



WAB NEWSLETTER edition number 229,

August 2019

FROM THE WAB STATE PRESIDENT

Hello all WAB Members,

It is always a busy time of year in May to July to send out forms to branches for their AGM's, to close the financial books and have them audited, to write letters to sponsors, supporters and Associate members asking to renew membership, to plan the State Conference, etc...

Fortunately I could take a holiday overseas during this time to visit my new grand-daughter in USA, my student daughter in UK and art galleries and still keep contact with the Management Team through emails. It is marvellous how technology has helped to keep in touch and allowed me to make decisions even when on the other side of the world.

Unfortunately 3 branches chose to close this year, Strathalbyn in May and Stewarts Range and Pinkawillinie in June. This was mainly due to an aging membership and no one willing to take on leadership roles. To counter this, each branch must build in a succession plan by inviting new members to join them and having a positive attitude. WAB has so much to offer for fellowship, personal learning and for our communities. It is fun as well!

Peter Panas from Bank SA has agreed to sponsor WAB again this year and I thank him for that. I know it is getting more difficult for corporations to hand out money when there is little evidence of a good return for them. Thank you Bank SA.

I was privileged to be invited, on behalf of WAB, to the Premier's State Dinner on 6th August to celebrate 125yrs of women's suffrage in SA. I sat with Kate Ellis and her husband, David Penberthy from 5AAA, on one side and the Hon Zoe Bettison MP on the other. It was a wonderful evening of delicious local food and wine (made by SA'n women), great entertainment from Aboriginal dancing to opera singing. Julia Gillard and Natasha Stott Despoja were the guest speakers together with the Hon Premier Steven Marshall. We learnt about the details leading to the petition with 11,600 signatures in 1894 that was presented to parliament before the Adult Suffrage Bill was passed in the same year to allow women the vote and to allow them to become members of Parliament – second to NZ in the world. Other South Australian women (36 of them) were highlighted throughout the evening including Wendy Chapman who was the first woman Lord Mayor of the City of Adelaide and who is a speaker at our State Conference and the mother of Sally Grundy of the WAB On-line Branch. It was a great experience and I even had a photo taken with the Premier.



As this is my last message as State President I would like to thank the Management Team for their support over the past 2 years and their dedication and hard work. I feel we have achieved a lot together and I wish the new team all the best for the future.

Yours in WAB, Sandra

As one chapter closes and the next begins on WAB calendar we thank Sandra for a very positive 2 years of leadership and are pleased to welcome our new State President, Narelle



As we turn the page into the next chapter of WAB, I would like to take this opportunity to thank Sandra Young, our outgoing State President, for her service and dedication to WAB. I'm sure we are going to see Kalangadoo Branch up in lights in the not too far distant future.

I moved to the south east region of South Australia almost 6 years ago from Far North Queensland, where I was born and lived as a third generation Cairns resident. Not long after I arrived, I was invited to join WAB Padthaway Branch. Not knowing anything about the organisation, I attended their meetings and was welcomed into the branch.

2 years ago, I received a phone call from Sandra asking me to take on the role of Regional Co-ordinator, Limestone Coast and become a member of the State Management Team. That gave me the opportunity to see WAB, outside Padthaway and the Limestone Coast.

While I come to grips with my new role as State President, I can see that we, as members, need to concentrate on reversing the current decline in membership. I was dismayed to read the article that was published when the WAB banner was unveiled by Hon. Vickie Chapman MP earlier this year, that WAB had 52 branches in 1997. Today there are 12. I ask you to support myself, the incoming Management Team and Portfolio Holders in our endeavours to grow the organisation, be prepared to accept change and to allow WAB to move forward. We live in a fast moving world today and we must keep pace.

I look forward to meeting you all.

Yours in WAB

Narelle Scott

State President Elect

Regional Co-ordinator, Limestone Coast



WAB Members at the ACWW World conference in Melbourne. L to R

Jan Boord, Barbara Schaefer, Joyce Chapman, Yvonne Correll, Beth Gale and Sandra Young.

CENTRAL REGION

Cunliffe: The Cunliffe WAB May meeting was held at the Kadina TAFE SA Campus. TAFE

lecturer, Lisa Slanskj, took us into her class room where we were able to observe some of her students making dress patterns. She teaches Cert 2 and 3 in fashion design, taking the students from designing the clothes through to making beautiful clothes, some of which were on display.

President Raelene Bussenschutt opened a very informal meeting where we discussed mainly the program for the Speakers Pavilion for the fast approaching Yorke Peninsula Field Days.

In July Lyn Spurling spoke about the Cruise Ship Meet and Greet Volunteer Programme – what is involved when cruise ships dock in Wallaroo. A shuttle bus will run between Wallaroo, Kadina and Moonta for passengers and crew.

Rosedale/Sandy Creek: Our speaker in May was Artist Glenda Gorton who spoke to us about her adventurous life. She was born in Tamworth N.S.W. and as a child she learnt the piano and had singing lessons but although she did perform in some notable stage productions, she made her career with her art. She has travelled widely over her life, having exhibitions in Europe and England and owning art galleries in Australia. She has driven all over Australia several times and has had many wonderful experiences. After moving to Gawler and residing in a retirement village, she started art classes for the residents and the number of students is now 14.

We were delighted to welcome our Speakers Jessica Hayhurst (photographer) and Helen Hoppmann to speak about the



‘MSchievous Bunch’. A group of MS sufferers who have banded together to produce a calendar to help raise some much needed funds to help create support packages to give to newly diagnosed sufferers to assist them. Included in packages are -‘Cooling collars’ which are quite expensive but are a great help as many patients

suffer from heat, stress balls and notepads to enable people to jot down questions for their doctors.

The calendars feature different people who tell how they do not let the disease stop them from living their lives by doing the things they love.

Helen was diagnosed at 25 and told she would be wheelchair bound but she has not let this beat her and still manages to do ‘rock n roll’.

EYRE PENINSULA REGION

Charlton: Guest speaker Lee Clayton gave a talk on the history of women’s suffrage, and in particular four inspiring South Australian women involved in the suffrage movement.

Members visited Boston Bean Coffee Company and the owner Sue Sinclair gave an informative talk about establishing and running their small business.

David Cunningham from DENWNR spoke about sustainable water supplies on Eyre Peninsula. The Region's underground water is only replenished by rainfall run-off events, something that has rarely occurred in recent years. David showed a small device attached to the end of many metres of measuring tape, which is dropped down all the monitoring bores that have been installed around the region. Residents can have the quality of their own water tested free of charge by taking a sample into the NRM office on Tasman Terrace.

Pinkawillinie: Members reluctantly voted to close the Branch at their AGM and final meeting.

The Pinkawillinie Branch of WAB was formed in August 1946. We were based in the Buckleboo district and called Pinkawillinie after one of the hundreds in the district.

Meetings were held in homesteads at the same time as the Pinkawillinie Men's Agricultural Bureau who we joined with for supper. We started with a membership of 12 and it grew to approx 43 by 1967 at its peak attendance. When I moved to the district it wasn't, 'would you like to come to Bureau', it was 'you will be coming to Bureau'.

Our meetings were monthly and the topics were many and varied from the home skill topics to debates against the men, workshops. Many letters were written in support of our hospital and our continued displeasure with daylight saving to name a couple of topics we campaigned on. The fellowship amongst the members was an important part of our association

There have been many organisations in the town that have benefited over the years from the meeting procedure we learnt at WAB. There were 6 WAB branches in our district and many of the Pinkawillinie members transferred from those branches. Gradually as the members retired to the town our meetings were all held in Kimba as the other branches closed.

Now after 72 years we have found that the membership has dwindled due to members relocating to be nearer family in their old age, becoming frail and no longer able to attend meetings or passing away. It was with sadness that we discussed our future in May and could see that it was going to be very difficult to continue. We asked Sally Packer Eyre Peninsula Regional Coordinator to attend our June meeting with the idea that we would possibly have to close the branch. It was a hard and sad decision as some members had been WAB members for more than 60 years – half originally with other branches and half were original Pinkawillinie members.



Pinkawillinie Members at their final meeting in Kimba.

Back left to right: Chris Cliff, Marie Larwood, Barb Schaefer, Lois Hampel, Ronda Lorimer, Barbara Shirras

*Front row Dianne Hamlyn, Ruth Rogers, Dianne McDonald
absent Betty Cliff*

On-Line: In May we shared our thoughts on Books and pondered the future for Libraries. From favourite authors, preferred topics, and fact or fiction to biographies or self-help, there was no shortage of suggestions and a mind boggling number of choices and recommendations. Did we borrow a real Book from a real Library or did we prefer to download our choices and use e-books and Kindle? Most of us loved our local Library but second-hand bookshops were popular as were Book Club meetings. Jenny mentioned a blind "reader" who she met when translating books into Braille and he emphasized the enjoyment gained from "turning the pages oneself" as opposed to listening to an audio offering! Joyce gave us an insight into difficulties experienced in learning to read by the intellectually challenged (and by those teaching them!) but the satisfaction experienced when a new word was conquered was often euphoric - and walking around the main street of Kimba revealed a novel way of learning new words for her daughter Catherine.

Satellites, mobile phones, GPS, memory foam, the stars at night and some magnificent constellations. All things mentioned during our June discussion on Astronomy and the technology and research associated with space travel which has brought us so many "essentials of modern living". Before GPS most sailors used the sextant, celestial navigation and the sun to determine their position on the high seas. Narelle remembered lying on a school oval in Far North Queensland to watch a flying visit by Halley's Comet in 1986 - its next visit should be in 2061. Roz loves looking at the night sky and recommended the TV programmes on the stars and other celestial bodies presented by Professor Brian Cox. Janet proffered information pointing out the differences between Astronomy and the more colorful subject of Astrology - a source of interest and amusement with some in their younger days!

It was suggested that in July we list the birds we see around our homes and properties. The variety and numbers of birds were amazing whether we were on a walk along the beach, out in a paddock or strolling down a suburban street. To identify our "finds" serious bird watchers use the Slater Field Guide to Australian Birds, some use Apps which also provide bird calls to help with identification, and some are involved in Bird Counts to monitor specific populations such as Sea Birds. We enjoyed seeing photographs of favourite birds in unusual situations but Sally Grundy is still our "star snapper" with her superb photographs from bird paradise - Mundoo Island!

LIMESTONE COAST REGION

Kalangadoo: no report received

Lochaber:

Members of the Lochaber branch travelled to the nearby region of Wrattontully, SE of Naracoorte township to view the new life skills centre, now known as Joanna Life Skills Centre which Carol and Rob Coleman purchased in 2017.

President, Jan Boord invited Carol to speak on their vision and plans for the centre. Carol's background in mental health and Rob's background in environment, finance and business management has helped to setup a 24/7 service providing not only quality care but also affordable accommodation and training for mental health and disadvantaged people.

Carol outlined numerous ideas to enhance and expand the facilities and outreach of the life skills centre. A disused building would make an ideal art room for indigenous clients, along with Carol's plan to grow proteas, banksias, grevilleas and other native plants for the cut flower trade, using the art room and the help of the same indigenous personnel.

In June representatives of the 3rd Light Horse Regiment Naracoorte Troupe (established in May 2014), Chris Thornton, Deb Zilm and Peg Slape attended to speak about the history of the Light Horse Regiment and the role Australian nurses played in WWI. The troupe keeps the history of the Light Horse alive by attending community functions and ANZAC day. The group tries to be as historically accurate as possible by dressing in replica uniforms and using saddles and equipment similar to those used by the Light Horsemen and nurses.

Dressed in long grey cotton skirts fastened with hooks and eyes, starched white collars, boots, white aprons, grey cotton shirts buttoned to the skirts and felt hats or a bonnet Chris, Deb and Peg appeared as if they had just walked out of a

WWI hospital tent. The First World War opened up many career paths for women as nurses, doctors and ambulance drivers. Participating women enlisted in their state capitals and often paid their own way overseas. To qualify as a nurse women had to be single or widowed and 21-40 years of age. Australian nurses had no military rank until 1916 unlike their British counter parts.

Many nurses were sent to Lemnos to treat injured soldiers from Gallipoli. Resources here were very limited with no hospital, beds or bandages and few other medical supplies. Sanitary conditions were very poor and long shifts the norm. With only 24 hour's notice nurses at Lemnos had to prepare for the first soldiers arriving from Gallipoli. Typhoid and Dysentery were rife on Lemnos. Many nurses wore their hair short to combat lice and make washing easier with limited water supplies. Chris, Deb and Peg also spoke of conditions faced by nurses at the Western Front. Frostbite and gas poisoning was common and like Lemnos the diet was very poor.

Deb and Peg had an interest in the Light Horse Troupe as a family member belonged to the 4th Light Horse 14th Reinforcement. Visiting Egypt, Palestine, Gaza and Beersheba he was 17 upon joining the army. Light Horsemen carried a bag with all their supplies including a cup, rations for the horse, nosebag, water bucket, ammunition, rifle, and bedding. There were 400 soldiers in a regiment. The ability to be able to ride bareback was essential and many men took their own horse.

The presentation by the 3rd Light Horse Regiment Troupe Naracoorte coupled with a display of medical supplies, books a saddle and other memorabilia was very interesting to our WAB members who all had relatives serve Australia in war.



L-R: L-R Lynette Williams (WAB), Peg Slape, Deb Zilm, Chris Thornton with granddaughter Violet.

Padthaway:

As our branch meeting was to plan our programme, we decided to join Lochaber branch, meeting at the Naracoorte airport. We had a fun day thank you Lochaber.

Padthaway WAB learns about the body

On the 1st of August we welcomed members and visitors as they joined us to listen to our Guest Speaker, Doctor Helen from the Chinese Remedial Health Centre in Naracoorte. Doctor Helen gave us a very informative talk about what she does and how she assesses a



person by different aspects of their body. The body talks to her and she gathers information, for example your tongue gives a lot of information to the health and well-being of your body, the way you stand and carry yourself to the colour in your skin it all dictates your health. She answered a lot of questions from our members who were learning about Doctor Helen's technique. She offers many different techniques to aid in your health and she demonstrated a couple on member Gini Gale with deep massage and acupuncture to help free up tight muscles. We ended our meeting with a luncheon together.

Stewarts Range: Branch has closed

MALLEE REGION

2019 Mallee Regional Conference hosted by Wirrega Branch

Morning Tea and catching up with old and new friends started the day followed by singing Advance Australia Fair and the WAB Song.

The Wirrega President welcomed all to the Regional Conference and introduced the Mayor of the Tatiara to welcome the Regional attendees to our District and spoke of the industry and agricultural pursuits in the Region.

The first guest speakers were two women from Blue Lake Milling of Bordertown outlining the Company's operation as the largest oat milling processor in the southern hemisphere. They brought along a sample box of all the different milling types done at the plant and a sachet of Rolled Oats for all conference attendees.

Bank SA Bordertown Branch Manager spoke of the services provided by the Bank to the Tatiara and generously gave all Conference attendees a Bank SA pen. Mallee Regional WAB Co-ordinator Nadene Jericho called for apologies, a roll call of members from each Branch, WAB Business and made a sixty year Award presentation to Diana Penniment a foundation member of the Wirrega Branch.

A delicious luncheon was provided by the Wirrega Branch.

The WAB State Project of Multiple Sclerosis Association (Adelaide) provided two ladies to speak to the audience about the effects of this debilitating disease.

The CEO of the Tatiara District Council spoke of her journey from Germany to married life in Australia and career transition to CEO of the Tatiara District Council.

Coonalpyn: celebrated their 85th Birthday in May, with a dinner at the Hotel. In July we had an excellent slide show of 'A Year in Canada' by member Karen Schilling who with her family enjoyed a teaching exchange in 2017/18. It was really interesting to see the way things changed through the year, especially the winter snow as it's something we don't see here!

At the birthday celebration - L to R: Back Row – Katie Dow, Karen Schilling, Pat Jacobs, Nadene Jericho, Valerie Lewis, Katrina Leske.

Front Row: June Holland, Lucy Dow, Sue Zacher, Raelene Kernick





In August we welcomed Natalie to speak on her experiences as a Guide Dog puppy raiser. She brought Oakland with her, who is 6 months old and very well behaved. Natalie spoke about the things required for the dog's training, walking, shopping, meeting other dogs, learning when they are on duty by wearing a coat; about 5 hours each day are spent in training

Paringa: held their AGM in July. Guest speaker was Chelsea Andrews who demonstrated Aromatherapy. Members found this very interesting and were able to buy oils etc. for their aches and pains. Branch discussion about planting more roses in the Rose Garden in Paringa.

Wirrega: At the branch meeting on May 22nd we celebrated WAB Country of study "Solomon Islands". Members were given headings to research about the Solomon Islands and then share the information at the meeting. One member brought their large Atlas which was referred to throughout the presentation. Supper followed with food representing Solomon Islands. A fun night.

June was the monthly meeting and AGM which we decided to have as a working luncheon at the local café.

Yurgo: May meeting was a Mother's Day card competition and photos of their Mothers when younger were displayed.

Long distance marathon runner in 2018-19, Margaret Jackson, was our guest speaker. With a support team including her husband she showed us some wonderful photos of the scenery in the Blue Mountains where they ran around the 3 sisters. Margaret won the Belt Buckle in her age group both years.

Yurgo members held a minutes silence for their late member Gladys Thiele.

Welcomed new member Johanna Pfeiffer, who has taken on the role of vice President.

Planning is underway for our 88th Birthday in March 2020.

WAB Conference held at Hahndorf - August 19th 2019

We were welcomed to the conference by Mandy Brown, Peramangk Elder, with a welcome to country. Sandra introduced the theme of: Their Triumph – Our Motivation; and acknowledged our major sponsors, Office for Women (for the grant for the day to remember 125 years of Women's Suffrage) and Bank SA our Gold sponsor.

Ann Ferguson, Mayor of Mount Barker Council, officially opened the conference and welcomed us to the Adelaide Hills region.

Isobel Redmond, the first speaker, gave a history of when and how women received voting rights in Australia. She spoke about Dame Edith Cowan the first female State Parliament member in 1921 in WA. She then related the story of Enid Lyons who was a teacher when she married the Tas. Minister for Education, Jo Lyons, later to be Prime Minister. Enid

became the first female Federal member in 1943, several years after Jo had died in office. Both women were inspirational in their time. Isobel also spoke about her life and political career and how she chose to live in the beautiful Adelaide Hills.

Wendy Chapman spoke about her time as the first woman to be elected Lord Mayor of the City of Adelaide. She named many notable SA women, spoke about some of them and gave us her life story and how a parking ticket (while shopping with 4 children) inspired her to stand for local council. She had many interesting anecdotes about how, in her role, she met many visiting dignitaries from all over the world.

Pat Mitchell then spoke about a play she wrote for the 100-year celebration of women's suffrage called 'Honourable Prophets'. Interestingly, men and women were equally divided as to whether women should have the right to vote. The Book 'In Her Own Name' by Helen Jones is recommended reading about women in South Australian history. Even in the 25 years since writing the play, women's roles have changed, and controversial issues still arise.

Mandy Brown spoke about aboriginal voting rights and how Aboriginal people were not born as Australian citizens. A past WAB member when she lived at Darke Peak, Mandy was a telephonist on a country exchange, married to a farmer; and later became the mentor of aboriginal trainees who worked for Adelaide City Council. She was also the Indigenous Arts and Cultural Engagement Officer. She supports the Reconciliation Plan and works with the homeless and believes we all need to do more to support those in need – together with public institutions; governments and local governments.

Ann Ferguson told us about the early women of Hahndorf who walked each week to Adelaide with produce and brought back building bricks. She called for us all to continue as mentors of young women to encourage and help them. Born on Kangaroo Island, she spoke of how rural women are accepting of and make the most of, what they have. We must continue to build self esteem and self-worth in women and try not to be judgmental, as we don't know the full story behind how people got where they are.

Rebekha Sharkie is the first woman to represent the Federal seat of Mayo. She has words of wisdom from past MP Cathy McGowan – "don't get mad, get elected". She told us the story of her life and about some of the women who have influenced her career. One of the frustrating things of her new role has been when people assume that her children will not cope with her being away at times in Canberra. She feels she doesn't have to apologize for her new role, and left us with the question – Can we remove the power imbalance in governance?

We presented MS representatives with a cheque for \$4350- , had a short presentation from Helen Colliver about ACWW followed by Roll Call and WAB song. Roll Call – 31 members, 7 visitors and 17 partners. Look at our Facebook page for videos of some of the speakers.



Narelle Scott, WAB State President
Mandy Brown, Elder Peramangk People
Rebekha Sharkie, Federal Member for Mayo
Ann Ferguson, Mayor Mount Barker District Council
Wendy Chapman, retired, first female Lord Mayor of Adelaide
Isobel Redmond, retired, former leader of Major State party
Pat Mitchell, Playwright 100 year anniversary SA Women's Suffrage
Sandra Young, WAB Treasurer

We are proudly sponsored by



You are never too old to set another goal or to dream a new dream

WAB Administration:

Narelle Scott WAB State President

PMB 50, Naracoorte SA 5271

email: wabinsa@gmail.com.au

0458 031 633

Editor: Lee Russell Email: ndhlrussell@bigpond.com A REMINDER ALL REPORTS TO BE INCLUDED IN THE NEXT WAB NEWS ARE TO BE SENT DIRECTLY TO **YOUR REGIONAL COORDINATOR** WHO WILL THEN FORWARD TO LEE RUSSELL.

If emailing reports simply include Newsletter Editor by cc to LEE at ndhlrussell@bigpond.com when emailing to your Coordinator.

NEXT EDITION OF THE WAB NEWS WILL BE DUE OUT IN November 2019 – Deadline for articles is 1st November 2019