



WAB NEWSLETTER edition number 230, November 2019



MESSAGE FROM THE STATE PRESIDENT

Our thoughts and best wishes go to members and their families in the Port Lincoln district following destructive fires. It is a relief to read that the fires have been contained and the warning downgraded. We are thankful that water bombers were available to fight the fires plus the work of the CFS is sincerely appreciated. Stay safe everyone! Mother Nature has also tested residents in the northern NSW and QLD areas who have been battling bush fires. Our condolences are sent to those living in these areas, sadly with loss of lives and homes. It may be prudent for those of us living in South Australia, to review our safety plans now, in the build up to our own fire danger season.

2019 is fast drawing to an end and arrangements for branch Christmas functions are in full swing. Have some fun, sing and give thanks for the world that we live in. Keep an eye on the WAB Facebook page for fun photos and possibly a video or two!



2020 plans are well underway for WAB, your Management Team have been hard at work arranging good things for you to look forward to. Mark your calendars now:

- **WAB State Gathering** to be held in Limestone Coast Region, based in Naracoorte.
 - Yes, 2 days on 8/9 August 2020! More information coming in the early new year.
- **Be Connected**
 - Did you know that there are 2.4 Million Australians over the age of 50 who are “not connected” and not able to access the internet or send emails?
 - How many times have you been told to download a form etc from a website?
 - Do you want to learn how to communicate with your family and friends, anywhere in the world?
 - Did you know that the Federal Government has provided \$20M funding for this initiative to be available to over 50's only?
 - Did you know that you can learn for free, in a friendly and safe environment?
 - Did you know that WAB will be providing this free training to its members in *your* Regions in the coming months?

WAB has been awarded a Grant from the Federal Government to provide training; starting at the absolute basics as it is acknowledged that some seniors have not used a computer or smart phone. This training can be done either online from home or face to face in our nominated venue. A schedule will be published in the New Year. Expressions of Interest are now being called, please ask your branch president or secretary to add you to your branch list so we can keep you updated.

I wish you and your family a happy and safe Christmas. Talk to you in 2020.

Yours in WAB
Narelle Scott
State President

CENTRAL REGION

Cunliffe: Members are preparing for the Yorke Peninsula Field Days by setting up the stage as the Cunliffe WAB run the Guest Speakers Pavilion. A lot of discussion about this was held and we also supply lunch to those on site who are working there. Yvonne Correll and Helen Colliver filled us in on the recent State Conference and spoke about the interesting women who were guest speakers.

Rosedale/ Sandy Creek: We were pleased to welcome our Regional Coordinator, Yvonne Correll to our August meeting. Our guest speaker was Dianne Daly from the Lyndoch Ladies Craft Group. Dianne brought a wonderful display of her beautiful cards, which are true works of art. All members joined in with a lovely afternoon of 'show and tell' craft items which they had made over the years. These ranged from Teddy Bears to Quilting and everything in between.



L-R Hilda Lange (member) Yvonne Correll (Central Regional Co-ordinator) Cynthia Semmler (member)

In September Denise Habermann from The Grow Love Community Garden in Tanunda came along to speak about the involvement of this group in Waste Management. The garden started from an unused empty plot of land and now grows enough garden produce to help the local community. Denise approached the Cafés, Schools, Church groups etc. around Tanunda for donations of milk bottle caps which are used to make prosthetic limbs for children in India. Bread tags are now also collected and are used to make wheelchairs for people in South Africa

It has grown and grown and now there are collection bins around town to help with the number of caps and tags. The Tanunda Lutheran Home helps to sort all the different types of caps and after sorting they are sent to Melbourne where the process continues.

Denise gave a wonderful talk and explained so much about the whole process, from first getting the donations and then all the steps it takes to finally send it on its way to be made, by 3D Printers, into the finished product.

EYRE PENINSULA REGION:

Charlton: Members made many suggestions towards using less plastic, ways to use alternative coverings etc. and what we can do with plastic that we do use – or those unwanted packaging plastics that come with many products.

SHELTER BELTS and PERMANENT PASTURES.

Maurice and Lyn Siviour were hosts to Charlton Women in Agriculture and Business at their picturesque property "Wiltoo" which nestles under the southern end of the Marble Ranges at Wangary.

A fine spring day enabled a good contingent of members, husbands and friends to enjoy an educational farm visit followed by a picnic lunch on the homestead verandah.

The 1800 ha property, which benefits from a twenty inch rainfall, consists of approximately 600 hectares sown to cereals plus sheep. Excellent canola and wheat crops bordering the drive in were looking particularly good after the spring rains. Shelter belts are being developed with a 120 hectare paddock divided into three, with 30 meter wide sowings of native tube stock and seed (EP Blue Gum, Acacia, Mallee, she oak and templetonia) harvested from Eyre Peninsula.

Members inspected the June planted 'belts' and a further germination is anticipated with next year's autumn rains. A three year old stand of native trees in a gully have established well.

Of interest was a paddock sown with Kikuya grass which provides green summer pasture but allows for medic to grow through. It is also salt tolerant, has the benefit of reducing salinity and water-logging, and remains green for five months without rain.

At the sheep yards, Evan Siviour explained and demonstrated a new impressive ProWay bulk sheep handler. It is hydraulically operated by the farmer, raising a slatted floor of poly bars to suspend the sheep safely, enabling drenching, needling and back-lining. No sheep 'laying down on the job' and less angst for man and beast. It can accommodate twenty grown sheep at a time.



WAB members Sally Packer, Lee Russell and Chris Phillis have a close inspection of the pasture.



The sheep went that way!

On-Line: Our membership continues to expand and some of us met in Tanunda in September for High Tea at Wohlers. Go to WAB's Face book page for photos posted by Sally.

The question posed in August was what were we doing to limit our use of "single use plastic"? We are doing a lot and with many adopting similar strategies we can do more to help reduce the impact on our environment. Great to be able to drop off the soft stuff in Woolies or Coles (for those lucky enough to have one), this stuff should not go in your Recycle Bin! and we hope it IS being re-used to manufacture useful items here. We cannot expect others to clean up our mess!!

In September we remembered some of the women who have provided us with inspiration and also aroused our admiration. Internationally acclaimed women such as Marie Curie, Florence Nightingale, and Mother Teresa were included.

Sally Packer mentioned Eyre Peninsula locals - Sylvia Birdseye who ran a bus service from Ceduna and Port Lincoln to Adelaide and back carrying absolutely everything and Monica Dodd, an early Rural Financial Counsellor who helped local farmers and small business people. Then there was Sister of Mercy, Margaret Gray, who founded a project in PNG called "Cookhouse 'n Tanks a Lot" which provided places for local women to meet, cook together, share ideas and access education. Grandmothers and Women living and coping in isolated and remote areas were also sources of inspiration.

October's responses to "Who has a Bucket List and what's on it?" showed that overall we're an intrepid bunch of women not frightened to step out of our comfort zones. Achievements included travelling the world to ACWW conferences and hovering in a helicopter over the Grand Canyon.

Wishes included cures for Cancers, an African safari, and exploring our more remote areas to see the ancient cave paintings of our Aboriginal people.

Bag to keep vegetable fresh in the fridge - from most supermarkets now – re-usable

Peak Fresh Produce Bag, pack of 10 – www.peakfresh.com

Fresh & Crisp – pack of 10 – www.icdonline.com.au – ‘activated earth’ is

Impregnated into food grade plastic

To replace plastic plates & cutlery

Made from corn & talc (70/30) cutlery– Sugarcane fibre plates & bowls - World Centric –

www.worldcentric.org - Compostable

To replace plastic toothbrushes

Earthi -Bamboo and bamboo charcoal infused thermoplastic polymer bristles.

www.earthi.com.au

White Glo has a bamboo toothbrush with a natural Toothpaste in Woolworths

To replace single use plastic bags in supermarkets

Netting bags – available everywhere now

Newspaper Bin-Liner to replace plastic bin-liners

See separate sheet – found on Facebook, 2018

HOW long can litter last??? *Orange peel 2 years; cigarette butts 5 years; wool socks 5 years; leather up to 15 years; plastic bags 20 years; nylon fabric 40 years; plastic six pack holders 100 years; aluminum cans and tabs 500 years; glass bottles 1,000 years; plastic bottles – indefinitely; styrofoam – indefinitely.*

This piece of trivia has been on my fridge for many years, taken from a Westprint leaflet. I noticed that my grandchildren refer to it occasionally so thought I would share it with you, Lee Russell

Lochaber: After visiting a newly opened café in Naracoorte for coffee called Humble Crumb, owned by the daughter in law of one of our members we then visited the Art Gallery next door to view the exhibition by Kathryn Chaston of bird and flower paintings and glass sculptures



Padthaway: In September, Padthaway members and friends met to learn how to create our own artwork on cards. Our guest speaker/demonstrator Anne Emerson came along to teach our group. Anne is a local artist and she tries many different art styles through workshops. Everything was prepared so after an explanation



how to use the equipment supplied, we started to have a go. There was lots of laughter and comments not really knowing what we were doing - a spray here, a drop there, some wiggled the page, touch-up with paintbrush handles, toothpicks and when dried special pens to outline.

Everyone made some beautiful individual designs, no card was the same. What a fabulous way to spend the morning.

L to R: Beth Ortlepp, Chris Wyers –visitor, Narelle Scott, Anne Emerson – demonstrator, Kristen Watson – in front, visitor, Chloe Williams, Jenny Alexander – visitor, Della Farewell –visitor, Glenda Grady

Photo taken by Beth Gale

Padthaway WAB Make Reusable Wax Covers

In October, Padthaway WAB members and friends welcomed our guest, Pip Rosenberg. Pip showed us how to make reusable wax covers. She is very passionate about our environment. We had instruction on how to use wax covers, how to care for them and to get the best usage. We started off with a brew she had put together which we melted then there was a process of painting the wax over the cloth; we then used an old iron and placed the waxed fabric between 2 pieces of glad bake paper. Next step was placing in the oven on trays for about 2 minutes to make sure the material is completely covered in wax. After removing from the oven we swung them in the breeze for a while to cool then we lay them flat to dry completely. The purpose of these wax covers is to use them instead of glad wrap for most things.



Padthaway members and friends proudly display their reusable wax covers.

MALLEE REGION

Coonalpyn – September guest speaker Penny Freeman, a physiotherapist, gave a very interesting talk. She said the first place to look at is the feet, and once they are right then next the back. We were pleased that she has a practice at Tintinara as many services are not available locally.

October saw us on a road trip. Members went to Regional Profile Cutters in Taillem Bend, a business that specializes in metal cut-out signs and decorations. We had lunch in Taillem Bend and on to see artist and protea grower, Valerie Sparrow for an interesting day.

We put a display at the Coonalpyn Show with information about our branch, WAB in general and a raffle for this year's project.



Yurgo – Our August guest speaker Margaret Jackson from Murray Bridge, spoke about running marathons in 2018 & 2019 in her 50's. Her support team included husband Wayne and she showed a presentation of the Blue Mountains where they ran around the Three Sisters with support teams in 3 places. She won the belt buckle in her age group both years.

In September Neville Schulz gave an interesting talk on his orchids, and donated an orchid for us to raffle. We also were able to walk around the Schulz's lovely garden. We are trying to make our meetings more interesting for members, this month we had a lucky seat, which was won by Nancy Burdett.

Paringa: In August our speaker came from Renmark Independent Living. This talk proved to be very informative to our members, as we are all no longer 16! Most of our members remain living in the family home, but it was so good to learn about the financial cost when entering these homes, and how they are managed. Homes are available for people living in the Renmark Paringa Council area and over 55 years. They are in demand, as we are an ageing society, which means there is a waiting list.

The Riverland President of the Royal Flying Doctor Service was our guest speaker for October. We were amazed to find out that 5 of our members in attendance that evening had been evacuated to Adelaide by the aircraft for medical treatment. We learnt the history, how it all began and gave a donation of \$100.00 towards the good work.

Wirrega: In August Mandy Brown from the Bordertown Community Health Centre spoke about the Services that can be accessed by members of the Community. The diverse range of Health services provided was enlightening and she left brochures for members as well.

Our guest speaker for the September meeting was unable to come at the last minute, which was disappointing as she was going speak about the recycling of plastic bottle caps for making Prosthetic hands an industry in Melbourne. Instead we had our meeting and a networking time!

On October 15th we celebrated International Rural Women's Day with a Community event to hear Helen Gator speak about the Fistula Hospital in Ethiopia which she has been raising money for and is visiting this month. Indigenous women's health is a passion of Helen's as her vocation is a mid wife and educating pre and post natal mothers.

WAB Country of study about Serbia is to be learnt about at the November meeting, with Rade and Miki Matic speaking about fleeing from the unrest in Serbia in 1984 and coming to Australia. We are fortunate having them travel from Adelaide (to friends here in Bordertown) and we look forward to hearing their story.



Wirrega member Lynette Staude and Helen Gator (the guest speaker).

**AIM for success, not perfection, never give up your right to be wrong,
Because then you will lose the ability to learn new things and move forward with your life.**



ACWW REPORT

Thank you to Helen Colliver for holding the position of WAB International Officer for ACWW for the past 6 years.

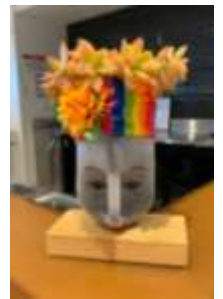
I will endeavour to do my best as the new International officer for WAB.

A big thank you to Beth Gale for the brilliant quirky decorations displayed at the recent Conference held in Hahndorf. At the end of the day these were auctioned bringing \$91 and together with monies raised from the raffle \$259.85 which will be sent to Head Office for much needed ACWW projects.

Some of our Branches are planning to raise funds for ACWW by participating in Women Walk the World. This is a very easy way to raise money and gets us out and about having fun. Every small amount helps those less fortunate.

Registration, accommodation and information forms for the STH PACIFIC ACWW AREA Conference to be held in Port Moresby PNG are now available from secretaries. The Conference is being held June 12th to 16th 2020. These conferences are a wonderful experience meeting our Pacific friends, learning about their lifestyles and about the ACWW projects. Gail Commens ACWW STH PACIFIC AREA PRESIDENT has assurance that the conference and accommodation is in a very safe area of PNG. The conference is well planned and will be of great interest to members and friends.

Take your husband or partner along as tours will be arranged for them.



I hope to send out ACWW MEMBERSHIP reminders to Branches and individual members in November. Please pay by 31st December. If you pay directly to head office PLEASE inform me that you are a financial member.

Jan Boord
International Officer for WAB.



CONFERENCE REGISTRATION

“OPPORTUNITIES & ACHIEVEMENTS in the SOUTH PACIFIC” ACWW – 18th South Pacific Area Conference 12 – 16 JUNE 2020

Islander Drive, Waigani, Port Moresby
Holiday Inn Express Port Moresby
National Capital District Papua New Guinea

PLEASE COMPLETE IN BLOCK LETTERS - PRINTED

Surname _____ Mrs/Miss/Ms/Mr/ Title _____
First Name _____ Individual ACWW Membership No. _____
Street No. & Street Name _____
Town or City, State or Province _____
Country _____ Post/Zip Code _____
Phone _____ Email _____
Circle: *Delegate* *Observer* -- Print *Society Name* _____
Any Special Dietary requirements _____
Travel details: Flight No. and arrival date _____
Signature _____ Date _____

EARLY BIRD REGISTRATION pay by by 31st December 2019 \$370 AUD
Payments 1st January 2020 to 31st March 2020 \$390 AUD

Cheques to be made payable to: ACWW S.P. AREA

Postal Address: “Coorumbene” 289 Commens Lane, Junee NSW 2663, Australia

Direct Credit: ACWW S.P. Area SWIFT Code ANZBAU3M BSB: 0120823 Account No. 302063349

*Please ensure that **Direct Credit** is marked with your name and that registration form is sent to me.*

(REGISTRATIONS ARE **NON-REFUNDABLE** BUT TRANSFERABLE ON TRANSFER PAYMENT OF AU\$20.00)

PLEASE RETAIN A COPY OF THIS FORM FOR YOUR RECORDS
BRING YOUR RECEIPT TO CONFERENCE. Acknowledgement & number will be emailed upon payment.

ACCOMMODATION

Holiday Inn Express Port Moresby ONLY

Islander Drive, Waigani, Port Moresby National Capital District
Papua New Guinea
PO Box 1981 BOROKO PNG

Telephone: +675 303 2002 / +675 303 2041 **Fax:** +675 303 2969
Email: holidayinnexpress.com

All bookings are to be made directly with the Holiday Inn by the attendees.

The Holiday Inn has a shuttle bus to & from the airport. **Please advise your flight name/number and time of arrival when you book and ask to be collected from the airport.**

The accommodation price is **400K + 10% per room per night twin share (2 people)**. This includes a continental breakfast. This is approximately \$190AUD (\$93.50 per person per night as at August 2019).

Keep in mind that the Australian Dollar changes daily. However the **400K + 10% is a “special price”** for the conference. **Please tell the staff your booking is for the ACWW S.P. Area Conference 2020.**

If anyone stays anywhere other than the Holiday Inn Express then it will be at their own arrangements and they will need to get themselves to & from the conference.

ACWW will not be responsible for any member, partner or visitor for their actions.

We are proudly sponsored by



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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 and the Newsletter Editor by simply including the 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 MARCH 2019 – Deadline for articles is 20th March 2019**