

The Country Woman

VOLUME 64 NO 03

Courage,
Kindness,
Strength

JUNE 2023

101st Annual State Conference
Bathurst
Monday, 8 May 2023



State Conference

101ST CONFERENCE & ANNUAL GENERAL MEETING





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

Country Women's Association of NSW Contacts

State Office

Level 2, 244 Coward St
Mascot NSW 2020
PO Box 222
Mascot NSW 1460
Ph: 02 8337 0200
Fax: 02 8338 1595
info@cwaofnsw.org.au

Honorary Editor

Sonia Roberts
PO Box 612
Narellan NSW 2567
ph: 0493 547 155
nswcountrywoman@gmail.com

Communications and advertising

Leah Gaskell
Ph: 02 8337 0200
communications@cwaofnsw.org.au

Association Patron

Her Excellency the Honourable Margaret Beazley AC KC, Governor of New South Wales

State President

Joy Beames
Ph: 0428 751 173
president@cwaofnsw.org.au

State Honorary Secretary

Pam Wright
secretary@cwaofnsw.org.au
ph: 02 6767 1044

State Honorary Treasurer

Sharyn Buck
Ph: 0410 694 910
treasurer@cwaofnsw.org.au

State International Officer

Jenny Chobdzynski
Ph: 0400 394 312
jenny.denis@bigpond.com

State Agricultural & Environmental Officer

Jenny Birtles
Ph: 0402 331 987
jenny_birtles@yahoo.com.au

State Social Issues Officer

Leonie Fish
Ph: 0417 883 737
leonief@bigpond.com

State Vice President

Judy Betteridge
Ph: 0458 655 850
betterbear5@bigpond.com

State Vice President

Jan Kerr
Ph: 0428 441 819
flyingwinejan@gmail.com

State Vice President

Penny Sloane
Ph: 0427 773 858
inverloch3@gmail.com

Chief Executive Officer

Danica Leys

Cultural Committee Secretary

Yvonne Davis
31 Tripoli Way
Albion Park NSW 2527
Ph: 0418 970 352
noddydavis54@gmail.com

Show Catering Committee Secretary

Julie Deer
Ph: 0407 178 848
deers2@outlook.com

Handicraft Committee Secretary

Geraldine Gore
Ph: 0422 353 499
cwaofnsw.handicraft@gmail.com

Hospital Support Committee Secretary

Elisabeth Hodgson
Ph: 02 4972 6176
lizzybeth65@hotmail.com

Agricultural & Environmental Committee Secretary

Toni Nugent
Ph: 0418 974 775
toni@toninugent.com.au

"The Land" Cookery Committee Secretary

Mary Hollingworth
Ph: 0429 345 255
tinkernanny@outlook.com

Social Issues Committee Secretary

Donna Kemp
Ph: 0418 619 726
gdkemp@bigpond.com

Back Cover, top: The Land Cookery judges. 2nd row: Hospital Support stand; Handicraft Champion Piece winner: Cassandra Cole. 3rd row: Viewer's Choice winner by Denise Ferrie; Agricultural & Environmental Display; Social Issues Display. 4th row: International Dolls; Show Catering stand.

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 info@cwaofnsw.org.au

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From the Editor

During my first year as Honorary Editor I was able to collaborate with a number of external agencies to source stories for The Country Woman.

The collaboration with external agencies continued when it came time to establish a judging panel for this year's Garry Prize.

What initially seemed a daunting task turned into a personal highlight of this year's State Conference.

To the team at Charles Sturt University Foundation (CSUF) Trust—you forever have my gratitude for coming on board with the judging and helping to further document CWA history. The CSUF Trust plays an important role in providing access to education along with the expertise, leadership and new knowledge required to ensure the economic, cultural, and social wellbeing of our communities.

The other highlight came with finding out more about the woman behind the Garry Prize—Past State President Agnes Garry MBE. Known to her friends as Queenie, Agnes was the first President of the Binalong Branch in 1928 and ultimately became State President in 1941. She took the helm of the organisation during World War II, and was credited with enabling the CWA to step up its wartime contribution without neglecting peacetime aims. Agnes conceived the idea of establishing the CWA Servicewomen's Club in Sydney for women in the auxiliary services. She considered the club to be the CWA's most outstanding achievement of the year. It was a pleasure getting to know you Agnes. Thank you for your service to state and country.

[Sonia Roberts, Hon Editor](#)

State President

Conference for the year has been and gone now. What an amazing week we all had. How nice to see so many first timers attending—I hope you all had a great experience. Despite the Interfaith service being affected by freezing conditions, it proved to be a good start to our week.

It is always pleasing to see motions that are well-researched and succinct presentations, and I congratulate all who participated in the process. I spoke to a junior member who was in attendance every day—her great interest was the motions and she was blown away by the whole process.

Prize winners seemed to be scattered around the state except, I noticed, the junior cultural sections. Members seem to be able to get some schools interested in International competitions, can we all try and get some interest in other areas? There are always great topics on offer for the students to select from.

I did mean to ask members who were present what they thought about totalling their expenditure for the time spent in the district where Conference is held. If we could all (including partners, friends, etc) add up our

spending it could be a good tool for future Conference Organising Committees to use when talking to their local council. It could prove very interesting when collated. I know my husband spent on groceries, fuel, coffee, meals, etc. in Bathurst and at a previous Conference he purchased farm machinery—he had time to browse there.

I am sure that many new friends were made during Conference week—a quote from an unknown source *“Friend is the finest word in any language”*.

As I write this, I am also preparing to leave for Malaysia for the ACWW World Conference. It seems that there is quite a large contingent travelling from Australia and there are many excited members. A report will be provided in the next journal.

A meeting with the NSW Minister for Agriculture will have been held by the time you receive your journal and I look forward to confirmation from other government ministers regarding our request for meetings.

There are several Facts Days planned for the coming months as well as some birthday celebrations. It will be a privilege



to meet with members at all these events.

I am reminded of the mantra below every time I see a friend that is currently in late-stage cancer and another that has now become a paraplegic. It can apply to many situations.

“Life is so short. We spend so much time sweating the small stuff; worrying, complaining, gossiping, comparing, wishing, wanting and waiting for something bigger and better instead of focussing on all the simple blessings that surround us every day. Life is so fragile, and all it takes is a single moment to change everything you take for granted. Focus on what’s important and be grateful. You are blessed. Believe it. Live your life and leave no regrets”
Melanie Koulouris

Enjoy your CWA times together.

**Joy Beames,
State President**

Captured at Conference



CEO's Report

I hope this report finds you well. It was a pleasure to see many of you at the Conference in Bathurst last month. The State Office staff appreciated the opportunity to catch up with delegates, observers, and visitors from all over the state. It was also a great chance for us to get better acquainted with the Bathurst region. I want to extend my heartfelt thanks to everyone involved in organising this successful event. The Conference required a collaborative effort, and we greatly appreciate the contributions of everyone involved.

I would like to express our gratitude to the sponsors who supported the Conference. Their presence and participation allowed us to provide the event to attending members at no cost and helped us cover the expenses associated with the livestream for non-attending members.

Our sponsors share a common interest in the issues and areas of advocacy work that we engage in. I want to thank everyone who interacted with them during the Conference.

We have wasted no time in initiating work on the various issues that became policy at the Conference. We will keep you informed of our progress on these matters through our Advocacy Updates. I would like to remind members that we have two dedicated issues-based committees: the Social Issues Committee and the Agricultural & Environmental Committee. Their role is to discuss, prioritise, and follow up on the motions raised at the Conference. These committees are always open to feedback and input on any CWA policy. You can share your thoughts through the form on their respective committee pages



on the website.

Also mentioned at the Conference was the new CWA of NSW Strategic Plan. By the time this journal reaches you, a copy of the plan will have been circulated to all members, as well as the results from the recent member survey.

For those unable to attend the Conference, we have made the livestream available via the original livestream links.

Thank you for your continued support, engagement and participation.

Danica Leys,
Chief Executive Officer



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Garry Prize Winning Essay

Introduction

The 1900 Infant Mortality Rate in Australia was 103 deaths per 1,000 live births. (ABS.gov.au/austats). The 1950 rate had dropped to 25.078. The 2022 was at 2.807 (macro trends.net/countries/AUS/infant mortality rates).

The ABS indicates this dramatic drop (1900–1950) was due to increased awareness of public sanitation and health education occurring during the 1940s.

The available figures for the Indigenous population mortality rates does not appear to be indicated prior to the year 2000. Records show for that year, the Indigenous Infant Mortality Rate was 1.9 times higher than non-Indigenous rates.

During these times (probably between 1910–1920) CWA of NSW commenced discussions on establishing a system to provide Baby Health Care Services for the women of New South Wales.

The Road Forward

CWA was supporting Bush Nurses and discovered the plight of new mothers, and mothers to be, in rural NSW. The CWA saw an opportunity to provide quality care for pregnant women and new mothers, that being baby health centres, in country towns.

Since around 1914 baby health centres had been operating in Sydney; however, this was to be a new concept in rural NSW. The Association, at their 1924 Conference in Moree, put the idea to members. A “pop-up” clinic as prepared, a specialist nurse came

along to give demonstrations and respond to the many questions. The success of the Moree experiment became the template for the future. In 1925, the first baby health centre opened in Moree. The government provided the nurse, and Moree CWA branch the building, equipment and ongoing costs.

Assistance or advice on baby's health, diet or general wellbeing was free to everyone. The clinician was there (qualified nurse and a Plunkett qualified provider, in turn recognised by the Australian Mothercraft Society—today's Karitane organisation). There was also the opportunity for the nurse to provide ongoing health care for the baby's mother, domestic hygiene and other children within the family.

In time a railway carriage (which covered the Bourke, Cobar and Brewarrina line) was fully fitted out complete with nurse's sleeping quarters offering services to outlying rural regions.

Eventually over 47 Baby Health Centres were opened across rural NSW providing care for mums and their babies, CWA branches provided facilities for feeding and changing, whilst also allowing mums to meet with other mums to share experiences.

The Road Today

Today, Child and Family Health Services provide a free service for parents and carers of new babies in NSW. They offer health, development and wellbeing checks for babies as well as support, education and information on all aspects of parenting.

There can be no doubt that the incredible drop in Infancy Mortality was, in no small way, attributed to the work of CWA, their belief in getting things done and the challenge of achievement. However, their legacy will be

shown in those who survived, those who lead the challenge, those who believed and those who raised the money to provide.

Barbara Hale, Mudgee Evening Branch

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State International Information Day

For International Officers and interested members

- **Gilgandra:** 9th September, Gilgandra CWA Rooms
- **Grafton:** 16th September, Grafton CWA Rooms
- **Gundagai:** September, Gundagai (date & venue TBA)

9.30 for registration; 10am until 2pm.

Cost \$20 includes morning tea and light lunch.

Maximum 35 attendees.

RSVP by to State International Officer, Jenny Chobdzynski (jenny.denis@bigpond.com, 0400 394 312) with your name and contact details by **31st August**.



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Handicraft Report

Hello everyone,

What a wonderful Conference we had. I hope you were able to attend the Conference and view the wonderful Handicraft exhibition or see the photos presented on Facebook. You will find the results in this issue of the journal.

We had a wonderful hall for our work and many comments were made by viewers. I would like to thank all members of the Organising Committee and also the number of volunteers we had to help us set up, take down

and man the hall during the Conference. The help was much appreciated. Sandy, our shop coordinator, had a very busy time and a very successful stall of handicraft items. Denise, our Treasurer, also reported good sales and a thank you to Group Treasurers for getting tickets back to her for Conference. A big hello to two of our members, Ailsa and Carol who, because of illness, were unable to attend the judging and the Conference.

The judging was again held two weeks prior to Conference and we were all very grateful to be able to go home and have a few days off before the work began again. Thank you to the Organising Committee for working with us to achieve good outcomes. We unpacked, judged and packed again, almost 500 items in three and a half days, then held a meeting to confirm the schedule for 2023/24. Well done ladies.

Nominations closed at the end of March for the Handicraft Committee; however, we are a couple of people short. If you have been thinking about taking part, please fill in the nominations form, which is available on the website, and have it in to State Office prior to the end of June. Our AGM is not until November; however, Executive vote for the Committee at July Executive. Please consider this venture. You will be made most welcome. We have only four meetings a year, usually when we do workshops, etc, in the groups and then of course, judging and Conference.

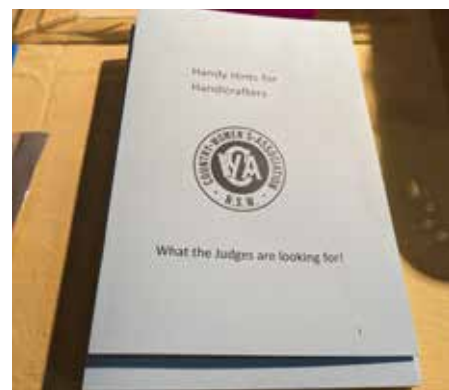
We are having a workshop and meeting in Quirindi in August and you will also find the coupon for this in this issue of the Journal.

The schedule for 2023/24 is complete and will also be in this journal. The Branch challenge for this year is four glasses (spectacle) cases to be presented in an A4 Ziplock bag.

Please don't forget that this is a challenge for four members of your branch to take part in, even if it is only for one person to select a pattern, one to provide/choose fabric, one person to sew, etc—a real team effort.

We had been thinking that we do not see a lot of the “old-fashioned” stitches, crafts, etc, so there will be a “Chairperson’s Choice” section each year. It will only be a small piece, no larger than 30cms x 30cms and this year the craft is goldwork. There is a lot of information on the web and also many libraries have books about this type of work.

We have updated the “Handy Hints” booklet and these sold well at Conference and will be available from Lyn Hirst, 24 Jamieson Street, Emu Plains 2750 after June. They are \$5 per copy, plus postage. Please try and have at least one copy in your group and/or branch.



Please, if you have any issues, comments and/or compliments to make about anything Handicraft please contact the Handicraft Committee directly.

Handicrafts are meant to be enjoyed so now the winter weather is approaching, gather your supplies and get started on your entries for next year.

Good sewing,

Ruth Shanks, AM,
Chairperson

Handicraft Workshops at Quirindi 5th-6th August 2023

I wish to attend **the Finer Points of Handicraft and Information Day** on 5th August (\$30.00 for morning/afternoon tea/ lunch).

I wish to attend a **Techniques and Judges Day** on 6th August cost \$30 (includes morning/afternoon tea/lunch).

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International Report

As I write this report, we are coming to the end of the State Conference and preparing to attend the ACWW World Conference in Malaysia. A total of \$935.25 was collected for ACWW during the State International Meeting at the Conference. My thoughts and best wishes go to our NSW nominee for the next South Pacific Area President, Lyn Braico. I would like to thank Gail Commens for her tireless service as the South Pacific Area President for two terms. Gail has worked non-stop for ACWW through tough times with natural disasters across the Pacific Region, floods and fires in our own state, and the restrictions of the pandemic. Congratulations and thank you, Gail.

I have enjoyed visiting a number of branches and groups, taking part in events across the state. Highlights include the inaugural Gilgandra Film Festival, visits to Gunnedah Branch for February Executive, Little Billabong's birthday celebrations, Goolgowi, Robertson, Ardlethan, Jinderra, Coleambally, to name just a few, for branch and group events.

My sincere thanks to the members of Phillip and Nepean Groups, coordinated by Margery East, who prepare and package Material Aid parcels to the Pacific Islands, and to the staff at State Office who despatch everything. From June 2022 and the opening of international borders, a total of 68 parcels have been sent out to Fiji, Kiribas, Tuvalu, Timor Leste, Tonga, Samoa and various areas in PNG. This aid is only possible through the ongoing generosity of members in donating both money and sewing supplies.

Similarly, it is only through the assistance of members that we can continue with Mother & Baby Packs. I have recently reconnected with Rotary, and we are now collecting items once again to be sent to PNG with the next Rotary

shipments. Please refer to the list of items required; a copy has been sent to all Group Officers. Items need to be new, not used, due to import regulations both here and overseas. Please note we still collect stamps, postcards and foreign coins; the sale of these is a great help financially. Many thanks to Monaro Group in looking after the stamp sales.

Since November 2022 CWA of NSW has donated \$50,000 to Türkiye/Syria Red Crescent; \$10,000 to Médecins Sans Frontières for their work in Ukraine; and \$2,000 to MARTA, a women's organisation in Latvia, to support their work with disadvantaged women and families including Ukraine Refugees.

ACWW has been undergoing change and I have been involved in monthly Zoom meetings with London receiving updated promotional materials, reports on Projects and taking part in discussions about ways to further promote this organisation. I would like to report that since May 2022, CWA of NSW has donated \$25,899.54 to ACWW, a great effort given the pandemic and catastrophic weather events that have affected our state.

I commend branches and Groups for continuing to engage with their communities, their local schools and supporting all things International. This year 27 Group Reports were submitted, and 26 groups submitted at least one entry in the International Competitions; this is a wonderful testament to members' willingness to embrace other cultures and the strong commitment to helping others. I would like to thank Wendy Arentz and the lovely Amos, for translating an entry that was written in braille; congratulations to the young lady who submitted the entry. Latvia has been a great country to study, and it has been

eye-opening to find just how many branches and Groups have connections to people of Latvian heritage. The Latvian Embassy and Latvian Association have been extremely helpful and welcoming, and I thank them most sincerely for engaging with us this year. I would like to commend all who entered the various competitions at branch, group and state level, and congratulate those who have won awards.

While we are now in an interim period until the next Country of Study is announced in October, there are groups and branches who are yet to hold Latvian events and I wish you happy days. Please remember our focus is on our own areas just now, as well as ACWW. Group Officers have been sent resources to promote ACWW and more information will be given at the International Information Days which will be held in Gilgandra, Grafton and Gundagai in September this year (see information page 6). I have circulated details about written entries for this interim period and a new challenge for our crafty members. With the South Pacific (SPA) Area Conference next year, we will be looking at items to donate or sell. Details of the competition for the planned calendar have already been circulated.

Please note that Coins for Friendship donations are now banked as donations for the Rural Women in Action Fund; this is an easy and valuable way to collect donations to assist the work of ACWW.

Have courage to take just one step, embrace kindness and remember—together we are strong. *"You've got to try a little kindness, yes, show a little kindness"*—Glen Campbell

Jenny Chobdzynski,
State International Officer

Agricultural & Environmental

As this is my final report as the Chairperson, I would like to take this opportunity to thank the Agricultural & Environmental Committee members for their support over the past two years, as I have said before it hasn't been easy and as obstacles have been put in front of us but we have managed to reach the other side. A big thank you to all who participated in the competitions and congratulations to the winners. The display at Conference this year was amazing with an array of entries in the Recycled Article

Competition; I can't believe the work that you all do each year.

The hemp display was fantastic; the information and the display of the variety of uses of hemp was unbelievable from clothing to chocolate and equine products—it certainly enlightened me. A big thank you to the branches involved—it certainly was a point of interest.

Thank you to the committee members who assisted with the judging of all sections and I know your decisions were not easy.

I'm hoping to catch up with

many of you at the Agricultural & Environmental Field Day at The Mulloon Institute on Monday 11th September 2023.

Margaret Barrett,
Agricultural &
Environmental Officer



Social Issues Report

Thank you to members who have brought issues to light for the Social Issues Committee to investigate.

The new Family Law Proposals are of concern to some as there may be a negative impact on many in rural and remote individuals and families. It was encouraged to seek further understanding from local members of Parliament.

Poverty is increasing and this will be further investigated as it is part of the big picture we are facing with homelessness, housing issues and domestic violence.

The recent announcement on pharmaceutical changes is to be monitored and further action will take place when the issue is more fully discussed.

Council of the Aging (COTA) is continuing to ask for our support in promoting "Living Longer, Living Stronger". They are concerned that many are not appropriately exercising enough to keep bones healthy. The Fracture Alliance and Australia New Zealand Hip Fracture Registry (ANZHFR) are endeavouring to bring greater awareness of the importance of

keeping healthy.

Health Issues are playing a big part of our investigations at this time. The Health Report shows the areas that the government is endeavouring to make positive moves for better health services to all in regional, rural and remote areas. The Committee is monitoring these improvements and will follow up on areas that are not being adequately supported.

We are happy to note that The Men's Table, a not-for-profit support group for men to "meet and eat" in a safe environment, and be confident to share and connect in a peer support situation, is continuing to grow. CWA is not directly involved but is providing information in regional areas on how and where it is possible to promote The Men's Table. A few CWA branches have been contacted to assist and thank you to those branches as they have been very supportive. It is a very slow process so only a couple of groups are being established at any given time.

Last year, CWA launched a

presentation on Wills and Estate Planning. This presentation continues to be available on the CWA website. Access is via Committees—Social Issues, and then click on the link.

The link for members to forward issues to the Social Issues Committee is also found on this page. Please use this form to let the Social Issues Committee know of concerns/issues that you would like further information.

Leonie Fish
State Social Issues Officer

Privacy of members' contact details

Reminder to Branch and Group Office Bearers: when sending mass emails, members' email addresses should be hidden by using the "bcc" or "blind carbon copy" method. The only exception is where all the recipients have given permission for their details to be shared. It's important to protect an individual's privacy and not share details without prior permission.

Show Catering

Firstly, huge thanks to the Committee: Anne Kotz (Treasurer), Donna Robertson (Volunteer Supervisor), Mardi Walker, Barbara Veness, Julie Deer, Constance Eugene-Symonds, Janet Twohill, Joss Parker, Marie Bonanno, Marie Bradbery, Denise Wesker, Kae Anforth, and Merrie Hunt; the Supervisors: Joy Beames, Virginia Stuart, Colleen Yates, Barbara Reichert, Lynne White, Helen Pegler, Rhonda Merchant, and Jenny Le Gros; and the volunteers. These women (and blokes) are fantastic and worked tirelessly at the CWA Tea Room at the recent Royal Easter Show.

Whilst we didn't break any scone records, we made 43,131 scones. We also made sandwiches and salads, cooked fish and chips, sold pies and quiches, and homemade cakes as well as a variety of drinks. The cakes were delicious, all homemade by Marie Bradbery and her team.

We are indebted to our sponsors:

- The Manildra Group who supplied over 2.5 tonnes of scone mix,
- The Little Big Dairy, a family run operation from Dubbo who donated most of the cream,

- Pepe Saya's Australian Cultured Butter—pure churned handcrafted butter,
- Madura for some of the tea,
- Sunshine Sugar for the sugar sticks,
- Nestle for the coffee and hot chocolate,
- and new sponsor Cowra Farm Eggs for 105 dozen eggs (the extra 5 was in case I broke any on the way to Sydney!)

We purchase the jam for the scones from Beerenberg and they kindly donate two very generous hampers. This year that raffle raised \$9,736—an all time record.

The Promotions Table was loaded with homemade goodies which the public loves. Thank you to those of you all around the state who made jams, relishes and cakes. Your efforts are very much appreciated.

Thank you also to the staff at State Office, in particular thanks to Leah Gaskell for a fabulous slide show which ran continuously on three screens to showcase the work of the CWA.

The volunteers are the back bone of our operation. This year we

had 266, being 172 members, and 94 non-members, 93 actually, as the "first man", Ken Beames, deserves his own category. Along with State President Joy, he came every day—a sterling effort and very much appreciated.

Volunteers receive free entry to the Show to enjoy before or after their shift. I urge you to consider helping us next year. The dates are 28th March to 8th April. For every shift worked this year, each volunteer received a ticket in a draw for one of two \$100 gift cards to the restaurant, Mrs Jones, at the Orient Hotel in the Rocks, kindly donated by member Denise Wesker's son.

This year was extra special as we celebrated 75 years of the CWA Sydney Royal Easter Show Tea Room. We had a special afternoon tea, with a 75th celebration scone cake, and were delighted to have with us State President, Joy; State Secretary, Pam; and State Treasurer, Sharyn.

Whilst the Tea Room is a lot of work, it is very satisfying from many aspects. It is a chance to make new friends and catch up with old. It is a wonderful PR exercise for CWA and it is our largest money making venture.

PS. I can't tell you what the result is from this Show as there are still a few accounts to pay; however, I can tell you it will be a record donation. Come to the Conference at Coffs Harbour and we will tell you next year!

Rowena Casey,
Interim Chairperson



Image captured by Salty Dingo on behalf of the NSW Government

Easter Show 2024

The Sydney Royal Easter Show 2024 will be held 28th March to 8th April.

Details about how to volunteer for the CWA Tea Room will be in the December journal.

State Cultural Report

To say the weather was cold during State Conference at Bathurst would be an understatement; however, in the Catholic Cathedral Parish Hall, where the Cultural Committee happily shared the space with the Social Issues Committee and the Publicity Support Forum, we were warmed by the friendship of members and visitors and the welcome extended to us by the local volunteers at the adjoining Cathedral shop and cafe. We also had access to three quite lovely air conditioners! We worked setting up the painting, photography, porcelain art and literature displays from Friday to 2pm Sunday when we had the judging. Thanks to Mr Grahame Martin, noted prize winning local artist and member of the Royal Art Society of NSW, the Victorian Artists Society and the Australian Guild of Realist Artists for being this year's judge. The Exhibition was impressive and receiving positive comments, along with lots of compliments and congratulations, was very gratifying. The Viewer's Choice, capably organised by Liz Lazzaroni, saw nearly 300 attendees cast their vote. As an incentive to be involved, a ticket draw secured one lucky participant, Lynette Trupp, a prize. The winning work, titled "Rosanna" was by Denise Ferrie (Tuggerah Lakes Branch, Northumberland Group). Her painting, in the Flora and Fauna



Norma Power, Lynne Dunn, Eva Campbell and Elizabeth Lazzaroni at the Cultural display

Section, was of an exquisite pink rose. Congratulations, not only to the prize winners but to everyone who entered to create such a fantastic display of talent across fine arts and literature. The stunning Cultural Book entries illustrated the huge diversity of activities in branches where immersion in culture is thriving.

Comments on the Cultural Presentation on Thursday were also gratifying. To answer some questions which arose around introducing the report with an Acknowledgement of Country (when a Welcome to Country, and an Acknowledgment, had been included in Monday's Opening Ceremony) it is protocol to start a formal presentation by addressing the Chairperson and the audience, and a reference to the traditional custodians of the land on which the meeting is being held. If present, an indigenous person from that Country gives a Welcome; an Acknowledgement begins an address by a person with a different personal heritage. As this is part of contemporary Australian culture, it's best practice for the Cultural Committee not to make errors of protocol. Respecting an enduring connection to culture and the land has modern relevance to all of us hence the addition of a link to, "while endeavouring to uphold the example the Wiradjuri people set to walk together gently and non-destructively on this land."

The Cultural Report for 2022/23 can be found in the Association's Annual Report. Thank you for taking the time to read this. As a broader, written overview of the past twelve months this report differs from the verbal, and time constrained address given at Conference. Following requests for a copy, part of the Conference report follows:

"It is with admiration and gratitude that I commend the

talented members appointed to the 2022/23 Cultural Committee to you. Each member makes an outstanding contribution towards our understanding and enjoyment of Australian culture. May I take the opportunity to respond to comments made recently by a member who queried the relevance of culture. Cultural significance is embodied in the fact that we are each defined as human beings by our experience of culture. As individuals, each one of us is unique, and so is our personal story. Your story relates to you and your experiences, to the people you already know, respect and love, to the groups you form a connection with, such as the CWA, the wider community in which you live, work, volunteer and worship, and indeed, to the impact all the people you have yet to meet, and come to know, will have on your life. Your heritage, traditions, customs and beliefs make up your personal story, and collectively these stories are the most powerful developers of the narrative that shows us who we are and contributes to our national identity. The arts, as part of our culture, in every diverse form and at every level, from national award-winning works to the workshops and competitions held by our Association, are all expressions of Australian culture at a particular point in time. To understand and appreciate our culture is the key to being a better citizen and contributing to the creation of the best society for our nation, and our world."

Be sure to note the entry form—in this journal—which is to accompany your Branch's entry in the "about Your Place brochure" competition. Entries are to be posted to the Committee Secretary, Yvonne Davis, by 15th November. Enjoy being creative!

Eva Campbell, Chairperson

Hospital Support Report

Since our last report Hospital Support Committee members and friends to the Committee have been kept very busy. A large donation of calico dolls was taken to the Prince of Wales Children's Hospital with some also being given to paramedics in the Western region near Dubbo. Colourful fleece patchwork rugs and knitted teddies were donated to the Edgar Stephens Ward for long term heart patients at Westmead Childrens Hospital; and soft toys and teddies were donated to the Northmead Ambulance Superstation. Five patchwork quilts and "teds in beds" soft toys, were given to Ronald McDonald House at the John Hunter Hospital where the Hospital Support Committee continues to sponsor a room. Baby items were also taken to Dubbo Hospital.

Donations including rugs, children's knitted jumpers & beanies, baby hats & booties were included in the various items given to the StreetHearts Charity. There were several deliveries to Sew for Change in Canberra which included knitted & crocheted baby items, beanies, T jumpers and preloved babywear

(we can only accept new items now). Beanies & rugs went to "The Glen" Women's Rehab Centre, and adult beanies and toiletries were donated to the not-for-profit "Shoebox Revolution" on the Central Coast for distribution to homeless women and men. The last remaining boxes of unwanted lamb T jumpers were given to Rotary for delivery to Coonabarabran for their true intended use. Please do not send us anymore as we do not use them.

We had an enjoyable time at Conference meeting members, and discussing the Hospital Support Committee, and the ways they can support our Committee as well as how they assist locally within their own communities. Support of our display, raffle and stall was greatly appreciated, with funds raised going towards our operational costs including the Ronald McDonald House room sponsorship.

Maroubra Knitwitz again made a generous donation of handmade items which we took to Bathurst where they were picked up and taken to the Northern Tablelands for local distribution. Adult knee

rugs were also transported to Bathurst for collection and distribution to Nursing Homes in the Murrumbidgee-Lachlan area.

Thank you to the branches who dropped off donations at our display with many of those items finding new homes before we returned to Sydney.

Whilst at Bathurst we were also able to donate small knitted soft toys to the State International Committee for ACWW members and delegates to take to the ACWW Conference in Malaysia for distribution by the organisers.

As the Conference was coming to an end the Committee packed up a lot of our remaining stock of premmie & ordinary baby wear, children's clothing, soft toys, rugs and adult beanies which were then donated for use in the Bathurst region with a large proportion of the items being given to Central West Women's Health.

Our next meeting and packing days will be held on Wednesday 24th May and Thursday 25th May 2023 at Mascot.

Sue Vassie, Chairperson

State Cultural Competition: "About Our Place" Branch Competition Entry Form

Branch: _____

Name: _____

Mob/phone: _____

Email: _____

Signature: _____ Date _____

Please post this entry form along with your Branch's brochure to:

Mrs Yvonne Davis, Cultural Committee Secretary
31 Tripoli Way,
Albion Park NSW 2527

Entries close 15/11/2023

2024 Conference: Coffs Harbour



The 2024 State Conference will be held Monday, 6 May–Thursday, 9 May at C.ex Coffs with registration and church service on Sunday 5th May. More information will be available in the December Journal.

The Land Cookery Report

Congratulations to all of the winners of The Land Cookery competition. There were some outstanding exhibits that arrived. It made it both very difficult and a treat for the judges. A big thank you to the wonderful ladies who volunteered and helped us out. Despite the cold, unheated Scout Hall there was a warm atmosphere. We will be asking for help again at 2024 Conference. The 2023 competition saw 5,225 entries judges across the NSW.

The new schedule is out and has some new additions, noting most sections run for two years and it is at our Jan 2024 meeting that many changes are done, so if anyone has suggestions/recipes please send onto us before this. The schedule has some set recipes, and on the CWA website there will be suggested ones

where it is your own recipe choice. We hope there is something in it for everyone.

The judges List and all The Land Cookery Information is available by going to the members portal and scrolling the downloads to find The Land Cookery and in the Procedures Manual under The Land Cookery. As always, please contact us with any queries. social media has its place but for baking questions and problems please contact us directly.

There was much discussion at our May meeting about entry fees and the buying back of cakes. We will be looking at this in conjunction with the budget, as the annual expense of bags, boards and printing of the schedules is costly. A decision will be announced at a later date.

The Committee will be holding Zoom meetings for judges to discuss the new schedule, what we are looking for, best practices, complaints received and any other issues. They will be held on Wednesday 3rd July at 6pm and Saturday 8th July at 4pm. Judges will be contacted soon with the option to participate. Members will be offered similar forums at a later date.

There are upcoming "How to Days" at Wollondilly, Illawarra, Phillip, Monaro and Murrumbidgee-Lachlan, so please look out for these, if you wish to attend.

Thank you to the fabulous ladies of The Land Cookery Committee, who make my job so easy.

Ellice Schrader, Chairperson

Feeling low, stressed or anxious?

MindSpot can help.

MindSpot is a free, digital mental health clinic for all Australians. We provide online assessment and treatment to adults experiencing anxiety, depression, OCD, PTSD and chronic pain.

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



State Handicraft Schedule 23/24



State Handicraft Exhibition Schedule 2023/2024

Each Exhibitor in the Group Competition **must** be a financial member of CWA of NSW.

All knitting and crochet items **must** have a label or strands attached.

Each Article must have been completed within 2 years of the current State Exhibition. Soiled work will **not** be judged.

Each article must be the work of the exhibitor and work which has been entered in **any** section at a previous State Exhibition is **not** eligible again.

Maximum size of any framed work must not exceed 50cm X 40cm (unless otherwise stated by the committee) and must be in a padded fabric bag with name, branch and group attached.

Quilts and rugs must be **no larger than** 220cm X 220cm. If quilted by another person, there must be a label attached stating this.

Group Competition

Each Group to enter eight articles (if possible) of any handicraft technique for Group Competition which **must** include at least one garment or article of knitting/crochet in **pure wool** but not more than 2. Painting, pottery, diamond dots, scrapbooking and mosaics are not included in Handicraft techniques.

Bonus points will be given for presenting 7 "different" techniques plus 1 pure wool

article.

Open Classes

CLASS A: Garment or article of craft made by a member 80 years and over.

CLASSES B1, B2 and B3: these classes are open to any child residing in NSW and ACT. Age as of 1st May in the year of the State Exhibition and must be stated on the article tag and on the entry form.

CLASS B1: Any Article of craft made by a junior 8 years and under (commercial quilting allowed).

CLASS B2: Any article of craft made by a junior 9–12 years of age (commercial quilting allowed).

CLASS B3: Any article of craft made by a junior 13–18 years of age (commercial quilting allowed).

CLASS C: Branch Challenge

4 spectacle cases presented in an A4 size zip lock bag.

This is a branch challenge and therefore at least 4 or more members of the Branch **must** be involved in producing the items, even if it only accessing the pattern, providing the fabrics, etc.

CLASS D: Article of craft made by a male relative of a CWA member. Max size 30cm X 30cm.

CLASS E: Chairperson's Choice.

Goldwork: an article no larger than 30cms X 30cms using the technique of Goldwork. This section will be used each year with a different focus technique chosen to encourage revision of

earlier techniques.

Natural Fibres Section (Sponsored By The Land)

This section is open to **all** residents of NSW and ACT.

All articles must have at least 70% Natural Fibre. Labels and/or strands must be attached to each entry.

Section 1: Knee or Cot Rug (any technique) using commercial natural fibres—max 150cm X 150cm.

Section 2: Hand knitted garment or article from commercial natural fibres 5 ply or finer.

Section 3: Hand crocheted garment or article from commercial natural fibres 5 ply or finer

Section 4: Hand knitted garment or article from commercial natural fibres 6 ply or thicker

Section 5: Hand crocheted garment or article from commercial natural fibres 6 ply or thicker.

Section 6: Hand knitted garment or article made from natural fibre hand spun by the maker.

Section 7: Hand crocheted garment or article made from natural fibre hand spun by the maker.

Section 8: Garment or article made from natural fibres (not knitting or crochet—no quilts)

Section 9: Felted garment or article.

The Land

Cookery Schedule



Rules

Please read carefully

This Contest is conducted by the State Land Cookery Committee of the Country Women's Association of New South Wales.

Who can enter: The Contest is not restricted to members of the CWA; it is open to any person residing in NSW and ACT.

How to enter: Competition commences at branch level. Each branch conducts its separate contest (or selection process where branches do not have enough competitors) at any time that is considered suitable. First and second prize winners must be two different competitors who will then be eligible to enter group semi-finals. First prize winners only of group semi-finals are eligible for the state final conducted concurrently with the CWA Annual General Conference. This is a competition that is conducted from branch to group and then to state level.

Entry Fee: \$1 per section entry to be collected at branch level only. Those who progress to the group semi-finals and state final are not required to pay a further fee. The entry fee, plus proceeds of the sales of entries, and any other monies raised at a branch competition, shall be sent through the Group Treasurer to CWA State Office. Proceeds are made available to the State Land Cookery Committee on request.

"The Land" newspaper coupon: an original 2023/2024 coupon must accompany each section entry at state level only, otherwise they will be disqualified. Each section entry requires a separate coupon.

Judges: Branches and groups will appoint their own judges, **but** judges and stewards for the state finals will be appointed by the CWA State Land Cookery Committee Chairperson. The judges decisions are absolutely final and not to be questioned or discussed with the judges.

Additional sections: Branches may include additional sections in their branch contests, and award additional prizes but prize winners in such sections will not compete in the semi-finals or state finals of the contest.

Sale of exhibits: Exhibits may be sold at branch and group level. However, all exhibits become the property of CWA at state level. All entries in the state finals will be displayed and then sold. Proceeds of the sale will be added to the State Land Cookery Committee funds. Owners may purchase their exhibit, if they inform the steward when entering their exhibit at state level.

Labels: As entries in the state finals will be available for sale they must be accompanied (not attached to the entry) by a CWA approved ingredients label. Labels are not required at branch or group semi-finals unless the exhibit is to be sold.

Prohibited: Ring tins are **not** to be used throughout the contest. **no visible rack marks** on entries. **package mixtures** are **not** to be used in any **section** of the contest. **frosting** is not to be used unless otherwise specified.

Special "The Land" Awards for Branches Judged on Ratio of Members Entries

Branches with 15 members and

under with most entries in Cookery Competition: First \$150; Second \$75; Third \$25. Total \$250.

Branches with 16 to 25 members with most entries in Cookery Competition: First \$150; Second \$75; Third \$25. Total \$250.

Branches with 26 to 50 members with most entries in Cookery Competition: First \$150; Second \$75; Third \$25. Total \$250.

Branches with over 51 members with most entries in Cookery Competition: First \$150; Second \$75; Third \$25. Total \$250.

Section One—Boiled Fruit Cake

Your own favourite recipe may be used.

Prize—1st \$120; 2nd \$80; 3rd \$40; Total \$240

IMPORTANT: Fruit cakes must not be iced, glazed or decorated and observe the 250g butter basis as the standard mix for size and weight. No tinned pineapple. Tins must be 20cm round or square. A cut cake can be entered at the group semi-final but will **not** be accepted at state finals.

Hints to the competitor: A suggested ratio is 250g butter, 250g brown sugar, 1250g fruit. Nuts, if used, should be cut to a size that will not interfere with the cutting of the cake. Slow baking is necessary to bring out the colour and texture.

Points to be looked for in judging: Smooth, even top, well risen and slightly rounded towards the centre, but not peaked. Smooth, evensides with no white patches or

blotches on the surface. Browned evenly on sides, top and bottom. Texture should be fine and even, with no holes or tunnels; moist but not heavy or doughy. Fruit should be evenly distributed, and a good balance of fruit and mixture. Should not be over-flavored with spices and essences so that the natural flavor of the fruits is lost.

Section Two—Sultana Cake

Your own favourite recipe may be used.

Prize—1st \$80; 2nd \$60; 3rd \$40; Total \$180

IMPORTANT: refer to Section One. There must be no nuts, cherries or peel in or on the cake.

Hints to the competitor: A suggested guide for proportion of fruit and mixture is 250g butter, 250g sugar to not more than 500g sultanas.

Points to be looked for in judging: Evenly cooked on top, sides and bottom, and light in color. Texture should be fine and even with no holes or tunnels; moist, but not heavy or doughy. Fruit should be evenly distributed and a good balance of fruit and mixture apparent.

Section Three—Boiled Fruit Pudding

Your own favourite recipe may be used.

Prize—1st \$120; 2nd \$80, 3rd \$60; Total \$260

IMPORTANT: competitors must observe the 250g butter basis as the standard mix for size and weight. Minimum presentation weight 1.5kg. Pudding must be boiled in a cloth. A cut pudding can be entered at the group semi-final but will NOT be accepted at state finals.

Hints to the competitor: A suggested ratio is 250g butter, 250g brown sugar and approximately 1250g fruit.

Points to be looked for in judging: The pudding should be a nice

round shape with characteristic smooth even flour skin. The colour should be rich and dark and be even throughout. There should be no holes in the mixture and no soggy, wet or mouldy patches. It should have a well-balanced fruity flavour.

Section Four—Plain Butter Cake

Your own favourite recipe may be used.

Prize—1st \$50; 2nd \$30; 3rd \$20; Total \$100

IMPORTANT: May be baked in any deep 20cm tin except a ring tin. There must be no fruit, nuts, cherries or peel in or on cake. Cake must be presented as baked (not trimmed), uniced and without decoration.

Hints to the competitor: Essences may be used if desired.

Points to be looked for in judging: The sides should be smooth with the height of the cake in proportion to the size of the tin used. The top should be smooth and slightly rounded. The texture should be even, fine and moist without holes or tunnels. Cooking should be even right throughout, and the cake should not be crumbly or soggy.

Section Five—Chocolate Butter Cake

Your own favourite recipe may be used.

Prize—1st \$50; 2nd \$30; 3rd \$20; Total \$100

IMPORTANT: May be baked in any deep 20cm tin except a ring tin. Cake must be presented as baked (not trimmed) and iced on top only with chocolate glacé icing.

Hints to the competitor: Icing should match the colour of the cake when cut.

Points to be looked for in judging: See Section Four. The cake should have a rich dark colour evenly around the base and sides.

Section Six—Marble Jaffa Loaf

Recipe supplied must be used.

Prizes—1st \$50; 2nd \$30; 3rd \$20; Total \$100

IMPORTANT: Bake in a loaf tin 14cm x 24cm approximately. Loaf must be presented as baked (not trimmed) and iced on top only with glacé chocolate icing.

Hints to the competitor: The two colours and flavours used to create the marble pattern should be balanced so that one does not dominate the other. Icing should match the colour of the chocolate marble when cut.

Points to be looked for in judging: See Section Four. Clear marbling pattern evident when cut.

Section Seven—Moist Apricot Roll

Recipe supplied must be used.

Prize—1st \$40; 2nd \$30, 3rd \$20; Total \$90.

IMPORTANT: To be made in a roll (cylindrical) tin only.

Hints to the competitor: The 'roll' must be flat at both ends.

Points to be looked for in judging: Dried apricots should be cut into even sized pieces and evenly distributed through the loaf. Texture should be close and firm without holes or a damp soggy middle.

Section Eight—Ginger Fluff Sponge

Your own favourite recipe may be used.

Prize—1st \$60; 2nd \$40; 3rd \$20; Total \$120.

IMPORTANT: Bake in two 18 cm or 20 cm round sandwich tins. For branch and group semi-finals fill with mock cream. For state finals present unfilled.

Hints to the competitor: Weigh the mixture in the tins and tap tins before baking to ensure even layers and texture.

Points to be looked for in judging:

Well risen and in proportion to the size of the tins. The tops should be level and a golden-ginger colour overall. Texture should be very light and fluffy, with a soft elastic crumb. Ginger and hint of cinnamon flavour evident.

Section Nine—Gluten Free Whole Orange Cake

Your own favourite recipe may be used.

Prize—1st \$40; 2nd \$30; 3rd \$20; Total \$90

IMPORTANT: May be baked in any deep 20 cm tin except a ring tin. Cake must be presented as baked (not trimmed), uniced and without decoration.

Hints to the competitor: Boiling the oranges whole removes the bitterness of the pith and softens the skin. Ensure your baking powder and other ingredients are gluten-free.

Points to be looked for in judging: Smooth, even sides and base with flat top. Rich orange colour and flavour. Moist, damp sticky texture that should not crumble when cut.

Section Ten—Almond Bread

Your own favourite recipe may be used.

Prize—1st \$40; 2nd \$30; 3rd \$20; Total \$90

IMPORTANT: Six pieces to be presented, cut at approx 2-3 millimeter thickness.

Hints to the competitor: Once baked return to a very slow oven until it is absolutely dried and crisp.

Points to be looked for in judging: Uniform shape and size. Pale colour with nuts evenly distributed. Flavour of nuts should be evident.

Section Eleven—Remembrance Biscuit

Recipe supplied must be used.

Prize—1st \$40; 2nd \$30; 3rd \$20; Total \$90

IMPORTANT: Six approx 4cm round biscuits to be presented, rolled to approx 3mm thickness. No

decoration on top.

Hints to the competitor: See recipe provided.

Points to be looked for in judging: Even in size, colour and thickness.

Section Twelve—Zucchini & Capsicum Pickles

Recipe supplied must be used.

Prize—1st \$40; 2nd \$30; 3rd \$20; Total \$90

IMPORTANT: Must be presented in approximately 250 ml size glass containers with screw-on non-commercial tops. They must be securely sealed. If there is no alternative, commercial jar tops may be used if the brand is covered. It is advisable to retain some unopened jars of the same batch, as jars opened at branch or group contests are not eligible for the finals.

Hints to the competitor: Vegetables should be cut into "bite" sized pieces. They should be firm but well cooked. Over sharpness and sweetness of flavour should be avoided. Jars should be filled to within 1 cm from the top. Ensure rim of jar and inside of lid are clean before presenting for judging.

Points to be looked for in judging: Sauce should be smooth and of medium thickness. Colour should be attractive with an appeal to the palate. Flavour and general appearance are all-important.

Section Thirteen—Lemon & Carrot Marmalade

Your own favourite recipe may be used.

Prize—1st \$40; 2nd \$30; 3rd \$20; Total \$90.

IMPORTANT: See Section Twelve.

Hints to the competitor: Shred rind finely. Slow cooking is required to soften the rind in the first boiling before sugar is added. Jars should be filled to within 1cm from the top. Ensure rim of jar and inside of lid are clean before presenting for judging.

Points to be looked for in judging:

Flavour is the deciding factor, but general appearance is important and consistency should be neither sticky or syrupy. The rind should be tender and evenly distributed. This marmalade is a golden orange when first made and darkens with age.

Junior Section For Competitors 12 Years and Under at 31 March 2024

Section Fourteen—Decorated Cupcakes

Your own recipe and creativity may be used.

Prize—1st \$20; 2nd \$15; 3rd \$10; Total \$45. Glad Shute Memorial Award—1st \$20; 2nd \$15; 3rd \$10; Total \$45

IMPORTANT: Baked in a regular base muffin tin, paper cases, frosting and handmade (not bought) decorations allowed. Four to be presented decorated in the theme of Australian native animals.

Hints to the competitor: Slightly rounded tops will be easier to decorate. Have fun.

Points to be looked for in judging: Not to be cut as judged only on appearance and should all be of a similar size.

Junior Section For Competitors 18 Years and Under at 31 March 2024

Section Fifteen—Simple Tea Cake

Your own favourite recipe may be used.

Prize—1st \$20; 2nd \$15; 3rd \$10; Total \$45. Glad Shute Memorial Award—1st \$20; 2nd \$15; 3rd \$10; Total \$45

IMPORTANT: Baked in a 20cm round sandwich tin.

Hints to the competitor: Height should be in proportion to the width of the tin. Apply topping neatly just to the edge of the cake.

Points to be looked for in judging: Fine soft even texture, even golden brown on top sides & bottom. Top should be flat or slightly domed without peaking or cracking.

The Land

Cookery Recipes



Jaffa Marble Loaf— Section Six

225g butter, at room temp
225g caster sugar
225g self-raising flour, sifted
4 large eggs
2 tbsp milk
3 tbsp cocoa powder, sifted
zest 1 large orange
1 tbsp orange juice
Icing

Must be iced simply with chocolate glacé icing (on the top only)

Method

1. Preheat oven to 180°C traditional oven or 160°C fan forced. Grease and line sides and the base of a 5 x 9-inch loaf tin with baking paper.
2. Beat the butter, sugar, eggs and flour together in a large bowl with an electric mixer until mixture is smooth.
3. Split the mixture into two bowls, beat the milk, followed by the sifted cocoa powder into one bowl. Beat the orange juice, zest into the other.
4. Spoon alternate dollops of the mixture into the loaf tin, then use a skewer to create a marble pattern by dragging it through the mixture in swirls. Make sure you don't over mix, or you won't see the pattern.
5. Bake the loaf for approximately 45–55 mins or until golden and risen.
6. When completely cool, ice with chocolate glacé icing (on the top only)

Moist Apricot Roll— Section Seven

$\frac{2}{3}$ cup chopped dried apricots

125g butter
 $\frac{3}{4}$ cup caster sugar
2 eggs
 $\frac{3}{4}$ cup plain flour
1 cup self raising flour
 $\frac{1}{3}$ cup milk

Method

1. Cover apricots with half a cup hot water, stand for at least 30 mins, then drain well.
2. Cream butter and sugar until very light and fluffy. Beat in eggs one at a time.
3. Stir in half of the sifted flours with half the milk. Stir and add the remaining flour and milk.
4. Stir and add drained apricots.
5. Carefully spoon mixture into a very well greased roll tin to $\frac{3}{4}$ full to achieve flat ends. As there may be some mixture left over, use to fill a small loaf tin or muffin pan.
6. Bake upright in a moderate oven (160°C fan forced or 180°C regular).
7. Stand with lids on for 10 mins, remove lid and allow to cool before carefully removing from the tin.

Remembrance Biscuits— Section Eleven

45g cheddar cheese, finely grated
60g butter
 $\frac{3}{4}$ cup plain flour
1 tsp dried or finely chopped fresh rosemary leaves
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ tsp cayenne pepper
1 tablespoons grated Parmesan cheese

Method

1. Cream the cheese and butter until soft.

2. Sift the flour, pepper, salt and cayenne pepper, add in the rosemary, then stir this into the creamed mixture together with the Parmesan cheese.
3. Mix well and form a roll, approx 4 cm in diameter
4. Wrap in cling wrap or aluminium foil and refrigerate for at least 1 hour.
5. Cut roll into thin discs (approx 3 mm thickness).
6. Bake on baking trays in a preheated moderate oven 180°C or 160°C fan forced for 15–20 minutes or until an even pale golden colour. Makes approx 20 biscuits.

Zucchini & Capsicum Pickles—Section Twelve

1 kg zucchini chopped
2 onions chopped
1 red capsicum chopped
 $\frac{1}{4}$ cup salt
2 cups sugar
2 cups white wine/ cider / white vinegar
2 tsp mustard powder
2 tsp turmeric
2 tsp cornflour mixed in a little extra vinegar

Method

1. Place vegetables in pot and mix salt through. Strain after at least 3 hours.
2. Add remaining ingredients to the pot (minus cornflour mixture) and stir through whilst bringing to boil.
3. Simmer for about 25 mins then stir through the cornflour mixture and simmer for another 3 mins.

Conference Overview

By **Sonia Roberts, Honorary Editor**

It starts and ends with hugs. Hugs to greet old friends and a hug to say "see you next year" to those friends more recently made.

That was the 101st State Conference held in Bathurst from 7th-11th May. Around 450 delegates and between 106-116 branches attended each day of the Conference.

The theme for this year's event was "Courage, Kindness, Strength".

The Welcome to Country was performed by Aunty Gloria Rogers. The Conference was officially opened by Gail Commens, ACWW South Pacific Area President.



Aunty Gloria Rogers

During the Opening Ceremony, elements of heart and soul brought smiles to all in the auditorium. This included what was to be the first of a couple of impromptu sing-alongs when the Scots All Saints Pipes and Drum Band broke into a rendition of "Waltzing Matilda".

The next musical moment was



Gail Commens



Allegri Singers

the Allegri Singers beginning their version of "Our House".

Association Patron, Her Excellency the Honourable Margaret Beazley AC KC, Governor of New South Wales, was unable to attend in person as she was representing NSW at the Coronation Service of Their Majesties King Charles III and Queen Camilla which was held at Westminster Abbey.

In a message read to conference goers, Her Excellency said: "Being Patron of your wonderful and historic organisation, I have been particularly touched by having you as part of my own history in my role as Governor.

"It was serendipitous that only four days after my swearing in on 2 May 2019, I spoke at the opening of your 97th Conference in Albury.

"The 98th, planned for Newcastle, was skittled by COVID. For the 99th Conference I joined you via video when you were in Bega, and last year we were face-to-face again as you 'cracked the ton' with the 100th Conference held at Randwick Racecourse.

"It has been my privilege over these last four years not only to participate in your conferences, but also, through our regional visits program, Dennis and I have been able to meet with many of you and to see up close the continuing impact of your work.

"Thank you for your warm hospitality on each of those

occasions.

"This year, your Conference theme is 'Courage, Kindness and Strength'. What an apt description of the qualities that underpin all that you do.

"Although the challenges of the last few years have undoubtedly taken their toll, your commitment to those qualities did not falter. Indeed, the relevance of the CWA community in the 21st century was strengthened over this time and community awareness of your work has been heightened and deeply appreciated.

"The motions presented and debated at the Conference are pragmatic expressions of your theme. I wish you well in your work at the Conference which will take you forward not only this year but as part of your ethos in the years ahead. May you also revel in the times that you will have reconnecting with old friends and celebrating the achievements of the past year."

State President, Joy Beames, spoke of the impact of COVID-19 on branches and members while we all celebrated the return of the normality of being able to meet face-to-face.

Joy reflected on her first year as State President and highlighted the wide range of projects championed by the organisation. During October 2022, Joy was selected as one

of eight ambassadors for the Legislative Council Bicentenary celebrations. The last 12 months was marked by a number of natural disasters including flooding on the Far North Coast and the Central West. Joy spoke of the work done on the Far North Coast and meetings she held with members at Eugowra.

On Day Two, the Presidents of Lismore Evening, Lismore and Eugowra Branches addressed the delegates to salute the outpouring of love and practical assistance from members across the state since disastrous flooding struck their respective communities.

“Our Awareness Week campaign saw us focus on the critical need for improvements to maternity services and support in rural, regional and remote NSW,” Joy said. “This resulted in many interviews and really highlighted the deficiencies in the health system for many women in NSW. The statistics that came out of this exercise were truly staggering and sobering.”

Courage, Kindness, Strength

To conclude her address, Joy touched on the Conference pillars.

“Sometimes in the face of adversity, it takes courage and strength to show kindness.

“Enjoy your participation in CWA



Keynote Speaker, Shanna Whan



Joy Beames presenting her President's Report

and remember—be kind,” she said.

Embodying these ideals was keynote speaker—Shanna Whan: CEO, creator and founder of Sober in the Country and 2022 Australian of the Year Local Hero winner.

Shanna, who is a member of the Maules Creek Branch, spoke of a life-long battle with trauma-connected alcohol addiction in 2015 and her decision to dedicate her life to “being the change”.

“If we look okay then we must be okay. Nothing could be further from the truth when it comes to alcohol addiction,” she said.

When representing Sober in the Country, Shanna described the way they approached conversations about alcohol addiction was “front on minus the fluff”.

“It’s about supporting mates no matter what. It just begins with a conversation.”

During her address, Shanna paid tribute to CEO Danica Leys for her ongoing support of Sober in the Country. This support started when Shanna was a finalist in the 2017 Rural Woman of the Year Awards.

“Danica Leys, a panellist, fought hard for me to go through as a finalist. She had been receiving feedback for a long time from

members across the state about alcohol harm and their concerns,” Shanna said.

“Through Sober in the Country, I have learned so much about the power of rural women when we collaborate but do not compete.”

Kindness again came to the fore when emotions threatened to overcome Shanna and she asked if anyone in the crowd had a tissue. The sisterhood that is CWA swung into action and one was soon provided.

Away from the Conference floor, there were opportunities to make new friends or learn something new at the various committee hubs.

Prioritising education

One of the highlights of Day Two was the address from Regional Education Commissioner the Hon Fiona Nash.

Fiona, who was appointed to her current role at the end of 2021, commended the members gathered on the work the CWA did across the state.

The role of Regional Education Commissioner was to have a national focus on remote, rural and regional education. It is a role that covers all facets the spectrum of learning, including special needs education, from early childhood right through to higher education.

She highlighted the stakeholder engagement work that had been completed in terms of the challenges for communities in relation to education and the solutions to these.

Ms Nash spoke of the disparity between regional and metropolitan areas when it came to education.

“A lot of our young people want to head out of our local communities for a number of reasons but quite often they do want to come home and staying connected to our young people when they leave is important,” she said.

The role of local government in developing and maintaining a



\$36,500 was raised through the CWA Medical Research Fund for ovarian cancer research

pathway for young people back to their hometown was important.

“Have fun catching up with people you’ve known for a long time and the people you have only just met,” Ms Nash said.

“Report, Report, Report”

On Day Three, one of the many highlights was an address from the State Rural Crime Co-ordinator Detective Chief Inspector Cameron Whiteside and Ann Brennan from the NSW Police Force Rural Crime Prevention Team.

“It was an honour and privilege for myself and Ann Brennan to be invited to present at the CWA Annual General Meeting at Bathurst,” Detective Chief Inspector Whiteside said.

“We were both made to feel so welcomed and the Rural Crime Prevention Team is very excited to enhance this working relationship with the CWA.

“This collaboration will provide significant assistance to having our message of ‘Report, Report, Report’ pushed out to the rural community to address the under reporting of rural crime”.



Detective Chief Inspector Cameron Whiteside and Ann Brennan

Sing-along and hug it out

After a week, exemplifying courage, kindness and strength in so many forms there was just one way the curtain could be brought down on the 2023 State Conference.

Glen Campbell’s anthem “Try a Little Kindness” started to play and that was the cue for everyone to sing-along and for arms to start swaying in time.

The country music legend’s chorus soon gave away to hugs and promises to “talk soon and see you next year!”

Conference Supporters

Community Partner

Sponsors



Annual Conference Resolutions carried

Constitution

3. Virtual Branch, Mid-North Coast Group & the State Executive Committee

"That the Constitution be amended by:

- a. inserting at the end of Regulation 1 (Definitions):
 - i) "'Book" includes any register, any minute, and any other record of information, financial report, or document, however compiled, recorded or stored, including electronically.'
 - ii) "'Sign" or "Signature" in relation to any Book includes execution occurring electronically in any manner permitted by any relevant law, including by affixing a signature electronically or signing a printed copy of a document and sending it electronically.'
- b. deleting the words 'printed on the agenda paper' where appearing in Regulation 22 (Annual General Meeting) and Regulation 52 (Group Conferences) and inserting in its place 'set out on the agenda'.
- c. deleting Regulation 68(d) (Group Secretary) and inserting in its place:
'(d) Preserve all relevant Books and documents of the Group.'
- d. deleting Regulation 107(d) and inserting in its place:
'(d) Preserve all relevant Books and documents of the Branch.'
- e. deleting the word 'papers' where appearing in Rule XXIII(d) (Duties of Officers) and inserting in its place 'documents'."

Association Activities

1a) Blue Mountains, Far South

Coast, Gwydir and Nepean Groups:

"That the specific Health Research Fund Annual Project for 2023/2024 be Ovarian Cancer".

Agricultural & Environmental

4. Agricultural & Environmental, State Executive

"That the policy of the CWA of NSW shall be to urge the state government to

- a) mandate a state-wide pet cat curfew and power to all NSW Councils to enforce containment; and
- b) to advocate for the enforced desexing of pet cats across NSW".

5. Illabo Evening Branch, Hume Group

"That the policy of CWA of NSW shall be to advocate for all electricity supply authorities in NSW and ACT to provide, free of charge for supply and installation, highly visible and reflective safety devices around above-ground poles and struts where agricultural machinery is used".

6. Lismore Branch, Far North Group

"That the policy of the CWA of NSW be to advocate for strengthened legislation to protect koala habitat".

7. Old Bonalbo, Far North Coast Group

"That the policy of the CWA of NSW be to advocate for ongoing resources to underpin the implementation of the various state and territory Regional Strategic Weed Management Plans".

Education

8. Berry Branch, Wollondilly Group

"That the policy of the CWA

of NSW be to support the federal government's ban on the importation of non-pharmaceutical vaping products, and support the ongoing implementation of health education and awareness programs on the dangers of vaping across NSW and ACT schools."

Health & Social Security

9. Mascot Evening Branch, Phillip Group

"That CWA of NSW lobby for increased funding for research into adenomyosis and promote greater community and GP awareness of adenomyosis".

10. Mascot Evening Branch, Phillip Group

"That CWA of NSW ask governments to investigate ways to increase accessibility to, and reduce the costs of diagnosing and treating adult attention deficit hyperactivity disorder (ADHD)".

11. Broken Hill Branch, Darling River Group

"That the policy of CWA of NSW shall be to advocate for the sponsorship of international nurses to relocate to work in regional and remote areas of NSW and to be supported while they undertake their AHPRA (Australian Health Professionals Registration Authority) registration".

12. Bungendore Branch, Southern Tablelands Group

"That the policy of CWA of NSW be to advocate for Shingrix (Shingles vaccination) to be made available to all people aged 70 and over, and immunocompromised adults, through the PBS and National Immunisation Program irrespective of previous Zostavax vaccination".

13. Collie Branch, Macquarie Group

"That the policy of CWA of NSW be to advocate for the establishment of a dedicated Palliative Care Unit in all regional hospitals in NSW".

14. Jamberoo Branch, Wollondilly Group

"That the policy of CWA of NSW be to advocate for increased awareness around the diagnosis, treatment, and research into Aspergillosis related diseases."

15. Collie Evening Branch, Macquarie Group

"That the CWA of NSW advocate for the Establishment of a NSW Register of Wills and Enduring Power of Attorney, including dates and location of the Will when registering."

16. Nowra Branch, Wollondilly Group

"That the policy of the CWA of NSW be to advocate the State and Commonwealth Governments to take coordinated and urgent action to address the national housing crisis facing women".

18. Uranquinty Evening Branch, Riverina Group

"That the policy of the CWA of NSW be to advocate the Australian Government to adopt the recommendations related to dental and oral care arising from the Royal Commission into Aged Care Quality and Safety."

Transport & Telecommunications

19. Goulburn Evening Branch, Southern Tablelands Group

"That the policy of CWA of NSW be to advocate for compulsory basic first aid training for learner drivers".

20. Old Bonalbo Branch, Far North Coast Group

"That the policy of the CWA of NSW be to advocate government/telecommunication providers to prioritise strategies to maintain telecommunication coverage to communities in the event of planned and unplanned power outages".

Urgency Motions

UM1: Eugowra Branch, Central Western Group

"That policy of the CWA of NSW be that in the event of flooding or natural disasters, entry and clearing out a building or home must be carried out with permission of the owner or their authorised person."

UM2: Eurongilly, Hume Group

"That the CWA of NSW advocate for the cessation of advertising of online betting platforms and mobile phone apps, and the stricter regulation of sporting broadcasts to preclude any form of gambling sponsorship or promotion."

UM3: Tabulam Branch, Far North Coast Group

"That the policy of the CWA of NSW be to advocate for the NSW Government to rescind its decision to establish waste-to-energy incinerators in NSW, and instead immediately introduce technologies and programs that seek to reduce waste at a national, state and individual level, using methods that minimise greenhouse gas emissions."

UM4: Coffs Harbour Branch, North Coast Group

"That the policy of CWA of NSW be to advocate for mandatory life sentences for murder of law enforcement officers, and frontline emergency and health workers, and in addition for the NSW Government to review and strengthen its policies and procedures to increase the personal safety of same."

UM5: Broken Hill Branch, Darling River Group & Cooma Branch, Monaro Group

"That the policy of the CWA of NSW be to advocate that the Australian Government increase funding to support the expansion and offerings of the Regional University Centre network and the ongoing operations of current RUC's and network across Regional, Rural and Remote NSW."



Competition and Raffle Winners

Moore Agricultural & Environmental Award

Winner Mandy O'Brien, Braidwood Branch

Agricultural & Environmental Award report award

1st Tooraweenah Branch

Recycled Article Competition

1st Gail Lipscombe, Blue Mountains Group

2nd Mary Shephard, Gwydir Group

3rd Kaye Crockett, North Coast Group

Past State Presidents' Award

Winner Yanco Branch

Wagga Daily Advertiser Award

Winner Jill Dyson, Southern

Highland Evening Branch

Garry Prize

1st Barbara Hale, Mudgee Evening Branch

2nd Yvette Middleton, Bathurst Evening Branch

Trifecta Award

For the biggest increase in membership from 2019/20 to 2021/22

1st Lismore Branch, Far North Coast Group

2nd Collarenebri Branch, Barwon Group

3rd Casino Branch, Far North Coast Group

State Raffle

1st Janet Twohill

2nd Elizabeth Skorulis

3rd Name withheld

4th Gabrielle Worthington

State Cultural Committee Raffle

1st Murray Schaefer

2nd Peter Commens

3rd Judy Campbell

4th Val Stewart

State Handicraft Committee Raffle

1st Alison Christie

2nd Heather Kerr

3rd Sharron Chappell

International Committee Raffle

1st Susan Armstrong

2nd Carolyn McMullen

3rd Carol Soper

The Land Cookery Committee Raffle

1st Nicole Jeffrey

2nd Marg Fogg

3rd Carole Windley

International Competition Results

International Doll Competition

1st Judith Egan, Phillip Group

2nd Judy Swain, Wanthella Group

3rd Pam Misdale, Lyn Hirst & Kathleen Kinchington, Blue Mountains Group

International Needlecraft Competition

1st Angela Gleeson, Hunter River Group

2nd Pam Wright, Wanthella Group

3rd Margaret Ferguson, Monaro Group

International Handicraft Competition

1st Lee Long, Northumberland Group

2nd Ruth Cargill, Macquarie Group

3rd Joanne Gwatkin-Williams, Wollondilly Group

Lister International Trophy For The Best Group Report

1st Sharleen Wright, Phillip Group

2nd Rachel Legge, Northumberland Group

International Senior Travel Journal

1st Nancy Mason, Maryanne Ferguson and Margaret Ferguson, Belconnen Branch

2nd Sharleen Wright, Georges River Branch

3rd Brittany Edelman, Michelle Tredoux, Janet Henderson, Barbara Driscoll, Christine Bowden, Jill Greenhalgh, Di Beck and Robyn Stewart, Ballina Branch

International Student Travel Journal

1st Poppy, St Josephs School

Molong

2nd Zoe, Narromine Christian School

3rd Phoebe, St Joseph's Parish School Hillston

International Student Post Card

1st Phoebe, Penrith South Primary

2nd Emma, St Johns School Baradine

3rd Matilda, St Edwards Primary Canowindra

International Primary School PowerPoint

1st Batlow Technology School, Batlow

2nd Goolgowi Public School, Goolgowi

3rd St Josephs School, Year 6, Gilgandra

State Cultural Competition Results

Senior Photography

Section A: In the Garden

1st Lynette Maloney, Pleasant Hills Branch

2nd Catherine Milander, Stanwell Park Branch

3rd Rebecca Gatty, Goolgowi Branch

Senior Photography

Section B: Buildings

1st Kathy Jeanes, Wingham Branch

2nd Sue Inglis, Coleambally-Argoon Branch

3rd Robin Godwin, Terramungamine Branch

Junior Photography: Windows

8 Years and Under

1st Reagan Liddicoat, Goolgowi Branch

2nd Grace Shepley, Jamberoo Branch

3rd Ava Moran, Jamberoo Branch

9 to 12 Years

1st Harry Liddicoat, Goolgowi Branch

2nd Sam Liddicoat, Goolgowi Branch

3rd Patrick White, Rankins Springs Branch

13 to 18 Years

1st Eli Millet, Collector, Southern Tablelands Branch

2nd Annabell Liddicoat, Goolgowi Branch

3rd Archer Taylor, Collector Branch

Senior Short Story

1st Belinda Grieve, Orange Branch

2nd Patricia Campbell, Goolgowi Branch

3rd Daphne Van Oudtshoorn, Jamberoo Branch

Bush Ballad

1st Judy Findlay, Barellan Branch

2nd Adela Greenbaum, Queanbeyan Evening Branch

3rd Catherine Milander, Stanwell Park Branch

Poem

1st Catherine Milander, Stanwell Park Branch

2nd Debbie May, Hastings Branch

3rd Laureen Bates, Bonny Hills Branch

Junior Short Story

8 Years and Under

1st Louella Hutchison, Hillston Branch

2nd Abigail O'Reilly, Tullibigeal Branch

9-12 Years

Equal 1st Lochie Nicholson, Goolgowi Branch

Equal 1st Ivy Helyar, Tullibigeal Branch

3rd Millie Helyar, Tullibigeal Branch

13-18 Years

1st Ava Poppett, Jamberoo Branch

Junior Postcard

8 Years and Under

1st Elizabeth Domjahn, Goolgowi Branch

2nd Reagan Liddicoat, Goolgowi Branch

3rd Nevaeh Robertson, Goolgowi Branch

9-12 Years

1st Tahlia Bendall, Tullibigeal Branch

2nd Lexie Young, Goolgowi Branch

3rd Austin Shaw, Goolgowi Branch

13-18 Years

1st Annabell Liddicoat, Goolgowi Branch

2nd Ava Poppett, Jamberoo Branch

Junior Posters

8 Years and Under

1st Rachael Horneman, Hillston Branch

2nd Pena Kautia, Hillston Branch

3rd Sophie Rogers, Hillston Branch

9-12 Years

1st Kyla Wilkins, Hillston Branch

2nd Harper Dickinson, Hillston Branch

3rd Shanaya Slade, Hillston Branch

Junior Digital Posters

8 Years and Under

1st Ty Hayward, Tullibigeal Branch

2nd Isabella Fair, Tullibigeal Branch

3rd Austin Mulcahy, Hillston Branch

9-12 Years

1st Madison Longford, Tullibigeal Branch

2nd Enara Siddall, Goolgowi Branch

3rd Georgia Mulcahy, Hillston Branch

Group Cultural Report

1st Riverina Group

Equal 2nd Illawarra Group

Equal 2nd Mid North Coast Group

Group Cultural Book

1st Jamberoo Branch

2nd Maitland Branch

3rd Gundagai Branch

Art

Section 1 Open

1st Dianne Dent, Belconnen Branch

2nd Carol Xuereb, Young Branch

3rd Jennifer Woodwell, Southern

Highlands Evening Branch
Section 2 Australian Landscape
1st Janet Klepatzki, Camden Branch

2nd Christina Laub, Mannering Park Branch

3rd Maddalena Piola, Port Macquarie Branch

Section 3 Flora or Fauna

1st Denise Ferrie, Tuggerah Lakes Branch

2nd Faye Owner, Bellingen Branch

3rd Kaye Pointer, Peats Ridge & District Branch

Section 4 Works on Paper

1st Carol Xuereb, Young Branch

2nd Faye Owner, Bellingen Branch

3rd Kathryn Jeanes, Wingham Branch

Section 5 Miniatures

1st Marnie Steer, Berrigan Branch

2nd Faye Owner, Bellingen Branch

3rd Anne Morley, Dapto Branch

Section 6 Traditional, Still Life

1st Kerry Berry, Wagga Evening Branch

2nd Carol Xuereb, Young Branch

Section 7 Portrait

1st Faye Owner, Bellingen Branch

2nd Catherine Milander, Stanwell Park Branch

3rd Janelle Smith, Wingham Branch

Section 8 Junior

1st Phillippa Shephard, Delungra Branch

2nd Tahlia Jankulovski, Dapto Branch

3rd Piper Patterson, Camden Branch

Section 9 Mixed Media

1st Daphne Van Oudsthoorn, Jamberoo Branch

2nd Sonya Ankerholz-Potts, Jamberoo Branch

3rd Desiree Bickle, Adaminaby Branch

Porcelain Art

Section 1 Best Piece of Porcelain Art—Fruit, Flowers or Monotone

1st June Bahr, Henty Branch

2nd Laurel Gibson, Myamley Branch

3rd Marian Guthrie, Myamley Branch

Section 2 Best Decorated Piece—Lustre, Enamel or Raised Paste

1st Marian Guthrie, Myamley Branch

2nd Laurel Gibson, Myamley Branch

Branch

Section 3 Portrait or Animals or Birds

1st Marian Guthrie, Myamley Branch

2nd Laurel Gibson, Myamley Branch

Section 4 Penwork

1st Marian Guthrie, Myamley Branch

2nd Laurel Gibson, Myamley Branch

Section 5 Scenes

1st Marian Guthrie, Myamley Branch

2nd Laurel Gibson, Myamley Branch

Section 6 Miniatures

1st Marian Guthrie, Myamley Branch

2nd Laurel Gibson, Myamley Branch

Section 7 Novice

1st Marion Guthrie, Myamley Branch

Trophies

Temorva Trophy: Kathy Jeanes, Wingham

Fergusson Trophy: Riverina Group

Bib 'n' Bub Trophy: Jamberoo Branch

State Handicraft Competition Results

Group Competition

1st Far South Coast Group

2nd Castlereagh Country Group

3rd Hunter River Group

Wool Award

Janice Boyce, Castle Hill Branch, Nepean Group

Group Section Champion Piece

Cassandra Cole, Cobargo Branch, Far South Coast Group

Top 10 Pieces, Group Competition

- Cassandra Cole, Cobargo Branch, Far South Coast Group
- Jenny Knott, Ilford-Running Stream, Castlereagh Country Group
- Sally James, Narooma Branch, Far South Coast
- Phyllis Blissett, Mount Marshall Branch, Illawarra Group
- Lyndel Swan, Maitland Branch, Hunter River Group
- Barbara Reichert, Gloucester Branch, Mid North Coast

- Janet Luce, Southern Highland Evening Branch, Wollondilly Group
- Tracey Bonfante, Harrington Branch, Mid North Coast
- Marjory O'Brien, Bermagui Branch, Far South Coast
- Leigh Ramage, Guyra Branch, Northern Tablelands Group

Open Section

Section A: Garment or article of any craft by a member 80 years or over.

1st Alison Cosgrove, Warren

- Branch
- 2nd Avril Kimberlee, Bungendore Branch
- 3rd Carole Drummond, Mannering Park Branch

Section B1: Any article of craft made by a junior 8 years and under

- 1st Isabella, Glenbrook Branch
- 2nd Jessi, Pleasant Hills Branch
- 3rd Eleanor, Queanbeyan Evening Branch

Section B2: Any article of craft made by a junior 9–12 years.

- 1st Olivia, Hornsby Branch
- 2nd Katlyn, Leura Evening Branch
- 3rd Dusty, Enngonia Branch

Section B3: Any article of craft made by a junior 13–18 years.

- 1st Claire, Gloucester Branch
- 2nd Matilda, Coolamon Branch
- 3rd Sarah, Keiraville Branch

Section C: Branch Challenge

- 1st Southern Highland Evening Branch
- 2nd Narooma Branch
- 3rd Wanthella Branch

Section D: Craft made by a male relative of a CWA member.

- 1st Michael Curran, Curlewis Branch
- 2nd Stephan Stewart, Ballina Branch
- 3rd Anthony Granger, Southern Highlands Evening Branch

Natural Fibres Section, (Sponsored by The Land)

Natural Fibres Champion Piece

- Rosemary Lang, Bangalow Branch, Far North Coast Group

Section 1: Knee or Cot Rug (any technique) using commercial natural fibres, max size 150cm x 150cm

- 1st Jenny Sherwin, County of Burnett Branch

- 2nd Shona Hando, Narromine Branch

- 3rd Heather Kerr, Oaklands Branch

Section 2: Hand knitted garment or article from commercial natural fibres 5 ply or finer

- 1st Rosemary Long, Bangalow Branch
- 2nd Rhonda Sellenthin, Canimbla Branch
- 3rd Jennifer Heard, Eurongilly Branch

Section 3: hand crocheted garment or article from commercial natural fibres 5 ply or finer

- 1st Jenny King, Hornsby Branch
- 2nd Jenny Sherwen, County of Burnett Branch
- 3rd Jean Montegue, Goulburn Branch

Section 4: Hand knitted garment or article from commercial natural fibres 6 ply or thicker.

- 1st Rebecca Dixon, Bangalow Branch
- 2nd Jude Nettleingham, Bungendore Branch
- 3rd Carole Drummond, Mannering Park Branch, Northumberland Group

Section 5: Hand crocheted garment or article from commercial natural fibres 6 ply or thicker.

- 1st Lynette Newton, Narromine Branch
- 2nd Jenny King, Hornsby Branch
- 3rd Dianne Neesom, Quirindi Branch

Section 6: Hand knitted garment or article made from natural fibre hand spun by maker.

- 1st Alice Dryburgh, Ilford-Running Stream
- 2nd Colleen Kilgour, Penrith Branch
- 3rd Leigh Coates, Belmont Branch

Section 7: Hand crocheted garment or article made from natural fibre hand spun by maker.

- 1st Colleen Kilgour, Penrith Branch

Section 8: Garment or article made from natural fibres using and sewing techniques (no quilts)

- 1st Margaret Skropeta, Rylstone Branch
- 2nd Anne Stewart, Bungendore Branch
- 3rd Marion Cullen, Narooma Branch

Section 9: Felted garment or article.

- 1st Pat Wallace Quirindi Branch
- 2nd Rhonda Sellenthin, Canimbla Branch
- 3rd Lyn Manton, Hillston Branch

Group Report

Southern Tablelands Group

April's Sudoku Solutions

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

Puzzle Rating: Very Easy

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

Puzzle Rating: Hard

The Land Cookery Competition Results

Boiled Fruit Cake

- 1st Vikki Jeffrey, Crookwell Branch
2nd Tracy Meyer, Keiraville Branch
3rd Pat Mulley, Wagga Wagga Branch

Sultana Cake

- 1st Sandra Martin, Nowra Branch
2nd Denise Hawdon, Gloucester Evening Branch
3rd Arlene Beard, Bundarra Branch

Boiled Fruit Pudding

- 1st Lyn Jacobsen, Pleasant Hills Branch
2nd Denise Hawdon, Gloucester Evening Branch
3rd Lorraine Wickert, Blackheath Branch

Plain Butter Cake

- 1st Lyn Lieschke, Pleasant Hills Branch
2nd Lois Stalley, Hillston Branch
3rd Joan Yeo, Gollan Branch

Chocolate Cake

- 1st Heather Gilmour, Country of Burnett Branch
2nd Densie Hawdon, Gloucester Evening Branch
3rd Jane Sawers, Coonamble Evening Branch

Marble Jaffa Loaf

- 1st Joanne Mills, Bermagui Branch
2nd Rhonda Merchant, Gloucester Evening Branch
3rd Sheree Mason, Wagga Evening Branch

Date & Walnut Roll

- 1st Sarah Jones, Tamworth Evening Branch
2nd Lynn Haplin, Mudgee Evening Branch
3rd Marlene Clarke, Kokoira Branch

Ginger Fluff Sponge

- 1st Marie Dolbel, Bathurst Branch
2nd Jean Cargill, Braidwood Branch
3rd Julie Court, Milton District Branch

Gluten Free Whole Orange Cake

- 1st Lorraine Corbett, Yamba Branch
2nd Pat Mulley, Wagga Wagga Branch
3rd Robin Renfrew, Lower Belford Branch

Almond Bread

- 1st Bev Bradfield, Morpeth Branch
2nd Cathryn Williamson, Grafton Branch
3rd Margaret Ferguson, Belconnen Branch

Seeded Biscuits

- 1st Barbara Reichert, Gloucester Evening Branch
2nd Jane Durnford, Nowra Branch
3rd Lyndall Horne, Berrigan Branch

Zucchini & Capsicum Pickles

- 1st Catherine Sottaz, Mangrove Evening Branch
2nd Barbara Gow, Mudgee Evening Branch
3rd Ann Denyer, Uralla Branch

Lemon & Carrot Marmalade

- 1st Lyndall Horne, Berrigan Branch
2nd Colleen Urquhart, Exeter Branch
3rd Liz Johanson, Wongarbron Branch

Junior Section: Decorated Cup Cakes

- 1st Olivia, Hornsby Branch

- 2nd Amber, Cobargo Branch
3rd Nikita, Nashdale Branch
3rd Ingrid, Virtual Via St George Branch

Junior Section: Simple Tea Cake

- 1st Charlotte, Mascot Evening Branch
2nd Will, Jerangle-Peak View Branch
3rd Emily, Quirindi Branch

The Land Special Awards

Less than 16 members

- 1st Deervale Branch, Northern Tablelands Group
2nd Atholwood Branch, Gwydir Group
3rd Gollan Branch, Macquarie Group

16-25 members

- 1st Lisarow-Ourimbah Branch, Northumberland Group
2nd Cessnock Evening Branch, Hunter River Group
3rd Blackheath Branch, Blue Mountains Group

26-50 members

- 1st Bathurst Branch, Central Western Group
2nd Glenbrook Branch, Blue Mountains Group
3rd Umina Branch, Northumberland Group

More than 51 members

- 1st Woy Woy Branch, Northumberland Group
2nd Nowra Branch, Wollondilly Group
3rd Sydney City Branch, Phillip Group

The Land Cookery Committee State Award

- Mid North Coast Group

Advocacy Update

Submissions

In April, CWA of NSW made a submission to the Bank Closures in regional Australia Inquiry. The submission was informed by the responses received from the many CWA of NSW members who told their personal stories about how they and their communities had been impacted by bank branch closures. CWA of NSW made the following recommendations to the Inquiry in the interest of improving banking services in rural, regional, and remote Australia.

- Recommendation 1: CWA of NSW recommends that banks be deemed an essential service and required to ensure access to banking services including cash deposit and withdrawal facilities for all customers including those living in rural, regional, and remote areas of Australia.
- Recommendation 2: CWA of NSW recommends the introduction of legislation to require community service obligations for all ADIs (authorized deposit-taking institutions) requiring them to provide an agreed level of service to all Australians including those living in rural, regional, and remote areas of Australia.
- Recommendation 3: CWA of NSW recommends amending recommendation 3 of the Regional Banking Taskforce 2022 to establish and enforce a prescriptive community consultation process during decision making, and prior to the publication of the impact assessment, and in the case of closure ensure that alternate banking arrangements are in place prior to branch closure.

In May, CWA of NSW made a submission to the Australian Government Consultation on Postal Services Modernisation.

In this submission, CWA of NSW provided the following summary—drawn from member responses to the published consultation questions—in the interest of improving postal services in rural, regional, and remote Australia

- Australia Post should remain in full government ownership.
- Australia Post is an essential part of the infrastructure of rural, regional and remote communities with the local post offices being an essential part of the social and economic fabric of these communities.
- As letter volumes decline, the maintenance of the service must be prioritised over frequency of delivery.
- The Australia Post parcel delivery service in rural, regional, and remote communities is vital as Australia Post is most often the only service provider in these areas.
- Australia post office licensees and agents must receive appropriate remuneration so that services can be maintained.
- Government should maintain existing Customer Service Obligations and Performance Standards, and explore the extension of these into other areas of Australia Post business such as parcel delivery, government service delivery and financial services.
- Government should maintain and where practicable extend the range of services (finance, insurance, government, ID and Document services, retail sales) Australia Post provides in rural, regional, and remote communities alongside its letter and parcel delivery services. These services are regarded as vitally important, and Australia Post is often the only provider of these services in these locations.

Policy Advocacy

CSG Liverpool Plains: In April, CWA of NSW wrote to the Hon Penny Sharp, MLC (Minister for Climate Change, Energy, Environment and Heritage) and the Hon Courtney Houssos, MLC (Minister for Finance and Natural Resources) stating concern that NSW authorities had quietly signed off on approval for Santos to reactivate the “Kahlua Pilot” wells—located 22 kilometres west from Gunnedah on the Liverpool Plains—and inviting the Ministers to visit this area. The intention of this visit would be to provide the Ministers with an opportunity to see first-hand, the high value agricultural industry and to hear from locals about their very real fears in relation to mining and groundwater impacts. CWA of NSW is currently awaiting a response from both Ministers.

Health: In May, CWA wrote to the Hon Ryan Park, MLC (Minister for Health, Regional Health, and Illawarra and the South Coast) to request a meeting with the Minister. At this meeting CWA of NSW President would brief the Minister on the workings of the CWA and outline CWA of NSW health policy priorities. At this meeting CWA of NSW would like to understand how the incoming government plans to continue to respond to the 44 recommendations made by the NSW Parliamentary Inquiry into Regional Health and to work with the Regional Health Ministerial Advisory Panel to strengthen community engagement in healthcare to improve regional NSW health outcomes.

Agriculture: In April, CWA requested and has been granted a meeting with the Hon Tara Moriarty, MLC (Minister for Agriculture, Regional New South Wales, and Western New South Wales). At this meeting CWA of NSW President will brief

the Minister on the workings of the CWA and outline our policy priorities that focus on promoting the importance of regional, rural and remote (RRR) communities to the overall economic and social fabric of NSW, advocating for investment into health, education and social issues that impact regional, rural and remote (RRR) areas, and support for our agricultural industries. She will also share member concerns about biosecurity—particularly pest and weed eradication, planning controls that ensure the

protection of prime agricultural land from being lost to renewable energy generation, and gas exploration.

CWA of NSW Projects

Koala Conservation Partnership Project

The first meeting of the CWA Koala Partnership Working Group took place on the 12th April. At this online meeting NSW Department of Planning and Environment team members shared information about the NSW Koala

Strategy 2021–2026, the purpose of the partnership with CWA and the types of activities that could be undertaken to support koala conservation in regions with priority koala populations. There are currently 20 CWA members who have volunteered to be a part of the Working Group and will be responsible for partnership activities in regions with priority koala populations. If you would like more information or to participate in this partnership, please email: policy@cwaofnsw.org.au

Members' Contributions

Computer donation aids flood recovery drive



Lismore Evening Branch President, Kerry Harvey; Chris Randle, Senior Principal of Rivers College Campus Lismore; and CWA member, Marianne Trent.

Lismore Evening Branch recently presented the newly formed The Rivers Secondary College with 12 computers.

With donations from members across the state and the country, we have been able to help 12 of the 315 students who were badly impacted by the terrible floods in February and March 2022.

Our donation of computers was for senior students whose families could not afford to provide them with essential computers for their last year in high school or first year at university.

Many families lost everything on 28th February 2022 and the monetary cost over the past year of just getting back to some sense of normality has been difficult for them. We decided to do what we could to help these

students who were in their final year of high school which, of course, cannot be completed without a computer.

Chris Randle, College Executive Principal, wrote a thank you letter to our Branch and his comments were:

"I have presented our students with the laptops on your behalf. They were so grateful, humble, excited, shocked and a few tears of joy. I may receive some thank you letters which I will forward when received.

Please extend my appreciation to your members on behalf of the students and staff of The Rivers Secondary College."

So nice that we were able to help some of our senior students who lost so much a year ago. The college is providing free wifi time and ongoing support with software, etc.

It is an absolute joy for our Branch to be able to give to those who are still in need. Thank you again to members from around the state. It is because of your donations to us after the flood that we are still helping those in need.

Central West Coronation link

It's always fun to find a local

connection to an event which captures the world's attention.

The Coronation of Their Majesties King Charles III and Queen Camilla provided such an opportunity for Orange Branch members.

Branch President, Deborah Marr, delivered a presentation to us about the Anointing Spoon—a replica of which was presented to Deborah by her grandfather in 1953.



For the coronation of King Charles III the anointing took place in relative privacy behind a newly created embroidered screen; away from television cameras and out of view of the congregation in Westminster Abbey.

Members enjoyed learning more about the spoon, its purpose, its place in history and that a replica is in safe hands in a china cabinet in Central West, NSW.

Conference debutantes share their thoughts

The State Conference at Bathurst will always be a special occasion for a select group of members as it was their first time at the landmark CWA event.

Let's meet some of the "Class of 2023" State Conference debutantes.

Terrigal Evening Branch

Brenda Michaud



I joined the CWA almost two years ago, something I've wanted to do for many years and like many people, I thought the CWA mostly entailed the mysterious world of scone competitions and knitting, two things I've wanted to learn how to create. As an American that's been living in Australia for over 20 years, I've only lived in inner city/urban or semi-rural areas and certainly not in close proximity to farm animals. I've never heard of any organisation like the CWA in America.

I've learned a lot. I've learned that I'm rubbish at knitting, that scones aren't easy to make and that I do have a **serious** addiction to cake. And that it **is** possible to get a group of women together from various backgrounds and different ages to create a supportive and caring environment.

It's refreshing to have a group of women who not only school me on the art of living with a "been there, done that" ethos, but are teaching me the finer points of baking and condiment making, because let's face it, life is better with cake and pickles (though not necessarily together unless you're into that sort of thing (no judgement)).

At many cross-branch activities I've heard that it's at State Conference that one can really understand the inner workings of the CWA and at the urging of my branch, I went to the first day of the Centenary Conference last year and was blown away by it all. I can't even describe how powerful it was for me. I told my Branch President, Kylie Burkinshaw, that I was desperate to go to the full Conference the following year and now here I am! And knowing I have the full support of my Branch to be a delegate is the icing on the cake.

I already knew day one would be powerful and I wasn't wrong. It was fascinating to see the organisation unfold through a different lens this time as a delegate.

Voting was a thrill and, as expected, listening to the many different and passionate opinions on the motions gave me a broader understanding of the issues allowing me to vote with a clear mind. All of the guest speakers were thought-provoking and very interesting too. And of course, making friends with other ladies in my group and from other groups was just an incredible bonus.

I left Bathurst with this feeling of contentment and excitement, buzzing from all the thoughtful listening and exhaustion from all the dancing into the wee hours at the Gala. Many a friend was made on the dance floor I tell you.

Coffs Harbour Branch



Mandy Golden

I joined three years ago and my main reason for joining was to fundraise and increase awareness of the then medical research of Endometriosis. This is my first State Conference. I came to help make a difference by voting on motion and steering the direction of CWA of NSW into the future. Yes, we had three newbies attending. It was an overwhelming sense of gratitude for being part of this Association, it was humbling to hear and see how much we were going to try and achieve. Getting my head around the vocabulary and the way the AGM is run with motions has been enlightening and thank goodness for my other delegate from Coffs Harbour who has been a great mentor in explaining how and why it is run. Sad for it to be finishing as I've made new friendships and we can learn so much from each other, as for next year looking forward to meeting you all next year with laughter and frivolity!

Alison Bailey

I joined 14 months ago after the floods, I went to the rooms to donate and ended up staying to help. The ladies made me feel so welcome that I joined. I came to the Conference to learn more about the Association—going to group meetings had sparked

my interest in how all the levels work. It's also great to meet other ladies and hear their stories about their branches. Three of our five members attending were debutantes, so I felt less anxious about not knowing what might be expected of us. The first day was overwhelming due to the number of ladies and getting used to the way the Conference was conducted. I'm looking forward to the next one in Coffs Harbour, helping the Organising Committee as required and or maybe as a delegate.

Stephanie Davidson

I joined the CWA four years ago because I knew nobody and I wanted to make friends. My grandmother was a member of the New Zealand association. Everyone was talking about it and so I became interested in coming. I was an observer with another branch member, and

felt well supported by the women around us, even if I didn't know them. End of day one and it wasn't as bad as I thought and found it very interesting listening to the motions and discussions around them and it reminded me just how many points of view are out there, occasionally changing my mind. I'm weary and my mind is bursting with thoughts! I'm looking forward to getting home to sort them out! I don't have much choice in attending in my home town, I'm just wondering what my role may be!

Orange Branch

Belinda Grieve

I joined the CWA in late 2019—just as COVID hit so no proper meetings for ages. The highlight of Conference for me was attending and being able to put faces to names, and seeing the resolution process in action.



Walking into the venue on day one, I thought it was great to see so many people and exhibits there were. It was quite inspiring. As a relative newbie, it was impressive to see the procedures and "branch to group to state" phenomenon in action.

What is the Garry Prize?

This annual essay competition is open to members only, with the topic chosen by the Honorary Editor and announced at the annual State Conference.

Essays are to be of 500 words length (not including title), typed or clearly hand written on one side of the paper only, double spaced. Remember, a well-referenced essay lends greater support to your arguments.

Each member may only submit one entry. Entries should be accompanied by a separate cover sheet, listing your name, address, branch and group, and the number of words used in the essay.

All entries are to be sent directly to the Honorary Editor at her home address. They can also be emailed to the Honorary Editor.

Please state "Garry Prize" on the

outside of the envelope or in the subject line of the email.

Winners are announced at the State Conference, presented with a certificate and their winning entry will be printed in the journal.

2024 Garry Prize topic

The CWA's success in road safety advocacy is reflected in the 2024 Garry Prize topic.

The topic is:

"The CWA has always been a leading voice for road safety. CWA advocacy includes lobbying for compulsory seatbelts in cars, the use of school zone flashing lights, compulsory reflective triangle signs for trucks and improvements to level crossing safety.

In 2022, 200 of the 288 people killed in road crashes in NSW lost their lives on country roads.

A further 10,000 people are seriously injured (hospitalised) in road crashes each year.

This does not include those injured in off-road incidents such as quad bike crashes.

What would be the best way/s to improve road safety in NSW?"

Entries will close on 15th February 2024 and the winner will be announced at the 2024 CWA State Conference in Coffs Harbour.

Good luck everyone!

Sources:

NSW Centre for Road Safety (tinyurl.com/roadtoll2022)

Farmsafe Australia (tinyurl.com/saferfarms2022)

Bureau of Infrastructure and Transport Research Economics (tinyurl.com/injuries2022)

Welcome New Members

A warm welcome to these 252 new members of our branches:

Adaminaby Denise Bullock, Lee Katauskas **Albury** Jennifer Maitland **Albury Evening** Kathleen Kean **Armatree** Sally Beveridge **Armidale** Donna Harris **Baradine** Gayle Clayton **Batemans Bay** Judy Long, Amanda Thompson **Bathurst Evening** Kim Fisher, Sharon Laver **Batlow** Kay Kyle **Bega** Alison Maddern **Belconnen** Anne-Maree O'Connell-Jensen **Bellingen** Trevellyn Dyer **Belmont** Vicki Meek **Bonny Hills** Valerie Byrne **Borenore** Grace Nadin **Bourke Evening** Jessie Goulden **Bowral** Kerrin McInerney, Jenny Thomas **Braidwood** Claire Pettit, Kerrie Ramm **Broken Hill** Sharon Betts, Leann Clogg, Suzanne Files, Raelene Venarie **Bulahdelah** Jessica Harris **Bungendore** Gillian Warwick **Camden** Crystal Evans **Canberra** Christine Whitcombe, Diane Whitcombe **Casino Evening** Leaine Cornell **Castle Hill** Sheryl Crapp, Sonja O'Brien, Judith Power **Cessnock Evening** Fatmata Bangura, Margaret Robertson, Christine Went **Collingullie** Caitlin Long **Coonabarabran Evening** Marlene Boshier, Sacha Perram **County of Burnett** Annabel Bundock **Crookwell** Lynette Cram, Cheryl John, Kelly Munn **Crookwell Evening** Graily Aldridge **Dapto** Christine Francis **Deer Vale** Monica Clarke **Dungog-Clarence Town** Frances Crane, Caroline Pidcock, Kerry Skafte, Carol Skafte-Zauss **East Maitland** Jill Mason **Eastwood-Epping** Jessica Teasdale, Patricia Brown, Edwina Bull, Jill Esplin, Josephine Fitzsimon,

Sonia Ivaska, Laura Malota **Fairfield** Lyn Cox, Abhireshma Kumar **Forbes Evening** Nicole Little, Vicki Miller, Wendy Morrow **Galston** Robyn Batson, Cathy Bowrey, Cleon Edmondson, Annie Gauci, Janice Old, Sandy Shore **Georges River** Caitlin Bellamy, Jessica Crow, Anna Dyer, Therese Schiena, Susannah Thomas, Lisa Yelverton **Gilgandra Evening** Janette Hawkins, Elizabeth Smith **Glenbrook Evening** Michele Corin, Tammy Golding **Glenreagh** Karyn Martin **Gloucester Evening** Nerida Rodrom **Goulburn** Jade Rawson **Goulburn Evening** Francesca McDonald **Grafton** Janine Rudder, Sharron Todd **Grattai** Lyn Hicks, Anne Murphy **Greystanes** Melissa McCormick, Tracey Moore, Madeline Sedrak, Josephine Trimboli **Gulgong** Peyton Ford **Guyra** Michelle Mead **Guyra Evening** Jenna Howatson, Stefania Pallotta, Wendy Warner **Harden** Christine Iles **Hawkesbury Evening** Leisa Colquhoun, Kerryn Johnson, Jan Mitchell, Julie Tuck **Henty** Jan Sohler, Lynda Walker, Kimberlee Weaver **Hornsby & District** Jillian Burgess, Libby Gardner, Suellen Ryan **Inverell Sunrise** Diane Uebergang **Ivanhoe** Barbara Kemp **Jamberoo** Amanda Large, Christine Patrech, Florence Rankin, Fiona Smith **Jindabyne** Anna Smith **Jindabyne Evening** Montana O'Neill **Keiraville** Sue Buchhorn, Diana Elliott, Tannya Follington, Marie Goodwin, Chris Munro **Kiama Evening** Georgina Brandon, Valerie Gregory **Kyogle Evening** Joanne Lynn **Leura** Shana Anyon, Karen Hodder **Leura Evening** Caroline

Gardner **Lisarow-Ourimbah** Kathleen Kerkenaar **Lower Belford** Denise Mills **Maclean** Amanda Galloway **Maitland** Ingrid von Reiche **Manilla** Tanya Rogers **Manly** Valerie Buono, Gill Fogarty, Marjolein Forrest, Gai Hilton, Margaret Hogge, Dimity McGregor, Denise Moyle, Pam Noble, Judy Phillips, Chau Tran **Manning Park** Frances Hough, Margo Newsome **Mascot Evening** Sandra Charlton, Shanae Hoogstraten, Sherene Klein, Lisa Lillis, Alexandra Russell-Floyd **Medowie** Leah Day, Jan Smith **Millthorpe** Jane Johnson, Meg Price **Milton District** Debbie Debeljuh, Margaret Dengate **Mittagong** Alison Samuels **Moree** Catherine Madden **Moruya** Geraldine Cowdroy, Susan Gray, Fay Hug, Lois Kruk, Nina Shatifan **Moss Vale Evening** Lorraine Manning **Mudgee Evening** Irene Ireland, Sarah Ireland **Mullumbimby** Annalee Atia, Sally Cusack **Mulwaree** Sue Duckitt **Murwillumbah Evening** Jasmine Adams **Myamley** Anne O'Hara **Nambucca Valley Evening** Robyn Jones, Louise Misso, June Rossington, Julie-Ann Short **Narrandera Evening** Gemma Purcell **Newcastle Evening** Erin McOnie **Nowra** Vanessa Goodwin, Sharon Storey **Nundle** Karlee Burgess, Nicole Punschke **Orange** Alison Mortimer, Sally Penman **Pambula-Merimbula** Tanya Davey, Julie Novotny, Sheryle Toms **Paterson** Deborah Sisson **Penrith** Samantha Abbott, Yvonne Jones, Chloe Miller, Eileen Stevenson, Kerri Yates **Picton District** Therese Neilson **Port Macquarie** Robyn Baker, Wendy Evans, Amy Hodge

Queanbeyan Evening Janet Brown, Hayley Schrader, Belinda Strahorn **Richmond** Jennifer Roe, Jacqueline Silver **Singleton Sundowners** Bianca Cousin **Southern Highlands Evening** Samantha Combes, Leah Robertson **St George-Sutherland Shire** Lynne Fry, Julie-Anne Thring **Sydney City** Georgina Croft, Lonie Foote, Sandra Gracie, Catherine Hallgath, Heather Hilton, Jody Jackson, Cathy Jones, Claire Jones, Alice Lam, Leonie Latimer, Karen Locke, Madison Lord, Susan Maddrell, Wendy Moon, Sally Murphy, Anne Quain, Sandra Rogers, Cathie Spiker, Fiona Tchan, Kathy Ware, Pek Wood **Taralga** Carol Alders, Amy Curran, Judith Emerton, Natalie Gordon, Caroline Greig, Kim Livingston, Reane Strode **The Oaks Evening** Katrina Langhorn, Katy Ringe **Toongabbie** Vicki Baiada, Deneille de Sousa, Gwen Wallis **Tuggerah Lakes** Julie Dawson **Uralla** Fiona Leece, Amanda Williams **Virtual** Chloe Tobin **Wagga Wagga** Flick Hamilton **Walcha** Jenny Sweeney **Warialda** Kaylea Perry **Wingham** Judy Cummins, Susan Lathwell **Woy Woy** Jaid Clayden, Liz MacVean **Yanco** Christine Campisi.

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Bush Ballad: The One That Got Away

By Judy Findlay, Barellan Branch

There was a rumour at the shopping mall—
A new guy was in town.

Was he short or was he tall,
Did he smile or wear a frown?

They wondered what flash car he drove,
Had anybody seen?

A fascinating tale they wove
And all the girls were keen.

They heard he was the pub's new cook
So later in the day

The cheeky ones knew where to look,
And thought of what to say.

If someone could secure a date,
They'd have a wondrous night;

The football dance was always great—
To everyone's delight.

Some gathered, over coffee break
And made a sneaky plan.

If the right approach they'd make
They'd trap this mystery man.

So after work they spotted him
Playing a game of darts;

He was so handsome, tall and slim,
He'd surely break their hearts!

The girls thought they would order dinner
And when he served their meal,

The bravest one might be a winner—
If his favour she could steal!

The steaks and salads were quite large—
Delicious, too what's more—

But a sour-faced waitress was in charge
So nobody could score!

As his disappearance they discussed,
Disappointment turned to woe—

Their hopes and dreams dissolved like dust—
Where he went they didn't know;

Till all at once they heard a sound—
A motorbike's loud roar?

In haste they rushed to look around
And when they reached the door...

Their quarry took off from the shed,
His bike was sleek and black;

The helmet silver, striped in red,
Leather jacket on his back.

"So much for that!" The waitress laughed,
She guessed they had been dreaming.

"You had no chance, so don't be daft;
He's married with kids—stop scheming!"

But sometimes on a summer eve
When all the town is still,

A distant rumble we perceive—
And a dust cloud on the hill.

Is that a chuckle far away,
Or a flash of silvery black?

Perhaps the one that got away
One day will venture back?

Celebrations

Adaminaby Branch



Happy 90th birthday and congratulations to Adaminaby Branch Patron, Pam Gipson. Members celebrated the occasion with Pam during the Branch's April meeting.

Wongarbron Branch



Congratulations to Margaret Woodley (on right), receiving her 50 year service award from Wongarbron Branch President, Marjorie Blatch

Weemelah Branch



More than 50 years of being a member was recognised when Ann Farey was presented with her life membership by Mhora Houston and Libby McPhee. Ann now resides at an aged home in Moree. In 1978, Ann took on the Secretary's role in the Branch and continued until 1987. After a short break in 1994 she came back in as Secretary. Ann's creative spirit is treasured by fellow members as, over the years, she has made matchstick toys, sheep yards, shearing sheds and animals. The branch is still using her creations today.

Glenbrook Branch



In late March, the Glenbrook Branch proudly celebrated 70 years of community service and fellowship with a delicious luncheon, attended by many of the branch's members and representatives from other Blue Mountains Group branches. The branch was honoured to welcome State President, Joy Beames. Branch Patron, Noreen Taylor, joined Pauline to cut the birthday cake. The day was made all the more special by the attendance of so many of the branch's juniors, a number of who are the fourth generation of their family to be Glenbrook Branch members.

Picton District Branch



Frances Taylor has been presented with a life membership certificate and her life membership badge. She has been an extremely active member of Picton District Branch from when the branch was first formed.

Frances, a past Illawarra Group Vice President, is a woman of many talents—a sock knitter, a raffle ticket stall seller, a jam and relish maker, an avid gardener, an Easter Show Tea Room volunteer, a seamstress, a cake and slice maker, a branch delegate at State Conference.

Kurrajong Branch



More than 40 members and invited guests were present to help celebrate Kurrajong Branch's 95th birthday. Special guests included State President, Joy Beames; and State Member for Hawkesbury, Robyn Preston; and Hawkesbury City Council Mayor, Sarah McMahon. It was a splendid occasion which brought together friends from Nepean Group. The celebration cake was cut by current and past presidents: (L-R) Wendy Dunston, Dianne Fenech, Joy Beames, Kurrajong President Jenny Shaw, Gwen Aspinall and Eileen Reid.

Galore Branch



Galore Branch celebrated its 90th birthday in April, with a high tea for almost 70 guests at the Galore Hall. A special mention to Kay Geppert who was awarded a life membership of CWA, having been a member of CWA for more than 57 years.

Celebrations

Hume Group



Three members of Hume Group have been honoured with awards recently. Group President and Batlow Branch President, Tina Billing, was awarded Citizen of the Year in Batlow at the local Australia Day ceremony. Gail Commens won the Citizen of the Year in June as well as being a state finalist in Rotary Districts NSW Inspirational Rural Woman. Gail was also nominated by the NSW Rural Women's Network to the Hidden Treasurer's Honour Roll. Annie Kiefer was awarded an OAM in the Australia Day Awards. We are thrilled to welcome Annie as a member of Batlow Branch, having recently moved here from Mascot Evening Branch. Annie is well known to many members throughout the state as a former State Secretary and State Vice President and is still actively involved on state Social Issues Committee representing CWA on many outside committees.

Blue Mountains Group



The Group recently marked the 60 year anniversary of its formation with a celebration lunch at the Log Cabin Hotel, the site of its first meeting. Back in 1963, Blue Mountains branches were part of the CWA's Nepean Group, but with a surge in membership and the large number of branches under the Nepean banner, it was decided that the Blue Mountains branches should have their own group. Four past presidents joined the group's current leader, Helen Stevens from Penrith Branch, in welcoming branch members from across the Blue Mountains and representatives from surrounding groups.

Murray Group



At a recent group day, Little Billabong-Holbrook member Margaret Norris received a 50 year bar and Heather Kerr was awarded with a life membership. Congratulations to these well-deserving members.

Story of the Month

Urunga Branch

Urunga Branch hosted a successful Knitted Knocker Knitathon during April. Held at the Boambee East Community Hall, the knitathon was all about learning to knit a prosthetic breast from 100% cotton from Bendigo Mills. The event is the brainchild of member Yvonne Argent who previously held the inaugural knitathon at Gunnedah when she was a member of Emerald Hill Branch. The event was attended by approximately 50 ladies, from other branches in the North Coast Group plus representatives from the Urunga Dragon Boat group, the local ukulele group, members of the public who saw Branch

advertisements for the day and five members of the Vallarinas, who not only knitted but also entertained with hilarious and entertaining musical skits.

The members of the Urunga Branch catered for the day with cakes and slices for morning tea and freshly made sandwiches and some delicious hot food for lunch.



From our Branches

Belmont Branch



Members attended the Archibald 2022 Exhibit at MAC Yapping in Booragul recently. Our guide, Barbara explained several of the paintings and everyone found it fascinating. The group had a good look at all the paintings and then went for lunch at Table1 at Speers Point. A thoroughly enjoyable outing. The group is pictured standing in front of last year's winning entry Moby Dickens by Blak Douglas which depicts the devastating floods in northern NSW last year.

Blackheath Branch



Blackheath Branch recently unveiled its CWA of NSW Centenary project: a stunning mural designed and painted by local artist, Lindena Robb. Guests at the unveiling included branch members past and present, State and Federal Members of Parliament and representatives of local community organisations. In her address, Branch President Kathryn Hibbert, thanked all those involved in bringing the mural project to fruition. The mural's border takes its inspiration from

some of the design elements of the organisation's centenary commemorative coin and the centre of the mural features a cluster of rhododendron blooms. The rhododendron flower, is synonymous with the town of Blackheath, and is celebrated with a festival every November.

The artwork now graces the exterior wall of the CWA rooms in Blackheath for all to admire.

Coonamble Branch



Homegrown ideas and actions were the themes of the Coonamble Branch morning tea and with over 50 women in attendance it was clear they wanted their voices heard. Mothers with young children were the unabashed focus of the Coonamble Branch's Women's Week event, with Branch President, Lenore Green, welcoming the group by saying they were doing the most important job in the world, raising the future of the community.

"I know life can be extra isolating and just tough," she said. "I hope today encourages you to ask for, and receive, the help you need."

Event facilitator and branch member, Sharon Single, said that Home Grown aimed to champion rural and remote mothers

through local community action.

"While there are plenty of advantages to raising children in the bush, there are also challenges, including the accessibility of women's health services, socialisation and educational opportunities," she said.

Euberta Branch



Branch Patron, Meg Koetz, has congratulated Leo, who is the recipient of a Phillip Group education grant.

Guyra Evening Branch



International Women's Day was celebrated in style with branch members hosting a cocktail party at the Guyra War Memorial Hall. More than 80 ladies attended and enjoyed drinks and canapes on the lawn during a beautiful autumn evening.

Guest speaker, Sam Kauffmann from Eve Flowers at Uralla, spoke about her journey from working for the UN in Kosovo to buying a small farm at Uralla, planting some trees and opening a florist.

The second guest speaker was Kiya Handley from ABC Radio who spoke about her career in radio and the personal challenges she has faced in the last couple of years. Kiya also shared her empowering stories of travelling Australia and the world as a solo traveller.

Hornsby & District Branch



During a recent 3-in-1 day more than 70 members and guests were treated to a visit from Search Dogs Sydney. These wonderful dogs search for missing persons and also help with recovery. A wonderful organisation to support. Lauren from Your Food Collective also spoke. Her company is committed to delivering fresh locally produced fruit and vegetables to their customers. The displays representing hemp, Latvia and "Under the Sea" were very colourful and informative.

Jindera Branch



Jindera Branch held their Country of Study luncheon on Latvia with Group International Officer, Gush Kipper as guest speaker. Gush has been visiting the eight Murray Group branches and displaying a banner, which each Branch has embroidered a daisy (Latvia national flower) on denim fabric,

which was invented by Latvian born tailor, Jacob Davis. Gush has joined the denim to form the banner.

Keiraville Branch



Members educated and entertained the viewers on Anzac Day by cooking Anzac biscuits on The Morning Show Channel 7 with Larry and Kylie.

In March, members visited Illawarra Retirement Trust Aged Care. There were many conversations about the CWA and members enjoyed hearing stories from the residents, who have asked us to revisit. They enjoyed copies of The Country Woman which were read during a High Tea. A second visit is being planned.

Merriwa Branch



Members are holding a monthly morning tea as a way of saying "thank you" to the local community for supporting the Branch. It started on a trial basis and these morning teas became increasingly popular. The event has brought together a wide range of people who have now formed new friendships. It has proven to the Branch there was a void in the community for these gatherings. Established residents are welcoming new residents to our community and our aged care residents are enjoying a

day out. Members hope to have guest speakers and planned activities to encourage those in attendance to become engaged in conversation and participate in activities.

Newcastle Evening Branch



Members gathered to mark the branch's 20th birthday in March with a sunset celebration at the Newcastle Cruising Yacht Club. Along with family, friends and special guests—members past and present joined the celebrations with proceeds of ticket sales and raffle prizes helping to raise money for CWA throughout the night.

Scone & District Branch



Fascinators were the order of the day as members turned out for a race day at Scone during April. This day was a follow on from a similar event last year when Hunter River group asked Scone & District to plan a celebration to mark the centenary. Scone & District is the oldest branch within the group and being the "Horse Capital" it was decided to have a race day. It was a day

where all the branches could celebrate together. Plans are being discussed for a similar day next year.

Taralga Branch



Members have commenced an initiative which is to become a monthly event where older community members, who may be isolated on rural properties or have few occasions to socialise, are welcomed to the CWA rooms in town for morning tea and a chance to catch up on the local gossip.

During April, the ladies put on their good walking shoes, CWA shirts and badges and lined up at the top of town, proudly carrying the CWA banner in front of them, ready to march in Taralga's Anzac parade and lay a wreath to honour and remember those who gave so much for us.

A recent social event was a "Paint 'n' Sip", led by local artist Amy Curran. This fun afternoon introduced some of Taralga's new residents and some born and bred in Taralga not only to one another but to the CWA, resulting in new memberships and friendships.

Tenterfield Evening Branch



Members recognised the tremendous contribution that

Angel Flight makes to the medically needy in Australia and presented a \$1000 cheque to an Angel Flight representative at the Tenterfield Aerodrome in April. In attendance on the day was Tenterfield resident, Barbara Little. Angel Flight came to her rescue when a vehicle crash left Barbara without a car and unable to travel to medical appointments in Newcastle. "I had heard of Angel Flight but never thought it would be something I would have to use and I had a pilot and a plane waiting for me and I just wanted to attend today to say thank you." Barbara said.

Tenterfield Evening Branch President, Chrissy McLatchey, said "It was a pleasure to donate to an organisation which is so important to our rural communities."

Walgett Branch



Walgett Branch and Walgett Shire Council hosted a wonderful turn out for the new residents event in March. Many community groups and representatives of

local services attended the event aimed at making residents aware of what was available within the Walgett community.

Along with the CWA, Walgett Shire Council also partnered with local Rotary and Lions clubs for this event.

Woy Woy Branch



Recently members presented their resident canine, Piper, with her very own membership badge.

Angela and Piper joined the branch in 2019 and members reckon they are so lucky to have them on board. "When she's not on Guide Dog duty, Piper will plod around the hall enthusiastically asking for pats and eating dropped crumbs off the floor," Branch President Jane Bowtell said. "She brings so much joy to all of us but when the harness is on she's all business! We love you, Piper! Thank you for all you do to keep our wonderful Angela safe."

From our Groups

Riverina Group

Riverina Group held an information and publicity stall at the Craft Alive Fair in Wagga Wagga. A number of branch members assisted for the three days. CWA memorabilia was sold including cookbooks. There was a raffle which raised money for the group.



Garden of Remembrance

The following branches mourn the loss of valued members:

Albury

Eileen Gunn—ex Phillip Island (Victoria), Coffs Harbour and Coffs Harbour Evening, member in NSW since 1995, awarded a long service bar; a wonderful lady of deep faith who made light of her physical incapacity, but her hands were never idle—aged 95.

Armidale

Aline Marjory Christenson—held the positions of Cultural Officer and Agricultural & Environmental Officer; a raconteur, actor, director, tap dancer, potter, artist, squash player, traveller and famous joke teller; she always closed our meetings with a laugh; a loved member for 18 years—aged 95.

Bellarwi

Michelle Martin—International Officer and a very community minded person; members are mourning her sudden passing; member for one and a half years—aged 73.

Margaret (Peg) Mrowka—ex West Wyalong where she held many positions; Bellarwi President, Branch Delegate to State Conference, and Group Councillor; Peg was 87 years old and will be missed by members.

Bogan Gate

Esther Moore—attended meetings as a child, joined Yarrabandai's Younger Set prior to full membership; past President, Treasurer (21 years), Councillor and Delegate to Group; transferred to Bogan Gate and was awarded life membership; a quiet, reliable worker always willing to help and was well known for her award winning hand knitted woollen socks in the over 80 years handicraft section; will be sadly missed—aged 96.

Castle Hill

Helen Chandler—ex Bathurst Younger Set (1942) and Kelso (1961); an active member at Castle Hill for many years, including as Branch Treasurer for over 20 years; held group positions as well; awarded life membership; she ran the Castle Hill Show Kiosk for many years and did catering for Learning in the Hills; turned 100 in December; a truly wonderful member of CWA.

Jackie Lively—former, active, long-term member for 32 years; past Secretary and International Officer; her wonderful book on Turkey won at state level, a definite feat; she would have been 100 this year; many CWA people knew Jackie and her lively wit; a remarkable lady!

Collector

Sally Pietsch—Handicraft Officer for a great number of years; her sewing and smocking won many prizes at group and we will miss her flowers each month; a good friend and valued member for 17 years.

Coolamon

Adaline Proctor—joined in 1979; very successful at branch, group and state with her cookery and handicraft over many years; participated at Cultural Days; Branch Handicraft Officer and Vice President numerous times; received a long service bar in 1992.

Dubbo

Marion Morris—past Branch President for 6 terms over 8 years; an active member for over 30 years; she always welcomed new members and will be long remembered for her cooking abilities especially with making scones, sponge cakes and fruit cakes; awarded a long service

bar; she will be sorely missed by all who knew her—aged 96.

Glenbrook

Shirley Merrett—ex Blaxland, passed away at 89; held many positions in branch and group and was the current group Patron; a proud CWA member for over 52 years and she will be missed by all our members.

Guyra

Gillian Bowden—ex Yarrowitch—Tia and Coffs Harbour; Branch and Group Treasurer and delegate to State Conference; a cheerful, generous member who will be greatly missed.

Hillston

Betty Scanlon—our Branch Patron and much loved and valued member for 44 years, she had previously been a member of the Younger Set; President and Secretary for many years as well as other roles; a guard of honour was formed by CWA members at her funeral—aged 99.

Keiraville

Patricia (Dawn) Quinn—member since 1981; proud of her cake baking successes; in recent years, her family has read the branch meeting minutes to her; CWA made a guard of honour at her funeral.

Lisarow—Ourimbah

Beverley Hall—ex Bonny Hills and Terrigal; extremely skilled in handicraft and was a regular winner at branch, group and state competitions; Bev's husband was also a keen competitor with his wonderful handmade jewellery items; she will be remembered as a much-respected member of CWA.

Macksville

Phyllis Mohr—Branch Patron, past Vice President, Handicraft

Officer for 16 years, Hall Booking Officer; a talented lady, offering her expert guidance and knowledge; a prolific cook and cake decorator; successful in handicraft at branch and group level; dressed International dolls; awarded a long service bar and life membership; greatly missed—aged 96.

Moree

Gladys Bassett—joined Younger Set in 1934; ex Canowindra and Croppa Creek; recipient of The Land Newspaper's Special CWA Diamond Jubilee Award; held every position within the branch; appointed Patron of Gwydir Group; awarded life membership; keenly interested in cooking and her recipes appear in several CWA publications; remembered with deep affection and kindness, member for 88 years—aged 105.

Nambucca Heads

Suzanne Russell—a former, loyal member who was passionate about CWA and believed in the motto and the CWA collect; a very proud Branch Patron; her attention to detail at each International luncheon was very much appreciated, she had

travelled for many years; she retired gracefully from all her obligations last October; her craft was exceptional, she knitted infants garments each month for our craft stall; she shared her cheerful disposition, welcoming members to the Branch; she will be greatly missed—aged 90.

Orange

Betty Omrod—former member, ex Nashdale, from 1975 to 2012. Betty enjoyed all functions and played an active part in the Orange community not only with the CWA but also with Meals on Wheels and the Uniting church—aged 94.

Elma Woolfe—member for 35 years. Retired from active CWA duty in 2012 but remained a member; past Group President, Branch President, Treasurer and Secretary; strong supporter of the CWA Schools' Public Speaking Competition and exacting proponent of all CWA rules, regulations and protocols. Through careful administration of hall hire, she left the branch in a healthy financial position for which we remain grateful—aged 96.

Portland

Elsie Kirkwood—a loyal and valued member for 24 years, known for her fun loving nature and laughter; a friend to all, Elsie will be sadly missed by all who knew her.

Tuggerah Lakes

Josie Doyle—ex Nundle, Bonalbo, Oberon, Nyngan and Narooma before finally settling in The Entrance in the late 1970s; held a number of branch and group positions including President, Vice President and Secretary as well as International and Cultural Officer; a member of the State Choir until it disbanded; received her 50 year medallion and life membership; an active member at the time of her passing, Josie loved nothing more than performing and directing for our "4 in 1" and Group Cultural days; a true friend, warm and caring, Josie welcomed new members with open arms and always asked, "Can you sing?" Aged 84.

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



Accommodation and Mini Ads

Members Outsourced Accommodation

The Metro Hotels Group has been chosen as the accommodation provider for the CWA of NSW. A 15% discount off the BAR (Best Available Rate) at the time of booking, when using the code, is available at Aspire Hotel Ultimo, Metro Hotel Sydney Marlow Central, Metro Hotel on Pitt, Metro Apartments on King and Metro Apartments Darling Harbour.

Booking should be made online via www.metrohotels.com.au or contact 1800 766 498 if you do not have access to the website.

The code must be entered (in the promotional code section when searching for rooms) or quoted over the phone to obtain the discount. The code can be obtained from the website (after logging in) or by calling CWA State Office.

Please note: Peak season rates apply for City to Surf, NRL Grand Final, V8 Supercars and New Year's Eve.

Bermagui Seaside Cottage

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

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