

The Country Woman

VOLUME 66 NO 04

AUGUST 2025



Australian Cut flowers

PRIMARY PRODUCT 2025





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

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Cover: Primary Product: Australian Grown Cut Flowers.

Average Circulation: 7,699 (September 2024)

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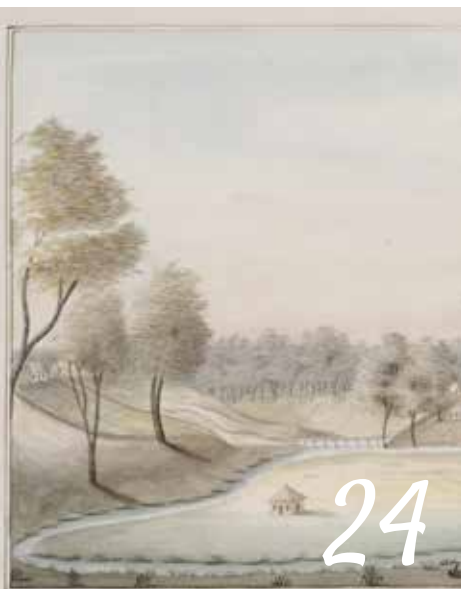
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From the Editor

Hello and welcome! I'm deeply honoured to be your new Editor, and I'm thrilled to leverage my years in copywriting and editing to gain a deeper understanding of our community and the issues that are close to our hearts.

I joined the Terrigal Evening Branch in Northumberland Group, seeking friendship (and to learn how to make scones and knit) but what I received was more than I could ever have imagined—real sisterhood. I've learned that the CWA is more than just handicraft and food; it's a space to celebrate the phenomenal women past and present, to mentor younger members and to highlight important issues that affect everyone in our state.

Hot on the heels of our 103rd State Conference, I am energised by the motions that moved us, the stories that inspired us and the kindness that fulfilled us. Everything comes back to sisterhood for me and from many of the quick hallway chats I had with a fair few of you, I look forward to highlighting these moments of sisters helping sisters, be it in the CWA or within our communities. I look forward to meeting more of you from all areas of the state and sharing the stories that bring us together (with cake and craft, of course).

As John F Kennedy re-quoted in a speech in 1963, "A rising tide lifts all the boats". Let us use our true sisterhood and be the tide that lifts us all and our communities for another 103 years.

Brenda Michaud, Hon Editor

State President

I would like to thank the many members who have sent me their congratulations and well wishes via cards, phone calls and messages. I truly appreciate them. I remain very honoured to be your President and am certainly working hard for our Association.

I would also like to thank Joy Beames for her ongoing guidance and for always replying to my many messages.

I have done 13 radio interviews at the time of writing my report. The majority have been about our Disaster Relief Fund and the money we have distributed for the floods and drought. We have sent out \$170,000 for flood victims. We've had feedback from the flood-affected areas and the assistance given was overwhelmingly appreciated, with the CWA branches involved giving gift cards for white goods, bedding, clothes, furniture, etc. We thank the members for the hard work and time they are putting in to help distribute these. We still have a further \$330,000 allocated for this assistance and I encourage branches in those areas to reach out.

For the drought, we have sent

out \$372,017.83 for household expenses. It is such a great thing we do to help and every donation—big or small—a branch or individual makes to our Disaster Relief Fund helps us achieve this.

I attended CWA of Victoria's AGM in Shepparton in early June which I really enjoyed. They had only four motions, all of which were passed. They ran their program differently to us but it worked well for them. It was a two-day conference and they didn't have any exhibits as part of the AGM—they held a separate day for that.

I had a Zoom meeting with State Presidents from Victoria, South Australia, Queensland and Western Australia. It was a great meeting and I found it interesting that they are feeling disillusioned with ACWW as well. Another meeting is set for the last day of our State Executive meeting so I may not be able to attend.

I spent a few days at State Office finding my feet and getting all the information on every aspect of the other areas of our Association. A huge thank you to Danica and all the wonderful staff for walking me through it all.



I have sat in on a couple of committee Zoom meetings and am looking forward to attending more.

I have attended Kikoiira Branch's 100-year celebration. I will be attending Walgett's 100-year celebration in early July. It has been wonderful to receive so many invitations and I am trying to get to as many events as I can. My calendar is looking busy over the next couple of months but please keep sending in the invitations.

I was invited to Government House for a reception celebrating the centenary of the Royal Far West, held on Thursday 25th June 2025. Unfortunately, I was unable to attend, so Elizabeth O'Dwyer, State Social Issues Officer, kindly attended on my behalf.

Tanya Jolly
State President

Regulation 45

A Group Conference shall consist of the Group Council and Branch delegates elected at a properly constituted Branch Meeting. The Group Council is to decide the number of Branch delegates to Group Conferences, up to a maximum of five.

Regulation 48

Election to State Executive Committee: Each Group shall elect at its Group Conference one member to the Executive Committee, who shall take office from Annual General Meeting to Annual General Meeting. A Member who has been elected three times consecutively to the Executive Committee shall be ineligible to be elected again to the Executive Committee by a Group until the expiration of three years following the Member's last election.

Regulation 52

All resolutions sent by the Branches for Group Conference shall be classified according to subject matter as is done with the Annual General Meeting agenda, set out on the Agenda Paper and be in the hands of the Secretaries of the Branches at least one month before the Group Conference.

Download the rulebook from the Downloads section of the website (after logging in).

CEO's Report

As I write this, members of the State Executive Committee are gathering in Sydney for our July meeting which is always a valuable opportunity for connection, particularly with new and incoming State Executive Committee members (SECMs). With the very successful 2025 Conference & AGM in Wagga Wagga behind us, the July meeting is always a welcome chance to welcome new and returning members, and to take stock of priorities moving forward. We will be spending time this week on governance training and media engagement, and we will also start the conversation about refreshing the CWA of NSW Strategic Plan beyond 2026.

As always, our advocacy work continues at pace. Since Conference, we've made submissions and sent correspondence on a wide range of issues affecting regional women and families, from fuel security and farm safety to mental health access and telecommunications reliability. We've amplified the voices of landholders dealing with flawed native vegetation mapping, and advocated for better consultation and fairness in environmental regulation.

You can read more about our advocacy in the updates in this edition of the journal but also within the pages of The Land newspaper where the State President provides a column every three weeks to raise issues that matter to you. Recent articles have covered gambling advertising, regional transport, rural healthcare and highlights from our 2024 Women's Survey.

Another priority discussed during the State Executive Meeting will be the Awareness Week topic for 2025. This year's campaign will focus on the benefits of seasonal eating and the associated need to reduce food waste and improve food security for all Australians. Members endorsed two strong Conference motions this year on these issues, and this topic aligns with growing community concern about the cost of living, sustainability and access to nutritious food. Resources and template materials will soon be available to help your branch be involved throughout the week.

Our recent disaster relief work has been significant. You may recall that the Disaster Relief Fund Committee recently endorsed the release of \$250,000 from our Disaster Relief Fund to assist those impacted by drought in the South



West of the state as well as parts of the Far West. We have now concluded that work and with some additional endorsements, ended up distributing over \$370,000 to those in need. Meanwhile our flood relief work continues with outstanding contributions from branches in the impacted areas making use of the funds available to them to assist their communities. At the time of writing \$170,000 has been distributed with work ongoing for some time yet.

As we look ahead to our November meeting, a reminder that motions for the 2026 Conference are due to State Office via your group by 31st October. A helpful guide on how to write policy motions is available in the Procedures Manual.

Danica Leys
Chief Executive Officer

Welcome New Staff Member—Maria

I'm delighted to join CWA of NSW as Membership Manager. Thank you for your warm welcome. It's a privilege to support an organisation with such a proud history of community connection, advocacy and impact. I've spent my career working across associations, higher education, government and the corporate sector in membership, engagement, marketing and communication roles.



My experience spans roles at Qantas, Telstra, UNSW Australia, Association for Tertiary Education Management (ATEM) and the Australian Bureau of Statistics (ABS) where I've led loyalty programs and driven strategic engagement campaigns. I'm passionate about building strong communities and look forward to meeting all of you.

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) with a couple of sentences about your event and how you reached out to your community.

Due to the journal deadline, please send immediately after your event. Email photos directly to communications@cwaofnsw.org.au.

News from November Executive

Advocacy Update

Correspondence has been sent on all Conference motions to relevant decision makers. Replies will be considered by issues-based committees as they arrive and also detailed in future advocacy updates.

Strategic Plan

2025 is the final year of the current Strategic Plan. An external facilitator will be engaged to guide discussions, with the State Executive Committee and staff working internally on the development and implementation of the new plan.

Awareness Week

Awareness Week will be held from 7th–13th September 2025, with the focus on seasonal eating and food waste, promoting healthier habits, supporting local producers, and advocating for national action on food security. Further details will be sent to branches shortly.

Disaster Relief Fund

\$381,017.83 Drought Assistance was released to help the drought affected farmers. The drought relief program is now concluded.

\$170,000 in flood assistance has been sent to Mid North Coast branches to help with the affected communities. Branches in the flood affected areas are encouraged to apply for this funding.

Financial

The current fixed interest rate remains at 4.5% and the on-call interest rate at 1.25%. The State Treasurer has recommended these rates be maintained for the 2025/2026 financial year.

Membership

Life memberships were considered. Full details will be

made available later in the year.

State Committees

At the July State Executive Committee Meeting, State Committee nominations were discussed and confirmation of positions to committees made. Successful nominees will be notified in due course. It was also resolved that any remaining State Committee vacancies will not be filled in 2025/2026. The State Executive Committee will continue to support these committees as needed.

Procedures Manual Updates

Updates will be uploaded to the CWA website. Due to our recent resignation from ACWW, a major update was required. All branches are strongly encouraged to download the full 2025 version to avoid any outdated or incorrect information.

Accommodation and Travel Reimbursement of Expenses

An increase in the accommodation rate for committee reimbursement along with changes to travel reimbursement was made. Changes were also made to how groups and the Association at large share the costs of State Executive Committee Member mileage and accommodation at meetings. These changes will take effect from the 1st October and a full update will be provided in due course.

Property

Potts Point Grant applications were approved for North Star Branch, Walgett Branch and Leura Branch.

The net sale proceeds request from Armidale Branch was approved, with \$140,000 endowed

to the University of New England for a medical scholarship.

International Committee

Donations were approved to Love Mercy (Uganda) \$5,000, Saroj Nalini Dutt (India) \$10,000, and the maternity hospital on Tanna island (Vanuatu) \$20,000.

The State International Officer was also granted approval by the State Executive Committee to explore partnerships with other organisations to strengthen support for South Pacific region projects and beyond.

Reports from Representatives on Outside Organisations

Reports provided:

- KWOOP
- SOS Fracture Alliance
- The CommBank Community Advisory Council
- Endeavour Energy Committee

Dates for Executive Meetings 2026

16th–18th February (Parkes, NSW)

3rd May (pre-conference)

13th–15th July

9th–11th November

Items to be considered must be to State Office at least two weeks before each Executive meeting.

Glimpse from CWA of NSW history

In 1993, a conference resolution called for clear labelling of Australian made goods.

In 2016 new Country of Origin Labelling laws were introduced showing clearly whether food was made or grown in Australia and the percentage of Australian made/grown ingredients used.

A Gift in Will.

To make a future *without cancer possible.*

A gift in your Will to Australian Cancer Research Foundation (ACRF) is the best way to help brilliant researchers bring a future without cancer closer.

You can help create a lasting legacy that brings hope to millions by funding tomorrow's breakthroughs today.

Learn more about
leaving a gift in
Will to ACRF today.

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CWA Awareness Week

Preparations are underway for this year's CWA of NSW Awareness Week from 7th–13th September 2025.

This year's theme

Seasonal eating, food sustainability, food waste, food security, food miles, paddock to plate—they're all terms that have sparked greater interest in and awareness of where our food comes from, how we use it and how we can improve the ways we use it and source it.

Leveraging this increased interest in food-related issues, for 2025 Awareness Week we'll roll out a campaign promoting the benefits of seasonal eating, focusing on the urgent need to change how we think about, purchase and consume food, and emphasising the economic, environmental and health benefits that can flow from this. It will also be a chance to discuss the importance of reducing food waste in Australia and improving food security for all Australians. Understanding seasonal eating can contribute to reducing the amount of food we waste every year.

As part of this year's campaign the CWA of NSW will:

- Advocate for increasing public understanding of the benefits of seasonal eating, highlighting the health, economic and environmental benefits to consumers and local producers
- Highlight ways to help household grocery budgets go further—and help ease cost-of-living pressures—with strategies like consuming foods that are in season
- Highlight the amount of food currently wasted by Australian households each year and ways to help reduce this waste, particularly through increased awareness and education

- Advocate for the introduction of a national Food Donation Tax Incentive.

At this year's CWA of NSW State Conference, there were two motions related to increasing food sustainability, both endorsed by delegates. These were:

- "Advocating for increasing public understanding of the benefits of seasonal eating, highlighting the health, economic, and environmental benefits to consumers and local producers"
- "Urging the Australian government to introduce a National Food Donation Tax Incentive to provide tax incentives for businesses donating surplus food and associated logistics services, promoting food waste reduction and supporting food relief efforts across Australia."

While there is no specific NSW or federal government campaign solely dedicated to promoting seasonal eating, various initiatives support local food systems and sustainable agriculture. For example, the Australian Government's "National Food Plan" emphasises the importance of a sustainable food supply which includes supporting local producers and encouraging healthy eating habits. Additionally, state-level programs and resources, such as farmers' markets and community-supported agriculture schemes, facilitate access to seasonal produce.

CWA of NSW alignment:

- Advocating for seasonal eating aligns with the CWA's commitment to the wellbeing of rural communities, offering a pathway to improved health outcomes, economic resilience and environmental sustainability.
- Educational campaigns and

community programs led by CWA branches could effectively raise awareness about the benefits of seasonal eating, empowering consumers to make informed choices that support local producers and promote health.

Food waste is now such a concern in Australia that the federal government committed to halving food waste by 2030 through the National Food Waste Strategy. Currently, food insecurity affects one in six Australians. There has been a previous attempt to introduce a food donation tax incentive, aimed at providing tax offsets for companies donating food and covering associated logistics costs. A bill is currently under review by the Senate Economics Legislation Committee. Implementing such a tax incentive could encourage businesses to donate surplus food, reducing waste and supporting food relief organisations.

CWA of NSW alignment:

- Supporting the introduction of a National Food Donation Tax Incentive aligns with the CWA's commitment to the wellbeing of rural communities. It offers a practical solution to reduce food waste, support local producers and assist those facing food insecurity.

How you can help

We'll be undertaking a NSW/ACT-wide program to generate media coverage but 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, background/fact sheet as well as tips for how you can leverage Awareness Week in your local community.

The Land Cookery

We have had many enquiries about the surprise cake video. Amanda Colwell has placed instructions on the closed Facebook group on how to find it. This video was also in the July E-news, and sent to all Group Cookery Officers and Group Secretaries for distribution. For judges: this cake will be judged as a normal butter cake with the added surprise element. Do not hesitate to contact the committee if with any questions.

Juniors do not have to be members to enter and there is no restriction in age—so if you have a junior that wishes to enter at a higher age level, they can.

Most of the prize money had been given out and we thank you for sending in your banking details.

By the time you read this, “How To” Days would have been held in Walgett, Umina and Broken Hill. The next one will be in Albury on 27th September. Please contact

Lyn Buck, Murray Group Cookery Officer, if you wish to attend.

The Land Cookery raffle tickets will be sent to you later in the year and we are changing the 2nd and 3rd prizes. The second prize will be a maslin pan (wide shallow pot for preserve making), along with a thermometer and other preserving needs. Third prize will be a Mason Cash cake storage tin and a cook book. A kitchen aid will remain as 1st, due to its popularity.

Members of this committee have had many lovely conversations, calls, emails and messages since Conference, showing such positive support and feedback for the new schedule and all the work we do. We enjoy these chats as opportunities to collaborate, listen and learn from you, and we trust that we encourage new tentative competitors as well as more experienced cooks. The videos and “How To” Days continue to find new

audiences and supporters. As I stated at conference, we thank members who have embraced what the current committee has introduced and your support has been amazing. We have been extremely grateful that our hard work has renewed your interest in the competition.

Mary and Christine leave us and the remaining committee members await to see if we are re-elected. We welcome the new committee members and hope you find as much joy and friendship as we all have in the past, as we continue to work together to spread fun and friendship and cakes to all CWA members.

The new committee will be responsible for selecting the classes for the 2026/2027 Schedule and the accompanying Companion, so it is not too late to send in suggestions.

Ellice Schrader, Chairperson

Publicity Support Forum webinars

Publicity Support Forum has organised a number of webinars over the past three years, helping branches and groups to promote CWA in their local areas. The full list is below.

1. Publicity Support Forum introduction seminar (February 2023)
2. Newspapers featuring Lee O'Connor from Country Press NSW and The Country Woman featuring Sonia Roberts, Hon Editor (June 2023)
3. Social Media featuring Leah Gaskell, CWA Communications (August 2023)
4. Publicity role and practical ways to promote events webinar (November 2023)
5. Radio interviews featuring Simon Marnie, ABC Radio (March 2024)
6. Designing Flyers featuring Vivien Valk, Design Manager at Murdoch Books and Marketing tips featuring Leah Gaskell, CWA Communications (June 2024)
7. The Country Woman featuring Sonia Roberts and Canva. (September 2024)
8. Heather's story featuring Heather Ewart, Backroads and introducing the CWA of NSW Publicity Award (March 2025).
9. Introducing new Hon Editor, Brenda and the CWA of NSW Publicity Award in detail (June 2025)

Members can download and watch any of the videos recordings from these past webinars accessible from the Downloads section of the Member Portal on the CWA website. Please call State Office if you have trouble logging into the website.



Lee O'Connor



Simon Marnie



Vivien Valk

International Report

I just want to remind everyone that if branches and groups still wish to support ACWW they may do so; however, you must send the money direct to London not through State Office. Alternatively, you may wish to support the CWA of NSW International Fund. As those of you who attended the International meeting at State Conference this year heard, we have a new coin collect for this: "Small Change for a Big Change" (Change for Change). Thank you all for your generosity—the Collection at that meeting was \$665.

Saroj Nalini Dutt Memorial Association in India has renewed

contact with us. CWA of NSW has a long history of supporting this Association. This year is their centenary year and traditionally we have supported their Save the Sight clinic which also provides care for undernourished children.

When complete, Wendy Stein from the Spacim Pikinini Project is going to provide us with photos of the water tanks at the Health Centre in PNG we supported.

Hopefully everyone read the article from Northumberland Group in the June Journal. The maternity hospital on Tanna island is another worthy project to support. If your branch would like

to donate contact me and I can supply the banking details.

Over the next 12 months, I hope to explore the possibility of funding some education programs through either the Australian Centre for International Research or through the Pacific Farmers Association associated member groups, or possibly areas I have not uncovered yet.

International is such an exciting area to be involved in, seeing what a huge difference in people's lives our contributions make.

Carolyn McMullen
State International Officer

Hospital Support Report

The Hospital Support Committee has been kept very busy at our July meeting/packing days emptying boxes and dispatching wonderful donations we have received.

Since we last reported to you, we have made much-needed winter donations of rugs beanies and toiletries, etc to the Streethearts charity. Knitted teddies were delivered by Friend of the Committee, Kerrie Tomlins, to Westmead Children's Hospital and children's socks went to their Edgar Stephens Cardiac ward. Friend of the Committee, Elisabeth Hodgson delivered knee rugs, cot sized rugs, babies and children's hats, preemie babywear, newborn baby packs, socks, warm track pants and tops, jackets and soft toys to Ronald McDonald House at John Hunter Hospital. Elisabeth also delivered rugs to the San Remo Neighbourhood Centre on the Central Coast.

Our Committee members have been packing International

Mother & Baby Packs and we were also able to donate some of our surplus children's wear from State Conference to the midwife on Tanna Island thanks to Friend of the Committee, Peta Jennings, who transported them on her recent visit.

We have continued to assist Lou's Place at Redfern with Hospital Support Committee member, Robyn White delivering towels and toiletries to them. The Hospital Support Committee has also been assisting Macquarie Home Stay at Dubbo, the RFBI Masonic Village at Leeton and were able to provide suitable items to the

Ronald McDonald Family Room at Wollongong Hospital.

Currently, we need quilts suitable for single beds and cots. We also require lightweight cotton or muslin baby wraps.

Please remember to contact us should you require items to assist in your local community work; we may be able to help.

The Hospital Support Committee (originally called the Hospital Visiting Committee) thank you for your 95 years of assistance with our work.

Sue Vassie, Chairperson

Agricultural & Environmental Seminar at Mittagong

15th to 16th September 2025.

Highlands to the Coast: dahlias, glossy black cockatoos, spiny crayfish, highland cattle, wildflowers and waterfalls, seaweed, and more.

For more information or to book go to www.trybooking.com/DCCLJ or use the QR code.



Handicraft Report

Hi members,

I hope you have been able to get through this very cold, wet winter we have had, although it has been a wonderful time to stay indoors and finish some of our UFOs (unfinished objects), or start to work on the Branch Challenge or Chairman's Choice projects.

On behalf of the Committee, I would like to apologise to one of the prize winners at state, Christine Tregenza, Cowra Branch, that her name was spelt incorrectly. For those members who are filling in the forms, please print the names, if possible, as sometimes they are very hard to read.

One of the things I would like you to note is that the Branch Challenge items, including the plate, box, basket, etc. is that they need to be made using "soft" craft fabrics, such as wool, cotton, felt, fabric, etc. This means that there are to be no wooden, resin, papier mâché, cardboard or similar used in this section. There has been a great deal of interest in this and remember, it was meant to be fun.

Whilst we were at our meeting in July in Gloucester, Denise Turnbull arrived with the latest issue of Inspirations Magazine, No 127. Imagine our surprise when we opened the magazine, an article pertaining to our Branch Challenge popped up and also an article about Kantha Stitchery. I began to wonder if my phone was tapped! I have contacted the magazine and complimented them on choosing such wonderful items. This magazine is now in the newsagents and it is well worth reading, even if only for a bit of background knowledge.

A late reminder about our retreat we are holding in Ballina in August. The crafts being taught are "quilt-as-you-go patchwork table runner" and also "needle

felting". The information was in the June Journal; however, if you do not have this then please contact the Handicraft Committee Secretary. If you just want to join in the happy crafting and bring your own thing, then please also contact the Secretary.

In this Journal you will find the coupon for the workshops to be held in November in Bredbo. Those workshops are stumpwork and Creative Contemporary Embroidery. All are welcome, members and non-members alike. Why not invite a friend and enjoy a craft getaway together?



Bredbo, NSW

Photo by Mattinbgn

There have been some concerns that pure wool items are being discarded and there is nowhere to enter them. I can assure you they are still very much accepted in the eight items for group; however, they are not compulsory there. There is also a section in the Natural Fibres section for 100% pure wool, so please, we have not discarded our wonderful natural wool items!

The season of spring is usually heralding in the better weather, so please, get enthusiastic and finish old crafts, learn new ones and just enjoy the wonderful handicrafts that we have access to.

Our State Handicraft Competition and Exhibition at State Conference was amazing so I wonder if we will be able to better it next year.

Happy crafting,

Ruth Shanks AM,
Chairperson

Handicraft Workshops at Bredbo

7th-8th November 2025

I wish to attend the **Stumpwork Workshop 7th & 8th November**, 2 days, cost \$70 (includes morning/afternoon tea/ lunch).

I wish to attend the **Creative Contemporary Embroidery Workshop** 2 days, cost \$70 (includes morning/afternoon tea/ lunch).

Kits supplied at extra cost.

To be held at:

Bredbo Community Hall,
Monaro Highway,
Bredbo.

Name _____

Address: _____

Post Code: _____

Phone: _____

Email: _____

Dietary Requirements: _____

RSVP Friday 31st October 2025.

A) Direct Deposit: BSB 032-769
A/C 830 720, using your name
as a reference and email a
copy of the coupon
to Handicraft Secretary:
cwaofnsw.handicraft@gmail.
com

OR

B) Send your cheque and
coupon to Geraldine Gore, 120
Carro Park Road, Cowra, NSW
2794.

For more information contact
Geraldine Gore: 0422 353 499.

Social Issues Report

I want to start by thanking my immediate predecessor, Leonie Fish, and the members of the 2024/25 State Social Issues Committee for their commitment to the Committee's purpose and activities.

One of the activities was the webinar hosted by the Committee in June on "Caring for Country through Cultural Burning". Committee member, Donna Kemp, introduced us to Michelle Perry (a Worimi woman from Karuah and founder of the not-for-profit Gimbigu) and Luke Foster (a Senior Threatened Species Officer with the NSW Department of Planning and Environment). Michelle and Luke explained the practices that have been brought back to the Barrington Tops in the Mid North Coast of New South Wales. The controlled burning is not a simple hazard reduction burn but a traditional practice used to propagate a vulnerable species of orchid endemic to the sub-alpine grasslands of the area. This Indigenous-led practice is revitalising both Country and community. A recording of the webinar is available via the website if you missed the live presentation.

Why was the webinar run? In 2021, the Association passed a motion to take active steps to promote opportunities for increased and meaningful understanding of, and engagement with, First Nations peoples across the state. In July 2024, the State Executive Committee tasked the Committee with considering and pursuing activities in support of this policy. The Committee is exploring topics for future webinars to continue this work.

I worked with Andrew Connolly, Policy Manager, on a submission to the NSW Legislative Council's Inquiry into the Early Childhood Education and Care Sector which

addressed existing Association policy (examples such as 2016 Hillston Branch—adequate funding; 2012 Byng-Emu Swamp Branch—equal access), and also focussed on the cost of and access to early childhood education and care in regional, rural and remote NSW. The Committee will also be working with Andrew on a submission to the Inquiry on Fertility Support and Assisted Reproductive Treatment (due by the end of August 2025).

From talking to members at State Conference earlier this year, the Committee recognises that there is still confusion about its work. The Association is committed to driving positive change through strategic advocacy based on policy endorsed by State Conference. The Social Issues Committee's role is to work in support of Association's advocacy efforts by focussing on priority policy areas. One of the ways in which this is achieved is the publication of Education Kits.

In 2024/25, the Committee's priority issues were:

- Housing for healthcare workers
- Skin cancer prevention
- Emergency response in rural and remote areas
- ADHD diagnosis, treatment and support.

For 2025/26, the priorities will be:

- Precision Medicine (H2. Cowra Evening Branch, Central West Group and Bundarra Branch, Gwydir Group)
- Baby Health Services (H8. Hillston Branch, Murrumbidgee-Lachlan Group)
- Cervical Screening (H4. Southern Highlands Evening Branch, Wollondilly Group)
- Immunisation (H11. Eurongilly Branch, Hume Group)
- Modern Slavery (M1. Barellan Branch, Murrumbidgee

Lachlan Group)

In deciding its priority policies, consideration is given by the Committee to the potential impact and reach of each policy, the feasibility of implementing each policy, and the level of political and public support.

The Committee looks forward to providing members with resources to start the conversation of what members can do as individuals and groups to promote understanding of and advocacy for each policy.

Upcoming Events

At our meeting on 10th July 2025, the Committee decided to explore holding a number of webinars, and preparing and presenting a workshop, on topics and issues of interest to members. I hope that more details will become available shortly—please keep an eye out on the closed Facebook group and E-news.

The Committee's AGM has been scheduled for 6th November 2025.

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

Elizabeth O'Dwyer, State Social Issues Officer

Glimpse from CWA of NSW history

In 1984, the Study and Investigation Committee (later changed to Social Issues Committee) was established to obtain information about proposed federal and state legislation that might affect the Association and its members or family welfare generally.

Cultural Report

As I write this in the freezing cold and wearing multiple layers of clothes, I hope that you are all keeping well and warm. Our May meeting of the Committee was mainly to discuss the Conference Exhibition and to plan our future meetings for the next 12 months. We are proud to announce record sales of paintings from a record number of entries. Thank you to the entrants and purchasers, and congratulations to the prize winners in all sections. It may seem small but these successes make the work of the previous year worthwhile. Please read the Procedures Manual carefully if you are thinking of entering any of the Art sections as any entry that does not meet these specifications will not be judged or displayed.

The Committee had retiring members this year as their allocated time (10 years) had expired. Another retired to move on to the Executive Committee. New applications for membership will be reviewed at the July Executive meeting and will be named then. Many thanks to Alison McKenzie, Yvonne

Davies and Carol Xuerub for their never ending support and hard work. Yvonne is moving onto the Executive Committee with Carol and we wish them all the best. I hope that Alison relishes her now available extra time.

Shortly the updated Procedures Manual will be available. Again I ask that you read it carefully before entering any competition. It would be a shame for hard work to not be judged because of any error made in submission. Please also note, and abide by, the closing dates for entries to each section. We organise for judges who work within a timeframe so we cannot accept late entries. Congratulations to all the winners for 2025 and best of luck to those entering contributions for Foster in 2026.

The Woman of Note appears to be causing confusion. The nominations for this are required in March, but it could be suggested on Branch reports to Group and then entered with the Group Report to ensure that your person is included in the discussions. The woman nominated must be an Australian who has made a

significant contribution to any aspect of Australian History. She must also have passed away. Almost every day I think of a worthy female to enter, and I am sure that most of you are aware of many more. Please consider nominating someone special for this study.

Our Contemporary Australian Female Author for this issue is Fiona McIntosh, who is a prolific writer of both adult and, as of recently, children's books. She was born in England, but lives in South Australia. Fiona travels extensively to research aspects of her novels and in the one that I recently read, *The Fallen Woman*, this fact made a world of difference to the book. The story takes place in the early 1900s and the history and the descriptions of every town and city, every major building and every aspect of life in that era are so precise, and, as a result, they draw the reader into the lives of the characters. The main protagonists are pomologist, Guy Attwood, and Botanical Artist, Jane Saville. Jane is the hero of the story—the "fallen woman"—and Guy comes to Salisbury in search of a particular endangered species of apple to present to his friend. I so admired the care taken with the aforementioned research as that, along with the beautifully drawn characters, was an aspect that I so admired and which was partly responsible for my sustained interest. I really do recommend this author and this book.

Lynne Dunn,
Chairperson

CWA of NSW Cultural Competition Entry Form

Name: _____

Branch: _____ Group: _____

Circle applicable section

Seniors: Poem Bush Ballad Short Story Cultural Book

Photography : Section A Section B Branch Brochure

Group Report

Juniors: Short Story Photography Postcard Age _____

Entrant's Bank Details BSB: _____

Account Number: _____

Account Name: _____

All details must be completed. Please attach to front of entry. Forward entries to Cultural Committee Secretary by 15th November.

Glimpse from CWA of NSW history

In 1951, The Land Cookery Competition was first held to raise funds for seaside homes.

Agricultural & Environmental

Many thanks to everyone who visited the Agricultural & Environmental Committee display at State Conference. Thank you to all those who brought frog items to add to the display! Special thanks to Sheila Brady, Kim Fenley, Nicole Maher and Jill Mann. It was so pleasing to meet lots of members at the display and answer lots of questions.

Staggeringly, some had not heard of the Moore Award, the Recycled Article competition or the school competitions. It is very clear to me that information is not getting back to a lot of branches. I will be very happy to help all branch members with your questions if you email me at jenny_birtles@yahoo.com.au

Follow Up

Some of you have relayed to me your agricultural and environmental concerns, and I promised to follow these up.

Toothpaste: The chemical Triclosan, a common ingredient in toothpaste has had media coverage in recent months due to evidence that it is detrimental to our health. Some scientists claim Triclosan causes health problems like some cancers, inflammatory gut problems, antibiotic resistance and hormone malfunction. It is an antibacterial but possibly toxic ingredient of toothpaste, mouthwash and some soaps. Japan, Canada, European Union and USA have banned it in the manufacture of soaps, toothpaste and most personal products. Australia has no bans in place yet.

Tree Dieback: This sad phenomenon is popping its ugly head up again in the New England area of NSW, where it is particularly prevalent. Happening in large areas since the 1970s on the Monaro, New England and

other parts of NSW, die-back is the sudden, premature death of healthy trees. Dieback also affects non-native trees. It is still not known what causes it but it is thought to be a combination of stresses—drought, salinity, repeated insect attack, weevils, agricultural fertilisers and chemicals, spray drift, stock damage, and excessive nitrogen from the manure and urine of livestock camping under trees. UNE scientists are trying to find answers to the millions of tree deaths over the last fifty years.

Grow Me Instead: Sixty percent of serious weeds in NSW have escaped from home gardens and almost all of Australia's aquatic weeds have been imported. On a recent trip to two local nurseries to check on how many invasive weeds were actually being sold as garden plants, I discovered known invasive weeds for sale in both nurseries and was annoyed to find Purple Top Verbena, English Ivy, Privet, Cotoneaster, Gazania, several cacti species including Prickly Pear and grasses such as Panicum varieties. As stated by the government, environment ministers are working with the Australian nursery industry on the issue of nurseries selling invasive plants. What you can do: community and self-education. Google the helpful Grow Me Instead website, dispose of garden prunings responsibly, get rid of any invasive weeds already growing in your garden responsibly—don't dump weeds, be vigilant about dead-heading and check the ability of a plant to become invasive before purchasing at garden centres.

Flying Foxes: Flying Foxes are protected in NSW. Remember they are not to be confused with the amazing microbats. I know many of you struggle with flying foxes. Their noise, smell, faeces, roosting and fruit crop damage can make life with

flying foxes challenging. What you can do: net fruit trees with wildlife safe netting, pick ripe fruit and regularly collect fallen fruit, use reflective materials, bright lighting, keep trees pruned, take washing inside at night and park vehicles under cover. Your council may be able to give further advice.

Eenee Nappies: Not a concern but awareness of a plastic-free new nappy brand—the first disposable nappy to be endorsed by Compost Australia as acceptable to commercial composting operations. Designed in Tasmania and made without toxic chemicals, using Australian cotton, these biodegradable nappies come in sizes from newborn babies to adult.

Highlands To The Coast Seminar

The Agricultural & Environmental Seminar will be held on Monday 15th and Tuesday 16th September. We will be based in Mittagong and heading out by coach both days. You must book your own accommodation.

We will be visiting a Highland Cattle farm, Glossy Black Cockatoo habitat, Mittagong Gourmet Mushroom Tunnel, a leading thoroughbred horse stud, wildflowers, Spiny Crayfish, mangroves, Green and Gold Bell Frog conservation, Phyco Health Seaweed and more. When booking, there will be an order form for lunch at Fitzroy Falls on day one (with gluten-free options). Husbands/partners are welcome.

Cost is \$150 per person. See your July E-news. Book on www.trybooking.com/DCCLJ.

Jenny Birtles
State Agricultural &
Environmental Officer

State Treasurer's Report

There were some new pages and updates to the Treasurer's section of the Procedures Manual released in July. If Treasurers haven't downloaded or printed them yet, please do so.

The new pages T 1-16 to T 1-18 aim to provide Treasurers with guidance on record keeping to maintain transparency and accountability. It provides details on the records that should be kept for both income and expenses. For some Treasurers, nothing in this section will be new, for others it will make the role clearer and it will provide all members with clarity on what is required.

To aid in this record keeping is a new Reimbursement Form T 6-3-725 that can be used by members seeking reimbursement from their branch or group, other than for travel. Some branches already have a similar form and they are welcome to continue to use their form, if all required sections are included. This form is for those who are not yet using a reimbursement form.

All members are reminded that if they want to be reimbursed for any expenses they have incurred on behalf of their branch or group, proper receipts need to be provided. Payments need to be approved by the branch/group meeting before

they are paid (Regulation 91). If an event is occurring between meetings, it is possible to approve reimbursements up to a set amount at the meeting prior to the event. This allows the Treasurer to reimburse members as expenses are incurred and then have the payments ratified at the next meeting.

If a requested reimbursement is not in line with what was approved, then it is acceptable, dare I say necessary, for a Treasurer to say it needs to wait until the meeting to be approved. For example, this stops a member deciding to buy new curtains because they think the current ones don't match the theme for a branch event and then asking for reimbursement prior to the next meeting. It is up to the whole branch to decide if this was a reasonable expense and whether the member should be reimbursed, and it is ok for the branch to say no.

Another new page is T 1-19-725: Audit checklist which is a list of what needs to be submitted to the branch/group auditor. It is provided to make sure auditors are given everything they need to complete the independent financial review.

If they haven't already, Treasurers will soon receive their end-of-year documentation by mail.

This will include a covering letter, a checklist and the branch membership renewal forms. For those not using CWAMoney, this envelope will also include the forms that need to be completed prior to audit and then submitted via your Group Treasurer.

Treasurers are encouraged to open this envelope as soon as it is received, read what is included, make note of anything that may be new and start getting things ready for audit. Please don't just put it aside until the end of September.

The checklist in the envelope is a Checklist for End of Year Financial Returns. This is a list of what needs to be submitted to State Office for inclusion in the consolidated financials for the Association and prior to the Association Audit. This is different from the Audit Checklist in the Procedures Manual.

Glimpse from CWA of NSW history

In 1925, the first Baby Health Centre opened in Moree. By 1937, CWA had set up thirteen emergency and maternity hospitals without government subsidy.

5%*

+ 2 month Extras waits waived.

*T&C's apply

Country Women's Association of NSW.

It's time to feel good about your health cover.



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J3810

State Secretary's Report

Hello everyone,

Thank you for the opportunity to serve as your State Secretary—I am truly honoured and humbled by your trust. I look forward to meeting many of you in the coming months. Please know I'm only ever a phone call or email away if you have any questions or need support. I'm also more than happy to visit your branch or group for a chat, a meeting or to offer assistance in any way I can.

As this will be the final journal before branch and group Annual General Meetings in October, I'd like to take this opportunity to share a few important reminders:

- All positions become vacant each year and any financial member can be nominated for any role at both branch

and group level.

- A member may hold a group position for a maximum of three consecutive years.
- Taking on a position is a great way to learn more about the CWA, develop new skills and gain confidence. Every member brings something unique to a role, often offering a fresh approach and new ideas.
- Please consider nominating for a position within your branch or group—your contribution makes a difference.

Following your Annual General Meetings, the following forms must be completed and submitted:

- Branch Secretaries: Please complete Form F 1-1-724 and send it to both your Group

Secretary and the State Office. Ensure all names, email addresses and details are clearly written and double-checked for accuracy.

- Group Secretaries: Complete Form F 3-1-713 and forward it to the State Office, again making sure all information is correct and legible before submitting.

Facts Days

If your group hasn't held a Facts Day in recent years and would like to organise one, please email me with some suggested dates and venue options. I will then liaise with the State President and State Treasurer to arrange a suitable time.

Warm regards,

Bron Dunston
State Secretary

Accessing the members' section of the website

If you haven't previously logged in to the CWA of NSW website, you'll need to set up a new password in order to gain access to members' only areas of the website and your account.

Go to www.cwaofnsw.org.au and click on the "member login" image. Click "Forgot Password?" and enter your email address in the Username field and Click "Submit".

A password reset link will be emailed to you (it could be in your junk mail), and you can return to the site and log into the system.

Once logged in, go to the membership tab and select "member portal" or click the quick link images on the home page. The member portal contains a page for downloads, the Procedures Manual and online Office Bearers directory.

There has been a number of updates to the Procedures Manual this year, so ensure your Procedures Manual is up-to-date by downloading the updates or a new copy from the Procedures Manual section of the website. Branches do not need a printed copy of the Procedures Manual, provided the relevant pages are available to the office bearers who need them and a copy is available at each branch meeting.

Recently, the historical Groups and Branch Office Bearers hand-written registers were scanned. They contain historical records of the President, Secretary and Treasurer of every group and branch from 1922 to 2002. You can find these registers in the member portal on the Historical Records page.

If you don't have an email address listed in the database or you're having trouble logging in, please contact State Office, 02 8337 0200. Note: Every member already has an account attached to their membership so you do not need to create a new account.



CWA of NSW Logo Use

Why is the use of the CWA logo restricted?

The logo is a valuable thing—it represents CWA of NSW. For over 100 years CWA of NSW has been doing great work in the community and has a very good reputation. So, the logo needs to be treated with care. There also should be consistency in the CWA of NSW brand. That is why it's important to use the correct official logo and not just use one you found on the internet.

Where can I use the logo without permission?

You can use the logo on your flyers or anything which is temporary and used to advertise a CWA event. This flyer should have your branch/group name clearly displayed. You can also use the logo as your Facebook branch page profile photo as long as you have the correct version. Please ensure that you have the correct logo (if you are unsure email communications@cwaofnsw.org.au with information on what you need the logo for).

Another organisation has asked to use the CWA logo on their flyer or website, can we do this?

If the branch has agreed to have their name associated with this organisation, then you can seek permission for this (email communications@cwaofnsw.org.au with the details). If granted, a logo with your branch name underneath will be sent for this purpose. Remember that the

CWA of NSW logo is valuable—the organisation is likely getting more out of this partnership than the branch is so avoid over-using it.

What if we want to make a street banner, pull up banner, tear drop banner (flag) or something more permanent to promote our branch?

There is ready-made pull up banner and tear drop banner artwork on the website (in the downloads section). However, if your branch would like, they can have their own thing made up (with branch/group approval), ensuring the official CWA colours are used which are listed in the CWA Brand and Style Guide Template (found on the website). Email communications@cwaofnsw.org.au for a print version of the logo.

Can we make up a branch tea towel, cookbook, shirt, hat or apron?

These things are generally called merchandise and you will need permission before beginning your project. Remember items that conflict with items in the State Office Shop are unlikely to be approved (eg shirts, aprons). Branch tea towels have been approved in the past but these still need permission before going ahead—email communications@cwaofnsw.org.au with a mock up (doesn't have to be the finished artwork but a rough design) and any other details. This is to check that



you have the correct logo (or to supply it to you) and also check for copyright infringements. Merchandise (if approved) must have the branch or group name on the item.

Which colour logo should I use?

The full colour logo (as seen on the cover of *The Country Woman*) is the best one to use. If you are making a name badge or banner with only one print colour, you can ask to use the blue & white logo. The black & white logo should only be used in cases where your item will be printed in black & white only.

Other items

If there's anything else logo related which you're not sure about, please email all the details to communications@cwaofnsw.org.au. Please include what you need the logo for, which logo (full colour or blue & white), the file type of logo (if asked by a print company), a mock up if applicable and any other information you have.



Main CWA logo



Logo for single-colour printing



Logo for black & white printing

Advocacy Update

This report provides an overview of recent submissions, correspondence, meetings, and activities by the Country Women's Association of NSW related to policy advocacy on issues impacting regional, rural and remote communities across New South Wales.

Outcomes from the 2025 Annual State Conference

The annual State Conference of the CWA of NSW passed 34 motions originating from branches across the state, covering a wide range of current topics including health, housing, education, transport, telecommunications, cybersecurity, agriculture, environment, modern slavery and the cost of living.



These policies will guide the Association's advocacy efforts over the coming year, with initial actions including:

- Preparation and distribution of 40 letters outlining CWA of NSW's new policy positions and calling for action from responsible state and federal Ministers.
- The Agricultural & Environmental, and Social Issues Committees have agreed on nine policy priorities across these portfolios for the coming year.
- Development of nine education and advocacy kits to support branch and member advocacy efforts on these priorities, accessible from the CWA of NSW website.

Submissions

- NSW Parliamentary Inquiry into Interventions to Reduce Road Trauma in Regional NSW: Road trauma is a longstanding concern for CWA of NSW members, reflected in repeated policy motions spanning over six decades. These policies address chronic underinvestment in rural road infrastructure, the urgent need for safety upgrades, support for community-based safety programs, and uniformity in road rules and signage. Our submission responds to the inquiry's terms of reference, emphasising the unique conditions and challenges of regional, rural and remote NSW.
- NSW Government Consultation on Proposed Amendments to the NSW Land Management Native Vegetation Code 2018: While acknowledging the importance of biodiversity and native vegetation protection, CWA of NSW urges the NSW Government to refrain from proceeding with the proposed changes without deeper engagement with regional communities and a comprehensive review of mapping tool accuracy and fairness.
- NSW Parliamentary Inquiry into Access Restrictions to Public Lands and Waterways: CWA of NSW strongly supports responsible stewardship of public lands and waterways, advocating for a balance between environmental protection, cultural heritage preservation and equitable public access. The CWA of NSW urges government to adequately resource public land managers and require them to undertake weed, pest and hazard reduction programs. Failure in this

area has led to public land becoming a refuge for wild pigs, goats, foxes, and invasive plant species that threaten agricultural productivity and biodiversity.

- NSW Parliamentary Inquiry into Fertility Support and Assisted Reproductive Treatment: CWA of NSW urges the NSW State Government to establish a financial support mechanism for regional, rural and remote women needing fertility treatments, particularly those requiring travel to major regional centres or cities.
- ## Policy Matters Under the Parliamentary Spotlight

- Private Members Bill by Steph Cooke (Member for Cootamundra): Introduces amendments to the Biodiversity Conservation and Local Land Services Legislation, allowing for coppicing of broombush and blue mallee for two years in the South Western Slopes Bioregion to support landholders challenging mapping and land categorization as Sensitive Regulated Land.
- NSW Parliamentary Inquiry into the Impact of Live Sheep Exports Phase-Out: The inquiry's sole recommendation, supported by the NSW Government's response on 1st July 2025, calls for active monitoring of industry trends by the Department of Primary Industries and Regional Development to assess impacts and propose responsive measures beyond 2028.

The Land Articles

- When the Government Gets It Wrong, People Suffer: The rollout of the NSW Native Vegetation Regulatory Map has misclassified sustainably managed properties as

“Sensitive Regulated Land,” severely restricting land use. This has caused income loss, property devaluation, and disputes over farming rights among affected families.

- Fuelling the Future: Disruptions to fuel supply lead to price spikes and severely impact travel and transport in regional, rural and remote communities, undermining local economies critical to national food and fibre production. Affordable and reliable fuel supplies are vital for all Australians.

Copyright

Copyright is automatically applied to every work as it is created. You should assume that every image, illustration, recipe, logo, article, post, blog, poem, song, sound recording, video, computer software, etc, that you find anywhere on the internet or in a book 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.

Changing a work slightly, does not remove copyright.

Copyright-free images can be found on the website: www.pixabay.com. Be aware of paid ads bars on the top and bottom of your search. Some photos on Unsplash can be used for free and without attribution. Go to www.unsplash.com. Click on “license” and select “free” to only show the free-to-use images.

Group Conference Dates

Group	Venue	Date	Opener	Guest Speaker
Barwon	Lightning Ridge	11 Oct	Lee Long	Rod Crowfoot
Blue Mountains	Wallerawang	17 Oct	Jan Kerr	Jan Kerr
Castlereagh Country	Dunedoo	20 Oct	Wendy Baldock	Rod Crowfoot
Central Western	Bathurst	18 Oct	Tanya Jolly	Tanya Jolly
Darling River	Broken Hill	18 Oct	TBC	TBC
Far North Coast	Casino	16 Oct	TBC	TBC
Far South Coast	Eden	20 Oct	Mayor Russell Fitzpatrick	Nancy Weatherman
Far Western	Narromine	18 Oct	TBC	TBC
Gwydir	Delungra	18 Oct	Pam Wright	Pam Wright
Hume	Junee	15 Oct	Tanya Jolly	Tanya Jolly
Hunter River	Pokolbin	21 Oct	TBC	Brian McGuigan
Illawarra	Picton	27 Oct	TBC	Energy Co
Macquarie	Dubbo	25 Oct	Bron Dunston	Bron Dunston
Mid North Coast	Yarraphini	28 Oct	TBC	TBC
Monaro	Jindabyne	22 Oct	Bronnie Taylor	Bronnie Taylor
Murray	Jinderra	23 Oct	Jan Kerr	Jan Kerr
Murrumbidgee-Lachlan	Barellan	16 Oct	Tanya Jolly	Tanya Jolly
Namoi	Bellata	25 Oct	Tanya Jolly	Tanya Jolly
Nepean	Wentworthville	28 Oct	Gwenyth Cox	Carolyn Harding
North Coast	Grafton	15 Oct	Tiga Cross	Tiga Cross
Northern Tablelands	Tenterfield	18 Oct	Leonie Fish	Leonie Fish
Northumberland	Gosford	23 Oct	TBC	TBC
Oxley	Condobolin	14 Oct	Tanya Jolly	Tanya Jolly
Phillip	Mortdale	24 Oct	TBC	TBC
Riverina	Collingulie	8 Oct	Luisa Deacon	Luisa Deacon
South West	Morongla Creek	25 Oct	Linda Willding	Galong Farm
Southern Tablelands	Goulburn	11 Oct	Tanya Jolly	Tanya Jolly
Wanthella	Uralla	16 Oct	Margaret Goode	Dr Robert Hughes
Wollondilly	Mittagong	20 Oct	Leonie Fish	Linda Emery

Member Profile



Marie Bradbery

If you have visited the CWA Tea Room at the Sydney Royal Easter Show within the last decade, chances are you have probably come across a delicate little neenish tart, made lovingly by the legendary Marie Bradbery.

Marie hails from the Lisarow-Ourimbah Branch in the Northumberland Group, and not only does she make these little beauties for the CWA Tea Room (over 700 of them!), she's also a whizz with the mushroom tarts, which garnered her first place at The Land Cookery competition in 2012.

Marie's CWA journey began in Orange back in 1986. At the time, she and her adopted daughter

found out that her biological mother was diagnosed with lupus. As Marie and her daughter were walking down Orange's main street, she saw a little sign in a shop window announcing the local branch was holding a luncheon to raise funds for this autoimmune disease. Marie attended the luncheon and found herself seated next to the Cookery Officer. Soon after, she had joined their choir and became the next Branch Cookery Officer. Fast forward to 2019, and Marie joined the Lisarow-Ourimbah Branch, taking the helm of their cookery, a shift that would see the Branch win several times at State Conference—a notable achievement for a branch with 16-25 members.

Marie's journey to become the CWA Tea Room's biggest neenish tart baker began once she joined the Show Committee. Looking for a way to contribute

further, she volunteered her branch to make the little tarts, a tradition continuing to this day. Marie begins the month before by making batch after batch of pastry cases, filling them with a tiny dollop of raspberry jam, then filling them with silky buttercream before the recognisable lid of white and chocolate icing is spread on top. Into the freezer the little tarts go, then they are transported in several coolers to The Show.

At 80 years of age, Marie's legendary tart game is still strong with no sign of slowing down, which is great news for the CWA Tea Room at The Show.

When asked what she liked most about being in the CWA and what she hopes her legacy could be, she said, "I love the friendship and the cooking and would love for my four granddaughters to follow in my footsteps."

A Recipe of Yesteryear

Found in an early edition of The Coronation Cookery Book by the Country Women's Association of New South Wales.

To make us happy & agreeable to other people

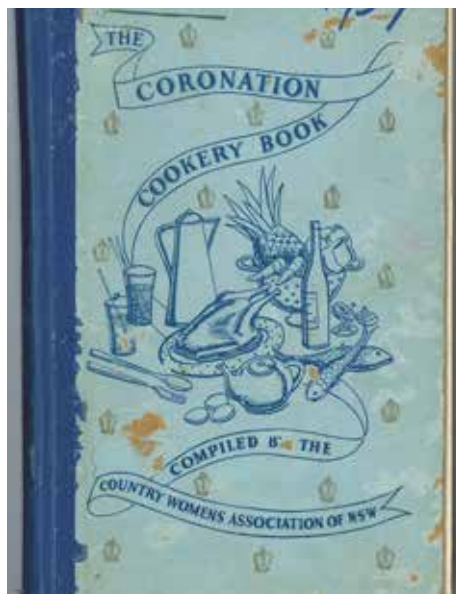
L. Mathews

1lb good temper	2lb tolerance
1lb patience	1½ lb contentment
3lb unselfishness	1 lb fun
2lb cheerfulness	

Mix well with 2 quarts of Human Kindness.

Dose: One glass full to be taken first thing in the morning and repeated as soon as the effect wears off.

Thanks to Barbara Hale for sharing this find.



Marie's Mushrooms & Neenish Tarts

Mushroom tarts

Sweet Pastry

125 g salted butter
¼ cup white sugar
1 egg (700-800g)
2 cups self-raising flour

Beat butter with an electric mixer until soft.

Add sugar and cream well until the sugar dissolves.

Beat in the egg (the size of the egg will affect the moisture content of the pastry).

Fold in flour. This can be done with the mixer on speed 1.

If the pastry is dry, it won't come together. Add a little cold water.

Turn out and knead lightly until the dough is smooth.

If soft, place in fridge for a few minutes to firm a little (do not add more flour).

Roll out the dough between two sheets of clingfilm or baking paper, and cut rounds with a 6 cm cutter.



Marie's winning mushrooms in 2012

Turn over a rounded patty tin and grease well. Place the pastry round on the tin.

For stalks, shape the pastry into a roll approximately 0.5 mm thick, cut into 1 cm lengths, and bake standing up on a flat tray or between the pastry on the rounded tin.

Cook at approximately 170°C for about 12-14 minutes, or until lightly coloured. Cooking time will depend on the thickness of the pastry.

When cooked, gently loosen the pastry from the tin while still hot and leave it on the tin to cool.

Cream

½ cup white sugar
¼ cup water
125 g salted butter
1 tsp vanilla

Place sugar and water in a saucepan, stirring gently as you bring it to a boil.

Brush the sides of the saucepan and the stirring spoon with a pastry brush (wet with water) to make sure no sugar crystals remain (one grain can make the syrup hard).

Do not stir after it comes to a boil.

Boil 2 minutes.

Put aside to become completely cold.

Beat butter with vanilla until as white as possible.

While still beating, add cold syrup in a steady stream, scraping down sides of bowl several times.

To Assemble

Place about ½ tsp of raspberry jam in the pastry case, and cover with cream.

Sprinkle with nutmeg through a fine sieve, and place a stalk in the centre.

Neenish tarts



By omitting the nutmeg and stalk, and adding icing, you create a neenish tart. Ice a little more than half of the top of the tart with white icing and the other (overlapping slightly) with chocolate icing, creating a half-and-half effect. Ensure each icing coat is applied in one smooth motion to achieve a seamless finish.

Double Batch Tart Dough in a Thermomix

To a Thermomix bowl, add:

250 g butter and ½ cup sugar, mix at 37 degrees for 10 seconds at speed 5.

Scrape sides and repeat 10 seconds, speed 5.

Add 2 eggs and mix (without heat) for 10 seconds at speed 4.

Scrape and repeat for 10 seconds at speed 4.

Add 300 g self-raising flour and select the knead function for 20 seconds.

Add the remaining 300 g of self-raising flour and select the knead function for 20 seconds.

Stir with a scraper and repeat the knead step as many times as needed until all the flour is mixed and the dough resembles sandy gravel, similar to traditional pastry dough.

Roll out and cut as above.

Bake as above.

Australian Grown Cut Flowers

Where Do Our Cut Flowers Come From?

When you go to buy a bunch of flowers for a special occasion or for someone in hospital, do you think about where they come from? Are they grown in Australia, or better still, NSW? Over 50% of cut flowers sold in Australia are imported into Australia every year and up to 90% are imported in our winter months. Because we mostly demand glamorous and tropical flowers such as long-stemmed red roses and orchids, which need special growing conditions and also use high amounts of much needed water in water-poor countries. Imported cut flowers are flown from Kenya, Ecuador, Taiwan, Thailand, Singapore, China and Columbia, where the growing conditions are perfect for these flowers. Some native Australian flowers are also imported. Transportation on planes produces high CO2 emissions, and refrigeration in large plane holds is needed to keep them fresh.

Biosecurity Risks

Imported cut flowers bring serious potential to introduce exotic plant pests and diseases into Australia's agricultural industry and native Australian flora. Official

biosecurity inspection records give proof of high rates of pest detection on flowers imported into Australia. 25% of pest insects and pathogens intercepted at Australian borders arrive on cut flowers. Lack of country-of-origin labels makes tracking the flowers and managing biosecurity risks difficult.

Fumigation & Exploitation

Pests on imported cut flowers are meant to be managed and certified in the country of export. They are often fumigated with methyl bromide, a highly toxic chemical that can cause health problems in humans when breathed or through skin contact. In some countries that grow flowers for export, many exploited workers, mainly women, are forced to spray the chemical without protective gear, greatly affecting their health. High numbers of pests are still found on imported flowers upon arrival at Australia's borders, with some countries having 50% inspection failure rates.

So Many Reasons to Support Australian Grown Cut Flowers

Choosing Australian grown cut

flowers gives you fresh, better-quality flowers that don't have toxic chemicals on them, and that last longer in a vase. You are preventing exposure from toxic chemicals to friends, family, florists and flower handlers. Like our food miles, it's important to think of "flower miles". When you choose to buy from a local flower grower, the flower miles are very low compared to the thousands of kilometres imported flowers travel from other countries. You are keeping invasive pests and diseases out of Australia, and supporting Australian economy and flower farmers. Opting for seasonal, Australian grown flowers (just like choosing to eat seasonal fruit and vegetables) is a no-brainer and you can bury your nose in a bunch and take a long sniff.

Jenny Birtles State Agricultural & Environmental Officer

Information sourced from:

1. Australian Government—Department of Agriculture Fisheries & Forestry.
2. NSW Government—Department of Primary Industries & Regional Development.
3. Australian Government—Department of Agriculture.
4. Flower Industry Australia.

Ideas for encouraging new members

- Listen to what new members have to say even if it's different from the usual way of doing things.
- Explain rules and procedures when needed in a gentle way.
- Pair each new member with a more experienced mentor so that procedures can be explained and questions answered.
- Remember that we were all new once and took some time to understand things.
- Invite new members to participate in activities—stalls, shows, craft days and any other activities.
- Invite new members to participate in competitions. Make the forms, due dates, etc, clear to them.
- Encourage members to ask questions and take time to explain things.
- Have a brainstorming session asking newer members for their input and ideas without judgement.
- Consider changing the time of meetings so that more women can be involved.

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.

Tip: you can start by looking for the numbers that are missing in a row and see if you can eliminate any of those numbers by looking at the other numbers in the columns or squares around it.

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

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

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

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

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

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

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

Puzzle Rating: Very Hard. Source: www.sudoku-puzzles.net

Australian Agricultural and Rural Life

First farms

In 1789, James Ruse, a former convict, produced the first successful wheat harvest in NSW. He didn't yield sufficient grain to make any flour for the colony but he did produce enough seeds for the next crop, which was also successful. This was such a feat in the food-obsessed colony that Ruse was rewarded for his endeavours with pigs and chickens, and the first land grant made by Governor Phillip in NSW. Ruse's 30 acre grant at Rose Hill was aptly named 'Experiment Farm', and led the way for Australia to become one of the most important agricultural nations on the planet.

By the end of 1791, there were over 200 acres in cultivation at the Government Farm, Rose Hill. The success of the Ruse experiment encouraged Governor Phillip to grant land, livestock, agricultural tools, seed and assigned convict workers to settlers and emancipists willing to farm.

On arrival at Botany Bay, Captain Arthur Phillip had claimed all of the land for the British Crown. As the first Governor of New South Wales, he was able to grant parcels of land to free settlers, soldiers and former convicts. These land grants were usually small, and required the grantee to live on and work the land. This was beneficial because it enabled the grantee to sustain himself, his family and his convict workers and perhaps make some profit by selling his produce. It also meant that fewer people needed to be supported by the Government stores.

Australian wool

For many years, wool was the most important product to the Australian economy. The wool industry dates from 1797, when John Macarthur and Reverend Samuel Marsden imported Spanish merino sheep to attempt

to start a wool industry. Up until then, the only sheep in the colony were the fat-tailed sheep which the First Fleet brought with it from the Cape of Good Hope. These were used primarily for meat, rather than wool.

It took almost a quarter of a century for Macarthur's breeding program to produce enough wool to auction. In 1821, the first Australian wool was sold at Garraway's Coffee House in London. Before 1840, Australia was producing more than two million kilos of wool each year. The success of the wool industry made many squatters and pastoralists immensely wealthy and by the 1880s the wool business was booming. Sheep breeders gathered in numbers in large metropolitan centres to buy and sell stock and wool each year. The Sydney Mail described the scene at the Sydney Wool Exchange in 1897:

One of the most remarkable sights in Sydney is that of the Wool Exchange in full blast. both buyers and brokers are men of weight and substance and responsibility in the community, but when the auctioneer puts up a lot the buyers spring to their feet, wave their catalogues over their heads, and shout their bids frantically at the seller... It is not unusual for 100,000 [pounds] worth of wool to be put through during an afternoon." Sydney Mail, October 16, 1897

In 1894, the Australian Pastoralists' Review called the Sydney sheep sales of 2nd July–6th July a 'Carnival' and produced a small booklet for the sheep breeders which included essays on cross breeding, the New Zealand sheep experience and more. Interestingly, the sheep industry had become so important by this time, that the advertisements contained within the booklet give an idea of whole side industries

which had sprung up alongside the merino industry, including wool consigners, book keepers and cargo shipping.

In the late 1890s, lower wool prices and the infamous Federation drought devastated the industry. Sheep numbers dropped by half and industrial action by shearers seeking better wages and conditions also took its toll. The unions formed by the shearers became the Australian Workers Union in 1894 and eventually helped give rise to the Australian Labor Party. The industry recovered from these setbacks and the first half of the twentieth century saw the formalisation of education for those wishing to enter the wool industry, and colleges such as the Sydney Wool Institute were set up to provide a grounding in all areas of the business.

Two world wars and a depression affected wool prices, demand and labour negatively but the industry boomed again in the 1950s. By now, however, other agricultural industries—particularly wheat and cattle—had overtaken wool in terms of economic importance.

Australian sheep producers now tend to focus on the production of meat—the demand for prime lamb has increased over the past half century—but Australian merino wool is still considered to be a high quality, luxury item, much in demand by the fashion and textile industry.

Crops, horticulture and viticulture

Wheat, maize and barley were first grown in Sydney shortly after the arrival of the First Fleet. Inland exploration and the establishment of new colonies (particularly South Australia and Western Australia) opened up new farmland and crop growing boomed. Throughout the 19th century, Australian farmers

produced enough to sustain the colony and with the introduction of efficient transport systems including the railways, Australia emerged in the early 20th century as a major exporter of crops, particularly wheat.

Australian wheat

The first crop of Australian wheat was sown at the Botanic Gardens in Sydney shortly after the arrival of the colonists in January 1788. The First Fleet had brought several types of grain with them, not knowing what might grow successfully in the new country, and the Gardens were set up to farm these grains experimentally.

The first harvests were disappointing. The harsh climate, poor soils and the lack of farming knowledge shown by the convicts meant that the young colony almost starved in the first few years. James Ruse was considered the father of the Australian wheat industry. He was an experienced farmer and when his wheat crop was successful, Governor Phillip rewarded him with a 30 acre land grant.

From these early beginnings, wheat became Australia's most important crop. The mid-19th century saw a huge increase in the area of land under cultivation—new colonies opened up (Victoria, South Australia and Western Australia were particularly important in terms of wheat production), and the gold rushes in New South Wales and Victoria encouraged inland settlement and the creation of efficient transportation systems, including road, rail and river.

Australian wheat exports began in 1845 but were not regular until the 1870s. New land clearing methods allowed large tracts of land to be cleared more efficiently—this included the invention of the iconic 'stump jump' plough.

With the success of the wheat harvests, flour mills began to spring up around the country. By the 1870s, many large country

towns had their own mills, with around 500 mills producing flour across the country. Flour exports were an important part of the wheat industry until around the 1930s. After the Second World War, many of Australia's export partners (which were mainly in the developing nations of Asia) began setting up their own flour industries and the Australian product was no longer in demand.

By the early 20th century, experimentation by William Farrer with new varieties of wheat had resulted in hardier, pest and rust resistant crops. This, and increasing farm mechanization in the years following the Second World War, led to wheat becoming Australia's single most valuable agricultural product. The establishment of the Australian Wheat Board in 1939 also helped to boost the industry during a drop in prices in the 1930s. The AWB is still the sole bulk exporter of Australian wheat. This 'single desk' system is designed to ensure that Australian wheat producers receive consistent returns on their product.

Wheat now generates around 4 billion dollars in export revenue annually and is a major source of Australian agricultural employment.

Fruit industry

Commercial fruit growing in Australia began with the First Fleet and can be said to be based largely on introduced species.

On the voyage to Australia, Governor Arthur Phillip obtained seeds and plants of fruit trees en route from Rio de Janeiro and the Cape of Good Hope, which were planted at Farm Cove in Sydney, in 1788. Early settlers created a growing demand for fruit, vines and other plants for their estates, and many cultivated their own orchards and vineyards.

As the population increased so did fruit-growing to keep pace. Developments in irrigation, canning and drying techniques,

and refrigeration during the late 19th century, all lead to an expansion in the industry and export capabilities.

Today, Australia's horticulture industry comprising fruit, vegetables and nuts, is one of the nation's largest agricultural industries.

Organisations and societies

A feature of rural life in NSW from the earliest days, agricultural shows provide a focal point for the local community and a forum for the exchange of ideas. There are now almost 200 regional agricultural societies in NSW alone and more than 550 agricultural shows held annually across Australia.

One of the earliest societies was the Agricultural Society of New South Wales, which was established in 1822 to encourage rural interests across the fledgling colony. Central to the Society's activities was their annual Show which was first held in Parramatta in 1823. Sydney's Royal Easter Show is now the largest agricultural event in Australia, providing city folk with a glimpse of rural life and produce.

Many rural and isolated communities suffer from a lack of essential health and support services. The Country Women's Association was formed in 1922 to improve the welfare and conditions of women and families in country areas. Rural medical services such as the Bush Nursing Association of NSW and the Royal Flying Doctor Service have also made a real difference in improving health care and emergency services in remote areas.

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This story has been developed with the support of the State Library of NSW Foundation. The State Library of NSW would like to acknowledge the generosity of the Vincent Fairfax Family Foundation. Supported by Vincent Fairfax Family Foundation.

Welcome New Members

A warm welcome to these 103 new members of our branches:

Adaminaby Judith Kukurudza
Albury Evening Caitlin Larcombe
Armidale Lorenne Michel
Bangalow Jane Barker, Pam Caldicott, Paula Sanders, Ruth Winton Brown, Ruth Winton-Brown
Belconnen Sandra Aldridge
Bellata Cheryl Cox, Barbara Rowe
Berry Sandra Cabban, Maureen Sheridan
Bingara Hazel Edmondson, Margaret Gibson, Donna Walton
Bungendore Susan Brinton, Merle Ketley, Dimity Mierendorff, Kimberley Pattinson
Canberra Tanya Clark, Patricia Gleeson
Cessnock Evening Maureen Dalton
Collarenebri Keira Hodges
Condobolin Rachel Kennedy
Cowra Carolyn Brody
Dungog-Clarence Town Heather O'Hara
East Maitland Margaret Thompson
Eden June Bickerstaffe
Exeter Tracy Destree
Fairfield Karen Smith
Ganmain Madison Crombie
Glenbrook Colleen Sisson
Goulburn Elizabeth McKeon
Goulburn Evening Susan Barrett, Neva Morris, Monique Russell, Alana Turner
Guyra Leonie Cox
Hay Cheryl Hurst, Mary Ann Seymour
Henty Debbie Butterfield, Sharna Maloney, Jane Visagie
Inverell Margaret Sutton
Sunrise Margaret Sutton
Jervis Bay Day Cheryl White
Keiraville Marea Groat, Carmen Nardi, Maria O'Leary, Christine Shipley
Kiama Evening Clare Payne
Lismore Vicki McMahon
Lismore Evening Jeannine Orams
Mendooran Carmel Bundy, Mary-Ellen Markey

Moruya Sarah Lunau, Alison Pongho
Mudgee Evening Yu Chen
Mullumbimby Bonnie Alcorn, Christine Aungle, Rikki Fisher, Jeniecel Phelps, Maxine Restall
Narooma Sally Madsen
Narrandera Evening Sarah Lavilles
Nashdale Sarah Todd
Nelson Bay Evening Helen Robertson
Newcastle Evening Donna Jaeger
Nimmitabel Allyson Brickwood
Nowra Janet Grocke, Dianne Tesoriero
Orara Valley Jeni Jaffray
Peats Ridge & District Jade Rogers
Pilliga Gabby Smith
Port Macquarie Lynette Armstrong
Queanbeyan Evening Fiona Sweet-Formiatti
Richmond Fiona Garness, Julie-Anne Jones, Karen Rogers, Tricia Smits
Southern Highlands Evening Christine O'Brien
Stanwell Park Susan Kaplan
Sydney City Belinda Burns, Melinda Doust, Bronte Gossling, Maria Luksich, Jacqui Randall, Slavka Roncevic, Deborah Saunders, Josephine Timpano, Vanessa Tsokos
Tamworth Evening Rebekah De La Mata, Nicole Huggins, Natalie Skimmings
The Rock Karen Masson, Jannette Rial
Toongabbie Devina Singh
Tumut and Surrounds Andrea Tulloch
Virtual Savannah Small
Wallendbeen Cellena Brown
Warialda Sue Smoothy
Wauchope Jo-Anne Freeman
Woolgoolga Margaret Skerry
A letter enclosing your membership card has been sent to you.

Winning Cultural Poem: What A Day

The children woke early with great anticipation,
Dreams of the sea filling their hearts with elation.
Sunlight poured in like a soft, golden stream,
Pulling them out from the last threads of dream.

With towels in hand and shovels to bear,
They raced to the shore through the salt-kissed air.
The waves met their feet with a foamy embrace,
Tickling toes in a wild, splashing chase.

Buckets and castles lined up in a row,
Tiny fortresses rising as the tides flow.
Shells and stone, a treasure trove found,
As laughter and joy echoed all around.

They leapt in the waves, their shouts full of glee,
Dancing and tumbling, so bold and so free.
The sun watched above, casting warmth on the sand,
As the sea left its gifts in their small, eager hands.

Lunch on a blanket, with sand in each bite,
And seagulls above in their curious flight.
Ice cream melting as quick as it came,
Adding more laughter to this wild summer game.

As evening drew near, they walked hand in hand,
Leaving small footprints on the soft, cooling sand.
A day full of memories, bright as the sun,
One day by the beach, a day full of fun.

What a day, they sighed, as the stars filled the sky,
With sand in their hair and dreams in each eye.

CWA: A Family Activity

Interview with Madeleine and son Joseph



Madeleine, how long have you been in the CWA?

I've been a proud member of the Collingullie Branch of the Riverina Group for about five years.

What do you enjoy most about being part of the CWA?

The CWA connects us to an incredible network of fantastic women across the state who are generous, resourceful and deeply committed to making a difference. It's inspiring to be part of an organisation with such a rich history and a real impact.

Are your children involved too?

Absolutely! All of my children are junior members: Claudia (17) is the Arts and Crafts Officer, Isabella (15), Edward (13), Alice (11), Madeleine Jr (9) and Joseph (6). They love being involved. They bring their energy and enthusiasm to our meetings and events in our small rural village. From helping at The Land Cookery and Arts and Crafts Days, baking, sitting in on a meeting, or getting up on stage at the Cultural Day, they've each found their own way to be part of it. I love that they're growing up with the CWA as a normal part of life. It's not just something their mum does; it's something they do too.

How is your family's involvement important to you?

Our local CWA has been lifesaving

for me. I've been through a lot personally and know that life can change in an instant. Country communities are generous but also severely challenged by a lack of essential services, particularly in healthcare. I'm grateful to my CWA community, through which my children are gaining hands-on experience with traditional crafts and cooking, skills which are becoming increasingly rare in today's fast-paced, screen-focused world. Amid the demands of school, sport and other competitions for time, the CWA offers a chance to slow down, connect and learn alongside others. It's a space where intergenerational friendships flourish and knowledge is shared in meaningful ways. That connection has become even more vital as our community faces growing rural isolation. With the recent closure of our local school, post office and shop, we've lost not just services, but key gathering points where people naturally connected. The CWA fills some of that through continuity, belonging and purpose. Just as importantly, my children are understanding the broader significance of the CWA as a powerful and thoughtful collective of women bringing rural voices to the table in policy and advocacy. That legacy of connection, resilience and influence is something I'm truly proud to share with them.

What are you hoping to achieve through your connection with the CWA?

That my children come to appreciate the richness of community life, not just through the joy of creating something with their hands, but through a deeper understanding of what it means to advocate for women in regional communities. There's real value in learning skills like baking, sewing and helping out at local events alongside people

who are committed to passing them on. It's about belonging but also about making a difference.

Joseph, what made you want to enter the decorated cupcake competition?

I love helping my brothers and sisters in the kitchen and this time I got to team up with my 9-year-old sister to bake the cupcakes. I did the decorating myself and we practised a lot. Our first ones were pretty messy! We even travelled to the Sydney Royal Easter Show and got ideas from the decorated cupcakes.

What did you enjoy most about baking for the competition?

Definitely licking my fingers after icing and eating the leftover icing! I also liked choosing the decorations and making them look really nice.

Was it special having your family support you when you dropped off your entry?

Yes! I'm really shy and it meant a lot having everyone there cheering me on. They were so proud that I made it all the way to state!

How did you feel when you found out you had won?

I was really, really happy. I couldn't believe it! I thought they were joking!

Will you bake again next year?

Yes, for sure! I still have two more years left to enter cupcakes and I already have some new ideas.



Joseph's third prize cupcakes

Celebrations

Bonshaw Branch



Bonshaw Branch celebrated Muriel Beasley's 100th birthday with a morning tea at the end of April. Muriel's been a great contributor to the branch over her 63 years of membership including baking and jams made for fundraising stalls as well as knitted items for premmie babies and dolls for children in hospital. She has held the position of Branch President as well as many other positions over the years. She was awarded a life membership in 2004 and a 50 Year Badge in 2017. Muriel still attends meetings when she can and has a wicked sense of humor. She continues to contribute knitted items for branch projects. Congratulations Muriel!

Wauchope Branch



The Wauchope Branch recently celebrated 50 year membership for two of its members, Barbara Murphy and Janet Kesby. Both were presented with their badge and certificate by Branch President, Doreen Burns. Barbara and Janet were previously awarded life membership and have served the branch in various roles. Congratulations to Barbara and Janet for your service, and your continuing wisdom and guidance.

Campbelltown Branch



Reiltin Bullock, Campbelltown Branch, was recently honoured with a 2025 Seniors Local Achievement Award presented by Greg Warren MP, recognising her extraordinary dedication to community service and her lifelong contribution to the cultural and social fabric of Campbelltown. Reiltin joined the Campbelltown Branch in 1975 and has served in numerous leadership roles over the decades as well as organising vital support as Social Welfare Officer. Her warmth, wisdom and generosity have left a lasting impression on those around her. Congratulations, Reiltin, on this well-deserved recognition.

Collie Branch



Collie and Collie Evening Branches held a 100 year celebration of the Collie CWA. Over 100 guests were in attendance including Joy Beames (previous State President), Marj Blatch (Macquarie Group President), Sarah Derrett (Deputy Mayor of Warren) and Gary Woodman (General Manager of Warren Shire Council). After a hearty lunch by current members, their two youngest members, Amelia Murray and Georga Briggs read the history of the Branch's achievements. Branch Secretary, Helen Murray, unveiled the plaque and was presented with a certificate celebrating her 50 year involvement within the CWA.

Walgett Branch



Walgett Branch celebrated their centenary with a weekend that included a dinner at the sporting club; gifts of a branch cookbook: 100 Recipes for 100 Years; unveiling of the 100 year plaque at a garden party; a luncheon where guests received a booklet containing history of Walgett CWA; and a wrap up dinner where friends reconnected and new friendships forged. The weekend was attended by many honoured guests including State President, Tanya Jolly, past and current State Executives, Past State Presidents, many local dignitaries, members of Walgett's sister Group (Northumberland) and a sister branch (Peats Ridge).

Hornsby & District Branch



In May, the Hornsby & District Branch was honoured to present long service bars for 20 year membership to both Lynette Trupp and Wendy Diver, and a 50 year bar and Certificate to Marlene Huggart. The branch thanks these wonderful women for their combined 90-plus years of service! Wendy was unable to be present, so she was presented with her bar at her home.

From our Branches

Albury Evening Branch



Albury Evening Branch celebrated our Republic of Korea International Evening with a Korean meal. For the evening, we invited students from the Star Foundation Indigenous program at James Fallon High School in Albury. The students enjoyed experiencing Korean cuisine. Branch President, Lynette, joined the students for a photo.

Belmont Branch



One of the charities that Belmont Branch supports is Allira House Women's Refuge. Allira House also runs a number of Op Shops to help fund the refuge. So, when a half-finished quilt was handed in to be sold, there was only one thing to do with it. They brought it to the Belmont Branch to see if we could complete it. It took a lot of effort to find suitable materials to finish it, with our member Joan Brackley working tirelessly to complete the picture. It will now become a long-term project of the Branch to complete it, and then raffle it off, donating the funds back to Allira House.

Pictured pinning the quilt are members Elaine Pritchard, Julie

McPhee, Angela Gleeson and Joan Brackley.

Canimbla Branch



The Monaro Group invited Canimbla Branch members to join them in June at the War Memorial in Canberra to tour the Korean exhibition. Canimbla members Jacqui Martin, Rhonda Sellenthin, Christine McFarlane and Margie Clark made the trip and met up with the members from Monaro at the entrance. From there, they toured Korea and other exhibitions until lunchtime at Poppy's Cafe. A couple of lovely members then asked Canimbla Branch members back to their home, where they were served freshly made scones and tea. All in all, a truly lovely day was had, highlighting one of the things the CWA stands for—meeting different groups and branches and sharing ideas to promote the CWA.

Casino Branch



Casino Branch provides support to our local CASPA organisation, an early support and intervention centre for families in need. CASPA supports young mothers and children, and our handicraft members sew beautiful mother/baby bags filled with nappy change mats, baby products, comfort teddies, etc. Library bags are sewn for older children and filled with books, pencils, a reading mat and a pillowcase. Knitted and crocheted beanies and scarves are donated to CASPA and other charities during winter. In addition to continuing to knit lamb jackets, our Handicraft members supply local doctors' offices, dentists, SES, RFS and other organisations with knitted comfort teddy bears and sew drainage and fluid bags for local hospitals. In 2025, our handicraft members are expanding their efforts to create fidget blankets for hospitals, intended for use by patients with dementia, Alzheimer's and brain trauma, that provide sensory and tactile stimulation for restless or fidgety hands.

Condobolin Branch



In May, the Condobolin Branch held its annual Mother's Day Morning Tea at the Condobolin Community Centre. It was a beautiful, sunny day, attended by 60 people who were treated to delicious scones, sandwiches, and baked goods. We had lucky door prizes and drew our Mother's Day Raffle, for which a local family was the winner.

Coonamble Evening Branch



An afternoon tea was given for the Governor of New South Wales and Patron of the CWA of NSW, Her Excellency the Honourable Margaret Beazley AC KC, along with her husband, Mr Wilson, on a recent visit to Coonamble. Later that night, Branch President Amanda Colwell, Secretary Sharon Single, and members presented Her Excellency with a gift after dinner, at which Sharon had the opportunity to discuss mother and baby healthcare with a member of Her Excellency's staff.

"Sharon and I enjoyed speaking with Her Excellency, Mr Wilson and staff," said Amanda. "It's lovely to meet them personally and a wonderful opportunity to raise awareness of local and statewide issues that CWA members are concerned about. We also spoke of local efforts and activities we are proud of, showcasing the volunteers of our community."

Goulburn Branch



The Goulburn Branch was invited to prepare lunch for Her Excellency the Honourable Margaret Beazley AC KC, Governor of New South Wales and Endeavour Industries Goulburn in May. They made

scones and sandwiches, which everyone enjoyed. The Governor, who is the Patron of the CWA, was very friendly and talked to everyone. It was a great honour to be there and to meet the Her Excellency. The ladies also had the opportunity to provide lunch for Wendy Tuckerman MP, Councillor Liz McKeon, who is the General Manager of Endeavour Industries Goulburn, Endeavour Industries Board Chairman and former Goulburn Mulwaree Mayor, Peter Walker, and other supporters of Endeavour Industries Goulburn. Endeavour Industries Goulburn employs around 40 people with disabilities across various areas including recycling, paper shredding, laundry services and business enterprises such as tent-rope manufacturing and tow-bar assembly kits.

Kiama Evening Branch



Kiama Evening Branch was proud to support the Jamberoo-Kiama RSL Sub-Branch on Anzac Day. Members baked over 700 Anzac biscuits that were given away with a recipe card and information about the importance of Anzac Day to local school students who marched in the parade. Members spent months prior knitting, crocheting and sewing over 600 poppies. Some of these were used to decorate the beautiful wreath laid by our President, Di Tierney, while others adorned the four lanyards worn by the Light Horse Troop in the colour purple, representing the sacrifice of animals in war. The remaining poppies were distributed by members, along with rosemary, in exchange for donations to the local Sub-Branch. Nearly \$2,000 was raised to support veterans and commemorate their future service. This was an excellent

opportunity to connect with our community on a day that reminds us of the importance of service.

Kootingal Branch



In June, 13 of our branch members travelled by train from Kootingal Station to Quirindi for a day visit. We were met at Quirindi station by three Quirindi Branch members and proceeded to the local café for lunch where other members also joined us. After a delicious lunch, we enjoyed a bit of retail therapy at the local gift shops, then proceeded to the train station for our journey home. The train station is home to a local craft shop, which is filled with fantastic, handcrafted items. This day was enjoyed by all and proved to be a great bonding occasion.

Mudgee Evening Branch



Mudgee Evening Branch held another successful Anzac Day Stall this year at Robertson Park, raising over \$2,000 that will be donated to Mudgee Legacy. In addition to our main stall, which sold Anzac biscuits and homemade poppies, we had some of our friendly faced members walking the main streets, carrying baskets full of these goodies. Once again, it served us well. Thank you to our

volunteers on the day. Lest we forget.

Peats Ridge & District



In June, the Peats Ridge & Districts Branches transformed the Kulnura Memorial Hall into a welcoming tea room during the Central Coast Harvest Festival. Visitors enjoyed hearty hot soups, classic Devonshire Teas, sausage rolls, and a delightful assortment of gluten-free scones and baked treats. A vibrant selection of homemade jams, pickles, preserves, fresh-baked goods, and handcrafted items, especially the ever-popular beanies, was available for purchase and warmly received by the public. Members from branches across the Central Coast came together to support the event, creating a wonderful atmosphere of teamwork and community spirit. It was a family affair, with Tyler Grenfell, grandson of one of our members, contributing by taking photos. It was a rewarding day for all involved, with many visitors expressing genuine interest in the CWA's work and values.

Richmond Branch



The first half of 2025 has been quite busy. Richmond Branch has been very fortunate to have five new members join the branch,

and the community engagement at the monthly market stalls has been steadily increasing. In March, we hosted a bingo afternoon, with many people from our local community joining in the fun. It was so successful that the Branch will be rerunning the event in September. In June, they hosted a Conversation Cooking Day as part of the Nepean Group. Advice was shared ahead of the cookery competition next year.

Toongabbie Branch



Inspired by Manly Branch's use of the What's Going On segment on the Saturday Weekend Breakfast Show on ABC Local Radio 702 to advertise their events, Toongabbie Branch sent an announcement via text to the 702 Weekend Breakfast Show about their stall. It was sent at 7:50 am and it was read out at 8:10 am. Dom Knight read out the message and added a note of thanks to all CWA branches for the work we do in our communities. How lovely was that! The branch is certainly doing that again for our next Saturday stall. Thank you, Manly Branch!

Woy Woy Branch

At a recent craft and chat meeting, it was a pleasure for the Woy Woy Branch President, Margy Ure, to present Barbara Galvin from Elsie's Project with 15 beautiful and lovingly made quilts. Four branch members have been making patchwork quilts since the opening of the A5 Ward at Gosford Hospital and consider it an honour and a privilege to continue making them for patients and their

families.



Do you have a story to share?

Please send your news item with a separate high quality photo to the Honorary Editor, Brenda Michaud via email: nswcountrywoman@gmail.com

Photo taking tips

- Make sure your photo is well lit. If possible, use natural light.
- Don't be afraid to take some extra shots from different angles. You can pick the best one later.
- Capturing a good "in the moment" shot can be difficult. Photos often turn out better if people know their photo is being taken (whether or not they are looking at the camera).
- If you have a digital camera with different resolution and quality settings, always use the highest resolution and the best quality.
- Smart phones and tablets are a convenient way of taking photos but they often don't have optical zoom or a good flash so get close and take the photo in good light.

Remember: send your photos in "large" or "original" size.

From our Groups

Central Western, Far Western and Oxley Groups



1st and 2nd placed students from Central Western, Oxley and Far Western Groups in Public Speaking competitions in Years 3 to 10, met at the Orange Branch rooms in June for the prized Inter-Group competition. Students participated from public and private schools, including Parkes, Forbes, Tottenham, Narromine, Cobar, Nyngan, Bourke, Girilambone, Molong, Cowra, Bathurst and Orange. Judges (one from each Group) had a

difficult task selecting the winners as the speakers were all of a high standard. The standing-room-only crowd was thrilled to listen to such polished performances. Pictured are the winners of Years 5 and 6, accompanied by the judges: Carmel (Oxley), Susie (Far Western) and Bill (Central Western). These students were from Girilambone Public School (1st), St. Raphael's Catholic School (2nd) and Orange Christian School (Highly Commended).

South West Group

In July, the South West Group held the International Day at the Boorowa Ex-Services Club, where we were treated to a three-course meal of Korean cuisine. The day was organised by our International Officer, Virginia Keighley. Group Treasurer, Maureen Nation, and her partner travelled to the Republic of Korea earlier this year, and she gave an excellent presentation of their visit. Maureen also brought



souvenirs from her trip, along with some Korean candy for us to try. The day was combined with our Agricultural & Environmental Officer, Janice Ward, who arranged for two speakers on the day—Local artist, Kristen Griffiths, presented her art inspired by vulnerable and endangered species of frogs, plants and insects; and Australian native plant nursery owner, Sally Atkinson, who gave a talk about various plants. Cultural Officer, Norma Power, provided light relief with a rhyming pairs game and shared some general knowledge facts.

Agnes Garry Award topic 2026

"Because when a phone call can mean the difference between life and death, 'good enough' simply isn't good enough." This line from Immediate Past State President, Joy Beames' article in The Land newspaper (February 2025) is a stark reminder about the inequity of standards when it comes to internet and telecommunications in regional, rural and remote NSW.

Satellite based services have made a difference. However, these come at a significant cost. When you apply this inequity of standards to everything from the running of farms and app-dependent farm equipment, emergency response and recovery to telehealth as well as the simple things such as your children or grandchildren wanting to play the latest video game or you watching your favourite show—you know the great divide is more than just a geographic feature.

Topic: What needs to change to make the provision of telecommunications and internet services more equitable across the entire state?

This annual essay competition is open to members only. Essays are to be of 500 words length (not including title), typed or clearly handwritten on one side of the paper only, double spaced.

Remember, a well-referenced essay lends greater support to your arguments.

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

All entries are to be sent directly to the editor at her home address or emailed. These details are found on the inside cover of the journal or in the official directory.

Please state "Agnes Garry Award" on the outside of the envelope or in the subject line of the email.

Garden of Remembrance

Carcoar-Mandurama

Pat Finneran—was a much loved and treasured friend and member of the Carcoar-Mandurama Branch. Pat joined CWA in November 1997 and held the office of Branch Secretary from 2001 to 2023 and Branch Councillor to Group for many of those years. She loved cooking and craft, contributing many items of over the years. Pat was a wonderful quiet achiever, whose organisational skills ensured activities always ran smoothly. Pat is sadly missed.

Coleambally-Argoon

Jean Geyer—was a respected long serving member of Argoon Branch and Sturt Group 1963 to 1973 and a Foundation member of Coleambally-Argoon Branch from 1973 to 1981. A lovely lady fondly remembered.

Emerald Hill

Gwen Riordan—joined CWA in January 1957. A valued life member and Branch Patron who held the position of Handicraft Officer for several years. Awarded 50 year bar and long service bar. Gwen was a great sponge maker and her embroidery pieces were works of art. A lovely lady who is fondly remembered. Aged 97.

Euberta

Barbara Anderson—former member and foundation member. Barbara was the first Branch Treasurer in 1974. She was Branch Cookery Officer and judge for many years and contributed to every occasion. Barbara helped cut the anniversary cake for four decades and was a faithful and reliable member of Euberta Branch for over 40 years. Aged 94.

Glenbrook

Julie Mills—a member for 7 years but had a long association with

the branch's Wednesday Craft Group. She was a friendly and productive member who loved craft, especially crochet. Julie was a valued member and will be sadly missed.

Gulgong

Lynette (Lyn) Holding—a devoted member for many years. She held positions of Treasurer and Agricultural & Environmental Officer—a position she was very passionate about because of her love of the land. Lynette was always happy and loved to attend the State Conferences and group meetings. She loved sewing, knitting and all sorts of craft of which she produced beautiful work for her branch. Lynette was much loved and sadly missed by all. Aged 75.

Henty

Ruth Kendall—joined the CWA of NSW in 1959, first with the Mangoplah Branch, then the Muniyaplah Branch and finally the Henty branch. She served as Muniyaplah Branch President and the Henty Branch President. Additionally, Ruth held various positions within the Murray Group and was awarded life membership in 2022. Ruth was a wonderful cook, handicrafter and an outstanding seamstress. She was also a long-time volunteer at the CWA's food stall at the Henty Machinery Field Days. Ruth was a valued member of our branch and is fondly remembered by her many friends and family. Aged 89.

Jerilderie

Mavis (May) Dye—a member of the Corowa Younger Set (Victoria), then joined the Jerilderie Branch in 1978 receiving her 50 year bar in 2009 and her long service bar in 2021. She had many skills including spinning the wool, knitting and crochet plus painting and numerous other

handicrafts. She was a marvellous cook famous for the scones she made with her sister Hazel Stonnill. She and Hazel were great caterers holding many events on their property and volunteering to cater at many events. Mavis was a great friend to all the members. Her warm smile, kind words and wisdom will be missed by us all. Aged 97 years.

Kendall Branch

Delilah Jessie Amos—a member of Kendall Branch for 24 years. She held positions of President and Secretary. She was awarded a long service bar in 2023. Delilah was a "can do" woman and an excellent cook, crafter, knowledge sharer and a very respected member of our Branch, as well as in her own community. She shared many pearls of wisdom during her years at our Branch.

Kiama

Jillian Wilson—a member for over 20 years and was awarded a long service bar. Jillian was much loved and highly respected. She held the positions of Vice President, Honorary Secretary, Social Media Manager, Agricultural & Environmental, Publicity Officer, Branch Newsletter Editor and Handicraft Support. Jillian quietly provided constant branch business assistance while battling a health issue. Jillian generously applied her professional teaching and IT skills whenever possible. Sadly and deeply missed.

Macksville

Dawn Lang—branch member for 11 years. She will always be remembered for her kind, gentle loving ways with people, always wanting to get them to smile and extend the hand of friendship. Dawn held multiple positions over the years including Branch President, Branch Treasurer, Assistant Treasurer, Vice President and Patron. Dawn was heavily

involved with the community. She will be truly missed by all who knew her. An exceptional lady.

Nowra

Daisy King—Nowra Branch Patron. Daisy joined the Nowra Branch in 1984 and was Cookery Officer, Vice President and Branch Patron. Our branch appreciated the wonderful contribution that Daisy made to CWA.

Parkes

Dorothy Macdonald—a treasured and respected life member of the Parkes Branch for 54 years. She held various positions at group and branch level over the years including President and Treasurer, with other positions being Councillor to group meetings and Delegate to State Conference and junior public speaking committee. Dorothy was known for her cooking and entered in The Land Cookery Competition, helped with the Rotary dinners and assisted with the many lamington days. Dorothy and her mum Jean featured in the CWA show "More than tea and scones". She enjoyed her experience and learning throughout her years of travel, friendships and loved meeting up with the other members of CWA.

Scone & District

Josie Clarke—member for 14 years, Josie was a member of Muswellbrook Branch before joining Scone & District Branch. Josie enjoyed our meetings and was a great cook, always entering the branch competition with enthusiasm and winning on many occasions. She also made

and donated many beautiful, crocheted rugs and knitted items for the local Women's Refuge. She will be missed.

Somersby

Leslye Warner—joined in 1986 with after moving to the area. Throughout her time in our branch Leslye held many positions: Branch President, Branch Secretary, Branch Culture Officer, Cookery Officer, International Officer, Publicity Officer, Handicraft Officer, Vice President, Branch Councillor to Group and Group Cultural Officer. Leslye received her long service bar in 2006. Leslye was a very valued member, a great cook and hosted many CWA events at her home. Leslye would always welcome new and old members with warmth and ready to help in any way she could. She will be missed.

Tarcutta

Carolyn Richards—brought colour, friendship and handicraft skills to the Tarcutta Branch when she joined in 2002. From designing Truck Driver place mats to the award of State Champion patchwork quilt, her creativity shone through to members. Carolyn held positions of Riverina Group Secretary, Branch President, Delegate and Handicraft Officer at both levels. We will miss the friendship she brought to CWA. Aged 78.

The Rock

Shirley Taylor—passed away suddenly while away at 2025 State Conference in Wagga Wagga. Branch member for 13

years. Shirley was our current Branch Treasurer and Handicraft Officer as well as the current Riverina Group Handicraft Officer. Shirley was a member of The Rock Younger Set member, Treasurer of Riverina Group Younger Set. She was a wonderful handicraft person. Dearly loved and sorely missed. Aged 77.

Wallerawang-Lidsdale Branch

Julia Livingstone—joined Wallerawang-Lidsdale Branch in 1959 and received life membership in 2007. She held positions of President, Vice-President and Secretary multiple times. She attended State Conference as Branch Delegate, Group Delegate and Councillor. Julia was always involved in catering for CWA and private functions. Handicraft was a very important part of her life, winning many CWA awards. Her love and friendship were given to all who knew her. A valued member and a lovely lady who will be sadly missed. Member for 66 years. Aged 95 years.

Weemelah

Rhae Smith—Life member of the Weemelah branch. Rhae became a valued and very supportive member when the Mungindi Branch closed. Rhae held many positions in the branch and rarely was a meeting held that she did not attend until her later years. Missed by family and friends.

Branch Secretaries: notifications should be mailed direct to State Office (PO Box 222, Mascot, 1460) or emailed to membership@cwaofnsw.org.au.



Accommodation and Mini Ads

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

Bermagui Seaside Cottage

The CWA Bermagui Seaside Cottage: a family room off the kitchen and 2 bedrooms: queen bed and single bed, and twin beds. Cutlery supplied. Bring own linen. Enquires and applications to: **The Secretary, PO Box 123, Bermagui 2546 or cwaseasidecottage@gmail.com**

Members Accommodation

The Metro Hotels Group has been chosen as the accommodation provider for the CWA of NSW. A 15% discount off the best available rate is available at the time of booking, when using the code at www.metrohotels.com.au. The code can be found on the CWA website or call State Office.

Bowral Branch

Tulip Time 2025
12th Sept to 6th Oct
Help support the maintenance of our 100 year old building and promote CWA during Tulip Time. Bowral Branch is open to general public providing morning & afternoon tea. We are seeking volunteers to help for a 2 hr shift. Free entrance to Corbett Gardens included with shift. Contact Branch Secretary: kathypea@yahoo.com.au
0490 418 070

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



COUNTRY WOMENS ASSOCIATION OF NEW SOUTH WALES



Fundraise to help support various causes

Learn something new



Connect with other women

Find your place at CWA

Your local branch:

We'd love more people to join and find their place at a local CWA branch—serving their communities and connecting with other women.



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OF NEW SOUTH WALES**



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**Connect with other
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*Find your place at a
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You can cut out this flyer and display it at:

- a notice board
- a shop window
- your local library.

Use as is or flip it over to add your branch details.



Search for your local branch at
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