



INNER WHEEL CLUB OF EAST INVERCARGILL



Bulletin 483

Newsletter – FEBRUARY 2025

FEBRUARY MEETING

Date	Tuesday 18 th February
Venue	Rosedale Bible Church, Cnr Exmouth & Bourke Street, Invercargill
Time	7.00pm
Cost	\$5 monthly contribution, plus raffle money
Speaker	'Love Grace' handbag in memory of Grace Millane.

Bring your own handbag along – what does it hold????
(no cleaning of handbags before you arrive!!)

Love of Grace appeal – details later in bulletin on how you may
be able contribute.

Raffle	Marilyn
Supper	Gail & Robbie

CLUB CONTACTS

President	Janice Jones	132 Joseph Street, Invercargill	027 407 8134
Secretary	Anne McFarlane	6 Hillbrae Rise, 2 RD, Invercargill	027 231 7958
Treasurer	Toni Fosbender	9 Chelmsford Street, Invercargill	021 354 218
Welfare	Shirley Jordan	434 Racecourse Road, Invercargill	027 295 0597

WELFARE

Please contact Shirley Jordan 217 5926 if you know of one of our members needing a visit or helping hand or just a little TLC.

Our IW Link Clubs:

Inner Wheel Gothenburg Germany | Inner Wheel Toowoomba Queensland Australia | Tableland Inner Wheel Queensland Australia

Websites:

New Zealand – www.innerwheel.org.nz International: www.internationalinnerwheel.org

PRESIDENTS REPORT

Dear Friends

Happy New Year to you all, I wish everyone good health and happiness for 2025.

We began the year with Inner Wheel International Day on the 10th of January and celebrated the day having breakfast together at The Auction House at 7am. 13 early birds attended, and although an oblong table makes it difficult to talk to everyone, I realised how much I had missed seeing you, and enjoyed being in your company.



Sam (my dog) and I walked through the rose garden during January, and we were thrilled to see how lovely the four "In Friendship" roses looked. The four roses are all looking very healthy and flowering profusely. You can all feel very proud of your donation to our lovely city, and being able to collaborate with our sisters in the 3 other Inner Wheel Clubs in Invercargill to provide such beautiful display....group plantings always look so much more impressive than a sole plant.

We made contact with Rotary East prior to Christmas and about 3 times this year, but unfortunately we have not been able to get confirmation of numbers or date. Our contact at Rotary East has been very helpful and supportive, but now the Chair has been called home due to a family illness. The Rotary East nights are very enjoyable evenings, with beautiful food, and a great deal of good natured banter. I really enjoy working with all of youto bring it all together and create a special evening. We are hopeful that a future date can be arranged.

We need to think about Office bearers and Committee members, since names need to be forwarded for the Red Book. So, if you could put your hand up and help, that would be great. We are a team, so the load is shared, and ideas come from everyone....and "as was sold to me"....you get to know people better.....which is true and therefore adds to your life.

It was suggested at Committee that we build longer term relationships with some of our projects. E.g. The Fernworth School we gave the books to, may appreciate someone to assist with reading once a week or they may have ideas to how we could build a longer-term relationship to benefit the children. You all knitted beautiful hats and wee singlets during the year, and along with the silky pillows, these can be annual projects for the winter months. Let me know your thoughts.

While cleaning out the pantry over the holidays I found the Recipe Book that Sarah and Gail put together. Pantry cleaning halted immediately, and looking through the pages and reading took over....it was lovely to reminisce and have such a special book with everyone's favourite recipes.

Gail has made a bag, to collect any bras that you no longer want to wear, so they can be donated later in the year. I spoke with Jan last year, who felt that the donated bras would be very appreciated.

As always, we have a busy year ahead, so enjoy the rest of your holiday time with family and friends. Look forward to seeing everyone, at our first meeting of the year on Tuesday.

In friendship

Janice Jones
President

A lovely story about Francis recently published in the Southland Times.

Frances Tait, 90, lives in her own home in Invercargill. She wants to remain living independently at home for as long as she's able to.
ROBIN EDIE/
SOUTHLAND TIMES



801 Southlanders aged 90 or older

Population
Louisa Steyt

Frances Tait has been busy in the garden this week.

She drove a couple of fadges worth of green waste down to the dump and went for a long drive around town, all between a full calendar of club meetings.

Tait is about to turn 91, but she doesn't feel it: "Age is just a number."

The great-grandmother has become one of the more than 800 Southlanders aged 90 or older. The 2023 census counted 801 Southlanders in this age bracket, making up 0.8% of the region's population - slightly higher than the national average of 0.6%.

Otago has the highest portion of residents over the age of 90, with 1.1% in this age group, followed by Nelson on 1%.

The 2018 census tallied people older than 85, but at the time, there were 1600 Southlanders in that age bracket as opposed to 2203 in the 2023 census.

Tait isn't surprised - she's been a member of Southland Women's Club since the 1970s where she's one of six ladies older than 90.

Her big sister in Dunedin is 94 and her mother Maudie Wilson was New Zealand's oldest woman when she died at the age of 110 and seven months in 2013.

"I think the answer is to be busy and I have been lucky - I have been physically able to," the former teacher said.

And although she knows some deterioration is inevitable as she ages - "Your brain can be active".

"I'm lucky, I don't have to wear glasses, I can read the paper."

Tait still lives in the family home she and her husband Alastair built and isn't considering moving into a retirement home.

"Not unless I absolutely have to. I like my own space and I like to be independent..."

Grey Power Southland seniors advocate Stephanie de Ruyter said that to understand the region's older population, it would be important to know how many people were from Southland, how many had come in their later years, how many were living at home and what their health was like.

"All that makes a difference," she said.

"It's hard to generalise."

But it was no secret that New Zealand's population was ageing, she said, and it was becoming increasingly important for services and communities to develop age-friendly practices.

Because if it was difficult to go out, people would become isolated, lose confidence and eventually lose muscle tone, de Ruyter said.

Gore has been recognised as an age friendly community by the World Health Organisation through its Ready for Living programme. Since 2021, the Gore District Council has introduced measures like free parking for those older than 80 and free swimming and aquafit classes.



The Friendship roses are blooming beautifully in Queens Park

I hope you also had a nice Inner Wheel Day yesterday. Send you two photos from us. We celebrated together with two other clubs in a nice restaurant in Gothenburg. Delicious lunch and an interesting lecture about an exhibition held in Gothenburg 1923. Even mr Einstein was here and talked about his theories.

Among the audience was the Swedish King Gustav V.

Let us wish each other a new interesting Inner Wheel Year!

Kerstin



International Inner Wheel Day breakfast enjoyed at The Auction House, Invercargill



If you have a handbag that you no longer use, perhaps it could be donated for the Love Grace Appeal.

Or you could just contribute with some of the items from the list below.

Bring along to the meeting and we will be delivering the handbags to the Invercargill Drop Off point.

The handbags will be distributed to Women's Refuge Invercargill

2025 Love Grace Handbag Appeal

14th February - 8th March 2025

Empowering victims of domestic abuse in honour of Grace Millane

Violence against women is not ok. In memory of Grace Millane, the Love Grace charitable appeal was set up by her family to combine Grace's love for handbags with a legacy to end violence against women. In association with Women's Refuges, we are collecting handbags and filling them with useful items for women in need.



How it works

If you want to donate a handbag, fill it up with everything from the basics list plus any extra you would like to add and then deliver it to your nearest drop off point.

Please DO NOT include: sharp items, pain killers, razors, alcohol, money, food, contraceptives, opened / damaged products.

Basics

- Toothpaste
- Toothbrush
- Shower Gel
- Shampoo
- Conditioner
- Deodorant

Extras

- Wipes/tissues
- Moisturiser
- Plasters
- Soap
- Hand Gel
- Lip Balm
- Cotton Buds
- Face Cloth
- Torch
- Hair brush
- Sanitary products

Luxury

- Make up
- Perfume
- Hairbands
- Hair clips
- Gloves
- Scarf
- Notebook
- Pen
- Playing cards
- Purse
- Sunglasses
- Jewellery

Sealed with a kiss: origins of special day

VALENTINE'S Day, which is celebrated on February 14 each year, is not just a day for lovers. Valentine's Day is a day where friends and family can show how much they care, and love gets its 15 minutes of fame.

Flowers, chocolates, and cards are sent all over the world as we celebrate friendships, relationships and the possibility of love. Soft toy sales go through the roof, and red roses treble in price.

While many cringe at the commercial aspects of this special day, the underlying sentiment of Valentine's Day is definitely worth celebrating, having evolved in remembrance of St Valentine and his undying belief in love.

As the story goes, Valentine was a priest who lived near Rome in the third century. At that time the Roman army was in massive decline, and the emperor believed it was due to men wanting to stay home with their wives and families. In an effort to solve the problem, Emperor Claudius passed a law banning marriages, and hoped that if men were single, they wouldn't mind going to war.

As you could expect, the banning of marriages didn't stop people from falling in love, and men were still reluctant to leave their sweethearts behind. So before men marched off to war, Valentine performed secret marriage ceremonies all over Rome. When his underground practice was revealed, St Valentine was thrown in prison and sentenced to death.

While in prison Valentine fell in love with the jailer's daughter, and on February 14 269 AD (the day of his execution), Valentine passed a love note to the young girl. The note thanked her for her friendship and loyalty, and was signed "From your Valentine".

From then on friends and lovers followed Valentine's lead, and used February 14 as the day to

exchange love notes.

The movement led early Christian churches to use the day as a replacement celebration for the pagan Feast of Lupercalia. The pagan celebration had seen young men draw out a girl's name from a barrel, and then take that girl as their "companion" for the length of the festival. Valentine's way of celebrating love quickly became the Christian alternative to the pagan ritual, and the day became known as St Valentine's Day.

"Wearing your heart on your sleeve" originated in the Middle Ages, when people would draw names out of a bowl to find out who their Valentine would be. They then pinned the name on their sleeve and wore it for a week.

Red roses were said to be the favourite flower of Venus, the goddess of love. Today roses are still one of the most popular Valentine's Day flowers.

In Medieval times people who could not write their names would sign documents with an "X", and then kiss it in front of a witness as a symbol of sincerity. As time went by, "X" became known as the sign of a kiss. —kiwifamilies.co.nz

How is Valentine's Day celebrated?

TRADITIONALLY, cards, flowers and chocolates have been used to celebrate Valentine's Day, but this can get expensive.

With love being such a good reason to celebrate, why not start your own Valentine's Day tradition with your friends, family, or partner?

★ Make some home-made chocolates and give them to a friend with the recipe attached.

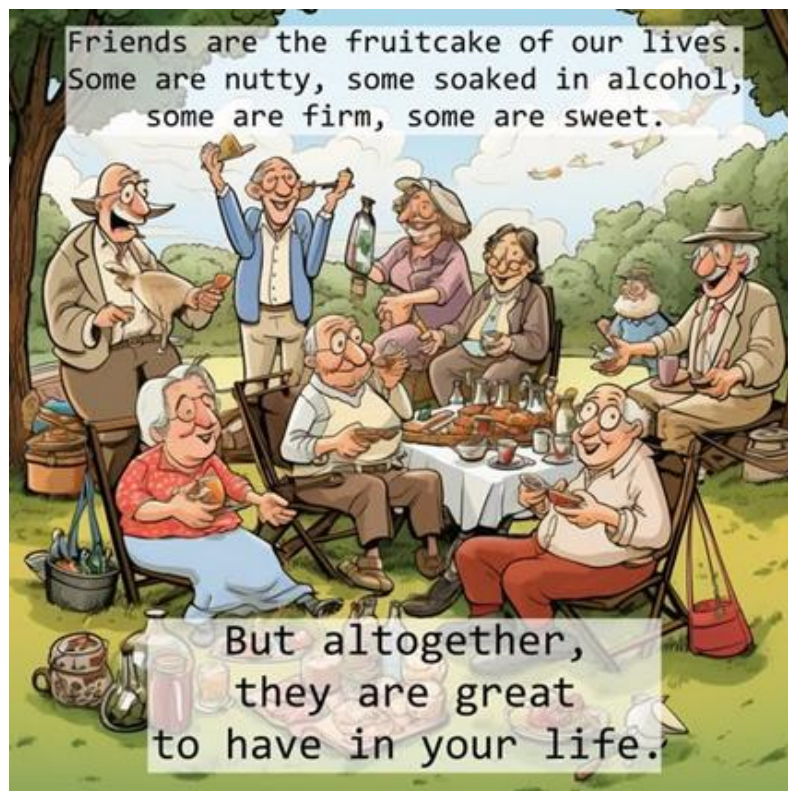
They then pass on the love by making some chocolates of their own, and give them to another friend with the recipe attached. The chocolate chain of love continues, and who knows....you may end up getting some chocolates back!

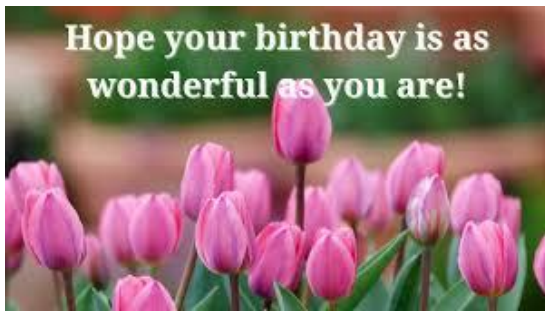
★ Instead of buying a bunch of flowers on Valentine's Day, why not plant a flowering tree so that you and your Valentine can enjoy

it year after year.

★ Cut out lots of little cardboard hearts, and on each one write something you love about your Valentine. Drop all the hearts into a decorated box, and your Valentine can pull one out each time they need a boost.

★ Use Valentine's Day to remember people who need a little love, and help out a local charity. You can give a little of your own heart by volunteering your time, or making a donation towards the work they do.





Birthday's Jan/Feb

Averil Wilkinson - 19th January
Toni Fosbender – 19th February
Catherine Barclay – 25th February

Coffee and Catchup - Saturday 22nd February
10am at the Cheeky Llama.

General Meeting – Tuesday 18th February – 7pm



RECYCLING FOR CHARITY



Please remember to save your aluminium wine tops.

Recycling aluminium wine caps and can tabs for Kidney Kids



NEXT COMMITTEE MEETING

Meeting Hostess: Toni
When: Tuesday 4th March
Time: 7.00pm
Where: 9 Chelmsford Street
