

Victorian COUNTRY WOMAN



The Country Women's
Association of Victoria Inc.
care empower contribute



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Association of Victoria Inc.

care **empower** contribute

All women, all ages, all places

DECEMBER 2024 | VOLUME 72 NUMBER 6



OFFICE OF THE GOVERNOR
VICTORIA

COUNTRY WOMEN'S ASSOCIATION OF VICTORIA CHRISTMAS MESSAGE

As Patron, it is my pleasure to wish the Country Women's Association of Victoria a very Merry Christmas, and a Happy New Year.

Christmas is a time of celebration, where family and friends unite and share in the joy of the holiday season. For some however, this time of the year can amplify life's challenges – particularly for families that are doing it tough or those that find themselves socially isolated.

The Country Women's Association of Victoria's devotion to supporting women, children and families across our State has made a real difference to the lives of Victorians.

And that difference is truly felt and appreciated during the holidays – bringing comfort and hope to those who need it most.

While it can't be wrapped and placed under a tree, the Country Women's Association of Victoria's legacy of compassion and support is the best gift Victorians could hope for.

On behalf of all Victorians, we thank you for another year of tireless dedication.

Best wishes to all members and supporters.

Professor the Honourable Margaret Gardner AC
Governor of Victoria

OFFICIAL





The Country Women's
Association of Victoria Inc.

care empower contribute

Patron: Her Excellency Professor the Honourable
Margaret Gardner AC, The Governor of Victoria

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Associated Country Women of the
World (ACWW)



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COVER PHOTO

The Governor with State
President Jenny Nola and
Prue McCredde

2025 DETERMINATIONS

Theme: Sharing Knowledge for a Secure and Sustainable Future

State Project: Video-conferencing Facilities
(Continuing from 2024)

Product/Resource: Industrial Hemp

Country of Study: Sri Lanka

Social Issues Focus: Advocating For Change

Thanksgiving Fund: Fiona Elsey Cancer Research Institute

STATE PRESIDENT



Jennifer Nola
State President

Family Violence Trigger Warning

I wish a Merry Christmas and a Happy New Year to you and yours! I am sure you are all well on the way with your Christmas plans, catching up with friends and family, baking your once a year special dishes (a few new ones in this edition I see), and hopefully making the time to put your feet up after a very busy year of CWA activities and to recharge

your batteries ready for what 2025 will bring to us all. For those of us who don't have family or friends close by or have lost those close to you, I hope you go gently and reflect on your year of achievement with as much positivity as possible.

The year has been very 'full' from where I sit in so many ways. Full from a family perspective, especially the birth of our granddaughter, Gabriella and the joy she has brought our family. Full of all the new experiences I have had as the State President, full of the friendships that I have made and the kindness that has been extended to me throughout the year. For all of these things I am very grateful. I wish you all a very 'full' 2025, a year that brings you growth no matter what your age is, friendship and of course kindness in all of its forms.

Having said all of that it saddens me deeply to read today that in Australia one woman has been killed by violence every five days this year. Victorian State Coroner Judge John Cain has now recommended changes to the Multi-Agency Risk Assessment Management framework (MARAM) after finding that the framework relied upon by authorities, organisations (+6000) and professionals (+400,000) to assess the risk of future harm of family violence victims does not take into account all the factors it could and should. This deficiency in the system leaves women who have re-partnered or have impending criminal matters against past partners at serious risk of real harm. I sincerely hope that the government will consider the recommendations and implement the changes Judge Cain has recommended as a matter of urgency.

Thank you to those who marched behind the CWA Banner on the 22 November for the Walk Against Family Violence, it is heartening to see so many people who want to make a difference. Our 16 Days of Activism – Tools for a Brighter Future Event had three wonderful guest speakers, Debra Saffrey-Collins from the Brotherhood of St Laurence, Felicity Pringle from Macauley Family Services for Women and Olivia Franklin from Safe & Equal who told us about the homelessness issues for women fleeing family violence and what is being done to make these women's lives better for the future. Their advice will assist us in how we can help in the future.

The CWA of Victoria is currently investigating participation in a mobile phone repurposing scheme to assist women experiencing family violence. Stay tuned for further information on how this project may look in 2025.

Our past year has seen the Association fine tune our Strategic Plan and Advocacy Focii. Our Food Security theme has highlighted how many branches are providing meals to those in

need or making donations to their local food pantries. The final donations to the Rochester Flood Relief were forwarded to assist with their local food pantry. It is hard to believe that there are still over 200 people displaced and many homes still not rebuilt following the October 2022 floods. SecondBite/Foodshare were the recipients this year of any food remaining at the close of the Melbourne Royal Show. Our 'waste not want not' focus, is very much in the forefront of our minds and the women of the CWA of Victoria are champions at this.

I thank those members and the staff who took the time to complete the member survey or participate in one-on-one interviews which will inform our work in 2025 and to provide feedback on our constitutional review. These opportunities to have your say should not be ignored and the Board appreciate your input.

I would like to remind you all that The Collect is an important part of our Association along with our Code of Conduct (available in the Members section of our website) and it would be useful for all to reread these documents before the start of the new year. It is pointless to say The Collect at meetings and then ignore its meaning or worth in how you act in your day-to-day CWA activities! When joining the CWA of Victoria, you have agreed to abide by the Code of Conduct so please ensure this occurs in your branch and group.

I recently attended the Queensland CWA AGM and the start of their conference to hear more about the Country Kitchen program they have been running in conjunction with the State Government for the past ten years and to compare notes on how the eastern seaboard states operate. It is quite interesting to learn how similar and yet how different we all are.

Following on from the ACWW SPA conference in Griffith all state presidents have met again via Zoom to further discuss the ways we hope to be able to help our South Pacific Island sisters in the future. The change in the focus of ACWW head office has caused concern across our country and the South Pacific. More to come on this as it develops. We thank Lyn Braico for her support and work as our ACWW South Pacific Area President and wish her well following her resignation from this position.

I hope all of your branch AGMs have been successful and congratulations to all new office bearers and a big thank you to those who have completed their terms. I enjoy reading the secretary's reports that have been delivered at State Council to find out all the different ways branches have supported vulnerable women, children and families in their communities. I also look forward to seeing as many of you as possible at Group AGMs in the new year and hope that our next group of leaders are putting their hands up to take on the role of Group Presidents for the right reasons. It is a great way to learn more about the workings of the wider CWA sisterhood and to further develop your skill set. Group Presidents are a part of our leadership team!

Finally, please take a moment to reflect on our achievements over the past year and think about which committee you would like to join in 2025. There is so much to gain from being an active member of the CWA of Victoria!

EDITOR'S REPORT



Amanda Millar
Communications and
Magazine Committee
Chairman

As another year comes to a close and the chance to look back on the year that has been, it is time to reflect on how very much we collectively achieve as an Association to change the lives of others for the better. In this edition, we have included a year's summary so that our members can look back on 2024 with pride in all that our amazing branches, groups, committees and the Association as a whole achieve.

This has been estimated to be in the vicinity of \$30 million a year in donations and in-kind contributions – but can you ever really put a value on what the CWA achieves?

As I move into the final six months of my time as Editor I want you to know what a true privilege it has been to spend two years with our Communications & Magazine Committee. On your behalf, I thank and acknowledge the following members from right across our State who work tirelessly to bring you this magazine throughout the year.

As in previous years, there is no magazine nor e-Newsletter in January so that the Committee members can enjoy a well-deserved break, but we'll be back in February with more Association news to keep you inspired.

I wish you, your families and those who are most dear to you a very joyous Christmas, and a safe and peaceful summer.

Amanda x



Agnes Valduizen



Danielle O'Farrell



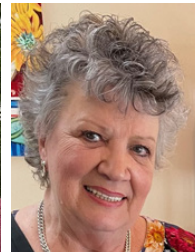
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Joanne Legg



Paula McGavin



Judie Gade

COMMUNITY AND INTERNATIONAL SUPPORT COMMITTEE



Louise Taylor
International and
Community Chairman

I continue to be amazed by the generosity of our members and the effort and time that is spent creating lovely items for us to distribute. Thank you to everyone who has contributed during the last few months. A complete list will be in the next magazine.

The ACWW South Pacific Area Conference in Griffith was an enlightening and enjoyable experience. The main thing I took away from attending was that our association has

much to be thankful for and that our sisters in the Pacific need our help in practical and dignified ways. We have been able to re-establish our link with the Highland Foundation who are based in Toorak and are currently sending Mother and Baby packs to Papua New Guinea for new health outposts. We also have delivered numerous items to the Rotary SHARE Project in Broadford who distribute to nations throughout the Pacific.

Locally, we have sent teddy bears to the Ambulance Service, Benalla Hospital and Ballarat Health Services, premmie beanies to Sunshine Hospital and knitted rugs to Doncare.

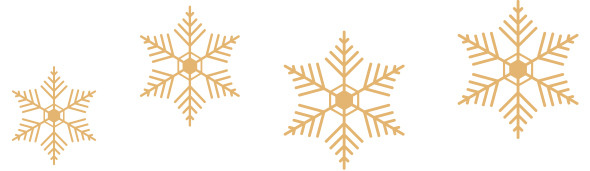
We are holding a stall at the Christmas Fare where we will be selling some vintage tea-towels and hand embroidered doilies along with Christmas themed preserves.

Please send in some more teddies as our large collection have now found new homes and there is always demand.

On behalf of our committee, thank you for your support in 2024. We couldn't do this work without the help of so many generous and thoughtful members. We have two Sri Lankan events planned for 2025 and I look forward to seeing you soon. All the best for Christmas and the New Year.

With best wishes,
Louise Taylor

STATE VICE PRESIDENT



Sally Ann Matthews
State Vice President

Thinking of you all at Christmas.

As we prepare for this special time we all know as Christmas, everywhere I go adults are saying, "Where has the year gone?" However, children are so excited as it is nearing the end of term, the final camps are being held, school plays are being rehearsed, the weather is warming up and it is a countdown as the last extra-curricular lessons are attended. How many sleeps will be next!

Christmas means something different to us all. For Christians it is a religious celebration and for non-Christians it is a cultural celebration that is part of the holiday season.

The customs associated with Christmas in various countries have a mix of pre-Christian, Christian and secular themes and origins. Popular with us all are gift giving, the Advent Calendar, Christmas wreath and Christmas tree and decorations. Perhaps you attend a Carol Service, light up your garden with Santa's sleigh or hang garlands around your fireplace mantle. The children particularly love that special person who brings gifts, who is known around the world by different names – Father Christmas, Santa Claus and St Nicholas. We all cherish time with family and friends and to share a special meal together.

In our family we decorate the tree and hang a wreath, set up the Nativity scene and I dream up a Christmas table centrepiece, which every year brings much hilarity at the table, and I have learnt to laugh along too. Menus are prepared and as the family grows, so do our preferences and tastes. Many cherished recipes have been baked for over 100 years.

Christmas or the holiday season in Romania is celebrated from November 30 (St Andrew's Day) through to January 7 (St John's Day). Much of the population is of Romanian Christian Orthodox faith and during the communist regime from 1948 to 1989, there were no celebrations. Like us, Romanians sit down to a special dinner on Christmas Day with family and friends and Santa Claus brings gifts for the children. But they also celebrate St Nicholas Day on December 6 when gifts of sweets and books are traditionally placed in leather boots. Christmas time in Romania would be a very special time to experience the traditions and customs of our Country of Study.

Our CWA family celebrates Christmas at Branch and Group, State Council and the Board. Together we enjoy friendship, share food and give thanks for this organisation which enables us to support those most vulnerable in our State.

I am grateful for the opportunities that CWA has given me, and I hope you feel the same way. This is a remarkable organisation that has 96 years of history. It has weathered a depression, World War Two, the Korean War, the Vietnam War, and a recession. It has celebrated equal pay for women, congratulated women in leadership roles governing our country and encouraged its members to be the very best they can.

However you are spending this special time, be it building sandcastles on the beach, picnicking at a park or singing carols with your family, remember to extend the hand of friendship to a stranger.

Wishing our CWA family a very happy 96th Christmas and Holiday Season and may you all come back refreshed in 2025.

CATERING Melbourne Royal Show



Prue McCredden
Catering Chairman

Well, thank you.

What a success the 2024 Melbourne Royal show was. I went into the show with little idea of how it was going to come together. And it did. Sure there were few little hiccups along the way, but they were part of the process. We knew that it was going to be a lot of hard work, and we needed to have a great team around us. And that

we had. I have just done a very quick count of the volunteer hours over the show week not including bump in and bump out and it was a staggering 4,500 hours. Everyone stepped up and did the jobs that they were assigned to. We did try and make sure people were swapped out and had a go at other jobs, so they were not confined to the one role.

There had been a lot of preplanning with the cooks, and we wanted to make it visually appealing, healthy and affordable.

And I believe we did that, with the introduction of some extras to the breakfast menu. We had lots of positive feedback on that.

And we beat the scone record 16,420 scones. What an effort. Did you know that we used 246 litres of milk and the same in cream and 1026kg of flour. Thank you to our scone makers, Joy and Robyn, you are true champions in the kitchen.

To all the other volunteers your work and effort is appreciated. Everyone contributed in many ways to make the show kitchen a success. Special mention to Marilyn and your team of workers that worked at *Umina*, making the sponges and slices. Your late-night chats were invaluable.

To the staff at *Umina*, thank you for the pre-work that was done prior to the show. MRS starts 9 months out and the CWA staff and the work and support they gave me was also appreciated.

Kind regards
Prue McCredden

CLUB



Karen Jackson
Club Chairman

We have had 2 PopUps but have cancelled these for the remainder of the year due to lack of new volunteers.

Seniors Week events were held over 3 days in October and were a great success. The dining room looked a treat, with **vintage embroidered** table clothes and flowers from the *Umina* garden. Thank you to all the

wonderful volunteers that helped over the 3 days which helped make it such a wonderful success. We served 170 patrons, producing 517 scones. We used 31.25 kilos of flour, 19 litres of cream, 21 litres of milk and 4 kilos of jam.

Agriculture and Environment Pulse lunch was so, so good, and I had a great time. I had never cooked much with pulses so the challenge was on. We made Falafel Balls, Lentil burgers which were served with stacked potatoes, cherry tomatoes, asparagus and beetroot hommus dressing. Prue did the platters with fruit and chocolate hommus, vegetables and hommus. Dessert was white chocolate blondie made with chickpea flour served with fresh fruit and wedges of chocolate coffee torte also made with chickpeas, served with fresh fruit and cream.



DID YOU KNOW That legumes take less energy to grow than other crops, producing fewer greenhouse gases. Legume crops are also one of the most environmentally friendly sources of protein. Legumes make their own nitrogen fertilizer using nitrogen from the air.

THAT'S WHAT I LEARNT AT THE LUNCH...

THE ODD SPOT Cream of Tartar what is it? This organic acid is found naturally in many plants and is also formed during the winemaking process. Cream of Tartar helps stabilise whipped eggs whites, prevents sugar from crystallising and acts as a leavening agent for baked goods.

HAVE A FABULOUS CHRISTMAS EVERYONE TILL NEXT TIME.
Karen Jackson

MEMBERSHIP



Gwen White
Membership Chairman

As I sit writing this report I realise we have 9 weekends before Christmas to manage to do what we need to do. Fruit is soaking to be made into cakes and puddings both for the Fare at *Umina* and my Christmas here at home.

The Melbourne Royal Show has been and gone. It was great to be able to spend time up there sharing CWA with visitors who were most complimentary

about the food we served especially the scones and the sponge made by Marilyn. The jam we served was not a hit but we can't please everyone all the time can we? Congratulations to Prue McCredden and her team on a job well done! At the Geelong Show we served Devonshire teas, and on my branch day I made 7 dozen scones before the storm cell hit and we were flooded out of our area on the Friday. As a result we did not serve Devonshire teas over the last two days. It was quite a sight to see two of us wading out of the showgrounds up to our knees in water.

Branches are having their AGMs at the moment and sadly we look to have at least 6 branches going into recess and perhaps two or three closing at this time. It is so important that we look after the members we have and support all with open arms and make them feel treasured. We must always be welcoming and inclusive to new women regardless of their ethnicity or background. Encourage the younger members and our older members to embrace the new ideas while sharing what they did in their day. Without younger members there is no CWA of tomorrow.

Please reach out if you need support from the membership team at any time, we might not have all the answers but will endeavour to help as required. This is a great time for reflection and to be thankful for what we have, what we can give and share with others in our communities.

Enjoy every moment of your preparations for Christmas with your loved ones and have a Safe and Blessed Christmas. I wish each of you a wonderful summer break and all the best for the New Year.

Till next time.....

State Diary Dates for 2025

SUNDAY, 26 JANUARY 2025

Open House at Government House

SATURDAY, 8 MARCH 2025

International Women's Day Event at *Umina*

30 & 31 MAY 2025

State Conference – Venue: Shepparton, Victoria

8 & 9 AUGUST 2025

State Exhibition – Venue: Kyabram, Victoria

Please send the dates and locations of your Branch/Group Exhibitions to Robyn at email: cwaadmin@cwaofvic.com.au

CREATIVE ARTS



Where has the year gone? Christmas is just around the corner. Just a reminder, plan early to take the stress and hassle out of your Christmas celebrations.

Judges updates will be upon us soon. Judges please put these dates in your diary now.

Handcrafts: Wednesday 29 January 2025

Guest speaker Joan Leeder will tell us all about basketry both traditional and modern.



Mary Grant
Creative Arts Committee
Chairman

Home Industries: Thursday 30 January 2025 Speaker TBA

As a judge you are expected to attend 2 updates over a period of 4 years. Many badges are due for renewal in 2026 and if you haven't fulfilled your obligation re updates, your re-accreditation is in jeopardy. Every judge is asked to complete a revision sheet each year as well. This is to ensure you are up to date with current trends etc.

We will be offering Judges training for Home Industries judges during 2025. If you wish to train for this please give me your name and contact details. This is a 2-day event after which you attend as many Exhibitions, local shows etc as possible to gain experience by shadowing experienced judges.

Our workshops have not taken off as we would have liked this year, but we did run Mending Magic in October with 5 participants. This was a thoroughly enjoyable session where students learnt the basics of Shashiko stitching and then applied this to mending denim jeans or clothing.

When future workshops are advertised on Facebook, we ask that members please share the information far and wide. We want the wider community to be part of the great things we offer through CWA.

Next year, we are looking at offering a selection of events in regional areas.

One suggestion has been to offer a Heritage Stitching workshop in Geelong. I would like to see some events around the use of Pulses offered regionally.

Let me know if your Group or branch is interested in hosting something like this.

We are also looking for Expressions of Interest for staging the 2026 State Exhibition.

Please contact me for details re hall size etc.

As the Festive season draws closer, I wish you all a Happy and Blessed Christmas with lots of lovingly created handmade gifts. Enjoy the holidays and see you in 2025.

CHRISTMAS SNOWMEN



WHAT YOU NEED:

- Small pinecones
- Small polystyrene ball or large wooden bead
- White spray paint or white acrylic art paint
- Pipe cleaner
- Toothpick
- Black card
- Ribbon

STEPS:

1. Paint pinecones, Twist pipe cleaner around top section to form arms.
2. Paint a face on ball, poke in toothpick for nose.
3. Cut a hat from black card – circle for brim, cylinder for crown to fit pine cone. Glue in place. Add hanging cord from top of hat.
4. Embellish with ribbon, bells small candy canes etc.

CRANBERRY AND ORANGE CHELSEA BUN TREE

INGREDIENTS

- 4 cups SR flour
- 300mls cream
- 300mls milk
- Pinch salt
- 1 tsp [ground cinnamon](#)
- flavourless oil, for greasing
- 200g [marzipan](#), chilled
- 1 [orange](#), zested and juiced
- 100g [fresh cranberries](#), (can be substituted with blueberries, redcurrants, raspberries or rehydrate dried cranberries in water until plump)
- 100g [dried cranberries](#), plus 1 tbsp
- 40g pistachios, chopped
- edible gold spray (optional)
- 3 tbsp apricot jam, sieved
- 150g [icing sugar](#)

METHOD

STEP 1

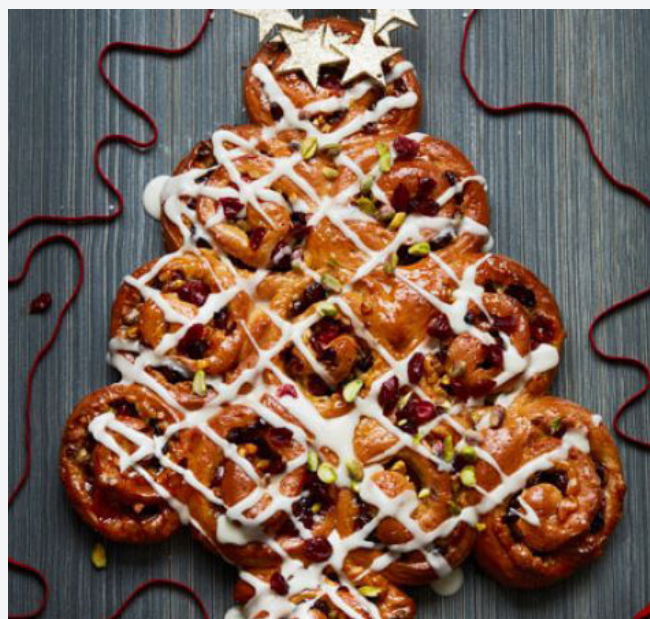
Sift flour and salt, add milk and cream. Work into a soft dough. Tip onto your work surface and knead lightly until smooth.

STEP 2

Line your largest baking sheet with baking parchment. Tip the dough onto a lightly floured work surface and roll to a [rectangle](#) about 30 x 40cm. Grate the marzipan over the surface and scatter over the orange zest, fresh cranberries or substitute, 75g dried cranberries, 25g pistachios and 3 tbsp caster sugar. From one of the longer sides, tightly roll up the dough into a sausage, pinching the dough together at the other end to seal the open edge.

STEP 3

Use a large, sharp knife to divide the sausage of dough first in half, then into quarters, then cut each quarter into three pieces, so you're left with 12 equal pieces of dough. Turn them all cut-side up and arrange on the baking sheet in a tree shape, using one piece for a trunk and leaving space between each bun for them to expand. Make sure the pinched edge on the outside of



each bun is facing towards the centre of the tree, otherwise it may come unstuck and unravel as it cooks. You should have one bun left over – bake this alongside (treat for the cook!).

STEP 4

Heat oven to 180C°/160C° fan/ gas 4. Bake in the middle of the oven for 20-22 minutes until golden brown. While the buns cook, heat the apricot jam with 2 teaspoons water until runny, then set aside to cool a little. Mix the icing sugar with enough orange juice to make a thick icing and transfer it to a small disposable piping bag or plastic sandwich bag. If you like, you can spray the pistachios with gold spray at this point.

STEP 5

When the buns are cooked, leave to cool for 15 minutes, then brush all over with the apricot glaze. Snip the corner off the piping bag and drizzle icing over the top of the buns in random lines. Scatter over the remaining pistachios and dried cranberries and leave the icing to set for 10 minutes before serving. Will keep in an airtight container 2-3 days.

CHRISTMAS TREE DECORATIONS

WHAT YOU NEED:

- Old jar lids
- Cardboard backing
- Christmas or small Australiana embellishments
- Ribbon

METHOD:

1. Cut cardboard base and glue into lid base.
2. Add decorations, glue in place.
3. Glue ribbon around circumference of lid. Leave a loop for hanging.



Fabulous Festive Fare



They say behind every successful man is a woman. In these ever-changing times of equality and identity, these notions are sometimes described as out of touch, outdated, quaint, or patriarchal.

As the dutiful Mrs Claus, I take this tradition bestowed on me very seriously. I stand here today to make it known that, sometimes, behind every successful man is a very proud, patient, determined, wise and often selfless woman.

I am after all, married to one of the most famous men of all time - Santa Claus, AKA Father Christmas, St Nicholas, Kris Kringle, Babbo Natale, Noel Baba, Pere Noel, Sinter Klaas, etc.

Like many quiet achievers, my role is to support Santa, allowing him to live his best life and ensure his utmost happiness and good health during the year. This is the only way to ensure that all the children receive their gifts on Christmas morning. It is quite the responsibility and one that should be honoured and respected. I am the keeper of all the menial tasks; the necessary, the domesticated and daily tasks that so many women as wives and mothers naturally fulfil. No fanfare for us as we plod and stumble through our responsibilities to ensure a well-run machine, a safe, peaceful home, and a loving atmosphere.

I so look forward to Santa's annual trip around the globe, stopping at all the homes to deliver the gifts to all the children. I love listening to the elves read out the names from the 'Nice' list. So many each year it really is comforting. Kids these days get a lot of bad press.

I especially love hearing Santa's stories upon his return! This is our favourite time at the North Pole. Upon Santa's return, we all gather – the elves, the reindeer, Santa and myself- in the grand dining hall. A magical feast is served and we listen to Santa's stories.

Check out these ideas to do on your computer with the kids and the grandkids.

- Don't forget to email santa at emailsanta.com. Simply type in emailsanta.com into your search bar and follow the prompts
- Watch Santa's journey live at Google Santa Tracker (<https://santatracker.google.com>)
Surprise your loved ones with the magic of Santa Claus
- Create highly realistic and customizable video and call messages from Santa that you'll end up believing in him yourself. (<https://portablenorthpole.com>)

But mostly I love to hear about the delicious meals he has witnessed throughout his worldly travel. Thankfully with the internet I can reinvent practically any recipe! Santa's iPhone is a handy little device that captures images of Christmas meals made with love for family.

And so it is that after Christmas and all the hype and toy-making, Santa and I, our family of elves and all the reindeer enjoy a reprieve. A well-earned rest before New Year's commencement. During this hiatus, we enjoy recreating these recipes and creating delicious delights.

Each year Santa selects his top recipes. My role is to lovingly recreate these delights for our family to enjoy.

This year, Santa has chosen some outstanding culinary delights from the tenacious members of the CWA Victoria, Australia. These recipes that are made with love for their families at this festive time of year.

This article showcases Christmas Festive Fare and my hope is you enjoy these unique and varied Christmas recipes as much as Santa and I.

Merry Christmas to one and all. May you feel the true spirit of the season as you gather with family and friends this Christmas. Be safe on the roads and remember to look after yourself and one another.

Choose to
DrinkWise.

CHRISTMAS MISTLETOE MARGARITA

Yield: 6 Servings

INGREDIENTS

- 2 ½ cups Orange Juice, chilled
- 2 ½ cups Cranberry Juice, chilled
- 2 cups Lemonade, chilled
- 2 cups Tequila, chilled
- ½ cup Maraschino Cherry Juice, chilled
- ¼ cup Lemon Juice
- Ice
- Cranberries and rosemary sprigs to garnish, optional

INSTRUCTIONS

1. In a large pitcher or punch bowl, combine the orange juice, cranberry juice, lemonade, tequila, maraschino cherry juice, and lemon juice over ice.
2. Stir the mixture well to ensure all the ingredients are fully incorporated.
3. Garnish with fresh cranberries and rosemary sprigs if desired.
4. Serve immediately and enjoy

SERVING SUGGESTION

Rimming the glass with salt or sugar is a classic margarita touch:

- Rub the rim of the glass with a lime wedge (or wet them with lemon juice, orange juice, or cranberry juice) and then dip it into a shallow dish of salt or sugar. This adds a decorative touch and a bit of flavour.

NOTES

- For a **non-alcoholic option**, replace tequila with sparkling water or more lemonade.
- To make a spicy version, add jalapeno slices.
- You can easily scale the recipe up for larger gatherings.
- If storing leftovers, refrigerate and consume within 1-2 days. Strain off ice and add fresh lemonade before serving.



Danielle O'Farrell

Mornington Branch
Mornington Peninsular Group

A NEW FESTIVE HOLIDAY TRADITION

Christmas in years past has always included a traditional Champagne Cocktail, cold cleansing ales and of recent times, a cool refreshing 'Classic' Margarita.

This year, to shake things up a little, we are serving a Christmas Mistletoe Margarita. Whether you're hosting a large Christmas party or enjoying a quiet evening with family, this margarita is sure to be a hit.

With its unique blend of cranberry, orange, and tequila flavours, the Mistletoe Margarita is a perfect addition to any holiday gathering. The attractive garnishes and the option to rim the glass with salt or sugar make it a visually appealing drink that will be the star of your festive soirée. Kids and those who choose not to drink alcohol can join in the fun with the non-alcoholic option included in the recipe.

As you gather with loved ones, raise a glass of the Mistletoe Margarita and toast to the joy and spirit of the holiday season. With its refreshing flavours and festive presentation, this cocktail is sure to become a new holiday favourite. Cheers!

CHICKEN AND LEEK TERRINE

INGREDIENTS

- 750g chicken or turkey mince
- 1 small chicken breast cut into 1-1/4cm (1/2 inch slices or use chicken tender loins)
- 12 slices streaky bacon, about 350g (could substitute prosciutto thickly sliced)
- 2 small leeks, halved
- 2 cups fresh breadcrumbs
- 3 teaspoons minced garlic
- 2 teaspoons dried tarragon
- 1/2 cup shelled pistachio nuts, toasted
- 1/2 cup dried apricots, cut into quarters
- 1/2 cup dried cranberries
- 2 tablespoons finely grated orange zest
- 2 large eggs
- 2 tablespoons dijon mustard
- 1/4 cup brandy
- 2 teaspoons fine salt
- 1 teaspoon fine ground white pepper

INSTRUCTIONS

1. Preheat oven to 180°C on bake, not fan.
2. Poach leeks in simmering water, or steam till tender (about 10 minutes) then remove and allow to drain.
3. Line a 22cm x 14cm x 7cm (8-1/2 inch x 5-1/2 inch x 3 inch) loaf pan with foil allowing enough to overlap and eventually cover the terrine line your terrine or loaf pan with the bacon slightly overlapping each piece.
4. In a large bowl place chicken mince, breadcrumbs, garlic, tarragon, pistachio, dried apricots, cranberries, zest then add the eggs, mustard, brandy, salt and pepper and mix till incorporated (use a pair of rubber gloves).
5. Spoon 1/3 of the chicken mixture into the pan and even out the top lay half of the chicken breast slices and 2 pieces of leek over the chicken mixture repeat with 1/3 more of the chicken mixture and add the remaining breast slices and leek on top of the chicken mixture.
6. Add the last 1/3 of the chicken mixture over the top and smooth the top tap the pan on the bench 3 or 4 times to remove any air pockets.
7. Fold the bacon ends over the top of the terrine and fold the overlapping foil over the bacon.
8. Cover with foil and place terrine or loaf pan in a deep sided baking dish pour boiling water halfway up the side of the loaf or terrine pan place baking tray in the oven on the centre shelf.
9. Bake for 90 minutes until the internal temperature is 68°C remove baking dish from oven and lift terrine out from the water bath and place on a cooling rack and allow to cool for 30 minutes.
10. Place terrine in the refrigerator to cool completely when the terrine is cool place another loaf pan or sheet of stiff cardboard on the terrine with a couple of tinned products in the tin to weight the terrine and then refrigerate with the weights overnight.
11. Remove terrine from pan and wrap in plastic wrap and refrigerate till required.
12. *Optional:* When you're ready to serve you can place the terrine under a preheated grill and allow the bacon fat to render for 8 to 10 minutes.
13. Serve and enjoy.



Jenny Nola
State President

When I host Christmas, the numbers are usually around 35 – 40 people so having some dishes that can be prepared a few days ahead makes life a little easier. This recipe came to me from Joanne Alderman, my old neighbour before she moved to Raymond Island (Paynesville-Toonalook Branch). It is delicious and makes a statement on your entrée buffet table. I have had so many compliments whenever I serve it. Enjoy!!



FISH PIE

INGREDIENTS

- 5 large potatoes, peeled and diced (or equivalent quantity of sweet potato or pumpkin)
- 2 free range eggs, hard boiled and sliced
- 2 large handfuls of spinach, steamed and drained
- 1 large onion, finely chopped
- 1 carrot, halved and finely diced
- Extra virgin olive oil
- Approx 285 ml double cream
- 2 good handfuls of grated cheddar or parmesan
- Juice of 1 lemon
- 1 heaped teaspoon mustard
- 1 large handful of finely chopped parsley
- 500 gm white fish, boned and cut into pieces
- 250 gm salmon, boned and cut into pieces

METHOD

1. Put potatoes into a saucepan of cold salted water and boil until cooked. If using sweet potato / pumpkin, steam until cooked. Then mash with olive oil.
2. To make the sauce, sauté onion in 2 tablespoons oil. Add carrot and cook for about 8 minutes until soft, but not coloured.
3. Add cream and bring to the boil.
4. Remove pan from the heat. Add mustard, cheese, lemon juice and parsley.
5. Preheat the oven to 200°C.
6. Put fish into a greased ceramic or ovenproof dish. Layer the sauce over the fish with the spinach and sliced boiled egg.
7. Spread the mashed potato on top.
8. Place in the oven for 25-35 minutes until bubbling and golden.
9. Serve with a green salad or mashed peas.



Monica Teelow

Macedon Branch
Central Highlands
Group

This dish was first served to me by my flatmates whom I lived with in London. I thought it was a delicious dish especially after returning home from a long day at work.

This dish is much enjoyed by family and friends. It can be prepared earlier in the day and reheated.



HAM GLAZE

INGREDIENTS

- 3 or 4 tablespoons of orange marmalade
- 4 tablespoons brown sugar
- 1/3 cup of orange juice

METHOD

1. Prepare the ham

Remove the skin from the ham by sliding your fingers under the skin, but not taking the fat off. Slash a diamond pattern on the fat that is left. Add cloves in the centre of the diamonds in the fat before glazing and remove before carving.

2. Prepare the glaze

- Mix 3 or 4 tablespoons of orange marmalade with 4 tablespoons brown sugar and about 1/3 cup of orange juice.
- Heat in a saucepan until sugar melts.

3. Glaze the ham

- Brush the glaze over the ham fat, saving some back to baste during baking.

4. Bake the ham

- Put water in a baking dish and place ham on rack and bake at 180°C for 30-40 minutes.



Paula McGavin

Rosewhite Branch
North Eastern Group

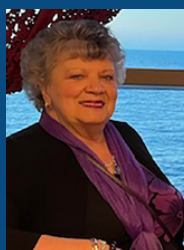
24 HOUR SALAD

INGREDIENTS

- 6 cups shredded Iceberg lettuce
- ½ cup spring onions, sliced
- 1 cup frozen baby peas (do not thaw)
- ½ cup finely chopped celery
- 1 tin sliced water chestnuts, drained
- 1 tbs white sugar
- 1½ cups Praise mayonnaise
- 2 cups grated tasty cheese
- 6 rashers bacon, cooked and crumbled
- 2 eggs, hard boiled and crumbled

METHOD

1. Spread the lettuce out in a large glass bowl. Sprinkle onion, peas, celery, water chestnuts over the lettuce in layers. Spread mayonnaise over the top like a frosting. Sprinkle with sugar and grated cheese. Cover and refrigerate overnight.
2. Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble, and set aside.
3. Before serving, sprinkle crumbled bacon over the top, and garnish with crumbled hard-boiled egg.



Paula McGavin

Rosewhite Branch
North Eastern Group

Paula McGavin, a member of the Rosewhite and District Branch, a former Group President and member of the Communications and Magazine Committee contributed this recipe. She comments:

I have made this salad many times. It is a great salad when entertaining a large number of guests. I would make two of these salads if I had 20 guests.

When I became aware of this salad, roughly 50 years ago, I was strongly 'advised' to only use Praise mayonnaise. And that only Iceberg lettuce could be used.

The amazing thing about this salad is that it is still fresh and crunchy when eaten 24 hours after first serving! And you **MUST** make it at least 24 hours before eating!

COUS COUS, MANGO, AVOCADO AND PINENUT SALAD

Serves 6 as a side dish

PREPARING THE COUSCOUS

- 2 cups of uncooked couscous
- 375 ml of filtered or bottled water
- 30 ml of olive oil
- 15 g of unsalted butter
- 1½ tsp of finely ground sea salt

METHOD

1. Bring the water, salt and oil to a boil on a medium saucepan.
2. Take off heat as it comes to a boil and add couscous, whisking with a fork for a few seconds.
3. Put lid on and leave off stove for 3 minutes.
4. Add butter and whisk with fork until melted.
5. Return to a very low heat and heat 1 minute.
6. Take off heat and whisk with the fork to separate the grains.
7. Put the lid on and stand 2 minutes. Take lid off and fork the grains.
8. Transfer to a bowl to cool. Fork as it is cooling.

ADDITIONAL INGREDIENTS

Chop and mix together in a large bowl.

- Bunch of spring onions, cut in ½ cm slices or do it the way you like.
- 1 capsicum, remove top and core. Cut into ½ cm dice or how you like it.
- 1 Lebanese cucumber, halved lengthways and then halved again. Slice in ¼ cm slices.
- 1 R2E2 mango – It is firmer than the others. It needs to be firmer.
 - Slice off cheeks, score the inside lengthways and then widthways in 2cm cuts.
 - Turn the cheeks inside out and cut off flesh.
- 1 bunch of fresh coriander – Rinse and dry. Remove leaves, bunch together and finely slice. Turn and chop finely. Add to the vegetable mix.
- Sweet potato – medium size cut into 1 cm dice and steamed till just tender. Check at 7-minute mark. It should be just tender but firm. Don't overcook it.

PREPARE AND SET ASIDE FOR SERVING

- 70 grams of pinenuts – lightly toasted in a pan.
- 1 or 2 ripe avocados – diced into 1 to 1 ½ cm dice. Spray with lemon juice and set aside.
 - To check avocado for ripeness when buying, lightly press the narrow end. It should give but not be soft.
 - Tip: Buy bottled lemon juice and pour into a spray bottle.

SERVING

Fork the couscous and layer into a serving bowl alternating with vegetables and mango. Toss after each vegetable layer. If you have a favourite spice blend, add this. Toss through.

Finally, add avocado. You can toss or not! Scatter toasted pinenuts on top.

Suggested add-ins: celery, grated fresh fennel, corn kernels, grated zucchini, pecans.



Judie Gade

Sheridan-Kyabram Branch
Goulburn Valley West

In 2008 I sold real estate in Berwick. I often brought in baked goods for the staff and every so often the boss, Steve, would ask to try something. On this day he noticed my lunch.

I'd brought enough for three days, because I could 'dress it up' and make it into different meals. On its own, it made a tasty side salad. The next day I could add roast chicken or prawns from a local shop.

Steve liked it so much he gave me \$30 to make a different version of it for all the staff on Mondays. He noticed that all the agents would turn up when we did a staff lunch from then on. We would eat together in the board room. The lunch became a way to swap ideas and to organically bond as a team.

You can also make a *gluten-free* version by swapping the couscous for *hulled millet*.

PLUM PUDDING

INGREDIENTS

- 250g sultanas
- 250g raisins
- 250g currants
- 60g blanched almonds (I use slivered almonds)
- 250g brown sugar
- 125g fresh white bread crumbs
- 250g butter, melted
- 125g plain flour
- ½ tsp salt
- 4 eggs
- ½ cup milk
- 2 tbspn brandy

METHOD

1. Mix fruit and almonds.
2. Sift flour, salt and spice together.
3. Combine brown sugar and breadcrumbs with fruit and flour.
4. Lightly beat eggs and combine with slightly cooled melted butter, milk and brandy.
5. Place in a greased 2 – 2 ½ litre pudding basin. Cover with one layer of baking paper and one layer of foil. Tie on under the rim of the basin.
6. Boil for 6 hours keeping the water 2/3 up side.
7. Boil again for 2 hours before serving.



Helen Wall OAM
Member of Honour

I was given this recipe from the Royal Melbourne Show some years ago, and subsequently won a Best Exhibit Award at our State Exhibition. I have made it many times since and hope you enjoy making it for your family and friends.

Helen also won a Green Star which is awarded only to entries of outstanding standard for her pudding at the Royal Melbourne Show. This is the winning recipe.

CASSATA - A CHRISTMAS ICE CREAM CAKE

Start by considering your guests' dietary requirements. Then, depending on how many people you're serving, choose either one or two litres of icecream (use 'So Good' soy vanilla or chocolate ice cream for dairy free guests)

Then customize it with as many delicious treats as you like. Choose dried or glace fruits. Choose traditional festive colours or your favourites.

Prepare finely sliced dried or glace fruits. Choose cherries, cranberries, glace pineapple, pear or peach. Rehydrate dried fruits for 10 minutes with boiling water, or your choice of fruit juice or liquor. Drain.

You can also add chopped nuts, or cashews. Mini marshmallows are also fun.

Choose what shape you would like your finished product to be. We use a Tupperware lettuce crisper to produce a pudding shape. You can also use a non-stick bundt tin for a decorative presentation, or try muffin moulds for individual puddings. Line the container with cling wrap before adding the ice cream mix.

Once you have prepared all the inclusions, melt the ice cream until it becomes soft and creamy. Mix all the fruit and nuts in. Bang the bowl on a cutting board to get rid of air pockets. Then smooth off the top of the ice cream. Cover and freeze.

Tip out and serve decorated with fresh fruit and mint leaves.



Fiona Morrison
Mornington Branch
Mornington Peninsular Group

A very flexible festive dessert, that even the kids can make!

Living in Western Australia for many years, Christmas Day was often celebrated in 40-degree heat. There was no appetite for hot food! As the years passed and the family grew, dietary requirements became a consideration. So, what can you serve everyone for dessert that is gluten free, dairy free, nut free, and takes into account any other considerations? Sometimes simple is best! Especially, when it can be prepared well ahead of time.

EASY NO BAKE PEANUT BUTTER BON BONS

Makes about 8 dozen.

INGREDIENTS

- 2 cups peanut butter (I prefer Crunchy, with nuts)
- ½ cup butter
- 4 ¼ cups sifted icing sugar
- 3 cups Rice Bubbles cereal
- 1 cup milk chocolate chip melts
- 1 cup white chocolate chip melts

METHOD

1. In a medium, saucepan melt peanut butter with butter.
2. In a large mixing bowl, combine icing sugar with cereal.
3. Pour hot peanut butter mixture over cereal mixture. Blend with hands and roll small amounts into 1 cm balls*. Chill well.
4. Put the milk and white chocolate melts in separate microwave proof dishes and melt in the microwave. Melting in 30 second increments works best.
5. Dip half of the chilled peanut butter balls into each kind of melted chocolate. Swirl the tops with the back of a teaspoon and place on a wax paper-lined baking tray. Chill well before serving.

** I shape mine into mini logs as it is easier to dip them into the chocolate.*



Danielle O'Farrell

Mornington Branch
Mornington Peninsular Group

I started making these as part of my Christmas baking (along with Rum Balls, Shortbread and Christmas Cake) about a decade ago. At the time I was married to an American and peanut butter and chocolate were always a family favourite. Think Reese Peanut Butter Cups. Our daughter loved these so much they became part of the tradition and baked gift giving. Our daughter still asks for them each year – she is now 21. Love it when a new recipe or idea is embraced by the family and then becomes a unique, new family tradition.



Photo by Svitlana on Unsplash

AGRICULTURE AND ENVIRONMENT



Margaret Wood
Agriculture and
Environment Committee
Chairman

Hello members and friends. As I write we have had some beautiful rain here in the north east but in some parts of the state it is just about drought or you are in drought. Water is the life blood of our country but sadly so many forget that. It seems that this summer like all our summers recently really is going to be a hot one so try to take care in your use of water and not waste it unintentionally.

Our Committee has been busy with various topics. We've looked at mining, and particularly at the 'green' drought in various areas. There is green grass, but it is very close to the ground and warm weather will kill it quickly. Many farmers are already carting feed and water, and some farmers are having difficulties with their banks who do not want to assist with further loans. After a lot of pushing by the farmers involved the Agriculture Minister visited the area.

We have had a successful luncheon at *Umina* featuring our Product/Resource for this year **Pulses**. Prue and Karen prepared a magnificent enjoyable three course menu showcasing what you can do in the kitchen with pulses.

Thank you to you both and to all the ladies as well as our State President who attended.

I'd like to wish you all a very Happy Christmas and a safe and healthy New Year.



Photo by Avi Waxman on Unsplash

A COUNTRY WOMAN SUMMER QUIZ

By Jane Dewildt, Deputy Editor

1. WHERE AM I?

1a. Unscramble the names of these 14 Victorian towns and suburbs. The clues might help!

AACCEEEIKLNRV	Gippsland (2 words)	_____
AACEEILMNST	Goldfields	_____
ACEEGNOORV	Surf Coast (2 words)	_____
ABMORRRRTUY	Near the Murray	_____
ACGILNNO	Sunraysia	_____
AEGHILNOSV	Dandenong Ranges	_____
ADEGIILLNOVY	North East (2 words)	_____
AEHINOV	North East suburbs	_____
ANPPRUUY	Wimmera	_____
BOORST	East Gippsland	_____
CEHNOORTT	Inner northern suburbs	_____
DEFLMORRTY	North East	_____
EEEIRTW	South West	_____
EEHILNNOPST	Central Victoria	_____

2. ON THE ROAD AGAIN

2a. Most of us travel around regional Victoria by road. Our road network has an alphanumeric classification system and the code for a particular road appears on many of the signboards. But do we really notice?

See if you can fill in the gaps on the names and numbers of the following roads. Watch out; there are some double ups!

- M1 Westgate _____
- B 300 _____ Highway
- A 3 _ 0 Midland _____
- C _ _ _ Creswick-Newstead Road
- M1 _____ Freeway
- C425 _____-Warragul Road
- C545 Benambra-_____ Road

2b. Which highway or freeway bypasses each of the following towns

Buangor	_____
Gisborne	_____
Moe	_____
Myrniong	_____
Nagambie	_____
Springhurst	_____
Tallangatta	_____
Taradale	_____
Wodonga	_____

3. RIDING THE RAILS – TRAINS, TRAMS AND THE LINES THEY RUN ON (OR USED TO)

3a. Circle which of the following regional centres are not served by a V line passenger train:

- Ararat
- Shepparton
- Mildura
- Horsham
- Portland
- Bairnsdale

3b. Circle which of the following is the longest train journey (distance) from regional Victoria to Melbourne:

- Warrnambool to Southern Cross
- Swan Hill to Southern Cross
- Wodonga to Southern Cross

3c. What is the former name of Southern Cross Station?

3d. Between which towns/cities do/did these ‘named’ trains operate?

Intercapital Daylight	
The Overland	
The West Coaster	
The Spirit of Progress	
The Vineland	
The Gippslander	
Puffing Billy	
The Southern Aurora	

3e. Which Victoria regional centres still have trams (including tourist trams)?

4. RAIL TRAILS

Rail trails are shared-use paths recycled from abandoned railway corridors. Most trails have a gravel or dirt surface suitable for walking, mountain bikes and horses but there are also sealed and concreted trails that cater for other users including people with prams and wheelchair users.

There are 44 rail trails in Victoria, 40 of which are open and 4 partially open. They cover more than 1,200 kilometres of disused railway lines, mostly in rural and regional Victoria. The longest trails are over 130 kms; some are as short as a few hundred metres and link areas within a community.

4a. Circle the 10 communities in this list that currently have a rail trail beginning or ending in the town or passing through.

- Bright
- Drouin
- Forrest
- Girgarre
- Kerang
- Kilmore
- Mansfield
- Nhill
- Sale
- Stawell
- Scarsdale
- Nowa Nowa
- Tallangatta
- Tallarook
- Wodonga

5. SAFE AT SEA

5a. Name three locations on the Victorian coast where there is a lighthouse

5b. Which 4 Victorian ports require larger vessels to engage the services of a licensed pilot as they enter or leave the port?

6. FERRIES

6a. Where are the two cable ferries that cross the Murray River located

6b. Where is the terminal for the ferry service that crosses Bass Strait between Victoria and Tasmania?

6c. Which islands in Westernport Bay are served by ferries?

6d. Ferries operate from two locations in western Victoria to the Melbourne CBD. What are they?

6e. Which two towns are connected by the car and passenger ferry service across Port Philip Bay?

A Country Woman summer quiz answers

1. WHERE AM I?
1a. Valencia Creek
Castlemaine
Ocean Grove
Torrumbarry
Nangiloc
Avonsleigh
Indigo Valley
Ivanhoe
Rupanyup
Orbost
Northcote
Myrtleford
Weertie
Elphinstone

2. ON THE ROAD AGAIN

2a. M1 Westgate Freeway
A 300 Midland Highway
B 300 Melba Highway
C283 Creswick-Newstead Road
M1 Princes Freeway
C425 Korumburra-Warragul Road
C545 Benambra-Corryong Road

5. SAFE AT SEA

5a. Correct answers include
Williamstown, Port Melbourne
Leading Light, Gabo Island, Point Hicks, Cape Schanck, Griffiths Island
(Port Fairy), Aireys Inlet, South East Point (Wilsons Promontory), South Channel (Eastern Shore, Port Phillip Bay), Cape Nelson, Whalers Bluff, Cape Otway, Cape Bridgewater, Lady Bay (Warrnambool), Cape Liptrap, Point Lonsdale, Queenscliff,

4. RAIL TRAILS

4a. Bright, Forrest, Girgarre, Mansfield, Stawell, Scarsdale, Nowa Nowa, Tallangatta, Tallarook, Wodonga
3e. Ballarat, Bendigo and Geelong
The Gippslander -
Melbourne and Mildura
The Vineland -
Melbourne and Sydney
The Spirit of Progress -
Melbourne and Warrnambool

5b. Port of Melbourne
Port of Geelong
Port of Portland
Port of Hastings

3. RIDING THE RAILS

3a. Mildura, Horsham, Portland
3b. Swan Hill to Southern Cross
3c. Spencer Street Station
3d. -
Intercapital Daylight -
Melbourne and Sydney
The Overland -
Melbourne and Adelaide
The West Coaster -

6. FERRIES
6a. Wymah (Granya)
Speewa - near Swan Hill
6b. Geelong
6c. French Island and Phillip Island
6d. Port Arlingston and Geelong
6e. Queenscliff and Sorrento



SUDOKU (ANSWER ON PAGE 31)

			5	6			4
6		1	3				9
7	4	2				3	
	7			1		9	3
	2	8			5	4	
9	3		5			8	
	1				9	5	2
2			9		4		8
4			8	7			

CHRISTMAS WORD SEARCH

C H I E D O C C Z E R G C W C Y E T
 A O W F K E G H H F A Z A I S K G T
 N L K Q O P C I R I S R Z M O G L B
 D I Y B N O R O F I L I E W E R S A
 Y D J A F A D E R T S D N N F S M U
 T A L W A A T I S A S T R G E U E B
 R Y M H I O M I A E T A M E I J N L
 E S C F E S T I V E N I N A N N J E
 E W R A P V N L L I P T O T S G G K
 C Z Z X X J O L L Y T F S N A M I V
 V A D R S M M X I H R Y X C S D G V
 U Y F R U I T C A K E P Z G Z F W F

DECORATIONS
 CHRISTMAS
 FRUITCAKE
 PRESENTS
 HOLIDAYS
 CHILDREN
 NATIVITY

FESTIVE
 SINGING
 BAUBLE
 FAMILY
 CANDY
 GIFTS
 GAMES

SANTA
 JOLLY
 TREE
 WRAP
 FOOD
 FUN

CWA DIAMOND VALLEY GROUP

CREATIVE ARTS EXHIBITION



Sunday 6th April 2025
 10am – 3pm

Masonic Centre Hall, 23 Ester St, Greensborough.
 Admission \$8 adults. Children free.
 Light refreshments available.
 Contact: Marsia Bergh - marsiadancer@gmail.com

PUZZLE ANSWERS

AUSSIE ANIMALS

M B C P T O P K F K A N G A R O O W
 O B A W C U G O A N N A R I B I S E
 T L N R W B K O A L A E C H I D N A
 U O E E R O J K R G Q O T U P P N W
 R R T N Y A M A B O P U L E P E O A
 T I O N K P M B W O S O O K R N T L
 L K A O R L W U A E W E S L T Q S L
 E E D I E A T R N T A E L T L U W A
 T E G S P T I R E D E B R L R I B B
 F T P Y P Y B A M D N G O A N C Y
 I O A M A P B W U M P G I R D X R T
 N G R I N U A D A G G A M U S S O P
 C A R N S S R N A P A R O U P T C O
 H L O E S N A K E P M U R R Y C O D
 R A T R N C A S S O W A R I E S D U
 S H N M R E D I L G R A G U S C I P
 P T T A S M A N I A N D E V I L L T
 W I L L E W A G T A I L D A D E E U

2024 THE CWA OF VICTORIA YEAR IN REVIEW

JANUARY



Open Day at Government House
(26 January 2024)

FEBRUARY



Office Bearer Training at Umina
(7 Feb)/Preserves Masterclass
(18 February)

MARCH



International Women's Day Event
(12 March)/State Council to set
Advocacy Themes for 2024/State
Literature Competition

APRIL



Launch of the Strategic Plan 2024
– 2028 (16 April)/International
Romanian Lunch (17 April)

MAY



Heritage Harvest Festival (25 and
26 May)/National Volunteers
Week
(20 – 26 May 2024)/State
Photography Competition

JUNE



State Conference
(31 May/1 June)

JULY



Open House/More Advocacy
Work/Board Training with Margot
Foster AM/Junior Camp

AUGUST



State Exhibition in Moe
(9 and 10 August)

SEPTEMBER



Women's Health Week Event
(4 September)/ACWW South
Pacific Area Conference in Griffith/
Melbourne Royal Show

OCTOBER



Seniors' Week/ Umina Visit by the
Governor/The Pulse Luncheon at
Umina

NOVEMBER



16 Days of Activism/State Council

DECEMBER



State Christmas Fare
(7 December)

The Melbourne Royal Show 2024

Where do we start with thanking the more than 170 Association members who volunteered at this year's Melbourne Royal Show, and the thousands and thousands of Victorians who just love visiting the famous CWA Cafeteria at the Melbourne Royal Showgrounds – returning year after year.

Eleven long days for our volunteers – most especially those who worked all eleven days or close to it. Singling out any one person is dangerous territory, however, Catering Chair Prue McCredden was our co-ordinator extraordinaire this year and deserves our special appreciation. Prue brought an endless sense of fun, gratitude, caring and smiles to everyone.

Show highlights were many, but the visit from our Patron, the Governor of Victoria, Her Excellency Professor the Honourable Margaret Gardner AC was a very special honour. We were also chuffed to break the scone record. We had sold a total of 16,426 scones when we pulled up stumps on Day 11.

Thank you to everyone who volunteered, sewed cozy bowls for the very popular CWA of Victoria Show Bags, made goods for the merchandise table and supported bringing it all together. Your generosity and support made our biggest event of the year the great success that it was in 2024.

Amanda Millar
Editor

PHOTOS:

1. Our Master Scone Bakers Joy Davis and Robyn Johnston
2. Marie with Channel 7's Jane Bunn
3. Rocking those Hairnets! Aprons
4. Loving those hairnets!
5. Jenny with Will & Woody from KIIS FM
6. Michelle Fidler enjoying the Lions Premiership
7. Heather and Gwen
8. Joy Davis
9. Jenny with Show Ambassador Mac Martello
10. Narelle Hanrahan
11. Donna Richards
12. In the Kitchen
13. Bec, Ada, Narelle and Kay
14. Parker Evans loved the scones
15. Lucy Woodman enjoying the CWA Scones
16. State President Jenny at the Show
17. The Kitchen Crew Jane: Robyn, Lesley, Sharon, Georgina and Joy
18. Amanda with Emily Sullivan (Paramedicine Student, Diploma of Emergency Services- Daughter of Mornington Member Danielle O'Farrell)
19. The Governor with State President Jenny Nola and Prue McCredden, Catering Chair
20. Robyn Johnston





SUMMER READING

To read, old or new, where doth thou goest?

Is it a particular genre that you favour or are you looking for a change, either author or genre? They say a change is as good as a holiday! Or perhaps you may like to revisit a classic or try one for the first time.

Where do I go!? Off to my local library. The staff are generally fonts of information and ready to assist. There are also pamphlets detailing various authors who write in similar categories. You can relax and browse to your heart's content, reading a page or two before noting it as worthy of a buy and read or just borrow for curiosity. The advantage if you're thinking of a new to you author or genre, or that classic you always wanted to read yet hadn't got to, is having it in hand will give you a good indication if it's for you or not. Remember too, some older books may be out of print and no longer in a bookstore.

Another wonderful source is our literary awards — local, national and international.

Miles Franklin Award

2024 Winner: Alexis Wright for *Praiseworthy*

... a 730-page epic about colonisation, Aboriginal sovereignty and climate change. Through its sheer ambition, astringency and audacity, *Praiseworthy* redraws the map of Australian literature and expands the possibilities of fiction. (abc.net.au)

Stella Prize

2024 Winner: Alexis Wright for *Praiseworthy*

Ned Kelly Awards

Winners: Best Crime Fiction 2024 Sally Hepworth for *Darling Girls* and Best True Crime 2024 Nick McKenzie, *Crossing the Line*

Children's Book Council of Australia

nominates a book of the year in five categories from picture book to young adult

The Voss Literary Prize for the best novel published in the previous year announced in November

Aurelias Award – Speculative Fiction (Sci Fi, Fantasy & Horror)

Victorian Premier's Literary Awards

Prizes are awarded in 8 categories as well as an overall winner and a people's choice award.

- **Poetry & overall Winner** *Chinese Fish* by Grace Yee
- **Fiction** *Edenglassie* by Melissa Lucashenko
- **Non-fiction** *Personal Score: Sport, Culture, Identity* by Ellen van Neerven
- **Indigenous Writing** *Close to the Subject: Selected Works* by Daniel Browning
- **Children's** *Ghost Book* by Remy Lai

- **Young Adult** *A Hunger for Thorns* by Lili Wilkinson
- **Drama** *The Jungle and the Sea* by S. Shakthidharan & Eamon Flack
- **People's Choice** *The Palestine Laboratory* by Antony Loewenstein
- **Unpublished manuscript** *Panajachel* by Rachel Morton

Booker and International Booker Prizes

celebrate sustained fiction writing in English. *Orbital* by Samantha Harvey won the 2024 Booker.

The Orwell Prizes are awarded for political writing. The 4 prizes cover multiple genres

Pulitzer Prizes There are more than 20 categories within the prize. The most recent winners of the fiction prize are Jayne Anne Phillips for *Nightwatch* (2024), Barbara Kingsolver for *Demon Copperhead* (2023) and Hernan Diaz for *Trust* (2023)

Goodreads Choice Awards – lets the readers have a say on which authors get the book award

Nobel Prize for Literature – most recently won by a South Korean author Han Kang (2024) and Norwegian Jon Fosse (2023). Two Australians – Patrick White in 1973 and J.M Coetzee in 2003 have also been named as Laureates.

However, you choose your books, may they bring you joy. Best wishes for the Festive Season

Pulse Luncheon hosted by the Agriculture & Environment Committee and the Catering Committee at Umina on 31st October 2024



Pulse Lunch at Umina



From Right to left: Marilyn Tangey, Prue McCredde and Karen Jackson



Guest Speaker Emily Turnbull

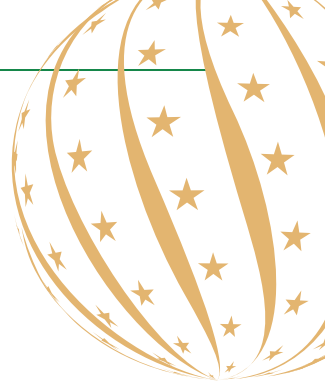


Lentil patties, falafels, roasted tomato, poached asparagus and the best potato stack



AROUND THE BRANCHES

COORDINATOR: PAULA MCGAVIN



COLLINGWOOD

Collingwood Branch was thrilled to be able to support SisterWorks with a donation of Collingwool.

SisterWorks is a nonprofit social enterprise supporting refugee, migrant and asylum-seeking women through work and entrepreneurship. Collingwool is an initiative of the Collingwood Branch that turns the fleece of the sheep at the Collingwood Children's Farm into yarn.

The partnership between the Collingwood Branch and SisterWorks is the final step – the raw wool is grown in the community, processed locally in Victoria and then used to support the community. This initiative has been made possible through a grant from the City of Yarra Community Support Grant Program.

Collingwood Branch held a very successful cupcake stall at the much-loved Collingwood Children's Farm Winter Solstice Bonfire event. The magnificent display of cupcakes, biscuits and toffee apples was quickly acquired by eager children and grown-ups, and proceeds from our raffle of Collingwool-based prizes were donated to the Children's Farm. This event is a great opportunity to connect with and contribute to the community as well as showcase the CWA.

Right: Collingwood Branch President Verity is pictured presenting our cheque to the Collingwood Children's Farm.



Below: Collingwood CWA Collingwool Project coordinator Gayann presenting wool to SisterWorks.



THE SHARE PROJECT

Members from five branches travelled to Broadford on 1 October to visit *The SHARE Project* of the Rotary e-club of Change Makers. The SHARE project collects and repurposes medical, educational and vocational equipment and distributes it internationally.

We delivered bags of items including baby rugs and quilts, beanies and jumpers, adult beanies and fingerless gloves. These will be sent in shipping containers to Pacific nations. Julie from Rosanna, Marilyn from Bendigo, Louise from Footscray, State President Jenny from Essendon and Kathryn from Beechworth learnt a lot about the project and the recipients.



RODNEY BRANCH

Our branch was asked by one of the teachers from the local Sacred Heart Primary school if our members could again knit some teddies for the Grade 5 students to give to the incoming Foundation students in 2025 as part of their Buddy Program. The school was so delighted with the teddies last year they were keen for us to provide more this year.

Pictured are two of the teddy knitters Lyn Trezise and Janice Barrette from Rodney Branch presenting the 35 teddies to teachers Vanessa, Bree and Rebecca, who co-incidentally are all mothers of members of our Rodney Junior branch.



MPG @ MRS

Mornington Peninsula Group showed its true colours by answering the clarion call to help out at the CWA Café at this year's Melbourne Royal Show.

With our combined experience running the whole gamut, our members rolled their collective sleeves up and came to work!!

Danielle O'Farrell (Mornington) joined the other first timers in 2024 to check out what it was all about and dip her toes in the water. Jodi Johnston (Frankston South) continued on the path of journey (wo)man, turning her hand to what was needed doing, whilst MPG Show stalwart Robyn Johnston yet again proved her endurance by going the entire distance of 10 days.

Robyn plies her skill in making scones all day long, every day and must surely

be 2iC to the Melbourne Royal Show Scone Doyenne – Joy Davies (Traralgon). Not only are both women accomplished bakers they were also our advertising poster girls for the café!

As you can see from the photos, although the work can be constant and physically demanding, there is always the time and opportunity for a little fun. Danielle and Jodi took time to celebrate Robyn's larger-than-life presence.

I fully encourage more Mornington Peninsula members to join us at next year's MRS.

Jodi Johnston
MP Group President

Photos: L) to R) Danielle O'Farrell, Jodi Johnston, Robyn Johnston. In front of advertising banner outside Café.



PHILLIP ISLAND TWILIGHT BRANCH

Recently, Phillip Island Twilight Branch were successful in their application for a grant, for a laptop and printer.

The Branch identified that the workings of the Branch needed to be in one place that office bearers could easily access. A dedicated Branch computer and printer would enable the office bearers to readily access documents and use the printer as required.

After much research a suitable laptop and an eco - friendly colour printer were selected and our Grants Officer Kim, ably assisted by the research coordinator, Nyree applied for a grant from Bass Coast Shire. The Branch paid for the required software.

The Branch are very excited to have this laptop and printer which will be in the care of the Secretary, freeing up her

computer from CWA files and allowing the printing of posters and information as required without needing to seek reimbursement for ink and paper.

As officer bearers change, the laptop will move with the Secretary and the history and files of Phillip Island Twilight Branch will be safe.

The Branch is extremely thankful to the local Shire for the grant which recognises the important role CWA fulfils in Bass Coast Shire linking women in friendship, supporting those women, children and families that are most vulnerable and partnering with Myli Community Library and Bass Coast Maternal and Child Health Services.



ROSEWHITE AND DISTRICT

ALPINE ANGUS SPRING BULL SALE, 18 September 2024

Number 10 was not happy. As he challenged more to join in, the bellowing rose to a crescendo and the small team of Rosewhite CWA workers hunkered down and worked silently. These enormous bulls were just the other side of our slat wall and they wanted to announce they were there. But soon they settled into softly lowing and a glance outside revealed at least a third were comfortably settled and chewing their cud. We continued our preparations and resumed conversation - can you cover the tables with paper? Are the urns boiling? Let's get the barbecues hot ...

Our barbecues, along with a tea and coffee table, were set up in the far corner of an enormous shed. Half of the shed was filled with a bull ring that was surrounded by tiered seating and a raised bench for the auctioneers. Around us we arranged tables for a long servery and seating for the patrons who had arrived from NSW, Western Victoria and elsewhere. They would check the bulls first, make notes in their auction catalogues, check out the opposition and then come inside and sit with a coffee or tea and some of our home-made Anzacs or slice. "And who cooked this?" They invariably ask as they pick up a second snack. Soon we would have the smell of barbecue wafting through the shed and encourage people to eat their lunch before the auction started.

Once the auction began, we whispered, kept our arms down and began clearing up.

It was another successful session for us, and we'll probably be back for the even bigger Autumn Bull Sale. We cooked 120 steaks, 80 sausages and 7 kilograms of onions. This was about our twentieth bull sale, and we have honed them to a smooth operation and developed a very positive relationship with the owners.

Cooking in a shed is not easy but we have developed the process - handwash station, large eskies and 2 fridges. We are lucky to have people who want to help us with the Bull Sale and this year we included two great volunteers that we registered with CWA HQ. When we have manned a stall elsewhere, we have actually had people reflect on the great meal they received from us at the Bull Sale in Happy Valley.

Chris McCracken



WHOROULY

Whorouly CWA had an enjoyable day at the Whorouly Village Fair on Sunday 20 October.

We sold Devonshire teas and coffees and had a raffle. The day got off to a slow start but then the crowds started pouring in. We were kept very busy until we ran out of scones at about 1pm. We were tired afterwards, but very happy with how it all turned out on the day. This was also true of the Whorouly Village Fair overall, which was a huge success.

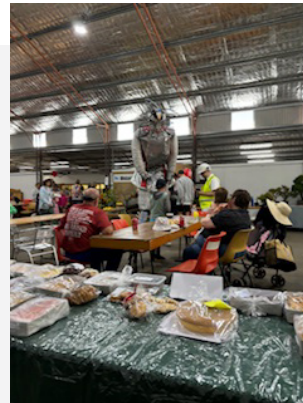
BRANCH PHOTOS NEEDED FOR STATE CONFERENCE

The State President would like to celebrate the work of the Association at our AGM & State Conference in May 2025 via a photo essay of the work carried out by the generous members of the CWA of Victoria. It is six months until the AGM & conference so while you are all taking a well-earned break if you are flicking through CWA photos please forward ones that tell the story of your branch since the last State Conference to statepresident@cwaofvic.org.au

ROSEWHITE & DISTRICT

MYRTLEFORD

On 26 October 2024 we made our annual visit to the Myrtleford Show. We are always welcomed for our home cooked goodies. It was a fun atmosphere, very busy, on a beautiful sunny day. Our members Helen and Pat were successful with their cooking and flowers. Well done ladies. We received positive feedback about our quilt and Group entry too. A very successful and fun day out and about in our communities. Thank you to everyone who supported the CWA.



PHILLIP ISLAND TWILIGHT

On 15 October 2024, Gill Scrase, a member of our Branch, was awarded the RSL Community Award 2024 for her services to health on the Island. Gill has worked tirelessly as a member of the Hospital Action Group, Health Auxiliary and on government boards to assist our community to finally have a new Community Hospital. CWA Phillip Island Twilight are extremely proud of Gill.

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Please forward all Magazine correspondence to
3 Lansell Road Toorak 3142.

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OFFICER WOORINYAN

What a great 3 days catering for our West Gippsland Creative Arts Exhibition on 18-19 October 2024. Lots of entries by very talented ladies. Congratulations to all those gaining first, second and third placings in the many categories. Special congratulations to our very own Pam for her two first place entries.

Working
in our
communities

TOOLAMBA WRENS

CWA Competition Inspires Success.

Members of Toolamba Wrens were thrilled to hear that one of our number, Karen Lukin, has published a children's book entitled *Serendipity – A Moment in Time*. We thought other CWA members would be equally impressed and like to hear about her experience, so we interviewed her.

Karen, congratulations on the publication of your book. Can you tell us a bit about the experience. Where did the inspiration for your story come from?

The story was inspired by a very special experience that happened on our last day in Albany WA before moving to Victoria. We had gone down to our son's favourite surfing beach to say goodbye, and whilst we were there a whale came into the bay. That unexpected meeting became the basis of a journey/coming-of-age story.

I believe CWA had a part to play in the development of your book.

Yes. When I joined CWA, the story had been a germ of an idea for a while, but I had never really done anything with it. When the State Literature Competition topics were released in 2019 one of the topics was 'Are We There Yet?' It was a great prompt for a journey story. I decided now was the time to follow through.

And how did your story fare?

I was super-surprised to hear it had won not only the section, but the Emilie Wilson Trophy too.

At the time I entered I was also enrolled in a Writers Festival Weekend at La Trobe University, Shepparton where I met Dr Marg Hickey. The combination of that success and Marg's encouragement, gave me confidence to take my story a step further and seek publication.

Your story is now a picture book. It is beautifully illustrated. How did you find your illustrator?

I had always envisioned the story as a picture book. In my mind's eye I could see the pictures, but I could not produce them myself.

It was not until I became reacquainted with Tania Vanzetti that the pieces fell into place. Tania had been a past student of mine (my first Year 10 English class) and daughter of a neighbour in Moora WA. We met up again on a visit to WA in 2022. She is a very talented and creative person who now runs her own art school in Perth. It was a no-brainer to persuade her to come on board and illustrate the story.

And publishing? There are so many publishers out there – how did you make the decision to run with Greenhill Publishing?

Another young friend had published a book with them. I liked not only the quality of the product, but the fact that it could be published and printed in Australia. Greenhill Publishing (a South Australian company) have been particularly supportive and professional throughout the process.

How did you find the process of transforming the germ of an idea into a published book?

Once I had the idea, writing the story was probably the easiest part (who would have thought!). The editing and publication was the most stressful and difficult. Working with Greenhill made it all so much easier, and without them it would never have happened.

What age do you see as the audience for your story?

About 9 – 13 really. It's a time of change for children, a time of growing up and moving towards adulthood. My main character is a boy but it does not necessarily mean the targeted audience is boys. It's for any child that faces, and must decide to accept, change.

And what next?

Well next is to keep on writing. They say 'vomit it up' – write, and write some more. Who knows, perhaps another CWA competition will offer a great story prompt.

Should anyone want to purchase a copy of the book how do they go about it?

Copies are available direct from me- email karen.lukin@bigpond.com and I will organise postage of a personally signed copy.



Karen's book. *Serendipity A Moment in Time*.



Karen shares her story with Finlay and Olympia Jordan.



CWA Goulburn Valley West Group President presents Karen with the Emilie Wilson Trophy.

Their Memory Lives On

CARMEL RYAN

Passing away in July this year at the age of 72, **Carmel Ryan** joined the Berwick Branch of CWA in 2004, holding office on many occasions till the Branch closed in 2014. She then joined NOBLE PARK branch, bringing with her many talents. She served as branch treasurer and minute secretary. In 2017 she became Group President of the West Gippsland Group.

Carmel enjoyed many crafts especially patchwork for which she won many awards at our West Gippsland Creative Arts Exhibition. She also led Group craft days for some time.

Her caring, gentle nature endeared her to us all and even as her health declined, she made every effort to attend meetings and craft days with the help of her husband.

Now in God's care, Carmel is sadly missed by the members of the Noble Park Branch.

CONNIE COVERDALE

It is with sadness TERANG Branch announce the death of their much loved member **Connie Coverdale**. Connie contributed in many ways to the smooth running of our branch. She was a member for forty years and a branch treasurer. Her beautiful, crocheted doilies and rugs won many prizes at CWA Exhibitions. Connie celebrated her ninetieth birthday in August. She was a friend to all and will be very sadly missed.

JEANNETTE ELLIS

MILDURA MERBEIN Branch is deeply saddened by the loss of **Jeannette Ellis**. Jeannette started her journey as a member of Wentworth Branch in 1952. She was a very active member for 72 years. During this time, she held many roles including President and Treasurer of Wentworth and Wentworth Younger Set, President and Treasurer of Mildura Younger Set. She was also Group President.

Jeannette remembered travelling to Melbourne on the train on Friday evenings, attending Group President meetings and then travelling home by train on Sunday evenings ready for work the next morning!

Jeannette was a very active participant in the music and drama aspects of CWA and sang in both branch and group choirs. She was also very talented in many aspects of craft.

She will be sadly missed as a quiet achiever and committed member of CWA.

JUDY MORGAN

COBDEN Branch members were saddened by the death of one of our members, **Judy Morgan**.

In her younger days Judy was a member of the younger set and on moving to the Heytesbury Settlement became a foundation member of Simpson Branch. She remained a member there until the branch closed and she then joined the Cobden Branch where she was a member for 56 years until her death in early 2023.

Judy was a very passionate CWA member and involved herself in all aspects of CWA, often working behind the scenes to get things done.

She had held many positions within the branch – President, Secretary, Craft Leader and International Officer. She was so excited when she won the Book of Honour for her Secretary's Report at State Conference. Judy was one of the instigators of our yearly Craft Days held in the Simpson Hall each October, where most of the branch fund raising was done, along with catering at many events.

Judy later became Group President of South Western Group.

Ill health slowed her down but she still involved herself by holding craft days at her home.

MAGGIE ROSENGREN

COROWA Branch members were saddened by the recent passing of **Maggie Rosengren** who was a valued member for twenty years.

As our Craft Officer for many years, Maggie was generous with her skills perfected over years, and was the main reason our branch won first prize at our local show over many consecutive years.

Maggie was a kind and caring lady who will be sadly missed.

MAVIS DAWN HUCKER

It is with deep sadness that the KARRAMOMUS Branch members acknowledge the passing of our longest serving member of 65 years – **Dawn Hucker**.

Dawn was our guiding light, mentor and a wonderful friend to us all. Her quick wit and cheeky smile is so sadly missed.

As Competition Captain for many years, Dawn kept us on our toes with her meticulous lists and thoughtful prizes.

Her family news – of both children and pets- was always shared with humour at each meeting. With her constant companion, Grace, we were always rewarded with laughter and good-humoured banter.

Rest peacefully Dawn.

MAY SIMCOX

Prior to moving to Camperdown, **May Simcox** was a member of the Yarck Branch of CWA in the Hume Goulburn Group. May joined the Camperdown Evening Branch where she was a very valued member who accepted and capably filled the position of Secretary on more than one occasion.

May moved to the CLOCKTOWER BRANCH when it was formed, finding the daytime meetings more convenient. She enjoyed the friendship and support of members, especially during time of ill health. May will be remembered as a very loyal CWA member for 45 years.

We will remember her warm smile and her quiet, gentle personality.

We miss her greatly.

PAT MCKENZIE

COBDEN members were saddened by the recent death of **Pat McKenzie**. After Simpson Branch closed, Pat came to Cobden. Although she didn't take office, she was involved in craft and was in earlier times a dressmaker in the district. Behind the scenes she was always making another item to be given away to those in need. After a long illness she was unable to attend meetings.

Photo by Jill Waring on Unsplash

A MESSAGE OF THANKS FROM HOPE IN A SUITCASE

Dear Jenny

I would like you to thank you and all CWA members for supporting Hope in a Suitcase at the State AGM and for the CWA's continued support.

As you are aware, we provide carry on size suitcases of brand new items for children from newborn to 17 years of age entering out of home care ie foster care, kinship care and residential care.



We opened a hub in West Heidelberg on the 1st of June this year with the 149 cases that the CWA donated to us from the state conference. Without the support I don't know if we would have been able to open a Melbourne metropolitan hub. Thank-you.

As of today, we have donated 608 cases to children entering out of home care as of the 1st of June and we still have more orders for cases for children in need. There are over 46,000 children in Australia at any time in out of home care.

These children matter.

Again thank you,
Kind regards,
Julie Armstrong
Victorian Manager
Hope in a Suitcase
victoria@hiasc.org.au

SUDOKU ANSWERS

3	8	9	2	5	6	7	1	4
6	5	1	7	3	4	8	2	9
7	4	2	9	1	8	6	3	5
5	7	6	4	8	1	2	9	3
1	2	8	3	6	9	5	4	7
9	3	4	5	2	7	1	8	6
8	1	7	6	4	3	9	5	2
2	6	3	1	9	5	4	7	8
4	9	5	8	7	2	3	6	1



Photo by Francesco Liotti on Unsplash



**The Country Women's
Association of Victoria Inc.**

care empower contribute

All women, all ages, all places