



State President's Message

Hello everyone

How the year is flying, we are more than half way through and WAB State Gathering is nearly here. I am so looking forward to catching up with members from the other side of the State.

Most Branches have held their AGM and planning meetings. I'm sure there will be many exciting and varied items and activities on your programs. Branch Secretaries please download the Program template from the WAB Website (under Resources), complete the details and send to your Regional Coordinator so it can be uploaded to the website. This is a tool that could assist with member recruitment as it is public information.



I also look forward to receiving your Branch Information Form which shows the ongoing Branch Executives plus the member numbers of your Branch.

I do hope that we have seen the last Covid lockdown and that the medical has the State under control so we don't have to see any more.

Take care everyone, see you in the South East.

Yours in WAB
Narelle Scott
State President

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Branches have held their Annual General Meeting – our best wishes to all Office holders for the coming WAB year

Mallee Region



Coonalpyn: Our branch is planning to get a reprint done of the recipe book we had printed for our 80th birthday as there have been quite a few people asking for copies.

We have started knitting dishcloths/face cloths using knitting cotton.

This is under the theme of Reuse, Recycle, instead of using disposable dishcloths. If members do not want the cloths when they have finished knitting them, they can be donated to PNG as flannels to be included in Birthing Kits.

We donated \$50 to Coins for Friendship and \$250 to this year's project, Guide Dogs.

Paringa: Clint Lewan, Chairperson of Renmark Paringa Network was guest speaker and he told us of the successes of this group since its inauguration in 2019. The five strategic plans agreed upon have been carried out. Their aim is to promote small businesses in the area. They have 123 members and a Committee comprising locals of varying ages.

They plan to advertise the region to local areas in South Australia, such as Mount Gambier area. They have used the \$70,000 they received from the Renmark Paringa Council on setting up a website and employ a Marketing Officer, plus funding a local shop promotion which injected \$100,000 into the local district. They have also set up a shop where new businesses at minimal cost, can 'test the waters' as to whether their business will be a goer on not.

Clint was asked many questions in regard to Driverless bus, concerns about emphasis on Tourism at the expense of ageing locals' interests and concerns regarding the crossing of the street to the loos from the new tourist playground and proposed development of the river frontage

June meeting was "Show and Tell" with many interesting stories, photographs and artifacts shown.

Yurgo:

LIMESTONE REGION



Kalangadoo's: WAB AGM was short and decisive with all current position holders being returned as last year. Although we are only small in numbers, Kalangadoo WAB had a very full program enjoyed not only by members but others from the community. While enjoying a delicious afternoon tea in the comfort of Debbie's warm home, we had a think tank session for the program for 21-22 and also in relation to the celebration of Kalangadoo WAB's centenary in August, 2023. It was decided to form a list of all members, beginning with the first meeting in 1923. We will then attempt to locate the families of all the members to attend the celebration. This research is to be started sooner than later, as it will take some time to collect the information and contact details. Sandra will also update the history brochure put out for the 90th celebration.

We had been asked by Yvonne Correll, who was collating information about awards for WAB members, about the joining dates of 5 past members.

We researched the old minute and attendance books and found that 2 of them were inaugural members, joining in August 1923. We are even more determined to form a list of past members and find relatives of them to join our centenary celebrations in 2023.



Members Elaine Sleep, Debbie Guenther, and Sandra Young celebrated their 98yr birthday with a cake, fun hats and party games. It was most enjoyable.

Lochaber: Roll call for the meeting following the AGM was a fact about Benin and Lesotho (countries of study for the past year). We learnt that Benin is a French speaking West African country and birthplace of the voodoo religion. Benin is a large exporter of cotton and Palm oil.

Lesotho is encircled by South Africa, its capital is Maseru and the official languages are Sesotho and English. Natural resources include agriculture and grazing land and diamonds. Members contributed a dish inspired by African cuisine for lunch.

Sunrise Christian School was the WAB Lochaber Branch's first destination for their July tour. Kate Gale who teaches home economics, art, textiles and gardening at the school showed us around the buildings and gardens. The School has 140 students from primary to year 9 and next year hopes to advance to yr 10. We visited the science and art rooms, and library which contained music rooms, chapel and offices. Here on Friday mornings Sunrise hosts story time and craft for 0-4 yr olds in this newest building which is about 3 yrs old. Also a well equipped kitchen which doubles as the canteen run by parents once a fortnight. This facility is part of the Stephanie Alexander Kitchen and Garden Foundation. It aims to teach pleasurable food education for Australian children with positive food habits through fun and hands on learning (kitchen garden foundation website). Kate bases recipes for home economics on what is in season in their garden. In the garden we learned about the wicking beds that grow herbs and seedlings that are sold locally and at a garden sale at the end of term. There were also composting, worm farms, orchard, glasshouse and chicken coop. Stop 2 on our tour was the Naracoorte Holiday Park where we wandered around and saw some great facilities perfect for travelling families.

In the afternoon we were hosted by Alan Hall at the South Australian Volunteers Fire Fighters Museum located at Kingston Avenue. Here the history and equipment of the Volunteer Fire Service is displayed. Equipment has been donated by families, the CFS and other museums to showcase fire trucks from as early as 1942. Included are trucks from Waikerie, Tea Tree Gully, Binnum, Whyalla and Coonalpyn. Visitors can look at photo displays and it is the site of a memorial to commemorate fallen SA firefighters. This was a worthwhile and very interesting tour. Visits are by appointment only.

A special presentation was made to Louise Charlick for her membership of 30 years

Padthaway: following our AGM we continued the meeting with our country of study, Benin in West Africa, formally known as Dahomey. Our member Ursula Riggs brought some pictures and information and spoke about Benin. We all found it to be quite interesting.

Members shared a luncheon of Benin dishes starting with dip and then some main course dishes including bobotie, chicken wings in peanut sauce, and Benin style beef stew. We then shared dessert with dishes consisting of banana cake, African chocolate pudding and birthday cake for Beth Gale's 70th. All the dishes generated a lot of interesting conversation and an enjoyable way to learn about our country of study.

In the middle of winter on a beautiful sunny morning we were joined by Andrew Hutchinson who gave us a half an hour talk on pruning roses and fruit trees. Andrew gave us some very important information about pruning;

- You need a good pair of secateurs. Keep away from the really cheap ones. If you cannot afford the expensive ones there are good ones in the middle of the range.
- You must keep the blades sharp.
- When moving from different varieties of trees, bushes, or different areas of the plant, disinfect your secateurs to prevent any diseases spreading.
- He explained the differences between trees and their growths, i.e. how a cherry tree bud is different from an apricot tree bud and therefore need to be pruned differently.
- How important it is to set up a good structure of the tree by getting sunlight in the centre. Getting rid of old wood and preventing mould on the outside of trees.
- Demonstrating pruning roses how we do not cut them back enough. Also getting rid of old or spindly branches and leaving mainly 3 good strong sticks and removing most but always leaving 2 or 3 good buds for next year.
- You can be quite hard on the trees or plants by using a hedge trimmer to cut the bulk and then the secateurs or a little hand saw to help tidy.
- Questions were asked about sprays on curly leaf, deficiencies & nutrients which Andrew was happy to advise and suggest when to do this and what to use.

Andrew then took us into the garden where he demonstrated pruning standing and bush roses, then the orchard where he demonstrated pruning apricot, cherry, and apple trees, explaining the differences in fruit trees as well as lightly touching on figs and citrus.

Padthaway members and friends watch as Andrew Hutchinson *demonstrates how to prune roses.*



Wirrega: In May the branch spent an interesting evening at the Tatiara Work Centre in Bordertown, where we heard about the produce made and sold by local women and men. The Tatiara Work Centre is an outlet for people's arts, crafts, cooking, flowers, jams and preserves. The Work Centre is flourishing and moved to bigger premises in the main street.

A luncheon in June was held at a local hotel for the AGM.

CENTRAL REGION



Cunliffe: welcomed guest speaker Margie Gaisford who spoke about her life, originally in Zimbabwe. Margie has had life experiences nightmares are made of. Learning to shoot to kill from an early age became way of life. Evicted from her home with no time to pack and denied access to obtain even personal things. Eventually leaving the country with only 2 suitcases of personal belongings, Margie, husband Steve and son Peter made their way to England, then Australia. With her impressive knowledge of bees Margie found sponsorship at Ardrossan, Steve followed and after completing University Peter came for a holiday and stayed.

Rose Donaldson on left, with Guest Speaker Margie Gaisford



We are trying to be positive and plan our General Interest Programme for the Yorke Peninsula field Days to be held 28th, 29th and 30th September 2021. COVID19 has seen some gigantic changes to health and safety regulations. We plan to include cooking on Tuesday, Fashion parades on Wednesday and Thursday to involve children's interests. Cunliffe WAB Branch has arranged the General Interest Programme for many years but this time is the most challenging.

THE ON-LINE BRANCH
DO NOT HAVE A MOTIF
FOR THEIR BRANCH AS
IT WAS FORMED AFTER
THE BANNER WAS
MADE FOR WAB's 80th
BIRTHDAY

EYRE PENINSULA REGION



Charlton: Kris Bunder owner of popular Pt Lincoln restaurant Del Giornos shared his background, career path as a chef and the challenges and changes in running a restaurant especially in COVID times. Early 'COVID' months were hard, but with the introduction of a Take-Away menu they were able to retain core staff and survive to complete the best year ever at end of June.

'Fashion' in plates have gone from stack food high, spread it wide, decorate with flowers, to food arranged on only half the plate!

Abundant local seafood enables a broad menu. Obtaining and retaining staff is now a challenge.

Charlton members Lyn Siviour, Sylvia Modra and Chris Phyllis with guest Kris Bunder



Charlton WAB President Liz Mickan presented a 40 year membership award to Glenys Calderwood

At the June meeting members participated with their research of BENIN, Central West Africa, and LESOTHO, Southern Africa.

Membership Awards were presented to Helen Mitchell – 20 Years
Yvonne Warner – 5 years
Jeanette Pearce – 5 years.

Yvonne Low read information from Marie Loller relating life as a Puppy Raiser for Guide Dogs. She has her 6th Pup now. The Raffle was drawn and \$683.00 was raised for Guide Dogs SA/NT.

We say farewell to Ronda Lorimer.....

It is with sadness that WAB members, particularly on Eyre Peninsula, were told of the death of Ronda Lorimer. Ronda joined Maltee branch (that was near Ceduna) in 1969 and was awarded her Life membership in 1989. Over many years Ronda was a member of Nelshaby, later joining Pinkawillinie Branch in November 1993 remaining a member of that Branch even after she and Charlie moved to Wilmington, returning for AGM and Christmas meetings. Ronda served on committees, was secretary treasurer from 2010 to 2015 and organised a number of Regional Meetings. Always attending State Conferences if possible, Ronda is remembered fondly by many as a regular attendee at WAB events.

On-Line: In June Jan suggested that we research Animal Cruelty. Areas of concern were Ocean Rubbish, Feral Cats, Live Animal Exporting, Trophy Shooting and Bears in captivity. Jan contributed some harrowing information on Dog Fighting and Cock Fighting, both of which are illegal in Australia. Animals are still bred specifically for these “blood sports” and it seems that society is unable to divert the necessary resources to successfully investigate them and arrest participants.

Adair reminded us that in 2011 the Federal Government banned the live export of cattle as a reaction to television footage shown on the ABC of Australian cattle being ill-treated in Indonesian abattoirs. The ban had an enormous effect on the live cattle industry in the north of Australia and Adair sent in an article from the Weekly Times detailing both improvements and the ongoing effects on the industry ten years on. Adair’s opinion is that the live export of animals from

Australia is not cruelty to animals in most cases but what happens to those animals once they arrive at their destination is a separate issue and she asks: “At what point does Australia’s responsibility end?”

Roz told us about being in South Africa in 2006 and becoming aware of Rhino poaching. Although it has been banned since 1977, there is a big demand for the horns in China and Vietnam, where people believe they are aphrodisiacs which make the horns extremely valuable. There were many measures put into place in the game parks to protect the rhinoceroses, but the poachers were persistent. It was suggested that eventually because they were so vulnerable, we might only see them in zoos.

Sally P believes that most farmers take a strong interest in the well-being of their animals. She has memories of very cold lambs being placed in front of the slow combustion stove (and even in the warming oven) until they were revived and returned to their mothers. There are now numbing substances and tools to reduce pain when tailing and dehorning and efforts are being developed to reduce or eliminate the need for mulesing. One thing Sally P found frustrating was the view of a group suggesting that mice caught during the current Eastern states’ mice plague should be released!!

Joyce said that if the topic had been ‘pampered pooches’ she would have been much more at home but on starting her research she found that during the Covid lockdowns online pet sales skyrocketed. Sadly, this trend for buying puppies and kittens via online ads has been followed by reports of sick animals, high veterinary fees, and ongoing medical and emotional costs. Many people are wondering what consumer protections they have, and what laws are in place to protect animals from “puppy farming”. In response to this issue, the Animal Law Institute (ALI) has established an Anti-Puppy Farm Legal Clinic to assist (Victorian) consumers with advice about their rights in relation to their sick pets. Jan mentioned the fact that “Anyone in New South Wales convicted of animal abuse will get a lifetime ban on owning or working with animals. NSW is the first State in Australia to introduce such laws” and thought that perhaps we could urge South Australia to do the same?

In July Mary suggested we share our thoughts on Work, Covid, and the Future. Jenny told us that when she was young (MANY years ago like in the 1950’s!!) her goal was to be a teacher. Then the polio epidemic struck, and Jenny was lucky in that she didn’t end up in an iron lung or a wheelchair or have to wear calipers like many of her school mates. So Jenny trained, spent 45 years teaching across all fields and didn’t regret one single moment. Over the years she became a Principal, an Adviser, a Special Ed teacher and Outreach Adviser, a TAFE lecturer in Early Childhood and found challenges in all aspects of her work and couldn’t understand sometimes why people she worked with weren’t as enthusiastic as she was!!

Sally G echoed Jenny’s sentiments starting her contribution with a quote from Mark Twain: “Find a job you enjoy doing, and you will never have to work a day in your life.” Sally then gave us an insight into her life on Mundoo Island and her enthusiasm is infectious. She loves her job and can’t wait to get to work each day. Every day is different – tractor or truck driving, mustering cattle and sheep, stockyard work, fencing, grubbing weeds and much more. Covid initially caused issues with abattoirs closing but alternative markets were explored. Sourcing ag. products from overseas has been difficult. The environmental work on their cattle and sheep station in the Coorong is particularly enjoyable and volunteer work takes up some of Sally’s time with involvement in South Australian historical societies and other groups. Their tourism business that Sally started in 1997 offers historic station tours, bird watching, photography, farm stay and Coorong camping but was closed completely due to Covid and will only re-open to tourists when Sally feels it safe to do so.

Jan left school and worked as a girl Friday for three men in a Life Insurance Company, married young, had two children and emigrated to South Australia in 1971. When Jan and family settled in St Agnes she started a career in retail where she stayed until she retired. She does think it is important to belong to a group, keep up to date with the news and discuss one’s feelings with family and friends. Commenting on Covid Jan feels that we’ve been very lucky and on a personal level living on the outskirts of a small town she has not been affected unduly and life has continued “as usual”.

Lee said that personally she feels we all need ‘something’, be it paid employment or things that just have to be done, for a purpose in life, a reason to get out of bed in the morning!! It helps to experience some satisfaction from a ‘job well done’. Volunteering has many benefits and Lee would not consider that to be ‘work’ but rather enjoyment, meeting or helping others, and learning something new.

Roz said she felt quite conflicted about those who were not able to go to work due to Covid lockdowns, and the businesses and workers suffering financially. She had heard a segment on the radio about the morality of lockdowns and the impact they are having socially, mentally and financially and, although not suggesting that lockdowns should not happen, there were many interesting points raised. Roz also believes that work has a lot of benefits other than financial and said that this is very evident for volunteers. She herself started as a Meals on Wheels volunteer last year and finds this to be a pleasant activity, having a short chat with the recipients and spending time with her co-driver.

Mary mentioned the big shift to ‘working from home’ which has become the norm during Covid and wondered what would happen to the empty office space if the bulk of workers did not “go back to work”. Could it be used as social housing? Over the years (since the Great Depression, in fact) there has often been talk of a shorter working week and Mary told us that Iceland had adopted this with great success recently and Spain was going to begin a 3 year trial. Another problem exacerbated by the Covid pandemic and lockdowns is the increasing gap between rich and poor with many more being driven into poverty. Rental property is scarce and housing increasingly priced out of reach for many young people. Is it time for a Universal Basic Income?

Talking about children and grandchildren and their jobs and future prospects Jan said that hers don’t seem to have had problems getting jobs, changing jobs, and keeping those jobs. Jenny knows her grandchildren are way ahead of her with today’s technology although she still reckons she can write and spell better than any of them - BUT she considers that their chances of finding a job with positive outcomes may be far more difficult. Sally G feels that her daughter’s choice of a career in Biomedical Engineering and/or Medical Science will offer her a positive future and Mundoo Island will be there for her son to continue to care for and develop. Lee has grandchildren getting towards ‘working’ age – mostly university and ultimately the hope of employment but the general belief is that there is paid work around if one is able and willing to put in the effort. Roz was not sure that she could even imagine jobs of the future for her grandchildren.

ACWW REPORT



ACWW projects are a crucial contribution to safe, sustainable progressive future for women and communities World Wide. Projects high on the agenda of ACWW are working with rural women in Education, capacity building, nutrition and good health and wellbeing, sustainable agriculture, training and development, income generation and livelihood, sustainable water, sanitation, and maternal and reproductive health.

I am grateful for the Branches who have sent CFF funds to add to much needed monies.

Members please keep saving your used stamps and send them to me. I forward them to Gail Commens who has a contact selling them to raise much needed funds.

It’s disappointing that Head Office do not print the “Country Women” Magazine in hard copy. It can be read on line but I feel so many of our members miss out on all the ACWW information. I hope we will see a printed magazine in the post soon.

I hope to see some of our WAB members in Naracoorte for the Gathering in August.

Jannette Boord
International Officer for WAB

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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 ndhrrussell@bigpond.com when emailing to your Coordinator.

NEXT EDITION OF THE WAB NEWS WILL BE DUE OUT IN SEPTEMBER 2021 – Deadline for articles is 20TH SEPTEMBER 2021