



Be Connected

FROM PRESIDENT JULIE

It was so wonderful seeing the many smiling faces at the IWA Changeover on the Atherton Tablelands. Yellow was the theme and didn't the decorations look spectacular! Many thanks to my club FNQ Tablelands.

The first couple of weeks have had your executive "busy as bees". It was sad to have Ros resign as VP. We were happy to hear that we had earlier received Clare's nomination and that she is taking on the VP role a year earlier. Congratulations Clare and welcome to the 2024-25 Executive. You will "bee" amazed at what we can achieve!

With our IIW President's Social theme in mind, I would like to focus on Empowerment. I am grateful to have an Executive that is buzzing with belief in our organization's growth during the next 12 months. We all need to be optimistic and positive. Achieving mental clarity will allow us to inspire and create allowing us to be courageous and promote confidence in ourselves and members.

I'm looking forward to hearing from any member/club/district on how the goals of our IIW President Mamta Gupta are met during this year.

Every Beat Counts. Every Action Matters.



FROM VP CLARE

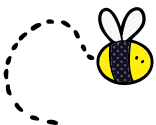
Welcome to the new Inner Wheel Year. I am delighted to be part of the IWA team taking on the role of Vice President. I am very much looking forward to learning more about the organisation from a new perspective.

So, who is Clare Swaan? I joined Inner Wheel in 2012 and have been a member of Norwest club in District A53 since then. I was and continue to be impressed with everything Inner Wheel does including the National Project. We have much to be proud of.

After retirement my husband Nick and I moved out of the suburbs of Sydney to a coastal lifestyle. First to Umina Beach then to our current home in Avoca Beach on the NSW Central Coast.

I love the outdoors – whether it is walking through a national park or sitting on my back veranda. I enjoy travel, crafts and spending time with my six grandchildren.

Clare



Q: What do you get when you put two bees, a swan and two people with connections to the law in a room?



A: The 2024-2025 IWA Executive!

FROM IPP SUSAN

And so another Inner Wheel year begins!

This year, following the fabulous IWA Changeover in Lake Tinaroo, I'm obviously Immediate Past President, and also National Representative. We are trying very hard to keep the two roles completely separate which will hopefully make things easier for all – it can get a bit tricky as the IPP and Nat Rep is the same person.

As IPP, I am a member of the IWA Executive, a trustee of the IWA Foundation Trust, and I am responsible for Membership. I also look after all correspondence in relation to the Cord Blood Research grants – sending out the grant applications, receiving the applications, communicating with the Assessment Panellists and advising the successful and unsuccessful applicants. For anything to do with membership and the IWA Executive, please use this email address: iiw.au.iwaipp@gmail.com

The National Representative is not a member of the IWA Executive but is the conduit between IIW and IWA – I receive communications mainly from IIW Admin and the IIW Editor/Media Manager, and all information relevant to the members is passed on. I also report to IIW towards the end of the IW year with a general survey of work undertaken by members, covering activities and projects which implement the IIW President's theme, and which relate to the UN Committees on which IW is represented – Rights of the Child, Family, Status of Women, Ageing, Narcotic Drugs and IIW's Social Project which is now "Reach and Inspire for a better world".

So, how do you contact me? In a nutshell: – all things Australian – please send to the IPP email address.

All things international – please use the National Representative email address iiw.au.nationalrep@gmail.com

I'm looking forward to a great year with President Julie at the helm – I hope you are too!

Susan ☺

YOU

If every single person who has liked you in your lifetime, were to light up on a map, it would create the most glitteringly beautiful network you could imagine. Throw in the strangers you've been kind to, the people you've made laugh, or inspired along the way, and that star-bright web of you, would be an impressive sight to behold. You're so much more than you think you are. You have done so much more than you realise. You're trailing a bright pathway that you don't even know about.

What a thing. What a thing indeed.

Donna Ashworth

My Club Editor Pauline included this in our latest Club newsletter and it's too beautiful to not share.



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FROM SECRETARY CHRISTINE

Hi All

I thank everyone for their warm welcome and wishes as my Inner Wheel journey continues.

I live in Cairns during the week and head to the lovely Atherton Tablelands on the weekends where I can be found tending to my succulents, herbs and weeds. For those that attended Julie's changeover the weather is still spectacular.

Now that all the District and Club changeovers have been finalized, I would expect everyone to be sorted with Gmail. Your Executive would be more than happy to help if you are still having issues signing in. Once accessed, please follow up all emails received from 1 July.

Directory alterations need to be done on Form 45 and this needs to be printed. Unfortunately, the online option is unavailable for the moment.

Have you received from your Club secretary your website members area login to get the most up to date forms. Please keep an eye on the due dates schedule as delegates for the conference need to be submitted to Returning Officer Karen.

Sun is shining! I'm heading back into my "beeautiful" garden! Keep buzzing!

FROM TREASURER JENNI

In keeping with previous contributions to the IWA Exec Newsletter, I am happy to submit a couple of my favourite dinner options.

No. 1 on the list - Making Reservations!!

Closely followed by No. 2 - Making Phone Calls!!

This year I am hoping to get a little theme happening using the letter B - Bananas will feature, as will beetroot and brussel sprouts!!! Just kidding, braised brussel sprouts are delicious, but I think we will stick to a couple of basic budget beef recipes as well.

To start the year, I have a recipe that is a good afternoon pick me up, or a nice slice to take to a morning tea.



Coffee Malt Surprise Slice or should that be Bar??
200g packet of Coffee Eclairs (the wrapped sweet)
1 Tbspn cream
1 cup Rice Bubbles (or similar)
100g packet marshmallows, chopped coarsely
165g packet Maltesers

Method:

Grease 8cm x 25cm bar cake pan; line base and sides with baking paper. Combine Eclairs and cream in a medium heavy-based saucepan; stir over low heat until smooth. Remove from heat, stir in Rice Bubbles and marshmallows; quickly stir in Maltesers. Press mixture lightly into the prepared pan and refrigerate until set. Cut into slices with a serrated knife. Makes about 15. Store covered in the refrigerator for a week.

Many of these were made while I was working as an Activities Officer and Fundraiser for a nursing home. They were very popular for our family morning teas and on market day stalls. Recipe from The Australian Women's Weekly Simple Slices cookbook circa 2004 - my copy is very worn.

Watch out for the beetroot recipe next issue.

Helen Keller - The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.

Rev Up For Bathurst



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

Register Now!

Early bird closes 9th August

IMPORTANT DATES

September 1
Voting Delegate
Forms due

September 15
Capitation Fees Due

October 16 - 19
IWA Conference
Bathurst

SPOT THE "NEWBEE"

