

## WFWP New Zealand hosts Well Being Tips seminar at the Parnell Peace Embassy

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On July 10, WFWP New Zealand hosted a "Well Being Tips" Seminar at the Parnell Peace Embassy. This seminar was unique in that there were no guest speakers or VIP members at this event. Rather, it was time for about 20 members of WFWP to share with one another their best well-being practices.

The seminar began with one minute of silence for one of our long-serving WFWP members, Junko Osborne, who had recently passed away, a day before her birthday on July 4. Everyone individually offered a flower for Junko while music played, and many of us could not help but shed tears in her loving memory. Ms. Matapa Shelley read out birthday wishes from overseas, as well as messages of people who testified Junko as a loving mother, a beautiful wife and a precious sister.

Our gathering continued joyfully with the sharing of wellbeing tips. All kinds of tips were shared with one another, such as how to make quinine for building the immune system, using liquid dishwashing soap for oil stains, meditation, fasting benefits for the body, invisible stitches to mend clothes, composting, creating aluminum-free deodorant, and even a recipe on making an effective warm lemon drink for joint pain. It was such useful knowledge to benefit our well-being both internally and externally.

Next, Felicity Cairns received a plaque from Anne Bellavance, WFWP International Vice-President, and

flowers from the WFWP New Zealand chapter for her leadership and contribution to WFWP for the last 17 years. It has been more difficult in recent times with COVID-19 to manage her full-time position as a nurse in the primary care sector to assume responsibility for WFWP New Zealand. We then welcomed Ms. Matapa Shelley for taking up the leadership position of WFWP New Zealand and presented her with a bouquet of flowers as well.

The meeting finished by 4 p.m, with afternoon tea and coffee. Due to the popularity of this event, we plan to organize another seminar in the near future.

