



WOMEN IN AGRICULTURE AND BUSINESS OF SA INC NEWSLETTER NUMBER 242 May 2022

STATE PRESIDENT'S MESSAGE

With winter well and truly with us, I trust you are keeping warm with the home fires burning. Along with the welcomed rains, the days are certainly getting chilly but the green fields give you a warm feeling.

Branch birthdays are happening around the Regions and I had the pleasure of attending Yurgo's 90th birthday. There were family members of past and present members, plus the Mayor and CEO of Karoonda. Beryl Clothier was presented with her 50 year Award and Carlene Schultz with 30 years. I sincerely thanked Beryl for holding the position of Secretary Yurgo Branch for 36 years. Fabulous effort, Beryl, keep on keeping on!

I then travelled onto Mannum to research facilities for our 2022 State Conference and AGM and found some good venues and facilities in this small town. The Visitor Information Centre supplied many interesting brochures so I was able to make further enquiries and bookings when I returned home. All but one guest presenter have confirmed their availability, so everything is falling into place.

After the day's conference, armed with an extra warm jacket and a torch, we will board the coach to travel to our first destination for dinner. Then onto Cambrai. Have you heard of the River Murray International Dark Sky Reserve near Cambrai? What is it?



Darkness is measured on a scale of 0 to 22, with 22 being total darkness. Preliminary measurements of the reserve in the Mid Murray in January 2017 came in at 21.97 – much darker than many accredited regions in the northern hemisphere and it has one of the clearest night skies in SA.

As cities grow, so does the spread of light pollution. Recent research shows that more than 80% of the world population and more than 99% of US and European residents live under light polluted skies. In many cities in Asia, it is impossible to see the stars and some even struggle to see the moon. The International Dark Sky Association aims to preserve those regions worldwide where the night sky is still pristine.



A representative of Mid Murray Landcare SA will give a presentation at Meldanda on the Reserve. This Landcare group initiated the plan in 2015, resulting in the Reserve achieving gold tier accreditation, the highest possible. This precious resource is on our doorstep but not many South

Australian residents are aware of its existence. Dark Sky Reserve is a year round attraction, but is best visited in the colder months, perfect for our visit.

Before arriving at the Reserve, we will be arranging a Buddy system. Those who need assistance walking on uneven surfaces will be allocated a Buddy to assist them walking in the darkness. Make sure you bring a torch however, wearing a headlamp will enable you to keep your hands free.

Sunday morning we will meet at Picklemees Grandma for morning coffee before boarding PW Mayflower for a cruise up the Murray and visit to the Museum. This will be done in two groups, we are having sole use of the vessel.

On Monday, you may wish to visit Monarto Zoo, which is approx 30 minutes drive from Mannum. As this is not part of the Conference, you will need to make your own arrangements; the cost is \$38 Adult and \$27 Seniors. Allow most of the day for your visit.

Monarto Safari Park is growing into the largest safari experience to exist outside of Africa spanning more than 1,500 hectares and home to more than 50 species of exotic and native mammals, birds and reptiles.

Explore Monarto Safari Park by boarding their free Zu-loop bus which will bring you through the large open-range exhibits, where you will get to see the amazing animals in a natural setting and hear more from the passionate guides. Make sure you hop off at each of the viewing platforms.

Get Online Week (part of the Be Connected initiative) is happening in the week of 17-23 October 2022. This year we will be having a very special launch of **My Family File** – exclusive to WAB Members. So pencil these dates into your diary and I will advise further details in the next issue of WAB News. There will be 2 sessions of the same presentation, so you can choose the date that suits you. Start talking to your branch members and organise to participate in the Zoom presentation as a group. See the May issue of my SP News for further information.

Looking forward to a busy time ahead and seeing you at the 2 big events in the coming months.

Yours in WAB

Narelle Brooksby (prev Scott)

MALLEE REGION

Coonalpyn: In April, 4 WAB members, and 2 visitors/helpers, installed house signs/numbers for our project "Signing Coonalpyn". Due to the recent rain, the ground was soft and easy for us to drive the droppers in. The droppers we used came from a company called Plastic Forests. They are made in Albury, NSW, are made from 100% recycled soft plastics and will not crack or rot due to weather. The signs were printed by Keith Signs at Keith, S.A.



Joy, and friend, hitting in a dropper with house number.



June attaching the house number to the dropper.

On May 17th we gathered, together with some husbands, to celebrate our 87th Birthday at the Coonalpyn Hotel for dinner. June Holland made a cake which we all enjoyed for dessert.

Paringa: Our guest speaker, the current Mayor Neil Martinson, spoke about his life on the railways, having left school at the age of 15. It was an incredibly detailed account with dates of significance, firmly imprinted in his memory. He gave a wonderful description of lifting the Paringa Bridge in the days when the trains still ran and gave us a two-page handout to cover the complex procedure.

In April we gathered on a cold rainy night at the house of Don Matulick, Paringa. We were pleasantly surprised to be invited into his shed and into what was a former cold room. Here was the most amazing collection of toys, from the past, coins, one hundred Dollar and Two Dollar notes in numerical order, plus coins still in their paper wrappers, collection of Australian currency dating from 1911, an old coin dating over a thousand years old. Brand new unopened boxes of Lego, trains sets, train carriages, horse drawn fire carts dating back in the 1800's just to name a few items all beautifully displayed. As you entered the door was lined with wonderful train engines, I think it would be difficult to fit another item in his workshop/display room. Don was obviously delighted to have such an appreciative audience

Yurgo: No news received.

CENTRAL REGION

Cunliffe: members, partners and friends visited Pt Augusta for their March meeting. A brilliant sunrise welcomed us as we travelled to Kadina to meet the bus.

At our first stop, Wadlata Outback Centre, we spent an interesting morning doing "The Tunnel of Time Journey". Arid Lands Botanic Garden for lunch and a walk through the gardens with native trees, shrubs, sculptures and a kangaroo! The gift and garden shop were popular, not to forget the wattle seed, lemon myrtle and quandong icecreams!! It was a wonderful day out.



Cunliffe members at Arid Lands Botanic Gardens - Elaine Bussenschutt, Garry Pamment, June Allen, Yvonne & Trevor Correll, Rose Pearce



Rosedale/Sandy Creek: It was an honour and delight to be able to present our wonderful member Dawn Schultz with her 60 year award. What a wonderful achievement. Dawn has held the office of President, Vice President, Committee member and for many years she has coordinated our competition programme in a quiet and efficient way. Thank you Dawn for your amazing contribution to our branch and a thank you to your husband John who has, year after year happily audited our books.

Our meeting centred on the discussion around closing our Branch and it was decided, and voted, that now with much regret, was the right time to close.

Secretary, Claire Steggles presents Dawn Schultz with her 60 year award – Congratulations Dawn



EYRE PENINSULA REGION

Charlton: A very interesting and informative evening was spent learning about eye diseases with Optometrist Elise Clem. Elise explained each disease, including glaucoma, aided by on-screen graphics.

Glaucoma is an insidious disease with loss of vision due to raised pressure within the eye affecting the optic nerve. Vision loss starts at the edge of the eye, works inwards and cannot be retrieved. It is therefore important to have eye scans every two years, preferably from the age of 40. Early diagnosis is important. Risk factors include a family history of glaucoma; age 50 upwards; diabetes; long or short sightedness or any previous eye injury; being of Asian or African descent; sleep apnoea; migraine; and high or low blood pressure.

Treatment is with specific eye drops and/or surgery with the aim to halt progress of the disease. Other diseases covered were Macular Degeneration and Cataracts.

General eye health advice was to eat healthily, exercise regularly, quit smoking and limit coffee.



The window display in a newsagent shop in Port Lincoln, organised and created by members of Charlton Branch for the week of Anzac.



Members and friends of Charlton Branch enjoy a special afternoon tea held at Tiatukia House to raise money for WAB Project, Glaucoma.



We make a living by what we get – we make a life by what we give

WAB On-Line:

For March we looked at how much money was needed to live comfortably; how to survive in retirement here in Australia; what things we considered “essential” and what we could live without.

Sally P felt that there would be many variations of “comfortable” and it could mean different things to different people. Narelle reminded us that being retired and with the cost-of-living escalating, setting priorities is a must and felt that it’s definitely good practice to ask yourself the question, “do I want this or do I need this?” Adair also agreed with these sentiments saying it was important to understand the difference between wants and needs - she was reared by someone who survived the Great Depression so has always been thrifty and a recycler from way back! Sally G told us that her essential items are her iPad and Kindle - “1st world, I know, but I am lost without them”. Barb remembered her childhood with 1 TV, 1 car, 1 ‘loo’ in the 1 bathroom, 1 landline phone, and 1 tripod BBQ in the backyard. Now people have 2 of almost everything.

Roz reminded us of those who have had to flee their homeland with the war in Ukraine and others who have lost everything in the Eastern states floods and said she felt privileged to be discussing this in her overstuffed house whilst acknowledging that she would be sad to lose things that are not replaceable such as her mother’s art, carvings, photos and special jewellery. Jenny remembered years ago having \$20 in the bank, a mortgage, four children at school, interest rates at 18%, a faltering marriage, and feeling desperate. Fortunately, she had a good job and survived. She was also brought up by parents who said, “if you haven’t got the money, don’t buy it” which was excellent advice. Pip reflected on some good decisions made when “first married and relatively poor” which have resulted in peace of mind and a relaxed retirement. Buying solar panels when others were sceptical has also meant cheap power and hot water and 60 cents/kw return from power company until 2028. Not to be sneezed at!!

Jane summed it up pretty well speaking for herself and husband David when she said, “We have good health, a nice (but old) home, a caravan that we love and good friends. What more can we ask for?” Sally P felt that ALL people in a community should be valued and recognised as important parts of ‘the whole’. There are too many who feel “entitled”.

In April we were asked, “What does it mean to be Woke?”

Mary explained that the Oxford dictionary defines the word “woke” as “being alert to injustice in society, especially racism” whilst Websters says it is “chiefly US slang” and defines the word as “aware of and actively attentive to important facts and issues (especially issues of racial and social justice).” Perhaps, therefore, you would think that being “woke” was positive, but no, it seems that it is regarded as negative. Should we abandon these beliefs? Joyce asked about the person (man) who decided to change the name of Coon cheese to Cheer cheese - is he woke? And, if so, how does that person’s mind work? Joyce is confused feeling that nothing racist or irreverent would enter her head when buying or cutting cheese and she loved Coon cheese but she doesn’t buy it anymore!! 😞 Lee felt she might have had her head in the sand whilst the ‘woke’ debate was going on and said that

'woke' believers need to look to the future instead of pulling apart and denigrating the people of the past – it is easy to criticize without being conversant with the circumstances, conditions, culture, and understanding of the times when these things occurred. Jenny felt that she needed to 'woke up' and wondered if Mr Putin knew what it meant! Sally G is an avid "Survivor" watcher and told us that the last season of the show saw several 'woke' decisions made which caused a huge backlash with viewers. As Sally lived with an African American family in Little Rock, Arkansas, in 1985/86, she was aware of racism issues then - her host father was the top civil rights lawyer in Arkansas. She is familiar with the term 'Woke' and says, "Do I like it ... no!" Sally also no longer buys Coon cheese! Nadine said, "I can't help but think of the old saying - sweep in front of your own door first!" Adair believes that a strengthened awareness of racism is welcome but hindsight is a powerful weapon in this debate. However, going back to language just look at the word 'Sick'. It used to be just that but now in slang it can mean "outstandingly or amazingly good or impressive". Adair said she's never been any of those things when sick so how did this 'new' meaning evolve?

LIMESTONE COAST REGION

Kalangadoo:

As our outing to the Kalangadoo School was cancelled due to Covid restrictions at the school we had a history researching exercise. Old minute books were checked and a collection of WAB news was sorted.

The raffle in aid of Glaucoma SA was drawn and funds counted. \$124 was raised by the community of Kalangadoo.

The theme for our meeting in May was the Courage of our mothers or grandmothers. We all brought stories and some photographs and learnt about the generation of women living from the 1920's. Debbie's mother-in-law, Annalise (a past WAB member) was from war-ravaged Germany and was lured to Australia by adverts of Tasmania, but ended up in little Kalangadoo. We learnt of horrific wartime experiences and her courage in leaving her family, work and friends to begin a new life in a new country with strange customs and a different language. Susan spoke of her family in UK during the two world wars and the courage of the women of her family. Elaine's mother and grandmother of rural Victoria were highlighted. Jessie spoke of her own movement to a new area to live. Sandra's grandmother from a farm near Tanunda featured last. She had 10 children but still managed a butter and egg enterprise of her own brand.

We all appreciated the courage it took to just survive in years gone past and to make big decisions for the better of their offspring. Gratitude for these brave women was felt by all.

We welcome Susan Hickey who has decided to join our WAB branch.

Lochaber: In March we had another interesting visit to local business Pacific Seeds. They have been operating since 1986 with their beginnings at Griffith NSW. Up until recently the headquarters was located in Mt Gambier but a need for a larger plant saw a move to Naracoorte. Pacific Seeds processes vegetable seeds such as carrot, celery, parsley, brassicas, Asian baby leaves, gluten free barley and parsnips. A portion is supplied to about 50 contract farmers in the SE (many in Millicent) while the other 95% is exported mostly to Japan and France. We were shown the cleaning process by employee Georgie McKay. At the time onion seeds were being cleaned. The seed passes through a series of sieves to remove debris and separate seeds into sizes. The

machinery can process half a tonne an hour. Seeds are also dried to 7% moisture then sent to a lab to determine nutrient quality.

Following our visit to Pacific seeds we met at the new library in Naracoorte to conduct our meeting. This was held in a well-equipped meeting room. Afterwards we had the opportunity to explore the new facilities. Most agreed that the new library will be a real asset to the Naracoorte community.

Barrie Moyle was invited to speak at our April meeting about his life and the outstanding contribution he has made to our local community. Although serving on various committees including sporting groups his role on the Health Advisory Council has by far had the biggest impact by contributing to the high standard of health care in our region. He was elected to the Naracoorte Hospital Board in 1999 and has been involved with some important upgrades to the hospital and other health care providers. While a member Barrie has seen many changes to the operation of the hospital. This included the Health Act changing the Hospital Board to an Advisory Council which meant that Barrie and the other Board members were no longer responsible for the running of the hospital and employing staff, this was now done by the newly formed Country Health SA.

The Health Advisory Council has also facilitated improvements to Morton Bay House. The kitchen has been upgraded and blanket warmers, chairs and other equipment has been provided. Currently there is an aim to eventually increase accommodation and limit shared rooms. The hospital has also been provided with a vehicle that can accommodate 2 wheelchairs, a nursery upgrade in the maternity ward and contributed to a biopsy machine to diagnose prostate cancer.

Since retiring, Barrie decided to research the history of his previous farm in Pinnaroo. He realised that information was limited due to relatives either having passed away or lack of knowledge due to not being involved with the farm. This has prompted Barrie to begin a project documenting his life for future generations.

A visit to Penola for Lochaber members in April was an interesting day out. Our first stop was Jill's Vintage. Jill has operated a vintage clothing and other wares store for 14 years. She always loved clothes from the past and decided to turn her passion into a business. Jill had beautiful clothing from the 40's, 50's, 60's and 70's. The construction and fabric of some of the pieces was outstanding and made some members reminisce about clothes they or their mothers once wore. It was a worthwhile visit for any lover of fashion of the past.

Next we visited Stillwater Farm where we began with our monthly meeting in a beautiful outdoor area built by Kathy Hughs and her husband. Kathy took us on a tour of her amazing quince orchard - she has 16 varieties. . Recently quinces have become fashionable again and there is a growing demand for quince products. Kathy makes her own pastes, jelly's and even roasts quinces. She has researched the history of quinces which was fascinating and is also writing a book on quinces. The quince orchard combined with her beautiful garden made Stillwater Farm a standout destination

Padthaway: What a lovely autumn day greeted us while our guest speaker Joy Kolpondinos spoke to us about Bowen therapy. Joy explained that Bowen is extremely gentle and is considered appropriate for anyone from pregnant women, newborn babies, frail and the elderly. It can assist in recovery from many conditions, traumatic to chronic depending on each individual's capacity to heal. No adverse effects have been reported. Bowen therapy may offer relief from pain, long-term injuries and illness, improved health and flexibility, improved sporting performances, flexibility, emotional and mental well-being. Joy then demonstrated her methods on members targeting different areas showcasing her magic hands and ability. Many questions were asked.



Chloe Williams with guest speaker Joy Kolpondinos

“Looking forward with Courage”

Padthaway members gathered around to listen to credentialed nurse and mental health clinician/counsellor, Linda Galley. Linda has been practising for over 40 years and has her own business called, Quiddity Health and Well-Being. Our discussion is such a large topic that we tried to centre on our theme, looking forward with courage.

Linda offered some simple methods of helping people;

- Using a triangle with COURAGE being at the bottom and the words ENCOURAGE and DISCOURAGE being either side when helping someone in need.
- Are you sleeping? Sleep is a major component of life, if your body doesn't rest it cannot keep up with your lifestyle. Sleep is the body's recovery phase of the day. Having a routine for everything to keep your life less chaotic. Less chaotic more enjoyable, healthier you and your family will be.
- Technology destroys the brain very important to limit time in children from birth, teenagers and adults as we age.
- Anger is a major trigger obviously in drinking or drug use but also from a chaotic lifestyle to try and combat this by changing life by adding routine and structure. Mistakes are a learning curve, challenge yourself every day.
- Managing content of daily News- if you find it upsets you, turn it off and walk away.
- If a friend or someone you don't know but notice they are struggling, ring, go out, plan an away weekend together or just have a chat to make them feel noticed and not so alone as they think. “How are you?” is so important.

- You may not be able to force someone to get professional care but you can offer encouragement and support. You can also help your love ones find a qualified mental health professional and make an appointment. You may even go along to that appointment. Pay attention to warning signs and don't leave it too long.

Remember; “, please grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference!” We were enlightened by this common topic and we could have talked all afternoon.

Member Jenny Hinze (left), with Linda Galley



Wirrega: In the month of April, our Branch this year celebrated the ACWW annual "Women Walk the World" with a walk around our local Cemetery with two local history enthusiasts Jenny and Christine Hunt. The aim of the walk was to highlight the resting places of our WAB members Sadie Hunt, Ruth Dodd, Yvonne and Jean Neate and other notable Tatiara women of the District such as Adam Lindsay Gordon's wife and Granny Ellen Carson, mother of 11 children and mid -wife to 1,152 babies in our area.

After an informative, enjoyable walk, members then went on to the local garden centre, where we had our meeting and coffee in lovely surroundings.

Early May the Branch held two days of Wood raffle, as our only fund-raiser for the year. This was most successful, as the weather is turning cooler.



Jenny Hunt, Carolyn Staude, Sue Grocock, Marlene Wegener, Josie Arney, Ronda Noack during their walk around the local cemetery

WAB ARCHIVING:

We are currently sorting Regional Conference Programs.

If any members have copies and are prepared to donate to our archiving, this would be greatly appreciated to enable a more complete collection to be archived.

These can be either posted to me at 16 Daniel Drive, Kadina - or handed to your regional co-ordinator.

Thank you

Yvonne Correll, Archiving co-ordinator

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Thank you to Branches who continue to send used stamps for ACWW South Pacific Area fund raising. Keep them coming.

Many thanks to Padthaway Branch for forwarding a donation to the Tonga Disaster Appeal. If any other Branch has donated to this appeal since last Newsletter could you please let me know so that it can be acknowledged?

Registrations are now open for the 30th Triennial World Conference in Malaysia May 2023. Hopefully registration forms will be printed in the next County Woman magazine or you can go online to ACWW email sydney@acww.org.uk for registration info.

Soon it will be time for Branches to plan the next programme of meetings. Please consider a day to raise funds for ACWW Women Walk the World. Last year only one Branch took part which was disappointing. This should take place before December so that donations sent to me can be forwarded to head office together with Pennies for Friendships and membership fees.

At the State Conference on 6/7 August in Mannum I would have completed my term of 3 years as International Officer. I don't wish to continue so am looking for a member to hold the post of International Officer. Please let State President Narelle know if you would like to take over this role.

Best Wishes

Jan Boord WAB International Office for ACWW

WAB is sponsored by



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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 JULY 2022 – Deadline for articles is 20TH JULY 2022