



FROM PRESIDENT JULIE

Wow! What an inspiration to us all! Australia's athletes have shown us the importance of having a goal and working to achieve that goal. The young athletes will be able to go back to their communities and be able to inspire them into aiming high. Congratulations to all the athletes, their support staff and family and friends.

We are Revving Up with confirmation that our IIW President Mamta Gupta will be attending the Bathurst Conference. Come along and meet this wonderful lady. Get to know her and be inspired!

Wendy, our fabulous Merchandise Officer, has exciting new items to purchase. Eluned and her wonderful coordinators would love to chat with you. Share ideas!

Conferences give you the opportunity to gain information on what's happening with Inner Wheel, to catch up with friends and to make new friends.

A huge congratulations to all members for raising funds for our National Project - Cord Blood Research. Meet the recipients who have been awarded grants at the Gala Night at the conference.

See you in Bathurst 16 - 19th October!

Julie B



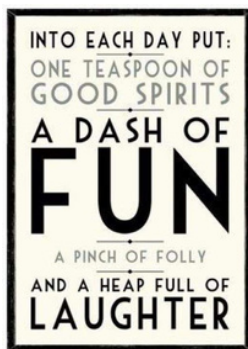
FROM VP CLARE

Although I am still on an extended holiday overseas, my attention is firmly on the new Inner Wheel year. As we ease into our first meetings for the year, we learn more about our new committees, charities and events.

Congratulations to anyone taking on a position on committee for the first time. I hope it is a rewarding and enjoyable time for you.

The engines are revving up for our conference in Bathurst in October and I'll be racing to the finish line to be back in Australia in time to be there. I look forward to seeing you there!

Clare



Be Connected

August 2024



The Olympic Games 2024

FROM IPP SUSAN

Membership! It's not a dirty word! It's what keeps the wheels turning, and extension of our membership is what will keep our organisation fresh and vibrant and going strong into the next century of Inner Wheel.

It's up to ALL of us to take responsibility for supporting and encouraging our current members as well as extending friendly invitations to women to join us; to come together, have fun and foster friendships while working together to make a difference and improve lives. Imagine what would happen if we all invited just one friend/relative/new neighbour, etc...our numbers would start heading in the right direction again and we would make a difference to so many more people. Let's give it a go!

With just over two months until the Conference in Bathurst, I'm looking forward to all the fun and inspiration a Conference brings - I hope I will see you there!

Susan ☺





Be Connected

FROM SECRETARY CHRISTINE

Are you Revved up for Bathurst?

Get the red dancing shoes out and dust off those dance moves! Conference registration can be done online. Don't forget a confirmation email to Registrar Melissa and Treasurer Jenni. This will help balance the payments.

Returning Officer Karen is eagerly awaiting your delegates voting forms. I'm looking forward to putting faces to names. Please say hello. The starting line is approaching. Any help I can offer I'm an email away.

Rev Up For Bathurst



Be part of our PIT CREW! October 16-20. Don't forget your gear for an absolute blast!

FROM TREASURER JENNI

Amazing Benefits of Chocolate and Beetroot



The health benefits of chocolate include reduction in the risk of heart diseases, appetite control, improved memory, mood elevation, treating cough and cold, smooth functioning of the nervous system, and stress relief. It also helps to improve vision, increase energy, protect against sunburn, and cure diarrhea.

Packed with nutrition, beetroot has antioxidants like betalains that fight cell damage and inflammation, potentially offering protection against cancer and heart disease. Health benefits of beetroot include more stamina during exercise, heart disease and stroke prevention, and lower blood pressure.

In the interests of health and community well-being, we should partake of some Chocolate beetroot cake with friends and family!

Chocolate Beetroot Cake recipe: It's quick, moist and tasty!!

Ingredients

3 eggs * 450gm can of whole baby beetroot (or approx 300gm fresh beetroot, boiled and cooled) * 50g (0.5 cup) cocoa
200g (1.5 cups) self-raising flour * 200g (1 cup) caster sugar * 125g unsalted butter * 100g dark chocolate

Instructions

Heat oven to 180° C.

Drain beetroot and then blend with the eggs until very smooth.

Melt the chocolate and butter together. I use the microwave, starting off with one minute and then zapping for 10 seconds at a time, You can also gently heat the chocolate and butter on the stove top using a small saucepan.

Sift flour then mix in with cocoa and sugar.

Mix all the ingredients together until combined.

Use one 23cm diameter baking tin or two 20cm baking tins... or make cupcakes.

Bake for 20 - 30 minutes depending on pan, less for cupcakes.

Ice when cool. Or melt 50gm dark chocolate, and add 50gm sour cream!

Register Now!

IMPORTANT DATES

September 1
Voting Delegate
Forms due

September 15
Capitation Fees Due

October 16 - 19
IWA Conference
Bathurst

How to Get to Bathurst

If you are flying into Sydney, the best way is to time your flight to catch the train up to Bathurst. It cost \$6.20 if you have the concession Opal Card. Interstate members need to apply now so that you receive it in time as it takes 10 working days to arrive. Trains depart from Sydney Central 4 times a day. Sometimes there is a stop at Lithgow to change to a Coach - then 55 mins to Bathurst.

What do you get when you cross a Mustang with an elephant?

A car with a big trunk.



Know your IIW President

Mamta Gupta



Mamta Gupta, born in the sacred environs of Mathura and Vrindavan, holds a Bachelor of Science degree. Entering the realm of Inner Wheel in 2001, she swiftly ascended to leadership roles, leaving an indelible mark at every turn.

As **President of the IWC of Central Calcutta** in 2006-07, Mamta's tenure was characterized by boundless enthusiasm and a relentless pursuit of excellence. She acquired a sprawling 10,000+ sq. ft. land for her dream project - "Apnalay" a Home for the elderly. Serving as both Secretary and Trust President, she oversaw the construction of "Apnalay", now a sanctuary for 24 guests. Her leadership prowess shone through as the club gained the status of the largest in the district through strategic member's induction.

Stepping into the role of **District Chairman** in 2015-16, Mamta's

From releasing a comprehensive history book chronicling the legacy of existing 51 clubs to launching the first E-newsletter and E bulletin, her tenure was marked by significant advancements. The membership drive saw a whopping increase of 198 new members, the formation of 7 new clubs, and the establishment of Kolkata New Gen Club - the first of its kind. Hosting the 14th Triennial conference was another notable achievement. Furthermore, her brainchild project, Manavta, revolutionized sanitation and hygiene by setting up over 100 vending machines for underprivileged women, demonstrating her commitment to societal welfare.

Mamta's ascendancy continued as she became the first **Association Treasurer** from District 329, meticulously managing financial affairs and filing income tax returns for the Association for the first time.


Her crowning achievement came as the **Association President** in 2019-20 when she orchestrated the ambitious initiative, "Mission Mamta" envisioning an Orphan & Orphanage Free India by 2024. National Commission for Protection of Child Rights under the Ministry of Women and Child Development, Govt. of India also became a partner of this project. Collaborating with esteemed organizations, Mamta oversaw the adoption of over 600 orphans and foster caring for over 24,000 children, showcasing her unwavering commitment to social change. Additionally, 73 new clubs (23 New Gen) were formed, and 6840 new members were inducted. Her project, MANAVTA, continued with the distribution of millions of sanitary napkins, while her initiative to eradicate the use of plastic ensured the distribution of over a


Mamta's tenure as **IIW Board Director** in 2020-21 was focused on building relationships with clubs scattered globally.

In 2023-24, as **IIW Vice-President**, Mamta continued to blaze trails, overseeing the formation of new clubs and expanding Inner Wheel's global footprint. Her influence transcended borders, as evidenced by her instrumental role in establishing a new club in Uganda - East Africa, with 43 members, sponsored by her home club, further cementing her legacy as a visionary leader with a global perspective.

She has participated in -- 4 IIW conventions held in Copenhagen, Melbourne, India, and Manchester as a voting delegate; 4 South Asia Rallies in India, Sri Lanka, Malaysia, Bangladesh; 7 Triennial Conferences, serving as a steward, chief steward, and voting delegate; 60th Anniversary Celebration of IW Clubs in India; 9 Incoming Chairman's Institutes as faculty.

Milestones

 She has conceptualized and designed the Special postal covers (Envelopes) with the Inner Wheel logo & theme: 2014-15 - first of its kind in the Inner Wheel history, to commemorate the 75th memorial anniversary of Mrs. Margarete Oliver Golding, the Founder of Inner Wheel;

 In 2012, she took part in a painting Competition held at the 15th IIW Convention in Istanbul, Turkey. Her painting won the highest vote and was auctioned during the Gala Dinner to raise the fund for construction of a Primary School in the earthquake-affected area in Eastern Turkey.

Throughout her illustrious 23-year journey with Inner Wheel, Mamta has epitomized resilience, innovation, unwavering dedication, and remarkable service and achievements.

With her belief in 'Change, Challenge and Opportunity', she rallies Inner Wheel members worldwide to unite in transforming challenges into opportunities for positive changes, with her mantra of reading