



WOMEN IN AGRICULTURE AND BUSINESS OF SA INC.

NEWSLETTER NUMBER 249, SEPTEMBER 2023

State President's Message

A big congratulation to the Kalangadoo Branch for the very successful 100th Birthday celebration held on 9 August 2023. It was a full and fun day.

We held our State Conference on the following day. This included a presentation of \$2900 to Dementia Australia. Thankyou to all branches for your fundraising work.



Coming up we have our Get Online Week event. The 'Beyond Nutrition – Health is Wealth' presentation will focus on managing health through diet and other methods rather than seeking medication. It will be live on Zoom on Monday 16 October 2023 at 5 pm – this is the Zoom link to join in:

<https://us02web.zoom.us/j/82200227165?pwd=TXNoMk1GLzF3bWtVZzlocnJKdFJXdz09>

The presentation will be replayed on Zoom on Thursday 19 October 2023 at 10 am – this is the Zoom link:

<https://us02web.zoom.us/j/87329254652?pwd=OVBSNDF5NHF5WndWdml2dG8zQTVIZz09>

The Management Team encourages all members to join in and family and friends are welcome too so you could include it in a branch meeting or have an informal get-together with a small group.

I enjoyed meeting and getting to know members from other branches at Kalangadoo and was honoured to take on the position of State President. I hope to serve the membership well during my term.

Yours in WAB

Sandra Wischki

State President and Eyre Peninsula Regional Co-ordinator.

#GetOnlineWeek

“Beyond Nutrition - Health is Wealth”

- Nutrition for general health overview
- Dietary management of common health concerns
- Food preparation and storage
- Cooking demonstration

A live presentation by Dietitian Megan Watt of Mount Gambier
WAB Get Online Week 2023 project

❖ **Monday 16 October 2023 at 5pm - live presentation on Zoom – questions welcomed**

❖ **Thursday 19 October 2023 at 10am – Monday’s session will be replayed including questions from members**

❖ **Family and friends welcome**







Following on from the last two newsletters when branches were ‘placed on a map’ and then a short description of industry and agriculture of their area, this time we are featuring a prominent building, statue or other distinctive feature in their locality.

CENTRAL REGION



*Wallaroo Soldiers Memorial Town Hall,
One of the well maintained Town Halls
in the Copper Triangle.*

Cunliffe: 13 Members enjoyed a motivational talk by Leah Holman on the importance of keeping fit regardless of mobility capabilities. Leah handed out the required ‘tools’ for us to participate in ‘Arm Chair Yoga’ style exercises whilst sitting on our chairs as well as using the chairs for balance exercises. Using weights to strengthen arm muscles, body rotating to improve flexibility and various stretches were some of the exercises our members bravely attempted within their capabilities and with great encouragement from Leah who presented in a fun and entertaining way.

Cunliffe AGM became a discussion on how to go forward with members having already taken on the executive positions previously. The issue was resolved by deciding to have a panel of Presidents.

Rosalie Pearce, Helen Colliver and Yvonne Correll agreed to organise and chair meetings on a rotational basis.

Country of Study 'Iceland' was our July Meeting theme with members speaking on a beautiful country with colourful cloud phenomena and glacial rivers, northern lights and geothermal springs and the recent volcanic eruption. We learnt that Iceland is the best country for observing gender equality- and elected the world's first President in 1980 with many Icelandic women being business owners. Families don't have surnames or family names and any different baby names have to be approved by the "Naming Committee"

Roadwork signs feature female images: due to dark wintry days, Iceland is a country of bookworms: they have very low electricity prices: and their favourite food is hot dogs using lamb meat. Due to their sparse population and difficult terrain, mail often has a hand drawn map on the envelope to assist the postal services mailman!!

Members enjoy a pooled lunch and fellowship following their Meetings.

Currently, Cunliffe members' focus is on the YP Field Days. For 6 weeks leading up to the Field Days, each Wednesday we cater for the Agricultural Bureau members from the 7 Branches on YP who attend the working bees at the site. Morning tea and lunch of soup, salad rolls and dessert are provided for up to 60 workers. In addition to this, cleaning and preparation of the Parenting Room and Emergency Services building, WAB in co with the recently formed young Women's Agricultural Bureau Branch operate the General Interest Guest Speaker Pavilion during the Field Days. This community event has been a great opportunity for the Bureau members every two years to come together, work together and present the Field Days for their Agricultural Industry.



Cunliffe WAB members preparing lunch for the men from YP Agricultural Bureaux, all busy getting ready for the YP Field Days.

EYRE PENINSULA REGION



View of Port Lincoln where the silos dominate – an important structure serving a busy port and the agricultural industry of Eyre Peninsula.

Charlton; West Coast Youth & Community Services CEO Narelle Biddell addressed the August meeting. It began as Youthhaven in Nov.1984, providing shelter for young people in crisis and has broadened significantly. In 2009 Youthoria was established for the purpose of providing work experience at the cinema, and from 2011 onwards they have helped the homeless across a wide age bracket. Lack of housing is a very real difficulty.

Services include Youth programmes, Homelessness support, Alcohol & Drug addiction, Mentally Fit EP, and Community Connections eg. Mums well-being group, cooking classes & games group. Money is in hand to develop a Community garden behind the Flinders Theatre.

Narelle said youth have 'choices' and the aim of WCYCS is to help them identify goals and achieve those goals - not by doing it for them but supporting them along the way.



*Yvonne Warner, guest speaker
Narelle Biddell, Lyn Siviour*

At the September meeting members enjoyed a summary of the Kalangadoo Branch 100 year celebration and the WAB State AGM presented by attendees *Chris Phillis, Helen Mitchell, Lyn Siviour and incoming State President Sandra Wischki*. They came dressed in their finery worn to the Kalangadoo 100 year celebration.



LIMESTONE COAST REGION

Kalangadoo; It was very exciting when visitors started arriving in their 1920's attire at 9:15am to help us celebrate our 100th birthday! The hall was setup in 1920's style, with coloured water in glass bowls on mirrors into which a candle was burning, pearls and other beads, individual trios, old-style salt and pepper shakers and milk jug and sugar bowls. Huge blue balloons spelt out '100' and there was a beautiful cake adorned by fur stoles and hats. *Susan Hickey, Sandra Young, Jessie Searle, Debbie Guenther – current members*.



The morning began with a high morning tea on tiered and silver plates of savoury scones, chocolate cake with the WAB motif, cheesecake, banana cake, Anzac biscuits and cockles. Tea and coffees were served by 2 waiters dressed in black suits and bow ties and a waitress. Mayor Des Noll opened the event and State President Narelle Scott gave an address, followed by WAB Stories of 2 past Kalangadoo members, Cecily Auld and Rochelle Monaghan and present

member Debbie Guenther. The latter 2 recalled how they were introduced to WAB by their mother-in-law. Debbie talked about her ACWW experience in Kuala Lumpur earlier this year. All had wonderful experiences and memories of WAB.

All adjourned outside to unveil a Lions seat and to explore the garden with Nick Hunt's 1920's Dodge. We returned to the hall with the sounds of jazz music and a glass of sherry or apple juice. The 1920's lunch was served with meat balls or meat loaf and a pavlova or trifle. A Murder Mystery play by the local members and Penola Players entertained everyone, based on the branch minutes and incorporating visitors from Melbourne (inspired by Miss Fisher's Murders).

An extensive roll call followed where the first 16 members were acknowledged, half of whom had relatives present and then past members or their relatives were called for every decade of the Kalangadoo WAB's history. Stories were recalled and a gift for each participant was given. After the WAB song, the cake was cut by the oldest past member, Maureen Case and then three 1920's style competitions produced a lot of hilarity. To complete the suspense of the murder mystery, a letter was read giving results of the autopsy and laboratory findings. A raffle and thank you gifts were handed out before bidding everyone a safe journey home. It was a great celebration!



Miss May Bennett was one of the founding members and remained a member for 44 years. She received the Life Member Award in 1946 with 1 other founding member. While May was a member there were neither 30yr or 40yr awards (first issued in 2002 and 1974). May remained a member until 1967 and died soon after. She was a very regular and active member, so we felt it would be great to grant her a 40yr award posthumously. May was 26yrs old when she joined in August 1923.

As there were no relatives of May's there (not sure if she had brothers or sisters), the award was presented to our Secretary, Debbie Guenther, for our Archives. We are going to keep it in the folder for our Centenary.



If a relative ever asks or does research about May or her mother, Laura, who was a member also (but not as long as May), the certificate can be given to them, in the future.

Award to Miss May Bennett

Lochaber;

The Sheep's Back - an award winning museum complex which traces the fortunes of wool production in the Limestone Coast region from the earliest European settlement in the 1840s to the present. The main galleries are located in a stone flour mill built in the 1860s and a saw mill was added later.

Milling ceased in the 1930s. It became a museum in 1971 and was handed over to the National Trust in 1983 and now houses the Wool Museum, a craft shop featuring local handmade crafts and the Visitor Information Centre.



At the WAB State Conference and AGM held at Kalangadoo in August State President Narelle Brooksby awarded Glenice Bourne and Claire Williams from Lochaber branch with their sixty year membership certificate and badge for remarkable continuous service to Lochaber branch.

During their time Claire and Glenice have held many office positions in their branch with Glenice also having held the position of South East Regional Councillor and State Treasurer and continues as branch Treasurer after many years.

Lochaber branch would like to congratulate Glenice and Claire on an outstanding achievement Members enjoyed a delicious cake made by Marj Haynes to celebrate the memorable occasion after their September meeting.

At the September meeting, Charlie Legoe from Naracoorte Helloworld Travel was guest speaker about Iceland, Country of Study for the year for WAB. Iceland is defined by its dramatic landscape of glaciers, volcanoes, geysers, hot springs and lava fields. It is a hugely remote rugged island with a low population of friendly people visited by tourists often on cruises.

Attractions include the Blue Lagoon waters as a result of underground minerals, a spa nestled in a lava field and the Northern Lights.

Mural on the Naracoorte Bushman's Arms hotel wall.

Jeanette Holty was the lead artist assisted by students from the High School and members of the community. It was created as part of the SA Jubilee 150 celebrations in 1986 and depicts a number of historical scenes from Naracoorte including the football team, showgrounds and the hotel.



Padthaway;



Pioneers of Padthaway

Padthaway was the name of the original pastoral station which was established in this area in 1847. Padthaway means good water. This area was owned by Scottish businessman Robert Lawson. In 1882 Mr Lawson had built the Padthaway Estate for his wife Eliza. The estate is now heritage listed. In 1950 Padthaway became a part of the soldier settlement scheme. At this time the wives formed a club called the ladies club to help develop the district which then became Women in Agriculture Bureau. They are still operating today. The ladies proposed to make a playground. The Locals and husbands made all the equipment. This is now care taken by the Tatiara Council. It was very raw marginal land that only had boundary fences, trees and scrub, rabbits by the thousands and land that would be underwater for the winter - very underdeveloped. Over the many years of clearing came established vineyards, cropping grazing, irrigated pastures bringing small seeds and later potatoes and onions. They have very good stock with sheep and cattle, prime lambs fine wool making it very productive. The main street of Padthaway holds a memorial structure which is dedicated to the pioneers. The Padthaway Estate is still locally owned and managed. They do wine tasting/cellar door sales, different types of accommodation and celebrations. Come and stay and explore our area.

Wirrega;



Place of Interest: The Nature Reserve and home of the White Kangaroo is adjacent to the main Melbourne Highway on the Melbourne side of Bordertown and clearly visible from the road. This Park attracts many visitors and is in a lovely natural setting. The first white kangaroo was caught by a local and donated to the Kangaroo Park and since then many white kangaroos have found themselves being gifted to Sanctuaries all around the country.

At our August meeting the local Beautician spoke and was amazed at how many of us do not have a daily skin routine. She had a captive audience learning about the benefits of the different skin care range and how and when they should be applied. An important routine is to always apply 50 plus sun screen when going out doors.

In September we will be learning of the Services the Boandik Group provide, to keep elderly or recuperating people in their own homes with help. This is a Service we all need to know about as we approach our senior years, and desire to stay in our own homes.

MALLEE REGION

Coonalpyn; In August 5 Coonalpyn WAB members traveled to Murray Bridge for a delicious lunch served by Ute May, and afterwards we visited the State Flora Nursery, where members were encouraged to buy plants suitable for entering in this years' Coonalpyn Show. Later, we visited Food bank where we were given a tour by Bronwyn, the Manager of the Murray Bridge branch of Food bank. To shop at Food bank, people have to show a voucher which they are given at A.C Care or St

Vincent de Paul in Murray Bridge. The prices at Food bank are greatly reduced to Supermarket prices, allowing those on a micro budget to eat well. After our informative tour, members handed over easy to follow recipes for customers to use.

The title for our September meeting was “Coonalpyn Show Promotion”.

We invited Julianne Wandle who has been judging at Country Shows and Adelaide for many years. It was very interesting to have insight into the nitty gritty of judging and special tips for those who like to enter. Julianne had a range of very old recipe books - a couple from 1887. She is a collector of these and can't help getting a new one for her collection. She also uses these at school for the children to cook and learn old school techniques and ingredients.

For this month's competition we cooked a couple of recipes that Julianne judged, including muffins, anzacs, scones, chocolate cake, sauce, pickles and jam.



Coonalpyn Mozacis Mural that quite a few of our Coonalpyn Branch members were involved with in 2016-17. It was done as a part of the Creating Coonalpyn, 6 part art project which included Silos painted by Guido van Helten; Tunnel vision; Coonalpyn on Show; Eyes on the road; The Soak garden and the Mozacis Mural designed by Mike Tye which took 12 months to finish.

Paringa;



The latest tourist attraction to the district was the painting of our 2 silos (back and front) with historical silhouettes which have been overpainted with local scenes. A nearby info board gives all relevant history of the project. Other tourist attractions in our district are Lock 5, Heading Cliffs Lookout, Wilkadene Brewery, Customs House and catamaran holidays.

We have had some interesting speakers in recent months; Maria Spano is a Renmark Paringa councillor of 17 years and Renmark hairdresser of 50 years. She spoke of her Italian upbringing in Melbourne and Renmark and shared some of the pain associated with trying to integrate several decades ago. Maria is very approachable and member's issues were discussed.



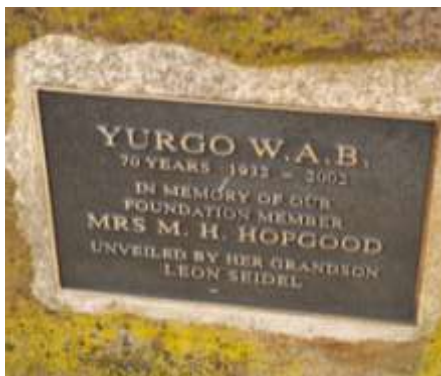
Claire James, Cr. Maria Spango and Jenny Curtis.



Our August speaker was Eliza Berlage from Renmark's ABC office. She had been to Iceland and was able to give members an idea of the tourist attractions, weather (most times unpredictable) and its economy (fishing industry). She found it surprising that Icelanders, though having a high standard of education, were very superstitious and had a reverence for Norse mysticism and trolls.

Ruth Patten, ABC journalist Eliza Berlage and Ruth Christie.

Yurgo;



Guest speaker, Martin Borgas, CEO of Karoonda-East Murray District Council gave an interesting talk about Homes for the Aged to be built in 2024. Peter Dexter, the last Station Master at Karoonda left \$500,000 to Council to build these homes. He was a migrant to Australia and it took some time to make sure he had no living relatives. The Government gave another \$8,000 towards the project.



Joyce Chapman, the WAB representative to ACWW, didn't have any contribution for this newsletter and we would like to share with you the email that I received recently.

Dear Lee

Thank you for your final newsletter to me. This will be my final "thank you" for all the newsletters received from Women in Agriculture and Business S.A.

I have thoroughly enjoyed the writings and insight into the 'goings on' of the members in South Australia and I thank you all for sharing with me during the past seven (7) years of my term as ACWW South Pacific Area President.

To President, Narelle, you have put much into your term as State President and I wish you well in your retirement and also wish you well for your State Conference on 9th & 10th August at Kalangadoo.

I congratulate incoming State President, Sandra Wischki and to all members, all the very best for all the years still to come with WAB SA.

Sincerely

Gail Commens

Immediate Past ACWW S.P. Area President

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A REMINDER ALL REPORTS TO BE INCLUDED IN THE NEXT WAB NEWS ARE TO BE SENT DIRECTLY TO **YOUR REGIONAL COORDINATOR** and the **Newsletter Editor** by simply including the Newsletter Editor by cc to LEE at ndhlrussell@bigpond.com when emailing to your Coordinator.

NEXT EDITION OF THE WAB NEWS WILL BE DUE OUT IN November 2023 – Deadline for articles is November 20th 2023