

24 July 2020

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• Secretary: [warnersbay@outlook.com](mailto:warnersbay@outlook.com) • Editor: Katrina Henningham – [hello@katrinahenningham.com](mailto:hello@katrinahenningham.com)

## Rotary Club Warners Bay – Zoom Club Meeting • 13 July 2020 – 6:30-7:25pm

**Attendance:** Barry (President), Katrina (Secretary), Christine (Treasurer) & John, Glenda (Membership) & Bernie, Michael, Craig (AG), Kerry (Community Service), Ross, Vina (Foundation & Welfare), Toni G (Compliance), Adrian, Ian Klein (Vocational Service), Glenys (Club Service) & Steve, Brian, Jenny, Toni Mc

**Apologies:** Les (IPPres), Gail & Kevin, Helen, Jacqui, Erin, PDG Peter, Kate (International Service)

**Guest/s:** Sally Hetherington OAM, Human & Hope Association Inc (Australia)

**President Barry** welcomed everyone to the meeting, with special thanks to our guest speaker, Sally Hetherington OAM.

**Club Service** – Glenys asked everyone to have a look at the list of Club Service jobs published in this fortnight's "In the Loop" – if your name is there and you can no longer do that job, OR if you would like to help with one of the jobs – please let Glenys know because "Many Hands Make Light Work".

**Directors' Badges:** President Barry is planning to get to the remaining Directors with their badges over the next week or so.

**Club Meetings:** President Barry is aiming to have the Club resume live, face-to-face, meetings in August – finding a suitable venue is still a work in progress and he will keep us updated.

**Club Member Dues:** President Barry thanked everyone for paying their most

recent Club Dues invoices, for July-Dec 2020, and stated that Treasurer Christine is happy to make arrangements for anyone wishing to make weekly, fortnightly or monthly direct debit periodic payments leading up to the next due date (December). So, the choices are: pay the full amount in December; or, set up periodic payments to "spread the financial load". Please contact Christine for details on how to set up a direct debit payment.

**Christmas Trailer Fundraiser:** Christine was pleased to announce that a lawnmower had been donated for the trailer. Although the Club offers to highlight the generous companies who make donations for this fundraiser on the Club's website, this particular company specifically asked not to be made known. The trailer is now registered and insured (through Rotary's insurance) and ready to hit the road. We are now in need of members to go out and seek donations, of goods, gift vouchers, or money, to put into the trailer. Barry stated that he will send out an email to the whole Club Membership with what needs to be done – and the procedures that need to be followed so that businesses are only visited once.

**East Lake Charity Ride:** President Barry inform us that the planning for the event is facing some challenges that need to be worked through. Barry is optimistic that this can be achieved and ensured that he will provide updates.

**mherv:** Adrian reported that mherv is set to recommence on 8th August, with all

the required COVID-19 health & hygiene protocols in place. Michael Weatherall has had the van in for a full service to ensure its road-worthiness for the upcoming campaign. Les and RN Rob have been setting up the route & schedule, which is looking very good. Adrian also talked about the Rotary Projects Video Competition, brought to his attention by PDG Brian Coffey last year, following the September Zone Conference in Christchurch NZ. Over the past few months, former Channel 9 videographer, Martin McGreavy (RC Newcastle), Adrian and Michael have been shooting video of the mherv project to enter the competition. Michael showed the video to the meeting – with a 2minute limit, they have managed to tell a great story. Adrian also thanked Craig for volunteering for the voice-over parts.

**Guest Speaker:** Katrina introduced the guest speaker, Sally Hetherington OAM. (More details on her presentation, next page).

After fielding questions from members, and some interesting input from Brian, President Barry thanked Sally for her inspiring presentation. Glenys also thanked Sally and let her know that, as part of our Club's literacy support, we would be donating a book to a local school in appreciation of her speaking at a Club meeting. Sally, who loves reading, was thrilled that a book would be given.

**Thanks & Close:** Barry closed the meeting at 7:25pm

## President Barry Knowles – out and about...

President Barry continued his journey around our area, maintaining some sense of social distancing as he presented badges of office to the new Board Members.

Pictured: Vocational Service Director, Ian; International Service Director, Kate; and Compliance and Public Officer, Toni.

More to come next fortnight, as President Barry catches up with more of the crew!



**Guest Speaker Presentation:** Sally Hetherington OAM is the founder and CEO of Human and Hope Association Incorporated (Australia). At the age of 25, Sally bought a one-way ticket to Siem Reap, Cambodia, with the goal of helping people living in poverty. A few months into her journey in Cambodia, Sally realised that the sustainable development of a community cannot be achieved through the involvement of short-term foreign volunteers. The realisation led Sally to transform a community centre into a locally run NGO registered organisation - Human and Hope Association (Cambodia).

Sally's strong belief in local empowerment for community sustainability led to the selfless decision of making herself redundant at the end of the four-year transformation process. Human and Hope Association Incorporated was subsequently established under Sally's leadership, with the purpose of raising funds to empower communities to reduce inequalities and spread awareness about the importance of local empowerment.

Sally is a multi-award winning leader in the not-for-profit sector. Her outstanding contributions to the Cambodian community led her to receiving awards such as the Medal of Order of Australia (2019), The International Alliance for Women (TIAW) World of Difference Award (2019), Third Sector Awards Volunteer of the Year (2018), and Junior Chamber International (JCI) National Ten Outstanding Young Persons Honouree (2018). Sally's manifesto, *'It's Not About Me'* was published in 2019.

Sally shared a slide presentation, giving her story of what happened when she made the choice to go to Cambodia for a holiday. The tourist brochures looked wonderful. She decided to do a little research on the history and discovered the horrors of the Khmer Rouge reign of terror and genocide from 1975 to 1979. When she arrived in Cambodia, she visited the "Genocide Museum" to learn of the atrocities and genocide inflicted upon the "war criminals". Under the Khmer regime, it was a crime to be educated – doctors, teachers, lawyers, engineers, and many others, were tortured and killed just for being educated. It led to a "new" Cambodia filled with poverty and crime.

Sally shared about her desire to volunteer to help with education, vocational training and community support. She soon discovered

that "volun-tourists" would come to the country for a week to a month and do the work that locals could easily be trained to do and earn an income. She felt that the "volun-touring" was creating problems, not solving them. She originally started a charity through Rotary World Community Services (as she was a Rotarian at that time).

Sally shared the three-fold work of *Human & Hope Association Inc*: Education, Vocational Training and Community Support. She also shared that her vision was to train up the local people to run the local programs, be the teachers and mentors – and to eventually make herself redundant – the true definition of a "sustainable project". After 4 years, she has managed to fulfil that goal.

**Education Program:** the teachers are all Cambodian nationals who are university qualified, many through scholarships from *Human & Hope*. There is a pre-school program teaching literacy in the children's native language, There is a primary education program, teaching literacy in both English and Khmer, numeracy and life skills. There has been a noted improvement in the behaviour of young people as a direct result of the strong and ethical examples of their role model teachers. Crime in the area has decreased.

**Vocational Training:** a comprehensive 12 month course is run, teaching sewing, finance, business skills and life skills (inc. DV prevention, family planning and budgeting). The course is designed so that the participants can start earning an income with their skills after 2 months. So far, 20 of the 29 participants have broken out of the poverty cycle, bringing their family with them.

**Community Support Programs:** several programs are run throughout the year.

- DV workshops to help identify, prevent and stop occurrences of domestic violence. There has been an 80% drop in occurrences.
- Road Safety workshops to educate parents and children – especially in the use of helmets when riding – as there are 9 serious injuries or deaths every day as a result of an accident where the person wasn't wearing a helmet.
- Hygiene workshops to teach on disease prevention and the risks of using contaminated water. This has helped

tremendously through the COVID-19 pandemic, reducing the transmission through established hygiene habits.

- Farming training to teach how to grow food crops in limited space. They are currently seeking funding for a Home Garden Project to enable this program to go further.

**Community Outreach:** these programs offer advice and support for those needing help – whether regarding health, domestic violence, or financial issues.

**Micro-finance programs** are used to aid the set up of small businesses, which have proven powerful in helping local families break out of the poverty cycle.

*Human & Hope* runs a professional, sustainable, locally run, ethical community centre, achieving valuable outcomes. The team has the knowledge and the confidence to lead their community out of poverty into a vibrant, thriving community.

Sally returns each year, to Cambodia, and continues to see an ever-growing gap between the wealthy and the poor. Siem Reap is strongly reliant on the tourist trade, which has ceased due to the COVID-19 pandemic. Most tourist venues (hotels, restaurants, resorts) have laid off their staff, and there is no income support. The staff at *Human & Hope* have unanimously agreed to take a 20% pay cut so that they all stay in work and continue to support, educate and lead their community.

Sally shared how we might support this good work. An indication of what our support can achieve:

- \$40 = an emergency food pack
- \$128 = sponsorship of a family for the home garden project
- \$300 = a sewing machine micro-finance loan

**For members who would like to personally donate, these links will allow them to claim a tax deduction:**

<https://wra.org.au/1432hhadev> (for a general donation)

<https://www.dogoodtogether.org/donate-emergency-food-packages-cambodia-1726-hha/> (for emergency food packs)

Or purchase ethically handmade products (from \$5.99), or Sally's book at [hopeonpurpose.org/shop](http://hopeonpurpose.org/shop)

[sally@humanandhope.org](mailto:sally@humanandhope.org)  
[humanandhope.org](http://humanandhope.org)  
P.O Box 323, Northmead, NSW 2152



**From the President's Desk –  
Barry**

What follows is mostly an updated version of the note I sent out last Monday, but as you will see things keep changing.

**The Hon Pat Conroy MP:** Our local Federal Member, Pat Conroy will be speaking at our Zoom meeting on Monday. This is a great opportunity to hear what our local MP has to say. I have asked him to talk on his past and current portfolio areas of Climate Change and International Development and the Pacific, but I am sure there will be a chance to raise some local issues too.

**East Lake Cycle Ride:** I have repeated some of what I said on Monday below, just so that it is put in our club records for posterity. However, since then, Peter Raynor, who is thankfully feeling a lot better after his illness and seems to be back to his old fighting self, has offered to contact other clubs and to see if we can run the event as a cooperative between a number of clubs. I am fully supportive of this, and I look forward to hearing if he is successful in at least getting a meeting together to discuss things. So at this stage we may or may not push ahead more or less as originally planned. We would have to move quickly now to sustain the momentum and vision moving forward. As I said from the beginning, to rejuvenate the old ride and come up with something sufficiently new and innovative, requires commitment from the whole club, energy, enthusiasm, vision and not inconsiderable time from a number of individuals.

We are a voluntary organisation and people put in what they feel they can, given their personal circumstances, other commitments and how much of their life they want to give over to the Rotary cause. This commitment will be different at different times. Right now several of our members have District commitments, and with the formation of the new district coming up, those may be considerable. Others feel it is time to take a bit of a step back for a while either for personal or just "worn out" reasons. I fully understand and support whatever level of involvement individuals feel able to commit to.

My vision for the ride was for a whole club effort. Our club simply can't give that right now. Personally I don't feel I can commit

to giving the amount of time and energy to it that would successfully drive the thing through without quite a lot of help. If we can muster help and talent from outside then perhaps we can still get it done.

**Membership Drive:** What the ELCR experience has shown is that we need to bolster the club with a clutch of new members. That will undoubtedly bring new ideas, vision, energy and enthusiasm into the club and, in turn, will give us older hands a shot in the arm too. I have ask our Membership Director, Glenda to think seriously (Not that she isn't already) about how we can do this. I am sure she would be happy to hear any ideas you have.

One idea already on the table is to have a "Friends Night" on September 23rd. We would like everyone in the club to bring along at least two friends (more is fine too) who might be potential new members to a regular meeting (See below regarding meeting face to face). So please start to think about who you might invite. The speakers on the evening would be an inspirational Rotary Speaker talking about the Rotary ethos and vision and then some of our members talking specifically about what we as a club are doing. Membership applications at hand! We could also extend the invite to people who may be interested via facebook and the Council Website etc.

**Mini-Family Rides/Walks:** Partly to force myself to get some exercise and partly to test the waters of interest in our ELCR for families, I am working on providing short twilight rides starting and ending at Speers Point Park for anyone interested. "Rotary Rides"? We will do one of four, mostly cycle path rides taking less than an hour and starting at 4.15pm. One or two evenings a week. I did one yesterday. Spectacular sunset. Art Gallery and Marmong Point, Eleebana, West Walls End, and Teralba. Since I originally posted this idea, it has been suggested that we could extend the idea to including mini-walks as well. That would be great. I will do a bit of planning and present the ideas further at our next board meeting. Meanwhile, if you would like to be involved, as a walk guide, cycle guide or refreshments-at-the-end helper, please let me know, so that I can get a feel for the level of effort I can count on. Thanks to those who have already offered.

**Meeting Face to Face:** I am keen to restart proper meetings, if it is safe to do so. Club Macquarie has offered to host us and has confirmed we are still OK to take up their offer, despite restrictions getting a little tighter since last week. We agreed on a two course meal to be served in our own separate area at 6.15. This will be a similar style to the meals we had at Brown Sugar; alternate mains, and a dessert, with special dietary needs catered for, but without the garlic bread. Cost would be similar to the Brown Sugar cost. We would then move to a different room for the meeting at 7.00pm. The set-up would be "covid-safe" of course. This gives the opportunity for some people to skip the meal and just attend the meeting, but I do want to discourage this as far as possible. Two reasons: Some of the best socialisation takes place over the meal while we are not listening to speakers and that is where ideas are born; if we don't spend money on the meal and a drink or two, the financial sense of loaning us a room for the meeting will not be there and we may lose the facility. I will let you know as soon as possible if the arrangements will stand. If you feel we shouldn't be meeting at this time please let me know.

**Trailer Raffle:** The trailer raffle is progressing, but we need to get the trailer filled. Christine has prepared letters to deliver to the local businesses she thinks would be appropriate to ask for a donation, and has circulated a list of those businesses for members to volunteer to visit. I have been to 3 places on the list and it really isn't hard when you have the letter with a Survivor's Are Us brochure attached. In all three cases they took the letter to forward to the Manager or Head Office and asked me to call back in a few days. We need to start selling tickets as from August to maximise our income, and it can take a week or two for companies to get authority from head office, so please help with this if you can sooner rather than later.

**Board Meetings:** I plan to hold board meetings at my house as from August 2nd, rather than via zoom, although we will zoom in those not able to attend in person. We will of course socially distance and provide suitable sanitisation.

That is all for now. *Keep well, keep thinking, keep talking, keep active!*

**Please Note:** If you want your news, report, items, articles or photos to get into the next edition of "In the Loop" newsletter, they are to be sent directly to the Editor, Katrina, at [hello@katrinahenningham.com](mailto:hello@katrinahenningham.com) by NOON on **Sunday 9 August**, thanks!

## Community Service Report – Kerry

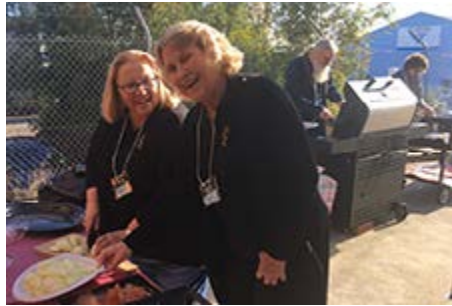
**23 July 2020:** A group of 5 Warners Bay Rotarians (Helen, Katrina, Craig, Jacqui and I) attended *'Survivors R Us'* at Cardiff this morning to assist with their BBQ breakfast. We were made to feel very welcome, and met some lovely folk there.

This breakfast is provided free, not only to victims of DV, but anyone who is homeless, unemployed and needing some assistance or company at this time.

Thank you to those members who assisted today, and who have volunteered to go on

roster to help out every second Thursday morning.

On the day you are assisting, if you could wear your Club shirt, and arrive at 8am. Maria will get you to fill out some necessary



forms, and also do a **'Covid check'**. This includes taking your temp, checking for any flu like symptoms, and asking if you have visited any of the *'Covid hot spots'* recently.



## Warners Bay Rotary Peace Action In Schools – Gail

Although Kevin and I are away in our caravan at the moment I have been keeping in touch with our club through *In the Loop* thank you. I see Katrina is asking for submissions to the newsletter so .....

I felt it was time to update members on **The Peace Action Project** which has been reported on a few times at meetings and briefly through *In the Loop*. We have an exciting project underway but sadly slightly on hold due to COVID restrictions.

Les, Katrina and I have met several times and the Board has approved funding to support the project which I will outline for your information with a hope to inspire you to join our **Peace Action Group**.

The current project involves local schools participating in a public speaking competition which has as its focus the further understanding and promotion of positive peace. As you may know, Rotary International has the development of Positive Peace as a major focus area and much is written and available about this focus through [My Rotary](#).

Les and I are ex primary school principals and already knew some of the local school principals so it made sense to us to approach the schools in our immediate area and put forward our ideas to trial.

Warners Bay Primary School, Biddabab Primary School, Eleebana Primary School and Valentine Primary School, which all feed to Warners Bay High School, form what they call the *Warners Bay Community of Schools*. They work very closely together.

The four primary schools have agreed to hold the *Rotary Peace Public Speaking*

*Competition* for Stage 3 students (Years 5&6), and it was to occur this year. Sadly it is now postponed until 2021. Schools will run individual school-based competitions and come together to share the best speeches in a joint celebration where our Warners Bay Rotary members and other dignitaries will be welcome and encouraged to attend. I have provided schools with many resources sourced from *My Rotary* to assist teachers and students in their research for the competition. The schools have expressed a keen interest in working with our Club and to get to know our members and Rotary better.

The funding budgeted by our Club for the first year of our project is to pay for perpetual trophies for each school, medals for the two "winners" in each school and the small joint school-based celebration around **21st September** which is the annual **International Day of Peace**. Sadly this is now all postponed to 2021. There is an intention to invite the Catholic school in Warners Bay to participate as well and they have been included in the budget but due to the COVID interruptions they have yet to be approached to see if they would like to participate. We would like to expand to the high school in future years and also partner with other Rotary Clubs in nearby areas if all goes well so more schools can participate.

Additionally, Canberra Rotary Club has a wonderful peace initiative underway which has also been interrupted by COVID. They have a goal of installing **Peace Poles** in 100 schools for **100 years of Rotary**. Our four primary schools are keen to have a Rotary Peace Pole in each of their schools and I have requested Canberra Rotary Club to put on hold some of their

wonderful aluminium poles which have a peace message on each of their four sides in four languages determined by the receiving school (based on the languages appropriate for each school). The cost of these poles is around \$150 and next year I will be organising some fund raising to pay for four for these participating schools. Of course, depending on how fast our project grows, we will need more poles for other schools if they are interested. There will also be an opportunity for members to assist in installing each pole if the schools want that.

Kerry has kindly investigated the possibility of us seeking a *Foundation Grant* to move the project into schools further and depending on how creative we are, expanding to make Rotary Peace very visible in our community. The Peace Action Group will be putting together an application for a grant later in the year and hopefully this funding will reimburse our club for the seeding funds allocated in the budget for the competition and the peace poles as well as expansion into more schools.

While we are sad the project has to be delayed due to COVID restrictions, we are excited that these local schools are so keen to get more involved with Rotary. I have been asked by one of the principals to see if we could organise a zoom meeting with their students and teachers. More information on this later after I take the request to the Board and once I have details. My take is that the local schools are very keen to know more about the great work of our local service organisations and this is an opportunity to develop strong relationships and knowledge in the community about Warners Bay Rotary and our values.

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### Rotary Foundation – Vina

Now we have a 7th area of focus in the Rotary Foundation maybe we could broaden our creative thinking by sourcing an environmental Project for our club to be involved with.

The possibilities are endless eg Recycling , Tree planting, Local Clean Up, Eliminating Plastic , Land Care etc. Something to think about in our idle hours!



### Club Welfare – Vina

Our thoughts are with our Victorians who are battling to halt the spread of this COVID19 outbreak at the moment. This very infectious disease has now reared its head again in Sydney and is creeping into our local communities.

Please stay safe by being ever vigilant and obey the health rules. So far our club members have escaped the virus. Rotary Clubs like ours are feeling the strain of not meeting in person and unable to do some planned programs. but please stay in touch to keep our club bubbling along. Thanks to those who do just that. Some good news. Peter Raynor is now up and walking after being restrained to a wheel chair for 22 months! We could all learn from Pete's positive attitude and determination.

Keep up the good work Peter. Some of our members are having health challenges also and we wish them well in their journey in negotiating them.

Gail and Kevin are exploring the countryside in Queensland in their new van while John and Chris are off for a break up north seeking some winter warmth and Jacqui is back from Queensland where she was during our lockdown restrictions visiting her parents. A group from our club helped out with a breakfast BBQ at Survivor'sUs last Thursday. Great work .The Trailer project is bubbling along .While Chris is away , if you wish to pick up a letter /leaflet about Survivor's Us and drop off any donations please contact me as the Trailer is housed at my place. .

Stay warm, well and safe .See you all at our Club Zoom meeting on Monday evening.

## Cook's Corner!

Cook's

### 5-Minute Chocolate Mug Cake

*Makes: 1 mug cake*



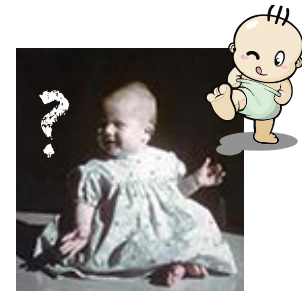
#### Ingredients:

- 1 egg
- 4 tablespoons plain flour
- 4 tablespoons caster sugar
- 2 tablespoons cocoa powder
- 3 tablespoons vegetable oil
- 3 tablespoons milk
- 1/2 teaspoon baking powder
- 2 tblspns choc chips

#### Directions:

Mix all the ingredients very well.

1. Pour all ingredients into a large microwave-safe mug and mix.
2. Microwave for 2-3 minutes.
3. Top with cream, ice-cream, and/or fresh fruit.
4. Enjoy!



#### Guess Who!? Can you guess who this baby is?

*My clues must be working!*

Congratulations to Toni McLean for guessing "Santa" Craig Henningham for 29 June.

Remember to send your beautiful baby image to me by **Friday 7 August** to: [hello@katrinahenningham.com](mailto:hello@katrinahenningham.com)





MUDGEE

DISTRICT CONFERENCE 9670

Do-Goodyery!  
People Changing Communities

Across the MUDGEE District



Rotarians, partners and friends, are invited to join District Governor David and Amanda to come and connect with friends old and new, enjoy a fabulous location and hear from dynamic speakers.

**FEATURES INCLUDE:**  
Friday evening welcome dinner and local entertainment.  
Speakers that embody Do-Goodyery!  
Saturday afternoon - Check out the local area.  
Saturday evening - District Governor dinner.  
A celebration of people of action.

DISTRICT CONFERENCE 9670

Conference Chair:  
Phil Gorson  
[p.phil.gorson@gmail.com](mailto:p.phil.gorson@gmail.com)  
p. 0411 462 810

MUDGEE2021

Save the date: 19th, 20th, 21st March 2021

Registrations Open Soon

President: Barry Knowles – [barry.c.knowles@gmail.com](mailto:barry.c.knowles@gmail.com) • Treasurer: Christine Johnson-Evans – [christineje@bigpond.com](mailto:christineje@bigpond.com)  
• Secretary: [warnersbay@outlook.com](mailto:warnersbay@outlook.com) • Editor: Katrina Henningham – [hello@katrinahenningham.com](mailto:hello@katrinahenningham.com)

## ShelterBox News – Chris McGrath

Recently ShelterBox has put out an appeal for volunteers to assist part time with some programs we are developing, one of them may be of interest to your members.

Please publicise as you see fit, as always we appreciate your ongoing support.

The appeal from Volunteer Program manager Kierny Deutrom below:

Hi everyone, we're excited to share new volunteering opportunities that some of you might be interested in. We're currently offering a range of ShelterBox projects that we need assistance with. These projects are time-limited, have specific outcomes and require the successful person to have the skills to complete the project.

Below are the current projects we need assistance with. If you are interested in any of the below roles, please get in contact and we can have a chat about your skills and experience and the requirements of the role.

**Media Officer:** develop a national media distribution list, write engaging campaign-based media releases, build interest in the work we do.

**Book Club Manager:** manage engagement with book club members online, facilitate monthly zoom discussion group, source and shortlist books, provide content for Social Media Officer.

**Shine for ShelterBox Campaign Manager:** develop a plan to manage Shine for ShelterBox 2020, develop and implement a marketing plan, engage with Shine for Shelterbox Brand Ambassador and secure new Brand Ambassadors.

**ShelterBox Book Distribution Manager:** develop and implement a plan to market our Vision 2020 book to independent bookshops and ensure online website sales are promoted.

**Rotary Club Scoping Officer:** better understand the donation potential of Rotary Clubs in Australia, identify dynamic clubs, develop a strategy with our Rotary Liaison



Officer to engage specific clubs that will offer a high ROI.

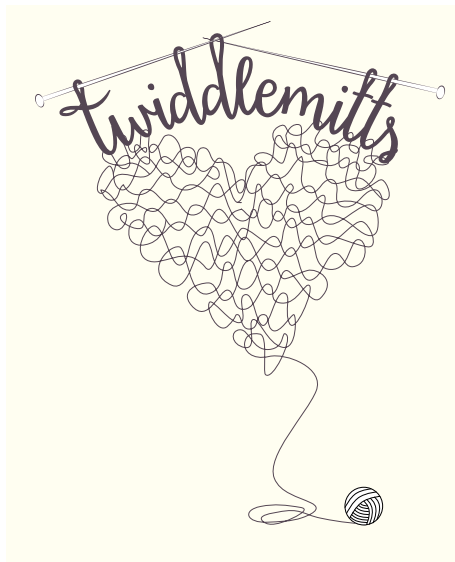
I look forward to hearing from some of you soon and please feel free to give me a buzz if you'd like more information.

Thanks

*Kierny Deutrom*  
**Volunteer Program Manager  
ShelterBox Australia**

Mob: 0400 273 624  
[Kierny.Deutrom@shelterbox.org.au](mailto:Kierny.Deutrom@shelterbox.org.au)  
[www.shelterboxaustralia.org.au](http://www.shelterboxaustralia.org.au)

## Something for all of you amazing knitters...



Do you knit? Have you heard of Twiddlemitts?

They're a knitted band that we can attach items to that a patient with dementia can twiddle in their hands. They help stimulation whilst warming hands. We've found they are simple to make and valuable to our patients. So pull out your needles and help create a handmade gift for someone this winter.



## Resources

**Cast on:**  
[www.youtube.com/watch?v=APSqlPSz1Eo](https://www.youtube.com/watch?v=APSqlPSz1Eo)

**Knit & Purl:**  
[www.youtube.com/watch?v=APSqlPSz1Eo](https://www.youtube.com/watch?v=APSqlPSz1Eo)

**Cast off:**  
[www.youtube.com/watch?v=APSqlPSz1Eo](https://www.youtube.com/watch?v=APSqlPSz1Eo)

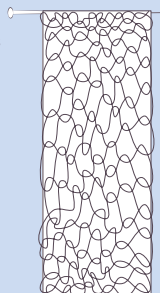
## Twiddlemitt instructions

- What you will need**
  - Wool - approx one 150 gram ball will probably be enough - it varies a great deal depending on the individual wool.
  - 1 Pair of needles (size depends on the type of wool you want to use).
  - A tapestry needle (for sewing up).
  - Oddments of yarn, ribbon, trimmings, buttons, beads etc for embellishment.
- Directions**

**Cuff (Twiddlemitt lining)**

  - Cast on 40 stitches using 2 strands of double knitting wool. You can also use 1 strand of chunky wool.
  - Work in stocking stitch (knit a line, purl a line) for 11 inches (28cm).

**Muff Body**

  - Continue with stocking stitch and use up any oddments of various textures of wool. For example chunky, mohair, snuggly, eskimo, ribbon and chenille.
  - Knit until it measures 23 inches (58.5cm).
  - Cast off.
- Finishing**
  - Neatly sew the long edges together with purl side facing you.
  - Turn the mitt inside out.
  - Push the cuff (lining) up inside the muff body and neatly sew the cast on and cast off edges together.
- Decoration**
  - Now is the time to decorate your Twiddlemitt. Here are a few things to consider:- Choose a good variety of decorations: beads, pastel colours, depending on whether the Twiddlemitt is a male or a female.
  - Try to include at least six decorations on the outside and four on the inside. You can add more if you like.
  - Make sure everything is sewn on tight so they cannot be pulled off and there are no loose threads.
  - Include bits and bobs on the inside too. Agitated hands can then be soothed and kept warmed at the same time.

