

# The Country Woman

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# Awareness Week





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

## Country Women's Association of NSW Contacts

### State Office

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

### Honorary Editor

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

### Communications and advertising

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

### Association Patron

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

### State President

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

### State Honorary Secretary

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

### State Honorary Treasurer

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

### State International Officer

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

### State Agricultural & Environmental Officer

Jenny Birtles  
Ph: 0402 331 987  
jenny\_birtles@yahoo.com.au

### State Social Issues Officer

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

### State Vice President

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

### State Vice President

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

### State Vice President

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

### Chief Executive Officer

Danica Leys

### Cultural Committee Secretary

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

### Show Catering Committee Secretary

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

### Handicraft Committee Secretary

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

### Hospital Support Committee Secretary

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

### Agricultural & Environmental Committee Secretary

Bec Hogan  
Ph: 0412 600 173  
bechogan@newmoonstud.com.au

### "The Land" Cookery Committee Secretary

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

### Social Issues Committee Secretary

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

Cover: CWA Awareness Week: Keiraville Branch (top left), Kyogle Evening Branch (top right), Southern Tablelands Group (middle), Scone & District Branch (bottom left), Wellington Branch (bottom right)

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## From the Editor

We have all heard the word “community” quite a bit in recent years but what does it mean? Knowing who is in your community, helping your community and recognising the importance of community for starters.

What of the community that is your Branch?

No one joins a volunteer-based organisation for accolades. We join because we believe there is something we can offer our community or the state.

It is also important to look at the quieter people within the Branch—the ones who may not be the most prolific speakers at meetings or enjoy being front and centre on a stall. The women I am referring to are the fabric of every branch who make sure the craft stall cupboard (or tubs) is stocked with all kinds of gorgeous items and there's baked goods for days whenever a tea room is needed for a community event.

As we approach the business end of the year when the diary becomes filled with everything from AGM to Christmas and back again, take a moment to recognise your hidden gems.

In the lead up to this issue, I encountered a sense of community in another way after an invitation from Goulburn Branch to attend events marking the 100th birthday of that branch.

It was in Goulburn as a reporter that I first encountered the power of the CWA voice as representatives from various branches in the area contacted the newsroom. Ladies, thank you for letting me share such a special day in your community.

**Sonia Roberts, Hon Editor**

# State President

Life has been busy in my CWA world for the past few months and will continue to be until after the November Executive meeting. The State Treasurer, State Secretary and I have been conducting many Facts Days throughout the groups around the state and I thank those groups that have hosted us for their acceptance and co-operation. It has been heartening to see the questions and interest shown by members.

I have been fortunate to attend several branch birthday celebrations, including the most recent ones in Ungarie, Gerogery and Wauchope, and it made me think of where we have drawn State Office Bearers from. I asked Luisa Deacon, Membership Manager, to obtain some information for me. Listed below are Past State Office Bearers who are still active, that have come from branches that have recently turned 100 years of age.

Tanya Jolly—Barellan, Lois Stalley—Hillston, Dawn Elder—Hermidale & Nyngan and Robin Gibson—Narromine. I thank these ladies for their continued dedication to our Association.

Our Awareness Week theme of neurodiversity, in particular, ADHD, has been well-received and created great interest from media. I have done many interviews and I am sure we have been able to educate, not only members, but many in the community about this condition.

I was able to inspect our Units for the Aged in Glen Innes in August and provide a report to the property sub-committee about repairs that need to be done. Our biggest challenge will be what many of us in rural areas struggle with, and that is the availability of tradespeople.

On my travels I have been able to call on some branches and have a general chat. I always look at the directory before heading off

to see which branches may be meeting in the areas that I will be travelling through. Thank you to Tullamore and Maclean Branches for hosting me for a couple of hours. I have also been able to hook up via Zoom with a meeting in White Cliffs.

Whilst attending the ACWW conference, I was fortunate to be approached by the wife of Australia's High Commissioner, Jeanne, in Malaysia with an invitation for some of us to join her for afternoon tea one day. Five of the NSW contingent, along with some of the Victorian ladies, arranged to attend the High Commissioner's residence the day following the end of the conference. We had a lovely couple of hours and were certainly warmly welcomed. The High Commissioner, Dr Justin Lee, joined us and we were educated on the importance of Malaysia to Australia as a trading partner.

I was invited to be part of a regional roundtable hosted by the Hon Catherine King, Minister for Infrastructure, Transport, Regional Development and Local Government, in Canberra. Also participating was the Hon Kristy McBain, Minister for Regional Development and Local Government and Territories. There were 18 participants in person and four joined online. The range of input was varied, and it proved to be a great opportunity for our Association to have input into future direction that the Federal Government is considering for regional areas. This is the second of these roundtable discussions held but the first one that we have been invited to participate in. I came away feeling that my attendance at this meeting was worthwhile, confident that we at least have a foot in the door with these two ministers and that they are willing to ask for input. The big issues raised for regional areas included shortage of housing,



skilled workers, unskilled workers, tradespeople, medical facilities and staff, and communication access. My apologies to the members of Monaro and Southern Tablelands Groups that I had no time to visit any of you whilst in the area.

Our participation in the Stop Coal Seam Gas rally held in Sydney to further our policy directions regarding protecting our prime agricultural land and water against coal seam gas was successful. Thank you to the members who walked with NSW Farmers, Lock the Gate Alliance, Gomeroi people and Unions NSW to spread the message that we wanted acknowledgement of our concerns.

By the time you read this I will have already seen many of you at Group Conferences and I look forward to catching up with others over the course of the month.

*Kindness can become its own motive. We are made kind by being kind.—Eric Hoffer*

**Joy Beames,  
State President**

## Regulation 92

The financial objectives of a branch should be to repay any monies owing to any financial institution or to the Association then to give to Association projects. A branch may give to Association aims or to outside organisations provided an amount equal to at least 25% of any such gift is also given at the same time to the Association Fund.

# CEO's Report

This time last year I was able to report positive news in relation to the organisation's membership numbers and I am pleased to be able to do so again in 2023. CWA of NSW membership has continued to grow, which is great news. As I mentioned last year, it is hard to pick one reason for this increase but rather it is a symptom of a lot of hard work that goes on, particularly at the branch level, to recruit new members. This local work is supported by groups, office bearers, volunteers, supporters, and staff. It's something that everybody works very hard on to ensure the longevity and sustainability of the organisation and we should all take pride in. Whilst the numbers are positive, it is important to note though, that we still have many members that we lose after the end of the membership year when, if they don't renew, we need to lapse them. One of the best ways to grow our membership, is to make renewal time easier, and really focus on what has been done to make new members in particular, feel welcome and feel like they want to continue on their CWA of NSW journey. Many branches are amazing at this but often we also get the feedback that new members do not continue as they didn't not feel connected to

their branch.

The CWA Awareness Week was recently held and once again was a great success. Awareness Week gives us the opportunity every year to not only highlight the work of the CWA of NSW across the state but focus on a particular topic area that is important to our members. Awareness Week in 2023 was focused on increasing awareness around the term neurodivergent (which includes ADHD, autism, dyslexia and Tourette Syndrome). There was a particular emphasis on the growing number of adult women who are being diagnosed with ADHD and the challenges they face around diagnosis, and accessing suitable and affordable treatment options, especially in rural and regional NSW. We were able to use Awareness Week to highlight these issues and talk about solutions. In doing so, we partnered with the ADHD Foundation and heard first-hand from members about their ADHD challenges. The week allowed us to gain significant media coverage on the issue and we will be continuing to pursue many of the matters raised throughout this week—once again thank you to all members involved.

In terms of other advocacy efforts, State Office has arranged



for correspondence to be sent to relevant decision makers on all State Conference motions and we will continue to report back to members on any responses received. Also of note, by the time you receive this journal we would have conducted the Sydney Stop Coal Seam Gas Rally on the 14th September with other co-organising groups including NSW Farmers, Lock the Gate, Gomeroi and Unions NSW. Thank you to everyone who was able to make the trip and support this important work.

Motions from groups that have passed previously through branches for Conference next year are now due. The November Executive Committee meeting will have these motions on the agenda for consideration at the 2023 Conference.

**Danica Leys,**  
Chief Executive Officer

## Parliamentary Friends of CWA of NSW

The executive of the Parliamentary Friends of CWA of NSW recently met to discuss the CWA of NSW Awareness Week topics and arrange for relevant material to be disseminated to members of parliament in NSW. Pictured are Tanya Thompson, Member for Myall Lakes; Sally Quinnell, Member for Camden; Leslie Williams, Member for Port Macquarie and Shadow Minister for Women, Prevention of Domestic Violence and Sexual Assault, Aboriginal Affairs; and Helen Dalton, Member for Murray.



## CWA of NSW closed Facebook Group

CWA of NSW's member-only Facebook group is a convenient way to discuss CWA-related topics and share ideas with other members.

If you have Facebook, you can join the group by going to [www.facebook.com/groups/cwaofnsw/](http://www.facebook.com/groups/cwaofnsw/) click join group and then reply to the automatic message with your branch (and your name if it is different).



# Preparing to meet your local MP

Local branches play a crucial role in the CWA of NSW advocacy efforts by spreading awareness, engaging with their local communities and also maintaining relationships with their local members of parliament. We encourage branches, wherever possible, to maintain good relationships with their local elected members of parliament, and the following article gives one branch's feedback and advice on their recent experience at re-establishing such a relationship. It's essential that any interactions with local parliamentary members are conducted in alignment with the established principles and policies of the CWA of NSW, and that all discussions, initiatives and activities remain firmly within the scope of our Association's existing policies. Also as a reminder, the CWA of NSW maintains a steadfast commitment to remaining apolitical, meaning that we do not favour a particularly political party or person but work respectfully with those who support our goals and policies.

## **Toongabbie Branch Publicity Officer, Amanda Manson, shares how she and her Branch President prepared to meet with their local member of parliament.**

After being inspired by the CWA of NSW Strategic Plan 2023–26 and also with CWA Awareness Week approaching, it was decided that Caroline, the Toongabbie Branch President, and I would visit our local member of State Parliament, Mark Taylor. I have to admit to being a bit nervous as I had never been to an Electorate Office of any politician. My purpose of writing this article is to encourage other CWA branches and their members to create connections with local politicians to further the work of CWA of NSW with advocacy.

I can highly recommend having a prior meeting with your CWA "wing person", so that you can work out your strategy. It only took us about five minutes. Identify what you want to say and what needs to be emphasised. What is the point of your visit? What issue or issues do you want to discuss? Prepare some notes so that you can remember the important points. Advocating for improved assessment and support services for women and girls with ADHD was our main purpose for our meeting and it was part of the CWA of NSW Awareness Week.

Prior to the meeting, we printed off several things to give to Mark Taylor, including the CWA of NSW submission to the Federal Parliamentary Inquiry on ADHD, a media release from Joy Beames about coal seam gas (CSG), our publicly available list of items of motions that were voted in the affirmative at the May 2023 State Conference. These I handed to him gradually as we covered these topics in the discussion.

We started off our meeting by asking Mark the question "What do you know about CWA?" I can recommend that as an "opener" then Caroline and I tag-teamed our responses. We started with the basics of the branch, a bit of history, then moved on to our fundraising and how that money goes back to the community. We described the lobbying efforts of CWA and Mark was impressed with our list of issues that had passed at our 2023 State Conference. We also talked about the Disaster Relief Fund and the CWA outreach internationally: our connection with ACWW, and assisting the work in the Pacific Islands and our region.

At the conclusion, we asked to be put on a contact list so that we could be kept informed of any women's forums that were being organised in our area or any community funding that could become available.

Some photos were taken and then we were shaking hands and saying goodbye. Don't forget to write down the name of the people assisting in the electorate office, so that you can ask for them by name if you need help in the future. I can highly recommend visiting your local politicians and, now that I have done it once, will certainly do it again.

To summarise, I highly recommend:

- Having two CWA members attend, preferably including the president of your branch.
- Booking ahead to see your selected parliamentarian as they have to be away from their electorates frequently and may not be there if you just wander in.



*Branch President, Caroline Craig and Branch Publicity Officer, Amanda Manson, met with their local state member, Mr Mark Taylor, MP*

- Prepare ahead and identify what you want to discuss. Work out a plan to structure the discussion so that you can get your points across and maintain the interest of the politician. You will have a limited amount of time in the meeting to do this.
- What is the end result that you want to achieve? This will need to be explicit in your discussions.
- Have handouts if possible to present to the politician reflecting the CWA viewpoint. Make sure that they are publicly available e.g. from the public part of the CWA website and ensure that the document is not "for use CWA internal use only".
- Be careful not to go "off script". Don't get your personal viewpoint get in the way of the CWA message.
- Ask to be put on their mailing and emailing list to ensure that you hear about all community events and community funding opportunities that the politician can connect you with.

# News from State Office

## Reminder for Group and Branch Secretaries

As soon as you have elected your Office Bearers for 2023/2024, please complete the relevant form in the Procedures Manual and send it to State Office (F1-1-716 for branches; F3-1-13 for groups). Branches should also complete form F2-1-713 for their Group Secretary. Please ensure details are accurate. "Fillable" versions of these forms (which can be filled out on your computer and emailed) are in the Procedures Manual section of the website.

Nominations must be called for every year. Branches and groups cannot extend their current office bearers' terms for another year without calling for nominations and holding elections (if needed).

## Membership Renewals

Membership fees are now due and can now be paid to your branch or via the website at [www.cwaofnsw.org.au](http://www.cwaofnsw.org.au).

Full Member—1 Year: \$47.00.

Full Member—3 Years: \$141.00.

Student Member aged 18-25: \$37.00.

Continuing Life Member \$6.50.

*Note: Branches may ask members to contribute a small branch fee to help cover branch costs when paying your membership. This branch fee is optional.*

## End of year forms

Agricultural & Environmental Officers, Cultural Officers, Handicraft Officers and International Officers should check their Procedures Manuals for relevant end-of-year forms.

## Garry Prize Essay

This annual essay competition is open to members only, with the topic chosen by the Honorary Editor. One of the oldest competitions, it was established by a donation from Mrs Agnes "Queenie" Garry, MBE, who served as State President 1941-1945.

Entries for the Garry Prize are to be sent to the Hon Editor, Sonia Roberts by 15th February.

The topic is "The CWA has always been a leading voice

for road safety. CWA advocacy includes lobbying for compulsory seatbelts in cars, the use of school zone flashing lights, compulsory reflective triangle signs for trucks and improvements to level crossing safety. In 2022, 200 of the 288 people killed in road crashes in NSW lost their lives on country roads. A further 10,000 people are seriously injured (hospitalised) in road crashes each year. This does not include those injured in off-road incidents such as quad bike crashes. What would be the best way/s to improve road safety in NSW?"

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

Essays are to be 500 words in length (not including title).

## Paying your membership fee online

Go to [www.cwaofnsw.org.au](http://www.cwaofnsw.org.au) and click on "Sign in" on the top right hand corner of the website.

Your email address is your username. If you haven't logged in before or you can't remember your password, click on "Forgot Password". You should then receive an email asking you to create a password. It might be in your junk/spam folder.

Once logged in, you should see a message saying "pay your membership here", click on the "here" to see your invoice.

Tick the box under "pay" then click "add to cart". On the next page, scroll to the bottom and add your credit card details under "payment details". Then click "submit order".

If you have any difficulties or you're not sure which email address you use for CWA, please email Luisa at [membership@cwaofnsw.org.au](mailto:membership@cwaofnsw.org.au).



# CWA Awareness Week



As part of CWA Awareness Week, CWA of NSW hosted an online forum focused on Neurodiversity and ADHD. Two members told their unique stories of their own personal insights into their journey from diagnosis through treatment and management of ADHD. Christopher Quizeman from the ADHD Foundation spoke about the support and advocacy that they provide to improve research, diagnosis and support for people living with ADHD.

As many as three-quarters of adult women living with ADHD are not formally diagnosed. ADHD assessment and diagnosis is currently cost-prohibitive and patients spend months on private psychiatrist waiting lists.



Gungahlin Branch held an Awareness Week stall. There was a lot of community engagement and amazing support of everyone who purchased items. They also had a very positive and encouraging response to the Awareness Week promotional material with many people sharing their children's or personal experiences of living with a neurodivergent condition. A number of women showed interest in joining.



Keiraville Branch set up a display at Corrimal Library, speaking to the community about Awareness Week. To help get Awareness word out, Eva from WIN News joined some members at Corrimal Library. Pictured: Bek Ryan, Branch Secretary, being interviewed.

Scone & District Branch held a morning tea and then a dinner in the CWA room catering to a wide range of people as well as a Ladies Day at Moonan. These events brought much attention to neurodiversity with a variety of guest speakers as well as bringing the community together.



Morpeth Branch set up at a park next to the Morpeth historic bridge with all our pamphlets, pens and Awareness Week material ready to give to passers-by.



Belmont Branch held a morning tea on for CWA Awareness Week. As part of the event, a display was set up with journals, brochures and the Awareness Week information card. Pictured are Jenni Brice and Kerry Warne.

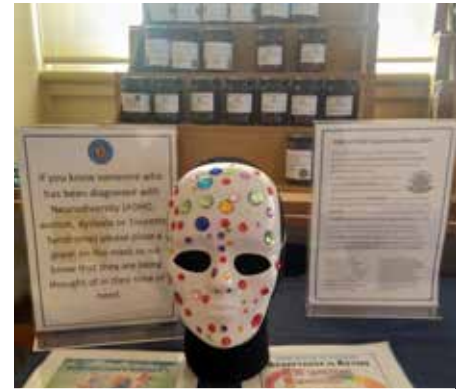


Wellington Branch held their Awareness Week display in the local art gallery. They also distributed cupcakes with little neurodiverse flags and brochures to the community.





Southern Tablelands Group organised a festival at the Goulburn Community Centre and CWA rooms as part of Awareness Week. There were a number of displays showing interests and lobbying efforts of CWA. A panel of members from the ADHD Foundation presented on the day. Other displays included a Children's Art Exhibition entitled "My Happy Place" for which there were some amazing entries received. The Goulburn Branch members prepared and baked fresh scones on the premises and 160 scones were enjoyed by members of the public. Pictured are Karen Pavey, Group President and Leanne Lourigan, Group Vice President.



Milton District Branch shared information about Awareness Week and set up an interactive display where people who knew someone who has been diagnosed with a neurodiverse condition could place a sticker on the mask to show their support.



Tamworth Evening Branch held an Awareness Week event at the Weswall Gallery with guest speaker Amy Goodman, a Provisional Psychologist for Challenge Community Services. Amy has professional experience with neurodiversity through her clinical practice and has been diagnosed with ADHD as an adult. She spoke candidly about her own experiences with neurodiversity, as did some of the event attendees. This was a wonderful evening of community, laughter and education to increase awareness of this important issue impacting regional Australia. Members organised lovely savoury and sweet catering including a special CWA Awareness Week cake. Pictured: guest speaker, Amy (centre), with friends at the event.



Kyogle Evening Branch set up a static display of promotional material and were able to engage our customers in discussions around neurodiversity and ADHD, and also joining the CWA during their monthly Tea Room.



Armidale branch set up an eye-catching information display in their local library. They showcased some great books available in the library including resources to educate on neurodiversity. Especially rewarding was their free homemade fidget toys give away afternoon. Members spoke to lots of families highlighting our advocacy work and chatted to several women about joining the CWA.

Blue Mountains Group celebrated Awareness Week with a market stall in the Leura Branch rooms. They had an information table featuring this year's neurodiversity material and other CWA merchandise. There were handicrafts and loads of sweet treats for sale and Devonshire Teas on offer. Branch members from across the group contributed goods for the sale and volunteered their time to work on the stall.





# Awareness Week campaign message well supported

It's been another big Awareness Week for the CWA of NSW, with this year's message around neurodiversity, and particularly the challenges related to Attention Deficit Hyperactivity Disorder (ADHD), drawing a wide span of media coverage and awareness across NSW communities as branches held a range of events and activities highlighting this important issue.

The increase in the number of adults being diagnosed with ADHD and the subsequent impact on diagnosis and treatment services and support prompted the focus for this year's Awareness Week, highlighting the need for urgent changes to the current system.

The 2023 campaign focused on increasing awareness around neurodiversity (which includes ADHD, autism, dyslexia and Tourette Syndrome), with a particular emphasis on the growing number of adult women who are being diagnosed with ADHD and the challenges they face around diagnosis, and accessing suitable and affordable treatment options, especially in remote, rural and regional NSW.

It followed the passing of a motion at the State Conference at Bathurst in May asking "governments to investigate ways to reduce the costs of diagnosing and treating adult ADHD", and coincided with the a Federal Senate inquiry into the challenges for people with ADHD, to which the CWA of NSW made a submission. A report and recommendations from the inquiry are expected later this year.

For this year's campaign, the CWA of NSW partnered with the national ADHD Foundation, a not-for-profit organisation committed to providing help and support to people living with or supporting someone with ADHD, and ultimately "working to improve the lives of people with ADHD".

To kick off this year's campaign, a webinar was held on Monday, 4th September, on the challenges for those living with ADHD, with CWA of NSW members Aly Bunton and Cristina Tolu sharing their own stories of being diagnosed with ADHD and finding the support they needed, which for Cristina, in a reasonably remote part of NSW, was particularly difficult. Both Aly and Cristina are to be congratulated for sharing such personal stories that really highlighted the challenges for those seeking a diagnosis, and then trying to manage their condition, in a system that's currently struggling to support people with neurodivergent conditions.

Christopher Quizeman, a director of the ADHD Foundation, also spoke on the webinar, emphasising the urgent need for more, and improved, services and support for those living with ADHD and the dramatic increase in the number of people seeking out the Foundation for assistance. It was gratifying

to see how many members registered for, and attended, the webinar which was a good way to start such an important week.

State President, Joy Beames; Aly Bunton; and Christopher Quizeman carried out numerous interviews with print, online and radio outlets—including ABC local radio and AAP, which shared its article with dozens of media outlets around the nation. There were also multiple NBN, Prime and WIN television stories on this year's Awareness Week at a branch level, and a big thanks goes to those branch representatives for making the time to speak with these media outlets—and with local radio—and help spread the Awareness Week message.

There were such a wide range of events and activities hosted by branches this year, with a lot of interest in the recipe/information card that was produced. All of these initiatives went such a long way towards highlighting the campaign message, and raising awareness of the issue across NSW communities.

We know this advocacy at a community and state level will continue well beyond the end of Awareness Week, and we look forward to further opportunities to push for greater awareness of the challenges facing those living with a neurodivergent condition.

## Sometimes we all struggle.

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# Cultural Committee Profile



## Janet Klepatzki

Living in the town of Camden, professional artist and author Janet Klepatzki was always aware of the Country Women's Association and its original building in Murray Street.

Janet has authored two books on traditional folk art. Both were published during the 1990s. Copies of "Traditional Folk Art. A Complete Guide to Painting Folk Art" and "More Traditional Folk Art" can occasionally be found online. She was one of the co-authors of "May Gibbs Country Craft" where the designs were taken from the original works of May Gibbs. A book focussing on Janet's family history was published in 2016.

Janet ran a successful gallery business in Camden for many years where she taught art to thousands of students. She has also taught and judged art internationally.

"The first folk art book took me three months to put together. I can remember returning from a holiday in Germany and my phone rang. It was my editor asking if they could have another book from me in three months.

"One of the biggest challenges was scaling down the patterns so they could be reproduced in the book and then making sure the readers would be able to trace the patterns onto their projects.

"The copyright on both of my folk art books has been returned to

me. Am I thinking about a reprint? Never say never," Janet laughed.

Janet has had numerous magazine supplements on folk art published including several in the Women's Weekly.

She decided to leave school at the age of 15 and ultimately obtained qualifications as a secretary and bookkeeper. At night, Janet went to TAFE and followed her passion for art.

"I was always very good at art while I was at school and can't remember a time when I wasn't being creative. I was always drawing. I made a more lasting move into the art field after I married Dieter and started travelling to Europe. There, I met other painters.

"One of my biggest influences was definitely the European masters.

"I have always been a painter and working with oils and acrylics."

Janet's path to the CWA started like so many other members did—finding the rooms as a community resource. As a professional artist and author, she was using the Camden Branch rooms for "day only" teaching workshops. The members at the time were always very friendly and helpful.

"The building was a great asset to the community as a place for organisations to meet and share ideas with a hot cup of tea, cakes and scones.

"In 2007 I was asked by the Camden Branch to be a guest speaker on my experience as an artist and author."

Janet has been a member of the State Cultural Committee since May 2020. She's also been

a Branch Treasurer and a Group International Officer. Her talents as a teacher have been showcased at State Cultural Committee workshops across the state.

When asked why platforms such as the cultural competitions were so important, particularly in regional areas, the career artist and author became thoughtful.

"If we don't have art, we don't have a record of culture. Since ancient times, art has always left an imprint.

"That is why continuing to create art, in all its forms, is so important regardless of where in the world you are," she said.

"I would encourage anyone thinking that they can't create something to just to pick up a brush or some pencils and begin."

One of Janet's artworks—a landscape of the coastline at Evans Head—was among the prizes in the 2023 State Cultural Committee raffle. The artwork was also testimony to the Macarthur Region local's technical training.

She explained one of her teachers taught her to work only using the primary colours of red, blue and yellow and learning to mix the colours from this basis with touches of black and white, which in the eyes of her teacher, were not colours. The work depicting Evans Head relied on four colours—red, blue, yellow and a touch of burnt sienna.

This technical training also paid off in other areas of Janet's artistic life. When she was working for American-based folk art companies, Janet helped them to design many of their speciality colours.

# International Report

Welcome to our new annual cycle and the new Country of Study. As you receive your journal, I hope you are completing the activities for our interim study of focussing on your own areas of the state. Please note the due dates for the competitions and the Pocket Pal challenges. I'm really looking forward to receiving the entries from the various schools as I have been advised that the children have thoroughly enjoyed preparing postcards and PowerPoints, as well as giving presentations about their hometowns and villages. The entry forms for the interim competitions have been circulated to groups and details about due dates, judging etc have been presented in previous journals, international reports, and international newsletters. Please ensure you use the correct entry form.

On that note, some members have contacted me about the due date for entries relating to our new Country of Study. All Group winning entries for the new country go to the 2025 State Conference. As we change our timetable, now is the time to contact schools you may work with so the competitions and activities relating to the new country are included in their curriculum for 2024. International Needlecraft and International Dolls are not due to state for judging until March 2025! Have a wonderful year as we study this fabulous country, rich in history and culture; taste the fabulous foods, and immerse ourselves in the arts, music, and literature for which it is famous.

As I am writing this report, I am preparing to travel to the north of the state to hold information sessions for interested members. I wish to thank the branches and respective groups for hosting these days; it's a privilege to visit so many members in country

areas. It's going to be a great experience travelling to areas I am not familiar with and enjoying the beautiful scenery.

The next International Seminar has been booked. It will be held on Saturday 3rd February, 2024, at the Dubbo RSL. As in previous years, signing in will commence on Friday 2nd February in the late afternoon. The registration details for the seminar will be in the December journal; all bookings will be via TryBooking again this year as this is a very streamlined method for organising functions like the Seminar.

Recently Mother & Baby Packs were transported to Nelson Bay by Lyn Braico where they were picked up by our new Rotary International contact. From there the parcels were flown to PNG within a few days and are now being distributed. Many thanks to Lyn, our new South Pacific Area President, and to Nelson Bay Branch who are generously acting as intermediaries as these Packs travel from State Office to Rotary on their journey to women in PNG. As always, thank you to the Hospital Support team who sort the donations and pack everything ready to go.

As the CWA year ends and the

new year begins the International Committee is farewelling some of our members and welcoming new members to the team. My sincere thanks go to Linda Willding, Fiona Austine and Ursula Viebcke for their generous support and all the hard work during their time on the Committee and welcome the new members who join the team this month. As members, we are all volunteers and it's wonderful to have such a variety of life experiences, talents and ideas working together for the benefit of the Association and the members across the state.

For your diary: 29th October is International Rural Women's Day; a day to celebrate the contribution made by rural women across the globe and meet together to share friendship and fellowship while thinking of those in other regions who share the highs and lows of the rural experience.

8th–12th September 2024: South Pacific Area Conference in Griffith.

May the rains fall where they are needed, the land give of its best and the sun shine brightly on your day.

**Jenny Chobdzynski,**  
State International Officer

## COUNTRY OF STUDY: FRANCE





# Agricultural & Environmental

It's exciting times in the Agricultural & Environmental Committee, with work on actions pertaining to Agricultural & Environmental outcomes from the Strategic Plan. The key tasks are completed.

Four priority policy areas have been chosen by the committee:

- Desexing and Containment of Cats
- Continuity of Telecommunication Coverage
- Weed Biosecurity
- Compulsory First Aid Training for learner drivers

An education and key messages kit will be distributed to all branches. These kits can be used by all branches to advocate for change on these issues in their communities.

Once again, thanks to our policy manager, Andrew Connolly, for his work on this.

## Toxoplasmosis

Cats are the only host of Toxoplasmosis, which is a dangerous infection to both humans and animals. Toxoplasmosis is caused by a parasite—*Toxoplasma gondii*. Cats carry this parasite and the parasite needs a cat's digestive system to breed in. Toxoplasmosis is the most common cause of miscarriages in sheep which become infected by ingesting grass and water contaminated by cat faeces.

Toxoplasmosis is a huge risk to our native wildlife and is normally fatal to them. They die a long and horrible death wandering around disorientated and easily preyed upon.

The impact of Toxoplasmosis each year in Australia costs up to \$6 billion in the health system for medical treatment of people infected with Toxoplasmosis. Pregnant women are especially

at risk from Toxoplasmosis which can affect the brain, eyes and heart. Infection during pregnancy is very serious and can cause miscarriage and birth defects for surviving babies. It is contracted after contact with cat faeces in cat litter boxes, sandpits and gardening in contaminated soil. Toxoplasmosis can survive for months in the environment.

A quote by John Read, respected Australian ecologist and cat specialist—"If all pet cats were kept indoors, Toxoplasmosis in humans would die out in Australia".

## Varroa Mite

In late August, outbreaks of the Varroa Mite leapt across NSW. Distressingly, it looks like the horse has bolted and the possibility of eradicating the Varroa Mite is looking very unlikely now since the initial outbreak in the Newcastle area in June 2022. Varroa mite is a serious pest to the honey industry and the 35 agricultural crops relying on European Honey Bees for pollination. The mite weakens and eventually kills honey bees and their populations.

Some beekeepers have had their healthy bee hives euthanased by the DPI because they were in a red zone. The impact of having their bees destroyed can be devastating, considering that some families have had generations of continual breeding of bees that were bred to produce high amounts of nectar and a quiet, calm nature.

Use of the insecticide Fipronil by the DPI to kill feral bees is another huge concern. This insecticide also kills much needed native bees and other alternate pollinators and insects.

## New Fauna, Foe...and Fungi

New and fascinating topics have been chosen by the committee,

with a twist...Fungi.

## Fauna—Microbats (Microchiropteran Bats)

Microbats are clean, non-aggressive, sociable animals and don't chew wires, wood or insulation and their droppings don't contain disease. There are around 36 species in NSW. Being insectivorous, they are an essential part of the insect control system, consuming half of their body weight in mosquitos, fruit flies and other insects per night.

## Fungi (Instead of a flora for this year we have chosen fungi, which are in a whole kingdom of their own)

Fungi are crucial in the environment—breaking down organic matter and releasing elements to plants. They are very important in agriculture and soil health. Many of our everyday foods and common medicines are produced with the use of fungi and much medical research cannot be achieved without the use of fungi.

## Foe—Red Imported Fire Ants

Fire Ants were discovered at the Port of Brisbane in 2001 after they were accidentally brought to Australia in cargo. In the time they have been in Australia they have infested 600,000ha of South-East Queensland. Large numbers of the ant can swarm onto a person or animal stinging repeatedly, causing the feeling of being on fire. They feed on seeds, insects, lizards, frogs, birds and mammals, and can kill off native plants and animals with the devastation of whole ecosystems.

I hope all members in the Hunter, North Coast, Northern Tablelands and North West areas that are drought affected, receive good soaking rains very soon.

Jenny Birtles  
State Agricultural & Environmental Officer

# Show Catering

In early August we held our meeting to finalise the 2023 Royal Easter Show Tea Room and were very excited to learn that we made a record profit! As well, the raffle which was two very generous hampers from our jam supplier, Beerenberg, a family company from the Barossa Valley, also made a record profit of close to \$10,000 which has been donated to the Disaster Relief Fund. This is a marvellous effort by 266 volunteers—being 172 members and 94 non-members—and of course all our wonderful customers.

The following members of the Committee were thanked for their years of service and farewelled: Janet Twohill, Merrie Hunt, Mardi Walker and Constance Eugene-Symonds.

At this meeting we also held our AGM and the following were elected for 2023/24:

Chairman: Donna Robertson

Deputy Chair: Jocelyn Parker

Secretary: Julie Deer

Treasurer: Anne Kotz

Volunteer Supervisor: Rowena

Casey.

The remainder of the Committee are: Kae Anforth, Maree Bonanno, Barbara Veness and Marie Bradbery.

There was a mistake in our previous journal report re the dates for the 2024 Easter Show. Please note in your diary the show is 22nd March—2nd April 2024. Please volunteer if you can. We need you!

**Donna Robertson**  
Chairperson

# The Land Cookery Report

As we approach the busy time of the competition leading up to the Conference, I would like to remind the Branch & Group Cookery Officers that the forms they need to fill in can be found in the Procedures Manual section of CWA website and the Judges List and short videos of judging from the Bathurst Assessment weekend can be found in the downloads section. These may be extremely helpful for members judging within their branch.

Please make use of the judges list available on the website as a change is always good, and we do encourage open judging at group level, as it is such a wonderful way to learn, as is helping out at your local ag show. This is especially important to members wishing to qualify as a Land Cookery Judge, as a greater variety of baked goods are judged and you will learn so much.

Our committee will have our AGM this month and welcomes three new members: Rosie Arena, Amanda Colwell and Tracey Cambourn who also recently

qualified as a Land Cookery judge.

By the time you read this, more How-to Days will have been held in Coffs Harbour, Cessnock, Nelson Bay and Canberra by the Committee.

It is good practice for judges, when judging at a group level to make it known to the Group Cookery Officer if you have already won a section in your own group competition. If possible, you should not judge that section. Also, as discussed in our Zoom meetings, a reminder that presentation needs to be addressed at branch and group level.

To answer some queries—a tea cake is a flat cake and not the height of a butter cake and bite size pieces are approx 1–1.5 cm square. A cake should taste like it is named, so a Jaffa Loaf will smell and taste like orange and chocolate; sultana and fruit cakes should smell and taste like fruit with no overriding flavour of spices or alcohol. More importantly chocolate cakes need to taste like chocolate and

some cocoa powders achieve this more than others.

We have received some fabulous recipes to cook and try for the new schedule, so thank you for taking the time to send them in and we continue to accept these up to the end of the year for decisions made in our January meeting.

The short videos on the closed Facebook group have been popular. There will be one a month for the rest of the year and a decision will be made on the feedback if to continue.

As always please continue to contact us for all things “The Land Cookery”.

**Ellice Schrader, Chairperson**

## Remembrance Biscuits Recipe update

It has come to our attention that the cayenne pepper amount is incorrect in the remembrance biscuit recipe. It should be 1/8 teaspoon (**not** 1/4 teaspoon).



# Hospital Support Report

The Hospital Support Committee had very successful meeting/packing days in late July. We discussed the need to change to electronic banking and will begin exploring suitable banks able to meet the needs of this Committee. We have updated our information in the Procedures Manual and a new description of the current work of the Hospital Support Committee is available on the CWA website. Also, in the members' only download section is a new list of items for Mother & Baby Packs.

At our packing days we were able to sort and store deliveries, and work on decluttering and organising some of our cupboards. Twiddle muffs were taken to Melrose Village

at Pendle Hill where they were gratefully accepted. We packed suitable items for delivery to Carol Mead at Sew for Change in Canberra for international distribution. Again, we were able to make a sizeable donation of stock to Elma and Colin from the StreetHearts charity for those in need in our community.

We have a shortage of the following items: toothbrushes, travel size toothpaste, pocket size tissues, face washers, cloth nappies & nappy pins and baby matinee jackets (knitted, crocheted or fabric).

The Committee has a large supply of breast cushions and post-surgical drainage bags available. Should your local

community have a need for any of these items please contact us and we will arrange a shipment. Also, if you need assistance in supplying other articles contact us as we might be able to assist you.

Thank you for your ongoing generous donations and support.

**Sue Vassie, Chairperson**



*Toothbrushes, travel size toothpaste, pocket size tissues, face washers are needed for the toiletry bags packed by the Hospital Support Committee*

# Social Issues Report

The Social Issues Committee has collated the policies from the 2023 State Conference. Working towards the goals of the strategic plan, the Committee has recommended that the following issues be the focus for the year:

- **Aged Care dental and oral health.** Good oral health is fundamental to overall health and wellbeing. Without it, a person's general quality of life is compromised.
- **Reform of advertising regulations for online gambling.** Most Australians have expressed concern about the availability of gambling and its impacts on the community, believing that there are too many opportunities for gambling.
- **The national housing crisis facing women.** There are many women finding themselves in a position of economic disadvantage and

urgent action is needed.

- **Sponsorship of international nurses to relocate.** The shortage of nurses in regional and remote areas of NSW could be addressed by supporting international nurses whilst undertaking their AHPRA registration.
- **NSW Will and Enduring Power of Attorney Register.** It is proposed that an online registry would simplify the processes of storing and retrieval of a Will. Finding a deceased person's latest Will can be a complicated process.

We continue to monitor the domestic violence issue and the importance of recognising coercive control in these situations. Businesses are becoming more involved in supporting those who are victims and giving them assistance, particularly time, to make decisions about finances and

housing.

The issue of assistance for the elderly was a concern brought to the Social Issues Committee. Contact was made to the NSW Aged Care Committee to follow up this concern.

We say farewell to Maxine Hayes and Sue Baxter, and thank them for their input in the issues presented, support and encouragement whilst being part of the Committee. We welcome Dale Whitfield and look forward to her joining our team.

Thank you to all members for your continued support. We encourage members to use the form on the Social Issues page of the website if they have any issues to put forward.

*"Kindness is a gift everyone can afford to give".*

**Leonie Fish**  
State Social Issues Officer

# State Cultural Report

Our second last meeting for 2023 was convened at Kandos-Rylstone, a slightly warped centralised location for the current Committee members to gather, on Saturday 19th August. At this meeting we warmly welcomed Sally James, our newly appointed Executive Committee Representative. On the Committee's behalf I would like to take the opportunity to sincerely thank our outgoing Representative, Virginia Stewart, for her pleasant company and contributions to our work over her time with us. In the absence of our secretary Yvonne Davis, who was off enjoying an overseas holiday with her husband, the minutes were capably managed by Carol Xuereb.

The major task to be completed at our August meeting is setting all the topics for the literary competitions, photography, and junior works for the following year—in this instance these 2024 entries will generate the competition winners who will be announced at the 2025 State Conference. Watch out for the new topics which will be announced in the December edition of *The Country Woman* journal.

While the exercise of topic-setting

may seem straightforward, in practice it is a challenging one. Endeavouring to come up with something which will generate interest, inspire participation, give scope for a range of imaginative responses and is a challenge for the widest range of potential entrants is not an easy outcome to achieve. We want members to commit to having a go and to enjoy creating a response to the topics selected. Being involved is about personal growth, enjoyment, and the satisfaction of creating a story, poem, ballad, postcard, or other visual cultural record such as a photograph.

Along the Castlereagh Highway, on the journey to Rylstone, an interesting installation was discovered at Capertee. It is a freshly painted, colourful mural depicting Regent Honey Eaters and it is presented alongside an accompanying auditory tape of their melodic song. Sadly, these beautiful birds are yet another one of our critically endangered species. The installation has been designed to highlight the bird's plight in an area which is a crucial part of their breeding habitat. What a joy it was later, when relaxing on the verandah at our accommodation, to identify a pair of these endangered

honeyeaters in a tree in the garden!

On the road to Rylstone the dryness of the natural landscape, despite having record breaking rainfall and flooding events over past months, was particularly noticeable, and worrying given we are moving towards the summer bushfire season.

Individually we need passion, imagination, and resourcefulness to keep on looking for inspirational ideas and positive solutions which will help us to make a difference in our lives, families, and communities. Let's generate a series of conversations in the Association to expand our knowledge and understanding of the challenges we are facing today and the power of connection; to focus on building the resilience we need to create the Australian culture and future we want.

Don't forget to mail in the paper copy, and entry details, of your A4 sized Branch-created brochure on "Your Place" by 15th November. Post your entry to the Cultural Committee Secretary, Yvonne Davis, 31 Tripoli Way, Albion Park. NSW 2527.

*Eva Campbell, Chairperson*

## Conference Organising Committee: Why we put our hands up

North Coast Group Publicity Officer and Conference Organising Committee member, Jodie Williams, sat down with Chair of the 2024 Conference Organising Committee, Trish Stabback, to provide a run down on why the North Coast Group decided to tackle hosting the 2024 Conference in Coffs Harbour and how their planning is coming along.

### What made you decide to try and host the 2024 Conference?

North Coast has been through

a few traumatic years, with drought, fires and floods impacting our area. We felt that holding the CWA Conference here would be a really positive way to support our communities, not to mention, showcasing our beautiful coast and climate.

### What advice did you seek from other host committees?

We thought it would be sensible not to "re-invent the wheel" and learn from others about positives and pitfalls. The Randwick and Bathurst

Organising Committees have been a source of great advice and support, through email and phone.

### There is a lot to organise. Are there guidelines in place to help you organise the Conference?

Thankfully yes, State Office has a Conference Planner available which goes through what we have to achieve, on a monthly basis leading up to Conference. I (Trish) have been having a monthly meeting with State Office to ensure that all our



# Handicraft Report

Hello members, the time has come for another report for the Journal. Time flies when you are having fun handicrafting!

The Committee had a very successful workshop and meeting in Quirindi and I would formally like to thank the members of Quirindi Branch for hosting us. The facilities were amazing. Remember, if you would like a workshop in your group please contact our secretary and we will try and accommodate your needs. The main reason our Committee exists is to promote handicrafts to our members. Non-members can also be invited to join these workshops. To save money, we try and incorporate a meeting whilst we are together for workshops.

The workshop we held in Quirindi was a techniques workshop as well as an opportunity for new people to attempt their judges' badge and also for current judges to renew their skills. This was a great weekend and hopefully we will have some new members with proficiency certificates. This means these members can judge in attendance with a certified judge for 12 months and then re-sit the examination to gain their judges badges. The

reason we do these days is to keep our judges up-to-date and to maintain our high standards for judging.

We don't just cater for those who have skills already, we also try and encourage people who may not have had any experience with handicraft to come, take part and enjoy the companionship of like-minded people. There has been a great deal of interest being shown for our new special Chairman's Choice section of goldwork and we are looking forward to seeing an entry from each group in the judging for 2024.

The Branch Challenge is also happening again, and I have heard some interesting interpretations and patterns for these items. We would love to have an entry from each Group in 2024.

A reminder that we are having two workshops—goldwork and Sachiko—in Penrith in November and the details and coupons were in the August Journal (page 17). There will also be another Judges refresher day. Please register by 31st October so that the tutors can arrange enough kits for those attending.



*November Handicraft workshops will feature goldwork embroidery (top) and Sashiko embroidery (bottom)*

Please remember, if you have any questions, comments, suggestions or ideas, please make contact with our secretary and as we are having our AGM in November, it would be great if any items could be sent by 31st October for discussion at this meeting. Please keep stitching even if it only the new trend of "slow stitching".

Cheers,

**Ruth Shanks, AM,  
Chairperson**

targets are being met.

## **How is your Organising Committee structured and how many do you have working on the Conference?**

Our Group Executive is the foundation of our Organising Committee. Each member is taking on a specific responsibility, such as tours, gala dinner, publicity, volunteers, etc. Each of these six committee members can then co-opt other North Coast members to assist them as needed. This

will definitely be required as we move into 2024! Fortunately, we have many members who have volunteered to help. A typical feature of our amazing group!

## **What would you say to another group thinking about hosting a State Conference?**

Even though the pace for us has not yet really "cranked up" we would say: "Go for it!" All 30 CWA groups in NSW have wonderful and unique regions to show off. Hosting a State Conference gives invaluable

and life-changing experiences for everyone involved. A side benefit will be the injection of all that, retail therapy, money into your community!



*Organising Committee: Leonie Fish, Jodie Williams, Leonie Saunders, Trish Stabback, Ann Rehwinkel and Sharron Davison*

# Advocacy Update

## Maternity Care in NSW

With our partners from the NSW Maternity Services Alliance, the CWA of NSW has requested a meeting with the Hon Ryan Park, NSW Minister of Health, to communicate concerns and recommendations relating to maternity services in rural and regional areas of NSW. The Alliance is actively advocating for accessible and high-quality maternal care to ensure the wellbeing and safety of both mothers and their newborns. It is also calling for the Minister to establish a NSW Parliamentary Friends of Maternal Health Group, to align with the newly created Commonwealth entity. Included with the request to the Minister was a sample of a postcard which was designed and published by the Alliance to highlight the pivotal role and associated benefits of midwifery-led continuity of care.

The CWA of NSW through the NSW Maternity Services Alliance also submitted a comprehensive response to the NSW Select Committee Inquiry on Birth Trauma. This response focused on four critical areas, advocating for:

1. Revisions in the work of midwives.
2. Provision of appropriate services tailored to women's needs.
3. Strong support for midwives.
4. Systemic, educational, and legal reforms.

At the local branch level, the Griffith Branch has written to Mrs Helen Dalton, MP, raising the issue of staff shortages and the lack of adequate, qualified staffing in the Maternity Unit at the Griffith Base Hospital. The branch pointed out that these issues were longstanding but

had recently become even worse. The Griffith Base Hospital Maternity Unit services a large area including Griffith, Hay, Lake Cargelligo, Tullibigeal, Euabalong, Mount Hope, Darlington Point, Narrandera, Leeton, Hillston, and Cobar, as well as other smaller communities.

## Housing and Homelessness

The Australian Government is developing a National Housing and Homelessness Plan in collaboration with state and territory governments, local government, not-for-profit organisations, industry bodies, and other experts in housing, finance and urban development. The Plan intends to set out the key short-, medium- and longer-term reforms over a 10-year period needed to address housing challenges. This collaborative approach aligns with CWA of NSW policy that called for the state and commonwealth governments to take coordinated and urgent action to address the national housing crisis facing women. CWA of NSW is providing a submission to this consultation process.

At a local level the Wagga Wagga City Council is developing the Wagga Wagga Housing Strategy to address key housing issues within the local government area. The strategy will develop an evidence base for housing supply, demand, diversity, location, and affordability across Wagga Wagga, surrounding villages and rural communities. Riverina Group has provided input to the consultation processes building on their local advocacy on this issue and their motion to state conference advocating for more social and affordable housing, specifically for the needs of older women in the metropolitan, regional, and rural areas of NSW.

## Incontinence Bins

The strength of CWA of NSW advocacy is magnified by the efforts of local branches working within their local communities. Local-level advocacy has the capacity to address the specific issues that might impact change. This is evident in the work undertaken by local members advocating on the CWA policy focused on the compulsory installation of bins for the disposal of continence aids in male public toilets. The Griffith and Mid North Coast branches, by way of example have both engaged with local councils with varying outcomes. The Mid North Coast found that the Nambucca Valley Council are fully on board, Port Macquarie Council pushed back citing concerns about cost, while in contrast, the Mid Coast Council is taking this issue seriously and actively seeking creative solutions to address cost-related concerns including providing bins in select cubicles and utilising signage to inform users about their locations.

## Regional Seniors Travel Card

In August, the CWA of NSW wrote to the Minister for Regional Transport, Minister for Transport, and the Shadow Minister advocating for the maintenance of the Regional Seniors Travel Card (RSTC). The RSTC has been instrumental in easing the financial burden and enhancing the mobility of eligible seniors throughout regional NSW. independence, allowing them to access medical facilities, essential services, and maintain social connections with family and friends. The CWA of NSW firmly believe that maintaining the RSTC is an essential component of community wellbeing; it represents a commitment to supporting



the dignity, independence, and overall quality of life for our senior community members. A positive response has been received from the Shadow Minister, but we are waiting for a response from the Minister.

## Shingles Vaccination

Following the successful motion to the CWA of NSW State Conference, advocacy has been

undertaken to make Shingrix (shingles vaccination) available to all people aged 70 and over, and immunocompromised adults, through the Pharmaceutical Benefits Scheme (PBS) and National Immunisation Program (NIP). In response to this advocacy the Assistant Secretary Immunisation Branch advised that the Pharmaceutical Benefits Advisory Committee (PBAC) has recommended Shingrix®

for use in adults aged 70 years, First Nation Australian adults aged 50 years and above, and immunocompromised adults at high risk of complications from shingles. At its July 2023 meeting the PBAC considered extending the availability of Shingrix® for individuals aged 65 to 69 and individuals aged 71 years and older but confirmed its previous position. Advocacy on this issue will continue.

## Stop Coal Seam Gas Rally

CWA of NSW, together with Gomeroi Traditional Owners, NSW Farmers, Lock The Gate Alliance and Unions NSW organised a rally from Customs House to NSW Parliament House to protest coal seam gas on the Liverpool Plains, stopping at the Santos building to drop off a letter on the way. We were joined by many other organisations and concerned citizens.

“For far too long, our communities have been told that we must bear the irreversible impacts of coal seam gas developments, with our voices silenced and our concerns ignored. But we are here today, together, to declare, loud and clear: enough is enough!

“The Liverpool Plains and the Pilliga, is not just a piece of land; it’s our livelihood, our heritage and our future. Coal seam gas activities in this region threaten to irreversibly damage this unique ecosystem. The potential contamination of our water tables poses an enormous threat to the very lifeblood of our communities.

“Water is not just a resource; it’s life itself. It sustains our crops, our livestock, and our families. We cannot afford to gamble with something so vital, so irreplaceable. We will not stand by and watch as our water is endangered by the unchecked greed of a few.” State President, Joy Beames, told the crowd.

The story was picked up by various news outlets online, in print, on radio and on television.





# Letters from 1973

"Dear Madam," the letter starts.

"As president for 1973 (my third year) it is my pleasure to write this letter and include it with other CWA data in this envelope. I do not expect that I will be around when this envelope is opened but I'm sure CWA will still live on in its best tradition."

The letter was hand-written 50 years ago by Eva Cocks, and was opened by Deborah Marr, president of the Orange Branch at its September 2023 meeting. True to its promise, the letter was accompanied by what is now CWA memorabilia but was then a 1973 edition of *The Country Woman*, local photographs and state news. A few eyes in the room moistened at the memories and at the respect, dignity and hope

expressed.

Many of the names in the Nashdale Branch letter were still familiar to members now with their granddaughters as members.

Nashdale Branch President Katrina Sweetapple said one of the greatest joys for Nashdale members was knowing the connection with the school and the community had not been lost; and members still valued their gardens and cherry-growing.

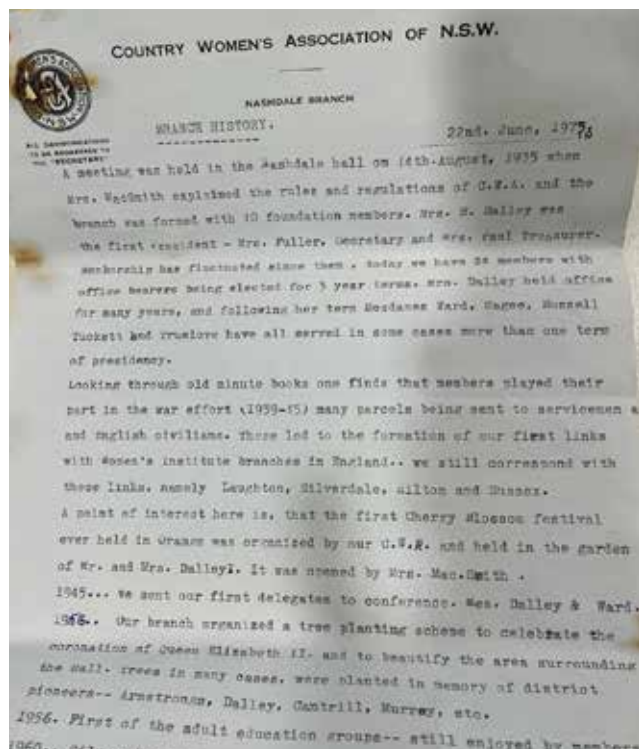
The CWA Orange and Nashdale Branches of 50 years ago had joined other community groups and individuals in purchasing (for \$1) an envelope from the local Lions Club. Once filled and sealed, the envelopes were put

into a time capsule which was buried in Robertson Park, Orange, NSW.

Unearthed in late June this year, at a special occasion in the park, distribution and opening of the envelopes was delayed because of concerns that mould may have damaged the contents. However, the envelopes and contents were in good condition and were delivered to addressees.

The one-page letter concludes with Mrs Cocks wishing members of Orange Branch well in all that they undertake.

The letters and accompanying documents for both branches will be carefully studied, preserved and displayed for future generations.



## ACWW Fees

The membership fees for the Associated Country Women of the World were increased at their recent World Conference. For 2024 to 2026 inclusive, they will be £41.00 (Pounds Sterling) for branches/groups and £30.00 (Pounds Sterling) for individuals.

Renewals can be paid direct to ACWW via their website ([www.acww.org.uk](http://www.acww.org.uk)). If you prefer to renew through CWA State Office, the Australian dollar amounts are A\$82 for branches/groups and A\$60 for individuals. Cheques are payable to "CWA of NSW".

# When the Governor visits

**During August, Association Patron Her Excellency the Honourable Margaret Beazley AC KC, Governor of New South Wales, visited Canowindra. State Vice President, Jan Kerr, shares how the branch and group prepared for the Vice Regal visit.**

What a truly special day! On Friday 4th August the Governor came to visit accompanied by her husband, Mr Dennis Wilson.

To start at the beginning: I was approached by a Protocol Officer from Government House about the visit.

After conferring with our Branch President, we invited three members from each of the five surrounding branches to join us. Then followed, writing and submitting a comprehensive run sheet for the specified visit time of 1.20pm to 2.50pm. Local

media were contacted to come and cover the visit.

Our catering girls swung into action and other branches brought a plate (as we have had a very busy time catering lately). Betty, Ro and their husbands and Donna did a great makeover on the garden. After all we wanted the Vice Regal party to see us at our best.

On the day, the Governor met with children from the Canowindra Public and St Edward's schools to show our involvement with school public speaking and International competitions.

She presented each of the children with a Governor's Challenge Coin as a lasting memento.



Going inside our hall, I welcomed our guests and then introduced to Group President, Bev Worrall, and the other Branch Presidents. Afternoon tea was enjoyed by all, whilst the Governor mingled with all the guests.

To end such a special visit, we invited the Governor to plant a CWA rose in the garden. This will be a long lasting reminder of a wonderful day.

*Note: Branches are not to contact Government House requesting visits.*

ROYAL AUTOMOBILE CLUB OF AUSTRALIA

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# Digital Documentation Storage Policy

This policy formalises the guidelines and procedures for the creation, storage and dissemination of digital documents within the CWA of NSW ("the Association"). This policy should be read in conjunction with the other established guidelines relating to minute taking and digital record keeping in general, including the Rules & Regulations and the Procedures Manual, and any relevant privacy directives.

## Application and Scope of this Policy

This policy applies to all individuals volunteering at all levels of the Association, collectively referred to as "members" in this policy.

All members and have an obligation to comply with this policy at all times to protect the privacy, confidentiality, Intellectual Property, and interests of the Association.

## Introduction

It is important for members to understand that in holding certain positions with the Association, they are responsible for the maintenance and care of all the records created as part of their position including any records created by prior members in positions beforehand. This responsibility pertains to any record created by the member in a particular role, regardless of format. These standards and guidelines aim to ensure that electronic records remain secured yet accessible, accurate, authentic, reliable, legible and readable.

## General Guidance on Electronic/Digital Storage

Branches and Groups wishing to adopt a digital approach to the storage of minutes and other documentation should choose a reputable and secure, cloud-

based storage platform\*. No CWA of NSW documentation should be stored long-term on any personal computer hard drive or any other external storage device.

Current acceptable cloud-based platforms include:

- Dropbox
- OneDrive
- Google Drive

\*Please note: branch/group websites are not an acceptable form of digital storage.

Please be aware that different platforms may have different storage limits. Consider if your branch/group would like to store more than just minutes online, and the possible space taken up and potential costs involved. Images, films and PowerPoint presentations can all take up a large amount of space.

Access to the cloud platform selected should be set up through a dedicated branch email, not a personal email. Access to "view" records can be granted to personal email accounts as appropriate but the central managing owner and managers of the cloud account **must** be a dedicated email address for your branch that is accessible by at least two office bearers (one of which must be the Secretary), at all times.

Passwords for access should be known by the President, Secretary and Treasurer, and wherever possible or practicable, two factor authentication for sign-ins should be enabled. Password recovery mechanisms need to be reviewed at least annually and updated as needed.

Once you have chosen a platform then your branch/group should avoid moving to a different platform unless absolutely necessary.

## File Types

Wherever possible, files should



be saved in the most accessible Microsoft format, for example Word, and Excel format. Final versions of any documents distributed or available for "read only" access should be circulated in PDF format only.

## File copies

Unless there is a valid reason for keeping multiple copies of something, do not save more than one copy of a record. It is necessary to keep (clearly named) versions of minutes "as written" and "as passed".

## File organisation best practices

▷ Use a hierarchical folder structure

Hierarchical folder structures tend to start very broadly at the topmost folder and become more specific as subfolders are added. Use subfolders to further organise your files but try to keep the folder structure as simple as possible.

▷ Folder/File Naming

Integrating a date into folder names may help you manage records over time and will help provide some rules for the folder content storage approach.

If your branch is unable to comply with the above, then please continue with the paper-based version of minute taking. Digital and electronic record keeping will not be suitable for all branches as it will depend on the capacity and technical skills of your relevant office bearers.

*This policy can be found at G 31-1-23 in the Procedures Manual.*



# 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.

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

Puzzle Rating: Very Easy. Source: [www.sudoku-puzzles.net](http://www.sudoku-puzzles.net)

## August's Solution

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

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

Puzzle Rating: Easy. Source: [www.sudoku-puzzles.net](http://www.sudoku-puzzles.net)

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

Puzzle Rating: Medium. Source: [www.sudoku-puzzles.net](http://www.sudoku-puzzles.net)

# Impersonation scams

Scammers impersonate trusted businesses, friends or family, to steal your money or personal information.

Don't assume a person you are dealing with is who they say they are.

Scammers trick you into thinking they are from organisations such as the police, government, banks, and well-known businesses. They can even pretend to be your friend or family member.

Scammers use technology to make their call appear to come from a legitimate phone number. Their texts appear in the same conversation thread as genuine messages from an organisation.

Warning signs it might be a scam

- You receive a message that asks you to click on a link that takes you to a webpage asking for your username, password or personal information.
- There is an urgent request for action, and you are asked to provide personal details or money quickly.
- An organisation that you think is real, tells you there has been an unauthorised transaction, or asks you to confirm a payment that you didn't make.
- A business asks you to use a different bank account and BSB from the last payment you made.

- You're contacted by someone pretending to be from a government department, regulator or law enforcement and they threaten immediate arrest, deportation or ask you to pay money.
- You're asked to transfer money to an account to "keep it safe" or for "further investigation".



Steps you can take to protect yourself

- Check that a message is real by either:
  - contacting the person or organisation directly using contact details you've found yourself on the organisations official website or
  - accessing the organisations' secure, authenticated portal or app (never via a link).
- Immediately cut contact with anyone who tries to threaten or intimidate you.
- Don't open or download any attachments or apps as these can install malicious software on to your computer or phone.
- Watch out for slight variations in Caller or Sender IDs like dots, special characters, or numbers.

- If someone you know sends a message to say they have a new phone number:
  - try to call them on the existing number you have for them
  - message them on the new number with a question only they would know the answer to. That way you will know if they are who they say they are.
- Don't click on links in text messages or emails.
- Find steps to keep your email secure at the eSafety website: [www.esafety.gov.au/women/being-social/email](http://www.esafety.gov.au/women/being-social/email)

Read more about how to have safer, more positive online experiences at the eSafety website: [www.esafety.gov.au](http://www.esafety.gov.au)

Source: [www.scamwatch.gov.au](http://www.scamwatch.gov.au).  
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## Invitation to next Publicity Workshop

Practical ways to promote branch and group events will be covered at the Publicity Support Forum's fourth webinar on Saturday, 11th November. The smooth handover of the Publicity Officer role and catchy headlines for events will also be discussed during the online workshop, to be held from 2-4pm.

The first three webinars have proved popular with CWA members across the state and the Forum's Facebook page—"CWA Publicity Officers"—now has more than 170 members. You can download the webinars via the downloads page of the CWA of NSW website.

Everyone—not just Publicity Officers—is welcome to attend the November webinar. If you have any queries, email [CWA.publicityforum@gmail.com](mailto:CWA.publicityforum@gmail.com). The link to register for the workshop will be available in a future issue of the CWA's e-News and on the Forum's Facebook group.



# GST on Grants

When applying for a grant for a CWA branch, please check if the grant provider is going to apply GST to the grant as this will affect the amount you may need to apply for.

The GST applied by the grant provider for "supply" is not to be confused with the GST the supplier of the service or goods applies to their invoice.

When a branch is successful in receiving a grant, please receipt this to Column 10 Grants, if GST has been applied this component receipted to Column 6b GST on Grants.

The GST will be shown on the remittance the branch receives for the payment. Please ensure you keep a copy of your application with the exact amount you applied for and the

remittance.

The CWA of NSW does not make the rules but has a legislative obligation to send the GST received as part of their quarterly BAS reporting. The GST component must be paid to State Office so the state accountant can declare and pay this to the ATO, please expense this from Column 17c GST on Grants. For all other payments associated with the Grant, please expense these from Column 21 Grants.

## Grants and GST—T 5-2-717

*"Branches are not individually registered for GST but are under the Association's ABN. If they receive GST as part of a grant, they must remit this GST to the State Office which acts as an*

*umbrella for all branches and sends the GST to the Australian Tax Office on their behalf.*

*"Branches should check whether the grant will include GST before applying for a grant, as this may affect how much you apply for."*

Please refer to the Procedures Manual (T 5-2-717) for all the details. The Procedures Manual can be downloaded from the Member Portal on the website (after logging in). You can download the whole manual or just the pages you need. If you don't have an internet connection, check with your Branch Secretary who should be able to provide the pages you require.

If you are unsure, please ask for help. You can contact State Treasurer, Sharyn Buck, via email [treasurer@cwaofnsw.org.au](mailto:treasurer@cwaofnsw.org.au).



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

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# Welcome New Members

A warm welcome to these 94 new members of our branches:

**Albury Evening** Kelly Spence  
**Armidale** Jane Davison  
**Balgownie** Steph Browne  
**Bangalow** Rebecca Humberstone  
**Batlow** Yvonne Shepherd  
**Bellingen** Liz Jeremy, Norma Murcott  
**Belmont** Lynette King  
**Blackheath** Kristin Carney, Leah Haynes  
**Bonalbo** Ivy Hsieh  
**Brunswick Heads** Tanya Dalton  
**Bungendore** Saara Bowen  
**Canimbla** Margaret Taylor  
**Casino Evening** Judith Carter  
**Collarenebri** Belinda Willis  
**Collingullie** Amie Heffernan  
**Coonamble Evening** Kerry Edmonds  
**Cowra Evening** Mia Bellert  
**Dorrigo** Leisa Eldridge  
**Dubbo** Katrina Handford  
**Dungog-Clarence Town** Allison Caldwell, Christine Creamer, Amy Masson, Laura Vallentine  
**East Maitland** Denise Shulik  
**Eden** Toni Drummond  
**Enngonia** Marina Krivoshev  
**Exeter** Jodie Wilson  
**Gilgandra Evening** Christine Howchin  
**Glen Innes Day** Catherine Donald  
**Grattai** Wendy Norris  
**Gundagai** Wendy Chomley  
**Gungahlin** Megan Lamaro, Karen Meacham, Antoinette Wade  
**Gunnedah** Kate Howe  
**Guyra Evening** Natalie Hope, Jessira Saunders  
**Harrington** Anne Fowler, Rita Watt  
**Hornsby & District** Cheryl Mahoney  
**Inverell** Angela Allard  
**Keiraville** Jenny Bennett, Beverley Connaughton, Collette O’Gorman  
**Kempsey** Gabi Brie  
**Kiama Evening** Imogen Draisma, Carol-Ann Trist, Susan Wiecek, Sandra Williams  
**Macksville** Maureen Stewart  
**Manning Park** Carolyn

Hewett, Diana Noake  
**Mascot Evening** Sharon OSullivan  
**Molong** Sharon Holder  
**Moruya** Jennifer Gibb, Michelle Hamrosi  
**Mudgee Evening** Brianna Stewart  
**Murrurundi** Pamela Nash  
**Murwillumbah Evening** Karen Commerford, Sandra Hawken, Bronwyn Jenkins  
**Nambucca Valley Evening** June Boag, Andrea Curran  
**Narrandera Evening** Meaghan Aitchison  
**Nashdale** Danielle Davenport, Ann Morey, Melissa Ryan  
**Nimbin** Anne-Marie Dineen  
**Nowra** Terrie Adams  
**Pambula-Merimbula** Jenny Lynch  
**Penrith** Colleen Kilgour  
**Richmond** Tori Trudgett

**Southern Highlands Evening** Irena James  
**Sydney City** Christina Caruana  
**Tabulam** Vicki Hillier  
**Tamworth Evening** Jasmin Marton  
**Tarcutta** Samantha Read  
**Trangie** Alison Austin, Ana Luelf, Stacey Neville  
**Umina Beach** Patricia Spillane  
**Uralla** Judith Egan, Marie Rixon  
**Virtual** Els Ruzic-Hunt  
**Wagga Wagga Evening** Anita Kemp  
**Wauchope** Sonia Shields, Lisa Thomas  
**Weemelah** Tian Harris  
**Woy Woy** Kerry Butler, Sue Hardacre, Elaine Piper, Nikki Schumacher

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

## Postage Increase

Postage rates for the CWA shop have increased to cover the cost of postage and packaging. The new postage rates commenced on 1st October 2023.

Postage weight	cost
1g-80g (eg badges, badge ribbons)	\$4.00
81g-500g	\$11.00
501 g-1 kg	\$13.00
Over 1 kg-3 kg	\$14.50
Over 3kg-5kg	\$16.00
Over 5 kg-10 kg	\$25.00
Over 10 kg-15 kg	\$36.00
Over 15 kg-20 kg	\$45.00
Box of Cookbooks	\$36.00

To download an order form which calculates postage, go to [www.cwaofnsw.org.au/orderform](http://www.cwaofnsw.org.au/orderform).

Shop online at [www.cwaofnsw.org.au/onlineshop](http://www.cwaofnsw.org.au/onlineshop). Ensure you sign in—do not create a new account. Your username is your email address. Use the “Forgot Password” link if you don’t know your password. Contact State Office if you need assistance.



# Celebrations

## Ballina Branch



Yvonne Scarrabelotti (holding the bouquet) was recently awarded life membership. Yvonne has served over 30 years, including being State Vice President, International Officer for group and branch, as well as Branch President and Branch Secretary. Jean Kutchen (Group Secretary), Gai Mason (Branch President) and Norelle Gotting (Group President) were there to share her special day!

## Manly Branch



Manly member Barbara Ward (centre) recently received her 20 year long service bar from Branch President, Robyn Grennan (left) and Group President, Hannah Watterson (right). Barbara joined Lane Cove branch (now closed) in 2000. A talented handicrafter, Barbara was introduced to CWA by Dorothy Scott and in turn introduced Pat Boyer.

## Goodooga-Lightning Ridge Branch



Denise O'Brien received her long service bar, celebrating 20 years with CWA. She is the current Branch Secretary. Denise joined CWA in 2003 and has been a respected contributing member ever since. She has been Branch Treasurer, Branch President, Branch Secretary, Group Agricultural & Environmental Officer, Group President and Executive Committee Member. With every position Denise has held she gives above 100%.

## Gerogery Branch



Seventy guests were present when Gerogery Branch recently celebrated 80 years as a branch. Joy Beames, State President, was a special guest. She joined with members including Karen Kotzer (on the right of Joy) who has been a member of that branch for 75 years and life member Clare Oliver (on the left of Joy) to cut the cake. The cake was made and decorated by Lyn Jacobsen. A lovely lunch was enjoyed, entertainment was by members of the Albury Ukelele Band.

## Talbragar Branch



Irene Smith, member of Talbragar Branch for many years then member of Terramungamine Branch turned 100 recently, President of Talbragar Branch Claudia O'Malley visited Irene and presented her with a handmade card, made by junior member Paige Lesslie, and flowers to celebrate her birthday. Irene, after being treated in Sydney for breast cancer and staying at the Jean Colvan facility, decided to make some Damit dolls which she made, sold and raised over \$36,000 for this facility. Irene was very generous with her talent by making and decorating the birthday cakes for Talbragar Branch for many years. Talbragar members are very proud to assist in celebrating Irene's 100 birthday.

## Table Top Branch



Table Top Branch celebrated their 50th birthday with a morning tea. Invited guests including Group President, Elaine Strong; Group Secretary, Judy Hayes; Representative to Executive, Lynette Buck. Foundation Secretary Suzanne Sargeant read a short history of the Branch. Group President, Elaine Strong presented the Branch with a framed certificate of achievement. Suzanne Sargeant was presented with a 50 year badge. Long service bars were presented to Marea Corrigan, Lillian Nichols and Janet Drummond.

*Congratulations*



## Dorrigo Branch



Dorrigo Branch members congratulated Nola Tyson on receiving her life membership, presented by Julie Edmonds, Branch President and Ann Rehwinkel, North Coast Group President. Nola has been actively involved in the Dorrigo Branch and has held various positions including Branch President, Secretary and Vice President. The Branch surprised Nola with a morning tea and was joined by members and long-time friends.

## Oxley Group



Oxley Group President, Robyn Miller, presented Dorothy McDonald (Parkes Branch) and Gail McKay (Bogan Gate Branch) with life membership. Dorothy has held many branch positions including Secretary, Treasurer, Delegate to Group and State Conferences. Group Positions include President, Vice President, Treasurer and many more. Gail joined Younger Set in 1967 and transferred to the parent branch in 1973. She has held Branch position including, President, Vice President, Cultural Officer, Publicity Officer, Delegate to Group, Delegate to State Conference.

## Ungarie Branch



Over 140 guests, including Member for Cootamundra Steph Cooke MP and State President, Joy Beames, gathered to celebrate the Ungarie CWA Branch's 100th anniversary during July. A fascinating display of history with mannequins and memorabilia from each decade since Ungarie Branch's inception in 1923 was on show. One of which was the original plaque from Ungarie Country Women's Association Cottage Hospital which opened on 28th April 1927. The event was fully funded by the Reconnecting Regional NSW Community Events Program via Bland Shire Council.

# Story of the Month

## Riverina Group

Riverina Group members shared scones and sparkling conversation with NSW Premier Chris Minns and Minister for Agriculture Tara Moriarty at the Charles Sturt University (CSU) Open Day at the Wagga Wagga campus.

Members from Riverina branches baked 34 dozen scones to serve with jam and cream to prospective CSU students attending the Open Day during August. The Premier and his entourage enjoyed scones for afternoon tea as they toured CSU's veterinary, equine and agricultural teaching and research facilities.

The Riverina Group has a longstanding relationship with CSU. For over 20 years, the Group has awarded an annual scholarship to a young woman from the Riverina pursuing her studies at the Wagga Wagga campus.

The Premier and Minister for Agriculture are pictured with Member for Wagga Wagga Dr Joe McGirr; Group President

Carol Grylls; Jacinta Finger; Clare Wotherspoon; and Nicole McHenry. Photo courtesy of CSU.



# From our Branches

## Bonalbo Branch



Members held a giant jumble sale after the Branch was offered a large amount of beautiful clothes, toys and household goods from a number of sources. Any leftovers were re-offered at the local monthly market and then donated to local charities. Toys were given to a family services community organisation whose members visit Bonalbo regularly. Lots of hard work went into the organisation, sale day and the catering. The members appreciated the strong support for the event and had a great day working together for the benefit of the local community. Morning tea with cakes, slices and scones was popular with the big crowd. It was a big effort but Bonalbo is nearly 70kms from the nearest bigger town and Branch members believed this would really help locals access much needed clothing and household items.

## Bowral Branch



Bowral Branch rooms, which included the kitchen, were constructed in 1929. Although the kitchen had been periodically maintained it had finally reached that stage in life of being in need of complete refurbishment. Importantly, it needed upgrading in order to meet current workplace health and safety standards.

A kitchen subcommittee lead by Jane Siddall, researched local businesses aimed at identifying kitchen renovators who would agree to provide design options. Funding, including a federal government grant, was obtained and work began. The project was overseen by Fran Cashmere, Secretary, with assistance as required by our catering officer, Maureen Nelson, and other members as needed.

## Brunswick Heads Branch



Branch President, Charelle Giobatti, presented cheques to the principals of Crabbes Creek and Ocean Shores public schools during August. Brev Belleville from Crabbes Creek is going to use the money donated to buy new musical instruments and a Friendship Bench having lost everything in the 2022 floods. Cindy Sadler from Ocean Shore School is going to use her donation to purchase new sports kits and uniforms for the schools soccer and rugby teams. Many of her students were impacted by the same floods in 2022. The Branch is continuing to provide support to flood affected people

in the local area.

## Casino Branch



The Branch, along with the generous help of the Casino Golf Club, ran a successful Charity Golf Fundraiser during June for Arlo Sonnex and his family.

In 2022, Arlo was born with a congenital insensitivity to pain which means he will never feel pain at all, like a pinch, a broken bone, appendicitis or even a heart attack.

This is a lifelong disability with a significant functional impact on his physical development, cognitive capacity, future social development and vocational endeavours. Arlo will require the care of a multidisciplinary team—specialists from neurology, dermatology, ophthalmology, physiotherapy, OT, speech, dental and podiatry.

Many businesses, individuals, groups and media sponsors united to make the event successful, donating goods and vouchers for the barbecue, raffles and auction.

Branch members had the chance to catch up with Richard (dad), Tahla (mum), Arlo, Nate and Sharlotte (Arlo's brother and sister) when they presented the money raised at the event.

## Coffs Harbour Branch

Coffs Harbour Branch became the "adopted aunts" of a young local boy after a friend of the child's family contacted





(L-R): Darelle Swan, Liz Shires, Sylvia Jones, Stephanie Davidson, Jodie Williams, Kacee, Darci, Peter (holding Mac), Suz Merrick, Alison Bailey.

members to see if they could help the family. Mac was born with Achondroplasia, more commonly known as Dwarfism. His mum Kacee has had to stop work to provide care for her son.

The family friend wanted to know if members could help Mac's family out by altering his baby clothes. Members were happy to help and have fired up the sewing machines.

Kacee is so happy with the help from members. Once life with Mac and older daughter by 18 months Darci settles slightly when school starts for the kids, Kacee intends to join the branch and learn to sew!

## Coonabarabran Evening Branch



Coonabarabran Evening members were given an informative talk by local, Mal Unicom, on native bees. Mal brought one of his hives with *Austroplebeia australis* (Aa) bees to show their unique hive formation, and talked about their life, range and habits. He likened them to "hippy bees" with their "whatever" attitude to the weather and pollen gathering. President, Fay Chapman,

presented Mal with a CWA tea towel in appreciation of his talk.

## Exeter Branch



Nine mums and one dad got together on Friday 25 August, for the inaugural meeting of a weekly Playgroup for children 0-6. Branch members and a local mother of two, Jane Gillis, have worked together over several months to get the Playgroup going, providing an opportunity for local families and children to meet up. The inaugural morning was a wonderful success and the group meets weekly in a lovely old barn at the Farm Club, Werai, by kind courtesy of business owners Alice and Hugh. Branch members gathered toys, mats and books to start the group off, and also received a starter kit of play items and craft supplies from the Playgroups Association of NSW. Music and movement are of primary importance. Each week a few of our members will be attending to help out with the music activities and provide morning tea for parents and carers.

## Forbes Evening Branch

In January members received



a container full of donations for flood victims in Forbes district, thanks to the Islamic Council of Queensland. Already inundated with donations, members wanted to maximise the benefits of this donation. A pop-up shop was created to sell the new, brand name and quality used garments to the local community. At the local showground pavilion members sorted the clothing donations for weeks discarding items for quality control, organising into sizes and types of clothing and the miscellaneous items of shoes, bedding, nappies, towels, etc. Very grateful customers were generous in their purchasing over the six weekends we opened, raising nearly \$10,000 which has now been distributed to affected residents via gift cards. Hard work went into making this venture a success so congratulations and thank you to all the workers for their efforts. This was a mammoth task!

## Gloucester Evening Branch



Members of Gloucester Evening Branch have been busy with social outings organised by Deb Cook. Members travelled by train from Gloucester to Wingham. They were met by members from Wingham Branch and taken to a local hotel to enjoy lunch with other branch members. After some retail therapy, the Wingham members car-pooled the touring party back to the station for the train ride home.

Another day members had morning tea at Farmer's Wife

Distillery near Stroud. A great new venue and well worth a visit if you are in the area, a peaceful place to enjoy a meal or coffee.

## Keiraville Branch



Keiraville Branch members attended Wrap with Love 30th birthday knit-in, in Sydney with guest speakers and celebratory yummy cake. The members had the good fortune to share a train carriage with other girls travelling to the event from Nowra. They knitted all the way up on the train. There were around 400 people there. Keiraville members will continue their work with Wrap with Love.

## Mascot Evening Branch



To celebrate the primary product hemp, members held a Hemp Evening. During the gathering, Branch President, Ann Cahill, demonstrated the art of hemp propping. This is the process of using hemp fabric, recycled strips of fabric and a crochet hook to create a rug mat. This technique has been used for centuries to create mats for houses. Those present poked and pulled their strips of fabric through the hemp with varying degrees of success. It was decided the propping technique could also be used to

create bookmarks, headbands and tea cosies. Whilst hemp propping their creative rugs, members devoured delicious homemade coconut hemp balls made with 'hemp hearts' and finished the evening by popping some lip balm onto their lips. The balm was made using 'hemp oil', giving everyone's lips a luscious glow.

## Moss Vale Branch



Member Kerry contacted Sue Baxter from Condobolin and talked about the ongoing devastation from the floods. Local members and a local church cleaned out cupboards, and Kerry's car was packed to the roof with wool, sheets, materials and clothes among other items. The trip sadly showed the ongoing devastation. The items were distributed to Condobolin, Forbes and surrounding areas. The recipients of this trip were homeless, domestic violence victims and the general public. Due to the need, planning for the next trip began during the conversation between Din Dewey (left), Kerry Wood-Davies (centre) and Sue Baxter (right).

## Picton & District Branch



Members were fortunate enough to have Ravi and Alex from Feathered Friends visit the branch at its August meeting. They brought along a 12 week old masked owl and Dennis the black cockatoo. Feathered Friends Sanctuary is home to well over 200 birds ranging from the smallest parrots to the largest birds of prey. Most of the parrots have been victims of the illegal pet trade or have been surrendered due to injury. Most of the raptors have been victims of trauma, feral animals or deemed unfit for release due to human interference. The Sanctuary is the only permanent facility in NSW caring for non-releasable birds and the only facility in Australia that maintains a purpose built-reserve for birds of prey. Feathered Friends is not government funded and relies on the support of the public, followers and community.

## Scone & District Branch



As a part of the 100 year celebrations for the Gundy Hall, Scone & District Branch donated a plaque and storyboard to the Soldiers Memorial Hall. The plaque was in memory of Ada Joyce Bridge RN. She was the only servicewoman from the district to lose her life in WW2. She was a local Gundy girl. The local CWA Rooms are also a memorial to her. Scone & District Branch members were thanked for bringing her story to them. Branch Vice President and Hall Centenary Committee member, Anne McPhee, and Branch President Lyn Tout (pictured left) took part in the ceremony alongside Member for New England Barnaby Joyce.



## Taralga Branch



*Mary Chalker and Frances Flood*

Members have been delving into their history books as a part of 75th anniversary events for the Branch.

There are two laws in use today, worthy of a mention, that originated from the Taralga Branch. In 1964 a request was made to the Department of Motor Transport to review the granting of drivers licenses to minors and it was suggested that for the first twelve months they hold a provisional license and display "P" plates.

In 1973 government bodies were approached with a request that the alcohol content in liquor be lowered to reduce the death toll on the road. This research created interest and inspired new ideas, but best of all connected current

members with those from many years ago.

Branch President, Frances Flood said "In looking back, we are excited to move forward". The Taralga members highly recommend opening up your archives—maybe over a cuppa and some scones.

## Toukley Branch



It was cuteness overload when Toukley Branch President, Elsie Buitenhuis, met with the staff at Gosford Hospital Children's Ward. Each child, 27 in all, was given a teddy bear made by Elsie or other members of the Toukley Branch.

## Uranquinty Evening Branch

Uranquinty Evening Branch was

honoured to be part of the official opening of the Uranquinty water tower mural which celebrates the township's contribution to Australia's military aviation history.

Branch members prepared and served morning tea to guests which included the Royal Australian Air Force's Air Commander, Air Vice-Marshal Glen Braz AM, CSC, DSM, and Julia, the daughter of Australia's first Aboriginal military aviator, Len Waters. A portrait of Len Waters features prominently on the mural painted by artist Damien Mitchell for the Uranquinty Progress Association.

Len was one of 1,500 pilots to "receive their wings" at the RAAF's No. 5 Service Flying Training School at Uranquinty and served as a fighter pilot in the RAAF during World War II. Len completed his training on CAC Wirraways and the water tower mural opening event included a Wirraway flyover.



# From our Groups

## Mid North Coast Group

The Mid North Coast Group recently its International/Cultural Day in Gloucester. It was great to see members travel from other branches to attend. Group International Officer, Gail Kirby, invited the South Pacific Area President, Lyn Braico, to be guest speaker. Lyn was accompanied by her travelling companion she

has named Grace and we were able to start her fundraising. Lyn explained all aspects about the South Pacific Area and about our Countries of Study.

Group Cultural Officer Pennie assisted by Kathy, got us talking about the games we played in the past. The interest and chatter level was high as we all reminisced. Celebrity Heads and

Guess the Proverb from drawings were huge hits.



*Group International Officer, Gail Kirby with South Pacific Area President, Lyn Braico*



# Garden of Remembrance

The following branches mourn the loss of valued members:

## Albury

Rona Jarrett—ex Glenbrook and Penrith where she had been Secretary; a talented and generous donor; served in the Navy for 30 years; member for 21 years—aged 86.

## Bodalla

Julie Perry—a much loved and valued member who joined in 2011 and was always willing to help wherever she could; her dignity, courage and quiet grace were an inspiration to all as was her kindness, care and compassion even in the midst of her own long battle with ill health; a treasured friend, sadly missed—aged 70.

## Bogan Gate

Hilda McPherson—life member and much loved reliable stalwart of our branch. She was our current Treasurer for over 50 years and held positions of Treasurer and Secretary at Group level. Known for her cooking and handicraft and will be very sadly missed—aged 91.

## Bonalbo

Veronica (Mon) Petty—a beloved member of CWA and many other community organisations, Mon touched the lives of most of the Bonalbo community and beyond; Mon first joined as a Junior at age 14 and contributed in many different roles including President, Secretary, Vice President, The Land Cookery Officer and International Officer; renowned for her cooking skills and was happiest when judging the School Cooking Competition each year; always willing to pass on her cooking knowledge; Mon will be greatly missed—aged 82.

## Bowral

Margaret Caseley—joined in 1985 and received her long service badge at the Bowral Branch 80th birthday; life member in 2015; Branch Treasurer, President, Vice President, Group Delegate and room hire coordinator for many

years; Group Secretary; a reliable member, loyal to the principles of CWA; despite failing health, Margaret was always available to help with supporting new members and attending branch activities; members will miss her ability to recall Bowral history and knowledge of CWA; a respected member of the branch—aged 91.

## Bulahdelah

Peggy Sweeney—former member for 11 years, a loyal and dedicated member and a great contributor to our fundraising efforts; sadly missed by our members.

## Bulli (later Balgownie-Bulli)

Doris Lillian Stewart—a long time member, instrumental within Illawarra Group and Bulli Branch with her friendly demeanour, helping members become office bearers; Doris held many positions: President, Secretary and Treasurer, Handicraft at Branch and Group; always had a keen input into State Conference and Group Meetings; Doris was always like an encyclopedia when it came to CWA policies and procedures and was a stickler for protocols and regulations; always a hard worker on stalls; through the Hospital Visiting Committee she would ensure rural people in both city and country hospitals had a visit—95 years young.

## Canowindra

Mary Newman—ex Carcoar-Mandurama, a valued member since 1987, she held positions as President, Secretary, Handicraft Officer and for the last few years as our Patron; an exquisite knitter who won at the local Show, branch and group on many occasions; an excellent cook and always a willing helper with catering and on street stalls. Her keen sense of humour will be missed by our members.

## Eden

Julie Duke—a supportive and valued member, a friend to all. Julie will be sadly missed by all who knew her.

## Forbes

Ena (Tommy) Parker—a valued member for over 25 years, Tommy loved craft and was a gifted knitter of many items including for premie babies; never missed a craft day and was always willing to do extra craft when necessary; enjoyed catering for Branch functions. Tommy will be greatly missed—aged 79.

## Greystanes

Dorothy Kerr-Lansom—member since 1957, started in Narrabri then moved to Sydney and joined a few branches over her time including Fairfield, Blacktown, St Marys, Camden and Greystanes. She held many positions at branch level as well as group including President, Secretary, Treasurer, International in both branch and group; her favourite office was Cultural, she sang in the state choir and loved to perform at the Group Cultural Days; Dorothy was also on the Hospital Support Committee; her dedication to CWA will be sorely missed—91 years young.

## Gunnedah

Lynette (Lyn) Pollack—a very popular former member and a talented actress, winner of many choral and drama day awards, also talented at handicraft and needlework; a lovely lady, greatly missed.

## Jervis Bay Day

Jean Ivers—a true lady and a much-loved member; joined Kiama in 1986 and Jervis Bay in 1995; served as Vice President for 9 years and received a long service badge in 2008; a passionate supporter of the branch and all our special occasions. Jean will be sorely missed and remembered with deep affection.

## Lower Belford

Valda Crothers—inaugural member in 1950; past President a number of times, also a life member and our patron; represented our branch at both

group and state functions, she was a very active member, who was extremely knowledgeable in all things CWA and especially in the local history of Lower Belford; she was instrumental in the purchase of the Methodist Church in the 1950s which then became the CWA Rooms; she was proud to tell you she was christened in the church as a baby; loved by everyone and will be sorely missed—aged 97.

### **Macksville**

Dorothy Moyle—a very active member for 28 years and was our first Cookery Officer in 1996 when she introduced cookery competitions to our members; Dorothy won the first competition with her banana cake and went on to win many more including two awards for cake decorating at State Conferences; Dorothy held many positions including President, Vice President, Handicraft Officer, Cookery Officer and International Officer; awarded a long service badge; a lovely, gentle lady, loved by all who knew her, and she will be sadly missed.

### **Mangoplah (closed)**

Marie Dew—a wonderful former member who held many positions; talented with flowers and made sprays for many functions; handicraft and cookery were her specialty; did not rejoin after Mangoplah closed; loved and remembered always—aged 88.

### **Murwillumbah Evening**

Vicki Turner—joined our branch when Kingscliff closed; an integral part of Kingscliff CWA for many years holding committee positions; often attended group meetings and some State Conferences; Vicki had a wealth of knowledge on CWA and will be sadly missed.

### **Nelson Bay**

Ena May Harries—patron and life member, joined around 1973. Held positions such as Branch President and Secretary, and Hunter River Group Representative. Played a large part in the building of our hall (opened in 1983) by holding stalls selling tea, coffee and biscuits, and also dealing with Council,

then continued as a dedicated worker to maintain the hall. Clever with leatherwork and needlework, she held many classes to teach members. Enjoyed welcoming new members and was always there to help. We will remember Ena with grateful thanks for her loyalty and commitment to the Branch over so many years—aged 92.

### **Nyngan**

Gladys Eldridge—an active member for 36 years, always on hand to contribute in whatever way she could; her needlework and embroidery skills were exquisite, her contribution to tap dancing routines and skits at Cultural Days memorable and her scone making skills exceptional; Glad was co-founder and coordinator of the Nyngan Railway Museum and organised railway and town special events; a kind, compassionate, hospitable and generous lady. We were very fortunate to have her as a long serving member—aged 92.

Val Smith—former member who contributed to the success of our Group Cultural Days; as Cultural Officer, Val guided many of us in our presentation of skits; she worked selflessly and tirelessly to prepare candidates for the Dubbo Eisteddfod in the poetry and drama sections; a caring teacher, valued member and dear friend—aged 88.

### **Pambula-Merimbula**

Win Rowland—much loved and valued member for 28 years; received her Long Service Bar; an active member of our handicraft group—her numerous crocheted knee rugs have been gratefully received by many in our community and in earlier years she would always help with any catering request; sadly missed—aged 95.

### **Penrith**

Doreen Bradley—former member for 36 years; a past Cookery Officer who had control of the kitchen for branch events; awarded a long service bar; passed away one day short of her 90th birthday, sadly missed.

### **Quirindi**

Peggy Clarke—Branch Patron, excellent supporter of handicraft projects, a quiet achiever, loved and missed by all, member for 21 years.

### **Raleigh-Repton**

Joan Colley—held many positions within the Branch; a very active and much loved member for 41 years; sadly missed by all who knew her—aged 95.

### **Somersby**

Helen Brougham—former member ex Adelong, joining in 1946; loved to play keyboard and piano and organised a Branch Choir which was well known in the Group; Publicity Officer for many years; a great cook with many state wins, and very proud of her pineapple tarts at every Branch event; received her 50 Year badge in 2010; remembered as a respected member—aged 98.

### **St George-Sutherland Shire**

Valerie MacKenzie—a much valued former member for eight years, born in Junee where her mother was a member; always willing to help with any activities; held the position of Welfare Officer, shared the Secretary position and helped the Treasurer; sadly missed by her friends and branch members.

### **Tottenham**

Jean Korsch—we said goodbye to our oldest member; Jean was an active member, often bringing a small vase of flowers to our meetings; a beautiful soul who gladly helped whenever she could, always smiling; a loyal member already sadly missed.

### **Wauchope**

Alva Thomas—Past Vice President and Kitchen Officer for several years. Took part in plays and skits for Group competitions and knitted many squares for Wrap with Love. Always willing to help and had a kind word for everyone. A much loved and respected member for 19 years. Sadly missed.

*Notifications to State Office, membership@cwaofnsw.org.au.*

## Accommodation and Mini Ads

### Members Outsourced Accommodation

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

Booking should be made online via [www.metrohotels.com.au](http://www.metrohotels.com.au) or contact 1800 766 498 if you do not have access to the website.

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

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

Log onto the CWA website to renew your membership, shop online or download documents. Your email address is your username. If you don't know your password, click the "forgot password" link to reset it. This reset email may end up in your junk mail. Once logged in, go to the membership tab and then click on member portal to access member-only information.  
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