

# The Country Woman

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*Country of Study*

FIJI





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

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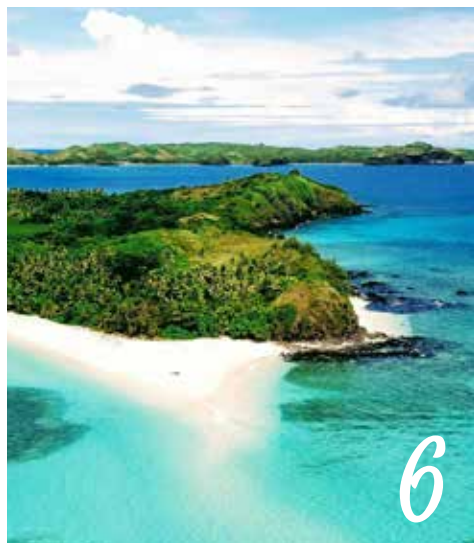
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## From the Editor

Happy New Year! I'm not sure about you but thinking of new resolutions based on change often feels overwhelming and unachievable. It's then a slippery slope into negative thoughts and unneeded stress. Instead, I'm trying a new thing — stop and look back on accomplishments from the past year, using them as fuel for this year.

With this in mind, congratulations to those who have passionately worked on motions going to the State Conference. Kudos to those brave enough to throw their hats into the ring for State positions and for all the tireless work within our communities. Pats on the back to all the tired hands making countless items that bring comfort, the sweaty brows from standing over bubbling pots to produce tasty treats for fundraisers, and the numerous phone calls and travel miles accrued to bring essential money and goods to those in desperate need due to catastrophic disasters. Your steadfast and inspiring efforts do not go unnoticed. I, and our sisters, salute you!

So, instead of resolutions, let's remind one another of the good we actually achieve together and look for ways to help in any way we can, while taking time to appreciate not just the work we do, but also the small daily things that lift our spirits and soothe our souls.

"I think realising that you're not alone, that you are standing with millions of your sisters around the world is vital." — Malala Yousafzai

**Brenda Michaud, Hon Editor**

# State President

And just like that Christmas and New Year is over. Hoping you all had a wonderful break and got to enjoy some much-needed relaxation. We are all starting to fire up again for a wonderful 2026 and I look forward to getting around to visiting and chatting to you.

Like you all, I was devastated by the events that took place at Bondi, such hatred and lack of compassion for human life should have no place on Australian soil; my thoughts are with all the families that are dealing with their tragic losses.

As I type this report there are currently 61 bush and grass fires in NSW. There are many CWA branches working with those closely affected to get donations of what is needed most at this time, not forgetting the fire fighters and volunteers who we all cannot do without. I know there are donations of water, soft drink

and food for them as well. Hoping everyone stays safe. Thank you to those branches for doing your bit in the communities.

I have sent our thoughts to the CWA Victorian State President and also to CWA Queensland State President letting them know CWA of NSW are thinking of them as they too are facing disasters.

We have quite a few Facts Days this year. The Groups holding them are Oxley, Naomi, Northern Tablelands, Mid North Coast, Blue Mountains, Phillip and Gwydir. If you would like join in on one these days contact the Group Secretary of the relevant group.

Our February Executive meeting will be in Parkes. This is a great opportunity for those in other parts of NSW to see first hand the Inland Rail hub, the proposed waste incinerator site, the Forbes Central west livestock exchange which is the largest cattle, sheep and pig selling facility in Australia,



plus other things of interest as well.

As I've said before, start thinking about volunteering for a shift or two at the CWA Tea Room at the Sydney Royal Easter Show. It'll be here before we know it. Also consider donating jams, pickles and cakes, etc. These items sell like hotcakes so the more the better.

It's a short report this time due to the year just starting but I'm sure that will change.

**Tanya Jolly**  
**State President**

## Raspberry Coconut Slice recipe

*From the CWA of NSW cookbook: Jam Drops and Marble Cake*

### Ingredients

100 g (2/3 cup) plain flour  
100 g (2/3 cup) self-raising flour  
30 g butter  
55 g caster sugar  
1 egg yolk  
2 tablespoons water, approximately  
165 g (1/2 cup) raspberry jam  
*Coconut topping ingredients*  
270 g desiccated coconut  
165 g (3/4 cup) caster sugar  
1 egg white  
2 eggs, separated, extra  
50 g (1/3 cup) plain flour  
1 tablespoon water

### Method

1. Preheat oven to moderate (180°C). Lightly grease a 20 x 30cm cake tin, place baking paper to cover the base to extend over two opposite sides.
2. Sift flours into a bowl, rub in butter then stir in sugar. Add egg yolk and enough water to form a soft dough, press over base of the prepared tin, prick well with a fork. Bake for 12 minutes, cool.
3. To make the coconut topping, combine coconut, sugar, the egg white, water and extra egg yolks in a saucepan, stir over heat until mixture begins to stick together, do not allow coconut to brown. Cool. Beat the extra egg whites until soft peaks form.

Fold sifted flour and beaten egg whites into coconut mixture.

4. Spread jam over base, press topping onto jam. Bake for about 30 minutes or until topping is well browned. Cut into squares or fingers.



# CEO's Report

A very happy new year to all members. As we settle into 2026, the Country Women's Association of NSW continues its core work supporting members, advocating on priority issues and contributing to communities across the state.

Preparations for the 2026 State Conference in Forster in May are well underway. Conference remains a key opportunity for discussion, debate and decision-making and information to support branches in preparing will continue to be shared ahead of the event. This edition of journal contains a lot of useful information about the Conference including the draft program and agenda, as well as the motions for debate. There may be some amendments to these areas as we get closer but by providing this now, it gives those members who are planning on attending Conference time to discuss particularly the motions, with their respective branches.

This year takes on added significance as we move closer to the next New South Wales state election, scheduled for Saturday 13th March 2027. With the election now little more than a year away, it will be more important than ever to maintain a strong focus

on advocacy and to ensure that the issues affecting women and families in regional, rural and remote NSW remain front-of-mind for decision-makers.

State Office will continue to engage with Ministers, agencies and inquiry processes, progressing matters arising from Conference policy and ongoing consultations. At the same time, there is real opportunity to better connect this work with the practical, lived experience shared every day by members through their branches. Finding ways to draw on this local knowledge and turn it into broader advocacy impact will be an important focus over the year ahead.

Work is also continuing on the development of our next Strategic Plan for 2026–2029. Building on discussions held by the State Executive Committee late last year, drafting will progress in coming months and will be informed by member feedback, including insights from the Annual Women's Survey. Our hope is for a final version to be approved at the February State Executive Committee meeting and then we can get it all out to you ASAP.

In a time when public debate



can feel increasingly divided, organisations like CWA of NSW continue to provide spaces where people can come together around shared values and practical action. Our strength lies in connecting across generations, backgrounds and viewpoints. Robust discussion and differing opinions are a normal part of a member-based organisation, and how we engage with one another matters. Courtesy, respect and kindness help sustain both strong communities and a healthy Association and I look forward to continuing with that approach into 2026.

Thank you to all members for the work you do in your branches and communities. I look forward to working with you as we progress our shared priorities throughout the year.

**Danica Leys**  
Chief Executive Officer

## News from State Office

### Branch Insurance 2026

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 31st 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.

### 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).

# Country of Study: Fiji

Our Country of Study for 2026 is Fiji. Fiji is a republic in the South Pacific surrounding the Koro Sea. It is approximately 3,200 km northeast from Sydney, Australia; 180°S and 178°25'E.

It is made up of an archipelago of some 330 islands of which over 110 islands are permanently inhabited. There are also five hundred islets making up a total land area of 18,274 square kilometres. Its exclusive economic zone is 1.26 million square kilometres. The population was projected to reach 900,869 in 2025.

Viti Levu is the largest island covering some ten thousand square kilometres which accounts for over half of Fiji's total land area. This island has a rugged terrain with a central mountain range that includes Fiji's highest peak, Mt Tomanivi standing at 1,324 metres. The eastern side of the island receives significant rainfall, supporting lush tropical rainforests. The western side, in the rain shadow of the central mountains, has drier grasslands and sugarcane fields. The Sigatoka River is one of Fiji's major rivers; it flows through this island. Approximately 70% of Fiji's population lives on Viti Levu.

Vanua Levu lies to the north of Viti Levu and is the second largest island. It has a rugged interior, although it is less mountainous than Viti Levu. The coastal areas feature mangrove forests with the surrounding waters containing coral reefs. Inland there are vast tracks of tropical rainforests and coconut plantations. The largest river on this island is the Dreketi which meanders through the landscapes.

Taveuni is the third largest island, and it is known as the Garden Island. It has pristine rainforests and an extensive network of freshwater streams. Bouma National Heritage Park is on



Taveuni.

Kadavu found to the south of Viti Levu is a significant island due to its largely unspoiled environment and one of the world's largest barrier reefs. The Great Astrolabe Reef extends along Kadavu's southern coast.

There are many smaller islands and atolls which are inhabited. These include the Yasawa Group to the northwest of Viti Levu. It is comprised of a series of volcanic islands with beautiful beaches and amazing landscapes. Closer to Viti Levu is the Mamanuca Group that features crystal clear waters and most of Fiji's iconic island resorts. To the far east is the Lau Group which is a series of islands and atolls.

The national flag has a light blue background (field), with the Union Jack in the canton and the shield of the National Coat of Arms at the fly end. The Fijian Coat of Arms was established in 1908. The shield contains the red cross of St George on a white background below a yellow lion on red. The lion holds a cacao pod and symbols of sugar cane, coconuts, bananas and the Fiji dove between the arms of the St George cross.

The national flower of Fiji is the Tagimoucia. It is a member of the liana (woody vine) family and produces clusters of crimson and white flowers. It is only found on the island of Taveuni, in rainforest above 600 metres. Because of its rarity, it's not allowed to be picked or exported. Legend has it that a Fijian princess ran away

to escape an arranged marriage and the flowers are the tears she shed.

The national animal of Fiji is the Fiji banded iguana. It has distinctive green scales with black and yellow bands. It represents Fiji's unique biodiversity and is a beloved native species.



*Fiji banded iguana*

The first settlers arrived in Fiji from the islands of Melanesia at least 3,500 years ago. With them they brought pigs, a wide range of food plants and a style of pottery known as Lapita ware. Traditional Fijian society was hierarchical, with leaders being chosen according to rank; this was based on descent as well as personal achievement.



*3000-year-old decorated piece of Lapita pottery from a Bourewa archaeological site, Viti Levu Island, Fiji*



*Yasawa Islands*

Abel Tasman was the first European to sight Fiji; he passed the northeast fringe in 1643. Captain James Cook passed the southeastern islands in 1774. After the mutiny on the HMS *Bounty* in 1789 Captain William Bligh travelled through the group in his open long boat. He returned in 1792 to explore the islands.

At the beginning of the 19th century commercial trade was established with the discovery of sandalwood. This caused a rush to Bua Bay at the southwestern end of Vanua Levu. In a little over a decade all the commercial stands of sandalwood were depleted. Traders again visited in the 1820s to trade in edible varieties of sea cucumbers.

By the 1860s Fiji was attracting European settlers intent on establishing plantations of cotton.

In 1874 Fiji became a British Crown Colony. The first Governor, Arthur Gordon, initiated policies that banned the sale of Fijian land and taxed people in agricultural produce instead of cash. He also promoted the introduction of indentured Indian labourers and investment by an Australian company, the Colonial Sugar Refining Company, to establish sugar plantations and

processing mills.

During WWII, Fiji was occupied by Allied Forces and a battalion of Fijians saw service as scouts in the campaign for the Solomon Islands.

After almost a century as a British Colony, Fiji became independent in 1970. It adopted a constitutional democratic form of government based on the Westminster system. A series of coups (1987, 2000, 2006) caused disruptions.

As of 2013 when the new constitution of Fiji was adopted, Fiji has a 55-seat unicameral parliament. The Head of Government is Prime Minister Sitiveni Ligamamada Rabuka. Fiji's Head of State is President Ratu Naiqama Lalabalava who was officially sworn in on 12th November 2024 after his election in October of that year.

Australia and Fiji have a close association in trade and investment. Australia is one of Fiji's major trading partners and a source of foreign investment in Fiji predominantly in tourism, financial and manufacturing sectors. Major exports from Australia to Fiji include wheat, liquified butane and propane, meat and paper. The major Fiji exports to Australia include gold,

textiles and cereal.

Major languages spoken are English, Fijian and Hindi.

Fijian culture has evolved throughout the nation's history, being shaped by influences from Melanesia, Polynesia, Europe, India and beyond. Family and community are at the forefront of Fijian culture. The people are exceedingly warm and friendly, and love to express their love of life with the infectious, enthusiastic and ubiquitous "Bula". Today the Fijian people live a slow-paced lifestyle. This is affectionately referred to as "Fiji Time".

As a multicultural, multiracial country, a range of different religions are practised in Fiji. These include Christianity, Hinduism and Islam. These tend to be split along ethnic lines, with most indigenous Fijians practising Christianity and most Indo-Fijians practising either Hinduism or Islam. Across the islands there are Christian churches, Sikh and Hindi temples and Islamic mosques. Sunday church services are very important in the community and you will hear the most wonderful singing at these services.

There are three main ceremonies in Fiji: the Lovo, the Meke and the

Kava (Yagona).

The Lovo ceremony is a traditional feast during which fish, meat and vegetables are wrapped in banana leaves and cooked in a makeshift underground oven with hot stones. The ceremony works to bring communities together and the cooking method imparts a unique flavour to the food.



Photo by Lin Padgham

Fijian Lovo

The Meke ceremony uses traditional song and dance to tell local legends of love, history and the spirit of the Fijian Islands. During these ceremonies the orchestra sing, chant and play percussion instruments for the dancers to perform. All performers wear garlands of flowers, while the men don full warrior costumes.

Kava is the National Drink of Fiji.



Photo by B. Dearth

Kava ceremony

It is made from the pulverised root of a pepper shrub. It is traditionally served as part of a ceremony, most commonly when welcoming guests into a local village. Guests will sit in a circle around the communal Kava bowl which is placed in front of the village chief. The chief will drink a cup first and then invite his guests to have a taste.

Arts and crafts are also important in Fijian culture. Tapa cloth is made from soaking and pounding the inner bark of the paper mulberry tree. It is worn at weddings and used for clothing, gifts and to signify status. It is known for its distinctive geometric or symbolic patterns in black, brown or earth tones, created with natural dyes and stencils. Making tapa cloth is a vital economic craft for women, providing them with an income from sales to tourists and local markets. Men and women both create handicrafts like woven baskets, mats and carved wooden figures. The weaving materials used include coconut and pandanus leaves.

Fijian cuisine reflects the nation's multiculturalism with most traditional dishes being centred around a few staple ingredients that are readily available on the islands. These include taro, cassava, sweet potato, rice, coconut and bread fruit. Fresh seafood in abundance includes fish, octopus and shellfish. The national dish is Kokoda, a delicacy of raw fish marinated in coconut cream, onion, tomato and lime. Influenced by the Indo-Fijian community there are also many curries and spices mixed with island flavours like coconut milk. This creates a unique fusion cuisine.



19th century Fijian wedding tapa

In other international news, in late November there were 20 Mother & Baby Packs bundled up and in early December, 12 Material Aid parcels were posted across the South Pacific to Papua New Guinea, Fiji, Tuvalu, Niue, Ulawa Island, Samoa and Kiribati. Also 300 flannelette nappies, medical dressings, mosquito nets, baby wear and bras have been given to Jeanie Barton for shipment to Tanna island.

As always, many thanks to Elizabeth Hodgson for coordinating the Tanna shipment, the Hospital Support Committee for the Mother & Baby packs, Phillip Group members for handling Material Aid, the amazing State Office staff for all that they do, and you the members for all your donations and help with International.

In the pipeline there is a proposed self-funded trip to Fiji to share skills including sewing to local women's groups. The size of this group will be limited to 20 participants and is proposed to take place late August/early September 2026. More details will follow as they become available.

**Carolyn McMullen,**  
State International Officer

Sources:

<http://www.worldatlas.com> Fiji

<http://www.britannica.com> Fiji

<http://www.dfat.gov.au> Fiji

[my.fiji.com](http://my.fiji.com) Fiji Culture.

# Hospital Support Report

I hope you all enjoyed some relaxing downtime over the Christmas and New Year period, as we now gear up for a busy but rewarding 2026. As you will have noted from the December Journal, Sue Vassie has now completed her three years as Chair and I can tell you, it will be a hard task to follow in her footsteps. We held our AGM in November, after the closing date for the Journal contributions. The Committee for 2025/26 are Jennifer Blinkhorn (Chairperson), Jan Eagleton (Secretary), Robyn White (Treasurer), Sue Vassie (Assistant Treasurer), Ailsa Miller (Executive Representative) along with Betty Cook, Carol Soper and Susanne Shipton.

Since our last report, donations of knitting and crochet have been received from outside organisations as well as from members including 40 large knee rugs and some very intricate crochet lap rugs.

A courier service's kindness meant freight costs were covered before Christmas allowing a large box of donations for premmie babies to be delivered to Miracle Babies for disbursing to the various NICUs they support. Carol and Betty have been distributing items to organisations in Canberra and

Dubbo. One of our Friends to the Committee, Elisabeth Hodgson, visited the Ronald McDonald House in the Hunter with quilts and other items supplied to her by one of CWA's newest branches. We know these beautiful items were made with love and will be loved by the recipients.

Late in November, we received a request from a branch no longer able to support their adult beanie donations to the Mission for Seafarers and our State Executive Representative, kindly delivered a well-filled large bag of beanies to the branch on our behalf. Just prior to Christmas, a request for drainage bags was received for Port Macquarie Private Hospital, happily we were able to assist with this request.

We continue to be involved with various organisations, being very happy to help wherever there may be a need. The Hospital Support Committee thank you all for your support. We also appreciate the work branches do in their communities with care homes, hospitals, women's refuges and so much more.

We will have a better idea of what our shortfalls are when we meet in February. I will put a post up on the closed members Facebook

group to highlight any shortfalls. We are, however, happy to take tiny teddies which are great for the Mother & Baby Packs as we continue our association with the International Committee, and to pass on when requested. Always useful are new short and long onesies, including onesies for premature babies.

The delivery address for those who wish to donate items is:

Hospital Support Committee  
CWA of NSW  
Level 2, 244 Coward St  
Mascot NSW 2020

In addition, G9-1-725 in the Procedures Manual gives guidance if using the Movement of Charitable Goods. Thank you for reading and supporting the Hospital Support Committee.

Jennifer Blinkhorn,  
Chairperson

## Glimpse from CWA of NSW history

In 1930, the Hospital Visiting Committee was formed to coordinate a hospital visiting program for country people in city hospitals after Miss Warby discovered many country people were in hospital sometimes for two or three months, with no one to visit them.

## Procedures Manual Online

Members can access a copy of the Procedures Manual online. Download one page or download the entire manual and search it by using Ctrl+F.

Log in to the website, [www.cwaofnsw.org.au](http://www.cwaofnsw.org.au), then go to the "membership" tab then "member portal".



Crochet lap rugs donated to the Hospital Support Committee

# Agricultural & Environmental

## A Hard Act to Hollow

One of my favourite trees on the farm is an ancient, dead eucalypt that towers above the landscape. At well over two hundred years of age, it has been burnt in at least at least three bushfires in the last eighty years, and my arm span reaches around it almost nine times. The stories it could tell! It has been thirty or more years since it died and is continuing to be a home to a diverse range of life. Throughout its long life, this massive tree has produced around twenty hollows of different shapes and sizes in its trunk and along its many branches. It is fascinating to watch the curious activity in and around it, especially in spring time when birds are nesting. Home to around 25 different species of birds, mammals, insects, spiders, reptiles, and fungi, the dead tree is really important for the biodiversity that rely on it. In spring, striated pardalotes and brown tree creepers nest in the smaller branches, squeezing into tiny hollows that you might fit a ping-pong ball into. The tiny holes prevent the larger predator birds and animals from getting in. Around fifteen other hollows of larger sizes are nesting sites for rosellas, galahs, kingfishers and red-rumped parrots. Some years ducks breed in the larger hollows. Butcher birds impale their catch to eat on twigs in the higher branches. Tiny fairy wrens flit around the huge base to find insects that gather there. Yellow thornbills search higher up. Barking owls, barn owls, and boobooks are more birds that I have seen using the tree, perching high on the bare branches at night to easily watch for mice and rabbits, to mournfully call for a mate, and maybe to sleep in during daytime (I have never seen any doing so in this tree). Microbats roost in cracks and under big fossil-like

pieces of bark, and lizards and skinks hunt for insects. Peron's tree frogs shelter under the bark too, camouflaging themselves to the same grey as the dead timber. Native bees such as leaf-cutter bees and native wasps lay their eggs in the small holes and pits that have formed in the trunk. Native spider wasps hunt spiders that hide on the tree. Bark beetles, crickets and moths are some of the many other insects that shelter there. Fungi and other decomposing organisms are very slowly breaking down the wood and adding nutrients to the soil. The occasional goanna visits to check bird nests and unfortunately, invasive starlings use the tree to perch sometimes too. When it does eventually fall, the tree will continue to be beneficial to small animals like lizards, skinks, beetles, ants and echidnas that eat the ants.

In NSW & the ACT, there are about 46 mammals and 81 bird species, plus frogs and reptiles that depend on important tree hollows to breed and for shelter. Hollows are not chosen randomly. Factors such as entrance size and shape for protection from predators, height from the ground, degree of insulation from heat and cold, and hollow depth, are all considerations made before animals and birds choose a hollow to breed in. The depth of a hollow can range from 10 cm to 10 metres. Hollows are begun and formed in trees by branches dropping and leaving a cavity to begin the process, insect activity, birds stripping bark and digging for insects and grubs, wind, fire, lightning, and storm damage. Fungi, bacteria, beetles and chewing insects eat damaged parts of the tree where decay has begun. Beaks, teeth and claws renovate and dig out hollows to make them bigger, and to clean them out in readiness for nesting. Sometimes after rain,

hollows can even store drinking water for wildlife. The forming of a hollow can take 80 to 200 years and gum trees, especially river red gums, are the most likely trees to form hollows. The 2026 Agricultural & Environmental fauna topic is the glossy black-cockatoo (*Calyptorhynchus lathami*). These cockatoos are listed as vulnerable in NSW and the ACT, and rely on large hollows near water and their special food trees (*Allocasuarina*) to raise a chick. They pair for life and only one egg is laid every two years, between January and May. The male feeds the female during egg sitting and for a week after the chick hatches, then they both feed the chick. The chick mostly stays with the parents until the next breeding year.

Jenny Birtles  
State Agricultural &  
Environmental Officer

### Could you start a new CWA of NSW branch in your area?

- Do you travel a long way to attend your meetings?
- Do you find it difficult to attend meetings during work hours?

Think about the possibility of starting a new branch in a more convenient location, or a branch that meets in the evening or on weekends.

If you know a dozen or more people who could help start such a branch, and would be keen to take on positions (President, Secretary, Treasurer, etc), why not take the opportunity to discuss the option with your Group President?

For more information on how to form a branch see P 1-1-718 in the Procedures Manual.

# Show Catering Report

I am pleased to share an update regarding the CWA Tea Room at the Royal Easter Show, scheduled from 2nd April to 13th April 2026. This is our major fundraiser event for the year and represents a significant opportunity to showcase our organisation.

The success of the event relies heavily on volunteer support across various roles including food preparation, clean up and customer service. We are seeking approximately 50 volunteers each day, divided into two shifts: 25 volunteers in the morning and 25 in the afternoon. While many volunteers have already expressed interest and are in contact with Natalie, our volunteer coordinator, we still require additional assistance to

meet our staffing needs.

If you are available to help, please reach out to Natalie at [cwashowkiosk@gmail.com](mailto:cwashowkiosk@gmail.com) to specify your preferred days and shifts. Your participation is vital to ensure the smooth operation of our catering services during the event.

Additionally, we are collecting homemade jams, pickles, relishes and fruit cakes to sell at the promotions table. Contributions of these items are greatly appreciated and will help support our fundraising efforts. If you have items that need collecting, please contact me at [cwatearooms.chairperson@gmail.com](mailto:cwatearooms.chairperson@gmail.com).

We encourage everyone to consider volunteering or donating items to make this event a success. Your involvement not only supports our organisation but also strengthens our community ties. Thank you for your continued support and dedication to our shared goals.

**Donna Robertson**  
Chairperson



## CWA Tea Rooms—Help Wanted

Come along and join us at the Sydney Royal Show.

**2nd April to 13th April 2026**

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 email [cwashowkiosk@gmail.com](mailto: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: [cwashowkiosk@gmail.com](mailto:cwashowkiosk@gmail.com).

# Social Issues Report

Welcome to 2026! I hope members had a wonderful Christmas and New Year break with family and friends, and have started the year rested and ready to get into CWA activities.

Although the Social Issues Committee has been somewhat quiet since our last meeting on 6th November 2025, work continues on the Committee's Facebook group which will be available for members to access and interact with shortly.

The draft letter addressing Precision Medicine has been prepared and, once approved,

will be distributed to members so that you can send the letter to your local Member of Parliament and receive a response directly. Planning for the webinar on the basics of the Aged Care Act is progressing with the Committee working towards it being presented in late February/early March 2026.

The Committee will have a display at the 2026 State Conference in Forster where members will be able to access information on the 2025/2026 Advocacy Kits as well as other social issues. We would love to see and speak to as many members at that display

as possible.

The next meeting of the Social Issues Committee is scheduled for 22nd January 2026 via Zoom.

Please keep an eye out on the closed Facebook group and E-news, and also future reports for further details about other activities being organised for members.

Please get in touch with myself, or one of the Committee members, if you have any questions or wish to raise an important issue.

**Elizabeth O'Dwyer, State Social Issues Officer**

# The Land Cookery

By the time you read this, Christmas and New Year are now but a happy memory and I hope you were able to enjoy the festive season with family and friends. As I am writing this before some of these events have happened, I have fingers crossed that all goes to plan. The Committee will have had our first meeting of 2026 on 31st January at Dubbo where arrangements for the upcoming state finals at Forster in May will be finalised. At the same time Macquarie Group will have hosted a How-to Day and we hope to have had many attendees to join in the fun and share our baking and preserving experiences.

Thanks to Ellice, we are well progressed with finalising the 75th Anniversary 2026/27 Schedule and Cookery Companion ready to go to print. Please note: the Cookery Companion can only be purchased at the 2026 State Conference in Forster—there will be no pre-orders this time! Branches and groups will need to arrange for a representative to purchase sufficient copies from The Land Cookery Display during Conference to share with members. More information on purchase price will be emailed to Group Cookery Officers closer to the date and I will update you in the April Journal. Based on sales of the previous 2024/25 Cookery Companion we have ordered

extra copies so there will be plenty available.

Several Group Cookery Competitions were held late last year with the remainder to follow shortly. Good luck everyone; it is indeed an honour to represent your branch and group at the state finals, especially if this is your first time. I hate to have to talk about forms but please ensure you use the correct forms for your Branch and Group Returns and follow the guidance that was provided to Group Cookery Officers earlier in the year on how to fill them out correctly. The Group Return can be emailed to: [landcookerycommittee@gmail.com](mailto:landcookerycommittee@gmail.com) or posted directly to me at 23 Whimbrel Drive, Sussex Inlet NSW 2540. If you think you don't have the correct form, please contact us so we can provide it. It is disappointing year after year to see branches miss out on the special "Land Awards" because they have not accurately reported the number of members or their entries. Branch entry fees should be forwarded to your Group Treasurer so that they can be consolidated and deposited to the Committee account.

In the lead up to our 75th Anniversary celebrations the Committee has been working on gathering memorabilia for a display. If any of your branches or groups have photos or other

interesting baking/preserving items to add to our display, please drop us an email and one of our Committee members will get in contact with you.

Of course I must mention the raffle. We are very grateful for your ongoing support and many tickets have already been sold! If you need more booklets (20 tickets) please let us know and we will get them to you. Similarly, if you are unable to sell any or all tickets in a booklet, just return them so they can be allocated elsewhere. Amanda is looking forward to receiving sold and unsold tickets before 31st March. This enables her to reconcile tickets received with bank deposits. Expect a follow-up call from Amanda if she has not received your tickets by this date. Please do not bring tickets or money to Conference.

Finally, to help you prepare your entries for the state final we will again offer two Zoom sessions in April on Wednesday 15th at 7.00pm and Saturday 18th at 4.00pm. By then you will have had an opportunity for a trial bake and get help to address any issues that might help improve your entries. Please take the time to re-read the Rules in the Schedule as there are specific requirements for the state final.

**Carole Windley, Chairperson**

## Copyright and the Internet

In Australia, and many places around the world, copyright is automatic. You should assume that every image, illustration, logo, article, post, blog, recipe, poem, song, sound recording, video, computer software, etc, that you find anywhere on the internet has copyright, unless there is a notice that states otherwise. An image doesn't have to have a watermark in order for it to be covered by copyright, nor does an article need to have a copyright notice attached. It is up to you to ensure you are allowed to use the material before copying or downloading.

Copyright-free images can be found on the photosharing website: [www.pixabay.com](http://www.pixabay.com). Be aware of paid ads bars at the top and bottom of your search results.

Unsplash users allow their photos to be used for free and without attribution. Go to [www.unsplash.com](http://www.unsplash.com). Be aware of premium "Unsplash Plus" images within the search results which are not free.

# Cultural Report

On behalf of the State Cultural Committee, I wish you all a happy and productive 2026! I am on holiday mode writing this—a lovely rest in Maroochydore having spent a few days with my new grandson. But all good things must end and it's back to work!

The details of our first workshop of 2026 were in the E-news and the on closed Facebook group. It was led by Carol Xuereb, a multi-skilled artist who is willing to share her talents. Carol will be repeating this workshop later in the year with the location yet to be decided. Keep an eye on the E-news later in the year for more information.

We are really happy to announce that the entries for the competitions are growing every year and those received are now being judged. Thank you to the entrants and good luck to you all.

The Woman of Note nominations are due on 31st March as are the entry forms for the Art Competitions. The paintings, etc, can be delivered to our display area in Forster before midday on the Sunday. But no art will be accepted if the entry form has not been previously lodged before 31st March 2026.

Raffle books have been distributed to all groups. The prizes are well worth the ticket price so please take the time to sell the tickets and return to the Treasurer, Barbara Gow, as noted on the covers.

Last year when I introduced Darcy Daniel as a contemporary Australian female author, I may have frightened some of you away from her writings with my description of the novel—even though I really enjoyed it. I have recently returned to Darcy with her latest novel "These Hands: A Love Story". As stated in the title,

it is basically a love story but one which contains elements of fantasy, family relationships and a touch of crime. Ms Daniel has written five novels to date and these cover several genres. I was not sure about the "fantasy" when I saw it on the introduction but I was pleasantly surprised—surprised enough to read it over two days. The author lives on the outskirts of Sydney but her descriptions of the area in which each novel is set are so accurate that the reader is transported to that place. I would recommend a trip to the library or your local bookstore for any of this woman's novels—you will not be disappointed.

Once again, the Committee wishes you all the very best for the coming year. If you have entered any competitions for May, thank you very much and good luck!

Lynne Dunn, Chairperson

# Handicraft Report

Happy New Year to you all. I trust that you have all been working on your Branch Challenge (four pieces of food on a plate or bowl) and the Chairman's Challenge (Indian Kantha placemat) while on your break. For full details on the requirements for these challenges please refer to the Handicraft Schedule available on the Handicraft page of the website ([www.cwaofnsw.org.au/handicraft](http://www.cwaofnsw.org.au/handicraft)). If you need assistance with the schedule let us know.

Since ancient times mankind has been crafting things by hand and keeping the traditional workmanship and knowledge alive by passing on the skills and techniques involved from one generation to the next. In most parts of the world, handicraft is

a living tradition of ancient skills handed down and perfected over centuries. At CWA we have the fortunate ability to pass on these skills to the next generation through our friendship and craft days.

An important date for Group Handicraft Officers is 10th April 2026 as Handicraft suitcases are to be in Dubbo no later than this date. We don't want any members being disappointed because their items were not judged so please ensure that you have all your items labelled correctly and packed in your bags that are marked clearly and delivered to us by 10th April. If you have any questions about the labelling or where to send the bags do not hesitate to contact our secretary for clarification.

We look forward to a wonderful year ahead and are excited to see everyone's beautiful handiwork on show at this year's State Conference in Forster.

Quote: *As you visualise your dream, make it clear and precise.*

Happy crafting,  
Gai Mason, Chairperson

## Glimpse from CWA of NSW history

In 1931, concerned with the declining wool prices, CWA of NSW staged a Use More Wool exhibition and established the CWA State Handicraft Exhibition the following year with the CWA Wool Handicraft Sub-Committee formed in 1935.

# Conference pre-order shop

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](http://www.cwaofnsw.org.au/confshop) or download an order form at [www.cwaofnsw.org.au/orderform](http://www.cwaofnsw.org.au/orderform). To have your items posted instead, shop online at [www.cwaofnsw.org.au/onlineshop](http://www.cwaofnsw.org.au/onlineshop) or download the order form at [www.cwaofnsw.org.au/orderform](http://www.cwaofnsw.org.au/orderform). Additional postage costs apply.



100 year badge:  
\$8.00



100 year glass:  
now \$10.00 each



100 year tea towel:  
now \$7.00 each



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 Scones: \$12  
or \$160 for 20



USB stick with  
lanyard: \$15.00



Notebook & Pen:  
\$9.90



CWA cotton tote:  
\$8.00



Business shirt: (97%  
cotton): \$60.00



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



2026 Directory &  
Annual Report: \$14

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

# 104<sup>th</sup> Annual General Meeting

Monday, 4th May to Thursday, 7th May 2026

Club Forster, 19 Strand Street, Forster

This pull out is for use by branches 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 3 May

12.00pm–4.00pm Registration (Neptune Lounge)  
4.00pm Ecumenical Service (Auditorium)

12.30pm–2.00pm Voting open  
2.00pm–4.30pm Business Session  
4.30pm State International Meeting  
4.30pm–5.00pm Voting open

### Monday 4 May

9.30am–11.30am Official Opening  
1.00pm–5.00 pm Business Session  
5.00pm–6.00 pm Voting open (Neptune Lounge)

### Wednesday 6 May

9.00am–12.30pm Business Session  
2.00–5.00 pm Business Session  
Evening Gala Event (Auditorium)

### Tuesday 5 May

8.00am–9.00am Voting open  
9.00am–12.30pm Business Session

### Thursday 7 May

9.00am–1.00pm Committee Reports & Award Ceremony

## Draft Agenda

*Draft motions are provided below to enable branches to discuss them prior to Conference. The motions still to be finalised will be uploaded to the CWA website after the February 2026 Executive meeting: [www.cwaofnsw.org.au/agm](http://www.cwaofnsw.org.au/agm). They will also be listed in the April 2026 journal. Please note: The Agenda and Program may be subject to change following input from the Executive Committee and/or legal advice.*

### Constitution

None

### Association Activities

None

### Agricultural & Environmental

**AE1.** Nimbin Branch, Far North Coast Group

“That the policy of the CWA of NSW be to advocate for the establishment of the Richmond River Koala Parks reserve, which includes State Public Native Forests in the Richmond Valley and southern Richmond Range, to ensure that vulnerable and endangered native flora and fauna have safe haven, to replenish their populations.”

**AE2.** Mascot Evening Branch, Phillip Group and South Grafton Evening Branch, North Coast Group

“That the policy of the CWA of NSW be to advocate the NSW Government to regulate the sale of plants that are identified as weeds or have the potential to become weeds.”

**AE3.** Warren Branch, Far Western Group

“That the policy of the CWA of NSW be to advocate for compulsory community consultation before the Department of Primary Industries and Regional Development approves test and/or exploratory drilling by mining companies.”

**AE4.** Walgett Branch, Barwon Group

“That the policy of CWA of NSW be to advocate for the law to be modernised to allow lawful use of bore water for the purpose of spraying crops where no other suitable water source is available, and to reflect practical farming realities, safeguard biosecurity, and remove the risk of unnecessary enforcement.”

**AE5.** Picton Branch, Illawarra Group

“That the policy of the CWA of NSW be to advocate all governments to prioritise the early delivery of fit-for-purpose road infrastructure to reduce wildlife-vehicle collisions at known wildlife hotspot locations.”

**AE6.** Guyra Evening Branch, Northern Tablelands Group

"That the policy of the CWA of NSW be to advocate the NSW Government to provide a notification platform enabling landholders adjoining roadsides to apply approved herbicides to roadside weed infestations."

**AE7.** Guyra Evening Branch, Northern Tablelands Group

"That the policy of the CWA of NSW be to advocate the NSW Government to mandate country-of-origin labelling for all meat products served in hospitality outlets through the establishment and enforcement of consistent information and labelling standards to ensure transparency for consumers."

**AE8.** Guyra Evening Branch, Northern Tablelands Group

"That the policy of the CWA of NSW be to advocate the Commonwealth Government to mandate clear and accurate labelling of 'lab-grown' (cell-cultured) meat products, specifically prohibiting the use of terms such as 'beef', 'pork', 'chicken' or 'lamb' for products not derived from traditional livestock farming."

**AE9.** Agricultural & Environmental Committee

"That the policy of the CWA of NSW be to advocate the NSW Government to establish a dedicated funding stream in the Landcare Enabling Program Funding to secure a permanently funded future for Landcare nurseries in NSW."

**AE10.** Coonamble Evening Branch, Macquarie Group

"That the policy of the CWA of NSW be to advocate for the adoption of best-practice invasive pest-control methodologies consistent with those advanced by CSIRO and endorsed national frameworks for pest and weed management."

**AE11.** Agricultural & Environmental Committee

"That the policy of the CWA of NSW be to urge the NSW Government to reform consultation on large-scale renewable energy developments to ensure regional communities have real authority and influence over decisions, with engagement conducted under transparent, community-defined rules and free from non-disclosure agreements."

## Education

**E1.** Coonamble Evening Branch, Macquarie Group

"That the policy of the CWA of NSW be to advocate and support the NSW Adult Literacy & Numeracy Council (NSW ALNC) adult and child literacy programs and strategies, recognising their importance in improving literacy outcomes across rural and remote communities."

## Health & Social Security

**H1.** Old Bonalbo Branch, Far North Coast Group

"That the policy of the CWA of NSW be to advocate the NSW Government to provide health promotion material and make mailed self-administered vaginal swab kits available to all eligible women over the aged of 25, to improve cervical screening participation in NSW."

**H2.** Lismore Evening Branch, Far North Coast Group

"That the policy of the CWA of NSW be to advocate the Commonwealth Government to review the dependent classification for Youth Allowance and Austudy for young adults aged 18-22, so that parental income testing is removed, and independent status is granted based on living circumstances and financial self-sufficiency."

**H3.** Bangalow Branch, Far North Coast Group

"That the policy of the CWA of NSW be to advocate the NSW Government to lead national legislative reform to ensure children are protected by law from any form of physical assault,

including in the home, as is the case for adults."

**H4.** Bangalow Branch, Far North Coast Group

"That the policy of the CWA of NSW be to advocate the NSW Government to provide widespread access to evidence-based parenting programs and support services promoting non-violent discipline strategies."

**H5.** Kyogle Evening Branch, Far North Coast Group

"That the policy of the CWA of NSW be to advocate the NSW Government to review and expand subsidy support for home enteral feeding, including formula, consumables and equipment, to ensure equitable access to essential nutrition for patients requiring long-term enteral feeding in the home."

**H6.** Barellan Branch, Murrumbidgee-Lachlan Group

"That the policy of the CWA of NSW be to advocate the NSW Government to recognise and support the role of Griffith Base Hospital as a regional health precinct with enhanced local governance and administrative authority, enabling the facility to respond more directly to local health priorities."

**H7.** Barellan Branch, Murrumbidgee-Lachlan Group

"That the policy of the CWA of NSW be to advocate the NSW Government to ensure that new hospitals are fully staffed, across nursing, allied health and medical specialists, to operate to designed capacity and meet the healthcare needs of their local community."

**H8.** Tumut and Surrounds Branch, Hume Group

"That the policy of the CWA of NSW be to advocate the Commonwealth Government to accelerate the implementation of the National Plan to End Violence against Women and Children 2022 2032, in line with the recommendations of the Domestic, Family and Sexual

Violence Commission, to ensure measurable progress in prevention, response and recovery for women and children.”

**H9.** Terrigal Evening Branch, Northumberland Group

“That the policy of the CWA of NSW be to advocate the Commonwealth Government to publish the locations of all newly-funded endometriosis and pelvic pain clinics, and prioritise the establishment of clinics in rural and regional NSW (particularly west of the Great Dividing Range) where specialist services are limited, to ensure equitable access for women and girls in those communities.”

**H10.** Uranquinty Branch, Riverina Group

“That the policy of the CWA of NSW be to advocate the Commonwealth Government to review and expand the availability of PBS (or equivalent) subsidy for medically indicated use of Botulinum toxin type A (‘Botox’), including for therapeutic conditions beyond the current list, to reduce out-of-pocket costs for patients requiring it.”

**H11.** Uranquinty Branch, Riverina Group

“That the policy of the CWA of NSW be to advocate the Commonwealth Government to review specialist medical fees and increase the Medicare rebate such that out-of-pocket costs for patients are substantially reduced.”

**H12.** Deer Vale Branch, Northern Tablelands Group

“That the policy of the CWA of NSW be to advocate local, State and Commonwealth Governments to deploy trained caseworkers to provide face-to-face ‘buddy-system’ support that addresses both housing and mental-health challenges to alleviate homelessness in Australia especially in rural and regional communities.”

**H13.** Deer Vale Branch, Northern Tablelands Group

“That the policy of the CWA of NSW be to advocate Local, State and Commonwealth Governments to ensure timely access to emergency prefabricated shelters sited close to essential services and food-assistance programs to alleviate homelessness in Australia especially in rural and regional communities.”

**H14.** Guyra Evening Branch, Northern Tablelands Group

“That the policy of the CWA of NSW be to advocate that the Commonwealth Government and the National Disability Insurance Agency (NDIA) to reverse the recent reductions to travel reimbursement and allied-health provider rural loadings under the National Disability Insurance Scheme (NDIS) in rural and regional areas, to ensure people with disability continue to have equitable access to supports regardless of location.”

**H15.** Guyra Evening Branch, Northern Tablelands Group

“That the policy of the CWA of NSW be to advocate that the Commonwealth Government amend the Better Access initiative so that all registered psychologists (regardless of endorsement status) receive a uniform Medicare rebate, thereby abolishing the current two-tier rebate system.”

**H16.** Agricultural & Environmental Committee

“That the policy of the CWA of NSW be to advocate for improved national action on Q fever by calling on the Commonwealth Government to:

1. Increase funding for education and awareness programs to improve community and medical practitioner knowledge about Q fever identification, prevention, and treatment across rural and regional Australia;
2. Subsidise an expanded Q fever vaccination program to include individuals outside the traditional at-risk occupational and non-occupational groups in high-exposure areas; and
3. List the

Q-VAX® vaccine on the National Immunisation Program to improve accessibility and reduce financial barriers, and on the Australian Immunisation Register to ensure that individuals only receive the Q-VAX® vaccine once in their lifetime.”

**H17.** Walgett Branch, Barwon Group

“That the policy of the CWA of NSW be to advocate for the installation of automated external defibrillators (AEDs) into all New South Wales Police vehicles located in rural and remote areas of NSW.”

**H18.** Canberra Branch, Monaro Group

“That the policy of CWA of NSW be to oppose the mandatory NDIS assessment tool, I-CAN or any single measure, to assess a participant’s capacity, as this risks excluding people with diverse disabilities especially in non-metropolitan areas and does not account for the varied, complex needs of participants across Australia.”

**H19.** Canberra Branch, Monaro Group

“That the policy of CWA of NSW be to advocate for a review of the NDIS funding arrangements, including fair indexation rates and adequate travel cost provisions for allied health professionals to ensure funding reflects the true cost of delivering services in rural, regional and remote communities.”

**H20.** Wellington Branch, Macquarie Group

“That the policy of the CWA of NSW be to advocate for dialysis units in regional, rural and remote NSW to be designed or upgraded to provide less-clinical surroundings, including increased natural light, outdoor views and access to natural surroundings, to enhance patient wellbeing.”

**H21.** Albury Evening Branch, Murray Group

“That the policy of the CWA of NSW be to advocate for Medicare

(MBS) funding to include foot-consultations and foot/ankle surgical procedures.”

**H22.** Mannering Park Branch, Northumberland Group

“That the policy of the CWA of NSW be to urge the Commonwealth Government to include the injection pegcetacoplan (brand name Syfovre) on the Pharmaceutical Benefits Scheme (PBS) for the treatment of age-related dry Macular Degeneration, geographical atrophy (GA), given its high cost and the risk of progressive vision loss if untreated.”

**H23.** Terrigal Evening Branch, Northumberland Group

“That the policy of the CWA of NSW be to call on the NSW and Commonwealth Governments to urgently review and reform administrative processes and timeframes for entry into residential aged care, particularly for people living with Alzheimer’s and dementia. Specifically providing:

- an extension of the aged care means test (Services Australia S751) validity from 120 days to at least 12 months;
- a simplified application and assessment process that acknowledges cognitive and practical barriers for persons with dementia and their families; and
- increased support and increased dementia-specific residential care places in regional, rural and remote areas where current capacity is extremely limited.”

**H24.** Bega Branch, Far South Group

“That the policy of the CWA of NSW be to advocate all levels of government for the provision of safe, secure, and affordable accommodation for all survivors of domestic and family violence, including coercive control, that allows them to retain small companion animals.”

**H25.** State Executive Committee,

“That the policy of the CWA of NSW be to request the NSW State Government to include travel and accommodation costs incurred by patients undertaking non-pharmaceutical clinical trials in the reimbursement criteria for IPTAAS benefits.”

## Transport & Telecommunications

**T1.** Grafton Branch, North Coast Group

“That the policy of the CWA of NSW be to advocate the NSW Government to review and lower speed limits on 100 km/h minor or regional roads where road design, crash history or community risk justify a reduced limit.”

**T2.** Tamworth Evening Branch, Wanthella Group

*Wording to be confirmed.*

**T3.** Picton Branch, Illawarra Group

“That the policy of the CWA of NSW be to advocate the NSW and Commonwealth Governments to implement comprehensive noise-mitigation measures for the Western Sydney International Airport, including flight path management, operational restrictions during night hours where practicable, and ongoing community consultation and monitoring to minimise impacts on surrounding residents.”

**T4.** Agricultural & Environmental Committee

“That the policy of the CWA of NSW be to advocate the NSW and Commonwealth Governments to mandate formal training and local certification for all overseas heavy-vehicle licence holders (classes HR, HC & MC) before they are permitted to drive these vehicle classes on Australian roads.”

**T5.** Wellington Branch, Macquarie Group

“That the policy of the CWA of NSW be to advocate for research and exploration of regulatory or design options to reduce the safety risks associated with overly bright vehicle headlights in rural

and remote areas of NSW.”

**T6.** Old Bonalbo Branch, Far North Coast Group

“That the policy of the CWA of NSW be to urge Australia Post to partner with relevant stakeholders to develop and promote a standardised, secure parcel-delivery receptacle (suitable for rural and remote households) so that all NSW residents can reliably receive parcel deliveries at their address.”

**T7.** Inverell Branch, Gwydir Group

“That the policy of the CWA of NSW be to lobby the NSW Government to adopt and promote a road-safety pledge, “Drive So Others Survive,” as a central component of Road Safety Week to strengthen community engagement and encourage safer driving behaviour.”

## Miscellaneous

**M1.** Bermagui & District Branch, Far South Coast Group

“That the policy of the CWA of NSW be to advocate that local and state governments accelerate and properly fund the identification, planning, and mitigation of severe-weather risks, and work with communities and the Commonwealth Government to secure equitable access to disaster-risk-reduction funding, including the Disaster Ready Fund.”

**M2.** Maules Creek Branch, Namoi Group

*Wording to be confirmed.*

### Motions with Preambles

Motions with preambles can be found at [www.cwaofnsw.org.au/confmotions](http://www.cwaofnsw.org.au/confmotions) or via the QR code.



# Delegates to 2026 AGM

It is imperative that Group and Branch Secretaries forward group and branch delegates forms to State Office by 6th March 2026. Both forms are available in the Procedures Manual (pages F 4-1-722 and F 4-2-715). The branch delegates form can be filled out online at [www.cwaofnsw.org.au/delegates](http://www.cwaofnsw.org.au/delegates). If no delegates are attending from your branch, please still return 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.

## 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 at the Neptune Lounge—look for the signs. It will be open Sunday, 3rd May: 12.00–4.00 pm and on Monday, 4th 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 will also be located at the Neptune Lounge. The voting area will be open for delegates to vote from 5.00–6.00 pm on Monday, 4th May then 8.00–9.00 am, 12.30–2.00 pm and 4.30–5.00 pm on Tuesday, 5th May 2026.

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 purchase online at [www.cwaofnsw.org.au/confshop](http://www.cwaofnsw.org.au/confshop). If you don't have internet access, send your order with a cheque or call 02 8337 0200 to order over the phone with a credit card. Orders must be sent to State Office by close of business, Friday 27th March 2026. For prices of items, download the order form at [www.cwaofnsw.org.au/orderform](http://www.cwaofnsw.org.au/orderform).

Please note, there will be no opportunity to purchase items at the Conference. It will be pick up of pre-purchased orders only, so please put your order in by Friday 27 March 2026.

### Pre-ordered Lunches

Lunch options will be available from Monday to Thursday. Please choose carefully as not all options can be made gluten free.

Lunches must be paid for in advance by Thursday, 2nd April 2026. Please use the link or QR Code below to pre-order your lunches. All orders are final and non-refundable. Please print your tickets or keep a digital copy as you will need to show staff your tickets to pick up your lunch.

If you need assistance with ordering online, please call Fiona

Anastasia on 02 8337 0209 or email: [ea@cwaofnsw.org.au](mailto:ea@cwaofnsw.org.au).

Club Forster also offers multiple dining options on site.

<https://www.trybooking.com/DGWAQ>



#### MONDAY 4TH MAY 2026

- Sandwich (mixed fillings on white bread) & cake \$12.50
- Vegetable soup & bread (GF Option, V) \$10.50
- Quiche & salad \$12.50
- Fruit salad (GF, V) \$8.00

#### TUESDAY 5TH MAY 2026

- Sandwich (mixed fillings on white bread) & cake \$12.50
- Vegetable frittata & salad (V) \$12.50
- Thai beef salad bowl (GF) \$12.50
- Fruit salad (GF, V) \$8.00

#### WEDNESDAY 6TH MAY 2026

- 1/2 beef wrap & cake \$12.50
- Chicken salad bowl (GF) \$12.50
- Pumpkin soup & bread (GF option, V) \$10.50
- Fruit salad (GF, V) \$8.00

#### THURSDAY 7TH MAY 2026

- Sandwich (mixed fillings on

- white bread) & cake \$12.50
- Greek salad bowl (GF) \$12.50
- 1/2 vegetarian wrap & cake (V) \$12.50
- Fruit salad (GF, V) \$8.00

## Gala Event

The Gala Dinner will be held at the Club Forster on Wednesday 7th May 2026. Gala Dinner tickets must be purchased in advance. The ticket price is \$55 per person, excluding all beverages. Tickets



are non-refundable and GST inclusive. There is no theme and tickets can be purchased via Try Booking using this link or QR Code: <https://www.trybooking.com/DHKWC>

## State Conference Raffle

Online tickets are available at <https://rafflelink.com.au/cwaraffle2026>. 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 cash, 2nd prize is \$750 cash, 3rd prize is \$500 cash and 4th prize is \$250 cash.

## Tours

A full day tour of Forster and surrounding areas will be held on Tuesday 5th May 2026. The cost is \$75 which includes morning tea, lunch and entry to the Nabiac

Motorcycle Museum.

Full information is available in December 2025 journal.

## Mobility Impaired Venue Access

Please use the main entrance for the mobility impaired attendees. Club Forster is arranged over two levels with lift access available. Access to the Neptune Lounge involves steps; however, staff and volunteers will be on hand to assist where required.

Walkers will need to be stowed outside the main auditorium while the Conference is in progress. 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.

## 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.

### 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, 27th March 2026.

# State Treasurer's Report

Welcome to 2026! By the time you are reading this, the financial audit will be almost complete, although as I write, the process of reviewing the branch and group financials is ongoing. It is disappointing once again that there are several branches that did not have their financial reports to their Group Treasurer before the end 2025, even though they were due at the end of October.

Below are some reminders of things to do now, so the job in October is easy. If you are reading this and you aren't a Treasurer, please make sure your Branch Treasurer has seen this article.

It is important that Treasurers keep their books up-to-date and record transactions promptly:

- Write receipts as soon as the money is received, even if it is only the date, amount (numbers), recipient and enough details for you to complete later (if they don't want their receipt straight away).
- Bank cash and cheques the day they are received or the next business day.
- Record the receipts in CWAMoney or your Cashbook within the week.
- Do the bank reconciliation each month, when the bank

statement arrives or within the first week of the month if using internet banking where you can check the balance on the first of the next month.

If you aren't using CWAMoney please make sure that your column headings align with those listed in section T2 of the Procedures Manual. If you give them your own names, make sure they clearly align with one column of the listed columns and write the number it aligns to at the top of your column. For example, you might have in income column called "Rooms", this would align with the "Rent" column listed in the Procedures Manual, so you would write number 4 above it in your books.

For those using CWAMoney, please check that you have completed the following:

Setup page

- Branch name is entered in the first green box, the same as it appears in the CWA Directory. Do not enter "CWA" or "branch". The full name, including the word branch, will show in bold next to the green box.
- The group the branch belongs to is selected from the second green box.
- The Opening Cash Book Balance has been entered—this must be taken from last

year's CWAMoney file, or from the top of the first page of the Statement of Receipts and Payments.

- The names of the Branch Office Bearers have been entered
- Any unpresented cheques that existed at the end of September have been entered in the pale green box.
- Month-end bank balances have been entered for all transactions.

Other pages (these checks should happen monthly)

- Check there are no red boxes on the Receipts and Payments pages.
- Check the Rec Summary page that there are no red numbers below any month that is complete—if the red number is negative (minus) then you are missing receipts, if it is positive then you are missing payments.

If there are red boxes and you can't find the problem, ask for help now—don't wait until the end of the year.

Thank you to all the Branch Treasurers and Group Treasurers who continue to serve our Association.

Ruth Cargill  
State Treasurer

## Ideas for encouraging new members

- Listen to what new members have to say even if it's different from the usual way of doing things.
- Explain rules and procedures when needed in a gentle way.
- Pair each new member with a more experienced mentor so that procedures can be explained and questions answered.
- Remember that we were all new once and took some time to understand things.
- Invite new members to participate in activities—stalls, shows, craft days and any other activities.
- Invite new members to participate in competitions. Make the forms, due dates, etc, clear to them.
- Encourage members to ask questions and take time to explain things.
- Consider how you might welcome and cater for women who bring their small children to meetings.
- Consider changing the time of meetings so that more women can involved.

# Member Profile



## Shaleigh Lennox, ESM

*Hunter River Group State Executive Committee Member (SECM) and Newcastle Evening Branch Treasurer.*

### **How long have you been a member of the CWA?**

I joined in 2014, so it's been just over 11 years.

### **What made you want to join?**

At the time, I was living in Newcastle and working in Sydney, and I heard CWA had accommodation at Potts Point. That was honestly the hook that got me through the door. Ironically, at my very first branch meeting, the delegates reported back from the State Conference that it had been decided to sell Potts Point. So that chapter closed quickly! But I was lucky enough to use it for about six months. By then, I'd met and formed relationships with the women in my branch and they were amazing. The work they did for the local community, the friendships and the sheer generosity of spirit meant that even without Potts Point, I stayed and I'm happy I did.

### **What areas or committees have you been involved with since joining?**

I've been involved at all levels. At the branch level, I was Branch President for six years, Branch Treasurer for four years, and Branch Councillor for three years which gave me a really good overview of how CWA works from the ground up.

I was also Group Treasurer for

two years, and I've spent the past three years on the Newcastle Show Committee, chairing it for the last two. Most recently, I stepped into the role of SECM.

### **What have you enjoyed most about this involvement?**

I've loved being part of building fundraising efforts and seeing the very real difference that it makes in our communities. I've also learned so many skills I never expected to, from making jams and preserves to crocheting and quilting, all thanks to the wonderful women who are always willing to share what they know. Recently when I was struggling to make some curtains, I took them along to a branch handicraft day and everyone jumped in. By the end of the day, I walked out with four fully functional curtains. That pretty much sums up CWA for me: supportive, practical and generous with time and knowledge. I really value that intergenerational sharing and keeping skills alive that could easily be lost in our instant-gratification, tech-heavy world.

### **What made you want to join State Executive?**

I've always believed there's no point complaining about something if you're not prepared to help be part of the solution. Putting my hand up for the SECM role felt like the natural next step. I have a deep respect for the history of CWA and the incredible contributions the organisation has made to communities across NSW. At the same time, I think it's important that we honour that past without becoming stuck in it. State Executive appealed to me because it's about helping CWA move forward, building on our strong foundations while

continuing to evolve, adapt and remain relevant. I want us to be the instigators of change, not just the keepers of past achievements.

### **What has surprised you most about your role as SECM?**

The biggest surprise has been the time commitment during the week. Unfortunately, that can really limit who is able to take on the role. Working women, members with families and those living outside Sydney can find it particularly challenging. I do think that's a missed opportunity because it means we risk losing younger voices at the decision-making table.

I've also learned that while I'm there representing Hunter River Group, the role is much bigger than that. At state level, it's not about "this is how we do things at my branch" or "this is how it's always been done". It's about stepping back and asking, what's best for CWA of NSW as a whole? That means respecting our history while also being open to doing things differently, so our Association continues to thrive into the future.

### **What would you say to members wanting to become a SECM?**

Be honest with yourself about the time commitment, especially during the week but don't let that scare you off completely. It is a big commitment but it's also incredibly worthwhile. If you care about CWA, have ideas and want to help shape where we're heading, it's worth finding a way to make it work. Your voice and perspective matter and being part of the State Executive gives you the chance to help guide CWA forward while respecting everything that has come before.

# Member Profile



## Stephanie Van Lubeck

*Far Western Group State Executive Committee Member (SECM) and Group President.*

### **How long have you been a member of the CWA?**

I feel as if I have been involved forever (over 20 years!) Both my grandmother and mother were members. As a primary school child, I played outside the Warren CWA rooms after school while the monthly meeting was in progress, and I believed they were a formidable group of women with a lot of power, wondering what they talked about for so long!

### **What made you want to join?**

Initially, I went to meetings when children and work allowed. When the meetings moved to mornings, I became more involved and found I really enjoyed the discussions and the broad range of issues addressed. The members were so supportive and welcoming, with lots of talent and diverse interests.

### **What areas or committees have you been involved with since joining?**

I'm not great at handicraft, so I became involved with The Land Cookery and really enjoyed the competition challenges. I assisted the Branch Cookery Officer, and upon her stepping down, took on the role. I then became the Far Western Group Cookery Officer.

### **What have you enjoyed most about this involvement?**

I loved being involved with cookery—so many members with hidden talents to be discovered

and so much pleasure when they get it right. The cookery judges are marvellous women, so knowledgeable and passionate about cooking. They give constructive criticism very gently and lots of support, encouragement and tips for the nervous and fainthearted.

### **What made you want to join State Executive?**

I attended my first State Conference in Tamworth as an observer and began to fully comprehend the scope of the CWA. Since then, I have been fortunate to attend every Conference. I believe everyone should, if possible, attend a State Conference at least once to understand how something that starts at the branch level can develop into a motion that can change the direction of government policy. The Conference also makes you aware of how important and valuable each member and branch is to the organisation as a whole, even if you can only get to meetings sporadically. Becoming elected to represent the Far Western Group as the SECM is an honour and a pleasure. I wanted to join State Executive to understand how the CWA operates at the state level and to explore issues in other groups outside my own area.

### **What have you most enjoyed at this level of involvement?**

The other Executive members! They are such an interesting and diverse group of women, and my SECM appointment has afforded me the opportunity to understand the issues affecting other groups and the unique issues in each group/region. From this, I gained a perspective

on how I can apply strategies used by other groups to similar issues in the Far Western region, as well as the broad-ranging issues tackled by the Association. Additionally, the debates over various motions were invigorating and reaffirmed my confidence in the CWA's future direction. I have particularly enjoyed travelling to the State Office in Sydney to meet (in person!) the staff who contribute enormously to the efficient functioning of the Association.

### **What has surprised you most about your role as SECM?**

I didn't expect to be immediately so at ease with the other serving Executive members. In retrospect, this was probably naïve, as shared passions and goals are a good foundation for cohesive working and social environments. I believe this foundation is why the Executive meetings were so fast and efficient. The other significant surprise was the range of speakers who addressed the Executive. Inspirational people such as Sam Johnson (of Love Your Sister) and the various medical research organisations who view the CWA as a vehicle for their message were truly inspiring.

### **What would you say to members wanting to become a SECM?**

I would start by saying I have genuinely enjoyed this position. I understand a lot of members are unavailable to commit to this position due to other responsibilities. But if, and when you can, you should! I have gained a true appreciation of the workings of the CWA and how it has continued to achieve so much for the important work to benefit regional/remote communities throughout the state.

# Welcome New Members

A warm welcome to these 91 new members of our branches:

**Adaminaby** Angela Davenport, Elizabeth Finlay, Cecily Russell, Jennifer Kelton  
**Armidale** Allie Bicknell, Carleen McPhie  
**Balgownie** Karen Jeremy  
**Batemans Bay** Renee Foot  
**Bathurst Evening** Deborah Costello  
**Bellata** Martine Smith  
**Bellingen** Jorja Browning  
**Bermagui & District** Tracy Ryman, Ewa Talent  
**Berrigan** June Mahoney  
**Borenore** Annette Davis  
**Bowral** Natalie Holland  
**Bungendore** Jennifer Saunders  
**Camden** Johanna Feeney  
**Canberra** Mary-Ann Biginell  
**Cobar** Erin Fox, Kim Knox  
**Cobargo** Jude Quinn  
**Coffs Harbour** Cheryl Docking, Marly Ross  
**Coonabarabran Evening** Rosie Secombe  
**Dapto** Renee Clarke, Lee Wolfe  
**Delungra** Regina Saunders  
**Deniliquin** Emma Barker, Peri Chappell, Elle Panton, Hayley Pattison, Jennifer Swainger  
**Dubbo** Rebecca Polansky  
**Dungog-Clarence Town** Margarita McGhee  
**Edgeroi** Barbara Dunn  
**Eugowra** Jessica Durham  
**Eurongilly** Lynette Lindbeck  
**Georges River** Marilyn Masters  
**Glen Innes Day** Anna Wilczak  
**Gloucester** Charlotte Williamson  
**Googong** Melissa Boyson, Pidge Greenwood, Georgia Hill, Jennifer Walker, Grace Zarb, Samantha Zarb  
**Goulburn** Sue Edwards, Lynne Makin, Kerry Power  
**Goulburn-Mulwaree** Denise Curvey, Jan Spencer  
**Grafton** Iryna Goldobina, Janelle Skinner, Glad Smith  
**Griffith** Margaret Taylor  
**Gundagai** Annette

Pontin  
Wickens  
Finlay, Sue Small  
Croft  
Hawkesbury  
Mariam Tadros  
& District  
Andrea Baldwin  
Hunters Hill  
Kathy Anderson, Vanessa Bamba, Josephine Curnow, Joanne Eckerman, Karen Fisher, Jo Hempstead, Katalin Ilosvay, Stephanie Kelly, Gemma O'Halloran, Janet O'Neill, Ingrid Player, Lisa Player, Lucy Spink  
Ilford-Running  
Stream  
Alison Cowie  
Jindera  
Margaret Evans  
Lake Cathie-Hastings  
Lee Crispe  
Leura  
Gill Oxley  
Leura Evening  
Harriet Davis, Kathleen Meszaros  
Maclean  
Olivia Benson  
Maitland  
Julia MacKinnon  
Mannering Park  
Carole Robinson  
Mascot Evening  
Belle Plowman  
Maules Creek  
Leah MacKinnon  
Merriwa  
Sharna Coleman  
Milton  
District  
Katherine Riley, Carolyn Withey  
Molong  
Annabel Knight, Cheryl Marks  
Morongla Creek  
Carmel Trethewey  
Moruya  
Hannah Bath  
Moss Vale  
Helen Johnson  
Mudgee Day  
Sonia Applegate  
Mudgee  
Evening  
Mia Halpin  
Mumbil-Stuart Town  
Christine Hanney  
Muswellbrook  
Bethany Bowman  
Newcastle Evening  
Rebecca Bennett, Sue Calvert  
Nimmitabel  
Chelsea Dean, Rebecca Dean  
North Star  
Ainsleigh Thomas  
Nowra  
Rebecca Carson, Kerry Roberts  
Orara Valley  
Jenny Crothers  
Pambula-Merimbula  
Lynn McColl  
Parkes  
Shirley Russell, Heather Wythes  
Penrith  
Thuy

Khanh Trinh  
Picton District  
Meegan Moore  
Queanbeyan  
Evening  
Andrea Tan  
Richmond  
Carmen Teuma  
Sawtell  
Coleen Cheers  
South Grafton  
Evening  
Krys Townsend  
Southern  
Highlands  
Evening  
Susan Johnson, Julie Searant  
Stanwell  
Park  
Sian Gray  
Sydney City  
Alison Bamba, Gemma Beall, Ellenor Crawford, Clare Munnely, Allie Roberson  
Table Top  
Dianne Fitzgerald  
Tambar Springs  
Jayne Murphy  
Tamworth  
Evening  
Karen Lennon, Cathi Maher  
Tenterfield  
Weekenders  
Erika Bursford, Sara Davidson, Cheryl Hottes, Julie Hurtz, Rose Kelly, Kerri Sears, Kim Thompson  
The Rock  
Pam Cox  
Tibooburra  
Emma McLean  
Toongabbie  
Elvira Bonavoglia  
Umina  
Beach  
Teena Jones  
Ungarie  
Anika Dennis, Tracey Douglas  
Uralla  
Natasha Hanley  
Wallendbeen  
Frances Thomson  
Wauchope  
Kay Clubb  
Woodstock  
Sandra Ward.

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

## Glimpse from CWA of NSW history

In 1997, the State Agricultural & Environmental Committee was established to research information about proposed legislation or regulations relating to agricultural or environmental issues. In addition to their policy work, a Recycled Article Competition was later introduced and various seminars are held.

# State Secretary's Report

I had the pleasure of proofreading the 2026 State Directory between Christmas and New Year.

May I please ask that:

- All Branch Secretaries complete the current Office Bearers Form as outlined in the Procedures Manual (Form F 1-1-724). This form is available in a fillable format. A helpful reminder: the final two digits (in this case 24) indicate the year the form was revised and updated. Many Branches are still using outdated versions such as 713 or 716.
- When completing the form(s), all required information must be filled in. Please do not write "as per last year".
- If completing the form manually, please print clearly.
- Please ensure email addresses and mobile numbers are correct and current.

- If your branch uses a branch email address and/or a PO Box, please ensure these details are included on the form.

Thank you for your assistance in ensuring the accuracy of the Directory.

The following Facts Days have been confirmed:

- Oxley—Sunday, 15th February 2026 at Forbes
- Namoi—Saturday, 21st February 2026 at Gunnedah
- Phillip Group—Saturday, 11th July 2026 at Mascot

The following Facts Days are yet to be confirmed:

- Hume—Saturday, 14th March 2026 at Junee or Gundagai
- Northern Tablelands—Saturday, 30th May 2026
- Mid North Coast—Saturday, 13th June 2026
- Central Western—Saturday,

27th June 2026 at Canowindra

Facts days that have been postponed until 2027 are:

- Hunter River Group
- Far South Coast Group
- Blue Mountains
- Southern Tablelands

Due to the State President's diary filling very quickly with invitations to attend 100th anniversary celebrations, Royal Easter Show commitments, meetings with government bodies and other official engagements, some groups that have expressed interest in hosting a Facts Day have been postponed until 2027.

Members from neighbouring groups, or those located close to a venue hosting a Facts Day, are most welcome to attend. Please RSVP directly to the host group.

**Bron Dunston**  
State Secretary

## From the Archives

### Twelve Ways To Ruin A Meeting

*Originally reported in "The Ulster Countrywoman" we have adapted the "Home and Country" version.*

1. Don't come to the meetings, but if you do, come late, and if the weather doesn't suit, don't think of coming.
2. If you do attend the meetings, find fault with the work of the officers and other members.
3. Never accept office—it is easier to grouse than do things.
4. Nevertheless, get cross if you are not elected to the committee; but if you are, do not attend the committee meetings.
5. If asked by the President to give your opinion on some important matter, tell her you have nothing to say.
6. After the meeting, tell everyone how things ought to be done.
7. Do nothing more than is absolutely necessary, but when other members willingly use their ability to help things along, say the branch is run by a clique.
8. Sit at the back and chat throughout the business, then ask to have various items repeated.
9. Don't bother getting new members—let the Secretary do that.
10. When you have anything to say, address your remarks to your neighbour instead of the Chair.
11. Chain-smoke, and bring your knitting.
12. If you fail to carry out your obligations, blame the committee and say the branch is no good.

The Country Woman, May 1968

# Advocacy Update

The Country Women's Association of NSW continues to advocate for women, families and communities across regional, rural and remote New South Wales. The close of 2025 marked sustained engagement with Ministers, parliamentary inquiries and public commentary, while early actions in 2026 have reinforced long-standing priorities around safety, access and equity.

## Ministerial Meetings

**The Hon Jenny Aitchison MP, Minister for Roads | Minister for Regional Transport**

In November 2025, CWA of NSW representatives met with the Minister for Roads and Regional Transport to discuss the safety, reliability and fairness of transport networks across regional NSW.

Discussions focused on deteriorating road conditions, the compounding impact of weather damage on local councils and the daily risks faced by rural road users. Members' concerns about unsealed school bus routes, narrow shoulders, flood-damaged roads and the absence of seatbelts on many regional bus services were raised directly.

Rail safety was also a key issue, including ongoing concerns about railway level crossings and the continued reliance on voluntary illumination standards for rolling stock. CWA of NSW reiterated its long-held position that mandatory safety measures are required to reduce avoidable fatalities.

A detailed follow-up letter from the Minister outlined current funding programs, safety upgrades and monitoring initiatives, providing a clear reference point for continued scrutiny and advocacy as these commitments are implemented.

**The Hon Sophie Cotsis MP Minister for Industrial Relations | Minister**

## for Work Health and Safety

In January 2026, CWA of NSW met with the Minister for Industrial Relations and Work Health and Safety to discuss workplace safety outcomes in regional, rural and remote NSW, with particular emphasis on agriculture and other high-risk regional industries.

State President, Tanya Jolly, outlined existing CWA of NSW work health and safety policies and expressed support for government programs that deliver practical safety improvements on the ground.

## Submissions

### Health Services and Local Health District Reform

The CWA of NSW made a submission to the NSW Parliamentary Inquiry examining the splitting of the Murrumbidgee Local Health District.

Rather than taking a position on structural change alone, submissions set out clear guiding principles based on member experience: patient outcomes must come first; workforce shortages must be addressed; access and equity must be measurable; and reform must be evidence-based and locally informed. Structural change, CWA of NSW argued, cannot substitute for investment in staff, services and continuity of care.

### Narrabri Lateral Pipeline

The CWA of NSW lodged a detailed submission to the NSW Independent Planning Commission opposing approval of the Narrabri Lateral Pipeline, raising concerns about impacts on threatened species, ecological communities, water systems and Gomerai cultural heritage.

The submission highlighted deficiencies in ecological surveys, underestimation of habitat fragmentation and the failure to properly assess cumulative

impacts alongside the broader gas development. It also pointed to a significant regulatory gap exposed by the Federal Court decision on the EPBC water trigger, noting that legal separation does not remove environmental or cultural risk.

## Correspondence

### Precision Medicine

Correspondence from the NSW and ACT Health Ministers in late 2025 was received in response to approaches made earlier in the year regarding equitable access to precision medicine and genomic profiling for cancer patients in regional and rural areas. Ministerial responses acknowledged the importance of these concerns and outlined current strategies and future policy development, while underscoring the work still required to make precision medicine a standard of care outside metropolitan centres.

## Media and Public Advocacy

Opinion pieces published in The Land remain a key platform for expanding CWA of NSW advocacy reach:

- **Road safety:** arguing that meaningful reductions in regional road trauma must start with road condition, design and maintenance, not just enforcement.
- **Food insecurity:** calling for a National Food Donation Tax Incentive to address the reality that dumping food remains cheaper than donating it, while families struggle to put meals on the table.
- **Water-safety education:** calling for properly funded swimming and water-safety programs in rural and remote primary schools, reinforcing that lifesaving skills should not depend on postcode.

# Five tips for Publicity

Here are five top tips for publicity to help improve your reach and attract more people to your branch meetings and events.

## 1. Add an invitation

Instead of just reporting on your branch news, you can invite people to join you at the next meeting or event. You can add an invitation to your Facebook posts, newspaper articles, radio interviews or wherever you're talking about CWA. Examples includes "call us", "come and say hi", "stop by", "join us" and "email for more information". The idea is to get the reader or listener to do something which is why it's sometimes a "call to action".

## 2. Noticeboards and Facebook community groups

You might have a physical noticeboard in your town. Look out for these. It's a free space you can advertise your upcoming events. Use them to pin up invitations of what your branch is doing.

In a similar way you can use Facebook community groups. Chances are you have a Facebook community group for your town or region. These are sometimes called noticeboards but could have a number of different names such as neighbourhood group, community group, community noticeboard or just "everything" with your town name following. You should be able to find them by typing in your town or surrounding towns into the Facebook search. Below are some tips on using these groups:

- Follow the rules of the group. Some only allow people to post things you're buying or selling, for example. Most groups will have rules so please read them and follow them.
- Post your upcoming public events (not past). You want

to invite people to things that are coming up and let the community know that it's happening so they can come along.

- Make use of these groups but be careful not to post too much. Avoiding posting news about your past events. Consider what you would pin to a physical noticeboard and share those things.

## 3: Add your own pictures or graphics

People in your community, want to see your members in your newspaper articles and on Facebook. But if you're members don't want to be on Facebook, you can take photos in other ways.

You can focus the photo on one item (like a postcard or teacup) and have members blurred in the background or you can take photos of items that you're working on, rather than people. These photos help to give some insight into what happens at your branch.

## 4. Try Canva

There are some good free designs you can use on the Canva website if you put in the time to find them. If you're not sure how to start, there's plenty of online videos to help guide you.

You don't have to be an expert—you can just use someone else's free design on Canva. Remember not to change it too much. If you try to add extra images where there was no image or write a whole page in the heading text, it's not going to look great. Work with the design that's already there.

## 5: Think about your audience

Whether it's a newspaper article, a radio interview or a post on a



Facebook page, think about who you are talking to. You are talking to the public.

Consider a Facebook post on which just says "Hi ladies, remember lunch on Wednesday. RSVP to Sally". Posts like this can make people feel like your public page is not for them. If it's an open, public page, you need to speak to the public. If it's a lunch that the public are welcome to, it could be something like this. "We're holding a community lunch on Wednesday 19th November, at the CWA Rooms, 123 Main Street, Littletown. We'd love you to join us. RSVP to [littletowncwa@gmail.com](mailto:littletowncwa@gmail.com)."

If it's a member-only lunch, you can still put it on your Facebook page but make it clear who it's for. For example: "We're holding a members' lunch on Wednesday 19th November, at the CWA Rooms, 123 Main Street, Littletown. Members can RSVP to [littletowncwa@gmail.com](mailto:littletowncwa@gmail.com). If you'd like to know more about membership or are interested in joining, contact [littletowncwa@gmail.com](mailto:littletowncwa@gmail.com) for more information"

With newspaper, radio or any other medium remember to talk as if the person has no idea what your branch does. Remember the impression you're giving out to the public—is that how your branch wants to be perceived?

**Leah Gaskell**  
CWA Communications

# Celebrations

## Wellington Branch



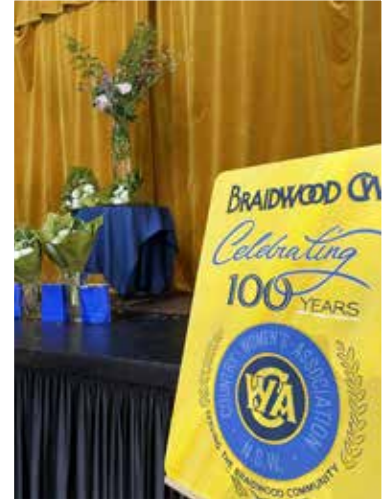
The Wellington Branch celebrated its 100th anniversary in 2023. We decided to celebrate with the installation of a commemorative seat in Cameron Park. The installation of the seat was delayed; however, it was installed recently, and the Wellington Branch celebrated with champagne and nibbles in the park. The ribbon was cut by the oldest branch member Helen Norris and the youngest, Audrey Burifft.

## Woy Woy Branch



In November, we honoured Nancy Taylor with life membership for her continued service to the CWA. She joined the Bellingen Branch in 1969, where she was a member for 52 years, and received her 50 year badge in 2018. She was Treasurer three times, President twice, Group Handicraft Officer and Vice President. Nancy transferred to the Woy Woy Branch in 2021 to be closer to family. She is a very active member, competing in Handicraft competitions, participating in all facets of branch life and making quilts and other handmade items. *Pictured is President Margy Ure presenting Nancy with her accolades.*

## Braidwood Branch



Braidwood Branch celebrated their 100th year with a formal lunch in November. Some accomplishments over the past 100 years include: a memorial rest room and baby health clinic, making camouflage nets, sewing for the Red Cross, manning observation posts and raising money for war efforts abroad throughout World War II, and many more. The founding members' objectives to serve and support families in need, as well as to support hospitals, are still upheld to this day.

## Tamworth Evening Branch Euberta Branch



The Tamworth Evening Branch celebrated its 10th anniversary at Glasshouse Restaurant at Goonoo Goonoo Station. Established in 2015 to offer a more accessible option for women unable to attend daytime meetings, the branch has grown from an inaugural group of five to around 26 active members. In that time, it has become, as described by The Northern Daily Leader, one of Tamworth's most influential community groups, providing support both locally and more broadly through events, fundraising and advocacy.



Euberta Branch recognised Barbara Johnston OAM with a Certificate of Appreciation for service given to the CWA. Barbara joined the CWA in 1978, and at the branch level, she has been President on multiple occasions, as well as Secretary and Agricultural & Environmental Officer. At the group level, she has held the positions of President, Representative to State Executive, Agricultural & Environmental Officer, Publicity Officer, Cultural Officer and Vice President. Branch Office Bearers Linda Inwood, Anne Slattery and Cheryl Jeffree presented her with the certificate and a lovely gift.

## Albion Park Evening



At our Christmas party, Albion Park Evening Branch honoured Margaret Taylor by appointing her our Branch Patron and presenting her with a Certificate of Appreciation. Marg has been a tireless worker for our branch since its founding in 2001, serving as Branch President, Branch Secretary as well as Group Cookery Officer.

# Congratulations

# Celebrations

## Scone & District Branch



Scone & District Branch celebrated our 100th anniversary in October by donating a seat for Kelly Street, the main street of Scone. Branch members met on site for the handover and tried out the seat. A celebratory luncheon held in November was attended by 100 people including local community members and special guests: State President, Tanya Jolly; State Secretary, Bronwyn Dunston; and Group President, Sharyn Buck.

## Berridale Branch



Since joining the Berridale Branch 34 years ago in 1991, Joy Lacheta has served as Handicraft Officer, International Officer, Cultural Officer, Agricultural & Environmental Officer and Group Councillor. For the past three years, she's won at the group level for her Agricultural & Environmental reports and recycled articles, reaching the state competition for several items. In recognition of Joy's incredible achievements and unique ability to attract young members, she has been awarded a life membership. Joy has always been and remains an inspiration to us all.

# From our Branches

## Belmont Branch



One of the Belmont Branch's major projects in 2025 was the creation of blankets for elderly elephants in refuges in Chiang Mai, Northern Thailand. Several blankets were made from every scrap of wool we had, and we raised funds for postage to ship them. Many elephants have been mistreated and abused during their working lives in Asian countries and have been rescued. Because it is cold in

this area, blankets are made to keep them warm. Members enjoyed the challenge and some even became quite competitive. Grandma elephant Jeam Sai, shown here, was a recipient of one of the blankets. Blanket creation will continue in 2026 as needed.

## Borenore Branch

Finally, Borenore Branch got a new amenities block to replace the long drops. We were lucky enough to get a state government grant to achieve this dream. Incorporating our annual Soup Day fundraiser, the opening saw



our Memorial Hall full to the brim. Jenny Birtles, State Agricultural & Environmental Officer and Bev Worrall, Group Treasurer, led the motto and cake-cutting which branch member Cathy Johns made. Thanks were given to Marie Henry and Krystiina Tighe for their work with the grant. Susan Low, on behalf of the branch, gave each a bunch of flowers. Cutting the ribbon was done inside, as true to form, Borenore's weather was cold and sleeting. Andrew Gee, the Federal Member for Calare, assisted our President, Sue Parish, and Vice President, Susan Low, in performing this task.

## Coleambally-Argoon Branch



In November, our members organised a morning tea with guest speaker Canon Sue-Ellen Chilvers, who gave a talk on domestic and family violence titled "How can we help", with 23 people in attendance. It was a very informative talk, raising awareness on a subject that needs continuing focus.

## Evans Head Branch



In May, the Branch hosted 90 members of the Ariel Bike Club to a sumptuous morning tea at the Broadwater Hall. The motorbike enthusiasts were on their Annual Northern Rivers Tour. Our Branch also celebrated September by gifting \$500 vouchers to the local Northern Rivers Helicopter Service and to two district groups, Wardell Core and Broadwater Social, who are striving to keep their communities connected. The Evans Head community has again supported our street stalls, and the holidaymakers are visiting our tourist centre, where our branch sells jam, pickles and chutney.

## Goulburn Branch



In October, the Goulburn Branch attended the annual Steampunk event. We sold sandwiches, Devonshire tea (original and pumpkin scones) and cookbooks. The Steampunk Victoriana Fair

has been running for over 10 years and hosts steam engines, circus markets, sword fighting, a military display and much more. It is one of our biggest fundraisers of the year, and we made a total of \$1,250. It was a great day, with lots of positive feedback on the day and on our Facebook page. In November, we hosted our last Eat Up for 2025. A record number of community members, along with our members, made 955 sandwiches for Goulburn public schools. Thanks to Councillor Liz McKeon, a member of the Goulburn Branch, for helping us promote our Eat Up mornings on Facebook. We also had the Goulburn Ex-Mayor Peter Walker and his wife assist us. Lastly, our branch made a total of 10,960 sandwiches for 2025.

## Hawkesbury Evening Branch



Hawkesbury Evening Branch, with the guidance of two of our members who are nurses, has found a way for us to support rural communities. Via the Humpty Dumpty Foundation, we purchased a pulse oximeter for the Cootamundra Hospital (a small health service offering both emergency care and allied health services). We are blessed in Richmond with the heritage CWA Hut on the edge of Richmond Park, where our branch gathers on sunny Saturday mornings to sell a wide array of scones, slices, cakes, jams, chutneys, lovingly created quilts, crocheted rugs, knitted baby jackets and the old favourite, the tea cosy! This work has enabled us to raise the funds to purchase the medical equipment for Cootamundra

Hospital and we couldn't be prouder.

## Jindabyne Branch



Jindabyne Branch celebrated a new partnership with Jindabyne Public School, providing catering for events including Grandparents' Day, Mother's

Day and Father's Day. Led by Cookery Officer, Lorraine Phillips, volunteers fed an estimated 1,000 parents, staff, students and friends of the school. We also successfully launched the weekly Breakfast Club which provides free breakfast to primary school students on Wednesday mornings. One parent reported that her kids think the toast served by CWA volunteers is far more delicious than what they get at home—even though the bread is the same! This initiative garnered the Director's Award, a prestigious recognition from our electorate. Also worth celebrating are our fundraising activities, which enabled the donation of a record \$11,000 with recipients including the Monaro Group education grant, Salme Koobakene Education Fund, Disaster Relief Fund, Emergency Fund, Medical Research, Association Fund, International Fund, all three local schools, and Woy Woy CWA.

## Jindabyne Evening Branch



In October, the Jindabyne Evening Branch hosted a trivia night raising money for the CWA Disaster Relief Fund. Held annually, this event brings the local community together for a night of laughter and friendly competition. This year was a huge success, raising over \$2,000 for the cause. This achievement was thanks to the hard work of branch members and local businesses who contributed to the event, as well as our guests who participated on the night.

## Morpeth Branch



Morpeth Branch, along with Legacy Widows, catered morning teas for widows of veterans to come together, share stories and enjoy each other's company. Members prepared a spread of homemade treats, tea and coffee, served by the men of Maitland Legacy, creating an environment where friendships can flourish. These gatherings are a rare opportunity to connect and feel supported by their community. Among the guests is a remarkable 102-year-old Joan Palmer whose presence is both inspiring and heartwarming. Her stories and spirit are a testament to the resilience and strength of the Legacy community. We also proudly catered lunches for the NSW Pipes and Drums Band Championships held in Maitland. A yearly highlight, the event brought together talented pipe bands from across the state for a day of music, tradition and community spirit. Members served a selection of sandwiches and cakes, which were warmly received by adjudicators, dignitaries and event organisers.

## Picton District Branch



In October, our branch held our most significant event at the Wollondilly Performing Arts Centre in Picton. Seeing a Facebook post about the film *Just A Farmer*, we spoke to Wendy from the Moree Branch, who offered some advice. We approached Wollondilly Shire Council, which offered us the venue and provided \$2,000 to screen the film. We then contacted the production company and were advised to apply for a \$4,000 grant from Black Dog Ride. We were fortunate to have screenwriter and lead, Leila Sweeney McDougall, attend and hold a Q&A. We hosted over 300 people and our branch received many compliments for the supper we provided. Leila has been made an ambassador for Beyond Blue and was nominated for Victorian Australian of the Year. We would love other branches to hold a screening as it has such an important message. Please get in touch with us if you would help to hold a screening.

## Rankins Springs Branch



Rankins Springs Branch recently held a Derby Day luncheon at our local golf club, with ladies dressing in black and white,

creating an elegant affair. Our classic Bogroll Cup provided entertainment with the challenge of rolling up a toilet roll with a toy horse on the end without it falling off. Pin-the-tail, all-day sweeps and raffles made it a fun day for all. We raised \$260 for Can Assist Griffith, an organisation that provides accommodation and financial assistance to those undergoing cancer treatment.

## Richmond Branch



Some of the year's highlights included raising \$500 from a trivia night for a replacement sun shelter for a small school in the far northwest of NSW; held a stall at the Hawkesbury Woodcraft and Artisan Show selling scones, cakes, biscuits and crafts and using this as an opportunity to meet and greet many people who were unaware of the CWA of NSW and what we do; presented an education grant to a student in each of the six local schools at their end of year presentation evenings; attended a fashion show to raise funds for breast cancer research awareness, an event we will host ourselves in 2026; and finished the year with a Christmas Secret Santa lunch with much friendship and laughter.

## Terrigal Evening Branch



Terrigal Evening Branch enjoyed a lovely Christmas potluck dinner after celebratory nibbles to commemorate the opening of our new community garden. Special guests included Adam Crouch MP and Councillor Jared Wright, who helped cut the ribbon with Kevin Andrews, a long-time friend and gardener of the branch. With supplies donated by local businesses, Kevin and his wife, Bev, built comfortable benches and created a large, leafy outdoor space with raised garden beds

full of fresh vegetables and fruits to be shared with the Terrigal community.

## Wallerawang-Lidsdale Branch

In November, the Wallerawang-Lidsdale Branch formally opened the footbridge they donated to Barton Park Giant Tree Arboretum.

The cutting of the ribbon was done by Bruce Ryan from the Arboretum, Sue Holt, Branch Treasurer and Gail Lipscombe, Blue Mountains Group President.



The opening included a morning tea and was attended by members of the arboretum and the local garden club.

## CWA Competition dates

For The Land Cookery and Handicraft dates check with your local branch and group.

Competition	Closing date	Delivered to
A&E Recycled Article: Group winner	Sunday before Conference	A&E display area
A&E Moore Award: Branch entries	Sunday before Conference	A&E display area
Branch A&E Officer's Report Award	31st January	State A&E Officer
A&E School Children K-3 colouring: Group winner	Sunday before Conference	A&E display area
A&E School Children 4-6 story: Group winner	31st January	cwa.nsw.ae@gmail.com
International Senior Book Competition: Group winner	28th February	State International Officer
International Student Post Card: Group winner	28th February	State International Officer
International Doll: Group winner	28th February	State International Officer
Primary School PowerPoint: Group winner	28th February	State International Officer
International Handicraft: Group winner	28th February	State International Officer
Short Story Senior: members	15th November	Cultural Committee Secretary
Short Story Junior: individuals	15th November	Cultural Committee Secretary
Poem (senior only): members	15th November	Cultural Committee Secretary
Bush Ballad (senior only): members	15th November	Cultural Committee Secretary
Junior Posters hard copy or digital: individuals	15th February	Cultural Committee Secretary
Cultural Record Book hard copy: Group winner	15th November	Cultural Committee Secretary
Cultural Record Book Digital: Group winner	15th November	Cultural Committee Secretary
Photography, Senior and Junior: Individuals	15th November	Cultural Committee Secretary
Scott & Broad Art: individuals	Coupons: 31st March, Arwork: Sunday before Conference	Cultural Committee Secretary/ display
Past State Presidents' Award	28th February	State Office
Publicity Award	1st March	cwapublicityforum@gmail.com
Agnes Garry Award	15th February	Hon Editor via mail or email

# Garden of Remembrance

## Bellarwi

Jan Evelyn—a member for 16 years. Jan was a dedicated International Officer for six years. Jan enjoyed coming to meetings and will be missed.

Betty Seberry—member of Bellarwi Branch for 64 years and had received a long service bar and a 50 year of service bar. Betty was a Branch Delegate, Vice President, Cookery Officer, International Officer, Publicity Officer, Cultural Officer for 19 years and assistant secretary for five years. Members were very sad to hear of her passing.

Nancy Kilmartin—member of Bellarwi Branch for 6 years after transferring from Hermidale. Nancy was International Officer for one year and had many positions at Hermidale Branch and the Far Western Group for many years. Nancy was a great handicraft and cookery member, and always had a smile.

## Brunswick Heads

Joyce Rankin—a life member and a former President, past member of Lake Macquarie Branch in the 70s as well as a Treasurer at Alstonville Branch before it closed. Joyce had a big heart and a wonderful sense of humour. A valued member who contributed so much to the local community. She will be remembered for the 200 little jumpers she helped knit and organised to be sent to children in Africa. Aged 102.

## Bundarra

Marie Harper—a patron and life member. Joined Bundarra Branch in 2002. Marie was a dedicated and much loved member. She was always the first to volunteer for any activity our branch was involved in. Her dedication, commitment and enthusiasm will be sorely missed by us all.

## Campbelltown

Shirley Mayfield—joined Campbelltown Branch in 2002. With over the 16 years of membership, Shirley was a very productive

member of Campbelltown, a beautiful knitter and crocheter and regarded as a first-class Secretary. Shirley loved a challenge and was at ease with organising and was always productive and kind when dealing with people. After a fire at the branch rooms in 2005, Shirley co-ordinated the paperwork and the repair. Shirley was also known as a very good storyteller as she presented snippets of her life to the members.

## Forster

Barbara Hughes—a branch patron and much-loved member. Barbara was a member for 35 years (25 as a member of Forster). A beautiful lady, always smiling, gentle, caring and supportive. She held the position of Treasurer, International and Welfare Officer. She always made the members laugh, and would introduce herself to visitors and make them comfortable. Barbara entered many articles with her delicate knitting and sewing in group competitions. She loved attending Conference where she would renew her many friendships. Barbara's presence at meetings and our social outings will be sorely missed. Aged 95 years.

## Gungahlin Branch

Heather Wilford OAM—a valued member of the branch from its beginning in 2009. She served with dedication as Agricultural & Environmental Officer for ten years, a role that reflected her deep interest and passion for these important issues. Her thoughtful insight and passion for agricultural and environmental matters, social and community issues, and steady guidance enriched our discussions. Heather's contribution and quiet authority will be remembered with gratitude and she will be greatly missed. Aged 90.

## Goulburn Branch

Carol Bloomfield—beloved member for 30 years. Firstly joined Canberra Branch and was Branch Treasurer. She was nominated for the Country Women of the Year. Carol became

a Cookery Judge. Carol transferred to Goulburn Branch, where she was a Cookery and Handicraft Officer. Carol was known for being a great cook and talented handicrafter, most of all for making knitted socks. During her membership she organised fundraisers, and made gifts for members and others. Carol received a Certificate of Appreciation and long service bar. Carol will be greatly missed. Aged 82.

## Jamberoo

Robyn Atkins—served as a steady and constant member nearly 25 years. In her position as Handicraft Officer for most of that time she engendered involvement from our members and our juniors. She worked tirelessly along with other members to bring the juniors together to various craft and competition days. Her enthusiasm and caring for others outlook, will be missed and remembered. Robyn also represented our Branch as a Councillor but her passion was handicraft, our juniors and her friendships within the Branch. Aged 83

## Macksville

Shirley Naylor—member for 6 years, will always be remembered for her kind, gentle loving ways with people, always wanting to extend the hand of friendship and tell them about CWA. Shirley was a valued member of our branch. She will be remembered for her quirky sense of humor and her fun way of presenting reports to meetings, such as wrapping a toy possum in a blanket and made it look like the real thing. Shirley held the positions of Treasurer, Publicity Officer and Agricultural & Environmental Officer. She will be truly missed by all who knew her. An exceptional lady.

## Moree

Robyn Amos—a devoted member. She always said that CWA is in her blood. Both her grandmother and mother had belonged to nearby branches. Robyn started as a member of the Younger Set

at Come-By-Chance. In 2013 she joined Moree and went on to become Branch President. She was a talented cook and dedicated Cookery Officer. Always a joy to be with. Robyn was a gentle and caring person, missed by us all.

## Moss Vale Evening

Katherine Wood—former member of Moss Vale and Moss Vale Evening Branches. Katherine was a major supporter of and worker at our local Shows, particularly the pavilion displays. Her energy was limitless and she encouraged many community members to submit entries. Katherine will be remembered for her continued dedication to the local and group Wool Garment competitions. Katherine worked quietly in the background supporting our branch and the Hospital Support Committee. We will miss her enthusiasm and companionship.

## Nyngan Branch

Dorothy Larsen—served for many years in the Girilambone Branch before transferring to Nyngan Branch when she retired to the area. Dorothy is remembered for serving humbly and efficiently in many leadership positions and is also remembered for her needlepoint

and cooking. Dorothy was recognised as the Branch Patron in 2023 with over 60 years served. She had received her 50 year medallion in 2013 and had been honored with life membership in 2021.

## Oura

Freda Cook—a CWA member for over 38 years. Freda joined Ungarie Branch in 1987 transferring to Oura Branch in 1995. At Ungarie, Freda held Branch positions of Secretary, Handicraft Officer, Cookery Officer, Delegate and was Hume Group Secretary and Delegate. At Oura Branch, she served as President, Handicraft Officer, Vice President, Councillor and Delegate. Freda received her long service bar in 2008 and life membership in 2015. Freda was well known for her International Doll entries and she had amazing handicraft skills. She spent her life helping others, making clothing and toys for various charities including Hospital Support as well as supporting branch functions. Members will miss her deeply. Aged 92 years.

## Wauchope

Janet Kesby—was a much-respected life member, having joined Willawarrin Branch in 1973 and transferring to Wauchope in 2001. Janet was a passionate

member for over 52 years. Earlier this year she was presented with her 50 year badge. Janet held various positions at Willawarrin and was a delegate and councillor to group. She held the position of Group Treasurer for four years. She also held positions with Wauchope Branch, including Branch Secretary, Treasurer, Vice President, Agricultural & Environmental Officer and Welfare Officer. During this time, she also held group positions of Vice President and councillor. Janet's energy, friendship, love of CWA, experience and knowledge of CWA matters and procedures will be missed by all who knew her. Aged 85 years.

## Wee Waa

Marie McCarthy—an avid member and supporter of the Wee Waa Branch. She joined Wee Waa Branch in 1986 and was awarded a life membership in 2011. Marie was awarded a long service bar in 2013. Her scones were renowned. She will be missed.

*Branch Secretaries please note: notifications should be mailed direct to State Office, or emailed to [membership@cwaofnsw.org.au](mailto: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](http://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.

### Wattle Seed

Morisset Branch has created their annual booklet on the Primary product. 'Wattle Seed' is full of great information. \$6.00 per booklet, plus \$2.00 postage. There can be 4 booklets per envelope. Place orders with Lynne Radley on 0410605893 or email: [rradley@bigpond.net.au](mailto:rradley@bigpond.net.au). Direct deposit into Branch Account: BSB 637000 A/c: 725173245. Please email paid bank slip to Lynne.

### Advertising in The Country Woman

Mini Ads are available on this page for branches, groups or members' small businesses. Larger ads are available throughout the journal. For all advertising enquiries, please contact Leah at [communications@cwaofnsw.org.au](mailto:communications@cwaofnsw.org.au) or call 02 8337 0200 for rates or further information.

### 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](mailto:cwaseasidecottage@gmail.com)

### Pleasant Hills Branch

is celebrating its 90th birthday with a luncheon at Pleasant Hills Hall on Thursday, 16th April, 2026, commencing at 12 noon. Lunch will be \$20 per head. Contact lyn.jacobsen@bigpond.com for bookings or more information.

### State Office Shop

Purchase CWA merchandise online at [www.cwaofnsw.org.au/onlineshop](http://www.cwaofnsw.org.au/onlineshop) or download an order form at [www.cwaofnsw.org.au/orderform](http://www.cwaofnsw.org.au/orderform). Ensure you log in before purchasing. Phone: 02 8337 0200

The Country Woman is produced on the instructions of **Brenda Michaud**, the **Honorary Editor** of the **Country Women's Association of New South Wales**, Level 2, 244 Coward St, Mascot, 2020. Typeset by **Leah Gaskell**, Country Women's Association of New South Wales State Office and printed by **IVE Group**.

### Print your own membership poster

You can download and print your own poster to help promote your branch. Display the poster on a community notice board, at your local library or a on shop window. Download using the QR code or go to the website. Choose the first poster to fill out your branch's details (ensure it is open in Adobe Reader to show the "fillable" field) or the second poster for a ready-to-print version.



**Poster with space to type branch's details**  
[www.tinyurl.com/cwaposter1](http://www.tinyurl.com/cwaposter1)



**Ready-to-print poster (no space for details)**  
[www.tinyurl.com/cwaposter2](http://www.tinyurl.com/cwaposter2)



