

INNER WHEEL CLUB OF PAKENHAM FRIENDSHIP BOUQUET



EDITION 5 DECEMBER 2023

INC. A13212D

EMAIL

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PRESIDENT:

Debbie James

SECRETARY:

Marlene Burhop

TREASURER:

Jan Ahern



IIW PRESIDENT:

Trish Douglas

IWA PRESIDENT:

Susan
Chisholm

A62 DISTRICT

Chairman:

Dianne Allen

FROM THE PRESIDENT

The following quote is something I read today and it is very appropriate for me at the moment:

DON'T LET THE ENTIRE STAIRCASE OVERWHELM YOU.

JUST FOCUS ON THAT FIRST STEP.

Thankyou to everyone who has helped me in some way while I negotiate my way through following my hip operation. Your phone calls, talks, food and helping me manoeuvre around is very much appreciated. Lv Deb x



Hello one and all. Hope this edition of the Bouquet finds you well.

To begin with I wish to pass on my best wishes to Joy de Jong following her recent fall and subsequent stay in hospital. We all send our sincere best wishes to you Joy for a speedy recovery.

What a successful A62 District Chairman's visit. My extreme thanks go to my sub committee of Marcia, Maureen & Jenny for attending our little sub meetings and helping to organize the day. I know that Dianne and Yvonne

FROM THE PRESIDENT



were thrilled with the visit. And I must say I was overwhelmed with all our members for dressing up to the nines and wearing your beautiful tiara's. 'What a grand lot we are!!!!' My heart filled up with absolute joy when I was escorting A62 Chairman Dianne down the red carpet and watching you all curtsy to our special visitors. Thankyou to Alma for delivering our special Mary Kay gift, you are a trooper Alma, thank you. My thanks also to Sue for her beautiful poetry writing skills. I know Sue was disappointed that she could not be there but we overcame that situation when I asked Sue if she would write the poem for Dianne and I would film her reciting it and then present it at the meeting. Dianne was thrilled to receive a copy of the little video. Thankyou Sue. Again, my thanks to Marcia for the lovely arrangement of flowers for the Flame of Friendship. I was lucky enough to be able to take them home after the event and was delighted to see them each day until they had lost their grandeur.

My thanks to dear Col for his technical help before and on the day. He was anxious that everything would work out ok and indeed it did. Thankyou Col. Thankyou to Marcia for being my running legs when I was not able to go here and there to collect items for the day.

Boy O boy weren't we lucky to secure the 'Sisters' act!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

I believe that everything went off well and my thanks to everyone who helped in some way.

The Remembrance Day service was attended by 6 members and I had the privilege along with Alma of laying our beautifully made



FROM THE PRESIDENT



wreath (thankyou so much Marcia for your expertise).

Birthday time: Well, the sun came out for our special member Jenny for her '0' birthday luncheon which was held at the home of Marlene. What a fun day filled with chatter and laughter and I know that Jenny appreciated the efforts of the members who helped to organize the day. Thankyou to Marlene for the use of your home and also for the scrumptious birthday cake and to the subcommittee of Bron, Anne and Marcia. HAPPY BIRTHDAY JENNY.

6 members attended the well-organized District Meeting held last Saturday. More information about the meeting will be in the Bouquet. Thankyou to the drivers Marlene and Alwyn.

Well, the trailer raffle is off and running: my sincere thanks to Tim and Jan Ahern and our own Roster lady Helen for their wonderful efforts in organising this fund raiser. I also wish to thank the amazing IW members and the Rotarians for manning the raffle at various spots around Pakenham. I think the people of Pakenham look forward to buying tickets for this annual fundraiser and it is interesting to hear what they will do with all the 'goodies' when they win it. The usual question is still being said 'Does the trailer come with it?'

I look forward to seeing you all at the Christmas Luncheon on Friday 8th Dec at Viales.

Deb x

NOTE TO SELF:

Be the reason someone smiles today.



A62 CHAIRMANS VISIT



A62 CHAIRMANS VISIT



REMEMBRANCE DAY



On a cool Saturday morning 6 members attended the Remembrance service held at the cenotaph.

Marcia had made a beautiful wreath thank you and it was with great pride and that Alma and myself were able to lay our wreath in honour of the people who have served over the years.

Thankyou to the members who were able to attend.

Deb James



JENNY'S "O" BIRTHDAY LUNCH



JENNY'S WATSON 'O' BIRTHDAY LUNCH

Members gathered at the home of Marlene to celebrate the 'O' Birthday of our member Jenny.

We were blessed with a perfect sunny day, in fact it got a tad warm sitting in the sun and a few of us had to make our way for the cover.

Of course, food was plentiful and the 'little' were very popular!! Thankyou to everyone who brought food along for us all to share.

Many thanks to Marlene for making and decorating the yummy birthday cake for Jenny.

Jenny had a lovely time. In fact, this is a message I received from her after I sent her a couple of photos from the day.

'It was a lovely way to celebrate with special friends. I really appreciate all the planning and effort put into organizing it. I'm really fortunate to be able to call so many lovely ladies my friends'.

Deb James



DISTRICT MEETING



REPORT FROM DISTRICT Meeting, held on Saturday, 25th November, 2023.

Members, Maureen Lindau, Jan Ahern, Alwyn Williams, Mavis Herrington and Delegates Deb James and Marlene Burhop attended. Membership has decreased from **312** July'23 to **294** Nov'23.

IW Day celebrations, 10th January, 2024 have been changed from Government House to Parliament house, BUT still need to be confirmed. May return to Botanical Gardens.

Friendship Day will be hosted by Bairnsdale IW Club, at Lakes Entrance.....16th & 17th March, 2024. Theme "Dancing with the Inner Wheel Stars" Final details to come. Friendship Day, **2025** will be hosted by I W club of Narre Warren.

IWA Project to be CORD BLOOD for another 10 years. IWA are looking for anyone who does Advertising and Promotion .

Result of Delegates Vote – Re Photo of King to be displayed at District Meeting- Motion Defeated -No – 24 Yes- 7.

PROJECTS Submissions for 2024-26 International – "Yokhuselo Haven" Details to follow.

District – 3 applicants...full details to follow -

IWC Berwick "all for BILLIE" Research '*to investigate the effectiveness of antivirals against enteroviruses.*'

IWC Moe Assist with funding to The Warehouse at Latrobe Health Service, which provides clothing to patients who present in emergencies.

IWC Bairnsdale " Back Packs for Kids" This is for Displaced Children 0 – 13 years.

IWA has flagged that Fees will be increased in 2025 from \$21.50 to 26.50; at this stage District has not indicated if they will increase their fees.

RE DISTRICT CHANGEOVER 2024-25 Incoming Chairman, Erica Peck has suggested that the Changeover be held on the same day as the District Meeting, on 29th June, 2024. To hold District Meeting in the morning and follow with a Formal Lunch and Changeover. Comments /Feelings re this to Erica please. Erica is still looking for a Junior vice President if anyone is interested.

Ula Sheather thanked all members for saving foil medicine containers. They are now recycled.

Guest Speaker Anne Luxford thanked everyone for the "Toilet rolls... 30,000 have been collected over 2 years. Anne works as I/C Animal Facility – Compliance, Research with animals, at Werribee.

She spoke of care given to all animals especially the mice, and the care of their 'homes'

Research here includes, M.S., IBS and Colitis, Weight loss, Complementary treatment to decrease damage from Chemo, Cardio vascular disease, and Exercise training benefits.

Facilities include Imaging, Exercise equipment for Mice, and a Procedure Room.Surplus T Rolls now go to Peter Mac Research. Logo "ROLL on RESEARCH"

Marlene Burhop, Delegate.



DISTRICT MEETING



District Chairman, Dianne and her beautiful candle with multiple wicks. One for each meeting.



Thanking "the penguins" .

Guest speaker: Anne Luxford "Roll on Research"



Sew and Chatter

Our usual little group got to sewing last week and commenced on the bags which Millhaven said to Bronwyn they would greatly appreciate. Thanks to Bron for making the effort to go and visit local Nursing Homes to check out if they could use the Fiddle Blankets, and the conversation got around to the fact that they could also use the bags to go on the front of walkers.

Once we get past the Christmas season, we will have sufficient to make a presentation to these local Nursing Home facilities, it's good to be shown to be doing something for them and its local.

So Bronwyn continued on finishing off the Fiddle Blankets, and Gayle and I "got our heads around the bags which can be hung from the handle of the front bar on walkers. These little bags can be used to carry books, wallet or whatever else is wanted.

We also had a "carefully designed gluten free cake" brought along by Bron, thanks.

So good to have our resident ironing lady Pat, who also makes our coffee and clears up after lunch.

Report by Alma Elliott





Sue Blenkhorn Club International Service Officer

A letter to Santa from a little child

Oh, Santa, dear Santa, its late at night,
Yet, I write this letter by candlelight,
We've put up the Christmas tree, so big & green,
It's the prettiest tree that I've ever seen.
We've hung up our stockings by the fireplace –
Don't forget – mine's got a funny face,

I thought of a few things that I need,
Like new mittens, a bike & a book I can read,
And if you can, a cute little teddy bear,
Also, a doll that smiles – one with long golden hair.
Oh yes – and my brother, he wants more things too,
I hope it is not too much trouble for you...

He needs colourful trucks and plenty of cars
And chocolates that are called 'Mars'
He would like a brown horse – a toy one please,
And a book for learning his "ABC's"
Oh Santa, to think of it, we have so many toys-If we get some more
Our home will look like a department store.

Perhaps what we need is not one more toy,
Maybe it's something simpler -like JOY
Christmas is more about loving & less about things,
And the feeling that sharing & giving brings.
I hope that tonight as you fly in your sled
That all the world's children are warm, have eaten & safely in bed.

Dear Santa, I think what we really need,
is a world that is peaceful & not full of greed
Where everyone cares about one another,
As if each child were a sister or brother.
So, thank you, dear Santa, & oh by the way,
Do have a wonderful Christmas Day!

ISO Edwina Dias
IWC of Poona Downtown
District 313 India





Poem re: Free 3 D Hands by Sue Blenkhorn

Free 3 D Hands is A62's International Project
For people needing prosthetic hands it's perfect
As Mat Bowtell has designed his 3 D Printing
To make artificial hands for anyone needing

Around the world Prosthetic hands are being made
Using Mat's 3 D printing without a penny paid
Mat is based on Phillip Island so is very local
His generosity enthuses me to be very vocal

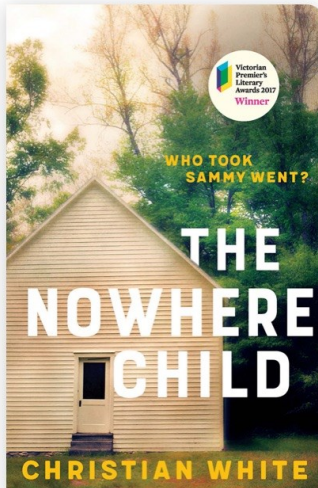
Mat gives away his 3 D hands for Free
Sharing his knowledge with such glee
Environmentally friendly are his artificial hands
Made from biodegradable cornstarch brands

Mat funds his projects through his charity
Which Inner Wheel supports with sincerity
Please book into our fundraiser without delay
To remember those you'll help along the way

Wednesday 21 st February 2024 is the date
For our Progressive Dinner, I can hardly wait
I do hope you'll join us and bring at least one friend
Free 3 D Hands is something I recommend



REPORTS & IMPORTANT DATES



Circle of Friends Report of November Get Together

It was almost a full group that met at the home of Kaye Armstrong in Pakenham Upper to discuss "The Nowhere Child" by Christian White.

A lively and thoughtful discussion decided that "this book was enjoyed by all. A good mystery. The kidnapping storyline promoted much discussion about the ethics of the kidnapping. The comparison of the families and their dysfunction was interesting. A well crafted twist at the end."

Helen van Diemen

Coordinator Circle of Friends Inner Wheel Book Group 2023-2024



Congratulations to President Debbie & Collin James who celebrate their 50th wedding anniversary on December 22nd and also to Joy & Gary Board who celebrate theirs on January 5th.



16th December—Maureen Lindau

9th January-Bronwyn Mepstead

16th January– Marlene Burhop

Enjoy your Special Day

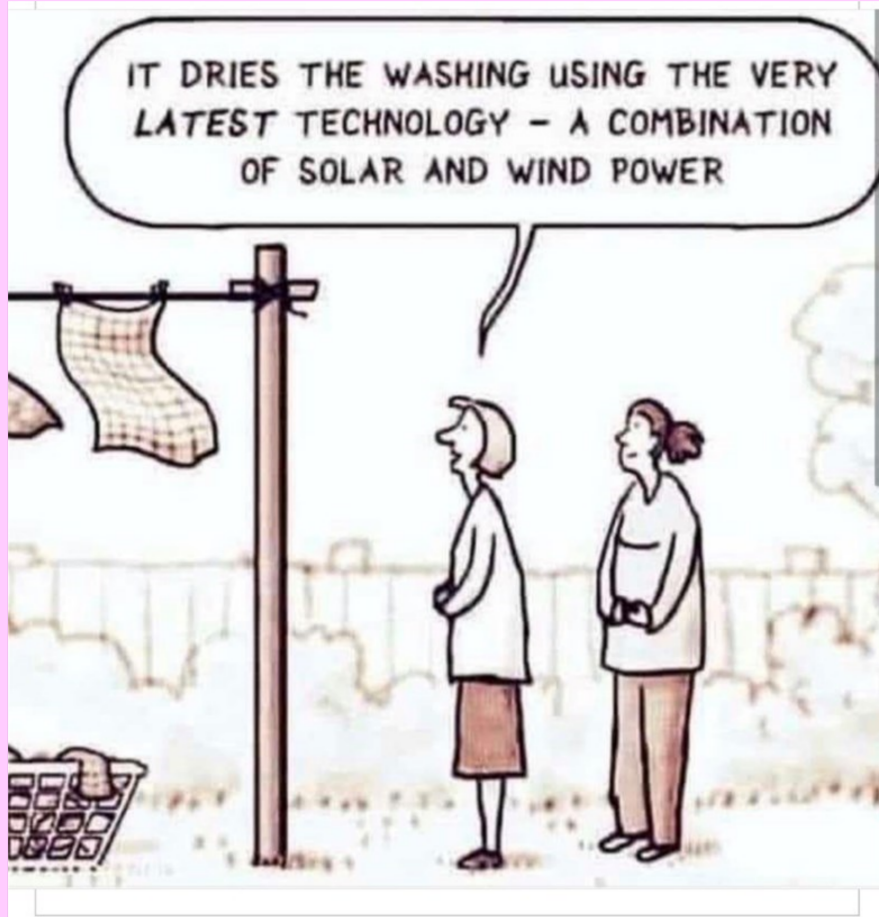
MAJOR FUNDRAISER



Please contact Helen if you can spare a few hours to man the raffle table.



SOME LIGHT HEARTED THOUGHTS



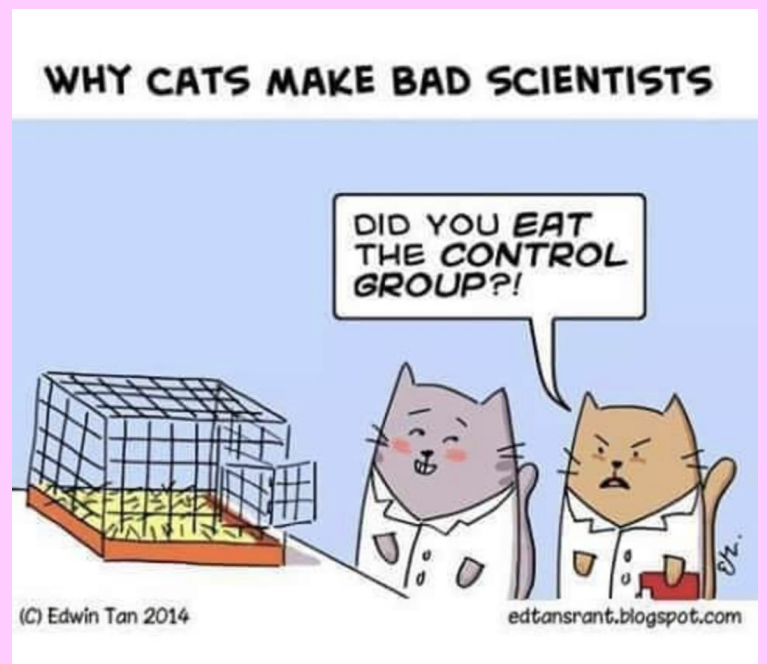
Some Thoughts to Ponder

01. If a bottle of poison reaches its expiration date, is it more poisonous or is it no longer poisonous?
02. Which letter is silent in the word "Scent," the S or the C?
03. Do twins ever realize that one of them is unplanned?
04. Every time you clean something, you just make something else dirty.
05. The word "swims" upside-down is still "swims".
06. Over 100 years ago, everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.
07. If people evolved from monkeys, why are monkeys still around?
08. Why is there a 'D' in fridge, but not in refrigerator?
09. I'm responsible for what I say, not for what you understand.

SOME LIGHT HEARTED THOUGHTS



10. Common sense is like deodorant. The people who need it the most never use it.
11. *My tolerance for idiots is extremely low these days. I used to have some immunity built up, but obviously, there's a new strain out there.*
12. It's not my age that bothers me - it's the side effects.
13. I'm not saying I'm old and worn out, but I make sure I'm nowhere near the curb on trash day.
14. As I watch this generation try and rewrite our history, ***I'm sure of one thing: it will be misspelled and have no punctuation.***
15. As I've gotten older, people think I've become lazy. The truth is I'm just being more energy-efficient.
16. I haven't gotten anything done today. I've been in the Produce Department trying to open this stupid plastic bag.
17. Turns out that being a "senior" is mostly just googling how to do stuff.
18. I want to be 18 again and ruin my life differently. I have new ideas.
19. I'm on two simultaneous diets. I wasn't getting enough food on one.
20. I put my scale in the bathroom corner and that's where the little liar will stay until it apologizes.
21. My mind is like an internet browser. At least 18 open tabs, 3 of them are frozen, and I have no clue where the music is coming from.
22. Hard to believe I once had a phone attached to a wall, and when it rang, I picked it up without knowing who was calling.
23. My wife says I keep pushing her buttons. If that were true, I would have found mute by now.





GARLIC PARMESAN ROASTED CARROTS

(if you don't like garlic - just leave it out- but it's good for you)

Adjust ingredients according to the quantity of carrots. I used smallish carrots and quartered them

1KG or what you want of carrots,

1/4 cup olive oil

4 large cloves garlic

1/4 cup parmesan cheese

2 tabs Panko bread crumbs

Salt and pepper.

Pre heat oven to 200 deg C.

Lightly grease a baking tray.

Place all ingredients in a freezer bag and toss well.

Spread out on the baking tray.

Bake about 25-30 mins depending on size you have cut the carrots

From the kitchen of Alma Elliott (and also the source of the image opposite— thanks Alma)



DATES FOR YOUR DIARIES



Inner Wheel General Meeting — Thursday 7th December 9:30 for 10am @ RSL

Paddy's Kitchen

- 3rd December—Helen van Diemen, Jan Ahern

- 17th December—Alwyn Williams, Maureen Lindau

Dates for your Diaries —

Christmas Party 8th December 12 noon @ Shanikas-bring your KK \$15

Sew & Chatter, Lunch @ venue tba @ meeting – Wed 13th December Christmas Breakup. All welcome.

Circle of Friends Book Club Thursday 14th Dec Christmas breakup dinner @ Shanikas, 7pm. Discussing “Lisa“ by Lisa Curry.

Morning Coffee & Movies : in recess

Breadfast in the Park—9am Sunday 7th Jan. The Fairy Dell at the rear of 19A –21A Meeking drive.

International Inner Wheel Day. Celebrating 100 years 11am 88th floor of Melbourne Skydeck. 10th Jan 2024. RSVP due to club treasurer Dec meeting.

Next Exec meeting: 23rd January 10 am @President Debbie James home

Progressive Dinner: February 21st

Inner Wheel club of Narre Warren Inc.” Celebrating us” with Fashions throughout our Era. Saturday March 2nd, @ 12 midday with 2 course lunch.

IW Cranbourne “Drag Queen Bingo Evening:” Saturday March 2nd, 6pm.

Friendship day 2024@Bairnsdale March 16 & Lakes Entrance Sunday 17th March

Combined meeting Narre Warren, Berwick, Cranbourne, Pakenham 8th April @ the Dandenong Club

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Could you all please add these addresses to your contact list and use them when contacting the relevant office bearer on Inner Wheel business. It will allow continuity of contact when the people holding the position change, keeps information in one Gmail file and frees up our personal accounts where sometimes specific messages can get “lost” among other personal messages.