



## WOMEN IN AGRICULTURE AND BUSINESS OF SA INC.

NUMBER 259, September 2025

### State President's Message

Hello WAB friends

The Annual General Meeting was held online on 13 August 2025. Our guest speaker was Anthony Medcalf, Vice President of the Herb Society of SA who spoke on the power of herbs. Following this we had a demonstration by Online member Sandra Young of her concoction for lowering cholesterol. The videos of these presentations, along with the recording of the AGM, can be found on our private YouTube channel. Thank you to Narelle for all your long hours spent on editing these videos.

The Minutes of the AGM and the Annual Report for 2024/2025 have been circulated to members. You can also find the Annual Report on the WAB website under the 'News and Reports' tab.

We didn't receive any new nominations so the Management Team and Portfolio Holders remain the same: Nadene Jericho, Treasurer; Narelle Brooksby, Administration Officer and Limestone Coast Co-ordinator; Yvonne Correll, Historian and Central Co-ordinator; Heather Everingham, Mallee Co-ordinator; Joyce Chapman, International Officer and WAB Delegate to NCWSA; Sally Grundy, Social Media Manager; Lee Russell, WAB New Editor; and myself, President and Eyre Peninsula Co-ordinator. We will continue to do our best to keep our organisation running and to keep us all connected.

Yours in WAB,

*Sandra Wischki*



## CENTRAL REGION

**Cunliffe;** President Helen welcomed Marion & Hugh Wearing to our July meeting and invited both to tell us of their journey to Egypt, our WAB Country of Study for 2024/2025. Hugh came prepared, wearing a traditional headdress worn by men from parts of the Middle East, and so the scene was set to begin a colourful account of their journey and Egypt as a country.

Their initial display was that of a (large) Landscape- framed photograph depicting two Pyramids which was located in one of the many places they had visited – this photograph held significant family value as it depicted the very place where Marion's Grandfather had been stationed in tents (for the Australian Army) during the 1<sup>st</sup> World War.

Their tour was conducted by Bunnings with only a small group of people – 12 in all – they always felt safe and comfortable wherever they toured. Beginning with three nights in Amman, which was so clean and organised, they travelled on through Jordan – easy to travel as many places are in proximity to each other. They also observed that “some places appear to be “pretty inhospitable”

All transport was fantastic and eventually they landed in Cairo which has a population of 23 million people. While there they visited selected Pyramids – entering some was a bit daunting but well worth the initial trepidation. The tour visiting King Tutankhamun was an especially amazing experience and one which lived up to all expectations. The scope of temples, pillars and similar archaeological buildings/remains makes one wonder – “how did they do it”! The ancient hieroglyphics and paintings/murals are impressive and the Heritage is treated with respect and if any structures are required to be moved this is meticulously undertaken always.

Most areas cater mainly for tourists with (e.g.) food, Souvenirs, trinkets etc. A River Nile Tour consisting of 4 nights could cater for 140 people – however there were only 34 on their trip.

Visual items such as photos, beautiful clothing, dolls and other souvenirs were shown and complemented Marion & Hugh's informative & memorable “Egyptian Adventure”.

**L- R: Marion Wearing,  
President Helen Colliver,  
Hugh Wearing, Pam  
Woodward  
~ Pam presented Gift of  
Appreciation to Guest  
Speakers Marion & Hugh  
Wearing ~**



Our August meeting had been planned, on our Programme, to be held at the Yorke Peninsula Field Days Site and, instead of a Guest Speaker the main focus of the meeting was to commence sorting and Archiving our numerous Branch records which have been stored in a cupboard within the above meeting place Pavilion.

President Yvonne reported that none of our records, including our old Minute Books, are currently located in the Kadina Library. There have been a number of older records stored that can be removed/ binned and, in sorting during the morning, discretion and care have been used as to what must be kept and what is no longer relevant. For now, the Archives, as sorted will continue to be stored in a secure place within the YP Field Days Site Pavilion.

Cunliffe WAB and its members have a long history of their participation with the Yorke Peninsula Field Days, commencing in 1973, and one which extends far beyond catering for volunteers who attend the weekly busy bees. Since 2019 our role in organising the General Interest Programme is now only for two of the three days, however our enthusiasm has not diminished and once again this year a great deal of thought and planning has gone into incorporating a variety of Guest Speakers with interesting topics and presentations on Wednesday and Thursday of the event.

## EYRE PENINSULA REGION

### ***Charlton;*** Managing a Supermarket

The Manager of the Port Lincoln Drakes store Chad Smalbil spoke of his time with Drakes in various stores in northern Adelaide, starting at age fifteen, 25 years ago, being the Manager Port Lincoln for the past eight years, so has 'worked his way up'.

His first challenges were coping with the logistics: the distance and time it took to have orders delivered. He orders local product where he can, otherwise Australian grown.

Chad explained the importance of staff training, people knowing what their specific jobs are, understanding the policies and procedures, good role modelling from senior staff and being happy at work.

Drakes are no longer in a partnership with Foodland so have more autonomy. They have built a huge state of art warehouse in Edinburgh and now control their own pricing and promotion etc.

He says theft has become a major problem. It is no longer kids pinching lollies but 'high end' community members who walk out with more expensive items like meats and cosmetics. They are more aggressive than kids when challenged. They are apprehending four or five each week with quite a few being repeat offenders.



***Theo Modra, Geoff and Carly Zacker, Chad Smalbil  
Manager of Drakes***

***Charlton members 'attend' the WAB AGM via zoom enjoying  
the view over Coffin Bay***



## ONLINE BRANCH – MAY and JUNE 2025

The Online branch has had some interesting topics with members having lots of comments to add!

Mary was reading a book by Chris van Tulleken called **Ultra-Processed People** which asked the question “**Why Do We All Eat Stuff That Isn’t Food ... and Why Can’t We Stop?**” The author’s journey of discovery began when he noticed that his 3-year-old daughter’s pistachio ice cream hadn’t melted even though she’d been wandering around with it in her hand and eventually given it to him whilst she went off to play. It hadn’t melted and he wondered why – on a warm day in London. He started asking questions and so should you because you will be truly horrified at what can legally be added to your bread, ice cream, cereals, most things classed as “lite”, medications, multi-vitamins and even toothpaste to prolong their life, make them taste better, and make you eat more of them!! “Use by” and “Best before” dates may well lose their relevance!! So, our Topic for May was **Ultra Processed Foods, Additives and Artificial Sweeteners** and we had an excellent response from members.

Sandra mentioned a little book that she used to sell in her Pharmacy called Additive Code Breaker (mini edition 1993 by Maurice Hanssen) adapted for Australia by Betty Norris. It provides codes for additives ranging from the 100s through to the 1450s and includes colours, preservatives, anti-oxidants, vegetable gums, emulsifiers, anti-caking agents plus flavour enhancers and sweeteners.

Roz said that reading labels has become a habit since finding that gluten and dairy products don’t suit her.

Years ago she went on a supermarket tour with a dietician to learn about labels but this was related to healthy eating not to discover additives. This Australian/New Zealand website has a lot of useful information. <https://www.foodstandards.gov.au/consumer/additives/additiveoverview>. Sally told us that her 21-year-old son was recently diagnosed with NAFLD which is non-alcoholic fatty liver disease and she has spent many hours researching diet options to assist him in the reversal of this disease. Basically, he needs a balanced diet that increases his intake of fruits, vegetables, lean protein, and healthy fats and reduces added sugars, saturated and/or trans fats, and processed food.

Joyce began her contribution by saying she immediately gets on her soap box the minute this topic comes up. Her book of reference is called Additive Alert by Julie Eady. MSG is her topic of choice – something we used to find in Chinese and very spicy foods! Then we all became aware of it and manufacturers cleverly started using non-regulated ingredients that also contained high levels of process free glutamate which are not pure MSG. They still give the flavours manufacturers desire and are commonly listed as Hydrolysed Vegetable Protein. Ah, that sounds much healthier but it’s not! Hydrolysed vegetable protein is made from junk vegetables selected for their high quantity of excitotoxins which are boiled in a vat of sulphuric acid for several hours then the acid is neutralised with caustic soda. The brown sludge is scraped off the top and dried into a powder which contains known carcinogens and dicarboxylic acid – the safety of which is unknown. Finally, the powder is put into food, including baby food, and it’s eaten! As Joyce says “It’s enough to make you vomit!”

Nadine told us that she’d read some books on Additives available from their school library after a visit by the author who at the time of his visit had with him a month (2 or 3?) old Maccas hamburger – which still looked fresh!! Nadine thought hydrolysed vegetable protein sounded ok but EEEK, she will now look more closely at foods. Her sister once gave her a small card with numbers of toxic or allergenic food additive numbers which also had a magnifying glass at one end. A very useful item!! Barb watched a documentary on SBS a few months ago called “Irresistible: Why we can’t stop eating” and found it enlightening but scary. It explored why ultra-processed foods are so irresistible and how they dominate food culture now although a growing body of



evidence is linking them to declining health. Released in 2024 it runs for 90 minutes and it's still listed on SBS On Demand. Cheryl pointed out that the presenter of the SBS doco was Chris van Tulleken – the author of the book Mary mentioned. She then talked about artificial sweeteners namely Sugarine which her parents used in their coffee and when she took up the coffee habit she followed suit – two Sugarines in three or four black coffees per day. Now Cheryl drinks her coffee straight – no milk, no sugar, and definitely no Sugarine. No soft drinks either for her three children when they were growing up – and they survived. Cheryl was pleased that the Theme chosen by WAB for 2025/2026 is 'Good health with the power of plants' and she can recommend a book she purchased a few years ago called *The Proof is in the Plants* by Simon Hill.

Lee mentioned that one of her children had a life-threatening asthma attack when she was 12 or 13 and allergy tests found that she was not tolerant of MSG and other chemicals that Lee was not aware were in foods 40 years ago. Sometime later her husband was diagnosed with Coeliac disease and she became a label reader with shopping including time for checking all unknown products and as Lee says "I must always remember to wear my glasses!" Lee also questioned the impact that food additives have on children especially those with ADHA and mentioned one "over-active and difficult" child whose lunch box she checked and found it contained red cordial, 7 different packaged processed foods but nothing fresh.

In June our topic was **"Drowning in Warnings!! Is that why we tend to ignore them?"**

Cheryl told us of a recent 6000km trip and mentioned the backroads from Ballina to Dorrigo and on to Dungog that took them past signs clearly handwritten and assembled by locals. "*Cows on the road*" and "*Watch out for the craters!*" made an interesting change from the standard kangaroo warnings but why no signs warning of thousands of goats they had passed earlier? Maybe goats are more road savvy than the poor old 'roos! Sally G bemoaned the fact that so many farmers ignore the myriad warning signs that are stuck to all implements, machinery, vehicles, fertilizer and chemicals, and said it amazed her that the first thing many farmers do to new equipment with safety features that get in their way is to remove the safety gear! The one that is particularly alarming for her is removing the safety cage from post knockers with so many horrendous injuries from this one implement.

Barb said that although she realizes the importance of maritime safety the various authorities at Encounter Bay Boat Ramp have outdone each other erecting warning signage and these include The Shipwreck Protectionists, Fisheries, Council, Marine Conservationists, Seabird Breeding Ground people, Site Caretakers, SA Govt, National Parks and Wildlife, Border Control, Biosecurity, et al. There are warnings of the risk of slipping if the area is wet, of shallow water at low tide, to be cautious when navigating, of horses not being allowed on the ramp, and so on. Joyce felt that she could understand doctors having to point out possible outcomes re surgery but the warnings given to her then 13-year-old about to have her wisdom teeth removed were absolutely not necessary. All colour drained from her daughter's face as she headed off for what Joyce felt her daughter thought was the very last time!! Nadine suggested that these warnings are given for fear of litigation if something went wrong. Are we following the USA – looking for someone to blame. Adair's new blender will not engage unless the lid is on – this is obviously one for people who like to put their hands in it when it is going! Adair's point is that many warnings in modern life are aimed at people who lack common sense and practicality. As a rural woman, she has plenty of both!

New cars got into the act with beeps, bells and whistles provoking many comments. Adair likes the reversing camera on their car but does not like the emergency brake engaging if she gets within a metre of the agapanthus. It has a "Take a break" alert which intervenes four or five times on the drive to Adelaide – triggered by the uneven road surface not wobbly driving! Lee mentioned a "ding" which alerts the driver to consider stopping for a coffee causing much hilarity out in the regions where coffee shops don't pop up very often – but she's noticed its appearance often comes after a speeding session or minor driving error! Is this a

“big brother warning moment”? Sandra has upgraded to a new car – a long-range Kia EV3. Driving to her son’s farm she tried to avoid the potholes but hit a big one. After a day or two a warning of low pressure in her driver’s side tyres appeared. Only 1psi the difference!! Ignoring the flashing warning, putting extra air in one tyre, feeling frustrated and stressed, nothing worked, and the warning stayed on for days. Sandra thinks it’s too sensitive but at her car’s 3000km check she was advised to keep tyres at 36psi and not 35!! She also notices a little red eye appearing and a beep sounding when she moves her head to check the paddocks. Big brother is still watching? Roz says one warning she finds annoying is the car seatbelt alarm which activates when someone leaves the car or if Roz places something on the seat and she often fastens the seatbelt to stop the beeping noise. Sally P said they also have a new car and all the beeps, messages, and the odd swerves annoy her intensely. Then it shows a message on the large screen saying it is dangerous to read the screen while driving! Messages to check this and that before starting and after stopping – just so we can appreciate some programmer’s cleverness and not forget anything? But it does not tell Sally “not to put things on the roof of the car when her hands are full and she needs to find keys” and so far she’s lost a drink bottle and a pair of sun glasses.

## LIMESTONE COAST REGION

**Lochaber;** Guest speaker at our August meeting was Richard James who spoke about his interest in ‘Detect Sport’, metal detecting and his success stories relating to his ‘finds’. What an exciting hobby.

Richard started detecting thirty years ago when his son Angus was ten years old as a family interest together. At that time, gold was worth about two hundred and fifty dollars per ounce and today it is about five thousand two hundred per ounce. Richard showed members his collections of gold nuggets, jewellery, medals, coins and other fascinating treasures he has recovered.

He has found lots of relics in the goldfields, around ruins of buildings and at the beach. At Robe he has found many coins including Chinese coins, silver rings and sinkers. On one visit he was able to find a valuable engagement ring which a couple were digging for in the sand with his detector. Richard showed the makeup of his detector being so valuable for its technology.

What an interesting and enjoyable speaker.



*Lochaber members visit  
St Mary's winery and garden*



Five of our members and one visitor travelled to Coonawarra to visit this beautiful garden. The weather was kind and we were able to amble around the garden, with Glenys Mulligan, who owns the property with her husband Barry. Glenys was able to give us interesting facts about different plants and other information about the garden.

In 1937 the house, sheds and outbuildings were established by Barry's parents and the garden was set up over time with hundreds of roses, bulbs, iris and hardy perennials, trees and shrubs which now surround the homestead and buildings. Later in 74-75 Glenys, her husband and family took over the management of the property. Different varieties of plants and bulbs have been planted to suit the soil and climate, adding colour when they are all in full bloom.

Another major feature of this garden is the magnificent sandstone walls, pathways and outstanding ornaments that they have constructed over time. The materials come from their own sandstone quarry that they have on their property. Glenys mentioned that the walls are held together by gravity.

There are numerous raised garden beds, with many fruits and veggies growing in the kitchen garden, along with a shade house for growing seedlings and propagating plants.

The garden will be having an Open Day in November, so if you have a chance to go along you will be able to enjoy a day out.

We then ventured into Penola and had a delicious lunch at the Vintage Café. Thanks to Rosemary Miller for organizing this outing, although she was unable to attend due to commitments at the Adelaide Royal Show.



**Padthaway;** WAB have "Old-Fashioned" fun!

We started off our day with a quick meeting, which included Iris James giving her first arranged birthday flower spray which was received by Chloe Williams. Iris has taken over birthday flowers each month for members. Board games were the chosen event for the day. The first game was good old "Bingo". Gini Gale did the calling, with some of these being quite unusual. She didn't realise there were 90 calls which took a while to get through. Some members learnt 'Sequence'. One other game we played, as it was quick, was '5 Second Rule'. Very simple, just requires reading a card and naming 3 things. eg. Name 3 things found under a log starting with S. The catch is you need to say them quickly. (You have a timer that runs balls down it in five seconds). We had so many laughs and were tongue-tied trying to get words out that were simple. Another catch is if you didn't complete your task the next person could have a go but they cannot repeat any words used by the previous person - this makes it harder. As normal per a board game there is a board and if no one succeeds, the point goes to the person who started the turn.

It was a nice meeting ending with a combined luncheon where we all caught up on member's adventures for the past month. We would also like to welcome Judy Telford to our ever expanding group as a new member. We look forward to her friendship and involvement.

### **PADTHAWAY:**

Mr Stevens from the Keith Nursery had his annual visit with a great variety of plants — native, creepers and ground covers. He spoke and advised about various types, their likes and dislikes. Members then had the opportunity to purchase his wares.

A snippet from the Women's Agricultural Bureau News, June 1989 in the Here and There section.



### ***Padthaway WAB go to Bool Lagoon***



To Bool Lagoon and Back again, the Padthaway WAB ventured out starting with the Bird Room. This was a memorable experience with the legacy of taxidermist, Jack Bourne, with over 600 birds that he has taxidermied in his lifetime. He has also worked on 350 fauna specimens. As we entered the room, we were greeted by a koala with four babies on her back. Obviously a great fan of the grandchildren as Marion Patterson's little granddaughter carried the tiniest koala Joey with her all morning. Marion is the daughter and now caretaker of her father, Jack's hobby, the bird room. A lot of the specimens were given to Jack over the years by people such as bird club members, travellers that had hit a bird and other locals who found them. Once a

brolga caused a fire by hitting into one. Although not a taxidermist herself, Marion has a chap in Robe who attends to the specimens now. There are also drawers full of bird skulls, feet, beaks and body parts. Eggs and snake skins make up their interesting selection.

After the Bird Room, we drove a few km down the road to Rural Stitch & Co-, which is run by Kerry Degaris and partner Fleur Hartlock. Their business is in the old shearing quarters which has been lovingly restored. The quarters were established in 1846 on the family property Killanoola. Walking inside was a feast for the eyes for those of us who love sewing. There was an array of beautiful material, and six rooms of colour. A thriving little business, most of their sales are online which keeps them very busy. The fabrics are beautiful, and well displayed along with cross stitch kits, quilting patterns and all the accessories you could ever need. The Christmas room was enchanting with a good selection plus all of the little nic-nacks you can make. After purchasing a few treasures, we enjoyed our lunch together.



On the way home we had a drive around the now empty Bool Lagoon. Hacks Lagoon which adjoins it had a little bit of water. It was active with some birds, swans and brolgas. Sadly the boardwalk was closed off to the public.

***Wirrega; No report***



## MALLEE REGION

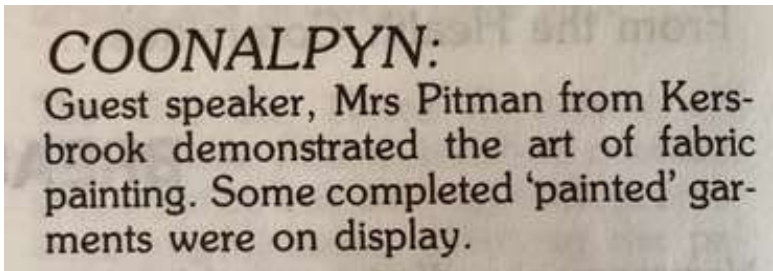
**Coonalpyn;** Coonalpyn WAB has been very quiet these last 2 months, with 4 members attending in August and 3 in September. However, despite low numbers, we still went through our regular meeting with Trading Table and competitions.

At our August meeting we watched the WAB AGM via zoom.

At our September meeting, our Secretary reported there are now WAB programs at the Coonalpyn Post Office, and the Coonalpyn Hub. Also, there is now an Advertisement for our Recipe Books on the Notice Board at the Hub. Our Treasurer reported that due to this year being the 80<sup>th</sup> Anniversary of Coonalpyn Show, we have donated \$250 for the Show Society to use towards Historic Displays.

Members trimmed donated postage stamps, to be forwarded to Head Office of WAB in SA, as a Fundraiser. We then looked through WAB Archives for mentions of the beginning of Coonalpyn Show, as it was started with the combined efforts of both the Womens' and Mens' Agricultural Bureaus [as WAB was known then].

Another snippet from the WAB news of 1989



**Paringa;** branch had an entertaining guest speaker who commenced our last meeting with a song written and sung by himself called "Live Before I Die and Give Before I Go". Frank Turton is widely known in the Riverland but also across a few states as - the Chook Man – because he performs with a chook sitting on his hat on his head.

In the late 1970's he set up business making wood signs using jacaranda and cypress timber while at the same time pursuing his passion for country and western music. He was a regular at the Tamworth annual festival and for 10 years he travelled to the quirky pub in NT at Daly Waters where he would entertain visitors for a few months. On one occasion he featured on the front page of the Sydney Morning Herald. He has always sought to promote the Riverland in his travels.

In 1984 Frank floated downriver a huge 600 year old red gum stump which he set up in front of his workshop and was a popular tourist attraction until he gifted it in 2024 to the Renmark Paringa Community Museum. Since 1989 Frank has served various terms as a local councillor for a total of 15 years before resigning in 2023. He has always held the best interests of the district foremost which sometimes brought him into conflict with CEO's and Mayors.

In 1994 he crafted a guitar from jacaranda wood in the shape of Australia and travelled to Adelaide where Johnny Cash was performing with his wife and daughters. Frank met with his idol in a café and Cash and his

entourage autographed Frank's unique guitar which also featured Cash's portrait.

Today Frank is a familiar figure riding his customised gopher (outback dunny) on the streets of Paringa and his distinctive houseboat/art installation named "Willitsinkorwontit" is moored near the Paringa Bridge.

*Di Scheiner and Sally Black with guest speaker Frank Turton.*





## Associated Country Women of The World

Hello to everyone across sunny SA! Isn't it nice to see the sun again and enjoy the changing season and the beautiful green crops in the paddocks?

There is not a lot to report from ACWW, they are very much in preparation for World Conference mode, the last zoom meeting was information about the resolutions being brought to conference, particularly about the changes to Constitution. In order to stay 'up to date' language and wording must be kept current – I'm hoping all 21 resolutions will pass easily at Conference otherwise it will be like watching grass grow!! Clair Mahon has great skills in the area of Constitution and I have the utmost trust that she will guide the process very professionally.

Project applications have closed and Jenny (from ACCW's office) is busy reviewing them. Hopefully I will have more news after next meeting or you can keep up to date on the website.

## National Council Of Women SA

The State Government has passed legislation criminalising Coercive Control – something the NCWSA has been advocating for, for quite some time -

Coercive control is an under-reported type of domestic violence where an abuser seeks to control a victim's behaviour.

It can include:

- attempting to isolate someone from their friends and family
- controlling their finances
- monitoring what they say, what they wear and even what they eat or when they sleep.

Check out The Attorney General's Department website for more information on this, it has been a great achievement that was long overdue.

Tonight I am going to a Soup Night at our NCWSA meeting, an annual event hosted by Soroptimist International Adelaide, can't wait as I love a good soup!! After that we have an AED demonstration, it is now required that all public building have an AED machine available so we thought it best if we all knew how to use it.

Joyce Chapman – International Officer

## **WAB Administration:**

*Sandra Wischki*

State President and Eyre Peninsula Regional Co-ordinator.

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

**NEXT EDITION OF THE WAB NEWS WILL BE DUE OUT IN NOVEMBER 2025 – Deadline for articles is NOVEMBER 20<sup>TH</sup> 2025**