



WOMEN IN AGRICULTURE AND BUSINESS OF SA INC.

NUMBER 255, DECEMBER 2024

State President's Message

Hello WAB friends

Welcome to the last issue of our newsletter for 2024. The first two weeks of December seems to be a very busy time as lots of organisations hold their functions earlier in December rather than closer to Christmas. For me this has meant a very busy couple of weeks with something on almost every day and now nothing leading up to Christmas. The Charlton branch had its Christmas function at the Axel Stenross Maritime Museum. For the first time we had the meal catered and as well as having delicious food we all had time to relax and mingle and to enjoy the Christmas games arranged by our member Chris Phillis.

Charlton members and friends enjoy their Christmas dinner at Axel Stenross Museum with Boston Island in the background.



In November the Management Team met at Hahndorf caravan park. We had time to discuss and work on things we run out of time for during our regular Zoom meetings, such as our aspirations for WAB, updating our membership database, and reviewing the criteria for member awards. As it is time-consuming to go through old records and in some cases these aren't available, it was decided that for memberships of 30 years and longer the Award would be granted for the number of paid membership years (not necessarily consecutive years) and the member had attended meetings, rather than having had to attend a minimum proportion of meetings.



On the following day the Management Team joined the Online branch for their gathering to celebrate 'Life is for Living'. Mary Wilkinson organised a fun day with visits to a cheese factory, family run winery and chocolate factory, all in the beautiful Adelaide hills. Our talented Online member Sally Grundy wrote a song about the day.

I wish you and your family a blessed Christmas and look forward to another year of WAB activities and friendship in 2025.

Yours in WAB,

Sandra Wischki

LIMESTONE COAST

Lochaber; Our guest speaker in November was Ed Coventry from the Caledonian society in Naracoorte . Ed gave a very interesting and informative talk about the Naracoorte Caledonian society and his Scottish family history. His interest in the society began while at school when he learnt to play the bagpipes and joined the Pipe Band at 9 years of age. He joined the Army and won many competitions around Australia playing the bagpipes including in the army Tattoo.

After leaving school, Ed returned to Naracoorte where he resumed his connection with the Pipe band and Caledonian society. The Band was formed in 1948 and continues today with Ed being a Piper for fifty years.

The coordinators of Naracoorte Nurture Village Hampers were guest speakers at our October meeting. Molly Hannaford and Chloe Dix started the branch in 2023 with the aim to bring back the traditional village of support for local women in the community facing hardship.

This is a national charity which relies on the generosity of its community and was started in New South Wales by a mother with post natal depression. Fifteen hampers have been delivered locally so far due to domestic violence or medical situations. Nominations are received at the start of the month and a family is then selected and goods collected through the month and delivered to the recipient at the end of the month.

Three thousand items have been given over a twelve to eighteen month period.

There is a lot of local business and community support with food products, vouchers and money received and members each brought items to donate to this worthy cause.

Padthaway; The Padthaway WAB ladies enjoyed a lovely day exploring all the things that the town of Padthaway has to offer. The word Padthaway is an Aboriginal word meaning “good water.” We started our day at the Padthaway town hall where the Op Shop is located. Everyone had a browse with most members picking up some lovely bargains. The Op shop also has tables set up and offers morning tea, which members all sat down together to enjoy.

Next, we stopped into the playground and park. In 1965, the Padthaway WAB ladies raised some funds and organised for the first playground to be put together as a place for families to meet and kids to play together. In 1966 the Padthaway ladies also planted a group of trees that are still standing next to the bowling club rooms today. The men of the district at the time made all the original playground equipment in 1965. Later, the playground had to be moved when the bowling club rooms were built, and the playground that was first built has since had to be changed to keep up with safety rules and regulations. The Tatiara Council is now in charge of and takes care of all the playground equipment.

Padthaway cemetery was our next stop, where our member Beth Ortlepp, told us about Padthaway’s founding family, the Lawson’s, and the tragedies that struck their family when they lost 2 of their children, both of whom were under 2 years old, in the span of 5 years. Our last stop before lunch was at the Padthaway Caravan Park. Members took a walk around the park to look at what it has to offer –a mini golf course, playground and sandpit for kids, a picnic area, recreational room, and animal enclosure with a kangaroo and emu. Lunch at Beth Ortlepp’s was unbelievably delicious and much appreciated, all made by Beth. All members had a lovely day out with beautiful weather, many things learned, and some things bought. A very big thank you to Beth Ortlepp who organised our day in Padthaway.

Padthaway WAB celebrates Egypt our Country of Study

November saw members gathered together at Beth Gale's patio which had turned into the inside of a tomb. We displayed the Egyptian flag and decorated the chairs with black seat covers, red bows and white tablecloths. Everyone received a small pyramid which Kristen Davies provided with her cricut machine, filled with chocolate coin and a lolly snake. Large pyramid's decorated the centre of the table. Unfortunately our guest speaker Vanessa Mikcutta could not be available but she lent us her Egyptian souvenirs and a USB stick of her visits to the pyramid's.

Online member Sandra Young, joined us with souvenirs and spoke of her travel experiences. Sandra also attended the recent exhibition of Egypt's artefacts in Melbourne. We found that Egypt is a really interesting country full of history and only survives because of the river Nile. We learned about the pyramids, agriculture, markets, irrigation and people. Gini Gale made up an informative sheet sharing some history and facts about the country. Some members really got into the Egyptian theme by dressing up. There was a photo booth where some members tried on accessories. We tried dressing Iris James and Della Farewell as mummies wrapping them in toilet paper - this created more laughs. Gini also created an offering table for a tomb with a resident mummy, citrus being a major



exporter, gold, jewellery, Egyptian pounds, frankincense oil which bring smells from the market which were in the diffuser for the day, camels and Alabaster which is used indoors to carve objects and artefacts. Sandra brought a lovely scarf, books and pictures and an Egyptian jigsaw puzzle which members enjoyed placing pieces. She had some beautiful Egyptian perfume in decorated bottles with their original oils for example lotus flower being their national flower.

We brought a variety of traditional food, starters of Dukka with home-

made flatbread and Baba Ganoush a popular eggplant dip. We had a variety of curries, salad and kofta and a selection of desserts with fresh dates which were delicious.

Sandra also got us to try and write our name in hieroglyphics. A take-home pack of Egyptian map, crossword, word search and hieroglyphics puzzle were also well received. Members had a really fun day, tried some food they would not usually eat and took away some knowledge about our country of study, Egypt.



The Naracoorte Regional Art Gallery was thrilled to receive 39 entries in the Christmas Tree Exhibition. Of the 34 trees offered at the Opening Night auction, Padthaway WAB's three entries were among 11 group entries from community groups including schools.

The auction saw variable prices for the arty Christmas trees, both freestanding and wall-hangings. The majority of the trees sold raised funds for the Gallery which is a Naracoorte Lucindale supported facility reliant on volunteer staff. Two Padthaway WAB members are volunteers at the Gallery and in 2023, the branch enjoyed a pottery painting workshop at the venue.

The major entry from the branch was a wall-hanging and it attracted plenty of interest from bidders. The successful buyer was Cr Patrick Ross, the Mayor of the Naracoorte Lucindale Council. The people's choice award does run for a month where locals can vote for Christmas tree entries.

It was great to support the Art Gallery and also to have WAB recognised in the community.



Beth Gale, Jenny Hinze and Sue Blockley with their WAB patchwork Christmas Tree at the Naracoorte Christmas Tree Exhibition

Wirrega; We learnt about the Development in Bordertown of a large "Dog Park" as Jeff Weise, the President of the local Rotary Club, spoke about their latest project. Rotary will build the Park and Council will maintain it. This dog park will be a welcome attraction for local and travelling dogs and their owners alike and will provide shade, shelter, seating, drink stations for dogs and two play areas, one for little dogs and one for large dogs, with safety double gates on all entrances.

The local Physiotherapist, from "Good Country Physio" explained to WAB members at the October meeting, the importance of "Strength Training as we age". After the age of 40, we lose muscle mass each decade, so we need to regularly do resistance training such as push, pull exercises, balancing and getting up and down from chairs without using hands. It is important to keep the muscles toned around our bones. Build up exercises gradually at a regular time. Exercise is beneficial to our brain health and health in general.

Our next meeting is a visit to the local "Blue Lake Milling" company where they make rolled oats for Uncle Toby and many other brands. The local farmers also benefit by delivering their quality oats to a local Mill. The company is a very large exporter of oats overseas and is one of the largest employers in our district. The Company is innovative in generating their own electricity from the oat offal. Members are looking forward to this visit and hearing about this innovative company at our November meeting.

Early December will be a time of celebration and friendship at our Christmas luncheon at the restaurant "Henry and Rose" at Keith. We enjoy this special venue as it includes a special Associate member from Keith who is able to join the celebrations.

MALLEE REGION

Coonalpyn; Members catered at a recent clearing sale and raised over \$300, they have another one in January.

Our guest speaker was Jess Hattam, from Australian Lions Hearing dogs, Verdun. Puppies are born at the Verdun Facility, and kept until around 8 weeks of age, then they are given to volunteers for basic training, with food costs and other items supplied. At about 8 months old, the pups are returned to Verdun for Hearing alert training. A fully trained dog, upon hearing a sound its owner doesn't, will firstly locate the sound, then return to owner, getting their attention by tapping them with their paws, then getting the person to come with them to the sound-unless it is a fire alarm, in which case, Dog will alert person, then lie down at their feet. This shows the owner that it is serious. Alarm clocks are not kept beside the bed, instead they are across the room. Dog will hear alarm, and encourage person to get out of bed to switch it off.

Also available are Medical Dogs for people with Type 1 Diabetes. These dogs are trained by scent. If the owner goes into a diabetic attack too quickly to move, by calling to the dog, a kit containing Jelly beans, Insulin and a syringe will be brought by the dog to the person

Dogs can also be trained to help those severely affected by PTSD. [Post Traumatic Stress Disorder]. Dogs are trained to recognise very nervous behaviour, and will distract the owner by rubbing them gently, calming them down. If the owner is having nightmares due to PTSD, again the dog will calm them.

As a reward for doing these tasks, dogs are given an instant reward as thanks and encouragement. Here in S.A a piece of Fritz is given but as Dogs are sent all over Australia, some dogs have to be rewarded with some other meat. It is important they be given a treat, not just extra of their normal food, or they will quit.

In November, Coonalpyn branch of WAB visited Radstock Romney Sheep Stud. We enjoyed a delicious lunch made by Leslie. Our competition for the day was A Summer Hat. We all had to wear our hat, and if possible tell a tale about it, e.g, where we bought it and when.

Leslie owns and runs the "Radstock Romney Sheep Stud" which is 75 years old. It was founded in 1949 by her parents Charlie and Helen Brewer at Birdwood. Leslie showed us her young Stud Romney Rams, as well as fleeces of the Romney wool which was taken to the Royal Adelaide Show this year, with great success.



The property is all on rainwater, with a dam for the stock so a large garden is not easy to maintain. Leslie's daughter, Dusty runs the stud with her, and also a son Beau who is currently working away from the property.

The annual Coonalpyn Ladies Christmas party was held in December when various community groups take turns to organise the event. About 23 women attended with each person bringing a wrapped gift to the value of \$5. Supper is provided by the organisers. Various skits and games were enjoyed and after the entertainment it was time for the Secret Santa.

Paringa; Our final speakers for the year spoke on an art form and the local newspaper industry.

Helen Burgemeister from Renmark described herself as addicted to mosaic and has exhibited her artwork in venues all over Australia. Her materials are crockery, beads, glass and tiles often sourced from op shops and the environment. Helen has taught mosaic classes for 11 years in Renmark and has been involved in community projects; a 22m wall at a Riverland primary school and an entrance wall for an environmental centre. She has collected national prizes for her work which can be art pieces and functional items.



Claire James, speaker Helen Burgemeister and Ruth Christie

The editor of the *Murray Pioneer* Hugh Schuitemaker spoke about his love of reading and literature in high school, which led to a Journalism degree at UniSA some years later. It was interesting to hear that 350 students enlisted for the course and after 3 years only 15 graduated (The glamour of being a travel writer or foreign correspondent had disappeared with reality). After a few years as a sports writer in the city, Hugh took up his new job in Renmark in 2018, and had to quickly learn about water allocation and the Murray-Darling scheme. This was a period of drought which caused major upheaval in the community. Then followed the Covid pandemic for nearly 2 years and in 2022-23 an historic flooding took place. Currently there is a grape crisis and Chinese tariffs impacting local industries.



Ruth Patton, Marg Duggin and speaker Hugh Schuitemaker

Hugh enjoys being part of a regional media team with opportunities to travel to other towns and each day brings new challenges. He acknowledged that the media acts as a focus which brings communities together in celebrations and in adversity.

Paringa branch also had an outing in October visiting Schubert's cricket farm near Loxton which supplies pet shops, a garden in a retirement village and hearing about Operation Flinders from a volunteer living in Berri.

Cunliffe; President Rosalie introduced Anne Rule and invited her to speak on the (voluntary) work that she has been undertaking for some time.

Anne does not operate for a specific charity as such, however her tireless commitments to providing support and personal essentials for young girls and women in Fiji began some time ago when she started making up "Kits" to send overseas. Girls are not allowed to go to school for the first three days of their period as they don't have enough sanitary products available. This means they miss quite a lot of their education each month. Anne said that her main reason for her original and continued commitment to "her project" is that she wants to see these young girls being educated full time as a quality education is essential for them. Anne's colourful display of these (hand-made) Kits provided insight into the type of product that she sews, and the

products packed inside each one to send away; items provided include underwear and sanitary products for the young girls and women, plus other items as may be considered necessary and appropriate at any given time e.g. Hygiene/feminine products, Soap, face washers etc.

The most expensive part for her is the postage, which includes two villages. Twenty -five of the Kits/Bags at a time are posted overseas and her personal financial contributions are postage (often in excess of \$200 per parcel) in addition to the cost of the provision of all items also by Anne. (Overall cost to two villages + \$500.00)

Anne also interacts with, and has personal guidance and (non-financial) support, provided by two other Kadina residents: - Erica and Jerry Mataceva Snr (formerly of Fiji). She has visited and met with people in “her” village and also Gerry’s Village in Fiji.

In October President Rosalie introduced Emily Pearce (her Granddaughter) and invited her to speak on her recent “Exchange, Agricultural Science and Work Experiences”. Emily gave a brief background about herself; her home has always been at Alford on the family’s Broadacre property. After leaving school (Kadina Memorial School) she has been studying Agricultural Science at the University of Adelaide. Away from her studies, camping and spending time with family are always enjoyed.

Emily commenced her Bachelor of Agricultural Science in 2022 and expects to graduate in 2024. A range of subjects, great connections with peers and industry, networking events and 450 hours of placements at various companies have been incorporated into this field of her studies.

Emily told of her UK Exchange when she travelled from Adelaide to Nottingham where she spent five months. During this time transferable subjects and many challenges were part of this experience while making friendships and connections and an ease to study were part of Living on Campus / Uni Life. The close proximity for travel to other countries (e.g. Italy) resulted in confidence building and some very awesome experiences! Her work experiences overseas included placements on a cropping and cattle farm in Aberdeenshire as well as a sheep and cattle property in Herefordshire.

Now back home Emily looks forward to graduating in November & coming home to work during harvest for her family. She intends to pursue a year of different Ag Sectors in Australia and overseas.



Guest Speaker Emily Pearce with her two Grandmothers - Sue Daniel (left) and (right) Rosalie Pearce. President Cunliffe Branch WAB

Charlton; Members, partners and a visitor or two met at Lee and Neil Russell's home for walk around the house garden before all driving out to a 100 acre patch of natural bushland that family has very carefully protected for many years.

As Lee says, if it is not an Australian native plant, or you cannot eat it there will be no place for it in their house garden. We admired grevilleas, eremophilas, acacias, gums, melaleucas etc; many in flower. There were many plants still in flower out in the scrub too, where we had our packed lunches. Lee had a display of about fifty different samples of plants she had managed to collect around that site over the precious couple of days, many with flowers including native orchids, and all sitting in jars with water. But that was not the extent of things on display.

Lee has been collecting every native tree, bush, grass, orchid, reed, yacka and even moss that she has found on their property, some one hundred and fifty in all. Every one is now in folders, complete with botanic name, photo, and pressed sample of its foliage, seed case, flower etc. This project has taken lots of walking and time and is a credit to her as a valuable collection.

We much appreciated and enjoyed the day assisted by the calm weather after all the wind of the previous couple of days. As one of our older membrs said ' I have just spent time in Heaven'.



United We Made It (UWMI)

Joy Milton, with a passion for the wellness of all, and of the need for education to acknowledge and appreciate the different interests and skills that all people have spoke at our November meeting. She was ably assisted by a UWMI participant Anastasia Jelinek. Joy's philosophy around team building and giving everyone the oportunity to grow through learning and participation was heart warming and achieving great results. They displayed a collection of the craft works they had made and spoke about other programs run which enhance individual skills and confidences, improve fitness and integrate with the wider community.

UWMI did try selling meals but all the rules and regulations made that too hard, so now they have participants selling beautiful Boston Bean coffee to members of the wider community whenever their shop is open

The organisation is not registered with NDIS but participants do use NDIS funds to attend. In this way IWMI is able to adapt and be very flexible to support the interests of the participants and to participate in community events. Anastasia spoke about how the team is enhancing the confidence and entusiasm for life of its participants.

UWMI has grown like Topsy, starting five or six years ago in one shop and now also occupying three more. The initial two participants has grown to sixteen with eleven staff and as Joy said, 'team work makes dreams work'.



Work of art made by one of the UWMI participants (Jaxson)



Anastasia Jelenik and Joy Milton from United We Made It with Charlton members Carolyne Olsen, Liz Micken and Chris Phillis

Members and partners had a happy time at their December meeting with a catered three course Christmas dinner. It was held at the Axel Stenross Maritime Museum sunroom on the water's edge facing the town jetty, and silos. A very picturesque setting complete with party lights as darkness came.

President Liz Mickan and member Chris Phillis coordinated the event, with Chris entertaining us with several member participation activities that had us up and moving about. We tried to wrap a parcel (in pairs) each with one hand behind our backs, finding a partner by humming a Christmas song, and passing the parcels to a story from Mr Right who often went left. A fun night to complete a good year.



It was with cooperation, concentration, intrigue and many laughs that we wrapped a parcel with each person only using one hand.

Left, Yvonne Low and Yvonne Warner, Right Carol-Ann Glover and Lee Russell



On-line; In August Mary recommended we read the article “At your DISPOSAL” in the RAA’s Spring 24 magazine. This told us that despite South Australians being leaps and bounds ahead of everyone else in the country, we still sent 885,000 tonnes of waste to landfill last year – and that was AFTER all reusable resources had been recovered from the original rubbish!! That’s half a tonne for each person in the State – and we think we do a good job? What can we improve on?

There was good feedback on the many options available to dispose of things be they used, unwanted, or possibly just “rubbish”. Several Pharmacies take empty blister packs – it’s surprising how many tablets are supplied in blister packs. Batteries of all types – button and AA, plus many more, and long life and regular light bulbs, can be dropped off at Mitre 10 and Battery World to name but two. Joyce listed other items she and husband John recycle such as coffee pods, bottle tops, bread tags, stamps, cartridges, glasses, and mobile phones. MobileMuster accepts old mobiles in all states of disrepair and ITShare has volunteers who refurbish old laptops, desktops, and accessories for distribution to people with affordability issues.

Many councils accept electronic and electrical goods – please remember that these items should NEVER be put in your general rubbish. Check your Local Council’s website for information on what they can help you with. Bedford’s Unplug N’Drop aims to recover 95% of usable materials from items taken to them.

Op shops are good but clothes should be clean and wearable. Adair confirmed that barely 10% of donated items are re-sold. Massive amounts of used clothing go into landfill and synthetic materials take forever and perhaps they never break down. There was mention of a company here in Australia taking old clothing and turning it into a usable soft pulp. Soft plastics were mentioned again and again with everyone hoping that much more could be recycled effectively.

Sally G spoke of today’s “throw it away” mentality whereas “repair it” should be an option and Sandra mentioned her involvement in setting up a Repair Café in Millicent funded by Council which is gaining momentum. Barb and her husband do regular coastal clean-ups through Adopt-A-Spot and find lots of

discarded fishing line despite Victor Harbor Council providing a new bin for used fishing line near the Marina. Recommended by Barb is a book called "A Life Less Throwaway" by Tara Button which is in the library system. Her website "BuyMeOnce" could be worth a look. Jane was another to mention "throw it away" but this time as the way insurance companies treat items needing to be replaced under an insurance claim. In Jane's case she got a new bathroom but some very good fittings went to the tip. No wonder premiums continue to increase!!

In October our topic was **Antibiotic Resistance**.

Antimicrobial resistance (AMR) is one of the top global public health threats and is increasing at an alarming rate. Many people are unaware that the misuse and overuse of antimicrobials in humans, animals and plants are the main drivers in the development of drug-resistant pathogens. AMR puts many of the gains of modern medicine at risk. It makes infections harder to treat and makes medical procedures and treatments such as surgery, caesarean sections and cancer chemotherapy much riskier. There is inadequate research and development in the face of rising levels of resistance and an urgent need for additional measures to ensure equitable access to new and existing vaccines, diagnostics and medicines. Here are some facts about antibiotics.

Antibiotics are medicines that treat infections and diseases caused by BACTERIA. Different types of antibiotics work in different ways but all antibiotics damage bacteria so your immune system can more easily fight the bacteria. Doctors prescribe antibiotics best suited to the type of infection you have but some antibiotics can cause side effects, and some people are allergic to certain ones. Antibiotics have been overused and many are no longer effective.

Here are some comments from Online members.

"Antibiotics – where would we be without them working?"

"Too many good bacteria are removed and need to be replaced with probiotics after treatment."

"I have heard there have been no new families of antibiotics in 40 years."

"Many are after the quick fix when sick and put pressure on doctors for antibiotics which may not necessarily be the appropriate treatment."

"Continue to investigate the use of natural products and some aboriginal knowledge."

"In The Netherlands the writing of scripts is much less frequent than here ... and people survive!"

REMEMBER – Antibiotics should only be used to treat a BACTERIAL infection. Antibiotics do not work on, and cannot treat, a VIRUS or a viral infection.

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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 MARCH 2025 – Deadline for articles is MARCH 20TH 2025