



Newsletter of International Inner Wheel • Issue No. 2 IWY 2021-2022

IN THE PINK

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Health of WOMEN and GIRLS



**STRONG WOMEN
STRONGER WORLD**
2021-2024

**2021-2024
Social Projects**



**2021-2022
IIW theme**

Photo credit:
Inner Wheel Club of Bathurst,
District A50 in "Sean's Two for Ten Walk"
to raise funds for the Australian
national project on Cord Blood Research.

A publication for Inner Wheel members.
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Message from
Ebe Panitteri Martines
International Inner Wheel President 2021-22



The main priorities of **"PINK FIRST"** are: **HEALTH — EDUCATION — OPPORTUNITIES — EMPOWERMENT.**
The feature of this month's Newsletter is about **HEALTH.**

Health is a state of complete physical, mental and social well-being based on the satisfaction of material, physical, affective and psychological needs, and not merely the absence of disease or infirmity. Enjoyment of the high sustainable standards of health is the fundamental right of every human being without distinction of race, religion, political belief, economic or social condition. It remains a challenge worldwide.

The Third UN Sustainable Development Goal—good health and well-being—aims at ensuring healthy life and promoting well-being for all at all ages. Access to quality healthcare, and sexual and reproductive health, including skilled birth attendance and rights, are fundamental in reducing maternal mortality rates for women and girls.



Everyday, about 800 women die from preventable causes related to pregnancy and childbirth. Access to quality healthcare will reduce maternal mortality rate. Women and girls aged from 15 to 49 have experienced physical or sexual violence by an intimate partner. Fight against gender inequalities, including violence against women. Write Laws protecting women against domestic violence. Violence against women and girls is one of the most systematic and widespread human rights violations around the world.

Achieving the Third Goal—good health and well-being—depends on progress in other sustainable development goals: poverty reduction, zero hunger, quality education, gender equality, clean water and sanitation, sustainable and clean energy, safer and healthier cities protecting health from climate risks.

IIW IN ACTION. Proposed suggestions:

Improve healthy life expectancy. Improve women's access to quality services.

- Stimulate fund raising to open/restructure hospital wards for public health infrastructure development.
- Promote free counselling on family planning. Only 53% of married women make decisions about sexual relations, contraceptive use and healthcare.
- Promote campaigns against serious illnesses.
- Support medical research.

End gender-based violence. Tackle domestic violence and harassment at workplaces.

- End gender-based violence. Tackle domestic violence and harassment at workplaces.
- Organise initiatives and meetings to enhance awareness on domestic violence, prevention and how to get help in case of need, helplines, centres to shelter women victims of violence, social service, social workers. Violence and harassments are a daily reality but have not been quantified on a global scale. Violence against women and girls remain pervasive and under-reported. Survivors are still stigmatised and shamed. Less than 40% of women who had experienced violence reported these crimes or sought help of any sort. Countries lack laws protecting women from domestic violence.
- Promote flagship initiatives at Company level against sexual harassment.
- Stop FGM (Female Genital Mutilation). Even though practices such as FGM have declined, they continue to disrupt the lives of millions of girls. Over 200 millions have undergone FGM.
- One in ten women in the European Union reported having experienced cyber harassment since the age of 15, including offensive, sexually explicit emails or SMS or inappropriate advances on social network sites.
- Many women still lack access in sectors such as health, police, justice and social support to ensure their safety, protection and recovery. Not enough is done to prevent violence.

If not us, who? If not now, when?

Thank you for your contribution, in friendship,

During IIW President Ebe's first club presidency in the Inner Wheel Club of Messina (District 211, Sicily, Italy) in 1989-1990, the Club raised funds for medical research into cancer and cardiology and carried out service projects related to health.

DEBS' GALA BALL FUNDRAISING FOR CANCER

16 December 1989. Inner Wheel Club of Messina.

The Club Assembly approved the idea of organising such an event, the Debs' Ball, to raise funds in favour of AIRC (Italian Association for Cancer Research) to participate in the struggle against cancer promoted by the whole of Europe. *(Ed: The Debs' Ball is an old tradition which still exists today, e.g. US, Vienna and Rome, where young women make their first appearance in fashionable society.)*

Sixteen eighteen-year-old debutantes (debs) and their partners, young naval sub-lieutenants, were taught how to dance waltz by a Rotarian friend. On the day of the event, 400 guests crowded the ballroom of the Navy Officers' Circle in Messina.

To start, Club President Ebe Panitteri Martines addressed the audience greeting all participants, thanking the Navy Admiral for hosting the Ball, the 16 debs, their partners and families and the sponsors.

This was followed by the parade of the sixteen debutantes wearing white evening dresses and of their partners in full dress uniform and the Strauss waltzes.

A rich buffet was offered at midnight followed by the debutantes blowing 18 candles on a spectacular birthday cake. It was really a magical soirée for the 16 young women making their first appearance in fashionable society.

A substantial sum of donations was given by cheque to the Regional Representative of AIRC in Sicily.

The initiative was an unforgettable occasion to make young and older people spend a special, joyful evening together and to showcase Inner Wheel and the commitment of IWC Messina to support cancer research.

The fundraising was successful thanks to the support of numerous press articles and TV interviews.



Debs' Parade



The spectacular birthday cake



The debutantes and their partners



Dancing the waltz

SOS from Paul-Brousse Hospital, Villejuif, Paris, France.

January 1990. Inner Wheel Club of Messina.

The IW Club of Messina was alerted when they received an SOS message sent by the parents of several young patients affected by leukaemia and hospitalised for long periods in sterile rooms at the Paul-Brousse Hospital in Paris.

The only pastime they had was watching TV but it was not possible to watch Italian TV. A parabolic antenna could solve the problem. The Club organised a card tournament to raise funds to buy the antenna which was the Club's Christmas gift to the Italian patients.

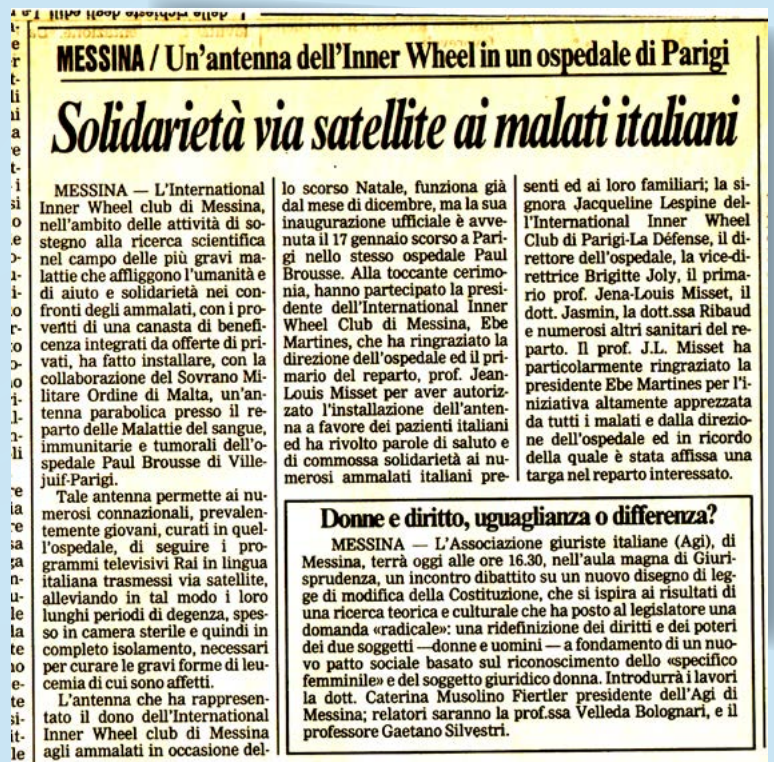
In January 1990, President Ebe Martines and her husband went to Paris for the official delivery. A TV set placed in the middle of the Hospital hall transmitting Italian TV programmes! Hospital Managers, Chief Physicians, nurses, patients, parents, relatives and a Representative of the IW Club of Paris La Défence attended the emotionally touching ceremony.

The Administrative Manager, the Chief Physician and the President Ebe addressed the attendants and visited the department where Italian patients were kept in sterile rooms. Their TV sets were on and they were watching Italian programmes being transmitted!

A plaque was attached on the wall of the main hall of the Hospital indicating that the parabolic antenna had been donated by IWC Messina in December 1989. A service to be immensely proud of and a real lasting legacy: supporting Italian leukaemia affected patients via satellite.



The plaque on the wall of Paul-Brousse Hospital



Baby diapers for the poor

July 2020. Inner Wheel Club of Messina.

President Mela Nicosia delivered to a representative of Jesus Land (an organisation helping very needy people) a very large quantity of baby diapers. IIW President Ebe attended the Club meeting.

IIW Prayer ART FOR LIFE

1989. Inner Wheel Club of Messina.

In 1989, Club President Ebe Panitteri Martines of IWC Messina commissioned the well-known Italian artist Gianni Bruni (1935-1995) who was inspired to produce a zinc plate etching of the IIW Prayer which had only 100 runs on an intaglio press. The etched plate was blanked after that. Entitled "Pagina Antica", it was sold and funds were raised for a project "L'arte per la vita" or "Art for life" in support of research in cardiology and its diseases, in line with the theme of the year "Put your heart into it". IIW President Dr Brenda Taylor was presented with a copy.

(Translation)

Instill in us O Lord the true meaning of friendship,
Never let us forget that we are all thy children,
Notwithstanding the differences in our cultures and creeds,
Endow us with a desire to serve our fellowmen,
Remembering that we too often need help.
Whenever or wherever the need for service arises,
Help us to be ready to serve,
Endeavouring to make our Inner Wheel badge worthwhile,
Ensuring that we have not
Lived in vain.



53/100 "PAGINA ANTICA"

Gianni Bruni/1989

UNITED BY A COMMON PURPOSE, cord blood research

Just over twenty years ago, it was proposed to adopt a new national project to be supported by all the Inner Wheel Clubs of Australia.

In 2001-2002, the use of umbilical cord blood was in its infancy, and after hearing Professor Marcus Vowels from Sydney, New South Wales, speak about what cord blood stem cell research held for the future in the field of medicine, members of Inner Wheel Australia overwhelmingly adopted the Cord Blood Bank Research (later changed to Cord Blood Research), as their National Fundraising Project. "The Cord Blood Baby" and "Coin for a Cord Day" were born.

No one could have foreseen the rapid growth in this area of research or how long this National Project would be supported by the membership, but through the generosity of the members and community support, over **three million Australian Dollars** has been raised for annual research grant programmes.

From small beginnings in 2000 to this day, we have seen these seeding grants used to design smaller collection bags and investigate the effect of transport conditions on the survival of stem cells in unprocessed cord blood, to current research over the last few years. Last year, funding of up to AUD65,000 was given to Dr Margie Castillo-Melendez for research into preventing neonatal brain injury and the development of cerebral palsy, and also to Dr Alla Dolnikov for her research into the use of cord blood derived T-cells in cancer immunotherapy.



National
Walk for
Cord Blood
Research

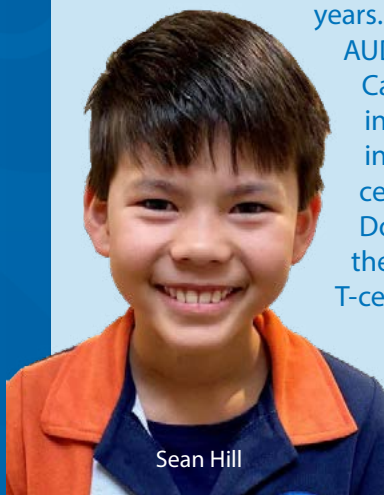


The Inner Wheel Australia Foundation Trust was established to administer the programme while also permitting members of the public to contribute through this registered charity.

As a promotional tool for membership, Cord Blood Research is invaluable, but to keep pace with ever-changing community expectations, Inner Wheel Australia needed to embrace new ideas. Last year our National Project Coordinator, Dallice Robins, proposed a National Walk to attract funds for the Cord Blood Research campaign and proposed that the face of this campaign should be a 10-year-old boy named Sean.

In his first year of life, Sean was diagnosed with a rare genetic disease called 'Severe Combined Immunodeficiency' and given little chance of survival. In 2012, Sean underwent a week of aggressive chemotherapy to condition his body for a Cord Blood transplant. He was then injected with 30 ml of cord blood that saved his life. All it took was **"Four nurses, 10 minutes, 30ml."** Sean now lives a full and interesting life; swimming, bike-riding, and chess, enjoying life to the full just like every little boy.

We are indebted to those Inner Wheel members who had the foresight to adopt a low-profile medical research charity and those who have continued through the years to support this pioneering research. Many have been given a second chance at life by doctors who saw the potential of umbilical cord blood and its stem cells. There will never be enough words to thank them for their dedication.



Sean Hill

Follow this link to find out more and "Donate Now" <https://innerwheelaustralia.org.au/national-project>. Acknowledgements • Information was provided by Sean's Mother, Gloria Hill • Inner Wheel Australia National Project • Cord Blood Research 2000-2016 publication Professor Grahame Jenkin.

WING WALK, in aid of Gloucestershire Deaf Association

In the July news of IWC Cirencester, members will participate in a walk from Lands' End to John o' Groats to raise funds for the Stroke Association. Another charity is a Wing Walk by Nic Hewlett to raise funds in aid of the Gloucestershire Deaf Association (GDA). IWC Cirencester is supporting Nic's endeavour. The following is an interesting account of the Wing Walk experience by Nic:

On the 10th of July I finally did my Wing Walk.

Due to COVID, I was only allowed 10 guests to watch me. So my brother and his wife, our best friends, Mal's mum and step-dad and two representatives from GDA all met Mal and I at the Rendcomb Aerodrome up the Whiteway.

I was due to fly at 11:30 am, but there were several people before me and by the time I got to fly it was about 1:00 pm. I had watched the others and they all came down with smiles on their faces, so I thought, "cannot be that bad."

They called four of us at a time into the briefing room, where we had to watch a safety video and fill in a disclaimer form. We then agreed an order to go in. I was to go third out of the 4 of us. They explained what would happen and asked if we wanted the whole experience or just a straight-line flight. We all agreed to the whole experience. We were also told how to signal to the pilot if we hated it and wanted to come straight back down.

I watched the others go up and then it was my turn. I was a bit nervous, but not as much as I thought I would be!

To climb up on the plane, I had to follow one of the professional Wing Walkers, so she could show me the safest route for me and that I would not damage the plane.

I was strapped onto the plane in a harness and told not to touch the catch, which I was quite happy not to do.

I had special goggles to go over my glasses but had to take off all my jewellery and my watch as, apparently, the wind can force them off.



The plane started to taxi to the take-off position, and I wondered what on earth I was doing as it was so bumpy. We taxied along the ground and before I knew it, we were airborne and it was the most amazing feeling.

They had also explained where we could hang on if we did not feel safe. I held on along the ground, but once up in the air I did not feel the need.

We flew around the airfield and out over the fields, we flew straight and then the pilot took the plane up steeply and then dived, this made me feel weightless. He also tipped the wings, so I was at an angle.

My sister-in-law said to try to do "YMCA" as I passed them and I did try, but the pressure against your arms limits what you can do, other than wave and hold them out straight. The fastest speed was 140 miles an hour. Your face is contorted due to the wind pressure.

The 10 minutes flying went quickly, and I had a blast, it was such fun. When we landed, the professional Wing Walker came and unstrapped me and showed me the best way down.

There were three cameras videoing, attached to the plane, front, side and rear, which you have to buy at the end, so I treated myself to them all. My hair was all over the place.

I then collected my certificate and, if I want to, I can pay again to go back and do an aerobatic flight and I must say I am tempted, but it is a lot of money!

At the time of writing this, I have raised £1080.00 + £143.75 Gift Aid for Gloucestershire Deaf Association.

Thank you to everyone who has sponsored me.

BREAST CANCER, improvement in healthy life expectancy

In the year 2011-2012, as the 40th President of IWC Negombo, District 322, Sri Lanka, I embarked on an Awareness of Breast Cancer and its prevention. It was in October, the month dedicated to Breast Cancer throughout the world.

Girls from schools of advanced level class, teachers, past pupils and parents in the Negombo Educational zone were targeted.

Meetings with the Zonal Director of Education together with the Medical Officer of Health coordinated by the Director-General of Health Services, National Cancer Control Programme (NCCP) and Inner wheel Club of Negombo were held weekly for almost 3 months.

An awareness walk from District General Hospital (DGH) Negombo to the Town Hall Negombo (a distance of a kilometre) was planned with these girls, policy makers (Ministers in Government including Mayor of Negombo), office bearers of the Sri Lanka Cancer Society, Rotary Club of Negombo, doctors and healthcare workers including nurses of DGH, and its health education wing, private hospitals in Negombo, laboratories, pharmaceutical companies, some non-governmental organisations, House Wives Association, Lion Ladies of Negombo, members of IWC Negombo and District 322.

All were dressed in pink blouses and wore the pink ribbon symbolising Breast Cancer Awareness. Each participant was given a 500 ml bottle of drinking water. They carried pink banners and placards with key health messages in English, Sinhalese and Tamil. Pink balloons led by one of the school bands and a van from the health education wing equipped with a mobile audio unit was announcing the Walk, its aims and objectives and also encouraging the people in the community to join in the Walk.

A seminar was also held at the Town Hall. 5 Stilt Walkers added to the glamour of the event conducted on a Saturday morning.

At the Town hall a Consultant Community Physician from NCCP and a Consultant Surgeon from DGH



Talk on breast cancer awareness by Dr Carmel

Negombo made presentations on the Incidence of Breast Cancer and how to detect it early, the risk factors for breast cancer with early detection using Self Breast Examination and surgical management of breast lumps.

The talks ended with a Q&A session and handing over of tokens of appreciation to the

resource persons, certificates of attendance to the participants, booklet on Self Breast Examination in all 3 languages (sponsored by NCCP) and a box of snacks inclusive of a sachet of Milo drink to all those who participated, sponsored by the members of Inner Wheel and Rotary Clubs of Negombo and Nestle Lanka PLC. There was media coverage of the day's proceedings on a local TV channel and a newspaper article on this topic.

Every year, in the month of October an update and a refresher lecture is held at the IWC meetings on "Be Breast Aware" and has been carried on for the past 10 years.

This has made most young girls aware of their breasts, through their parents, friends, colleagues and neighbours, via the Self Breast Examination Booklet and leaflets in all 3 languages and the need to be examined for any changes in breast contour, presence of any lumps and changes in size, or discharge from nipples—the key signs of breast disease.

We also shared information using leaflets and a few booklet with the Catholic nuns, young promiscuous females, teenage mothers, unmarried and non-pregnant mothers who are at higher risk of breast cancer from the early teens to 70 years of age.

This programme has been commended by NCCP and Ministry of Health Sri Lanka and we feel that we have contributed immensely to the life expectancy of females in the community and the population at large.

FISTULA PROJECT IN ETHIOPIA

Annually, the Norwegian Broadcasting Cooperation, NRK, gives a Sunday in October to focus on a very good cause. Only the news and the weather forecast are presented on that Sunday. The rest of the time is filled with reports from all parts of the world where a possible project will be started if enough money is collected during that day.

Different NGOs are involved in the competition for funds. It can be for cancer research, refugees, Save the Children etc. The list is long.

The very big organisations are given the possibility of filling up their resources and starting new projects. The sums of money collected by volunteers are impressive. Knocking on every household's door means a possible involvement also by those not in the know.

For the year 2005, FOKUS (Forum for Women and Development) an umbrella organisation for all women's organisations in Norway was chosen, focusing on Violence against Women, called "Dreamcatcher". The *dugnad*, a Norwegian word for things we do together, making the project "A Life in Dignity" a reality.

This is how Inner Wheel Norway's fistula engagement started in June 2004 with the announcement of the winner for the following year. I was then my Council's ISO. Whose dream were we to catch?



I was born in Ålesund, Norway. Worked as a student in the women's ward at the local hospital and with school exchanges with a grammar school in England during my summer holidays. A teacher for 42 years in Oslo. A wife, mother and grandmother. Rather reluctantly, joined Inner Wheel in 1987. My project work for Development studies at Oslo University College was among refugees from Mozambique in Malawi, 1991. For my candidacy in philology, University of Oslo in English Literature in 1998, I wrote about gardens in my thesis (sometimes I'm down to earth). I was appointed as Observer at the United Nations, 2005. Visited our Fistula Project in 2006 and 2008. Pic: My first visit to Ethiopia with Sidsel Bakken, the Council's ISO in the autumn of 2006. The picture shows three fistula women before going to the hospital. I'm to the right!

I must tell you in a simple way what fistula is.

VVF, vesico vaginal fistula, is a birth injury caused by very long and endless deliveries, up to a week. The birth channel is ripped open, the baby is dead and the body fluids, urine and sometime faeces run freely. Fistula, is this unnatural opening. This very often occurs when the mothers are very young, have a narrow pelvis and no hope for a caesarean, or that they by custom deliver their babies on their own away from people. Some are injured by horrible rapes and some have had five successful deliveries before the fistula.

In the area where we worked, early marriages and female genital mutilation (FGM) are common in all ethnic groups. What is the future for these unlucky girls and women after an unsuccessful delivery?

Their husbands leave them, their families also to a certain degree, some are left to live outside their villages because of the smell from their injuries. Some of them have to launder their clothes at night. Some sit at the roadside on a pile of hay with their dresses in a circle around them, begging. In my opinion this is violence against women, unwanted seclusion from family and friends and to be forgotten by society is mental violence.

Two years earlier, my son who was a journalist with ABC News in London at that time had told me about the hospital in Addis Ababa, Ethiopia that specialised in helping girls and women with birth injuries. That must be something for Inner Wheel to focus on, he said then. This thought was there at the back of my head since then.

To be able to obtain a project, you need partnership. In accordance with FOKUS' rules, we should have had an Inner Wheel Club in Ethiopia, but there was none between Egypt and Kenya.

We really stretched their rules, but FOKUS knew that our project would grip people.

First I contacted one missionary society where a colleague had been working. That failed the day I was going to present the first draft to FOKUS, because the professor in International Health was called to The Hague to work from there and not Bergen.

I had just one more option, make a call to the other organisation working in Ethiopia, The Norwegian Missionary Society (NMS). I made the call to Stavanger after school.

After introducing myself, the woman in Stavanger said, "Inner Wheel, how wonderful!" For your information Inner Wheel Norway (IWN) had worked with them earlier for 25 years building and keeping a leper hospital in Madagascar! I had a deal for the fistula women within 10 minutes, came 10 minutes late for my meeting with FOKUS—then we were on!

FOKUS had to accept that we had a three-party agreement, because NMS worked with one of the churches in Ethiopia, the Ethiopian Evangelical Church Mekane Yesu (EECMY). FOKUS wanted our project desperately also because it would make good TV and as such bring in more money. And money we did get. NOK1,000,000 divided over the three years' period. Most of the money was allocated for the first year.

In fact, it was the Bishop in the Diocese of Begi/Gidami in the Western Wollega Zone close to the Sudanese border who started the fistula work. He once asked who these women were who didn't look like beggars. The answer startled him, "They are the ones being bad wives for their husbands!"

Luckily he had heard about the hospital in Addis Ababa. Supported by his Synod, he sent the first patients to the Hamlin Fistula Hospital either by plane or by car in 2001. The airline company in the end did not want to transport any more patients because of the smell and

that they had to clean up in the aircraft afterwards.

The overall development goal was to reduce fistula problems and increase the knowledge of the root causes.

About 9,000 women are victimised by fistula in Ethiopia every year. How can this be reduced in our selected area?

The NMS were very professional and were familiar with applications. Inner Wheel agreed very quickly on the project goals. EECMY had 3 years' experience and they knew what they wanted in terms of housing, information to the locals and transportation.

The expected outcome of the project when we began was:

1. Women from the region, regardless of religion or ethnic group, should have a safe place to wait for their operations as well as a safe possibility for transportation to the Fistula Hospital in Addis Ababa by car, 700 km away.

Result: A house consisting of three good rooms was built, an office for the female manager on site, a room for patients waiting for transportation and one room for healed women for information on their new situation. A cooking house and a toilet house at the rear of the building were also built. When I visited the first time in October 2006, I commented on the muddy surroundings of the main house and asked for a concrete pavement to make cleaning easier. Little did they know that I was to return two years later. They could have omitted doing it, but I found the pavement planted with flowers all around! The car was wonderful. Seats for the driver and the project manager in front, three women in the back-seat and at the very end room for three to sleep as no hotel will receive them. The surgery is free. A lot of people worldwide contributed to the hospital, but what if the fistula women can't reach it?

2. The population and community leaders should acquire an increased knowledge of their situation, and engage themselves towards a better health situation both for pregnant women and women with VVF.

Result: The manager and her assistant, apart from finding the fistula women (often well hidden) started their information campaign with two men from each school catchment area. The men cried while going through the information and watching the films. How little the men knew about the female sphere! After two days, they went back to their districts and shared the

newly gained information with the locals. I had attended a meeting like that—it was emotionally charged.

3. Pregnant women in the area who needed an evacuation to hospital for deliveries, should have access to a car with a driver.

Result: 50+ women were taken to surgery in Addis Ababa each year. For the rest of the year, the driver could use the project car to the local hospitals in Aira and Assosa approximately 100 km away. Some roads were like a potato field, others were quite good. The local women had this assurance during their pregnancy.

Project indicators to measure project goals:

- Larger number of women healed, re-integrated and functioning in the community
- Higher knowledge/better understanding of risks and causes for fistula
- Gradual decrease of FGM and early marriages
- Larger number of women deliver at hospitals/clinics
- Smaller number with fistula problems
- Smaller number of women die during delivery
- Fewer babies die during delivery

This was the start. It was 1 January 2006. We were very well updated during the three-year period by the NMS representative in Ethiopia—satisfied with the progress and the women who came to the project office for help. Our project mushroomed.

The neighbouring Diocese came into the picture. They knew little about fistula. We got involved as well. This time, with our own money. Empowerment programmes were instituted, especially in the Western Synod in Bodji.



When the Fistula Hospital started their own midwifery school at Desta Mender just outside Addis Ababa, IWN had the sole responsibility of educating four midwives through our old partners. Prevention of fistula is better than repairing. We have to do both and a good midwife is a good tool.

In 2014, IWN was to have a new international project. We had three different projects to choose from. With an overwhelming majority, fistula won.

Every member had one vote each, because we find it more democratic that way. This time, the project would be at the Blue Nile Valley, also in Ethiopia.

In this area of the country, the level of education is very low. We could not rely on enrolling students at the midwifery school as the school teaches only in English.

The Safe Motherhood Ambassadors were formed. They are former fistula patients who received help in setting up a business, and in their spare time, teach pre- and post-natal care, and encourage pregnant women to deliver in a hospital.

This is the area where most women give birth alone, sometimes out

in the open. So there is a great potential for a win-win situation here. Because of the distances to hospitals, health centres with clinic rooms were available for the women prior to their deliveries.

This was a very rewarding time for IWN. Many members knitted shawls and hats for the newborn babies, a gift that should encourage giving birth in safe surroundings. We were given money only in the first 3 years. In the next 11 years, donations were collected by our members.

For IWN, work ended on 31 December 2020. Unfortunately, the last years were politically unstable in the region.

CONCLUSION: This is not a project out of the blue, but it is accountable and concrete. It has a targeted geographical region of need and a period of implementation. The reports given to IWN has been most valuable, because it gives us as donors both ownership and responsibility. Only one surgery failed.

The different stages of the fistula project was good for the general interest of the clubs. Our club members cared for the patients, the midwives and the other workers. Good relations were forged with

our partners. It was a pleasure to work with three different NMS representatives in Addis Ababa and one in Norway. We were credited for our contributions. In the first project, we were hidden under the umbrella of FOKUS. From this and earlier experiences, I don't want IIW to hide behind another big organisation any more.

During both my visits, I was there among the people, those in charge and the former patients. We accompanied three women to Addis Ababa for surgery. We met them at the hospital later after surgery. (The picture shows our joy and their worry for the long journey ahead.) I and Sidsel Bakken, then the Council's ISO, carried big boxes of women's nappies (Tena Lady) at the airports. Many curious glances, but people were too polite to ask questions! I wish they had!

In 2006, I met Dr Catherine Hamlin who at 82 still performed surgeries. She and her husband, Reginald, had started the hospital in 1959. Meeting her was a happy moment in my life.

When you believe in something and do something about it, that's fulfilment! Her life was a proof of that. Catherine Hamlin has been Australia's gift to the African woman. She educated surgeons from the whole African continent on how to restore a fistula woman back to life. After a successful surgery, a fistula woman can have healthy babies if caesarean is available. Another gift!

Strong Women, Stronger World. Good Health, Good Start. As a women's organisation we can do a lot, but still we have to touch the hearts of men to get everything done!

TRIBUTE TO A STRONG WOMAN

Dr Catherine Hamlin

AC, MBBS, FRCS, FRANZCOG, FRCOG

née Elinor Catherine Nicholson

24 Jan 1924 - 18 Mar 2020

Dr Catherine Hamlin and her late husband, Dr Reginald Hamlin, travelled to Ethiopia in 1959 and later, founded Hamlin Fistula Ethiopia.

When she first saw and treated her first obstetric fistula survivor, she found her calling. From a 3-year posting, it became a lifelong dedication to eradicate obstetric fistula in Ethiopia.

She gave back her patients' dignity, womanhood, and place in the community—**empowering women in health**. No man or woman has done as much as she has for fistula sufferers.

Twice nominated for the Nobel Prize. Awarded the Right Livelihood Award (the alternative Nobel Prize). Recipient of numerous international awards and acknowledgements.

She pioneered the Hamlin Model of Care, the world's best practice of preoperative and postoperative treatment.

Today, Hamlin Fistula Ethiopia comprises a world-class surgical team, over 550 Ethiopian staff in 6 regional fistula hospitals, Desta Mender (a rehabilitation and re-integration centre), Hamlin College of Midwives (offering degrees in midwifery), and 80 midwifery clinics.

Read more: <https://hamlin.org.au/>

Compiled by Cheng Yeok San, IIW Editor/Media Manager



Health Croatia

by Inner Wheel Club of Pula

MULTIPLE SCLEROSIS – LET'S DO MORE

On 26 May to 24 August 2021. IWC Pula, D191 Croatia, organised fundraising events to purchase equipment for daily physiotherapy of patients at the Multiple Sclerosis Society of the Istrian county. Patients are mostly young people with varying severity, and often significant disability. The Society provides hospital and physiotherapy, and daily physical rehabilitation for maintaining function. With the cooperation of the I.M. Ronjgov Pula Music School, the Club organised a concert at the Italian cultural hall, Circolo, on 2 Jun 2021. With 4.000€ collected, several equipment could be purchased: a hydraulic exercise and massage table, an exercise bike for arms and legs, walking treadmill, massage chair and several balancing boards.



Association of Inner Wheel Clubs in India

One of the 7 Key focus points — “**S**HEROES 2021-2022”

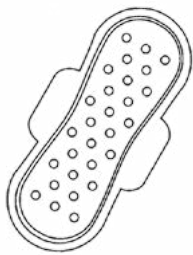
by Association President Saroj Katiyar

H | HEALTH - HYGIENE - HAPPINESS

A THING ON HIGH PRIORITY



Anaemia is classified as a major public health problem in India- 52% of non pregnant women of reproductive age are anaemic, iron-deficiency increases the risk for preterm labour, low birth weight, and infant mortality.



Menstrual Hygiene- Increase awareness and accessibility by audio-video or print among adolescent girls about the need and usage of sanitary napkins.



Ensure safe disposal of Sanitary Napkins in an environmentally friendly manner is of utmost importance.



Self Hygiene- Usage of mask, sanitizers, cleanliness at home and nearby places is a must.

“THE FIRST WEALTH IS HEALTH.”
– RALPH WALDO EMERSON



INNER WHEEL OBJECTIVE—TO PROMOTE TRUE FRIENDSHIP. A wonderful objective to have and I believe achieved very well in Clubs around the world with us all having the opportunity through membership to form connections with women of various cultures, skills and interests. Since joining Inner Wheel in 2003 the number of friendships I have made at Club, District, National and International levels by being involved has astounded me.

INNER WHEEL MEMBERS CARE—through my journey and speaking with Members, the feeling of friendship gained in Inner Wheel is different to that of any other organisation. We work together, we support each other and we care. When my mother passed away my granddaughter asked why I had so many cards sent to me, the answer was simple, the majority were from members throughout New Zealand who had heard my sad news and wanted me to know they cared.



Friends gained that I would never have met without Inner Wheel



THE PINK ROUTE OF FRIENDSHIP

I was married to Taslim in 1984 and we built our new home in Maharagama, Sri Lanka. Soon, we had built a nice circle of friends around the neighbourhood. The neighbouring town had an active Rotary Club and decided to extend to our town. After a series of a few meetings, the new Rotary Club of Maharagama received its Charter in 1985. Taslim was a regular and would attend the meetings with zeal. The wives would often have to wait for their husbands to finish their Rotary business and would gather outside and chat. It was these informal chats at the car park that led to the idea of forming an Inner Wheel Club.

After coaxing almost all the wives of the Rotarians, the Inner Wheel Club of Maharagama was inaugurated in August 1986 and chartered on August 5th, 1987. I was elected as the Charter Vice-President. We were thoroughly enjoying the friendship of one another and the bonus of meeting members of other Clubs at District events. We were also enjoying ourselves engaging in the service projects. Incidentally, the National Cancer Hospital was located in Maharagama, We had many projects supporting the hospital—colour washing the walls of some of the wards, providing books and toys to the children's wards, and even organising Christmas parties for the patients.

As I reflect on the past, I would think that this was my first-hand experience of Inner Wheel Friendship where we went as a team and were able to extend some form of kindness to those in need, and see the happiness in their eyes.



Maternity packs for pregnant women



Empowering women with self-employment.



Loading maternity packs for distribution.

The southern insurgency movement in Sri Lanka, which had commenced in the early 80s, was now disrupting our civil life. Whilst in the north, we were facing a threat from the Tamil Tigers. The insurgents then took a strategic decision to attack and harm families of servicemen. Two of my younger brothers were serving in the Armed Forces.

One morning when we were leaving for work, we were surprised to see a poster on our gate warning us of danger to our lives. My parents and other siblings had received similar warnings. All of them decided to move away from their homes and relocate elsewhere for safety. Taslim and I were wondering where we could move to safety. My Inner Wheel Club mate Seetha called me. She insisted that we move into their home immediately and avoid any risk to our lives.

Taslim and I were taken care of by Seetha and her husband Tissa for almost one month during those dark days. They made us feel comfortable, safe and wanted. It was a real experience of friendship and caring from an Inner Wheel friend. It taught me that no matter 'what you are' or 'who you are', you will be in need of some sort of help, and 'sincere friendship' is the most pleasant experience you can savour.

The dreaded tsunami engulfed the coastal belt of Sri Lanka in December 2004. Inner Wheel rose to the occasion. Our Club identified projects to bring relief to women and children who were affected. We provided pregnant women, with maternity packs, stationery and school items for children, supported widows with gas cookers and string hopper moulds to commence livelihood projects and organised counselling programmes for women who had lost their breadwinner. Gratefully, some of the funding came from overseas Inner Wheel friends such as from the late Eileen Harsant, who was IIW President when I was District Chairman, and Beth Darcey, Past District Chairman of District A80, Australia. This is a reflection of the power of Inner Wheel friendship that went even beyond our shores.

Came 2015 and the Second South Asian Rally was hosted by my District. I was the Rally Treasurer and the event was held featuring several cultural, musical and entertainment items. We recorded an unprecedented participation of 850 members including delegates from neighbouring India, Nepal, Malaysia and Bangladesh. The entire project was a superb roller coaster ride of friendship and comradeship amongst the Organising Committee that has stood the test of time. We still reminisce the good times we had and would have a good laugh over the bumpy issues we overcame.

'Educate to Protect' was yet another District project aimed at educating the girl child to protect herself. We reached out to over 10,000 school children through interactive workshops in association with some state agencies. Again, I served as the Project Treasurer and the rapport, support and cooperation I received from the rest of the Committee and other stakeholders was something I will cherish for the rest of my life.

Inner Wheel has shown me that 'Friendship is a sweet responsibility and not an opportunity'.

With lots of Love & Friendship,

Diana



Inner Wheel FRIENDSHIP — nostalgic

I was born in Bombay, a bustling cosmopolitan city, now renamed Mumbai. I grew up in a middle-class joint family surrounded by both sets of grand-parents and numerous aunts, uncles and cousins! So to say that I have never felt lonely, lost or alone would be the absolute truth! However, to my own surprise, I said YES to a marriage proposal from across the border, married in London in 1973 and immediately moved to Karachi, a city I had never even visited before.

I admit it took time for me to settle down into a new household. What with meeting hordes of strangers and moving around in a totally unknown city, it all took me time to find my feet. My husband, his father and uncle were all Rotarians as were many of his close personal friends. So I regularly used to attend many dinner functions of Rotary Clubs.

At one such event, an elderly well-dressed lady approached me and asked if I would like to join the Inner Wheel Club of Karachi, the only one in existence at that time in Pakistan. To be honest, I had no idea what Inner Wheel meant! So, she sat down, and with a few other elderly women, explained to me in brief, what Inner Wheel was all about. Then said that I could attend their next months meeting if I were interested. I went to a few of their meetings and decided to join. This was in 1974 and I haven't looked back since!

These elderly old-school ladies helped me to find my feet in Inner Wheel. They encouraged me to step forward and take on duties and responsibilities, clapped with pride every time I stepped onto the stage and made a speech in front of a big crowd and showed me what Inner Wheel friendship and service is all about.

I realised then that age does not come into it and is totally irrelevant. If the heart and mind are willing to give freely it is a beautiful feeling.

I will never forget their outstretched hands of friendship towards a young girl, new to everything around her. They pulled me onto a path and destiny I still tread with fulfilment and joy. I have tried in these past years to return the fellowship and goodwill which I have encountered from the many members of my Club and District 327. Thanks to this fellowship, friendship and goodwill of the Inner Wheel members we have now grown to over 1,200 members in 5 Districts of Pakistan. May we continue to grow from strength to strength in friendship and fellowship.

Stay blessed everyone. Stay safe!

Feeroza Avari



March 1989. First District 327 Conference under my Chairmanship.



Making the world a better place through IW friendship

When I received the message from IIW Vice-President Zenaida Farcon that IIW Editor/Media Manager Cheng Yeok San was inviting to write a message about a personal experience of IW friendship, my thoughts immediately went to a year ago, to that terrible August 4th, 2020. On that day, a frightening explosion in the port of Beirut, Lebanon had killed more than two hundred people and left thousands injured and homeless. The news and photos from the media were terrifying!

Only a month earlier, I had come into contact with the Coordinator and Presidents of the eight Lebanese Non-Districted Clubs, which I am responsible for in my capacity as Board Director. I soon became aware of the serious political and economic problems that had plagued the country for many years. I realized, too, that something had to be done without delay to help our IW friends in this dreadful calamity.

With the support of the entire International Governing Body, IIW "HELP TO LEBANON" fundraiser was proposed. A project was formed based on the feedback of the Lebanese friends, in collaboration with Board Director Angelika Walde, whose god-daughter lives in Beirut. Some hospitals had been devastated within kilometres of the explosion. The project was to help to get back on their feet.

District 199, Switzerland and Liechtenstein, had kindly provided their current account for the collection of donations. Very soon, flyers were distributed in four languages to National Representatives, past Board Directors and many other friends in the world, asking for their support and contributions.

The outcome was amazing. IW members had given a real demonstration of solidarity from all over the world! Thanks to the considerable amount donated to the IIW Lebanon Project, we were able to buy some expensive surgical instruments for two hospitals located in the most damaged area of Beirut. During the ceremony for the delivery of the equipment, in the presence of the Directors of the hospitals and other authorities, our grateful Lebanese members thanked IIW and all the friends around the world. It was through the generosity Inner Wheel that had helped them in such a difficult time. Here is the true friendship spirit of our great Association!

In addition, Angelika and I had the honour of presenting the report of the IIW Project "HELP TO LEBANON" at the 18th IIW Virtual Convention.

On August 9th, on the official IIW Facebook page, International Editor/MM Cheng Yeok San posted the public words of thanks from Professor Pierre Yared, General Manager of Geitaoui Hospital in Beirut. In his address to the Inner Wheel members, he expressed his gratefulness "...this thoughtful contribution is a seed of joy that has been flourishing and making a difference in our hospital.."

Thank you, dear friends.

Gemma Venuti



The ceremony at Geitaoui Hospital, Beirut for the delivery of the equipment, in the presence of the Directors of the hospitals and other authorities



Journeying in Inner Wheel values and principles

I was given the privilege to write an article about my personal experience of Inner Wheel Friendship. This is a condensed description of my journey in time as an Inner Wheel member.

I joined Helsinki-Eira Inner Wheel Club 1987 as the youngest member of the Club. Even though career-oriented and extremely busy, I attended Inner Wheel meetings regularly.

In 1990, I moved with my husband to live in London, UK and transferred to the Richmond Inner Wheel Club. This widened and deepened my idea of international IW understanding. We returned to Finland in 1994. The friendly environment of Richmond IW Club made me brave enough to accept duties in Finland as Vice-President and President of the Club. Of course, I had a lot of support from my Club members to carry out my duty.

Little by little, I started to understand Inner Wheel values and principles. In addition to official duties, my private life became more involved with Inner Wheel activities, meeting up with members and their spouses, having phone discussions and visits, going for dinners and participating in events together e.g. to theatres, operas and going places.

Further on, in 1996, I started to take up District level positions, first, as Secretary and then Chairman. After that, in 2016 as National Representative, Vice-President and President of the National Council. All these were challenges made possible because in Inner Wheel, I experienced a lot of support and friendship. Everyone had been encouraging and had cooperated in carrying out their duties.

In Finland I was involved in national projects, for instance, "Life Education", "Sniffer dogs", "Wise Nose" and projects where we collected and contributed money for international catastrophes to distribute to people who have lost their homes. In addition to service projects, coordinating conferences for the European region was very rewarding. UN activities and plans were followed up.



IW organisations operating worldwide in over 100 countries share the same theme where we can grow together and accept challenges. Yet, there is flexibility for us to dare carry out duties with our own personal style. So, this is what friendship with IW members has brought to my life. A lot of experience, a lot of know-how and also courage to access unknown experiences.

Having participated in Nordic, Europe IW meetings, International IW Convention and IW Rallies I have met very special knowledgeable IW members from other countries. We share experiences from our countries and culture which is very beneficial in life. This is also very valuable to me, in my career working in large international ICT companies.

What I have received in friendship and understanding, and the support from IW members, I can similarly help other members who are around me. It is also very rewarding to see everyone carrying out their duties. Inner Wheel strengths are its history, internationality, educated women and friendship. I believe that Inner Wheel, as a service organisation, will continue with the strengths it has. IW is also capable of change with time to meet challenges in a changing world.

A toast to International Inner Wheel!

Kaija Keijola



Inner Wheel service touches hearts

In my Inner Wheel Journey, I have many beautiful heart touching incidents and I would like to share one.

In 2019-20 as the Association President, I initiated a project, namely, "Mission Mamta – orphan/orphanage free India". The project was carried out for 5 years. Swanath Foundation and the National Commission for Protection of Child Rights under the Ministry of Women and Child Development, Government of India became partners of this project.

In the beginning, it was very challenging and there was a lot of anxieties. In no time, all the clubs of the 27 Districts embraced and started working on it. Soon, almost all the members in India became close to the project. They started visiting orphanages and supported them by providing groceries, school fees for children and livelihood arrangements by giving them auto-rickshaws, vocational training and so on. Inner Wheel members also guided and helped people in the process of adoption and helping children in foster care.

Massive publicity drives were launched by clubs across the country by putting up millions of billboards, distributing pamphlets, affixing stickers on local public vehicles, making announcements on the radio, and organised dramas and skits, roadshows and rallies.

Another project, "Eradicate Plastic" was seamlessly merged with this project. Clubs have distributed millions of cotton vegetable bags with the logo of the projects. This drew the attention of the general public. Many people outside our fraternity called and enquired about adoption and foster caring.

That day, in the month of November 2019, is etched in my mind. A club had organised a real adoption ceremony after completing all the legal formalities. The adoption took place with traditional rituals in the presence of IIW President Phyllis Charter. It was really a heart-touching moment, when a two-year-old girl was placed on the laps of her adopted parents.

The scene is still fresh in my mind. When the parents held the child, we could feel the happiness of the whole universe and contentment in the parents' eyes. It was a magical moment for all of us and we had goosebumps. Everyone witnessed an angel **entered into their lives and completed them.**

The parents said it had been a long wait for them to have a feeling of parenthood. They felt on that day that GOD has given them everything and their long cherished dream is fulfilled. At that moment, I was very happy, suddenly recalling the words of Bill Clinton,

**"PERHAPS THERE IS NO GREATER MIRACLE
THAN FINDING A LOVING HOME FOR A CHILD WHO NEEDS ONE."**



After the ceremony, we were taken on a tour of an orphanage. There were around 21 prams with newborn children, most of whom were girls. We always only hear circumstances like this but seeing the real world in the orphanage, brought tears in our eyes. Phyllis and myself were shocked and speechless. We wished we could give them beautiful homes. I feel that we, as IW members, can help bring a change in the lives of children as well parents and in turn society at large. The world may not change if anyone adopts a child, but for that child their world will change.

Lets' spread happiness.

Mamta Gupta

Extracted from
"My journey with the dreamers (orphans)",
IWC Vijayawada Midtown, District 302
(<https://youtu.be/Ho-OuYyzLOo>)



Inner Wheel friendship is to be cherished

Inner Wheel has been an important part of my life for the last 36 years as a Charter Member of the Inner Wheel Club of Citrus Heights near Sacramento, California. Looking back on those 36 years brings lasting memories of shared meals, community support, social projects and fundraising events. Most importantly are the times when the Inner Wheel friendships matter the most, when the circle of life brings difficult circumstances to us. To name just several of these significant times that my Inner Wheel friends have been there to support me, was in the passing of my mother and in happy times, when I was installed as IWUSA President and National Representative.

Dealing with a mother's passing is so difficult. I was so thankful that the IW ladies jumped right in when I needed help. My IW Club provided food, serving and clean up for the reception after her service. Such a blessing to have support in this way when you are in the middle of the grieving process! That same year, our IW members also supported two other club members in the same way when their spouses passed away. Thank you, IW friends, for the caring and love when it is most certainly needed!

A happier time was when I was installed as IWUSA President/NR. These amazing Inner wheel ladies arranged the entertainment for the installation dinner, did the centrepieces, made the name tags and attended the event to honour me. Between being a District Chairman, IWUSA Vice-President and then IWUSA President, it seems like I was always calling on them to help in some way—raffle items, decorations, help with programmes or just to attend the events. My dear Inner Wheel friends always stepped up to the plate to help wherever and whenever needed. AND always with a smile and “can do” attitude! Inner Wheel is friendship, and I am so thankful for these fantastic ladies.

Today, Inner Wheel continues to foster and strengthen friendships for me. Now that our membership is expanded to “like-minded women”, it has given me a perfect opportunity to continue lifelong friendships by inviting former neighbours, high school friends, past colleagues and friends from younger years to be a part of our great organisation. By meeting monthly with Inner Wheel, my long-time friends and I have a structure and purpose to add to our friendship. These ladies, like me, want to help others, develop new friends and be part of a group that is doing good for the world. As a current IW member, please think about those women that may just be waiting for you to ask them to a part of this wonderful International Inner Wheel organisation. Ask them today to join your club!



In March 2021, our Citrus Heights Inner Wheel Club was finally able to celebrate 36 years together! Please enjoy the anniversary picture taken of our members when we celebrated Charter Member, Virginia Leavitt's 95th birthday, who is front right. Joan Buntin's Canine Companion dog, Rhett, was also in attendance. The Inner Wheel Club of Citrus Heights is very proud to have supported Inner Wheel by having 6 of our members become District Chairmen. In addition, two members have become IWUSA Presidents including Linda Daniel who is the current IWUSA President, left front.

With becoming IIW Board Director, I have once again widened my friendships and I now have friends around the world. In addition, what pleasure it has been to know and interact with many recent IIW Presidents that are such incredible ambassadors for Inner Wheel! I so cherish my Inner Wheel friendships locally, nationally, and internationally!

Thank you, Inner Wheel friends! I look forward to many more years of love and support as we continue our Inner Wheel journey together!

Thank you, Inner Wheel friends!

Marjorie Jones



Thanks to Inner Wheel, I feel alive!



This photograph has a great meaning for me about friendship in Inner Wheel.

I attended the Copenhagen Convention of Inner Wheel year 2014-2015 as Board Director. In one of the events, we were transferred by buses. The whole IIW Committee was waiting for the last bus so that all participants will arrive first to the place of the meeting. When we arrived I could see that all the members were already at the designated tables. It was a beautiful huge place by the sea.

As I was walking along, looking for my Mexican mates, I passed by a table and spotted my Facebook friend, Berenice Johannisen Louw from South Africa. She invited me to sit at her table. There were several members from her country and among them was a fellow Board Director Kathleen Brodrick.

We began talking and sharing, an experience of friendship. In the next moment, another member passed by taking photos. She asked us for permission to take our photo and I didn't know what club she was from. It was a wonderful experience attending the Convention.

Back home, I would listen and watch the videos uploaded on Facebook. I chanced upon a posting by the members of an Inner Wheel Club in Germany playing the Inner Wheel song "Standing Together". To my surprise, one of the posts was the photo taken at the Convention. I watched the video and I cried with emotion because I remembered the beautiful moments of friendship. Thanks to Inner Wheel, I feel very much alive!

Regards to all of you!
In Friendship

Patricia Garcia



District 418, Mexico



District 417, Mexico



Friendship beyond borders

I was introduced to Inner Wheel by some good friends. It was at a Rotary event that I met these hard-working ladies. I was impressed that there was such a ladies group that I had not heard of before.

It did not take me much persuasion to form my own club in my town of Klang. What started as a group of 16 ladies grew on to multiples after meeting ladies of other clubs in the near vicinity. Soon my pool of friends moved to international levels.

One particular incident stays close to my heart. In 2010 my niece, got married and had to move to Bangalore, India as her husband was posted there to work. It was a new place for the young newly-weds. She approached me and asked me to introduce some friends there. With the help of Google, I soon located some Inner Wheel clubs in Bangalore.

I wrote to the President of IWC Bangalore Orchards and she immediately responded to my letter. They welcomed my niece Meena with open arms. My niece was a member there for a few years before she and her husband relocated to USA.



During the time that Meena was in Bangalore, we organised an international visit from our District 330 to her club. It was great, bonding with all the ladies in IWC Bangalore Orchards. Happy memories were made.

These are the first and the third objectives of Inner Wheel

- To Promote True Friendship
- To Foster International Understanding.

In Friendship

Seetha Lakshmi



The Inner Wheel Friendship

More than 20 years ago, my husband was invited to become a member of Rotary International. Privilege, dignity, nobility and respect comes to mind when I reminiscent about our feelings at the beginning of his membership.

A few years later when we, the wives of Rotarians in our city decided to form a IW Club, I did not hesitate to become a founding member. The idea to become a member of the largest international women's organisation, to spend part of my free time for the benefit of those in need and for my community, together with like-minded people, is the one that has not left me in my 20 years in Inner Wheel.

The membership of IIW has no material or temporal dimension. You must have an inner need to be a faithful friend—to give, to accept and to follow the main goals of IIW. For me,

INNER WHEEL IS LOVE, RESPONSIBILITY, GOOD VIBES AND TOLERANCE.

In 2010-2011, as a member of the EC of D248, IW Bulgaria, I had a task to prepare workshop materials for the training seminar of new teams. The theme of the year was "Commit with conviction, compassion, consistency". I wrote an essay with that title and it remained in the history of our District as an inspiration for many friends because I tried to describe what I had felt within my heart.

In 2017-2018 as a Chairman of D248, with the theme of the year "Leave a lasting legacy" set of IIW Past President Dr. Kapila Gupta, I created the section "My story" on our website. The idea was to collect the various inspiring stories of our notable friends—founders or new and younger members. The result was a colorful kaleidoscope of unique emotions and I finished the published series with my personal story. An excerpt of my essay is as follows:

"WHAT IS MY STORY—nothing special, except a huge desire to be useful. *To be useful* to those in need even with something small, but very important for them in our difficult times. *To be useful* to a friend with advice or even just by offering a listening ear. *To share* with the Club and the District everything I have seen and learned through my international contacts. *To be useful* to our planet as a conscientious citizen of the world with the desire to protect it. *To be useful* to my family in the way I brought up my children and now I bring up my grandchildren with fundamental moral values. THIS IS MY STORY—with a smile, goodwill and selflessness to walk my little life path in the vast universe."

What were the moments when I felt the friendship without borders that our wonderful IIW organisation gives us?

Maybe when it was on 10 January when our District was celebrating International IW Day and my club appealed for help. Our friend's daughter had fallen ill and her family needed financial support. In one night, we organised a successful fundraiser to help the family.

Or it can be when I was with my husband at the annual RI Assembly in San Diego, where people from all over the world become your friends!

Perhaps, during the meetings with our friends from D 45 Denmark, who visited our homes with a lot of love, singing and affability...

Probably at the moment when we donated for the disasters in India, Italy, Croatia.

Or maybe it's simply when a friend from the club calling me on the phone just for a chat.



Friendship at IIW is one huge pulsating heart of kindness and nobility,
a heart that knows no borders.

**"TO HANDLE YOURSELF, USE YOUR HEAD;
TO HANDLE OTHERS, USE YOUR HEART "**

~ ELEANOR ROOSEVELT ~

Zhivka Stoyanova



HEALTH IN FRIENDSHIP

Cheng Yeok San
IIW Editor/Media Manager 2021-22



Concerns about health is a top priority. With health, we CAN overcome physical, mental and emotional pain, sharpen our intellectual focus and develop a capacity to help others.

Inner Wheel friendship embodies all aspects of health in our members. Having like-minded friends, spending time simply to talk or to share ideas in projects or to help when in need is the support that every Inner Wheel member must nurture in order to enjoy the healthiest and most satisfying life possible.

In this issue, I have invited the IIW Board Directors with the help of VP Zenaida, to write about their personal experience of Inner Wheel friendship. I hope you will find their stories as inspiring and invigorating as I have. It comes from their heart, and many years of interaction and maturity in healthy social connections.

*In Inner Wheel friendship,
Yeok San*

Calling for ARTICLES IN THE PINK Issue No. 3

For the next issue, I invite articles that envision PINK FIRST and STRONG WOMEN STRONGER WORLD in your country which focuses **in the area of EDUCATION**. Successive issues will cover other focused areas of Opportunity and Empowerment.

Your article may be a MAJOR project that has recently concluded, or is ongoing at the level of a national governing body, district or club. **Write a story about the project in EDUCATION: for who, what was the need, what was/is touching about it.** It is time to rise and show what strong women can do to make a stronger world. Photos will add flavour to your story!

The deadline to submit is 11th SEPTEMBER 2021. Selected articles will be published on 30 September 2021.



INTERNATIONAL DAY OF PEACE September 21, 2021

At the 16th IIW Copenhagen Convention held in May 2015, it was agreed that our organisation would recognise United Nation's International Day of Peace on 21st September annually.

This year's theme is
RECOVERING BETTER FOR A SUSTAINABLE AND EQUITABLE WORLD.

"In 2021, as we heal from the COVID-19 pandemic, we are inspired to think creatively and collectively about how to help everyone recover better, how to build resilience, and how to transform our world into one that is more equal, more just, equitable, inclusive, sustainable, and healthier. Celebrate peace by standing up against acts of hate online and offline, and by spreading compassion, kindness, and hope in the face of the pandemic, and as we recover."

(<https://www.un.org/en/observances/international-day-peace>)