



WAB NEWSLETTER edition number 232,

MAY 2020

	STATE PRESIDENT'S MESSAGE	Narelle Scott
Branch Meetings	Face to face meeting should be able to resume very soon. Branches are making plans now	
Be Connected	Resuming shortly, dates are currently being arranged	
AGM	As the 2020 State Gathering has been postponed until 2021, this year's AGM will be held online via Zoom meetings, so all members may participate. Arrangements are being made to have a <i>gathering spot near you</i> where you can join in with other members.	

What a time we've been through since the last issue of WAB News. Fortunately, we are coming out the other side of the Corona-virus COVID-19 pandemic with South Australia being one of the least affected States in Australia. I thank you all for complying with the Government's self isolation and social distancing restrictions. Now that these restrictions are slowly being relaxed for our safety, we can start putting our plans into place so we can resume normal activities.

Following the bush fires in South Australia and now the COVID-19 pandemic, everyone is suffering some level of trauma, be it at different levels. So I would like to share with you some advice from the professionals so that we can be aware of symptoms and signs in our families especially children.

Reassuring your children about the unknown
Information for parents, grandparents and extended family during COVID-19

- **How to talk about the situation**
- **Strategies to reduce anxiety**
- **Tips to support wellbeing**
- **Seeking additional help**



Creating a mentally healthier world

It's not just adults worrying about COVID-19 and the day-to-day changes around the situation. As parents, grandparents and extended family, it is important to listen to the questions coming from our younger people so you can offer clear and honest answers. It's also OK to admit that you may not know the right answers rather than pretending to have the correct response. Children will be picking up information from their peers, the media, and what they are observing in the outside world. It is the role of parents to communicate openly with their children in a way that does not exacerbate any feelings of

anxiety, and to tailor information to their kid's age and developmental stage so they can be sure it is understood.

1. Speak to them calmly and openly. Don't shield them from everything but at the same time choose your words carefully. Saying that it is a '*pandemic never seen before in our lifetimes*' does not help to calm your child.
2. Encourage them to ask questions. Curiosity at this time is natural and it is a good sign if they want to find out more.
3. Ask them what they know and what they are worried about. Agree with them if you have the same concerns but also offer reassurance and set up a plan to help deal or cope with that worry.
4. Reassure them it's normal to be worried. Both children and adults have worries about COVID-19 and most people are feeling concerned.
5. Provide reassurance that as young people, they are relatively safe. Current data suggests that young people are less likely to catch the virus than others, and even if they do, they are unlikely to get very sick or go to hospital.
6. Let them know that you will be available. You will be there to talk to them about their worries whenever they would like to and if they think of questions after your chat, they can ask them anytime.
7. Identify other responsible adults in their life. If you aren't there to field any questions they may have, it is reassuring for them to know they have other adults they can approach.
8. Get the right information. Choose one reputable website to get your information from (such as the Department of Health) and resist temptation to look at more sensational sources.
9. Let them know about family plans. Share what you are doing and plan to do, to keep the family safe. Encourage regular safe contact with loved ones, e.g. video chat with grandparents.

Practical strategies to reduce COVID-19 related anxiety

Provide a sense of control by discussing and implementing practical steps your child can take to stay safe.

These may include:

- Regular hand washing for 20 seconds. They can sing 'Happy Birthday' through twice to get the right length of time.
- Cough and sneeze into elbows. For younger kids tell them to pretend to be elephants as they do it.
- Give them new chores so they feel able to help keep control. Things like cleaning areas at home each night or helping to prepare food will give them a feeling of responsibility.
- Limit unhelpful or excessive media exposure which can often increase anxiety. General tips to support wellbeing
- Remaining active is very important for mental health and wellbeing. Many school sporting competitions have been postponed and substitute activities like going outside for walks or doing online exercise programs like yoga or Zumba are great options.
- Make sure you join in with their fun. It can be hard if you're not feeling well yourself or if you're having to make lots of decisions about changing your routine, but remember your child is looking to you to know how to behave. Show them there is still time for fun.
- Encourage communication with friends using virtual formats when face-to-face isn't an option.

- Develop a plan with your child about their schooling over the coming weeks. This will need to be done in collaboration with their schools, but it will be reassuring for them to know that there is a plan, even if it needs to be adapted at a later date.

- Help your child to get enough sleep. You can do this by limiting the use of screens late in the evening and encourage your child to start a wind down routine about an hour before they go to bed. This helps them prepare their body and mind for sleep.

Seeking additional support

If your child or teenager is experiencing anxiety that is very distressing to them or interfering with their ability to function, it is important to seek additional support. There are digital tools and help-lines listed at the end of this fact sheet that you can recommend.

If you are struggling with anxiety yourself, you can find more information at the organisations listed below.

If you have significant concerns about your child and want some professional help, you can get a referral to a psychologist or mental health professional through your GP. It's best to contact your GP over the phone first and they will let you know how to proceed. Many psychologists are now offering their services using tele-health or online communications.

For information:

Black Dog Institute blackdoginstitute.org.au	Bite Back biteback.org.au
Kids Helpline 1800 55 1800 kidshelpline.com.au	Beyondblue 1300 22 4636 beyondblue.org.au/get-support/national help-lines-and-websites
eHeadspace headspace.org.au/eheadspace	Brave online brave-online.com

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Black Dog Institute

Stay well, stay safe and stay warm
Yours in WAB friendship
Narelle Scott, State President

As the Online branch is the only group to “meet” during the Corona-virus lockdown, theirs is the only report for the Newsletter. Probably due to being more ‘at home’ there has been a high number of contributions to the discussions on some interesting topics.

WAB Online - Meetings for March and April 2020

In March the Online group "researched" how International Women's Day is celebrated in different countries worldwide. Sweden leads the way in promoting gender equality and on IWD holds special events with an emphasis on equality in parental leave days for both fathers and mothers. In Canada women shone a light on grassroots efforts to advance gender equality and on driving positive change with the theme #Becauseofyou. Italians give their women bright yellow Mimosa blossom, a symbol of female strength and sensibility, and bouquets of these flowers are sold on many street corners.

China has celebrated 8 March as a national holiday since 1949 and many female employees are offered a half-day but commercial opportunities abound with special marketing campaigns and product launches. Janet said that in the UK this year some fashion brands teamed up with luxury labels to support the humanitarian charity Women for Women International. Sandra mentioned women scientists here working at CSIRO since 1919 and a Conference for Women Chemists held in the UK to acknowledge IWD and attended and enjoyed by her daughter. Thelma mentioned that the World Women's Day of Prayer (another special day for some of the world's women) is held annually on the first Friday of March.

In 2018 in Spain more than 5 million female workers marked IWD by holding a 24 hour strike to highlight the gender pay gap, domestic violence and sexual discrimination in the workplace. The 8M Commission was expected to organize similar protests this year. Barb pointed out that in Serbia, our country of study, there were protest rallies held to highlight the plight of many women in the Balkans where violence, chauvinism, sexual blackmail and repression are rife. Feminism Forward, Patriarchy Back!

Jane told us that in 2006 she attended her first IWD Breakfast in Adelaide where Kirsty Sword-Gusmao was the guest speaker and was so inspired by the experience that she helped organize a similar event for the Zonta Club of Port Lincoln in 2008. These Breakfasts have continued over the past 11 years - often confronting but always inspirational - and Sally P also mentioned these events at which women speakers share their own very different life experiences. The Port Lincoln Zonta Club also recognizes the achievements of local women with Women of Achievement Awards and in 2013 Jane was the recipient of one such award.

In early April many of us who had known and shared many laughs with Barb Millard and her husband Lucky over the years were saddened to hear from Adair that Barb had died in Tumbly Bay hospital. Barb will be remembered with affection and missed by us all.

As the topic for our April meeting Sally G suggested that we share our "coping mechanisms" and other activities during the Covid-19 pandemic and the resultant government enforced isolation. For many of us who live on rural properties isolation is what we are familiar with so what to do differently?

Most of us started in the home (where else?) and cleaning our cupboards became a #1 priority but this was soon jettisoned in favour of more interesting activities. Searches of the pantry unearthed many hidden treasures but, oops, sorry, another one that's out of date! Walking, yoga, meditation and making telephone calls to connect with old acquaintances, family and friends, these activities were all high on many lists. Skype and Zoom are being used more frequently while cleaning up the computer and sorting out photographs both scored well.

Joyce decided she would make something every day to give away and has produced fig jam, biscuits, slices, and pencil cases and bibs for Backpacks 4 Kids (who help people in Domestic Violence situations). She is also working on some UFOs (unfinished objects!!) in her sewing room.

Many of us are enjoying knitting, crocheting and cross stitch. Skills training and other online activities were mentioned and Roz was helping with Meals on Wheels as some volunteers have health issues and needed to isolate. Jenny and husband Norm started a challenge competition playing assorted games of crib, hand and foot and scrabble. Gardening and growing one's own veggies, reading - either a book or on screen - and live chat groups and discussions, all are popular. Adair mentioned some short courses that are available and sourced from Universities worldwide. How about Antiquities Trafficking and Art Crime to keep you interested!! Sally on Mundoo Island was coping with the loss of tourists and the challenge of home schooling at Year 11 level. For many the work on farm is ongoing and the animals still need lots of attention.

Unsurprisingly we were not spending much time following the course of the Covid-19 virus as it hit more and more unprepared countries, and the number of cases rose as did the number of deaths. Watching only the ABC News at 7pm and the 7.30 program was the choice of a number of us. We were united in thinking that here in Australia we have been very fortunate but we will need to look out for the less fortunate and those who may need our help over the coming months.

As Branches didn't have any reports of meetings for the Newsletter it was suggested that each branch may like to include a profile of their newest member – so we welcome these new members to WAB and thank them for sharing a little of themselves.

Member Profile – Cynthia Axford – *Cunliffe Women’s Agricultural Bureau*

I live on our family farm at Ninnes with my husband Allan. Our four adult children have moved on with their chosen professions in life, and I unashamedly, spoil my three grandchildren. Our 17 year old grandson lives with us whilst studying Year 12 at Kadina Memorial School.



Currently, I work at the Yorke Peninsula Field Days office as the Site Bookings Officer. Twelve months ago, I joined the Cunliffe Women’s Agricultural Bureau to learn more of the Women’s Bureau movement and closely connect to the activities of this dedicated group of women. The Cunliffe WAB has worked tirelessly for 40 years, affiliated with the YP Field Days Inc. at the permanent site at Paskeville.

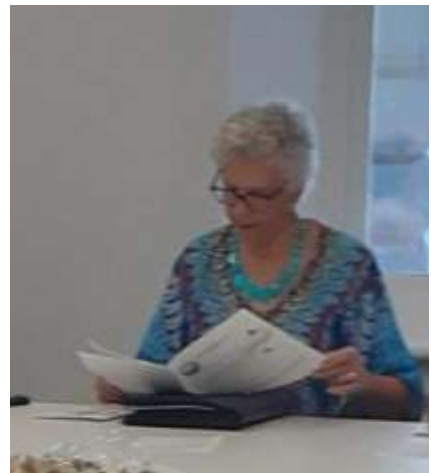
I am the former Mayor of the Barunga West Council and have great interest in Local Government, to ensure that our region has a strong voice.

Rosedale/Sandy Creek Branch

We are lucky enough and very pleased to inform everyone that our newest member is Jan Gregson, Past State President in 2011-2013

Jan moved to Wasleys, a small town just north of Gawler, in 2018 and joined her nearest branch which is Rosedale/Sandy Creek.

Jan and her husband Colin moved into their 1940’s house and are busy renovating the home and large garden – a daunting task, but one that they are enjoying and making great strides with. They felt they needed to move in order to care for Jan’s elderly Aunt and also to be nearer to other family members. Jan enjoys her new community and has fitted in very well



but any time she does have, she spends with her quilting. She has some beautiful samples and brought some examples of her work along to our “show and tell” meeting. She also brought a gorgeous Christmas theme quilt along to our Christmas break-up meeting to help to decorate the table.

Jan uses her phone to keep in touch with family and friends and we have enjoyed WAB phone chats on our usual meeting days of April and May

Charlton Branch

I grew up on a farm at Yeelanna and after leaving school I pursued a nursing career. Conducting a long-distance romance with a farmer from Ungarra resulted in me returning after graduation from Adelaide to employment at Tumby Bay Hospital and to marriage.

With my husband’s parents retiring to Port Lincoln, we started married life living in the family home and running the property. I continued part time work at the hospital as the OR manager, and continued in this role (as well as working at Cummins Hospital in latter years) till retirement to Port Lincoln 5 years ago.

Over the years I took an active interest in all farming operations, mastering the computer and book keeping; helping out with all facets of farm life, but never agreeing to learn to drive the harvester!

Our son, with his family, continues the farming enterprise, and our daughter lives on a farm in Saskatchewan, Canada with her family.



Kalangadoo Branch - Elaine Sleep

answered the call for new members in October and joined Kalangadoo WAB in December 2019. She lives on a mini farm just outside of Kalangadoo Township and has 35 Dorper/Damara cross sheep, 2 goats, 1 pony, 1 duck, chooks, a dog and 4 cats. Elaine and her husband, Bill, farmed at Woolsthorpe, Victoria (mainly Merinos) until Bill died. She then moved to Coonawarra and finally to Kalangadoo last year. Her pastimes are reading, gardening, baking and jigsaws. Elaine was one of the first candidates in the WAB Be Connected course and, as a novice to computers, became quite confident with Narelle's expert training. Elaine was just beginning to really enjoy WAB when the COVID-19 lockdown started. She now keeps in touch with family via phone calls and letters and shops in Penola once a week. She loves to see calves running and leaping, cats chasing dogs...



Lochaber Branch - Kirsty Fogarty



I grew up in Northern Victoria in a small town called Kerang. My parents still reside there while my three sisters now live in inner Melbourne. I studied Biological Science at La Trobe University majoring in plant and animal ecology. After finishing my degree I remained in Melbourne for 6 years working in the hospitality industry. After being accepted for a position with the

Department of Primary Industries I moved back to my home town which seemed very quiet after spending so long in a large city. Here I worked as a Technical Officer at a commercial feed testing facility owned by the DPI.

My position at "Feedtest" was relocated to Hamilton in south west Victoria after 4 years. Although the winters in Hamilton were much colder than what I was used to it was very picturesque, being a short drive from the Grampians. My partner

Lee was working at his family's dairy farm at Eight Mile Creek near Mt Gambier, SA. I would visit Lee on weekends sometimes helping out with the milking. Tiring of the travel I moved to Eight Mile Creek where Lee and I had our daughter Matilda in 2014.

When Lee's family sold their dairy farm they purchased a property in Woolumbool near Lucindale. We have been here for 3 years and have sheep and a small number of cattle. We do not miss the early starts and milking twice a day! We love the community in Woolumbool and surrounds. They have been so welcoming and helpful. Matilda is now in reception at Lucindale Area School and loves travelling on the bus every day with the other children that live on Woolumbool Rd. I have joined the Kingston/Lucindale hockey team which keeps me busy on weekends in winter. I also work a few days a week at a close by free range egg farm. I love gardening but am finding it very difficult in the sandy soils we have here!

When we first arrived in the area I was approached by Yvonne Correll who was President of the Lochaber WAB at the time. I was invited to become a member and have been attending meetings and gatherings for the past 3 years. I have really enjoyed getting to know new people and learning about our local area from our get-togethers. It has been unfortunate that we cannot currently attend meetings due to the COVID19 but I look forward to these resuming. We had been busily planning our regional gathering which has now been cancelled. Perhaps we will get the opportunity to host this at a later date. Thanks to everyone in the Lochaber WAB and surrounding branches for welcoming me into your group.

Padthaway Branch - Kristen Watson

Hello fellow WAB members,

I became a WAB member in 2019 after being asked by a good friend to come along to a meeting. My grandmother has been a previous member during her time in the rural farming community of Coonalpyn, SA so I had a brief understanding of WAB and what it was all about.

Although I don't live on a farm, together with my husband we have a small holding on the outskirts and I work in a business in town. However I enjoy learning and listening about agriculture and farming issues of today within the world. Farming and agriculture play a vital role in society's lively hood and we feel blessed to be able to raise our children in a rural area where they can grow up understand farming and get out in the paddocks with livestock. My in laws are property managers on 4000 acre property along the Coorong, SA. Both our kids love going and helping feed out and check new calves and enjoy the space when we visit.



Monthly meetings held in Naracoorte, (Padthaway Branch) are well attended by fellow members and our itinerary is full of creative tasks to enable us to learn new things each month.

I look forward to my continuing membership in the future.



Padthaway members with beanies that members have knitted for people who have been impacted by the Kangaroo Island bushfires.

Padthaway Branch - Chloe Williams



I am 23 years of age and used to live on a farm with my mother and step-father till I moved out of home. When I was little my grandparents used to live out at Lochaber and I would go out there for the weekend every now and then, which I enjoyed a lot. While working as a carer I met a couple of the ladies from the Padthaway branch, and I was asked to sing at the Regional Gathering that year, which they were the hosts for. After that I asked about some of the meetings they had coming up, and they sounded very interesting and fun so I asked to come along. The following month I joined WAB and became a member of the Padthaway branch. Since joining WAB I have learnt a lot more about my area, learnt new skills and met some incredible ladies, who I believe to be a real inspiration.



The ACWW EASTER NEWSLETTER 2020 which Jan Boord, WAB International Officer received from Gail Commens has been circulated to you all via Regional Co-ordinators.

We are proudly sponsored by

A thought while we are in Lockdown

Start where you are. Use what you have.

Do what you can.



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NEXT EDITION OF THE WAB NEWS WILL BE DUE OUT IN July 2020 – Deadline for articles is 20th July 2020