



FROM PRESIDENT JULIE

Spring has arrived! The gloomy days of Winter are behind us, making way for sunshine, fresh growth, and the excitement of what lies ahead.

On a personal note, Mike and I are thrilled to announce that we are grandparents once again to a lovely baby boy who has yet to be named. Both mother and baby are doing wonderfully, and he has quickly become the star of the show for his two siblings.

Like Susan, I participated in the IIW Zoom session. There's much to be excited about within our organization as we explore opportunities for new members and extend our friendship to everyone.

This month, I encourage all members to reach out to someone you haven't spoken to in a while and ask, "R U OK?" Connecting with others is essential and can uplift both individuals.



FROM VP CLARE

I am excited to be back from my travels in time for our conference in Bathurst. We have an exciting program planned and it is shaping up to be fun filled weekend and of course a chance for all of us to catch up again.

Clare

No Delivery Charges

Squashable

\$49

IWA Hats

Conference Super Special



Be Connected

August 2024



12th September is R U OK day. The Inner Wheel Social Theme asks us to "Create initiatives to improve mental health emotional well-being and physical wellness."



From IPP Susan

It's spring and the flowers are blooming! That is always a reminder to me to "stop and smell the roses". We all have time, even if it's just a few minutes, to stop and take some time out for ourselves – it's so important and helps us in so many ways.

I recently attended a Zoom training session provided by IIW and run by IPP Trish in President Mamta's absence who was, unfortunately, unwell. VP Kay spoke about the association of IIW with the UN; we heard from UN Representative Martine; PP Zeny spoke about membership growth, CC Patricia spoke about the proposals passed at the IIW Convention and Treasurer Rashmi spoke about the roles and responsibilities of Club and District treasurers. It was a very interesting and informative session and in particular I look forward to passing on what PP Zeny spoke about regarding membership when I next meet with the District Membership Chairmen and ND clubs. Do you have your "race gear" ready to go and are you revving up for Bathurst? We are looking forward to welcoming IIW President Mamta and we hope to see you there!

Susan ☺





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FROM SECRETARY CHRISTINE

R U OK Having trouble with all the emails and not quite knowing what to do with them? You are not alone. I have found there is always someone to help and someone with just the right information. Don't be afraid to ask for help. As your Secretary, I am only an email away and happy to help or ask someone who can.

I am sure if you ask your District/Clubs previous position holder they would be more than welcome to lend a hand. The more information you have the more knowledge you gain. The IWA website has lots of information on all topics Inner Wheel and don't forget the Members Area.

Your Role Description and Procedures (RDP's) are there to help. For those looking at taking on a position we are here to support and teach you.

I heard "I Am Woman" by Helen Reddy on the radio the other day. Had to get up have a jig and sing along. Google it! Have a dance! Smile and be happy. You're worth it!

Christine

FROM TREASURER JENNI

This month, we are looking at two things - the colour purple and R U OK? Day.

It has been scientifically proven that when we feel stressed or anxious, we often turn to food for comfort - Comfort Foods.

What are they? Everyone has different answers, and it is always a good topic to share. Comfort food generally refers to dishes that bring you a sense of well-being, bring positive memories and emotions. Sometimes it's a smell or just one bite of such foods that can take us back to a specific time when we felt happy and cared for.

For me, homemade vegetable soup, with a cheese cream on the side always makes me think of home and Mum. Mum prepared the soup without a fancy chopper, or ready-made stock. Every vegetable was cut into small cubes - mostly home grown, and the stock was made by boiling bones from the home-grown sheep. (Personally, I am glad that you can buy ready-made bone broth). The bones would be boiled for what seemed an eternity. When it was done and allowed to cool it turned into jelly. The fat was solid on the top, and easy to remove. Any meat left on the bones was removed, minced (hand windy thingy) and turned into Shepherd's Pie - another great comfort food!

But the soup it was full of taste and texture. And a cheese cream - an inside out cheese sandwich (butter on the outside), fried until golden and the cheese melted. Cut into triangles! Ice Cream is high on a lot of people's lists of comfort foods. Our daughter-in-law said that Mac and Cheese is her comfort food. Why? Comfort foods are often high in carbohydrates, which can increase the production of serotonin in the brain, leading to feelings of calmness. Enjoying comfort foods, mindfully and in moderation can be better for your mental and physical health.



IMPORTANT DATES

September 15
Capitation Fees Due

October 16 - 19
IWA Conference
Bathurst

January 10
International Inner
Wheel Day

*A day without laughter
Is a day wasted.*
Charlie Chaplin

