

The Country Woman

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Merry Christmas





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

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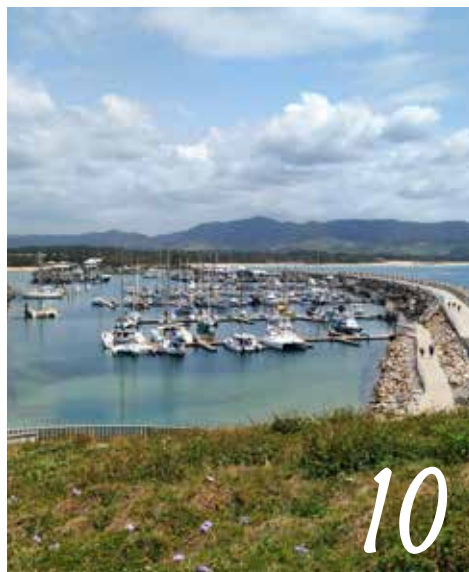
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From the Editor

No matter how you wrap it—Christmas is all about the traditions—regardless of whether they are more universally known or ones that are unique to your family.

It doesn't matter how big or small they are—visits with family (either the one you grew up with or the group of like-minded souls you would do anything for), a recipe handed down through the generations or a lucky dip made up of items from your local junk store—they all matter.

They matter because at some point those memories will make us smile. That said, is it time to shake those traditions up a little?

If the top secret family recipe is only passed from mother to daughter (with perhaps an aunt to niece detour on the way), why not give a couple of the blokes in the clan a crack at it? You could be surprised. The worst that could potentially happen here is you will have a story to giggle over for Christmas dinners to come.

Is there an opportunity to think about your visiting schedule over Christmas and New Year as well? Ask yourself if it is realistic. Can this be done differently so no one is trying to travel anywhere and not risk being involved in a crash because they were driving while they were tired? Food for thought.

However you chose to spend the time, may your festive season be a peaceful one spent with those you love the best.

Sonia Roberts, Hon Editor

State President

Group and branch annual meetings have now been and gone, and I extend a welcome to new office bearers and a thank you to those that have now retired. Everybody's contribution, however small, is valuable and enables CWA to function as we would hope. I was fortunate to be able to attend 11 group meetings and it is fascinating to see that, although we all belong to the same organisation, each group operates just a little differently. Some groups obviously have a passion for certain areas of interest, and it shows through in the Branch and Group Office Bearer reports. Thank you to all who warmly welcomed me.

Travelling around the state, it has been concerning to see that the countryside is so dry in many areas and with the bushfire potential high, there are worrying times ahead for many people. I have been concerned with the many abandoned vehicles on the side of the road, some of which have been torched and created fires in the surrounding areas. This was featured in our article in *The Land* newspaper recently. Once every three weeks we have the opportunity to contribute an article to *The Land* dealing with an issue that we are concerned about.

Once again, I have been able to attend branch birthday celebrations in various parts of the state including to Goulburn and Cowra who both reached their 100 year milestone—congratulations.

I was invited to attend the Country Press awards ceremony in Sydney and was pleased to have Phillip Group Publicity Officer, Lyn Justice, accompany me. We were warmly welcomed and I felt that we were able to stress to those newspaper staff in attendance the importance of CWA and the value of forming a good relationship with local

branches. Many of them spoke highly of those CWA publicity people that they have had dealings with. These newspapers are all independent and thus would be expected to be more approachable. Remember to invite them along to any function that you are holding—they need copy and we need publicity.

The week following the rally in Sydney in September, I was invited to inspect the coal seam gas facilities in Narrabri along with people from Namoi Water and Namoi Cotton. Santos was very accommodating but because we had a very long question and answer session we didn't get to see the whole project. I was accompanied by Tambar Springs member, Margaret Fleck, who is very passionate about the potential damage to the Liverpool Plains from this form of extraction.

Volunteer NSW events have been held around the state and many CWA members and branches have been nominated with some being successful and thus moving onto the statewide ceremony which will be held in Sydney in December. I was fortunate to be in attendance at the Orana region awards ceremony in Dubbo and to see Barbara O'Brien from Terramungamine Branch receive the Overall Winner category.

Another pleasure for me was to attend the Blackville markets and to see new members sign up to CWA thus bringing the Branch out of recess. Thank you to the members of Namoi Group who turned up to man a stall and talk to people about our wonderful Association.

At the time of writing, we have been able to open three of our four co-working spaces—Canowindra, Dorrigo and Walgett. I was able to attend the Walgett opening and meet the Minister for Women, Minister for Seniors, Minister for the Prevention of



Domestic Violence and Sexual Assault, Jodie Harrison, along with two of her staff. We thank the Minister for committing, not only funding but her time to attend these openings.

A very sad time for many members on hearing of the death of Past State President, Jenny Mitchell. There were many members from around the state who attended her funeral held in Goondiwindi, along with myself and State Secretary, Pam Wright, State Treasurer, Sharyn Buck, and CEO, Danica Leys. I counted 10 past State Office Bearers in attendance. Even though it was a sad occasion it was nice to catch up with members and hear how Jenny had influenced their CWA journey. She will be sorely missed.

We had many potential motions to our November Executive Committee meeting. Well done to those branches and groups that have brought these issues forward.

I hope that you all enjoy a peaceful and happy Christmas. Enjoy your down time and come back to your CWA family refreshed and full of enthusiasm in the New Year.

Use your smile to change the world; don't let the world change your smile.—Chinese proverb

**Joy Beames,
State President**

Regulation 101

Branches shall endeavour to restrict the terms of Branch Office Bearers to not more than three consecutive years for any one office.

CEO's Report

We have just finished our November State Executive Committee meeting which was a wonderful opportunity to catch up with State Executive Committee members (SECMs) from across the state and canvas a range of topics. We are also in the process of making plans for our February meeting to be held in Leeton. Going forward, the aim is to have the State Executive Committee meeting for February held at different regional location around the state, having held our February meeting this year in Gunnedah.

This edition of the Journal contains News from Executive which will give you a summary of some of the matters discussed. If you require any more detail about any of the outcomes from the executive meeting, please get in touch with your respective SECM. One of the key jobs for the State Executive Committee at this meeting was to discuss and consider Conference motions for 2024. There will be a range of motions appearing on the agenda covering a variety of topics. Any motions that require further work or legal advice will come back to the State Executive Committee for consideration at their February meeting. You will also notice in News from Executive that the location for the 2025 Conference and AGM has been chosen as Wagga Wagga. More details will be provided in due course about specific venues and timelines.

I have had some questions in relation to the Disaster Relief Fund. Please be assured that the Disaster Relief Fund is still operational. We are still able to receive donations and make payments out as necessary. We are, however, working on having our deductible gift recipient (DGR) status reinstated and we hope to have that finalised within the next few months. Having a

DGR status allows us to issue tax-deductible receipts and is an important function for us to retain.

Many of you would have seen the recent updates regarding the opening of our three co-working spaces in Walgett, Dorrigo and Canowindra. These coworking openings have all been enthusiastically and warmly received by those respective communities. I'd like to congratulate the branches who have worked so hard to get these projects up and running, along with Lana Haines, our Project Lead, who has worked tirelessly and closely with the branches to support them in all areas as they execute this project. We wish Lana well in her future endeavours and thank her sincerely for all their hard work. The branches and Lana both can be very proud of what they have achieved together. We look forward to the Trangie Coworking space also opening soon in December. We were fortunate to have The Hon Jodie Harrison, Minister for Women, Minister for Seniors, and Minister for the Prevention of Domestic Violence and Sexual Assault attend all three of the openings of the coworking spaces so far. I'd like to express my thanks to the Minister for making such a huge effort to get to these events, which was sincerely appreciated by the local CWA members and other community representatives.

As we come to the end of another year, I'd like to take the opportunity to thank the entire State Office team for all their efforts throughout 2023. Thank you to Tracy, Leah, Luisa, Andrew, Lana, Fiona, Ray, Grace and Jean for all your dedication, support of me, each other, and the members. I thoroughly enjoy working with you all every day. The same thanks can be expressed, on behalf of the State Office



team, to the State Office Bearers, the State Executive Committee members, Committee members, Branch and Group Executive and all of the other hundreds, indeed thousands, of members who may not have an elected title but work tirelessly for their communities and in pursuit of the CWA of NSW Aims and Objectives. We cannot do what we do at State Office without your help and support, and it certainly does not go unnoticed.

I hope you have a wonderful Christmas and New Year, and I look forward to working with you all throughout 2024 and beyond.

Danica Leys
Chief Executive Officer

New Wrap on The Country Woman

After almost two years of discussions with our mail house about compostable wrap (plant, starch based), we have now been able to switch to this environmentally friendly wrap. In 2021, it was not practical to order this type of wrap as it was available on special order only adding significantly to the cost. Just recently, it has become a standard wrap for our mailing house and therefore we are able to access it at a reasonable price.

The wrap is compostable and can be recycled through organic recovery (composting and anaerobic digestion). Certified EN13432.

News from November Executive

ACWW

The South Pacific Area President, Lyn Braico, addressed State Executive to provide an update on ACWW. The 16 Days of Activism against Gender-based Violence campaign was highlighted. Further updates were provided in relation to the upcoming South Pacific Area Conference, hosted by CWA of NSW. Funding is being sought to enable sponsorship of island delegates to the conference.

Awareness Week

The CWA of NSW's annual Awareness Week campaign was held in early September, on the topic of ADHD and other neurodivergent conditions. A range of media coverage was achieved for the CWA of NSW because of this campaign.

Financial Information

The operational budget for 2024 was approved.

An update on our investments was given, highlighting the work of the organisation's new financial advisors, Ord Minnet.

Committees

Vacancies exist on the following committees:

- Agricultural & Environmental—4 vacancies
- Cultural—1 vacancy
- Social Issues—3 vacancies

Coworking Project

Three branches have opened Co-Working spaces, being Dorrigo, Walgett and Canowindra. A video project is also being undertaken with Wonder Creative to produce content that will enable CWA of NSW to promote the spaces more broadly.

Trangie Branch will join the remaining three branches with an

opening planned for December 2023.

International

Further discussion on the Country of Study, announced as France on the 1 October took place.

Medical Research Projects

The three medical research project items for consideration have been shortlisted.

They are:

- Pancreatic Cancer
- Diffuse Intrinsic Pontine Glioma (DIPG)
- Macular Degeneration

Potts Point Grants

Grants were approved by the Property Subcommittee and awarded to Bermagui, Nowra, Griffith, Mudgee, Manilla and Young Branches.

Primary Product

The primary product will be selected from the nominations received by the Agricultural & Environmental committee and communicated in due course. From 2024, the Primary Product will be chosen either from Group nominations, or an alternative product as decided by the Agricultural & Environmental Committee.

Branch Special Projects

Branch special projects were approved for Singleton Sundowners, Pambula-Merimbula, Casino and White Cliffs Branches.

Sturt Group

The dissolution of Sturt Group was noted and ratified.

State Conference

The State Conference in 2025 will

be hosted by Riverina Group and be held at Wagga Wagga.

Disaster Relief Fund

An application for the establishment of the Country Women's Association Disaster Relief Fund Inc has been lodged with NSW Fair Trading. CWA of NSW will take steps to register this new entity as a charity with the Australian Charities and Not For Profit Commission (ACNC) which will provide a pathway to have our DGR status reinstated.

2024 State Conference Raffle

The State Conference raffle is to help raise funds to hold the State Conference. Please promote tickets sales which can be purchased online through RaffleLink: <https://rafflelink.com.au/cwaraffle2024>

State Education Grants

36 State Education grants were approved, totaling \$62,900.

State Treasurer

13 group Facts Days have recently been completed with a total of 17 Facts Days since February, (with four other groups joining in on some of these as mentioned above). In the new year there will be a State Treasurers Workshop on the Far South Coast and 3 Facts Days after State Executive in February 2024. In addition to the face-to-face, two online Zoom Treasurers' Workshops "Getting Ready for Audit" were run in August and September, Group Treasurer session on Dropbox was run in late July and a Q & A in October. CWA Money workshops were run in November.

A range of reminders on Counting the takings, proceeds from fundraising, grants and GST, junior membership, CWAMoney, debit card procedures, petty

cash procedures and online payments were covered. Full details available from respective SECMs.

Reports from Representatives on Outside Organisations

Reports provided include:

- Bush Summit, Tamworth
- SOS Fracture Alliance

- Essential Energy CAG
- Commonwealth Bank
- Endeavor Energy

Membership

Life Memberships were considered and approved.

Dates for Executive Meetings 2024

- 12th-14th February (Leeton)

- 5th May (pre-conference)
- 15th-17th July
- 11th-13th November

Deadlines for agenda material are strictly two weeks prior to any Executive meeting. Items not received by this due date will be held over until the next meeting.

Only Conference matters are considered at the pre-conference Executive meeting.

Call for Nominations

Annual General Meeting, Coffs Harbour, 6th-9th May 2023

Nominations for the following positions will close with the Chief Executive Officer at close of business on Friday, 16th February 2024 in accordance with Rule XXIV (a):

- State President
- State Honorary Secretary
- State Honorary Treasurer
- State Agricultural & Environmental Officer
- State International Officer
- State Social Issues Officer
- State Vice Presidents (3 positions available)

Note: A member nominated for State President must be living or have lived in rural or regional areas and have had three years' experience representing a group on Executive, in accordance with Regulation 18.

Nominees for the position of State Honorary Treasurer must have previously served on the State Executive Committee for at least 12 months, in accordance with Rule XXIV (b).

The nomination form for the above positions is available from the Procedures Manual (F 10-1-

716), is also found on the website or upon request from State Office.

Please complete the form and attach the following:

- A passport size photo
- A list of branch, group and state positions held
- A citation (a 200 word limit applies. Entries will be edited if over the limit).

State Honorary Treasurer's Job Description

The State Honorary Treasurer is a State Office Bearer, a member of the State Executive Committee and reports directly to the State President. The primary priority of the position is the financial wellbeing of the Association (in conjunction with the Chief Executive Officer and accounting staff); to comply with the Incorporations Act, accounting standards, and the NSW Fair Trading fundraising regulations.

The Treasurer is the primary signature on all cheques written from the Office, however much of the financial movement is now accomplished with on-line banking by the Accountant and the Chief Executive Officer.

The Treasurer is one of the members of the Finance Committee; the others being the

State President and the State Honorary Secretary, working together with the Chief Executive Officer.

Specific Duties

- To be present at all State Office Bearer's, State Executive meetings and also to be present at the Annual General Meeting
- To meet with the Finance Committee on decisions relating to matters of finance and property
- To liaise with the President, Honorary Secretary and the Chief Executive Officer to ensure smooth functioning of all meetings
- To present the quarterly financial statements (which have been prepared by the Accountant), to each State Executive meeting. The Treasurer also presents a financial report at these meetings; however, points presented will require a decision of State Executive
- To check all Branches/Group Annual Financial Statements for accuracy for annual auditing purposes
- To present a financial report at the Annual General Meeting and nominate the auditor for

that financial year

- As required, meet with financial manager to discuss the direction of the managed funds and develop a relationship which is of benefit to both parties
- Have a basic understanding of the CWA of NSW Incorporation Act 1931 (Private Act) and the NSW Fair Trading Fundraising legislation
- Have a full understanding of how the Special Funds were formed, how they may be used and be aware of the total amounts in each Fund on a quarterly basis
- Know the appropriate amounts of interest in the Education Grants' funds to be used for distribution and where they may be used.

Essential requirements

It is essential that the Treasurer be computer literate, and have email facilities. Knowledge of Excel would be desirable. In addition experience as a branch/group treasurer would be an advantage.

The State Treasurer should also be prepared to communicate (either over the phone or by email/letter) with members with any financial queries. This enables the development of good relationships with members who may be used as sounding boards and to provide feedback.

State Vice Presidents' Job Description

The role of a State Vice President is to assist and support the State President at all times. This includes representing the State President as requested at CWA or

outside functions and/or forums.

It is a Vice President's role to keep up-to-date on current issues pertaining to this portfolio (including government policy and/or legislation), to bring any such issues to the notice of State Office Bearers, and to follow up on responses to CWA communications relating to the portfolio.

State Vice Presidents attend all State Office Bearer meetings as convened by the State President and also attend Executive meetings. In their capacity as members, State Vice Presidents are responsible for ensuring that Executive decisions are supported and relayed accurately to members.

It is essential that the Vice Presidents be computer literate, and have email facilities.

Advocacy Update

We have sent over 30 letters with our new policy positions to Ministers, government representatives and organisations with a response rate of approximately 70% to date and we continue to work with the Committees on monitoring the progress of each new policy item. In addition, we have provided seven submissions to both State and Commonwealth Government inquiries on CWA of NSW policy positions.

1. Senate Standing Committees on Community Affairs Inquiry: Assessment and support services for people with ADHD.
2. Senate Standing Committees on Rural and Regional Affairs and Transport: Bank Closures In Regional Australia
3. Department of Social Services: Submission to the consultation on the National

Housing and Homelessness Plan 2023

4. NSW Legislative Assembly Select Committee Inquiry into Residential Tenancies Amendment (Rental Fairness) Bill 2023 (NSW)
5. Department of Infrastructure, Transport, Regional Development, Communications and the Arts, Consultation: Postal Services Modernisation
6. Submission to the NSW Select Committee on Birth Trauma from the Maternity Services Alliance
7. Response to the Consultation Draft: National Feral Deer Action Plan

We continue to partner with several organisations through the work of our Social Issues and Agricultural & Environmental

Committee members to advocate on CWA of NSW policy positions including the NSW Maternity Services Alliance, the NSW Energy Consumer Reference Panel, the Department of Community and Justice Coercive Control Reference Group, the NSW Department of Planning Environment Koala Partnership Program, and the Rural, Regional, Remote Communications Coalition (RRRCC). This year CWA of NSW President, Joy Beames, joined a delegation of RRRCC member organisations to Canberra where two days of meetings were held with Ministers, Shadow Ministers and relevant members successfully advocating for improved communication infrastructure for rural regional and remote communities.

Strategic Planning

We are on track to have achieved

all the outcomes identified in the first year of the advocacy strand of the CWA of NSW Strategic Plan 2023–2026. These actions have included the revision of the terms of reference for both the Social Issues and Agricultural & Environmental Committees. Both committees have reviewed and prioritised four focus policy areas from the 2023 AGM, and have developed and published education kits that can be used by branches to help raise awareness and understanding while empowering local branches to support advocacy goals through local representation.

In addition, the CWA of NSW Social Issues and Agricultural & Environmental Committees have hosted webinars with experts. In the case of the Social Issues Committee with the Australian Dental Association, NSW and the Australian Dental Industry Association to inform membership on the underlying issues around dental and oral care identified in the Royal Commission into Aged Care Quality and Safety, and the Agricultural & Environmental Committee with the Invasive Species Council on containment of Domestic Cats. Each informing and supporting CWA members in their advocacy for CWA policy areas.

Domestic Violence NSW Annual Forum

Domestic Violence NSW (DVNSW) has co-hosted three regional forums with the CWA of NSW since 2020. Year on year our work to reflect the needs of regional and rural NSW becomes even more critical and we continue to hear of the concerns in the regions, from our members and sector stakeholders. The 2023 forum focussed on the prevalence of DFV following disaster and the impact of gender inequality on disaster and recovery management in the regions.

Members and service providers

agreed that a cohesive and collaborative government approach is vital to disaster and recovery management, particularly in the context of DFV. Recommendations from the forum aim to mitigate and respond to DFV in disaster planning, response and recovery which should be considered alongside the DVNSW submission to the NSW Independent Flood Inquiry and submission to the Inquiry into the response to major flooding across NSW in 2022.

1. Ensure ongoing funding to deliver nation-wide, state specific, training for anyone who is affected by disaster, particularly first responders.
2. Increase welfare sector workforce capacity to prevent the gendered impact of disaster.
3. Allocate ongoing funding to continue to build on existing research on DFV in regional areas, whilst also commissioning new research to ensure data and practice responses are timely, accurate and have a gendered lens.
4. Increase evidence-based men's support and behaviour change programs in regional areas to ensure accessibility.
5. That the NSW Government work with Gender and Disaster Australia to incorporate the National Gender and Emergency Management Guidelines into NSW disaster planning.

Koala Conservation Partnership Project

The project is an educational conservation initiative aimed at encouraging local communities to report koala sightings on their land or in public areas. CWA will provide two community awareness events in early 2024 highlighting the value of reporting koalas, knowledge on how to report sightings and the

confidence to report. With CWA being a trusted community member, the campaign could result in BioNet records of koala sightings never previously reported on private land.

The Land newspaper

Every three weeks, CWA of NSW contributes an opinion article from the State President that is published in the print and online copy of The Land newspaper. These articles provide an excellent opportunity to highlight CWA of NSW policy position and in 2023 the following topics formed the basis of these articles:

- 09/01/2023: Agricultural Career (Workforce)
- 30/01/2023: Organ Donation (Live Kidney Donation 2022 Policy)
- 20/02/2023: Regional Banking Inquiry
- 13/03/2023: NSW Election CWA Priorities
- 03/04/2023: Lack of government consultation
- 24/04/2023: Australia Post Modernisation
- 15/05/2023: Budget
- 05/06/2023: Regional Housing Crisis
- 29/06/2023: Gambling Advertising
- 17/07/2023: Renewable Energy Infrastructure
- 10/08/2023: Dental Care in Aged Care Facilities
- 28/08/2023: CSG Exploration and Mining on the Liverpool Plains

State Office Closure

The State Office will close on 22th December and will reopen on 8th January.

No shop orders will be sent during this time.



Annual General Meeting

The 2024 Annual General Meeting will be held from 6th-9th May 2024 at the C.ex Club, 2-6 Vernon Street, Coffs Harbour. The Organising Committee is working hard to ensure our 102nd Conference will be a huge success and one to remember.

Coffs Harbour Region

There is so much more to Coffs Harbour than the Big Banana! It's a great place for a beach holiday—with glorious stretches of sand and a laid-back coastal vibe. It makes a fantastic base to explore the rainforests and waterfalls of the Waterfall Way or the incredible Solitary Islands Marine Park. Maybe head inland towards the beautiful Orara Valley, visiting its quaint villages, with many pubs, shops and cafes that make this area a destination of its own. Or go further north to the magnificent Clarence Valley region, visiting the historic city of Grafton or venture out to the coast to visit the riverside villages along the mighty Clarence River, leading to Yamba and Iluka where it meets the sea.

Or you may choose to take the road south to see the beautiful wetlands and boardwalks of Urunga or head inland via Bellingen and up the mountain to the picturesque plateau of Dorrigo.



Coffs Harbour from Muttonbird Island

Weather from April to May

The average temperatures range from 15°C at night to 24°C maximum during the day in April and 12°C at night to 21°C during the day in May. However, you never know what the weather will bring, so always pack extra layers for the unexpected changes that may occur.

Accommodation

Coffs Coast region has a large accommodation capacity in a variety of settings: hotels, motels, caravan parks/cabins and Air BNBS. Please look at the Coffs Harbour City Council website www.coffscost.com.au, if you are having difficulties sourcing accommodation.

Venue

The C.ex Club on Vernon Street, Coffs Harbour has the capacity to accommodate both delegates and observers on the 1st floor, with disabled access via a lift. All of the Committee exhibitions: Agricultural & Environmental, Cultural, Handicraft, Hospital Support, International, The Land Cookery and Social Issues as well as the Publicity Support Forum will be under the one roof, as will registration, voting, and the CWA Pick Up Shop.

The Interfaith Service will be held at the C.ex Club on Sunday 5th May in the afternoon.

As it is a club, signing in will be necessary on a daily basis for licensing requirements. The Club will offer a one-week membership package which will be available to purchase online before Conference or at registration. More details to follow.

Transport/Parking

There is plenty of parking at the C.ex Club in the four-level car park, with a lift from the top level to the Castle Street foyer.

Group Buses

There is a drop off/ pick up area for your Group buses outside the C.ex Club and they will be able to then park at the Coffs Harbour Showground. Please contact Leonie Saunders at leonie.saunders@hotmail.com to confirm if your Group is travelling by bus.

State Conference Raffle

The online raffle is now live for the 2024 State Conference Raffle tickets. You can purchase tickets at <https://rafflelink.com.au/cwaraffle2024>. Please assist by promoting the raffle as much as possible, as this is the only source of revenue for the Conference Organising Committee. 1st prize is \$1 000, generously donated by Equity First Real Estate Services, 2nd prize is a \$300 Spotlight voucher, 3rd prize is a beautiful canvas—a Liz McInnes original photograph of a Glenreagh waterfall valued at \$300 and 4th prize is a \$300 Bunnings voucher.

Conference Lunches

Pre-ordered lunch options will be available from Monday to Thursday at the Conference. Further information will be in the February 2024 issue of The Country Woman, outlining the choices and the online purchase details.

Gala Event

The Gala Dinner will be held at the Pacific Bay Resort on Wednesday 8th May 2024. Gala Dinner tickets must be purchased in advance. The ticket price is \$70 per person, excluding all beverages. Tickets are non-refundable and GST inclusive. Tables seat 10 and members will be seated in their nominated groups. The theme is Mountains to the Sea, with no colour theme. Tickets can be purchased via Try Booking: www.trybooking.com/CILSX

Tours

Full Day Tour: Tuesday 7th May 2024

Leaves C.ex at 9.00 am.

A day tour into the mountains visiting Bellingen, Dorrigo and Ebor. The tour will visit the Ebor Trout Hatchery, numerous waterfalls, and the Dorrigo Rainforest Centre which is part of the Gondwana Rainforest World Heritage Area. Our knowledgeable bus driver/tour guide will be stopping off at other local places of interest along the way. Admire the picturesque scenery at two stops where morning tea and lunch will be served. All meals are provided on this tour. You will return to the C.ex at approx. 4.30 pm.

Cost: \$50.00

Half Day tours Thursday 9th May 2024

All half day tours will leave C.ex at approx. 1 pm–1.30pm and arrive back to C.ex by 5pm.

Tour 1



Photo by Jim Hoffman

Guru Nanak Sikh Temple, Woolgoolga

Travel north to beautiful Woolgoolga, visiting the Sikh Temple & Museum. A head covering is required for this visit. Please bring along a beanie or head scarf. Afternoon tea will be provided by the Sikh women. We then travel back towards Coffs and visit the Solitary Islands Aquarium, a window into the unique marine environment of the Coffs Coast. The tour finishes with a Coffs icon photo opportunity on the way back to town.

Cost: \$30.00 (plus \$10.00 entry to the aquarium to be paid on the day).

Tour 2



Photo by Dave L Jones

The National Cartoon Gallery @ the Bunker

The National Cartoon Gallery @ the Bunker is our first stop, the only one of its kind in the world. This a World War Two bunker now converted into a gallery of cartoons, etc. A must see!

Then it's off to the wetlands at Urunga, where the walkway is suitable for all. We stop at Bonville Lookout on our way home, followed by a photo opportunity at one of Coffs local icons. Afternoon tea is provided in this tour.

Cost: \$30.00 (plus entry to the gallery \$10.00/\$8.00 concession to be paid on the day).

Tour 3



Photo by Steve Dorman

The Clog Barn miniature village

We go just down the road to our first stop, the new Yarrilla Place, which houses the Coffs Harbour Museum and Art Gallery, along with the new look library, all within this recently-completed \$76 million project. We visit the Big Banana for a photo opportunity, and onto Sealy Lookout where you are able to drink in the vista of the Coffs Coast line. Returning to town we visit the unique Clog Barn & Miniature Village. Here you can enjoy watching a clog-making demonstration and have a chance to snap up a

few souvenirs. We move on to a Coffs icon for another photo opportunity. Afternoon tea is provided in this tour.

Cost: \$30.00

Tour enquiries: Leonie Saunders
leonie.saunders@hotmail.com or
Ph: 0401 669 290

To book please transfer your payment to:

Account Name: CWA North Coast Conference

BSB: 082842

Account: 806165234

Please leave your name and the tour number as reference then email Leonie to confirm tour number.

Eg: if you'd like to book Tour 3, please leave FirstnameLastname3 in the reference.

Limited seats are available and once numbers are full there will be waiting lists. Tour numbers will be updated via the closed members Facebook group.

Volunteers for Conference

If you are not a delegate and are coming to the Conference, perhaps you could spare some time to help in one of the display areas, selling raffle tickets onsite or in some other way. In whatever way you would like to be involved, please register your interest with Sharron Davison at northcoastcwa@gmail.com

2024 AGM Pull-out

The February 2024 issue of The Country Woman will hold the Information Pull-out.

This will be used by your Branch to discuss motions and to provide advance information for delegates (and observers).

Delegates will receive further information upon registration at the C.ex Club in 2024. Observers need to keep the pull-out for reference at the Conference.

Sago Delights and Women Sharing Wisdom

My darling grandmother made sago plum pudding every Christmas and now her granddaughters, great-granddaughters and my nieces do the same, battling the caramelizing process and sharing victories if we get a good looking sago pudding each Christmas—it's a shared joy of laughs and cook-offs in our family!

Wonderfully, a cookbook has led me to join the CWA Tilba recently, and I am indeed finding many delights in this community. One has been that I found the latest edition of the CWA Cook Book 'Seventy Years in the Kitchen' still has the sago plum pudding recipe in it—thankfully with more details than Nan's 1945 Coronation Cookery Book, (the 4th reprint of the first edition from 1937)! I hold her cookbook as a family treasure, wrapped in its paper bag, with her handwritten

notes. The brief sago pudding recipe says—"an egg is an improvement"!

Who would think that all these years later I identify as a country woman, despite being city born and bred. But indeed, after 27 years in the Tilba district, it seems I am. The development of networks and female sharing, across age groups, and all kinds of lives, in my early CWA meetings has been enjoyable and rich already. So many contemporary portfolios of interest and activities happen in the CWA such as recycling, transport, social issues, history, agricultural and cultural events. The wonderful cooking part is barely a tenth of what each branch can turn its attention towards!

I am already enriched in getting to know some fabulous local people, involved in different ways

in our village and surrounds. I encourage fence-sitters like me, to jump in and make our little branch stronger, with a new level of contemporary female sharing and wisdom permeating our area. Nan would be pleased her cookbook is still so alive, in our modern world.

Virginia York, Tilba Branch

Sago Plum Pudding

Soak 2 tablespoons of sago in 300ml milk. Place in a bowl with 220g (1 cup) sugar, 125g (1 cup) sultanas, 110g (1 brimming cup) breadcrumbs, 1 tablespoon melted butter, 1 teaspoon bicarbonate of soda and 1 beaten egg. Spoon into a greased pudding basin (mould) and steam for 3 hours. Serve with cream.

From CWA Cook Book—Seventy Years in the Kitchen



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

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Hospital Support Report

The Hospital Support Committee, with the assistance of friends to the Committee, held two additional sorting/packing days in October at which time we were able to assemble 44 toiletry bags on the first day. On the second day with the help of the State International Officer, Jenny Chobdzynski, working with us, we began the task of packing 20 Mother & Baby packs for the International Committee—the final stitching of the bags being completed in November. We were also delighted to welcome Mel Wozniak from the Virtual Branch who was able to spend the day with us packing, sorting and learning.

Since we last reported we have sent more breast cushions and drainage bags to Bankstown

Hospital, rugs, and hats and beanies to Ronald McDonald House at Newcastle. Fleecy rugs, bed brighteners, bead bags and teddies went to Westmead Children's Hospital and small teddies to Northmead Ambulance Super Centre.

We also put together a donation of items to go to Miracle Babies and another large donation of items was packed for Streethearts for distribution to disadvantaged members of the community as well as items suitable for people fostering young children.

The Hospital Support Committee has need of the following new items: cloth nappies, nappy pins, pilchers, bath towels, fabric matinee jackets, crocheted rugs, travel size toothpaste, multipacks of toothbrushes, women's summer nighties and women's panties.

At our AGM in November, we farewelled committee member Judy Prior and welcomed Carol Soper, a long-time friend to the Committee, who is now a new Committee member. We also said farewell to Elisabeth Hodgson after 10 years of dedication and service to the Hospital Support Committee, having been



our Secretary, Chairperson and again Secretary during this time. Elisabeth has been our link with Ronald McDonald House at John Hunter Hospital, Newcastle which we will continue to support. Both Elisabeth and Judy will remain as friends to the Hospital Support Committee.

As 2023 draws to a close we would like to thank you for your ongoing generosity and support both practical and financial. We commend you for the work you do in your local communities and remind you to contact the Hospital Support Committee if you require assistance in supplying items.

The Committee thanks the wonderful State Office staff for their invaluable support, interest and assistance throughout 2023.

Wishing you all a very merry Christmas and a happy 2024 New Year.

Sue Vassie, Chairperson



Carol Soper, Jan Eagleton, Mel Wozniak, Robyn White, Jenny Chobdzynski, Jennifer Blinkhorn, Elisabeth Hodgson and Kerrie Tomlins packing Mother & Baby Packs

Merry Christmas from Amos

To all CWA Conference attendees—May 2023 Bathurst,

Thank you to all for helping Mum (Wendy Arentz) and I get around the Bathurst Auditorium or helping with my water bowl, so much appreciated.

I doubt whether I'll forget that "feral cat" on display! I apologise if I shoved and pushed in but I had a job to do! (My excuse anyway!)

There was a time I was found to be relaxing a little too much and snoring...so sorry.

May you all experience courage, kindness and strength through Christmas and in the New Year.

From Amos (guide dog).



The Land Cookery

Our meeting and AGM was recently held in Sydney and we have a new secretary—Fiona Duckworth, as Mary has “done her time”. Mary has been a wonderful member of the executive and Fiona will be just as approachable. Please note: Fiona works full time so she will most likely respond later in the day.

The Committee has set dates for all interested members and judges to attend Zoom meetings. More information will follow. The dates for members will be 13th and 17th April, and for judges 1st and 5th June.

Judges assessment weekends will be held again in 2024. The time and place will be determined by expressions of interest we receive by 19th January 2024. It is extremely important that you have done a lot of stewarding /some judging with a variety of qualified judges, not just judging on your own. Judging on your own with no qualified judge to point out issues, tends to reinforce bad habits and over confidence in your ability because your stewards would not question anything. Where a broader exposure will help your knowledge and skills. Baking and entering competitions is also essential but just because you are a successful exhibitor, does not necessarily mean you will be a good judge. Please contact our secretary or myself if you wish to be assessed.



The Land Cookery Committee: Ellice Schrader, Brooke White, Denise Hawdon, Fiona Duckworth, Mary Hollingworth, Christine Gellie and Rosie Arena.

When your group competitions have finished, can Group Cookery Officers please fill out the new return form and send it onto me by post: 4 Mackellar St, Cessnock 2325 or email to: shoesbagspearls@yahoo.com.au

It is important that names are spelt correctly, so prize cards will be correct. The new form no longer requires an address. It will be a contact number or email as prize money is by direct banking payments. If anyone has still not claimed their prize money please contact our Treasurer.

There has been queries about using spring form tins if you do not have a 20 cm tin. Yes, you can use this but remember it is highly unlikely that you will go onto win at higher levels as presentation is important and the marks of the tin will likely go against you. So please borrow one if you are going onto group or state.

Upcoming 2024 “Judging and How-to Day”:

- Mudgee, Castlereagh Country Group on Saturday 20th January
- Parkes, Oxley Group on Sunday 21st January.
- TBA, Murrumbidgee-Lachlan Group on Saturday 3rd February

Please contact these groups for details and all are welcome even if you are outside the hosting group.

Anyone who wishes to volunteer at State Conference with us, please contact me. You will be required all day Sunday and Monday for the delivery and judging of cakes and preserves.

Thank you for the great feedback from our videos placed on Facebook. We will continue to post these in the near future and December’s will be a lovely easy red and white dessert, along with

how to “jazz up” that store-bought cranberry sauce.

Our raffle tickets have been sent out directly to the Group Secretaries. Please support us by selling our tickets at your upcoming stalls, functions and meetings. They are to be posted back as per the instructions.

The Land Cookery Committee wishes you all very happy and safe Christmas.

Ellice Schrader, Chairperson

CWA Tea Rooms—Help Wanted

Come along and join us at the Sydney Royal Show.

22nd March to 2nd April 2023.

If you are fit and willing to help in any position, we would like to hear from you. Please Note: all positions require you to be on your feet for 4 ½ hours.

Volunteers need to be 16 years or over.

Please forward your details and preferred shifts to Donna Robertson via email cwashowkiosk@gmail.com

- Name
- Phone
- Email
- Branch
- Group
- Date/s you wish to work

Morning shift: 9:15am–1:45pm
or Afternoon shift: 1:30pm–6:00pm (these are starting/finishing times).

If you have any queries regarding working at the show contact:

Donna Robertson

M: 0429 693 461

cwashowkiosk@gmail.com

Show Catering

The 2024 Sydney Royal Easter Show will be held from Friday the 22nd March until the 2nd April. Once again, we are looking for volunteers to help us at the CWA Tea Room. Members, husbands, partners, grandchildren, friends and workmates are all welcome if they are over 16 years of age.

Volunteers receive free entry to the show and so can enjoy the activities of the show either before or after their shift.

If you can assist, please send all your details as per the accompanying information. The information is also at www.cwaofnsw.org.au/showcoupon.

Donations of cakes, jams, pickles and date loaves are very welcome

and much appreciated. These home-made items are always a big hit and sell out quickly. Please ensure a CWA food label is attached. Labels can be found in the download section of the CWA website.

I am asked each year by our country ladies if there are any city members willing to offer any accommodation during the Show even for just a couple of days, so they may come and help at the show. It's a big expense for them with fuel as well as accommodation. If anyone is able to help out, please let me know and I can put them in contact with you.

The Show Catering Committee

would like to wish everyone a Merry Christmas and a wonderful New Year.

Donna Robertson
Chairperson



Handicraft Report

Hello again from the Handicraft Committee. Welcome to all those newly elected Branch and Group Handicraft Officers and welcome back those who have been re-elected. I don't know about all of you but the Handicraft Committee is enjoying bringing handicraft to the members and we are thrilled with the enthusiasm you are showing.

The Chairman's Challenge has created a great deal of interest and it is great to be able to rejuvenate such an old craft, especially in the year of the coronation, as Goldwork has been used extensively over the years for decoration of the coronation gowns. I hope that people are trying this craft and enjoying both the beauty and the complexity of it. I am looking forward to seeing some of the items produced at the State Conference in 2024. Remember this class is for all, not only those with expertise—it is a learning experience.

We held our AGM on Friday 10th November and the Executive remain the same: Ruth Shanks AM, Chair, Geraldine Gore Secretary and Denise Turnbull Treasurer.

We set out this year to take handicraft to the people (not people to the handicraft) and therefore we have had meetings and workshops in Balgownie, Dubbo, Quirindi and Penrith—these have been a great success. We try to set the costs as minimal as we can so that these workshops are affordable for all. Remember if your Group would like us to visit, please let us know before our next meeting in Dubbo on 2nd February 2024.

We will be doing the State judging in Dubbo in mid-April and details around dispatch of cases, etc will be sent to Group Handicraft Officers early in 2024.

To be able to carry out all the functions of the Committee, we are again holding a raffle to be

drawn at State Conference in Coffs Harbour in May 2024. The tickets will be sent to the State Executive Committee Members for your group and they must be returned to them prior to them leaving for State Conference. Remember all these tickets need to be accounted for so return them even if they are not sold. The prizes again are 1st: \$500, 2nd: \$300 and 3rd: \$200. Good luck.

This year seems to have flown by and we now have Christmas in sight and, unfortunately, not great weather on the horizon.

On behalf of the State Handicraft Committee, I would like to send you Christmas greetings, happy holidays (even if you are staying home) and don't forget, when you have nothing to do (ha ha) pick up a needle and thread and relax!

Ruth Shanks AM,
Chairperson

State Cultural Report

We don't mind repeating information as questions show that people are interested although if you have questions on Cultural Committee matters, please either direct them to Yvonne Davis, the capable Committee secretary, or the myself (Chairperson). This is the best way to get accurate information. It has been both exciting and a pleasure for the Committee to answer questions on the new About Your Place brochure; however, some members are continuing to rely on other sources and consequently, typically end up being misinformed.

Branch entries in the inaugural About Your Place brochure are stunning! Congratulations to all who have taken up the challenge of promoting their area. The competition officially closed on 15th November. The following is the deadline rule: Posted entries are addressed to the Cultural Secretary and an entry will always be accepted if the envelope is "postmarked" before the closing date. In this instance, 15/11/2023 was the final postmark that was acceptable.

As an aspect of Australia's culture, the Woman of Note is designed as a consideration of women who our contemporary society would likely label as role models. The females advanced for potential study must be Australian, have made an outstanding or significant contribution in some field, and no longer be alive. The explanation behind this latter requirement is that this means permission to study the woman is not necessary, and the woman's iconic stature and achievements are part of our history.

In each calendar year a different Woman of Note is selected from the nominations submitted to the Cultural Committee. This annual selection is made at the

Committee's November meeting. How are nominations made? Each branch can decide on a potential candidate, the woman's name and achievement details are presented at the group's AGM, a vote is taken and the name of the nominee with the most votes is then submitted by the Group, along with the supporting information, to the Cultural Committee. The annual Woman of Note, selected by the Committee from your nominations, is then announced in this December edition of the Journal. It's up to each individual branch to decide how they will incorporate this into their cultural program. You should always be on the lookout for potential nominees, particularly women from your local area although this is not necessarily the sole focus. Your nominee can be any Australian woman that your branch believes is a person worthy of study.

Examples from this year's study of the late Dr Catherine Hamlin: a speaker from the Catherine Hamlin Foundation was invited to give the occasional address at my group's AGM. After discussion at my branch, members decided to knit squares and produce some of the colourful blankets that are gifted to each woman when she is leaving the Hamlin Fistula Hospital in Ethiopia. As a total non-starter in the handicraft talent stakes, even I managed to knit a square, and the fact that everyone was totally shocked by this made my miniscule achievement even more personally enjoyable.

The Woman of Note for 2024 is artist Margaret Olley.

At our recent 6th November Cultural meeting, it was decided to promote an acrylic painting workshop, at a peri-urban location, where tutor Janet Klepatzky will present "Gumnuts and Parrots". Full details will be published in the new year. A

Comic Songs webinar will also finally take place in 2024. This workshop, originally planned to be held in person and hosted by Richmond Branch, was scuppered by COVID-19. In its resurrected form it will be presented on Zoom and facilitated by Allison Mackenzie. The 2024 Conference cultural raffle will be "pretty in pink". Watch out for details and the tickets which will be coming your way soon.

Finally, the Committee join me in wishing you a contented, productive, and happy holiday season. To continue the 10 things theme, and to close 2023 on a festive and enjoyable note, these are the cultural suggestions for Christmas and the New Year:

1. Keep things simple
2. Stress less
3. Enjoy the company of friends and/or family
4. Share laughter
5. Delegate tasks to others
6. Keep cool in the heat
7. Avoid over-catering
8. Focus on people, not presents
9. Practice kindness, and,
10. Don't overcook the Brussel sprouts!

Eva Campbell, Chairperson

CWA journal on CD

Did you know that vision-impaired members can request to receive The Country Woman journal as a CD recording instead of a hard copy, at no extra cost?

Contact State Office and ask to be added to the mailing list:

02 8337 0200

membership@cwaofnsw.org.au.

Cultural Woman of Note

The State Cultural Committee introduced a "Woman of Note" in 2019 to be studied each year. Branches and groups may wish to include this information as part of their Cultural activities. A biography can also be included in Cultural Books if desired.

The Woman of note for 2024 is Margaret Olley.



Topics for State Cultural Competitions

To be judged for the 2025 State Conference

Senior Photography Section A (colour): Food, Glorious Food

Senior Photography Section B (black & white): Patterns

Junior Photography: My Pet

Senior Short Story: The Recipe

Junior Short Story: In the Toy Box

Poem: What a Day

Bush Ballad: Around the Campfire

Branch Competition: Roads to Wellbeing (Up to 10 items in a Bifold or Trifold Brochure)

The above all due by 15th November 2024.

Junior Postcard: The Show

Junior Poster: Party Time

Junior Posters and Postcards due 15th February 2025.

Scott & Broad Art and Porcelain Art Competition

Coupon No. 1: Entry Coupon

Entry forms to reach State Cultural Committee Secretary by **15th April 2024.**

Name of Artist Mrs/Miss/Ms _____

Address: _____

_____ Post Code: _____

Mobile: _____ Home Ph: _____

Branch: _____ Group _____

Title: _____ **Section:** _____

For Sale: Price: _____ Not for Sale

Title: _____ **Section:** _____

For Sale: Price: _____ Not for Sale

Title: _____ **Section:** _____

For Sale: Price: _____ Not for Sale

Committee receives 20% commission

I give/ do not give permission for a photographic reproduction to be used in The Country Woman journal or used for publicity by the Cultural Committee.

Signature _____

Scott & Broad Art and Porcelain Art Competition

Coupon No. 2: To accompany each entry

Paintings and porcelain art to be delivered to the Conference Venue. If paintings cannot be delivered they can be sent to: Coffs Harbour Branch, PO Box 984, Coffs Harbour NSW 2450 by **15 April 2024.** (Porcelain Art cannot be posted).

Name of Artist Mrs/Miss/Ms _____

Address: _____

_____ Post Code: _____

Branch: _____

Title: _____

Section: _____

For Sale: Price: _____ Not for Sale

Committee receives 20% commission.

Please photocopy this coupon if you have more than one entry. Attach to back of each entry.

The art schedule (including porcelain art) can be found on page C 6-6-723 of the Procedures Manual.

Agricultural & Environmental

What do these names have in common? Plums & custard, lemon disco, curry punk, witch's butter, lawyer's wig, turkey tail, leathery goblet, razor strop, jelly ear, and pixie's parasol.

Answer: They are all common names of some of the types of fungi found in NSW. I hope everyone is enjoying our interesting new topic—fungi.

Agricultural & Environmental Committee Update

Here is an update of all things the Agricultural & Environmental Committee have been doing from May to November.

1. Meeting about foot & mouth disease and lumpy skin disease.
2. Started "What's Happening On The Farm" posts on CWA of NSW Members Closed Group on Facebook. This initiative is to tell the story of farmers. It is for interested CWA members who want to learn more about agriculture and the activities that happen on farms.
3. Representation by Agricultural & Environmental Committee Members on NSWF Water Taskforce Working Group, Koala Working Group, Essential Energy Community Advocacy Group.
4. Advocating to Essential Energy for highly visible devices around upright power poles and struts where agricultural machinery is used—motion from Conference 2023. Further Zoom meetings working on pole-guards.
5. A 12-month trial of power pole guards designed by Essential Energy to be conducted by farmers in areas around Illabo and other areas of NSW.
6. Completed key tasks from the Strategic Plan and chose the four policy priority areas—containment and desexing of cats, continuity of

telecommunications coverage, weed biosecurity, and first aid for learner drivers.

7. New Agricultural & Environmental topics of study—microbats, fungi, red imported fire ant. New Primary Product—seaweed.

8. Attended the Stop Coal Seam Gas rally in Sydney to support CWA policy on this.

9. Working on updating the Agricultural & Environmental section in the Procedures Manual.

All About The Moore Award

Members are asking me about the Moore Award and what to include. Pam Moore was the first State Agricultural & Environmental Officer from 2001–2004. Surprisingly, she had to campaign for seven years to create the position. Her passion for agriculture and the environment led her to develop an award to recognise those who are actively championing these issues. The Moore Award must be presented as a book. It is open to every branch, and does not need to go to group to be judged. Minimum size is A4, Maximum size is A3—a scrap book, folder, or exercise book—and is to be sent to State Office by 31st January every year. Include member/branch details with your entry. Presentation is important and the format is up to your imagination! You could do scrapbooking, or even make the paper for it. Include everything you actively did in your branch relating to agriculture and/or the environment. This could be—guest speakers, branch projects, field trips and outings, community events, presentations, advocacy for issues that are important in your area, and branch Agricultural & Environmental days. Show that you have promoted and learned about the flora, fauna, foe, and the primary product. Add "doing"

photos, pictures or drawings, and written explanations. Most of all—real proof of all activities you did together as a branch, when and where. Results are announced at State Conference. Enjoy making your book!

Highly Pathogenic Avian Influenza (HPAI)

HPAI is not yet in Australia, but has had an increasing frequency and range of outbreaks around the world recently. There is a heightened risk of it being introduced into Australia now more than in previous years. The main risk is carriage by migratory birds from the Northern Hemisphere. The disease can cause mass mortalities and extinctions in many species of birds as well as some mammals. It can also affect all domestic poultry, pet birds, pigs, horses, dogs and cats. Infection is mainly spread through contact with sick birds or bird carcasses. Symptoms of HPAI are sudden death, respiratory distress (coughing, sneezing, rasping), swelling and purple discolouration of the head and neck, rapid drop in feed and water intake, and diarrhoea. We should all be aware of this threat, to ensure appropriate action is taken when encountering dead birds. It is a notifiable disease, and if you suspect or can confirm that an animal is showing symptoms of HPAI, you must contact your local veterinarian or phone the Emergency Animal Disease Hotline on 1800 675 888.

Jenny Birtles
State Agricultural & Environmental Officer



International Report

As I begin my report, I would like to extend my thanks to the many branches and groups who have welcomed, and supported, me on my travels recently. I have also attended group and branch Annual General Meetings and enjoyed a very warm welcome. The friendship and hospitality are heartwarming and has reinforced my belief that CWA is about supporting each other through kindness and acceptance.

With the changes to the International program, it's time to begin a new Country of Study and finalise the interim activities by sending in Group Reports as well as entries in the interim competitions. So far, I have received some beautiful work from branches and groups, and I am looking forward to receiving many more, if reports filtering through are anything to go by.

AGMs are now over, so start planning ahead for interactions with your local schools and communities. I'm sure Branch and Group Days are going to be lots of fun this year. France is an amazing country with a rich history and culture, not to mention delicious food and wines. I encourage all members to think creatively, engage with your communities and have a great year. Croissants, vol au vents, macarons, eclairs are available at cafes, supermarkets, and bakeries. The 2024 Olympics are in Paris, so there will be lots of information coming out promoting that event. I am also aware many members have visited France plus many learned French in school.

Members should please note the changes to the International competitions from now on and also the International Report templates. The International Journal and Student Diary Competitions have been discontinued for the coming year.

These were not well-supported. The travel Journal has been replaced with a new project book format. Following discussions with the Handicraft Committee, International Needlework and International Handicraft have been merged into one competition with a broad scope. While there is no International Doll or Handicraft for the competition at the 2024 Conference, instead there are the two challenges—Pocket Pals and Pillowcase dresses. The International Doll Competition and International Handicraft Competition are part of our study of France. There are many regional costumes and crafts to choose from. Please note these dolls will be judged for the 2025 State Conference.

The Audited Financial Reports of ACWW have now been added to the ACWW Website and members are encouraged to read these carefully. The website also has updates on the projects plus lots of promotional material for Branch and Group Officers. There have been major changes in the way projects are selected and supported. Sadly, there are to be only three larger projects supported each year and the Board has decided not to support water projects from now on. The reasoning behind this decision is that the Board Members believe other organisations have greater expertise and experience in groundwater exploration. I trust members will continue to support our international work along with the NSW State International Fund, the Association Fund, and the Disaster Relief Fund. CWA of NSW extends International Support in its own right.

The State International Seminar has been booked for Saturday 3rd February 2024, at the Dubbo RSL Club; sign in will be Friday 2nd February. The information is in this Journal. All bookings are by TryBooking again this year.

TryBooking does not allow for recording dietary restrictions so please send special dietary provisions to the International Committee Secretary once you have booked a place. Due to increased prices across the board, costs for both the book and the seminar have had to be raised slightly. Everything has been done to keep prices reasonable. I look forward to seeing you there!

Recently Material Aid parcels have been packed ready for posting and 24 Mother & Baby Packs have also been packed ready to go to our friends in PNG and the Pacific Region. Many thanks to Hospital Support Committee and the Phillip Group members.

May your Christmas be filled with peace in these uncertain times and may you build happy memories to warm your hearts.

Joyeux Noël et Bonne Année.

Jenny Chobdzynski,
State International Officer

International Seminar—France



Saturday 3rd February at the Dubbo RSL Club.

Sign in will commence on Friday 2nd February between 4.30pm and 6pm.

Costs are:

- Seminar \$100 (includes one Seminar book)
- Dinner \$60
- Book only or additional Books \$25

Try Booking Link is www.trybooking.com/CMVAN

Social Issues Report

The Social Issues Committee, along with Andrew Connolly, our Policy Manager, have worked on CWA of NSW Policy Education Kits for the following areas of focus, mentioned in the October Journal

- Dental and Oral Health Reform in Aged Care
- Reform of advertising regulations for online gambling
- NSW Will and Enduring Power of Attorney Register
- Social and Affordable Housing for women.

These kits are now available on the Advocacy page of the website, to assist branches to take action if they wish. There may be a particular issue that is relevant to the local community.

The kits contain the following:

- CWA of NSW is calling for action to...
- How will this be achieved?
- What can your branch do?
- What can you do?

The Social Issues Committee values the input of all CWA members and if any one of the

policies can be addressed by branches, or individuals, we would welcome your findings.

At the time of writing this report, we are preparing to hold a webinar on Dental and Oral Health Reform in Aged Care. This results from a motion from State Conference and is now policy. At the time of reading this report, the webinar will have taken place, with dental professionals having made their presentations. The Committee welcomes any feedback on the webinar.

CWA of NSW recently provided a submission to the consultation on the National Housing and Homelessness Plan 2023. It is recommended that addressing homelessness and providing support to individuals at risk of becoming homeless, requires a shift in approach from managing homelessness to actively working towards ending it. This requires a collaborative and combined effort of all levels of government.

Keeping Women out of Prison (KWOOP) is very concerned with the lack of affordable housing for women. Economically

disadvantaged women are most vulnerable, and this is of great concern to CWA as well.

It is very encouraging to hear that members are interested to know more about social issues. Social issues have been part of the CWA agenda since the first meetings in 1922. Conditions for regional, rural and remote women, children and families are continually being monitored and there has been improvement. However, we know that the housing situation is not good, domestic violence continues and health services are still not easily available to many. We encourage members to use the Social Issues form of the website to put forward issues of concern.

Thanks to all members for your ongoing support. May the blessings of the Christmas Season be with you and your family.

"Kindness is free to give, and priceless to receive".

Leonie Fish
State Social Issues Officer

Welcome New Members

A warm welcome to these 228 new members of our branches:

Albion Park Evening Kate Loughran **Albury Evening** Helen Spence **Ariah Park** Jenna Carters **Armatree** Sheree Spora **Armidale** Jacinta Makim **Ballina** Denese Smith **Bangalow** Maria Alonso, Mandy Nolan, Madhuri Pallapolu, Leanne Shedlezki, Antonia Staff, Aine Tyrrell, Catherine Wright **Batemans Bay** Michelle Mulligan, Ruth Pollock **Belmont** Julie Bate **Bermagui & District** Sorrell Lambie **Blacktown** Kathleen Mulally **Blackville** Anne Brownhill, Mikaela Knight, Madeleine Pursehouse, Sandra Thompson, Sue Wilmott **Bodalla** Judy Everett **Bonalbo** Carol Umstad

Borenore Christine Lawford **Bourke Evening** Fleur Thompson, Margaret Thompson **Bowral** Elizabeth Johns, Roxanne Lowe **Braidwood** Kelly Ellis, Penelope Shoemark, Suzanne Tunks **Bredbo** Kim Crimmins PSM JP, Lynne Gouldson **Brunswick Heads** Elizabeth Bellerby, Leah Boland, Cath Delben, Alisha Mott **Bungendore** Katie Asplin, Sharon Baxter-Judge, Angela Cibiras, Louise MacDonald, Nicola Stokes **Byng-Emu Swamp** Therese Creed **Camden** Janet Willoughby **Canberra** Gillian Evans, Annie Woodlee **Castle Hill** Sophie Daly **Cessnock Evening** Margaret Meyn **Collarenebri** Emily Barton, Madison Chown,

Joy Franklin, Sandi-lee Kruger, Prudence Smith
Cooma Anna Clark **Coonamble Evening**
 Kylie Parry **Cootamundra** Brenda McCutcheon
County of Burnett Taylor Connors **Cowra**
 Soyeen Schoenwald **Cowra Evening** Kay Best
Crookwell Dawn Smith **Crookwell Evening** Mary
 Heys **Cumnock** Elaine Bates, Carol Kerr, Rosemary
 Maros, Irene Murray **Dorrigo** Deborah Edwards,
 Helen Lee, Kerry Miller **Dungog-Clarence Town**
 Sharon Barker, Judy Boyden, Heather Brockwell, Alison
 Kirkman **Eastwood-Epping** Zofia Jones, Vicki-
 Jane McLean **Eden** Helen Herbert, Tracy Twydell
Evans Head Ruth Barratt, Gail Marczan **Forster**
 Carolyn Robinson **Galston** Kristina Padmore,
 Debbie Stewart **Gerogery** Michelle Fagan, Leanne
 Macreadie **Gladstone NSW Evening** Annette
 Thiele **Glenbrook** Christa Crewe **Glenreagh**
 Jenny Wellington **Gloucester** Joanne McPhee,
 Sue Salter, Claire van der Stel **Goodooga-**
Lightning Ridge Jo Lindsay, Lilo Stadler, Kathryn
 Wall **Goulburn-Mulwaree** Sara Fife **Grattai**
 Alison Primmer, Michaela Primmer **Gundagai**
 Karen Carter, Diane Lowe **Gungahlin** Robyn Harris
Gunnedah Giuseppina Guerrini, Sarah O'Keefe,
 Jenny Randall **Guyra Evening** Hannah Muller
Harden Michelle Gallo **Illabo Evening** Marliese
 Heffernan, Anna Robinson **Inverell** Jennifer Blackey,
 Carol Champion, Vincene Jones **Jindabyne** Sile
 Bollard **Jindera** Amy Kelly **Kiama Evening**
 Nikki Hunter **Kootingal** Julie Ballantine, Joy Drain
Lennox Head Judith McLoughlin **Lisarow-**
Ourimbah Nyssa Bradbery, Carol Sternbeck,
 Wendy Watt **Macleay** Kathy Martin, Dorilyn San
 Andres **Maitland** Judith Chapman, Joy Palmer
Majors Creek Clare Kavunenko **Mangrove**
Mountain Evening Janette Banford, Tracey
 Cook, Cassandra Fowler **Manilla Evening** Janine
 Mills **Manilla Sundowners** Emily Delarue, Josie
 Goman, Leah Hyles, Liz Priestley, Janis Rodricks,
 Jeanette Strommen **Manly** Marilyn Bourne, Mary
 Culshaw, Annette Du Vernet, Elizabeth Hawke, Diana
 Jolly, Sally Lawther, Marianne Marin **Menindee**
 Mary Hilder, Sussan Nevill **Millthorpe** Margaret
 Davis **Milton District** Janne Lockard **Molong**
 Danielle Wright **Morisset** Neely Hopkins **Moruya**
 Marjolein Kromhout, Janette Riches, Christine
 Ridings, Jess Runko, June Whipp **Mullumbimby**
 Rosa Graham, Robin Wood **Murray Hut** Hazel
 Jenson, Laura Sykes **Murrurundi** Shirley
 Schumacher **Murwillumbah Evening** Sharon
 Lacey **Narrandera Evening** Johanna de Kaste,

Janine Gilchrist, Karen Evans **Narromine** Carin
 Maher **Newcastle Evening** Debra Histon, Kathie
 Mackay **Nimbin** Catherine Marshall **Nimmitabel**
 Karen Morris **Nundle** Margaret Chamberlain, Meg
 Sydenham, Geraldine Wilson, Cheryl-Anne Hill
Parkes Abbey Kennedy, Jodie Knights, Melanie
 Tighe **Penrith** Sharon Miller, Sarah Williamson-
 Akins **Picton District** Eva Krattli, Christine Ode
Port Macquarie Marjorie Ellis **Queanbeyan**
Evening Miriam Berger, Katherine Crawley, Jane
 Crowe, Leontine Muis, Evelyn Rohde **Quirindi** Di
 Biddle, Grace Nisbet, Jenny Stabbs **Richmond**
 Lorna Causer **Singleton Sundowners** Angela
 Primmer-Jones **South West Rocks** Cheryl
 Channells, Lesley Everson, Joy Gilham, Marg Mottee
St George-Sutherland Shire Ann Laverty
Tambar Springs Sandy Corbett **Tarago** Kim
 Daniel **Tarcutta** Bernadette Dobeli **Terrigal**
 Brook Webb **Tilba** Virginia York **Tilligerry** Jenny
 Marshall, Sandra Stracham **Tooraweenah** Chloe
 Petersen **Tottenham** Sophie Cook **Toukley** Fiona
 Jones, Donna Snowdon **Trangie** Elyse Montgomery
Uralla Leonie Kirwan **Uranquinty Evening** Sally
 Carter **Urunga** Christine Cardow, Mary Digges,
 Bernice Perrin, Lynda Saunders **Virtual** Wendy
 Speight **Wagga Wagga** Louise Galletta, Joan
 Hoare **Walcha** Katrina Blomfield **Walgett** Deb
 Harris, Giselle Taunton, Nicole Tuohey **Wee Waa**
 Selby Harper, Wendy Van Kuyk **Weemelah**
 Michaela Christensen **Wingen-Parkville**
 Catherine Cooper **Wingham** Leonie Cambage
Woy Woy Samantha Findley **Yarrhapinni** Julie
 Clements-Barrack **Yenda** Rayna Geaney, Lisa
 Hams **Young** Maureen Nation.

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Eugowra Floods—one year on



Eugowra CWA rooms following the flood

September 2023 was a landmark moment for Eugowra Branch. Members held the first meeting back in their own rooms since the November 2022 floods destroyed the Central West NSW township.

Branch President Margaret Swift said the rooms had been used as a staging point for recovery operations until that time.

“We are hopeful building work inside the rooms will have started by the end of November. Members remain thankful that the Branch was able to obtain a number of grants and access our insurance. That took a big weight off us.

“Everyone was so kind when it came to donations to the Branch. Members were able to salvage some things from the rooms but not others.

“I can remember one day in particular during the early phase of the recovery. We had sorted items into a pile we thought we could salvage and another pile that was clearly rubbish.

“We went to lunch and when we came back everything had been cleared away. That is why we put forward the urgent motion to the 2023 State Conference,” Margaret said.

The motion was:

Preamble: Our members and the Eugowra residents experienced a devastating isolated storm event which destroyed buildings and many of which were condemned.

Eugowra residents were further devastated to return home to find their possessions including their precious personal belongings, such as inherited jewellery, sentimental photographs, and historical books, etc, had been

disposed of at the garbage tip.

We request that the CWA State Office work with the NSW State Government to ensure there is no reoccurrence of this.

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

The motion was passed at State Conference.

Margaret recalled that driving back into Eugowra after the all clear had been given was like being on Pitt Street as the township was teeming with heavy machinery. She acknowledges her family had the immense good fortune of being around 10 kilometres away from the flooding.

“Coming back into the rooms for that initial inspection was another story altogether. The refrigerator was originally between two cupboards.

“When we went in there it was on its side. One of our really heavy tables was on its side. You wonder how water could create such a mess,” she said.

In the midst of the shade, there were moments of light for the Eugowra members—such as the time a gorilla decided to join the Branch.

A plush toy gorilla had been washed up towards the CWA Rooms and was cleaned up by the members. The gorilla remained at the rooms for several weeks before it was adopted by a local child.

State Vice President Jan Kerr played a role with the Branch recovery being able to secure a number of tables and chairs from a refurbishment project at the Canowindra RSL Club.

As for the Eugowra Branch and its future, Margaret remains

optimistic.

“We have been getting consistent numbers at the meetings for a while and that is something.

“Two of our members lost their houses and we are keeping in touch with them as they continue rebuilding their lives.

“We are an older branch, for the most part. As for the branch—we have a number of new members including our handicraft officer.

“Once we get everything squared away with the rooms, we will get on with the op shop and getting it back.

“The biggest thing that has made a difference to the town is having the local café open. It gives people the chance to sit down and have a natter.”

Thank you morning tea

Eugowra, Forbes and Forbes Evening Branches combined for a “thank you” morning tea at the Escort Rock Café, Eugowra courtesy of Virtual Branch. They generously gave each branch a donation specifically for this purpose to thank members for their efforts during and after the devastating floods which hit the area in November 2022.

The café, destroyed during the Eugowra flooding, so was proud to have the first official function after rebuilding to be a CWA one, as members of all three branches have been heavily involved in aspects of the recovery process in their communities. Some of the recovery support included distributing gift cards; supplying blankets and clothing; making school lunches; fundraising; washing clothing etc, sourcing beds and bedding, lounges and other living needs; and generally providing support where needed. Recovery is still ongoing; however, it was great to catch up and enjoy a delicious morning tea.

Sudoku

How to Play Sudoku

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

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

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

October's Solutions

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

Puzzle Rating: Very Easy

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

Puzzle Rating: Easy

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

Puzzle Rating: Medium

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

Puzzle Rating: Hard. Source: 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

Member Profile



Throughout their CWA lives and for various reasons, a member may have to change branches but what if you had to begin your CWA

service all over again in another state?

CWA of NSW life member, Norma Judd, moved to Victoria to be closer to family. In doing so, she has had to restart her CWA career across the border.

When did you join the CWA of NSW? I joined Wagga Wagga Evening Branch in 1984 because my neighbour (Julie Morrison) was involved. Our children were the same ages as well.

Joining the CWA of NSW was a natural step for me as my mother was a member of the CWA in Victoria. It doesn't matter what state of Australia you are in—the CWA is a good way of getting to know people.

I stepped straight into the position of International Officer because the previous one had left, I think we were studying Finland or Tibet at the time.

I enjoyed all the positions I held during my time in NSW.

When were you made a life member in NSW? I was made a life member in NSW during July 2021. I didn't know anything about it. I thought it was a farewell lunch for me as I was leaving Wagga Wagga in December of that year. It was a very emotional day for me. I knew other people had life memberships—so being awarded a life membership was totally unexpected for me.

What led you to becoming a member of the CWA in Victoria? I think it was wanting to get to know some people in what was now my local area. No matter where you are, CWA people are very friendly people. I rang the President of Barnawatha Branch and she told me when the next meeting was.

How challenging was it to “start over” in CWA after being a stalwart in your NSW branch? What advice would you have for members who have to begin their CWA lives again in other states, regardless of the circumstances? I think you just join a branch and then sit back and listen and contribute where

Norma Judd

you can.

What did you think when your pudding recipe that had such good results in NSW competition, was successful in Victoria? I won the state competition in Victoria this year. I used the recipe that I used for the NSW competitions. My score was 96 out of 100 and my name was added to the Noela McLeod Trophy for Cookery. I definitely think one of the other keys to starting all over again in CWA is getting involved with what you love. Will I defend the title? I'm thinking about it.

What is the greatest misconception people have about CWA? I don't think people understand how varied the contributions made by the CWA and its members are. I am sure people think it is all scones and cooking but it is so much more than that. You only have to look at the international work and the flora and fauna to realise this.

Sometimes we all struggle.

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From the Archives



Christmas in Australia



These poems were chosen from amongst those sent in for the competition we announced in a previous issue. The Editor wishes to thank members who sent entries and to congratulate them on the original thoughts shown. We publish here the winner and two runners-up.

The winner was Mrs. Warlters, of Kendal Branch, and here is her poem:

The smoky haze of summer days,
The sun-drenched countryside,
The paddocks brown, the quiet town,
Australian Christmastide.

No postcard scene of snow and green,
Of doorways garland clad,
But in each home and heart serene
The Christmas message glad.

What though the Yuletide scene is changed
From age-old Bethlehem,
The message true again is new
Of "Peace, goodwill towards men."

★ ★ ★

Mrs. C. M. Kook, of Temora, sent this entry:

Christmas in Australia!
What do we see?
Family re-unions,
Feasting and glee.
Not snowy pastures
With holly red,
But sun-bleached paddocks,
Mirage ahead.



Creeks, gum-tree bordered,
Sheep in their shade;
Cry of the currawongs,
Stacks newly made.
Weary the world is —
Often war-torn,
Still we remember
Christ is re-born.

★ ★ ★

From Mrs. Aston, of Quaker's Hill Branch:

Our Christmas bells would be in bloom
When, early one December morn,
The angels shining through the gloom
Brought tidings that a Child is born.

Our Christmas bush would glow rose red
When paused the guiding star above
Where lay in some cool cattle shed
The Heavenly Gift of peace and love.

Our eucalypts, with all their wild
And lovely grace, 'twould be their part
In after years to hold that Child,
Thorn crowned and bleeding, to their heart.

▲ Christmas in Australia poems from *The Country Woman*, December 1953

▼ Christmas is What You Make It from *The Country Woman*, December 1950

Christmas is What You Make It

How many times have you seen it happen? The tempo of the few weeks before Christmas increases to a hurly-burly; last-minute presents to be bought, a thousand things to do, the weather is foul, your money is running out, you've overspent, you're bone-tired, bedraggled, and thoroughly sick of the thought of Christmas!

You hadn't planned to do much about decorating the house this year. Then some sudden small thing (the expectant look on a child's face? the stab, as you hurry along, of a choir somewhere singing "Come all ye faithful?") brings a small cold panic to your heart—oh! awful to be left out of it! It suddenly seems terribly mean and heartbreaking not to do SOMETHING about Christmas.

Well, maybe a small tree, you think, or some pine branches for the mantel. Perhaps you could make a fruit cake. You handle the holly in the market. Your tree arrives. You get out the old string of lights with the bulb that always goes out, the dear white angel that topped your childhood tree. Memories come. Maybe, you think, it might turn out to be a nice Christmas after all! Suddenly you're caught up, you're in it, with your own two hands! Then you remember the old truth which we all forget and remember anew each year: Christmas is what you make it!

Celebrations

Brunswick Heads Branch



Congratulations and the happiest of birthdays to life member, Joyce Rankin, who turned 100 recently. Branch members consider Joyce to be one of life's originals with a big heart and a marvellous sense of humour.

Jindera Branch



Olivia Hanel and Helen Glachan were surprised and honoured when Jindera Branch members presented them with certificates as Patrons of the Branch for their many years of service, devotion and loyalty. The position of Branch Patron is a lifetime appointment.

Wongarbron Branch



Congratulations to Wongarbron Branch's Wendy Browne (right) who was presented her long service badge by Branch President, Marjorie Blatch.

Goulburn Branch



Eighty guests were present when Goulburn Branch recently celebrated 100 years including Joy Beames, State President; five descendants of inaugural Branch President, Ivy Prell; current and former members; and representatives from Southern Tablelands Group. A church service and luncheon to was held to mark the occasion. During the service Joy, along with Branch President Colleen Cooper (on the left of Joy) and Branch Patron Betty Campbell (on the right of Joy), gave readings. The cake was made by Elizabeth Ranger and decorated by Helen Davey. Corsages for the official party contained the Goulburn Rose.

Cowra Branch



Cowra Branch celebrated its 100 year birthday at the Cowra Bowling Club during November. Members were honoured to have State President Joy Beames, Member for Cootamundra Steph Cooke, Cowra Shire Mayor Ruth Fagan and Councillor Bill West as their guests along with members of several branches. The day was a huge success and enjoyed by all.

Mid North Coast Group



Celebrations are continuing after Colleen Yates, Rhonda Merchant and Barbara Reichert (all of Gloucester Evening Branch) along with Wingham Branch's Vivienne Beaumont were presented with their life memberships. Colleen has been a member for 36 years, having held most positions at branch and group as well as State Vice President. Colleen and Rhonda have served on the Show Catering Committee. Rhonda, a member for 35 years, held all positions at Branch and Group. She is the current Group President/ Representative. Rhonda has served on the Potts Point Building Committee. Barbara has been a member for 33 years and held all positions at Branch and Group. Barbara has served 10 years on the Handicraft Committee, including Chairman and Secretary. She is also a tutor and judge. Vivienne has been a member for 60 years and part of Wingham Branch since 2014. She is the Group Vice President and a qualified Land Cookery judge.

Queanbeyan Evening Branch



Queanbeyan Evening Branch celebrated 100 years. Originally a day branch, an evening branch was also formed and both ran consecutively for a number of years. In 2019 the day branch closed due to dwindling membership. Celebrations included special guests, Past Presidents, President of Southern Tablelands Group and many women from the Queanbeyan community. Fern MacLachlan and Ginnette Loft, gave a brief history of the branches and their successes. The birthday cake was cut by Mary Brooks and Bev Hamilton.

Nyngan Branch



Special guests Ruth Hando, Far West Group President, and Bogan Shire Mayor, Glenn Neill; members and friends attended a luncheon to celebrate the Branch's Centenary. Gai Lister, the daughter of the first ever Secretary of the Nyngan Branch, Hope Lister, was able to attend. There was a memorabilia display. Branch Secretary, Jeni Milligan, prepared leaflets detailing the history of the Branch. Mary Lamph and Dorothy Larsen were recognised for over 60 years membership, and Betty Jackson and Dawn Elder for over 50 years. The cake was cut by three past members of Nyngan's Younger Set (and current members) Hazel Griffiths, Di Hughes and Kay Taylor. The cake was made by Dianne Donald.

Nowra Branch



Life membership has been presented to Elaine Briggs for her service in branch, group and state level activities. Elaine has been Branch President, Secretary, Treasurer, Vice President, Cultural Officer, International Officer, Newsletter Editor and on the Handicraft Committee. Elaine was also Group Cultural Officer, Vice President and Delegate to State. Elaine was also on the State Cultural Committee.

Wingham Branch



At a recent meeting members had the opportunity to celebrate and honour one of their own with Jacqueline "Jac" Hyde receiving her OAM for Services to Women as well as presenting her with a Branch Patron badge. Jac has been a member of CWA for over 65 years and during that time has held many branch, and group positions. Congratulations Jac well deserved and your branch is honoured to have as part of its membership.

Rowena Branch



Rowena members gathered to celebrate the service of four members. Three 50-year membership bars were presented, to Margie Cameron (Rowena Branch life member and a member for 72 years, having started out in the Narrabri Younger Set), Carolyn Michell (52 years) and Thalia Phelps (54 years). A 20-year membership bar was presented to Wendy Burrell by Branch President, Zoe Palmer. Rowena is a small Branch and it's terrific these four ladies have together notched up nearly 200 years of membership between them. *Left: Wendy Burrell with Rowena Branch President, Zoe Palmer. Right: Margie Cameron, Carolyn Michell and Thalia Phelps*

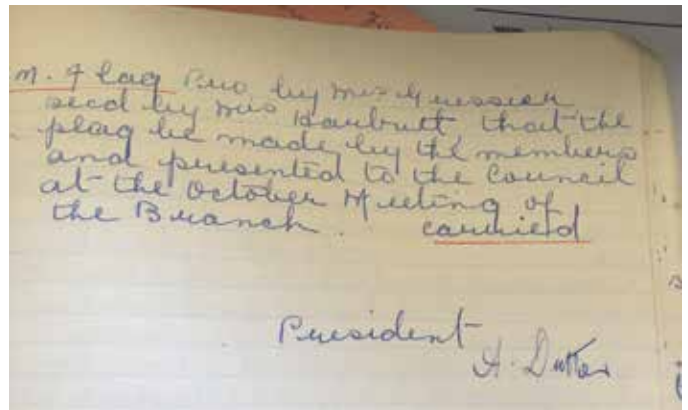
Story of the Month

Orange Branch

Orange Branch members are appealing to the CWA community to help identify those who were involved in the creation of hand sewn United Nations flags in the 1950s. The Branch has recently discovered, through its minutes, that their UN flag, which is produced each year to be flown by Orange City Council on United Nations Day, 24th October, was made in 1952. From its minute books as well as other CWA and library resources, the branch has learned that its flag (now 71 years

old) was one of many hundreds, made by members throughout NSW at that time, for presentation to schools and councils. Branch members are keen to find out more about the makers of their local flag and the CWA's flag sewing activity. If you can throw some light on this subject please contact: Deborah

Marr, President, Orange Branch: deborahmarr@bigpond.com.



From our Branches

Ardlethan Branch



Junior members have been enjoying their monthly meetings. They have made an Anzac wreath and marched with the adult members on Anzac Day, decorated our Rooms for Christmas, baked, crafted and even practiced their cartwheels! Everyone loves the enthusiasm they bring to the rooms and are looking forward to collaborating with them for future events.

Bangalow Branch

Several members of the branch raised CWA awareness, helping out the community driven Hands and Heart project by supplying and setting up morning tea goodies at Lismore and Woodburn for the tradies volunteering to support renovations of 100 homes

in the Northern Rivers. We were also there for supportive chats with some of the volunteers and community members. The efforts of members were very much appreciated, and Bangalow Branch got a mention on ABC North Coast radio. By September 2023, 24 homes have been completed, with people moving back in, and plans are for 51 more. The Hands and Heart effort will continue until the end of the year, every second and fourth weekend of the month.



Bowral Branch

Bowral Branch was honoured by an impromptu visit by His Excellency, General, The Honourable David Hurley AC DSC (Retired) and Mrs Linda Hurley at their Tea Rooms in Bowral on September 30, 2023. The Vice Regal couple took time out of

their busy schedule to chat to some of the members. Then, as the recently refurbished kitchen had not yet been officially opened, obliged with an official ribbon cutting before heading home.

This topped off a fortnight of fundraising at the Tea Rooms during Tulip Time. It was encouraging to see so many members from other branches also coming along to lend a hand.



The Governor General, The Honourable David Hurley and Mrs Hurley cutting the ribbon flanked by Branch Secretary Fran Cashmere and members of the Bowral branch.

Campbelltown Branch

Twice a year Campbelltown Branch donates 125 adult toiletry bags and some children's gift bags to survivors of domestic violence in the Macarthur Region.

The Branch has done this drive for many years now. What's in the bags? Simply the things you need when you have left a situation with only the shirt on your back. Toothpaste, toothbrush, soap, face washer and tissues. As well members send sanitary products and deodorant in separate bags. These bags are given to men and women in need and their children.



Carcoar-Mandurama and Cowra Evening branches



Eight CWA members and two willing husbands from Cowra Evening and Carcoar-Mandurama Branches volunteered to operate the rest stop and lunch stop in Mandurama for riders doing the 170km event in the Newcrest Orange Bicycle Ride. Cowra Branch was happy to help the smaller Carcoar-Mandurama Branch led by its President and Past State President, Audrey Hardman OAM. It was a most enjoyable day for the two CWA branches working together for the first time. Volunteers had to erect equipment, such as signage, bicycle racks and a large marquee (the men came in very useful for this); sort the valet packages of spare clothing and hand these out; count riders arriving, direct traffic and riders; spoon electrolyte into drink bottles, plus hand out lunches and energy chews and generally

look after the riders, before dismantling equipment and packing it back into the truck at the end.

Dorrigo Branch



(l-r) Julie Edmonds, Edwina Whitworth, Suzi Johnson and Joan Phipps.

Dorrigo Branch hosted the opening of the second co-working space on 28th September 2023. Local politicians, Council mayor and community members attended the event. During proceedings, recognition was given to the ladies behind the Dorriggo Nurture Co-working space.

Goulburn Evening Branch



Delivery day for the Portable Ultrasound Machine for the Maternity & Newborn Inpatient Unit was the 10th November. Goulburn Evening Branch (GEB) High Tea Co-ordinators Narelle Kennedy and Karen Wilson, along with current President, Julie Street, and Immediate Past Branch President, Marilyn Manfred, handed over the equipment.

Maternity staff midwifery educators Rebecca, Felicity and Dr Swati Mahajan, took possession of the baby ultrasound machine. The additional funds will go to purchasing a cover for the tablet, possibly a stand, and maternity dolls for education. The staff were extremely excited about the new equipment. Rebecca stated it will make a huge difference for the maternity ward.

To help raise funds for the equipment, the Branch held a high tea fundraiser on 28th October with more than 60 people attending. The event, that raised more than \$8000, featured 20 silent auctions, door prizes, a raffle and donations.

Gundagai Branch



Members have been busy in the Gundagai community over the first few days of November. As well as having our annual street stall, they organised a local coffee van outside the Gundagai District Hospital to thank all the staff and volunteers to give a little back for the invaluable work given to all in the community. Local paramedics were invited and some doctors from Gundagai Medical Centre dropped by for coffee and cake as well.

Kootingal Branch



The branch held its annual fundraising fashion parade during September. This has proven to be a popular and friendly event with guests enjoying fashions by Tamworth's Black Pepper shop. The fashions were aptly modelled by members. There were raffle prizes, lucky door prizes as well as a trading table. A delicious afternoon tea was served after the parade. The Branch used this event to promote awareness of CWA in the community.

Manilla Evening Branch



Manilla Evening Branch recently held a successful fundraising spring flower show at the town's Uniting Church hall. However, it was a flower show with a difference. No judges were in sight—though on offer was a good array of locally-grown flowers/shrubs and a tantalizing morning tea. Treasurer Janine Mills (pictured) was among the team preparing treats for those attending. Many visitors admitted to attending, not just for the variety of flowers on show, but for the sit-down cuppa and chat which they looked forward to annually. The trading table outside the church, and the potted plants/bric-a-brac items were almost sold out in the first couple of hours. Two days later, the Branch played host to 50 ladies attending its second Frock Club presentation conducted by Alstonville pattern engineers Lois Hennes and Ruth Povall. Plans are underway for Ruth and Lois to return for another informative Frock Club presentation in February.

Molong Branch



In September, Molong had its first Ag Show in three years. The Branch was asked to run the Devonshire Tea Rooms. Members were excited to be asked and took

this adventure in their stride. In the months and days leading up to the event members planned, organised, decorated and of course baked in preparation for the day. All that hard work paid off as the Branch had a wonderful quiet place for the community to enjoy while devouring some of the wonderful scones along with tea or two. Members also made this place a spot for families to come and chill out, with activities and games for the children to do while the parents could sit for a few moments. Everyone is really looking forward to being involved in this event in the future.

Moss Vale Branch



When is a fundraising stall not a fundraising stall? When it doubles as a family get together. On Saturday 14th October 2023, three generations of the Tuddenham family who are all members of the Branch manned the Referendum Day stall. The family story started with Pat Tuddenham [deceased] joining the CWA in 1987. This was followed by her daughter Kerry Wood-Davies in 1988. Kerry is the Branch Handicraft Officer. Kerry's daughter Joanne has also joined.

Joanne's children Ziah, and Evie are junior members along with their cousins Charity and Jorja.

Moss Vale Evening Branch

Members of Moss Vale Evening Branch enjoyed working at the inaugural AgriShow held at Moss Vale Showground. The two day event was well-attended and

the Branch enlisted help from all members including Alex (junior member) with husbands manning the very popular barbecue—a great team effort. Sales of jams, relishes, cakes, slices, CWA tea towels and cook books. Happily the weather was lovely, making it a great way to spend time with our local farming community.



Nowra Branch



Two members of Nowra Branch were invited to the National Council of Women (NCW) NSW Jean Arnot Recognition Awards at Parliament House in Sydney on 14th August. The Awards are to honour ladies in their 90th year and older for service to their community. Elaine Briggs and Wilma Willis were invited together with Past Branch President Julie Morris. Julie is the current Wollondilly Group International Officer and Group Assistant Treasurer. Unfortunately, Elaine was unable to attend. The cake is traditionally cut by the Governor, as the Patron and a representative of the cohort that received their recognition awards on the day. Wilma (pictured) was selected to cut the cake with Margaret Beazley AC, KC, Governor of NSW.

South West Rocks Branch



South West Rocks Branch's monthly morning teas are popular with both locals and the many visitors who come to the beautiful seaside village for holidays. The morning teas have been a fixture on the calendar for years and feature fabulous homemade treats, tea, coffee and friendship. Visitors love the trading table showcasing the craft works of our members as well as the \$1 book stall. Interesting speakers are invited to share their stories with us, trivia is played and there are always lucky door prizes and raffles. It has become the highlight of the month for many of our local community.

Uralla Branch



The President and Secretary of the Uralla Branch gifted McMaugh Gardens a new care chair to the value of \$2766.00, which was gratefully received by the facility Manager. McMaugh Gardens is a non-profit residential Aged Care facility in Uralla and the Uralla Shire Council is the approved provider. McMaugh Gardens currently has 35 permanent rooms and one respite room. Uralla CWA members are committed to improving the health and wellness of the older

residents living in Uralla.

Weemelah Branch



The Weemelah Branch was pleased to be able to organise its spring lunch at the Weemelah Hall on Friday 1st September 2023. It has been quite a few years since this has been held because of COVID-19. Thank you to those who attended the lunch, it was a truly wonderful occasion with a delicious lunch and wonderful entertainment from Christine and Bruce Troutman from Mungindi singing for those who attended. This event is the branch's annual fund raiser and it was nice to host many guests from Moree—in particular the Moree Branch and the Moree Probus club. There were prizes galore and members thank Sister Niesha for running the chocolate wheel, which was a lot of fun. Members look forward to inviting everyone back to Weemelah in 2024.

Woy Woy Branch



Members recently heard from guest speaker, Senior Constable Rachel Scott, from Brisbane Water Police District. She brought with her a lot of valuable information and next of kin forms that she encourages all people living on their own to fill out and drop back to their local police station. Other topics discussed

were sexting and the prevalence among young boys. Catfishing older people into handing over money—Catfishing is a deceptive activity in which a person creates a fictional persona or fake identity usually targeting a specific victim. The practice may be used for financial gain, to compromise a victim in some way, to circumvent a legal enforcement, as a way to intentionally upset a victim, or for the perpetrator's enjoyment. Also discussed was the blocking of scam numbers and email addresses.

Yanco Branch

A book written, designed, and collated by the members; "Yanco CWA Recipes, Stories, History" is the latest offering the Yanco Branch have dished up for the community. In 2022, CWA in NSW marked its 100 year anniversary and to commemorate this, the Yanco Branch decided on a making a cookbook filled with delicious recipes to be sold amongst the public. Once committee members started work on putting the book together, they soon came to realise the Branch, and the local community, had so much more to offer than just recipes. Committee members, Sandra Watson, Leonie Murphy and Carole Wade (pictured L to R), decided to put stories, photos, testimonies as well as the recipes together, and so, "Yanco CWA, Recipes, Stories, History" was created.

An official book launch was held at Whitton Malt House on Monday 4th September, with special guest speaker Kate O'Callaghan, Executive Director of the Malt House.



From our Groups

Central Western Group



This year marked the 70th anniversary of the Australian Nation Field Days at Borenore, and at the invitation of the organising committee, Central Western Group has served scones for all seven decades. Members showcased the CWA by holding cooking demonstrations featuring our primary product, Hemp. Volunteers from nine of the group's 14 branches participated in two daily shifts where approximately 722 scones were served during the three day event. Homemade jams, pickles, and relishes crafted by members were available for sale, along with CWA cookbooks and aprons. Thank you

to Manildra Flour Mills for donating scone mix and Little Big Dairy for providing milk and cream. Among those to work on the stall were Betty Jenkins, Canowindra President and Bev Worrall, Group President (pictured). The group's involvement in this event funds the award to the Most Deserving Apprentice employed by Skillset in Orange which is awarded annually.

Illawarra Group



Illawarra Group President, Sue Donohoe (left), was joined by Vice President, Eva Campbell (centre), and Vice President and Group International Officer, Jan McKenzie (right), during celebrations for the Group's recent 60th anniversary.

Jan spoke to those present about her time as a member of Marshall Mount Branch and being a third generation member of Marshall Mount. Eva Campbell has been a valued member of Illawarra Group holding many positions including Group President, Vice President and Balgownie and Camden CWA Branch President. Eva is also Chairperson of the State Cultural Committee.

Murray Group



Murray Group Past Presidents, Heather Kerr, Lyn Buck, Genevieve Knobel and Olivia Hanel joined with Group President, Elaine Strong, and Gail Commens, cutting the cake during Murray Group's 60th anniversary celebration.

Vale Jenny Mitchell OAM

Past State President 1989 to 1992

The Association is deeply saddened by the loss of Jenny Mitchell OAM, who only this year had attended the annual State Conference in Bathurst and the World Conference of ACWW in Malaysia.

When she first joined North Star Branch in 1964, she was appointed as their Treasurer straight away. That began a long succession of branch and group positions, as well as other accolades, such as being Gwydir Group's Country Woman of the Year twice.

When in the role of State President, Jenny had some important meetings with federal government ministers, including one with John Kerin about the horrors of the national flock reduction scheme and later with Simon Crean, leading to a household support scheme.

Following her Presidency, Jenny did a three year stint as Journal Editor and was awarded her OAM for services to the community.

Beyond CWA of NSW, Jenny worked tirelessly in overseas spheres, particularly helping women in the South Pacific, and was on the Board of the Associated Country Women of the World from 1995 to 2007, rising to the position of Deputy World President.

Jenny and her husband, Ran, worked their farm and had many other involvements in their community including counselling and church activities.

More of her life story is told in Liz Harfull's book, *The Women Who Changed Country Australia*.



Garden of Remembrance

Bega

Shirley Anne Slater—held many offices at all levels, including Secretary, Treasurer, International and Publicity Officer; group Country Woman of the Year in 1977 and 1978; state winner of the Publicity Award; group Winner of The Land Service Award, served on several committees, attended State Conferences, enjoyed sewing and knitting, dressed International Dolls, skilled at photography that was used for CWA promotion; awarded life membership; member for 56 years, she will be missed—aged 86.

Belmont

Avis Cooke—joined in 2013 and loved raising money for those less fortunate; she loved the CWA and the many friendships she formed there; her craft of choice was making coat hanger covers and her shortbread and sponges were much sought after; she was also the driving force behind our raffles, with her enthusiasm, keenness and passion contributing more than most to our fundraising; she will be sadly missed—aged 87.

Margaret Lennox—member since 1987, also later joining up her daughters, one of whom is still an active member of the Branch. She held the position of International Officer and has always keenly supported the Branch's activities. Sadly missed by all who knew her.

Bendemeer

Jan Farrell—a valued member for 34 years—CWA held a special place in Jan's heart—she was involved with everything, be it in the kitchen cooking or performing on the stage. Held many positions including Secretary and Catering Officer. Awarded a long service bar in 2022. Loved by all her knew her, sadly missed—aged 80.

Lyn Brand—a member for only two short years. A friend to all—Lyn loved her garden and cooking. A willing helper with a friendly smile, gone too soon—aged 64.

Bermagui & District

Del Gray—joined in 1988; a valued and very active life member who held many positions including President, Vice President, Secretary and Treasurer for 15 years; a member of the dance group called the "Bermagui Belles" who have performed at the Sydney Town Hall, she was involved with the group music and drama days and entered The Land Cookery competitions; greatly involved in community events; her knowledge and wisdom were treasured by our members, and she was always happy to help out in any capacity—aged 93.

Bingara (Myall Creek closed)

Katharine (Gay) Holden—also at Myall Creek, went with her grandmother to meetings from a young age, member since 1955, awarded a 50 year medallion; held the position of hospital visiting officer for many years; she unveiled the plaque to commemorate our 100 years in 2022; she always greeted everyone with a bright smile and a cheeky laugh; she will be missed by members and the community—aged 86.

Doreen Mead—ex Bundarra (1984-1991); held the positions of Treasurer and Vice President; declining health stopped her attending meetings but she was up to date with all the branch activities; member of Bingara for six years. Missed by her family and friends—aged 84.

Blacktown

Evelyn Westgate—ex Leura, held Handicraft Officer position for many years, passing on her love for embroidery, wool and ribbon work in classes she held. Along with her cooking for many International days, Evelyn always had craft items in the Handicraft competition and entered boiled fruit cakes for the Cookery competition, usually coming away with a certificate. Awarded a long service bar. At Blacktown she still kept active producing craft items for their stall. A lovely gentle lady, loved by all who knew her. Member for 29

years—aged 95 years young.

Bowral

Pamela King—past International Officer 2006/2007, a quiet achiever, always ready to lend a hand with branch activities; a highly respected member for 10 years and will be deeply missed by all.

Alison Zenere—member for over 14 years, a regular attendee at meetings and participant in branch events; members will miss her friendship and her quiet chats and support for others.

Bungendore

Barbara Burton—member for 40 years; a passionate advocate for CWA and filled many roles including President, Handicraft Officer, Cultural Officer, Agricultural & Environmental, Catering, Group Councillor and Branch Delegate to State Conference; a State Choir member who travelled all over the state to sing in the church service and at the Conference Opening; the first and only Branch Patron for Bungendore; above all, she was our dear friend and we will miss her terribly.

Canimbla

Valentine Vargassoff (Val)—ex Cowra, a treasured member for five years, sadly missed by all—aged 74.

Cartwrights Hill

Enid Lang—held many positions in our branch, and until very recently was our President. She was a member of the Mangoplah Branch before retiring to Wagga. Known for her sewing, knitting and cooking, collecting many prizes at group and state level and at local shows. Enid was also a cooking judge. We will sadly miss our lovely friend—aged 94.

Dubbo

Barbara Barrett—ex Dubbo Evening where she held many positions; served as Dubbo Branch Vice President and President; Past Group Councillor, Treasurer, President and Representative; member and

Treasurer of the Show Catering Committee; member for 39 years, very active prior to ill health in recent years.

Emerald Hill

Betty Herbert—joined in 1965. Branch Patron and life member who held positions of Vice President, Treasurer and Publicity Officer. Awarded a 50-year badge. A lovely lady who is fondly remembered. Aged 90.

Ganmain

Neta Plane—former member for 36 years, past Treasurer and International Officer, also Delegate to Group meetings and State Conference; renowned for beautiful handicrafts including quilts and trauma teddies. Members are saddened by her passing—aged 94.

Lake Cathie-Hastings

Esmá Cochrane—our life member, joined Wollongong CWA Branch in 1962; transferred to Bulli and was Branch Treasurer at both branches and President of Bulli Branch; transferred to Port Macquarie Evening Branch, received life membership in 2009 and an OAM in 2010 for her services to the community through CWA; a much-valued mentor and the inspiration behind a support group for grandparents; very involved in the Show Committee in the role of Chairperson or Treasurer, also attended many State Conferences as a volunteer assisting State Office staff; remembered for her plentiful hand made donations to stalls and in hosting sewing sessions for Material Aid packs, items for hospitals, and toiletry packs for the women's refuge; very active up until the last few years, Esmá will be sadly missed; member for 61 years—aged 98.

Mullumbimby

Margaret Gilmore—a very committed and hard-working member, Branch Treasurer for 17 years, a delegate to State Conference and Group council meetings, Group Agricultural & Environmental Officer, an excellent cook who won prizes in branch and

group competitions; she compiled high quality International books on the Country of Study and for many years sang in the branch choir; remembered for her friendship, her wisdom and her strawberry jam—aged 80.

Aileen Watson—a former member who supported all branch events; an excellent cook contributing to all catering and fundraising events; Aileen sang in the branch choir for a long period and sang as part of the State Choir at State Conference on several occasions—aged 94.

Newcastle Evening

Melvane Tamplin—life member with 34 years of service; joined Belmont Branch and held positions of President, Treasurer, Handicraft Officer and Cultural Officer (introducing tap dancing and performing in various nursing homes). Set up Newcastle Evening Branch where her positions were Branch Treasurer and then Handicraft Officer for many years. Organised fundraising activities and other events. Melvane did very interesting handicraft work with passing her knowledge on to other members. Well known for her cooking skills, especially with pickles, jams, and lemon and passionfruit butter. A lovely lady, much loved and respected by all who knew her—aged 88.

Nimbin

Margaret Smith—passed away suddenly in September aged 65. Though a member for less than a year, she became a regular attendee at our Open Days and at times contributed delicious lettuce from her garden for our lunches. She enjoyed cryptic crosswords.

South Grafton Evening

Gwen Ryan—much loved and valued member for 34 years. Held the positions of Handicraft Officer and Secretary for several years. Gwen was a beautiful lady and helped gladly, whenever she could. She loved roses and a CWA rose was featured at her funeral service. Sadly missed.

St George-Sutherland Shire

Wendy Cornish OAM—a treasured

member for 24 years, she contributed greatly to the branch, group and CWA; she was known for her ability to fundraise not only for CWA but also for the many organisations in St George area. She spent most of her time thinking of and working for others, providing welfare support to members and their families. Wendy Cornish will always be in our hearts, sadly missed—aged 85.

Uralla

Murell Carter—joined in 1981 and held positions of Vice President, Treasurer for 18 years, Publicity Officer and Branch Councillor to Group; honoured with life membership in 2013 and elected as a Branch Patron in 2021; a very keen handicraft participant, especially knitting, in branch, group and state competitions; knitted squares which were sewn into rugs for our fundraising prizes and for charity groups; much loved and respected and will be missed by all—aged 94.

Warrawidgee

Polly (Ruth) Cudmore—joined in 1959 after coming to live on the farm; held numerous positions at branch level and represented Warrawidgee at Group and State Conferences; held many positions with the group; won first place at state handicraft for her crocheted baby shawl; a member of the Group choir; presented with a Diamond Jubilee Certificate for 15 years' service to the group; presented with her long service bar in 1980, received life membership in 1997 and her 50 year medallion in 2009; appointed Branch Patron in 2017 and was Branch Treasurer up to 2023; a long term and dedicated member and is greatly missed.

Weemelah

Ann Farey—past Secretary for over 30 years, International Officer and Patron. Ann's minute taking was exemplary. A much valued, knowledgeable and willing member of the branch. Known for her skilfully crafted matchstick creations, including houses, sheep yards and clocks, and beautiful embroidery work.

Accommodation and Mini Ads

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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. 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.

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Enquires and applications to:

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

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