



## WOMEN IN AGRICULTURE AND BUSINESS OF SA INC NEWSLETTER NUMBER 246, March 2023

### STATE PRESIDENT'S MESSAGE

What a good start WAB Members are having, judging by the Newsletter reports being sent to Editor Lee. Many branches have had a guest speaker on our Country of Study, Ukraine.

#### ***President Elect***

I'm starting off my article with some fantastic news. Sandra Wischki, Regional Co-ordinator Eyre Peninsula and member of Charlton Branch, has accepted the position of President Elect and will take over from me as State President at the AGM in August, 2023. With the support of the Management Team and Portfolio Holders, Sandra is an excellent choice and will most capably carry out the role.

To reduce the workload on the State President, I have agreed to carry on after the AGM as WAB Administration Officer.

Did you know that Kalangadoo Branch, in Limestone Coast is celebrating their 100<sup>th</sup> birthday this year? Please make plans to attend to support them. We plan to make their birthday celebration day (Wednesday 9 August, 2023) as Day 1 on WAB's Annual Conference. The following day, Thursday, WAB's AGM will be held in the Market Café, Kalangadoo. We will be arranging "things to do and see" in and around Kalangadoo – as a group. Watch this space for further information, as arrangements are being firmed up.

#### ***Theme, Country of Study and Project***

Nomination forms have been sent to Branches, please return them before the end of April, so the Management Team can make a final decision at their May meeting.

We are already having some cool weather here in the South East, so Winter seems to be gathering momentum. But in the meantime, Happy Autumn to you all.

Yours in WAB

Narelle Brooksby  
State President



**Be a pineapple**

Stand tall

Wear a crown

and be

Sweet on the inside

## EYRE PENINSULA REGION

**Charlton:** branch were privileged to have Dr. Dimitry Podorozhnyy, and his mother Dr. Marina Podorozhnyy, as guest speakers at the very well attended February meeting.

Sharing information about their homeland they painted a broader picture of the Ukraine, a country which is known as the 'bread basket of Europe'.

Blessed with deep 50-60cm black fertile soils able to sustain two crops a year.

The Ukraine produces wheat, sunflowers, lucerne and also watermelons.

Previously, under Russian rule, agriculture was State controlled, but now consists of privately owned small holdings, still in need of modernisation.

Ukraine is also known for its heavy metal industries.

Wearing a vyshyvanka, Dr Podorozhnyy explained that the embroidered shirt is a feature of National dress and there are different patterns representing regions.

The art form of pysanky (beautiful intricately decorated eggs) are created in springtime and traditionally given as gifts at Easter.

Ukrainians are a proud nationalistic people. They are resolute to win the present conflict, and the war is only serving to forge a deeper patriotism for their country.

*Charlton members Sylvia Modra and Chris Phylis with Dr Podorozhnyy*



*Lyn Sivor and Phyllis Myers with Dr Podorozhnyy Snr.  
(centre)*

Dr. Podorozhnyy Snr is a medical doctor, an educator and also an artist, currently visiting her family in Pt Lincoln having fled from the Ukraine to Greece. She spoke of the peoples' complete disbelief on first hearing the news of the Russian invasion.

As the conflict escalated she took the very hard decision to leave while it was possible.

Her poignant speech was a real and touching reminder of the human side and cost in the war.

In March our meeting was held at the Axel Stenross Museum with member Chris Phillis, appropriately dressed as a cinema usherette, meeting us at the door with her tray of nibbles (Chips, popcorn, fantails, jaffas etc.) as members and friends were able to view the film 'June Again'.

This film gave another perspective of a dementia where the sufferer, played by Noni Hazelgrove moved in and out of memory loss along with the affect it had on her adult children, grandchildren and husband during these periods of lucidness and dementia.

### **ONLINE Branch** – December 2022 and February 2023

In December to round off the year we discussed the **Cost of Air Fares and associated Travel** here and overseas and had a very good response to the topic with a wide variety of comments, suggestions, prices, and plans. Many of us shared our first-hand experiences of the widely (and wildly) differing ticket options – the massive increases in the cost of flights around Christmas or at popular holiday times, the sudden "Sales" and "Specials", the frustration experienced when Credits for flights cancelled and travel disrupted prove to be SO DIFFICULT to access – and customer service doesn't seem to be a priority!! Sandra has been waiting since 2019 to have \$\$\$ spent on a cancelled flight made available to her to re-use!! Hopefully, the next few months will see improvements in our airlines' offerings (and performances).

We welcomed a New Year – 2023, and in February were posed two questions:

#### **Does Australia have a "Class System"? and 'Should we become a Republic?'**

The responses were many and varied and it was pointed out that if a class system exists here it is based more on Convict ancestors, Money, the Old School Tie connections and/or a Private School Education, and having even More Money!! There are definitely hierarchies here although nothing like those in "the old country" where the acquisition of Money especially that coming from Trade was frowned upon. To be truly Aristocratic you needed a Stately Home, a nodding acquaintance to Her Majesty and/or a close relative and be worried about Death Duties (Estate Tax) which effectively removed large quantities of money from aristocratic families until it was changed in 1975.

Here we have what is supposedly a "Classless society" but there are obvious inequalities and a widening gap between the "haves and the have nots" with both Jenny and Joyce mentioning this problem – massive medical bills for some with health insurance helping those who can afford it, and difficulties accessing medical treatment for many poorer members of our society. Barb sent in some interesting research results which have determined there are six classes in Australian society today and these are as follows: The Precariat (precarious + proletariat – typically students or those living from pay to pay with no savings), then Ageing Workers, New Workers, Established Middle Class, the Emerging Affluent and the Established Affluent. Interesting!

We have a number of ardent Royalists within our ranks and others who are more ambivalent regarding the role of the Monarchy here in Australia. Some felt that King Charles III would have difficulty "following in the footsteps" of Queen Elizabeth II but were happy to wait and see how things developed. A couple of our group felt that Australia should become a Republic whilst others thought that by becoming a Republic we could lose the democratic way our current government functions (on a good day!!). There was the fear of ending up with a dictator and Lee mentioned that many Republics seemed to be prone to having Civil Wars. Mary felt we should be aware that England, our "Mother Country", had experienced its fair share of Civil Wars and mentioned the War of the Roses in the 15<sup>th</sup> Century and a later one between the Cavaliers (followers of King Charles I) and the Roundheads (followers of Oliver Cromwell) in the 17<sup>th</sup> Century. Overall, we had an excellent exchange of ideas and suggestions.

## LIMESTONE COAST REGION

**Kalangadoo;** WAB enjoyed a beautiful Ukrainian meal at Sandra's home at Southend. We started with Borsch made from beetroot, red cabbage, spices and beef followed by Sichenyky fresh fish patties and local muntries. There was a delicious honey cake for dessert and a cup of fruit spiced tea. We shared information about Ukraine culture and history.



Kalangadoo WAB met in Mount Gambier at 9am for a day's outing to Portland, Victoria. Don Searle kindly drove us in his bus and planned the day for us. Our first stop was at Heywood for morning tea at the Bakery and then Treloar Roses, Australia's largest rose nursery. The garden was inspirational with many scented roses, mostly planned in blocks of single colour over 300 acres of rich volcanic soil. It was the ideal time to visit with so many blooms to give us joy.

Next, we visited Portland Botanic Gardens where we saw more roses but also magnificent dahlias in full bloom, as it was the Dahlia Festival the following weekend.



After a lovely lunch at the RSL/Bowling Club, we visited a private gardener and his wife, who grew many dahlias but also Chinese herbs and other interesting plants. We were all

able to purchase one or two. We also learnt a lot about dahlias and gardening in general. Last stop was the Portland Strawberry Farm, where again we could buy beautiful strawberries and icecream. We arrived back at Mount Gambier at 5pm, having had a wonderful day together.



*Kalangadoo;*

**Women in  
Agriculture and  
Business  
Kalangadoo Branch**

*Invite you to save the date  
for our*

**100 Year Celebrations  
9<sup>th</sup> August 2023**

*Further information and costs will  
be forwarded closer to the date  
Morning High Tea and Lunch will  
be supplied*

*It is encouraged that we all dress  
to the 1920s theme*

**Lochaber;** members were invited to attend the Padthaway meeting as they had a guest speaker on Ukraine. Guests, Kym and Hass Polka spoke about the life of Kym's father who emigrated to Australia from Ukraine in 1947, aged 19.

**Padthaway;** enjoyed their Christmas meeting at the Bushman's Hotel combined with Lochaber members. We were entertained by Louise Masters speaking to us about dementia.

Padthaway and Lochaber branches shared our guest speakers Kym and Hass Palka who are former residents of Naracoorte. They both came as school teachers to the area, staying for 20 years and leaving in 1998. Kym's father, Wally, was Ukrainian born in a village near Lviv, in western Ukraine near the Polish border. During World War II, as a 15 year old, he was taken back to Germany by the retreating Nazis and made to work in labour camps. After the war at the age of 19, he set out along with thousands of other Displaced Persons to Australia by ship. When he landed in Melbourne, the first thing he was handed was a fire fighting pack and sent with other DPs to help fight the fires that were raging. He was then sent to Clare, South Australia where he worked for 2 years for the Railways in order to pay off the passage to Australia. Here he married his wife Mavis and build a family home. Kym took his father back to Ukraine in 1994, 2 years after the demise of the Soviet Union where he met his cousins and visited his father's birthplace. He couldn't believe how run down the cities were. Kym mentioned that under Soviet rule the practicing of religious beliefs was discouraged and the Orthodox churches were devoid of the traditional artefacts. He was taken to a plain dilapidated shed in which were housed, under dirty canvas, the many gilded icons that had been secretly hidden away from Russian eyes waiting a time, which had newly arrived, to be returned to their rightful place in their places of worship. Kym said that on this trip everywhere one looked in the cities were statues and monuments lauding Soviet heroes and victories and the only Ukrainian monument of note was for a poet, Taras Shevchenko, the founder of modern Ukrainian literature – maybe the Australian equivalent would be Banjo Patterson.

Kym's father did not enjoy being back in Ukraine, as the country had suffered greatly under Soviet rule. Kym and his wife also visited relatives in Cleveland, USA and they celebrated a traditional Christmas where the oldest member of the family threw a bowl of cooked buckwheat onto the ceiling to see if the coming year's crops would be plentiful. Decided by the amount of buckwheat that stuck to the ceiling!. This took place before the Christmas meal with ample traditional foods such as borscht, a vegetable soup based around beetroot.

Kym brought with him an assortment of traditional Ukrainian weaving, embroideries and beautiful woodwork of all different types. He also had some traditional wooden Easter eggs called pysanka and spoke about the Ukrainian and eastern European custom of painting the eggs with intricate patterns with real eggs using layers of wax and dye. Also on display for our groups to peruse were wooden drinking cups, a painted wooden vase, baskets, hand woven blankets, traditional clothes and woodwork paintings of the above mentioned poet. Kym showed a fascinating PowerPoint presentation of his father's journey and his own trips to Ukraine and Cleveland. He ended with a short You Tube clip from Christmas Day last year of 4 ladies in traditional clothing singing Christmas carols in a Kiev park with an air raid siren sounding in the background.

Ukraine has 7 countries that border it and was separated from Russia by the Kerch Strait, which connects the Sea of Azov to the Black Sea. The colour of the flag is yellow and blue represented by blue for the sky and the yellow for the wheat and sunflowers. The country is very rich in food production with sugar beets grown for sugar as an example. It is rich in manufacturing, agriculture, fishing, mining, local dance and music, and hopefully tourism to name a few of its resources. Ukraine is the 2<sup>nd</sup> largest country in Europe, with the most traditional food being borscht (a beetroot soup). Apart from Ukrainian, there are about 20 different languages spoken. It is known for being the breadbasket of Europe.

We all joined together to try various Ukrainian dishes ranging from slow cooked meat to stroganoff, savoury pancakes, potato cakes, prunes with walnuts, salads depending on the regions, plus lots of yummy deserts that were traditional Ukrainian cakes, apple cakes and a honey cake. It was a lovely day enjoyed by all.



Guests, Kym and Hass Palka with their display of Ukrainian hand crafts at the combined Padthaway and Lochaber meeting.

A group of Padthaway WAB ladies attended a workshop hosted by Robyn Schinkel. Robyn took us into her beautiful and quirky studio filled with all sorts of tiles and other pieces to choose from. She has a range of tools that assist in all workshops. Under her studio veranda a couple of tables were set up with individual placings of our dish with cutting tools and glue. Robyn demonstrated how to cut tiles and everyone worked hard on our designs with Robyn's help and suggestions. While stretching in between we wandered through her beautiful garden showcasing different styles of artwork combined with mosaic and other combinations. We all finished our dishes which could be used as a fruit bowl, bee feeder or for birds. After the first stage dried then came the grouting which members will finish at home.



Padthaway ladies proudly show their mosaics -  
Karina Mills, Christine Fox, Iris James and Beth  
Gale (above)

**Wirrega;** The local Chemist spoke to us in February as she has specialized in Osteoporosis. She was able to impart ways for us to improve our bone density and medications that could help ease the condition. It was most informative and members were able to ask lots of questions.

The meeting in March will be a visit to the nearby town of Keith where we will meet Carolyn Bullen our Associate member who lives in Keith to join us as we peruse their shops and lunch at “Henry and Rose” a lovely restaurant along the Highway through Keith.

## MALLEE REGION

**Coonalpyn;** In November, 5 members of Coonalpyn WAB joined the Meningie Garden Club. We toured 3 very different gardens. First was Marianne Cunneens’ - a sprawling assortment of plants, succulents, flowers, hanging baskets, plants in stumps, plants in old boots. In some places she had half hidden objects. She is always adding to her garden, and encouraged all visitors to take pieces of any plants we admired.

The 2<sup>nd</sup> garden we toured belonged to Tania Lentment . Although only a few years old, her garden is chock-a-block full of fruit trees, flowers, vegetables, and a couple of patches of lawn - always something flowering or something to be picked.

The 3<sup>rd</sup> garden belonged to Ian Qualman who had a wide variety of fruit trees, many of which are in cages to prevent birds ruining them. He has done a lot of landscaping to direct storm water away. Most of his garden is in raised beds. Again, he has a large variety of trees, shrubs and flowers over a large area.



Pauline Linke gave a talk on the benefits of Gardening. For exercise, gardening can be more beneficial than the Gym.

Stress relief, keeps people mobile, fresh air, vitamin D, aroma therapy. Measured activity can help prevent heart attacks and strokes.

When gardening, plants don't argue with you, they don't talk back. Even the tediousness of weeding can be beneficial. When the weather is nice at the beginning of spring, it gives us a reason to be outside.

A green garden/lawn can be an oasis and also helps cool the house in summer.

Gardening can be done by people of any age or mental ability, the repetitiveness makes it suited for people with Dementia.

Summing up, Gardening is beneficial for Physical and Mental Health.



**Paringa** ; members were interested to hear their guest speaker, Chris Haar, tell about her long career in the nursing field. Most of her career was spent in Rural and Remote areas, often in Aboriginal communities where she worked with traditional Aboriginal healers.

Local Police Officer Todd Van Dyk spoke to members about scams, how to recognise them and safeguard against them. All members had experienced a form of scam or harassment either by phone, text or email and this information was valuable for everyone.

**Yurgo**; At the end of last year members went to Murray Bridge to visit past member Carlene, and husband Neville, Schulz (former President) at home and looked around their lovely garden.

## CENTRAL REGION

**Cunliffe**; Members enjoyed playing Christmas related games after a lovely meal at The Belagio Restaurant for our November Christmas meeting.

Our February meeting was cancelled due to the extreme heat conditions.

March saw members and friends on a bus for a great day out. Coffee and cake and a short exploration of Nuriootpa, was our first stop after an early morning start from Kadina. Then it was onto the Barossa Valley Chocolate Factory for a great lunch. The head chocolatier gave a very informative talk on how they make the chocolates. We returned to the bus, with less money, chocolates and very full tummies and headed to the Gully Gardens shop, where we were able to purchase dried fruit etc. Before we headed back to Kadina, we had one last stop at a farm near Freeling, where we inspected large metal silos which are being made into accommodation. The owner showed us 2 very old buildings which have been converted. One into a lovely function room, which could be used for weddings and the other building has been converted into comfortable accommodation. It was a lovely day enjoyed by all.

I want to be a caterpillar.

Eat a lot, sleep a while, wake up beautiful.



Hello to Everyone!

I want to share a few changes that are occurring in my role as International Officer. I am now also the Co-Ordinator, new role designed to keep us more in touch with head office and the workings of ACWW. We meet monthly on Zoom and each session is led by Sydney Salter who is the Communications & Engagement Officer for ACWW. It is fun finding a time that is suitable for all the different time zones and is a process of trial and error!

In our meeting last Sunday morning (Saturday night in London) we discussed the upcoming “Women Walk the World” fundraiser held on/or about 29<sup>th</sup> April. This is a great opportunity to raise funds for the work of ACWW so can I encourage you to get a group together and have a walk together, even if only around your local park, it doesn’t need to be a marathon. Perhaps each participant could pay \$20 (or an agreed amount) to participate and those unable to walk could sponsor the others! Give this some thought and see if you can raise a few dollars for the Rural Women In Action Fund, I know it would be greatly appreciated. Take some photos and send them to me or direct to ACWW and maybe star in their next magazine!!

The World Conference in May was also discussed. The number of participants has been capped at 440 and that number has been reached, however, you can join in on-line and I can’t recommend that enough, these conferences are fantastic! Just go to the ACWW website and register – it is that simple! John and I are so excited about going and are busy getting our outfits ready for the gala dinner at the Royal Palace!! Sandra and Debra from Kalangadoo branch are also attending.

If there are any questions/issues you would like me to discuss at a meeting please feel free to contact me at [joycechapman5641@gmail.com](mailto:joycechapman5641@gmail.com) and I would be glad help where I can.

Joyce Chapman

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](mailto:ndhrrussell@bigpond.com) when emailing to your Coordinator.

**NEXT EDITION OF THE WAB NEWS WILL BE DUE OUT IN MAY 23 – Deadline for articles is MAY 15<sup>th</sup> 2023**