

The Country Woman

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Fungi & Microbats





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

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Photo by JJ Harrison

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From the Editor

Some will say having State Conference and National Volunteers Week in the same month is coincidence. To me, it is highly appropriate scheduling and a great excuse to continue celebrating all that is good and right about stepping forward. National Volunteers Week will be held 20th-26th May 2024 and the theme is "Something for Everyone". This is easily applicable to the CWA universe.

This is also an opportunity to have a conversation in your branch or group about the question—"Why have I volunteered?" Was it wanting to broaden the circle of people in your world? Was it generational pull? A desire to seek out new skills? Or use your existing skills in other ways? Did you want to help your community? The answer will vary for each of us and some of us may have more than one answer. There's no right or wrong choice here. Anyone who volunteers knows it will be a marathon rather than a sprint—especially if there is any sort of advocacy work involved.

As we head towards Coffs Harbour and the annual reunion that is State Conference, let's take a minute to remember what (or who) brought us to CWA. Is that reason is still there or is something else keeping you motivated alongside the original reason for joining?

In closing, congratulations to all members who were acknowledged for service to their communities on Australia Day whether this was at a local ceremony or the Australia Day Honours list.

Sonia Roberts, Hon Editor

State President

2024 is rolling through at a fast pace and before we know it State Conference will be upon us.

The International Seminar featuring France has been and gone. I congratulate the International Committee on an informative and enjoyable day and night. How nice that Dubbo RSL Club excelled and produced French food for our Saturday night dinner.

State Executive Committee members met in Leeton for our February meeting. We enjoyed three days of business and learning. The bus tour on Tuesday afternoon was excellent with everyone educated about what drives the Leeton economy.

State Secretary, Pam Wright, and State Treasurer, Sharyn Buck, joined me in presenting at three Facts Days on the way home from Leeton—South West Group at Harden, Southern Tablelands Group at Goulburn and Illawarra Group at Stanwell Park. It is always nice to hear from members about how much knowledge they gain from these days. The following Saturday we again presented with a Facts Day at Kootingal in Wanthella Group.

Thank you to all members across the state who have made the effort to attend these days and to those of you that have provided us with food.

I was honoured to tour Namoi Group in early March and met with members from all the branches. Sandra Hunter, Group President, was my driver for most of the tour and I was given a huge welcome everywhere. The range of ages, careers, interests, backgrounds and issues was encouraging—our Association is alive and well. Each branch took great care to ensure that the gift that I received was indicative of their local area.

Our Disaster Relief Fund is in a healthy position, so a decision was made by the management committee to donate to Queensland CWA and CWA of Victoria to assist their relief funds. As you would be aware Queensland have been dealing with unprecedented floods and Victoria with both fire and flooding. They have been distributing food vouchers for quite some time now and our contribution of \$50,000 each will certainly be of assistance.



In the week following my submission of this report, I will be catching up with members of Lismore and Lismore Evening Branches for a casual chat about their recovery from devastating floods. I believe that the rebuilding of their rooms has started so that is a positive for those members.

I look forward to catching up with many of you at State Conference. It will be a great week so if you are considering attending, please do—it is always an experience like no other.

A generous heart, kind speech, and a life of service and compassion are the things which renew humanity—Buddhist teaching.

**Joy Beames,
State President**

Regulation 5

The Aims of the Association shall be:

- (a) To bring all women and families together and form a network of support.
- (b) To provide a forum for the voice of all women in New South Wales.
- (c) To improve conditions and welfare of all women and families especially in country areas.
- (d) To support schemes which enhance the value of country living, especially health and educational facilities.
- (e) To encourage development in regional areas and to increase the viability of rural communities and the environment.
- (f) To provide a voice to government at all levels.
- (g) To promote International goodwill, friendship, understanding and tolerance between all people.

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CEO's Report

We are once again looking forward to and anticipating the upcoming Annual Conference and AGM in Coffs Harbour which promises to be a great event for all involved. While we understand that some may not be able to attend in person, we're pleased to continue with the practice of live streaming the business sessions of Conference. Further details will be provided closer to the date via email, which will contain the livestream links for your convenience.

This edition of the journal contains a wealth of information regarding the Conference logistics and agenda, and it also contains the details of any constitutional motions or added motions for the agenda.

This year's Conference sees many motions, both from a policy perspective and a constitutional perspective. There will also be some very interesting guest speakers present, covering a range of topics including rural and regional crime, and road safety which are always issues of importance within the CWA of NSW.

This year, we will be conducting a vote for the positions of State Vice President. For those attending the Conference as voting delegates, please make note of the voting times and ensure you are present within the specified window, as late votes cannot be accepted.

The Conference Organising Committee for Coffs Harbour has been working very hard behind the scenes to make the Conference a great success. The CWA of NSW Conference is a large logistical challenge in many respects, and we would be completely unable to execute an event such as this, within the budget that we do, without the dedication and hard work of the Organising Committee and the

many committed volunteers that assist them.

In a similar vein, the Show Catering Committee at the Royal Easter Show Tea Room will already have been hard at work and delivered on what is sure to be a hugely successful effort on behalf of CWA of NSW by the time you receive your journal. Those involved in the Committee make a great commitment to this cause and the hundreds of volunteers that assist throughout the show ensure its success, for which we thank them sincerely.

This journal also contains News from Executive, providing insight into the ongoing efforts of your governing body, the State Executive Committee. Our recent meeting in Leeton covered a range of topics, as well as allowing for State Executive



Committee members to observe and experience a range of agricultural activities in the area via the tour that took place. Should you have any questions regarding matters discussed at Executive meetings, please don't hesitate to reach out to your State Executive Committee member, who has also been provided with detailed reports on the proceedings.

Danica Leys
Chief Executive Officer

Postage Increase

Postage rates for the CWA shop have increased to cover the cost of postage and packaging. The new postage rates commenced on 1st April 2024.

Postage weights	cost
1g-80g (eg badges, badge ribbons)	\$4.00
81g-500g	\$11.50
501 g-1 kg	\$14.00
Over 1 kg-3 kg	\$15.50
Over 3kg-5kg	\$17.00
Over 5 kg-10 kg	\$26.00
Over 10 kg-15 kg	\$38.00
Over 15 kg-20 kg	\$46.00
Box of Cookbooks	\$38.00

To download an order form which calculates postage, go to www.cwaofnsw.org.au/orderform.

If shopping online ensure you sign in—do not create a new account. Contact State Office if you need assistance.

News from February Executive

ACWW

At the February 2024 State Executive Meeting, the matter of ACWW South Pacific Area Conference Delegates was decided. The following members will be part of the delegation: Joy Beames, Jenny Chobdzynski, Sharyn Buck, Pam Wright and Gail Commens.

Approval for the CWA of NSW to cover the membership fees of two PNG ACWW societies was given (Voice 4 Change and CWA Giligili Branch). Potential motions for this upcoming Conference were considered and will be finalised by the State Office Bearers in time for submission of motions.

Advocacy Updates

Approval was given for ongoing work to proceed in relation to an annual women's survey as outlined in the organisation's Strategic Plan.

State Office Bearers

The State Executive Committee ratified the decision to declare a casual vacancy for a State Office Bearer position, being a Vice President position, under the provisions of XXII (d) (6) of the CWA of NSW Rules and Regulations. As a result, the current State Office Bearers are as follows: Joy Beames (State President), Pam Wright (State Honorary Secretary), Sharyn Buck (State Honorary Treasurer), Jan Kerr (State Vice President), Penny Sloane (State Vice President), Jenny Birtles (State Agricultural & Environmental Officer), Leonie Fish (State Social Issues Officer) and Jenny Chobdzynski (State International Officer). The current vacancy in the remaining State Vice President position will remain until the 2024 State Conference and AGM.

Committees

It was discussed that a reminder

needed to go to all Committee Office Bearers that they can only hold their positions for a maximum of three years. All other Committee members may remain in the Committee for no longer than ten years.

Disaster Relief Fund

Approval was given for the organisation to proceed with an application to ASIC to enable the establishment of the CWA of NSW Disaster Relief Fund as a Company Limited by Guarantee. Subsequent to this, an application will be made to the Australian Charities and Not-for-profit Commission (ACNC) for the fund to attract charitable status.

Member Vote: Motto

Approval was given for a whole-of-member vote to take place on the issue of whether the current motto should be amended or retained in its current form. This was decided as a follow up action from a motion passed into policy at the 2022 AGM. Results from this vote will be considered before any further action is taken. Details are included in this edition of The Country Woman journal.

Bush Bursaries

Approval was given for the CWA of NSW to increase its contribution to the Rural Doctors Network to bring the donation into line with the actual cost of the bursary, as well as adding a further two bursaries to the overall pool. The CWA of NSW will now donate for a total of \$1500 x 6.

State Treasurer Reminders

Reminders to groups and branches to double check that all paperwork is completed, and the returns is thoroughly checked before submitting. As there are still branches who haven't submitted their financials at the

time of Executive Meeting, fines will be applied to all late entries.

Potts Point Grants

A grant was awarded to Tooraweenah Branch.

Procedures Manual

Updates will be available after the July Executive meeting on the CWA's website. A reminder that information in the Procedures Manual is not designed to be updated each year.

Property

Approval was given for the organisation to proceed with purchase of a premises in Bonalbo for a peppercorn amount of \$5.00.

Reports from Representatives on Outside Organisations

Reports were received from CWA representatives on the SOS Fracture Alliance, the Rural Crime Prevention Advisory Committee and Essential Energy.

Branches Open/Closed/In Recess

Closed: Warrawidgee. In Recess: Quandialla, Scone & District Evening, The Oaks Evening, Tumut Evening, White Cliffs. Branches moving to Murray Group: Berrigan, Jerilderie, Murray Hut. Branches moving to Murrumbidgee-Lachlan Group: Coleambally-Argoon. Branch moving to Riverina Group: Narrandera Evening.

Upcoming Dates for Executive meetings

May (pre-Conference): 5th May
July: 15th-17th July
November: 11th-13th November

Only Conference matters will be considered at the pre-Conference Executive meeting

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Fungi

Fungi perform vital ecological roles in the carbon cycle as the primary decomposers of organic matter. They cycle nutrients; provide shelter and sustenance to animals, invertebrates and microbes; promote disease resilience, conserve soil; and have highly symbiotic relationships with many plants and algae.

Fungi are neither plants nor animals. Here are some of the similarities and differences:

- Plants are autotrophic, having chlorophyll that facilitates photosynthesis—the process of converting sunlight and carbon dioxide into oxygen and sugar. Fungi are heterotrophic which means they do not have chlorophyll and must absorb nutrients, including sugars, from organic matter.
- Fungi can easily absorb elements essential for life such

as phosphorus and nitrogen. Plants often have difficulty doing this, especially when conditions are less than ideal.

- Both plants and fungi are made up of cells that contain nuclei and membrane-bound organelles. Plant cells, however, have hard protective walls of cellulose and fungal cell walls are made of chitin—a tough polysaccharide found in insect exoskeletons and similar to animal hair and fingernails.
- Plants, fungi and animals are eukaryotic meaning, unlike bacteria, there is a membrane around the nucleus.

The feeding body of a fungus (the mycelium) is made up of a mass of tiny microscopic filaments (hyphae) that grow and spread throughout dead organic material or soil, or wrap

around plant roots. Hyphae also produce the sporing stage (fruit-bodies).

Hyphae grow outwards, branching and anastomosing (linking by cross connecting), and produce enzymes that soften and break apart the chemicals in organic material. Hyphae absorb these simpler chemicals to fuel further growth.

Spores, through which the fungus reproduces, are either produced directly by the mycelium, or by specialised structures (the fruit-bodies) that are periodically produced by the mycelium. Spores are always microscopic but can be seen en masse in the interior of puffballs, or by taking the spore print of an agaric.

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- Suzi Johnson, Hon. Secretary
Country Women's Association – Dorrigo Branch

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Microbats

Not to be confused with their noisy and conspicuous fruit-eating relatives, microbats are rarely noticed. They are small, fitting in your hand like a Harry Potter golden snitch, weighing from just 3 to 150 grams. They roost out of sight in tree hollows, caves, culverts, mines and old barns.

These enigmatic little creatures could be your nearest neighbours. There are around 36 separate species in NSW occupying a wide range of habitats, from rainforest to wooded grasslands, even urban gardens. In northeastern NSW, microbats comprise almost 39% of the mammal fauna!

They emerge at night and are fast enough and agile enough to catch flying beetles, moths and mosquitoes on the wing! They can hover to pluck a spider from its web and can travel at speeds up to 50 kph. Perhaps you are wondering just how they perform these acrobatics with enough accuracy at night to avoid collisions and keep their bellies full?

Microbats use ultrasonic echolocation calls to navigate. Try reading that sentence quickly! Ultrasonic means most sounds they emit are not detected by human ear. Echolocation is a method by which they constantly send out calls, analysing the echo of these as they return from objects, such as cave walls, trees and insects. You will soon notice if you look at photos of microbats that their eyes are so small you can hardly see them, but their ears and noses! Oh my!

Being insectivorous, these furry animals do not attack people. In fact, they are your friends. They are an important part of nature's insect control system and can control many pests of livestock and agricultural crops. Microbats will typically consume 40% of their body weight in insects per

night. In one controlled test, a single *Myotis* bat was found to consume 1,200 fruit flies in one hour!

Unfortunately, our unobtrusive little buddies are at threat. Approximately half of all NSW species are already listed as vulnerable or endangered in NSW. Broadscale loss of native vegetation is a major threat. Loss of roosting sites is a more specific critical issue.

Our tree-dwelling bats prefer the oldest and largest hollow-bearing trees within the landscape which in highly cleared rural areas are often old senescent paddock trees. So before you decide to remove the large unsightly tree which interferes with efficient cropping of the paddock, consider that it may be home to a population of insect-eating microbats. Keeping that tree may in fact provide protection for your family and your cattle from mosquito-transmitted diseases or protect your crop from fruit flies.

Our cave-dwelling bats are very fussy home-buyers. They live most of the year in cave systems, culverts and other structures scattered through the landscape, but migrate during the breeding season to critically important nursery caves. These are caves where the temperature and humidity are deemed perfect for the mass raising of young. There are only five nursery caves known to be used by the Little Bent-wing Bat in all of Australia. Loss of a nursery cave would be devastating for the survival of a species like this.

Another quirk these petite beasties have adopted is hibernation. For in winter, the number of flying insects decreases substantially, yet the energy needs for such a tiny body to hunt and keep warm increases. So they find a hollow in a nice big



Photo by Michael Penney

Lesser long-eared bat in flight

tree (larger trees provide better insulation), or in a suitable cave, and lower their body temperature to sleep the winter away. This is a very effective survival technique but not without risk. If the bat is disturbed during this time, for example if the tree is chopped down, then even if the bat survives the fall, it must warm itself up and fly around to find a new home, using up precious energy that cannot be replenished. It will go back into hibernation in a new tree but may not then have enough stored energy to survive until spring. For this reason, it is recommended that if a habitat tree does need to be removed, it is best to do so during late summer or autumn, to avoid disturbing hibernating bats, and also avoid disturbing breeding and raising of young.

A final word of caution. While these adorable critters mean no harm, they can carry diseases which can be transmitted to humans through bites and scratches. So please do not handle them unless you are vaccinated. If you are bitten or scratched, you should immediately seek medical advice.

Rebecca Hogan
State Agricultural &
Environmental Secretary

Stitching Together History

By Deborah Marr and Belinda Grieve, Orange Branch

It was an interesting meeting. There was robust discussion as members worked through the pros and cons of whether this particular flag should be retired. The flag has faded. Its original colour has now changed from the United Nation prescribed light blue to a dirty turquoise. It is clearly still on the blue spectrum—a colour which represents peace, rather than the red of war.

In 2023, we were spurred to unearth the history of the hand sewn UN flag which is brought out and flown by Orange City Council on United Nations Day, 24 October.

Snippets of memories of past members and the children of those members hinted at an ongoing connection with the women who made the flag 71 years ago. We dipped into CWA history and combed through our minute books. Before long, it became clear that our flag was one of many hundreds handmade by CWA members throughout NSW.

These flags are referred to in “90 Years of CWA”—a Gala Dinner speech in 2012: “Members were requested to embroider 500 UN flags for presentation to public bodies.” Helen Townsend also references the flag effort in *Serving the Country*. Closer to home, Orange Branch minutes of 5th June 1952 state “that the (UN) flag shall be made by the members and presented to the Council at the October Meeting of the branch.” Then, on 2nd October 1952, it was minuted “that the secretary informs Head Office that we had promised our UN flag to the City Council.”

We retrieved an article dated 17th August 1952 from *The Sunday Herald Sydney* and a similar article from the *Northern Star Lismore* from 21 October 1952 which referred to Nimbin CWA making a flag for the local school. We also learnt that another flag was hand sewn by Mrs C.C. Wilson from Manly CWA and presented to a local official. The article continues “The first (presentation) was to the Minister for Foreign Affairs, Mr. Casey, to be hung in an External Affairs Department room at Parliament House. The flag was presented by CWA State President Mrs J. M. Gordon. Throughout NSW there are 300 flags being made by various members of the Association to be presented to schools and town halls to be flown on special occasions.”

The UN flag’s two olive branches are a symbol of peace, while the world map they embrace represents the United Nations in its quest to achieve its main purpose: world peace and security. Our now 71 year old, slightly faded flag reminds us that the CWA and its members have always shared these aspirations. It also revives our connection with women from Orange who in 1952 hand sewed this



flag in support of these ideals.

As it was raised on United Nations Day, 24th October 2023, it was apparent that our flag is nearing the end of its working life. In 2024, we plan to replace it and to find a worthy final resting place for a significant piece of our branch’s history.

Sources:

90 Years of CWA—(downloads section of CWA website)

Serving the country: The history of the Country Women’s Association of New South Wales—Helen Townsend, Doubleday (1988)

National Library of Australia- Trove article—*Sunday Herald (Sydney)* 17 Aug 1952

CWA Orange branch Minute book 1949–1953

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Handicraft Report

Hello members,

I can't believe it is almost time for the state judging of our Handicraft for 2024. As I write this, our judges are moving around the state doing group judging and we are seeing some of the most beautiful and striking items of craft and we are also seeing new members learning new ways to enjoy life.

As I was driving this last few days, I was thinking how many women were also travelling in our 29 groups with craft and cooking, and how many kilometres were being done. Also, how much talking, learning and having fun!

There have been some beautiful pieces of Goldwork on display. I realise that Goldwork was probably not a good technique to start the Chairmans' Challenge with, due to difficulty in obtaining the necessary threads and the cost, so I can assure you, the

next technique will be easier and more accessible to all. The Branch Challenge has been well-supported with many and varied samples of spectacle cases presented. Again, next year the challenge will be something entirely different!

If you are looking at doing some new craft in your branch or group, it is amazing the tutorial videos which can be found on YouTube. You could have a branch get together at a member's home and learn something new together. It could be a whole new experience and you could also extend this to junior members.

As you read this journal, the members of the Handicraft Committee and four judges are readying themselves for the huge task of the state judging which will be held in Dubbo from 19th–21st April. There will be in excess of 500 articles to be unpacked,

checked, sorted, displayed, judged, photographed, sorted, repacked and then transported to Coffs Harbour to be then, unpacked, sorted, displayed to be repacked and returned to groups. A big job and I pass on a special thanks to members of the Committee and our helpers for carrying out this task, pleasantly and efficiently. Well done ladies.

I hope all the members attending Conference in Coffs Harbour take the time to look at the Handicraft and all the other committee displays, as they are a great showcase of the work our members do in all sections of our Association.

If you have any ideas, requests, etc, please email them to our Secretary whose details are in the front of the journal.

Until next time,

Ruth Shanks AM,
Chairperson

Hospital Support Report

The Hospital Support Committee held our first meeting/packing days on the 21st and 22nd February at Mascot. We were kept very busy unpacking all the wonderful donations we had received over the summer, and we also found the time to pack 63 toiletry bags.

Whilst we were at Mascot a call came in from the Royal North Shore Hospital for soft toys to give to children for comfort prior to surgery. We were able to dispatch a large quantity of knitted teddy bears which were gratefully accepted.

Our friend to the Committee, Elisabeth Hodgson, has been able to distribute rugs to Elise's Retreat Project (a palliative care unit at Gosford Hospital), and small

hats, bootees and rugs to Ronald McDonald House Newcastle on our behalf.

On our wish list for donations are travel size toothpastes, multipacks of toothbrushes and twiddle/fidget muffs/cushions/mats.

Our meeting largely focused on the upcoming State Conference in Coffs Harbour, with a Conference packing day being organised for the Thursday 11th April.

The Hospital Support Committee display and stall will be situated in the Ribeye Restaurant on level 1 at the C.ex Coffs Harbour. We will be holding a raffle. The tickets will be \$2.00 each and they will only be available at Conference. The four prizes are 1st: \$150.00 Visa

voucher; 2nd: a hooded fleecy Oodie dressing gown; 3rd: a hand knitted patchwork blanket; 4th: a pie maker. We will be accepting both card and cash. All monies raised will go towards our ongoing sponsorship of a room at Ronald McDonald House, Newcastle and operational costs. Please drop by and visit us. We look forward having a chat with you about our work and the work you undertake in your local communities and how the Committee may be of assistance.

The post-Conference meeting/packing days for the Hospital Support Committee are Wednesday 22nd and Thursday 23rd May at Mascot.

Sue Vassie, Chairperson

The Land Cookery

Most groups have had held their competitions, so a reminder to send the returns onto me please. Branch Cookery fees are paid to group and then the group will send to State Office, who then send them onto The Land Cookery Committee. Our raffle tickets have gone out and thank you for selling them on our behalf. These need to be sent back to Carole, our treasurer.

A "How to" day will be held in Camden on Saturday 2nd November. If any branch or group wishes to host a "How to" day, then please contact our secretary Fiona with dates and venue options. These days are organised by the Committee and discussed at our meeting to determine availability. These days have been highly successful with a consistent format being

presented to all members.

Please note the following Conference details:

- Entries accepted from 10am–5pm on Sunday 5th May. If you will be late, call me on 0491 132 243.
- Entries need The Land Newspaper coupon, and we thank them for their continued support of The Land Cookery.
- Judging will be on Monday 6th May.
- Display will be open Monday at the end of the day, all day Tuesday and Wednesday morning **only**. Entries returned at Wednesday lunch and after the business session at the end of the day. Wednesday lunch collection will be busy, as most do not want to pick up at the end of the day due to

the Gala Dinner.

- Entries not picked up will be sent to a local soup kitchen.

Thank you to all The Land Cookery Branch and Group Officers who do a fabulous job organising the competition days and to all members who enter. And finally, a big thank you to all The Land Cookery judges, who have been busy judging CWA competitions and NSW agricultural shows. This is a very busy time of the year and many of us travel long distances. It is a privilege to be asked and I had an enjoyable time at Bermagui, Goulburn and Gosford.

Best of luck to those of you representing your group at our state competition in Coffs Harbour.

Ellice Schrader, Chairperson



Out here,
people give you
the time of day.

Transferring between health insurers can be confusing - but the good news is your dedicated Westfund account manager, Sarah, is here to help make the process as easy as possible! Scan the QR code to get a quick quote online & find out what you can save. If you decide to switch, we can cancel your old policy and handle all the paperwork! Plus, as a CWA member you can feel good with a 5% discount*. **Westfund. Health Insurance from a healthier place.**

*T&C's apply.



Westfund Limited ABN 55 002 080 864.



Agricultural & Environmental

Q Fever and Pregnant Women

Q fever is a transmissible illness which is not going away. It is contracted by breathing in droplets or dust contaminated by birth fluids, faeces or urine from infected animals. It is particularly rampant in dusty environments (most farms in summer, and during drought and dry spells). It is very important that pregnant women are aware of the risks of Q fever infection, with possible consequences of low birth-weight babies, miscarriage and stillbirth. Pregnant women should stay away from birthing animals, avoid any contact with newborn animals, avoid handling and washing clothing or boots that have come into contact with birthing fluids, avoid handling animal urine or faeces, and avoid mowing over any faeces which creates dust. I am so grateful that our pregnant daughter who works in the livestock industry is vaccinated against Q fever. This week I needed to deal with a lambing ewe in trouble and her stillborn twins, so I'm glad I have been vaccinated for nine years along with my husband (who like many men, still wouldn't be vaccinated if I didn't make him). It is easy to prevent this life-threatening disease, involving two visits your doctor—to have a blood test (to check if you have ever had Q fever, because you cannot have the vaccination if your blood test shows you have had Q fever during your life), and then to get one life-long vaccination. None of my family had any side effects from the vaccination. Remember, no vaccine is 100 percent effective, so it's still important to take care.

Don't Contribute to the Cat-astrophe

Most people's attitudes towards keeping domestic cats indoors

are changing. Instead of thinking it is cruel to keep cats indoors, they are realising that it is a lot better for the health and well-being of their cat to keep it inside. Other feral animals, like foxes, contribute to the decline of native Australian animals; however, it has been proven that cats are the main culprits. It has been a tradition in Australia for a long time, to have a cat around the house or shed, and roaming the streets and hunting in the wider locality. People need to accept that, as for pet dog laws, pet cats need to be kept contained for their safety too, and that the laws are changing in some Australian states. Councils all over Australia have changed their cat containment laws, very successfully, and other states and councils are also beginning to change. All ACT suburbs have been containing new and young cats since July 2022, (the small native bird population is increasing quickly there). It has been proven that feral cats can even be tamed and trained to live a happy and contented life indoors. Ownership of cats is a responsibility, and allowing your pet cat and semi-feral pet cat to roam is neglecting your duty of care and responsibility. Veterinarians and Australian animal welfare groups do not recommend letting cats roam. Free-ranging cats are constantly exposed to diseases, parasites, territorial fighting, fatal injuries from fighting, traffic accidents, and many other traumas, such as poisoning. Cats mostly have a miserable time roaming, and there are many benefits to keeping them indoors, living a healthy, good quality and long life. If they have an enclosed cat run, even better.

Recycled Article at State Conference

I'm really looking forward to

seeing all the Recycled Articles at Coffs Harbour. There is no entry fee for this competition, and the winner will be announced on the last day of Conference. Make sure you visit the Agricultural & Environmental display, open every lunch time at Conference. It's going to be great.

Checklist for all recycled articles:

1. Each group brings one winning entry to the Agricultural & Environmental display
2. Recycled Article to arrive no later than 2pm on Sunday 5th May
3. Article must be at least 80% recycled material
4. Article must be accompanied with page A 5-2 from the Procedures Manual, correctly filled out
5. When packaged, it must be no larger than 20cm x 40cm x 30cm
6. Is not to weigh more than 5kg
7. Applicant must be a CWA member
8. Articles will be judged on usefulness, functionality, originality and visual appeal.

Jenny Birtles
State Agricultural &
Environmental Officer

CWA journal on CD

Did you know that vision-impaired members can request to receive The Country Woman journal as a CD recording instead of a hard copy, at no extra cost?

Contact State Office and ask to be added to the mailing list:

02 8337 0200

membership@cwaofnsw.org.au.

Cultural Report

The initial cultural gathering for 2024, which will finalise the judging of the literary and photography competitions that will be announced at Coffs Harbour conference, is set to take place on 16th March. No jibes about needing to, "Beware the ides of March!"

As the 2023 literary entries have been arriving back in my hands from the judges, having a sneak preview was a guaranteed outcome. Comments about the entries have been very positive and as it was thoughtfully expressed by one judge, "The opportunity to encourage people to express their thoughts and feelings is always a worthwhile exercise." While it is pleasant to be judged a winner this is not the primary reason for entering cultural competitions. Congratulations to absolutely everyone who took the time to think, write, edit and submit an entry. We are delighted to see you participating and growing as an individual through exploring your thoughts and expanding your cultural horizons.

Receiving multiple readers' commentaries on February's journal report was both a bit surprising and very pleasing. Hitting a sweet spot on the interest barometer to the extent that several members reached out to formally share their comments was certainly a "Wow!" moment and all feedback has been accepted with great pleasure. To those who enquired about getting a copy of the recommended book—*A Short History of Progress* by Ronald Wright (Canongate Books, Edinburgh, 2005); you are encouraged to ask about obtaining a copy via an inter-library loan if your branch doesn't hold this book in its collection. And keep on using and loving public libraries!

Pursuing this theme from the last journal, the plug for engaging with your local library and valuing the power of stories, getting another book recommendation is probably not going to be a surprise. Take a dive into the depths of our culture with New York Times best-selling author, Australian writer Sally Hepworth. Her novel, "Darling Girls" (Pan Macmillan, 2023) is a mysterious, thrilling, sad and uplifting story which speaks of confronting issues in society. It's one of those stories that demands you read just another chapter, despite it being 1.00 am in the morning.

When confronting contemporary social issues, another area of concern comes to mind. When someone who is having a really bad day, or makes a rude or ill-advised comment, a person is most likely in need of a cuppa and a listening ear, along with a bit of understanding.

If someone is doing or saying something you find offensive, you could quietly and calmly explain what you think and feel about this, making sure to include the reasons behind your opinion. Then you can politely request the outcome that you would prefer to see in that particular situation. As this approach seems to work with hormone-raging teenagers, mature grown-ups should be making a better effort at improving relationships and outcomes. Effectively communicating, face-to-face, is the foundation of understanding, empathy and a happier state of being. It also helps in the creation of a secure, harmonious and uplifting culture.

This quote is worth considering: *The meaning of life is finding your gift; the purpose of life is to share it.*

Eva Campbell, Chairperson

Social

Thanks again to members for interest in social issues and those matters that you bring to our notice. Domestic and family violence continues to be a concern. The issue of women perpetrators with violence against their children has been raised. This is for future discussion.

Members have also written of their concerns regarding rural crime. Thanks to Bronwyn Dunston for keeping us up-to-date on this issue. The follow on from the issue of the loss of property can be a factor in the mental health of rural families. The property loss adds to the other issues farming families face with weather, isolation and more.

The rates of mental health issues and costs of access to care continue to increase. This could be exacerbated by a growing issue of disconnectedness and loneliness. The Men's Table continues to spread their wonderful initiative of providing a safe non-judgemental environment where our menfolk can socially interact over a meal, chat as they feel able and support one another. Ladies, we all know what it is like to have a good chat when engaging in CWA activities. Many in our communities and those living with rural livelihoods are lonely. Men and women need our understanding of this issue. The world can be a very busy place but unless there is social interaction, loneliness and disconnectedness can take over our lives.

Whilst the State Executive had their meeting in Leeton, we were thrilled to enjoy a meal at the local French restaurant. They spoke to us of how they welcome local groups to the table and the latest was to be the beginning of a new Men's Table in the area.

We continue advocating for

Issues Report

improved dental and oral health in aged care. As was reported in the March E-news, the template letters are ready for branches and individuals to use. Please discuss this very important issue with your branch members and



Template letters calling for improved dental and oral health in aged care

follow up with your support. It is crucial to act and write to the Minister as well as local and federal Members of Parliament. The template letters can be found on the downloads section of the CWA website or in the March E-news.

The Social Issues Committee would love to hear from members/branches who have been able to use the information in the Education Policy Kits to assist with their work in the branch or community. These can be found at www.cwaofnsw.org.au/advocacy

The Committee will have an information table at the State Conference. Please come, chat and find out more about what we do.

The Social Issues Committee welcomes Amanda Cooper to our Committee. We look forward to having her join us for our discussions and meetings.

"If you see someone without a smile, give them one of yours."—Dolly Parton.

Leonie Fish, State Social Issues Officer

CWA of NSW Motto—Member Vote

The CWA of NSW State Executive Committee is undertaking work in relation to a motion that was passed into policy at the 2022 State Conference and AGM.

The views of all members on the amendment or retention of the Association's motto are being sought via a member vote.

The results of this vote will be considered at a future State Executive Committee meeting.

If members vote to amend the motto, further discussion will be entered into regarding any future wording.

The current motto is::

"Honour to God,
Loyalty to the Throne,
Service to the Country,
Through Country Women,
For Country Women,
By Country Women."

All members are invited to have their say on whether this motto should be amended or retained by either filling out the coupon and posting back to:

CWA of NSW State Office,

PO Box 222,
Mascot, NSW 1460

or by scanning the QR code to fill out the online survey.

Only one method of voting should be used. The closing date for all responses will be **5pm on 31st May 2024.**

All responses are anonymous; however, for a vote to be a valid, a current member number must be included.

Any duplicate votes, votes not containing a member number and votes with an inactive member number will be disregarded.



CWA of NSW Motto Survey—Member Vote

Should the CWA of NSW retain its current motto or make an amendment? (please tick one only)

- Retain the current motto
- Amend the current motto

Please provide your member number: _____

Post to

CWA of NSW State Office
PO Box 222
Mascot, NSW 1460

by 31st May 2024

Member Profile



Noeline Dahlen-Maclean

Upholding the ethos of remaining fit throughout life are the members of Jindabyne Evening Branch who are still celebrating the achievements of one of their own—Noeline Dahlen-Maclean.

Many members of the branch are active sportswomen, mainly skiers, with some attending regular gym classes.

Noeline, 93, joined the CWA of NSW in April 2004 when she came to live in Jindabyne as the wife of a local artist.

Throughout her long membership of CWA, originally the Jindabyne Branch and now Jindabyne Evening Branch, she has been a very supportive member and hosting CWA social gatherings at the Kunama Gallery. Noeline is involved in all aspects of community life with a great focus on disability needs.

In October 2023 Noeline claimed line honours and was awarded four gold medals at the 2023 Masters Games Australian National Swim Series in held in Adelaide in October.

A keen swimmer her entire life, at the British Empire Games held in New Zealand in 1950, Noeline

came home with a double medal win in the 3m and 10m diving competition. In her late fifties, when she joined Masters swimming, she was ranked 10 for every style, discipline and distance in Australia.

Noeline believes the disciplines one learns through sport are the building blocks for a healthy productive life. She is committed to assisting people with disabilities to be part of the community.

On returning home from Adelaide, Noeline presented her medals to her son, John Dahlen.

Photo courtesy Luke Treadwell of the Monaro Post

Staying fit, staying fabulous

By Leonie Fish and Trish Stabback

Staying healthy and active as we get older helps us to enjoy our lives more fully.

NSW Health has been active in promoting a lifestyle that will assist us. The NSW Health website gives full details of programs to assist with “Healthy and Active Over 50s”.

CWA Social Issues Committee members were active last year in promoting a program from Council of the Aging (COTA). This program is Strength for Life—live longer, live stronger.

We are always reminded to contact our GP before taking up any new program. Not only is it important to stay active but to eat healthily and to participate in

programs of interest.

Staying active in your 50s and beyond, whatever your ability, will improve your balance, cardiovascular fitness, leg muscle strength and importantly, your wellbeing. Tailored exercise plans will help manage chronic conditions.

Programs that progressively work through strength training greatly assist us as we age to help prevent falls which often result in broken hips.

Healthy aging is important, not only for stronger bodies, but managing healthy eating and becoming involved in community activities. Social interaction with other people helps our wellbeing, both physical and mental. The CWA Sconversation has been a

great initiative in promoting this.

CWA’s representation on the SOS Fracture Alliance helps us stay up to date on attempts to “make the first fracture the last”! The Alliance’s main focus is the establishment of Fracture Liaison Services (FLS) in all NSW hospitals.

If everyone who presented with a fracture was followed up with bone density testing and appropriate medication (if any signs of osteoporosis developing were present), the cost to the health system would be reduced enormously.

About the authors: Leonie Fish is the current chair of the Social Issues Committee. Trish Stabback was the Inaugural CWA Representative on the SOS Fracture Alliance.

Conference Program 2024

Sunday 5th May

4.00 pm Ecumenical Service—Grand Auditorium, C.ex Coffs

Monday 6th May

9.30 am Official Opening—Grand Auditorium, C.ex Coffs

Welcome to Country—Aunty Jenny Skinner
National Anthem, CWA Anthem & Motto
Welcome by State President, Apologies & Announcements

Welcome by Cr Paul Amos, Mayor, Coffs Harbour City Council

Official Opening—Her Excellency The Honourable Margaret Beazley AC KC, Governor of New South Wales

Ebony Davis, Singer

Keynote Speaker—Mr Samuel Johnson: Founder of Love Your Sister, Gold Logie-winning actor and Victorian Australian of the Year 2018.

Coffs Harbour Regional Conservatorium Ensemble

11.00 am State President's Address

11.30 am Lunch

1.00 pm Business Session—Grand Auditorium, C.ex Coffs

Confirmation of Minutes of 2023 Annual General Meeting

**1.15 pm First Special General Meeting
General Business**

Speaker—The Hon Jennifer Aitchison—Minister for Regional Transport and Roads
Medical Research Fund cheque presentation

Medical Research Presentations

State Office Bearer Nominee Introductions

Agenda

2.30 pm Speaker—The Hon Rose Jackson—Minister for Water, Minister for Housing, Minister for Homelessness, Minister for Mental Health, Minister for Youth, and Minister for the North Coast

Tuesday 7th May

9.00 am Business Session—Grand Auditorium, C.ex Coffs

State Honorary Secretary's Report

State Honorary Treasurer's Report

Agenda

12.30 pm Lunch

2.00 pm Business Session—Grand Auditorium, C.ex Coffs

Panel Discussion on Regional & Rural

Crime: Cr Jamie Chaffey, Chairman Country Mayors Association of NSW & Mayor of Gunnedah Shire Council; DCI Cameron Whiteside & Ann Brennan, Rural Crime Prevention Team; Peter Price, CEO, Crime Stoppers NSW; Adam DeMamiel, CEO & Co-Founder, Boys to the Bush

Agenda

4.30 pm State International Meeting

Wednesday 8th May

9.00 am Business Session—Grand Auditorium, C.ex Coffs

State Agricultural & Environmental Officer's Report

State International Officer's Report

State Social Issues Officer's Report

State Office Bearers and Medical Research for 2024/2025 announced

10.30 am Speaker—Bernard Carlon, Chief Centres for Road Safety & Maritime Safety, Safety, Environment & Regulation Division, Transport for NSW.

Agenda

12.30 pm Lunch

2.00 pm Business Session—Grand Auditorium, C.ex Coffs

2.30 pm Speaker—Lisa Millar, host of ABC News Breakfast and narrator of Muster Dogs.

Agenda

5.00 pm Close of Business Sessions

6.30 pm Gala Dinner— Pacific Bay Resort

Thursday 9th May

9.00 am Further Special General Meeting

Raffle results announced

State Committee Reports and Award Ceremony

Agricultural & Environmental Committee Awards

Hospital Support Committee Report

Show Catering Committee Report and Donation

Cultural Committee Report and Awards

The Land Cookery Committee Report and Awards

Handicraft Committee Report and Awards

Honorary Editor's Report (incl Garry Prize)

Wagga Daily Advertiser Award

Past State Presidents' Award

Pyrus Award

Votes of Thanks

12.00 pm Lunch

Afternoon Tours

Additional Conference Information

COVID-19 Protocols for Conference

It is possible that there will be a number of COVID-19 protocols and procedures in place that will form part of our conditions of entry. These protocols will be in line with any virus-related developments between now and Conference; and will be based on our duty of care to ensure a safe experience for all attendees. Do not attend Conference if you are unwell.

Delegates Information

The delegate's book is available to delegates at registration and State Committee members. Observers to Conference should bring their February and April journals which lists Conference motions to be discussed.

Registration Hours for Delegates

Registration will be located at the Papaveros Restaurant on the Ground Floor of the C.ex Coffs.

Sunday: 12.00 pm–4.00 pm

Monday: 8.30–9.30 am (late arrivals only)

State Office Shop

The Shop will be open for the collection of pre-purchased items only in the Coda Room, Ground Floor C.ex Coffs.

Monday: 11.30 am–1.00 pm & 5.00 pm–5.30 pm

Tuesday: 8.00 am–9.00 am & 12.30 pm–2.00 pm

Wednesday: 8.00 am–9.00 am & 12.30 pm–2.00 pm

Please remember to bring your own reusable shopping bag as plastic bags will not be available. Shop orders are recorded under the person who ordered them, not branch or group.

Voting Hours

Voting for State Office Bearers and the Medical Research Project will be located at the Papaveros Restaurant on the ground floor of the C.ex Coffs.

Monday: 5.00 pm–6.00 pm

Tuesday: 8.00 am–9.00 am, 12.30 pm–2.00 pm and 4.30 pm–5.00 pm

Temporary Membership to C.ex Coffs

CWA members may sign in as a temporary member for the duration of the Conference by providing their name and photo ID. Temporary membership lasts for 7 days. This may be done on arrival at C.ex Coffs. Please keep the "sign in" slip you receive to show each day upon entry to the venue.

Please ensure that you sign in as soon as you arrive in Coffs Harbour to avoid delays on Sunday registration or Monday Opening Ceremony.

Alternatively, if you would like to join as a C.ex Group member to receive members benefits please go to <https://cex.com.au/membership/>.

Membership costs \$11 for 1 year.

Lunches

Prepaid lunches are to be collected from the Vista Lounge, Ground Floor, C.ex Coffs. A reminder that no food or drinks (except for water) are to be brought into C.ex Coffs.

Gala Event

The Gala Dinner will be held on the evening of Wednesday 8th May 2024 at the Pacific Bay Resort. Gala Dinner tickets must be paid for in advance. Tickets are non-refundable and GST inclusive. Tickets can be purchased via TryBooking using this link: www.trybooking.com/CILSX The theme for the Gala Dinner is Mountains to Sea. If you need assistance you can call State Office and have your credit card handy for payment. Book your ticket/s now to avoid disappointment.

Speaker Time Limits

Mover of a motion—may speak for three minutes. Seconder of a motion may speak for two minutes. Members speaking in favour or against a motion may speak for two minutes.

You will hear a warning bell (one ring) when you have 30 seconds remaining to speak. Two rings is when you must stop speaking.

Parking

C.ex Coffs has multi-level parking spots available at no cost.

Foreign Coins and Stamps

Please bring these with you to Conference—there will be collection points at the International Committee display.

Mobility Impaired Venue Access

Access to C.ex Coffs is mobility impaired friendly and there are



Coffs Harbour Jetty

internal lifts if needed. If you are bringing a walker, it will need to be safely 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.

Committee Displays

All committee displays are located at C.ex Coffers. Committees will be open subject to availability of committee members and generally, all will be open during lunch breaks and up to one hour after business sessions.

Agricultural & Environmental Committee

Located in the Vista Room & Lounge, Ground Floor. Recycled Articles will be judged on Sunday, 5th May from 2.30 pm. Display to be open during lunch breaks of Conference.

Cultural Committee Art, Porcelain And Literature Exhibition

Located in the Vista Room & Lounge, Ground Floor. The Art and Porcelain Painting will be judged early on Sunday afternoon. State Executive Committee members,



C.ex Club

or Group Presidents if present, are requested to collect group envelopes, cultural books, and posters plus prize winning cheques on Thursday, 9th May before 1.00 pm. Included in the group envelopes are all the branch brochures, senior and junior short stories, senior poems and bush ballads, photos and group reports.

Handicraft Committee

Located in the Blue Room, Level 1.

Hospital Support Committee

Located in the Rib Eye Restaurant, Level 1.

International Committee

Located in the Vista Room and Lounge, Ground Floor.

The Land Cookery Committee Display

Located in the Blue Room, Level 1. Display opens Monday 4.00 pm–6.00 pm, Tuesday 7.30 am–6.00 pm and Wednesday 7.30 am–9.00 am. Entries to be handed back from lunch on Wednesday to 6.00 pm.

Social Issues Committee

Located in the Vista Room & Lounge, Ground Floor.

Show Catering Committee

Located in the Vista Room & Lounge, Ground Floor.

Publicity Support Forum

Located in the Vista Room & Lounge, Ground Floor

Conference Supporters



THE LAND

SCOTT & BROAD
THE RIGHT PROTECTION

Added Agenda Motions 2024

Special General Meeting Motions (Constitutional Motions)

C1. Bellarwi Branch, Hume Group

Preamble: A life membership is a special award that is presentation after dedicated years of service.

Nowhere in the Procedures Manual or Regulation 36-40 does it state that the life membership must be approved by the State Executive, and this only happens at either the February, July or November State Executive meeting. It states what procedure must be followed at branch and group level but there is no mention of state Level approval.

“That the Constitution of the CWA of NSW be amended by the addition of a new Regulation as Regulation 39A in the following terms:

39A. Where a branch, or a branch and group, or a group has, by the required majority/majorities, resolved that a member be nominated for life membership, the branch or group must submit the nomination to the Executive Committee for its determination. Where a life membership application form has been prescribed, the nomination should be submitted in that form.”

C2. Bungendore Branch, Southern Tablelands Group

Preamble: During the Pandemic many organisations took advantage of the temporary NSW legislation (25/03/2021) allowing all incorporated not-for-profits to hold electronic/hybrid meetings. Many NGOs have since altered their constitution to allow their members permanent access to these privileges.

Recent State AGMs have barely mustered a quorum. Increasing age and rising costs deter many potential delegates from

coming forward in our branch and group. They may lack the means, have physical issues, carers responsibilities or be unwilling to risk such a crowded environment (nearly half our delegation caught COVID at last conference with one unfortunate delegate hospitalised). Several members in Southern Tablelands have indicated they would serve as delegates if an electronic attendance option was available.

Hybrid AGMs are now common in Associations and corporate entities, and many CWA members have gained experience with electronic meeting platforms. It's time for CWA to give its delegates this opportunity.

“That the Constitution of the CWA of NSW be amended by:

- *Inserting after the first sentence of Rule IX a new sentence in the following terms:*

“Subject, on each occasion, to prior approval having been given by the State Executive Committee to the technology and the procedures to be used, in addition to the place decided by the previous Meeting, the Annual General Meeting may simultaneously be held in one or more other places all linked together by any technology that gives the Members as a whole in those places a reasonable opportunity to participate in proceedings, enables the chair to be aware of proceedings in each place, and enables the Members in each place to speak and to vote on a show of hands and on a poll.”

- *Inserting after the first sentence of Rule XI a new sentence in the following terms:*

“If the General Meeting is to be held in two or more places, the notice must specify the technology that will be used

to facilitate this.”

C3. Exeter Branch, Wollondilly Group

Preamble: This motion provides the Executive Committee discretion to refuse to table a branch motion at an Annual General Meeting (AGM) in limited circumstances. At present, any branch motion accepted at the relevant Group Annual Meeting goes to State Executive for tabling at the next AGM. Even when content of a motion is the same or highly similar to one proposed previously, and even when that motion has been previously debated and defeated, or debated and then voted “not to be put”, the Executive is currently obliged to table it. When Conference has previously duly determined it does not support a motion, or determined not to take a position on a matter, repeated attempts by disappointed parties to re-agitate the failed motion—without demonstrating changed circumstances such that the previous reasons State Conference defeated or decided not to put the motion are no longer valid—enters the realm of bullying.

“That the Constitution of the CWA of NSW be amended by deleting Regulation 22, and inserting in its place the following new Regulation 22:

22 (a) Motions from a branch, which are proposed to be put at an Annual General Meeting and which pertain to Rules and Regulations (Constitutional Motions) must first be carried by Group Conference.

(b) Motions from a branch, which are proposed to be put at an Annual General Meeting, and which are not Constitutional Motions, need only to have been carried at a Group Meeting.

(c) Motions under (a) or (b) above shall be forwarded

by the Group Secretary to the Chief Executive Officer at least three months before the Annual General Meeting at which they are proposed to be put.

(d) Motions other than Constitutional Motions shall not be included on the agenda of the Annual General Meeting unless approved for inclusion by the Executive Committee.

(e) If a motion is identical or substantially similar in effect to a motion which was on the agenda of an Annual General Meeting during the previous three years: and where either:

(i) a vote by Members at that Annual General Meeting for that motion 'not to be put' was carried; or,

(ii) having been put, the motion was lost, then the motion shall not be included on the agenda of the next Annual General Meeting unless approved for inclusion by the Executive Committee.

(f) The agenda shall be forwarded to the branches for consideration at least six weeks before Annual General Meeting.

(g) No motion shall be submitted for the Annual General Meeting unless the mover is fully conversant with the subject matter and effect thereof.

(h) The Executive Committee may of its own motion place a Constitutional Motion or a motion pertaining to Association policy on the agenda of an Annual General Meeting and/or a Special General Meeting convened in accordance with Rule XLIII."

C4. Gloucester Evening Branch, Mid North Coast

Preamble: As Rule XXIV states that the State Honorary Secretary, State Honorary Treasurer and State Vice Presidents must have served at least 12 months on the State Executive Committee.

It should be altered to include the

State Agricultural & Environmental Officer, State International Officer and the State Social Issues Officer as well.

The reason for this being that these State Office Bearers are part of the State Executive Committee and as such form part of the Committee responsible for running the Association. In their Office Bearers roles (being issue based) often may involve meeting with Ministers of Parliament to put forward policies decided on at State Conference.

At least 12 months experience as a State Executive Committee member would make their role easier as they have already had an introduction to the running of the Association and also received governance and media training.

It would be good succession planning to have first been a State Executive Committee member before becoming a State Office Bearer.

That the Constitution of the CWA of NSW be amended by replacing Rule XXIV (b) with the following:

"Rule XXI V (b) Nominees for the positions of State Honorary Secretary, State Honorary Treasurer, State Vice-President, State Agricultural/Environmental Officer, State International Officer and State Social Issues Officer must have previously served on the Executive Committee for at least 12 months. Nominees for the position of State Vice President will be elected from the State Executive Committee members elected by Group Conferences or the retiring Officers of the Association."

C5. State Executive Committee Members

Preamble: none supplied

"That the CWA of NSW Constitution be amended by the addition of a new Regulation as Regulation 70A in the following terms:

(a) If the Group Officers resolve that their Group has become unviable or is likely in

the future to become unviable, they must notify the Group Secretary in writing.

(b) Within seven days of that resolution the Group President must call a Special Meeting of the Branch Delegates of the Group to be held on a date not less than two (2) months and not more than three (3) months later. A notice of the Special Meeting must be issued by the Group Secretary and subsequently, guidance in the Procedures Manual is to be followed."

C6. State Executive Committee Members

Preamble: none supplied

"That the CWA of NSW Constitution be amended by the deletion of Regulation 92 and in its place the insertion of new Regulation 92 in the following terms:

To amend regulation 92 to read

'The financial objectives of a branch should be to repay any monies owing to any financial institution or to the Association then to give to Association projects. A branch may give to Association aims or to outside organisations provided an amount equal to at least 25% of any such gift is also given at the same time to the Association Fund unless approval has been given for a special project by the State Treasurer.'

C7. Bundarra Branch, Gwydir Group

Preamble: Firstly, we wish to make clear that our motion only refers to State Executive Committee members and not to Group or Branch Office holders. Part of our responsibility is to ensure good succession planning and we feel that with members returning to Executive after only an absence of 1 or 2 years this is not happening. We are aware that it can be hard to find a willing person but believe that if there is a motion in place as proposed it may encourage members to take on the SECM

role as needed. It is so important to ensure that our Association has good governance to continue to be the wonderful Association that it is. By nurturing and encouraging more members to take on the SECM role we can all rest easy that this will happen.

“That the Constitution of the CWA of NSW be amended by inserting, after the first sentence of Regulation 48 a new sentence as follows:

A Member who has been elected three times consecutively to the Executive Committee shall be ineligible to be elected again to the Executive Committee by a Group until the expiration of three years following the Member’s last election, unless the Member’s election is unopposed.”

C8. State Executive Committee Members

Preamble: It is understood that, prior to the establishment of The Country Woman journal, branches received the State Office Bearers nomination via post. However, in the present time, sending nominations via post to Branches has become redundant. It incurs unnecessary cost.

“That the Constitution of the CWA of NSW be amended by amending Rule XXIV to remove the words “Notice of such nomination shall be posted to

Branches within seven days for the delivery of nominations” and replaced with “Notice of such nomination shall be published in the Association journal prior to the State Conference and AGM”

Health & Social Security

H14. Jindabyne Branch, Monaro Group

Preamble: In response to the pressing need for action regarding the escalating rates of homelessness among single, older women in our communities, particularly in regional, rural and remote areas of our state/territory, the CWA of NSW is committed to proactively investigating avenues to support the provision of affordable accommodation. This policy underscores our organisation’s unwavering dedication to advocating for vulnerable populations and addressing systemic challenges that threaten the wellbeing and dignity of individuals.

Recognising that secure and stable housing is a fundamental human right, we acknowledge the urgency of this issue and the profound impact it has on the lives of those affected. By embarking on this approach, we seek to collaborate with key stakeholders, including government entities, housing providers, and community organisations, to identify innovative solutions

tailored to the unique needs of homeless single, older women.

“That CWA of NSW investigate ways of supporting providers of affordable accommodation in our state/territory, for the growing number of homeless single, older women in our communities especially those in our regional, rural and remotes areas.”

Transport & Telecommunications

T2. Weemelah Branch, Gwydir Group & Hillston Branch, Murrumbidgee-Lachlan Group

Preamble: Potholes, rough gravel roads, deterioration of tar road edges and overgrown (tall) grass on the edges of these country roads make it more dangerous for school buses and our school students to travel on. Local Councils need to be well funded to maintain, repair and keep upgrading the roads that are carrying school students. Especially since the massive floods in 2022 Council roads are in major disrepair and need to be brought to an acceptable safe state.

“That the policy of CWA of NSW be to urge the Minister for Regional Transport and Roads to provide extra funding to Local Councils for school bus route roads to be maintained, repaired and upgraded.”

CWA clothing available from the State Office Shop

Look the part in CWA clothing items available in the State Office Shop. Shop online at www.cwaofnsw.org.au/onlineshop or download the order form at www.cwaofnsw.org.au/orderform



CWA cap (100% cotton): \$15.00



Navy or 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

Postage is charged by weight and can be calculated using the order form.

State Office Bearer Nominations

Below are the nominations the State Office Bearers positions for the Annual General Meeting, 6th-9th May 2024.

State President



UNOPOSED

Joy Beames—Dunedoo Branch, Castlereagh Country Group

Member for 32 years.

Branch Positions: President, Secretary, Treasurer, Agricultural & Environmental, Publicity Officer, Councillor, Co-ordinator of Sir Ivan Bushfire appeal.

Group Positions: President, Secretary, Treasurer, Vice President, Agricultural & Environmental Officer, Cultural Officer.

State Positions: President (current), Agricultural & Environmental Officer, Executive Committee Member, Member of Agricultural & Environmental Committee, Member of Show Catering Committee.

State Honorary Secretary

UNOPOSED

Pam Wright—Kootingal Branch, Wanthella Group



Member for 18 years.

Branch Positions: *Singleton:* President, Secretary, The Land Cookery, Councillor to Group, Delegate to Conference. *Kootingal:* President, Vice President, The Land Cookery, Delegate to Conference, Handicraft Officer (current).

Group Positions: *Hunter River Group:* Cultural Officer. *Wanthella Group:* Group Secretary, Cultural Officer, The Land Cookery Officer, Vice President.

State Positions: State Honorary Secretary (current), State Executive Committee Member, State Handicraft Committee Secretary, State The Land Cookery Committee Secretary.

ACWW: Member of ACWW.

State Honorary Treasurer

UNOPOSED

Ruth Cargill—Dubbo Evening Branch, Macquarie

Group



Member for 23 years.

Branch Positions: Treasurer, President, Secretary, The Land Cookery Officer, International Officer, Councillor to Group, Delegate to State Conference.

Group Positions: Vice President, Treasurer, The Land Cookery Officer, Telstra Connected Seniors Trainer,

Treasurer ACWW South Pacific Area Conference Sub-Committee.

State Positions: Treasurer, Vice President, State Executive Committee member.

CWA of Australia: Treasurer and Company Secretary

ACWW: Honorary Treasurer, Delegate to ACWW 28th Triennial Conference in Coventry UK in 2016, Delegate to ACWW 16th South Pacific Area Conference in Dubbo in 2014, Delegate to ACWW 27th Triennial Conference in Chennai in 2013.

Citation: I grew up on a beef cattle/prime lamb property near Braidwood where I attended Braidwood Central School. I studied and worked in Sydney for nine years and have lived in Dubbo for 24 years.

I have an Electrical Engineering Degree and a Graduate Diploma of Education (Mathematics), while at University I also studied first year accounting and economics. I have worked as an engineering journalist and a mathematics teacher. I currently work full time at Dubbo Christian School as an IT Support Officer, timetabler and in other administrative roles.

I have been an active member of Dubbo Evening Branch since I joined CWA in 2001 and of Macquarie Group since 2004.

I love the opportunities CWA provides for women of all ages, backgrounds, and interests to support each other, learn from each other and to work together. I take part in all aspects of CWA life that I can and have made friends who are of many ages and from around the state and country.

I enjoy "reading" audiobooks, jigsaws, any puzzles, building Lego models, knitting, crochet, crossstitch, learning new handicrafts, watching TV & movies and spending time with family and friends.

I would love the opportunity to continue serving our organisation as State Treasurer.

State International Officer

UNOPPOSED

Jennifer Chobdzynski—Oura Branch, Riverina Group



Member for 13 years.

Branch Positions: President, Vice President, Secretary, International Officer, Cultural Officer, Assistant to Social Welfare Officer, Branch Councillor, State Conference Delegate.

Group Positions: Secretary, International Officer (seven years), Agricultural & Environmental Officer, State Conference Delegate.

State Positions: State International Officer (current), Member State International Committee.

ACWW: Joined 2012. Observer 2014 South Pacific Area Conference. Observer & volunteer 2016 World Conference (UK). Observer 2019 World Conference (Melbourne), Assistant to PNG and Pacific Island Delegates for duration. Current NSW Coordinator to ACWW.

State Agricultural & Environmental Officer

UNOPPOSED

Jenny Birtles—Illabo Evening Branch, Hume Group



Member for 9 years.

Branch Positions: *Queanbeyan Evening:* Agricultural & Environmental Officer, Publicity, Councillor to Group; *Yass:* Agricultural & Environmental Officer, Publicity Officer; *Eurongilly:* Agricultural & Environmental Officer, Publicity Officer, Delegate to State Conference;

Illabo Evening: President, Secretary, Delegate to State Conference.

Group Positions: *Southern Tablelands:* Agricultural & Environmental Officer, Publicity Officer; *Hume:* Agricultural & Environmental Officer, President.

State Positions: State Agricultural & Environmental Officer, State Agricultural & Environmental Committee Member, State Executive Committee Member.

State State Social Issues Officer

UNOPPOSED

Leonie Fish—South Grafton Evening Branch, North Coast Group



Member for 45 years.

Branch Positions: President, Secretary, Treasurer (current), International, Cultural, Publicity, Councillor to Group and Delegate to State Conferences. All positions held for over three years.

Group Positions: President, Vice President, Secretary, International Officer, State Conference Organising Committee (current).

State Positions: State Social Issues Officer (current), State Executive Committee Member, Social Issues Committee member, State Choir.

State Vice Presidents

THREE POSITIONS TO BE VOTED ON

Susan Baxter—Kiacatoo Branch, Oxley Group



Member for 18 years.

Branch Positions: Secretary, Treasurer, Delegate to Group.

Group Positions: President, Secretary, Agricultural & Environment Officer, Group Councillor.

State Positions: State Executive Committee Member, Member of Social Issues Committee, Social Issues Officer.

Citation: I have lived in Condobolin, Central Western area, for 22 years. My husband and I run a mixed farming enterprise raising sheep for lamb market, beef cattle and a mixed cropping program. I have over 10 years nursing career throughout the metropolitan and western regions before moving into a rural and recovery support worker role with Western NSW Health. I am currently a support worker in the "Staying Home and Leaving Violence" program that supports victims of domestic violence. I am studying a social work degree. I joined CWA in 2006 because I'm passionate about my community and I was also looking for friendship. I value CWA's meaningful work for its members and community. With a compassionate ear for listening and a goal to advocate CWA values and missions, I understand the role of State Vice President to be to support the State President in her role in whatever manner is asked of me.

Jan Kerr—Canowindra Branch, Central Western Group



Member for 17 years.

Branch Positions: President, Vice President, Secretary, International Officer, Hall Committee.

Group Positions: President, Vice President, International, Public Speaking Committee (Group and Intergroup), Group Councillor.

State Positions: Vice President, State Executive Committee Member, Conference 2023 Organising Committee Member.

Citation: I was born in Sydney, grew up in country NSW. Went to Fort Street Girls High, nursed at RPA and midwifery at KGV then overseas, followed by a career in Sales and Marketing in the medical industry. Married and moved to Canowindra 40 years ago for a better lifestyle and to bring our two children up in the country. My husband and I have had a family owned and operated hot air balloon business for over 37 years, so I have learnt to be innovative, creative and resilient. I have extensive experience in event organising having started and run the award winning Canowindra Balloon Challenge for 10 years as well as being a volunteer judge for award submissions at state level and have been on many advisory committees to both local council and regional tourism bodies. I first joined CWA in 1991 for the friendship, supporting community and love extended to all. I am passionate about CWA and all it stands for. The camaraderie, cooking, catering, administering, International, schools and public speaking competitions as well as the advocacy work are at the core of my being. If re-elected, I will give 100% support to our State President and members. I believe I have a lot to offer as a State Vice President to achieve our goals and “fly high”.

Karen Pavey—Goulburn Evening Branch, Southern Tablelands Group



Member for 11 years.

Branch Positions: President, Secretary, Treasurer (current), Chair of Goulburn Rooms Management Committee (current).

Group Positions: President (current), Secretary.

State Positions: State Executive Committee Member, State Social Issues Committee Member.

ACWW: Member, and Proxy Delegate for Cameroon at the Melbourne Triennial Conference.

Citation: I am an excellent communicator both in writing and orally. I have sound judgement and a high level of understanding of the CWA of NSW legislation, Constitution and policies and procedures. I would assist the President in her duties and represent the President as required. I am the Chair of the Goulburn Rooms Management Committee to ensure the heritage of the Goulburn Rooms is maintained, managed, and made available for use by the CWA of NSW and the community. I am a specialist in people management with a Masters degree in Management (HR). In my extensive work experience I have managed and led teams in a variety of work areas including delivery of capabilities in emergency services, the Defence and Resources sectors and educational settings.

Penny Sloane—Murray Hut Branch, Murray Group



Member for 16 years.

Branch Positions: Secretary and Treasurer (both current).

Group Positions: President, Treasurer.

State Positions: Vice President, State Executive Committee Member.

Citation: I live in Finley, in the Southern Riverina area, with my husband on an irrigation farm, where we grow rice and cattle. We have two daughters, both of whom are now nurses. My work has involved the irrigation industry in the NSW Murray Region, dealing with sustainability, licensing and liaising with water regulators. I joined the CWA for fellowship and friendship, and to find out how I could get involved in my local community. I have learnt that the CWA is an organisation that is highly respected for its approach to advocacy, directly linking advocacy issues to individual branches and members to achieve meaningful change. I have a particular interest in encouraging younger women in their CWA journey while, at the same time, respecting the traditions of the last 100 years. This is the greatest significant challenge for the long term future of the CWA of NSW. During the past year I have learnt more and more about the wonderful CWA of NSW. I would like to continue in the role of State Vice President, and maintain efforts to keep in contact with members, branches and groups to ensure their voices are heard. I am ready to assist the State President if and when required.

Friendship consists in forgetting what one gives and remembering what one receives.

—Alexander Dumas

Welcome New Members

A warm welcome to these 147 new members of our branches:

Bangalow Louise Bairstow, Jan Maehl
Batemans Bay Norma Baldwin
Bathurst Evening Colleen Barnes, Susan Merton
Bega Lyn Girvan
Belconnen Colleen Adair, Wendy Matthews, Sue Randall
Bellata Tracey Aitken
Blacktown Mary Cash
Blackville Jane Duddy
Bonny Hills Jane Kniess
Brunswick Heads Darlene Clarke, Janelle Vos
Bungendore Marjorie Cross
Byng-Emu Swamp Erin Marsden
Campbelltown Jessica Walker, Cheryl Wright
Canberra Buddy Ennis, Nicole Moszko, Judanne Young
Canowindra Rebekah Carter, Karen Saytos, Carolyn Wythes
Castle Hill Susan Njuguna
Cessnock Evening Corryne Parkhill
Cobargo Martha Jacobs
Cowra Evening Cara Kemp, Eliza Spencer, April Yates
Dorrigo Stella Wilson
Dubbo Evening Ellen Cleary
East Maitland Kelangelique Duclos
Eastwood-Epping Jennifer Charteris
Eugowra Alison Cleary
Evans Head Linda Lynes
Forbes Evening Mandy Sweeney
Georges River Heather Stewart
Gerogery Karen Schoff
Gilgandra Evening Emma Meyers
Gloucester Evening Suzanne Costigan
Grattai Mandy Nixon
Gunnedah Raylene Herbert
Henty Libby Smith Draper
Illabo Evening Kerry Edwards, Helen Harris, Colina Meadows
Inverell **Sunrise** Beverly Walls, Karen

Whitton
Jamberoo Letara Judd
Jerilderie Rosie Stevens
Kandos Kylie Hoetink, Lisa Penson
Keiraville Meegan Knight, Paula McIntyre, Robyn Pallett, Jillian Tougher
Kendall Linda Shreeve
Lake Cathie-Hastings Julie Edwards
Lismore Evening Theresa Schirmer
Manly Tristan Brandis, Lee Cooper, Jacqueline French, Natalie Jones, Tricia Powell
Moruya Jennifer Bell, Lisa Berry, Helen Blake, Elizabeth Boardman, Mylene Boulting, Catherine Cahill, Anne Clarke, Penelope Cope, Faye Dallas, Lisa Dalton, Samantha Downey, Virginia Eddy, Peta Hall, Wendy Hulse, Clare Immens, Beth Jewell, Jenni Kew, Lisa-Maree King, Ness Maxwell, Kerrie Obst, Cindy Ochs, Katrina Scobie
Murray Hut Judy Plattfuss
Narooma Christine Angel
Narrandera Evening Carol Smith
Narromine Ann-Louise Stonestreet, Katie Stonestreet, Lucy-Ann Stonestreet
Nashdale Emily Thompson
Nelson Bay Gwenda Bates, Sue Hamilton
Newcastle Evening Catherine Henry
Nimbin Justine Kinley
Nowra Rhonda Kelly, Maureen Kirwan, Christine Tyrrell
Oaklands Fay Good
Old Bonalbo Tina Blauw
Orara Valley Barbara Davis
Picton District Joanne Collis, Anne Mills
Queanbeyan Evening Maggie Dorning, Lee McMullan
Quirindi Nathalie McKenzie
Sawtell Judi Collins
Scone & District Evening Amy Edwards, Kirsty Wills
Singleton **Sundowners** Louise Blanchard, Mariah Gardner
South West Rocks

Anne Adams
Sydney City Francesca Bell, Maree Hickey, Rebecca Lim, Karo McKay
Tamworth Evening Dani Kaplan
Taralga Jayne Fitch
Tenterfield Evening Margaret Scott, Sharon Sproule
Terrigal Evening Carey O'Callaghan
Trangie Kelly-Lee McCutcheon
Umina Beach Lyn Davis, Eileen Greenan
Virtual Nicole Maher
Walgett Megan Dixon, Lynne White
Wingham Maryanne Bohr, Catherine Pietruszka, Charmaine Searle, Kim Smith, Lorraine Stair, Deb Wood
Woodstock Patricia Cabrera, Teena Gillespie, Dee Robinson
Woy Woy Michele Driscoll, Connie Lewis, Sue Roache, Cathy Smith, Rhonda Zibell
Yanco Tara Morris
Yass Louise Duncan.

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

Logging into the CWA of NSW website

Go to www.cwaofnsw.org.au, click Member Login and type your username and password into the box. Your username is your email address. If you don't know your password or haven't logged in before, use the "forgot password" link to set a new password.

Once logged in, you can access the member portal (under the "membership" tab) which gives members access to the downloads page, Procedures Manual, online directory and more.

If you have trouble logging in, contact State Office: info@cwaofnsw.org.au or 02 8337 0200.

Celebrations

Canberra Branch



ACT Government's Minister for Education Yvette Berry (left) congratulated Canberra Branch member Primrose Brimson, member of CWA for 49 years, on three decades of commitment to the program and the celebration of her 90th birthday. Branch President, Joy Garland is pictured with them.

Manilla Evening Branch



Manilla Evening Branch's Kate Phelps (pictured) was recognised recently when she was named 2023 Australia Day Citizen of the Year for Manilla. Kate devotes many hours to several community bodies in the town—currently president of both the Manilla Evening CWA and Manilla Hospital Auxiliary, and secretary of the S355 Manilla Matters.

Tilligerry Branch



Marie Towler of Tilligerry Branch, has received life membership for her service of over 40 years. She is always there to lend a hand and has held many positions in different branches over these years.

North Coast Group



Congratulation to Joyce Marshall who has been awarded the Order of Australia in the General Division for her services to the community through a range of roles. Joyce became a founding member of the Australian Lace Guild in 1979 and has been teaching lace making for over 50 years. She has been a dedicated member of CWA of NSW for over 40 years, serving in many roles at Lismore, Sawtell and Glenreagh branches. Joyce said she was "quite surprised" but "delighted" to be recognised in the Australia Day Honours.

Macquarie Group



Congratulations to Joan Yeo who has received her Patron's Badge for Macquarie Group. Group members know Joan, a CWA member for more than 60 years, for her humility and tireless work for the CWA. She is a life member of Macquarie Group and a fabulous cook winning many champion cakes competition, slices and preserves at group and state level.

Gunnedah Branch



Congratulations to Branch President, Coralie Howe, who received the Ossie and Beryl Campbell Memorial Trophy for Volunteer of the Year our local Australia Day dinner. The branch also received the Community Achievement Award. The Australia Day Ambassador was Todd McKenney (pictured with Gunnedah Branch members).

Trangie Branch



Trangie branch member, Margaret Gordon, was thrilled to have her achievements as an author recognised by the local Australia Day Committee. In 2004, Maggie's original script and lyrics were combined for the production of the musical "Eureka" which was staged in Her Majesty's Theatre in Melbourne. An Australiana theme runs through all Maggie's literary projects, and she generously devotes her time and talent to raising funds for local charities.

Story of the Month

Eurongilly and Jindera branches

At a meeting between Gail Commens and Helen Glachan during the Murray Group AGM in October, it was arranged Helen would take a suitcase to Fiji via a cruise she was taking with her granddaughter in January 2024.

Filled with quality second-hand clothing, the hefty bag was delivered to Helen in Albury by Gail. The captain and crew were most helpful arranging Revenue and Service Customs at

Suva, Fiji when the ship berthed on 25th January.

Helped by a crew member, Helen transported the bag into the care of Therese Vosavara, the representative of Catholic Womens League—Fiji (pictured).

This generous donation all came about through Eurongilly Branch, Gail's friends and the Anglican Op Shop where Gail volunteers and the generous offer of Helen Glachan, Jindera Branch, to deliver the suitcase to Fiji for the benefit of all those in need.



From our Branches

Belmont Branch



The Belmont Branch held a scone making day in order to help out the Hunter River Group CWA Tea Rooms for the Newcastle Show which ran from 1st–3rd March. Twelve dozen scones were made on the morning and a variety of cakes and slices were donated by members. Well done ladies, and thanks go to Belmont Branch cookery officers Kerry and Mel for organising the day and to all those who volunteered their time to help at the Show.

Bermagui & District Branch

Bermagui & District Branch is building two more affordable rental units for pensioners in need. It has been a project 20+ years in the making.



Back in 1982, the branch built four small housing units which have been providing comfortable and affordable homes for pensioners for more than 40 years.

Some time ago, the branch received a generous gift from the estate of the late Mrs Florence Froggett. The bequest has been enhanced through astute investment, dedicated savings and a \$200,000 grant from the NSW Government's Local Small Commitments Allocation program.

The building is well underway but members need to raise \$100,000 more to complete the project, before December 2024. For more on the project, search online for Bermagui CWA.

Camden Branch

Some things are just meant to find a way home. A member of

the public, who was downsizing, came across a 1930s CWA of NSW Cookery Calendar and asked Camden Branch if they would like it. The calendar was dropped off at the branch's February meeting where members, along with Illawarra Group President, Susan Donohoe, and Treasurer, Lorraine Naughton, (who were visiting Camden), were fascinated just as much by the recipes but also the handwritten notes covering everything from when dahlia bulbs should be planted to making date chutney.



Branch President Suzanne Walsh (left) and Susan Donohoe with the slice of CWA history.

Coffs Harbour Branch

The branch received a donation from the Coffs Harbour Golf Club's Ladies Committee, Gala



L-R Greer Galloway, Lady President, Coffs Harbour Gold Club; Jodie Williams, Coffs Harbour Branch President; Warrina staff Tess and Jacq.

Day raffle. A trading table was held on the day, making a good profit. Members decided, as a branch, the money could be better spent by Warrina Domestic and Family Violence Specialist Services for their refuge. Warrina supports female victims and children running from abusive situations. Greer Galloway, Ladies Committee President, joined Coffs Harbour Branch members to hand over the cheque to Warrina staff. The branch was also able to donate knitted and crocheted rugs, toiletries and children's packs.

Forbes and Forbes Evening Branches

Forbes and Forbes Evening Branch held a combined function to officially acknowledge the arrival of their CWA Centenary seat. Both branches have been working with Forbes Shire Council to gain



Shire Councillor Maria Willis and Heather McKinnon—chair of our sub-committee in charge of the project (left).

a Community Grant to purchase this beautiful seat cast by Wagga Iron Foundry.

The seat has been placed in the main park in Forbes to celebrate the work of CWA and our local members over the years to better the community and the conditions for women, children and families in rural and regional areas. This will be a great, and useful, reminder to the local community about the work that CWA does and the longevity of the Association. Hopefully they will not think about tea and scones, although that's what we served for morning tea at our gathering.

Gundagai Branch



Members have been busy setting up their marquee at Gundagai Street Stalls, markets at Brungle and more recently the Gundagai Show. Forty dozen varieties of scones were made by members for the latter event. Branch President, Kim Powell (pictured), was among the many members on hand during the Gundagai Show.

Lake Cathie-Hastings Branch

Members of the Lake Cathie-Hastings Branch hosted the Mid North Coast Group's annual Friendship Day in February which was highlighted by the launch of an app to assist koala conservation.

In September 2023, CWA's Koala Quest Community Sighting Campaign called for additional working group members to provide additional support with the program.

The CWA's role in this campaign is to provide community awareness



events to explain the value of reporting koalas, knowledge on how to report sightings and the confidence to report and, to do this, CWA called for interested members to become part of the working group. Lake Cathie-Hastings member, Donna Sheedy, who is also a volunteer at the Port Macquarie Koala Hospital, volunteered and became a member of the working group.

The number of I Spy Koala app uploads throughout the state will be monitored over the next month.

Nowra Branch

Nowra Branch held a "Meet the Mural Artist" afternoon tea on 16th January in our rooms. The mural depicts the branch's first president, Mrs Sarah Morton, previously Anderson, née Fuller, the CWA Centenary coin, the black cockatoo and fauna representing the Nowra area. State President, Joy Beames, was guest speaker. Joy said "It is amazing, and so different, so you should all be very proud of the fact that you've got this amazing recognition of CWA on the wall in Nowra". The mural artist Mr Clayton Campion of Woollamia spoke about the creation and installation of the



The mural with Clayton Campion, Joy Beames and Bruce Morton.

mural designed by his partner Kellie Hooper. We were also joined by Mr and Mrs Morton with Bruce Morton being the great nephew of Mrs Sarah Morton. The event and afternoon tea was well attended with 50 members and guests.

Oura Branch



Oura Branch President Michele Bentley joined with the awardees of the annual Oura Branch education grants 2024 to celebrate the occasion. The four students were all residents of Oura village. Janet George while parenting is studying social work at university, Darnee Doherty combines high school, TAFE and a hospital work placement, Kate Harris has high school, TAFE nursing study and a part time job as a pool lifeguard while Blake Campbell attends high school and TAFE—he is interested in agriculture and already at 15 owns a small cattle herd which he started buying with his pocket money Congratulations to all. Oura CWA members are very proud of your application and dedication to your future careers.

Picton District Branch



Picton District members recently held a jam and pickles preserving workshop at the branch rooms at

The Picton Community Nursery. This was the second workshop and there was even had a waiting list. More workshops are planned as they were very successful. Each attendee received samples of the strawberry jam, the zucchini and capsicum pickles along with recipes and CWA information. The workshops were run by Picton District Branch and Illawarra Group Cookery Officer, Cathy Standen.

Wollondilly Shire Council funded this workshop and offered it as a free community event and advertised it on their website.

Singleton Branch



Bron Dunston Branch President and Sue Moore Mayor of Singleton, Bloomfield Mining—Geoff Moore and Glencore Mining—Alex Richards

Renovations were first whispered between members around 25-30 years ago. Since then, members have done dribs and drabs in and around the hall to improve it.

When the opportunity arose to apply for a grant, members jumped at it, applying for the Community Economic Development Fund. Members were elated to hear the branch had been awarded an \$89,000 grant for the kitchen refurbishment and a further \$78,000 for the toilets. Branch President Bron Dunston thanked the community and its members who have always supported the branch—Singleton Op-Shop, Singleton Diggers, Glencore, Bloomfield, AGL, Singleton Council and Councillors, David Layzell MP, Dan Rapochole State Member, Perrum & Toohey Constructions.

Southern Highlands Evening Branch



Sunday afternoons have become “Crafternoons” for branch members. As a part of a new program, the branch members come together monthly on a Sunday afternoon to either practice their craft skills, learn new skills or bring along a project they are working on and just enjoy the company of others. Southern Highlands Evening Branch has recently welcomed a number of teachers joining the branch, largely by word-of-mouth from other teachers who joined last year and because they can come to meetings in the evening. This has brought renewed energy to the branch.

Members of a WhatsApp group within the branch have initiated a regular Saturday morning catch-up for coffee (pictured). All members are welcome. Venues change each month. This is popular and a good way to develop relationships and keep in touch during the month.

Toongabbie Branch



Photo: (from left to right): Amanda Manson (Toongabbie Branch member), Dr Hugh McDermott MP Member for Prospect, Caroline Craig (President Toongabbie Branch)

As part of the Association’s action on crime in rural areas, Toongabbie Branch sent letters based on the standard letter provided, to several local state members of

parliament. Dr Hugh McDermott, the Member for Prospect and the Deputy Attorney General for NSW, responded and invited Toongabbie Branch President Caroline Craig and Branch Social Issues Officer Amanda Manson to meet with him to discuss the issues raised in the letter. Caroline and Amanda emphasised the important points from the letter and stated that rural and remote communities deserve the same level of service and protection as their metropolitan counterparts. Dr McDermott was also given copies of the BOCSAR crime maps that reinforced the CWA of NSW position on the need to deal with rural crime.

Tottenham Branch



For the first time since COVID-19 restrictions, Tottenham Branch members enjoyed their Christmas luncheon at the hotel, with members and friends. Also members have restarted supplying afternoon tea and a gift for the long-term patients at the

hospital.

Toukley Branch



The Toukley Country Women's Association Hall recently underwent a transformative renovation, thanks to funding from the Foundation of Rural and Regional Renewal (FRRR) and the Toukley RSL Club. The upgrades included eight aluminium windows with screens, two new doors, and a sliding door—all equipped with screens.

Outside, a fresh coat of soft dove grey paint refreshed the hall's exterior, blending tradition with modernity. The Northumberland Planning Group provided invaluable assistance throughout the grant application process, ensuring the project's success.

To celebrate, the Toukley members hosted their annual Australia Day dinner. These upgrades mean the hall can

continue to serve as a central hub for community gatherings and events, embracing its heritage while embracing the future.

Woy Woy Branch



Members met with Deidra and Dee from Days for Girls Gosford North NSW Australia Team who gave us a very informative talk. Thank you to Woy Woy Branch member Katrina for organising the talk. Days for Girls is a not-for-profit organisation that raise funds to make washable, reusable sanitary care kits. They are then distributed to girls and women in need.

Alongside the distribution of these kits, they provide reproductive and hygiene education. The branch patchwork and quilters who meet on the first Saturday of every month are excited to partner with them to help achieve even more.

Do you have a story?

Send your news item with a high quality photo to the Honorary Editor, Sonia Roberts via email: nswcountrywoman@gmail.com. Enquiries: 0493 547 155

From our Groups

Wollondilly Group

Group members celebrated the Country of Study during a day out organised by Group International Officer Julie Morris: "A little bit of France in the Shoalhaven" during February. The day featured enjoyed a visit to the gardens at Merribee (Numbaa) and The Butter Factory (Pyree) for lunch with other members from the

Wollondilly Group.

About 40 ladies, including Group President, Jennifer Woodwell, (pictured at Merribee Gardens at Numbaa near Nowra), attended.

To mark the start of Seniors Week in March, members held a stall at Bowral Town Hall. Highlights of the event included entertainment and morning tea.



Garden of Remembrance

Bangalow

Beryl Patrech—a valued member for five years. Very talented at sewing and knitting. Nothing was too much trouble. She willingly took on the Treasurer's position but was forced to relinquish it due to her health. She will be remembered and missed, not only for her many craft contributions, but her friendship, her humour and her practical advice. A friend to many, gone too soon.

Batemans Bay

Lillian Burkinshaw—Branch Patron, Far South Group Patron, and a life member. Past member of Galore, Collingullie and Tarcutta Branches, Riverina Group transferring to Batemans Bay in 1986. A very active member, serving various positions at branch, group and state levels. Member of the State Land Cookery Committee and a judge. Winner of the Norma Allen Perpetual Trophy for the Far South Coast. She was a recipient at group level of The Land Newspaper Service in the Community award. Involved with raising money for medical research projects and instrumental in diabetes research and funding. She was a great encouragement to members with improving their knitting skills and musical entertainments. Lillian's dream became a reality when the new hall was opened in 2004, coinciding with the Branch's 70th birthday. Presented with a 50 year medallion. Members formed a guard of honour at her funeral. Member for 70 years—aged 92.

Bellarwi

Beryl Williams—ex West Wyalong where she was President, Vice President, International and Cultural Officer and Delegate for Council Meetings and State Conference. Beryl was a member for 44 years and was always willing to help wherever she

could; her dignity, courage and quiet grace were an inspiration to us all. Members formed a guard of honour. A treasured member—aged 93.

Pearl Woolstencroft—ex Ungarie, Parkes, West Wyalong, a member for over 72 years; awarded life membership at West Wyalong and held positions of Cultural Officer, hospital trolley, trading table and in charge of the competitions; a delegate to State Conference and attended group meetings. Pearl was featured in the CWA State Centenary Conference as a member who was 100 years old. Pearl was very active with her handicrafts with entries at State Conference and items at the Temora Craft Shop. She was always bringing plants for prizes and knitting tartan rugs for raffle days. Pearl was in good health until a few weeks before her passing. A wonderful life well lived and we will miss her jokes and short tales at the end of our meetings that put a smile on our faces. Members formed a guard of honour—aged 101 years and 8 months.

Forster

Janet Monk—ex Manilla where she nursed and managed the baby health centre, held Handicraft Officer positions in both branches and held a judges badge; a very talented lady, winning at branch, group and state levels; awarded a long service bar; a much loved member who will be missed.

Galston

Julie Sheerin—joined in 1994 and was a wonderful asset to the branch, famous for being a Cookery Officer who didn't cook! She was an enthusiastic volunteer for all the fundraisers, and we enjoyed her attendance at our meetings until ill health prevented that. A much loved member.

Pam Watson—joined in 2002 and served as our secretary; an all-rounder who had a great love of gardening, with a special interest and expertise in camellias, which she shared with her fellow members. A wonderful and capable organiser, she attended meetings until her sudden passing robbed us of this kind and wonderful woman.

Harden

Bodil Atkin—a long standing member ex Humula and Jerilderie; Handicraft Officer for a number of years and loved to work on her beautiful, prize-winning tatting; Bodil was also patron for a number of years and will be sorely missed.

Carmen Gordon—another long standing member and Group Patron; past member of Young, Boorowa and Nymagee, Carmen held the positions of Branch President, Secretary and Treasurer, and Group Secretary, Agricultural & Environmental, Cultural and Cookery Officer.

Jindabyne

Linda Nelson—member for 19 years; she loved the outdoors and living in the Snowy Mountains; she always enjoyed the friendship and activities of our local branch. We will miss her cheery greetings and happy smile.

Marshall Mount

Marlene Francis—Secretary and Cultural Officer for many years; enjoyed handicraft and cooking; she welcomed new members and was always eager to help when needed; a very loved member for 46 years—aged 83.

Millthorpe

Shirley Mayfield Moore—ex Nashdale where she was President; Branch International Officer; Group International Officer and Vice President;

attended as a Delegate for Group and State Conferences and was a passionate member of ACWW; excelled in all roles with passion and fun with her love and interest of different cultures; Shirley will be greatly missed; member for 18 years—aged 79.

Mittagong

Olga (Bernice) Curtis—an enthusiastic member for several years who, despite her age, volunteered for Cultural Officer and did an amazing job.

Mariette Lowe—a dearly loved member who always presented a smiling face at craft sessions and helpful contributions to meetings.

In her 93rd year.

Purlewaugh

Margaret Cerretti Border—a member for 44 years. Held many branch positions including Handicraft and International. Attended numerous International Study Schools at UNE Armidale, branch delegate to State Conference and recipient of a long service bar. Margaret's quiet, unassuming nature endeared her to all and she will be sadly missed and remembered.

Stanwell Park

Pauline Mitchelson—served as Group Councillor and delegate

to State Conference on many occasions; Branch International Officer for many years, also Group Publicity Officer and Group International Officer; she loved the role of International Officer and regularly sent reports via email to branch members; recently ordered a car to be able to return to a more active role in CWA; member for 18 years.

Branch Secretaries please note: notifications should be mailed direct to State Office (PO Box 222, Mascot), or emailed to membership@cwaofnsw.org.au.



Vale Elizabeth Douglas OAM

Phillip Group members, as well as her many friends in CWA, are deeply saddened by the passing of Elizabeth Douglas OAM (1930–2023).

Elizabeth joined Northern Districts Branch in 1966 and soon took on positions as Branch Secretary, then President and Treasurer until its closure in 2018 when she transferred to Eastwood-Epping Branch. Her commitment to CWA and Phillip Group continued and in 1983 she was elected Group President, then Secretary over two terms, as well as Group Representative (now SECM), Cultural and Publicity Officer.

Elizabeth was a State Vice President as well as a member of the State Cultural Committee. With a beautiful singing voice, she was devoted to the State Choir and a member of the Country Woman of the Year Committee. She loved attending Conference each year, meeting up with her many friends.

Every year Elizabeth would organise Phillip Group's Jacaranda Ferry Trip, picnic days and Cultural events. She was one of the founders of the Phillip Group Education Grants and meticulously maintained its "Bible" over the years.

Of proud Scottish heritage, Elizabeth's love of fashion and design may have started when she was a knitting book model as a child. She was very artistic and creative and sewed all her gowns and her children's clothing. With five children life was busy. Elizabeth helped her husband, Ian, run their building business, and she was involved in The Boys' Brigade, netball, church and Meals on Wheels.

She received her OAM in 2006 for services to the community. Greatly missed.



Accommodation and Mini Ads

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

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

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

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

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

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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:

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2546**

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