

# The Country Woman

VOLUME 66 NO 05

OCTOBER 2025



*CWA 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

Brenda Michaud  
10A Wilson Road  
Terrigal NSW 2260  
Ph: 0423 104 610  
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

Tanya Jolly  
Ph: 0429 867 772  
president@cwaofnsw.org.au

### State Honorary Secretary

Bronwyn Dunston  
Ph: 0428 764 070  
secretary@cwaofnsw.org.au

### State Honorary Treasurer

Ruth Cargill  
Ph: 0407 019 194  
treasurer@cwaofnsw.org.au

### State International Officer

Carolyn McMullen  
Ph: 0412 279 109  
carolynrmcmullen@gmail.com

### State Agricultural & Environmental Officer

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

### State Social Issues Officer

Elizabeth O'Dwyer  
Ph: 0421 452 646  
elizabethmarynash@hotmail.com

### State Vice President

Leonie Fish  
Ph: 0417 883 737  
leoniefa.grafton@outlook.com

### State Vice President

Pam Wright  
Ph: 02 6767 1044  
Email: pamwright23@hotmail.com

### State Vice President

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

### Chief Executive Officer

Danica Leys

### Cultural Committee Secretary

Desiree Bickle  
634 Stewartfield Rd  
Adaminaby NSW 2629  
Ph: 0427 679 716  
bickledesiree@hotmail.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

Jan Eagleton  
Ph: 0418 279 162  
jan.eagleton1@gmail.com

### Agricultural & Environmental Committee Secretary

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

### "The Land" Cookery Committee Secretary

Vikki Fletcher  
Ph: 0407 782 829  
landcookerycommittee@gmail.com

### Social Issues Committee Secretary

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

**Cover:** CWA Awareness Week: Gilgandra Evening Branch (top left), Sydney City Branch (right), Gundagai Branch (bottom left).

**Average Circulation:** 7,514 (September 2025)

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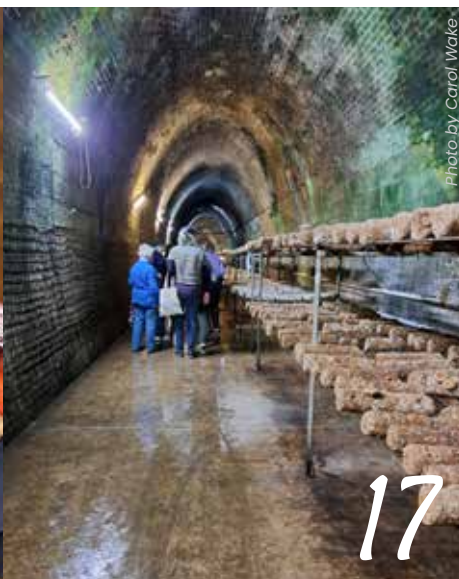
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# Contents



- 4 State President
- 5 CEO's Report
- 6 News from State Office
- 7 Seasonal Eating Advocacy Kit
- 8 [CWA Awareness Week](#)
- 10 Cultural Report
- 10 Committee Reports
- 17 [Agricultural & Environmental Seminar](#)
- 18 State Treasurer's Report
- 19 [Back from The Brink](#)
- 20 From the Archives
- 22 Raising Community Awareness of Modern Slavery
- 23 Sudoku
- 24 Connect More
- 25 Advocacy Update
- 26 Child Protection Policy
- 27 Welcome New Members
- 28 Celebrations
- 29 From our Branches
- 33 Garden of Remembrance

## From the Editor

This month, as we wrap up Awareness Week, I hope you have all enjoyed exploring the importance of seasonal eating and all that entails. It's wonderful seeing how you explored and promoted this healthful topic. Your submissions help other branches plan further events. Thank you. Sharing is caring!

I am also honoured to be the caretaker of your stories. From the events that bring you together, to the activities that foster community and the infinite items made with love and given freely to those in need, your efforts are truly inspiring. Thank you for trusting me with your stories.

All of this has got me thinking of the true nature of volunteering. Yes, we are involved with the CWA to volunteer in our communities, finding ways to bring assistance and caring to the world around us but we never speak of how that feeling of helping others lifts our own hearts. While it is important to be of service to others, let us not forget to take time to sit within that space, to take stock in how it affects us in a positive way. Helping others lifts our spirits, making our lives better and reminding us to see the good in the world which is especially significant when it sometimes seems like the world is on fire. So let our kindness shine while remembering why we volunteer in the first place.

As Helen Keller once said, "Alone we can do so little; together we can do so much".

[Brenda Michaud, Hon Editor](#)

# State President

I'm doing my report whilst I'm in Sydney at the State Office. It's raining beautifully here, so lovely to look out the windows and see it. There was a chance of rain for my home area today I can only hope it's happening. All the crops in the area need a drink badly.

Greg and I along with some friends have recently returned from a month away in our caravans tripping around the bottom part of Western Australia; such a beautiful state so green and picturesque, every corner we turned there were just amazing crops of canola and wheat—very jealous. I kept up-to-date with all the happenings of CWA thanks to Starlink with regular phone calls, emails, Zoom meetings with the South Western drought summit and also a finance meeting.

I attended Warren Branch's 100-year celebration. It was such an enjoyable day; they had fashions over the decades plus memorabilia. When you read this Belmont branch will have had their 80-year celebration; I am looking forward to celebrating this day with them.

Danica and I have meetings at Parliament House with Dr Joe McGirr, the Hon Jodie Harrison and the Hon Paul Scully. I am looking

forward to the conversations to be had in line with our policies and a general chat about what is on our members' minds.

Our advocacy work, as always, has been tireless with letters and submissions flying out the door—a huge thank you to Andrew for all the work done on this.

Awareness Week is in full and swing I'm doing lots of radio and newspaper interviews. It's certainly starting the conversation and getting people thinking. I have seen via our Facebook page all the wonderful events and ideas that you are doing. Eating seasonally has huge health benefits, keeps fresh longer and helps with the cost at the supermarket. Urging the federal government to introduce a National Food Donation Tax Incentive is being well-received by the public and it just makes sense.

Our Group Conferences will be here before we know it. Lots of planning and preparations have gone into these days and I wish all groups good luck with filling positions. I'm looking forward to meeting many of you at the Conferences that I will be attending.



R U OK day was in early September—I think everyday we need to check on our family and friends. A smile and a chat can go a long way. Remember to be kind to others even if you're having a bad day; they might be having worse one.

Friday 26th September is the Official opening for the CWA of NSW Guesthouse at Macquarie Homestay in Dubbo. This is such a proud moment and huge congratulations to those branches and individuals who have contributed to help achieve this.

On 22nd and 23rd September, Danica and I will be attending the Griffith Economic Forum; it's a jam-packed couple of days and I will talk about it more in my November report.

**Tanya Jolly**  
State President



*Danica Leys and Tanya outside Parliament House*



*The Hon Jodie Harrison with Tanya*



*Dr Joe McGirr with Tanya*

# CEO's Report

As we approach the end of the CWA of NSW year, it's a good time to reflect on our membership. Early indications suggest we're holding fairly steady overall but with a small decline in numbers. That said there are also some branches and areas that have wonderful examples of growth. Branches that have combined strong local outreach with thoughtful recruitment have really shown what's possible. This year we also ran a member campaign as part of our Strategic Plan, which has given us new ideas to build on.

Membership looks different for everyone. While some members enjoy coming along to meetings regularly, others support in quieter ways because of work, family or other commitments. Their membership still matters greatly and staying connected with them helps keep the door open for when they may have more time to get involved.

It's worth remembering too that success isn't just in sign-ups but in renewals. When new members feel welcomed, included and proud to wear the badge, they're much more likely to stay with us. Thank you to everyone who continues to create that sense of belonging in your branches as it really makes all the difference.

This year's Awareness Week campaign shone a spotlight on

food sustainability and seasonal eating. Our message was simple but powerful: choosing foods that are in season not only supports local producers but also reduces food miles, helps the environment and keeps costs down for families. Across the state, branches engaged their communities through events, conversations and media coverage. These activities reminded everyone that the humble act of eating seasonally can contribute to a healthier food system and help combat the cost of living.

Beyond this, our advocacy program has stayed busy across multiple fronts and there is an advocacy report in this journal detailing some specific activities and submissions. Our Agricultural & Environmental and Social Issues Committees have progressed motions from Conference and set clear priorities for the year ahead. Parliamentary engagement has also been strong. In September, representatives attended NSW Parliament for meetings across the aisle to discuss our policy agenda, connect MPs with local branches and mark R U OK? Day.

By the time you received this journal we would have held the "Ask Me Anything" webinar with our State President, Tanya Jolly. I am sure it will be a great



opportunity to answer some questions and dispel some misconceptions about how we do things and why we do them a certain way. That said, we are always available for questions beyond this webinar about how CWA of NSW process and procedure applies to the things that we do, and we are happy to answer any questions at any time. As always, a reminder that the Procedures Manual, whilst not exhaustive, is a very detailed guide on many frequently asked questions and is a great first resource to check.

As always at this time of year, a procedural reminder: motions passed at Group AGMs for the 2026 State Conference are now due and will be considered at the November State Executive Committee meeting. Please ensure your submissions are clear, evidence-based and aligned with our procedures to help us progress them efficiently.

**Danica Leys**  
Chief Executive Officer

## Membership Payment Deposits Reminder

Branches: when making membership payment deposits, it is essential that the correct details are included in the reference description. This ensures that your branch's payments can be quickly and accurately matched in our records. Please include your branch name and "Memberships" as well as the number of members you are paying for. If you are paying for only one or two members, you could add the last names if there's space. Eg:

- OrangeBranch Memberships x 20
- OrangeBranch Memberships x 1 Smith

Including these details avoids delays. Please ensure that the paperwork including all names and details are emailed to [memberships@cwaofnsw.org.au](mailto:memberships@cwaofnsw.org.au) on the same day that the funds are transferred.

*Note: members cannot pay directly into the CWA of NSW bank account. Contact your branch for options.*

# News from State Office

## Reminder for Group and Branch Secretaries

As soon as you have elected your Office Bearers for 2025/2026, please complete the relevant form in the Procedures Manual. Branch Secretaries need to complete *F1-1-724 Branch Annual Form State and Group* and send it to both State Office and your group. Group Secretaries need to complete *F 3-1-713 Group Officer Bearers Form* and send it to State Office. 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) (after logging in).

Full member—1 year: \$50.00.

Full member—3 years: \$150.00

Student member aged 18-25: \$39.25.

Continuing life member \$7.00.

*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.

## Agnes Garry Award

Entries for the Agnes Garry Award are to be sent to the Hon Editor, Brenda, by 15th February via email or posted. Brenda's email and postal address can be found on the front inside cover of this journal.

The topic is "What needs to change to make the provision of telecommunications and internet services more equitable across the entire state?"

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

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

A Gift in Will.

To make a future  
without  
cancer possible.

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

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

AUSTRALIAN  
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RESEARCH  
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[www.acrf.com.au](http://www.acrf.com.au)

Learn more about  
leaving a gift in  
Will to ACRF.

[www.acrf.com.au/bequests](http://www.acrf.com.au/bequests)



# Seasonal Eating Policy Advocacy Kit

## Background

Seasonal eating means choosing food that is naturally in season in your local area. It's about supporting local farmers, reducing food miles and enjoying fresh, nutritious produce at its peak. While there is currently no dedicated NSW or federal campaign promoting seasonal eating, the principles are supported through broader initiatives that aim to strengthen Australia's food systems and promote healthy, sustainable choices.

In March 2025, the Australian Government announced the development of a new national food security strategy, *Feeding Australia*, which will focus on improving supply chain resilience and reducing the cost of food. This includes working directly with farmers and communities, backed by a \$3.5 million commitment. Programs such as farmers' markets, community-supported agriculture (CSA) and local food networks also help connect people to seasonal produce at the state and community level.

For the CWA of NSW, this represents a timely opportunity to advocate for seasonal eating to become a public priority. By encouraging awareness campaigns and supporting local food policies, members can help bring seasonal eating into the spotlight benefiting local growers, household budgets and public health.

## Why it matters

- For health: Seasonal fruits and vegetables are fresher and more flavourful. They're often higher in nutrients, like vitamins and antioxidants. Encourages a diverse diet throughout the year.
- For community: Buying in-season produce from local

farmers keeps money in your region. Supports jobs, strengthens food security and celebrates local food culture. Helps build connections between growers and consumers.

- For environment: Less transport and refrigeration mean lower emissions. Seasonal farming supports biodiversity and can reduce the need for chemicals.

## The CWA of NSW policy position

That the policy of CWA of NSW be to advocate for increasing public understanding of the benefits of seasonal eating, highlighting the health, economic and environmental benefits to consumers and local producers.

## What can CWA of NSW branches do?

- Raise Awareness by hosting a seasonal food workshop or "tasting table" at your next meeting. Sharing seasonal produce calendars from reputable sources. Creating simple posters for community noticeboards.
- Engage local community stakeholders, for example: Inviting a local farmer, dietitian or other experts to speak about seasonal produce. Partnering with local councils to promote seasonal food signage at farmers' markets.
- Write to your local MP, local council or community newspaper encouraging support for public education on seasonal eating.

## What can individual CWA of NSW members do?

- Talk to family and friends about the benefits of buying seasonal produce.
- Shop at your local farmers'

market or join a community-supported agriculture scheme.

- Share seasonal recipes on social media and tag #SeasonalEatingNSW.
- Write to your local council encouraging support for seasonal food signage, garden programs or educational campaigns.

## Quick facts

- Global food-miles account for around 19% of all the emissions generated to get food on your plate, and the emissions from transporting fruit and vegetables are almost double the amount released during their production, according to Australian research.
- In the Food Miles in Australia report by Centre for Education and Research in Environmental Strategies (CERES), an average shopping basket of 29 common food items travelled over 70,000 kms—that's nearly two times the distance around the Earth. Just four imported items accounted for nearly 50,000 kms.

## Resources

- NSW Health Seasonal Produce Guide: <https://slhd.health.nsw.gov.au/yhunger/brainfood/seasonal-fruit-vegetable-guide>
- Open Food network Australia: <https://about.openfoodnetwork.org.au/project/community-supported-agriculture-csa/>
- Sustainable Table Australia—Seasonal food and farming resources: <https://www.sustainabletable.org.au/>
- Find Farmers Market Near you: <https://farmersmarkets.org.au/find-a-market/>

**See the full list of CWA of NSW Policy Advocacy Kits at [www.cwaofnsw.org.au/advocacy](http://www.cwaofnsw.org.au/advocacy)**

# CWA Awareness Week

Port Macquarie Branch held an Awareness Week event at their tearooms. Suzanne Strauh, from Make a Difference Port Macquarie, spoke about how their team provides meals each week to the needy using food donated from Oz Harvest. The morning allowed members and guests to engage in discussion about the CWA as well as about ways to reduce food waste and be more aware of seasonal eating.



Kendall Branch organised a display in the Laurieton Library promoting CWA Awareness Week and the branch. Seasonal Eating cards were available as well as CWA brochures and other information. Photo shows Nan Bowman, Sue Carter and Linda Shreeve with their display.



Ballina Branch ran a stall in their local shopping centre. This included a display of seasonal vegetables with the Seasonal Eating card, along with preserves to buy and promotional materials which were given out to members of the public. Photo shows Gai Mason and Margaret Graham at the stall.



Gundagai Branch placed Awareness Week displays in a local bank and a craft shop. They were given a prominent position to show off CWA books, aprons and journals, as well as information about seasonal eating and joining CWA.



Belmont Branch highlighted CWA Awareness Week by creating artworks from seasonal fruit and vegetables. Mel Atkin won the popular vote with her cauliflower lamb and mandarin cat. All artworks were consumed and no food was wasted.



Sydney City Branch members handed out Seasonal Eating cards at their stall at Concord Rotary Farmers' Market as well as selling preserves—many made from homegrown or donated fruit and vegetables which cuts down on food waste. Photo shows Alicia Kell, Yvette Henderson, Kerry Byrnes, Louise Farrell, Lyn Justice, Samantha Waldon, Jane Stanham and Kaye McIntyre.



Jindabyne Evening Branch with assistance from Jindabyne Branch had a stand where members handed out CWA information, Seasonal Eating cards, bush tucker biscuits and mandarins. A colourful display of seasonal citrus helped promote the theme.



Armidale Branch members were available to discuss all things associated with Awareness Week at their pop up stand at Armidale Market Fresh. There was taste testing and the branch gave away a seasonal box of produce as well as promoting ways to reduce food waste. Jams, relishes, sauces, pickles and chutneys were on sale and showcased how to turn excess seasonal produce into delicious preserves.



Belconnen Branch held a street stall where they displayed information about seasonal eating, and sold CWA cookbooks, CWA tea towels and beautiful homemade jam. There was much interest and support from the community.

Gloucester Evening Branch held a stall in main Street of Gloucester to help promote Awareness Week. Members gave away Seasonal Eating cards and the display of seasonal fruit and vegetables helped create interest in this year's theme.



Forbes Branch members promoted CWA at a community fete, giving away Seasonal Eating cards and promotional material as well as promoting the work of the branch and selling home made goods. Photo shows members Elaine, Dot and Zelma.



Terrigal Branch took a great lunch time opportunity to share CWA and this years Awareness theme with our local bowling community. Members gave away seasonal eating cards as well as selling craft and tasty treats.

Grafton Branch held an Awareness Week display at a local optometrist. The display promoted the theme of seasonal eating as well as CWA in general and Grafton Branch.



Gwandalan Branch had a stall at the local community market day where they distributed the Seasonal Eating card and information about CWA.



Condobolin Branch held an Awareness Week event with informational posters on seasonal vegetables and reusable kitchen scraps. There was also had information on hand for the CWA education grants and information on becoming a member of the CWA.

# Cultural Report

Difficult as it may be to believe, the CWA year has come to an end. On 1st October 2025, the new CWA year began. The Cultural Committee's four quarterly meetings have been held—our last in August. At that meeting the topics for 2026/2027 competitions were decided as have the judges of entries for the 2026 Stae Conference. The topics decided on for next year will be published in the December Journal. This is also a time to remind all entrants to lodge those entries by 15th November. Please take the time to check that the photographs are entered in the correct category. The Art entries are not required until 31st March 2026.

Please remember to nominate your Group's choice for Woman of Note. This woman has to be an Australian woman (not necessarily by birth) who, during her lifetime has been outstanding in whatever field or area of her

life she has chosen. Alternatively, she may be an "ordinary" woman who has shown extraordinary strength and compassion during her life.

The raffle books will be distributed prior to the Christmas break. As usual, they are well worth the price of the ticket but more importantly, the funds raised help us to support Moorambilla Voices as well as to pay the winners of the competitions and the judges of the entries.

I stumbled across a book by a contemporary Australian author, Margaret Hickey. She is from North East Victoria and has a PhD in creative writing. Her interest in rural lives and communities is evident in this novel which features Detective Mark Ariti. Three of her novels "star" Mark Ariti but they are all stand-alone novels. The descriptions of the area in which this novel is based are so accurate that the reader

feels a part of the town, part of the action. I will be reading the other two books in this collection, as I turned the phone to silent and curled up on a recent very cold weekend to finish this one. I thoroughly enjoyed it and hope that you do too.

At our next meeting, we will be meeting our new Committee members, so will introduce them all to you in the December Journal. In the meantime, we look forward to receiving many, many entries before the closing date. All the best of luck filling all positions at your October Annual Meetings.

Lynne Dunn, Chairperson

## Cultural Entry Form

CWA of NSW Cultural Competition Entry Form can be found on page C 6-11-720 of the Procedures Manual or in the August journal.

# Show Catering Report

## Call for Volunteers

The 2026 Sydney Royal Easter Show will be held from the 2nd April 2026 until the 13th April 2026. Once again we will be looking for volunteers to help us at the CWA Tea Room. Husbands, partners, grandchildren, friends and workmates are all very welcomed if they are over the age of 18 years. It was wonderful to see so many families working together and enjoying themselves at the Show this year. Please put these dates in your diaries and hope to see many of you at the Show in 2026. The Committee will commence calling out for volunteers in the December Journal so please keep an eye out for this and please volunteer. The Show is a great experience and enjoyed by

all who volunteer.

Donations of fruit cakes (small and large square), date loaves, jams, relishes and pickles are very welcome and much appreciated. These homemade items are always a big hit and sell out quickly. A helpful tip: preserving when fruit is in season is a great way to prepare your contributions ahead of time. Please ensure that a CWA food label is attached. Labels can be found in the Download section of the CWA website. Last year the Committee set a challenge for 1,500 jars of jams, relishes and pickles, and the Committee would like to set that challenge again this year. Your efforts are really appreciated by the Committee.

Following the July Executive

meeting, the following members have been elected onto the 2025/2026 Show Committee: Donna Robertson, Barbara Veness, Zara White, Joy Beames, Judy Campbell, Natalie Pavia and Julie Deer. On behalf of the Committee I want to say a huge thank you to Yvette Henderson and Jocelyn Parker for their time, commitment and dedication they brought to the Show Committee over the previous years. Your efforts have truly been appreciated by everyone.

We will be holding our AGM in November 2025 and we are all looking forward to the meeting and getting things rolling for the 2026 Royal Easter Show.

Julie Deer, Secretary

# Hospital Support Report

Hospital Support Committee members and Friends to the Committee held a very productive additional packing day in September. At this time, we were able to complete the 24 International Mother & Baby Packs which we had commenced in July. These were then handed over to the State International Committee who arrange with Rotary for them to be transported to PNG to be given to women who attend clinics for the safe delivery of their babies.

Friend to the Committee, Elisabeth Hodgson, has continued to be very busy on our behalf delivering lovely donations of rugs, hats, premmie babywear, scarves, pilchers and disposable nappies to Gosford Hospital, San Remo Neighbourhood Centre and Newcastle Ronald McDonald House. We continued to support the Royal Freemasons' Benevolent Institution (RFBI) donating knee rugs for use by their residents in Berry.

Currently, we need quilts for cots and single beds, light weight baby wraps and baby matinee jackets.

Following decisions made by the Committee at our July meeting on the allocation of funds raised from our Conference stall and raffle, we have purchased 50 vouchers which were distributed between Ronald McDonald Houses at Westmead and Randwick to assist families whilst in residence. We used the remaining monies to donate to the CWA Medical Research Fund and to the CWA Association Fund. We thank members and the public for their support at the 2025 Wagga Wagga Conference.

In response to members frequently asked questions: the Mother & Baby Pack information can be found on the CWA of NSW website under the Member Portal, Downloads section (after logging in). Further information as to

the kinds of items we distribute is available from the CWA of NSW website home page under Committees, Hospital Support. The Hospital Support Committee publish a list of items that are in short supply in our Journal reports and on the CWA members closed Facebook group.

The Delivery address for those who wish to donate items is:

Hospital Support Committee  
CWA of NSW  
Level 2, 244 Coward St  
Mascot NSW 2020

If using Movement of Charitable Goods service please refer to the current Procedures Manual (page G 9-1-725) and follow the instructions.

To the many branches across the state who have been working hard providing items to their local hospitals, nursing homes, aged care homes, refuges, rehab centres and neighbourhood centres throughout 2024/2025, we say thank you for your generosity and compassion. We love hearing from you and

reading your Facebook posts.

Thank you to all the individuals, branches and groups who have donated stock to the Committee during the year. Thank you also to those who have been able to contribute financially to the Hospital Support Committee; we greatly appreciate your support. Remember to contact us if you need assistance in supplying items locally, we may be able to help.

Our AGM will be held at Mascot on Thursday 13th November 2025 at 9.30am for a 10.00am start and will immediately be followed by a General Meeting. Packing will begin in the afternoon and finish on Friday 14th November 2025.

At the AGM I will be stepping down as Chairperson having completed three consecutive years. I am remaining as a member of the Committee and look forward to continuing our valuable work in keeping with the fundamental principles of the CWA of NSW.

[Sue Vassie, Chairperson](#)

## COUNTRY OF STUDY 2026: FIJI



# International Report

You will all know by now that our Country of Study for 2026 is Fiji. I hope everyone is looking forward to learning about Fiji, it's customs, geography, history, flora, fauna and culture. Booking details for our State International Seminar on Saturday 7th February 2026 will be in the December Journal.

At our July Executive meeting, a number of International donations were made. \$20,000 was given to the TAFEA Health Care Association for the purchase of equipment for their maternity hospital on Tanna Island which was officially opened on the 2nd October.

\$10,000 was given to the Saroj Nalini Dutt Memorial Association in India to their Save the Sight Clinic in this their centenary year.

\$5,000 was given to the Love Mercy Foundation to support their Tailoring Project in Uganda. In 2024 the Foundation ran a course in Kokodoto for 30 young people who had dropped out of school, teaching them to sew and other dressmaking skills, also five more young people learnt hairdressing. This program was so successful that this year they wish to offer the program in a second town. Graduates have the ability to earn an income from these newly learnt skills enabling them to have independence.

On the 17th September, I had the honour along with Sabina of accepting a Plaque of Appreciation from the Korean Embassy for CWA of NSW. They were so pleased to have been chosen as a Country of Study, equally we thoroughly enjoyed liaising with them.

I have attend several branch and group days, as well as liaising with Barb McMillan, the QCWA State International Officer.

Twenty-two Mother & Baby Packs have been made up and eight

Material Aid parcels posted in the last couple of months. Many thanks to the Hospital Support Committee, Phillip Group members, Lyn Braico and Wendy Stein who all combine to make it possible for CWA of NSW to support our sisters in the Pacific Islands with much needed supplies.

I trust that all branch reports have now been sent to your Group Officers. I look forward to reading what everyone has been doing across the state.

**Carolyn McMullen**  
State International Officer



*Material Aid recipients opening their parcel and dresses made from a Material Aid parcel.*

## Handicraft Workshops at Bredbo 8th-9th November 2025

I wish to attend the **Stumpwork Workshop 8th & 9th November**, 2 days, cost \$70 (includes morning/afternoon tea/ lunch).

I wish to attend the **Creative Contemporary Embroidery Workshop, 8th & 9th November**, 2 days, cost \$70 (includes morning/afternoon tea/ lunch).

**Kits supplied at extra cost.**

To be held at:

Bredbo Community Hall,  
Monaro Highway,  
Bredbo.

Name \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Dietary Requirements: \_\_\_\_\_

### RSVP Friday 31st October 2025.

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

OR

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

For more information contact Geraldine Gore: 0422 353 499.

# Handicraft Report

Hello members,

October is a busy time for all, with Branch and Group Annual Meetings across the state and many people changing positions. It is important that the retiring officer pass on any information, tips and tricks to the new officer to enable her to continue the work without any hitches.

Another suggestion is that you read the Chairman's Journal letter in conjunction with the State Handicraft Schedule. The reason I say this is when the Committee receives enquiries or re-words portions of the schedule, then the idea that we let everyone know via the Journal is the most inclusive way, as everyone receives the Journal. Also, I would like to add, that the Committee works very hard to put the Schedule into plain English and even though there are 11 members having input, sometimes a member will come up with a word we have not thought of, so sometimes the use of a "generic" word is what appears.

The two main queries we have had are about the Chairmans' Choice and the Branch Challenge.

Firstly, the Chairmans' Choice. This section was introduced to revive long forgotten, or perhaps never heard of, techniques. This year, I chose Kantha Stitchery for a variety of reasons. Firstly, this is ancient stitch which was initially used to mend clothing, in particular, saris. It has progressed over the years and can also be used as a decorative stitch in many forms. Secondly, it is not an expensive stitchery and thirdly, it is a stitch that can be picked up and/or taught to those who may not be craft oriented. The one thing that must be remembered is that the article you enter will be judged as a finished article, i.e.: a placemat and must be finished ready for use.

Secondly, the Branch Challenge. This was designed to encourage members of a branch to get together and have some input into your branch entry. There must be at least four members (maybe more) who are involved in the production of the entry. The entry need not be in a box for entry to group, as long as all the items fit into an area of 25 cm X 25 cm and no taller than 15 cm. The Group Officer has been provided with the appropriate box which they will use to send the group entry to state. Next, the "plate" can be interpreted as a box, plate, mat, bowl, basket, etc, as long as it is made from soft craft fabric, e.g. doily, linen, raffia, patchwork, etc. These can be stiffened with starch, interfacing, wadding, etc. No woodwork, pottery, paper mache or papercraft as per other sections of the Schedule.

I hope these explanations are suitable to you. However, if not, please send an email to the Handicraft Secretary, whose email is in all issues of the Journal (front inside cover).

Our recent retreat which was held in Ballina was a wonderful success with 10 ladies learning the art of needle felting and six learning "quilt as you go" techniques. A big thank you must go to the women who shared their talents, namely Jo Edgar and Gai Mason. Also thank you



*A quilt-as-you-go table runner from the recent handicraft workshop*

to the members of Ballina Branch who kept us well nourished.

If your branch would like to host either one of our meetings with a workshop attached or a retreat, please let us know where we can hold an event near you and also what craft you would like to learn. Please let us know these details prior to 31st October so they can be discussed at our planning meeting in November.

As I have completed three years as the State Handicraft Committee Chairman, this will be my final report to the Journal. I have thoroughly enjoyed leading this wonderful group of women and we have had the most congenial, agreeable, fun-loving committee who work so amazingly well together, agree to disagree when necessary but, all in all, have a wonderful time working for you, the members.

I would especially like to thank Denise Turnbull who was the very capable Treasurer for 2023 and 2024, Elaine Rose, the Treasurer for 2025 and a big thank you to our truly wonderful Secretary Geraldine Gore. Unfortunately, we are losing both Denise and Geraldine from the Committee but we wish them well and hope they will continue to support us whenever they can.

I would also like to thank CEO Danica, Fiona and especially Leah from State Office for all the help they have given me for the past three years.

Our AGM will be held in November so there will be some new office bearers and I wish them well and will be there to give my support. I know we are looking forward to judging and then the exhibition to be held at State Conference in Forster in May 2026.

Cheers,

**Ruth Shanks AM,  
Chairperson**

# The Land Cookery

As branch and group finals are being held from now until March, please use the correct forms. These are found on the Member Portal section of the website in the Procedures Manual under The Land Cookery:

- L 1-1-724 The Land Cookery Branch Return
- L 2-1-724 The Land Cookery Group Return

For all new Branch & Group cookery officers, we thank you for taking on these positions and remember, The Land Cookery Committee members are always available to help in any way.

The coupon needed for your **state entry only**, is available in The Land Newspaper across these time periods: 14th September 2025 to 4th December 2025 and 21st January 2026 to 23rd April

2026.

Our raffle prizes were announced in the last journal and the tickets to sell on our behalf will be posted out in November, noting that these will go to the Group Secretary from the current directory.

By the time you read this we would have held a "How To" day in Albury—thank you for hosting this. Tumut is hosting a day in November. Please contact Tumut Branch if you wish to attend.

So many of you are having such fun with the surprise cake, along with a few disasters—mine included! I have made really successful loaves and then some amazing duds but they all taste good. We have allowed you to use any rectangular/oblong tin that you have. Straight or angled

sides, and any length and width.

The new schedule is nearly finalised and we have continued the four classes of preserves, as they have been so popular. A bumper Cookery Companion will be available along with the new schedule, celebrating our 75 years. Details will come at a later date.

The Committee meets soon for our AGM and I finish my three years as Chairperson. I have been so fortunate to have such a fantastic Committee over the last three years. Thank you all across the state who have made me so welcome. I have come to know so many of you and have really enjoyed my three years. I wish the new Chairperson and Treasurer the same experience.

**Ellice Schrader, Chairperson**

## Member Portal on the CWA website

Go to [www.cwaofnsw.org.au](http://www.cwaofnsw.org.au) and click on the "member login" image (or click "sign in" on the top right corner of the page). Your username is your email address. If you don't know your password, click the "Forgot Password?" link.

Once logged in, go to the "membership" tab then "member portal". You can access downloads, the Procedures Manual and an online directory of Branch and Group Office Bearers.

If you don't have an email address listed in the database or you're having trouble logging in, please contact State Office, 02 8337 0200.

Note: Every member already has an account attached to their membership so you do not need to create a new account.

## 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 2025.

Postage weights	cost
1g-80g (eg badges, badge ribbons)	\$4.00
81g-500g	\$11.50
501 g-1 kg	\$15.00
Over 1 kg-3 kg	\$17.00
Over 3kg-5kg	\$20.00
Over 5 kg-10 kg	\$26.00
Over 10 kg-15 kg	\$40.00
Over 15 kg-20 kg	\$46.00
Box of Cookbooks	\$40.00

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

If shopping online ensure you sign in first. There is no need to create a new account. Contact State Office if you need assistance.

# Social Issues Report

The 2025/26 Education Kits for the Social Issues Committee are now live! Copies are available for download by members from the advocacy page of the CWA of NSW website ([www.cwaofnsw.org.au/advocacy](http://www.cwaofnsw.org.au/advocacy)). The Kits provide information to members on each of the Committee's five priority issues: precision medicine, baby health services, cervical screening, immunisation and modern slavery. Each Kit sets out the background of the issue, its importance, the Association's policy position on the issue, and also provides facts and resources. Importantly, in each Kit there are suggested activities for individual members and branches to undertake. The idea of these Kits is to be a conversation starter and to encourage members to participate in the Association's advocacy work. So, write that letter, organise that speaker, host a community event or talk to others about the issue.

I have worked with Andrew Connolly, Policy Manager, on a submission to the NSW Parliament's Inquiry on Fertility Support and Assisted Reproductive Treatment. This submission addressed the

issues arising from the cost of assisted fertility treatment, and the significant barriers faced by women living in regional, rural and remote NSW. The deadline for submissions has been extended to 30th September 2025 following which hearings will take place before a report is published.

The Committee continues to work on other activities to raise its profile within the members of the Association generally and also to promote the education and awareness of, and inspire the interest of members in, relevant social issues. There will be a members' Facebook group set up shortly for the Committee. We are investigating holding at least 2-3 webinars, organising a workshop and also contributing articles for The Country Woman journal.

The Committee's AGM is scheduled for 6th November 2025. Please keep an eye out on the closed Facebook group and e-News and future journal reports for further details about other activities being organised for members.

Please get in touch with myself or one of the Committee members

if you have any questions or wish to raise an important issue.

**Elizabeth O'Dwyer, State Social Issues Officer**

## Advocacy Kits available for branches

The Agricultural & Environmental and Social Issues Committees have chosen topics from motions passed at this year's State Conference which have now been developed into kits for branches to use.

The Kits include background information, things you branch can do locally, quick facts and resources. Download the Kits at [www.cwaofnsw.org.au/advocacy](http://www.cwaofnsw.org.au/advocacy) or scan the QR Code.



## Publicity Support Forum webinar

The Publicity Support Forum is hosting its next webinar on Saturday, 15th November 2025 at 2pm, the topic being "What is Publicity?"

This will be a Q&A type format, encouraging conversation amongst participants and panellists. We have intentionally left this webinar until November so all the new Publicity Officers have time to settle in but soon enough after annual meetings that we can help kick start their important role within branch or group.



We look forward to sparking great ideas amongst current and new Publicity Officers and look forward to you joining us for a fun and informal afternoon on all things publicity.

To register go to the registration link: <https://tinyurl.com/CWApolicyQA> or use the QR code.

Find more details and chat about publicity in the CWA Publicity Officers Facebook group: [www.facebook.com/groups/cwapublicity](http://www.facebook.com/groups/cwapublicity)

# Agricultural & Environmental

## Biota, Banes and a Bit of Bush Tucker

Nowhere else in the world, are the endemic fauna and flora of NSW & ACT found. Our unique plants and animals are just one important reason to protect Australian biosecurity and strengthen penalties for breaches of biosecurity laws. Introduced weeds and feral animals destroy habitat, choke out native plants, lessen the biodiversity and abundance of native species, reduce the natural food supply of native animals, and have hunted many species to extinction and near extinction. They cost our agricultural industry billions in control efforts and lost production. It's so important to be aware of our fauna, flora and foe. Knowledge of Australian primary products allows us to make informed decisions on our purchases, and supports local jobs and food security. The new primary product has been chosen because many branches are keen to investigate it. It is my pleasure to promote the four new topics of study for the new CWA year, so please enjoy learning about them over the next twelve months and eating delicious primary product recipes!

**Fauna:** Glossy black cockatoo (*Calyptorhynchus lathami*): an obscure and threatened species. 8,000 are left in Australia.

**Flora:** She-oak (*Casuarina* and *Allocasuarina*): understated and is very important to the glossy black cockatoo.



Photo by Brian McCauley

Glossy black cockatoo in she-oak tree

**Foe:** Escaped garden plants: three quarters of Australia's worst

weeds started out as garden plants.

**Primary Product:** Wattle seed: healthy, nutritious and exciting to cook with.

## Phillip Group and Mr & Mrs Gould

In July, members of Phillip Group and myself met at the Australian Museum in Sydney, where we visited the Mr & Mrs Gould exhibition that was presented on a huge 3D storytelling cube. We discovered the story of John and Elizabeth Gould, and their visit to Australia in 1838 to document Australian birds (some of those birds now extinct). The 328 birds documented were sent back to England to become scientific taxidermy specimens. It has taken 186 years for Elizabeth Gould to finally be recognised for her integral part behind the scenes in contributing to her husband's success as a famous ornithologist. Without Elizabeth's intellect and artwork, it is thought that her taxidermist husband would likely have failed due to his lack of education. While raising seven children, Elizabeth worked very hard to draw and paint all the stunning bird illustrations in most of John Gould's books on birds of Europe and other parts of the world, including *The Birds of Australia*, the first complete scientific book of Australian birds. Sadly, Elizabeth died at the age of 37 from an infection contracted after the birth of their eighth child in 1841. Author, Grantlee Kieza's book, titled *Mr & Mrs Gould* is a well-researched and interesting read. Spending time and having lunch with the members from Phillip Group was very enjoyable, and thank you to Lyn Justice and Cath Sloan for rallying the troops.

## Winning

The Agricultural & Environmental Committee recently reviewed our competition prize money. The

winner of the Recycled Article originally received \$300 and the winner of the Moore Award received no prize money. To be fair and to encourage more members to enter the Moore Award, we have shared the prize money equally. There will be no third prizes but encouragement awards (which mean you were very close to winning a prize and to try again please!). I encourage every branch to put together a Moore Award book, create a Recycled Article and get the childrens' competition to your local school. I am very happy to answer emails from branches asking for help and information. The prize money for the school competitions is awarded to the winning students. The allocation of prize money is now as follows:

Recycled Article: First Prize: \$150, Second Prize: \$100

Moore Award: First Prize: \$150, Second Prize: \$100.

Primary School Colouring—Years K-3: First Prize: \$50, Second Prize: \$30, Third Prize: \$20.

Primary School Short Story—Years 4-6: First Prize: \$50, Second Prize: \$30, Third prize: \$20.

Best Branch Report: Receives no monetary prize. The winning branch is given the recognition they deserve for the fabulous job they have done and a certificate.

## Highlands to Coast Seminar

Many thanks to all of the eager CWA members and friends who filled our bus for an exciting two-day adventure. A massive thank you to Rebecca Hogan, our very much appreciated committee secretary, who spent many hours organising the excellent seminar that was held on 15th and 16th September.

Jenny Birtles  
State Agricultural &  
Environmental Officer

# Agricultural & Environmental Seminar

What a fantastic seminar we had this year!

## Day 1

Starting at Mittagong, we were driven to Minard Farm at Joadja. There they breed Scottish Highland Cattle and currently have 85 beasts on a 100 acre property. These take five years to be fully grown, are very docile and can be trained to walk on a halter. The steers make good pets! However, others are sold for meat—look for Galloway or Highland beef. Their long coats shed in summer to a shorter layer underneath. Minard's cattle like to cool down in the dams on the property and are also helped by a specialist hoof trimmer who travels to farms in QLD, NSW and SA.

Next, we visited Silverdale Farm at Avoca owned by Steve and Eliza Grant. The farm manager Rob Petith gave us a great talk and tour of their thoroughbred breeding facility. It has state-of-the-art stables, parade area, feed areas for foals and even the paddocks were designed to give maximum exercise for the horses. We were told that **all** the water used for the farmhouse, the stock and on fields is found onsite from natural springs. Rob went on to quote eye watering figures for sales of horses and servicing of mares and also told us about a top notch racer currently in work which they bred.



Photo by Carol Wake

The next stop was Fitzroy Falls Visitor Centre for lunch and a talk about the south-eastern glossy black-cockatoo. The Glossies in the Mist program is working with landholders and NPWS

to improve the great western wildlife corridor which stretches from the southern Blue Mountains to Morton National Park. They are building community engagement with schools and Landcare to plant 28,000 *Allocasuarina littoralis* (black she-oak) trees, their favourite food. It is very important to record sightings if you see one or more as they are relying on "citizen scientists". Report the number of birds, their age and sex, if possible, to <https://glossyblack.org.au>.

Also discussed were the Fitzroy Falls spiny crayfish (*Euastacus dharawalus*). As creeks were dammed and other types of yabbies and trout were introduced, this species has struggled. It is no longer found at the Fitzroy Falls! Landholders have helped by allowing fencing to protect the streams where they breed. These crayfish will sometimes eat frogs which at other times in their lifecycle will eat crayfish! However, their diet is mostly grasses and leaf litter. To compare crayfish and record sightings go to <https://inaturalist.org>.

Last stop was Mittagong Mushroom Tunnel. It is one of the first cultivated gourmet mushroom farms in Australia. Leonie, the farmer, gave us a short history of the tunnel where she works. It was built by NSW Rail in 1866, then the army used it to store munitions in WWI. The army made useful renovations such as lighting and secure doors at each end. This has been a commercial



Photo by Carol Wake

farm started by a man who wanted to grow Japanese style mushrooms using wood pulp. Leonie sells to Woolworths as well as at markets locally and in Canberra.

## Day 2

After a stop at the Wollongong Botanic Gardens, we had an exterior tour of the Blue Scope Steelworks at Port Kembla. Natasha, the Environment Manager for this site, told us all about how they are assisting the recovery of the green and golden bell frog. Their landholding is huge, 800 metres bordering the harbour, with their own berths to load and unload stock. They have over 80 kms of road and rail, and 15 drain discharge points onsite. These are monitored for cleanliness as fish, turtles and sharks can be found in Allans Creek which runs through the property. She mentioned how they recycle steel and re-use the gas produced in the blast furnace. Currently the workforce is 3,000 fulltime employees and 3,500 contractors, down from 20,000 historically.

After lunch we went to PhycoHealth in Huskisson for a tour of the factory and presentation on seaweed farming. The local seaweed is grown in IBC water containers. It has many health benefits as it is rich in iodine. They produce many and varied products from this local seaweed.

Last stop was at the Huskisson Maritime Museum where we took a walk along the newly-renovated mangrove boardwalk.

A very full and interesting program. Thank you to the members of the Agricultural & Environmental Committee.

Margaret Rolph  
Campbelltown Branch

Photos by Carol Wake, Gungahlin Branch

# State Treasurer's Report

It's AGM month again, which means there should be lots of new Treasurers out there. Hopefully you have seen, on the closed Facebook group, details about upcoming information sessions for new and prospective Treasurers.

At the July Meeting, the State Executive Committee made changes to travel and accommodation reimbursements that took effect on 1st October. The maximum reimbursement that State Committee members can claim on accommodation required to attend Committee meetings has increased to \$130 per night.

Members have the option to claim an allowance when using their private vehicle for approved CWA business. The rates are:

- 30c/km for conventional vehicles
- 10c/km for electric or hybrid vehicles.

This is considered an allowance and may have tax implications for some, so members may still choose to receive reimbursement for their fuel costs only. To claim this allowance members will need to record their odometer reading on their car at the start and end of their trip to show the distance travelled. This can be for

one direction and then doubled.

To allow groups to better budget for expenses, the decision was made to charge groups a flat rate of \$500 three times a year to cover Executive travel and accommodation (after each of the November, February and July Executive meetings). This will cover costs for those three meetings and the preconference executive meeting. State Executive Committee members will be able to be reimbursed for their accommodation the night before preconference Executive meeting. Those who request their own room for meetings will still be required to pay the extra cost.

I have been asked a couple of times, "Is it ok to do a budget?" Absolutely, yes! Any branch or group can create a budget each year or for each event.

For those with property to look after, a budget is essential and should accompany the maintenance plan for the branch property. Nine years ago, all branches were asked to complete a Property Assessment form. While branches were asked to submit these to State Office, they were also meant to help branches think about running and maintenance costs. This included thinking through longer term

maintenance goals and future renovations to help branches set aside funds to achieve these goals. For example, if rooms will need painted in 10 years' time, and painting is expected to cost \$5,000, the branch should be setting aside \$500 per year so that the funds are available in 10 years.

Did the branches who completed that form send it to State Office and never look at it again or is it a living document that has been reviewed and updated? Maybe it's time to review this again. This can be the starting point for the budget.

Branches without property can also benefit from creating a budget. A couple of years ago branches were encouraged to create Branch Plan (Plan on a Page). The Branch Plan on a Page can be found in the Downloads section of the website. Determining planned activities and priorities for the branch for the year is important, so that we aren't bobbing along aimlessly and not achieving much. The Branch Plan on a Page will feed into the budget. It may include fundraising goals or costs for running a free community event.

**Ruth Cargill**  
State Treasurer

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waits waived.**

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# Back from The Brink

Bingara Branch, in Gwydir Group, was founded in 1922 by CWA of NSW Foundation President, Grace Munro, who was a resident of Bingara. As such, this branch is a cornerstone of our CWA of NSW history but sadly went into recess in 2024. However, like all underdogs, Bingara Branch has been resurrected by a passionate team and continues to go from strength to strength. Bingara Branch President, Kerriane Anderson, shares their story from near closure to continuation.

## **Kerriane, how long have you been a member of the Bingara Branch?**

I was voted in as President in April 2025 at the Gwydir Group's recession meeting.

## **What changes have you seen the Branch go through over the years?**

Although I am new to the CWA, I have noticed a decline in membership and organisation visibility has been almost nonexistent over the past decade or so.

## **What do you think led to the Branch going into recess?**

I believe this was due to members not taking on executive positions, which can lead to a branch becoming stagnant when new members are not encouraged to participate. The same people get exhausted when carrying the load for too long.

## **How many members did you have when it went into recess?**

I believe it was 8.

## **What happened just after the Branch went into recess?**

I am told that money had been distributed before recess, and all assets and records were stored in a shed. There was really nothing being said in the community until I came across a Facebook post requesting anyone interested to

make contact.

## **How long had the Branch been in recess before it was given new life?**

It officially went into recess in October 2024, coinciding with the financial year; however, very little activity was recorded in the minutes for quite some time before that. I want to thank all past members of the Branch for their efforts and passion over the years.

## **How did you gain new members to resurrect your Branch?**

I reached out to my network of friends to gauge commitment. Luckily for me, I knew before the meeting that I would have enough contenders to fill the initial roles to get us up and running. All members of the Branch were welcomed and encouraged to become part of the new look Bingara Branch.

## **How many members do you have now?**

We have 15 full members and three junior members. All positions are filled and each person has their own unique talents to bring to the table.

## **What is the new demographic of the Branch now?**

The Branch welcomes all women, with an age range of 34 to 94.

## **Since your centenary in 2022, how do you honour traditions, but remain relevant to new members?**

Honouring Grace Munro every step of the way and respecting the values of the CWA, whilst putting our own stamp on how we want our Branch to move forward with the times.

## **Finally, where do you see Bingara Branch heading into its next centenary, and how are you looking to aid your community?**

I see the Branch emerging from



the good old days, becoming a new, modern group of women that will be seen in the community, respecting the values of the CWA, but moving with the times to make it a group that many others will want to join.

Bingara Branch hopes to prioritise raising money for important causes; supporting the community; extending a helping hand to those in need; resurrecting the morning tea fundraiser on the last Friday of the month (the delivery to main street offices and shops was well received and encouraged any member of the public to come in for a cuppa and a chat); and increasing visibility at the yearly Bingara Orange Festival.

**We welcome the Bingara Branch back into the folds of our sisterhood! Well done Kerriane and Bingara members!**

## **New Branches needed!**

Could you start a new branch at a new location or at a different time (eg evenings or weekends)? Just 12 people are needed to start a new branch including people who would be keen to take on positions (such as President, Secretary, Treasurer). If you think you could help start a new branch see "how to form a branch" on page P 1-1-718 in the Procedures Manual and chat to your Group President.

# From the Archives

## HANDICRAFTS IN THE C.W.A.

The history of Handicrafts in the Country Women's Association began in 1929 during the depression. A "Use More Wool Campaign" was launched to help the wool industry and Mrs. Sawyer, then State President, suggested exhibitions of woollen articles by the C.W.A. to support the campaign. Wee Waa Branch was the first to organise a "Use More Wool" Exhibition and this proved so successful that it was quickly followed by the C.W.A. in other parts of the State. The Gwydir and Hume Groups were the first to organise Group Handicraft Exhibitions and in 1931, the first C.W.A. Handicrafts Exhibition in the city was staged at David Jones. This was quite a small exhibition but the standard of work was excellent and aroused great interest.

The crisis in the wool industry in 1935, induced the C.W.A. to call a public meeting in Sydney, to which the following were invited: Graziers' Association, Primary Producers, Department of Labour and Industry, Department of Education, Textile Manufacturers' Association and several people prominent in craft work circles. The objects of this meeting were to decide upon a scheme for reviving woollcraft, hand-weaving, spinning and the uses of the dressed sheepskin. A Committee of twelve was appointed, with Mrs. Hubert Fairfax, O.B.E., as Chairman, with its objectives to encourage the study and execution of Handicrafts and Home Industries and to promote the use of more wool.

During the 1936 General Conference, an All Wool Exhibition was organised at David Jones and was an unqualified success. Several prominent leaders in industry commented favourably on the national gesture made by the C.W.A. Publicity resulting from these activities brought many enquiries for information concerning craft work. The Handicrafts Committee was established as a sub-committee of the Association with Mrs. Hubert Fairfax as Chairman and a Constitution was drawn up and accepted by the General Conference of 1937. During this year another Exhibition was held in Sydney when an outstanding feature was the cottage built of wool. Much interest centred on the bride and her maids, clothed entirely in wool, even to posies of wool flowers. The C.W.A. also staged an exhibition at the Royal Agricultural Society's Show for the Sesqui-Centenary Celebrations.

1938 saw the first C.W.A. Handicraft Teaching School held at Keera House. This proved a most successful innovation and several schools have been held there since, a number in country centres.

### WAR WORK.

With the outbreak of war in 1939, the Handicrafts Committee turned its attention to needs of national emergency. Members of the Committee

organised the work of the A.C.F. Comforts Depot when it was first established. Spinning from the fleece producing greasy wool, socks and pullovers so useful for men on active service in the European winter, weaving, knitting and the making of shirts, pyjamas, underclothes and "housewives" were ways in which handicraft knowledge was turned to national use. A comprehensive exhibition was held in Sydney in 1940. The Handicrafts Committee launched the Association's camouflage netting activities. Twine was despatched to netters throughout the State and the C.W.A. was responsible for supplying 237,508 camouflage nets to the Department of the Army. With the cessation of this work, the Handicrafts Committee took on the reconditioning of Army clothing, organising the work at the Handicrafts Depot and at a number of suburban centres. Through the efforts of the Handicrafts Committee, the Arnott family donated £1,300 for the building and equipping of a hut at the 113th A.G.H. in which the Craft section of the Red Cross Rehabilitation Department could function.

Since the war, two C.W.A. Handicraft Exhibits have been staged at the Royal Agricultural Show, and this year a C.W.A. Exhibition is to be held at David Jones from June 2 to 13. Branches have been circularised and it is hoped that State-wide support will be forthcoming to make this exhibition a record achievement.

The Handicrafts Committee, from its headquarters at 255A George St., Sydney, provides a service that can be used by any member in country or city. There are trained demonstrators to teach weaving, glove-making, felt work, toymaking, millinery, patch work, quilting, rug-making, leather work, flower making or pottery. A well-stocked shop supplies craft requirements. Arrangements can be made to send demonstrators to country centres. Handicraft Schools, when members from a number of Branches come to one centre, are accommodated at some C.W.A. home or hostel, and spend a week or more in intensive handicraft work are particularly valuable and the Committee is always anxious to co-operate and to provide Demonstrators. The Mobile Handicraft Unit, when it can be built, will give great impetus to craft work in the country as it will take craft knowledge to Branches everywhere. In the meantime, the best use should be made of facilities at present available, and undoubtedly Handicraft Schools are an excellent means of spreading information on crafts.

Handicrafts in the C.W.A. have given valuable publicity to the organisation and have been the means of drawing in many new members. The Committee welcomes visitors to the Depot and is always ready to give advice and help to members on any aspect of craft work.

# From the Archives continued

## SOLITUDE

What a difference there is between the meaning of the words "loneliness" and "being alone." The person who leads an isolated life, particularly in the country and especially wives who had their roots and upbringing in the city before marriage, feel cut off from familiar contacts when their new life takes them out into the bush. Often they are a long way from their nearest neighbour. Then it is that they miss their friends and human associations, for they have depended all their lives on social contacts and a fully planned day to carry them through the weeks. Now suddenly they find themselves alone and, because they have not the inner resources to fight it, they know the misery of loneliness.

On the other side of the picture there are those women in the hurried, restless life of the city whose days are so full and so crowded with personalities that they hardly have time to develop their minds or to get away from people.

They are the ones who are longing "to be alone."

Those who constructively use their aloneness, when they achieve it, avoid loneliness. They can refresh their minds and their bodies for the life they are destined to live, for it is a time of re-fuelling—for taking in instead of giving out.

For these periods to be of real benefit, they must be thought about. It is of no use to leave the mind a blank, and hope that inspiration will come. If a woman is going to extend her knowledge on any subject, she must make a research of it in order to share it with others and broaden her outlook. It does not matter how trivial the interest may seem, the fact that it has been personally read about and studied, will add some particle of knowledge to that woman's make-up. Knowledge is a weapon against loneliness and can turn self-centred thoughts outwards to the joy of constructive thinking that can come from being alone.

▲ Solitude, The Country Woman editorial, May 1951.

▼ Join the Club, The Country Woman, February 1969.

## Join the Club

Oh, could you come along  
To the club where I belong  
You will find a friendly welcome I am sure  
It starts at 2 o'clock  
You don't even have to knock  
For a member will be waiting at the door.

It's a place for country ladies  
Some even bring their babies  
And little children playing on the floor  
We like ladies short and tall  
And will gladly take them all  
C'os our Secretary will always keep the score.

When we start the meeting  
New members get a greeting  
For our President will mention you by name  
You'll become one of us  
Without favour, without fuss  
And I'm positive that you'll be glad you came.

At this point I must mention  
And bring this to your attention  
To work for country women is our aim  
We strive for better living  
And our time we're giving  
While many, many friendships  
We can claim.

We have stalls and competitions  
And speakers from the missions  
And someone else to talk about the law  
There are handicrafts and such  
It doesn't matter much  
For your talent is what we are waiting for.

So come along with me  
To our branch at Somersby  
And be a member on this very day  
It's a step you won't regret  
You'll be happy that you met  
The members of our C.W.A.

MILDRED WITHERBY,  
Somersby C.W.A.

# Raising Community Awareness of Modern Slavery

The Social Issues Committee has selected five motions from those passed at the 2025 State Conference as their focus for advocacy for this year. One is the issue of modern slavery and human trafficking, put forward by Barellan Branch.

Modern slavery occurs when one person treats another as property. You may be surprised to learn that modern slavery exists in NSW, with an estimated 16,400 current victims in the state (Cockayne, 2023). At present it is estimated that only 1 in 5 victims are identified by authorities. Barriers to reporting are a big problem and include fear of deportation or retaliation; language and cultural isolation; lack of awareness about rights and support services; and exploitation of temporary visa holders and migrant workers (Cockayne, 2023).

The range of offences that relate to modern slavery, include:

- Trapping workers in forced labour under poor working conditions on farms in regional NSW.
- Workers forced into domestic servitude in urban households.
- Cleaners and security guards working in office blocks, caught in debt bondage.
- Young men, women and girls forced to marry in Australia or overseas.
- Women and children, groomed, coerced and trafficked into sexual exploitation.
- People living with disability being exploited in segregated workplaces or in institutional care.
- Forced labour and forced child labour of First Nations peoples.
- Debt bondage where people are forced to work for an employer to pay off debts imposed by the employer. They may also experience wage theft and underpayment (NSW Anti-Slavery Commissioner, 2024).

Modern slavery often preys on vulnerability that may arise

through age, gender, migrant status, language skills, disability, poverty or homelessness. It may intersect with other forms of exploitation like domestic violence, child abuse, gender-based violence, online abuse and workplace offences. Perpetrators of modern slavery offences often use coercion, manipulation, threats, violence and deception to exercise control over a victim's life, creating situations of dependence or a sense of ownership (NSW Anti-Slavery Commissioner, 2024).

New South Wales enacted the Modern Slavery Act 2018 (NSW) to combat slavery and slavery-like practices across the state. The Act complements the Modern Slavery Act 2018 (Cth), which focuses on transparency in large business supply chains. NSW's version goes further by embedding survivor voices, mandating public sector accountability and establishing a dedicated Commissioner. The Office of the NSW Anti-Slavery Commissioner has adopted the Strategic Plan: Working Together for Real Freedom (2023–2026) as a roadmap to tackling modern slavery, that:

- Promotes anti-slavery actions across government, business and civil society
- Identifies and supports survivors of modern slavery
- Monitors laws and policies to ensure they are effective and inclusive
- Advises public entities on managing slavery risks in operations and supply chains
- Raises awareness through education, media and community engagement (NSW Anti-Slavery Commissioner, 2024).

The Strategic Plan prioritises prevention, remedy, responsible business, narrative change and community building, through:

- Removing slavery-linked products from public procurement
- Establishing a support and referral hotline

- Embedding survivor voices in policy and program design
- Equipping frontline workers to identify and respond to slavery
- Hosting biannual anti-slavery forums (NSW Anti-Slavery Commissioner, 2024).

Tackling modern slavery requires conscious choices, collective action and systemic accountability (Shaw et al, 2021). As consumers we can boycott businesses that are engaging in offending practices. We can also make a report if we are concerned that members of our community are victims of modern slavery. For advice, support or assistance relating to a possible case of modern slavery, you can contact the NSW Anti-slavery Commissioner on 1800 FREEDOM which is 1800 3733366 or email [antislavery@dcj.nsw.gov.au](mailto:antislavery@dcj.nsw.gov.au) for confidential support and assistance from the NSW Anti-slavery Commissioner. For more information about modern slavery and human trafficking, the website is <https://dcj.nsw.gov.au/legal-and-justice/our-commissioners/anti-slavery-commissioner.html>

**Elizabeth O'Dwyer,**  
Social Issues Officer

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NSW Anti-Slavery Commissioner, 2024 at <https://dcj.nsw.gov.au/legal-and-justice/our-commissioners/anti-slavery-commissioner.html>

Shaw, D., Chatzidakis, A.& Carrington, M., (2021) Modern slavery—how consumers can make a difference, The Conversation at Modern slavery: how consumers can make a difference

Working Together for Real Freedom (2023–2026) at <https://dcj.nsw.gov.au/documents/legal-and-justice/anti-slavery-commissioner/plans-and-discussion/papers/working-together-for-real-freedom-nsw-anti-slavery-commissioners-strategic-plan-2023-2026.pdf>.

# Sudoku

## How to Play Sudoku

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

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

			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)

## August's Solutions

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

Puzzle Rating: Very Easy

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

Puzzle Rating: Medium

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

Puzzle Rating: Hard

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

Puzzle Rating: Very Hard

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)

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

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

# Connect More

## Build meaningful relationships

Feeling connected to people, groups, places and culture plays an important part in your mental wellbeing. Humans evolved to live in tight bands or family groups, with a need for constant social interaction hardwired into our DNA. Now that we live more independently, this means many of us may feel disconnected or lonely.

There are plenty of ways to make meaningful connections with people. This includes spending time with family and friends, inviting co-workers or classmates for lunch, joining a team or club, or even having a friendly chat with the guy serving you at the bakery.

## Why?

Regular positive interactions stimulate the production of a feel-good chemical in your brain, boosting your mood. Fostering stronger relationships and connections to your community will also strengthen your social networks for the times you might need extra support.

## Activities that promote social connection

### Bring friends together

Introduce friends who you think might have something in common.



### Join a community group

Join a community group and give your time to a worthy cause. It could be a sporting club, neighbourhood watch or even your local choir.

### Send a handwritten letter

You might send a letter to say thank you, to celebrate a birthday, to accept an invitation or even with a holiday card.

### Join a book club

Join a book club and share your reading experience with like-minded people. Find one at your local council library, start one yourself or search Meetup for a book club near you.

### Introduce yourself

Go out of your way to introduce yourself to someone new at work, university or in your community.

### Share your gratitude

Try sharing something you are grateful for in conversation. Not only will you feel good but you'll share your positivity with others too.

### Visit your community library

Borrow a book or take part in a class or workshop at your local community library. Libraries have activities for both kids and adults.

### Get out of your social comfort zone

Say yes to a social event or outing you normally wouldn't go to. You'll meet new people and maybe even make new friends.

### Schedule a regular video chat catch-up

Build a regular catch-up with friends into your routine—weekly, monthly or more. Setting a regular date is great way to see more of your friends.

### Join a walking group

Walking in a group can help you reduce stress and build



connections with others in your community.

### Have a day off social media

Turn off Facebook and Instagram for a day and find other ways to really connect with people.

### Catch up with old friends

Make contact with an old friend you haven't seen for a while to arrange a catch up.

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## Ideas for encouraging new members

- Listen to what new members have to say even if it's different from the usual way of doing things.
- Explain rules and procedures when needed in a gentle way
- Invite new members to participate in activities—stalls, shows, craft days and any other activities.
- Invite new members to participate in competitions. Make the forms, due dates, etc, clear to them.
- Encourage members to ask questions and take time to explain things.

# Advocacy Update

The CWA of NSW has continued its strong advocacy on issues that affect people living in regional, rural and remote communities. This report outlines some of the key activities undertaken since the last update.

## Outcomes from the 2025 State Conference

At this year's State Conference, members passed 34 new policy motions. These came from branches across the state and covered important issues like healthcare, housing, education, transport, telecommunications, agriculture, the environment and cost of living pressures.

Following the Conference, 40 letters were sent to state and federal ministers outlining our new policy positions and calling for action. We've received 17 responses and held meetings with the NSW Minister for Planning and Public Spaces, the Hon Paul Scully; the Minister for Women, Minister for Seniors and Minister for the Prevention of Domestic Violence and Sexual Assault, the Hon Jodie Harrison; and the Member for Wagga Wagga, Dr Joe McGirr.

One response of note came from the Therapeutic Goods Administration (TGA) which advised that the labelling standards for prescription and over-the-counter medicines (known as Therapeutic Goods Orders 91 and 92) are under review. A public consultation paper will soon be available and the CWA of NSW will keep members informed about how to provide input.

## Branch advocacy support

The CWA of NSW State Office has written to several ministers and government bodies to raise member concerns and offer support for rural communities.

These included:

- Support for Wagga Wagga Women's Health Centre, following its unsuccessful application for funding from NSW Domestic and Family Violence primary prevention program.
- A letter to Prime Minister, Anthony Albanese, calling for stronger national action and funding to address the crisis of violence against women.
- Support for the Rural Health Action Plan, joining a wider alliance to push for better health services in country areas.
- Congratulations to Ministers the Hon Catherine King and the Hon Jenny Aitchison on the launch of the Rail Active Crossing System (RAXS) trial at Callaghans Lane, Quirindi.
- Advocacy for a single-site hospital in Albury, returning to the original vision laid out in the 2021 Clinical Services Plan.
- Follow up with the NSW Minister for Police and Counter Terrorism, the Hon Yasmin Catley, on intended actions arising from the recommendations made in the Interim report from the Inquiry into Community Safety in Regional and Rural Communities.

## Submissions

The CWA of NSW made a submission and appeared before a NSW parliamentary inquiry into splitting the Hunter New England Health District. Bronwyn Dunstan and Sandy Harrison emphasised that the focus should remain on improving healthcare outcomes, not drawing new boundary lines.

The CWA of NSW also submitted feedback on the draft Gas Supply and Pipelines Regulations, expressing concern that the

proposed changes still leave landholders with little say or protection when pipelines are built on or near their land.

Other submissions included a proposal to extend Shingrix shingles vaccination to people aged 60 and over, under the National Immunisation Program.

## Inquiry Reports

Two parliamentary inquiries released reports to which the CWA of NSW had made submissions:

- Cat Management in NSW: The report highlighted the strain of cat overpopulation on wildlife, volunteers, shelters and councils. It called for more support for free or low-cost desexing programs, education on responsible pet ownership and better support for rescue organisations.
- Impact of Renewable Energy Zones (REZs): The inquiry found that many rural communities have experienced poor consultation, mental health impacts and threats to farming due to the rollout of renewable energy infrastructure. The report recommends better planning, stronger protections for affected landowners and improved mental health support.

The CWA of NSW has continued to share rural women's voices through The Land newspaper with articles on:

- The risks of power poles and wires on farms
- The value of seasonal eating (aligned to Awareness Week 2025)
- The need to ensure that a regional voice is heard and acted upon by NSW government so that regional and rural NSW isn't left behind.

# CWA of NSW Child Protection Policy

**This policy can be found on page G 28-1-725 of the Procedures Manual.**

## 1. Purpose

The CWA of NSW is committed to ensuring the safety, welfare, and well-being of all children involved in CWA activities. This policy outlines the standards and practices necessary with the organisation to protect children from harm.

## 2. Scope

This policy applies to all members, volunteers, contractors and staff of the CWA of NSW who may work with, or come into contact with, children and young people under the age of 18 through CWA activities. This excludes CWA-affiliated preschools, who will continue to adhere to their own dedicated child protection policies.

## 3. Guiding Principles

The CWA of NSW is committed to:

- Providing a safe and supportive environment for children
- Complying with relevant child protection laws, including Working With Children Check (WWCC) requirements
- Preventing harm to children through a culture of openness, clear communication and diligent safeguarding practices.

## 4. Definitions

- **Child:** Any person under the age of 18.
- **Abuse:** Physical, sexual, emotional or psychological harm, neglect or exploitation of a child.
- **Qualified Adults:** refers to individuals who have the necessary credentials, experience and training to supervise and engage safely with children in various organisational settings.

## 5. Roles and Responsibilities

**Members and Volunteers: Must adhere to this policy and obtain a WWCC (where relevant).**

- **State Executive Committee:** Oversee the implementation of this policy, ensuring that child protection is prioritised at all levels within CWA of NSW.
- **Designated Child Protection Officer:** A nominated CWA of NSW representative responsible for managing child protection concerns and ensuring compliance with child protection standards.

## 6. Code of Conduct for Working with Children

All CWA of NSW members, volunteers, and staff are expected to:

- Act professionally and respectfully when interacting with children
- Ensure adequate supervision of children during events, avoiding situations where one adult is alone with a child
- Report any suspicions or allegations of child abuse to the Designated Child Protection Officer and relevant authorities
- Respect child privacy and obtain appropriate parental consent for photographs or other media involving children
- Avoid physical contact with children unless necessary and appropriate, such as to prevent injury.

## 7. Working With Children Check (WWCC)

- A WWCC is mandatory for all members, volunteers and staff participating in any CWA of NSW activities that involve direct contact with children.
- These activities are organised events specifically intended

for children as the primary participants. Examples include (but are not limited to) school holiday art activities, cooking classes for juniors, seed planting day with local children, etc. Not to be confused with a child attending a branch event with their parent.

- All WWCC documentation must be lodged with the CWA of NSW using the specified form: <https://wkf.ms/3VbNSyo>
- The CWA of NSW must verify the WWCC with the appropriate authority and according to legislative requirements.

## 8. Reporting and Responding to Concerns

If any member, volunteer or staff member suspects abuse, neglect or exploitation of a child, they must:

- Report immediately to the Designated Child Protection Officer
- Record factual details of the incident, respecting confidentiality
- Cooperate fully with authorities if an investigation is conducted.

The Designated Child Protection Officer will:

- Assess the report and determine necessary action, including notifying relevant authorities
- Provide support to the child and their family as appropriate
- Document all actions taken in response to the report.

## 9. Risk Management

The CWA of NSW will:

- Assess child protection risks associated with activities involving children
- Implement procedures to minimise these risks, including ensuring that child-related activities are supervised by

appropriately credentialed (i.e. WWCC) adults

- Review and update risk management strategies as needed.

## 10. Confidentiality

All child protection matters are to be handled with the utmost confidentiality to protect the

rights and privacy of those involved. Only those directly involved in handling the report, investigation or support process may access related information.

## 11. Review and Amendments

This policy will be reviewed as needed to ensure its effectiveness

and compliance with relevant legislation. Amendments will be made as necessary to reflect best practices in child protection.

Approved by State Executive Committee Date: 11 November 2024.

*Any questions related to this policy contact Fiona at [ea@cwaofnsw.org.au](mailto:ea@cwaofnsw.org.au)*

# Welcome New Members

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

**Albury Evening** Hannah Cargill  
**Ardlethan** Tania Willoughby  
**Armidale** Courtney-Grace Monk, Chriss Powell, Karen Richards  
**Bangalow** Jodi Frawley, Ozden Tuckwell  
**Bathurst Evening** Kellie Sloane  
**Belmont** Maree Dowd, Lynne Glascott, Judith Johnson, Dianne Phelan, Julieanne Thomas  
**Bermagui & District** Amanda Greedy, Dee Greig, Heather O'Connor  
**Berridale** Marney Lawler  
**Bingara** Felicia Cooke  
**Bonville** Melinda Gaye, Annie Royaux  
**Bowral** Lynette Barrett  
**Braidwood** Karyn Core  
**Bredbo** Julie Pinter, Robyn Southwell  
**Bungendore** Karen Taylor  
**Canberra** Lin Burridge, Penny Nesbitt  
**Castle Hill** Ann Hornshaw  
**Cessnock Evening** Helen Barrett, Diane Carter, Denise Hawkins, Deborah Potts, Jo-Anne Smith, Karen Walmsley  
**Cowra Evening** Jann Whitty  
**Dungog-Clarence Town** Kerry Chick, Jane Frankham  
**Forbes Evening** Daniela Wilcox  
**Gloucester** Amelia Callaghan  
**Goolgowi** Emily Barber  
**Grafton** Sarah Foxover  
**Greystanes** Caroline Bunoza  
**Gundagai** Annie Levis

**Gungahlin** Natasha Baker, Joan Christie  
**Guyra Evening** Jenny Atkin, Sharon Vickery  
**Gwandalan** Vi Bailey, Sally Bennett, Robyn Brown, Carol Burgoyne, Deborah Clark, Helen Currow, Wendy Jones, Jade Mifsud, Michele Terry, Suzanne Thornton  
**Hornsby & District** Denise Knowles, Pam Turner  
**Inverell** Tracey Brown  
**Jamberoo** Narelle Goodwin  
**Jindabyne** Linda Angelini  
**Keiraville** Glenda King  
**Kiama Evening** Debbie Camiller, Nancy Flinders  
**Kikoira** Gail Collins  
**Kyogle Evening** Maya Hill, Sally Moran  
**Lismore** Judy Young  
**Lismore Evening** Lucy Bell  
**Macksville** Yvonne Roberts  
**Maitland** Eunice McCoy, Karen Ward  
**Manilla** Sarah Gaunt, Kirsty Mack, Breanna McArthur, Annette Milsom  
**Milton District** Liza Butler, Dorothy Hodgson, Stephanie Rake  
**Morisset** Cecilia Enoch  
**Morpeth** Vicki Eldridge  
**Moruya** Esther Lam, Kim Turney  
**Mudgee Evening** Jennifer Phillips, Bronwyn Wannan  
**Nashdale** Alex Scott, Tracey Simpson  
**Newcastle Evening** Michelle Reid, Michelle Renney  
**Nimbin** Sigrid Kaelberer  
**Nowra** Pat Drum, Jenny Walker  
**Orara Valley** Lynette McGuire

**Pambula-Merimbula** Patricia Webb  
**Peats Ridge & District** Joanne Millar  
**Penrith** Veronica Fleeton, Nia Lum  
**Picton District** Alana Ellis  
**Port Macquarie** Roma Reidy  
**Queanbeyan Evening** Helen Franklin, Katrina Higgins, Kate Waghorn, Lyn Woodbury  
**Quirindi** Kim Appleby, Michelle Arnot, Rhonda Fibbens  
**Richmond** Linda Short, Jenny Vanderueblen, Cheryl Wilczak  
**Sydney City** Kelly Easton, Sarah Robertson, Caren Schadel, Carolyn Watts  
**Terramungamine** Lynette Bidwell  
**Terrigal** Siena Densem  
**Tuggerah Lakes** Robyn Jones  
**Umina Beach** Joan Lawrence, Justine Miller  
**Uralla** Jeanette Dunn  
**Urunga** Therese Faulkner, Lisa Hope, Teena Pitman  
**Virtual** Alice Fergusson  
**Walgett** Trudi Campbell  
**Wallamba** Gai Emmerson  
**Wauchope** Jane Flood, Denise McCarthy, Lyn O'Keeffe, Leah Smith, Patricia Thompson, Jeanette Webb  
**Wee Waa** Caitlin Kable  
**Wellington** Lynette Gough, Megan Parker  
**Windsor** Barbara Mangan  
**Woy Woy** Maddalena Russo  
**Yamba** Meegan Bell  
**Yass** Kate O'Brien.

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

# Celebrations

## Bonville Branch



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

## Manning Park Branch



Judy Prior was recently awarded her long service bar. Judy joined Manning Park Branch in 2005 and has held positions at all levels including Cookery Officer, President, Vice President, Secretary, Treasurer and our Representative to both Group and State Conference; Group Vice President; State Hospital Support Committee member; and is a Land Cookery judge. An active member who supports the Branch whenever she can. Photo: Judy (left) being presented with her bar by Vice President, Carole Drummond.

## Umina Beach Branch



Madeline Stephenson was recently appointed Branch Patron. An active member for many years, Madeline helped maintain the Branch during a membership downturn in the early 2000s. She has held many branch positions, including President. Madeline coordinates the hall rental at no cost, helping increase the branch's income.

## Belmont Branch



Belmont Branch celebrated its 80th anniversary with a special function full of memories, delicious food and excellent company. How lucky were we to not only have our State President, Tanya Jolly, present but also our local, state and federal members attend? The Hunter Handbell Ringers provided some entertainment and it may have been the first time guests had sung the National Anthem accompanied by handbells. Photo (L-R): Karen Gilmore, Branch President and history author Dianne Davis, Kerry Warne, State President Tanya Jolly, Branch Secretary and organiser Mel Atkin and Cultural Officer and organiser Ruth Blyton.

## Bellata Branch



Bellata Branch celebrated its centenary with a Christmas in July. Current Branch members provided a delicious 2-course lunch to 70 guests including other members of the Namoi Group. The festivities were held at the Bellata War Memorial Hall and presided over by Bellata Branch President, Valda Smith. Sandra Hunter, President of Namoi Group, was also in attendance and helped with the cutting of the cake.

## Wallendbeen Branch



Wallendbeen Branch celebrated Mary Marinan's 100th birthday and presented her with a Certificate of Appreciation at our April meeting. Mary has been a member for 58 years and has always generously supported the Branch. Mary is pictured holding her certificate along with Branch President Marcia Thorburn OAM. Sadly, soon after the celebration, Mary passed away (see Garden of Remembrance).

# From our Branches

## Bulahdelah Branch



Bulahdelah Branch held a morning tea concert at Bulahdelah Golf Club in July that was attended by over 90 guests. Local guitarist/singer Stephen Boyd provided live music and students from Bulahdelah Central School entertained us with a selection of musical items, including a guitarist, keyboard player, singers, a comedian, a mime artist and a cheerleading squad who demonstrated pyramids, jumps and lifts. The concert ended with a group sing-along of Aussie and country classics. Included in the photo are the three junior members who helped serve our Devonshire Tea. The Branch has also spent the last year creating craft items, beanie hats, knee rugs and library bags, while also donating children's books and pencils to the John Hunter Ronald MacDonald House in Newcastle.

## Bundarra Branch



In September, the branch invited the community to a fairy door painting workshop that was very well attended, and amidst much laughter and friendship, some lovely doors were created. The idea was to create a fairy door trail in town ahead of the

Bundarra Garden Festival later in the year. There were a variety of styles to choose from and with each person decorating them their own way. There are now many unique fairy doors in Bundarra residents' gardens.

## Bungendore Branch



The Bungendore Branch was delighted to welcome Katrina from Spring Ponds Farm to share her inspiring story of the locally grown cut flowers and her passion for local, sustainable produce. Katrina runs a thriving dahlia and flower farm at Mt Fairy NSW where vibrant blooms are cultivated with care and love. She spoke about the importance of connecting growers and consumers, keeping produce local and celebrating the beauty and freshness of what our region has to offer. The "grown, not flown" philosophy encourages us all to think about the footprint of what we buy and the difference it makes to support our farmers and growers right here at home. Katrina's enthusiasm for her dahlias and her vision for accessible local produce in Bungendore were both engaging and motivating, reminding us of the power of community connections and the joy of celebrating what grows close to home.

## Coonabarabran Evening Branch

Her Excellency the Honourable



Margaret Beazley AC KC, Governor of NSW and her husband, Mr Dennis Wilson, recently paid a four-day visit to rural NSW. The visit aimed to maintain contact with rural communities and assure the organisations that they are not forgotten. Her Excellency praised the area and the recovery from drought, fires and floods, emphasising local organisations and the impact they have on recovery and education programs. The Branch hosted a light luncheon for Her Excellency, her party and local dignitaries including Warrumbungle Shire Mayor Kathy Rindfleisch as well as representatives from the VRA, police, emergency services, school principals, Local Lands Council, 2357 Development Group and many more. Her Excellency expressed her appreciation for the CWA saying, "The wonderful CWA in many country towns, including today in Coonabarabran, has been able to support us by inviting members of the community, which is just wonderful".

## Gloucester Evening Branch



Gloucester Evening Branch have been very busy. We held a bustling bric-a-brac sale and recently the NSW Floral Art Association held their annual meeting, floral demonstrations and workshops in Gloucester. Visitors came from all over the state to participate or view the impressive displays. The theme was Nature's Treasurers. Our Branch President, Jillian Carson, participated and was very pleased with her entry. The Association had the Gloucester Evening Branch cater for their dinner, with excellent comments on the food we served. Our next significant challenge will be catering for the carb dinner which will host approximately 180 participants in Gloucester for the Gloucester Mountain Tri Challenge in September.



given to children injured on the mountain who are triaged after their accidents, providing them with a small comfort while they are there. They were delivered to Thredbo Medical Centre, Perisher Medical Centre and Jindabyne's two medical centres for the children admitted in those centres. The staff at all centres were pleased to receive our critters.

## Gwandalan Branch



Introducing the newest Branch in the Northumberland Group: Gwandalan Branch, located at the northern end of the Central Coast. On the 6th August, the new Branch was officially opened, welcoming 10 new members to the CWA of NSW. They are growing each week with lots of positive feedback from their local community. Their first community stall was held in early September and members are looking forward to many more. Pictured are members Suzanne, Lorraine, Wendy, Vicki, Peta and Elisabeth.

## Jindabyne Branch

Member Terry Aiton (pictured) and Nancy Gant-Thompson delivered cuddle critters to local medical centres, where they are

## Kendall Branch



In August, Kendall Branch held an International Day. Members prepared different Korean dishes to be shared over an enjoyable lunch. Guest speaker, Mandy Yeates, a member of the community with a special connection to the Republic of Korea, spoke of her time visiting the country to adopt two Korean children from an orphanage which at the time was easily managed. They travelled on Korean passports and after one year, the children were

granted Australian citizenship and consider themselves to be Australians. Mandy found the Korean people very gentle and kind. Over the last few years, the Korean people have increasingly adopted European-style clothing, moving away from traditional attire. The other thing Mandy has noticed is that more takeaway food shops have become more prevalent over time. Pictured are International Officer Tin Hta Nu Oxenford, Joanne Thorpe, Di Davis, Mandy Yeates (guest speaker) and Branch President Nan Bowman.

## Manilla Evening Branch



At a recent meeting, Manilla Evening members learned of their nomination for the 2025 NSW Volunteer of the Year Award (Volunteer Team of the Year category). The branch strongly supports CWA's initiative to identify and assist those in need in rural areas. This is done across the community via activities like sewing and craft classes for children and adults where participants are taught to knit or crochet, do patchwork, embroider and repair or alter clothing; caters for funeral wakes; operates a successful food outlet at the annual Manilla Vintage Machinery Rally; supplies judges for the local show; assists at the yearly AgQuip Machinery Field Days; creates library bags for local schools; makes annual donations to Manilla and neighbouring Attunga schools; is a powerful advocate for recycling; and donated proceeds of its August trivia night to the local hospital to help with the purchase of a new wheelchair lifter for use by staff and patients.

## Mannering Park Branch



Gwen Deaves generously donated a large amount of crafting items to the Branch. Amongst her craft, she had found an unfinished jumper she had been making but members could not find the pattern to go with it. The jumper was brought to Mannering Park Branch where Jenny Stott took on the challenge of working out the pattern. Jenny did an excellent job of finishing the jumper and it was presented to a very pleased Gwen. There was even enough leftover yarn to add a beanie in as well. How wonderful it is to return a kindness. Pictured with the lovely Gwen is her daughter, Helen and the pretty jumper and beanie.

## Millthorpe Branch



Millthorpe Branch have been busy making items for patients, children and premature babies, a fantastic project introduced by Handicraft Officer, Bron. For the premature babies, 53 kimono-style gowns, 33 sets of 3-pack Mum to Bub hearts and nine crib quilts of soft cotton and

flannelette, as well as numerous soft bonnets and bootie sets, have been knitted. For children undergoing cancer treatment, we have knitted warm beanies to keep their heads warm throughout the year. In addition, 49 oncology drainage bags have been donated to Orange Hospital for cancer patients. Most of these items will be used locally or sent to Westmead Children's Hospital or Nepean Hospital for their neonatal units. Calico dolls have also been made to be used by doctors to show small children undergoing surgery where their stitches will be located. Our small group of women have amazed ourselves with the number of items produced from using scraps of wool and material.

## Mudgee Evening Branch



We had a fantastic time running our food stall at this year's Mudgee Small Farm Field Days in July 2025! It remains one of our most successful fundraisers and an excellent opportunity for teamwork and connection within our branch. A huge thank you to everyone who supported us—whether by buying our delicious homemade food, volunteering your time or simply being part of the fun. It was a brilliant example of what we can achieve together! Our Branch has also recently made a generous donation to the Mudgee Pantry, located at the Baptist Church. This local service plays a vital role in supporting our community who feel the pressure of rising living costs. By offering low-cost—and sometimes free—food items at set times during the week, the Pantry helps ensure access to essential supplies. It's a truly valuable resource to the Mudgee community.

## Toukley Branch



Toukley Branch held its International Day in August. The Korean dish was a teriyaki chicken with a potato salad, pickled onion, broccoli and honey carrots. Dessert was pancakes with maple syrup and ice cream. Despite all the rain, we still managed to attract 24 guests. Thank you to those women who travelled to attend and we hope you all had a good day.

## Weemelah Branch



In July, the Weemelah Branch held a flower arranging day at the Weemelah Hall, offering the community the opportunity to learn the art of flower arranging. The day was inspired by the product of study this year—cut flowers. Eight women participated in the flower arranging with lovely tutor Allie Hill from Dunkerry Flora at Thallon. All the women created a most lovely arrangement using a wide variety of flowers and foliage. Everyone was able to take their arrangements home to their families. After the arrangements were made, we all enjoyed a delicious lunch together put on by the members. The vibes in the hall were bright and beautiful, just like the flowers and the arrangements.

## Winning Cultural Short Story: Recipe Box by Emily Thompson

When the girl was seven, she often baked with her mother. Sat high upon the yellow laminate bench tops, held sturdy by the indestructible pine shelving below, she'd rest her back upon the orange and brown ceramic tiles that screamed 1987 and feel the coolness of them against the kitchen heat. As her mother proudly watched, she'd perform her important job of thumbing through the recipe box and choose a card, written by generations of her women. Although it was just a simple container, of a tangerine orange base with a slanted Perspex lid, the recipe box held space within the happy home.

When the girl was 13, she was trying to figure out where she stood in the world and how on earth to survive high school. She didn't bake with her mother anymore, instead spending her weekends at the movies and pretending to be a surfer chick at the beach with people she thought were cool.

Perhaps a necessary rebellion, because nobody grew from child to adult without a harsh metamorphosis, but wasted time nonetheless. A year without baking and the slow tug away from her parents had begun.

When the girl was 17, the boy next door didn't love her back. She was smart, mostly kind and having had her braces off she was pretty and smiled a lot. But still, he didn't love her—he'd grow up to have three children with a woman he'd never marry and spend his life on his family's land, whereas the girl was destined for the city. A future bursting with creativity and bright lights. Their paths were not the same. And so, her mother baked for her and held the girl as she cried for a love that never was.

When the girl was 24, she met the boy who did love her back. Their love was a collision between worlds. Every day it grew together, intertwined them and

held until they could only have each other. The nights of heat were interspersed with weeks apart that first year and so the girl went to her mother's house and danced through the kitchen towards the recipe box and chose the most impressive baked goods for him. They ate brownies in bed and the world was perfect in those moments.

When the girl was 28, she became a mother and she began to understand. As she held her tiny bundle in her arms her mother would visit, and stock her fridge with portioned dinners and easy to grab snacks for the girl to nourish herself with. The recipe box was in its heyday, churning out generational recipes for the women to make. Motherhood was easy that time, with only one child needing her attention and an entire village to guide her through it.

When the girl was 33, her mother left this earth. Too soon and unprepared, the shock became heavy grief and a loneliness she was too young to be burdened with. She was left parenting a four-year-old with nobody left to show her how and it was a hard, hard time. The recipe box was found on top of the pine bookcase, above the crime novels and beside the birthday cake book. As she packed away a life that was so very lived, the girl took ownership of the kitchen stories of those before her. And when she got home, she made playdough for her little girl and dyed it yellow. As though her mother was there too, unseen and unheard, but always near.

When the girl was 35 her life was busy. A job, a house, two babies that grew everyday and the boy who loved her so desperately still and made everything okay. The little girls, like all the little girls before them, loved to bake with their mother and every Sunday they made fairy cakes, or rainbow jelly cups and ate them under the magnolia tree. Life was busy, but

it was sweet.

When the girl was 37, she baked a caramel slice and sat down in her quiet house. For the boy had taken the little girls camping so the girl could breathe for a moment and breathe she did. She took a sip of her tea from the pink teacup she loved so much and opened the book that would change her life. A story of another girl her age, who woke up one day and realised she wasn't stuck and the world was still out there, waiting for her to venture back in. That night she slept soundly with no babies crying out for her and the next day she picked up a pen and wrote her feelings down. That was the start, the first day of the rest of her life. And it was such a beautiful life.

But when the girl was 39, she sat, shellshocked in her doctor's office as he softly explained that the MRI had revealed a brain tumor. The girl held her news within, the secret quietly kept, as she withdrew from the world for a time. She closed her heart off as the future that was once so certain for her fractured. She tried to contain it and desperately swept up the pieces of her life, but they continued to fall around her. The recipe box observed her quietly from a distance and it too remained closed that catastrophic year.

When the girl was 43, she re-emerged into the world, slowly and so very awkwardly. But she was there. She joined a group of women who baked and sewed and drank wine and ruled the world and she found herself and her place again. One day she opened the box and made her mother's honey jumbles, with honey from the beautiful boy's beehive. And the next day she baked again. And again. And so on until it and her words she crafted each day, became her legacy. For her daughters and their daughters and all the women who will one day stand where we stood.

# Garden of Remembrance

## Armidale

Jane Davison—joined the Armidale Branch in September 2023 and in that time was very active in cooking for branch competition and knitting for our market days, always happy to share her skills. Jane was a valued friend to all and will be sadly missed.

## Armidale

Majorie Griffiths—a loved and respected life member and Patron of Armidale Branch. Marjorie's many skills included cooking, sewing, floral art and ballroom dancing. Marjorie encouraged others and willingly shared her talents. Members gathered at her home in September 2024 to celebrate her 100th birthday. Although blind for many years, Marjorie maintained her support and interest in CWA.

## Batemans Bay

Sheena MacDougall—member since 1991 in Majors Creek and Batemans Bay. Sheena gave all her prodigious talents and energy to CWA. She held the positions of President, Secretary, Treasurer, Group Councillor and was a prize-winning cook and rose grower. She was delegate to State Conferences, ran barbecues, gave cooking demonstrations and participated in every CWA activity. Awarded life membership in 2022. She will be greatly missed.

## Bathurst

Marie Dolbel—joined Bathurst Branch in 1993, bringing with her a lovely friendly nature willing to share her exceptional cookery skills and baking prowess. She was the Most Successful Exhibitor at the Central Western Group Cookery Competition. Marie was a state judge and served on the State Committee for 12 years. Marie was the backbone of the Burruga and Royal Bathurst Shows in the Cookery, often volunteering as a Steward and Judge. Her gentle but determined manner was an example to her fellow members.

## Broken Hill

Norma Turner—served 75 years of service to the CWA, spanning

across four branches: Broken Hill, White Cliffs, Alstonville and the reformed Broken Hill Branch. Norma was awarded life membership and was the Patron of the reformed Broken Hill Branch. She had school awards named in her honour at both local high schools and wrote the foreword for Broken Hill Branch's centenary book. Norma's legacy lives in the values she embodied—that true strength shows itself in consistent service, in lifting others up and in building community one relationship at a time, inspiring generations of women to follow her remarkable example. We loved her dearly. Aged 98 years.

## Bundarra

Ivy Layton—past member and Patron of Bundarra Branch passed away after a long illness. Ivy worked behind the scenes at Bundarra and was well known for her cakes and slices. Every function she would arrive with cake tins full of goodies. She is sadly missed.

## Camden

Lyn Riley—joined the Camden Branch in 2022. Newcomers to the branch cited Lyn's smile and a welcome as one of their fondest memories. A former Cookery Officer, Lyn took pride in testing the recipes on the schedule and providing her thoughts. Lyn was a part of branch life showing up at events when her health allowed. Lyn, you will always hold a place in our hearts.

## Casino Evening

Margaret Caughey—a member of Casino Branch for many years and served as Vice President. She later moved to the Casino Evening Branch in 2020 when the branch was founded where she was a treasured member. Margaret was always beautifully presented and spoke in a quiet voice as she guided members through the rules and guidelines of the CWA. Margaret also had a lovely singing voice. In later years ill health forced her to withdraw from CWA activities but she became a Patron. We will miss you, Margaret. Aged 93 years.

## Curlewis

Hilary Budden—life member of 60

years with Curlewis Branch. The Branch celebrated Hilary's 90th birthday in January. Hilary was a great member of the branch, always communicating with members to find out what was happening in their lives. Hilary always had something to say at the meetings. Hilary held the positions of Treasurer and Councillor. She will be sorely missed at our meetings and social get-togethers.

## Grafton

Marion Martin—a member for 46 years. She held the position of Handicraft Officer at Branch level for 15 years. Marion loved handicrafts especially spinning wool and was interested in all aspects of CWA. Marion was 100 years old. Members were saddened by the passing of long-time member.

## Jervis Bay Day

Anne Holmes—member of Jervis Bay Day Branch since 2007 recently passed away. A true English rose. She was loved by all. Anne was always there to help wherever she could. Her kindness, generosity and friendship will be missed greatly by all our members. Aged 86.

## Kootingal

Alison Waugh—joined in 1998 attended the first meeting of Kootingal in 1998. She served terms as Vice President and Cookery Officer. Alison cooked for competitions and was always happy to help with fundraising. An active member, until her health deteriorated finding it difficult to attend meetings. Remembered warmly, sadly missed. Aged 79.

## Manilla

Helen Mansfield—a valued member for 9 years. Helen was an excellent Treasurer for many years and helped us in many ways. She loved her handicraft and cooking too and is very sadly missed by us all.

## Morisset

Nancy Mitchell—joined Morisset Branch in 2007. Nancy was a passionate advocate for CWA and filled many roles including President, Publicity Officer, Group Councillor, Cookery Officer and Handicraft

Officer. She particularly enjoyed attending State Conferences. Nancy was instrumental in obtaining permission for our branch to use a church hall for our meetings and special days. Nancy also loved knitting and knitted many baby outfits for our trading table and stalls. Sadly, missed by all who knew her. Aged 93.

### **Nambucca Heads (closed)**

Lynette Lyneham, known as Lyn—a much-loved member who will be missed by her CWA friends. Lyn was very involved with International Days and loved receiving *The Country Woman* journal even after she entered a nursing home. Lyn would share the interesting stories with others in the nursing home. Lyn was a staunch member of the Branch. Her friendship and love of life will be missed by many. Aged 83 years.

### **Nelson Bay**

Angela Dorothea Tersteeg—a member for a number of years. Will be remembered for her work in the kitchen. She was famous for her egg sandwiches. Angela was always a lovely, friendly member. She was always very generous and loved working at the fetes. Aged 81.

Judy Harris—a member since 2012. She held the position of Vice President and encouraged others to take up the role. Judy will be remembered for cooking the most delicious cakes and sponges. She enjoyed the friendship of the members. Judy will be missed with her cheeky smile. Aged 90.

### **Oaklands**

Lorraine Marcus—a wonderful member for over 16 years, energetically involved in all aspects of CWA. For many years Lorraine tended to the gardens at the CWA rooms. She was an excellent Handicraft Officer, a beautiful needleworker and excelled at patchwork, knitting and crochet, and floral arrangements. Lorraine won many State Handicraft prizes. She was awarded the CWA Phyllis Kindon Humanitarian Award for continuous, selfless care of her husband. Lorraine will be greatly missed by all who knew her and remembered for her varied and continuous service to the Oaklands

community. Aged 84 years.

### **Orange**

Barbara Madden—an accomplished Home Economics teacher who brought this valuable experience to the CWA. An excellent home cook and baker, she was able to produce a delicious batch of whatever was needed. Barbara established and maintained high housekeeping standards particularly in our kitchen. Her famous advice was “don’t cook while cranky”. Aged 85.

### **Pleasant Hills**

Margaret Hasle—a member of Pleasant Hills Branch for 32 years. Best known as Branch Cookery Officer but also formerly President and International Officer as well as Group Representative. Margaret enjoyed competing in *The Land Cookery*, performing in skits at the Group Cultural Day, going to group functions and in later years, going to State Conferences. She was a stalwart in helping at the Henty Field Days. She will be sadly missed by all our members. Aged 83.

### **Portland**

Margaret Clunne—a treasured member of Portland Branch for 24 years. Margaret held the positions of Treasurer, Secretary, Vice President and International Officer. She was a very active member of the Branch over the years gathering the forces together for functions. She was a hard worker and strong advocate for the Portland Community. She was always prepared to get the job done regardless of what it entailed. Her wonderful fruit cakes, pickles and relishes will be missed.

### **Somersby**

Jean Draper—joined in 1999, a very quiet lady but always willing to help and support our branch where she could. Jean is well remembered for all the beautiful sponge cakes she made for the branch events. Although Jean has not been at meetings for a while due to ill health, we are saddened to hear of her passing.

### **South Grafton Evening**

Marion Coombes—a founding member of South Grafton Evening Branch, formed in 1970. She was a wonderful host with Cyril at Christmas celebrations at their

home and a tireless worker for the Branch. She held many positions in the Branch and represented the branch at Council Meetings and State Conference. Marion was awarded her 50 year badge at the Branch’s 50th birthday in 2020. We have lost a beautiful CWA friend and the community have lost a beautiful lady.

### **The Glen–Mannus Branch**

Thora Walker—a member of The Glen–Mannus Branch for 30 years. Thora has always been a loyal and interested member of the Branch, involving herself in all our activities with enthusiasm. Thora’s warm and friendly personality and her positive attitude about everything will be missed. A special lady who will be fondly remembered by us all.

### **Wallamba**

Jean Price—joined 1992, giving 32 years of service to CWA. Jean was a current member of the Branch and the current Cookery Officer who was a great scone and cake maker. She was also a very talented craft and knitting member. Jean will be sadly missed. Aged 91 years.

### **Wallendbeen**

Doreen O’Connor—joined the Wallendbeen Branch in 1976. She was a much-loved member for 50 years and was presented with her long service bar in 2006. She served as Treasurer for a total of 21 years and held the position of Branch Patron from 2020. Doreen represented the branch as a State Conference delegate and Councillor to Group. She was always generous with her time, fundraising and transporting other members to meetings. Missed by her loving family and all the members of the Branch. Aged 88 years.

Mary Marinar—joined the Wallendbeen Branch in 1967 and served 58 years. She was presented with a Certificate of Appreciation in April 2025. Mary generously supported the branch and the Wallendbeen community. She loved selling raffle tickets and raising funds to help others. Mary was a valued member and dearly loved by all the members of the Wallendbeen community, particularly her neighbours. Aged 100 years.

## 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 Metro Aspire Hotel Sydney, Metro Hotel Marlow Sydney, Metro Apartments on King and Metro Apartments Darling Harbour, Metro Hotel Miranda, Metro Mirage Hotel Newport, Metro Hotel Perth (South Perth), Metro Hotel Perth City and Metro Advance Apartments & Hotel Darwin.

Booking can be made online via [www.metrohotels.com.au](http://www.metrohotels.com.au). The accommodation code is only applicable to online bookings.

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

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

**Braidwood CWA** is celebrating its 100th birthday.

Join us to celebrate at a formal luncheon.

Saturday 29th  
November 2025

12pm–3pm

Braidwood

Servicemen's Club,  
Braidwood

Tickets \$60 each

Please contact  
[braidwoodcwa@gmail.com](mailto:braidwoodcwa@gmail.com) or

0423 439 889 for  
bookings and more  
information.

### Advertising in The Country Woman

Mini Ads are available on this page for branches, groups or members' small businesses. Larger ads are available throughout the journal. For all advertising enquiries, please contact Leah at [communications@cwaofnsw.org.au](mailto:communications@cwaofnsw.org.au) or call 02 8337 0200 for rates or further information.

### Bermagui Seaside Cottage

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

Enquires and applications to:

**The Secretary,**  
**PO Box 123, Bermagui 2546**  
**[cwaseasidecottage@gmail.com](mailto:cwaseasidecottage@gmail.com)**

### Find us on Facebook

The CWA of NSW Facebook page is available to everyone:  
[www.facebook.com/cwaofnsw](http://www.facebook.com/cwaofnsw).

The CWA of NSW Members closed group for CWA of NSW members only.  
[www.facebook.com/groups/cwaofnsw](http://www.facebook.com/groups/cwaofnsw).

### Tenterfield Evening Branch

Will be celebrating 100 years of since formation of CWA branch in Tenterfield. Saturday 7th February 2026. For information contact secretary.  
[cwatenterfield@gmail.com](mailto:cwatenterfield@gmail.com).

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

### Print your own membership poster

You can download and print your own poster to help promote your branch. Display the poster on a community notice board, at your local library or a on shop window. Download using the QR code or go to the website. Choose the first poster to fill out your branch's details (ensure it is open in Adobe Reader to show the "fillable" field) or the second poster for a ready-to-print version.

COUNTRY WOMEN'S ASSOCIATION  
OF NEW SOUTH WALES

Fundraise to help  
support various causes

Learn something new

Meet with others in  
your community

Find your place at CWA

Your local branch:

Search for a branch at [www.cwaofnsw.org.au/branches](http://www.cwaofnsw.org.au/branches)

### Poster with space to type branch's details

[www.tinyurl.com/cwaposter1](http://www.tinyurl.com/cwaposter1)



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[www.cwaofnsw.org.au/branches](http://www.cwaofnsw.org.au/branches)

### Ready-to-print poster (no space for details)

[www.tinyurl.com/cwaposter2](http://www.tinyurl.com/cwaposter2)





# COUNTRY WOMENS ASSOCIATION OF NEW SOUTH WALES



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