



WAB NEWSLETTER edition number 231,

MARCH 2020

It's difficult to know where to start during these uncertain times. You would know that COVID-19 is a once in a 100 year event. I'm sure you, like me, have heard about the depression and hard times after the WW11 when rations and food coupons were the way of life at the time. Although we haven't gone through these experiences, we are starting to get a taste of what our communities went through and we are the Lucky Country!

Looking on the bright side .. these newly implemented Social Distancing rules are making us "think outside the square". Australians by nature are very resilient and we look after our mates. This is our nature and although it could be tough going at times, please make the time to make a quick call to your friends and neighbours to check they have the necessities.

As we are being asked to "stay home" to slow the spread of the coronavirus, it is demonstrating to us the importance of being online. We may be feeling well and at low risk, but we don't know what's around the next corner. It is timely that in January, I started delivering the Be Connected Learning Program specifically tailored to the Over 50's. Unfortunately face to face delivery of this program has had to be postponed until life gets back to normal. I have been making arrangements for those who expressed interest, to be registered and to start working through the Topics online, at home. Shortly I will put together a demonstration to be delivered by webinar. To join in, all you will need to do is click on a link in an email, then watch the presentation.

Let's do coffee! This is a virtual morning tea get together (online) where some branch representatives had a coffee with their regional coordinator and myself. Discussion included sharing what everyone was doing to occupy themselves, share the recipe for the tasty morsels they were eating and any other issues they needed help with.

All WAB meetings and events have now been postponed and more details will be circulated when known. Hopefully it will be less than the 6 months that the authorities are predicting.

Hopefully when I write my report for the next WAB News I will be conveying information in happier times where we can see the light at the end of the tunnel. Please stay safe.

Narelle Scott

State President WAB

CENTRAL REGION

Rosedale/Sandy Creek: Earlier in the Year Wohlers Furniture in Tanunda sent out a flyer to our Branch to offer us an opportunity to attend one of their promotional free High Teas which they have been conducting recently.

We happily accepted and as they required around 20 people if possible, our husbands were very pleased to come along. Our regular visitors Jodi and Joyce, along with Jodi's mum, also joined us.

The afternoon started off with a short promotional talk about their store from their small beginnings to the present huge place it is today. We were delighted when we saw the table which had been prepared for us with the most exquisite Christmas decorations and tableware. The high tea was a delightful experience with lovely little cakes, pastries, sandwiches and chocolates. Plenty for everyone and the men were delighted with the extensive fare. Afterwards we were invited to browse throughout the store and were each given a special 'Visitor' badge to wear which allowed us to receive 20% discount on our purchase. It was a lovely friendly uplifting way to spend our branch 66th birthday.

In November members and visitors were welcomed to the Southern Hotel Gawler for our Christmas break-up luncheon. We were delighted to welcome Jodi Randall and Joyce Glendenning and one very special welcome to one brave husband, John Schultz. A lovely touch to the afternoon was the unexpected meeting with our past member, Laurence Grovermann who was having lunch with her daughter. She was so thrilled to see us all and she walked all the way around our long table greeting each of us and wishing us a merry Christmas. Not bad for a centenarian.

After enjoying a great meal and with Christmas and New Year wishes all round, we all departed for our break until February 2020.

In February we discussed the Project and as there was no speaker available, we decided that it was very overdue to sort out all the accumulated old paperwork and past newsletters and correspondence from our branch and decide what was necessary to keep and what was not. We had much fun looking at how formally members dressed back in the fifties and sixties, and were interested to review some of the past ACWW Projects .

A visit to the new Gawler Civic Centre in March where our Guides Judy and Sandra took us around what was the Town Hall and Institute but now with clever architecture, is a magnificent new Civic Centre incorporating the Gawler Library, new meeting rooms, large conference rooms, Research Centre, renewed Gawler Town Club, lovely Café named Niina Marni and Public toilets and a really amazing



History Room with wonderful displays of many Gawler artifacts. It was rebuilt at enormous cost and a lot of controversy but it is a wonderful building. After our tour we proceeded to a meeting room which was made available to us, where the Café served us with platters of sandwiches and coffee for a good price. Our tour guides were delightful and very knowledgeable. An enjoyable tour and we all came away with a good knowledge of our new Civic Centre.

EYRE PENINSULA REGION

Charlton: members enjoyed a delicious Christmas dinner at “The Sanctuary”.

Debbie Ackland, the owner of ‘Eyre health and Mobility Equipment’, told of her business which caters for everything people with a disability may need.

As we were unable to find a speaker from/about Serbia, 4 members researched information and gave very interesting talks about the people and country culminating with a Serbian supper.

Sandra and Liz with the Serbian food they prepared for supper - Cevapi (hand shaped, caseless sausages), Serbian Potato Salad and Krofne (Serbian doughnuts). Yum!



On-Line: In November we shared lots of information on Serbia, our country of study. Who knew that around 95% of the world's raspberries were produced there? Another eye opener was that the Serbs had a clock-making industry well before the Swiss got into the business.

Serbia is also a paradise for gluttons "being unusually well-supplied with milk, cheese, butter, meat, honey and wax" and Sally supplied recipes and photos of some great Serbian specialities. It is also a very productive country with an assortment of agricultural enterprises. One other little known fact is that a 588 kilometre stretch of the River Danube flows through Serbia and is the country's major source of fresh water.

Throughout December and leading up to Christmas we shared our memories of Christmases past and for Joyce, Janet, Jane and Mary many of these were spent in the cold, ice, and snow of the northern hemisphere.

Reminiscing on the HOT Christmases of the Australian summer a beach Christmas lunch was a common occurrence. Roz mentioned the Strawberry Fete at Tarlee, Sally and her siblings ate their fill of crayfish caught in the 3 pots they had in Encounter Bay near Victor Harbor. Barb mentioned the lead-up to Christmas here in SA with highlights being the John Martins Christmas Pageant and the Magic Cave. Sandra remembered the Barossa Valley German traditions and Ingrid told us of her Dutch heritage and all these cultural differences influenced the timing of the Christmas meals, giving and opening of presents, and church services. In New Zealand Adair's mother always produced their traditional dessert - Pavlova with Chinese gooseberries (before they became kiwifruit!).

February's topic was Wetlands and World Wetlands Day was celebrated this month too. Our experiences were very varied and ranged from visits to Yellow Waters Billabong in Kakadu in the Northern Territory to Oaklands Park here in SA where they can collect up to 400 million litres of water annually and remove excess nutrients such as phosphorous and nitrogen. Roz remembered holidays spent in The Coorong, and locally Riverton now has the river Gilbert flowing through the town creating a permanent wetland. Some had visited Banrock Station in the Riverland in both dry and wetter seasons. The wetlands area at St Kilda north of Adelaide has a 2 km boardwalk which allows visitors to wander through the mangroves. Urrbrae Wetlands is a re-creation of the terrain, flora and fauna which existed before European settlement occurred and covers 6 hectares, has a catchment area of 380 hectares and can store 17.7 million litres of water from stormwater and flood. Many birds fly into our wetlands here to breed or to spend their off season from as far away as India and China.

LIMESTONE REGION

Lochaber: Meetings held have included a talk and guided tour of the Naracoorte aerodrome and buildings; Guest Im Dawson demonstrating Kokedama, a pot plant holder made of coir matting and wrapped with string wound tightly around.

We celebrated Agriculture Day by inviting Steph Brooker-Jones to speak. Steph was the first female in Australia to take on the roles of Direct Wool Buyer and Wool classer. Last year she was awarded the Wool Industry Medal from the Federation of Wool Industry organisations for her services to wool

l-r; Jan Boord, Lyn Bellman, Steph Brooker-Jones (holding her award from the Sports Shear Association and a pair of narrow comb shears) and Meredith Burge in front of Stephs portrait by Ron Penrose.



To finish our WAB year in December we were invited to Christmas lunch hosted by Padthaway branch – a wonderful day of good food, entertainment and fellowship.

For our February meeting we visited The Bird Room near Bool Lagoon. After a delicious morning tea supplied by Marion Patterson she gave us a tour of the Bird Room. Over 600 species of birds

have been preserved through Taxidermy by Marions' father Jack Bourne. He learnt the art mainly by trial and error but did have some instruction in stuffing and mounting from the CSIRO.

The display also contains Reg Attiwells' extensive egg collection.

Later we went to Andy Grants Boarding Kennels where Andy showed us his very clean and modern kennels which can house up to 100 dogs. Andy has a caravan in which he has installed 30 cages. In the event of a fire he can load up the dogs and tow them to a safe area.

Jo Griffiths, Andy's partner, told us about her dog training facility and demonstrated some examples of training exercises using positive reinforcement.

Our March meeting was about Cystic Fibrosis (CF) with guest speakers Tanya and Jorja Crane with her father Rusty and sister Cheyanne also attending. Jorja, aged 13, was diagnosed with the disease at 10 days old. Both her parents are carriers.

The Pancreas of Cystic Fibrosis sufferers doesn't produce enzymes. This is controlled by medication and exercise. Jorja takes 13 tablets in the morning, 8 in the evening, plus 4 more medications taken via an inhaler which takes about 55 mins each day. As well, she must take enzymes every time she eats, totalling 15 -20 enzyme tablets every day. Otherwise, food will go straight through her without allowing any nutrients to be absorbed. Jorja exercises via football, horse riding, eventing , karate, dancing and tennis. Thanks to the amount of exercise she does, her parents no longer have to give her the extensive pummelling physio that was necessary when she was younger. The Life expectancy of CF sufferers was early 20's when Jorja was born but with new medications and research it has increased to 30-40, and with a new drug that Jorja has recently started taking, the expectation is that it could rise to 50 -60 years. Jorja is a most impressive young girl with a very supportive family.



Lachaber WAB Meredith Burge presenting a cheque for Cystic Fibrosis to Jorja, Cheyanne, Rusty and Tanya Crane.

Padthaway: met at Chloe Williams' home and guest speaker, Annie Borg joined us to talk about products from a company called Melaleuca. Melaleuca has developed eco-friendly products they sell that impact the home that you live in as well as the planet that we live on. The range of products includes nutrition, personal care, cleaning and cosmetics with over 400 products available. The air that we breathe, what we eat and drink, and even what touches our skin can have major impacts on our health. Just because products are effective does not mean they are safe and products that are safe are not always effective. At Melaleuca they don't compromise - products must be safe and efficient. Their priority is to have products that care for the environment, naturally and with safe ingredients. Melaleuca always look to nature for inspiration and solutions. They have a "no" list of ingredients that they never use. Melaleuca

have 4 essential values which are, SAFE, EFFECTIVE, ECO-FRIENDLY & AFFORDABLE. This was a very interesting talk.

Padthaway members will support Mini Jumbuck, “Dollars 4 Doonas” with their products for the victims of fire fund. Our Guest Speaker, Tammy Johnson taught us a basic macramé skill of a keyring in a feathering style. She provided kits for everyone so their project was all set out and could be achieved in one evening. Lots of laughter and chatter in between directions of how to proceed to the next step. This was an enjoyable evening with everyone finishing and showing off their achievements. We were accompanied by a range of visitors the youngest guest being Emily Watson who was 7. Tammy enjoys exploring this craft so much that she started her own little business called “Twisted Treasures.”

Padthaway members and visitors proudly show off their finished macramé keyrings.



Kalangadoo: WAB celebrated 125yrs of women’s suffrage in SA, which occurred on 18th Dec, 1894, after a petition of 11,600 signatures was presented to Parliament. This petition had passed through Millicent and Sandra found that 8 women of Millicent plus 6 husbands signed this petition who subsequently became members of a group that converted to the Millicent branch of WAB in 1932. Two of those original 8 ladies were founding members - Mrs Varcoe and Mrs Whennan. Not only were women given the vote but it was legislated that they could also run for Parliament. SA was one of the first in the world to allow both of these advancements towards gender equality in the world. We should be very proud.

Hon Clare Scriven MLC, Deputy Leader of the Opposition and Shadow Minister for Industry & Skills and Shadow Minister for Forestry talked about her entry into Parliament in SA. She was raised in Mt Gambier and now resides with her husband and 6 children at Port MacDonnell. Her former specialty was in forestry and she has qualifications in Business Management. Clare talked more about the Women’s Suffrage movement and her experiences in Parliament today.

Moira Neagle, our next speaker, became a Councillor in the Wattle Range Council in Nov, 2018 and has much experience in education from teacher to Principal and has been on many Boards including the ABC Advisory Council. Moira spoke of who had motivated her into standing for Council and how more women should be encouraged to take on leadership roles in our community.



Rachell Cheyne, Debbie Guenther, Moira Neagle, Karen Lock, Hon Clare Scriven MLC, Sandra Young, Elaine Sleep, Ardri Van Der Heijden. Photo taken by Kevin Lock.

The Kalangadoo WAB held their Christmas lunch at Mac's Hotel in Mount Gambier in order to invite Associate Member and past Kalangadoo Member, Ramona Perry, to join them. She was pushed there in a wheelchair by her daughter, Heather, who didn't stay but came to collect Ramona at the end of the meeting.

With bon-bons and Christmas decorations in the small room where we met, we all enjoyed a very pleasant lunch, after which we had a Christmas quiz, naming Christmas songs and hymns from cryptic clues. Elaine Sleep joined as a member and we warmly welcomed her.

Be Connected Computer Course

Kalangadoo WAB was the first group to trial the course and it took place on Tues and Wed 7th & 8th January 2020. We brought a cut lunch and own computer if possible. One member, Elaine Sleep had not used a computer at all before and she used one of the new WAB computers. After the usual initial hesitation at using a new machine, Elaine became more relaxed about it with encouragement from Narelle Scott. The course was beneficial for Elaine and gave her the opportunity to use a computer for the first time and understand the basics about it. There were three other ladies who attended from the



Kalangadoo community making a total of 6 ladies. Narelle Scott presented it and was a great instructor/ supervisor. We were linked to the web via a WAB modem and logged into the Be Connected website to do the course on-line. We could then do the course at our own pace, depending on previous knowledge and experience. It was most appreciated by all.

On 3rd Feb, It was with great sadness that we attended the funeral of Ramona Perry, a member of the Kalangadoo WAB for 51 years and an Associate Member for 1 year. Together with 3 past members, we formed a guard of honour at the graveside, paying tribute to a grand lady and one that will be greatly missed.

Ramona Kathleen Perry was born on 27th December, 1928 and grew up with 7 siblings (she was the 5th) in Torrensville, SA. Her father was a horse & dray man and garbage collector. The whole family had a great sense of humour and loved to use puns. Ramona's sense of humour stayed with her all her life, as many of us knew. Nursing was Ramona's career, working in the RAH, Strathalbyn and Perth Hospitals. She returned to Strathalbyn in 1954 to marry Norm, an almond and dairy farmer and she learnt to be a

farmer too. When the cows were dry (Feb- March), Ramona gave birth to 3 children, Ian, Heather and Bronwyn, 3 years apart. (She planned that well!) They later moved to Tarpeena in the SE and took up beef and sheep farming.

Ramona joined WAB in 1966 at Strathalbyn until she moved. She then joined Beachport WAB (they had a holiday house there) until it closed and finally Kalangadoo WAB until this year when she became an Associate Member due to her immobility.

Ramona loved WAB and was well respected for her intelligent opinions and hearty sense of humour. At the Kalangadoo 90th celebrations, during a rather serious skit of an early WAB meeting, it was Ramona that came in late or rather waddled in due to her full term pregnancy and disrupted the meeting with her stories! She was also a great advocate for ACWW and was an individual member attending ACWW Conferences where she could. She received her 50th WAB award in 2018.

Ramona was well known by the local SE ABC Radio presenters, as she was a regular caller on talkback radio, making newsworthy comments and being a voice for country women. Ramona suffered the loss of her son, daughter-in-law and husband Norm, but she was very resilient as her motto was “Keep On Keeping On”.

Ramona attend a Christmas lunch in Dec, 2019, with her fellow WAB members from Kalangadoo the day before she went to hospital with heart problems. She died on 27th Jan, 2020 in her room at the nursing home at the age of 91yrs. She will be sadly missed.



Ramona giving a speech at WAB

Our February meeting is usually held beside the sea and this time we held it after a shared hearty lunch at Sandra's home at Southend.

Sandra showed photos of her trip to Serbia in 2016 with her daughter, by train and Airbnbs. She also shared what she learnt on the history walk around Belgrade.

Instead of an energetic walk on the cliff tops this year, Sandra took us to a special spot by car, along an unsealed and interesting track towards the beach. There, at the end, we found a large number of muntries growing wild, which we picked to take home. Muntries are unique to the coast from Kingston to Nelson, Vic and are fruit like miniature apples. The plant is a low-lying creeper with smaller rounded leaves, and it loves a sandy soil. The patch where we picked was particularly protected from the strong coastal winds and must have received enough rainfall over the last month to swell to a larger than normal fruit. It was fun.



Fresh Muntries



Muntries in a salad

The Kalangadoo WAB enjoyed a Serbian meal. We had Serbian **Potato Moussaka** beef mince, onions, eggs, yoghurt and milk layered with sliced russet Burbank potatoes and Serbian **Gibanica** (pronounced Giban-itza), filo pastry layers with tasty cheese, sour cream, eggs and canola oil (cheese pie). Both dishes complemented each other and were delicious.



MALLEE REGION

Coonalpyn: At our Feb meeting we hosted a speaker who grew up in Serbia, Tadija Petronijevic. He gave an extremely interesting presentation and slide show on some of the history of the often-war-torn country. He also showed photos and spoke about his family history and what the country was like on his previous visits back, as well as today. He had some traditional garments to display, including a jacket sent from Serbia for his son Adam & daughter-in-law Nicole's wedding day (daughter of member Nadene Jericho.)

Tadija Petronijevic speaking at the Coonalpyn meeting.



Paringa: have been busy planning to host the Mallee Regional Conference and were looking forward to hearing the guest speakers that they had invitedwhat a pity it had to be cancelled.

In November members heard the South Australian Police Band perform in the Chaffey Theatre in Renmark.

Paringa is proud of the fact that 4 of the original Members who joined in 1966 when Paringa WAB formed, are still active in the group.

Wirrega: In November we learnt about the Country of study of Serbia with guest speakers Rade and Miki Matic from Adelaide. Rade had in his working life, run trial plots in our District with Sardi and was happy to return to Bordertown and talk with us about his home country of Serbia.

The Branch celebrated Christmas with a dinner at the local hotel with our partners, before going into recess.

In February we enjoyed the WAB State President, Narelle Scott telling us about the Programme “Be Connected” which we can use for free, due to the funding that WAB has applied for. Several members are keen to take up this training.

Yurgo: Members enjoyed a tasty meal at the Yurgo Branch 88th Birthday Party Luncheon at the

Riverside Hotel at Taillem Bend on Monday, 9th March. We were pleased to welcome our Mallee Region Coordinator, Nadene Jericho, and June Holland from Coonalpyn Branch. Beryl Clothier made and iced a beautiful birthday cup cake for each member.



Three different designs iced on white background with blue icing depicted WAB, 88 yrs. and YURGO, each with a tiny pink rose.



How to recycle small things

Recycling plants cannot manage small items as they function on a large scale. So to recycle small items such as plastic lids and bottle tops, they need to be collected in a larger container.

For all kinds of **plastic lids** - eg lids from milk bottles, drink bottles, yoghurt and other containers, place them inside a larger plastic bottle. It is recommended that you cut a slit in the side of the bottle in order to fit them in. When the bottle is full, place it in your yellow lid recycling bin.

For **ferrous metal lids** (ie any that stick to a magnet), put them into a clean empty tin. When full, close the top of the tin by pressing it together. All kinds of lids can be recycled including glass jar lids, crown seal lids from glass bottles, lids from tinned food.

For **aluminium items** (anything that doesn't stick to a magnet) including alfoil, aluminium trays and wine bottle caps, compress them into a tight ball about the size of a tennis ball, then place in the yellow lid recycling bin. One Planet Market is also a

collection point for aluminium to be recycled.

For more information, check the [East Waste website](#) or [Facebook page](#). Also check out [Which Bin](#) to get your recycling right! It all helps.



ACWW REPORT

Thank you to those members and the 2 WAB Branches who renewed their membership fees in December.

I was able to forward to Head Office \$803.00 in membership fees and \$1304.00 for Coins for Friendship.

It is not too late to join ACWW. If you or your Branch would like to renew or join ACWW Branch secretaries have a form which was emailed last November. .

Please post the form and a cheque for \$52. for one year or \$130 for 3 years membership. Branches pay \$70 for 1 year. These can be posted to me at Box 286 Naracoorte 5271.

As an ACWW Member you are part of a framework that allows rural women to connect their voices, so that the issues they face and the solutions they raise are heard and acknowledged by national and international policy makers and legislators.

Another good way to raise funds for ACWW is for Branches to take part in Women Walk the World. This can be in any form collecting money by walking. Lochaber and Padthaway Branches are visiting the Naracoorte Caves in April and will walk The Rooftop Walk to raise funds.

As the WAB Project this year is Sustainable Water, Sanitation and Energy focusing on India and Uganda this would be a great way to boost funds.

Please note that monies raised from Women Walk the World is separate from the Project money raised during our WAB year.

For members who are attending the South Pacific Area Conference in PNG in June here are ideas passed on from Gail Commens of what you might like to take for Member Society's or school children.

Sewing materials, all cotton at least 2-2 1/2metres in length, or schoolbooks, pencils and plain writing books, early reading and young story books. Small children's clothing. Very good bras and pants or soap.

JANNETTE Boord

WAB International Officer.

A later addition from Jan

Due to the Corona Virus upheaval Lochaber WAB has cancelled the April meeting for Women Walk the World.

Also I have a note from Gail Commens informing members that the Pacific Area Conference in PNG is postponed till next March or April.

Gail will inform us when she has more details.

Jan Boord

Enjoy life. It has an expiry date.

We are proudly sponsored by



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NEXT EDITION OF THE WAB NEWS WILL BE DUE OUT IN MAY 2019 – Deadline for articles is 20th May 2019