

The Country Woman

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France

COUNTRY OF STUDY 2024





The Country Woman is the official publication of the Country Women's Association of New South Wales.

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From the Editor

As I write this, we are all making our first tentative steps into 2024 and no doubt our social media feeds have been scattered with "New year, new me" style posts. There was one social media tile that truly caught my eye: "Expect nothing. Appreciate everything."

It's about appreciating the small moments in life—you know the ones. It's where a coloured feather in a tree captures your eye during a walk or forcing yourself to find that 30 minutes to shut the world out, make a cuppa and read something simply for the joy of reading. This year, I will try to make more of an effort to unplug with a book and appreciate the work that goes into taking the reader to a whole other place.

There is also a lot to the "appreciate everything" part of this mantra that can and should be applied to the CWA universe. Knowing that even in a small way the hard yards done by each and every branch member is appreciated by the communities in which we live and work. The appreciation of the many talented women in the CWA community who take that leap of faith and enter The Land Cookery, Handicraft and Cultural competitions. There is also the sense of appreciation you gain when you see a motion from a branch work its way through to State Conference and become CWA policy.

With that, I unofficially declare 2024 to be the "Year of Appreciation".

Sonia Roberts, Hon Editor

State President

Happy New Year to all. We should all be back into our routines now and most will have held their first meetings for the year. The Christmas/New Year break gives us all a time to refresh and think back on the previous year. One thing I have been impressed with is the acceptance and promotion of Kindness within our Association. Please let us all continue with this and lead the way in society to a kinder, more accepting world.

Once again weather has been having a disruptive effect on many areas with either flooding or drought a factor in our daily lives and I think of those adversely affected.

I was able to attend the NSW Volunteer Awards finalist ceremony in Sydney in December and accept on your behalf a Special Commendation Award. It was a lovely day and nice to see, not only the Association recognised, but also Canowindra and Wagga Wagga Branches as well as two members representing their regions amongst the finalists.

By the time you are reading this

the State Executive Committee should be meeting for their annual "out of Sydney" time in Leeton. We look forward to a productive and educational time during this meeting and the opportunity to get an understanding of the highs and lows of living and working in this area.

I have been troubled by the amount of angst that the State Treasurer is suffering. Some branches and groups seem to see that government legislation that our Association is forced to work with, is somehow all under the control of our treasurer. The amount of stress that is caused by some members is unacceptable and I want people to remember that we are all volunteers and spare a thought for the huge amount of time that Sharyn Buck gives to our Association to ensure that we comply with government regulations.

I attended the launch of the mural on the wall of Nowra Branch rooms. What a great way to promote CWA and to honour the first president of that branch, Mrs Sarah Morton. It is always a pleasure to meet members at



these functions and have the opportunity to get to know them on an informal basis.

Our "Cultivating Kindness" program is moving forward with a working group of five members appointed. We look forward to their hear of their progress.

What did you all do in the recess time? Make those New Year resolutions? I got my recipe books out and tried some of those "one of these days" recipes and got to read some books.

I look forward to catching up with many of you this year.

*A kind heart is a fountain of gladness, making everything in its vicinity freshen into smiles—
Washington Irving*

**Joy Beames,
State President**

19th Triennial ACWW South Pacific Area Conference

Griffith, New South Wales, Australia. Welcome and Registration Sunday 8th September 2024. Conference Sessions Monday 9th September–Thursday 12th September 2024.

Conference and Tour Registration

Registration Fee includes Welcome and Thanksgiving Service on Sunday, full conference program including guest speakers, conference bag, morning/afternoon teas and light lunches during conference as well as a Welcome Gala Dinner ticket.

Early Bird Registration ends 31st March 2024 AU\$335; Regular Registration ends 30th June 2024: AU\$360.

Regional tours are offered on Wednesday afternoon 11th September. Please book tour at time of registration. A Partners all-day tour is available on Tuesday 10th September, hosted by an experienced, local guide, and stock and station agent. Extra Gala Dinner tickets are available.

Conference registration: www.trybooking.com/COENV

Extra Gala Dinner tickets: www.trybooking.com/COFYX

Tours: www.trybooking.com/COHFE

Registration enquiries: Bronwyn Dunston, brondunston@gmail.com

Please book your own accommodation <http://visitgriffith.com.au/experience/stay>



CEO's Report

Happy New Year to all our members for 2024. Once again, we look forward to a wonderful CWA year ahead, and have several initiatives planned to work out throughout 2024.

We are eagerly anticipating the CWA of NSW Annual Conference scheduled for May, to be held in the picturesque Coffs Harbour. The Organising Committee has been diligently working behind the scenes to ensure that your visit to Coffs Harbour is not only productive but also filled with enjoyable experiences. In this edition of the journal, you will find crucial information about the conference, including a draft program and agenda. Feel free to use these resources to discuss the motions, in particular, at your branch meetings. You will note a very healthy number of motions for debate this year, on a wide range of topics so it is sure to be

an interesting Conference. Please be aware that there may be additions and amendments to the motions, and a comprehensive email with all relevant Conference information will be sent to delegates just before the event.

As always, our advocacy work continues in 2024. The Social Issues Committee and the Agricultural & Environmental Committee have been working on their identified priority areas and there are corresponding information updates on the CWA website as a result, as well as details about the work and how to get in touch with them.

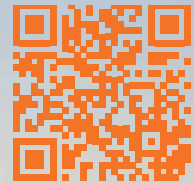
Some other new programs and work areas that you will see coming through this year reflect the action items identified in the Strategic Plan. Notably, the "Cultivating Kindness" program will kick off in 2024. This program aims to create a culture of

acceptance and inclusivity within the CWA of NSW, with a specific focus on implementing a zero-tolerance policy for bullying. This program will be rolled out over the course of three years. The State President has appointed a working group to oversee the implementation of this program. More details will follow to all members soon. The recently implemented online Q&A sessions with the State President will also continue, and there are also plans to launch an "annual women's survey", within our membership initially, that will help to identify, and track, key policy concerns for our members across NSW.

I look forward to working with many of you during 2024 and all of the opportunities and challenges it may bring.

Danica Leys
Chief Executive Officer

Feel Good with a 5% discount for CWA members*



Scan the QR Code for more details

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News from State Office

Branch Insurance 2024

Association Liability Insurance, Personal Accident Policy and Public & Products Liability Insurance are covered by the Association. In late February, all Branch Secretaries will receive a Certificate of Currency, an Event Duty of Care checklist, Injury Report form and an informative newsletter from Scott & Broad which should be read carefully. Branches with building and/or contents insurance will also receive a premium renewal advice, which is due for renewal directly to Scott & Broad by 31 March. It is recommended the Duty of Care checklist be used prior to any CWA activity, whether on CWA owned property or not. The Injury Report form should be used if a person sustains an injury during a CWA function or on CWA property.

The Wagga Daily Advertiser Publicity Officers' Award

Branch or Group Publicity Officers can enter articles sent to newspapers, or hard copy of radio or television interviews over the previous 12 months (January to December). Entries are due by 1st March at State Office. See G 20-1-717 in the Procedures Manual for more information.

Past State Presidents' Award

The Past State Presidents' Award recognises a branch who has made a significant contribution to the community during the last 12 months. Entries close at the end of February. Information and the entry form can be found in the Procedures Manual (G 18-1-706 & G 19-1).

WHS Checklists Reminder

Groups and branches are reminded that the annual evaluation of safety in meeting places is due to be undertaken in March.

The Work Health and Safety Resource Kit material should be used to undertake your risk assessment to ensure your meeting place is safe for both members and those renting CWA premises (if applicable). If your branch rents premises any issues should be raised immediately with the landlord or owner.

The WHS Resource Kit can be found in the "downloads" section of the member portal on the website. Ensure you log in first. Please contact State Office if you're having trouble logging in..

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Get what you need from our online store, shipped discreetly to your door. If you need any help, our customer support team is always ready! Just call (03) 9465 5033 or email info@cottons.com.au.

For every pack of Comforts sold, we donate 20c to Escabags, a charity helping women escape domestic violence.



"I have dealt with the Cottons Shop for over 10 years now and the reason I stay is because the product is natural and gentle on the skin (which means no irritation of any sort) and also because of the exceptional service I receive: it is quick and easy to place and order. If ever I've had a query, I just send a reply email to Cottons and the matter is resolved within minutes. Not only is the product exceptional but the customer service is also." - **Martha R.**

Visit www.cottonshop.com.au and use code **CWA24** to get a 35% discount, exclusive for **CWA Members**. Offer for first purchase only.



Featured shop items

All these items and more are available for pre-order to pick up at Conference. Order from the online Conference Shop at www.cwaofnsw.org.au/confshop or download an order form at www.cwaofnsw.org.au/orderform. To have your items posted, shop online at www.cwaofnsw.org.au/onlineshop or download the order form at www.cwaofnsw.org.au/orderform. Additional postage costs apply.



100 year badge:
\$8.00



100 year glass:
\$15.00 or 6 for \$60



100 year tea towel:
\$12.00 or \$160 for 20



100 year coin: \$12.50



Country Women
who..: \$49.00



Member badge:
\$6.60



Name bar:
\$8.80



Junior badge:
\$6.60



CWA Cook Book:
\$20.00 or \$252 for 14



Jam Drops...: \$16.00
or \$280 for 20



Everything I know...:
\$12.00 or \$360 for 36



Frank Green cup:
\$40.00



Pumpkin Scoes: \$12
or \$160 for 20



Map tea towel:
\$12 or \$160 for 20



Notebook & Pen:
\$9.90



CWA cotton tote:
\$8.00



USB stick with
lanyard: \$15.00



CWA Apron (poly/
cotton): \$17.00



CWA cap (100%
cotton): \$15.00



Navy polo (poly/
cotton): \$34.00



Pale blue polo
(poly/cotton): \$34.00



Half button workshirt
(100% cotton): \$45.00



Full button workshirt
(100% cotton): \$45.00



Puffer Vest
(polyester): \$60.00



Stickers, 4cm (45
pack): \$5.00



Car sticker, 8.5cm:
\$2.00



Letterhd (50): \$8.80
Envelope (50): \$6.60



Raffle ticket book:
\$4.40



Receipt book:
\$8.80



2024 Directory &
Annual Report: \$14

See all items available for pre-order pick up at the online Conference Shop: www.cwaofnsw.org.au/confshop

Handicraft Committee Profile

Barbara Gow



It's a long way from regional NSW to Malaysia but for Barbara Gow, everything seemed just that little bit

closer after the 2023 Associated Country Women of the World (ACWW) Conference. Her shoe bag finished second in competition at the Conference held in Malaysia. The ACWW competition had two categories—a shoe bag and a tray cloth. The Castlereagh Country Group Handicraft Officer entered both sections.

"It was certainly a surprise to come second with my shoe bag," Barbara said.

"It did not take long to make the bag once I decided what I was going to do. It was free motion machine embroidery of gum flowers and leaves with the word shoes embroidered through them.

"My husband is still asking why I did not take a photo of the bag as I normally photograph all my work. I read about the competition in the journal and decided to enter as it was a way for them (ACWW) to raise money, I have not seen the competition advertised at previous meetings."

Barbara, who enjoys all forms of craft, joined the CWA through Mudgee Evening Branch in 2009. She has been a Handicraft Officer at branch level and this is the second time she has been Handicraft Officer at Castlereagh Country Group.

"I have had other roles in between."

At group level, Barbara has won a number of prizes for knitting, crochet and patchwork. She is also a regular competitor in the International Competition at state level.

"I won the first Handicraft Section, also the following year and I have received Highly Commended for a couple of dolls.

"In Handicraft I have come first in crochet and been part of the Castlereagh Country Group –eight articles. We came second in 2023 and came third when I was in this position last time.

"Castlereagh Country presently hold the Inter-Group Trophy which is contested with Blue Mountains and Central Western Groups.

"I enjoy whatever I am doing at the moment whether it is ceramics, art, drawing, embroidery, knitting, crochet, I have tried most of them.

"A recent project was covering a glass ball with a macramé hanger," she said.

For anyone wishing to enter competitions, Barbara has some simple advice. It is important to read the criteria for your entry along with reading the CWA schedule to know what is accepted and how it needs to be presented.

She also recommended reading the Handicraft Book of Handy Hints.

"I enjoy trying new crafts and finding new ways of using old crafts.

"I usually have a few different things on the go, at the moment it is cross-stitch, knitting a scarf and putting together some crochet squares to make a knee rug," Barbara said.

Sometimes we all struggle.

MindSpot's free mental health support service is here for you. Available online or by telephone, across rural and regional Australia.



Start your journey today

To find out more, visit mindsport.org.au or call 1800 61 44 34



Agricultural & Environmental

Champion

The new policy and education kits are here! Branches can now access the four Agricultural & Environmental kits on the CWA of NSW website (you will find "Policy & Advocacy" in the dark blue bar at the top, then click on "Advocacy" or go to www.cwaofnsw.org.au/advocacy). The topics are cat containment & management, compulsory first aid training of learner drivers in NSW, continuity of telecommunications coverage, and weed management. The kits have additional resources and extra facts to help you champion the policies, to raise awareness and understanding in your communities, and to advocate to local state and federal members. Branches are so important in driving change.

Calendar of Meetings

Two face-to-face meetings and two Zoom committee meetings will be held in 2024. These meetings are held in conjunction with the State Executive Meetings and will always be at similar times each year. For those wishing to join the Committee, these commitments are needed. Please have your nomination form to State Office before the end of June.

Friday 9th February—Zoom

Saturday 4th May—face-to-face at State Conference (Coffs Harbour)

Friday 12th July—face-to-face at CWA House in Mascot

Friday 8th November—Zoom

Red Imported Fire Ant

After the discovery and eradication of three red imported fire ant nests in South Murwillumbah on 25th November last year, an emergency biosecurity order was carried out by DPI to ensure no more nests were in the area. At the

time of writing this report (early January 2024), the National Fire Ant Eradication Program has not found any more nests in the area. Further surveillance is being carried out to check for any undetected nests. Restricted movement zones are in place for organic products—soil, hay, straw, mulch, manure, quarry products, turf and potted plants. Everyone has a biosecurity obligation to stop the spread of this terrible ant. Specially trained sniffer dogs are important in the control efforts. They have the ability to pick up the odour of red imported fire ants from 50 metres away and trace it back to the nest. These amazing dogs have the skill of being able to detect these ants from the other 1,200 ant species found in Australia.

Microbat Competition

The Primary Product competition for primary school children has had a revamp. The topic for the competition is chosen by the Committee each year from one of the four study topics of the year—flora, fauna, foe or primary product. Year K-3 is a colouring competition with a stencil provided by the Committee; see your March E-news for the stencil. Year 4-6 is a short story (200-400 words) in first person with themselves as the topic (the animal, plant, foe or the product). The story is to be provided in digital format. The competition will run from February to December, with entries judged by the group at their December meeting. First place at group level from the K-3 section is to be delivered to the Agricultural & Environmental display at State Conference for judging and display. First place at group level in 4-6 category is to be emailed to cwa.nsw.ae@gmail.com by 31st January. Each entry to state must be labelled with the child's name, CWA group, and for K-3 items, a return address.

There will be prize money and the competition is open to all primary school students, including those who are home-schooled or remotely schooled. Students may enter as individuals if their school is not participating. First place for each category is \$50, second place is \$30 and third place is \$20. The topic for 2024 is Microbats. This will be interesting, fun, and educational. Branches, please encourage your local primary schools to be part of this competition to foster children's interest in our environment and fascinating microbats. The details for the competition will be in the updated Agricultural & Environmental section of the Procedures Manual in July.

And That's A Wrap

It was exciting to see our December issue of The Country Woman journal arrive with the new compostable wrapper. Following from many requests from branches for a more environmentally friendly wrapper for our journal; combined efforts from Danica and Leah made it finally become real. Thank you to Danica and Leah for making this happen. My journal wrapper is currently being devoured by hungry worms, microbes and fungi in my worm farm.

Jenny Birtles
State Agricultural &
Environmental Officer

Publicity Support Forum webinar

The first Publicity Support Forum webinar for 2024 is on 16th March, 2pm-4pm. Guest speaker, Simon Marnie, ABC Radio, will share insights and tips on how to approach and work with the local media in your area. Register at: www.tinyurl.com/CWAPublicity1

Show Catering

The upcoming 2024 Sydney Royal Easter Show is drawing near, scheduled from Friday, 22nd March, to 2nd April. Once again, we are in need of volunteers to support us at the CWA Tea Rooms. Whether you're a member, spouse, partner, grandchild, friend or colleague, you're welcome to join if you're over 16 years old.

Volunteers will receive complimentary entry to the show, allowing them to enjoy its activities before or after their assigned shifts.

If you're able to lend a hand, please send your details to the provided contact information. You can also find the details at www.cwaofnsw.org.au/showcoupon.

We greatly appreciate donations of cakes, jams, pickles, and date loaves. These homemade items

are always popular and tend to sell out quickly. Please make sure to attach a CWA food label, available in the download section of the CWA website. Please

forward these to State Office by 15th March.

Thank you,

Donna Robertson
Chairperson

CWA Tea Rooms—Help Wanted

Come along and join us at the Sydney Royal Show.

22nd March to 2nd April 2023.

If you are fit and willing to help in any position, we would like to hear from you. Please Note: all positions require you to be on your feet for 4 ½ hours.

Volunteers need to be 16 years or over.

Please forward your details and preferred shifts to Donna Robertson via email cwashowkiosk@gmail.com

- Name
- Phone
- Email
- Branch
- Group
- Date/s you wish to work

Morning shift: 9:15am–1:45pm or
Afternoon shift: 1:30pm–6:00pm
(these are starting/finishing times).

If you have any queries regarding working at the show contact:

Donna Robertson, M: 0429 639 461, cwashowkiosk@gmail.com

The Land Cookery

The new year has started and the committee met in Mudgee a couple of weeks ago for a How-to Day, followed by our meeting. Thank you, Castlereagh Group and Lyn Halpin, for organising this lovely day.

This is the meeting that we pick the new schedule which is released at State Conference and we have tried to select items for everyone. There will be the traditional section, items that need technique, and simple ones for those of you who just want to enter and gain confidence. There is something for everyone. The junior section will be divided into three age categories and the preserve section has been expanded. Thank you for the recipes that have been sent in. These were made by the committee as options and presented at our meeting.

Amanda and myself then went onto Parkes the next day for another The Land Cookery day and judges refresher. Thank you

to those who attended and Oxley Group for arranging this pleasant day.

Mary and Rosie from our committee have been to Yenda for a day hosted by Murrumbidgee-Lachan Group and again thank you to this Group for arranging it.

We have two dates for online forums via Zoom which are open to all members to discuss and answer baking questions. These were very popular last year. The 2024 dates are Sat 13th April at 4 pm, Wed 17th April at 6 pm, and a Judges online webinar on Wed 5th June at 6 pm.

There has also been queries about the judging of almond bread. It is to be judged on appearance/presentation and taste. There is no set size on the schedule that pieces need to be except the thickness and this was specifically done so that members could use any loaf tin they had. The "judges book" also has no size requirement so can we all please

remember this when judging and entering.

Reminders:

- Please send your raffle books back as per instructions.
- Please send your Group Returns to either shoesbagspearls@yahoo.com.au or 4 Mackellar st Cessnock 2325. These need to be in by end of March.
- Contact us if you wish to sit for your Badge or volunteer on the Sunday & Monday of Conference for arrival of entries and judging.

Any member who has food allergies should not consider becoming a judge, due to the risks involved, as judges taste everything and an ingredient list is not always present.

Best of luck to you all with your entries in the many group days coming up soon and I will catch up with some of you in Goulburn, Bermagui, Canberra and Gosford.

Ellice Schrader, Chairperson

Handicraft Report

Hello members,

I hope you are all refreshed and ready to have a busy CWA year, especially on the Handicraft scene but also all CWA activities. How about looking at some activity that you haven't been involved in before?

On the Handicraft scene, hopefully you are all getting geared up for group judging in March. I know I am as I have seven groups to visit. So come and say hello. If you are fortunate enough to have your wonderful craft chosen to go to state judging, then well done. If you haven't been successful this year, then try again next time, and also ask the Group Officer if she had any comments from the judge as to how you can improve.

I hope you have enjoyed learning about Goldwork this year and

are looking forward to the new challenge. The purpose of this challenge is to bring an interest in crafts that may have been forgotten over the years and to encourage you to further your interest. I know whatever craft we pick, there will be members who have already tried and conquered the craft; however, remember this is meant as a learning experience and we never too old to learn.

The Group Handicraft Officers have been sent all the appropriate details regarding packing and sending the group suitcases to Dubbo. If there are any questions, please get in touch. We are carrying out the judging in Dubbo as it is more central for Committee members to get to, and then the cases will be delivered to Coffs Harbour immediately prior to Conference.

We are fortunate to be able to hold the judging in the Oak Tree Retirement Village at no cost to the Association and it is a secure place for the cases to be delivered to and stored.

We had four ladies receive their proficiency certificates and six received their judge's badges at the November judging day. These names have been added to the list on the website so please ask these ladies to judge at your next judging either at branch or group level.

If you have any questions and/or requests for workshops, etc, please contact our secretary and these can be attended to at one of our meetings.

Happy crafting ladies!

Ruth Shanks AM,
Chairperson

Heading to the city?

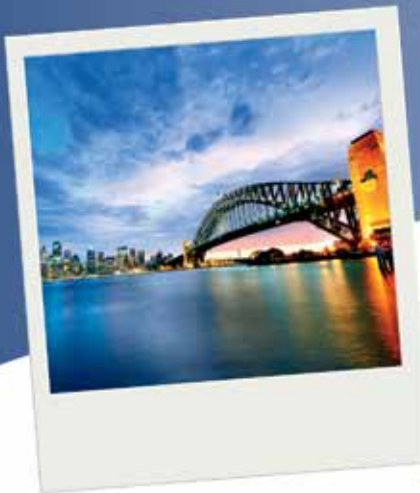


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Hospital Support Report

Happy 2024 everyone. Our November AGM was held after the December Journal close off date. The Hospital Support Committee for 2023/2024 are Chairperson: Sue Vassie; Secretary: Jan Eagleton; Treasurer: Maureen DeBrincat; Executive Representative: Jennifer Blinkhorn; Committee members: Astrid Bradshaw, Betty Cook, Carol Soper, Kerrie Tomlins and Susanne Shipton.

Following on from a very successful year selling the donated merino jumpers at Bathurst we found ourselves in a fortunate position of being able

to make end-of-year donations to the Royal Flying Doctor Service, Royal Far West, Ronald McDonald Houses at Westmead and Randwick (plus grocery vouchers for families staying at each), and to the CWA Association Fund.

We received a lovely "thank you" email from Ronald McDonald House at Newcastle for our sponsorship of Room 7 in 2023. We were informed that 36 families had stayed in the room with the longest stay having been for 78 nights. It is wonderful to know what a positive difference we have been able to make in the lives of others. The Hospital

Support Committee will continue to sponsor this room in 2024, thanks to the financial donations we receive from branches across the state.

The first Hospital Support Committee meeting/packing days for the year are Wednesday 21st & Thursday 22nd February 2024 at which time we will be able to ascertain what items are in short supply and will post our wish list on the CWA closed Facebook page. Remember to contact us if your community is in need of items.

Sue Vassie, Chairperson

Cultural Woman of Note 2024: Margaret Olley AC

Margaret Olley was born in Lismore, New South Wales, on 24th June 1923, the eldest of three children to Joseph and Grace Olley. The Olley family moved to Tully in Far North Queensland in 1925, with Margaret boarding at St Anne's in Townsville in 1929, before returning to New South Wales in 1931. The family temporarily moved to Brisbane in 1935, with Margaret staying to attend Somerville House in Brisbane during her high school years. She was so focused on art that she dropped one French class in order to take another art lesson with teacher and artist Caroline Barker.

In 1941, Margaret commenced classes at Brisbane Central Technical College and then moved to Sydney in 1943 to enroll in an Art Diploma course at East Sydney Technical College, graduating with A-class honours in 1945.

In 1947, Margaret received the inaugural Mosman Art Prize. In 1962 she staged a sell-out show at the Johnstone Gallery in Brisbane. James V Duhig wrote: "Margaret Olley has reached

the flood-tide of her art and has stepped up to the top rank of our artists."

In November 1965, Margaret moved to Newcastle. Whilst living there she painted 23 paintings of the city and waterfront in a series known as the Newcastle Watercolours. She loved the city and bought several properties in Newcastle and East Maitland. This established a long association with the city and a major influence on her work. Several of her paintings can be found at the University of Newcastle, Newcastle Art Gallery and Maitland Regional Art Gallery.

In 1990 she established the Margaret Olley Trust, which contributed significantly to the acquisition of paintings for national, state and regional galleries.

On 10th June 1991, Margaret was made an Officer of the Order of Australia "for service as an artist and the promotion of art". On 12th June 2006, Margaret was awarded Australia's highest civilian honour, the Companion of the Order "for



service as one of Australia's most distinguished artists, for support and philanthropy to the visual and performing arts, and for encouragement of young and emerging artists." In the same year, she was awarded the degree Doctor of Fine Arts honoris causa by the University of Newcastle.

Margaret died at her home in Paddington on 26th July 2011 at the age of 88. Her complete Sydney studio, brimming with flowers, books and other accoutrements of her art and life, was transferred to the Tweed Regional Art Gallery, not far from her birthplace, where it is housed intact.

State Cultural Report

Dates and time are a means of bringing some apparent order into our lives as they allow us to place events in a sequence, on an historical timeline, so that we can synchronize experiences with others.

Why speculate about time, and how is it relevant to culture? Initial thoughts were provoked by reading a particularly challenging book, *A Short History of Progress*, followed by the stunning realisation that after “this new year” the next one will be 2025! This will place us one quarter of the way through the 21st century; and that’s amazing! Time is always passing so it is literally a call for us to strive for happiness in this moment, to maintain the best possible physical and mental health, and to enjoy everything that this present moment has to offer. Referring to the current moment in time as “the present” highlights the fact that it is indeed the most wonderful “gift.”

Critically we must also recognise that time only goes one way. It is a waste of this precious commodity to be stuck regretting things in the past. Yes, we can feel sorry, and resolve not to repeat unpleasant actions; however, the desire to make things better, in whatever the future will become, is strictly in our own hearts, minds and hands.

These time considerations lead into a couple of interesting quotations. Firstly, “history is merely a pack of tricks we play upon the dead,” and second, “education is mostly about being

able to distinguish between what you know, and what you don’t know.” Your branch may like to hold an informal discussion on one, or both these culturally focused quotations.

In a book described in the *Times Literary Supplement* as, “A compelling work of distilled wisdom” the author Ronald Wright, a novelist, historian and archaeologist, writes about great civilizations and closely examines them to compile a series of features they all shared before they were consigned into history. While Wright is a Canadian citizen, not an Australian, he is certainly a writer of note and his historical checklist, outlining the criteria existing before past civilizations self-destructed, has a significant time-factor relevance to our current world. If you want a challenging read, read it, and be challenged! This work is guaranteed to make you reconsider future New Year’s resolutions!

If you don’t operate a cultural literary option for interested members, consider asking your local library for box sets of fiction works to start a book club discussion group. If your library doesn’t have these multiple-copy box sets already available, ask them to consider getting them in for your branch as an inter-library loan. Becoming increasingly involved with your local library is encouraged and this is especially relevant in the current cost of living crisis. You can borrow magazines, movies and music

as well as books and audiobooks, have access to computers, and it’s a pleasant, safe place to drop in and read the newspapers. All these community services are provided at no cost to the public.

In ages past when books were recognised as infinitely precious and valuable, they were chained to the walls, and knowledge was not accessible to the vast masses of the population. In a largely illiterate society, or one which in some way denies certain groups access to reliable information, it is knowledge that is the great social and economic divider. Perhaps ironically, access to knowledge today is even more important than it has been at any other time in our history. Information that is factually accurate, relevant, and unbiased is essential to the effective functioning of our culture, and critical to the maintenance and security of civilisation itself. Maintaining a level of information access and accuracy, in an increasingly online world, is a massive challenge. Free public libraries are critical to the foundations and ongoing development of a fair, equitable and cohesive Australian culture.

Having personally made the future booking face-to-face, the details of the first Cultural Committee meeting for 2024 have been handwritten in my lovely new paper diary. Zero inaccuracy or confusion, once I find the diary!

Happy New Year.

Eva Campbell, Chairperson

December’s Sudoku Solutions

7	9	1	6	5	2	3	4	8
4	2	6	3	8	7	1	9	5
3	5	8	4	9	1	7	2	6
5	4	7	8	1	3	2	6	9
9	1	3	2	6	4	5	8	7
8	6	2	9	7	5	4	1	3
2	8	4	5	3	9	6	7	1
6	7	5	1	2	8	9	3	4
1	3	9	7	4	6	8	5	2

Puzzle Rating: Easy

5	7	9	8	1	3	6	2	4
1	4	2	9	7	6	3	8	5
8	3	6	5	4	2	7	1	9
2	5	4	1	8	7	9	6	3
9	1	7	6	3	4	8	5	2
3	6	8	2	9	5	1	4	7
6	9	5	3	2	8	4	7	1
4	8	3	7	5	1	2	9	6
7	2	1	4	6	9	5	3	8

Puzzle Rating: Hard

9	2	1	4	6	8	7	5	3
3	8	4	7	1	5	2	9	6
6	7	5	9	2	3	1	8	4
1	4	8	3	5	9	6	2	7
2	3	9	8	7	6	5	4	1
7	5	6	2	4	1	9	3	8
5	6	3	1	9	4	8	7	2
8	9	2	6	3	7	4	1	5
4	1	7	5	8	2	3	6	9

Puzzle Rating: Very Hard

Social Issues Report

It is always pleasing to hear from members, asking how they can be involved in social issues. The Social Issues Committee encourages members to look at issues in their own area and we also ask that you consider involvement in the issues that are now policy from State Conferences.

Thank you to the branches who have read the CWA of NSW Policy Education Kits and found them to be a great initiative. The kits have information that can be used by members and branches to become involved in issues of interest. The link is found on the CWA website: click on the Policy and Advocacy heading, then Advocacy or go directly to www.cwaofnsw.org.au/advocacy.

The Committee was thrilled to host the CWA webinar on Dental and Oral Health Reform in Aged Care. Thanks to Uranquinty Evening Branch for presenting the motion at 2023 State Conference. This followed with discussions on the issue with Dr Mark Wotherspoon and his colleagues, Dr Sarah Raphael and Dr Jodie Oliver. Dr Wotherspoon's presentation showed how aged care dental and oral health can be administered with dignity.

The response from members who attended the webinar was extremely positive. The Committee will now follow up with this issue to help bring about reform in aged care dental and oral health.

The Social Issues Committee will continue to seek ways to promote the other prioritised issues. These are to be discussed at the next Committee meeting.

Late in 2023, Joy Beames, State President, and I attended the Parliamentary Breakfast hosted by Keeping Women Out Of Prison (KWOOP). The guest speakers gave very informative talks on what has been achieved, and the plans for the future, to assist women coming back into society. "Showing women kindness, compassion and love, that's the beginning" Gail, a case worker shared. The aim is to break the cycle of women being incarcerated, and particularly for those who are waiting on trials. Adequate housing and skills to assist the women in seeking employment are important in breaking



Joy Beames and Leonie Fish attending the Parliamentary Breakfast hosted by Keeping Women Out Of Prison (KWOOP).

this cycle. CWA supports this important work, and after delays in setting up a new structure, we hope to be able to learn of more ways that we can assist and support

Our link with The Men's Table continues, as a point of contact in towns where groups are being established. The Men's Table ask that we continue to encourage our menfolk to join a group and discuss issues that are important to them—this hopefully helping to improve mens' mental health. CWA is also able to give information on suitable meeting places for a meal and chat. The number of The Men's Table groups continues to grow.

CWA of NSW is represented on the Aged Care Roundtable. The "10 Questions" leaflet on aged care has been revised. The leaflet has been written by nurses, doctors and experts with experience in aged care, focusing on individual aspects of care. It is available in 15 languages. Asking questions is important so as to gain information well before care is needed. Decisions can then be made with all stakeholders participating in family discussions.

We continue to support Council of the Aging (COTA) in their endeavour to keep us healthy and active.

Have a wonderful and enriching 2024.

"Treat all with respect, dignity and grace"

Leonie Fish, State Social Issues Officer



COUNTRY WOMEN'S ASSOCIATION
KANDOS BRANCH

KANDOS Garden Fair

'TAPESTRIES OF COLOUR'

23RD & 24TH MARCH 2024

10AM - 4PM

Ten open town and country gardens, market stalls,
food and entertainment

Kandos, Rylstone and surrounds.

Tickets will go on sale late January/early February

Grazing boxes can also be purchased online.

More info: www.kandosgardensfair.com

Facebook [KandosGardensFair](https://www.facebook.com/KandosGardensFair)



Annual General Meeting Information Pull Out

102nd Annual General Meeting

Monday, 6th May to Thursday, 9th May 2024

C.ex Coffs Harbour

This pull out is for use by the branch to discuss motions and to provide advance information for delegates. Only delegates will receive further information at registration; observers need to keep this section to take to the AGM for reference.

Draft Program

Times are approximate. Program is subject to change.

Sunday 5 May

12.00pm–4.00pm Registration
5.00pm Interfaith Service

Monday 6 May

9.30am–11.30am Official Opening
1.00pm–5.00 pm First Special General Meeting
& Business Session
Evening Free

Tuesday 7 May

9.00am–12.30pm Business Session
2.00pm–4.30pm Business Session
4.30pm State International Meeting

Wednesday 8 May

9.00am–12.30pm Business Session
2.00–5.00 pm Business Session
Evening Gala Event (Pacific Bay Resort)

Thursday 9 May

9.00am–1.00pm Second Special General Meeting
Committee Reports & Award
Ceremony

Draft Agenda

This information is for use by the branch to discuss motions and to provide advance information for delegates. Only delegates will receive further information at registration; observers need to keep this section to take to the AGM for reference. The motions still to be finalised will be listed in the April journal.

Association Activities

1a) Central Western, Murrumbidgee–Lachlan, and Phillip Group:

“That the specific Health Research Fund Annual Project for 2023/2024 be Pancreatic Cancer”.

1b) Darling River, Far Western, Murray, and Riverina Group:

“That the specific Health Research Fund Annual Project for 2023/2024 be Diffuse Intrinsic Pontine Glioma (DIPG)”

1c) Monaro and Northern Tablelands Group:

“That the specific Health Research Fund Annual Project for 2023/2024

be Macular Degeneration”.

Agricultural & Environmental

AEI. Lismore Evening Branch, Far North Coast Group

Preamble: Recycling is now a matter of urgency for the planet. We cannot continue to demand brand new when second-hand is readily available and suitable. CWA is known for its practical, thrifty attitude and so should lead the charge in urging food manufacturers to use easily removable labels with “wash-off adhesives”.

These adhesives bond labels securely and dissolve in water, allowing residue-free removal.

Despite common perceptions, glass manufacturing isn't environmentally inert. Creating glass includes melting sand and minerals, and releasing pollutants like CO2, nitrogen oxides, sulfur oxides, and fluorides. Reducing glass production is crucial, as decomposing in landfills takes a million years.

Struggling with sticky labels on glass jars is frustrating and time-consuming, often leading to giving up on otherwise perfect jars. This contributes to the quarter of Australia's glass waste ending up landfills. With Australia's glass recycling rate currently only 46%, prioritizing using existing resources over new purchases is essential.

"That the policy of CWA of NSW be to lobby the Australian Government Department of Climate Change, Energy, the Environment and Water for legislation to ensure food manufacturers use easily removed labels on their glass containers to create efficient recycling in the home and glass recycling industry."

AE2. State Executive Committee

Preamble: In response to the escalating threat of bushfires in New South Wales, the Country Women's Association (CWA) of NSW recognises the urgent need for proactive measures to mitigate and manage these devastating events on government-controlled land. With the increasing frequency and intensity of bushfires, it is imperative to safeguard our communities, natural habitats, and vital resources. The CWA of NSW emphasises the crucial role of adequate water reserves in effective bushfire containment, considering water scarcity as a limiting factor during emergency responses. To ensure the well-being of rural regional and remote communities and safeguard against the escalating threat of bushfires the NSW Government must take immediate and comprehensive action. Robust bushfire mitigation strategies, coupled with the provision of sufficient water reserves, are paramount for protecting lives, property, and the environment.

"That the policy of CWA of NSW be to advocate the NSW Government for urgent action for bushfire mitigation and management of government-controlled land, including the provision of adequate water reserves for bushfire containment."

AE3. State Executive Committee

Preamble: Understanding the critical role water resources play in the well-being of communities, agriculture and the environment, the CWA of NSW believes that

elected representatives should be held accountable for their water ownership, just as they are for other financial interests. Such legislation not only ensures clarity regarding potential conflicts of interest but also upholds the democratic values of accountability and public trust. By making water ownership a declared interest, the CWA of NSW aims to contribute to a political culture that prioritises transparency, integrity, and responsible governance for the benefit of all Australians.

"That the CWA of NSW call on the NSW Government and Australian Federal Parliament to legislate that water ownership of all elected politicians is declared along with other financial interests."

Educational

E1. Canberra Branch, Monaro Group

Preamble: By seeking insights directly from Indigenous communities, our organisation aspires to foster genuine cultural awareness and appreciation. Embracing this approach aligns with the CWA of NSW's values, recognising that learning from Indigenous perspectives contributes to a more harmonious and informed society. This approach not only signifies a commitment to cultural respect within the organisation but also reflects a broader dedication to promoting unity, diversity, and shared understanding across the communities we serve.

"That the policy of the CWA of NSW be to proactively foster an environment of respect and learning when it comes to local Indigenous culture. This involves engaging with and seeking knowledge from Indigenous communities to promote cultural understanding and awareness within our organisation."

E2. Jindera Branch, Murray Group

Preamble: Importance of water safety and being able to swim

cannot be underestimated. Unacceptable drownings occur in our communities, where many students are being left behind with learning to swim and knowing water safety. Due largely to the closure of swimming pools during the COVID pandemic and unaffordable student's bus travel and pool entry fees, and the downturn in today's economy in whether students are learning these lifelong skills. The NSW government does have a short learn to swim program with bus travel and pool entry expenses being covered by the student.

There is a need for flexibility for some regional and remote schools to provide the swim lessons within their community.

AUSTSWIM the national body for training and licensing of Teachers of swimming and water safety in Australia. The funding for schools through this program to train their own instructors avoids travel to other centres for access to accredited swim instructors.

"That the policy of the CWA of NSW be to advocate the NSW Government to provide adequate funding for accredited AUSTSWIM instructors to be employed to provide swimming and water safety skills lessons to primary school students in rural, regional and remote areas."

E3. Hillston Branch, Murrumbidgee-Lachlan Group

Preamble: The Department of Education's own research shows how vitally important early childhood education and care is to the physical, cognitive, and social development of all children. Their recommendation is that 600 hours of early childhood education in those two years prior to school supports a child's transition to school. In remote areas it has become increasingly difficult for early childhood centres to attract and retain appropriately trained staff, due to the pay parity compared to teaching staff working at the

local school. The continuing staff shortages mean many early learning centres are unable to operate at full capacity.

We believe the availability of affordable accommodation would alleviate some of the wage disparities alluded to and be a major incentive in attracting and retaining appropriately trained early childhood educators to these areas.

“That the CWA of NSW policy shall be to urge the Department of Education NSW to explore options for funding accommodation support or offering rent subsidies to teachers and educators working in Early Childhood Centres situated in remote locations.”

E4. Hillston Branch, Murrumbidgee Lachlan Group

Preamble: The Preschool Drive Subsidy Pilot program, (\$2 million initiative of NSW State Government which began in Term 1, 2022), has been extended to the end of 2023 school year. The subsidy is available to eligible families living within the district of one of the 90 designated remote preschools, where there is limited or no public transport available. Due to the costs associated with the long distances they must travel, too many children living in remote areas of the state are missing out on a vital step in their natural progression to a quality of education every child deserves. While the subsidy program is particularly relevant to remote communities, significant rises in fuel costs place a much greater imbalance to the cost of living for these families. The eligibility criteria are stringent and limited. Greater flexibility is required within the criteria in consideration of distances travelled in these remote areas.

“That the policy of CWA of NSW be to urge Transport for NSW and the relevant Minister to continue and extend the Preschool Drive Subsidy Pilot Program for remote

families.”

Health & Social Security

H1. Galore Branch, Riverina Group

Preamble: There is a critical nurse shortage in NSW. Hospitals are struggling and theatre times are blowing out, particularly for those without private insurance. Nursing homes are also struggling, and some are closing. The pressure on the nursing force is such that we are relying on overseas trained nurses to staff many facilities. Nurses anecdotally report that university training doesn't prepare them for the realities of the job and contributes to early leavers from the profession. This motion seeks to address the issues on two fronts: that nurses receive training that properly prepares them for their career, and that they (in a paid, stage-appropriate capacity) contribute to the nursing needs of the state.

“That the policy of the CWA of NSW be to advocate State and Commonwealth Governments to ensure that nursing degrees incorporate a minimum of two years paid practical training undertaken in a hospital setting.”

H2. Scone & District Motion, Hunter River

Preamble: Recently, at the rural district of Rouchel in the Upper Hunter Shire, ambulances have arrived seeking directions to Stewarts Brook. This road is for four-wheel drive vehicles travelling slowly in a convoy. The quickest way to Stewarts Brook is via Gundy Road which joins the New England Highway at Scone.

On another occasion, a Rouchel family called an ambulance when their baby developed breathing difficulties. The ambulance took the “shortest” route which is mostly a two-wheel windy dirt track. The quickest route is via Rouchel Road joining the New England Highway at Aberdeen.

Ambulances are being directed by call centre operators who are

unfamiliar with the quickest route to rural incidents. Ambulance officers responding are not always familiar with the quickest, most suitable routes. Relying on inaccurate maps and GPS devices add to the problem if mobile phone range drops out before the incident location is reached.

“That the policy of the CWA of NSW shall be to urge the NSW Government to:

- review ‘000’ call centre procedures for asking callers for the exact location of rural incidents being reported.
- provide ‘000’ call centre with up-to-date accurate maps of rural roads that are suitable for ‘000’ vehicles so that the quickest route to a rural incident can be accurately determined; and
- equip officers attending to ‘000’ call outs with remote area GPS devices.”

H3. Southern Highlands Evening Branch, Wollondilly Group

Preamble: Since 1st July 2022 the Freestyle Libre 2 has been subsidised by the government for all Australians living with Type 1 Diabetes. People with Type 1 Diabetes are all insulin dependent and their glucose levels need to be monitored 24 hours a day. The FreeStyle Libre 2 sensors from Abbott only last 2 weeks and cost \$102 each + postage equalling \$2,652 + postage per annum. This is obviously a major prohibiting factor for low-income diabetes sufferers. People with Type 2 Diabetes who are insulin dependent and who cannot afford these devices and do not monitor their insulin levels adequately, are more likely to develop complications or life threatening symptoms.

“That the policy of the CWA of NSW be to advocate for a continuous glucose monitoring device to be made available on the PBS (or otherwise subsidised by the government) for those

people with Type 2 Diabetes who are now insulin dependent.”

H4. Millthorpe Branch, Central Western Group

Preamble: Chronic Traumatic Encephalopathy (CTE) is a neurodegenerative disease associated with a range of neuro psychological problems from mood, memory changes to cognitive impairment and dementia. CTE has been linked to repeated traumatic brain injuries. Repeated brain injuries can take the form of concussions, or subconcussions injuries.

Research from the Sports Brain Bank suggests head/brain injury from sporting activities increases an individual's risk of developing CTE. Football/soccer has been identified as a sport related to increased risk—with neurodegenerative diseases significantly higher amongst field players, as opposed to goal keepers which was presumably due to field players heading the ball more frequently.

Children's developing brains and overall health and wellbeing should be paramount. Heading the ball is a preventable risk factor. Heading of the ball should be banned for all children under the age of 16 within NSW schools, when playing or training for football/soccer.

“That the CWA of NSW approach the NSW Minister of Health, Australian Sports Commission, AIS- (Australian Institute of Sport), NSW Department of Education and Football Australia urging them to:

- Ban all heading of the football by children under the age of 16yrs when training or playing football/soccer
- Promote education of concussion and sub concussion in sport—increased targeted education for children 16yrs and older.
- Aim to reduce the potential subsequence injury—Chronic

Traumatic Encephalopathy.”

H5. Barellan Branch, Murrumbidgee–Lachlan Group

Preamble: Public toilet facilities require extra features and more space to meet needs of people with disability and their carers. In rural towns and cities alike, disabled people and their carers need to travel—for medical appointments and treatment, as well as for family occasions and business. An accessible adult changing facility is a necessity, allowing people with high support needs to be part of community life and activities, without the time restriction imposed by toilet limitations.

There are excellent disabled toilets provided in many locations, but almost all lack the availability of an adult change table.

In today's world, is this acceptable for families coping with caring for someone in need? One of our branch members transporting a cancer patient to specialist appointments in Griffith was forced to use the damp floor of a disabled public toilet—there was no alternative!

The National Construction Code outlines specifications for public adult change facilities.

“That CWA of NSW approach the Department of Health, Local Government Association and City/Shire Councils to promote the need, and advocate for the addition or retrofit of adult disabled changing facilities in public toilets.”

H6. Kootingal Branch & Tamworth Evening Branch, Wanthella Group

No Preamble—motion merged and updated

“That the policy of the CWA of NSW be to advocate the Australian Government to adopt the recommendations made by the Senate Community Affairs References Committee Inquiry into the Barriers to consistent, timely and best practice

assessment of attention deficit hyperactivity disorder (ADHD) and support services for people with ADHD.”

H7. Virtual Branch, Mid North Coast Group

Preamble: Those living in rural and remote areas in Australia have significantly shorter life expectancy than those in cities or metropolitan areas. Two contributing factors are limited medical services and large distances to reach accidents and/or patients. Medically trained people living in rural and remote Australia are often the first responders at an accident or an emergency, or arrive before emergency ambulances, helicopters, or aeroplanes.

Without appropriate emergency equipment, the medically trained person may not be able to provide potentially lifesaving care outside the hospital. Rural clinicians also require emergency response training, reinforced by simulation, to prepare for the challenging pre-hospital environment.

A Sandpiper Bag is appropriately stocked for emergency response and is only issued to medical personnel suitably trained in emergency response. A Sandpiper Bag can provide lifesaving services in the pre-hospital emergency setting and help increase life expectancy in rural and remote areas.

“That the policy of CWA of NSW shall be to advocate the State Government to fund the provision of Pre-Hospital Emergency Training and Sandpiper Bags to appropriately trained clinicians to improve pre-hospital trauma care in rural and remote communities.”

H8. Kyogle Evening Branch, Far North Coast Group

Preamble: As published on the Cancer Institute NSW website 1, in 14 people will be diagnosed with bowel cancer in their lifetime. If detected early bowel cancer can

be successfully treated in 90% of cases; the most effective form of early detection is faecal testing. Currently the National Bowel Cancer Screening Program provides free screening tests every two years for those aged 50–74. Bowel Cancer Australia highlights that GPs can offer the test to those aged over 45 who request it. They also provide the following statistics each year 1,680 Australians under the age of 50 are diagnosed, 290 under 50 die from it, just over 50% is in females, 266% increase over 3 years in 15–24 age group and if you are born after 1990 you have double the risk of colon cancer and quadruple the risk of rectal cancer than if born in 1950.

“That the policy of the CWA of NSW be to advocate the Commonwealth Government for a reduction in the minimum eligible age to take part in the free National Bowel Cancer Screening Program to at least 45.”

H9. State Executive Committee

Preamble: Skin cancer ranks as the third most common cancer in Australia, following prostate and breast cancer, and is the tenth leading cause of cancer-related deaths. Detecting skin cancer early is crucial, as it often leads to successful containment or complete removal. Unfortunately, the message about the importance of early detection is not reaching everyone. Surprisingly, 67% of Australians have never undergone a skin check. One significant barrier preventing timely skin checks is the perceived cost, which varies widely across the country and within states, ranging from \$60 to over \$250. People without symptoms may be hesitant to pay for a screening. To address this issue, it would be beneficial for the government to subsidize skin cancer checks, establishing a common fee that could make screenings more accessible. This approach could serve as an attractive incentive when coupled

with effective advertising. Ideally, skin checks should be offered for free, following the model of breast screening or bowel cancer testing.

“That the policy of CWA of NSW shall be to advocate for full body skin cancer checks to be available at a subsidised price (ideally free) so that everyone at risk can afford a regular check.”

H10. State Executive Committee

Preamble: Considering the significant increase in Motor Neurone Disease (MND) cases since 2015, impacting over 2000 Australians across all age groups, there is a pressing need to address the complexities surrounding this progressive neurological disorder. MND poses a severe threat to individuals, gradually robbing them of essential functions such as speech, mobility, swallowing, and ultimately, the ability to breathe. Recognising MND as a multifaceted condition with potential multiple contributing causes, it is acknowledged that a direct genetic link accounts for 10% of cases, leaving a concerning 90% attributed to environmental factors. Professor Dominic Rowe from Macquarie University and other experts posit a direct association between MND and blue-green algae (cyanobacteria), frequently linked to nutrient runoff and capable of producing a neurotoxic amino acid known as beta methylamino-L alanine (BMMA). To comprehensively investigate the environmental contributors to MND and establish a clearer understanding, geographic tracking of disease occurrences becomes imperative. By making MND a notifiable disease, robust data collection and analysis, could be undertaken to identify patterns and potential environmental triggers.

“That the CWA of NSW advocate that Motor Neurone Disease is listed as notifiable/communicable disease.”

H11. State Executive Committee

Preamble: The Country Women’s Association (CWA) of NSW acknowledges the critical role that healthcare professionals play in ensuring the wellbeing of rural, regional, and remote communities throughout NSW. CWA of NSW is committed to advocating for the welfare of individuals residing in regional areas, we are deeply concerned about the prevailing challenges faced by nurses and midwives in securing adequate housing near their workplaces. The current state of housing for nurses and midwives in rural, regional, and remote communities is characterised by a haphazard and inadequate supply, hindering their ability to access safe, secure, and affordable accommodation. The shortage of suitable housing options not only poses a threat to the wellbeing of these essential healthcare providers but also jeopardises the overall effectiveness of healthcare delivery in these areas.

“That the Country Women’s Association of NSW urges the State and Federal Government to work together to address the current haphazard supply of housing for nurses and midwives in rural, regional, and remote communities ensuring that they are provided access to safe, secure, and affordable housing options near their workplaces.”

H12. State Executive Committee

Preamble: the Country Women’s Association (CWA) of New South Wales acknowledges the increasing dependence on digital transactions and technological infrastructure for everyday financial activities. While we appreciate the convenience and efficiency afforded by modern payment systems, we must also remain mindful of the potential vulnerabilities associated with the reliance on technology, especially during times of crisis. Natural disasters, technological

failures, and breakdowns in critical infrastructure can disrupt the normal functioning of digital payment systems, causing social and economic distress. In such challenging circumstances, it becomes essential to prioritise the resilience of our financial systems and ensure the continued accessibility of essential services for all members of the community. Emphasising the importance of financial inclusivity and preparedness CWA of NSW advocates for the preservation of the option to use cash, even in the face of social disruptions caused by natural disasters or failures in technology and infrastructure.

"That the policy of CWA of NSW be to advocate that the option to use cash always be available, even the social disruption caused by natural disasters and failure and or breakdowns of technology and infrastructure."

H13. Orange Branch, Central Western Group

Preamble: The Australian Medical Association describes chronic wounds as a hidden health epidemic impacting around 450,000 Australians and costing more than \$3 billion per year.

Chronic wounds can be caused by surgery, vascular diseases, diabetes, accidents, insect bites and infections. Evidence shows most chronic wounds are not diagnosed or treated properly and most health care providers receive little wound care training.

Declining access to medical services means that, rural, regional, and remote communities are most likely to be affected by an increase in chronic wounds. These communities also have older populations and higher rates of chronic health conditions meaning they are at greater likelihood of experiencing chronic wounds.

Wounds Australia's 11 Point Plan identifies solutions to fight chronic wound including

Medicare funding for treatment and consumables, training for health care workers, and implementing best practices in managing chronic wounds.

It is a clear plan to ensure wound care costs less and delivers better care that could prevent up to 100,000 people needing treatment each year.

"That the policy of CWA of NSW be to support Wounds Australia's 11 Point Plan to Fight Chronic Wounds."

Transport & Telecommunications

T1. Orange Branch, Central Western Group

Preamble: Alcohol is the most used and most harmful drug in Australia, and one of the most heavily promoted products in the world due to the clear and strong evidence linking exposure to alcohol advertising with increased consumption, including in minors.

In Australia alcohol marketing specifically prohibits:

- a strong or evident appeal to minors or is directed at minors
- portrayal that the consumption of alcohol contributes to success or achievement.

Broadcast advertising is restricted to after 8.30pm on weekdays but permitted on weekends during sporting broadcasts.

This sporting loophole contradicts the Intention of the restrictions on alcohol advertising.

It associates alcohol with elite sportspeople with above average success and achievement, and exposes minors to more than 50 million alcohol advertisements every year.

Banning alcohol marketing in sport will have financial consequences but continuing to link sport and alcohol consumption creates significant adverse health consequences.

Prohibiting alcohol marketing in sport would help stop alcohol advertising reaching minors before they have the maturity to understand the health, welfare, and community consequences.

"That the policy of CWA of NSW be to advocate for the mandatory regulation of sporting broadcasts to prohibit any form of marketing, advertising, sponsorship promotion of alcohol."

Miscellaneous

M1. Glenbrook Evening Branch, Blue Mountain Group

Preamble: The CWA represents the interests of regional communities their continued growth and supports the ongoing social activities in those communities. We would like to move a motion that the CWA management group lobby the Australian Government and Australian Communications and Media Authority (ACMA) on behalf of these communities that have local single screen cinemas. Regional single screen cinemas should have separate film distributors' conditions compared to those normally imposed on multi-screen complexes. The requirement to have multiple screening of a single film on the same day leads to a decrease in customer numbers and enforced regulations currently mean that the remaining fewer than 20 independent single screen cinemas in NSW are in danger of closing.

"That the policy of CWA of NSW shall be to lobby government and relevant industry groups to ensure independent cinemas are not forced out of business because of unfair screening requirements."

M2. Wingham Branch. Mid North Coast Group

Preamble: A CWA motion was recently submitted to gain support to have the Wingham Police staffed again after years

of lying dormant. The attached residence is currently occupied by an Officer attached to the Taree Station.

Community support for the re-staffing is strong and there is a move afoot by the Chamber of Commerce to gain community support and form a committee dedicated to this issue.

Wingham is served by the Taree Station, a 15-minute journey away subject to availability of Officers. Wingham experiences the same incidents of criminal and anti-social activity as many other communities including domestic violence, theft and burglary, speeding and other traffic offences, petty crime and arson. One property has been burgled three times!

Many residents express their concerns on social media and through Crime Stoppers. Social media is awash with security footage and comments. Perpetrators know they have a window of opportunity before police respond.

Having a permanent officer in Wingham would be a pro-active rather than reactive approach and be a crime deterrent by presence. The police district comprises small townships, villages and rural properties and administered from Taree. Local residents would be reassured by a permanent police presence.

"That the policy of CWA of NSW be to advocate the NSW Government for the re-instatement of a permanent police presence in rural towns where there already exists police station residence."

M3. Casino Branch, Far North

Delegates to 2024 AGM

It is imperative that Group and Branch Secretaries forward group and branch delegate forms to State Office by 7 March 2023. Both forms are available in the Procedures Manual (pages F 4-1-715 and F 4-2-715). The branch delegate form can be filled out online at www.cwaofnsw.org.au/delegates. If no delegates are attending from your branch, please fill out the form noting "no delegates attending".

Branches are entitled to send two delegates to the Annual General Meeting. Please ensure that delegates are financial members of the branch they are representing and that they are able to attend the full length of each session.

Coast Group

Preamble: Bank branch and ATM closures are leaving many communities in Australia without access to financial services especially in regional Australia. A large proportion of the population including the elderly, disable, small business, local schools and charities, will always need face-to-face financial services despite advances in technology. For hundreds of communities, the only access to cash and financial services is through Bank@Post at the local post office. This essential service is vulnerable to commercial decision making by the banks. Not all LPOs can accept cash deposits. There is a big push by the Big Four (banks) to do away with cash. To go cashless is not practical for huge parts of Australia due to our unreliable and in some areas non-existent internet and telephone services. Only a people's owned bank would be powerful enough to compete with the private banking monopoly.

"That the policy of the CWA of NSW shall be to urge the NSW State and the ACT governments to advocate for a Commonwealth Government owned Postal Savings Bank. Fully guaranteed by the Commonwealth as a dedicated savings bank operating exclusively through Australia Post's corporate and licensed Post Offices."

M4. Emerald Hill Branch, Namoi Group

Preamble: Residents in the Gunnedah local area live in fear of waking to find intruders in

their homes and yards. No one is safe. Vehicles are being stolen and burnt out, and properties subjected to malicious damage. Gangs of older youths intimidate younger children on the streets.

Our local member, Kevin Anderson MP has been pushing to have the 20 hour manned policing in the Oxley Police District extended to 24 hours. Luke Massey, the Media Officer for Kevin Anderson has provided statistics from the NSW Bureau of Crime Statistics (BOSCAR), that collates criminality reported to the police. A significant increase in the breaking and entering of dwellings has been noted from 90 in 2018 to 138 in 2022. Motor vehicle theft has also shown a huge increase. The rise in reported domestic violence attacks from 69 in 2018 to 110 in 2022 is very concerning.

The voice of the CWA is powerful and great outcomes have been achieved in the past. By adopting the following policy the CWA may be successful in ensuring greater resources will be made available to the Oxley Police District and to all regional towns with populations over 10,000.

"That the policy of the CWA of NSW be to advocate for the urgent and immediate action of the NSW government to establish 24-hour policing in all larger, regional towns with a population exceeding 10,000 and all regional police districts."

Please note: The Agenda and Program may be subject to change following input from the Executive Committee and/or legal advice.

Information for Delegates

Registration

Branch and group delegates and Past State Presidents are required to register their attendance at the registration desk to receive their voting card and delegate's papers.

It is important to note that delegates will require their gold membership card in order to register. If you are attending as a delegate and have misplaced or do not have a membership card, please contact your Branch Secretary to organise a replacement. If a gold card is not provided at registration, a form of personal identification will be required in its place.

Registration will take place within C.ex Coffs—look for the signs. It will be open Sunday, 5 May: 12.00 pm–4.00 pm and on Monday, 6 May: 8.00–9.00 am (for late arrivals only). If you have not registered by 9.00 am, please see State Volunteer Barbara Reichert after the Official Opening. There will be limited time but you should register before the head count begins at 12.30 pm.

Voting

Voting for State Office Bearers and the Medical Research Project will also be located within the C.ex. The voting area will be open for delegates to vote from 5.00–6.00 pm on Monday, 6th May then 8.00 am–9.00 am, 12.30pm–2.00 pm and 4.30 pm–5.00 pm on Tuesday, 7th May 2024.

Delegates will receive their ballot papers only after they present their voting card and have their name marked off on a separate roll. All voting is to take place in the designated voting area and ballot papers must be placed in the ballot boxes provided.

Pre-purchased shop orders

Pre-purchased shop orders

are available for pick up at Conference. Please send your order with a cheque or order from the online Conference Shop at www.cwaofnsw.org.au/confshop. Orders must be sent to State Office by close of business, Friday 29th March 2024. For prices of items, download the order form at www.cwaofnsw.org.au/orderform.

Please note: there will be no opportunity to purchase items at the Conference.

Lunches

Lunch options will be available from Monday to Thursday. The options are \$15 each. Please specify if gluten free is required.

Lunches must be paid for in advance by Thursday 28th March 2024 through TryBooking using this link: www.trybooking.com/CNEAW. If you need assistance with ordering online, please call Fiona Anastasia on 02 8337 0209 or email: ea@cwaofnsw.org.au.

MONDAY, 6 MAY

1. Sweet Sour Pork with rice
2. Vegan Buddha Bowl (GF, VG)
3. Ham, cheese, tomato sandwich with a banana and apple juice

TUESDAY, 7 MAY

1. Fish & Chips
2. Spiced Roasted Brassica Bowl (GF, V)
3. Salad Wrap with an apple and orange juice

WEDNESDAY, 8 MAY

1. Butter Chicken with rice (GF)
2. Corn Fritters with salad and relish (V)
3. Egg & lettuce sandwich with a mandarin and apple juice

THURSDAY, 9 MAY

1. Yum Cha Bowl (spring roll, gyoza, dim sim, samosas, money bag)
2. Vegan Vegetable Curry with rice (GF, VG)

3. Chicken & salad wrap with mayo and cheese with a pear and apple juice.

Gala Event

The Gala Dinner will be held at the Pacific Bay Resort on Wednesday 8th May 2023.

Gala Dinner tickets must be paid for in advance. Tickets are \$70 per person, excluding all beverages. Tables will be of 10 persons and seats will be allocated by the Committee on receipt of the completed ticket purchases (please advise which CWA Group you would like to be seated with).

Tickets are non-refundable and GST inclusive. Tickets can be purchased via TryBooking using this link: www.trybooking.com/CILSX. The theme for the Gala Dinner is Mountains to Sea.

State Conference Raffle

Online tickets are available at <https://rafflelink.com.au/cwaraffle2024>. Please assist by promoting the raffle as much as possible, as this is the only source of revenue for the Conference Organising Committee.

1st prize is \$1,000, generously donated by Equity First Real Estate Services, 2nd prize is a \$300 Spotlight voucher, 3rd prize is a beautiful canvas—a Liz McInnes original photograph of a Glenreagh waterfall valued at \$300 and 4th prize is a \$300 Bunnings voucher.

Tours

A full day tour of Coffs Harbour and surrounding areas will be held on Tuesday 7th May 2024. The cost is



View of Coffs Harbour from Sealy Lookout

Photo by Jim Hoffman

\$50. Tour will depart C.ex at 9 am and return at 4.30 pm. Three half-day tours are on offer for Thursday 9th May 2024 visiting multiple places of interest in Coffs Harbour area. The cost of these tours is \$30 plus any applicable entry fee to be paid on the day. Tours will depart C.ex at 1 pm and return by 5 pm. Full information is available in December 2023 journal.

Mobility Impaired Venue Access

There are multiple access points to C.ex Club for mobility impaired attendees. There is one main lift and a freight lift that can be used if a larger lift is needed. In case of an emergency evacuation, C.ex has advised that we must keep all walkways, corridors, access and egress points clear. Walkers will need to be stowed outside the main auditorium while the Conference is in progress.

Medical Condition Form

If you are attending State Conference and have a chronic medical condition please complete the Medical Condition Coupon below, cut out and send to your own Group Secretary. Do not send to State Office.

Volunteers will be available to assist you as required. Please label your walker clearly with your name, Group and mobile phone number. The confirmed arrangements will be in the April Journal.

Temporary Membership to C.ex Coffs

CWA members may sign in as a temporary member for the duration of the Conference by providing their name and photo ID. Temporary membership lasts for 7 days, so if you arrive on Friday or Saturday please sign in then to avoid delays on Sunday's registration or Monday's Opening Ceremony. Keep the Sign In slip you receive to show each day upon entry to the venue. Alternatively, if you would like to join as a C.ex Group member to receive members benefits please go to <https://cex.com.au/>

membership/. Costs \$11.

Where will everything be located in C.ex Coffs?

Please follow the signs and there will be volunteers to assist you with any questions or directions.

- Papaveros Restaurant, Ground Floor: Registration, Voting
- Coda Room, Ground Floor: State Office shop pick up
- Entertainment Lounge, Ground Floor: International, Agricultural & Environmental, Social Issues, Publicity, Show Catering
- Vista Lounge, Ground Floor: Cultural
- Blue Room, First Floor: Handicraft, The Land Cookery
- Ribeye Restaurant, First Floor: Hospital Support
- Grand Auditorium, First Floor: Official Opening, Business Sessions.

Medical Condition Form—CONFIDENTIAL

Name: _____

Branch: _____ Group: _____

Medical Condition/s: _____

Medication: _____

Next of Kin—Name: _____

Contact details: _____

Signed: _____

Dated: _____

Please return this form to your Group Secretary by Friday, 29th March 2024

Country of Study: France

Welcome to this special report on France, our Country of Study for 2024. This is an amazing country—one of the world's major powers; the largest country in Western Europe and the European Union; one of the five permanent members of the United Nations Security Council; and a major influence in the Pacific region. The official name is République Française (French Republic).



The official language is French, however many other dialects are also spoken including Alsatian, Catalan, Basque, Corsican, Breton, Gallo, Occitan, some Walloon, West Flemish, Franco-Provençal, Savoyard, and Lorraine Franconian. French is a Romance language with Latin roots.

Motto: "Liberté, Égalité, Fraternité"—Liberty, Equality, Fraternity.

France is a secular nation with no official religion, and the population enjoys a wide ethnic mix.

The official currency is the Euro.

With an area of 543,941km² and a population of 66,218,000, Mainland France includes the island of Corsica, in the Mediterranean Sea. The Republic of France embraces not only the 13 mainland regions, but also the five overseas territories of Guadeloupe, Martinique, Mayotte, French Guiana and Réunion.



Arc de Triomphe

France is hexagonal and bordered by Belgium, Luxembourg, Germany, Switzerland, Italy, Spain and Andorra, as well as the English Channel, Bay of Biscay (in the Atlantic Ocean) and the Mediterranean Sea. England is only a short distance away across the Straits of Dover.

One of the oldest nations in Europe, prehistoric remains show humans lived in the region 1.8 million years ago. Cro-Magnon man thrived in the area almost 40,000 years ago and cave paintings found in the Dordogne, Pyrenees and particularly in the Lascaux Caves, dating back 18,000 years are now famed tourist destinations. Ionian Greeks set up a colony, Massalia, on the edge of the Mediterranean Sea in 600 BC. This is modern Marseille, the oldest city in France. At the same time Gallic Celts settled in the north before spreading across the area now known as France over the next 300 years. About 125 BC the Romans conquered southern Gaul before Julius Caesar finally vanquished all of Gaul during his conquests. The Romans founded many cities (Lugdunum, modern Lyon, was capital of Roman Gaul), and there is still evidence of Roman occupation all over France. As the Roman Empire crumbled barbarian tribes moved west, most notably the Teutonic tribes from Germany, the Visigoths, Franks and Burgundians. Celtic Britons fleeing from the Anglo-Saxons, settled in the south-

west. This influx of foreigners had a significant influence on the language and culture of the whole Gallic region. There were many small kingdoms for centuries until leaders such as Clovis I and Charlemagne emerged. Charlemagne created a vast Empire across Western Europe, but the kingdom was split in 843 by his grandsons setting up the Treaty of Verdun, which also brought feudalism to France. For 300 years the nobility controlled the regions of France; most notable leaders were William of Normandy, (William the Conqueror), who linked England and France; and the Plantagenets. The Hundred Years War and the Black Plague were devastating for the nation.

The French Renaissance saw the emergence of the French language, the French Wars of Religion, age of global exploration and with that, France's engagement in the slave trade. France supported the American Revolution financially and with fighting forces. At the same time the Arts, Science and Philosophy advanced dramatically. Oxygen was discovered, hot air balloons carrying passengers appeared, the ideas of Descartes and Spinoza flourished; explorers such as Jacques Cartier, De Champlain, Louis de St Aloüarn, La Perouse, and Baudin raced to claim Canada and the "Southern Continent"; and French literature and architecture blossomed.

With this came the debauchery of

the French nobility and emptying of the French Treasury which led to the French Revolution, the end of the Monarchy and the birth of the First French Republic. This was a blood-thirsty period in French History; the storming of the Bastille and release of hundreds of prisoners is still celebrated today on 14th July. This anniversary is the most significant public holiday each year. The French revolution slowed exploration on a global scale and, despite frantic efforts, the French missed claiming both New Zealand and Australia before the British by mere weeks. The La Perouse Museum in Sydney celebrates the French explorer's adventures. France was still able to claim a number of Pacific and Atlantic territories, some they still lay claim to today.

Napoleon Bonaparte emerged as the next claimant to the rule of France, proclaiming himself First Consul in 1799 until 1804 and Emperor from 1804-1815. Although he was famed for his skills as a military commander, the French had no desire to lose their democratic rights, so his reign was short-lived. The 19th century was a period of instability and by the beginning of the 20th Century the Third Republic had emerged.

The First and Second World Wars saw Germany invade the country with a vengeance. These two



Arch Porte d'Aval and L'Aiguille— the Needle, Étretat, Seine-Maritime, Normandy

were linked Australia to France perpetually as Australian soldiers fought alongside their British Allies to stop the German advances. The end of World War II brought with it the Fourth Republic, and a return to democracy after Vichy France. Today the Fifth Republic, founded in 1959 is the current administrative system.

Since the rationalisation of boundaries in 2015, France is now made up of thirteen Mainland regions, including Corsica, and five overseas territories. Each mainland region is divided into Departments which, in turn, are made up of communes.

As a Republic, France is led by the President, Emmanuel Macron with a Prime Minister, who is chosen by the President, and an elected National Assembly composed of 577 members elected for a term of 5 years. The Senate has 348 members drawn mostly from each Department; members are elected by an Electoral College. Senators have a six-year term. There are also local governments at both Department and Commune levels.

France can truly be said to range from the mountains to the sea as it is bounded by the Alps in the north and the east, the Pyrenees to the South, flowing down to the coastal regions bordering the Mediterranean Sea, Bay of Biscay and English Channel. The Central Massif, an extinct volcanic plateau covers the central region. Major mountain areas are the Jura,

Pyrenees, The Alps, The Ardennes, the Vosges, Hercynian Massifs, the Massif Central and the Massif Armorican; while the large lowland plains are: The Paris Basin, Flanders Plain, Alsace Plain, Loire Plaines and Aquitaine Basin. The highest mountain in France is Mont Blanc (4,808 metres), situated in Haute Savoie where Italy, France and Switzerland meet. Mont Blanc sits on the French/Italian border and is also the highest peak in western Europe. Skiing and tourism in general are major attractions.

The climate ranges from oceanic on the western sea coast, to temperate continental inland, mediterranean on the eastern sea coast with warm winds, and warm temperatures; and then to cool continental in the Alpine areas. The overseas territories are tropical. Overall, France has plenty of sunshine as well as rain making it ideal for agriculture and viticulture.

There are five major rivers: the Seine, Rhône, Rhine, Loire, and the Garonne. With many tributaries, these rivers criss-cross the country providing transport, power, irrigation, and drainage. There are many lakes and streams as well. The largest lake in France is Lake Geneva which it shares with Switzerland; second largest is Lac du Bourget; the largest natural lake in France.

Major cities in France are Paris, the capital and largest; Marseille, the oldest city in France; Nice, the major centre on the French Riviera; Lyon, the gastronomic capital of France; Strasbourg, situated on the German border



Image by Monsieur Fou

and featuring many Germanic influences; Toulouse, the fourth largest city and renowned for the aeronautical industries there; Nantes, in the Loire Valley; Bordeaux, famous for its wines; Calais, the major transit port; and Lille located close to the border with Belgium.

While France is famous for its cuisine, the National Dish is Pot au Feu—a stew made of slowly cooked meat and vegetables. It is served in two courses—the broth first, followed by the meat and vegetables. Other famous dishes include Crepes Suzette, Quiche Lorraine, Escargots (snails in a garlic, butter sauce); Tarte Tatin; Boeuf Bourguignon; Blanquette de Veau; Soupe à l'Oignon (onion soup); Bouillabaisse; Steak Tartare; Fondue Savoyard; Coq Au Vin; soufflé; Foie Gras; and Crème Brûlée. France is also renowned for its many cheeses, wines, fruits, vegetables, flowers, and perfumes.

Wines vary from Champagnes, Burgundy, Bordeaux and



Pot au Feu

Condrieu to Cognac and Armagnac. The French standard is extremely high, and controlled by strict laws to ensure quality products bear the French crest. Lavender fields bloom across the landscape.

Traditional French costumes vary widely from region to region and city to city. While there are many different costumes, there are a few common traits. Like many parts of Europe, costumes feature beautiful embroidery, laces, and distinctive headwear. Women's clothing usually includes a long, full skirt made of wool or heavy

cotton, with a fitted bodice, apron, and a headscarf. The bodice is often made of velvet, silk or linen with intricate embroidery or lace. While some areas feature a headscarf, many include a lace bonnet or other intricate cap. The style and lace and embroidery define the region they relate to. National dress is a source of pride and often worn to festivals and on special occasions. Men wear shirt, vest, jacket, as well as particular trousers and hats that indicate the region they relate to. Modern French designers incorporate traditional fabrics, laces, and patterns in their designs.

For further information on dress, refer to: <https://nationallopedia.com/france-national-dress-a-detailed-overview>.

The Rooster

This beautiful bird is the national animal and is featured on the French rugby jumpers and other sporting paraphernalia. It became synonymous with France during Roman times as the Latin word for rooster was Gallus, and this was also the name the Romans used, for the residents of the region. It was the symbol of faith and hope in Medieval times; the Bourbon and Valois kings included the rooster in the royal effigy, and it was often used on coins. While Napoleon replaced it with an eagle on his standard, a Rooster Gate was added to the Palace of Versailles during the Third Republic—the gate remains there today. In World War I the rooster symbolised the French resistance in the face of the German eagle. (Source: www.diplomatie.gouv.fr/en/coming-to-france/france-facts/symbols-of-the-republic).

Marianne

Marianne was “born” during the French Revolution and embodies the values of the French republic—liberty, equality and fraternity. The term Marianne was a derisive term coined

by Counter-revolutionaries to describe the general populace seeking reform. Images emerged in the form of ornaments and statuettes showing her with the Phrygian Cap. A symbol of slavery dating back to ancient times, the cap re-emerged as a demand for liberty. Marianne appears commonly on French coins and stamps; each new President chooses the image of Marianne he prefers during his term of office.

National Flower

The iris is the national flower of France; represented by the Fleur-de-lis emblem, of the French monarchy for centuries. Iris flowers have three petals often called the “standards”, and three outer petal-like sepals called the “falls”. Once a religious symbol of the trinity, in modern France it is said to indicate purity, brightness, solemnity and freedom.

National Tree

Although the Yew is the national tree of France, the country is not blessed with many ancient Yews, unlike Britain. Those Yews which are classified as ancient, are found, almost entirely, in Normandy and Brittany—regions close to Britain.

The French Flag or Tricolore

The three colours were first part of a cockade during the revolution and became the national flag by proclamation on 15th February 1794. Just before the storming of the Bastille, the symbol of the National Guard was blue and red but it is believed the Marquis De Lafayette added the white symbolising the monarchy. It was decided the blue should be closest to the actual flag pole. During the revolution of 1848 the people waved only red flags indicating the uprising but from 1880 the tri-couleur finally gained national acceptance. The blue, white and red flag is instituted in the constitutions of both 1946 and

1958 as the national emblem of France and is proudly displayed on all public buildings.

The National Anthem

A French officer, Claude-Joseph Rouget de Lisle, captain of engineers in the French army wrote the “Battle Song of the Republic” while stationed in Strasbourg, following the declaration of war against Austria in 1792. It was quickly adopted by the volunteers from Marseilles and became the National Anthem during the Third Republic in 1879. The ‘official version was proclaimed as the National Anthem of France in 1887, following a special commission.

While the words remain bloodthirsty and rousing, there are many different musical scores including marching tunes, slow and measured pieces and even jazz renditions.

The song was taken up by the “*fédérés*” (volunteers) from Marseille who took part in the Tuileries insurrection on 10th August 1792. It proved so successful it was declared a national song on 14th July 1795.

Banned under the Empire and the Restoration, *La Marseillaise* was reinstated by the July Revolution of 1830, and Hector Berlioz orchestrated the music, dedicating his composition to Rouget de Lisle.

The Third Republic (1879) established it as the French national anthem, and in 1887 an official version was adopted by the Ministry of War following the recommendation of a specially appointed commission.

The Marseillaise

Allons enfants de la patrie,
Le jour de gloire est arrivé!
Contre nous de la tyrannie
L'étendard sanglant est levé! (bis)
Entendez-vous dans les
campagnes,
Mugir ces féroces soldats?
Ils viennent jusque dans nos bras
Égorger nos fils, nos compagnes!

Aux armes, citoyens!
Formez vos bataillons!
Marchons! Marchons!
Qu'un sang impur
Abreuve nos sillons.

English Translation

Let's go children of the fatherland,
The day of glory has arrived!
Against us tyranny's
Bloody flag is raised! (repeat)
In the countryside, do you hear
The roaring of these fierce
soldiers?
They come right to our arms
To slit the throats of our sons, our
friends!

Grab your weapons, citizens!
Form your battalions!
Let us march! Let us march!
May impure blood
Water our fields!

Famous French Women

Besides Joan of Arc whose ashes were thrown to the wind, you may not be aware that there are six celebrated women whose tombs lie beneath the Panthéon in Paris alongside French greats (only six but 75 men). They are:

- Josephine Baker (1906-1975)—inducted in 2021
- Simone Veil (1927-2017)—inducted in 2017
- Geneviève de Gaulle-Anthonioz (1920-2002)—inducted in 2015
- Germaine Tillion (1907-2008)—inducted in 2015
- Marie Curie (1867-1934)—inducted in 1995
- Sophie Berthelot (1837-1907)—inducted in 1907

Find out what makes these women so very special.

Famous for its fashion, perfumes, sporting prowess, and unique culture; highlights of the French year include Paris Fashion Week, the Cannes Film Festival, the French Tennis Open, the Tour De France cycling race and for 2024 the Olympic Games.

I sincerely hope this article

has whetted your appetite for France and all things French. I could continue for pages, but space is limited. TryBooking orders are now closed. The International Seminar book is available at a cost of \$25, plus postage. Please contact the State International Officer or Secretary of the International Committee for payment options. Do try some French recipes and look out for patisseries and French restaurants in your area. There are a number of French websites for you to go to and please don't forget your own local library for books and help looking at the internet. Try: www.campusfrance.org/en/tourism-visit-regions-France, www.britannica.com/place/France; www.france.fr/en/happening-now-in-france.

On a final note, please mark 8th to 12th September in your diaries—these are the dates for the ACWW South Pacific Area Conference in Griffith. ACWW recently won an International award for the Project addressing Domestic Violence in Mongolia—a joint venture with UNESCO and the Scottish Police. International Women's Day is Friday 8th March this year; a day to celebrate ourselves and to think of women across the globe—their hopes, their dreams and their suffering.

I wish you Bonne Chance as you enjoy our study of France and all things French.

Jenny Chobdzynski
State International Officer



Saint Haon le Châtel, Loire, Auvergne-Rhône-Alpes

Advocacy Update

Following the 2023 AGM, over 30 letters were sent with our new policy positions to Ministers, government representatives and organisations. In the final months of 2023 CWA of NSW received the outstanding responses on these matters from the relevant ministers as below:

- **Establishment of a NSW Register of Wills and Enduring Power of Attorney:** The CWA of NSW advocated for a state-level register for Wills and Enduring Power of Attorney (EPOA). The Attorney General responded by highlighting existing registration options in NSW. The Standing Council of Attorneys-General decided against a national register due to cost and complexity, focusing on consistency in EPOA laws and awareness programs. The CWA will continue to press for a state register.
- **Pet Cat Management and Desexing Advocacy:** CWA of NSW urged the state government to mandate a statewide cat curfew and advocate for enforced desexing. The Minister for Local Government acknowledged environmental concerns and referred the issue to the NSW Parliamentary Animal Welfare Committee, initiating a Cat Management Inquiry that will commence in early 2024.
- **Agricultural Safety Initiatives:** CWA proposed free installation of safety devices around above-ground poles and struts near agricultural machinery. The Minister responded by referring CWA of NSW members to Essential Energy's ongoing safety initiatives, including 3D powerline markers, reflective pole guards, and education programs. The Minister also indicated that Essential Energy continues to collaborate with farmer and grower associations on these

initiatives.

- **Recommendations from Royal Commission into Aged Care Quality and Safety:** CWA of NSW advocated for the adoption of dental and oral care recommendations. The Hon Mark Butler thanked CWA for advocacy on this issue and highlighted the Australian Government's commitment to implementing the Inquiry's recommendations and outlined current progress in achieving this.
- **Opposition to Waste-to-Energy Incinerators in NSW:** CWA of NSW called for the cancellation of waste-to-energy incinerators in favour of waste reduction methods. The NSW Minister for Climate Change, Energy, Environment and Heritage thanked CWA for their advocacy on this issue and acknowledged the need for waste management improvements. The government will review the Energy from Waste Policy in 2024 and has encouraged interested CWA of NSW members to contribute.
- **Mandatory Life Sentences for Crimes Against Frontline Workers:** CWA advocated for mandatory life sentences for crimes against law enforcement, emergency, and health workers. The Attorney General noted existing legislative reforms to protect frontline workers.

Several urgent issues arose in the last months of 2023 resulting in CWA of NSW advocating on behalf of members and receiving the following responses:

- **Regional Crime:** In November 2023 CWA of NSW wrote the Premier and the NSW Minister of Police urgently calling for a Parliamentary Inquiry into Regional Crime in New South Wales. The Minister responded indicating that "We do not

need a parliamentary inquiry, or politicians on Macquarie St, to tell us that there is more work to do to tackle crime in regional, rural and remote NSW." CWA of NSW will continue to advocate on this matter.

- **Reinstatement of Tresillian Residential Care Services in Cowra Hospital Upgrade:** CWA sought the reinstatement of Tresillian Residential Care Services in the Cowra Hospital Upgrade. The Minister for Regional Health declined the request, affirming finalization of upgrade plans. CWA will continue advocacy on this matter.
- **Concerns about Water Amendment Act Consultation:** CWA raised concerns about the lack of community consultation on the Water Amendment Act with the Australian Government Minister for the Environment and Water. The Minister acknowledged member concerns, highlighting extensive pre-bill consultation across the Murray-Darling Basin.

The CWA of NSW remains committed to advocating on these issues, seeking positive outcomes for its members and the broader community.

Annual Report Change

Due to low sales of the Annual Report and requests for an electronic version, the Annual Report in its current format will be discontinued and an electronic Annual Report will be released. The Annual Report text will also be added to the back of the Directory.

The financial report will be handed out to delegates at Conference, as always. We ask delegates to pass this on to members who are interested.

Welcome New Members

A warm welcome to these 162 new members of our branches:

Albury Beverley Rayko
Armatree Catherine Peart
Atholwood Genevieve Wilson
Ballina Meryl Triggs
Belconnen Fay Dixon, Tiffany Dobson,
Kerrie McIntyre
Bellata Janine Savill, Iris Verner
Bellingen Gabrielle Crofts
Belmont Maria Berol, Laurie Scott
Berrigan Jeni Bedding
Blackville Susan Carter
Boorowa Tina Kappen
Borenore Kerrie Stent
Braidwood Carolyn Mueller
Broken Hill Kerri Harrington
Bundanoon Sally Shannon, Maureen Veness
Bungendore Carmen Moore
Burren Junction Catherine Dickens
Canberra Susan Shipp
Canberra Evening Ella Yardley
Canowindra Donna Comer
Casino Shirley Maloney
Castle Hill Sophie Daly, Kerry Eather
Cessnock Evening Melissa Ode
Cobar Jeannine Cowan
Cobargo Anne Spires
Coffs Harbour Lyn Savage
Cooma Penelope Chamberlain
Coonamble Evening Tracey Jung, Jillian Kelly
Cowra Evening Ann Maguire
Cumnock Cassandra Roberts, Heather Ruys, Hannah Schulz
Curlewis Beck Henderson, Courtney Seach,
Erin Van Beek
Dunedoo Alaina Graham
Dungog-Clarence Town Heli Berry, Laura Doving,
Tracey Knowles
Enngonia Heather Cameron, Miranda Sochacki
Eugowra Ramona Rozee
Forbes Evening Rhonda Ondrovicik
Ganmain Janelle Hassall, Susan Hayes,
Wilma McCorry, Kylee Turner
Georges River Kylie Campbell
Gilgandra Evening Haylee

Bishop
Gloucester Claire van der Stel
Goulburn Susan Dicksbury, Linda Greig, Sarah Volcic
Greystanes Catriona Shepherd
Gulgong Dana Byrnes, Linda Howard, Margaret Reid
Gundagai Anne Saunderson, Lisa Sutton
Harden Lauren Irving
Henty Angela Davidson
Henty Evening Shelley Hoskinson-Lacy
Hornsby & District Elizabeth Lancaster, Sally Peterson
Ilford-Running Stream Toni Dennington
Jamberoo Michaela Donaldson, Celise Judd, Janene Lobegeier, Susan Meredith, Roslyn Neilson, Bessie Reeves
Jerangle-Peak View Vicki Purcell
Jervis Bay Day Helen Egelton, Helen Emmett, Rosemarie Hoare, Tracy Small
Keiraville Lee Thornton
Kendall June Wholohan
Lismore Gillian Roseby
Lismore Evening Jill Te Brake
Little Billabong-Holbrook Jo-Ann Gammage, Cynthia Maher, Karin Seamons
Macksville Jo Stewart
Majors Creek Norma Webb
Manilla Evening Margaret Dowe
Manilla Sundowners Melanie Larcombe
Medowie Chilli Bennett, Cheryl Lomas
Merriwa Alison Duncan, Mandy Taylor
Milton District Lindy Smith
Mittagong Louise Green, Jeanette Kearney, Kerrie Parkin
Molong Kathryn Farlow
Moruya Susan Donaldson
Moss Vale Helen Tilby
Narooma Jemma Angel, Diana Blakeman
Newcastle Evening Megan Knoke, Wendy Thomas
North Star Shakara Rose
Nowra Robina Dorman, Jennifer McAlary, Trish McIlroy, Mary Pocock, Barbara Sorenson, Jennifer Waples, Cynthia Woolley
Nymagee Laura Harley
Old Bonalbo Christine Christie

Peak Hill Miranda Jelbart
Penrith Pearl McLaren
Wymarra
Purlewaugh Madison Hewitt-Brown, Joy Palmer, Ally Redden
Queanbeyan Evening Janet Drew
Rankins Springs Marilyn Biddle
Stanwell Park Faye Cruickshank, Lindsay Leckie, Angela Stumbles
Sydney City Ludmila Fedorovitch, Liz Pratley
Tamworth Evening Tanya O'Shannessy
Terrigal Cheryle Cottome
Terrigal Evening Ruth Moyses
Tibooburra Rachel Crozier, Cassandra Norris, Christy Stafford
Tilba Glendamai Morgan
Toongabbie Dale Sankey
Trangie Alexandra Dalton, Emily Quigley, Lauren Quigley, Lottie Rae, Stephanie Shibble
Trundle Teresa Kable
Umina Beach Nerrida Austin
Ungarie Robyn Sherd
McVey
Uranquinty Evening Kelly Small
Virtual Natalie Pavia
Wagga Wagga Evening Louise Galetta
Warialda Lily Feltham, Heather Hart, Kate Swain
Wauchope Janene Barns, Margaret McEnallay
Wee Waa Joanne Macklin-Shaw, Nicole Piper, Liz Webster
Wellington Lenie Wijants
Willala Jean Dufty-Hopson
Woodstock Teena Gillespie
Yamba Louise Frodyma.

A letter enclosing your membership card has been sent to you.

New Wrap on The Country Woman

The Country Woman is wrapped with compostable wrap which is plant, starch based. The wrap is certified by Australian Standard AS5810 for Home Composting. Note: it is unsuitable for local council's FOGO curbside collection.

Celebrations

Wagga Wagga Branch



Eleanor Boxsell MBE, was presented with her 50 year certificate by Branch President, Cheryl Honey (right). Eleanor is a regular attendee, and members value her contributions.

Young Branch



Young Branch celebrated its 100 in November 2023. A number of local and state officials attended including State President Joy Beames, Member for Cootamundra Steph Cooke, Fr Allan Crowe and Hilltops Council Mayor Margaret Roles. Young Branch President Carol Xuereb gave an extensive history of the Young Branch The day celebrated women's fashion from 1923 through to 2023 with an amazing fashion parade.

Photo courtesy of The Young Witness.

Carcoar-Mandurama Branch



Four fabulous women were celebrated at the Carcoar-Mandurama Branch's Christmas luncheon. Audrey Hardman OAM presented Pat Finneran (28 years), Shirley Russell (48 years), Angela Cowan (44 years) and Jeannette Nowland (28 years) with certificates for appreciation for their decades of service to the branch and the CWA. Audrey has also dedicated 65 years of service.

Goulburn Branch



Goulburn Branch recognised a number of members for their service during end of year celebrations. Patron Betty Campbell presented life membership to Lauraine Gillespie and Elizabeth Ranger. Denise Eager and Lorraine McNeil received their long service bars. *Top Left: Lauraine Gillespie with her daughters Kerry Power and Lynne Johnson. Top Right: Denise Eager. Bottom Left: Elizabeth Ranger and her daughter Margaret Ranger. Bottom right: Lorraine McNeil receives her long service bar from Betty Campbell.*

The Glen-Mannus Branch



Almost two centuries of service was recognised during the final meeting of The Glen-Mannus Branch for 2023. Murray Group President, Elaine Strong, attended to help honour four of The Glen-Mannus members—Ursula O'Brien, Doreen O'Hara, Nell McIntyre and Daphne Butler—who were presented with a long service badge and certificate. *Photo: Rose Jervois (holding Doreen's certificate), Daphne Butler, Ursula O'Brien, Nell McIntyre and Elaine Strong.*

Do you have a story or celebration to share?

Please send your news item with a separate high quality photo to the Honorary Editor, Sonia Roberts.

Email: nswcountrywoman@gmail.com

Enquiries: 0493 547 155

Note: deadline for each journal is 10th of the month before, eg, for April, the deadline is 10th March.

Please send your photos in "large" or "original" size.

Story of the Month

Nelson Bay Branch

In August 2023 Nelson Bay All Saints Anglican Church and Nelson Bay Branch members joined forces and developed a project now known as "Cooking with Hope". Twice a month a small team get together in the Hope Cottage kitchen and make nutritious and delicious meals. These meals are frozen. All Saints Anglican Church members distribute them to the local community.

In September, 50 meals were

made and as the team member's confidence and skill increased so did the number of meals, 96 meals were made in December.

Branch President Judith Kiejda said identifying a need in their community and linking with another organisation was a special moment for all members. "We use our skills, learn new ones, make new friends, and serve our community whilst promoting CWA. We highly recommend linking with other organisations, many hands working together

and sharing skills certainly can make a difference," Judith said.



From our Branches

Armidale Branch



Ruth Blanch OAM and The Hon Adam Marshall, MP, Member for Northern Tablelands, unveiling the 100 year seat

Members recently gathered to unveil their long awaited gift to their community. The beautiful bench seat, marking 100 years since the formation of the CWA movement in NSW, was installed outside the Armidale and District Historical Society. Branch President, Llani Pevitt, together with life member and Northern Tablelands Patron, Ruth Blanch OAM and Member for Northern Tablelands, The Hon Adam Marshall, MP, did the honours. The seat is a permanent reminder of the CWA's long history of dedication and service to the local community. Members welcomed Ross Murray, who is the great grandson of Grace Emily Munro, Foundation President, of the CWA, to help cut the cake to mark the occasion.

Belconnen Branch

Belconnen Branch members supported the 2023 Roundabout Canberra Christmas Giving Appeal. Roundabout Canberra is a volunteer-powered local not-for-profit charity operating out of the Belconnen suburb of Holt. By collaborating directly with social workers and social service agencies, Roundabout Canberra aims to provide women and families experiencing hardship in the ACT and the surrounding NSW regions with essential items and equipment to ensure the safety of their babies and children. Generous gifts from members assisted Roundabout Canberra to provide Christmas gifts and Back to School packs in 2024 to those in need. Sabina also collected

donations from the Dutch Reformed Church, Rivett, Craft Group and the U3A Conchordia Singers, groups in which she is also involved. The donations were very warmly welcomed and accepted by Di, volunteer and Service Manager for Roundabout Canberra.

Canowindra Branch



For the past 30 years, the Canowindra Branch has participated in Driver Reviver. This essential community service during holiday times provides a place to stop and have a break on a long journey. Driver Reviver in Canowindra is facilitated by the local Lions Club and staffed by various community organisations. During the Christmas period, Canowindra members including Celia Klinger (pictured) completed four two-hour shifts with members'



husbands accompanying their wives for this important service. Driver Reviver is just one event where member's husbands lend a helping hand; we would be lost without them.

Cartwrights Hill



More than \$9,000 has been raised during the 23 years of the annual Cartwrights Hill CWA Fundraising Day. The day is held on the first Saturday in November. The 2023 event was the final one of its kind. Hostess, Leola Hull, chose a different theme each year. Previous themes included hats, aprons, clocks, ancestry and travel. Each theme had a display collected by Leola from friends and members creating an interesting and often amusing comments. There were memories of forgotten pieces and photos of childhood days. Guest speakers were also invited to speak on the theme of the day. A huge thank you to Leola for hosting this event each and every year.

Griffith Branch



On a Saturday after St. Nicolas Day (6th December 2023) Griffith Branch members and friends immersed themselves again in Swiss traditional breadmen-making. Trix Schiess brought the slightly sweet milky yeast dough. Everyone got creative in making a Grittibänz—woman or man,

someone even made an alien. All had plenty of fun creating and decorating the figures. After giving it a rest to rise and an egg-wash, they went into the oven together with two little hedgehogs. Baking time was spent with afternoon tea and a chat. Once the breadmen were cooked and slightly cooled down they were ready for a taste—with butter and jam. The following Saturday it was time to make gingerbread houses/sleds. Plenty of icing and lollies found a new home.

Jamberoo Branch

It only took a listening ear to work out what was going to be the means to get junior members actively participating in many different activities which were offered to them in 2023. Offering knitting and crocheting initially interested eight who also had a chance to do a travel postcard for competition. Becoming aware there was interest in use of sewing machines meant monthly opportunities for instruction and sewing time for up to 34 different juniors and a change of format to two sessions to offer both beginners and more experienced sessions. Demonstrating scone making techniques in June led to 14 pairs making lemonade scones and then hosting Devonshire tea, complete with fine china, for their families. September had 28 learning tea cake techniques and decorating cupcakes with native animals. December finished the year with 33 juniors, aged 5 to 13, decorating cut out cookies and making a cookie house.

Keiraville Branch



“Back to School 2024” and any requests for book covering held no fear for Keiraville members. Late last year Bea Horacek and Sandy Lean (pictured) along with Sue Buchorn, Chris Munro and Liz Corfield went to Keiraville Public School and covered books to help the librarian and the school.

Murray Hut Branch



Tocumwal's Hayley has been granted the Murray Hut Branch's STEM scholarship for the year, providing financial support for her upcoming tertiary education. Hayley secured this award following an interview conducted by a panel that evaluated numerous highly qualified candidates. Eligible applicants must have plans to pursue studies in science, technology, engineering or mathematics. Hayley, who has obtained early admission, is set to embark on her nursing program at Charles Sturt University.

Portland Branch



Keeping it small and keeping it local were the keys to success when the branch held a mini market in front of its rooms. Lots of people stopped for a chat and to purchase some handicrafts and baked items or to obtain information on the branch. Member Jenny Fuller (behind the

camera) took a few moments to capture a little branch history featuring Vanessa Low, Alma Brackenrig and Pam Collis.

Wallerawang-Lidsdale Branch

A successful market day was held at the club rooms during

November. Secretary Kay Adams invited numerous stall holders to show and sell their wares. A fee of \$10.00 was charged to each stall holder to have a table in or out of the hall on the day. Wallerawang Branch had a cake stall, bric-a-brac and handmade article stall. Portland Branch also attended.



From our Groups

Blue Mountains Group



The Blue Mountains Group made the United Nations UNITE to End Violence against Women initiative the focus of our last meeting for

2023. Our International Officer gave an informative presentation on the topic and branch delegates appropriately wore a touch of orange (the colour chosen as a global symbol of the campaign) to show their support.

Murray Group

Murray Group was represented by its Treasurer, Elaine Scott, Group Representative, Lynette Buck and her husband Roger Buck at the 2023 Remembrance Day wreath

laying ceremony at St Matthews Church in Albury.



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- Joan Cooper, Hon. Secretary
Country Women's Association – Berry Branch

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Garden of Remembrance

Belconnen

Gail Flegg—worked tirelessly with our catering team particularly as a hostess for our meetings; also served as a Branch Councillor and assisted as The Land Cookery steward; always willing to assist; she had a quiet and caring presence, sense of humour and kindness which epitomised the spirit of CWA; member for 11 years; she will be greatly missed.

Bellarwi

Bev Norris—a much loved member for 16 years, a wonderful Handicraft Officer for many years conducting craft mornings and won awards with her sewing and cooking. Bev was a Branch Councillor and Delegate for Group meetings and attended State Conference. For many years Bev was a steward at the Hume Group Handicraft Day. Bev was a lovely lady, working at all our functions and will be greatly missed.

Jenny Taylor—ex West Wyalong where she held the positions of Secretary, Treasurer, International Officer and Councillor; a treasured member always willing to assist and will be remembered with deep affection.

Bundanoon

Audrey Windo—a proud member for 16 years, Audrey was a great advocate for CWA and gave knitted garments for hospital support and competitions; her favourite function was our Christmas Party and she was always keen to catch up on “what the girls have been doing”; we miss her dearly—aged 100 years, almost made it to 101.

Eugowra

Ula Millie Langfield—a valued member since 1997, past Treasurer and Agricultural & Environmental Officer; her service was held on 4th January and the

church was overflowing; sadly missed—aged 94.

Jindera

Helen Margaret Palmer—a committed member after joining in 2003; Branch President and International Officer; Murray Group State Representative which she thoroughly enjoyed and later Group International Officer; Delegate at the State Conference held in Albury; a great country cook and she enjoyed leading us in singing especially Christmas carols; RIP Helen from all your CWA friends—aged 84.

Mannering Park

Dawn Baker—an active and much loved member for over 30 years. Dawn was very proud of her life membership, a testament to the esteem she was held in. We will miss her smiling face.

Moss Vale

Shirley Hayes—joined 2007; past Cultural Officer, International Officer and Caring Officer; a very active member who loved working with school students for International projects; always ready to cook for fundraisers and always put up her hand to help; Shirley will be sadly missed—aged 93.

Tambar Springs

Felicity Fleck—a valued member of the branch known for her thorough research into topics and her quiet manner; Agricultural & Environmental Officer until recently but also held the positions of President, Secretary and Treasurer over the years; she will be greatly missed as one of our “wise women”.

Umina Beach

Deirdre (Dee) Ritchie—a wonderful woman, always ready to share her talents in knitting, a very patient teacher. Dee was very

active in the community and was always available to lend a hand when required. She will be sadly missed but fondly remembered by us all.

Uralla

Beverley Tearle—held positions, sometimes more than once, including International, Vice President, The Land Cookery, Treasurer and Assistant Secretary; actively participated in Wanthella Group in the role of Secretary and Agricultural & Environmental; on Cultural Days and International Days at Group she would often write and participate in skits to the delight of her audience; Bev’s cooking speciality was sultana cake and she won a prize at state; Bev will be missed by many; member for 22 years—aged 89.

Willala

Pam Boxsell—ex Boggabri where she held many roles including President, Secretary, Vice President, Cultural, International, Publicity and Councillor to Group; a very active member, interested in handicrafts, especially spinning wool and knitting; enjoyed Cultural Days and drama; awarded a long service bar, 50 year medallion and life membership; a valued member for 60 years, but also remembered her mother taking her to meetings at a very young age—aged 90.

Yarrahapinni

Betty Threadgate—a very valued member who supported the members and held branch positions when active; awarded a long service bar, member for 36 years.

Branch Secretaries please note: notifications should be mailed direct to State Office, or emailed to membership@cwaofnsw.org.au.

Accommodation and Mini Ads

Members Outsourced Accommodation

The Metro Hotels Group has been chosen as the accommodation provider for the CWA of NSW.

A 15% discount off the BAR (Best Available Rate) at the time of booking, when using the code, is available at Metro Aspire Hotel Sydney, Metro Hotel Marlow Sydney, Metro Apartments on King and Metro Apartments Darling Harbour, Metro Hotel Miranda, Metro Mirage Hotel Newport, Metro Hotel Perth (South Perth), Metro Hotel Perth City and Metro Advance Apartments & Hotel Darwin.

Booking can be made online via www.metrohotels.com.au. The accommodation code is only applicable to online bookings.

The code must be entered (in the promotional code section when searching for rooms).

The code can be obtained from the website (after logging in) or by calling CWA State Office.

Bermagui Seaside Cottage

The CWA Bermagui Seaside Cottage comprises a family room off the kitchen and 2 bedrooms containing: queen bed and single bed, and twin beds. Cutlery supplied. Bring own linen.

Enquires and applications to:

The Secretary,
PO Box 123, Bermagui 2546
cwaseasidecottage@gmail.com

SEAWEED

Morisset Branch has put together their booklet on the Primary Product. 'Seaweed' is full of great info and recipes. \$5.00 per booklet plus \$2.00 postage. Up to 4 books can be sent in the one envelope. Place orders with Lynne Radley, 14 Bailey St., Windermere Park NSW 2264.

Cheques payable to Morisset CWA or direct deposit into Branch Bank account BSB 637000 Acc. 725173245 and email bank deposit receipt to radley@bigpond.net.au.

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Mini Ads are available on this page for Branches, Groups or members' small businesses. Larger ads are also available within the journal. For all advertising enquiries, please contact Leah at communications@cwaofnsw.org.au or call 02 8337 0200 for rates or further information.

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