



## WOMEN IN AGRICULTURE AND BUSINESS OF SA INC.

NUMBER 256, MARCH 2025

### State President's Message

Hello WAB friends

Welcome to the first issue of WAB News for 2025.

The Limestone Coast Regional Conference is being hosted by the Lochaber Branch in Naracoorte on 6 May 2025. Members from other regions are invited and can email Rosemary Miller at [rosemarymiller900@hotmail.com](mailto:rosemarymiller900@hotmail.com) with enquiries or to RSVP by 15 April (numbers are limited).

The Mallee Regional Conference being hosted by the Paringa Branch has been postponed until 2026 to coincide with the 60<sup>th</sup> birthday of the Paringa Branch. That will be a celebration to look forward to.

The updated Award nomination forms have been emailed to branches and are also available on the WAB website. The nominations now come straight from the branch to the State President so please email or post them to me at least one month before the planned presentation so I can post back the certificates and badges.

The form to nominate a theme, project and country of study for 2025/2026 has been emailed to branches. These are due by 9 May 2025.

We are in Perth for two months preparing my house in the hills for sale. The house has been rented out for 18 years since my late husband passed away. There is a lot of work to do as it is a wooden house on five acres of bush (beautiful uncleared jarrah forest), and it has also been emotionally draining for me, but we are getting through it and should be finished by Easter.

Yours in WAB,

*Sandra Wischki*



## MALLEE REGION

**Coonalpyn;** WAB country of study this year is Egypt. At our meeting we watched some films about ancient Egypt. Ancient Egyptians worshipped up to 2000 deities or gods. God spelt with a small g is a supernatural being, who is one among many while God spelt with a large G, is the one true God that Christians worship.

Ancient civilisations believed in one god for one thing, like weather, and another god for fertility. As Christians, we know God can do anything and everything .

Many Temples were built in honour of the gods. The large statues whose remains can still be seen, were believed to house a god, and were inside a temple. Most Temples were highly decorated with Paint and/or Hieroglyphs. Hieroglyphs, which were carved with hammers and chisels, were for record keeping, sometimes telling about the god whose temple it was. Hieroglyph comes from 2 Greek words- Hieros-meaning sacred, and Gluptien-meaning carved in stone.

Paintings also told stories about the gods. Areas were marked out first with grids, particularly for major human figures. Preliminary outlines were then painted black. Paint was usually applied using Tempera pigments bound in water, with pigments mostly mineral based.

Our March meeting was to do with Cyber Safety. A member of SAPOL gave an interesting talk about scams and how you can protect yourself from them.

Although well advertised, only 3 members of the Public joined us.

A few years ago, we applied for and received a grant from the RAA to erect house numbers around Coonalpyn. Houses out of town have roadside numbers, but in Coonalpyn it was difficult to identify which house has what number- especially at night for the emergency services. The signs we installed have reflective numbers on them. Since then, there have been some developments in the town, resulting in several properties not having numbers. Our branch decided to pay for and erect signs for these.

Our Council is holding a Volunteers Expo in a weeks' time. One of our members will have a display about Coonalpyn Show, so she can easily make room on her site to showcase WAB.

WAB theme this year is "Life is for Living" so our branch intends to have a meal at a Restaurant to celebrate our Birthday later this year. We will also go for a wander somewhere, possibly along the shores of Lake Albert, for our recognition of "Women walk the World".

**Paringa;** Our first speaker for the year was Grant Schwarzkopf a well-known Riverland photographer who covers all sports for the local paper. He had the chance of a lifetime in 2024 to take a trip to see wildlife of Uganda. This third world country has beautiful scenery and its people friendly and happy. There are very few bitumen roads and the dirt streets are lined with stalls selling fruit and vegetables and items as diverse as livestock, sugar cane and coffins. Outdoor cooking was also a normal street feature. The highlight of his trip was a jungle trek to view the silverback gorillas with pants tucked into socks to avoid leeches.

The party with armed rangers and trackers came on a silverback male, 8 females and 8 baby gorillas and after taking photos they all just enjoyed being in the presence of such magnificent animals and watched the young at play.

Other special highlights were seeing lions lounging in trees and a glimpse of a rare shoebill stork which is 1.2 in height with a 2.4 wingspan. Elephants digging with trunks in dry creek beds and when reaching water they splashed their young. An experience he was not keen to repeat was white water rafting – a frightening experience which included capsizing.

Ugandan villages have no power, telephone or roadways. There are some motorbikes which carry up to 6 people at the same time and in contrast school children in immaculate uniforms walk several kms to school.

Grant took 20,000 photos and is keen to repeat the trip to Africa this year.



*WAB members Sally Black and Teresa Ter Bogt with speaker Grant Schwartzkopff.*

## CENTRAL REGION

### **Cunliffe; CUNLIFFE BRANCH CHRISTMAS LUNCH held at The Bellagio Restaurant in Kadina**

President Rosalie Pearce welcomed 15 members and invited everyone to enjoy the lunch, good company and the informal programme.

*To answer the Roll members were asked to respond with their favourite Christmas Carol or Hymn. Silent Night and Away in a Manger were among the top responses with “Grandma Got Run Over by a Reindeer” receiving recognition as did David Hobson’s rendition of “The Holy City” during the Annual “Carols By Candlelight.”*



Members appreciated the contribution of \$25.00 which Treasurer Dulcie had received from Head Office and was able to distribute \$25.00 cash to each member present at the lunch and those not present were to be provided with this amount asap.

Our “Christmas” Donation Box was circulated to all present who could, if they wished to do so, make a small donation. Proceeds will be used as determined later.

During the course of the lunch “Resident Quiz Masters” (Treasurer) Dulcie and (Secretary) Elaine each provided light entertainment by way of Dulcie’s

Competitions of “Pass the Parcel” in two different formats and Elaine’s “Guess the Christmas Song”. All three competitions provided much entertainment and the lucky winners were all rewarded with prizes given by the two “Quiz Masters”.

Members all commented on the table and its colourful decorations which did indeed set a very “Merry Christmas Theme”. Secretary Elaine appreciated that The Bellagio Staff were more than supportive with allowing her to set up the tables prior to our lunch

President Rosalie thanked everyone for their attendance and invited members to stay for a little longer to enjoy coffee (and more chocolates) and the lively conversations.

**CUNLIFFE BRANCH FEBRUARY MEETING.** The initial part of our February meeting began at the Copper Coast Woodworking Group’s premises at the Kadina Show Grounds where our Branch President Yvonne Correll welcomed all attendees. Woodworkers Bob Petts, Rob Kutcher, Brian Penny and Graham Blott were welcomed as our guest speakers.

Bob Petts explained that there are a number of similar Woodworking Clubs around the State – he then presented a brief history of the Copper Coast Club. Members meet on weekly basis (or whenever they can) and each has their own particular focus or interest with producing their individual and excellent work. Wood turning, carving, scroll-sawing & pyrography are just some of the techniques used.

Included in the individual’s weekly schedule they do have a monthly woodworking project which everyone participates in – this is valuable in learning and developing additional/personal skills. The Group members have items for sale at local Markets, Shows and the Ascot Cinema (Kadina). Members use their skills to create a wide range of projects including toys and household goods which are sold to raise money for charity

One of Bob’s special interests is in History and we were privileged to view a fantastic display of historic photos – particularly of our local area and its unique history. Many of the photos are enhanced by Bob using pyrography (i.e. with a special wood burning tool)

Also displaying his work was (retired fisherman) Brian Penny whose range of beautiful and well-presented wooden pens were greatly admired. These pens are made using a Lathe and decorated with various photos, symbols and colours. Brian explained that he sells many of these locally (and further afield) and we could understand why!

Rob Kutcher also showed Lathe work products and also his intricate and excellent “saw-scrolling work” - (Rob is the only “saw-scroller” in the club). All items were very much admired as was the Miniature Tea Set & Teddy Bears Picnic – so small, so intricate and exquisite.

Final presenter Graham Blott displayed his impressive array of woodwork products which included a variety of Bowls, Bottles, Vases, Rolling Pin etc. (all of different shapes and sizes). He creates the many intricate patterns by gluing “wood wedges” together before turning the initial product on the lathe. A lot of the wood used is sourced locally with some being of significant value – e.g. no longer viable olive trees planted in past years, historic structures etc.....

**Quote** “Of all the lessons we ever learn – we learn from our mistakes”

**Remember – There are no Mistakes - There are only lessons”**

*Graham’s work is intricate joining many wedges of wood to produce a variety of products.*



*Rob Kutcher displayed some of his Saw-Scrolling work.*



## **EYRE PENINSULA REGION**

**Charlton; Trip to Antarctica** Fran Solly and her husband had a twenty eight day trip by ship starting from New Zealand. They visited that Continent and sub-Antarctic islands down to the Ross Sea. There were over 100,000 visitors to the Antarctic last year, mostly to the peninsula and Fran expressed her concern for the environmental impacts people, and ships, could be having on the ecology and environment while acknowledging the strict bio- security measures in place. The islands visited included Enderby, Macquarie, Campbell, Snares and Patch.

Points of interest were that several of the early explorer huts are now maintained by the Antarctic Heritage Trust and can be entered a few at a time while many countries (like USA, New Zealand, China, South Korea, Australia, Argentina, Germany) have buildings used for on-going science. People can spend a maximum of eighteen months living there, and any scientific information must be shared within 12 months (under a treaty signed in 1961 which states that the Arctic and Antarctic are owned by everyone to be used for science and world peace.)

We learned a little geography and history of the Continent, its wild life, especially the birds, whales and seals, the flora on the islands and the weather. Being experienced local sailors, and with patches behind their ears they avoided sea sickness in some periods of very rough twelve metre high seas. Fran is a keen photographer and shared many of their photos by power point.



*WAB members Pat Forrest, Phyllis Myers and Carolyne Olsen enjoyed the presentation about Antarctica by Fran Solly (second from right)*



**Foodbank:** Andrea Fraser explained a little about Foodbank at the March meeting. It works with food producers, manufacturers and store keepers with the aim of reducing food waste and providing access to edible food for those who are struggling to provide for their families. It is a National organisation. Locally it currently supports 100 -150 people each week.

Andrea reminded us that Australia produces enough food for everyone, three times over and that 7.6 million tons of food is wasted each year, with most of it edible so there are many benefits in reducing what would otherwise go to land fill. It is free for people assessed for a voucher while others can purchase the food at a minimal cost.

As lots of the wasted food occurs in our homes there were lots of questions and comments from WAB members. We lamented the lack of knowledge and skills. What has happened to learning in the home, or at Domestic Science/Home Economics in schools? The skills to make a meal out of what is available and how to use left overs, seems to be lacking. Terms like 'Use by' and 'Best before' on packaged foods are also a big part of the problem as it contributes to the waste of edible food. More education is needed. It proved an interesting evening.



*Jeanette Pearce, Carol-Ann Glover,  
guest speaker Andrea Frazer and Lyn Siviour*

### **ONLINE NEWS – End of 2024 and Beginning of 2025**

Online Branch tries to have a get-together at least once a year and we had our last one in November 2024. We enjoyed a Cheese tasting in the morning at Woodside and then had lunch near Mount Barker at Howard Winery which has a very pleasant garden and the weather was great. We rounded off the day at Red Cacao in Stirling with afternoon chocolates and assorted coffees.



On March 23<sup>rd</sup> several On-Line members and friends enjoyed a very pleasant ride on Popeye – perfect day, lovely morning tea and great to see other members.



Our Topic for February 2025 was **Depression and Antidepressive Medication.**

Mary had acquired a book that she'd had on her "Must Read" list for many months titled ANTIDEPRESSED by Beverley Thomson – "A Breakthrough Examination of Epidemic

Antidepressant Harm and Dependence” and it is!! It’s a damning assessment of the way people suffering from Anxiety, Depression, and other mental health problems are being failed by “Health Systems” everywhere. People here cannot get the initial “Recommended Treatment” from a qualified therapist to whom they can talk and who is a good listener with extra skills to understand these complex problems. With a shortage of therapists there is a lack of informed advice, and many patients are given a prescription instead of a referral so the “go to” treatment is a pill (or 50!) and many of these pills are addictive, dished out by doctors who are often constrained by time and financial resources.

Our newest Online member, Cheryl Williss, told us about her experiences as a young mother losing her husband in an accident and left with two small children. She was given Valium, as well as a sleeping tablet Mogadon, which she now knows are benzodiazepines. After a few mornings waking up in a haze and extremely late to a three-year-old running around the house hysterically and an 11-month-old standing in his cot screaming, she threw all the medication out. She wonders why a doctor could so medicate a young woman on her own with small children to care for. Lee mentioned having had firsthand experience with someone suffering from depression and understands there are times when that little pill can be a lifesaver! When one is so ‘down’ that they can’t even get out of the bed or the chair and find it impossible to do anything, go anywhere and have very little will to even try, a tablet can ‘save the day’. Lee also mentioned doctors having problems when dealing with a “Health System” that dictates how long a consult can be with only one ailment to be attended to at each visit.

Sally P wondered how much of ‘depression’ is stress, tiredness, loneliness, self-doubt, unrealistic expectations (our own, and those imposed by others), health, fitness and a lack of perseverance or resilience. Sally thinks that over-emphasis on confidentiality is a problem too and where once one’s ‘troubles’ were known and help offered, now too much is kept secret. Sally likes the old saying. ‘A problem shared is a problem halved’.

Adair said she had very little knowledge of anti-depressants until her daughter-in-law was prescribed some during her first pregnancy during which, sadly, her mother was diagnosed and died of cancer. She went into labour 3-4 weeks ahead of her due date and baby Penelope was born by C-section. If the mother is taking anti-depressants the baby can have withdrawal symptoms. Penelope was a tiny baby and would have been classified as a “failure to thrive” baby in this country – hard to settle and feed and needed a great deal of care. Adair now understands that the symptoms the baby displayed are those of anti-depressant withdrawal. Anti-depressants are rated as safe during pregnancy but they pass through the placenta to the foetus. 1 out of 3 babies show withdrawal symptoms as they get used to being without the medicine but after five days 3 out of 4 will have no signs of withdrawal.

Sally G sent us an article from Head to Head with opposing viewpoints by Des Spence, a GP, who believes that the rising prescription rates for antidepressants reflect overmedicalisation, and Ian Reid, a Professor of Psychiatry, who says that prescribing is cautious and appropriate. The differences were highlighted by the quotes “Mental illness is the drug industry’s golden goose” and “Depression is still under-recognised and undertreated”. Sally also mentioned living with a person with severe depression and a bipolar diagnosis which was treated with Lithium. Here is a link with more information:

[https://theconversation.com/why-are-so-many-australians-taking-antidepressants-221857?utm\\_source=clipboard&utm\\_medium=bylinecopy\\_url\\_button](https://theconversation.com/why-are-so-many-australians-taking-antidepressants-221857?utm_source=clipboard&utm_medium=bylinecopy_url_button)

Roz also told us that 1 in 7 Australians are taking antidepressants which is significant and mentioned that she had watched an American program discussing the severe effects of not coming off antidepressants carefully. Sandra mentioned that in her years as a Pharmacist she dispensed a lot of antidepressants and advised many how to wean themselves off them slowly to avoid adverse effects. Other things Sandra suggested which may help to treat depression are the Vitamin B's which are often lacking so can be taken as a supplement, trying to turn negative thoughts into positive thoughts (easier said than done!) and meditation.

## LIMESTONE COAST REGION

**Lochaber;** guest speaker was WAB member Sandra Young who spoke about her trip to the 2023 ACWW 30<sup>th</sup> Conference in Kuala Lumpur.

This was a very informative presentation with colourful photos. Sandra began her association with Kuala Lumpur whilst studying with a student from that city and later living there with the family. They lived a basic life with a wok as their only cooking facility.

The theme of the conference was "Strength in our Diversity" and was hosted by the Queen of Malaysia and King Charles gave the opening message. The conference was held in a luxurious hotel which had magnificent architecture and elaborate furnishings. There were beautiful tapestries and appliques presented by Countries of the United Nations from all parts of the world.

All delegates received memorabilia including a lovely scarf and material for a sarong and a shawl while attendees were expected to adhere to rules for the conference including wearing long skirts or dresses, covered shoes and a scarf.

An amazing arboretum of 1500 acres was visited. The land had previously been devastated by a tin mine. It was purchased by the Government and in 1929 one hundred species of plants were planted.

The delegates were treated like royalty when travelling in twenty four coaches through the city with a police escort.

ACWW advocates for Rural Women for equality, less violence, more education and to have a voice.



### ***Padthaway;***

At one of our meetings last year Padthaway members were all given a packet of sunflowers. The aim was to grow them and when they were ready to pick you were encouraged to give to a friend or a stranger who needed a smile. Sunflowers are a happy and long lasting flower that we hope brought joy to those that receive them... Sunflowers represent happiness, joy and resilience... Also another interesting fact is that Padthaway grew a lot of sunflowers for seed in the past.



### ***Padthaway visit Bordertown;***

Volunteering and community involvement were the focus of a recent bus trip to Bordertown by members of Padthaway WAB. Thirteen members began the day with a picnic coffee stop at the Bordertown Recreation Lake where some also enjoyed a morning walk around the lake.



A guided tour of the Connect FM studios, with station manager Sardia (Scad) Kakoschke, followed. Long time volunteer, Joan Exton was on air and Kaye Crawford was in reception. Impressive state of the art studio equipment was explained and members had a look in the newly opened history room featuring Gordon Coad and his vision to begin the FM station. Scad discussed training opportunities for the community, programming and fundraising efforts.

Naomi Fallon, the director of the Walkway Gallery was on hand to outline how the art gallery works and to discuss the exhibition on show by the Limestone Coast Art Collective called “Moving Forward”. Since 2013, the Tatiara District Council has funded prize money of \$12,000 for each biennial Tatiara Art Prize. In 2023 the competition had 192 entries and Naomi said the event attracts many visitors to the gallery.

The WAB members looked at the Bob Hawke display in the Civic Centre and his bust at the entrance, then walked over to Hawke House where the former Prime Minister lived as a small child. The House is now owned by the Tatiara` Council and run as bed and breakfast accommodation.

Following lunch and a short meeting at the Soul Café, the group visited the Tatiara Work Centre and heard from President Deb Downing about how the co-operative works. Formed in 1968 the Work Centre has had a number of shop fronts in the town and is now in Woolshed St. Members pay a membership fee, take a turn on the roster for shop sales and contribute home made and home grown items for sale. Fresh Malaysian curries are a new item for sale reflecting the multi-cultural community.

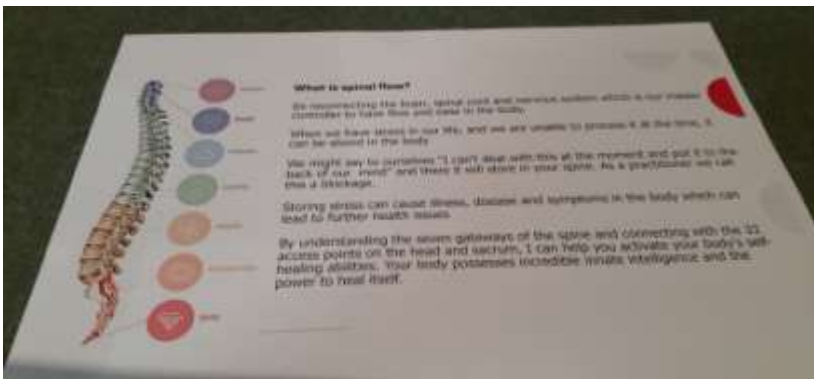
The Good Country Opportunity Shop was the next stop where Janet Hovey met members. Opened in July 2023, all proceeds from shop sales go to the Tatiara community. Groups approach the Op Shop committee with funding requests and to date over \$150,000 has been

raised by the shop. Members were taken behind the scenes to see where the donated goods are processed and later had fun buying some bargains.

The last stop was Bushes and Beans for coffee which rounded off a most interesting day

Thanks to, "Moo's" bus, our tour guide Adair and driver Dean Dunsford for a great informative fun day enjoying & exploring neighbouring areas.

**Wirrega;** At the first meeting for the year in February, we heard guest speaker Glenda Stewart talk about her practice of "Spinal Flow Therapy" Glenda gently places her hands on the body's spinal pressure points to relieve blockages which reconnects the brain, spinal cord and nervous system, to facilitate the flow of connection within our body. A member has since been for a treatment on her back and found it very beneficial.



## National Council Of Women (NCWSA)

At our last meeting **Terese Edwards CEO of Single Mothers Association** was guest speaker. Terese was a joint winner of a Ruth Gibson Memorial Award and her topic was to share how she had used the money.

Terese, a strong advocate for women and children, went to Great Britain and Ireland to learn from other nations also struggling with Single Parent issues. Her most proud achievement to date has been instrumental in changing legislation to enforce the payment of child support – previously at age 18 the debt was wiped and money was never paid so often monies were withheld for many years waiting that milestone.

**(The Ruth Gibson Award** is given to those wishing to further their studies and/or research, or for travel to a meeting, seminar, symposium or conference. It is expected that the projects help women and children. Feel

free to make this award known if you know someone who would benefit, details of the award and the history of Ruth Gibson are on the net.

I have nominated to assist with a plan to mark the **16 Days of Activism** against gender-based violence held Nov 25 – Dec 10. Each year NCWSA has organised to have Adelaide Oval, Town Hall, The Torrens Bridge and ETSA building light up in orange, the colour associated with this event. We are looking for ideas – if you have any ideas how we can promote this most important (and sadly, growing) issue. Remember I am representing you at NCWSA and am very open to your opinions and assistance with this and any other issue that may be on your mind and we can advocate for.

Last week I was lucky enough to attend a High Tea at Town Hall celebrating **International Women's Day**. Besides delicious food a panel of four ladies spoke – **Ethel Osazuwa** whose focus is mental health, refugee resettlement, workplace diversity and gender equity. **Ariella Helfgott** whose work centres on co-creating sustainable, equitable, healthy, and prosperous futures – locally, nationally and globally. **Fiona Dorman** – committed to diversity and equity, her advocacy includes working with the community and organisations on issues of gender equity, women's rights, social and economic participation and domestic violence and **Christine Walela**, a visionary leader in agriculture and education, recognised for her innovative contributions and extensive expertise. A fabulous line-up of inspiring South Australian women.

## Associated Country Women of the World (ACWW)

29<sup>th</sup> April is **Women Walk the World Day**, this is an important occasion to gather together and raise some much need funds for the Rural Women in Action Fund. I hope your branch is planning ahead – it does not need to be a marathon, tailor it to suit! All monies raised please send to Sandra Young as treasurer.



“Leadership for Equality” the podcasts produced by ACWW in partnership with UNESCO – there are 7 podcasts already and I recommend them to you. They are available on ACWW website or from your podcast provider.

Introducing **Lilian Falealuga Tine** who is the new South Pacific Area President (replacing Lyn Braico who recently resigned) .

Lilian is an outspoken advocate for the rights of women in Tuvalu. She has worked for the Dept of Rural Development and she was the former Interim Coordinator of Tuvalu National Council of Women as well as Secretary General for the Tuvalu Red Cross Society, etc, etc. I believe she attended the Area Conference last year in Griffith so you may have been lucky enough to meet her, I'm sure you will agree her credentials would suggest she will be well suited to the position.

Co-Ordinators Zoom meetings continue monthly on Saturday evenings at 9.30pm (11.00am London time) which means sometimes we are just not available. Last night Nick Newland had just arrived home from New

York where he had attended the Commission on the Status of Women (CSW), there is to be more on that when he can get reports written so keep up with the website if you are interested in CSW.

Homework: **What kind of Advocacy opportunities would you like to see/participate in?** That is the question we are to answer at next month's meeting. Please send me any ideas you might have and I will happily bring them to the meeting.

Join me in wishing **Barbara Schaeffer a very happy 90<sup>th</sup> birthday** on 17<sup>th</sup> April. Barb is a past South Pacific Area President and avid advocate for ACWW for many years, as well as a very active member of WAB. We wish you the happiest of birthdays Barb and many more happy, healthy years to come.

Joyce Chapman

International Officer & ACWW Co-Ordinator

### Report on ACWW South Pacific Area Conference 2024



Three enthusiastic WAB members (and 2 husbands) attended the 19<sup>th</sup> Triennial ACWW South Pacific Area Conference 9-12<sup>th</sup> September 2024 at Griffith NSW.

For me, the experience began with the Community Cultural Day on Saturday 7<sup>th</sup> September at 2pm – 7:30pm, where we were entertained by the South Pacific Communities of Griffith. They demonstrated traditional dances and songs, music and ceremony. The ACWW members from PNG, Tonga and Fiji who had attended workshops in the few days prior, reported on what they learnt, which was on leadership and financial management. The evening ended with a magnificent array of food that was presented by the Multicultural Council of Griffith.

I then shared accommodation with Beth & Peter Gale from Padthaway and Jan and Robert Bourne from Lochaber and we all attended the Ecumenical Thanksgiving Service on Sunday 8<sup>th</sup> September at the beautiful Cathedral Church of St Alban the Martyr. The Rev'd Gemma Le Mesurier gave an inspiring sermon of friendship and service and the choirs of Fiji and Tongan communities sang beautifully.

The Opening Ceremony on Monday morning, in the Griffith Regional Theatre, began with the powerful Yanco Agricultural High School Drum band and of course the traditional parade of flags of the member countries of the South Pacific Area. World President, Magdie de Kock, opened the conference with the theme, **'Strength and Sustainability in the South Pacific'**. She also thanked the host, the CWA of NSW. Lyn Braico, Area President for South Pacific, welcomed us all to learn about and honour Rural



*Impressive textile stage backdrop was made by the CWA women of Griffith*



Women in Action and humanitarian work throughout the South Pacific region. Throughout the week we heard many interesting reports of Associated Societies from the South Pacific and several inspiring guest speakers. We also discussed 8 resolutions and all were carried. Some of the highlights for me were –



- Heather Swan, an adventure photographer, who used mental and physical training to complete the world's first wingsuit crossing of the Grand Canyon from rim to rim – an amazing story!

*Heather Swan jumping from the rim of the Grand Canyon. The caption on the photo reads*

*I can't is the front line of our fear  
How can I? Ignites our creativity*

- Gary Dal Broi, Yenda Worm Farm, told us how his worms consume 250 tonnes of organic waste – food, textiles, fish waste, spoilt animal feed, etc. We can buy his worm castings at Bunnings – Vera Soil.
- Bill Calabria AM, Calabria Family Wines, related his story from humble beginnings to a highly successful business. Through determination and hard work, they have won 5,000 wine awards – McWilliams Wines.
- Faith Rogers was a great speaker on well-being and mental health and introduced us to PERMA V – Positive emotions, Engagement, Relationships that bring us joy, Meaningful work, Achievement of goals, Vitality & restful sleep.

The passed resolutions were relating to iodine levels and thyroid function during pregnancy, environmentally sound containers to reduce plastic pollution, actions before and during flood events, domestic & family violence, extreme and/or graphic digital content via the internet, AI and digital editing legislation, immunisation & vaccines. All very meaningful and thought-provoking! Let's hope some action will result from the resolutions!

We heard from the ACWW Management Team who answered our questions. There is always a tour we can attend and Griffith CWA offered a great variety ranging from wildlife parks to prune farming and wineries. The Men's day tour was very impressive, showing how magnificent the dry land crops can be with good rains.

Overall, the 19<sup>th</sup> Triennial ACWW South Pacific Area Conference was excellent, with plenty of time to make new friends or renew old friendships. The next one, in 2027, will be in Darwin, so why don't we all save up for a Top End Experience!

Sandra Young



*Sandra sponsored a friend, Sister Theresia Tina from PNG (Sister of Mercy). She loved the conference and has now joined as an individual member. She is hoping to organise a society membership with one of the groups she works with in Mt Hagen, PNG.*



WAB is sponsored by.....

Sandra Wischki State President  
[wabstatepres@gmail.com](mailto:wabstatepres@gmail.com)  
0456 620 960  
PO Box 2615, Port Lincoln SA 5606



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 2025 – Deadline for articles is MAY 20<sup>th</sup> 2025 –Thank you**