



WAB NEWSLETTER edition number 235,

November 2020

If you are like me, I'm sure you will be sighing with relief that 2020 is drawing to a close. What a year it has been, thankfully we South Australians, have made it through without too much turmoil.

Just when we thought it was all over **another virus has arrived**

Smiling is infectious
You catch it like the flu.
When someone smiled at me today
I started smiling too.
I passed around the corner
and someone saw my grin.
When he smiled I realised
I'd passed it on to him.
I thought about that smile
then realised it's worth.
A single smile just like mine
could travel around the Earth.
So if you feel a smile begin,
don't leave it undetected.
Let's start an epidemic quick
and get the world infected!

Warm wishes to you and your family for the coming festive season. May it be happy and healthy.

Keep spreading this new virus! I'm looking forward to seeing you in the bright and bubbly 2021.

Yours in WAB friendship
Narelle Scott

State President

CENTRAL REGION

Cunliffe:

Members met at a sidewalk café at Alford for coffee, where we heard Karimi tell us of her journey from Kenya to Alford, South Australia. Coming to Australia with 3 children, Karimi is a qualified chef. She worked in large hotels and safari lodge in her home country, then took the opportunity to migrate to Australia under a government sponsored program. Initially working in large hotels in Adelaide, she then moved to Wallaroo and worked as a head chef at the Alehouse. When her husband encouraged her to do something for herself, she opened her sidewalk café in Alford where they live. This is now a thriving business; customers include locals, farmers, tourists and anyone else who happens to travel through the tiny town of Alford. Congratulations Karimi a job well done.

Meeting held at Noelene's Book Café, Wallaroo, where members enjoyed pre-meeting coffee. Our guest speaker was Mr. Brian Harris of Wallaroo. Brian demonstrated diamond dot work. This has become a time consuming hobby. Thousands of tiny beads had to be painstakingly stuck to canvas to make some superb artwork. Brian explained that, as a young boy, living with German grandparents he first became interested in handcraft, starting with tomboy stitch. Brian brought along several framed works for us to admire.



L-R Rose Donaldson, President Rosalie Pearce, Guest Speaker Brian Harris

Rosedale/Sandy Creek:

Due to Covid-19, our guest speaker was not able to attend but Jan Gregson very kindly came to the rescue with an interesting talk about her time, 25 years ago, working with disadvantaged children. It was challenging work but Jan always had a very good understanding with the boys and never found it stressful and certainly not a chore. This organization closed but later after moving to Alice Springs to run a Motel she was offered a position with Anglicare to manage a Safe House for children at risk. She remembers that time as full of laughter and lots of love and remembers all the children and often thinks of them and where they are now.

Our October speaker was Debra Veltman, the owner of the Gawler Flower Gallery which is situated in the old Post Office building in the main street of Gawler. It is a beautiful shop with gorgeous floral displays and a wonderful array of gifts, cards etc. Debra brought many containers of flowers and other items necessary for each person to make their own flower arrangement - cardboard boxes, oasis, cellophane, ribbon and most importantly, all the flowers. There were loads of greenery, stocks, irises, ranunculus and gerlton wax. She helped each one of us arrange our display with tips such as height, colour etc and we all had fun trying

to make our arrangements look reasonably presentable. Debra explained that she tries to source as much local produce as possible and has several local growers but at times it can be difficult and she has had to be very inventive such as making chocolate bouquets when some flowers are unprocurable. It was a most enjoyable, fun afternoon and of course we all got to take our creations home.



Rosedale/Sandy Creek members creating their flower displays.

EYRE PENINSULA REGION

Charlton:

November being National Agriculture Month, Charlton WAB invited Karen Hollamby to speak at our recent meeting. Karen is the Regional Coordinator for Eyre and Western SA with the Dept for Primary Industries. Her territory extends across Eyre Peninsula to Mudamuckla in the far west of SA. Not surprising she spends a lot of time in her mobile office (her car), though based in Port Lincoln.

Karen presented a broad overview of agricultural industries and their worth. A significant industry for EP is farming, particularly cereal and livestock, with wheat being the most produced crop in terms of tonnage, followed by barley, then canola. A near average crop of 7.9 million tonnes (farm-gate value \$2.2 billion) is estimated statewide this season, with EP expected to produce approximately 32% of this tonnage. Although the outlook for much of EP is positive for this season, Eastern EP has faced challenges due to dry conditions, frost and heavy winds.

The domesticated livestock industry (beef cattle, sheep, pigs, chickens & goats) contribute almost \$4 billion to our economy.

The seafood industry, enjoying a world class reputation, is another significant industry with a vast majority of product coming out of EP. This is largely influenced by the extensive coastline we enjoy, being around 2,475 kms, nearly half of the entire SA coastline. The seafood sector is divided into aquaculture and wild catch fisheries.



On behalf of all present at the well attended meeting, Lee Russell thanked Karen for her informative address. Members are looking forward to a Christmas Progressive Dinner in December.

On-Line Branch:

It was decided that the **September** meeting would be a Zoom Meeting and the topic would be "Back to Basics". Roz suggested our discussion ideas could include the following Basics: Cooking, Gardening, DIY jobs you have completed, Computer Courses and De-cluttering. Roz, Sally G, Narelle and Nadine attended the meeting and Roz shared details of her educational "baby sitting" activity with her 3 school age grandchildren who are 10, 9 and 7. They had to *"plan a meal to help cook for their parents, prepare a shopping list, go shopping, cook, set the table and help serve and wait on the table. The afternoon activity was to catch the bus into the city and visit the museum and zoo. They had to find out where to catch the bus, ascertain its number and read the timetable"*.

Members who could not attend the Zoom meeting made their contributions as per normal online. Sandra shared a recipe for Hand Scrub that she made during the previous lockdown period and Janet was keen to hear of any new ideas or skills which might have been discovered. Anne shared with us her recent journey through surgery for repair of a previous hernia problem (the use of "mesh" was mentioned!) and she was also diagnosed with diabetes. To help with this Anne has been using recipes recommended by Dr Michael Mosley who's various TV programs many of us have probably seen. Limiting one's daily intake to around 800 calories can achieve amazing results and Anne was obviously pleased to have lost 15kg since early July. Mary shared her experience of buying a new wall oven, having to wait for over 10 weeks to have it finally delivered and installed, and re-discovering the long-forgotten positive attributes of her 12 year-old microwave oven.

Our **October** topic, the International Day of the Girl Child, was celebrated on 11 October with the theme for 2020 being "My voice, our equal future". This day highlights and addresses the empowerment and the needs and challenges that girls face including the fulfillment of their rights. There was a phenomenal response to the topic. Sally G mentioned an excerpt from the WHO website which says: "No decision for girls should be made without them". Jenny made the point that this complex topic was discussed at the very first ACWW Conference she attended in 1988 - only 32 years ago! Yes, change is happening but it is a VERY slow process for many girls in many countries. Janet mentioned improvements in contraception and better opportunities for girls both in school and in the workplace. Sally P listed the many benefits and choices enjoyed by girls in Australia with education, medical facilities, employment, and freedom to make decisions and, most importantly, not being the possession of a male person! Adair recommended a Turkish movie called "Mustang" which was on SBS and is about the suppression of girls. Roz mentioned areas of concern today including the ease with which porn sites on the internet can be found by both young girls and boys and the sexualisation of young girls by the clothing industry. Joyce also felt concern about girls playing football even though her niece plays the game and loves it and another serious concern is bullying and the associated violence which is inexcusable especially between girls.

Jane introduced the topic of Female Genital Mutilation and expressed her sadness that young girls are still subjected to this horrible custom. We also remembered Dr Catherine Hamlin, an Australian obstetrician and gynecologist, who helped many poor young women suffering childbirth injuries by providing free fistula repair surgery at the Addis Ababa Fistula Hospital.

Barb mentioned another ghastly practice taking place in Africa and particularly in Cameroon, that of "breast ironing" where heated objects are applied by a female relative or "midwife" to delay breast development in pre-pubescent girls. The reasons cited (misguided but possibly understandable) include making the child less ready for sex (in the eyes of men) and less likely to become pregnant, more likely to remain at school, and stopping the spread of AIDS. Barb also mentioned the continuing lack of education of girls in poorer countries, again mostly in Africa, and mentioned Julia Gillard's chairing of the Global Partnership for Education - a fundraiser in the developed world to support education in 70 poorer countries.

Sandra mentioned another unusual "practice" (and this would have been happening in the early part of last century) whereby young women in the Barossa Valley had their teeth extracted and replaced by false teeth before being married so that their new husbands would not be burdened with expenses for dental treatment. This had happened to Sandra's own mother and had resulted in a lifetime of discomfort. Some things have definitely changed for the better.

MALLEE REGION:

Coonalpyn:

Members visited Ideal-view Goat Dairy, owned by John and Bec Falkenhagen at Meningie where they run a herd of 500 milking goats. Buying a run-down cow dairy, they rebuilt/redesigned/relocated infrastructure to suit their needs. The goats are mated in batches every 8 weeks to ensure a constant milk supply to the 2 factories they supply.

Goat meat is called Chevron. Many people who are allergic to cow's milk drink goats' milk as this is digested in around half an hour, compared with 2 hours for cow's milk. The goats are milked twice in 24 hours, 12 hours apart for optimum milk production.

An average of 1300 bales of silage are cut and wrapped each year and John is looking into ways of recycling the plastic wrappers. Two marrema dogs are kept to protect kidding goats from foxes.

Paringa:

Our August guest speaker was Phil Lockyer, born in Western Australia he lived on a pastoral property, Marlborough Station near Meekatharra, which his Father managed. Educated by governesses and then boarding school in Perth, and trained as an auctioneer working for Elders Goldsborough Mort. He convinced his boss to buy a plane to service his customers more efficiently. Resigned in 1970 and sold insurance. Became Mayor of Port Hedland served for 7 years, elected to State Parliament for 25 years serving in Sir Charles Court's Government. Loved the experience and meeting and assisting people when he could, using his love of flying to oversee his vast electorate 7/8th of WA. Left politics and on a holiday to Renmark bought a house, and is now involved in the Renmark community.

Attending the Paringa meeting:

Sally Black and Jenny Curtis joined from Paringa. Lorraine Pinyon and Marg Duggin joined from Renmark.



In September we went over the river via Lyrup Ferry to the first garden of Sindy Lloyd and Joe Romeo - quirky, with lots of sculptures, wired in stone features, galvanized iron roofs, pigs, sheep, cattle, spectacular Wedge Tail Eagle with nest including eggs. A lovely use of annuals, pots on painted chairs, tea cups and garden seats with colourful cushions set the atmosphere. They are a good team, she is the ideas and he puts them into practice. They are planning to open their garden for the Rose Festival. Off to Pine River Wine Centre for morning tea. Lovely rustic centre makes the most of the views over Pike and Murray Rivers. Displays of wine and a great use of locally acquired materials such as wood, stone, and metal were used for interior décor. Westbrook's Garden Loxton hosted beautiful mature trees, offering lovely shady spots along with kangaroo paws, and a wall of memory featuring various tin paneling for walls, taken from house renovations. The large imposing house had views of the river and a terraced garden at the front with prolific flowering, mainly purple coloured plants.

We visited the Loxton Hotel for lunch after tour of massive innovative renovations including dip tins as light shades but inverted. It also featured a Nissan hut as inspiration for ceiling. A tour of Loxton Sport Complex costs \$13.2 million. Huge netball/basket ball courts, change rooms, a canteen and a large mezzanine floor suitable for catering in process of tender.

It was just a great day out, our thanks to Jocie for organizing it all.

Paringa members enjoyed their day out.



The President Jocie Cooper introduced our August guest speaker Bruno Stolze who was born in Germany in May 1939. His Father was drafted into the Army and Bruno was 11 years old before he was reunited with his Father in 1950. Hamburg was his home city which was bombed with 43,000 killed. After filling out many forms Bruno immigrated to Australia. After work at the steel works in Wollongong, the Snowy Mountain Scheme and fruit picking in Wentworth he bought a car intending to go to Western Australia. It was impounded when he reached Renmark and he spent 3 days in jail and paid a fine of 20 pounds to register it. He found employment building the embankment bridges of Baulderstone contractors. In 1963 Bruno headed to Tully to cut sugar cane. After meeting Joe Bredl, they developed a friendship in the pursuit of dangerous and rare reptiles. He has survived bites from some of the world's deadliest snakes. Going back to Germany to visit family in 1965 came back with his new wife Rita. He was naturalized in 1966. He showed a small salt water crocodile, a fresh water crocodile and skull plus an ugly cane toad.



Left to right: Claire James, Jocie Cooper, Guest Speaker Bruno Stolze and Di Scheiner.

Samantha Harkins, Community Services Coordinator from Resthaven was our Guest Speaker. She spoke in regard to the Aged Care Packages on offer through the Government's desire for people to stay safely in their homes as long as possible. She outlined what services available with four levels of care and the co contribution one needs to pay depending on your financial position.



L to R: Heather Everingham, Elaine Leedham, guest speaker Samantha Harkins and Ruth Christie

Samantha suggested as there was a waiting list of some 18 months to register as soon as possible. She handed out folders outlining all that she spoke about. Questions followed and she was perfectly happy to answer them all.

Yurgo:

We visited the garden of our member Audrey Kubacak. She has a magnificent garden she has designed over the years, with large trees, with understory of dozens of plants, also a huge shade-house with every plant and fern and statues available. Audrey is one of our senior members and needs a little help from family and friends nowadays.



Meet a new member for Yurgo

Gwenda White (Oxenham)

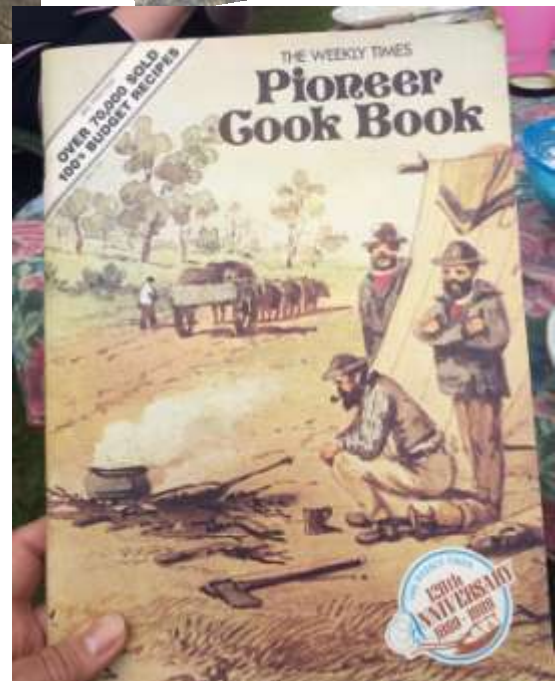
I was born and grew up in Brompton, one of seven children. My dad owned the general store in Coglin Street. I married in 1963 and built a house at Parafield Gardens where I had three daughters. We had our own Furniture Manufacturing Business at Dry Creek for 30 years. My husband and I competed in many car races including Mobil One in 1995. We shifted to Golden Grove in 1990. Our girls all married and I now have five grandchildren and seven great grandchildren. My husband passed away in 2009 and I remained in my house for nine years before selling up and moving to a property near Karoonda where I am still living. I have joined several clubs. I became a member of WAB Yurgo Branch upon moving to Karoonda and became Vice President at our last AGM. I wanted to meet new people and get involved with the community.



LIMESTONE REGION

Kalangadoo: In October we discussed a new concept put to us by Narelle. We all liked the idea of mentoring a younger group, based in Mt Gambier, along the lines of She Sheds/Women's Sheds and planned to meet up with Cindy Cross for our next excursion. We then adjourned to Debbie Guenther's garden, where, with the help of her son, Alex, a campfire was burning with many hot coals. Debbie made a large damper from whole meal flour and sultanas. It was put into a camp oven and smothered top and bottom with hot coals. It would have taken 20 mins to bake, but we chatted too long, so we lifted the lid after 30mins to see a layer of burnt damper on top. However, all was not lost. We cut off the top layer and enjoyed a perfectly cooked moist damper with real butter and had it with billy tea. Lastly, we all made dampers on sticks, filled with butter and apricot jam. Mmmmm.....

Reading from Elaine's book, Pioneer Cook Book by the Weekly Times (Australian), we had many exclamations and laughs at recipes using the whole head of a sheep, brains of animals, tripe.... some seemed quite delectable but others were not to the modern taste at all.



WAB was warmly welcomed by Cindy Cross with afternoon tea including a delicious carrot cake fresh out of the oven and perfectly iced with frosting, as it was a photographed specimen for her on-line courses. Cindy related her journey in business; firstly at Apsley growing produce which evolved into an in situ restaurant, a move to Mt Gambier and now to conducting courses in cooking and art on her premises and on-line. Her business is called Post and Rail to reflect her wonderful garden surrounded by a post and rail fence. We were shown around Cindy's garden and given many gardening hints and ideas.

We shared with Cindy the many aspects of WAB, including ACWW, and asked her if she was interested in helping to set up a WABette group. However, at this point in time, Cindy would like to attend our meetings at Kalangadoo before taking the next step. We then shared our own stories with Cindy which was enlightening to us all.

Kalangadoo members with Cindy Cross in her garden showing off the post and rail fence.



Lochaber:

WAB invited Padthaway branch to join us on a visit to the Naracoorte Caves. As a way of raising funds for the 'Women Walk the World' fundraiser for ACWW, we followed the 'Rooftop Walk'. The path has many information boards displaying interesting facts about the history of the Caves, the fauna and flora of the Cave precinct etc. There are also some viewing decks looking at Blanche Cave from above. After the Walk, the Branches enjoyed a delicious lunch in the Caves Cafe as well as participating in the Roll Call 'A fact about a tree, shrub or flower'.

Lynette Williams, Lyn Bellman and Sue Angel in the foreground viewing Blanche Cave



In November we visited HUMBLE HOUSE at Cannawigara where Rachel Neumann and her partner Wade make preserves from their extensive garden. They sell online and also to local businesses. The Naracoorte Caves Cafe uses their entire list of products in their menu. Wade also makes garden implements. We were served with a delicious morning tea of rhubarb or pistachio and raspberry cake and coffee as good as any cafe! We were able to have a self guided tour of their garden, which has many roses as well as well as diverse vegetables and fruit trees.

After that, a visit to Good Country Hemp, where owner Mick Anderson is articulate and passionate about his Hemp Seed Business, was paid. He supplies the seed and agronomist to local farmers who grow it for him under centre pivots.

Mick then buys back the seed and processes it into Hemp Oil and Hulled Hemp seed. The oil is high in Omegas 3, 6 and 9 and high in protein. The oil strengthens the immune system, helps with arthritis and is packed with goodness. The seed can be sprinkled on yogurt, cereals, salad, vegetables, and shakes...



Rachel Neumann, from Humble House with a small selection of her preserves on display.

Some of our members enjoying Rachel's garden





Lynette Williams Lochaber President represented WAB in the Local Identity Chocolate Cake Challenge by invitation at the 2020 Naracoorte Showcase. There were eight entrants with some making a cake for the first time.

With people unable to go to Naracoorte show this year due to COVID the show committee wanted to put something on for the community and took the spirit of the show to the people. There were over 200 entries presented across cookery, art, handicraft, photography, roses and a junior section displayed in local business windows.

Padthaway: Members were pleased to join fellow WABs from the Lochaber branch on a Women Walk the World event for ACWW. Members enjoyed a leisurely stroll around the Roof Top Loop Walk on a cool but dry morning. The walk provides universal access and is suitable for all ages and for those not wishing to go into a cave. There are numerous interpretive signs en route above the Alexandra, Blanche and Bat Caves. \$166 was raised for ACWW with Padthaway branch adding an extra \$19 to the total from a recent trading table. After the walk the whole group enjoyed lunch at the Caves Café and then split into branches for the monthly meetings. Padthaway branch voted to continue to annually fund a \$50 prize for the Padthaway Primary School for a student all-rounder of merit which is presented at the end of the year.

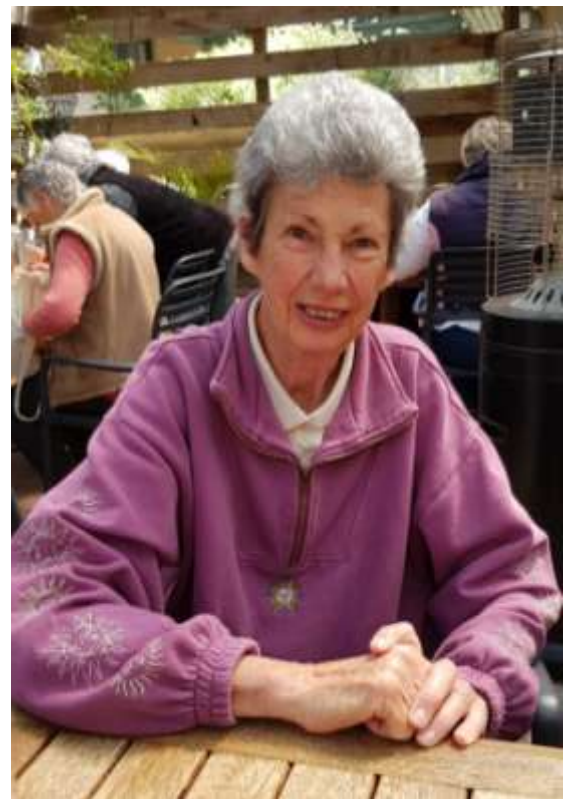


Beth Ortlepp, Lyn Bellman, Chris Thornton, Jan Boord, Rosemary Miller, Meredith Burge, Jennie Alexander at Naracoorte Caves for their ACWW Women Walk the World event when Padthaway combined with Lochaber members.

Padthaway Member Gini Gale has been in hospital after an operation – we wish her well for her recovery. WAB Management and members.

Meryl Greiveson – a new member of Padthaway Branch

Meryl and her husband Don moved to Naracoorte from Strathalbyn in January and live just two doors away from Padthaway branch president Beth Gale. Meryl had always assumed WAB was only about agriculture and while having lived on several small rural properties, didn't think she qualified as a farmer! She has however, raised 80 calves, been involved with hay making, pasture improvement and her daughters' horses! Meryl has joined WAB to meet other women in her new community and is enjoying branch activities. She is a keen gardener and knits for charity.



Padthaway WAB members visit Robe. A diverse range of businesses were the feature of a recent bus trip to Robe for members of Padthaway WAB. Eleven members and friends began the day with a coffee stop and were soon learning about the recycling business of Transmutation. Plastic bread tags are heated and compressed and begin a new life as useful bowls, cutting boards and door knobs. Members were able to have a preview of the new bowls and boards which the company has made for Country Road – they are white, with flecks of colour and a new shape. Owners Narelle and Brad Scott were on hand to speak to the group. Jacqui Bateman's photography studio was the next visit with Jacqui describing her work in rural and family photography. A highlight was the photo titled "The Naked Gun" – a nude shearer which has won state, national and international awards. Jacqui explained she had used the photo to counter an animal rights group campaign which claimed shearing sheep was cruelty.

After a seafood lunch and meeting, Rebecca Starling of Starling Flowers hosted the group at her florist shop. Rebecca grows cut flowers at Mt Benson and she had lots of tips for hardy plants to choose, water wise methods and promoting plant health. Rebecca runs workshops both at her shop and at other venues in the Limestone Coast and Adelaide Hills.

Ruffell Jewelers' Lisa and Martin Ruffell provided a very interesting and tempting segment. Martin showed WAB members some manufacturing techniques and possibilities while Lisa presented a selection of sea glass jewelry which is made on site. This, along with Robe Obelisk charms in silver and gold and Robetown Chocolate are all items



unique to Robe. Wine tastings at Wangolina at Mt Benson and some purchases of wine, chocolate and jams completed the trip.

Wirrega:

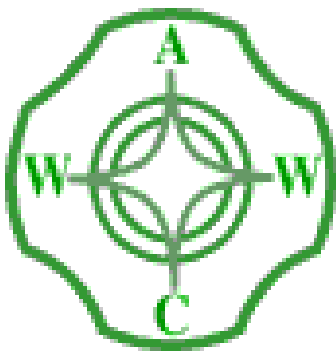
In September the Branch heard the current Bordertown Community Health Foundation President Des Murray speak on how hospital funds have been raised by sponsorship for a group of bike riders, cycling from Murray to Moyne in Victoria. This money was placed in a foundation and accumulated for Hospital spending apart from Government Funding. The Community Health Foundation presides over the spending of the Hospital's wish list. This is a most innovative Foundation which will auger well into the future.

On October 15th Wirrega Branch celebrated International Rural Women's Day with a young Dentist Vyla Ellis who spoke of her passion as a Dentist who wanted to return to the country to set up business. Vyla has built a new Dental premises at Keith and purchased the Bordertown practice as well. A worthy young girl to be the guest speaker on this auspicious occasion.

ACWW

Recently **Lochaber and Padthaway WAB** branches combined a visit to Naracoorte Caves for a Roof Top Walk raising \$200 for ACWW Women Walk the World. Thank you to those two Branches for their generosity to ACWW.

I am hoping that more Branches would include a day for Women Walk the World when planning programs.



ACWW sell used stamps to raise funds. The used stamps may be sent to Gail Commens at **289 COMMENS LANE JUNEE 2663** or to Jan Boord **Box 286 NARACOORTE 5271**. Don't soak the stamps, just cut off the envelope with a small border. Gail has a contact who sells the stamps for ACWW.

ACWW Memberships are due 1st January, I have sent forms to Branches and members. Individual membership is \$52 and for branches is \$70. Please consider joining this worthwhile organisation.



Thank you for your support during this very different year...
Wishing you all a blessed and healthy Christmas with family and friends

Jan Boord
WAB International Officer

Today is a gift. Don't waste it regretting the past or dreading the future.

WAB is fortunate to have a new sponsor who will provide insurance cover for our Members

“At Honan we pride ourselves on being with our clients all the way and we are here to help in any way we can. We are a family owned business operating across Australia and South East Asia for over 55 years. We have a community focus and the Women in Agriculture and Business of South Australia, an organization which we feel adds a huge amount of value to the community and one which we are happy to assist with covering the cost of the volunteer workers policy for the group.”

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Our sponsor for many years.....



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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 2021 – Deadline for articles is 20th March 2021