



**WOMEN IN AGRICULTURE AND BUSINESS OF
SA
SEPTEMBER 2026 NUMBER 264**

State President's Message

Hello WAB friends

As I reported in the last newsletter members who attended the Annual General Meeting during the State Conference split into smaller groups to discuss how we can celebrate our 110 year anniversary next year. All of the groups proposed a celebration event to be held in a central location with October 2027 being the most preferred time. The Management Team have now started planning this event. It will likely be held on 6 October 2027, possibly at the Hahndorf Caravan and Holiday Park which has a range of accommodation and a function room. This would be one day event followed by a dinner. It will be a fun networking opportunity for our current and past members.

As not all members will be able to attend the State event, branches are encouraged to hold a local celebration during 2027 as well.

Our Project for 2026/2027 is Dolly's Dream. Dolly's Dream is an anti-bullying organisation committed to helping children, young people and families live happy and safe lives free from bullying. The focus is on supporting all kids, especially those in regional areas across Australia. Landline did a segment on Dolly's Dream on 12 July 2026 (near the end of the program). You can search for it on ABC iview. It is well worth watching.

Yours in WAB,
Sandra Wischki



EYRE PENINSULA REGION

Charlton; A Visit to Community House

Linda, the House Manager outlined her philosophy including the need for boundaries or rules of operation, small costs charged, eligibility and being able to offer a 'hand up' and not a 'hand out'. The House receives a lot of support from businesses, community members and many volunteers to enable it to run a second hand shop, fire wood sale, small classes eg in computing, second chance foods, while maintaining the garden, chooks for eggs, and the kitchen for the making and supplying meals for workers and for sale at low cost. A freezer is stocked with a variety of home cooked meals sold for \$4. A nearby house is also owned and offered for short term accommodation for people who find themselves in an emergency situation – if space is available .

Her talk was followed by morning tea prepared by the volunteers and we were able to wander around the premises through the Op shop, workshop, garden and community centre. Members were impressed with its orderliness, the range of activities and the number of volunteers that assist in the provision of its well used and obviously appreciated services. WAB members gave donations



*House manager Linda with
volunteer Marj preparing meals.*

Koppio Museum visit

Charlton had an interesting drive to Koppio in September, admiring all the yellow crops and wattles in bloom along the way to visit the Koppio Museum, owned by the National Trust and now managed with just 6 or 7 volunteers. We had a picnic lunch in their function room before looking around all the exhibits

Almost all exhibits have been donated including the contents of one building: a local house from a deceased couple (Jerichos') including 'everything imaginable' - cards, photos, money, kitchen equipment, medications, some furniture and much much more. The collection was extremely interesting to the ladies while the men with us were more interested in farm machinery and vehicles stored in numerous sheds.

There a tiny bank, telephone exchange, pug and thatch house to name a few, along with an extensive barbed wire collection of Mr Bob Dobbins all in very well maintained grounds.

School and tour groups, functions and visits from individuals make up its customers, with 'Grey Nomads' making up 90% of them.

***Helen Mitchell, Geoff and
Carly Zacher admiring the
Jericho collection***



On-Line; WAB Online - Topic for July 2026

Mary asked the question, "Do you ever get the feeling that some medical professionals treat older patients as "case numbers" and seem to forget that older patients are "real people" with "real feelings" and not just someone to be handed a prescription and TOLD how to behave or CRITICIZED for "not looking after their Diabetes" ad infinitum. Mary said she had noticed as she went to medical appointments with her husband that his female general practitioner often sounded very earnest but spent more time looking at her computer (one assumes for feedback and information on prescriptions and medication) than she spent looking at Mary's husband and at times treated him as

if he were a 5-year-old. She is NOT Mary's doctor!! Has anyone else experienced a similar "detached response" from a medical professional?

Mary also asked regarding Age related gripes, Older People, Senior Citizens, et al, "Do you ever feel that it's a full-time job staying alive and alert?" Mary found out last year, surprisingly, that she had a "Chronic Care Plan" when apparently she has no Chronic Condition/s. Mary thinks that for someone whom you visit occasionally - checking out that you're doing the right things, getting the odd referral for some bloods, and being told you should definitely not be climbing up a ladder to clean out your gutters (??) to then hear that they're going to dump a Chronic Care Plan in your lap is a bit much!!

Sally G told us that she has had osteoarthritis in her hip since her 20's so she does have a Chronic Condition. She has seen many specialists over the years and has had 26 operations but has been fortunate to have a caring GP. Sally says: "I'm lining up for a hip replacement and hopefully it will be the first time I'll be pain-free since developing a bone disease when I was 7 years old." As a retired Registered Nurse Sally is very concerned that many doctors and nurses don't speak fluent understandable English and fears that patients may not get correct medication or proper care if something important is lost in translation. She is frightened for the future.

Joyce said she has been very fortunate with doctors so far. Her current doctor is not a lot younger than she is, but he is fabulous! In the past when she was helping care for her father-in-law, she said a doctor once told her that "he was past his use by date" and Joyce made sure that he only said it once!!!

Sandra also felt fortunate that she hasn't needed a regular Doctor so has seen a variety of young ones to fill out forms for driving and do vaccinations. Now a hint from Sandra as a past Pharmacist. As we age, our metabolism slows as does our ability to remove toxins and drugs from our body and, hence, the dosage of regular medications can be reduced. Sandra had her own Mother's medications reduced in strength and she was better for it and Sandra's mother lived to be 100 years and 6 months. Doctors can forget this or they don't realise it and something else of importance is a low dose antibiotic (daily) to reduce UTIs, and a probiotic as well.

Jane thought this was a good topic and said they were very lucky that in the small town of Cummins they have a very good Family Practice with at least 5 very good doctors and often some interns. Jane said, "Unfortunately, this does not always mean that we can get an appointment within a couple of weeks. I have never been made to feel that

I am just a number. We are grateful for our regular health checks and believe that our quality of life has been improved through having them regularly.”

Sally P apologised for not replying to a couple of topics earlier in the year but this was due to the failing health of her husband Ian who died in mid-April. She thanked those who sent condolence messages. She told us that she has not felt ignored by the local clinic most of the time but had felt dismissed very recently when trying to see a Doctor quickly for what seemed fairly urgent ... to Sally ... but not for the receptionist so “No appointments available until next week.” Sally also said she agrees with comments on Facebook about many of us being expected to do all our corresponding via the web or smart phone and she quoted the following, *“Technology should serve people, not determine who is still entitled to dignity. This is not innovation. It is exclusion.”*

Barb reported that down at Victor Harbor - "Retirement Central" - medical topics feature prominently in conversations. Communication difficulties, medicos with accents, patients' own hearing problems, and a lack of understanding of medical terms are all discussed. General bedside manner or lack thereof, lack of engagement, lack of compassion, have all been highlighted as the frustrating side of a consult but there are some great doctors. Barb said that she has always appreciated a fulsome explanation of any complaint and sometimes, by more switched-on practitioners, she has been given written information and/or treatment instructions. Such things are appreciated as often, in a heightened state in a clinic setting, one tends not to absorb what could be very important verbal information.

Barb recommended an excellent book " The Patient Doctor" by Dr Ben Bravery (in library system). Ben, a zoologist, was at 28 diagnosed with bowel cancer. During his cancer "journey" he was struck by observing many shortcomings in the medical system - lack of empathy and compassion; not treating patients as human beings - being referred to as Bed Numbers; not being introduced to Drs and their students, examining him during ward rounds. He was so moved by his negative experiences that he decided to be, and has become, a doctor!

On the flip side, a friend of Barb's doctor has retired three years earlier than planned as he's fed up with rude patients, others not taking his advice, and competing with Dr Google!

LIMESTONE COAST REGION

Lochaber; Our August meeting was well attended and members enjoyed meeting at Lochaber Memorial Hall.

Jan Boord gave a comprehensive report on the Regional Conference at Paskeville.

Rachael Withers, a well know Lochaber local spoke. Rachael has a rich understanding of all things regarding sheep production, and is a researcher and leader within the sheep industry. Fresh from her latest adventures at sheep Expo 2026, Rachael shared her experiences mentoring students through her work with Adelaide University. She also gave some insight into what makes a good lamb carcass, her research with intramuscular fat in lambs and the ways industry is looking to implement the work she has been doing.

Rachael has lived here 22 years, currently working with a university in Wagga, and dept of Ag in Hamilton. She started as a trainee Agronomist, then worked at the Struan breeding site – working with 20000 ewes and an Artificial Insemination program and was part of the research for how environment affects animal traits. Later, Rachael worked at Adelaide University, judging meat and meeting with many companies offering a range of job opportunities for students.

A very interesting look into the sheep meat industry. Our members learnt much during the afternoon. Our roll call was ‘Your favourite cut of lamb and why’

The following informal meeting was held at the beginning of September, starting with a visit to pay respect at Genice Bourne’s gravesite. Afternoon tea at Hutchison’s Nursery followed.

Padthaway; Padthaway WAB feels the, “Power of the Community”

The “Power of Community” was the theme for Women in Agriculture and Business. Guest Speaker Erika Vickery explained the core strengths in a community. We need amplified voices, to share knowledge, pooling of resources, offering emotional support and other safety networks made available to everyone. We just need one idea and the support of your team to network. The community offers so many support groups for others within the community that may need them. Including men shed, cancer support

groups, to different boards, Naracoorte/Lucindale community care networks which include suicide prevention/awareness, domestic abuse support groups to other organizations supporting homeless, and supporting each other when there is a natural disaster we have each other's back.

Supporting these causes brings a town together and only can do this with support from people who live and visit, businesses, sporting clubs, volunteer groups, churches, we all love a wood raffle and the Lions Christmas stocking. Erika showed that in past history a group of people got together and decided the Naracoorte swimming Lake should happen and they raised £8000 through support of the area. They then Designed and constructed this wonderful facility, A lot of people donated time, equipment and materials towards this to make it happen with a lot of hard work added. It's a wonderful addition to be proud of in Naracoorte and to this day it's still free. Thank you to the early residents who had the foresight to do this.

More recently was the CT (computed tomography) scanner that historically led to a massive community fundraising drive that successfully raised the amount needed and more. It took three years of fundraising but we now have this scanning service available for the health service to use for the surrounding community. If you are looking to join something there are a lot of activities listed on the Naracoorte/Lucindale Council web site or if new to the area they have a welcome package of what's available in the area. Chris Fox gave a vote of thanks to Erika and presented her with flowers made by member Iris James.





or WAB

Dressed in “**blue**”, members came in support of this year’s WAB project, Dolly’s Dream. Member Gini Gale got some laughs wearing her blue bobbed hair for the day. The room was blue themed. President Beth Gale got a couple of members to speak about this cause to share awareness. Dolly’s Dream was created in 2018 by Tick and Kate Everett following the tragic suicide of their 14 year old daughter Amy “Dolly” Everett. Dolly took her own life after enduring relentless bullying and cyberbullying. Her death sparked a national movement in Australia to stop bullying and support mental health in youth. Dolly grew up on an Australian cattle station and was well-known for her kindness and artistic nature. Her parents started, “Dolly’s Dream” to bring awareness that no other parents should have to suffer the same heartbreak. Dolly’s quote, “Speak Even If Your Voice Shakes” which came from a powerful drawing with this written on the picture, this has now become a motto in the campaign. “Do it for Dolly” supporters wear blue (this was Dolly’s favourite colour) and worn on awareness days or any day if you choose.

The symbol of the “Butterfly” is on the organisation website which provides bullying prevention programs, parent help and 24/7 counselling lines. The legal changes that have been made are having stricter laws against online harassment, sometimes referred to as Dolly’s law. What happened to the kids that bullied Dolly? No specific criminal charges or public legal penalties were ever brought against the individual children who bullied Dolly Everett the parents chose to focus on nationwide awareness and systemic change rather than individual prosecution. Her family asked supporters not to hunt down or attack the specific students involved, stressing that revenge will not bring their daughter back.

President Beth Gale got members to make origami blue butterflies, then they received a booklet pack put together by Gini Gale containing information on mental health and to create kindness and calming to your world. They included donations by Naracoorte & Districts Suicide Prevention Network, with start a conversation packs, magnet & pen among other items we gratefully received. If you would like to be a part of this suicide prevention network to enable people to reach out to one another to ensure well-being of yourself or someone dear.

Please contact; info@naracoortedistrictssp.com or follow on Facebook.



Wirrega; Branch hosted the Limestone Coast Regional Gathering on September 15th. We were delighted to welcome members from Padthaway, Lochaber and Wirrega Branches. Also WAB Regional Coordinator Narelle Brooksby.

We all met in Bordertown and then car pooled to Wolseley to visit Liz Ballinger's Lavender Estate. On arrival Liz greeted us with hot scones jam and cream, lavender tea or tea and coffee. Liz spoke about the development of her Lavender Estate and then a walk around her garden, potting shed and Lavender shop. After an enjoyable morning visit, we travelled to Wolseley Community Centre for lunch. Two Wirrega members Helen Lutt and Joanne Finlayson had been busy during the morning preparing lunch boxes for each member of the Gathering. The lunch box contained fresh sandwiches, a collection of salad vegetables, fruit, chocolate bar and fruit box. Tea and coffee followed.

The afternoon was spent with Narelle Brooksby our Regional Coordinator in discussion about the WAB State Conference and the future direction of our Organisation. It was a good time to have this discussion as members of each branch in our Region were represented. After the discussions, a couple of proposals were decided upon for presentation to the State body for consideration.

The day ended with afternoon tea in Bordertown before members departed.

MALLEE REGION

Coonalpyn; In August we had a couple things to talk about. First was our project of finding out names of all WAB members of Coonalpyn branch over the years. This is quite a task, as in old minute books most women were listed by their husbands initials, some even just Mrs, and then their surname. No specific roll call, just who was present at a meeting, who was nominated to be a member. Also a case of deciphering old cursive from many different people. The minute book was kept at the Town Hall, where meetings were held, so if the elected Secretary didn't turn up on the night, someone else would do the job for the night. We intend to eventually make a plaque/s with these names, and place it at the major Parking bay in town.

There was also mention of a "cow" model, that lived at Coonalpyn Primary School for a few years. It was built and installed to promote the Dairy Industry. As the School has been closed for several years and the model is still in good condition, it has been decided to also display this at the Parking Bay, in the cage with the Old Tractor that has been there a long time.

Over the summer, our group will view Honey Extraction at Bob and Joy Twartz's place. Members will be notified the night before.

For our activity, Marcia Camac came with Mosaic Kits for us to play with. Each member chose what design and colours to use to decorate a heart shape. Good chatter was enjoyed during this activity. Many people enjoy doing mosaics, not just with old crockery, but also with tiles of different sizes purchased from various places. Tiles etc are cut using a Tile Nipper.

Members brought a good variety of flowers, and items for Competition- something made by a child that I still use.

On Thursday, 17th September, WAB visited the Geranium Op Shop, located in the old Tech Studies building of the Geranium Area School, which closed a few years ago. While it may seem strange to arrange a group visit to an Op Shop, it was interesting to see how a former school is getting a 2nd life. There is still a sign in the Op Shop, possibly dating back to the 1970's, about how the Principal must ensure all power equipment is kept in good condition, and the Teacher must ensure students understand how to use the equipment before letting them use it unsupervised. It was great to see everything that has been donated is in such good condition. The room is very bright and clean. Well arranged, full yet spacious

While there, we had a morning tea at the Café, just across from the Op Shop. This building was the former Kindergarten. Again, very bright. There are several displays of times gone by. Old birthday cards, old records-both Albums and Singles. Old Tupperware and magazines to look at, and or buy. There are also a few reminders of school days. Again profits go to groups supporting victims of Domestic Violence.

After lunch, we went to a place called Silver and Leather. This is located at Jabuk, along the Mallee Highway. Some people may recall it as The Travelling Duck Café, which burnt down several years ago. The new owners of the building have totally renovated it and given it a new lease of life with a new business. Heidi is a Leather Worker who creates all types of bags from Leather. She also makes belts, purses, wallets. Custom made. She can conduct classes in Leather work. She also has a shop at Hahndorf selling her Leather work. She and her husband are still renovating the shop and surroundings, but hope to eventually make it into a well-stocked café, as being on the highway, a long way from anywhere, people appreciate refreshment when they stop to stretch their legs. Another attraction at Jabuk is the old double fronted Mini out front of the shop. It is ancient, but still eye-catching.



Paringa; Our latest guest speaker was former teacher and principal Helen Slade whose teaching career spanned over 60 years teaching in primary schools in Renmark. Barmera, Berri, Lyrup, Loveday and Kingston on Murray. She chose to speak about a defining moment in her life when she was diagnosed with breast cancer at the age of 78. She had a part breast removal but a few years later that was followed by full removal. She was seeing an oncologist in Adelaide but was able to receive chemo treatment in Mildura which was much closer to home and more convenient - that is until Covid struck and the borders were closed. She lost her hair and fell in love with "wonderful turbans" and did not regret any more "bad hair days". Berri Regional Hospital opened a chemo ward and she was able to continue her treatment and she was keen to fundraise for this ward and organised to have the remainder of her head shaved and raised \$1500. Six weeks of radiotherapy was done in Canberra where she had the support of family. Helen went into great detail about her cancer journey and

this resonated with a few of our members who had experienced similar cancers. She maintained a positive attitude; throughout and was fortunate not to suffer some of the unpleasant side effects of treatment. Her advice was to keep having mammograms as there had been no history of cancer in her family.

*Teres Ter Bogt, Helen Slade
and Heather Everingham*



CENTRAL REGION

Cunliffe; *We did not have a Guest Speaker for our August meeting but instead Members were invited to look through our Branch Photo Albums and Scrap Books which have accumulated over past years and where possible, and/if required, to note names and the various occasions.*

The task provided much chatter and informal consultations amongst us when memories, of many enjoyable times and also of past members, were recalled.

Photo Albums previously provided by former member Julie Whenan helped with names as Julie had already included quite a few.

A few Scrap Books with newspaper clippings were also of much interest and certainly many of the stories and photos brought back sometimes long-forgotten times and memories for some members.



Associated Country Women of The World

Hello Everyone! I hope you are all well and enjoying spring – I for one am glad the cold winter is behind us and can't wait for some sunshine!

Great News! We have (yet another) new South Pacific Area President – Mary Pocock from Berry Springs, Northern Territory. Mary is well prepared for this role having travelled extensively and has a nursing and administrative background. I'm really looking forward to meeting her and hope she will be a "hands on" President.

We had a challenging zoom meeting last month – the topic was "Understanding Childcare Deserts". What is that you may ask..... a geographic area where there is a severe shortage of affordable childcare – childcare centre or spaces/too far away/too expensive/too unreliable due to staff shortages etc. etc.

The challenge for the co-ordinators before next meeting is to have conversation with someone affected, identify a local organisation working on childcare, collect a story from a parent/caregiver and lastly (and by no means least) think of ways we can help!

Examples of practical help:

1. Toy and/or clothing exchange
2. Family activity days
3. Local resource directories
4. Advocate to local government for ideas like space in all major buildings for childcare and in-house childcare in hospitals etc.

If you have an experience or a story please get in touch so I can share a broad view of this issue: joycechapman5641@gmail.com or advocate on behalf of young families in your area.

Thank you!

Joyce Chapman

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A REMINDER ALL REPORTS TO BE INCLUDED IN THE NEXT WAB NEWS ARE TO BE SENT DIRECTLY TO **YOUR REGIONAL COORDINATOR** and the **Newsletter Editor** by simply including the Newsletter Editor by cc to LEE at ndhlrussell@bigpond.com when emailing to your Coordinator.

**NEXT EDITION OF THE WAB NEWS WILL BE DUE OUT IN NOVEMBER 2026 –
Deadline for articles is NOVEMBER 20TH 2026**