

INTERNATIONAL SERVICE REPORT



Newsletter District 152 France

This is a very large district geographically, stretching from the Belgian border in the north to the Rhône south of Lyon and from the Loire in the west to the German, Austrian and Swiss borders in the east. It is also a new district formed on the first July 2023 with 21 clubs.

Clubs

Du Haut Bugay - 10 members. One member brings her 6 year old son who is the club mascot

Annecy - 8 members

Annemasse- Lemans - 9 members + many friends – project Help for Women

Auxerre - 15 members – projects child aid, raising awareness of heart problems in women and guided tours of Auxerre.

Beaune - 22 members - new project this year encouraging a taste for literature in two to six/seven year olds

Belfort - 16 members - celebrated it's 30th anniversary with a visit to à Hydrogen Energy Plant, lunch and the screening of a film by a nature photographer.

Bonneville La Roche- 9 members - ran an open day for all the clubs in town to answer questions and to make themselves known and encourage new members.

Clermont Volcans - 10 members run annual autumn flea market, proceeds of which go to a school for disabled children.

Colmar - 39 members - hiked to the Black Lake and returned to a farm inn for a traditional meal

Dijon - 32 members - joins their Rotary Club to organise a blood collection over two days called « My Blood for Others »

Épinal -16 members -For 10 years they have supported Bouchon Handicap. They visited the premises and presented a cheque.

Gray - 10 members With the District Governor they visited a chateau and a park

Lyons's Parc - 34 members - visited an art exhibition.

Metz - 8 members -The first meeting of the new IW year was celebrated at a lovely restaurant.

Mont-Blanc - 9 members - attended the opening of an exhibition of Japanese literature and poetry. Mulhouse-21 members – in August the president hosted a summer picnic at her lakeside house

Reims - 37 members – visited a beautiful home

Strasbourg - 29 members - visited the luggage museum of Haguenau discovering a remarkable collection of 200 trunks, suitcases and luggage.

Strasbourg-Tivoli - 25 members -Last May the president visited the Inner Wheel Club of Patan, Kathmandu. The club has agreed to finance a water supply for an area in the south of Kathmandu.

Thionville - 13 members - visited the exhibition of Madeleine Ruffaud, a resistance fighter, poet and one of the first French war correspondents.

Verdun - 8 members



News from Janice Karlsson ISO ÖREBRO IWC Distrikt 234 - Sweden

Dear Sue! Thank you so much for your Friendship Bouquet which was packed with fun and reports från some very happy and interesting events.

I personally thought the Pink Breakfast was genius and something we should adopt here in Örebro.

INTERNATIONAL SERVICE REPORT



Glad to see my first greeting to Pakenham in print. Sorry there were no pics but I'll be on the alert next time.

Dear friends of Pakenham IWC,

Once again it's that time of the year when we send special thoughts and greetings to friends near and far.

Here we are in Sweden in minus temperatures and snow, whilst you are all basking in summer sunshine!

Our club has enjoyed a successful autumn having had four monthly meetings and numerous walks in a nature reserve not far from our city centre. We met in September after our long summer break. Sweden has very short and intensive summers, so most activities round off in May-June and we all take advantage of the long light evenings, many moving out to their summer houses in the country near forests and lakes.

In September we held the AGM and our guest was our District President. Luckily all the positions on our club committee are filled. It seems more difficult these days to get members to take on these positions. In October we met at a book shop where we listened to a local authoress whose aim it is to write 21 books about a manor house called Svartå Herrgård, which lies in a rural village not too far from Örebro. With signed copies of the first book under our arms, we then strolled to the private venue where we enjoyed dinner together. November was a winetasting evening which was, as expected a very happy and buzzing occasion. We tasted red wines only and followed this up with a tasty French classic, rustic dish, boeuf bourguignon which was enjoyed together with a red wine made with syrah grapes. Our December meeting is always a highlight where we meet at our usual venue and start with a traditional small mug of mulled wine, which in Sweden includes chopped almonds and raisins. After the traditional meal of turkey and trimmings, not to be compared with how you would serve turkey (I prefer the British turkey meal myself!), we hold a lottery with things we ourselves have brought along, the proceeds going to a local charity for children in need. Our plans for International Inner Wheel's 100th Anniversary celebrations on January 10th next year are well under way. Our focus will be on our international contacts and Inner Wheel's involvement globally, including IW consultive status within the UN. This is where we will also highlight our friendship clubs.

Sending you and your members greetings for a very Merry Christmas and a successful New Year. We hope to hear from you soon.

Yours in friendship, Janice Karlsson ISO, Örebro IW Club, Sweden

News from Savita Bhutada – IWC Ahmedpur ,India

As they say, Friendship is not a big thing but a million little things. So, friends let's all get together and have a successful INNER WHEEL YEAR.

Looking forward to make some friends. And wish you all HAPPY FRIENDSHIP DAY!

Best Regards, Savita Bhutada ISO (IWC Ahmedpur) District 313CA



"Friendship is the only cement that will ever hold the world together."

WOODROW WILSON





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 one friend
Supporting this charity I definitely recommend



IN TIMES PAST



Out-going President Janet. Incoming President Liz.



PAT PUDDY INDUCTS NEW I.W. MEMBER - HELEN INDEY



BACK ROW: ELAINE, PAULINE, SUE, PAT, HELEN, LIZ. FRONT ROW: JAN, MARG, ANNE, MARCIA.



Joy INDUCTS NEW MEMBER JOY de JONG AT OUR MARCH MEETING 2004.



The Inner Wheel Club of Pakenham Inc. A13212

Invites you to attend Dinner at...

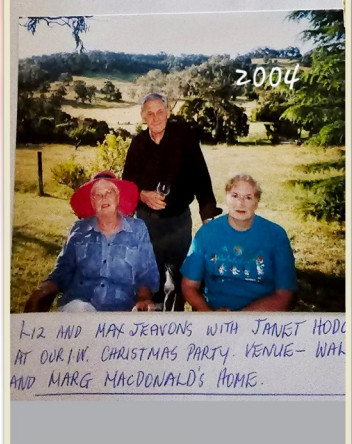
Cllover Cottage

2002

ident Elaine ready to welcome the guests at Cllover Cottage.



First lesson: easy(?) basic steps.



Liz and Max Jeavons with Janet Hodge at our I.W. Christmas Party. Venue - WAK AND MARG MACDONALD'S HOME.



JANET MARG and NEWJE CATERING FOR A ROTARY DISTRICT SEMINAR AT LILY POND HOUSE PAKENHAM



OCTOBER 4th 1991. I.W. CLUB OF PAKENHAM'S 5th BIRTHDAY PAKENHAM GOLF CLUB. Susan (12...), Nettle (17...), Pam (Charter), Maria (3rd Rev.), Lorraine

SPECIAL DATES



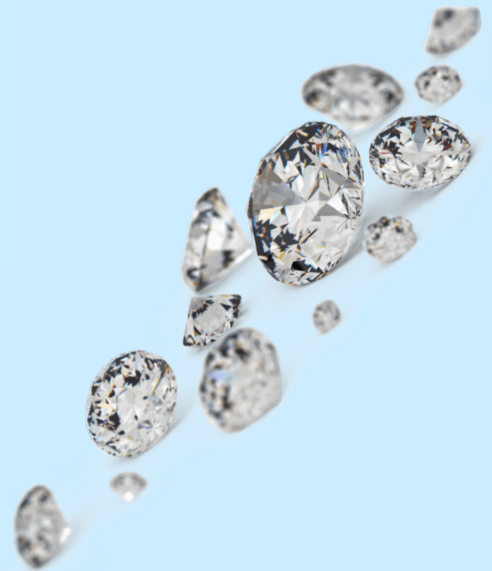
Sew and Chatter dates for 2024 from Alma

Feb 14th
March 13th
April 10th
May 8th
June 12th
July 10th
August 14th
September 11th
October 9th
November 13th
December 11th Christmas Breakup



Happy Anniversary

Congratulations to Marg and Wal Macdonald who celebrate their 60th wedding anniversary on the 1st February.



Birthdays

11th February—Anne Sheean

13th February— Lynne Tivendale

19th February — Jan Ahern

Enjoy your Special Day

IW CENTENNIAL CELEBRATIONS



Celebration of 100 years of Inner Wheel—Districts gathered at the Skydeck in Melbourne and enjoyed the views and morning tea.



IW CENTENNIAL CELEBRATIONS



Pakenham IW members—they made it to the top.

President Deb (left) Secretary Marlene (right) and Immediate Past President Helen (centre)



This lift is moving at rocket speed —hang on



INNER WHEEL RECIPE SHARING



.Sweet potato mash from Joy Board's kitchen.

500g sweet potato, peeled and cut into pieces
30g butter
30g pouring (whipping cream).
1tsp of salt and 1/8 teaspoon ground black pepper

Steam potato until completely soft then drain.
Place butter and sweet potato into bowl and blend until smooth.
Add cream, salt and pepper. Blend until smooth and silky.
Garnish with chopped parsley.



Deb and Helen pointing out the IW sign that has been added to Town signage.

SOME THOUGHTS



What do kookaburras eat?

In an article published in [Australian Geographic](#), mincemeat is described as similar to "a late-night cheeseburger."

Like [maggies](#), kookaburras are carnivores that feed on mice, snakes, and small reptiles. Becoming reliant on other sources of food left by humans means they could be missing out on much-needed calcium.

"Kookaburras are adapted to eat whole prey items, and that prey package includes everything. When you feed them mincemeat, you're missing all of the bones that provide the kookaburra with calcium," Michelle Shaw, a Taronga Animal Nutrition Centre nutritionist, told the publication.

"Metabolic bone disease is typical in urban kookaburras. If they don't get calcium from a food source, they'll pull it out of their bones to use it for other functions," she adds.

What do you feed kookaburras?

It's best to leave the birds alone and not feed them altogether. Instead, providing fresh water is much more beneficial.

However, if you have kookaburras coming to your home that you want to feed, there are some options. In his book [Feeding the Birds at Your Table](#), Darryl Jones says you need to find a suitable insectivore supplement, such as:

[Native insectivore mixes](#)

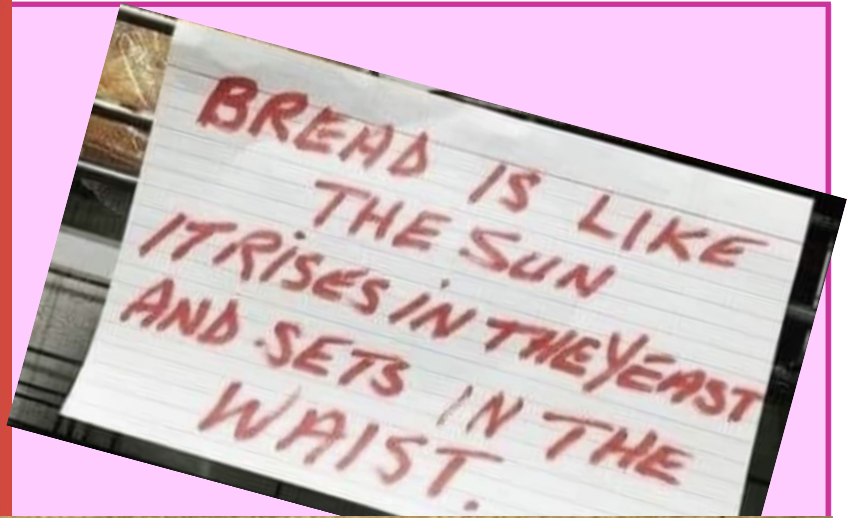
- Homemade dry porridge
- Rolled pet food meat, aka dog sausage
- Dry dog food soaked in water
- Garden works and mealworms.

SOME LIGHT HEARTED THOUGHTS



Enjoy your day!

If you feel like doing some work, sit down and wait until that feeling goes away!



I'm thinking it's the socks. I could tell right away those were heavy socks.



Best friends always know the right thing to say.

From the diary of a Pre-School Teacher

My five-year old students are learning to read. Yesterday one of them pointed at a picture in a zoo book and said "Look at this! It's a frickin' elephant!"

I took a deep breath, then asked... "What did you call it?"

"It's a frickin' elephant! It says so on the picture!"

And so it does...



" African Elephant "

Hooked on phonics! Ain't it wonderful?

Now that's funny, I don't care who you are.

DATES FOR YOUR DIARIES



Inner Wheel General Meeting — Thursday 1st Feb 9:30 for 10am @ RSL with Guest speaker, Alicia Groves (Shire council) Emergency preparedness Information “Ready Get Go Bags” at the start of the meeting.

Paddy’s Kitchen - 3rd December— Volunteers needed. Please contact Deb.
- 18th February— Marlene Burhop

Dates for your Diaries —

Circle of Friends Book Club Thursday 8th Feb, @ Helen’s @ 7:30pm. Discuss holiday reading.

Sew & Chatter. 14th February RSL 10am

Morning Coffee: tba

Movies : tba

Progressive Dinner: RSVP 12th Feb, 6:45pm Feb 21st @ 19a –21a Meeking Drive

Inner Wheel club of Narre Warren Inc.” Celebrating us” with Fashions throughout our Era. Saturday March 2nd, @ 12 midday with 2 course lunch. RSVP: 15th Feb,

Next Exec meeting: Monday 19th Feb 2pm @ Debs home

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

No Club meeting in March—replaced with lunch 7th March @ venue tba

Friendship day 2024@ Lakes Entrance Saturday 16th Sunday 17th March

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

Inner Wheel Club of Pakenham -Email addresses

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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.