

The Country Woman

VOLUME 64 NO 04

AUGUST 2023

Thank you for joining



30TH TRIENNIAL WORLD CONFERENCE, MALAYSIA



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
leoniefa@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

Bec Hogan
Ph: 0412 600 173
bec Hogan@newmoonstud.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

Cover: ACWW Conference, Malaysia. Top: South Pacific Area delegates and observers. 2nd row, left: local dancers at the village tour; 3rd row, left: traditional gong. Middle right: NSW delegates: Joy Beames, Jenny Chobdzynski, Lyn Braico, Stephanie Stanhope and Sharyn Buck. Bottom: Conference hosts.

Average Circulation: 7827 (September 2022)

The views expressed in The Country Woman are not necessarily the views of the Association. Acceptance of advertising for The Country Woman does not constitute endorsement of the advertisers' products or services by the Association. The contents of this magazine are covered by copyright, but may be reproduced by any Country Women's Association of NSW Branch or Group. The Honorary Editor reserves the right to select and edit materials submitted for publication.

Privacy Policy: The Country Women's Association of NSW collects members' personal details and maintains a database in the Association's office. The Country Women's Association of NSW will never sell or give away personal member information. Any information provided to the Association by members will only be used to assist the Association in providing and enhancing membership services and to refer new members to the Country Women's Association of NSW.

 info@cwaofnsw.org.au

 www.cwaofnsw.org.au

 facebook.com/cwaofnsw

 [@cwaofnsw](https://twitter.com/cwaofnsw)

Contents



- 4 State President
- 5 CEO's Report
- 5 News from July Executive
- 7 Featured shop items
- 8 CWA Awareness Week
- 9 Treasurer's Report
- 10 [ACWW World Conference](#)
- 13 Member Profile
- 14 Committees
- 19 [The future is here: junior members](#)
- 20 [Rural Crime Prevention Team](#)
- 21 Group Conference Dates
- 22 Advocacy Update
- 23 Sudoku
- 24 eSafety: Social Media
- 26 Welcome New Members
- 27 Celebrations
- 28 Story of the Month
- 28 From our Branches
- 32 From our Groups
- 33 Garden of Remembrance

From the Editor

It's time we all went on a treasure hunt. Not the chest of gold and jewels buried on a deserted island kind but something a little closer to home.

By that I mean, going exploring in your local area and playing tourist to try and find those hidden gems. The ones you may not have known about even if you have lived somewhere for ages.

My husband and I went on a short road trip recently and stopped in Mudgee. There we found the statue of Louisa Lawson near the local library. There's more to Louisa than being the mother of Henry. She founded *The Dawn*, Australia's first magazine devoted to women and women's issues, opened Australia's first refuge for women fleeing domestic violence and spearheaded the Suffragette movement in NSW.

This road trip discovery got me thinking about the Cultural Committee report from April and the announcement of a branch cultural project. Branches are being asked to identify the things that make the local area special. From there, it's about designing a brochure that highlights at least 10 things to see and/or do around "your place". If you want to know more on the competition, head to the State Cultural Report in this issue.

If it's too chilly for a drive, then it's time to make a cuppa, head to your bookshelf and dust off that book you haven't read since you were a kid or the one you started ages ago but never finished.

Sonia Roberts, Hon Editor

State President

I am writing this report from the front verandah of my daughter and son-in-law's temporary home in Darwin. Temperature is a lovely 32 degrees and it is so tranquil looking out over the ocean. A week is definitely not long enough. We had a day trip to Litchfield National Park, and it reinforced what an amazing and varied country we are fortunate enough to live in.

Since my last report, I have been busy on your behalf with very productive meetings with Minister for Agriculture, Regional NSW and Western NSW, Tara Moriarty, and Minister for Finance and Natural Resources, Courtney Houssos, to discuss issues relevant to our Association. It was ideal having CEO, Danica Leys, and Policy Manager, Andrew Connolly, with me. I feel that we have a foot in the door with these two ministers and will be able to meet with them when needed.

I was fortunate to be a part of the CWA of NSW delegation to the ACWW World Conference that was held in Malaysia in late May. It was an interesting experience and the hostess society was amazing. However I was disappointed with the lack of meeting procedure and lack of impartiality at times. We will need to be vigilant—monitoring whatever comes out of the office in London. All the Australian delegates felt the same about direction that the organisation appears to be taking. I congratulate Lyn Braico, CWA of NSW member, who was elected as the South Pacific Area President but I don't envy her the task ahead. Until such time as I feel confident in the current structure of ACWW, I won't be encouraging members to support it with funding but instead concentrate on issues happening in Australia.

CEO, Danica Leys, and I met with two staff members from Royal Far West recently and held

discussions regarding a joint event to help with their assistance to rural families.

A meeting has also been held with NSW Farmers President, Xavier Martin, to discuss issues relevant to both our organisations.

Facts Days have been held in Northern Tablelands and Gwydir Groups and several more are planned for the near future. These days are interesting and there is always something that can be gained even for the more long-term members.

Ken and I travelled to Hillston for the celebration of their branch's 100 years. A lovely day was hosted by the members with a large gathering of family from past founding members of the branch. Following on from this I attended a 60-year celebration for Keiraville Branch. Well done to the members from these branches for putting our Association in the limelight.

The State Executive meeting will have been held before you receive this journal and I hope that new members felt comfortable and relaxed with proceedings.

I thank members who have contacted me to say how much they enjoyed State Conference. It is pleasing to know that all the work that goes into putting together a Conference this size is appreciated. The speakers from the Rural Crime Squad were very popular and the question time that followed brought forth much more information. I thank Bronwyn Dunston for representing CWA of NSW on the consultation committee. You have probably seen on our Facebook page information that Bronwyn has relayed. Next year will see a couple of changes so look for those when we meet in Coffs Harbour in 2024.

My meeting with the state presidents of Victoria, Western Australian, Queensland and



Northern Territory whilst in Malaysia was worthwhile and a decision was made to hold a Zoom meeting approximately every two months.

It is always pleasing to hear people comment on the kindness theme that I have been pushing for since my election last year and how their branch has been introducing small measures to increase kindness.

"Remember, there's no such thing as a small act of kindness. Every act creates a ripple with no logical end". Scott Adams

**Joy Beames,
State President**

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

Dear Joy,

Thank you for forwarding the Association's Annual Report which I have read with great interest.

Congratulations on your most successful centenary celebrations and activities. May I also take this opportunity to send warm birthday greetings to all the wonderful members who celebrated their centenary birthdays during this milestone year.

Best wishes,
Margaret Beazley

The Honourable Margaret
Beazley AC KC
Governor of New South Wales

CEO's Report

As I write we are in the middle of our State Executive Meeting here in Mascot. This time last year the State Executive Committee was starting the process of updating the Strategic Plan. Fast-forward to now and the plan is now in place and discussions are taking place on the key action items that need to be undertaken as a part of that plan. All members and branches are encouraged to have a look over the plan which was recently emailed out.

Our advocacy efforts are progressing as usual, and we have already started working on advancing the policy issues that were discussed and approved at the annual Conference. The two issues-based committees, being Agricultural & Environmental, as well as Social Issues, are working through a prioritisation process where they are selecting their top three priorities to work on over the coming year and much of their deliberations on this will be influenced by recently passed Conference resolutions.

In preparation for this year's CWA of NSW Awareness Week, scheduled from Sunday 3rd September to Saturday 10th September 2023, we are making arrangements, and you would be aware that we have already communicated the theme to members. This year's campaign will be focused on increasing awareness around neurodiversity (which includes ADHD, autism, dyslexia and Tourette syndrome), with a particular emphasis on the growing number of adult women who are being diagnosed with ADHD and the challenges they face around diagnosis, and accessing suitable and affordable treatment options, especially in remote, rural and regional NSW.

Please remember that at the next State Executive meeting in November, we will be considering motions for the 2024 Conference. If your branch has any matters they would like to be debated and discussed at the Conference, it is essential to submit them to their



group in time for this meeting. The deadline for submission is 31st October. To assist you in formulating a motion, please refer to the guide on writing policy motions in the Procedures Manual, which provides very useful guidance and if followed will help ensure your branch motions are submitted in the correct form. Motions must be accompanied by a relevant preamble and appropriate well-researched background. We are always available to assist with any questions your branch has about this process.

Danica Leys,
Chief Executive Officer

News from July Executive

ACWW

Delegates attended ACWW World Conference in Malaysia this year and Lyn Braico was elected as the South Pacific Area President. There are also some uncertainties to the South Pacific Area (SPA) funding as the SPA has been informed that all donations are now directed to the ACWW Head Office in London. The State President is urging members to focus on issues in Australia and support the International Fund until we can be confident with the governance around ACWW.

Advocacy Updates

There will be a rally on 14th

September 2023 with other like-minded groups to demonstrate our strong policy position in relation to the protection of agricultural land and water from coal seam gas mining.

Awareness Week

Awareness Week will be held from 3rd to 9th September 2023, focusing increasing awareness around the concept of neurodiversity (which includes ADHD, autism, dyslexia and Tourette's syndrome), and the challenges those with neurodiverse conditions face, particularly women and children in rural and regional areas of NSW. Further details will be sent

to branches ASAP.

Coworking Project

The CWA of NSW Co-Working Project continues to progress. Two branches, North Star and Braidwood, have unfortunately decided not to continue. Trangie Branch will join the remaining three. A portion of the funds for the fifth branch will be set aside to help ease these four branches with the on-going costs in the early months.

Cultivating Kindness Program

The "Cultivating Kindness" program will be implemented in line with the Strategic Plan. The

program aims to create a culture of acceptance and inclusivity within the CWA of NSW, with a specific focus on implementing a zero-tolerance policy for bullying. This program will be rolled out over the course of 3 years.

Disaster Relief Fund

The Disaster Relief Fund has had its Deductible Gift Recipient status revoked as we are not a registered charity. Work to set up a new incorporated association and seek charitable status for the fund (and consequently DGR status) will commence.

Financial

The fixed rate is currently 2.0% and the on-call rate is 0.5%.

The State Treasurer recommends the following interest rates apply from 1 October 2023:

Fixed interest rate 3.5%

On call interest rate 1.0%

Branches

Mulwaree Branch will change its name to Goulburn-Mulwaree Branch

Hastings Branch will change its name to Lake Cathie-Hastings Branch

Partnerships

Permission was granted for all branches and groups to fundraise for the Gidget Foundation as a special project (therefore no donation to the Association Fund is required) during Perinatal Mental Health Week (6th-12th November)

Show Catering

The State Show Catering Committee will be reduced to 10 members in line with other State Committees

The Land Cookery

CWA of NSW will no longer require members to buy back their own cakes at branch, group or state competitions. Cakes not taken back by members could

still be sold to the public where appropriate e.g. fruit cakes or jams and pickles.

The Land Cookery Committee will now receive The Land Cookery entry fee from branches rather than the Association.

Insurance

All branches that are responsible for CWA of NSW property receive an insurance premium which is payable by 31 March each year. A late fee of \$50 will now apply to branches that have not paid their insurance premium directly to Scott & Broad by 1 April. An additional late fee of \$25 will be charged for every month they continue to be late.

Media

A media spokesperson policy has been placed in the Procedures Manual. This policy formalises the guidelines and procedures for media engagement by the CWA of NSW ("Association") and articulates the Association's approach to media communications. It also outlines how spokesperson roles are designated and outlines designated spokesperson's responsibilities.

Membership

Life Memberships were considered. Full details will be made available later in the year.

Procedures Manual Updates

Updates will be uploaded to the CWA's website. It is important to keep Procedures Manuals up to date.

Reports from Representatives on Outside Organisations

Reports provided:

- Narrabri Gas Project Community Consultative Committee
- SOS Fracture Alliance

- Crime Stoppers Rural Crime Advisory Group

Treasurer

Branch Treasurers should save or send the electronic bank statements in their original CSV or PDF file.

Dates for Executive Meetings 2024

12-14 February

Sunday, 5 May (pre-conference)

15-17 July

11-13 November

Winning Cultural Poem

The Centenarian

**By Catherine Milander,
Stanwell Park Branch**

She clutches her shawl
With gloveless hands
That are chapped
And red with cold.
Strands of hair work loose
From too few hairpins
And hang about
Her staring eyes.
Her hair looks younger
Than her face, where
Toothless gums
Suck up her soup.
Trouble has marked her.
Permanent creases of anxiety
Have scored her forehead.
She is lonely now.
Dead friends' souls
Race passed her.
Jealously hissing at her.
She will join them soon.
Her hundred hard years
Her children and grandchildren
Are now mostly forgotten.

Featured shop items

All these items and more are available for at the CWA of NSW shop. Order online at www.cwaofnsw.org.au/online-shop or download an order form www.cwaofnsw.org.au/order-form. Additional postage costs apply.



100 year badge:
\$8.00



100 year glass:
\$15.00 (pick up only)



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



100 year uncirculated
coin: \$12.50



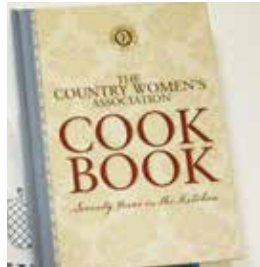
Member badge:
\$6.60



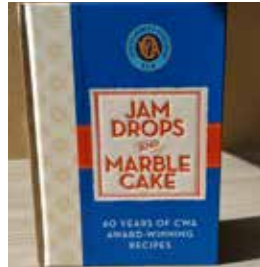
Name bar:
\$8.80



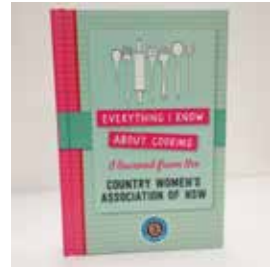
Junior badge:
\$6.60



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



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



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



Pumpkin Scones Tea
Towel: \$12 or \$160 for 20



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



Notebook & Pen Pack:
\$9.90



Frank Green insulated
cup: \$40.00



CWA Apron (polyester/
cotton): \$17.00



CWA cap (100% cotton):
\$15.00



Polo—navy or pale blue
(poly/cotton): \$34.00



Workshirt (100% cotton):
\$45.00



Car sticker, 8.5cm:
\$2.00



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



Letterhead (50): \$8.80
Envelopes (50): \$6.60



Raffle ticket book:
\$4.40



Receipt book:
\$8.80



2023 Directory:
\$13.00



Annual Report:
\$15.00

Postage costs: Very small items: \$3.50, under 250g: \$10.00, 251g–500g: \$10.00, 501g–1,000g: \$13.50, 1,000g–3,000g: \$16.50, 3,000g–5,000g: \$20.00, 5,000g–10,000g: \$23.50, 10,000g–15,000g: \$34.00, 15,000g–20,000g: \$39.00. Cookbook box price: \$34.00. Download an order form to automatically calculate postage.

CWA Awareness Week

Preparations are underway for this year's CWA of NSW Awareness Week from Sunday 3 September–Saturday 9 September 2023.

This year's theme

Awareness Week in 2023 is focused on increasing awareness around the term neurodivergent (which includes ADHD, autism, dyslexia and Tourette syndrome), and the challenges those with neurodiverse conditions face, particularly women and children in rural and regional areas of NSW.

Given the motion on ADHD passed at May's State Conference ["that CWA of NSW ask governments to investigate ways to reduce the costs of diagnosing and treating adult attention deficit hyperactivity disorder (ADHD)"] and the current government inquiry into ADHD, to which the CWA of NSW has made a submission, it's proposed that ADHD be a particular focus for this year's Awareness Week campaign, especially the growing number of adult women who are being diagnosed with ADHD and the challenges they face around diagnosis, and accessing suitable and affordable treatment options.

The Association sees that increased awareness and understanding of these conditions is vital in shaping community perception, increasing funding into research, and encouraging strategies to make diagnosis faster and more accessible, and reduce treatment costs.

The aims of this year's campaign include:

- More awareness of ADHD in girls and women to ensure early diagnosis, leading to better treatment and support;
- Increased recruitment, training and retention of, and support for, health care

professionals to ensure client access to timely diagnosis and management of ADHD, particularly in rural, regional, and remote Australia;

- New ways to reduce the costs of diagnosing and treating adult ADHD;
- Extension of access to all long-acting medications on the PBS for late diagnosis ADHD;
- More research into long-term outcomes of ADHD in girls and women—especially work that investigates how and why the disorder contributes to difficulties across the life span; and
- Increased awareness of neurodiversity as a whole, both within the general population, and within the CWA of NSW's own membership. With increased awareness it's hoped people will become more aware of the potential differences in those with neurodivergent conditions, and be more open to those differences.

This year, the CWA of NSW is partnering with the national ADHD Foundation in Australia, a not-for-profit organisation committed to providing help and support to people living with or supporting someone with ADHD, and ultimately "working to improve the lives of people with ADHD".

In terms of specific activities/events around this year's Awareness Week, there's an opportunity for the CWA of NSW to use the week:

- To distribute a reference card to our communities around neurodiversity and ADHD—what it is, what support services are available, the best ways to support people with a neurodivergent condition etc; and
- To host an online forum open



to members and focused on the challenges around neurodiversity (with an emphasis on ADHD) for those in rural and regional areas, including diagnosis and access to, and affordability of, medication. Key priorities around relieving some of the current challenges will also be explored.

How you can help

We'll be undertaking a NSW-wide media relations program to generate media coverage for our Awareness Week theme but as is the case each year we rely on the support of branches to spread the message throughout the state.

The annual Awareness Week briefing kit will include a template media release, media event notification, backgrounder/fact sheet as well as tips and suggestions for how you can leverage Awareness Week in your local community.

Your photos from Awareness Week

Your Awareness Week photos are needed for a feature in the next journal. Please send high resolution photo (not reduced before sending) with a couple of sentences about your Awareness Week event.

Due to the journal deadline, please send immediately after your event. Make sure you have permission from everyone in the photo. Email photos directly to communications@cwaofnsw.org.au

Treasurer's Report

Top Five Tips for Treasurers

1 Organise your branch auditor early; do not leave until end of September, start organising this month—give the auditor a timeframe when you need the books back. Please do not have these audited until after 30th September.

2 Please check the audit requirements as there are changes this year; updates will be available in the August financials/renewals mailout. The changes will also be covered at all workshops and communicated through your Group Treasurer.

3 All income is to be receipted (no matter how small) on the day you receive the monies including all direct payments into the branches account. For direct payments the receipt is dated for the day it was received into your bank account.

4 Pass all accounts for payment at your branch meeting (if a utility falls due prior to the meeting please pay this and ratify the payment at the next meeting)

5 Reconcile your books every month and if they do not balance, please do not leave this—seek help.

Where do I find the information relating to the Treasurers role

- State Treasurer's Executive Report. This is available from your SECM after each State Executive Committee Meeting—please disseminate these to all Group and Branch Treasurers.
- CWA of NSW Procedure Manual—Branches should maintain an up-to-date copy of the Procedures Manual or have the electronic version available at Branch meetings. As a member you can access the Manual.
- CWA of NSW Website—www.cwaofnsw.org.au. Log In and then go to Membership—Members Portal—Procedures Manual. Then scroll down to Financial/Treasurers Information
- Facts Days—advised through your group
- Treasurers Workshops—these are advised through your group, State Treasurer's Report, E-news and Facebook.

- Online Workshops. Getting Ready for Audit will run on Saturday 19th August and repeated on Saturday 2nd September both commencing at 10am—links will be sent out closer to the dates.

Who can I contact if I need help?

Help is always available. The outgoing Treasurer should provide a handover and support to the incoming Treasurer. Your Group Treasurer is available for help and assistance. The State Treasurer is available should further help or assistance be needed.

Logging into the website

Go to www.cwaofnsw.org.au, click on the "member login" image or click on "sign in" in the top right hand corner. Type your username and password into the box. Your username is your email address. If you are unsure of your password or haven't set one up, use the "forgot password" link to set a new password.

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

Sometimes we all struggle.

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



Start your journey today

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

MindSpot

ACWW World Conference

30th Associated Country Women of the World (ACWW) World Conference, Kuala Lumpur Malaysia, 17th–25th May 2023

After arriving in Kuala Lumpur, we were greeted with smiles and snack packs by the Hostess Society, WI Pahang, and guided directly to coaches, along with members coming in from other countries, for the drive to our hotel. Our accommodation was a large, colonial style building with arches and a beautiful fountain on the approach to the front door where we were assisted by smiling ushers and porters. Dressed in red and blue, the Hostess Society processed our registrations with ease and sent us to a very welcome buffet breakfast downstairs and to collect our room keys. The hotel's interior matched the exterior in its grandeur, with huge chandeliers and white and gold décor. There was also an ACWW table for members to buy branded items and check memberships.

Local artisans had stalls, set to one side of the Conference Room, for attendees to buy locally produced items. Shuttle buses left every ten minutes to take attendees to the local shopping centre and returned hourly. While outside was hot and very humid,

the venue was cool, and the rooms were all airconditioned.

All meals were provided, with breakfast and lunch all buffet-style with a large selection of dishes. The dining areas were all really spacious and dinner each evening had a different theme featuring the various cultures making up Malaysian society including entertainment. Each evening there was a small gift for members from our hostesses. We mingled freely at each meal with members of other societies in a friendly atmosphere.

With the judging of the tray cloths and shoe bags it was great to see NSW receiving awards donated by Her Majesty Queen Azizah.

NSW members chose different day tours, and all reported finding their visits interesting and enjoyable. Tours included a visit was to a forestry centre which was a research centre preserving native plants and trees; batik and basketry at the craft centre; planting new seedlings in environmentally friendly bamboo pots at the media centre; and a cultural experience at a village.

The atmosphere throughout was one of friendship and camaraderie as women—with very different backgrounds but very similar aims to make a better world for women, children and communities—gathered from across the globe.

At the coordinators meeting, World President Magdie de Kock, explained the aims of this initiative and welcomed participants. Many countries do not have an individual voice so, while we are strong and united in speaking to our governments, this is where they are being given the opportunity to bring their distinct issues to the fore, allowing ACWW to speak on their behalf at the UN.

The South Pacific Area was the largest delegation with over 150 members and partners from Australia and New Zealand travelling to Malaysia. Of these, 135 signed in for the Pre-Conference Area meeting. This is the first chance all attendees from Australia, New Zealand and historically any members from our Island societies, have to formally catch up.

High on the agenda was the news from the outgoing Area President, Gail Commens, regarding our South Pacific Area account. This account will now be administered from the UK ACWW Central Office. This is due to changes in the UK Legislation for NGOs and as ACWW is run under these rules and regulations, all accounts in the name of ACWW must be “returned” to London. Here they will be kept separate from other accounts and ready for South Pacific to use. Tish Collins, the Executive Director of ACWW Central Office attended



CWA of NSW Delegates and Observers



Entrance to the Royal Palace, Malaysia

this meeting to reassure the members and answer any questions.

The opening ceremony proved to be, as expected, an amazing event. In attendance were many distinguished guests invited by the hostess society chairperson, Her Majesty Queen Azizah, including the King and several princesses from various Malaysian states.

Everything was run very efficiently according to royal protocol and it was obvious that protocol is extremely important in Malaysia. The parade of flags from 84 countries was performed by university students and was most impressive.

Her Royal Highness Queen Azizah did the welcome to everyone. She made everyone feel most welcome.

World President Magdie de Kock presented her address for the

time period of 2019-2023 and highlighted happenings and the effect that COVID-19 restrictions had on the world in general.

This was the first time that a world conference had been livestreamed and it was proving to be well-received.

His Majesty the King opened the conference by sounding a massive gong. This was followed by performances from dancers wearing beautiful outfits and using coloured umbrellas as part of their dance routine. These women were followed by more dancers in multi-coloured amazing costumes. They were all students from the National University Cultural Troop.

The keynote address was presented by His Royal Highness the Regent of Pahang with his theme being climate change, greenhouse gases and sustainability. One interesting fact that emerged and was an indication of his concern in these areas is that Malaysia has the third largest tropical forest in the world.

The opening ceremony concluded with the Malaysian National Anthem. The official party left the hall slowly as

their majesties both stopped frequently to talk with people present.

It was very interesting to sit through the ACWW Business Sessions of the World Conference especially less than a week after our own State Conference had concluded. Most business sessions ran for 90 minutes or less. These sessions highlighted several notable differences in areas such as voting, meeting procedures and not being able to effectively debate a motion if your voting delegates were not in agreeance with the motion being presented or wished an amendment to the wording.

On arrival to the grand ballroom the voting delegates had to enter via the top set of doors, the stewards detached the small lower section of your voting card, these were then added to give the meeting voting strength. However, on a few occasions the count was not correct, or a person/s had entered after the session was opened, causing several delays when motions were put to the vote, and it was more than the voting strength.

Another area that we struggled with, was not having the audited consolidated financial report, yet we were asked to approve a Treasurer's report and the budget for the upcoming triennium in the same motion was difficult to comprehend. We were advised the audited report would be available on the ACWW website the following week as it



Visit to the Mah Meri Cultural Village

had come in while the staff were in Malaysia; as of mid-June only the 2021 financials are posted.

Whenever a motion was voted on, the voting delegates had to raise the card until two persons had verified, they had counted the votes correctly in their block, this also caused delays at times having to recount to ensure the votes were counted correctly.

Regarding debating, as motions are posted several months prior to the Conference, it was hard to make any changes to the wording, suggest an amendment or debate in the negative on any proposed motions, as it was at times in the preamble or for and against points that it was noted and these were not apparent prior which made this very different from the CWA of NSW Conference debating. Most motions debated were constitutional and required a 75% majority to pass, all others required 50%+1.

The three motions from the Societies that were put forward were all carried—Establishment of Rural Women’s Employment Action plans, Rural Gender Impact Analysis both by Rural Women New Zealand and Addressing Food Waste by National Association for Family and Community Education, USA.

The application of the rules of debate differed especially with points of order, as this was put to the meeting rather than the chairperson making the decision. Another area was when the vote was taken, the board all voted in front of the delegation including the chairperson.

The Hostess Society, WI Pahang, looked after us with the grace, humility and kindness of the Malaysian people and this is what we will take away from this World Conference. The hospitality we had first received upon arrival, continued for the entirety of the conference. They made everything run like clockwork. Nothing was too much. The women were easily

recognisable as they were similarly dressed each day and always wore their distinctive vests. Evenings were a pleasure. The surprise gifts left at each setting and the entertainment they arranged each evening was unexpected and delightful. We were introduced to local delicacies in a safe environment, giving us the courage to be more adventurous in our food choices during our stay. They brought local culture to us with performing artists depicting Malay, Chinese, and Indian traditions. After these performances we were entertained by local musicians.

We can only give thanks for such an inclusive cultural immersion in a non-confrontational environment.

The Post-Conference Area Meetings at the conclusion of Conference were cancelled due to a high number of COVID-19 cases. Still members from the South Pacific Area had a gathering in the main Ballroom after the Closing Ceremony to say a heartfelt thank you to outgoing South Pacific Area President Gail Commens. Gail has held our Area together for the last seven years,



CWA of NSW Delegates

she has rebuilt ACWW’s presence in the South Pacific, managed us throughout COVID-19, natural disasters and was proud to be host to the first ever Virtual Area Conference. Gail was then presented with some beautiful diamond earrings on behalf of all members of South Pacific Area. Gail then went on to welcome Lyn Braico as the incoming South Pacific Area President and presented her with a beautiful laptop bag to use during her term. We congratulate Lyn Braico and wish her every success as she commences her term as the new South Pacific Area President.

The next ACWW World Conference is planned for Ottawa Canada in April 2026.

Jenny Chobdzynski, Joy Beames, Sharyn Buck, Lyn Braico and Stephanie Stanhope; CWA of NSW Delegates

Copyright and the Internet

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

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

Unsplash users allow their photos to be used for free and without attribution. Go to www.unsplash.com. Be aware of premium “Unsplash Plus” images within the search results which are not free.

Member Profile

Marie Kelly



Darling River Group President and Ivanhoe Branch member Marie Kelly remembers her first State Conference clearly.

When she walked into the 2014 State Conference at Griffith, Marie realised the strength and scope of the CWA voice to bring about meaningful change.

When did you join the CWA?

I joined CWA in 2009. Whilst attending a funeral wake for which the Ivanhoe CWA women were catering, I realised they were low on numbers and I became enthused to join to build their membership and to assist with such catering events.

My maternal grandmother and one aunt on that side of the family were CWA members in South Australia for many decades so I guess it was in my genes. I have

heard a number of members talk about the “genetic pull” of the organisation since then and it is certainly true in my case.

Over the years I have volunteered for many things and CWA seemed to be a natural extension to undertake.

What’s been greatest surprise for you since joining the CWA?

The first Conference I went to was a real eye opener. It was a realisation of the scope and the power of what the organisation does.

The voice that the CWA has to make change is a powerful thing. It’s the ability to bring change, not just within our local communities but also across the state. Change to bring about things such as legislation and improving the quality of life for people in the bush.

What is the greatest misconception you have encountered from other people when you talk about the CWA?

The greatest misconception from non-CWA members is that only older women are involved, we are

all cranky, and that it is all about cooking and craft.

I’m constantly trying to encourage younger women to join and reduce the misconceptions. It has been so refreshing to see our Broken Hill Branch reform and the youth and vitality of those members.

What challenges do you think the CWA faces as it begins to navigate its second century as an organisation?

I believe we have to embrace younger members, embrace change, and embrace technology whilst continuing the great work that we have been doing in our first century.

You are in the Far West of NSW. How important is the work of organisations such as the CWA in regional, rural and remote NSW?

The work of CWA in rural regional and remote NSW is important for women to stay connected with other women, to empower women and to utilize our respected voice to continue to improve life and living in the bush for all.



2014 State Conference at Griffith

Hospital Support Report

The Hospital Support Committee remains very busy. We met for two days in May where we reviewed our Procedures Manual and website entries as well as sorting and packing donations.

We were able to again provide much needed items to the Streethearts Charity. Mother and baby items were packed for distribution in Tumbarumba, Batlow and Tumut. Mother and baby clothing and toiletry bags were also given to Women's Health at Westmead Hospital.

The Committee has been able to continue to be involved with the distribution of donations (fabric bed brighteners, small colourful drawstring bags for a "reward bead program" and bags to hang off the back of wheelchairs to carry files, x rays, etc) to the Edgar Stephen Ward (long term cardiac ward) at Westmead Childrens Hospital.

In late June, after an 18 month pause, some of the Committee members and friends to the committee went to Mascot for a full day of packing Mother & Baby Packs on behalf of the

State International Committee. The work was hard as all the bags have to be stitched closed. The International Committee arranges collection for shipment overseas by Rotary.

Fortunately, we were still at Mascot when an urgent request came in from the McGrath nurses at Bankstown Hospital for Breast Cancer drainage bags and we were able to have 30 bags dispatched to them.

The tough times being experienced across the nation has brought about an increase in requests for help from nurses, paramedics, nursing homes, hospitals, refuges and charities. Our backlog of stock that had accumulated during COVID-19 lockdowns has mostly gone and we are in need of donations of new items to keep up with demand. Items such as knee rugs, adult beanies, women's nighties and undies, baby clothes and wraps, toiletry items, face washers, small bath towels, and soft toys.

We thank all who have been able to donate to the Hospital Support Committee and remind members

to always look to support their local community first.

Unfortunately, the names of our Hospital Support Raffle winners did not appear in the June Journal. The winners were:

1st Phyllis Munson, Newcastle Evening Branch

2nd Janet Luce, Southern Highlands Evening Branch

3rd Leonie Skinner, Maclean Branch

4th Jennifer Blinkhorn, Southern Highlands Evening Branch

The next meeting/packing days will be held on 26th-27th July 2023 at Mascot.

Sue Vassie, Chairperson

Procedures Manual Updates

Download and print your Procedures Manual updates from the Procedures Manual page under the Member Portal of the website (after logging in), or download the whole manual for viewing on your computer or tablet.

State Cultural Report

Goodness, how hard is it to believe that more than half the year has passed by already?

As a group of members committed to promoting, encouraging, and inspiring the CWA's attention to, and understanding and enjoyment of, our national culture (aka your Cultural Committee) we are delighted to have already received the first entry in the "Your Place" brochure/promotion competition. Remember you need to send in your brochure, A4 size—folded in half or thirds, detailing the 10 features that your branch has decided represent

and highlight what's special about your local area, to the Committee Secretary, Yvonne Davis, by 15th November this year. Your entry must be presented as a hard copy and mailed. Thank you for cutting out and including the entry form which can be found in the previous edition of The Country Woman Journal, so that we have all the contact details for your Branch at hand.

Looks like this amazing new branch-focused initiative has generated quite a bit of discussion and we have happily answered many enquiries about formatting

and the presentation you could consider for creating interest in the special features of "Your Place." We are looking forward to seeing wonderful representations of all that's unique, beautiful, and visitor-noteworthy about the community that you call home. After completing and printing off their brochure branch members commented that completing their entry had been an exercise in contributing and cooperating with each other in a useful way.

Ten years ago, the United Nations designated 10th March as the International Day of Happiness.

An annual happiness ranking, published by the UN's Sustainable Development Solutions Network, has, for the sixth year in a row, resulted in first place being awarded to Finland. This initiative collates global data, based on Gallup survey results over three preceding years, to produce a World Happiness Report. The Nordic cultures are significant performers in the happiness stakes with Denmark coming in second, Iceland third, Sweden sixth and Norway seventh. Makes you think about the lifestyles and cultures that are conducive to creating the greatest happiness.

And maybe you're wondering where Australia ranked? In 2023 we scored twelfth place (out of 137 nations) while our allies across the ditch, New Zealand, made it into the world's top 10 by placing two ahead of us. Interestingly the report indicates benevolence, especially a willingness to help strangers, which went up 25% on pre-pandemic levels, has remained high, and resilience and positive emotions are likely to be twice as prevalent as negative attitudes. Feeling better about yourself is most likely to result if you are looking after other people rather than focusing

entirely on yourself. The corner stones underpinning happiness and creating the best culture are gratitude, empathy, generosity, and kindness.

The Committee will be meeting next on 18th August. If you would like to put forward possible topics for any of the 2025 literary competitions, please send in your suggestions by text, (0419 638 733), email (cr.campbell@camden.nsw.gov.au) or post (c/- Looking Class, 71-73 Argyle Street, Camden, 2570) for us to consider.

Eva Campbell, Chairperson

The Land Cookery Report

The new schedule was in the last journal and the printed versions should have been handed out by now. We have received some wonderful recipes for the Committee to cook, taste and discuss at our Jan 2024 meeting as options in the next schedule. Thank you so much for sending these in.

We recently had our first two judges' Zoom meetings that were an open forum. These were well-received and well-attended. Unfortunately, internet connection problems made it impossible for some to attend.

The highlights from these meetings were:

- That presentation is still very important, along with taste and we wish to see the standard improve and help members with this.
- Plastic and metal lids are allowed.
- All cakes are to be cut and tasted, unless totally uncooked. If slightly under cooked, a wedge can be taken from the side.
- Boiled fruitcake is a traditional recipe, not made with a tin of mango or pineapple, etc.

- Sultana cakes can have lemon essence or sherry but it is not to override the sultana flavour.
- Ginger sponge can have cocoa powder in it but again the sponge needs to have the flavour of ginger and colour of a ginger sponge, so just adjust the cocoa if you have this problem.
- Chocolate cakes need to have a lovely chocolate flavour. Try using a plain cocoa powder instead of fancy baking cocoas. This is a simple butter cake, not a mud cake.
- The taste of the new Remembrance biscuits and the apricot loaf will greatly depend on the cheese and apricots used. It is also best to have your butter and cheese at room temperature or warm the bowl to beat cheese and butter well.

There are planned "How to" days coming up, so please look out for these dates. Thank you, Carole, for the recent Wollondilly Group day.

For those of you not too fond of the Lemon & Carrot marmalade, and wish to use it in some way, I have found it great in jam roly

poly and the jam and coconut slice that is made by many.

Last minute great news: your \$1 entry fee that will still be sent to the State Office will now be forwarded onto The Land Cookery Committee. This means that members will no longer need to buy back their cakes/preserves at the branch/group/Conference—they can simply let the steward know they would like their cake/preserve back. Cakes/preserves will still be sold to others if available. Thank you to the Executive Committee for assessing and approving this request.

The Land Cookery Committee welcomes all feedback, queries, comments and questions about all aspects of the competition. We are here to help all of you enjoy baking as much as we do. It is important, however, these queries are actual and factual, ensuring we have all the information to best assist all of you.

Good luck to those members who are sitting for their judges' badge in Bathurst.

Ellice Schrader, Chairperson

Agricultural & Environmental

It is a privilege to be writing my first report as State Agricultural & Environmental Officer and I would like to thank every member who supported me at State Conference in Bathurst. I won't let you down.

The day after returning home from Bathurst, I attended a sustainable farms field day on a neighbour's property about farm dam health. The highlight of this day was seeing a massive river red gum at the estimated age of 500 years old.

Next was a field day near Junee, hosted by Vic No-Till about how healthier soils in cropping are resulting in improved plant and animal health and profitability. Vic No-Till is a leading voice in Australia for the use of no-till farming, where farmers discuss the many benefits and improvements they are observing using no-till farming techniques. In these times of rising input costs, this has got to be a good thing. It was good to learn with other farmers who share experiences and knowledge at these events.

As the threat of Foot and Mouth Disease looms over Australia, I attended a meeting in Wagga in May about Foot and Mouth Disease (FMD) and Lumpy Skin Disease (LSD). This event was conducted by NSW Farmers and presented by four speakers and vets from Local Land Services.

A lot of work has and is being done by authorities to bolster Australia's biosecurity and preparedness for an outbreak of both these diseases. This includes Emergency Animal Disease Preparedness (EADP), training of vets in preparedness, action plans in the case of an outbreak, development of improved vaccines in Australia, import bans on certain products, wider screening at airports and mail centres, increased vigilance across flights, more

working detection dogs, review of import permits, and biosecurity response zones.

FMD can affect all cloven-hoofed animals. Symptoms are:

- Blisters on mouth, snout, tongue, lips or feet
- Erosions remaining after blisters rupture
- Drooling
- Fever
- Limping and reluctance to move
- Production losses

LSD affects cattle. Signs include:

- Obvious skin nodules turning into abscesses and scars
- Nose and eye discharge
- Enlarged lymph nodes
- Fever
- Production losses

LSD is spread by mosquitos and is more easily spread to Australia. Other pathways of LSD into Australia are wind-borne insects, unwashed returning livestock vessels, planes and contaminated products.

FMD pathways into Australia are imported contaminated products, clothing, vehicles and equipment.

The risk of these diseases entering Australia is another important reason why feral animals need to be controlled. Cloven-hoofed feral animals: pigs, deer and camels will spread both diseases quickly throughout Australia in the event of an outbreak. Feral animals need to be reduced by at least 80% for effectiveness.

It is also very important not to feed pigs and pet pigs any food scraps of imported milk products, or meat and meat products such as salami and cheeses, as this is another way FMD can be introduced into Australia.

An outbreak of FMD in Australia is estimated to have an \$80 billion

direct impact on our economy.

Anyone who suspects an EAD must immediately notify an authorised officer in DPI or LLS.

- Emergency Animal Disease Watch Hotline: 1800 675 888
- Local Land Services: 1300 795 299
- Call your District Veterinarian directly

Did you Know? There has been FMD in Australia before. It occurred in Victoria in 1872.

The last two months have been spent working with Andrew Connolly on our committee structure and focuses, and I would like to take this opportunity to thank Andrew and Danica for their work and orchestration on the new Terms of Reference to guide our committee.

On 23rd June there was an Agricultural & Environmental fact finding meeting at Mascot. It was great to have Danica Leys and Andrew Connolly attend.

If you have sent an email to the committee during the last two months and had no reply, please send it again. You will see the new committee details in an upcoming journal.

I am really looking forward to our committee meeting on 25th July to welcome members and start to get things done.

Jenny Birtles, Agricultural & Environmental Officer

Moist Apricot Roll cooking time

The Moist Apricot Roll cooking time was omitted from the recipe on page 19 of the June Journal. Step 6 should read "Bake upright in a moderate oven (160°C fan forced or 180°C regular) for **approx 60 minutes**".

Handicraft Report

2023 Agricultural & Environmental Seminar Landscape Rehydration and Cats at Bungendore Monday 11th September 2023

Join us for a visit to The Mulloon Institute Home Farm for expert presentations on the hot topic of landscape rehydration for agricultural sustainability, led by CEO, Carolyn Hall, and Landscape Planner/Science Coordinator, Peter Hazell.

The Mulloon Institute is a multi-award-winning research organisation recognised globally (including by the United Nations) for landscape rehydration and restoration research. The Mulloon Institute mission is to actively demonstrate, validate and share landscape rehydration, restoration and regenerative practices in order to create sustainable, profitable and resilient agricultural and environmental systems now and into the future.

During the afternoon, a member of the NSW Invasive Species Council will be visiting the Institute to host a talk with us on another hot topic—cats.

Cost \$105 pp, including bus, lunch, and morning and afternoon tea.

Bookings online through Try Booking: www.trybooking.com/CJVHD

Enquiries to Bec Hogan bechogan@newmoonstud.com.au 0412 600 173

Meet 9:15am at Bungendore Park, 6-14 Butmaroo Street, Bungendore NSW, for a 9:30am (sharp) departure by bus. Return to Bungendore Park by 4pm.

Hello members,

As we have not yet had a committee meeting since the Bathurst Conference, there is not a lot to report.

I omitted to let you know that one of our members had donated a cash prize for the best knitted or crocheted article entered in the eight articles from group at state level. This donation was for two years and was won by Janice Boyce, Castle Hill Branch, Nepean Group in 2023. Congratulations Janice. This award will be presented again in 2024.

The Chairmans' Choice section is something new and is a class so that members can learn crafts that may have long been forgotten. This year the choice is goldwork. There are many places to find information re this craft and members of our Committee might be able to assist you. You do not have to use the expensive gold threads, as there are synthetic threads available and when these items are being judged, the judges will be looking at the technique rather than the threads.

Please encourage the members of your branch to take part in the Spectacle Case challenge, which is four cases, presented in an A4 Ziplock bag.

There is a coupon in this journal for a craft weekend being held in Blue Mountains Group in November. We would love to have you join us.



November Handicraft workshops will feature Goldwork embroidery (left) and sashiko embroidery (right)

If you have any queries and/or suggestions regarding Handicraft please make contact with our Committee so that we may be able to help you. If your group would like a Handicraft day or weekend of any sort, again please contact us.

Happy stitching ladies.

Ruth Shanks, AM,
Chairperson

Handicraft Workshops at Penrith

11th-12th November 2023

- I wish to attend the **Goldwork Embroidery Workshop** on 11th November (\$60.00 for workshop and morning/afternoon tea/ lunch). Kit extra.
- I wish to attend the **Sashiko/Boro Embroidery Workshop** on 11th November (\$60.00 for workshop and morning/afternoon tea/ lunch). Kit extra.
- I wish to attend a **Techniques and Judges Day** on 12 November cost \$30 (includes morning/afternoon tea/lunch).

Name: _____

Address: _____

Post Code: _____

Phone: _____

Email: _____

Payment due by 27th October.

A) Direct Deposit: BSB 032-769 A/C 830 720 and email Anne Williamson a copy of the coupon or your details to: sewansow@bigpond.net.au
OR

B) Send your cheque and coupon to Anne Williamson, 13 Barrington East Rd, Barrington NSW 2422.

For more information contact Anne Williamson: 0408 868 236

Social Issues Report

Members have brought forward the following issues.

1. Poverty—this is an ever-growing problem. High costs of living are forcing people from their homes, therefore increasing the issue of homelessness. Families are finding it difficult to pay household bills and to buy sufficient food to keep the family healthy. The Committee will be further investigating this issue.
2. Suicide—as families find life difficult it is putting great strain on partnerships, ability to provide for families, and sadly, there has been an increase in suicide. Rural families are very vulnerable at times because of isolation.
3. The Pharmacy Guild is opposing the changes to prescriptions being able to be dispensed every 60 days instead of the 30 days at present. They are concerned that there will be profit loss and job cuts. The Pharmacy Guild Report has been given to Committee members and the issue will continue to be monitored.
4. Cyber safety—concerns continue as we are continually being harassed by groups that are not of interest, or, being asked to participate in some way. We need to be very aware of what we are opening or forwarding to others, as there may be a link that is not as it seems.

The Social Issues Committee has followed through the actions from policies that came from last year's State Conference. The Health Statement of Intent from State Parliament earlier this year continues to be monitored and many actions have been put in place by the government. The local councils have been given

grants to assist with rebuilding of rural roads—and this continues.

At our next meeting, the Committee will assess and rate current policies to be the focus for research and advocacy work for the next year.

The Men's Table has now spread its network to the North Coast. CWA is not directly involved in the running of this group; however, we are able to provide information on how best to spread the word in the area the Men's Table are targeting. The men also recognise the importance that women play in encouraging their menfolk to join such groups. As suicide has been recognised as a growing problem, we will continue to encourage the work they are doing. The men aim to have dinner and conversation in a similar way that CWA encourages a "sconversation".

KWOOP (Keeping Women Out Of Prison) recently met and are endeavouring to reinvigorate the passion that their former leader, Ros, before her death, had for helping women keep out of prison. Housing is one of the biggest issues and there are investigations occurring to find ways of assisting the women. CWA has, as one of its aims, to have a branch operating in a prison. It is now hoped that KWOOP and CWA will be able to plan a pathway for this to take place.

COTA, Council of the Aging, continues to promote active and healthy living for over 50s in their program Living Longer, Living Stronger. Strength exercises are very important as well as a healthy mindset.

The Social Issues Committee on behalf of the Association has formed partnerships with:

- KWOOP
- Aged Care Roundtable
- TGA (Therapeutic Goods Administration)

- NSW Anti-Poverty Week Committee
- Stop it at the Start

The partnership with The George Institute "Join Us" has now stopped as their aims had changed and were no longer suited to CWA.

Please encourage members to use the form on the Social Issues page of the website if they have any issues to put forward.

The Social Issues Palliative Care Grant Nominations are now open. Registered Nurses in NSW/ACT, who are seeking to upskill in palliative care, are eligible to apply. The form in the Procedures Manual is G 21-5-722. Applications close 30th September 2023.

Thank you to the Social Issues Committee, and members, for your continued support and encouragement.

Leonie Fish
State Social Issues Officer

If you or someone you know is in crisis and needs help now, call triple zero (000).

Mental Health Helplines

- Lifeline: 13 11 14
- Kids Helpline: 1800 55 1800
- NSW Mental Health line: 1800 011 511
- Beyond Blue: 1300 224 636.

State International Information Day

For International Officers and interested members.

- **Gilgandra:** 9th September, Gilgandra CWA Rooms
- **Grafton:** 16th September, Grafton CWA Rooms
- **Gundagai:** 25th September, Gundagai Services Club

9.30 am for registration; 10 am until 2 pm. Cost \$20 includes morning tea and light lunch. Maximum 35 attendees.

RSVP by to Jenny Chobdzynski (jenny.denis@bigpond.com, 0400 394 312) with your name and contact details by 31/8/23.

The future is here: junior members

If the more than 400 junior members across the state are anything to go by, the future of the CWA is now.

Among these ranks are the three sisters who joined the Pambula-Merimbula Branch in May 2021.

Branch President Anne Maddock said the branch was fortunate to have junior members, who brought a new perspective to what we do.

"It is important that we explain to them the history, the processes and functions of the different committees and the role of CWA in the community.

"They are able to learn from the wisdom and experience of our members, the oldest being Beryl who is 97.

"She delights in telling stories of



Laura, Beryl and Victoria

the past and encouraging the girls to be involved.

"Through the presence of junior members, we are reminded to take the time to teach them, to be patient, to encourage them and

to listen to their opinions.

"They are the future of our wonderful organisation," Anne said.

Laura, 9

I joined because my mum joined and I wanted to do it with her.

The best thing about CWA is the special events like crafts days and when we get to celebrate birthdays and have cake.

The adults learn about the things I do at school and sport. I like that they always let us join in with them. I like showing them things that make them smile.

I will still be a member of CWA when I'm an adult because it is fun and I like learning new things like craft.

Victoria, 12

I joined because my mum joined and she said it would be cool if I joined too.

The best thing about CWA is the craft and cooking days, I get to have fun in competitions and I like to spend time with the members.

I think the adults learn about new things from us and they like having us at meetings and letting us join in. It is a great place to go and the ladies love when we get



Annabella, Victoria and Laura receiving The Land Cookery prize cards

to go there.

I will stay a member when I'm an adult because it's fun.

Annabella, 14

I joined because my mum joined and she said there was a Junior Section.

The best thing about CWA is the food at meetings and the crafts that we learn.

I like to help the adults with technology questions and I like that they listen to my stories about my interests and let me help with craft ideas, setting up events and it's nice to be around people who make me feel special.

I will stay a member when I'm an adult because I really like it.

Thank You from Ann Adams, OAM

Having being on the State Executive Committee for the past eight years, it has been a very exciting adventure for me. I have thoroughly enjoyed my time, firstly as a Riverina Group Committee member, then State Secretary and then as State Vice President. I would like to extend a very big thank you to my Oura Branch and my Riverina Group for all their support, love and caring. Thank you to the State Office staff and I hope that the orchids continue to survive. Thank you to the State Presidents that I had the honour of working with—Annette Turner OAM, Stephanie Stanhope and Joy Beames. Wow, how lucky was I to have had the privilege to work with such fantastic ladies. Also a very big thank you to the members for your support and to all the friends that I made during this time, I will never forget you all. Thank you! Oh, how we all love our CWA.

Ann Adams, OAM

Rural Crime Prevention Team

One of the highlights of the 2023 State Conference was an address by Detective Chief Inspector Cameron Whiteside and Ann Brennan of the NSW Police Force Rural Crime Prevention Team (RCPT).

Let's meet a couple of the Rural Crime Investigators attached to the RCPT.

Detective Senior Constable Shelly Davidge



Hi everyone, my name is Shelly Davidge. I am a Detective Senior Constable with the best unit in the Cops, the RCPT, and I am based in the Hunter Valley.

A bit about my background, I have been a police officer since 2007. I have worked in the Hunter Valley area since this time in General Duties, with the Proactive Crime Team targeting drugs and theft, and as a Detective in Criminal Investigation.

I started full time with the RCPT in February 2023, until this time I was the back-up Rural Crime Investigator (RCI) since 2019 and assisted the team wherever possible. My interest to join the RCPT stems from my own rural background and having a genuine interest combating crime impacting our rural industries.

I have been lucky enough to participate in several rural crime operations—Operation Devil Ark and Operation Fleece in the Barrington Tops and the Merriwa area over the last four years.

These operations allow RCPT officers to come together and target illegal hunting, trespassing, and checking documentation of livestock

transporters.

I find this position challenging, exciting and rewarding. The variety of jobs we investigate are so broad, from illegal hunting to the theft of firearms and diesel to livestock theft, there is never a dull moment. Along with these investigations, we are equally committed to community engagement and educating the public about target hardening strategies for the protection of their land and livestock.

The RCPT also have the best courses and accreditations. I recently participated in the HARC I which stands for Horse Accredited Rural Crime Investigator. The course went for three days involving an assessment on horsemanship skills and riding ability. The course was excellent and very professionally run. I utilize this accreditation to assist with jobs such as mustering stolen livestock and locating missing people in bushland not suitable for vehicles/bikes.

I would highly recommend to anyone thinking about joining the NSW Police Force to consider the RCPT as a specialised role. I work with great people; I get to speak with genuine members within the rural community for all kinds of reasons and my jobs take me to the most breathtaking rural areas I would otherwise never known existed.

Detective Senior Constable Katie Platt

G'day! Katie Platt here, I'm a Detective Senior Constable with the RCPT in the NSW Police Force.

I have been in the Police Force for almost 21 years and have been performing the role of a Rural Crime Investigator since July 2018.

Even though I am based at Muswellbrook Police Station in the beautiful Hunter Valley, my RCI role has taken me statewide. I have had the opportunity to travel to Bega and assist as an Investigator in the aftermath of the 2019/20 bushfires; Goulburn for annual training, Millmerran in Queensland to represent the NSW Police Force on the Queensland Major and Organised Crime (Rural) Course, as well as travel to Inverell and Deniliquin for investigative purposes.

Unlike most of my RCI colleagues, I had limited rural experience in



relation to stock, and I have learnt this aspect on the job. This has included attending a stock handling course, held every two years. I have thoroughly enjoyed learning on the job and gaining industry knowledge from peers, members of public and other rural agencies like Local Lands Services and Department of Primary Industries.

I must admit, I was a bit of a “glammer” but have since embraced the beauty of “swagging it” in wool sheds, huts and sheds for the purpose of conducting rural crime operations. During these operations we target illegal hunters and trespassers, as well as ensuring that drivers and owners are complying with the legislation in relation to the transportation of livestock.

In November 2022, I won the “Rural Crime Investigation of the Year” Award for Strike Force Carribee. This investigation targeted arson, firearms and robbery offences in a number of rural areas.

Strike Force Carribee led to the arrest of two men, aged 20 and 19. The 20 year old man was sentenced to 10 years imprisonment, with the 19 year old man awaiting sentence in May 2023.

I love my role as a RCI, and just quietly, I reckon it’s the best job in the cops!

Group Conference Dates

Group	Venue	Date	Opener	Guest Speaker
Barwon	Burren Junction	14 Oct	Jocelyn Cameron	Roy Butler
Blue Mountains	Leonay	28 Sept	Joy Beames	Joy Beames
Castlereagh Country	Baradine	16 Oct	Joy Beames	Joy Beames
Central Western	Nashdale	14 Oct	Sharyn Buck	Judy Houghton
Darling River	Menindee	14 Oct	TBC	TBC
Far North Coast	Casino	26 Oct	Margaret Barrett	Margaret Barrett
Far South Coast	Pambula	16 Oct	TBC	Erica Dibden
Far Western	Nyngan	7 Oct	Joy Beames	Joy Beames
Gwydir	Moree	21 Oct	Joy Beames	Joy Beames
Hume	Temora	18 Oct	Annie Kiefer OAM	Annie Kiefer OAM
Hunter River	Merriwa	31 Oct	Joy Beames	Joy Beames
Illawarra	Camden	23 Oct	Jan McKenzie	Catherine Hamlin, Fistula Foundation
Macquarie	Collie	23 Oct	Gail Commens	Sarah Willoughby
Mid North Coast	Gloucester	24 Oct	Joy Beames	Joy Beames
Monaro	Canberra	24 Oct	Sharyn Buck	Sharyn Buck
Murray	Albury	19 Oct	Gail Commens	Gail Commens
Murrumbidgee-Lachlan	Yanco	17 Oct	Lyn Braico	Lucy Smith
Namoi	Tambar Springs	19 Oct	Helen Strang	Xavier Martin
Nepean	Blacktown	24 Oct	Eileen Reid	Leonie Fish
North Coast	Arararra	19 Oct	Barbara Veness	Barbara Veness
Northern Tablelands	Armidale	18 Oct	Joy Beames	Joy Beames
Northumberland	Erina	26 Oct	Lyn Braico	Kathryn Key
Oxley	Forbes	17 Oct	Bronwyn Dunston	TBC
Phillip	Mortdale	27 Oct	Joy Beames	Joy Beames
Riverina	Collingullie	11 Oct	Joy Beames	Joy Beames
South West	Young	21 Oct	Gail Commens	Gail Commens
Southern Tablelands	Taralga	14 Oct	Sonia Roberts	Sonia Roberts
Sturt	Coleambally	5 Oct	Joy Beames	Joy Beames
Wanthella	Bendemeer	19 Oct	Joy Beames	Joy Beames
Wollondilly	Mittagong	16 Oct	Wendy Arentz	Wendy Arentz

Advocacy Update

Correspondence

On 3rd May CWA of NSW wrote to the Hon Ryan Park, MLC (Minister for Health, Regional Health, and Illawarra and the South Coast) congratulating him on his appointment and requesting a meeting to outline CWA of NSW health policy priorities. No response has been received.

On 8th June CWA of NSW wrote to the Hon. Mark Butler ahead of the upcoming Pharmaceutical Benefits Scheme (PBS) Group meeting advocating 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. A response was received from Dr Nicholas Johnson, Acting Assistant Secretary Immunisation Branch on behalf of the Minister on 14th July indicating that the Pharmaceutical Benefits Advisory Committee will consider a resubmission regarding Shingrix® for individuals aged 65 to 69 and individuals aged 71 years and older at its July 2023 meeting.

Submissions

On 28th April CWA of NSW made a submission to the Australian Government Consultation on Postal Services Modernisation. This submission was informed by member responses to the published consultation questions.

On 31st May CWA of NSW made a submission to the NSW Residential Tenancies Amendment (Rental Fairness) Bill 2023. The submission raised concerns that the proposed amendment—requiring landlords and their agents to advise other applicants when a renter makes an offer at higher than the advertised rent—would simply formalise ‘rent auctions’ as part of the application process, placing

additional pricing pressure on the current tight and competitive rental market. Advocacy on this matter was successful and the amendment was removed from the Bill.

On 8th June CWA of NSW made a submission to the Australian Government Inquiry into the Assessment and support services for people with ADHD.

Meetings

On 29th May CWA of NSW staff met with Housing for Aged Action Group Advocacy Officer to receive a briefing on current advocacy approaches on Social and Affordable Housing to the NSW Government.

On 8th June the President of CWA of NSW and staff met with Minister for Finance and Natural Resources, the Hon Courtney Houssos, Chief of Staff and Senior Policy Advisor. At this meeting the Minister was briefed on CWA of NSW related policy and affirmed her commitment to consulting with CWA of NSW. Concern over CSG exploration and mining was raised as was the reactivation of the Kahlua Pilot Wells undertaken by the previous Coalition Government prior to the State election but not announced. Following this meeting the Minister tabled an independent review into this decision in Parliament that found that the decision to grant approval during the caretaker period and to not publish notice of the decision until after the caretaker period was reasonable. However, in relation to the advice given to the adjoining landholder was unintentionally misleading.

On 9th June the President of CWA of NSW and staff met with Minister for Agriculture and Regional NSW the Hon Tara Moriarty. At this meeting the Minister was briefed on CWA of NSW related policy and affirmed her commitment to consulting with CWA of NSW.

Issues arising from the location of renewable energy infrastructure on agricultural land was highlighted.

On 28th June CWA of NSW staff met with Isolated Children’s Parents’ Association delegation to exchange key policy advocacy areas.

On 29th June CWA of NSW staff met with the Australian Dental Association NSW, Head of Communication and Public Affairs, Dr Sarah Raphael, Head of Advocacy and Dr Cathryn Forsyth Advocacy & Policy Advisor to coordinate advocacy support for CWA of NSW policy to advocate the Australian Government to implement dental and oral care recommendations arising from the Royal Commission into Aged Care Quality and Safety passed at the May AGM.

During May and June CWA of NSW Koala Conservation Partnership Working Group members met online with personnel from the NSW Department of Planning and Environment (DPE) to plan for the development and delivery of actions to support the CWA of NSW DPE Koala Partnership agreement.

Online Facebook Publicity Workshop

26th August, 2pm–4pm

The Publicity Support Forum’s third webinar will be held on Saturday, 26th August, from 2–4pm. The topic is “How to use Facebook” with guest speaker, CWA of NSW’s Communications Coordinator, Leah Gaskell. Members of the Publicity Support Forum will also chat about what they post on their social media pages.

All members welcome. To register, email: CWA.publicityforum@gmail.com.

Sudoku

How to Play Sudoku

Every row must have the numbers 1–9 appear once. Every column must have the numbers 1–9 appear once. Every 3x3 box must have the numbers 1–9 appear once. Solution in the next edition.

Samurai version

The standard sudoku rules apply to each 9 x 9 grid. Do not try to solve each 9x9 alone but consider the puzzle as a whole. The key to solving a Samuri Sudoku is to use information in the overlapping regions.

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

Puzzle Rating: Easy. Source: www.sudoku-puzzles.net

eSafety: Social Media and Online Chat

Understand the risks of being online and what you can do to have a safer experience.

Social media services and online chat are great ways to stay in touch and find new friends but there are also risks.

The landscape of social media is evolving. Traditional social media services like Facebook, Instagram and Twitter are great ways to stay in touch and keep across the latest news and trends. Private messaging apps like WhatsApp, Facebook Messenger and Snapchat are also increasingly popular. Google Docs is even being used as a chat app by young people.

What are the risks?

- Anonymity—it can be easier to say and do things online that you might not do offline, which can lead to damaging or negative experiences for others.
- Cyberbullying and online abuse—online abuse and harassment are a risk for anyone using social media and chat apps.
- Image-based abuse—an intimate image of you could be shared online without your consent.
- Sharing too much information—for example, photos from a party might be OK for close friends to see but can become an issue if shared more widely and could damage your digital reputation.
- Not protecting your personal information—account details and location-based information can be used inappropriately by others to find you or access your online accounts. It is important that you understand the risks associated with disclosing information about yourself online and know how to

manage both your privacy and online friends.

- Treating online friends as real friends—it's easy for people to lie online. Make sure you are careful about how well you really know your online “friends”.

What are location-based services?

Many social media and chat apps take advantage of location-based services, which enable users to report their physical location to others via their mobile phone. By using this function, users can physically locate friends and others and see where they are. You can also ‘check-in’ from a location to let others know your whereabouts.

On some social media services, the location-based functions are turned on by default. To manage these services, and retain your privacy, review your privacy settings to block the function or to limit who sees your location-based information.

What can I do to have a safer experience while using social media and online chat?

Limit your friend list—don't “friend” random people or allow people you don't know to “follow” your social media accounts.

Adjust your privacy settings—make your accounts private so that only friends you know face-to-face can see what you post.

Your personal information is valuable—don't share it.

Protect your digital reputation—think before you share something and ask yourself, would you want anyone to see this in five years' time?

Once you share something you lose control of it—remember that



once a message, photo or video has been shared online, you may not be able to control where it goes or how long it stays online.

Be careful who you trust—not everyone online is who they say they are.

Look out for things that don't add up—such as another user whose online profile is not consistent with what you see and hear when you talk or chat with them.

If someone says “my web cam is broken”, this may indicate that they are trying to scam or deceive you.

How do I control my privacy settings?

All social media sites have their own version of ‘default’ privacy and security settings. It is important that you know how the app or service works and how to change the settings to protect your personal information.

It is also a good idea to check your privacy settings regularly, as sometimes updates to social media services or apps may also change the ‘default’ privacy settings.

What to do if things go wrong

You can report online abuse to eSafety if it meets the threshold for one of the regulatory schemes that allow them to have seriously harmful content removed. Go to <https://www.esafety.gov.au/report>.

Set up multi-factor authentication and have strong passphrases

Multi-factor authentication (also known as 2-step authentication) adds an extra layer of security to accessing your information that only you can manage. This means that when you log into an account with your password, you might be asked to do an extra step to confirm that it's you—like enter a number from a text message or even a fingerprint.

For added security, set up a passphrase—this is a password that is made up of four or more random words. Make sure it is something you can remember but others can't guess, like BlueChocolate39TriumphFish.

Try thinking of a different passphrase for each of your accounts. A password manager app or your computer or phone can also help you create and remember complex passwords



Connect with others in your local area

that are hard for others to guess or hack.

When creating passwords or passphrases there are some definite dos and don'ts.

Password dos

- Use between 12 and 20 characters, with a mix of letters and numbers—longer passwords are stronger.
- Use a combination of words that aren't predictable but that you can remember.
- Use multi-factor authentication on accounts containing personally identifiable information.

Password don'ts

- Don't use words that are personal to you like pet names, birthdates, family or friends' names, favourite foods, colours or singers in your new passwords.
- Don't use a predictable combination of words, like "ilovehiking", a context specific

word, like "google", or repeated sequential characters, like "aaaaaa" or "123456".

- Avoid famous quotations that might be easy to guess.
- Don't store them on your device, unless it's via a password manager which stores them in an encrypted database.

Remember: Never share your passwords or passphrases with anyone else.

Source: www.esafety.gov.au.
© Commonwealth of Australia.
Provided under a Creative Commons Attribution 4.0 licence



Avoid using famous quotations as your password

DO YOU HAVE A HALL TO HIRE?

Vennu is an Australian-owned easy-to-use online marketplace to list your space for hire.

With Vennu, you can increase revenue from hall hire, connect with the wider community, and simplify your booking processes.

- | | |
|---|--|
| No upfront costs | Money paid directly to your nominated bank account |
| No term contracts | You control your availability calendar |
| Reduce time spent on calls and admin | You decide which types of events can be held |
| Increase bookings, revenue and connection | Liability insurance included* (conditions apply) |
| You can accept or reject booking requests | |

"Vennu provided the opportunity to promote our rooms more generally to the local community"

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

It's easy to get started:
Call: 1800 549 811
Email: cwa@vennu.net
Web: vennu.com.au



Welcome New Members

A warm welcome to these 149 new members of our branches:

Albion Park Evening Annaleis Jones
Ardlethan Tamika Oxenbridge
Armidale Rita Showell
Bangalow Renee Born
Bathurst Joy Hinds
Bathurst Evening Jaime Balzke, Lyn Chapman
Belconnen Sharon Dorman
Bellingen Frydryka Michna
Belmont Pam King, Nyvonne Newell
Bendemeer Susan Thorpe
Berry Anne Slater
Blackheath Jennifer Cox
Braidwood Amanda Burton
Broken Hill Michelle Powell
Brunswick Heads Jo Pilgrim
Bundarra Megan Babbs, Jeneen Schmidt, Lisa Thunstrom
Bungendore Robyn Wilson
Camden Lerleen Bright, Carol Longworth, Maria Macri, Sheryl Shaw
Campbelltown Jennifer Ihlein, Janice MacDonald
Casino Wendy King
Castle Hill Vanessa Cheng, Michele Russell
Cessnock Evening Rhonda Wicks
Cobar Carissa O'Donnell, Tracy O'Donnell
Coonabarabran Evening Colleen Irvin
Cootamundra Carole Hancock, Nerida van Woerkom
Cowra Evening Glenda McIntosh, Faye Stockley
Emerald Hill Lara Quinn
Forbes Evening Eileen McKeown, Joy Russell
Forster Dawn Stead
Galston Jessica Beckingham, Helen Dowling
Gilgandra Evening Naomi McCutcheon
Glen Innes Day Deborah Egert, Vivienne Williams
Grafton Loretta Lancaster
Grattai Sharon Meader
Gresford Lyn Slater
Gungahlin Denise Caddy
Guyra Evening April Mills-Thom
Harrington Meegan Gale
Hawkesbury

Evening Helen Convey, Megan Lewis
Hermidale Judith Rowan
Hornsby & District Marilyn Jenner
Illabo Evening Kate Grunow
Inverell Sunrise Naomi Grooteman
Jamberoo Audrey Dickinson, Leone Traeger, Reah Wiggins
Jindabyne Wendy Parry
Keiraville Susan Hutchinson, Beth Marshall
Kellys Plains-Dangarsleigh Naomi O'Hern
Kiama Maggie McGregor
Kiama Evening Andrea Christie-David
Lismore Evening Robyn Chance
Macksville Kathleen Chalmers, Paula Parker
Maitland Betty Randall
Manly Ange Debien, Nerida Gourley, Robyn Paul
Medowie Lynette Penfold
Menindee Trudy Stewart
Mittagong Joy Pegler
Molong Pauline Holmes, Kate Squires
Moruya Ruth Carter, Emma Lipscombe, Mandy Nott
Moss Vale Evening Robyn Banks, Hilda Falls
Murwillumbah Evening Kathleen Davidson
Narooma Leanne Adamthwaite, Lynne Anlezark, Julie Davis, Carmel McKay, Eve Trefely
Narromine Erika Grant
Nelson Bay Susan Ginnane, Dorothy Kelso
Nelson Bay Evening Laura Reece
Newcastle Evening Anne Adair, Barbara Dore
Orange Jacqueline Finn, Susanne Griffith, Barb Hayhow
Pambula-Merimbula Marianne Kambouridis
Parkes Samantha Ross
Paterson Louise Nawrot
Peats Ridge & District Evelyn Leeming
Picton District Stephanie Powell, Laura Rowe
Port Macquarie Carmel Byrnes, Evelyn Chandler, Janis Miles
Queanbeyan Evening Linda Barthelson, Sandra Lambert
Raleigh-Repton

Lorraine Gaspari
Singleton Sundowners Vicky Flaherty
South Grafton Evening Catherine Wallace
Sydney City Louise Farrell, Lesley Papworth, Caroline Timmins, Emma Welman, Sarah Wilkins, Candice Witton
Taralga Ann-Maree Clarke, Susie Golightly, Hayley Walkinshaw
Tarcutta Jessica Nugent
Tenterfield Evening Evelynne Crisp, Zo Kossen-Welch
The Glen-Mannus Donna McLean-Beehag
Toongabbie Sandra Attard
Toukley Christine Talbot
Tuggerah Lakes Susan Harris, Linda McCallum
Umina Beach Elizabeth Jones, Jacky Kelly, Carole Knight, Bettina Slocombe
Uralla Madeleine Price
Uranquinty Evening Kate Arthur, Belinda McMahon
Urunga Valerie Owens
Wallamba Kerrie-ann Waldron
Weemelah Niesha Allport, Caroline Curtis, Dora Garcia
Werris Creek Georgia Moore
White Cliffs Sonia Hyland, Sarah Ker, Danielle Yager, Lynette Ziegler
Wingham Pamela Weir.

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

Membership Fees for 2023/2024

Commencing 1 October 2023, the annual fees will be:

Full Member—1 Year: \$47.00.

Full Member—3 Years: \$141.00.

Student Member aged 18-25: \$37.00.

Continuing Life Member \$6.50.

Amounts include Conference fee of \$5.50 and TSP of \$1.00.

Members can pay their branch or pay online from late September.

Celebrations

Hillston Branch



Hillston Branch celebrated its 100th birthday in June. A highlight was unveiling the 100 year Honour Board that records the Branch President, Secretary and Treasurer, since 1923. Three granddaughters of Kath Knechtli (the inaugural Secretary) unveiled the board which is in the branch hall. Kath's descendants travelled from as far afield as Tasmania and Adelaide to attend the celebrations. A plaque was unveiled in the hospital grounds to mark the Hillston Branch CWA Maternity Hospital—the first CWA maternity hospital in NSW. During the celebration lunch, State President, Joy Beames, presented long service bars to Moira Hockings, Lois Stalley and Heather Stiboy.

Kurrajong Branch



It was a proud moment for Kurrajong Branch's Dianne Fenech when she received her 20 year Long Service Award from State President, Joy Beames.

Keiraville Branch



Keiraville Branch's Ella Anderson turned 90 in May. Ella has is a great role model for all new and current members, being a member for nearly 30 years. Ella always has kind words for all.

Belmont Branch



Mary Oliver received her Long Service Badge from Branch Patron Jennie Brice. Mary joined Belmont Branch on the 16th April 2003 and has been a well-respected contributing member ever since. Mary has held the positions of Publicity Officer and Secretary. She is always available to lend a helping hand whenever needed.

Tambar Springs Branch



Past and current members of the Tambar Springs Branch gathered to mark the branch's 70th birthday. President Helen Strang, welcomed the group and made special mention of past office bearers who had served the branch for between six and 25 years: Helen Gleeson, Janet McBurnie, Marilyn Fogg, Carmel Haire, Edie Grace, Marion O'Neill, Kathy Emerson and Paulina Turnbull. Attendees travelled from Mudgee, Tamworth, Mullaley and Tambar Springs.

Manly Branch



Manly Branch celebrated its 100th anniversary with a lunch during June. The lunch was attended by branch members, members from other branches, and special supporters including the Hon Zali Steggall, OAM, Member for Warringah; the Hon James Griffin, Member for Manly; and representatives of Bunnings. The chat never stopped as guests enjoyed a tasty lunch including a beautiful array of little cakes and slices for dessert, made by members. The Branch will hold an Edible Exhibition during August to continue the birthday celebrations.

Story of the Month

East Maitland Branch

On average every Australian discards approximately 23 kg of clothing to landfill each year, contributing to the 6,000 kg of clothing and textile waste being discarded to landfill every ten minutes worldwide. These statistics not only surprised the members of East Maitland Branch but prompted long time member Chris Haddow to initiate an annual Upcycle Market Day.

This year the Upcycle Day was held in late June. Branch

members, along with community supporters rummaged through their cupboards for no longer worn items as well as those articles of clothing the wardrobes had shrunk over time.

All items were displayed for sale with a maximum price of \$5.

The market was open from 8am to 1pm with a steady stream of



customers. The day was a great success saving many articles from landfill and raising funds for the Branch.

From our Branches

Adaminaby Branch



Members have started to build a lovely relationship with the students from Adaminaby State School. A small school with involved, enthusiastic teachers, with a wide range of activities the ten students can get involved in.

A veggie garden, growing food to use in their cooking and a wonderful visiting music teacher, which is how the Branch started its CWA-Adaminaby School relationship with a short concert and shared morning tea prior to the monthly meeting.

The second get together was in the form of a poem. Branch Cultural Officer, Desiree, made

each of the children a fun mask in appreciation, using the eye cut outs to make one for herself.

Members are looking to sharing more days like this in the future.

Armidale Branch



Members of the Armidale Branch met with members of the St Louise Conference of St Vincent de Paul recently to officially hand over a donation of 20 sleeping bags which will be a welcome gift for clients who may be sleeping rough. The CWA Branch President said that it was very pleasing to know that some of the funds raised by the members are being used to fill a need within the local community.

The bags were sourced from the national homeless charity

Backpack Bed for Homeless (Swags for Homeless Ltd.) in Brisbane and are super warm and comfortable while being lightweight and machine washable. In thanking the CWA members for the donation, representative of St Louise, Veronica Ryan, said the donation is much appreciated by the conference members as they strive to help people in need, especially during the harsh Armidale winter.

Bathurst Evening Branch

Members have been busy with a



number of projects helping their community. The newest of these is the Kelso school breakfast club. The money members donate helps to feed up to 100 plus primary school children every day, keeping the retention rates up and making sure children have something to eat every day.

Another project supported by members is the Bathurst Uniting Support Services (BUSS)—a local charity that helps people in need. The branch financially supports the Frypan Warrior program as well as donating food and toiletry items, and this year we supplied ten sleeping bags for those sleeping rough.

Branch members have also carried out a number of catering engagements ranging from the tea room at the Royal Bathurst Show, lunches for the local Merino association and lunches during State Conference.

Berridale Branch



Berry Cottages is a community housing project in Berridale, which provides independent tendered living for people who are aged and/or have disabilities.

With the sale of Berridale CWA Hall, members were determined to find a local project to support using the funds from the sale. During the 90 years of the branch's life, the community had always supported the branch and what better way to continue this legacy than to fund the building of a seventh cottage for Berry Cottages?

Berridale Aged Care Centre, who administers the cottages, now has a Construction Certificate to commence building the new cottage. A local builder, whose

mother was a member of the branch for many years, has been contracted. Thank you to CWA Executive for approving this project.

Bonny Hills Branch



The Bonny Hills Progress Association enlisted local CWA branch members to assemble 200 clipboards each holding a petition for an overpass to be built at the Houston Mitchell Drive and Pacific Highway intersection. Branch members attached string with pens and survey sheets to the boards that were circulated throughout the local area by the Bonny Hills Progress Association.

Coffs Harbour Branch



The Branch was this year's lucky recipients of the fundraising efforts from the Coffs Harbour Golf Club's Ladies Committee. Every year the Ladies Golfing Committee hold a gala day to fundraiser for a local charity. Ladies President Greer Galloway explained the committee chooses a local not-for-profit charity to support. After a little of our own research and a presentation from Coffs Harbour

Branch Vice-President Roslyn Hopwood the golf club members realised what unsung heroes the CWA ladies were and wanted to support them, Greer said. Apart from the main donation of \$1132 from their raffle, CWA members were invited to set up a trading table. The jams and pickles were a sell out and many knitted items bought. Just over \$600 was spent on the trading table, bringing the total to \$1700. The Branch cannot thank Greer and her committee enough for thinking of them.

Emerald Hill Branch



Members are still smiling after the success of the Branch's major fundraiser for the year—a fashion parade. The parade was held in the local century old hall in late May with 130 people in attendance. Members modelled clothes from Hassab's store, Boggabri after serving a two course lunch. The event which was well supported by other Namoi Group branches as well as Gunnedah locals.

Exeter Branch

Exeter Branch held its inaugural book fair and cake stall during June. It was highly publicised



both on our local radio station 2ST as well as 2GB in Sydney. Social media played a huge role in obtaining donations initially, followed by getting the crowds through the doors on the day. There was an activity corner for the kids whilst their parents had some free time to browse the immense selection of books. The local community was really on board with this event and thoroughly enjoyed catching up with family and friends on the day.

Gladstone Evening Branch



Members along with the ladies of the Uniting Church hosted the Biggest Morning Tea for Cancer Council. This was the 30th time the event had been held in Gladstone. It was a time of fun and friendship, and one of our members ran a trivia game and was open to bribes by way of a donation, to increase the scores. The guest speaker spoke on the many ups and downs she had during her treatments and was now in remission. On the day we raised \$2577.10. Members are thankful for the great support their community.

Gloucester Branch

Members held two craft days during the July school holidays with much enthusiasm from local children. They made pencil cases, placemats, teddy bears,



decorated gift bags, needle cases and book marks. They learned to cross stitch, use a sewing machine, cut out and generally had fun. Next school holidays members will be teaching Christmas crafts.

Gungahlin Branch



As part of Heritage Festival 2023: Sharing Stories, six members of Gungahlin Branch served morning/afternoon tea—fresh scones, with homemade jam, and cream—to members of the public who toured historic Gungahderra Homestead.

Eric Martin, who is an architect/heritage consultant of Eric Martin & Associates Architects, spoke about the homestead's history; its journey from the 1860s—including its time as a farm and residence—to the present day, and importantly for members, it's where the Branch convenes its monthly meetings.

It was an absolute pleasure to be part of the day; to support, connect and engage with members of the community.

Mascot Evening Branch

As this year the CWA flora study choice is warrigal greens (warrigal is an indigenous Dharug word, meaning "wild"), Mascot Evening Branch members are gripped by "growing fever" as they compete to grow warrigal greens to see who has the greenest fingers. Warrigal greens are native to Australia and grow in sunny to shady spots. They tolerate somewhat poor soil but do better when kept moist in a rich, free-draining loam. Several

members are already well on the way to seeing their plants growing and looking extremely healthy.

Nimbin Branch



Nimbin Branch is lucky enough to receive many donations from local community and businesses.

The branch received a donation of many boxes of bananas, so many bananas that our freezer was still full months later. To make room for the citrus season and the marmalade session, we decided we would do a "banana bake drive". Four of our talented cooks spent a few days baking and packaging up many varieties of banana specialties, including muffins, cupcakes, banana loaf biscuits and much more. We set the date and advertised widely on our networks including our local community Facebook page. The day arrived we set up our stall on the main street of Nimbin at 10am on a Saturday morning and by 1pm we were all but sold out. The circle of community donations, spending and work was a delight to see with many locals and visitors enjoying their treats.

Quirindi Branch

Members and friends were overjoyed with the visit from 20 medical students to Quirindi



recently. It was more than pleasing to be able to support some students seeking work experience in the country.

A big thank you to Roslyn and David Wallace for their support by providing a farm visit whilst the students were in Quirindi. The farm visit was well-received. The country hospitality and homemade soups won the hearts of the guests.

Southern Highlands Evening Branch



Southern Highlands Evening Branch members hosted a fundraiser fashion parade featuring the Illawarra Machine Knitters during June. The weather in the Highlands has been freezing, so the timing was just right for a showing of these lovely knitted garments. The event was held at the new Oak Tree Retirement Village in Moss Vale, which was a perfect venue for the occasion. Money was raised for the charity Rare Cancers and those attending were honoured to have the Australian General Manager, Christine Cockburn, attend as a special guest speaker. The event was booked out and Branch President, Jenny Woodwell, led an enthusiastic team of helpers who did a great job on the day. Fifteen raffle prizes were generously donated by a range of local businesses and this helped to boost fundraising efforts.

Umina Beach Branch

Umina Beach Branch has grown in membership since 2018. With the increase in membership, it

became apparent that the hall, built in the 1960s, was no longer suitable and might even be the least attractive building in town.



However, the hall was in a prime, central spot and had the potential to attract more permanent and casual rental income. The building lacked a ramp and bathrooms to support people with disabilities, and it was also identified that in times of natural disasters, the hall could serve as a refuge for residents unable to return home.

In March 2023 after four years of fundraising, the build began. A new accessible ramp, a large accessible toilet, a shower, washbasins, hand dryers, and an additional toilet were added.

A celebration involving everyone who had been involved with the project along with local dignitaries was held in May.

Weemelah Branch

They say cheese brings people together. Well, on Saturday 3rd June the Weemelah Branch held a cheese and wine afternoon to meet and greet people in the community. It was a very relaxed afternoon at the Two Mile Pub. The wood raffle was drawn during the event. It was also a pleasure to welcome two new members gained following the event.



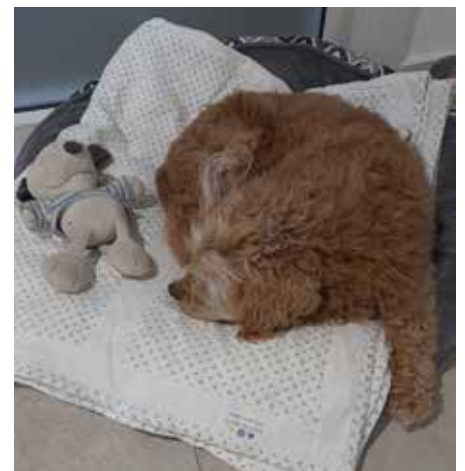
Woy Woy Branch

The story behind the quilt

Three members of Woy Woy Branch have been making quilts for a local palliative care unit since it opened. Recently, they heard how one of their quilts became more than just a collection of fabric and stitches for one family. Branch President, Jane Bowtell, didn't hesitate in responding when the Facebook message came through late one evening. "Hearing from the family about their quilt completed the circle for myself and the other Branch members involved in making it," Jane said.

1st July 2023, excerpt from a private message in Facebook Messenger:

Thank you for the lovely quilted blanket provided by Woy Woy CWA, that my wife was given by a volunteer, when my wife was in the final days of pancreatic cancer at Westmead Hospital. She was transferred into palliative care where rules were very relaxed and our cavoodle dog lay on the blanket on her bed with her until she died. Our dog now sleeps on that blanket at home with me and seems to understand what has happened to her favourite person. Sometimes the little things make the biggest difference. I'm grateful that the blanket had your label on it, so that I could relay the story. I would happily forward a photo if you would like it. Thank you so much!



From our Groups

Far Western Group



The first round of the CWA Far Western Group's public speaking competition was held at Narromine in late May. Students from Marra Creek, Nyngan, Girilambone, Warren and Trangie joined students from Narromine to interpret and speak on a number of topics.

In congratulating the students, senior judge Geoff Smith declared were all "winners", simply because they had given it their "best shot". "It's not easy to stand up and speak in front of a crowd" said Mr Smith, "and you have all done extremely well in your interpretation of the topics and in the way in which you delivered your speeches".

The second round of competition was held in Narromine during

June when the local first round champions met the winners from Central Western Group's competition.

Macquarie Group



A church service was held in Gilgandra for CWA Sunday with members travelling from Dubbo and Tooraweenah to attend. Gilgandra Handicraft Officer Reverend Brenda Yager officiated with her homily focussing on the themes of "love your neighbour" and "be kind to each other." Music for the service was organised by Brenda's daughter. A lunch at the local RSL club followed the service.

Southern Tablelands Group

The Joanne O'Brien Award was presented to Emma during a recent Southern Tablelands

Group Council meeting. The award will assist Emma with her tertiary studies.

"I plan to first study the Bachelor of Music degree followed by the Bachelor of Musical Theatre. This education grant will have a massive impact, and be a little less stressful, on managing my university costs," Emma said.

"I'd like to inspire young women to work towards their goals no matter how difficult or out of reach they may be."

She has also volunteered in the local community including assisting students at Bungendore Public School, NSW School Spectacular and other public events and has taught musical theatre and dance to primary age children at the Empire Performing Arts as well as in the Vocalise group singing program.



Have you wondered what Material Aid is and just what it's for?

Did you know that CWA Members have been packing and sending Material Aid Parcels overseas to our neighbouring countries for over 20 years? While the location has changed from Potts Point to Mascot, the ladies turn up with the same level of enthusiasm every time they meet.

The parcels, each weighing no more than five kilograms are sent to our past International Students, women's groups, missions and schools across the South Pacific. If you visited the International display at State Conference you would have seen an example of what is put in the parcels. A list of the items needed appears in the Procedure's Manual I 1-16-722. Please have a look at it and see how your branch may be able to help.

In January 2023 we were lucky enough to have the State International Officer join us on one of our "Packing Days". Jenny had a very special job to do. Three long serving members were presented with Certificates of Appreciation by Jenny. They were Andrea Pulford, Barbara Kendrick and Noelene Hampson.



Jenny Chobdzynski with long-term packers: Andrea Pulford, Barbara Kendrick and Noelene Hampson.

Garden of Remembrance

The following branches mourn the loss of valued members:

Bangalow

Marg Ware—a valued member for six years who didn't let declining health get in the way of her contribution to the branch. Her witty repartee and friendship will be greatly missed by members.

Barellan

Reta Spencer—ex Younger Set President, Branch President and Treasurer, esteemed State Land Cookery Committee member, State Convenor in 1990s, expert judge and competitor, talented cake decorator, ceramics artist and dressmaker; a member for over 70 years, awarded life membership; sadly missed in the community—aged 89.

Bathurst

Joy Press—joined in 1984 and held many positions, many times over including President, Treasurer, Secretary to Bathurst Branch and Central Western Group; represented Branch and Group at every State Conference, missing only one during her time; held many other positions such as State Executive Committee Member, International Officer, Handicraft, Schools Public Speaking, National Field Days Committee, Chairman Royal Easter Show Tea and Cattlemen's Committee; awarded Group life membership in 2009; renowned everywhere for her catering—may she teach them how to make a good scone in heaven and sandwiches that are buttered all the way to the edges; a great loss to the vast connections that Joy had across all parts of CWA, the relationships she made and the committed effort to the phrase “for country women, by country women”—aged 72.

Belmont

Nanette (Nan) Sellen—ex Bermagui where she was

Treasurer; Belmont Branch Cultural Officer, International Officer, Treasurer, Branch Councillor, Branch Delegate, President, Assistant Treasurer, Vice President and Welfare Officer; Group President and Vice President; presented with a long service badge and certificate of appreciation in 2008 and recognised with life membership of CWA in 2015; despite ill health, Nan remained an active member, enjoying craft days and her friendships with other members; a loyal and valued member for many years; a Guard of Honour was formed at her funeral by her many CWA friends.

Bowral

Ruth Coleman—joined in 2004; past Publicity Officer and Handicraft Officer who won many prizes for her work; a delightful, loyal and respected member who will be remembered for her willingness to contribute to branch events; enjoyed helping members to bring their craft ideas to reality; at Tulip Time she spent many hours sorting and pricing handicraft items for sale; Ruth was an established poet and many of her poems were published in local papers and newsletters—aged 89.

Branxton-Greta

Pauline Hunt—ex Singleton Branch, where she served as Secretary; past Group Agricultural & Environmental Officer and Cultural Officer; past Chairman and Secretary of The Land Cookery Committee; awarded a long service bar; much loved and active member for 23 years—aged 81.

Cumnock

Margaret Brown—a valued and much loved member for 26 years, Margaret held many positions including State Vice President, State International Officer, Executive Member, Group President, Group Secretary, Group

International Officer, Group Vice President, Branch President, Secretary, International Officer, Agricultural & Environmental Officer, Branch delegate to State and Group Councillor—in her 82nd year.

Dunedoo

Patricia Anderson—member for 30 years, an enthusiastic member who contributed to all levels of CWA. She held the positions of Secretary, Handicraft and Cookery Officer at branch. At group level she was a Vice President and Cookery Officer and she was also a member of the State Cookery Committee at one time.

Galore

Joan Powell—the longest serving member of Riverina Group and Galore Branch, almost 80 years! She served selflessly and will be remembered for her delicious scones and funny skits. A great contributor to many Land Cookery and Cultural days. Awarded life membership. She will be dearly missed by her family and friends—aged 99.

Gunnedah

Mary Lee—former member ex Marulan and Tamworth, past Group Publicity Officer, always a conscientious and hard worker, awarded a long service bar, later moved to Somerton.

Lake Cathie-Hastings (formerly Port Macquarie Evening)

Kitty Farrow—a very active member and continued to support CWA through a long period of ill health; a Land Cookery Officer for many years, encouraging members in their cookery endeavours; she did beautiful Bargello work which was much admired and won many awards; was a very valued member contributing to branch activities and attending group functions. Member for 31 years—

aged 93.

Leura

Patricia (Pat) McKeown—ex Lawson; held many positions in both branches, and at Group, including State Executive Committee Member; serving Branch President; Delegate to many State Conferences and fount of knowledge on all things; awarded a long service bar; a wonderful friend and lady of deep faith; members from across the mountains formed a guard of honour at her funeral. Missed by all who knew her. Member since 1988—aged 86.

Lisarow—Ourimbah

Margaret (Peg) Playford—former member, ex Greenethorpe and Gosford Evening; she held roles at branch level as well as being a former Group Agricultural & Environmental Officer; a very kind, well respected woman, passionate with her CWA involvement, particularly her work with children and schools; she will be sadly missed by all.

Maitland

Margaret Harvey—joined in March 2014, and by the AGM had become Secretary, continuing to hold this position for six years, and after a year's break took it on again; Branch Councillor for Group, also attending many State Conferences and International Seminars; enjoyed entering items in the handicraft competitions; received a NSW DPI Hidden Treasure Award; members will miss our dear friend Margaret, our quiet achiever.

Manly

Ruth Jagers—ex Eastwood—Epping and Dee Why; a much-loved member since 1976; a gifted handicrafter who worked hard supporting the branches; her smile will be missed; member for 47 years—aged 90.

Millthorpe

Gail Hayden—ex Warren, Orange and Nashdale, beloved and respected

member, active in branch meetings, educated members regarding local hardships during recent devastating floods and offered information covering CWA procedures; held the branch positions of President, Secretary, Treasurer, Agricultural & Environmental Officer, International Officer and Cookery Officer; Group President, International Officer and Cookery Officer; awarded her 50 year medallion in 2011; Orange Woman of the Year for 2016, invited to meet the Premier; Central Western Group Patron. Gail is sadly missed by all.

Milton District

Jeanne James—a fantastic member as well as a past President; her smile and generous nature could light up a room in an instant; always willing to share her creative skills and was the first person to offer help; sadly missed by all.

Narrabri (closed)

Beryl Duncan Butterworth—Past Secretary and Treasurer for many years—former member of Narrabri Evening Branch and the Younger Set. Beryl loved her garden and cooking and will be missed by those who knew her—aged 93.

Oaklands

Ann Elizabeth Nixon—joined as a young bride from the city and CWA became her passion; held many positions, excelled at International, also Agricultural & Environmental; well known for her clear thinking and organisational skills whether listening, sewing, cooking, literary, accounting; a loyal friend to all, sadly missed by those whose lives she touched—aged 72.

Paterson

Joan Wilson Latter—Our Patron, life member, and friend. Joined in 1976 and held most positions at branch level, and positions at group level. She was very active in the wider community and was an avid knitter and cook and had

a great sense of humour. She was instrumental in the setting up Carrie's Place (a women's refuge) in East Maitland. Paterson CWA formed a Guard of Honour at her funeral. Sorely missed—aged 98.

Tenterfield Evening

Joyce Butler—former member ex Tenterfield (Day); member for 30 years and awarded a long service bar; a kind and humble lady who held positions of Secretary, Handicraft and Cultural Officer—aged 87.

Heather Woolnough—former member ex Tenterfield (Day), past President, always willing to help; enjoyed compiling scrap books as Branch International Officer and attending State Conferences for many years; member for 27 years—aged 81.

Tuggerah Lakes

Michelle Mitchell—a relatively recent member, always willing to help out with any activity, function or stall; a great cook; a quiet but friendly member who will be greatly missed.

Wingham

Anne Gribble—an active member for 19 years, attending meetings and holding several positions including Branch President and Land Cookery Officer; always cheerful, reliable and a great contributor to our meetings, a happy and tireless worker at all our activities; a great cook who always shared her hints and tips; a proud member with a wealth of knowledge.

Yarrahapinni

Daphne English—a committed and hard working member who held all branch positions; awarded life membership; a beautiful handicrafter and made dolls for the International competition, many of which went to state competition; as well a cooking, she was a great asset to the branch for 40 years and is greatly missed—aged 96.

Notifications to State Office, 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.

Enquires and applications to:

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

One bedroom harbour unit—Mosman Bay, Sydney

Delightful apartment relishes sparkling views over Mosman Bay. Level Street access (no stairs). 1 x Queen bed. Mention your CWA membership for a special rate. Minimum 5 nights. www.apartmentservice.com.au MOS17
Phone 02 9953 7288

Bowral Branch

Southern Highlands, located next to Corbett Gardens

Open during Tulip Time 19th September to 2nd October. Hours: 9:00am to 3:00pm daily.

Serving Devonshire tea, sandwiches, slices and cakes. Craft, jams, pickles and plants for sale.

Enquires/bookings: Michelle, 0412 590 855
Email: amidala27@optusnet.com.au

Epping (Sydney) Homestay Apartment

Lovely leafy short term/holiday fully self-contained furnished 2 bedroom apartment for rent – at the front of our home (Separate entrance). Close to transport, hospitals and unis. 2 night min stay. Linen and starter kit breakfast included.
From \$100/night.
Contact CWA member Kaye: 0410 68 9915 or kmacca63@gmail.com

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

CWA of NSW gratefully acknowledges your generosity

Community Partnership



Sponsors

THE LAND

Scott & Broad Insurance Brokers

CWA of NSW merchandise



Look the part with official
CWA logo apparel

Order online at
www.cwaofnsw.org.au/onlineshop
or download an order form at
www.cwaofnsw.org.au/orderform

