92,960 paid memberships as of July 2023; 53 new clubs and 982 new members.

VP Mamta told of the history of becoming involved with the United Nations in 1972.

We now have 7 appointed officers involved with the UN.

The time zones made it interesting as we discussed where we were from and what the season was, all the way from the Scandinavian countries to the tropics.

New Zealand had the latest time zone, and we were next.

Wishing you all a wonderful and peaceful Christmas  
and a happy New Year.

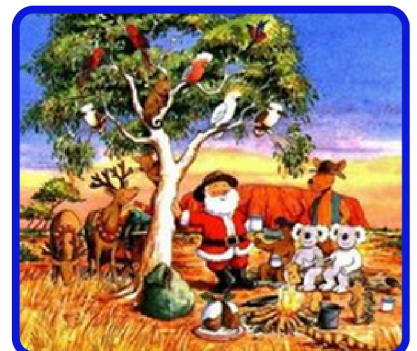
Lynne

"You can tell a lot about person by how they handle  
these three things:

A rainy day,

Lost luggage


And tangled Christmas lights"



Happy Christmas



from Secretary Melissa...

Well the 'silly season' will soon be upon us, so I thought I would share my family's version of a Christmas cake plus a cocktail I will be trying over the Holiday Season. I have gone back to my childhood with this recipe from my mother who was born in Belgium - no Christmas fruit cake for us - a delicious coffee inspired cake (with a little extra, if desired)! 

### Yule Log

5 large eggs, separated  
1/2 cup cake flour  
1/4 cup cocoa  
1/4 teaspoon salt  
1 cup sugar, divided  
1/2 teaspoon cream of tartar  
Grand Marnier for sprinkling (optional)

#### FILLING:

1-1/2 teaspoons instant coffee granules  
1 cup heavy whipping cream  
1/2 cup icing sugar

#### FROSTING:

3/4 cup dark or bittersweet chocolate chips  
1.5 tbsp softened unsalted butter  
1 tsp instant coffee granules  
2/3 cup heavy cream  
1/2 tbsp Kahlua (optional)  
1/2 tsp vanilla extract

#### Directions

1. Place egg whites in a small bowl; let stand at room temperature 30 minutes.
2. Meanwhile, preheat oven to 350°. Line bottom of a greased 15x10x1-in. pan with parchment; grease parchment. Sift flour, cocoa and salt together twice. In a large bowl, beat egg yolks until slightly thickened. Gradually add 1/2 cup sugar, beating on high speed until thick and lemon-colored. Fold in flour mixture.
3. Add cream of tartar to egg whites; with clean beaters, beat on medium until soft peaks form. Gradually add remaining sugar, 1 tablespoon at a time, beating on high after each addition until sugar is dissolved. Continue beating until soft glossy peaks form. Fold a 1/4 of the whites into batter, then fold in remaining whites. Transfer to prepared pan, spreading evenly.
4. Bake until top springs back when lightly touched, 12-15 minutes (do not overbake). Cool 5 minutes (I like to sprinkle cake with Grand Marnier whilst it's cooling, however this is optional). Invert onto a tea towel dusted lightly with cocoa. Gently peel off parchment. Roll up cake in the towel jelly-roll style, starting with a short side. Cool Completely on a wire rack.
5. For filling, in a bowl, dissolve coffee granules in cream; beat until it begins to thicken. Add sugar; beat until stiff peaks form. Unroll cake; spread filling over cake to within 2cm of edges. Roll up again, without towel; trim ends. Transfer to a platter, seam side down. Refrigerate, covered, until cold.
6. Create the frosting by adding the chocolate chips, coffee granules, kahlua, unsalted butter, and vanilla extract to a medium bowl. Heat the heavy cream over medium-low heat until it's hot but not boiling (the edges should begin to simmer and steam should rise from the cream). Pour this hot cream over the chocolate and contents in the bowl, then use a spoon to stir the mixture together until it's completely smooth. Cover the bowl with a sheet of plastic wrap and refrigerate for 30 minutes - no longer - spread over log and use a fork to create tree marks (I sometimes cheat & add a flake over the frosted log to add tree texture), then decorate with a Christmas decoration of your choosing, slice & enjoy!



Good friends are like snowflakes  
sent from above,  
a magical treasure to cherish and love



*And I can not wait to try out this cocktail, perfect for a hot summer's day!*

#### Gin Star Martini

125ml (1/2 cup) gin (at least)!

750ml (3 cups) Fever Tree Elderflower Tonic Water, chilled (see note)  
3 passionfruit

Spoon the passionfruit pulp among six champagne flutes. Add 1 tbsp gin to each glass. Divide tonic water among glasses

Note: If you can't find elderflower tonic water, add 1 tsp elderflower cordial to 750ml (3 cups) regular tonic water.

A BIG BIG thank you to you all, everyone I have crossed paths with this year - you all are amazing!

Stay safe and well, and a Christmas wish from Versace cat 🐱 and me for you all below



Spotlight on...

IWC Sunshine Coast

**Congratulations to IWC Sunshine Coast, which was recently nominated as one of the contenders for "Women's Group of the Year" for the Caloundra Community Awards Program.**



Members Ann, Cheryl, Joy, Vicki, Betty, Jan and Leeanne enjoyed attending the Caloundra Community Awards Ceremony.

Member Leeanne Ballinger wrote: Whilst we didn't win the top award we were very thrilled and excited to learn that we were nominated by the local community. As such some of our members attended the award ceremony at the Caloundra Airport on Saturday 25th November.

There we all are in front two rows - celebrating our nomination in The Caloundra Community Awards Program.



From Treasurer Jenni...



Growing up in South Australia, Christmas meant making rum balls with Grandma, and I can still remember how itchy the weetbix made my hands feel! On Christmas Day six of us packed into the Holden two toned station wagon (two shades of green, probably an FC) and drove what seemed like "forever" to Port Vincent for lunch with Dad's sister and her family. We had to leave after the cows were milked and get back before they were due to be milked again. We sang so many verses of A Frog Went Walking on a Summer's Day and There's a Hole in the Bucket on the way over that I think Dad developed selective hearing deafness! My sister Rose and I would often sleep in the back-back on the journey home.

Sometimes we would have Christmas lunch at our home, sometimes at Dad's other sister's home. But a couple of memorable foods were always present - cucumber, tomato and onion in vinegar and jellied beetroot. I have Grandma's cookbook somewhere, and my cousin has her Mum's cookbook - somewhere. As best we can remember this is how to do the jellied beetroot.

#### Jellied Beetroot

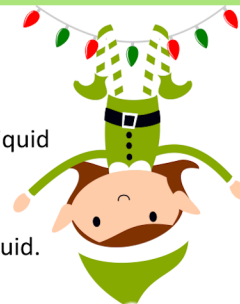
##### Ingredients:

425gm tin sliced beetroot, drained, reserve liquid  
OR 3 medium sized beetroots,  
Pkt Port Wine Jelly OR 3 teaspoons gelatine,  
125mls boiling water plus 350ml reserved liquid.  
Vinegar if using home cooked beetroot.

##### Method:

1. Place beetroot in a pot, cover with water and cook; remove, cool, peel and slice; retain liquid. OR open tin of sliced beetroot; drain and retain liquid.
2. Pour hot water into container, add gelatine or jelly powder, stir until dissolved. If using mould or weather is hot, add extra teaspoon of gelatine. If using home-cooked beetroot add vinegar to taste to 350ml cold liquid. Add cold liquid to make mixture up to 500mls.
3. Place beetroot slices in mould or other container, pour liquid over; remove bubbles. Refrigerate until set.

Let me know if we remembered correctly!!



*A little more sparkle, a little less stress, may that be your motto this Christmas!*

Best wishes, Jenni



Looking ahead to next year...are you planning to attend the IWA Changeover in June, or the IWA Conference in Bathurst in October? Remember to check the Boxing Day sales for discounted airfares!

