

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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Photo by Chris Olszewski



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From the Editor

My mum has been visiting here from America and it's been wonderful. We are very close and living so far away from her for so long has been challenging at best, so these visits are treasured. We have been laughing at absurd things, recounting (for the hundredth time) family stories, sharing food and recipes, and have learned to crochet together. As always, any amount of time with mum is time well spent.

Now I'm in the throes of prepping for American Thanksgiving. It's a week of planning and execution, the likes of which would make any battle-hardened general faint. When the oven has barely cooled, it will be on to all the Christmas planning, cooking, shopping, wrapping and, well, you get it because many of you will be doing it too. But in the haze of burnt biscuits, bubbling pots and mountains of wrapping paper, we cannot forget the why, what or more importantly, for whom, are we doing this for.

At the end of the day, presents are nice enough and yearly treats are delicious but what is something I wish I had more than anything? Time. Time spent with loved ones I cherish most. Time I wish I still had with those I've lost. Time for myself to really remember the why. So, this season, don't just give everything away. Save some time for yourself to be genuinely present and make the most of the time spent with those you cherish most.

"Be present in all things and thankful for all things".—Maya Angelou

Brenda Michaud, Hon Editor

State President

Hello members,

I'm writing this report from State Office in Sydney once again. It's very warm here, with strong winds—I hope the weather is much more pleasant where you are.

All our group AGMs are now complete. I hope everyone enjoyed their meetings and thank you to all members who put their hand up for a position. As I said at the groups I attended, everyone has a different way of doing things. We all have unique personalities but with kind guidance, the job always gets done.

I have loved attending these meetings, meeting so many of you and hearing about the wonderful work you do in your branches and communities. Even the smallest achievement makes a difference and is appreciated by many. Thank you for everything you do for CWA; it doesn't go unnoticed.

I'm looking forward to reading all the motions from your meetings, as this is where our advocacy work begins.

Our Annual Women's Survey will have closed by the time you read this. Thank you to all members and friends who completed it. It continues to be a valuable tool for our advocacy work. Once the data is compiled, we'll share the results, though, it's no surprise that the top issues remain health, job security and the high cost of living.

Our recent webinar, Ask the President Anything, was held in a very relaxed setting. There were so many great questions, and based on your feedback, we will hold another one soon.

CWA of NSW was invited to a two-day Economic Forum held in Griffith, another great opportunity to add our voice to

major issues affecting regional, rural and remote areas, such as telecommunications, childcare facilities, health services and roads. Following this event, we have secured a meeting with Senator Bridget McKenzie.

I would like to warmly welcome the Deniliquin Branch to CWA of NSW. They were formerly part of CWA of Victoria and will now join Murray Group. We look forward to meeting you all.

Thank you again to all branches and groups who supported and promoted our Awareness Week topic. We had excellent media coverage and I loved seeing your creative posts in our closed Facebook group—some very clever ways of highlighting the importance of seasonal eating!

We recently held our first Regional Renewable Community Energy Forum as an online webinar. It was an important opportunity to listen to landholders and communities living with the anxiety, isolation and lack of support caused by Renewable Energy Zones (REZs) in their local areas. To be clear, this forum was not against renewable energy—that's not CWA policy. CWA supports renewable energy but we are concerned about the lack of communication with families directly affected. These communities deserve open and honest conversations about their future, where they will live and what their communities will look like in 5, 10 or 20 years.

I intend to raise this at the Premier's Rural, Regional and Remote Advisory Forum, where we must reset the tone and ensure communities feel heard. We've already had one meeting and another is scheduled soon.

State Executive will have been held by the time you read this. I'd like to introduce a buddy system, pairing new Group Presidents



or SECMs with experienced members who can kindly guide and support them as they settle into their roles.

I would like to wish you and your families a merry Christmas; I hope you all enjoy your Christmas break.

Thank you all once again for your commitment and support of our wonderful Organisation.

Tanya Jolly
State President

Kindness Quotes

You can always give something, even if it is only kindness!—Anne Frank

Kind words don't cost much. Yet they accomplish much.—Blaise Pascal

We rise by lifting others.—Robert Ingersoll

Kind words can be short and easy to speak but their echoes are truly endless.—Mother Teresa

The essence of kindness is doing something for someone, knowing that the only reward you will get is a warm feeling inside—Anon.

A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.—Amelia Earhart

Wherever there is a human being, there is an opportunity for kindness.—Lucius Annaeus Seneca

CEO's Report

As 2025 draws to a close, it's worth taking a moment to reflect on what has been another full and productive year for the Country Women's Association of New South Wales. Across every level of the organisation, from branches and groups to committees, the State Executive Committee and State Office, the dedication and effort of our members means that we continue to have strong positive impact on our communities.

We have recently concluded our November State Executive Committee meeting and one of the key pieces of work undertaken at this meeting involved the development of our next Strategic Plan for 2026–2029. With the guidance of facilitator Robbie Sefton, the State Executive Committee began shaping a refreshed vision and direction that will build on our existing strengths while ensuring we remain relevant and effective into the future. Our current plan continues to track well, with progress and risk management reviewed regularly to keep us focused and accountable. Work will begin on the new draft plan shortly and of course we will also be taking into account feedback from members via the Annual Women's Survey, now in its second year.

Advocacy has again been

central to our work. Following this year's State Conference, 34 new policy motions were endorsed, highlighting the range of issues that matter deeply to rural and regional communities. State Office issued correspondence to Ministers and agencies on these matters, securing positive responses and invitations to contribute further to several inquiries and consultations. We continue to make submissions to topics of interest and have also recently appeared in-person at two inquiries—full details of our recent advocacy work are in this edition of the journal.

Our Disaster Relief Fund has continued to deliver meaningful support to families in need. Drought relief was distributed, alongside ongoing flood recovery assistance delivered by branches including Wingham and Gladstone Evening, with a total (for drought and flood assistance) of \$765,000 going out since the State Conference.

Organisation for the 2026 State Conference in Forster is humming along and as always, this event promises to be another successful and engaging Conference. The recent meeting of the State Executive Committee also considered the proposal for the 2027 State Conference and by the time you receive this journal I hope you will have received



notification of the location and timing of this event.

At State Office, our team has continued to work hard behind the scenes to support members and maintain smooth operations. I would like to thank Tracy, Leah, Maria, Fiona, Ray, Grace, Andrew and Jean for their dedication and professionalism throughout the year.

Thank you to every member, volunteer and supporter for your continued contribution and commitment. I wish you all a safe and joyful Christmas, and a wonderful New Year ahead.

Danica Leys
Chief Executive Officer

State Office Closure

The State Office will close on 19th December and will reopen on 5th January.



No shop orders will be sent during this time.

Advocacy Kits available for branches

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

Topics for 2025 include Affordable Automated External Defibrillators (AED), Biosecurity, Pounds Recommendations, Seasonal Eating, Modern Slavery, Precision Medicine, Baby Clinics, Cervical screening and Immunisation.

The Kits include background information, things your branch can do locally, quick facts and resources. Download the Kits at www.cwaofnsw.org.au/advocacy or scan the QR Code.



News from Executive

Awareness Week

The CWA of NSW's annual Awareness Week campaign was held in early September promoting the benefits of seasonal eating. This year Awareness Week earned over 200 pieces of media coverage.

Financial Information

The operational budget for 2026 was approved. Groups and Branches are reminded to carefully select the charity/not-for-profit organisation to support to ensure the funds are received by those who need it the most. Details about charities and not-for-profit organisations are available on the ACNC website: <https://www.acnc.gov.au>

International

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

The International Committee will also explore collaborations with Rotary to further aid the South Pacific Area Nations.

Medical Research Projects

At the November 2023 Executive Meeting, it was resolved that Medical Research Projects will now be carried out over a three-year period, with each project ratified annually at the State Conference.

The current focus is on Pancreatic Cancer and new nominations for the next Medical Research Project will be considered at the November 2027 Executive Meeting.

Potts Point Grants

A Potts Point grant was approved by the Property Subcommittee and awarded to Griffith branch.

State Conference

2026 State Conference will be

held at Club Forster, Forster NSW. Ecumenical Service, Business sessions, Gala Dinner and all displays will be held at this venue.

2027 State Conference information will be released prior to the 2026 State Conference due to its location.

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/cwaraffle2026>

State Education Grants

There were 29 state education grants approved, totaling \$113,500.

State Treasurer

Thanks to those who have submitted their audited financials. Those who haven't are reminded to get them in by the end November to avoid a fine.

A Treasurer needs to

- record all transactions throughout the year (ie a list of the receipts and a list of the payments), and
- do a Bank Reconciliation at the end of each month.

This should be done as they occur not at the end of the year.

All members should expect a Bank Reconciliation to be reported at each meeting.

Branches with rooms are encouraged to complete the energy use survey if they haven't already done so.

Links to training for Treasurers were in the November e-news. There was also a link to an expression of interest in future training.

Reports from Representatives on Outside Organisations

Reports provided include:

- CBA Community Advisory Council
- MACA
- KWOOP

Membership

Life memberships were considered. Details will be sent to branches.

Branches Open/Closed/In Recess

Open: Gwandalan, Hunters Hill, Deniliquin, Tenterfield Weekenders.

In Recess: Quandialla, Boorowa, Werris Creek. Namoi Group were granted permission to manage the Werris Creek rooms whilst branch is in recess.

Dates for Executive Meetings 2026

- 16th-18th February (Parkes)
- 3rd May (pre-conference)
- 13th-15th July
- 9th-11th 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.

CWA of NSW closed Facebook Group

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

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

Call for Nominations

Annual General Meeting, Forster, 4th May–7th May 2026.

Nominations for the following positions will close with the Chief Executive Officer at close of business on Friday, 13th February 2026 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 Agricultural & Environmental Officer 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 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 Agricultural & Environmental Officer's Job Description

The State Agricultural & Environmental Officer is a State Office Bearer, a Member of the

State Executive Committee, Chair of the State Agricultural & Environmental Committee and reports directly to the State President.

The Agricultural & Environmental Officer is required to:

- Encourage members (through the Group Officers) to look into issues and problems of an agricultural and/or environmental nature which affect all of us no matter where we live
- Encourage members to think and act on matters of need
- Chair Agricultural & Environmental Committee meetings four times a year in March, June, September and November
- Arrange the annual Agricultural & Environmental Seminar
- Deal with all correspondence forwarded from branches and groups
- Ensure ongoing sponsorship for the Recycled Article Competition and organise judging
- Present a detailed report to each State Executive meeting
- Collate group agricultural & environmental reports/activities, and include them in the Annual Report, which is presented at State Conference
- Collate and write submissions when called for
- Liaise with other organisations e.g. NSW Farmers Association on matters concerning agriculture and the environment
- Participate in delegations to State and Federal Ministers when requested
- Represent the Association, as required, at forums, meetings etc, pertaining to agriculture

and the environment

- Arrange a display at State Conference of flora and fauna and group winners of recycled article competition
- Keep abreast of current issues in case letters/press releases need to be written
- Chair the State Executive sub-committee dealing with proposed conference motions pertaining to agricultural and environmental issues.

Essential requirements:

- A good understanding and knowledge of current agricultural and environmental issues
- Computer literacy (including email and internet facility).

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.

Annual General Meeting

The 2026 Annual General Meeting will be held from 4th–7th May 2026 at Club Forster, 19 Strand Street, Forster. The Ecumenical Service will be held at Club Forster Auditorium on Sunday 3rd May in the afternoon.

Forster Region

Forster is a bright, easy going coastal town where lake meets ocean and the outdoors does most of the talking. Delegates can expect calm waterways, clean beaches and plenty of sea air. The town centre is compact and walkable, with cafés, clubs and shops close at hand. Wallis Lake offers gentle cruises and sunset views, while One Mile and Main Beach give you that classic sweep of sand.

Weather from April to May

Average temperatures sit around 16°C overnight and up to 24°C during the day in April, and about 12°C overnight to 20°C during the day in May. The weather is generally mild but it can shift quickly on the coast, so please pack a few extra layers just in case the skies decide to surprise you.

Accommodation

Forster region has a large accommodation capacity in a variety of settings: hotels, motels, caravan parks, cabins and Airbnbs. Please check <https://www.visitnsw.com/destinations/north-coast/forster-and-taree-area/forster> to see available options.

Venue

Club Forster on Strand Street, Forster, has the capacity to accommodate delegates and observers on the second floor with disabled access via a lift. The Committee exhibitions: Agricultural & Environmental,

Cultural, Handicraft, Hospital Support, International, The Land Cookery, and Social Issues will be under the one roof, as will the Publicity Support Forum, registration, voting and the CWA pick-up shop.

A 1-year Club Forster membership is currently \$12 and gives you a 10% discount on food and drinks. Being a member also means you can swipe in each day instead of completing the temporary-member process. You can join online and collect your membership card on arrival. Membership expires on 31st December each year, so please ensure you subscribe after the New Year. Club Forster contact details: www.clubforster.com.au, Telephone: (02) 6591 6591

Transport/Parking

There is plenty of parking at Club Forster.

Group Buses

There is a drop off/ pick up area for your group buses outside Club Forster and they will be able to then park nearby. Please contact Topsy at topsy_6245@bigpond.com or 0400 234 470 to confirm if your group is travelling by bus.

State Conference Raffle

The online raffle is now live for the 2026 State Conference. You can purchase tickets at <https://rafflelink.com.au/cwaraffle2026>. Please assist by promoting the raffle as much as possible. 1st Prize is \$1,000 cash, 2nd Prize is \$750 cash, 3rd Prize is \$500 cash and 4th Prize is \$250 cash.

Conference Lunches

Pre-ordered lunch options will be available from Monday to Thursday at the Conference.



Photo by Chris Olszewski

One Mile Beach, Forster

Further information will be in the February 2026 issue of *The Country Woman*, outlining the choices and the online purchase details.

Gala Event

The Gala Dinner will be held at Club Forster on Wednesday 7th May 2026. Gala Dinner tickets must be purchased in advance. The ticket price is \$55 per person, excluding all beverages. Tickets are non-refundable and GST inclusive. There is no theme and tickets can be purchased via Try Booking using this link: <https://www.trybooking.com/DHKWC>.

Tour and Activities

Full Day Tour—Tuesday 5th May 2026

Depart Club Forster at 9.30am.

Cost \$75 which includes morning tea, lunch and entry into the Nabcac Motorcycle Museum (where there are over 1,065 bikes/cars on display). The tour is offered to everyone. First stop will be the Motorcycle Museum and then head down to Bulahdelah and back via Seal Rocks, Pacific Palms, Elizabeth Beach, Green Cathedral and back to Forster. A minimum of 35 people are required in order for this tour to run. Please email Janella Leotta for more information or to purchase tickets at 2026CWAConference@gmail.com

Sip & Chatter

Will be held on Monday and Tuesday evenings in the bar area located near Tanks Restaurant from 5pm to 6pm and is open for all CWA members.

The Barrington Coast Tourist Information Bureau will be on site at Club Forster on the Sunday and Monday to assist with other tours and activities around the region for husbands and partners.

Volunteers for Conference

If you are not a delegate and are coming to the Conference, perhaps you could spare some time to help selling online raffle tickets or in some other way. In whatever way you would like to be involved, please register your interest with Chrystine Bouffler at chrys.bouffler@gmail.com or 0409 433 649.

2026 AGM Pull-out

The February 2026 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 Club Forster in 2026. Observers need to keep the pull-out for reference at the Conference.

CWA of NSW merchandise

All these items and more are available at the CWA online shop. Order from the online shop at www.cwaofnsw.org.au/onlineshop. Please ensure you log in, using your email address as the username. Every member has an account; please do not create a new one. Postage costs additional and based on weight.

Members can also download an order form at www.cwaofnsw.org.au/orderform which will calculate postage for you. For assistance, please call State Office on 02 8337 0200.



100 year badge:
\$8.00



Member Badge:
\$6.60



100 year tea towel:
now \$7.00 each



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



100 year coin: \$12.50



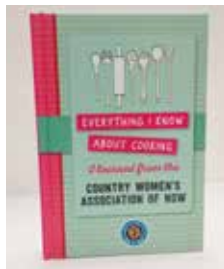
Country Women
who...: \$49.00



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



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



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



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



Business shirt: (97%
cotton): \$60.00



CWA Apron (poly/
cotton): \$17.00



CWA cap (100%
cotton): \$15.00



Navy polo (poly/
cotton): \$34.00



Pale blue polo
(poly/cotton): \$34.00



Half button workshirt
(100% cotton): \$45.00



Full button workshirt
(100% cotton): \$45.00



Puffer Vest
(polyester): \$60.00

All shop items will be available for pre-order pick up at Conference. See February journal for more information.

Gingerbread People Recipe

From the CWA of NSW baking cookbook: "Jam Drops and Marble Cake".

Makes about 20 biscuits.

Ingredients

125 g butter, softened
100g (½ cup, lightly packed) brown sugar
175g (½ cup) golden syrup
1 egg, separated and 1 egg white, extra
375 g (2 ½ cups) plain flour
1 tablespoon ground ginger
1 teaspoon mixed spice
1 teaspoon bicarbonate of soda
250 g (2 cups) icing sugar
Lemon juice, to flavour
150g packet Smarties or chocolate buttons, to decorate.

Method

Preheat oven to moderate (180°C/Gas 4). Lightly grease two

large baking trays.

Beat butter and brown sugar in bowl until pale and creamy. Add the golden syrup and 1 egg yolk and beat until combined. Sift together the flour, ginger, mixed spice and bicarbonate of soda. Stir into the creamed mixture.

Turn onto a lightly floured surface and knead until smooth. Cover with plastic wrap and place in the fridge for 30 minutes to rest.

Place the dough onto a piece of baking paper and then cover with another piece of baking paper. Using a rolling pin, roll out the dough and cut out with gingerbread people shapes as needed but keep using the baking paper.

Move the cut shapes over to the prepared trays with a spatula/egg flip and bake for 8-10



minutes. Once baked, let cool for 10 minutes on the tray and then transfer to a covered cooling rack.

To make the icing, beat 2 egg whites until they are stiff peaks, add the sifted icing sugar and combine with a few drops of lemon juice. Place into a piping bag and decorate the gingerbread people with icing and the Smarties or chocolate buttons.

There are some gifts a kid really can't wait for...

Donate to Australian Cancer Research Foundation today and fund the technology needed to accelerate lifesaving cancer research, for kids like Bryson.

Donate today

AUSTRALIAN
CANCER
RESEARCH
FOUNDATION
www.acrf.com.au

Call: 1300 884 988
Or visit www.acrf.com.au/festive-appeal



International Report

On 28th October at the invitation of Mr Jimin Kim Charge d’Affaires a.i. of The Republic of Korea, Jenny Chobdzynski and myself attended a reception in honour of National Foundation Day and Armed Forces Day. We were made very welcome. It was wonderful to see several dance groups perform both traditional and modern dance, to sample Korean food and to meet up with our friends from the Embassy. Both Jenny and myself felt very honoured to have been invited to attend such a special celebration.

The International Committee had our November meeting via Zoom on the 4th. The main topic for discussion was organising the 2026 State International Seminar. Once again this will be held at the Dubbo Memorial RSL Club and the date is Saturday 7th February 2026. Registrations commencing on Friday 6th February from 4pm to 6pm.

Bookings are again through TryBooking, please contact me if you are unable to use this method to book. To register for the Seminar or order additional books go to: www.trybooking.com/DHATN

Please note: there will be no refunds given or bookings taken after the 20th January because we have to give the Club our final numbers by then.

If you have not submitted a Group Report yet, they are now very much overdue and please get them to me promptly. I expect to hear from 29 groups even if it is just to say we do not do International. Your reports are important to me as it enables me in my Annual Report to publicise what branches and groups are doing throughout the state. Thank you to all the Group Officers who have already sent their reports in to me.

All competition entries close on the 28th February. Please ensure that the correct entry form is filled out and that you send only one entry per competition from your group.

Now for some fun stuff, a few snippets about Fiji.

- Fiji Day is the 10th October as it was on this date in 1970 that Fiji gained its independence from the United Kingdom.
- Hibiscus Festival is an annual nine-day festival in August with music, parades and competitions.
- Bula Festival takes place in July. Bula is Fijian for hello.
- Rising of the Balolo—a natural phenomenon that happens between October and November when sea worms come to the surface to spawn.
- Fiji is made up of over 300

islands of which a little over 100 of them are permanently inhabited.

- National flora is Tagimoucia.
- National bird is the Collared Lory.
- National fauna is the Fiji Banded Iguana.

As 2025 draws to a close I would like to thank my International Committee for their support, the Hospital Support Committee and Phillip Group members for all they do for International. I would also like to thank all the staff at State Office whose help is invaluable.

Lastly, may everyone have a safe Christmas break and get to spend some quality time with those near and dear to them.

Carolyn McMullen,
State International Officer

International Seminar—Fiji



Saturday 7th February at the Dubbo RSL Club.

Sign in will commence on Friday 6th February between 4pm and 6pm.

Costs are:

- Seminar \$100 (includes one Seminar book)
- Dinner \$70
- Book only or additional Books \$25.

Book your place or order an additional book at www.trybooking.com/DHATN or use the QR code.



Social Issues Report

The Committee held its AGM and general meeting on 6th November 2025. My thanks to Donna Kemp—the outgoing Social Issues Committee Secretary—for all her hard work this year. Our Committee Secretary for the 2025/26 CWA year is Kerri-Ann Arnott (Adaminaby Branch; Monaro Group). Her contact details can be found elsewhere in The Country Woman and are otherwise available in the Directory.

We have been monitoring the issue of aged care, and the new Aged Care Act 2025 (Cth)—referred to as the “Aged Care Review”—commenced on 1st November 2025. Some key changes to be implemented by the Act are (i) the inclusion of a statement of rights for aged care recipients; (ii) aged care recipients having a choice in their aged care home with any funding to follow the recipient if they’re moved; (iii) the creation of a new regulatory framework for the Aged Care Quality and Safety Commission; and (iv) a new Complaints Commissioner. The Committee has collated existing Association policy addressing the issue of aged care and will now review the Act to identify any areas where action required. We will also be looking at the potential for partnerships between the Association and outside organisations to pursue government action. Otherwise, the Committee will maintain a watching brief to monitor the

implementation of the changes set out in the Act.

The Committee continues to look for ways to increase its profile within the Association and also generate interest in and action by members generally in advocacy efforts. To that end, the Committee will be organising a webinar covering the basics of the Aged Care Act and provide general information on aged care for the benefit of members. We are aiming to have a panel of speakers on different topics including the aged care issues identified by current Association policy. The current plan is for the webinar to take place in February/early March 2026, hopefully at a time convenient for branches and groups across the state to organise their own viewing parties within their communities. There are also articles being written on the issues of Osteoporosis and Cervical Screening which may be distributed via The Country Woman or via the E-News.

Work on the Committee Facebook group is ongoing and I am hopeful that it will be live by Christmas or early in the New Year. The Committee will use a closed Facebook group as a means of publishing its work and also disseminating information to members of the Association on a range of important social issues.

As you know, the Committee’s 2025/26 Advocacy Kits are available. At the end of each Kit

is a list of suggested action items which can be used to start a conversation amongst members about ways everyone can get involved in the Association’s advocacy efforts. One of the suggested action items is for members to write a letter to their local member of Parliament. The Committee will be writing a sample letter to be disseminated to the Association’s members and branches for this purpose. The idea being the members can insert their branch contact details and send the letter off to their local member and receive the response directly. The first selected topic for the letter is Precision Medicine, and it will hopefully be available to members shortly.

Upcoming Events

The next meeting of the Committee is scheduled for 22nd January 2026 via Zoom.

The Aged Care Act webinar is being organised for February/early March 2026.

Please keep an eye out on the closed Facebook group and eNews, and also future reports for further details about other activities being organised for members.

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

Elizabeth O’Dwyer, State Social Issues Officer

October’s Sudoku Solutions

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

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

Puzzle Rating: Very Hard

Handicraft Report

Hello members,

Almost at the end of another year and what a year it has been for our Handicraft Committee.

We have had four very successful meetings, two in Dubbo, and one each in Gloucester and Bredbo. We held workshops in Ballina and Bredbo. The state judging was held in Dubbo and then the wonderful exhibition at the State Conference in Wagga Wagga.

We have now had our AGM in Bredbo with the new office bearers being elected. We bid farewell to three committee members: Geraldine Gore, Philippa Dodds and Denise Turnbull with a very big thank you to these members.

Our new Office Bearers are:

Chairman: Gai Mason, Ballina Branch

Secretary: Ruth Shanks, Dubbo Branch

Treasurer: Elaine Rose, Medowie Branch.

We would like to thank the members of Bredbo Branch for their hospitality over the weekend, for the AGM and the workshops. A fabulous weekend was had by all. A big thank you to our wonderful tutors, Janet Luce and Lyn Hirst.

Please check out the exhibition at Forster as we will also have items on display which members have made at our workshops during the year.

There has been a great deal of interest in our Branch Challenge and the Chairman's Choice and we hope you are all having a great time being involved. We need to inform you that the box

for the Branch Challenge is only 12.5cms deep. So, make the size of your articles accordingly.

The State Judging will again be held in Dubbo on 18th and 19th April 2026. The group suitcases need to be in Dubbo by Friday 10th April. If you have any queries at all please consult the Group Handicraft Officer, who can then pass the query on to us if they are unable to answer it themselves.

Our Conference Raffle tickets are now available from your Group Handicraft Officer. The prizes are \$500, \$300 and \$200.

Merry Christmas, happy crafting and we look forward to lots of crafty involvement next year.

Gai Mason, Chairperson and Ruth Shanks, Outgoing Chairperson

The Land Cookery

The Committee met in Mudgee in November for our annual and general meetings. We said farewell to outgoing members Mary Hollingworth and Tracey Cambourn, and thanked them for their service to the Committee. We also welcomed new members Lynn Halpin, Jill Greenhalgh, Kerrie Brill and our new Executive Representative, Bev Britton. Ellice Schrader has finished her three years as Chair and I have taken up the baton to try and continue her footsteps. Thankfully, Ellice has agreed to continue to produce and share her videos. Vikki Fletcher will continue as our Secretary and Lynn Halpin will take up the Treasurer duties. Amanda Colwell continues as our raffle coordinator and publicity officer extraordinaire, so please keep an eye out for her Facebook posts on all things The Land Cookery. Our shared email address is

landcookerycommittee@gmail.com so there are several eyes available for a prompt response.

The Schedule for 26/27 has almost been finalised with new challenges and something everyone can try, no matter your level of baking expertise. The 75th Anniversary edition of the Cookery Companion will be available for purchase at the 2026 Conference in Forster. More on this in the February Journal.

Your Group Secretaries will have received our raffle tickets to pass on to Group Cookery Officers for allocation to branches. If you need more booklets (20 tickets) please let us know and we will get them to you. Similarly, if you are unable to sell any or all tickets in a booklet, just return them so they can be allocated elsewhere. We have great prizes again this year, with the Artisan Kitchen Aid first prize, a selection of preserving

equipment as second prize, and cake tins and Liz Harfull cookbook as third prize.

We are offering opportunities for mentoring if you are thinking about whether you are ready to undertake the judges' assessment. You do need to be an active competitor with some success, stewarded or judged at local shows and/or at CWA branches, and confident demonstrating at open judging events or working towards this. Contact the Committee email address if you would like to discuss this further.

Macquarie Group is hosting our next How-to Day at Dubbo on 31st January 2026. More information will be circulated shortly.

We wish you all a merry Christmas and happy baking in the New Year!

Carole Windley, Chairperson

Agricultural & Environmental

The Great Escape

Around 65% of Australia's weeds were garden plants before they escaped out of gardens and became invasive. Establishing on agricultural land, thriving in waterways, shading out other plants, changing the soil, damaging natural bushland, and threatening native plant and animal species, escaped garden plants are now serious weeds. Plants such as privet, cotoneaster, pampas grass, cacti and ivy, that are still growing innocently in many older gardens and were popular decades ago because they were tough and drought hardy are now serious weeds because of these qualities. Many flowers introduced by European settlers in Australia, such as Patterson's curse, St John's wort, blue heliotrope and lantana had the tough and hardy characteristics that enabled them to survive so well in Australia's climate. They are also toxic to native animals and livestock. The illegal dumping of garden waste is the main way that weeds escape gardens. Dumped garden prunings and weeds are able to establish roots and runners. There are many ways that seeds can spread long distances, such as blown by wind, distributed on the fur or wool of animals, in the droppings and regurgitations of birds, on clothing and shoes, and on the wheels of vehicles and machinery. As the current Foe, "escaped garden plants" are the focus until October 2026, I hope branches get involved with this topic and check your own gardens for potential invasive weeds. Branches may like to be involved in activities such as "bring a weed" (making sure not to spread seeds and to dispose of carefully and thoroughly later), photography and naming competitions, a "doing" segment on escaped garden plants in

your branch Moore Award Book, report declared weeds to your council's weed officer and Local Land Services, and check out Landcare.

A Tough Nut to Crack

Glossy black-cockatoos are listed as vulnerable in NSW & ACT. They have a very special and limited diet, feeding almost exclusively on the seeds of drooping sheoaks, *Allocasuarina*. Genuses *A. verticillata*, *A. torulosa* and *A. littoralis* are essential to the survival of glossy black-cockatoos. *Allocasuarina* trees are dioecious, meaning that each tree is either male or female. Only the female trees produce the small 1 to 3cm cones that contain the tiny seeds that glossy black-cockatoos eat. As the seeds are so small, the birds need to spend a large amount of the day quietly feeding, using their specially adapted beak to break open the hard cones to get plenty of seeds. The birds prefer to eat from trees growing in poor, acidic soils and choose specific individual trees that have seeds with higher protein and nutritional quality. They will also eat wood-borer larvae when the opportunity strikes, digging them out of trees with their strong beaks. Usually, glossy black-cockatoos only lay one egg every second year. They also depend on large hollows for nesting, so the preservation and restoration of their special food and nesting trees is very important for their survival.

Is There an Echo in Here

- A friendly reminder for branches and groups to send in their reports to me by February. The Best Branch Report will be announced at State Conference.
- It was great to see the Recycled Article competition really step up at Wagga Wagga Conference, with many useful

and durable entries. Please keep up the fantastic work, remembering it is not an art competition. Please deliver entries to the Agricultural & Environmental display by 1pm on Sunday 3rd May.

- The School Competitions were very well supported in the first year of the competition. Thank you to the branches that encouraged their schools to produce some delightful stories and colouring, showing lots of learning about microbats. I'm looking forward to displaying the results on frogs at State Conference in May.
- The Moore Award Books were outstanding this year, and there was a big jump in entries. This is a good project for branches or individuals to work on over summer, on hot days. Remember to try to add "doing" photos of your branch participation. Please deliver your Moore Award Book to the Agricultural & Environmental display at State Conference by 1pm on Sunday 3rd May.
- Please note that the judge's decision is final for all Agricultural & Environmental competitions.

Merry Christmas and a happy New Year to all,

Jenny Birtles
State Agricultural &
Environmental Officer

Nominations for State Honorary Editor

Nominations for the State Honorary Editor of The Country Woman close with the Executive on **31 January 2026**.

The Honorary Editor is elected by the State Executive Committee at its February meeting.

Show Catering Report

The 2026 Sydney Royal Easter Show will be held from 2nd April until 13th April 2026. 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 email your name, branch, group and contact details and preferred dates to cwashowkiosk@gmail.com.

Again, we are looking for fruit cakes, jams, pickles and date loaves. Traditional Jams in 250ml jars are always popular. Please ensure for all food items have



a CWA food label is attached and can I also ask that you attach your branch name so we can acknowledge your donation in our reports. Please contact our promotions person on promotions.cwatearooms@gmail.com to arrange collection. These home-made items are always a big hit and sell out quickly.

I'm asked each year by our country members 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 CWA Tea Room. 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, please email me cwatearooms.chairperson@gmail.com.

The Show Catering Committee would like to wish everyone a merry Christmas and a wonderful New Year.

Donna Robertson
Chairperson

CWA Tea Rooms—Help Wanted

Come along and join us at the Sydney Royal Show.

2nd April to 13th April 2026

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 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: cwashowkiosk@gmail.com

CWA Food Labels

CWA food labels are required for all packaged foods sold by CWA branches or groups.

A CWA Food label must include:

- Product name (eg strawberry jam)
- Ingredients
- A list of possible allergens under "May contain".
- Net Weight
- "Made for CWA of NSW—Level 2, 244 Coward St, Mascot 2020"
- Membership Number of the person who made it.

For the "May contain" list you should include wheat, gluten,

egg, milk, tree nuts, peanut, lupin, soy, sesame, fish and crustacean if they could be present in the household or building where the product was made. If unsure, it's better to list all these allergens.

You can find the net weight by weighing the jar/container before and after, and then subtracting the weight of the jar/container. Some scales will also have a "tare" option which can be used to reset the scales back to zero after putting on your jar/container.

Your branch name and the date the product was made can be included if there is space. A best before date is not needed for



charitable fundraising items.

An additional food label has now been created for those who wish to edit the label on their computer before printing. If you wish to handwrite your label, the original label can still be used.

Both label templates can be found on the downloads section of the member portal on the website.

Cultural Report

Christmas is once more here—this year has flown by. I hope that anyone who wished to enter a competition managed to get your entries in on time. The Art and Woman of Note entries have until March to be lodged. The forms for the Art works are published within this edition of the Journal and good luck to each entrant. I am always amazed at the amount of talent within this organisation! The November meeting of the Committee is always busy. While decisions are made regarding the appointments of judges for the Cultural Books, photography and literary entries, we are also discussing the distribution of raffle tickets to be drawn at the Conference in Foster. Please encourage members of both your branch and group to purchase tickets—the prizes are really worth winning and the funds raised are used to pay competition winners

and to support the Moorambilla Voices children's choir.

My choice of contemporary Australian female author for this edition is Natasha Lester, author, speaker, teacher, who lives in Perth with her husband and three children. Natasha's novels have been translated into 21 languages and are published all around the world. She loves reading history which manifests itself in her novels. She also loves to collect vintage fashion—again an important detail in her descriptions of the fashions of the eras in which she bases her novels. The French Photographer is the novel by Natasha Lester which is my choice for this month. It reveals a disturbing aspect of war—World War 2 to be precise. Women who put their lives on the line to work in the hospitals on the front line and women who volunteered to write about what

exactly was occurring on the war front. It was a male dominated and manipulated society. Women were considered to be mentally, emotionally and physically inferior. It is a tale of a female model turned photographer and her struggles to make herself heard from the battlefields of Europe. The story occurs in two time zones: the 1940s and the present day. It is a love story and a story of unbelievable courage. It is the story of male domination and control, and ultimately it is a story of one woman's triumph. I hope that you get a chance to read it.

On behalf of the entire Cultural Committee, I wish you all a safe, happy and healthy holiday period. Enjoy the time with your loved ones and we will meet you again in 2026.

Lynne Dunn, Chairperson

Hospital Support Report

Season's Greetings from our dedicated team, as we continue to celebrate our 95th year; having been established in 1930 as the CWA of NSW's first State Committee.

2025 was again another very busy year for the Hospital Support Committee and Friends to the Committee—thanks to the many generous donations of goods we have received from CWA branches and from outside groups and individuals.

Unfortunately, only seven members applied to join the 2025/2026 Hospital Support Committee leaving us two members short. During this coming year we will need more help from our Friends to the Committee as the State Executive decided at their July meeting that they wouldn't fill vacancies

on committees. We meet/pack at Mascot four times a year, plus hold additional packing days as needed e.g. preconference packing. Additional days also include days allocated to packing International Mother & Baby Packs on behalf of the State International Committee.

This report is being written prior to our AGM, at which time our new Hospital Support Committee team will elect our new Office Bearers. We will advise members of the outcome on the CWA closed Facebook group and in the February journal.

We currently have low stock of new light weight bath towels and baby wraps which are needed for our Mother & Baby Packs. Back-to-school stationery items are also needed. With the Boxing Day and January summer sales fast

approaching perhaps you could consider ordering some towels, mother and baby items, and back-to-school supplies online from a discount store and have them delivered directly to us. Our delivery address is:

Hospital Support Committee

CWA of NSW
Level 2, 244 Coward St,
Mascot NSW 2020

The Hospital Support Committee would like to thank the marvellous State Office staff for their essential support, assistance and genuine interest throughout 2025.

Wishing you all a very merry Christmas and a happy 2026 New Year.

Sue Vassie, Outgoing
Chairperson

WOMAN OF NOTE 2026: MYRA JULIET FARRELL

Topics for State Cultural Competitions

To be judged for the 2027
State Conference

**Senior Photography Section A
(colour):** Windmills

**Senior Photography Section B
(black & white):** The Sky

Junior Photography: Trees

Senior Short Story: Wallflower

Junior Short Story: School
Excursions

Poem: Can You Believe it

Bush Ballad: The B&S Ball

Branch Competition: 10
Necessities for Travel

Junior Postcard: Happiness is

Junior Digital Poster:
Happiness is.

Due date for all above
competitions by 15th
November 2026. For the
current topics, go to www.cwaofnsw.org.au/Cultural

All entries are to be sent to the
Cultural Secretary.

Desiree Bickle

See address on front
inside cover.

Scott & Broad Art and Porcelain Art Competition

Coupon No. 1: Entry Coupon

Entry forms to reach State Cultural Committee Secretary
by **31st March 2026.**

Name of Artist: _____

Branch: _____ Group: _____

Phone: _____ Email: _____

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

Bank Details BSB : _____ Account: _____

Account Name: _____

I give give permission for a photographic
reproduction to be used in The Country Woman journal
or used for publicity by the Cultural Committee.

Signature: _____ Date: _____

Scott & Broad Art and Porcelain Art Competition

Coupon No. 2: To accompany each entry

Art pieces to be delivered to the Conference Venue.

Name of Artist _____

Branch: _____ Group: _____

Phone: _____ Email: _____

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 6-6-725 of the Procedures Manual.

All entries are to be exhibitor's own work. Please note: works on the
internet are copyright protected and must not be copied. Entries
must not be a workshop piece or created from a kit.



Cultural Woman of Note

Myra Juliet Farrell (1878–1957)

Australian visionary, inventor, and artist

In 1916, *The Western Age* (Dubbo) wrote:

“That common saying ‘A prophet has no glory in his own land’ was never more true than for Mrs. Myra Juliet Taylor. This amazing lady could truly be called the most talented woman in Australia. Yet, she lives among us, unknown, almost hidden.”

Born in County Cork, Ireland, to Marcus (Irish) and Harriet Welsh (Australian), Myra migrated to Australia in 1880 with her parents and five siblings. The family settled in Broken Hill after arriving in Adelaide. Her education took place at St Peter’s School which her parents established. Myra’s inventive spirit emerged early—her first creation was a self-locking safety pin at age 10, though it was never patented.

By 1905, at just 27, she had registered one patent and designed another. Around this time, she met William Taylor, a young Scotsman suffering from tuberculosis. She nursed him using her own inhalant formula, and within a year, his health had significantly improved. They married in 1906 and had two sons. Sadly, William passed away seven years later.

By 1915, Myra had 24 patented inventions.

In 1919, she married William George Farrell, a talented musician and director of Sydney’s Empress Orchestra. They had a son the following year.

Myra described her creative process as intuitive and dream-driven. She would identify a need or problem, sleep on it and often wake with a vivid solution. She would immediately sketch or

write down the idea—sometimes on scraps of paper or even walls. She personally drew all diagrams and built models for her patent submissions.

Her inventions were wide-ranging and practical, many still in use today:

- **Practical:** a skirt pattern book for fabric tracing, folding clothesline, folding pram hood
- **Medical:** inhalants and ointments, and a boneless corset called the Stayette
- **Military:** bullet barricades and a long-range projection light
- **Rural Industry:** automated fruit picker and packer, and a device for sampling and weighing wheat.



*One of Myra Farrell’s inventions—a sling baby carrier—was featured on the cover of *Pix* magazine, April 1943*



Beyond inventing, Myra was a passionate painter. She studied under a stage scenery artist and developed a bold impressionist style using intense colours. Her surviving works are small landscapes.

Known for her eccentricity, even within her family, one of her more unusual possessions was the foot of an Egyptian mummy which she kept on her mantelpiece. It was eventually discarded by a housemaid and discovered by a garbage collector—prompting a police investigation.

Myra Juliet Farrell passed away at her home in Mosman on 8th March 1957.

This is just a glimpse into the life of an extraordinary Australian woman. There’s much more for branches to explore and discover about Myra’s legacy.

Woman of Note criteria

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

The criteria is as follows:

- She must have made a positive contribution to Australian society.
- She must be no longer living.

We encourage branches to suggest possible subjects with a brief biography to their group, with the group to choose one, forwarding it on to the State Cultural Secretary by 31st March each year. The Committee will discuss each submission and make a decision as to who the next Woman of Note will be.

BABY CARRIER MAKES SHOPPING EASY

DESIGNED to help mothers who must do their own shopping and carrying in these days of no deliveries is Mrs. Myra Farrell's Baby Carrier. On these pages model Phil Riley (now Mrs. L. Brady) and her baby son Roger, show how carrier works. With carrier slung over her shoulder, the mother can keep both hands free for carrying parcels. Great advantage is that weight of baby is taken by shoulders instead of arms and abdominal muscles. Carrier will thus do much to prevent permanent rounding of shoulders which constant carrying of a baby so often brings. Mrs. Farrell, who lives at Mosman, New South Wales, claims to have 33 inventions to her credit, 12 of them patented with world rights. Among these are a rayless light which she says can be seen 700 miles away; a rifle, shell and machine-gun shield; stitchless buttons, hooks and eyes, press studs; formulas for cure of tuberculosis, asthma, catarrh; a skirt and pattern marker by which any style can be cut; a preparation which prevents fly-blowing in sheep. Mrs. Farrell says that much of her inspiration comes to her in sleep. She is also a skilful painter.



Comfort Shopping Expeditions are more comfortable for baby when he rides in Mrs. Farrell's carrier. He is cooler, less cramped, than when carried in aching arms.



Carrier Phil Riley returns from shopping expedition with loaded basket in one hand, other supporting Roger. She will let go child to open gate, relying on carrier.



Fitting Mrs. Myra Farrell shows Phil Riley how to fit carrier. Roger is 11 months old. Mrs. Farrell is mother of violinist George Farrell, who gave first public appearance at 4. At 14 he gave recital at Town Hall. War interfered with plans for study abroad.

State Treasurer's Report

It's time to talk about everyone's favourite Regulation, although not the part many of you will expect. The first part of Regulation 92 says:

The financial objectives of a Branch should be to repay any monies owing to any Financial Institution or to the Association then to give to Association projects...

There are only a few branches that owe money but if a Branch does, then it should be aiming to pay it off in accordance with the terms of the loan. This should be done before any money is given away. Although not specified, implied in this, is that Branches need to pay their bills.

If a branch doesn't have any debts or if they have made their loan repayments and paid their bills, then their financial objective should be to give to Association Projects.

What are Association Projects?

These are projects that the members of the Association have decided we should give to. Most Association Projects have a specific Fund attached, these include Disaster Relief Fund, Medical Research Project, Emergency Fund, International Fund, education grants (state,

group and branch). Let's look at two of these in more detail.

Disaster Relief Fund: All donations made to the Disaster Relief Fund are passed on to those in need when disasters strike. The administration costs of this Fund are covered by the Association. Anyone can donate to the Disaster Relief Fund, lots of non-members make donations to this fund because they know every dollar will go where it should. Donations to this fund are tax deductible. Branches can also donate to this fund.

Medical Research Project: Nominated by any branch and decided by all branches at State Conference, each project now runs for three years. Rather than 350 branches giving between \$50 and \$5,000 to 350 different projects, if all Branches work together, for a common cause, CWA can give an amount that can make a significant impact.

There are around 350 CWA branches, if each branch raised \$100 for the Medical Research Project each year we could donate \$35,000, if each Branch raised \$1000 we could donate \$350,000. While raising \$1,000 may be beyond some branches, there are branches that give over \$10,000 each year to outside organisations. In 2023/24 the median donations direct to

beneficiaries was \$650 per branch, the average was \$1,820. Based on these numbers, the reality of the Association being able to give \$350,000 to a Medical Research project in a year is not beyond us.

Many branches support important local projects in their area, these are a key part of who we are as an Association as we support the communities we live in. However, there are also many Branches who donate funds to other state, national and international organisations or charities, many of whom employ professional fundraisers—a portion of any donations to these other organisations go towards the administration of those organisations including the wages of professional fundraisers.

When a person raises funds in the name of any other organisation, the funds raise must go to that organisation or its approved projects.

Part of CWA's strength is in what we can achieve together.

What Association Project is your branch working on fundraising for this year?

Ruth Cargill
State Treasurer

5%*

**+ 2 month Extras
waits waived.**

*T&C's apply

Country Women's Association of NSW.

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J3810

Member Profile

Brooke Law



Meet the newest The Land Cookery Judge—Brooke Law! It was a long journey but well worth it. Brooke shares her story of resilience, determination and how food and community fuelled her journey.

How long have you been with the CWA and what made you want to join?

I joined the Umina Beach Branch, Northumberland Group, in 2014. I joined with a friend for the cooking, really. My mum and grandmother had passed, and they mentored me so well in cooking that I felt a real loss. I was craving this connection to guide me in my cookery. I wanted to know all their tips and tricks.

Have you always been into cookery?

Yes. My mum and nan were both great cooks. My fondest memories have always been around the sharing of food. It's always been my go-to when I'm stressed or need downtime. It's my happy place.

What made you want to sit the judges exam?

The prospect of being a judge excited me and I wanted to be amongst it all, sharing and collaborating. I held these women in such high regard that I wanted to become one.

What has your road been like?

Basically, I'm an example of the Committee's mentoring program that they have implemented. My

road has been a very long one. It's been a lot of hard work, patience and commitment. I failed three times! At first, I thought that was a little embarrassing but instead, it had made me more determined and committed. It was very clear, I didn't know it all. So I made myself available to immerse myself in all things cookery. Not just CWA cookery but also at agricultural shows. I stewarded at local shows and group judging days, attended many How-To Days, shadowed experienced judges and asked so many questions. I also cooked and cooked. You need to experience scenarios along the way to be able to critique with confidence. It's taken me six years to gain but I'm grateful to The Land Cookery Committee for their patience and the opportunities they have provided me. Mentoring clearly works. I attribute this to my success in becoming a cookery judge.

I've heard the judges exam is very difficult. What are your thoughts?

You need to read the Cooking for Competition books but also gain exposure to different techniques. You need to consolidate the theory and practical to get a real understanding and this will help you in the exam paper.

How many members are on The Land Cookery Committee?

There's 10 plus a State Executive Committee representative.

What do you do on the Committee?

Whatever is needed. 2026 is the 75th anniversary of our The Land Cookery Competition. Currently, I'm designing new section

group names that go on top of items presented for Conference. Also, I'm helping with a 75th anniversary cookery display for the Conference.

How often do you meet?

Four times per year. We will travel three times including How-to Days and our AGM. Another will be a Zoom meeting.

What's involved with creating the Cookery Schedule?

The Committee all contribute their own recipes. We then bake them, taste test them as a Committee and make decisions based on the affordability and availability of ingredients, the skills required to execute the recipe, its taste and its final presentation.

What do you love best about the Committee?

The friendships I've made, and the support and respect that we have for each other. Everyone brings their own skill set to the table and we work collaboratively and in harmony. It's a very healthy and supportive environment.

“I love the community, the connection that it provides me, the friendships and the sisterhood.”

What do you love best about being in the CWA?

I love the community, the connection that it provides me, the friendships and the sisterhood. When you find your happy place, it breeds an infectious enthusiasm for your world.

Virtual Branch

Co-Founding Member Rhonda, President Janella, Secretary Rosemary, Treasurer Cheryl, and Publicity Officer Natalie spoke about how the Virtual Branch operates.

Running for seven years, the Virtual Branch was born of necessity. Beginning with 10 members, its current membership now stands at 58, all of whom have joined for various reasons, ranging from the absence of an evening branch nearby to the need for flexibility in locations due to work schedules and family commitments. Members hail from most of the state including: the ACT region, Central West, Hunter, Central Coast and Lake Macquarie, Murray, North Coast, New England, Riverina, South Coast and Southern Tablelands and Sydney Metropolitan.

Despite the growing need for a virtual option, there was no established blueprint for running a branch of this type. Think of everything each traditional branch does. Now imagine all of that in a virtual space. How are branch minutes signed? How do financial signatories work? How would committee competitions happen? How would you fundraise or create a real community? These had to be created from the ground up but with members committed to the cause, it wasn't long before policies, procedures and bylaws were created and a new breed of branch was born.

Thanks to the digital age, everything is conducted online. The two-signatory procedure can be completed online for banking transactions thanks to electronic signatures. All communication is via email. In fact, the Virtual Branch presented a motion to the State Conference in Bathurst that was carried, amending the Constitution to allow for the inclusion of electronically stored

reports and electronically signed documents.

But how do they actually meet and perform all the tasks that a physical branch does? With Zoom. In fact, when they first began, Zoom was a novelty, but when COVID-19 hit, this service soon became a widely used resource. And with that came the questions of how the CWA can continue during that time. The Virtual Branch helped guide other branches on how to continue operations. Not only was the Virtual Branch successful in assisting our sisters within our organisation but it also created a playbook for CWAs in other states to establish their own virtual branches.

So, how does it work? They meet, via Zoom, every month on the second Tuesday (7:30 pm). They don't sing the national anthem, as having more than a few women sing simultaneously online would be chaos, so a recording is played instead. The motto and acknowledgement of the country are recited, and then the meeting proceeds as any other meeting. They have craft nights where the Handicraft Officer leads everyone through a new project. One such project that is very close to their hearts is the Amy's Hearts Project (contact the branch for more information). If a member wishes to compete in any competitions, they contact their local physical branch to participate. They even run a Virtual Street Stall on Facebook, where members make jams and chutneys (non-perishable items only) and a variety of handmade items. They then take photos and write descriptions which are uploaded to their group. Once items are sold, the buyer's information is sent to that member who then posts the items. This is their only fundraising event where the proceeds are sufficient to cover Association Fund contributions



and state funding priorities, as well as provide funding for small, non-governmental local charities that focus on women and the community.

Through all of this, they have created a cohesive group of women who, despite many of them never physically meeting, are as connected as any physical branch. In addition to all the craft nights, they have a book club, host guest speakers with groups like The Royal Flying Doctors and professors who specialise in native flora and fauna; they even send delegates to the State Conference. In this unusual space, they have created true sisterhood, proving that location is no longer an obstacle when it comes to real community.

Membership payment

Have you paid your membership for the 2025/26 year? Renew today to avoid a break in your membership.

You can pay direct to your branch or online via the website.

Sign into the website using your email address and password, then click on the "renew now" button. If you haven't logged in before or have forgotten your password use "Forgot Password" to reset it. Call State Office if you're having trouble logging in.

Branches: Please ensure any remaining membership payments are forwarded to State Office with the correct paperwork.

A Gift in Will.

To make a future *without cancer possible.*

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

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

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

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Welcome New Members

A warm welcome to these 267 new members of our branches:

Albury Evening Claire Rimmer
Armidale Irene Lemon, Maria Trainer
Atholwood Sue Llorra
Ballina Marilyn Peltonen
Bangalow Deborah Baker, Susannah Didenkowski, Abbie McEwen, Clover Mowbray-Allen, Brooke Naumoff, Ned Parker, Helen Spiteri
Barellan Jacqueline Overs, Jeanette Overs, Ashley Robertson
Bathurst Kerry Hayes
Bega Brenda Haskins
Berridale Jodie Gillam
Blackheath Sharon Walls
Borenore Leanne Kinsella, Narelle Oldroyd, Catherine Thompson
Bowral Gillian Irvine, Maryam Kaegi
Braidwood Melisa Clarke, Amanda Reilly, Louise Williams
Bredbo Dianne Colman, Margie Crimmins
Broken Hill Dana Jenkins
Brunswick Heads Lyn Kemp
Bungendore Joyce Gardiner, Christine Jennings, Teresa Nugent
Byng-Emu Swamp Alison Reay-Stinson
Camden Julie Calabro, Pam Hatch
Campbelltown Elizabeth Thompson
Canberra Elena Greaves
Canowindra Alicia Evans
Cessnock Evening Sharon Ackerman, Shanryn de wit Jones, Margaret Drinan, Lynn Ingram
Cobar Natalie Stanmore
Condobolin Sharon Coleman, Maddison Donnelly, Melanie McDonald
Cooma Lorraine Brown, Sharon Locker-Lloyd, Erika Somerset
Cootamundra Miriam d'Mont Noir
Coraki Janelle Murphy
County of Burnett Maria Carroll, Angela Coote, Hannah Coote, Laura Cush, Lucy McDonald
Coutts Crossing Patricia Hughes

Curlewis Louise Evans, Gail Osland
Dapto Tracey Smith
Deniliquin Tamara Bell, Millie Blight, Anne Brown, Hayley Brown, Angela Carmichael, Tessa Chartres, Bonnie Clapham, Angela Coffey, Karen Creighton, Anna Doherty, Jessica Donaldson, Jo Evans, Trudy Fanning, Emily Fellows, Woody Fellows, Zara Graham, Ruby Hicks, Sarah Hooke, Melissa Jarrott, Rose Jordan, Jenni Marsh, Nicola Martin, Amanda McCrabb, Cheryl McMillan, Amy Murphy, Johanna Murphy, Anna O'Donohue, Sophie Pisasale, Philippa Robertson, Tiffany Rourke, Felicia Russell, Lauren Ryan, Erica Singleton, Emily Small, Penelope Strang, Alison Thorne, Kendall Van Beek, Susie Wallace, Elizabeth Martin
Dorrigo Shirley Tyson
Dubbo Debra Bell
Dungog-Clarence Town Karyn Garrard, Leanne Napier
East Maitland Kristen Day, Diahann Jackson, Rowan Waite
Eastwood-Epping Wendy Trethewy
Galston Anastasia Chartorisky, Alfina Grasso
Georges River Sharon Holmes, Barbara Jones
Gloucester Evening Jo-Anne Cadden, Deborah Robinson
Goodooga-Lightning Ridge Carol Clemson
Goulburn Evening Sally Sutton
Grafton Ellen Hill
Gresford Dot Coghlan, Sharon Dwyer
Gundagai Veronica Purtell
Gungahlin Vivienne Psaila
Guyra Audrey Holloway, Dylan Howey, Candace Jochinger, Sophia Neubauer, Chris Smith, Judith Wicks
Gwandalan Rita Corbett, Margaret Dodd, Rosalyn Holden
Harden Lynne Ireland
Hawkesbury Evening Jan Lunn, Iona Teo
Hornsby & District Leanne Barbur, Jenny Gamble, Dawn

Richter, Evelyn Seymour, Barbara Starke
Hunters Hill Lorna Ash, Chrishani Cogger, Georgie Johnson, Alison Sainsbury
Ilford-Running Stream Cheryl Farrugia, Vicky Varcello
Keiraville Karah Anderson, Mandy Davis, Suzanne Ewart, Jennifer Farrell, Hannah Maher, Christina Okoniowski, Sonya Schuh, Yvonne Webb
Kurrajong Michelle Cooper, Joy Derrig
Kyogle Evening Mary Gale
Leura Patrice Watson
Leura Evening Christine Slatford
Lismore Margaret Coronakes, Liz Jones
Majors Creek Diana Izzard
Manilla Angel Jones
Manilla Sundowners Ashlee Long, Tracy Maxwell, Carrie Noble, Karlijn Spaans, Rikki Woods
Manly Mary Nosworthy
Mascot Evening Nicole Revuelta
Maules Creek Chiara Leabon
Medowie Corinne Hayward
Merriwa Shirley Bevan, Katherine Beynon, Catherine Inwood, Sue Shearman
Milton District Carol Mason, Molly Storm
Mittagong Desley Russell-Smith
Moruya Natasha Ochs, Lynne Taylor, Rhonda Venables
Moss Vale Evening Angela Allen, Alex Beveridge
Mudgee Evening Christine Roth
Murwillumbah Evening Jennifer Kidd
Muswellbrook Charlene Haslem
Nambucca Valley Evening Lisa Collie, Fiona Nielsen, Lisa Ryan, Sharyn Ryan-Hancock, Sharyn Ryan-Hancock
Narooma Nancy Currey
Narromine Amanda Ramsdale
Nashdale Louise Henderson
Nelson Bay Evening Claudia Lepage
Nimbin Leanne Openshaw
North Star Lisa Lloyd
Nowra Jai Rosen, Kathy Zirkovic

Nymagee Rebble Taylor
Orange Alice Black **Picton District** Lesley Abbott-Reed, Carol Anne, Denise Schaefer
Port Macquarie Jennifer Martin **Portland** Leanne Cathie, Christine Garner **Queanbeyan Evening** Diana Beaver, Caroline Ellyard-Ayers, Laura Shelley, Bonnie Skinner **Quirindi** Ena Fisher **Richmond** Molly Knight, Rhonda Thomas, Wendy Toscan
Rowena Kathryn Berry, Carol Cameron, Sally Coleman, Victoria Harris, Tayla Horton, Amba Randal
Singleton Sundowners Belinda Harden **South Grafton Evening** Kirsty van Niekerk
South West Rocks Patricia

Vegners **Southern Highlands Evening** Bianca Abbott, Gillian Moore, Liz Swanton **St George-Sutherland Shire** Sue Vit, Julie Wilkie **Sydney City** Suzanne Butterworth, Linda Christie, Jemima Khoo, Stephanie McKew
Tamworth Evening Carolyn Cash **Taralga** Jo Blackall, Louise Elliot, Tess Hedley, Heidi Klimaschka, Kerry Taylor, Hely Tuomi **Tarcutta** Ella Nugent
Tenterfield Evening Katie Browne **The Glen-Mannus** Jodie De Bono **Tilba** Lesa Coleman **Toongabbie** Linda Holmes **Toukley** Maureen Kelly, Virginie Norgate **Umina**

Beach Marilyn Beecroft, Janette Harris, Tomasella Lobien-Haynes
Uralla Sue Burney, Chris Duncan
Urunga Karen Deacon, Dianne Vaughan **Virtual** Rachael Parker **Walcha** Rosemary McNeill **Warren** Nicole MacKay, Virginia Myatt, Ellen Perry, Cherry Thackham **Wauchope** Leanne Athanasakopoulos, Ann Ineson, Julie King **Wongarbon** Paula Hildebrandt **Yamba** Bev Davidoff **Yenda** Susan Walters
Young Sandra Smith.

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

Use of AI within CWA of NSW

Privacy

According to the Australian Government guidelines for their staff's use of public AI tools like ChatGPT, Gemini and Claude, you should "assume anything you enter into a public generative AI tool could be made public."¹

Only publicly available information should be entered into a public AI tool. You cannot include names, addresses, birthdates or any other personal information in your use of AI tools. Confidential information about the branch, group, committee or its members, cannot be included.

Accuracy

When using AI tools, remember that information can be incorrect, even if it sounds convincing, so care should be taken to verify and check any information gained from AI tools.

Copyrighted information

AI tools may also be taking copyrighted content from webpages or reports on the internet. As stated in the

eSafety Commissioner's Guide to ChatGPT and GPT-4 "They may also infringe intellectual copyright by incorporating content without permission and not attributing content."²

Images

While there is less information available on image generation using AI tools, there's a good chance that copyrighted images are being sampled to create "new" images. The laws on this are currently unclear. There are also concerns about any images you upload to an AI tool being then publicly available and AI generated images being inaccurate. At this stage, use of AI generated images in any CWA materials should be avoided.

Use Search Engines where possible

It is recommended that you do not use AI tools to search for information which could be found through an internet search such as Google or Bing. Results might be less accurate and globally, it adds to extra energy

use as AI tools take more energy to produce results.

What could AI tools be used for?

While accuracy and confidentiality are concerns, AI tools could be used for information which will be published publicly, for example, you could use AI tools for ideas for a Facebook post on your public Facebook page.

Remember that often AI tools will have a recognisable "voice" which can be identified by others. If all your content is fully written by an AI tool, it's likely people will notice that it's written in an AI voice. While it can help with ideas to get you started, it is not a shortcut to writing your own reports or presentations. In most cases, it is better to write content yourself.

References:

- 1: www.digital.gov.au/policy/ai/staff-guidance-public-generative-ai
- 2: www.esafety.gov.au/key-topics/esafety-guide/chatgpt-and-gpt-4

Advocacy Update

The CWA of NSW continues to champion the interests of women, families and communities across regional, rural and remote New South Wales and the ACT. Below is an overview of recent advocacy actions, correspondence and submissions.

Correspondence Sent

The CWA of NSW wrote to several Ministers and Members of Parliament this month to raise member concerns and advocate for fairer outcomes in key policy areas.

Planning Legislation

Letters were sent to the Hon Mark Speakman MP, the Hon Natalie Ward MLC, the Hon Dugald Saunders MP and the Hon Sarah Mitchell MLC outlining the CWA of NSW's concerns with the government's proposed amendments to the NSW planning legislation.

The CWA of NSW welcomed the amendment to exclude extractive industries and renewable energy projects from being classed as Targeted Assessment Developments (TAD); however, this measure alone does not fix the broader flaws in the Bill. CWA of NSW specifically requested an additional amendment to remove lines 5–9 on Page 16, Schedule 1 [63] of the Bill. This section grants the government power to declare any matters as "not of relevance" in development assessment, effectively allowing important environmental, social or community considerations to be disregarded. Despite these concerns, the amendments were passed.

Connectivity and the 3G Network Closure

The CWA of NSW also wrote to the Federal Minister for Communications, the Hon Anika Wells MP, regarding ongoing

connectivity issues following the closure of the 3G network. Despite assurances from Telstra that regional, rural and remote users would not be affected, many members have experienced significant disruptions. Customers have been told to rely on inaccurate coverage maps, buy unnecessary equipment and travel long distances to service centres only to receive contradictory advice. We reiterated that reliable connectivity is not a luxury, it is essential infrastructure.

Correspondence Received

Emergency Call System—Hon Anika Wells MP

Minister Wells responded to our policy motion on Triple Zero reliability, outlining recent federal initiatives to enhance industry accountability and improve oversight of emergency call services. This includes stronger outage reporting requirements and the establishment of a dedicated Triple Zero Custodian within her department.

Community Transport—Hon John Graham MLC

Minister Graham acknowledged CWA concerns about the use of community transport by residents of private aged-care facilities. He advised that community transport providers may, at their discretion, extend services to non-eligible passengers if this does not disadvantage eligible users and the full cost of transport is covered.

Daylight Saving—Hon Michael Daley MP

In response to our policy calling for a shorter daylight-saving period, Minister Daley noted the government's intent to maintain consistency with Victoria, Tasmania, the ACT and South Australia. Any change would

require legislative amendment.

Local Government Funding—Hon Ron Hoenig MP

Minister Hoenig responded to CWA's position on rate increases and council funding, emphasising that financial sustainability remains a government priority. He highlighted the government's formal response to the recent inquiry into local government financial viability and reaffirmed the commitment to ensuring special rate variations promote fairness, transparency and community trust. CWA of NSW will continue to monitor this commitment.

Artificial Intelligence Regulation—Senator the Hon Tim Ayres

Minister Ayres wrote regarding our policy on AI regulation, confirming that the Albanese Government is taking steps to balance innovation with public trust and safety. He cited recent action, including the Criminal Code Amendment (Deepfake Sexual Material) Act 2024 which criminalises the creation or distribution of non-consensual AI-generated sexual content.

Ambulance Services—Hon Ryan Park MP

Minister Park responded to our motion on ambulance services in regional and rural NSW, outlining recent investments in emergency response infrastructure and acknowledging that further improvements are needed to ensure equitable access to care.

Submissions and Hearings

Energy from Waste Inquiry (Parkes and Tarago)

The CWA of NSW made a submission opposing the establishment of Energy from Waste (EfW) facilities in Parkes and Tarago. We urged the

government to:

- Rescind approvals for all EfW incinerator projects in NSW
- Withdraw support for EfW priority precincts in regional areas
- Redirect investment into waste reduction, reuse, recycling and composting initiatives
- Honour existing commitments under the NSW Waste and Sustainable Materials Strategy 2041 and the National Waste Policy Action Plan 2024.

Road Safety—Staysafe Inquiry

Following the CWA of NSW submission to the NSW Parliamentary Inquiry into Interventions to Reduce Road Trauma in Regional NSW, CWA of NSW representatives

Danica Leys and Andrew Connolly appeared before the Committee in Sydney, alongside representatives from NSW Farmers and focused on long-standing CWA policy priorities: chronic underinvestment in rural road infrastructure, the need for localised road safety programs and the importance of ensuring learner drivers gain experience on all road types and conditions including country roads.

CWA of NSW Annual Women's Survey

Data collection for the second CWA of NSW Annual Women's Survey has now concluded. This survey forms a cornerstone of our advocacy, providing robust evidence to guide priorities and

policy engagement. Results will be released in early 2026, allowing for year-on-year comparison with previous findings to identify emerging trends and evolving community needs.

Media and Outreach

Opinion articles published in The Land continue to give voice to regional perspectives on major issues. Recent pieces have focused on:

- Shifting the Energy Conversation—ensuring local communities have a genuine say in renewable development
- Mental Health in the Bush Starts with Being Heard—calling for greater investment in community-based mental health support.

The fabric of friendship in a 50s frock

When I was asked to give a speech for the Camden Branch 95th anniversary luncheon, I jumped at the opportunity but I actually opened by talking about something that on the surface seems entirely unrelated — the dress I was wearing. It actually does directly link to CWA history, so there is a reason for this story. This dress is almost 70 years old. It was owned by one of our valued members, Marie Freeman, who passed away last year; an icon in her own right. Marie was a junior member, attending meetings as a teenager with her mother, and as an adult member of the Camden Branch, was known for being an avid collector who reused everyday items to make handicrafts, many of which won awards at the Sydney Royal and Camden Show. I met Marie soon after I became a member of the Camden Branch and we bonded instantly. She had endless patience in attempting to teach me her handicraft skills which we soon abandoned in favour of long conversations discussing fashions, the importance of a

good petticoat starch and our mutual love of music. When I came back from my epic experience seeing Taylor Swift at her Australian Eras concert and was on cloud nine sharing my experiences, Marie was so excited for me. She told me all about when she went to see The Beatles when they came to Australia in the 1960s but that she thought Taylor was definitely bigger. When Marie passed away, I was so honoured to be given some of her special dresses, this one belonging to her as a teenager. Being in the CWA colours, I just knew it was the perfect one to wear at Camden's anniversary so that she could be a part of our celebrations too.

I wanted to share this story in our journal to showcase the true essence of the CWA—friendship and connection. Marie and I were very different people and from very different generations but we connected in a way that was only possible because of the CWA. To me, this is the reason I am so passionate about being a member and it is the



one that I know will continue to inspire generations of women who join our ranks. The CWA is a marvellous organisation and one that has a reputation for so many accomplishments and quiet legends in our over 100-year history. I believe the power of female friendships that transcends generations is a testament to the legacy that continues to inspire women from all walks of life to keep our mission alive. Long live the friendships of the CWA!

Laura Jane Aulsebrook,
Camden Branch

Celebrations

Armidale Branch



Armidale Branch is delighted that Emmie Forge has accepted the position of Branch Patron. She joins Ruth Blanch OAM as Patron. Pictured: Outgoing President, Llani Pevitt (left) presents Emmie Forge with her Patron badge at our October meeting.

Camden Branch



Camden Branch celebrated their 95th anniversary with a lunch in October. During World War II, branch members made nets as part of Australia's war efforts and multi-generational connections in the branch were highlighted. Junior members Piper (centre left) and Niamh (centre right) joined with Branch Patron Margaret Easlea (centre) to cut the cake. Branch Vice President Janet Klepatzki designed a commemorative tea towel.

Gilgandra Evening Branch



Gilgandra Evening Branch was nominated as a Volunteer Team at the NSW Volunteer of the Year Award for the Orana Region held in Dubbo, in recognition of their work with many organisations. Pictured left to right are National Member for Parks Jamie Chaffey, Jess Reed and Rebekah Makila, who attended the event.

Keiraville Branch



The Keiraville Branch recently celebrated two very special milestone birthdays at its October meeting—Lee Thornton's 80th birthday and Doreen Lewis's 90th birthday! Thank you to Jenny Anderson for the beautiful cakes she personally made to suit each member. Lee Thornton's cake symbolised the Wrap with Love group that she knits for. Doreen Lewis's cake reflects her love of flowers.

Nowra Branch



Norwa Branch recently welcomed Elaine Briggs and Wilma Willis as Branch Co-Patrons. Elaine and Wilma were presented with their badges and flowers. Elaine has held numerous positions, including President, Vice President, Secretary, Cultural, International, Handicraft and Group Councillor. Wilma has also undertaken numerous roles, including, President and Vice President, Secretary, Hospital Visitor, Delegate at both Group and State Conferences, Building Committee Secretary and Building Coordinator. Congratulations to both.

Sydney City Branch



Sydney City Branch celebrated its 25th anniversary in November. Special guests included Councillor Sylvie Ellsmore; Bronwyn Dunston, State Secretary; Catherine Sloan, Phillip Group President; and broadcaster Simon Marnie who was our Master of Ceremonies. The beautiful silver anniversary cake made by Rebecca Lim and decorated by incoming Branch President, Yvette Henderson. It was cut by Yvette and outgoing Branch President, Alicia Kell (pictured right to left).

Send your story

Do you have a celebrations item or branch news to share with other members? Send your story (with a high resolution photo) to the Honorary Editor, Brenda Michaud, at nswcountrywoman@gmail.com.

Please send photos in "original" or "large" size, at least 1MB. Make sure your photo is well lit. If possible, use natural light.

From our Branches

Bonalbo Branch



Bonalbo Branch members have made nearly 40 fidget mats for local aged care residents. Pictured are Ivy, Helen and Vicki with some of the mats. Making the mats was great fun, according to the members, and they will be very much appreciated. Members have also celebrated this year's country of study with a memorable night of fun and food. Bonalbo Central School Primary students created PowerPoint presentations, learned several Korean words, decorated flags, and were awarded certificates and prizes on the topic. Members cooked Korean food and borrowed traditional Korean Hanboks. The students bravely tasted the various dishes and found them mostly delicious. The colourful desserts were, of course, very popular. International Officer Ivy was a great hit in traditional Hanbok. Branch members also dressed a doll in the traditional Korean Hanbok, ensuring accuracy in all the details.

Bungendore Branch



Across the quarter, the Bungendore Branch partnered with a range of local organisations to make a significant difference in our community. We were highly

ambitious and set ourselves a considerable task to raise money for two local charities – Home in Queanbeyan and Wildcare. In September, we hosted our Mega Monster Garden Trash and Treasure Day, raising funds for Home in Queanbeyan, an organisation providing accommodation for people living with mental illness. In October, we supported our mates at the Bungendore Show by creating the CWA Tea Rooms, serving freshly made scones to the masses. Together with Bungendore Medical Centre, we presented the first in a series of cyber-safety seminars to support our ageing community and help them stay safe online. In November, we joined forces with Open Gardens to raise much-needed funds for Wildcare, an organisation that undertakes wildlife rescue across our region—a significant member contribution overall.

Castle Hill Branch



The Castle Hill Branch Handicraft ladies have made miniature school uniforms for new kindergarten students at St. Gabriel's Special School in Castle Hill. The school supplies the teddy bears and the material for us to make the boys' and girls' uniforms to fit the teddy bears. This is a tedious project, but the children really love them. We are so happy to be able to support the children.

Cowra Evening Branch



Cowra Evening Branch held a Spring Fair fundraiser in the lovely garden of "Warrenge", the home of our member Ruth Fagan and her husband David. More than 100 people came to enjoy a delicious lunch and afternoon tea prepared by our members. A trading table and a raffle were also included. Entertainment included a fashion parade presented by popular local identity, Tommy Jeffs, and Cowra's very talented Lisa Flanagan sang beautifully for us. Member Rowena Casey's husband, Geoffrey, donned a chauffeur's outfit and took guests on short jaunts in his beautifully restored 1928 Chevrolet Convertible, made by Holden in Australia. Clothes for the fashion parade were supplied by local business, Bushman's Boots & All, featuring spring fashions for ladies, men, teenagers and young children, all modelled by some of our members and their families. It was a bright and sunny day, and a great success socially and financially.

Gladstone Evening Branch

Thanks to funding from the CWA



of NSW Disaster Relief Fund, the Gladstone Evening Branch has proudly delivered \$105,000 (after an initial grant of \$50,000) in vital support to local farmers impacted by the devastating May floods. Farmers applied for the \$1,000 grants, which were paid directly against their council rates. The initiative, led by Rhonda, has made a meaningful difference, with more than 100 farming families receiving assistance. Many recipients shared stories of hardship, expressing deep gratitude to the CWA for their compassion and support during such a difficult time. Our branch is proud to reinforce the Association's ongoing commitment to supporting rural communities in times of need. Pictured is Publicity Officer Carmel James's farm in Kinchela in May.

Gloucester Evening Branch



A great talking point in Gloucester was the bras and undies on display at our rooms, advertising our annual Cancer Breakfast. Our branch supports both cancer groups in our town—one for the ladies and the other for our menfolk. The breakfast was well supported with plenty of chatter and catching up with friends. Our junior member, Mackenzie (pictured), was a great help in getting the fruit ready for our visitors.

Gwandalan Branch

Sometimes the most circuitous route yields the sweetest surprises. Through an email chain sent to the Lisarow-



Ourimbah Branch, Jill, a Central Coast resident, inquired if any of our members could recreate a hand-embroidered blanket. Jill attempted to contact numerous community groups and businesses without success. We were happy to help and after a few messages and phone calls between branches, Jill handed her treasured blanket over to Peta from Gwandalan Branch for inspiration to create another blanket. The original blanket had been made by Jill's mother and given to Jill on the birth of her daughter. Jill's daughter is now expecting her own baby, and what better gift is there than one that comes from the heart. Jill was very pleased with the finished item. Jill, along with both old and new blankets, has relocated to South Australia to be closer to her children. Pictured is Jill (on the right) with her daughter.

Hunters Hill Branch



Phillip Group welcome the members of their newest Branch, Hunters Hill. Hunters Hill municipality is situated approximately 7 km from the Sydney CBD and is the smallest local government area in metropolitan Sydney. It is recognised as Australia's oldest garden city. With only their inaugural President being a

previous member of CWA, these enthusiastic branch members are all new to CWA. Hunters Hill is kick-starting its introduction within the community with a stall at the Carols in the Park, held on Ryde Common. Welcome, Hunters Hill Members.

Jervis Bay Day Branch



In October, the Jervis Bay Day Branch was invited to attend the Spring Into Sanctuary Point Festival. The Festival gives the community a chance to catch up with what is happening in the community and the different services provided. We had a successful morning, with numerous visitors and enquiries. Pictured are a lovely group of our members who helped on the day.

Mangrove Mountain Evening Branch



The Mangrove Mountain Country Fair was a true showcase of local spirit, authentic connections and teamwork. Our Mangrove Mountain Evening Branch was proud to be part of this vibrant event, where locals came together to share talents, stories and delicious creations. It was great to see our other local branches at the fair too—Peats

Ridge & Districts and Somersby—all participating and serving record crowd numbers again this year. Congratulations to all our members who volunteered and supported our local community event, with true community spirit and love. By 1 pm, our stall had completely sold out; over 270 jars of homemade jams, pickles, relishes and preserves were snapped up by fairgoers. It was an outstanding example of locals supporting locals.

Manilla Sundowners Branch



Almost 100 amazing women from our community came together for She Sings—a fun girls' night out filled with singing, dancing and plenty of fun! Led by Lucy Ravenwood, a musician and events producer originally from Gunnedah, she played piano and had everyone singing old favourites with the help of lyrics on a screen. No experience or musical talent was required—just an open mind and an open mouth. It was an incredible night of fun, and together we raised a fantastic \$868 for local charities. We look forward to hosting similar fundraisers in 2026!

Murry Hut Branch

Murray Hut member Ros



Lockhart has knitted hundreds of comfort teddies over the last 15 years. These cuddly bears are distributed to local hospitals and ambulance stations where they bring comfort and reassurance to sick or injured children during times of distress.

Nashdale Branch



Following our recent AGM, the Nashdale Branch prepared a Korean feast to honour the previous country of focus. Dishes included (amongst others), Kimchi, Japchae, Kimchijeon, Hoban Jeon, Korean Chicken, Baesuk, Morkovcha, Hobak Saengchae and Hwachae. The majority were homemade and quite delicious. The dinner provided an opportunity to chat about Korean culture and also discuss a few ideas on how the branch might celebrate the next country of focus, Fiji. Pictured from left to right are Susanne Whelan, Karyn Lloyd, Kylie Duncan, Kylie Toberty, Danielle Haase, Katrina Sweetapple, Sarah Todd and Michelle Goss.

White Cliffs Branch



The White Cliffs Branch has been very busy this year. We conducted a wire wrapping workshop attended by both branch and community members. Deb Robins, a White Cliffs local with

more than 20 years of experience in wire wrapping, led the workshop. Everyone brought a treasure of their own and, under Deb's friendly tutelage, produced a piece of jewellery they could be proud of. So successful was the workshop that a second will soon be run to cater for those who were unable to attend. We also held a craft session, where we made sculptures and junk journals from old, recycled books. The end products were just beautiful. Everyone had a great day and found the craft workshop very rewarding and left inspired. Thank you, Cree, for all your wonderful creative ideas. We all look forward to many more interactive events in future months.

Wingham Branch



The Fire Brigades from Gundagai and Yass requested assistance from the Wingham Branch for five families in Moto who were among the most severely affected by the unprecedented May floods. Tragically, one of these families had suffered the first death from the flood event. Over the following weeks, our members continued to visit more families, sitting with them, listening, holding their hands, offering hugs and providing shoulders to cry on. Our members worked alongside those affected, helping them return to their homes and rebuild their lives. Since the floods, we have visited more than 120 families, distributing over \$10,000 in vouchers from local businesses, care packages from generous donations from the Wagga Wagga and Milperra communities and dispersing \$210,000 from the CWA of NSW

Disaster Relief Fund, \$29,475 from branches across the State, and \$20,000 worth of hay for the dairy and beef farmers—heartfelt thanks to all who donated to assist these families.

Yamba Branch



Yamba members held a very successful book sale on the long weekend in October. Thousands of books were donated to us from CWA members and our local community. We had an extensive range of books, ranging in topics from crafts, cooking, biographies,

self-help, kids' interests and all kinds of subjects. The old books, some of which were over 100 years old, were very popular. Many families came to visit, some of whom sat and read to their children before making a purchase. We had a tiring but wonderful day, and overall, it was a very successful fundraising event.

Yanco Branch

The Yanco Branch has proudly completed a series of community improvements using funds from the sale of their former hall. Proceeds from the sale were reinvested into lasting projects, including: a shade structure and outdoor exercise equipment installed in McCaughey Park, creating a more welcoming and health-focused space for locals and visitors and a water station



added along the popular bike/walking track between Yanco and Leeton, providing much-needed hydration for walkers, joggers and cyclists and their pets. These projects aim to support the well-being of our community. Our members wanted the legacy of the hall to live on in a meaningful way.

From our Groups

Northumberland Group



The newly built Jehovah Jirah Maternity Wing at Lenakel Hospital on Tanna Island, Vanuatu, officially opened in October. CWA members have supported this project through the International Committee, providing funding to purchase medical equipment. Donations of flannelette nappies, pins, wraps and clothing came from all corners of the state. Elisabeth and Peta travelled to Tanna Island for the ceremony, bringing as much as they could and sending the rest via inter-island ferry. They sorted

donations, scrubbed floors and built beds. This new maternity wing will provide a clean and safe birthing place, improving health and welfare outcomes for the people of Tanna and the surrounding islands. While equipment is still heading to the island, they have been able to purchase everything on their wishlist. Peta and Elisabeth were honoured to see the excitement first hand and were tasked with bringing back to all the members of the CWA of NSW, "Tangkiu tumas long yufala everiwan. God I blessem yumi everiwan".

North Coast Group

At our Annual October Group Meeting in Grafton, we proudly awarded two recipients of the South Grafton Nursing Grants—Mahaila Matheson from Grafton and Sarah Brown (pictured) from Yamba. Each received a \$1,000 grant in recognition of their commitment to nursing studies and service at Grafton



Hospital. These grants are designed to assist with essential expenses, including books, travel, or accommodation costs during their placements. After receiving 14 applications, our judges faced a difficult decision given the high calibre and dedication of all candidates. We appreciate the passion and effort shown by every applicant and truly wish all of them the best in their studies and future careers.

Garden of Remembrance

Albury

Lesley Goldsworthy—a long-serving and formerly active member who contributed wholeheartedly to all aspects of branch life. Lesley received a Certificate of Appreciation and a long service bar. She previously served as Younger Set State President. Loved and missed by all who knew her. Aged 100.

Merle Saville—an active member for 40 years, Merle contributed as Secretary and was always available to assist with catering. Merle enriched many meetings with her jokes, anecdotes and local history, bringing joy to all who attended. Aged 96.

Ardlethan

Denise Hollingsworth—a dedicated Branch President, Treasurer and Secretary, also serving as The Land Cookery Officer, Group Representative and Conference Delegate. At Group level, she was a committed Treasurer and Secretary. A tireless worker who always “knew the right way to do things”, Denise’s friendship, guidance and strong sense of duty will be greatly missed. Aged 73.

Fum Clark—a member for 30 years and formerly part of the Younger Set. Fum’s warmth, friendship and gift for conversation made new members feel instantly welcome. She attended every Branch event until ill health required her move. Always ready with advice and encouragement, Fum’s gentle presence is deeply missed. Aged 95.

Bogan Gate

Shirley Hunter OAM—a devoted member for 77 years whose deep knowledge of CWA rules and protocol supported and mentored generations of members. Shirley served as President, Secretary, Cultural Officer, Councillor and Delegate to State Conferences. At Group level she held numerous roles including President, Secretary, Treasurer, Social Secretary and

Executive Representative. Recipient of a long service bar, 50 year badge and Life membership. A valued and much-loved member who will be sadly missed. Aged 97.

Bowral

Jane Marsh—member since 2003. Jane served as Catering Officer, Agricultural & Environmental Officer and Cultural Officer. She initiated the branch newsletter and acted as its editor for several years. A gifted quilter, Jane created many beautiful quilts donated as raffle prizes for branch fundraising. Her creativity and contribution to branch life are fondly remembered.

Brewarrina

Frances Allen—a member of Brewarrina Branch for 39 years, holding various branch positions and proudly representing the branch at group and state level. A loyal worker and contributor whose service will be remembered.

Castle Hill

Lorraine Williams OAM—member for 19 years. Lorraine served as President, Vice President, Cultural Officer, Publicity Officer and Councillor to Group. Her nursing management skills were a great asset. Lorraine enjoyed sharing CWA life with her granddaughter. A gracious lady, warmly remembered. Aged 87.

Dorrigo

Nola Tyson—first served as Secretary of the Dorrigo Evening Branch, later holding roles including Cultural Officer, Booking Officer and Vice President. Following the formation of Dorrigo Branch, she served as Vice President, President, Councillor to Group, Conference Delegate. Nola received life membership in 2022. She was admired for her baking and her unwavering commitment to community. A dedicated member whose contributions and kindness will be deeply missed.

Dubbo

Vivienne Nicholls—member for

12 years. Vivienne served as a Councillor to Group and could always be relied upon for catering. She was also known for her kindness in transporting other members to and from meetings. Vivienne’s quiet generosity will be long remembered.

East Maitland

Patricia (Pat) Alderman OAM—a valued member of over 35 years. Pat served as Branch Secretary, Councillor to Group, Conference Delegate and Hall Convenor, and held the position of Group Vice President. Pat received an OAM in 2015 for service to the Hunter Valley through Red Cross and CWA. Always gracious and willing to help, Pat will be sadly missed.

Eastwood–Epping

Barbara Kendrick—joined Northern Districts Branch in 1961, transferring to Eastwood–Epping in 2018. Barbara served in many roles including President, Cookery, International, Handicraft Officer and Councillor to Group. Renowned for her work at the Royal Easter Show, she was honoured by the RAS for 50 years of service. She contributed extensively to Material Aid. Barbara received numerous acknowledgments including a Jean Arnott Award and council volunteer honours. Known for her love of flowers and thoughtful posies, she is remembered for her wit, dedication and long-standing service.

Exeter

Carole Sloan—served as Branch President and Councillor to Group. Carole was a gifted fundraiser who devised creative community events. Her Festival Day contributions were treasured. Earlier, at Moss Vale Branch, she served as International Officer and coordinated school involvement. Fondly remembered. Aged 83.

Galore

Claire Ploog—a member for 19 years, she served as Branch Secretary. Claire’s professionalism, organisation and quiet dedication strengthened the branch. A talented

handicrafter with many successes over the years, she was above all a cherished friend. She will be sadly missed.

Goolhi

Janet Fearby—a member for 40 years. Janet served in many roles including President, Secretary, Cultural Officer, Agricultural & Environmental Officer, International Officer and Councillor to Group. A dedicated lady who will be missed. Aged 85.

Goolhi

Jewel Toynton—member for 51 years. Jewel served at Group and Branch levels as President, Treasurer, Cultural Officer and Handicraft Officer. A fine example of service whose contributions will be deeply missed by Goolhi Branch.

Grenfell Evening

Lucy Kemp—taken far too soon at age 56. She looked forward to branch dinners and meetings, always arriving with a willingness to contribute. Her positive spirit, beautiful smile and warm laugh will be forever remembered.

Hillston

Mrs Gwen Irvine—member for 13 years. Members created a beautiful combined floral tribute for her funeral. Gwen will be sadly missed.

Lake Cathie-Hastings

Valerie (Val) Edwards—a member for 46 years. Val joined Wagga Wagga Evening Branch in 1979, later transferring to Dubbo Evening, Port Macquarie, and an inaugural member of Port Macquarie Evening in 1989. She served as International Officer, Handicraft Officer, Vice President, Councillor to Group and delegate to State Conferences, as

well as Group Handicraft Officer. Val's needlework was admired and widely respected. Passionate, funny and always willing to share her expertise, Val will be very sadly missed. Aged 93.

Morongla Creek

Mary Binnington—Branch Patron and member for 42 years. Mary will be remembered for her cheerful smile, beautiful cooking, floral work and her much-admired knitted dolls. She contributed to all branch activities and served as Cookery Officer. A valued friend to all. Sadly missed. Aged 89.

Nelson Bay

Janice (Jan) Rutter—member for 28 years, she served as Vice President, Cultural Officer, Councillor to Group, Assistant Secretary and State Conference delegate. A gracious and committed member whose long involvement is warmly remembered. Aged 97.

Tarcutta

Anne Muscat—member for over 40 years and served at branch level as President, Secretary, International Officer, Publicity Officer and Councillor to Group. At group level she served as International Officer and Secretary. Skilled in handicraft and renowned for her jams and pickles, Anne won many prizes at local shows. A life member remembered for her warm smile, humour and generous heart. Deeply missed.

Tenterfield Evening

Christine Scott—member for six years, she served as Cultural Officer. Christine had a love of learning shaped by her world travels. She embraced Indigenous conservation and bush-tucker

knowledge, sharing them with members. A generous friend whose enthusiasm and love of craft will not be forgotten.

Umina Beach

Doreen Moulds—member for 7 years, she was a gentle yet invaluable presence, contributing to craft, cookery and numerous fundraising efforts, particularly during the hall renovations. Her sweet nature, humour and warm smile will be deeply missed.

Warialda

Alison Allen—a member for 15 years, she served as Group President, Group Cookery Officer, Branch Secretary and Branch Treasurer. Alison always had much to contribute and was respected for her commitment to CWA. She is dearly missed.

Wellington

Joan Snelson—started as a junior member in Cobar, after moving to Wellington she continued faithfully for 42 years, serving as President, Treasurer, Handicraft Officer, Cookery Officer, Councillor to Group and Conference Delegate as well as Group Vice President. A talented cook and craftswoman, Joan loved creating floral posies for special guests. Members were saddened by her passing.

Vale Patrisha Hurley, OAM

The Association is deeply saddened by the loss of Patrisha Hurley, OAM, who was State President 1998-2001 and a member for 54 years. More information will be printed in the February edition of The Country Woman.



Accommodation and Mini Ads

Members Outsourced Accommodation

The Metro Hotels Group has been chosen as the accommodation provider for the CWA of NSW.

A 15% discount off the BAR (Best Available Rate) at the time of booking, when using the code, is available at Metro Aspire Hotel Sydney, Metro Hotel Marlow Sydney, Metro Apartments on King and Metro Apartments Darling Harbour, Metro Hotel Miranda, Metro Mirage Hotel Newport, Metro Hotel Perth (South Perth), Metro Hotel Perth City and Metro Advance Apartments & Hotel Darwin.

Booking can be made online via www.metrohotels.com.au. 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.

Wattle Seed

Morisset Branch has created their annual booklet on the Primary product. 'Wattle Seed' is full of great information. \$6.00 per booklet, plus \$2.00 postage. There can be 4 booklets per envelope. Place orders with Lynne Radley on 0410605893 or email: rradley@bigpond.net.au. Direct deposit into Branch Account: BSB 637000 A/c: 725173245. Please email paid bank slip to Lynne.

Advertising in The Country Woman

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

Bermagui Seaside Cottage

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

Enquires and applications to:

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

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

COUNTRY WOMEN'S ASSOCIATION
OF NEW SOUTH WALES



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