



**WOMEN IN AGRICULTURE AND BUSINESS OF SA INC.**

**NEWSLETTER NUMBER 261, March 2026**

### **State President's Message**

Hello WAB friends

Welcome to the first issue of WAB News for 2026.

The Limestone Coast Regional Conference is being hosted by the Wirrega Branch on 12 May 2026 at the Lutheran Church Hall on Patterson Street, Bordertown, starting with registration and morning tea at 9am. The cost is \$25. WAB members from other regions are also invited. Please RSVP to Wirrega Secretary Josie Arney or to Limestone Coast Co-ordinator Narelle Brooksby at wabinsa@gmail.com by 17 April 2026.

The Mallee Regional Conference is being hosted by the Paringa Branch on 28 May 2026 in Renmark, in conjunction with Paringa's 60<sup>th</sup> birthday. Again, all WAB members are invited to attend. There will be news on the venue and program provided closer to the date.

The Cunliffe Branch are hosting the 2026 State Conference on 22 and 23 July 2026 in the Copper Coast towns of Kadina, Moonta and Wallaroo. Please save the date and come and enjoy the Copper Coast at the State Conference with Cunliffe WAB members.

Member award nomination forms are available on the WAB website. Please email or post branch nominations 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 2026/2027 has been emailed to branches. Please return the form by 15 May 2026.

Easter blessings to you all.

Yours in WAB,

*Sandra Wischki*

*\* I have been browsing through a few archives and found some items that I felt may be of interest for members – if you remember some items of interest you may like to comment or add to these – these 3 articles might jog your memory!! (Editor, Lee)*

*\*This photo was taken at the 1982 WAB Congress in Adelaide– do you still have one of these signs displayed at the entrance of your town or somewhere within your town?*



**Lochaber;** Tammy Schinckel, a Naracoorte High School teacher, gave a very interesting and inspiring talk about how she set up a program for students to go to Cambodia to work in orphanages and villages. This program is part of a curriculum subject, and when completed goes towards their ATAR results which are used primarily for university admission.

In 2014 Tammy and her group of students from the Early Learning Centre built their first wash house for a Nursery School with concrete troughs to provide children with clean, fresh water to care for their personal hygiene, eg handwashing and cleaning their teeth.

The program runs bi-annually, and in 2016 another wash house was built elsewhere.

During the last two visits the program changed, with students interacting with village families. Groups of students visited families and were involved in baking goods which are then sold at their local market, providing income for each family. The students were given a basket of goods and were required to sell their wares on behalf of each family. This was no mean feat, as they had to learn communication skills and how to handle unfamiliar currency, thus enhancing their personal growth, cultural experiences, motivation and teamwork.

The students relinquished their phones and other devices and were provided with a camera and a journal to record their adventures.

They also had the opportunity to spend a day at Cossi Costello's "Cows for Cambodia" farm and visited other places that the ordinary tourist visiting Cambodia wouldn't get to see. On their last day the students distributed 60 bags of rice to villagers with a message from our local community written on each bag. They

also got to visit the Apopo Visitor Centre to see how these African Giant Pouched Rats are trained to detect landmines, playing a vital role in making areas safe.

Tammy showed members her books from each visit that she has made with photos and captions recording each student's experience. Tammy also brought along a few souvenirs she has collected over the years, some made from recycled materials for members to look at.

This program is a self-development program where students learn service to others and life skills that money can't buy.

Members thoroughly enjoyed Tammy's visit and admired her for her incredible work. Naracoorte High School is very fortunate to have such a dedicated teacher.



*Tammy wearing an embroidered scarf she was given which can be used for many purposes, including carrying items and wearing a matching skirt .*

*Chris holding a shoulder bag made from recycled drink can tops.*

Twelve Lochaber WAB members enjoyed a lunch meeting at Naracoorte Plant Nursery for their March meeting.

Roll Call was a favourite autumn tree.

**Padthaway;** Annie Johnson is, making every step count towards, "Her Dream"

With our quote for the day, Padthaway WAB, "life's journey is a challenge" we welcomed Guest Speaker, Annie Johnson. Annie certainly has busy since she did the Kokoda Track in PNG. She has set a challenge for herself to run Marathons which are 42.2 km in 7 continents, starting in South Africa.

Annie chose South Africa. This was called The Big 5, Adventure Marathon. When I heard she was doing this I said to her, "Annie, you know you least have to come in the middle as you know the lion always takes the weak from the back of the herd". She laughed, "I will try my best". She trained for seven months to do this. She started in Sowef for a tour and safari and saw many wild animals except buffalo and elephants. They even came across some white leopards which are quite rare and ran when a rhino was sighted after a quick photo.

The private game reserve where the marathon was held was called Entabeni. It is found between Johannesburg and the Kruger National Park. They were provided with glamping tents with shared amenities. Annie ran for 6 hours & 39 minutes across the magnificent, “Savannah Plains”, and a lot of dirt tracks she pounded. Annie was fully supported by rangers, guns and pots of coffee. The Big 5 you can see are lions, elephant, rhino, buffalo and leopards, with one appearing on the medal - “trophy of triumph”.

Annie then chose another continent, Greenland but of course Annie doesn't take the easy path, no it has to be snow and ice, very different conditions to the African temperatures even in winter. Being extreme cold, she had running shoes with little spikes and of course there are special clothing needed to suit the terrain. She had waterproof socks, thermal wool lined pants (merino products) and head/neck coverings a must to support sweat evaporating/hypothermia. Annie stayed in an ex-US-air base called, “Sondrestrom” from WWII. This is in Kangerlussuaq which means, “Large Fjord” in Greenlandic language - it is the main town in central-western Greenland and has the country's main international airport. A couple of their activities is watching the northern lights because they are just north of the Arctic Circle.

The Polar Circle marathon is known to be “The coolest marathon on Earth” due to its extreme conditions, remote location and unique landscape. The start is on the ice cap, runs about 1½ hours then descends to the famous “Ice Road” (Route 800) which follows a gravel road, often snow-covered, past glacial moraines and into the barren arctic desert where she ran in mostly snow. Annie made it to the end receiving her medals called, “finisher medals” which feature a Tupilak, a figure from Inuit art & receiving a medal called the “Polar Bear Challenge”. When visiting a super market, she noted a rack of guns at the end of the aisle as hunting reindeer and musk-ox is a popular sport (and also their meat source along with seal meat. Ed). They use skidoos or boats to travel mainly. Annie got to experience northern lights which were beautiful and it also wasn't daylight until 9 a.m. What an amazing place to visit. Annie has a list of future marathons which will fulfil her dream as she ticks them off her list.

#### Padthaway WAB find, “Power in Plants”

Arriving to our meeting we were greeted by a lavender fragrance and a herb bouquet with strong scents of mint and rosemary. We all shared hints from aloe vera for burns & bites, turmeric for inflammatory properties. The good old 1, 2, 3 method for coughs, pneumonia and flu. Recipe: 1 tbsp methylated spirits, 2 tbsp vinegar and 3 tbsp of water mixed together, soak with a handkerchief/cloth, put around neck/chest until dry, repeat.

Some of our other members brought along bay leaves to share and some very old seeds to germinate kept from 1969, fingers crossed. Lastly a member Jenny Hinze grew mainly culinary herbs for retail and made pesto selling locally in Penola, was very interesting journey, Jenny started the first herb garden in Petticoat Lane, Penola. All members received a bag of dried lavender buds.

Lavender has many properties including aiding in sleep, tea, calming anxiety to home-made creams, aromatherapy oils and in food products like ice cream. Members then watched a short data presentation on a home-made cholesteryl lowering drink before breaking for lunch.



**Wirrega;** Guest speaker at the February meeting was Amanda Carter from Lucindale who is a Red Cross Emergency Educator.

Amanda made us aware of the many types of emergencies we may encounter in our lifetime, and how we can respond as a community to each other's needs in time of emergency. Amanda distributed packs to each member with information of what we should have ready to take from our homes in times of an emergency. Amanda was very keen to know more about Narelle Brooksby's "My Family File" that Narelle prepared for WAB members when she was Sate President. Fortunately, Narelle attended our meeting in her role as Limestone Coast Regional Co Ordinator and was able to forward Amanda a copy on her phone. Amanda was very impressed with the detail.

The local Physio who was the scheduled guest speaker for March was on the sick list, so members spent the time discussing plans for the Limestone Coast Regional Conference which Wirrega Branch is hosting on Tuesday May 12<sup>th</sup>, with excellent guest speakers on the "WAB theme" topic. A good time to come together and catch up with WAB friends.

## MALLEE REGION

**Coonalpyn;** We had our scheduled meeting in February but unfortunately only 3 people attended, everyone else was apologies. After our very short meeting, we went upstairs to the Coonalpyn Archives where many old WAB minute books and a few other items of history, were placed into our Archives box.

Due to high fuel prices, it was decided to cancel the March meeting

### **Paringa;**

At a recent meeting Paringa members brought along varieties of succulents and shallow ceramic dishes and made up attractive mini gardens which require little attention and the occasional spray of water. Plans for the 60th anniversary and combined Mallee Conference on Thursday 28th May at Renmark Paringa Council room are almost completed.

The WAB themes for 2025/26 of Good Health and the Power of Plants and project Rural Aid will be adopted by guest speakers. The WAB branch was formed in 1966 when 17 Paringa farmers' wives gathered together to join an organisation which recognised women's' contributions to agriculture and to provide support to women living in isolated situations. Over decades Paringa branch has fundraised to benefit the Paringa Cemetery, Renmark Hospital gardens and the landscaping of Paringa township. In addition to helping local charities which do not attract government funding.



**Photo; Jocie Cooper, Jenny Curtis and Di Scheiner making succulent plant arrangements**



## HISTORY OF WAB 80yr BANNER

Primary Index  
Dept. Officers.

In 1996 Lois Harris, the State President, planned something special to celebrate the 80<sup>th</sup> birthday of WAB. She asked that all 51 branches create a motif on a standard piece of calico to depict their area. On the year of the 80<sup>th</sup> celebration of WAB, Laurette Thomson, the new State President, unveiled the banner in 1997 at the State Conference at Morphettville.

The banner was assembled by a friend of Lois and Laurette, Ellen Mellon, who wasn't a WAB member and didn't charge for her many hours of stitching the squares together.

In 1998 to 2000, the banner was displayed in the foyer of the Roseworthy Agricultural College, but was collected and displayed twice at Kalangadoo for their 75<sup>th</sup> Birthday in 1998 and at Tumby Bay at the State Conference in 1999.

Hon Vickie Chapman MP, Deputy Premier and Attorney General, a WAB On-Line member, unveiled the WAB banner on 17<sup>th</sup> January, 2019 with speeches and an afternoon tea. Sandra Young, WAB State President, and 5 other members and husbands (including Helen & Garth Rogers) attended and were very proud to see the WAB banner exhibited where Government Officials and the public at large can view such a fine work of art. It is part of SA's history.

### CENTRAL REGION

**Cunliffe;** Our February Guest Speaker Ben Feutrill's presentation focussed on "*How to recognise Scams*" and how to avoid falling for their schemes. Most importantly Cyber Security is essential to reduce the risk of your computer being hacked by unscrupulous scammers.

Always ensure that your computer protection is up to date at all times. Most Data breaches occur when you give your email address or phone number to a "company" or person who may not have a good security system which can differ from system to system.

Ben explained that AI (Artificial Intelligence) is just a tool but it can be used for good or with evil intent. To avoid the risk of being on the end of a scam / scammers do not give your email address, phone number, other identification etc to an unknown entity (or claiming to be known). Ben said he receives several email scams each day. Using a "gmail" address can be a good solution for an email address rather than a "personal name".

**Do not respond** to unknown callers or emails especially if they claim to be representing a bank, business or charity. If this occurs and you are unsure, please ring your Bank immediately. Ben further clarified that it does not have to be a "Business" caller but can be just an "everyday person".

When using on-line banking there is a greater chance of being hacked if you are using your computer. Recommended that you always use your Tablet, iPad or mobile phone as this is a safer method. Ben stressed again that it is important that your computer security is always up-to-date.

Members posed questions for Ben e.g. Voice to Text Messages – is that AI? (generally, fairly good and has come a long way). Be alert if you receive a “Text Message” to say you have a parcel to pick up or have delivered even if you are expecting something! Make sure the message is genuine. Above all – do not respond to anyone that is unknown to you or your family – Scammers are always out there – always waiting to cause harm to you, your computer, your bank account and / or your livelihood.



*L-R President Yvonne Correll, Guest Ben Feutrill, Branch Member Pam Woodward*

March: In early March several of our members were able to attend the Official Opening of the YP Field Days new “State of the Art” Function Centre at the field days site, Paskeville. This impressive structure forms part of, and completes, the Administration area.

The Hon Clare Scriven MLC, as the official guest, attended the function and had the privilege declaring the building open.

*(Photo L-R Jenny Richardson, Rosemary Browning, Pam Woodward, Elaine Bussenschutt, Yvonne Correll, Rosalie Pearce, Hon Clare Scriven (MLC))*



Cunliffe Branch Members are looking forward to using this outstanding Function Centre for the venue for the WAB State Conference and Annual General Meeting which we are currently planning to host on Wednesday July 22<sup>nd</sup>. A great opportunity to not only meet with each other as members of various WAB

Branches but also a chance to show off this new Function Centre to attendees. We also are looking forward to sharing the history of our Copper Coast region and other very interesting features and talents of our community when we go “touring” on Thursday 23<sup>rd</sup> June. More news to come as we continue planning!

***WAB 60 Years” Members:***

***Elaine Bussenschutt***

***Kay Fuss***

***Margaret Correll (Celebrating her 99<sup>th</sup> Birthday)***

***Dulcie Barker***



We visited Chloe’s Cake Shop at Moonta for our March meeting which was a General Business and “Coffee & Cake” morning. Initial planning and further discussion for the WAB State Conference replaced having a Guest Speaker on this occasion.

We were delighted to congratulate our long-term member Margaret Correll who celebrated her 99<sup>th</sup> Birthday on Tuesday 23<sup>rd</sup> March. Margaret recently received her 60 Years WAB Membership and continues to attend the majority of our monthly meetings. The bouquet included three “Spirit of Rural Women” white Roses which had celebrated the centenary of Women in Agriculture and Business of SA Inc

*\*Looking through Charlton archives – in 2005 Charlton members were very thankful for the donations and contributions from members of WAB branches State wide after the devastating bushfires in January 2005*

## **EYRE PENINSULA REGION**

### ***Charlton; Rural Aid SA***

Dorothy Crosby, a Rural Aid SA councillor based in Quorn spoke in February. She travels all around the State as the leader of this not for profit organisation and is also the representative nationally. The organisation was established in 2015, when it was recognised that the needs of the rural communities were ‘flying under the radar’ and that farmers were unseen politically. There are now more than 18,000 farmers registered with them, covering all areas of primary production who can reach out for advice and help which can be offered over the phone, or by personal visit.

The aim is to give people a help up in rough times – practical, financial, social and emotional and does so by working along side an individual, offering direct support. A disaster declaration does not have to be announced for support to be provided by Rural Aid.

Dorothy stated that rural people where resilient and resourceful but can become worn out and in danger of the fear of failure when they blame themselves and take on feelings of shame. Many feel the generational responsibility. She is also keen to support and encourage smaller communities to get passionate and enthusiastic.



***Charlton WAB members***

***Jeanette Pearce, Heather Campbell, Yvonne Low and Pat Forrest listening to speaker, Dorothy Crosby.***

### **Lions Club and its Hostel for March**

The current Port Lincoln Lions club President Iaan Adams welcomed us into the refurbished old North Shields school room now housing many pieces of Lions memorabilia on display.

Lion Robert McDonald presented an over-view of the structure and work of Lions International and of his involvement in the local club for 37 years. Over the years the club has donated funds to many local organisations, while also supporting several International Lions initiatives. He reminded us to donate any un-used reading glasses to Lions which are then boxed up and sent overseas.

Lion Terry Aldenhoven organises the annual quiz nights and market days, as well as being one of several looking after the Lions Mints around the town. He also gathers sponsorship from generous local businesses.

We were all able to walk about and admire the up-graded toilet block and the dormitories which can cater for groups, especially school groups, the kitchen and activity shed. All the facilities looked beautifully maintained, all by the club members. We also admired the extensive lawned area that now has an under surface sprinkler system; easier for the volunteers to manage. It was an interesting afternoon reminding us of the lovely local facilities that are available for hire. Make enquiries to Lions member Melva on 0499 039 458.



***Chris Phillis (right) wishes Yvonne Warner a Happy Birthday***

### ***WAB Administration:***

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## **ASSOCIATED COUNTRY WOMEN OF THE WORLD**

Hello to everyone, I hope you are enjoying this beautiful autumn weather!

I have been holding off writing this report until after our monthly zoom meeting which was at 9.30pm on Saturday! It is difficult to get a time that suits everyone around the world, most wishing everyone a 'good morning' while I sometimes struggle to stay awake!!

Of course, the Triennial Conference is the hot topic at the moment which is coming up in Ottawa, Canada from April 26-May 5. Everything you may like to know about the conference is on their webpage so I will not go into those details. As far as I am aware we do not have anyone attending this time I am sad to say, it is a very long time since this has been the case.

We discussed food waste on Saturday night and it is the most conversation I have heard in any meeting making it a priority in many countries. One suggestion was that we check out the movie on YouTube called "Just Eat It" about a young couple who decided they would live on food from bins for 6 months. I watched it yesterday and highly recommend that you take a look and maybe even use it as a meeting idea – it is certainly eye-opening and for me quite distressing.

We also discussed membership. Most branches around the world are declining and it was suggested that factors may be age, meeting time, meetings too long, disinterested, younger people time poor – and I'm sure you can add many other reasons in your own areas.

Don't forget it is The Year of the Rural Woman – celebrate yourselves and all that you do for your properties and communities.

Happy Easter!

Joyce Chapman

ACWW 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 MAY 2026 – Deadline for articles is MAY 20<sup>TH</sup> 2026**