



WOMEN IN AGRICULTURE AND BUSINESS OF SA INC.

EDITION 251, MARCH 2024

State President's Message

Hello WAB friends. I hope 2024 is going well for you. I have been away for the past four weeks with two weeks in Western Australia celebrating Mum's 90th birthday followed by a two week cruise to New Zealand.

The Charlton Branch is continuing to plan the State Conference to be held in Port Lincoln on Thursday 12 and Friday 13 September 2024. I hope you can join us.

Branches should submit award nominations to me by mid April if they are required for the regional gatherings being held in May. Also please nominate your theme, project and country of study for 2024/2025 by the end of April.

This year we will again apply for a 'Be Connected' grant to continue to provide opportunities for members to increase their digital skills by being involved in online activities and training. We are looking for suggestions from members for topics for an online event to be held during Get Online Week in October 2024. We are also planning to hold 'Be Re-Connected' one day refresher training days with Narelle and myself at each branch later this year.

Yours in WAB,

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*Mum with a hamper
of her favourite things*



Arriving at Milford Sound, New Zealand

Following the 'getting to know our Branches' segment in last year's newsletters which received favourable comments from some of you, it may continue if Branches are happy to contribute. For this edition each branch was asked for a brief profile of one of their long serving members- maybe there will be more for the next newsletter!

LIMESTONE COAST REGION

Kalangadoo; No meeting report (February meeting cancelled) and no member profile.

Lochaber; Jo Callaghan, our guest speaker, gave a very informative and interesting account of her life in the Army.

After training at Kapooka with the Dental Corp, Jo was posted to Sydney Barracks as a dental assistant followed by a position as a Recruiting Officer in NT. Later she enjoyed a happy life at Puckapunyal followed by a position in Darwin at the Regional Training Centre then deployment to Egypt. There the temperature ranged from 5 degrees on her arrival to minus 2 at Christmas with sand storms in the desert.

During her stay in Egypt, she had the opportunity to visit nearby places of interest including The Pyramids, The Sphinx, Anzac Cove, Gallipoli, Mt Sinai, the Dead Sea, Jerusalem and Jordan.

Jo served 20 yrs in the Army which she enjoyed but found being away from family difficult, especially missing family occasions. This brought her back home to Naracoorte.

Jo finished her Army service and on her return home worked at the Naracoorte Police Station for 13 yrs as a Client Services Officer. Jo now serves her community working with Wattle Range Funerals and also conducting our local ANZAC and Remembrance Day services.

Glenice Bourne has been a valued member of Lochaber Branch since 1962 when she was invited to join WAB by her Mother-in-Law.

As Regional Councillor representing the South East Region, was one of the highlights of her time with WAB.

"As a member of the branch I have enjoyed the opportunity to visit, and invite guest speakers to learn of many areas and topics of interest including our chosen Country of Study and charity to support."



Padthaway; After having a month break it was great to catch up with everyone. We started at A New Leaf, Flowers, and Gifts, but unfortunately due to unforeseen incidents we didn't have a speaker. We wandered into the shop and had a good look around seeing what they have. A New Leaf has fresh flower arrangements or cater for individual selection of fresh or dried flowers. They also have an extensive range of gourmet food, home wares, baby clothes, cards and toys to add to a gift box or will make hampers and grazing platters for all occasions. Being a member of Interflora they arrange delivery of flowers worldwide.

From there it was across to the library where we sat in their lovely meeting room and Tara Maresch spoke to us about what the library offered. Tara showed us the Lego Titanic which the Lego group have made recently, there is a knitting group and 3D vision class. Did you know the library is open till 8 PM on a Thursday? They also offer advice about phones or computers if you're in trouble and run free classes in this area as well. There is a baby group which is popular. Pop in to see what is going on or how to join these activities. After a brief meeting we ventured next door and enjoyed the lovely service and meals Maddie's Café had to offer.

Padthaway WAB get crafty for Easter

Padthaway WAB members all listened while Guest Speaker Kristen Davie introduced us all to the silhouette or cricut machine. The machine looks very much like a printer which is connected to a computer so you can download programs or cartridges. A cricut is basically a digital die cutter that is able to cut many different materials for occasions and just being crafty. Materials such as paper, cardboard, and vinyl can be cut while with the correct cutting blades some machines can cut balsa wood, fabrics, leather and cork. The cricut may come with cartridges and a sticky mat where you place paper on for the shape you choose and the machine cuts it out. As we were doing an Easter theme Kristen made up five different shadow boxes with five different centres to choose from. She had them made up into packs but demonstrated how you would choose your selection, and that the selection can be your own design made on the computer. Then we all got into bending and sticking to make our creation. Our Easter shadow boxes with little LED lights in the background looked very fancy. Most of us lined up for a photo to show what we completed. A quick meeting was held where we were told of the amount we raised selling the Lions Christmas raffle last year, members were really pleased and are looking forward to participating again.





Padthaway members happily showing their Easter Shadow Boxes

Padthaway Branch member profile, Beth Gale.

Beth joined WAB in 1973 as her mother Ronda Vogelsang was already a member and encouraged her. Beth liked the program that they put on. She also has memories of getting off the school bus to eat afternoon tea that was left over. Beth also brought her own children along and they have memories of getting off the bus at the local hall to devour yummy afternoon tea leftovers. She is up for her 50 year badge this year which is a long time and a lot of meetings, a lot of fun times, a lot of friends made in the different areas of South Australia. Learning about different countries and our own Pacific regions through ACWW, she has attended many conferences and enjoyed them thoroughly. She has also had her eldest daughter join who was quite involved but now supports Beth in the president role and keeps her up with all the latest technology. Beth wishes WAB further growth into the future to sustain a wonderful organisation.



Wirrega; Members are refreshed after the Christmas break, and look forward to the busy year ahead that is planned until June when we have our AGM.

Wirrega branch started the year with member Marlene Wegener speaking about her experiences when visiting Iceland (WAB country of study) with her sister a few years ago. A bus tour around the southern end of the island, revealed some lovely towns, hot water piped from underground to homes and businesses, for heating etc. The north of the Island is more wilderness. The island is built up upon thousands of years of lava flows. As we see on the news today the lava is again rising up from underneath the ground and flowing over the southern sections of Iceland. Marlene showed many of her pictures for us to visualize the landscape. A very interesting evening.

No member profile

MALLEE REGION

Coonalpyn; For our February 2024 meeting we watched three online information you-tubes about Iceland

The first was a recent clip about the volcanic eruptions that are currently devastating parts of the country. Maps helped us to see where the main towns are that are threatened and what they are doing to prevent further loss.

Then we learnt about many different aspects of the country from its people, economy to its beautiful scenery and finally a visitor's view of where to see the spectacular differences from volcanoes to Northern Lights to glaciers, cities and roads.

It was a very interesting and informative night.

No member profile

Paringa; members visited Goannahill, the art studio of resident (retired) artist Steve Everingham in Paringa.

The branch celebrated Christmas with an outing to the Chaffey Theatre to see the Adelaide Big Band perform and also attended the seniors community lunch at Hotel Renmark

Paringa branch had a theme of "Remembering Renmark Past" for its first meeting of the year. Each member was asked to recall a former business and while some members had lived their entire lives in the district others less than a decade, however all had witnessed the high turnover in re-purposed premises and shop. These included cafes, bakeries, tradesmen, grocery, hairdressing, church halls and service stations. Some maintained the same business under a new name while others took on new identities eg. a picture theatre now a menswear shop, a church hall now selling takeaway food and a cafe turned electrical shop turned optician business. Jocie Cooper displayed a painting of Renmark shops in the 1910's. She also showed a large aerial view of her family's former sheep stations Wilkadene and Murtho Park. (Wilkadene's shearing shed today is a popular artisan brewery). A natural river cutting allowed paddle steamers to deliver goods to these homesteads on the frontage. Many photos were discussed including the changing face of the town's river frontage and its art deco inspired buildings of the 1930's.

*Members Marg Duggin, Jocie Cooper
and Elaine Leedham*



Member profile coming!

Yurgo; members are busy getting ready to host the Mallee Regional Conference which is to be held on May 13th in the Karoonda Institute. They have all women guest speakers with interesting topics which will make it 'a day not to be missed!'

Yurgo member profile. In 1970 Beryl Clothier joined Yurgo WAB and has been their Secretary since 1985. While visiting the Murray Bridge Show Beryl was most interested in the displays on the competition table by each Branch in the Region. Later a friend invited her to join the Yurgo Branch. Beryl particularly enjoys meeting people at State Conferences (she hasn't missed one since 1985) and keeps in touch with many. Learning, sharing ideas and the company of other WAB ladies are highlights for Beryl

Beryl holding a plaque which she made for the Ceduna State Conference in 1989



CENTRAL REGION

Cunliffe; No meeting reviews and no member profile

EYRE PENINSULA REGION

Charlton; Charlton branch guest speaker Lain Montgomerie provided an overview of Mentally Fit

EP from its first program in 2004 to support mens mental health to many and varied programs since including mental wellbeing, coordinating the delivery of donated stock feed during drought, suicide prevention, support packs for people who have had a miscarriage, working with pre-teens before small troubles become bigger troubles, and producing 'Mentally Fit EP and Me' podcasts. In response to community needs Mentally Fit EP encourages people to make connections and to have a chat. The emphasis is to have all members of the community stay well, to do things that makes them

feel good, to learn how to have meaningful conversations, and to reduce the stigma and fear of mental illness.

Mentally Fit EP relies on grants, donations and fund raising.



Secretary Carolyn Olsen with Lain Montgomerie

LEARNING ABOUT HOODIES.

Guest speaker Rachael Kannussaar, who is a Landscape Board Officer based in Pt Lincoln and works with the community on local environmental projects. She has a special interest in the endangered Hooded Plover, distinguished by its black head (hood) and red ring around the eye, found on our beaches. The shy Hooded Plover is a beach nesting bird and smaller (20cms) compared to the noisy, swooping plover (Masked Lapwing) frequently seen nesting on grassy areas.



Rachael's interesting address focussed mainly on giving us a good understanding of the life and habitat of the 'hoodie', and its vulnerability in successfully raising chicks. Breeding season is August to March when we need to look out for their nests on beaches, keeping dogs on leashes and walking at the water's edge. Nests are found between the high water mark and dunes.

These birds expertly camouflage the simple nest, are very good at drawing your attention away, and after hatching will defend their chicks but don't feed them. Birds often winter on the coast, but some migrate inland.

A predator control program has seen excellent co-operation from landholders (adjacent to coastal areas) who also benefit from these programmes.

Over the past decade work to save the 'hoodies' has shown success and Rachael spoke of the excellent contribution by volunteers.

Members Val Pope and Lee Russell with Rachael Kannussaar, centre



No member profile

On-Line; November 2023 and February 2024

For our November topic we discussed Digital Security and members shared the different ways they stay safe online. Many of us read the “Be Connected” emails and Sally G frequently hops on their website to update her skills and knowledge by completing modules. Clearing your browsing history regularly is recommended and manually typing in any link you use to go to a site is also a good move and prevents you being diverted to dodgy or unsafe sites. Roz said she feels less than comfortable using her mobile for banking and other payments although she does find suggestions for banking security interesting. Sally P mentioned her Mum saying she was taught to “trust everyone until they take you down” whereas now we “trust no one until they prove trustworthy”. Sad but true! Regularly changing passwords was also mentioned but having good secure passwords to begin with is a good way to stay safe. Trend Micro antivirus software is used, and was mentioned, by a few members as being a good choice. The link is: https://www.trendmicro.com/en_sg/forHome.html

For the first meeting for 2024 Mary put out a few “teaser” topics.

Firstly, why does almost every recipe start with “Set your oven at 180C” or something similar? Everyone agreed that this was less than useful advice and a waste of time and power as the preparation usually took 3 or 4 times as long as it took the oven to reach the desired heat setting.

Another question was “Why do many cooks and/or chefs use so much salt”? Salt is generally accepted as being a killer – unless like Sally and Joyce you suffer from a deficiency and need to boost your intake. The excessive amount of sugar in many recipes was also mentioned – many of us reduce the amount of sugar in desserts – even pavlovas turn out well with less sugar.

A couple of questions on pets were posed. If you own a Cat do you keep it inside or do you allow it to roam outdoors and how many native birds and other creatures might your Cat have killed when roaming unsupervised? The general consensus was that Cats were a menace to wildlife. Roz had one which wore a bell, but overall we were not Cat owners or even Cat lovers. Feral cats are definitely not tolerated.

Dogs were considered to be much better behaved although Lee did mention an incident involving their two working dogs approaching her one day holding two small ducks – one in each dog’s mouth. On being ordered to “Drop it” one swallowed its duck immediately whilst the other dog obeyed the command and the duck was rescued!!



Each year on or around 29th April, women worldwide celebrate ACWW's international network by joining together to Walk the World. This is a great opportunity to organise your branch members (and friends) to have a walk together and raise some funds and awareness for the vital work of ACWW. It doesn't need to be a long walk, just whatever you can manage - even a walk around someone's garden. You can forward any funds raised and I can send the money to ACWW on your behalf or you can send it direct.

It would be fabulous if you can take this opportunity while the weather is so nice, it would be greatly appreciated.

Joyce Chapman, WAB representative to ACWW

January I received this email from Lyn Braico asking me to add to our newsletter.

This information has been put on our Web page and Facebook site (I think) but in case you missed it

Good morning Lee!

Happy New year and hope you had a lovely break over Christmas with family and friends. Thank you for sending me your newsletters! What a great way to connect with your members.

As you know, the Associated Country Women of the World (ACWW) South Pacific Area Conference is being hosted by CWA of NSW in the beautiful town of Griffith, NSW, Australia. The local organising committee are putting together a wonderful event and they have put together the attached information for our members to be included in the Country Woman Journal and all similar Journals throughout the South Pacific Area.

We would very much appreciate if you could put this information into the upcoming WAB publications, and perhaps add this information to your webpage in upcoming events, and add my short introduction as below if there is space please:

On behalf of the Board of ACWW and the South Pacific Area Conference Organising Committee, we would like to invite all members and friends to attend the 19th ACWW South Pacific Area Conference to be held in Griffith, NSW 8 – 12 September, 2024. Please join us for a week celebrating Rural Women in Action and all our International work throughout the South Pacific Area. It will be a time for inspirational speakers, constructive conversations and lively debate, plus a chance to renew old friendships and create new ones. We look forward to welcoming you in Griffith to enjoy this special event. See you there!

Full registration details available at the ACWW Website.

Many thanks, Lyn B

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Trustee, and Area President for the South Pacific

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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 MAY 2024 – Deadline for articles is MAY 15TH 2024

Please note earlier due date for next newsletter as Editor (Lee) is going on holiday late May – thank you