



WOMEN IN AGRICULTURE AND BUSINESS

NEWSLETTER NUMBER 239 September 2021

State President's Message

The Annual Gathering/Conference and AGM seem a distant memory now, but I wish to thank all members, families and friends who attended, making it the resounding success that it was. Some of you travelled great distances, for which I am very grateful. Enjoy the pics below.



Above: Catching up with old and new friends, Friday night at The Avenue Inn, Naracoorte

Below: Saturday night formal dinner at Gather on Gordon, Naracoorte

Guest presenter: Alex Thomas #PlantASeedForSafety



2021 Annual General Meeting, Rymill Hall, Penola (including Zoom attendees)



I also would like to thank you for showing confidence in me leading WAB for the next two years. It's not going to be easy with all of the challenges confronting us in today's State, National and World events. We will get through it, with smiles on our faces, yes!

The AGM only saw minor changes to the Management Committee and Portfolio Holders. We were very sad to say goodbye to Sally Packer, in her role as Regional Co-ordinator, Eyre Peninsula/Online. Sally says she is too old to continue in that role, which I disagree with! Sally, you will be missed on our monthly Zoom meetings. A big welcome to Sandra Wischki, of Charlton Branch who is stepping into that Regional Co-ordinator's role. Sandra has skills and experience to capably fill the position. And a big thanks also to all of the Portfolio Holders who are continuing on in their roles. You make my job a lot easier.

Calling for Expression of Interest – are you interested in learning how to maintain a website?

Training will be provided under the guidance of current Website Manager, Jane Smith. Please send an email to wabinsa@gmail.com if you wish to express interest.

Have you watched the videos on the State Gathering/Conference that were produced and uploaded to WAB's You Tube Channel? Please take a look – click on the following links (you may need to copy and paste the link in Google)

2021 State Gathering highlights	https://youtu.be/i6WHgv5Gh-E
2021 Guide Dogs SA/NT Donation Presentation	https://youtu.be/wPTgKpoVGBk
2021 Promotions Officer's presentation and AGM	https://youtu.be/ITVR2t5ghHE

2022 State Conference will be held in a more central location in the State. Forward any suggestions to me at wabinsa@gmail.com for consideration. The area around Goolwa has been suggested and is being investigated ... so watch this space for more details.

The Open Forum items tabled at the 2021 AGM were addressed at the September Management Team meeting. These were the lack of local content in regional newspapers and the lack of general practitioners and other facilities in rural areas. Background information will be further researched in readiness of a written submission to the relevant authorities/bodies. I will keep you updated on the progress of these issues.

Christmas is looming and plans for your end of year celebrations would be well underway. I "may" share a photo of me (later on) in my Emu costume as part of my branch's entertainment at their Christmas luncheon 😊

What a wonderful year we've had in WAB, your contribution is sincerely appreciated.

Kind regards, Narelle

Women in Agriculture and Business State Gathering

Thank you to Heather Everingham of Paringa Branch who wrote this review of the Gathering for the Renmark paper.

Paringa Members of Women in Agriculture and Business travelled to the Limestone Coast for a State Gathering weekend on 7, 8 August where they were joined by members from Port Lincoln, Cunliffe, Adelaide Hills, Mundoo Island and south-east towns. The program was a full one and a large bus took the group to many venues of interest over the two days.

First stop was the Zilm family's Valley View Gardens; hectares of lawns, water features, native and introduced species, statues both vintage and fun (meerkat garden) and everywhere beautiful flowering daffodils and jonquils.

Dolling's onion packing facility near Keppoch – one of the largest in Australia – is a family owned business which grows and packs its own and other growers' onions. Brett Dolling gave the group a factory tour where onions of all sizes and colours were evident.

After lunch a visit was paid to the MiniJumbuk factory in Naracoorte where a tour was followed by a spending spree in their MiniJumbuk factory store with quality woollen items of clothing and toys.

Guest speaker at the Saturday dinner was Alex Thomas director/consultant of Plant a Seed for Safety. Alex holds multiple rural safety awards and was chief carer for her disabled farmer father. Her presentation "Rural women have been planting seeds in the minds of men for generations", was delivered with great feeling, commencing with home videos of her youth on a farm accompanied by a Casey Chambers soundtrack. There was much feedback from her audience.

Next morning we were met by Bec Murray manager of the Naracoorte Regional Livestock Exchange saleyards. These enormous saleyards erected in 1973, were the amalgamation of two older saleyards with the new location chosen for its proximity to the rail yards. The saleyards are the largest in SA handling 560,000 sheep and 90,000 cattle each year which equates to a conservative \$200m in stock turnover. The yards have 'soft flooring' for cattle, are EU accredited and are washed down manually with bore water after each sale day. Stock are handled from SA, NSW and NT with yards holding 38,000 sheep on any one day during spring and summer lamb season.

The Wonambi Centre at Naracoorte featured fossil displays and cave tours. The caves were first discovered in the 19th century and were fossil traps making it possible to trace the evolution of Australian megafauna. In 1994 the caves were declared a World Heritage site.

The group then travelled to Penola viewing enroute Father Julian Woods' tree and associated wood carvings. At Penola the National Trust cottages dating from 1850's and 1860's were visited in Petticoat Lane and the nearby Mary MacKillop Interpretive Centre and 1867 school. Forge artist Bruce Kennewll – also PIRSA scientist – demonstrated his skills using century plus old tools.

Members were bussed to nearby Rymill Hall for presentations by a Good Country physiotherapist Kimberley Langley, whose talk covered osteo-arthritis, osteoporosis and life style changes and which resonated with many present. Another presentation by Promotions Officer Helen Colliver covered the

issue of increasing WAB membership. The AGM followed with relevant Open Forum questions concerning the scarcity of rural doctors and the “decline in content and frequency of rural newspapers”.

The weekend was both stimulating and a chance to renew old friendships. All who attended appreciated the efforts of the committee responsible for the diverse and interesting program

CENTRAL REGION

Cunliffe:



President: Rosalie Pearce

For our August meeting we welcomed Peter Oswald, Optometrist, and assistant Lucy, as our guest speakers on the subject of Glaucoma, WAB project for 2021-2022. Peter gave us illustrated information about looking after our eyes.



Member Dulcie Barker thanks optometrist Peter Oswald and his assistant Lucy

Regional Councillor Yvonne Correll presents a 50 year Award to June Allen. June is a valued member and willingly contributes whenever she can. June was surprised and thrilled to receive this award.



Dulcie Barker, Cunliffe WAB Member and Treasurer, has won the Royal Adelaide Show's Laucke/CWA Scone Competition for 2021. Cook extraordinaire, Cake Icer, Show Judge, Dulcie usually wins many competitions for her cooking at Y.P. Shows, and this time she was **very** excited to win this competition. Congratulations and well done, Dulcie.

Rosedale/Sandy Creek:

President: Janet Cummings



We held our first meeting at our new premises – The Gawler Sport and Recreation Centre. We have a lovely meeting room allocated to us and we found it very suitable for us.

Speaker - Kathy from the Gawler Environment Centre joined us for the afternoon to speak on the Gawler 'Repair Café' which now operates from the Evanston Gardens Public Library every 2nd month on Saturday mornings from 9.30am to 12.30pm. Kathy explained that the idea originated in Amsterdam and now there are 1,500 Repair Café's worldwide. The idea is to try and save many items from ending up in landfill, when a simple repair could see them given a new life and able to be used again. If anyone has broken household items, furniture, electrical or jewellery to mend, sewing repairs or alterations, watches, broken china, frayed electrical cords, bikes, small appliances, take them to a Repair Café before putting them in the bin. These are just a small example of the things that the skilled volunteers may be able to repair. The idea is to fix what you have rather than throw it away and buy new. It is free of charge but bookings are essential. You can sit and watch as your item is repaired and maybe learn something new at the same time.



In September our speaker, Glen Venning from Williamstown Men's Shed explained the role of this organisation. The first enquiries re beginning a Men's Shed resulted in 15 interested parties and it has just kept growing since. Members ages range from early 60's to the oldest at 92. It is so beneficial for retirees as it offers companionship and worthwhile things to do and is a great help in the fight to prevent depression. The group have a shed which they lease from Wirramilla Aged Care Residence and in so doing they assist with odd jobs, make needed items and some do a sing-a-long for Wirramilla. They also make items and take to sell at the Op-shop which helps with the running costs of the shed i.e. power/rates etc. As they have outgrown the small shed they have received a grant and are in the process of building a much needed new premises.

EYRE PENINSULA REGION

Charlton:



President: Liz Mickan

FRIED BEETLES or SASHIMI.

A refreshing glimpse into Thailand and its culture was enjoyed by members of Charlton Branch at their August meeting - Thailand being the designated WAB 'country of study'.

Nola Kennedy-Williams shared her experiences of living in Thailand, first as a Rotary exchange student at 17 years of age, and in ensuing years making return visits to her Thai families and conducting tours to Thailand. This now encompasses a personal 35 year 'journey' with Thailand which has left an indelible imprint on her life.

When applying for a Rotary Exchange Nola's first choice of country was Japan, attracted by the beautiful Kimonos worn by Japanese women. However on learning raw fish (sashimi) was very much part of a Japanese diet she happily settled for an offer to go to Thailand! This proved to be a fabulous year's experience and in learning about Thailand Nola learnt more about herself.

On arrival in Thailand her first impression was a 'wall' of heat - the climate so different from home. She lived in a rural area in very basic living conditions, but she felt surrounded by love and care. Being a white person (one of only a few in the area) and tall, she was feted and fed too well! Nola was taller than all her host fathers. The Thai people are very gentle and respectful and ready to smile, and they eat fried beetles!



Nola Kennedy-Williams (right) chats with Yvonne Warner (centre) and Helen Mitchell.

An interesting visit to Gardner's vineyard, a wander through the vines and some 'tastings' with our meeting was enjoyed by all (especially the 5 husbands who came along). Their cellar door has only recently opened after purchasing land in 1975, planting it with lots of trees and thousands of wine grape vines and finally establishing a new house. It has been an interesting ride for Chris and Rob Gardner who have done most of the work themselves. Rob did a viticulture course with the original plan being a wine making enterprise based on organic principles but some chemicals are used to control weeds and powdery mildew.

Another problem to manage has been bird infestation mainly from starlings who seem to prefer one section of the property over another regardless of grape variety. Laser beams are now proving the most effective and cost efficient way of controlling these. Another problem can be weather conditions when strong wind and/or high temperatures occur at flowering and ripening time.

On-Line Branch:



Joint Facilitators:

Mary Wilkinson and

Janet Cummings



The response to our July topic of **“Work, Covid and the Future”** was excellent. We had input from another six members with Barb and Sandra both telling us of their days as Pharmacists and opportunities for travel, to earn good money, and develop both professionally and in business, plus the opportunity to work off-farm even if only for one day a week. Sally P trained as a teacher but in those days when one married one then had to resign. Sally taught for 4 years before marriage and subsequent disruption to her career especially in areas such as long service leave entitlement but she still enjoyed the opportunity, when offered, to do some relief teaching and leave the kitchen sink behind. Volunteering has also been an important aspect of Sally’s life.

Jane wanted to go to university to become a commerce teacher but illness intervened. She worked for a Holden dealership and then in insurance but after taking up a temporary position with the ABC she was offered permanent work with them in 1962 at a time when television was in its infancy. Jane believes that we are always learning and each move we make in life offers an opportunity to continue that learning. Her life has been extraordinarily interesting. In the early 1990s she started Annalee Crafts which became the largest mail order rubber stamp business in Australia. In 1994 she became involved with Zonta and was the District 23 Governor from 2010 to 2012.

Nadine initially considered teaching but chose to have a gap year and worked as a Nanny to 3 small children. She then went into Banking and enjoyed it immensely. Once married, she moved and then worked part-time in a school. Apart from a couple of years working for IGA she has spent most of her working life in either a bank or a school. Anne D chose Nursing, became a registered nurse, then a staff nurse, but a severe allergic reaction to formaldehyde whilst working at the Queen Victoria Midwifery Hospital meant a switch to District Nursing. In 2007 she became an agricultural advocate and since 2012 has stood up for agriculture as a member of the Round Table for Oil and Gas. Anne believes that farming, food and potable water will become increasingly important as massive changes occur in the world. Learn more and use this link.

<https://www.sydney.edu.au/content/dam/corporate/documents/faculty-of-science/research/life-and-environmental-sciences/sia-native-grains-paddock-to-plate.pdf>

In August the Olympics hit our TV screens. We were controversial and were asked the question:

“The Olympics – should they be abolished?”

We were provided with links to two articles from what we believed were reputable sources which gave us background information and current detail on the Olympics showing the significant influence that multi-national companies, money and advertising have had and continue to have with the Olympics described as being “a bonanza for corporate profits, and miserable for everyone else.” There is ample

evidence to support statements that hosting the Olympics is extremely costly. Jan's research article on the economic benefits for Sydney after the 2000 Olympics confirmed the negative economic impact with household consumption initially forecast to improve by \$5.6 billion but in Sydney's case it ended up being reduced by \$2.6 billion. Tokyo's bill is now at least double the initial estimate and could blow out even more giving Tokyo 2020's organisers continuing nightmares.

We looked at the role of the IOC, the stories of widespread corruption, and the eye-watering costs which only seem to increase. Yes, some of us feel that the billions of dollars could be better and more equitably spent but we also feel that there are benefits to be had from the Olympic Games. We heard from Online members of their pride in our athletes' performances and the positive influence on younger people – and in these Covid isolating times many were happy to be able to watch our Olympians and Para-Olympians striving for medals whilst we were "at home". Several members mentioned Olympians they had met and others who had campaigned for recognition and Olympic status for their sport. There were concerns expressed regarding mental stress and the cost and long years of training. Mary was unsure about the ethics of offering Olympic medals for team sports such as basketball and soccer where most players are highly paid professionals and in the tennis most were top 20 players. In times gone by only amateurs could be chosen to represent their countries in the Olympics but now many competitors are given government support or corporate sponsorship so are no longer "technically" amateurs.

Through September we have been investigating **Thailand as our Country of Study** and, to date, we have read stories of members' visits to the country, seen photos of elephants and temples, heard of exchange student programmes and learnt many interesting facts about the country which was once called Siam. More stories about Thailand later.

LIMESTONE COAST REGION

Kalangadoo:



President/Treasurer Sandra Young

No report received

Lochaber:



President: Lynette Williams

With a keen interest in the future of the region, WAB decided to dedicate this month's meeting to learning more about projects envisioned by local council and how they will affect the community. An invitation was extended to Jayne Miller the Manager of Community Engagement to visit us at Lochaber Hall to give us a better understanding of the Naracoorte/Lucindale Council's future plans.

Jayne has had wide ranging experience in project management, strategic planning and community engagement and development. Various Department of Education positions in 3 states, TAFE and the Royal Australian Air Force are included in her CV. Jayne was joined by colleague Josie Collins to have a conversation with members about what is happening in our community.

Up for discussion was the Naracoorte Library redevelopment and the Naracoorte Regional Sports Centre. Jayne also outlined a 10 year plan to rejuvenate the town centre. To attract more visitors the town centre will be transformed by lighting, art and connections between key facilities. WAB members were interested to learn more about their town and we were welcomed to offer opinions and suggestions. The roll call this month was "What I would like to see in the empty shops in Naracoorte" which were noted by Jayne and Josie.

Daniel Wong, an optometrist from Laubman and Pank in Naracoorte, was invited to our September meeting to increase our understanding of this eye disease. Many people have heard of Glaucoma but are unable to define causes, symptoms and treatment. It is very different from Macular Degeneration. It is a disease that affects the optic nerve and causes a deterioration of vision and sometimes blindness. Pressure in the optic nerve, an over production of a liquid called the aqueous humor in the eye, and problems with its drainage results in Glaucoma. Unfortunately there is no cure for Glaucoma but treatments are available.

There are many risk factors that may increase your chances of developing Glaucoma. These include being genetically predisposed, aged over 50, eye injuries, ethnicity, snoring or having diabetes. Statistics tell us that 2 in 100 Australians will develop Glaucoma in their lifetime. If there is a history of Glaucoma in your family you are 10 times more likely to be a Glaucoma candidate. Considering the proportion of people in our community that suffer from Glaucoma, of which there are 40 types, it makes an ideal project for WAB this year.

This information provided by Daniel lead to the obvious question – What are the symptoms? Often with Glaucoma, the loss of sight so gradual that a person may be completely unaware. Detection therefore may not occur for many years after onset. As a consequence peripheral vision may be lost before it is

diagnosed. However some symptoms include tunnel vision, headaches, eye pain, nausea, blurred vision, halos around lights and redness in eyes.

Although irreversible, Glaucoma can be managed by eye drops (most common), oral medication, laser treatment, surgery or a combination of these. Daniel emphasized the importance of getting regular eye checks to ensure eye health.

Padthaway:



President: Beth Gale

In September Padthaway members heard a detailed report of the State Gathering from those members who were able to attend. Their very comprehensive report has been included/covered in other pieces in the newsletter.

Wirrega:



President: Lynette Staude

Back to Basics was celebrated at the July meeting as it was the WAB theme for the last year. Members brought an array of useful items from yesteryear, ranging from Grandma's sewing box, writing utensils through the ages, various old recipe books and old fashioned cleaning recipes with pantry ingredients, just to mention a few. It was a very nostalgic journey.

"Advanced Care Directive" was learnt about at the August meeting along with "The Green Box" theory where all personal documents are kept. These will be needed by family at the time of death of a loved one. A safe place like a box was suggested to keep, birth/marriage certificates, bank, shares, superannuation and any other personal documents. A local Accountant presented the very interesting evening and was certainly food for thought as we realised how many documents we need to organise in one place. Lots of questions were also asked.

At the September meeting we heard about the interesting journey of the local Librarian who has had many interesting work positions in Libraries around Australia before arriving in Bordertown. Besides being an avid reader, our Librarian also enjoys a variety of crafts and hobbies, some of which she teaches to groups at the Library. A talented young lady.

MALLEE REGION

Coonalpyn:



President: June Holland

In August some members brought in their knitted dishcloths/facecloths, which we plan to donate to be placed in birthing kits for New Guinea. Members are still knitting them up with cotton donated by member Joy.

Our guest speaker, Tess Judd is Coorong Regional Team Leader for SA Ambulance. Her area covers Coonalpyn, Coomandook, Meningie, Salt Creek and Tintinara (3 of our WAB members are Volunteer Ambulance Officers).

Tess grew up in Culburra she is familiar with WAB as her Grandmother was a long term member of our Branch.

She has been stationed at Port Adelaide, Barossa and now with Coorong since February.

We had a great chat discussing our local needs, ideas for finding more volunteers.

Paringa:



President: Jenny Curtis

August meeting was held at Cinnamon Grove where members met for a light lunch. Owner Jenny Hansen demonstrated how she paints the roses on the shop windows around the town of Renmark advertising Rose Week, each October. Jenny also painted the front doors of her cottage business in the main street where she sells her paintings and gifts.

Yurgo:



President: Johanna Siecker

*Coonalpyn member Fay Barr
receiving her Life Membership
from President Johanna Siecker*



At our August meeting we planned for our 90th Birthday Lunch which is to be held at the Riverside Hotel in Tailem Bend on March 21st 2022.

Gwenda White and Beryl Clothier gave a report from the WAB State Gathering in Naracoorte, telling of the great and interesting time had by attendees and mentioned that the organisers were to be congratulated.

ACWW REPORT



Do hope members are enjoying some weather after a very cold winter?

Thank you to all who have sent used stamps. I posted 300gms of stamps to Gail Commens this week. Gail is using the proceeds from selling the stamps to fund projects for the South Pacific Area.

Welcome to Padthaway Branch as a new member to ACWW. At the cost of \$70 per year I welcome other Branches to become a member of ACWW.

A huge thank you for supporting ACWW at the State Gathering recently by donating the proceeds of the raffle to ACWW. There was a magnificent selection of prizes donated by Branches resulting in the wonderful amount of \$281.60 being raised.

The Countrywomen magazine issue 3 is now available on the ACWW website or by email. I feel so many members are missing out on the hard copy as we don't have the means to read the magazine on line. However Head Office is planning to print Issue 4 as a hard copy. I look forward to receiving information on projects and news in the magazine.

The 30th Triennial World Conference is to be held in May 2023 in Kuala Lumpur Malaysia. Lets hope the pandemic is well under control so that the Conference can go ahead?

Best Wishes to you all

Jannette Boord - WAB International Officer for ACWW.

Can you help

ARCHIVING NEWSLETTERS:

Sorting into categories has now been completed and the archiving group are now planning and working on the next stage of archiving records.

The following newsletters are missing from our collection:

Nos. 1-10, 13-16, 18-20,22,24,25,27-29,31,32,34,35,36,39,42,45,46.

It would be appreciated if anyone has these copies and are willing to add them to the State WAB collection. Please let me know and collection of the newsletters will be arranged.

Yvonne Correll

Archiving Co-ordinator

M: 0438273264

E: wickowdowns4@bigpond.com

WAB is sponsored by



WAB Administration:

Narelle Scott WAB State President

PMB 50, Naracoorte SA 5271

Email: wabinsa@gmail.com.au

0458 031 633

Editor: Lee Russell

Email: ndhrrussell@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 ndhrrussell@bigpond.com when emailing to your Coordinator. NEXT EDITION OF THE WAB NEWS WILL BE DUE OUT IN NOVEMBER 2021 – Deadline for articles is 20th NOVEMBER 2021