



**WAB NEWSLETTER edition number 234,
SEPTEMBER 2020**

State President's Message

As we move into the last few months of 2020, we should take time to reflect on where we have been and what we have been through. Yes, it has been difficult maintaining our normal lifestyles, but it is to our credit that South Australian residents have respected restrictions that have been imposed on us to ward off Coronavirus in our State. Congratulations to you all, you have come out smiling along with new skills learnt during the lockdown period. It is time now to enjoy end of year activities leading up to the festive season.

Since my last WAB News article, I have been delivering Be Connected Courses at Port Lincoln for Charlton members and friends then on returning home to the south east, to the CWA Naracoorte ladies and friends; myGov Course to Lochaber then finishing off with Coonalpyn Branch.

Delivering these courses across the State has been a long haul but I've thoroughly enjoyed watching the excited faces of members learning new skills. Be Connected has proven to be a valuable tool allowing our rural members to stay in touch during the pandemic. Zoom meetings and events, I believe will be an ongoing part of lives. It gives us the opportunity to attend events that distances don't usually allow us, including meetings, funerals, weddings and other important family events and celebrations.

Using Zoom, WAB held its first ever virtual AGM. To comply with the legal requirements of being an Incorporated body, the AGM had to go ahead in some form. The annual State Gathering in the South East was postponed due to the uncertainty of travel arrangements and social distancing caused by COVID19. 25 members attended from most branches throughout the State. Thanks to Sally Grundy for taking this screen shot, as you can see by the faces, the meeting went very well, enjoyed by all.



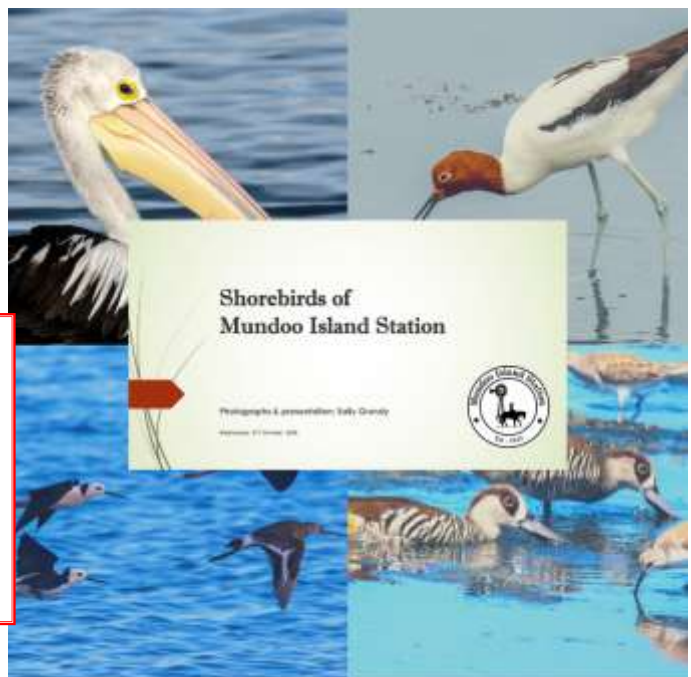
AGM Guest speaker was Alice Arbuckle of Guide Dogs SA/NT who spoke on the organisation that WAB has chosen to support for 2020-2021.

Let's do coffee! We have been having regular coffee dates since the start of the pandemic to chat and network during social isolation. Now that restrictions are being gradually lifted and we are getting out and about, it was decided at the last coffee date, that October will be the last.

Wednesday 21 October at 10.30am is the final

Lets do coffee!

Join us for a special presentation on Shorebirds of Mundoo Island Station by Sally Grundy. Friends and family are welcome to attend.



We can reintroduce it again, if needed.



Sophie Thompson and Cindy Cross – guest presenters

Another special event is being held in October for Get Online Week. There are four timeslots, one for each WAB Region. Look for the flyer following my Message for further details. Make sure you attend to go into the lucky draw to win a personally autographed book written by Sophie Thompson of Sophie's Patch, one for each Region.

There are more surprise give aways which will be revealed during the presentations only for those attending.

Invite your family, friends and neighbours.

Take care of yourself and each other.

Yours in WAB friendship

Narelle Scott

State President



Charlton Branch
Port Lincoln
Be Connected

Women in Agriculture and Business of SA Inc (WAB)

Invites you to join our
**“Back to Basics” presentation with guest presenters
Sophie Thompson and Cindy Cross**

| | | | |
|---|--|---|--|
| Sophie’s Presentation: Dealing with garden woes in an organic & sustainable way | | Join Cindy in her Mt Gambier Potager Garden then watch her create in the kitchen | |
| Click this link to join the Zoom Meeting (at any of the Times below) | | | |
| https://us02web.zoom.us/j/82466233008?pwd=SHB1TjdyWmVNOU1oaGx3VENWQjgxdz09 | | | |
| Times | Limestone Coast Monday 19/10 10.30am Eyre Peninsula Monday 19/10 2pm | Central Thursday 22/10 10.30am Mallee Thursday 22/10 2pm | |
| Meeting ID: 824 6623 300 | Passcode: 814688 | Duration: approx 90 minutes | |
| Please join at your Region’s time, if possible. However, if this time doesn’t suit you, you are most welcome to attend any presentation listed above. All the Presentations will have the same content, they all have the same link so click on the above link at your preferred time. Bring a friend, a neighbour, your family – everyone is welcome | | | |
| Do you have a Back to Basics tip to share? Everyone is welcome to contribute | Everyone attending will go in the draw to win a personally signed copy of Sophie's Patch. A book to be won at each session Stop press: more surprise lucky draws only for those attending |  | |

It is with sadness that we note the death of three WAB members, all of whom have held positions within their Branch and also as Regional Councillor for their region (as their title was then) and/or State President.

Freda Pink was the Mid-North Regional Councillor from 1982/86 and probably belonged to the Clare branch.

Audrey Hutchens---29/7/1932 ----- 21/7/2020

Audrey was a Foundation Member of Caralue Branch of WAB when it was formed in 1968 and held positions of President, Vice President, Secretary and was a committee member. A term as Regional councillor for Eastern Eyre Region from 1985/86 until 1989/90 also included a year when Audrey was State President.

Audrey received her Life Membership of WAB in 1988 and when Caralue branch closed in 1993 she transferred to Pinkawillinie with five other members, again holding Offices in that branch.

Always a member who actively participated in any activity that the branch undertook Audrey resigned when she relocated to Adelaide in 2018 but maintained her interest in WAB and enjoyed the WAB news when it was possible to get a copy to her.

[With thanks to Dianne Hamlin of Pinkawillinie for researching and providing this information.](#)

Merle Hoffmann was a founder member of Tanunda branch and held nearly every position until the branch went into recession and finally closed a couple of years ago. She received a 60 year award in 2010.

A Regional Councillor for the Lower North in 1989-92 and again from 1997-99 Merle was State President in 1991-92.

Merle was a dedicated ACWW member and attended several South Pacific Area Conferences over the years. Merle became WAB International Officer in 2001.

Some years ago so keen to attend the Conference in Ballarat Vic, Merle travelled by train from Adelaide to Ballarat then sleeping on a park bench until it was time to go to the Conference venue.

Merle also travelled to Tonga to the SPAC (South Pacific Area Conference) with many WAB members. Her bright sunny smile and sense of humour was a delight, keeping us all on our toes.

Merle will be remembered and missed.

RIP Merle.



Merle cutting the cake at the 100 year celebrations of WAB in 2017

CENTRAL REGION

Cunliffe: WAB were finally able to hold their Annual General Meeting on 26th August.

President Raelene welcomed members, saying how good it was to see everyone, and hoping that it wouldn't be too long before we could all get back to some sort of normal!

We had a Special Presentation by Yvonne Correll of a Sixty Year membership Certificate and Badge to Raelene Bussenschutt, who has been President several times, also State President, Regional Councillor and active on the management of the Y.P. Field Days.



Our meeting held in September was at Nolene's Book Cafe, Wallaroo when we heard our Guest Speaker, Brian Harris of Wallaroo tell us about, then show us his latest hobby, making pictures with tiny little round pieces of plastic! Brian explained that he has done many hobbies over the years, from Tomboy stitch as a child with his German born grandparents who always had to be busy, to wood working and model planes. Brian explained that these pictures range from very small to extremely large. They look like cross stitch canvas when first opened but then there is glue and a stylus and special lighting needed to do the work. Brian said that the hobby was quite addictive! He had brought some of his finished works which were framed to show us, and they were quite beautiful. The beads are also luminous in some places according to the pattern and created an unusual effect.

Next meeting will be at Alford where we will visit the roadside stop for travellers, Karimi's Kitchen. Karimi we hope, will tell us about her journey here from South Africa.

Rosedale/Sandy Creek: President Janet Cummings was delighted to present a 30 year award to Treasurer Cynthia Semmler at our July meeting. We had a general discussion about how we each handled the isolation and how many things we had all found to do.

Claire Steggles and Cynthia Semmler made a home visit to our member Phyllis Paine to present her with her 60 year award as she is struggling with ill health. She was very surprised and pleased to have it presented.

Our Speaker in August was Colin Gregson, husband of our member Jan. Colin has many interests and whilst living at Padthaway he became involved in helping at the local school by showing students in year 2 and 3, what can be made with simple recycled scraps of wood. His project grew and grew from a simple small truck into larger and larger ones with one with a stock crate attachment. He makes all types of items with what recycled wood he has and how much spare time he has. Colin then gave a talk on his time working in Saudi Arabia. He has many tales of his working life there and he still speaks Arabic all this time later. It was a very interesting talk especially for the men who joined us for the afternoon.



EYRE PENINSULA REGION

Charlton: members visited Cummins and listened to speaker, Kellie Taylor, tell of her interesting experiences. After completing a degree in nano-technology, Kellie spent time in Scotland, working on oil rigs in the North Sea, and mine sites in Western and South Australia where she was the link between different disciplines who don't generally get on, such as production managers and environmental officers. After returning to her home town she established and owns EP Analysis – a service that seems to analyse most things connected with agriculture, environment etc!



Kellie was a finalist in the SA Rural Woman of the Year because of her passion to inspire young people (Year 12 students) to stay or return to a country town and know that their opportunities in town are not just related to agriculture.

Guest speakers Sarah and Ben Stobart spoke on our theme 'Getting back to basics'. Sarah and Ben talked about their life journey from England and Majorca to Port Lincoln showing how they live a getting back to a basic lifestyle, including doing their own home renovations, producing honey and growing fruit and vegetables, spending time in the bush and collecting rubbish from the beach, as well as volunteering for SES to give back to the community.

On-Line Branch: Each month over the first half of this year we have enjoyed a selection of Sally's wonderful photos and also had the opportunity to discuss some interesting topics so a heartfelt "Thank You" to Sally for her contribution as Facilitator. Roz has now taken over for the second half of the year and here's a taste of our meetings and the topics so far.

In **July** we continued to see good participation rates with members sharing a variety of new recipes (and some old favourites) ranging from gluten free through slow cooker, exotic and easy, to rich and delicious. Sally shared some "Olde English" recipes from the 1790s which came from The Bristol Georgian Cookbook which she had ordered from the UK prior to the pandemic. An easy Chilli Tuna and Cheese dip was shared by Barb whose partner had brought it home from a car club meeting - yes, fellas share recipes too! High protein Butternut Chicken from Joyce, and Moist Carrot Cake, Date Loaf and Poppy Seed Cake were gluten free options from Janet and Roz. Chris Cliff enjoyed a vegan Shepherds Pie and Jane gave us an unbelievably simple Fruit Cake recipe - quick to make and even quicker to be demolished! Quinces were abundant this year (for some of us!) and good ideas to deal with them were welcomed with a Pistachio and Quince Paste option coming from Sandra who also shared with us a special Dark Chocolate Treat comprising dried cranberries, nuts and other delights on a layer of dark chocolate. Mouthwatering!!

Adair mentioned reading an article in Australian Geographic which said that the average home throws out a huge amount of food worth \$2200 to \$3800 annually. This is wastage on an epic scale! It does appear though that the pandemic and associated lockdowns are encouraging people to do more home cooking, plan menus to more efficiently use food, grow their own vegies and some folks are even learning how to make compost.

In **August** we were asked to share the changes we had noticed in our communities since the Covid-19 epidemic now pandemic had begun. Many of us have noticed widespread closures of Art Galleries, restaurants and shops with some places using Facebook to show their wares and advertise. Some places have just closed!! The choice of goods available is noticeably smaller and is an indication of how much we import from overseas. Some country towns were quieter and the City seemed deserted at times. People have been walking their dogs more frequently – good exercise for both animals and owners. A few of us mentioned that local newspapers are

closing down and suddenly there's no advertising, no notices, no information on tides, TV programs or local news. Adair found the restrictions associated with visiting the hospital after the birth of her new grandson to be reminiscent of the 1960s with flowers taken at reception, security tight and only two visitors allowed at any one time.

Churches were closed and craft groups suspended. Some are now re-opening but no coffee and chat time these days and people are quite noticeably reticent to leave home unless it is absolutely essential. Where visiting is allowed now in places such as nursing homes the staff greet visitors separately and take each person's temperature and volunteers have not been allowed to help with any activities for a number of weeks. A couple of us were denied the solace of a visit to the Hairdresser with Mary adopting a new longer hairstyle and Nadene being thankful she'd "gone grey" some time earlier. Barb Schaefer's brother delivered her newspaper each day thereby saving her a trip to the newsagents and also saving her the money she might have been tempted to spend on "unnecessary treats".

Most of us are thankful we live in rural areas and things are changing slowly – local football and netball are back, the community library is open again and we're shopping locally and supporting our local businesses. However, one thing mentioned was that some folks don't seem to understand why social distancing is important or think the rules don't apply to them but on the plus side it's also noticeable that people are looking around more and smiling at others and, in general, there's an air of co-operation about which is great. Online meetings via Zoom or Facetime are now "normal" saving lots of travel time (and fuel!). Face masks may become essential and Sally Packer was asking around for good patterns to share. Chris Cliff is missing hugging her friends and we can all empathise with that. And how about the paranoia and the uncertainty when you have a cold but need to bite the bullet and "get tested". Fortunately for Sandra it was "just a cold" but it's pretty awful when the current most common Covid shot on TV is the frequent close-up of a "test victim". Honestly, do we really need to see up everyone's nose and down everyone's throat? At dinner time??

MALLEE REGION

Coonalpyn: Coonalpyn branch welcomed 3 ladies to their August meeting who would like to become branch members.

Members brainstormed ideas for their next year programme.

Speaker (Sue Mickan) from CFS reminded us of Fire safety and readiness - It was very informative and some of it quite scary. We were all encouraged to go home and make a Bushfire Plan.

Paringa: No contribution

Wirrega: luncheon at the Bordertown "Woolshed Inn" was the venue for the Branch AGM in June. In July members told / showed their "Special keepsakes". This unearthed some very special items, unusual, family heirlooms and sentimental special keepsakes.

Tracey Grosser who is the District Council of the Tatiara's "Community Development Officer - Migration", spoke about her role helping Migrants who have come to the District for employment, assimilate within the Community. Tracey provides programmes such as English, Swimming and water safety, driving lessons and many other courses pertinent to the Migrant's needs. Tracey has also established "Home Made Dinners", celebrating a different Migrant Group's culinary delights each month. Community is invited to attend an evening to watch the cultural dishes of the particular ethnic

group being prepared and then enjoy the prepared food as a 3 course Dinner. This has been very popular amongst the Community as participants get a snap- shot of the Country through traditional dress, music, slide show of the country and some of the migrant's personal stories.

Coming up we are hearing a local man who rides his bike from "Murray River to Moyne" in Victoria each year and the celebration of International Rural Women's Day on October 15th with a Community event.

Yurgo: Kath Schulz was our guest speaker. She gave a fascinating talk and power point presentation of her 8 day holiday in Oman with her family. It was a very safe place to stay. They spent four days in the capital city Muscat and four days camping in the beautiful gorges. Unlike most Arab counties, Oman has water in the valleys and gorges (wadis). The mountains are very stark, rocky and dry but have a beauty and grandeur of their own. Oman is very oil rich and the roads are mainly sealed four lane highways even in remote places.

Meet a new Yurgo member -- [Johanna Siecker](#)



I was born in Netherlands, came to Australia in 1956 and have lived most of my life on the South Coast of NSW. Moving between NSW, QLD and VIC and now settled in SA for the last 18 months. I have three adopted children and am a foster mother of twenty six. At one time, Secretary of P & F High School, P & F Primary School and Pre-school all at the same time, having a child in each school. Now I am Treasurer of Yurgo WAB, and living in Karoonda.

LIMESTONE COAST REGION

Kalangadoo: members celebrated their 97th birthday with a lovely lunch prepared by Elaine Sleep, Kalangadoo's newest member, and a poppy seed & orange cake. The history of Kalangadoo WAB was read by Sandra from the brochure prepared for the 90th birthday and revised in 2017. The members were shown Elaine's collection of jigsaws and horse memorabilia.

Kalangadoo WAB met in Mount Gambier for a Back to Basics adventure. First, we studied information about the local water supply on the rim of the Blue Lake, where water from the north flows in via the underground limestone and then flows out towards the south to the Little Blue Lake. There are no surface rivers or creeks, so the water flows extremely slowly but is reliant on rainfall from as far as Penola and western Victoria.

Our next stop was an op shop at the Anglican Church, followed by an Antique Shop called Charlick's Bazaar. There we saw many relics of the past where basic living was the norm. We found a few treasures to buy.

As the old style cafes we intended going to were closed either due to COVID -19 or were having a holiday

break, we had an afternoon tea of home baked scones with home-made strawberry jam in a local park. Lastly, we visited the shop called "Unpackaged" where one buys goods in bulk, bringing your own containers or using paper bags just as in the times before plastic was manufactured. The variety of grains, powders, dried fruit and tea was fantastic. There were also home make soaps and creams, bamboo toothbrushes...
It was a great outing.

Lochaber: Our guest speaker was local Doctor, Alison Gazzard. Alison grew up in Adelaide, studied medicine and later moved with her husband to Woolumbool Station. While there she joined Lochaber WAB. After moving into Naracoorte and raising three children, Alison was asked to test the workers at the local meatworks for Q fever and vaccinate those with symptoms.

Q fever is a debilitating disease passed on to humans from sheep, cattle, goats, deer and kangaroos and It can also be found in dust around yards or in water droplets i.e. as in when squirting out cattle trucks. Some of the symptoms of Q fever include profuse sweating, violent headaches, exhaustion and aching limbs.

Alison has gone beyond the call of duty at times, setting up and offering testing and vaccinations in bars or wherever she can find a group of men who are at risk, and won't come in to be tested of their own accord. This became a big part of her work, ensuring that meat workers, shearers and farmers were vaccinated. It only needs to be done once for lifetime protection.

Alison also volunteered for many years for St John's Ambulance.

Our guest speaker Mike Hornabrook, spoke about the books he's written and the history of his family. Mike's book 'Mike's Memoirs' tells the story of his life with accompanying photos, from his birth in 1932. He lived and farmed on the same property for 68 years, until moving into Naracoorte in 1999. He saw the first aeroplane to fly over the district in 1934. This sparked a lifelong interest in planes, culminating in him eventually becoming a pilot. He estimates that he has carried 420 different passengers in his 38 years of flying.

His 2nd book 'Broadmeadows and Beyond' is the story of the Hynam Station which was subdivided in 1909. Mike has written about the families that are still farming on the original blocks.

Padthaway: Padthaway WAB members met for a quick August meeting with member Narelle Scott joining in via Zoom. With this year's theme, "Getting Back to Basics" we made our own cards with flowers as the theme. Later we were joined by Mr Nick McBride, member for McKillop who gave us a very lengthy and informative discussion about different issues, of course the main topic being COVID 19. We also discussed roads, health and lots of questions were asked. His approach to farming and being a MP are very similar as there are highs and lows to ride out and diversities to tackle when running 'a good ship or business'.



A visit to Naracoorte's South Australian Volunteer Fire Fighters Museum should be a "must do" for locals and visitors alike. This was the conclusion members of Padthaway branch came to after the group visited. Members enjoyed seeing the collection of fire fighting vehicles, equipment and photographs after hearing a little of the museum's history from its instigator, Rex Hall.

A big collection of photographs of early fire brigades and their trucks is a highlight as well as newspaper articles from South East publications on the Ash Wednesday fires of February 1983.

Among the fire trucks exhibited, WAB members thought the stand out was a 1942 Chevrolet Blitz 4WD which belonged to the Binnum CFS group. It has front windows which prop open on the bonnet for "air conditioning" and comes with the fire fighting essential of a large axe mounted on the side! It was used up until 1977.

All vehicles, written records and memorabilia have been donated and the current facility houses only a portion of these.

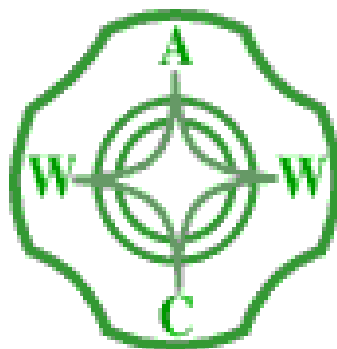
Glenda Grady: new Member of Padthaway



I moved from Adelaide hills to Padthaway to be closer to our children and grandchildren. I was a member of the Strathalbyn Red Cross for many years. In my former work I was employed as a day-care supervisor looking after many aged residents. I must say my craft skills are not the best. In my former job I had a craft Coordinator who had all the ideas and could show others how to do it. I enjoyed my job and missed all my friends so thought it was best to join WAB locally to meet new friends. I have enjoyed the programme that Padthaway WAB has put together and it's quite varied. I just went along for the ride. Now I am pleased to say I enjoy my Thursday mornings. I have just recently taken on the position of secretary so I will see how I go.

A member who has transferredAdair Dunsford

In early 2019 Dean and I retired to live in Naracoorte after 39 years farming at Keith. I joined the Wirrega branch of WAB in 1980 and I have always thoroughly enjoyed my membership. So when Padthaway President, Beth Gale invited me to attend a meeting at her home, literally just down the road from where we are living, it was a logical choice for me to join the branch. I am enjoying getting to know fellow members, learning new skills, hearing great speakers and finding out more about what Naracoorte has to offer. I am also continuing my membership of the Online branch which of course can be achieved from anywhere!



Thank you to all Branches for contributing to much needed ACWW Coins for Friendship. A total of \$1005 will be sent to Head Office with the Project Money and Membership fees in January. Please watch out for member renewal notices in Nov/Dec.

News from Head Office is that the staff are back working at the office. It has been a real challenge to keep ACWW affairs in order during these last few months.

News from Gail Commens, the Sth Pacific Area Conference in Port Moresby has been cancelled and will take place as a an on-line Forum on 8th and 9th March 2021.

The on-line Conference will be organised with technical support from ACWW Central office in London. More details as they come to hand.

I do hope that Branches are taking part in Women Walk the World in some form to raise money for ACWW. Monies raised will go towards helping women in rural communities who are less fortunate than ourselves. Money raised should be sent to me before January 1st so that I can forward to Head Office with all the money in one transaction.

Jan Boord

WAB International Officer

A goal is a dream with a deadline.

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Please support our sponsor and



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 November 2020 –
Deadline for articles is 20th November 2020**