

Victorian COUNTRY WOMAN



The Country Women's
Association of Victoria Inc.

care **empower** contribute

All women, all ages, all places

OCTOBER / NOVEMBER 2024 | VOLUME 72 NUMBER 5



CHRISTMAS FARE POP-UP STALLS AROUND THE STATE

As we have done in previous years, we are planning to hold Christmas Fare Pop-up Stalls around the state in 2024. Groups and Branches are invited to advertise a Pop-up Stall in their community, and take orders for Christmas cakes, Christmas puddings and shortbread. Funds raised from these three items are to be sent to the Association, while any other goods your branch or group chooses to make and sell go to your local branch or group funds.

So that we can advertise all the Pop-ups on our Association Facebook page, please email reception@cwaofvic.org.au with details as follows:

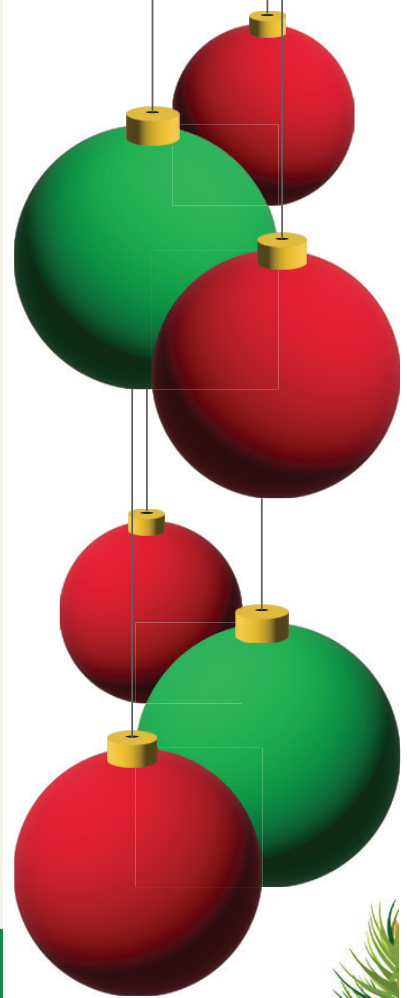
- Name of Branch/Group
- Date of Christmas Fare Pop-up Stall
- Times
- Location
- Contact name and phone number for orders
- Other items available

Christmas Fare at “Umina” 3 Lansell Road, Toorak

**We will also hold our traditional Christmas Fare at
Lansell Road, on Saturday, 7 December 2024**

with Christmas cakes, Christmas puddings and shortbread
as well as other Christmas items.

Branches and Groups who would like to hold their own stall at Lansell Road on 7 December 2024 please contact Sarah Barnbrook at deputystatepres@cwaofvic.org.au or telephone Head Office Reception on 03 9827 8971.





**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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Mrs Noela MacLeod AO
Mrs Helen Wall OAM
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Viviane Chemali

State Vice President

Peg Higginbottom

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Membership Committee

Gwen White
chairmembership@cwaofvic.org.au

Social Issues Committee

chairsocialissues@cwaofvic.org.au

AFFILIATED SOCIETIES

Associated Country Women of the
World (ACWW)

**OCTOBER / NOVEMBER 2024
VOLUME 72 | NUMBER 5**

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COVER PHOTO

"It's Showtime"

From left to right Janice Young, Catering Chair Prue McCredde and Deputy State President Sarah Barnbrook at the Melbourne Royal Show 2024 Media Launch.

2024 DETERMINATIONS

Theme: Women Advocating For Change

State Project Video Conferencing Facilities –
Improving Communication Technology to Regional Areas

Product/Resource Pulses

Country of Study Romania

Social Issues Focus Advocating For Change

Thanksgiving Fund Fiona Elsey Cancer Research Institute

STATE PRESIDENT



Jennifer Nola
State President

By the time you read this, hopefully having my fingers, toes, arms, legs and eyes crossed has worked and Carlton have won the grand final, the ACWW South Pacific Area Conference will have concluded, the Melbourne Royal Show will be nearly over and we will have broken our scone record again! The Melbourne Royal Show is our major income earner for the Association each

year and helps us to fund the activities of the Association and most importantly support our members to do the great work we do in our communities at a local and at a state level. My sincere thanks to all who have assisted the Association in any way to conduct this major event.

As the great philosopher Socrates said, “the secret to change is to focus all of your energy not on fighting the old, but on building the new”. Change and growth are about progress, connecting with our potential, taking those steps forward to ensure our unique place in the Victorian community continues for many, many years to come. As part of the Strategic Plan 2024-2028 we need to open ourselves up to new opportunities and connections as they come our way. Some of the necessary changes may take months or years to come to fruition, they may also be different to how we have done things in the past so patience is required but not at the expense of the longevity of the Association. What we are looking for in my opinion is progress, so I ask you to come along for the ride, think outside the square when a new idea or process is proposed to you and don’t forget to be kind.

The Board is currently working very diligently to improve our member experience with our membership system functionality, is providing office bearer training to branch and group executive, and has introduced new streamlined processes for our event and volunteering registration systems. Have you used Ticketebo yet to book for a class, or the Seniors Week Devonshire Teas? Did you use our Google Form for volunteering at the show? The new booking system for the B&B has been onboarded today and the Board is now using BoardPro to make its operations more efficient and streamlined. We have introduced the Finance, Risk and Audit Committee (FRAC) as a part of the Board operations to look at a list of related issues that must be dealt with in the near future and have also launched our 100th birthday committee to explore all options for a fabulous celebration across the state in 2028. We are still happy to receive your ideas on how we can celebrate in 2028 so don’t be shy in emailing me with a suggestion or connection that might be able to help us. No guarantees offered but all ideas will be explored!

The pace of change, however, can sometimes be overwhelming with a case in point being the changes in the banking system of late. These changes are affecting our members from the newest

to the longest serving and most especially our head office who are trying to negotiate the banking system on a weekly basis. Our State Treasurer, Marie Vassallo has experienced some of the most frustrating moments of her life in recent months when dealing with all the major banks. From deposits being incorrectly assigned to wrong bank accounts on the opposite side of the state to where they should have gone, to ‘new’ recommended bank account rules of operation being changed without notice and with additional account expenses to the simplest of tasks of trying to change bank signatories. If you or your branch are experiencing similar difficulties please document it for State Vice President, Sallyanne Matthews who is collating those experiences. My final irritation with all of these issues is being charged a fee for not using cash. This is having your cake and eating it too, if you ask me, and I am sure there is a resolution to be written on this topic which is why we need your examples and experiences documented! Finally on this topic, as a result of all the recent banking changes the Board has had to make a tough decision and will not be accepting cheques from 1 January 2025 due to the additional charges being imposed by the banks.

Thank you to all members and staff who have helped out with our showbag packing, cozy bowl making, working at Open House Melbourne, the State Exhibition, the Melbourne Royal Show and planning for the State Fare stalls around the state.

I hope you are having constructive discussions about branch succession plans and activities for 2025. Without our branch leaders the Association comes to a grinding halt so don’t underestimate how important your role is. Please support your leaders wherever possible.

Looking forward to seeing as many of you as possible over the next few months at one of our events.

State Diary Dates for 2024

26TH SEPTEMBER – 6TH OCTOBER

Melbourne Royal Show – please volunteer!

7TH AND 8TH OCTOBER

Show Bump Out

22ND, 23RD AND 24TH OCTOBER

Senior’s Week Devonshire Teas, 2 sessions daily
@ Umina

TBC NOVEMBER

State Council at Umina

7TH DECEMBER

State Fare at Umina

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

EDITOR'S REPORT

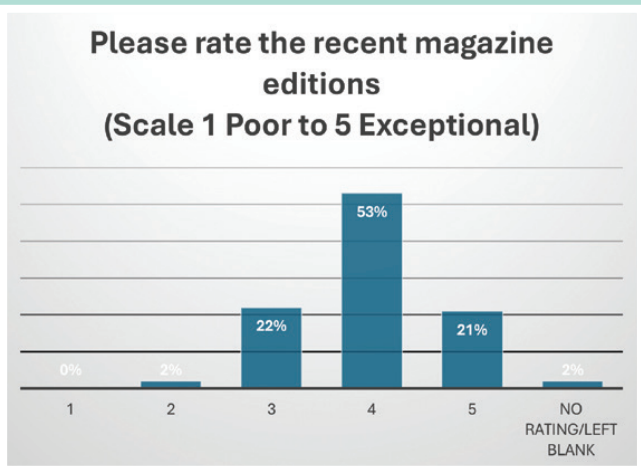


Amanda Millar
Communications and
Magazine Committee

Firstly, a big thank you to branches who have been contributing some great items to the magazine, and especially those branches who are letting us know about new and exciting things your branch is doing. Since State Conference, there has been a notable increase in interesting items coming in from branches. Please keep these coming. There is a 250 word limit on articles to ensure that we can publish as many articles as possible.

Thank you to everyone who joined us online for the launch of the State Literature Competition 2025 on 2 September. For anyone who missed the session due to the power outages caused by the storms at that time, the full details of the competition are included in this edition of the magazine. After the success of this year's competition, we are hoping for lots more entries in 2025 – especially from our very talented junior members. Entries close at 5 pm on 31 March 2025.

A big thank you to the 200+ members who completed and returned our Communication and Magazine Survey at State Conference. We are delighted to share some of the results with you.



We were delighted that a whopping 74% (or nearly three-quarters) of members rated the magazine as 4 or 5 out of a maximum of 5. When combined with the statistic that close to two-thirds (66%) of members indicated that the magazine has significantly improved in the past 12 months, this is a very strong result.

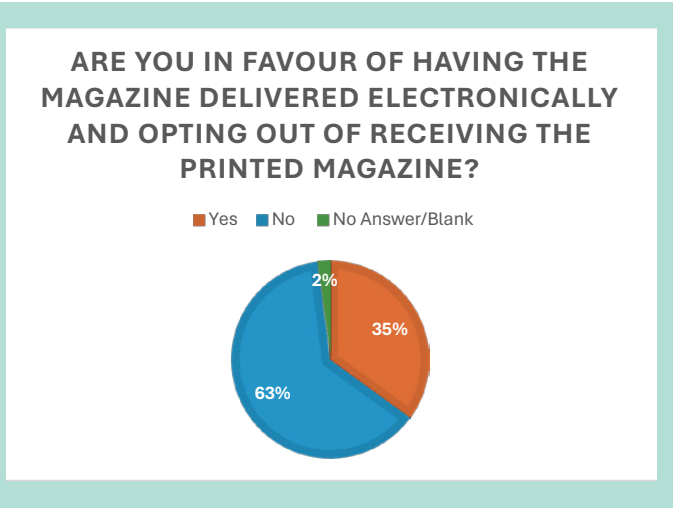
You told us that you particularly love recipes and food-related features, and the *In The Spotlight* interviews (more coming very soon).

WHERE COULD WE IMPROVE?

Members were clear that both the Association's website and the Association's Facebook page/social media need to improve. 65% rated the website below 3/5 and 22% left the question blank. 35% rated the Facebook page below 3/5 and a huge 48% left the question blank.

A POSTED MAGAZINE IS THE PREFERRED OPTION

Finally – and this was a much-awaited result – members voted strongly in favour of retaining a printed/posted magazine (even in circumstances where members could choose a printed or a digital magazine). Accordingly, plans to introduce an optional digital magazine will be postponed for now and re-visited closer to our centenary in 2028.



FEEDBACK

As a member-driven Association, your views will continue to inform the decisions about our operations and activities, so we particularly thank those who took the time and effort in completing the survey.

The Communications and Magazine Committee will continue to work hard to improve communication both across and outside the organisation.

As always if you or your Branch would like to provide us with any feedback, this is always welcome at email: cwamagazine@cwaofvic.org.au

Kind regards
Amanda Millar *Editor*
Jane Dewildt and Jenny Tuck *Deputy Editors*

STATE VICE PRESIDENT



Sally Ann Matthews
State Vice President

I have just returned from a fabulous holiday in Vietnam and Cambodia. It was wonderful to see the peoples of these countries flourishing and I noticed a very big change since first visiting 11 years ago. Education is so important to these children, and it is inspiring to visit and meet the students and teachers who are benefiting from the donations and skills that wealthy countries contribute. I had fun back in

the classroom playing a guessing game in English; the students are so full of enthusiasm. Schools have a majority of girls as they see education as the way out of poverty and domestic violence, so we have the same issues throughout the world.

Recently many of you like me, may have received a text from your telco provider regarding your mobile phones. It causes confusion and often we don't know what to do with messages such as these. Even phones that can receive 4G were targeted in the messaging as many use the 3G network to make and receive voice calls. The major phone companies will begin switching off the 3G network from 28 October this year.

Your service provider should contact you if your device will be impacted. You can check if your phone will be affected when the 3G network is switched off. Text '3' to 3498 for free and your service provider will send you a message about your phone's status.

It's not just mobile phones that are affected. iPads, security systems and personal medical alarms that use 3G are also affected, so please check these too.

Once the 3G network is turned off, you will not be able to make emergency calls to 000 from these devices, so it is important to ensure you are connected to 4G before the 3G network is turned off.

If you or someone you know is experiencing hardship, please contact your provider and discuss the situation.

When you are all sorted what will you do with your old devices? The best way to dispose of your 3G phone is through Mobile Muster, the Australian mobile industry's official recycling scheme.

Go to <https://www.mobilemuster.com.au/> The website gives information on how to remove your personal details before dropping off devices for recycling close to you.

CLUB



Karen Jackson
Club Chairman

As some would know we now have a new oven. My thanks must go to the ladies who did so much homework regarding the choice of the oven. It's FANTASTIC.

POPUP started again in August and was a great success.

FUNCTIONS AT UMINA

Help is always needed for functions at "Umina" including the following:

POPUP

26 October
23 November
14 December

SENIORS WEEK

22, 23 and 24 October with two sessions per day

STATE FARE

7 December
Contact me if you can help

SUCCESSFUL SPONGES

I thought I would share with you all some hints for sponge making:

SPECKLED TOP: Speckling is caused by sugar that wasn't dissolved when beaten with the eggs. Beat eggs until thick and creamy, then add sugar a little at a time, beating after each addition and ensuring sugar is completely dissolved before adding more.

FLAT AND TOUGH: This means the flour and liquid weren't folded in correctly. Sift flour twice first, then sift again when adding to the mixture. Fold the flour and liquid in by cutting down along the side of bowl with the edge of a large metal spoon and lifting some from the bottom to the top.

CRUSTY: A crust on a sponge cake can result from baking at too high a temperature, or the pan being too small or in the wrong oven position. The top of the cooked cake should be in the centre of the oven. Using high-sided tins protects the mixture and helps prevent crustiness.

SINKS IN THE MIDDLE: This can be caused by too high an oven temperature, too much sugar, not enough flour, too much liquid, using eggs that are too large, too much raising agent, or, most commonly, insufficient baking time.

2025 CWA CALENDAR

NOW available



Photo by dada_design on Unsplash



The Country Women's
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2025 CALENDAR

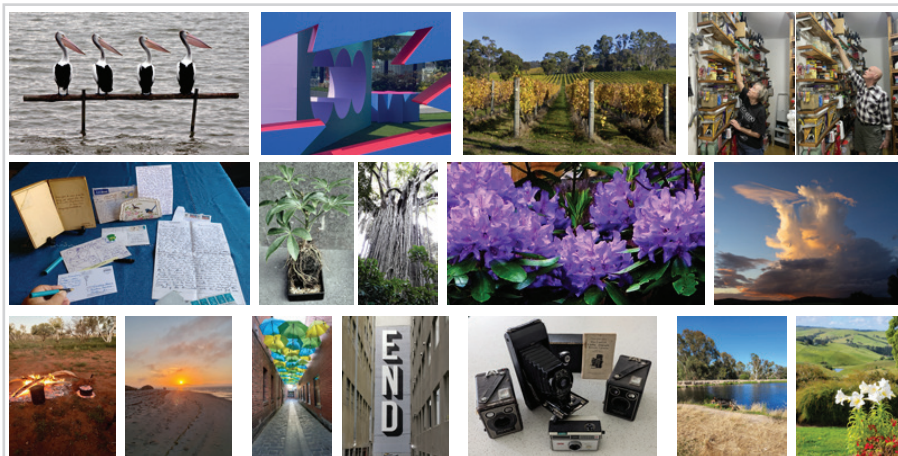
Cover Photo: Panorama — "Great Ocean Road", Jenni Turnbull, Beulah Branch, Central Wimmera Mallee Group

Now available from the CWA Shop!

Price \$15 (plus P & H)

Featuring award-winning photos from the 2024 State Photography Competition

Phone 03 9827 8971



Our 2024 State Photography Competition produced over 300 beautiful photographs. Nineteen of the award-winning photos have been selected for the 2025 CWA Calendar. Groups and branches can order multiple copies to sell at their events- the calendar makes a great gift.

The Calendar is A4 size (approx. 21 x 30 cm) folding out to A3 size when hung. It can be easily posted- phone Head Office for postage and handling costs.

The photographs in the calendar are some of the award-winning photos from the 2024 CWA of Victoria State Photography Competition. We congratulate all the prize winners and thank all the entrants for their participation.



While we have made every effort to ensure the accuracy of the information in this calendar, we cannot be held liable for any errors, omissions or inconsistencies.

3 Lansell Road Toorak VIC 3142
Phone: 03 9827 8971
Website: cwaofvic.org.au

KEYNOTE ADDRESS FOR 96TH STATE CONFERENCE

RO ALLEN, VICTORIAN EQUAL OPPORTUNITY AND HUMAN RIGHTS COMMISSIONER

Ro was thrilled to join us at our State Conference and share some insights with us. Please enjoy reading some of Ro's speech notes below which were kindly shared with the Country Women's Association of Victoria Inc.



MY STORY (RO'S)

For the last 25 years, my career has mostly focused on social justice. And every role I've had has relied on advocacy to bring about real transformative change: from providing support for queer youth around Shepparton way back in the 90s to amplifying the voices of Victoria's Aboriginal communities through the Kaiela Institute's Empowered Communities initiative, and championing LGBTIQ+ rights as the state's first Gender and Sexuality Commissioner.

At the heart of it, advocacy is about power – it involves individuals or groups working to influence the decisions of our political, economic, and social institutions. In my experience the best advocacy is purposeful, collaborative and focused on an identifiable problem and solutions. Without that, it's nearly impossible to influence those in power and to make your reform ideas a reality.

CWA OF VICTORIA ADVOCACY PRIORITIES

I know you've been having serious conversations about CWA's advocacy priorities to capitalise on your commitment to delivering positive social impact.

I understand the three emerging priorities are:

- Homelessness
- Food security
- Engagement of young people (both younger CWA members and young people in the community more generally).

These all resonated with me – they are such important areas for us as a community to be pushing for better systems, more funding and more effective support.

PRINCIPLES OF ADVOCACY

When these priorities were shared, I started thinking about what practical steps you can take to bring a reform agenda like this to life.

The reality is these are big challenges that require bold thinking and unified action. They require a clear vision for the change you want to see. And clear steps for how to get there.

I started reflecting on the recurring themes in advocacy initiatives that I'd been involved in over the years. Some small, some big – but all of them incredibly rewarding. Here are a few foundational principles that have shaped my advocacy over the years.

1. Identify the problem.

Decision-makers need to be able to understand what the problem is, what impact it's having and what options are available to resolve it. What's very important is distinguishing the problem from the consequences and the causes – that tells you what the change required is.

2. Work out who has the power – and what makes them tick

To advocate effectively, you need to know who has the power to make the change. It might be a local council. It might be a local community group, industry body or service provider. It might be state government or a public authority.

One of the traditional approaches advocates use is to look at each stakeholder and map their influence and their interest – because you need to consider both. It helps you work out where to put your efforts. And what to ask of each stakeholder.

Organisations with high influence but low interest are influential observers. Keep them satisfied but don't waste too much energy trying to get them involved. Organisations with low influence but high interest are valuable advocates, but they probably cannot make the change you need to see. Keep them informed and involved where it makes sense.

The real decision-makers are the ones with high interest and high influence. Your strategy with them should be to engage and consult.

Remember: you may encounter indifference, resistance or hostility at the start. But don't be disheartened. It can take time

to warm them up and help them see your vision – and what’s in it for them.

3. Articulate your ask, what will be gained – and what could be lost

This relies on vision – can you articulate what future state that the change you’re advocating for will deliver? Or, on the other hand, what’s the risk of not acting?

Paint a picture for the decision-makers – while you might be deeply engaged in the issue, it’s possible they aren’t. So, help them see your vision.

Are there legal or social responsibilities that aren’t being fulfilled? You might think about state or federal legislation, rights under the Constitution, or international treaties and protocols. Any of these could give weight to your call for action. And remember to be bold – if you don’t ask, you’ll never know what might be possible. But back it up with research – decision-makers need to know you’ve done the groundwork to back up your proposal.

Break down the change into manageable actions and goals. It’ll give decision-makers a clear sense of what needs to be done, how and by whom.

4. Find your tribe – there can be strength in numbers

Think about the different stakeholders or voices you could join with. It can help amplify your call for change and demonstrate unity within the sector. Aligning with peer organisations and other advocates can also add weight and expertise to your advocacy.

Recognise that you and the other stakeholders/advocates won’t always approach your messaging and advocacy in the same way. Some advocates create noise online and drive public engagement. Others are better at using their existing networks and influence to advocate through back channels and speak directly with decision-makers.

Both approaches can be valuable components of advocacy; and together maximise your chances of driving your agenda for change.

We’re in the early stages of advocacy to strengthen Victoria’s Charter of Human Rights and Responsibilities. We’ve mapped out what we think needs to change: expanding the Charter to cover more economic and social rights; recognition of the need for self-determination for Victoria’s First Peoples; and better complaints pathways and remedies for breaches of human rights.

As an initial stage in our advocacy, we’re doing some consultation with influential stakeholders. We hosted a roundtable discussion with barristers earlier in the year and we’ll be putting out an issues paper for discussion towards the end of the year to get other organisations to engage with our reform agenda. In the meantime, we’re using our annual Charter Report, which gets tabled by the Attorney-General, to start mapping out our reform proposal.

And in parallel, I’m having ongoing conversations with the Attorney-General, our key Department of Justice contacts, and

other independent voices who will be important for building momentum.

Recapping

Advocacy has been one of the most important, challenging and satisfying parts of my career to date.

If you’re not at the table, you can’t turn it over. If you want to effect transformative change, you need to get yourself a seat at the table. And before you overturn the table, work out what you’re going to replace it with.

And it’s likely you’ll need to practise revolutionary patience. Because change takes time – sometimes longer than you expect; often longer than you had hoped for. It may take a few iterations. Don’t give up.

MEMBERSHIP



Gwen White
Membership Chairman

As we approach the warmer months, we think about Branch AGMs once the Melbourne Royal is finished and thoughts turn to summer, the Christmas Fare and holidays.

Meanwhile interest in CWA seems to be on the increase with new branches opening in Trentham and a new evening branch in Drouin. Both of the inaugural meetings attracted over 30 ladies and many in the 35-45 year age group of working women. It is great to see our Association growing while the need for volunteer organisations has never been greater in our communities. Since December we have opened 8 new branches and I understand we may have one or two branches amalgamating with another.

The committee has been looking at what our membership is, what it looks like and how we can make it better and more attractive. This is a challenge for us all to consider.

While at Moe I had the opportunity to meet two young junior members who had entered the Exhibition and enjoyed speaking with them about the entries which won prizes. I would love some photos from our junior branches and stories of their activities.

If you would like a visit from a member of the membership committee, please send a request as we are happy to come and visit you or if your branch has a great idea about growing membership and keeping members please share your ideas with us.

It was lovely to meet so many of you at the show and hope to catch up again soon.

Does your branch have a sister branch? If so please contact me and let me know how you keep in touch and if you would like a sister branch, please send me your request with details about how far you are happy to travel to meet up or any other requests you might have.

Till next time.....Please remember to be kind.

STATE LITERATURE COMPETITION 2025



Comment from a previous winner of the Emilie Wilson Trophy

When I joined CWA I knew about the competitions to discover talented cooks and craftswomen but I had no idea there was a literature competition. I love writing, but it was my 'day job' for many years as a public servant so I didn't think of entering. It was scary sending off the first entry not long after I retired but I really enjoyed getting into a different sort of writing and am proud of my courage in submitting it for judging. I don't foresee a new career as a writer but I'm grateful to CWA for giving me an opportunity to prove something to myself.

Photo by lilartsy on Unsplash

Thank you to all those members from around the State who joined the online launch of the State Literature Competition 2025 on 2 September 2024.

If you were unable to join (especially with the power outages caused by the recent storms in Victoria), please find below all the new themes, revised categories for 2025 and tips and tricks shared during the presentation.

Following the success of the competition this year, we are hoping for an even bigger year in 2025. Will you be one of our winners in 2025? You'll never know the answer to that question unless you start writing and harness your inner author in time for the close of entries on 31 March 2025.

We're especially hopeful that many of our junior members will enter the competition in 2025. You have the whole summer holidays ahead of you – and we discovered at our Junior Camp in July just how very talented our junior members are as budding authors!

THEMES FOR 2025

We've chosen themes that you can respond to in a range of ways. We are hoping to see everything from romantic short stories to poetic ballads based on personal or family history, to well researched factual pieces, to comical tall tales or limericks, to children's stories and young adult fiction.

- A. Oh no! Not again!
- B. Decluttering
- C. Being unfashionable
- D. Love and Loss

CATEGORIES

Adult section

1. Prose – up to 2,000 words
2. Poetry – up to 32 lines
3. Prose or poetry under 100 words

Junior Section

1. Under 12 years of age – prose (up to 2,000 words)
2. Under 12 years of age – poetry
3. 12 to 18 years of age – prose (up to 2,000 words)
4. 12 to 18 years of age – poetry

Imagination

SUBMISSION OF ENTRIES

- Entries are to be submitted by email to cwamagazine@cwaofvic.org.au
- Entries must be submitted as a Microsoft Word document attached to the email.
- Members may submit more than one entry to the competition, but may not submit more than one entry per category.
- All entries must be accompanied by a completed signed entry form (scanned document acceptable). The entry form will be printed in the February 2025 edition of Victorian Country Woman magazine and available on the Association website from early 2025.
- All entries must be received by **5:00pm on Monday, 31 March 2025**. No late entries will be accepted.

JUDGING PROCESS AND CRITERIA

- All entries received by the closing date will be considered by an independent judge.
- Judging will be in the category you nominate on the entry form attached to the entry. Make sure you fill in the form accurately.
- Judging is done blind. The judge is not given the name of the competitor.
- **Prose entries** will be judged against the following criteria:
 - Compelling opening
 - Approach to the theme
 - Setting and atmosphere
 - Mechanics – pace, word choice, spelling, grammar, writing quality
 - Reader engagement.
- **Poetry** entries will be judged for:
 - Rhythm
 - Subject
 - Mechanics – pace, word choice, spelling, grammar, writing quality
 - Reader engagement.
- Winners will be announced at the 2025 State Conference.



Far Left: Photo by Brigitte Tohm on Unsplash

Middle: Photo by Annie Spratt on Unsplash

Left: Photo by Jenny Marvin on Unsplash

Be Inspired

TIPS AND TRICKS

For writers:

1. Create first – edit afterwards. Don't try to write and edit at the same time.
2. Read your work aloud. You'll pick up errors more easily, especially if you are writing conversations.
3. Take time to create your best work. When you think you've finished, put your work in a drawer and come back in a week's time to take a critical look at what you've written. Time gives perspective.
4. Get someone to proof-read your work and give you honest feedback.
5. One entry per category. Choose from any of the four themes. If more than one attracts you look at the judging criteria and choose where you think you will make the strongest showing.
6. Be original. In 2024 the judge commented that she 'went for the unusual ones – showing originality.'
7. Start now – don't leave it until the day before entries close (5 pm on Monday, 31 March 2025)
8. Be brave. You'll never know if you don't have a go!

For Branches/Groups

1. Encourage your branch's junior members to apply. We have chosen themes that we hope will resonate with them as well as our adult members.
2. Run a 'hands on' writing session as a Branch or Group activity. Pick a theme and give members 30 minutes to free-flow and write in silence – either prose or poetry. Follow it up with a discussion. This can be an in-person session or done via Zoom. If you would like some assistance from the keen writers on the Communications and Magazine Committee, get in touch with the Chair.

Love and Loss

Decluttering

Being unfashionable

WOMEN'S HEALTH WEEK, 2 – 6 SEPTEMBER 2024

The Country Women's Association of Victoria Inc. was delighted to host a free Women's Health Week event with Special Guest Speaker, Dr Cassandra Szoeki, author of the book "Secrets of Women's Healthy Ageing – Living Better, Living Longer".

Cassandra Szoeki is a professor of medicine, doctor, scientist and clinical researcher and an expert in women's health. She is director of the women's Healthy Ageing Project at the University of Melbourne and has published hundreds of academic and clinical publications.

Conducted at "Umina" on Wednesday, 4 September 2024, the event was held both in person and was also available online for those unable to travel to the city for the event.

Cassandra gave a wonderful presentation with lots of discussion about ways for women over 50 years of age to maximise their health and wellbeing. One of the key takeaways was that you are never too old to start making a real difference to your health. Cassandra also spoke about the impact of fellowship, friendship and community engagement on our health and wellbeing. This point speaks directly to our members and the impact of being an Association member.

Dr Cassandra Szoeki's book: *Secrets of Women's Healthy Ageing* is published by Melbourne University Press and is available both online and in bookstores.



DEVONSHIRE TEA SPEAKER
Professor Cassandra Szoeki
 Author: *Secrets of Women's Healthy Ageing*
TALK: WOMEN'S HEALTH CHECKS
FOLLOWED BY: QUESTION & ANSWER
 4th September 2:00 pm
 3 Lansell Rd, Toorak VIC 3142
 or online via ZOOM



The Country Women's Association of Victoria Inc.



**10 – 3 PM ON SATURDAY
7 DECEMBER
CHRISTMAS
POP-UP STALL**

The local CWA Central Highlands Group branches are holding the Christmas Pop-Up stall again this year. Order early for Christmas cakes and Puddings.

Putting some magic ✨ back into 2024

Homemade delicious Christmas cakes and Puddings (\$40 per kilo) available by pre-order only at cwacentralhighlandsgroupgp@gmail.com

You'll also find delicious shortbread, jams, marmalade, Christmas gifts, craft and so much more

Find us at:
CWA Macedon Hall
662 Mount Macedon Road
Mount Macedon

PUZZLE ANSWERS

A TOWN IN VICTORIA

A	A	I	O	N	A	C	B	A	L	L	A	N	A	R	Y	E	T
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PUZZLE

BARRAMUNDI
BOWER
CANE TOAD
CASSOWARIES
CROCODILE
DINGO
ECHIDNA
EMU
FINCH
GALAH
GOANNA
IBIS
KANGAROO
KOALA
KOOKABURRA
LORIKEET
MAGPIE
MURRY COD

NOISY MINER
PARROT
PENQUIN
PLATYPUS
POSSUM
RABBIT
ROSELLA
SNAKE
SNAPPER
SUGAR GLIDER
TASMANIAN DEVIL
TURTLE
WALLABY
WILLIE WAGTAIL
WOMBAT
WREN
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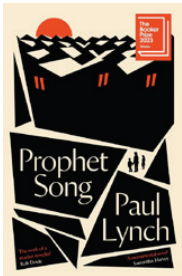
WORD SEARCH

M B C P T O P K F K A N G A R O O W
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W I L L E W A G T A I L D A D E E U

AUSSIE ANIMALS

BOOK REVIEW

PROPHET SONG BY PAUL LYNCH
WINNER OF THE BOOKER PRIZE 2023



Sometimes the best books are those we stumble across by pure chance.

I recently found myself overseas for a couple of weeks and I quickly tore through the one book that I had brought with me on my travels (the stunningly crafted *A Gentleman in Moscow* by Amor Towles).

To my surprise I discovered that the four bookshops in the French village where we were staying could not produce a single work of fiction in English. Quelle horreur!

When I eventually found myself at the railway station in a slightly bigger city I was overjoyed to find two whole bookshelves of books in English. Surveying the books, I found that I could eliminate most as being books that I had already read or, alternatively, books which didn't interest me (which were mainly romance novels pitched at the teenage market). That left three possible books – and I am happy to say that I chose wisely.

Paul Lynch's novel, *Prophet Song*, was not a book of which I had ever heard, but as the winner of the Booker Prize in 2023, I rightly guessed that it must have something going for it.

Set in Ireland, *Prophet Song* is described as a dystopian masterpiece which describes societal and familial breakdown in the face of civil unrest, emerging totalitarian government, and ultimately war.

The life of the central character, Eilish Stack, a scientist and mother of four children, is quickly thrown into chaos by the

interrogation and subsequent disappearance of her husband, Larry – a trade union official who is involved in organising a rally for increased wages for teachers.

Eilish fights to keep her family together as the city crumbles under the tyranny of a totalitarian state. Life for Eilish and the Stack children necessarily becomes about the choices which must be made as society disintegrates.

Lynch's writing captures the looming nightmare of the terrifying situation in which Eilish and her family find themselves. The book is a portrait of human resilience in the face of the collapse of everything we have known.

For me, this book conjured remembrance of George Orwell's *Animal Farm* but told from the very female and grounded perspective of its central character – a woman struggling to keep things together for her children and aging father, Simon, who is steadily deteriorating with dementia.

The novel operates on a series of levels from the political messaging around mistrust of the erosion of civil liberties; to the role of women in our society; and as a story about what it is to be human.

Prophet Song is a novel very much of our times but also for the future. It makes us think more deeply about the type of world in which we want our children to grow up.

Published by Oneworld Publications and distributed in Australia by Simon & Schuster.

Amanda Millar
Editor

CREATIVE ARTS EXHIBITION

Held on 9th and 10th August 2024

This year's State Creative Arts Exhibition in Moe was a fabulous success! With over 1400 entries, the Town Hall was bursting with creativity. Visitors came from as far away as Perth to marvel at the amazing talent from all over Victoria.

Monday kicked off bright and early as the Creative Arts Committee and the team of enthusiastic and dedicated volunteers rolled up their sleeves. They spread out the tablecloths, set up the backboards, and got busy unpacking a mountain of wonderful entries before yet more carloads of treasures arrived.

Judging was precise, considered, and exhausting! And then it was on to staging – placing each entry to its best advantage for the public.

The awards ceremony drew a good crowd, and this time we had comfy seating for everyone watching. The two days the Exhibition was open were bustling, and it was heartening to see visitors taking their time soaking in all the displays.

The handcrafts were incredible. Beautiful artwork, sewing, knitting, imaginative work with natural or upcycled materials, intricate lacework and crochet, fabulous toys, and so much more. The Home Industries room boasted impressively high sponges, tempting-looking cakes and bikkies, crystal-clear jellies, and cordials, vinegars and preserves of all kinds.

"Noela's stall" was staffed by Noela herself this year, after a couple of years off, and you can bet anyone who stopped to browse suddenly found themselves with arms full of bargains.

On Saturday night a tired but happy team packed the boxes, clapped down the trestle tables, and had one last dinner together where we toasted another successful exhibition.

Congratulations to everyone who entered. Each and every item enriches the Exhibition experience for our visitors. If you've never tried, we urge you to send along something next year- and who knows, you might end up with a prize! Stay tuned for the announcement of next year's venue, when we do it all again in another beautiful town in our wonderful state.

Mel Pritchard
Member of the State Creative Arts Committee





REPORT TO THE SOUTH-PACIFIC AREA CONFERENCE



Some of the Victorian CWA delegation attending the South Pacific Area Conference in Griffith

GRIFFITH, NEW SOUTH WALES, 8 – 12 SEPTEMBER 2024

The Country Women's Association of Victoria (CWA of Victoria) has a long and rich history of supporting women and children in Victoria and the South Pacific region. There have been many changes in our communities and organisations since we last met face to face at the South Pacific conference in 2017 in New Zealand.

Some of the most significant events/changes that impacted on the State of Victoria and the CWA of Victoria in the past 7 years include:

- The impact of drought, fires and floods in regional and rural communities
- The impact of COVID-19 and the 262 days of the harshest and most long-running lockdown, travel restrictions and border closures in the world experienced by Victoria between March 2020 and October 2021
- We needed to look after our own and turned our attention to helping each other and keeping our Association afloat. There was much need within our own communities as unemployment rose dramatically, international students relied on food relief to survive, and the effects of debilitating isolation took hold
- CWA of Victoria gained registration as a charity from the Australian Charities and Not for Profit Commission (ACNC) as of December 2020. This registration requires additional

reporting requirements including those related to donating monies and/or providing services overseas. "External standards require charities to take reasonable steps to ensure appropriate standards of behaviour, governance and oversight when undertaking activities or providing funding overseas." (ACNC). We are also expected to ensure that funds, equipment and supplies used outside Australia are used in a way that is consistent with our Association's purpose and the laws of Australia particularly in the areas of anti-fraud, anti-corruption and protection of vulnerable individuals

The data below represents the estimated value of goods and services provided to vulnerable women, children and families by the CWA of Victoria in any one year, including the activities of the Community and International Support Committee:

- \$300,000 of support (goods and financial) to those experiencing poverty including:
 - \$120,000 of meals provided at the community level
 - \$100,000 of baby clothes and bundles
 - \$70,000 of breakfast programs in schools
- \$250,000 of support to those experiencing homelessness which includes the provision of clothes and personal items
- \$100,000 of support to those women and children experiencing domestic violence



ACWW South Pacific Conference

- When State/Federal Governments declare areas of natural disasters, CWA of Victoria is involved in raising, assessing and distributing financial relief, supporting frontline emergency workers and hosting recovery support events

Huge efforts were made by our members to help and provide comfort to families in the Rochester area of Victoria after the area was devastated by floods. A special event was held in Rochester where the CWA provided drop-in days where locals could relax, have a chat, enjoy some home cooking and receive some of the many items like toiletries, blankets and fruitcakes that were made available.

The Community and International Support Committee supported a program through the Royal Women's Hospital in Melbourne run by the Baggarrook Midwives. Baggarrook means 'woman' in the Woiwurrung language. The program's focus was to provide material aid to Aboriginal and Torres Strait Islander families. We knitted many beautiful baby garments in the colours of the two flags – red, yellow and black for the Aboriginal flag, and white, blue and green for the Torres Strait flag.

During COVID we supported the Mission to Seafarers by supplying goods to the many crews that were stranded on container ships in Port Phillip Bay, some of whom were from the South Pacific region. These crews were not being paid a salary, were unable to come ashore and could not send money home to their families.

The Committee members were able to send some sewing materials and machines along with women's clothing to Papua New Guinea and also to Kiribati (6 machines) through a collaboration with the Rotary International 'Goods in Kind' program.

In 2022 the CWA of Victoria provided disaster relief of \$10,000 to the South Pacific Area fund to be sent to Tonga following the cyclone disaster.

The CWA of Victoria also has a representative on the local United Nations Status of Women committee and we actively participate in events that are supported by this committee and the Victorian State Government, an example being the 16 days of Activism against gender-based violence.

Maintaining our charitable status is dependent on careful financial management and strict adherence to the rules set out by the ACNC. Despite repeated requests to the ACWW head office in London, we have been unable to ascertain exactly what and where our funds would be used for. We need the answers to these questions so that we can make informed decisions about providing funding overseas and comply with our charitable status obligations.

We look forward to getting back to our traditional methods of providing support to our South Pacific sisters- grassroots, sustainable and with visible reportable impact and improvement of living conditions for women, children and their families.

Jennifer Nola
State President



From left to right Marilyn Tangey, Sarah Barnbrook, Louise Taylor, Jenny Nola



THE HOME MEDICINAL GARDEN LET'S TALK ABOUT ... MULLEIN



Judie-Gade
Sheridan Kyabram
Branch

Mullein is currently one of my top herbs to grow. Its tall spire full of yellow blooms and its soft, fuzzy leaves are where the power of the plant is. It blooms in its second year.

It is best known for easing symptoms of respiratory tract infections.

Indications for use include ear infections, bronchitis, asthma and coughs. One commercially available cough medicine is made with mullein.

This pretty herb is mucilaginous and has anti-microbial volatile oils. It has proven effective used daily through flu season and is lauded as being an alternative to pain relievers such as ibuprofen. This would explain the lessening of aches and pains from influenza.

Mullein also combines well with other anti-microbial herbs such as garlic, St John's Wort [*check with your pharmacist*], lavender essential oil and my favourite, *lemon myrtle*.

All in all, Mullein is one herb I don't like to be without. It is a necessity in the Home **Medicinal Garden** or the Home **Herbal Apothecary**. It is pleasant on its own or with Lemon Myrtle, a dash of fresh or kibble Ginger with a teaspoon of honey.

Just remember, most herbs are nature's medicines waiting to happen ... they should be treated with respect.

USING MULLEIN

HERBAL TEA

I keep a jar of 70% loose-leaf mullein, 30% lemon myrtle and kibbled ginger [optional] in a herbal tea blend. This tea has quite lovely flavour whilst helping support your health.

DIRECTIONS: Use two heaped teaspoons of the dry blend in a coffee mug or plunger. Steep a good 5 minutes. Strain and drink two to three times a day if you have respiratory issues or congestion.

I'm considering grinding the two herbs without the ginger, using a coffee grinder, and filling empty gel capsules with the mix. You can buy capsule fillers, which are relatively easy to fill. Lemon Myrtle has antiviral, antimicrobial, antifungal and antibacterial properties, with several studies taking place. You do have to take the filled capsules more often than commercial capsules, but at least you know what ingredients are going in them.

EAR DROPS

The other use is by making ear drops. Macerate dehydrated leaves, in a sterilised 250ml jar, in olive oil for two to three weeks in a dark spot. Strain through a very fine tea strainer and then a coffee filter or Chux. Make sure *no* leaf matter remains. and bottle the oil in an amber glass bottle with an eyedropper. Ensure the bottle has been washed in hot soapy water and then sterilised before bottling. The dropper is okay to be washed and air-dried.

You can combine the ‘Mullein Oil’ with chopped garlic when macerating the mullein. Garlic has natural antibacterial and antibiotic properties and is known as ‘Nature’s Penicillin’. Strain out using the same procedure as with mullein.

Infused in Honey

Shake the leaf over a bowl to check for insects {if you have grown it}. Wash, pat dry then dehydrate the leaves until no moisture is left. The leaves need to be dried out so that the infusion doesn’t get mould on it. Remember, infusing/ macerating herbs in oil, requires the herbs to be *fully* dry. *Bought leaf is fine.*

METHOD FOR INFUSING IN OLIVE OIL or HONEY

This is suitable for children. Roughly chop up the leaf matter, put it in a Mason Jar and pour over olive oil, or raw local honey, and leave for three to four weeks. Strain off the herb material. This can be used for cough drops or even with a teaspoon of honey when you feel a chest infection coming on or a throat infection.

You can do the same with the herb, using alcohol and making a tincture. Leave to infuse four to six weeks. Strain off using the same method mentioned above and bottle up.

The flowers of the Mullein plant have a strong antibacterial action. Combining it with Yarrow that has been infused with olive oil, garlic infused olive oil, or a combination of all three herbs can be useful for the medicine cabinet, in the case of ear infections.

You can also use mullein-infused honey with apple cider vinegar, as a drink, for sinus infections as well, since the sinuses are connected to the ears. 2 teaspoons of mullein honey mixed with a tablespoon of hot water until dissolved. Add a tablespoon of apple cider vinegar & mix. Top up with cold water. I add a few ice cubes.

MULLEIN OIL CAUTION: Do not use this oil, or any other homemade medicinal oil, if the eardrums are punctured.

Mullein is also anti-inflammatory, so it is useful in calming inflammatory skin conditions such as psoriasis.

This herb may prevent infection, due to the antibacterial action that speeds healing. How you prepare it is also important if being used with infection.



Photo by Brandon Stoll on Unsplash

FURTHER READING

WebMD Reviews: <https://reviews.webmd.com/vitamins-supplements/ingredientreview-572-MULLEIN>

BOOKS: *The Lost Book of Herbal Remedies.* The healing power of plant medicine. By Dr Nicole Adelian Ph.D

The Handmade Apothecary. Healing herbal remedies. By Vicky Chown & Kim Walker

The Alchemy of Herbs. By Rosalee De La Forêt

Disclaimer:

This article is for informational purposes only and should not be considered as professional medical advice. If you are experiencing any symptoms – please see your doctor for diagnosis, advice and treatment.

SMALL BUT MIGHTY:

How the Fiona Elsey Cancer Research Institute is Transforming Global Cancer Research from Regional Australia



Paula Nicholson
of the Fiona Elsey
Research Institute
addressing State
Conference

Thanksgiving Fund for 2024:
Fiona Elsey Research Institute"

www.fecri.org.au



In 1991, a promise was made that would change the landscape of cancer research in Australia forever. Fiona Elsey, a 14-year-old from Ballarat, bravely faced Ewing's sarcoma, a rare and aggressive cancer with a survival rate of only 5%. She would travel to Melbourne regularly for treatment,

spending a lot of time away from her home and family. During this time, she formed a close bond with her oncologist, Dr. George Kannourakis. As Fiona's illness progressed, she posed a question that would change the course of George's life: "Why does cancer research only happen in capital cities?" With that question, she asked him to promise that he would one day establish a regional cancer research facility, so others might not have to endure what she was going through. Fiona's dream of hope, born in the darkest of times, inspired George to commit to this vision.

After Fiona's death, the community of Ballarat rallied behind her dream. In 1998, through the collective efforts of Fiona's family and the town, the Fiona Elsey Cancer Research Laboratory was established, named in honour of the girl whose courage and vision had sparked its creation. Professor George Kannourakis, true to his word, dedicated himself to building what is now the Fiona Elsey Cancer Research Institute (FECRI)—Australia's only regional cancer research centre. Today, this not-for-profit, community-funded institute is at the forefront of cancer research, making breakthroughs that resonate far beyond its humble origins.

Our research efforts are transforming the landscape of cancer treatment, from immunotherapy and nanotechnology to proteomics and beyond. These advances are not only providing hope to those battling cancer today but also laying the foundation for the therapies of tomorrow. As our researchers continue to push the limits of science, the future looks brighter for cancer patients around the world.



FIONA ELSEY
CANCER RESEARCH INSTITUTE
fighting cancer through research



SOME OF OUR LATEST UPDATES IN 2024

Breast Cancer: *Clustered Regularly Interspaced Short Palindromic Repeats (CRISPR) and Immune Checkpoint Studies

This year, FECRI's breast cancer team has made significant progress, including publishing a book chapter on Advances in CRISPR/Cas Systems-Based Cell and Gene Therapy, showcasing CRISPR's potential in gene editing. Simultaneously, the team's study of immune checkpoint modulators in triple-negative breast cancer (TNBC) is providing new insights into potential combination therapies. By targeting aggressive TNBC subpopulations like cancer stem cells, they are laying the foundation for improved treatment options.

** It is a component of bacterial immune systems that can cut DNA and has been repurposed as a gene editing tool. It acts as a precise pair of molecular scissors that can cut a target DNA sequence, directed by a customisable guide.*



NANOTECHNOLOGY: A NEW FRONTIER FOR CANCER TREATMENT

Nanotechnology is emerging as a revolutionary tool in cancer treatment. FECRI's team is exploring nanoparticles (NPs) as drug delivery systems for breast and prostate cancers. In TNBC, NPs promise more efficient delivery of nucleic acid therapies, while in prostate cancer, they offer a safer alternative to viral delivery methods. By studying how NPs interact with the immune system, the team is creating more targeted and effective cancer treatments.

OVARIAN CANCER RESEARCH: A KEY MILESTONE

The ovarian cancer research team is celebrating a major milestone with the submission of Ali Raza's PhD thesis. Ali's work focuses on the Magmas protein, which helps cancer cells grow aggressively, and its inhibitor, BT#9, showing great promise as a cancer therapy. His thesis, Role of Magmas in Ovarian Cancer Progression and Chemoresistance, could lead to breakthroughs in overcoming ovarian cancer's resistance to treatment.

WE NEED YOU...

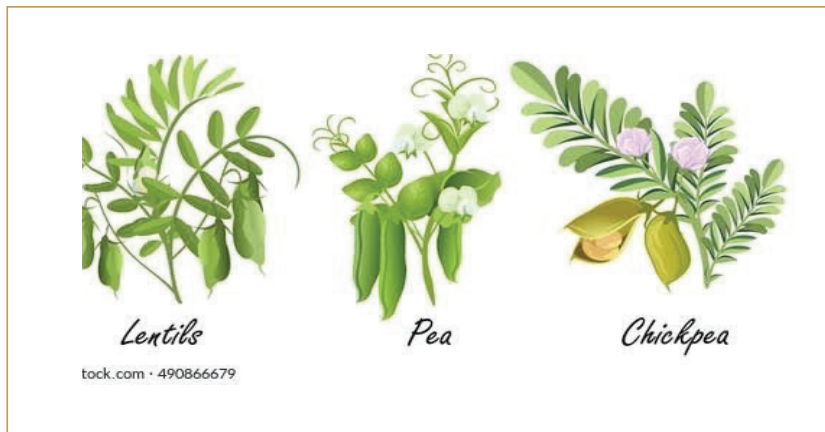
Our groundbreaking work is only possible because of the generosity of people like you. As a community-funded institute, every donation directly fuels the research that brings us closer to unlocking the cure for cancer. Whether you choose to donate, organise a fundraiser, or spread the word about our mission, your support makes a tangible difference in the fight against this devastating disease. Join us on this journey—together, we can create a future where cancer no longer claims lives. To get involved or donate today, visit fecri.org.au or email admin@fecri.org.au or call us for a chat on **5331 3101** and be part of the cure.



The Country Women's
Association of Victoria Inc.

care **empower** contribute

Join Us!



Thursday 31 OCTOBER 2024 PULSE LUNCHEON AT "UMINA"

Showcasing the 2024 Product of the Year

12 for 12.30 pm on Thursday, 31st October 2024

Venue: "Umina", 3 Lansell Road, Toorak

Hosted jointly by the Agriculture and Environment and the Catering Committees, the Pulse Lunch will be a wonderful opportunity for members, guests and friends to enjoy a special three-course lunch menu showcasing our 2024 Product of the Year – Pulses.

We will be hearing from a number of external guest speakers speaking about pulses – both in terms of their use and potential, but also the significant and growing export markets for Victoria.

Please join us for a great day of fun, learning and of course fabulous food.

Tickets are strictly limited - please book early via Ticketebo to avoid disappointment. Ticketebo bookings:

https://www.ticketebo.com.au/pulse_luncheon

EVENT DETAILS

Pulse Luncheon at
"Umina"

CONTACT

For event enquiries -

Reception

Tel: 9827 8971

Email: reception@cwaofvic.org.au

All bookings via Ticketebo:

https://www.ticketebo.com.au/pulse_luncheon

Cost: \$40 per person
includes a three-course
lunch plus soft-drinks, tea
and coffee



 The Country Women's Association of Victoria Inc. - CWA

We respect First Nations Elders past, present and future and acknowledge the stories, traditions and living cultures of First Nations peoples of the lands on which our members meet, and commit to building a brighter future together.

www.cwaofvic.org.au

COMMUNITY AND INTERNATIONAL SUPPORT COMMITTEE



Louise Taylor
International and
Community Chairman

It has been several months now since I began this role, and the time has flown by. Unfortunately, my first article missed the magazine. I am honoured to be helping the Association by becoming Chair of the Community and International Support Committee. I am from Footscray Branch in the Mitchell Group. I live in West Footscray with my husband Mark and two gorgeous sons, Patrick and Harry, and our very naughty black cat Luna. I am recently retired

from work and have hopes of using some of my enormous stockpile of knitting wool in my 'spare' time.

I have been stocktaking and organising the items held at 'Umina.' It is important for our charity status to know what we have, receive, and distribute.

Thank you so much to our past committee chair Marilyn Tangey for all her kindness and support. She has made the transition quite straight forward.

We have received many beautiful items in the last few months and my gratitude goes to everyone who contributed. There are several items that we have a surplus of now. If knitting beanies, please only make adult sizes. We have an abundance of knitted teddies that were recently discovered in the craft room so no more are required at present.

I have been working to re-establish some connections that were lost during the COVID years. Hopefully, we will start sending items to the Dame Phyllis Frost Centre for the babies

of inmates. Cotton baby singlets, bunny rugs and bibs will be required along with baby clothing. We also have no knitted or crocheted items in indigenous colours.

I will have some packs of knitting yarn (mostly acrylic) and patterns available at the November State Council. Please let your Group President know if you would like some to knit something for us.

Thank you to my branch members at Footscray who have been assisting me, and for the considerable number of branches who have sent in items. My apologies if your name is missing. Every donation is very much appreciated.

Thank you to Bacchus Marsh, Bairnsdale Amaroo, Bendigo, Boroondara, Broadford and Mt. Piper, Casey Dinner, Colac, Corowa, Cowes, Dingwall, Footscray, Glen Alvie, Hawkesdale, Kara, Loch and Nyora, Maryborough, Milloo, Moulemein, Niddrie, Noble Park, Pearcedale, Phillip Island Twilight, Richmond, Rosebud, Spa Centre Daylesford, South Morang Night Owls, Traralgon, Yarck, Yarram, Yarrawonga/Border and the late Carol Hodgins from Mulwala, NSW.

Please keep the foreign coins and used stamps coming in. If the stamp has been post-marked, please include this area and leave an adequate amount of envelope attached to the stamp.

Thank you all for your on-going support of our support to vulnerable women and families. There is much need in the community. The contributions that you make in your own communities and via Umina are vital and very well received.

Kind regards and thanks.



Photo of
Cambodian
schoolgirls by
SVP Sally Ann
Matthews

CREATIVE ARTS



Mary Grant
Creative Arts Committee
Chairman

The days are getting warmer and there is lots to do in the garden. How lovely to see all the Spring flowers and veggies especially all the “greens” which are in abundance.

Did you manage to visit the excellent State Creative Arts Exhibition staged in Moe Town Hall? The staging was superb and all thanks go to Wendy Earwicker and her team who organised the set up and staging. It looked spectacular and comments received all attested to this.

Congratulations to all prize winners and those receiving Special Awards. Thank you for entering your work for all to see and admire. We certainly have some very talented members in our midst. I do hope that you are passing on many of these skills to new members and especially our Juniors. If you were a new exhibitor, I hope you found the judges critique useful.

Thank you to my committee, judges, stewards and helpers for your important contribution. Thank you to Latrobe Central Group, ably led by Helen Reidl, for your assistance and hospitality.

We received some very creative interpretations of the Handcrafts theme ‘Transport’ in the Group entries this year. Let’s see what you can do with the 2025 theme ‘Something with Wings’. Please encourage your Groups to enter. Plan for entries at your Exhibitions early in the year. The Home Industries theme for 2025 is “Tropical”.

An updated State Creative Arts schedule will be available in the new year. Please check it as there have been some minor adjustments made.

STATE PHOTOGRAPHY COMPETITION

Time to get those cameras clicking – State Photography Competition topics have been released for 2025. They are:

- | | |
|---------------|--|
| 1. Pink | 6. Set of 2 related photos, ‘Rough’ and ‘Smooth’ |
| 2. After Rain | |
| 3. Chimneys | 7. For the Front Cover |
| 4. Wings | 8. Panorama (Photo approximately 3:1 ratio width:height) – Harvest |
| 5. Keys | |

WORKSHOPS

We are still hopeful that the remaining scheduled workshops will go ahead as the previous ones have not proceeded due to lack of numbers.

October 12

Magic Mending featuring the use of Sashiko, Borro and Kantha stitching to rejuvenate old and tired garments

October 19

Sourdough and Ferments

October 20

Pulses Plus

IDEAS WELCOME

I welcome ideas from you, the members, on what you would like to see Creative Arts provide for you. Do you wish to learn how to get value from your food dollar, menu planning, creative use of leftovers, tips for the kitchen etc? Or could we provide training, organise guest speakers/demonstrators etc. For example talks from judges about how to prepare articles for the Show bench and our Exhibition, tips and techniques re “finishing” articles correctly?

We have received a suggestion from the Geelong region to coordinate a workshop in Geelong featuring **Heritage Stitching**. We would offer two different styles of embroidery- one in the morning and something different in the afternoon – and provide morning and afternoon tea (BYO lunch). There would be two price points- one for the morning or afternoon session and a price for attending both. Please let me know if you would be interested. Perhaps two different styles of embroidery, one in the morning and something different in the afternoon. Provide morning and afternoon tea, BYO lunch. Perhaps two price points, one for the morning or afternoon session and a price for attending both.

Do you understand the difference between “best before date” and “use by date”?

Best before date is a guide to the food being at its optimum before that date but does not mean it cannot be consumed after that date. It is still safe to use but it may have lost flavour.

Use by date, however, refers mostly to perishable foods which should be used by that date as they will have started to deteriorate and not be safe to consume after that date.

And finallyHere’s a tasty recipe to take advantage of all the healthy greens in our gardens.

STEAMED MINTED GREENS

Serves 2 (just add extra for bigger families).

Ingredients

- 1 small Zucchini thickly sliced or quartered, needs to be chunky.
- A handful of Kale, torn roughly.
- Some Snap peas, snow peas, leave whole.
- Broccoli head, broken into florets.
- Parsley, roughly chopped.
- A can of Edamame (baby soy) beans.
- A knob of butter mixed to a paste with finely chopped mint. Form into a ball.

Method

1. Place all ingredients, including butter, into a microwave safe bowl.
2. Microwave 2-3 minutes.
3. Shake and coat with melted butter. Flavour with a little salt and ground black pepper.
4. Serve.

AROUND THE BRANCHES

COORDINATOR: PAULA MCGAVIN

CENTRAL HIGHLANDS GROUP

Central Highlands Group has a varied and active Group Craft session every month run by members Allison and Christine. Though it's most commonly attended by members, anyone can come along and have morning tea and learn a craft. August's topic was "memory brooches", and everyone was invited to choose a few motifs and combine them to make a beautiful wearable memory. We meet on the fourth Monday of the month at the Macedon CWA Hall.



GEELONG GROUP

Wow! What a response.

The women of the Geelong Group donated over 370 kgs of non-perishable foods (2 pallets) with an approximate retail value of \$2,000 to the Geelong Food Relief Centre following their mid-year conference recently.

Group President, Lesley Johns and Geelong Thurina President, Barb Butler had the honour of delivering the goods, which were very much appreciated.



ROSEWHITE & DISTRICT

Our Branch celebrated our 15th Birthday on 17 July 2024, having lunch at the Happy Valley hotel in Ovens. Unfortunately, a few of our members were not able to share in this happy occasion for various reasons. It was great to have two former members celebrate this milestone with us.



Right Photo: Front row Jean Walpole L and President Janet Ivone R
Back row Diane Ryan, Chris McCracken, Lyn Waight, Lorna Martin, Pat McPherson, Secretary Marg Curtis, Paula McGavin, and former members Gwilma Brown and Lyn Cummins



MORNINGTON BRANCH

MORNINGTON MAGIC - The Mornington Branch had an amazing fundraising year that resulted in an outstanding amount of just over \$20,000.00. Yes, that's right, \$20K. WOW!!

This phenomenal achievement was made possible by the hard work and dedication of members and a well-oiled machine of a committee. This is no mean feat considering that only half of the Branch's 28 members are able to work at fundraising events. With ages ranging from 52 to 94, making the average age 76 years, the branch draws on a small group of enthusiastic, energetic and devoted women.

2024's fundraising was by way of local market stalls, Bunnings sausage sizzle and bake sales and some new catering opportunities. In March, the Branch undertook some fancy catering for a small local wedding and discovered just how creative, organised and professional they could be. Those that worked on this event discovered an inner passion for precision, perfection, and pride. Also, having connected with our local Shire Engagement Officers we were able to build a relationship and take part in their events. We catered for the seniors Teatime Dances, a Bush Dance and an information event. Another major fundraiser was the Flinders Seniors Expo, where half a dozen ladies worked all day producing 600 scones, 400 sandwiches and an uncountable number of cups of tea. These events were not only great fundraisers but also great advocacy events for getting CWA information out to the public.

Raising all this money meant that donations to several organisations were possible.

As members nominated charitable and/or not-for-profits, the committee did their due diligence to make

sure they were in line with CWA values and criteria. So far donations of \$9,000.00 have been made to selected organisations, with more to go out. This not only supports those in need but also our Victorian Head Office, as the branch sends 20% of that value to the general fund. They also supported head office with donations for the Junior Camp, Emergency Fund and the Suitcase Appeal. "Sharing is caring, and we love it."

Members who were unable to work at events did not sit idle, as all year the branch collected items to support the "It's In The Bag – Share the Dignity" annual event, with 21 bags filled full of feminine essentials. And let's not forget the craft, with around 70 trauma dolls to the hospital, 60 knitted dolls to essential service providers and 65 knitted items for those in need. This branch knits in its sleep, well nearly. Two craft groups a month have produced this wonderful tally but even more than this, it has produced wonderful friendships and unwavering support for each other.

As a member of the Mornington Branch, I am so proud of what we have achieved. The committee is dynamic and the members ever giving and supportive, a rare thing I fear in today's world. But as we gather more members and spread the love of CWA, I find my faith in humanity restored. Because isn't it just that, humanity, that we want to spread? By giving back to our community, being compassionate and doing it as a group, I'm sure it makes us think about what we are doing personally, and then being and doing better.

Shelley Clifton, Branch Secretary



ROSANNA BRANCH

On 22 August a couple of our fabulous members demonstrated how to make scones (both regular and gluten free) with jam and whipped cream. Then, of course, we had to sample everything for supper. It was truly delish! Our junior member, Amy had a great time learning how to make gluten free scones. Well done Amy.



PHILLIP ISLAND TWILIGHT BRANCH

Phillip Island Twilight Branch proudly catered for 100 guests at The Phillip Island Festival of Stories 'after party'. Our sponge cakes, cupcakes, sausage rolls, scones and nutloaf were firm favourites.

This wonderful literary event celebrates story telling in all its forms, messaging that everyone has a story. Indeed, we do. Presentations from Rosie Batty, Wendy Harmer, Kerry O'Brien, Jacinta Parsons, Veronica Gorry and Rosalie Ham were among many from other authors and journalists.

Stories included Australian current and past affairs, aging and ageism, gender-based discrimination, domestic violence, racism, travel, fun and adventures. Building resilience through hard times was a common theme.

Speaking of stories, last month, our local Maternal and Child Health Services team leader Catherine suggested we could help with supplying books for their home visits to 2 and 3-year-old children, in vulnerable families. The idea was that the child could choose a book to keep from a selection and ask their parent or carer to read it with them. One of our members Suzie



From left to right: Angela, Robyn, Kim, Suzie and Brenda

was able to source boxes of beautiful children's books donated by an Australian publisher and our treasurer Brenda made book bags. Now we are ready to support this incredibly important initiative to foster children's literacy and family story time.

SCARSDALE STIRRING THE POT

Lynda, one of our members, volunteers with SoupBus Ballarat. The SoupBus operates five nights a week, in all weather, providing meals to Ballarat's homeless and less fortunate dispensed from the purpose transformed bus "Jono". Since February 2024 SoupBus Ballarat has also provided sit down meals at a Community Centre in an outer suburb of Ballarat to service people who can't travel into the CBD.

Of course, meals don't prepare themselves so Lynda organised our branch to have a 'cookup' to provide over 100 meals but before we had our own MasterChef experience, we had some serious touring of the Soup Bus facilities and also the recently built Food Bank Victoria (Ballarat)

FoodBank Victoria provide vital food and grocery relief to over 500 charities (SoupBus Ballarat included) and 1,000 schools across the state.

We rolled up our sleeves, peeled, chopped, sautéed, whipped and created some delicious meals which looked very appetising. We were able to keep costs down with generous donations from members, local businesses and the much sought after pantry items from the SoupBus supplies.

The feedback from the diners was "awesome" and they are very keen for us to do it all again. Which we shall!



WEBBCONA BRANCH

The Day Webbcona Branch Went to School

Six inspired ladies went to school one day

An invitation we received to talk about CWA

To Seventeen interested students
Of a Sociology class

They intently listened to our talk and power point display

Many questions asked about our History, Aim and Art,

The part we play in society

What kind of work we do

Of economics, policies,
and politics

Helping the vulnerable and caring for each other too.

Webbcona Branch was invited by Year 12 Sociology students at Loreto College, Ballarat to give a presentation about CWA and how it creates a sense of belonging and connection with the community, impact on technology, political and economic impacts for their end of year assignment.

Six members attended, armed with a PowerPoint display, samples of donations we make, recipe books (old and new) and memorabilia, scrap books, knowledge to share, and magazines to give away.

We shared the history of CWA in Australia, information about our Association, groups and branches and our individual experiences. Interested students asked many questions which included the cost of membership, how technology has been used within our branches (positive and negative), how we raise funds and what we do with funds raised.

Our members were asked if they would complete a survey. Questions asked included the length of time we had been in CWA, how and why we became a member and what makes us feel included in CWA.

We reciprocated by requesting the students complete a survey for us including how they heard about CWA, if they have family members in CWA and would they consider joining. Replies included further questions about Junior – Student membership, "definitely", "I am inspired to join", "seems a lovely community". Only one student had a grandmother who was a member of CWA.

We were delighted to be able to promote CWA to a younger audience. It was an enjoyable, positive experience.

UMINA BRANCH HIGH TEA AT THE HOTEL WINDSOR

On Monday, 12th August 2024, the Umina Branch hosted an exquisite inaugural High Tea in the Grand Ballroom of the historic Hotel Windsor in Spring Street, Melbourne.

A packed room of guests enjoyed entertainment provided by opera singer Stephen Coutts while savouring the delights of the Windsor's famous high tea with a glass of champagne.

Profits from the event were donated to the Association to support the continuing upgrade of the kitchen facilities.

Congratulations to the Umina Branch organisers who planned the event over several months and thank you to all who attended and supported.

A wonderful afternoon was had by all – and what a wonderful change that for once, our members didn't need to make the afternoon tea!

Photos by Judie Gade



TRARALGON BRANCH

Traralgon Branch members have been busy crocheting and knitting children's and adults beanies, teddy bears and other animal toys. Recently we welcomed Fiona Williamson from Berry Street in Morwell to a meeting and gave her a lovely collection of these articles to distribute where needed as well as a well-deserved donation. Both the donation and crocheted and knitted items were very well received.



Photo : Left to Right Traralgon Branch Joy Waltham President, Fiona Williamson Berry Street Morwell, Barbara Derham Secretary

WHOROULY BRANCH

For our July branch meeting members were asked to bring something interesting for a show and tell. This proved to be a very enjoyable activity.

One of the highlights was a carved emu egg that was brought in by Clare Coburn. This egg once belonged to Clare's grandmother, Gertrude Frantz (1879-1949), who used to live at Lake Charm, near Swan Hill.

The art of emu egg carving (or kalti paarti carving) became very popular in the mid to late nineteenth century. They were usually created by Aboriginal artists and decorated with traditional markings and designs.

However, this egg is decorated with European imagery, including a swallow and a grape vine, and is inscribed with Gertrude's maiden name "Bendschneider". Gertrude's father (and Clare's great grandfather) Julius Bendschneider (1834-1897) was a German immigrant who arrived in Australia in 1865.



MAGIC MENDING WORKSHOP

Saturday 12th October 2024
9.30 am – 4.00pm

*Umina, 3 Lansell Road,
Toorak in the Craft Room*

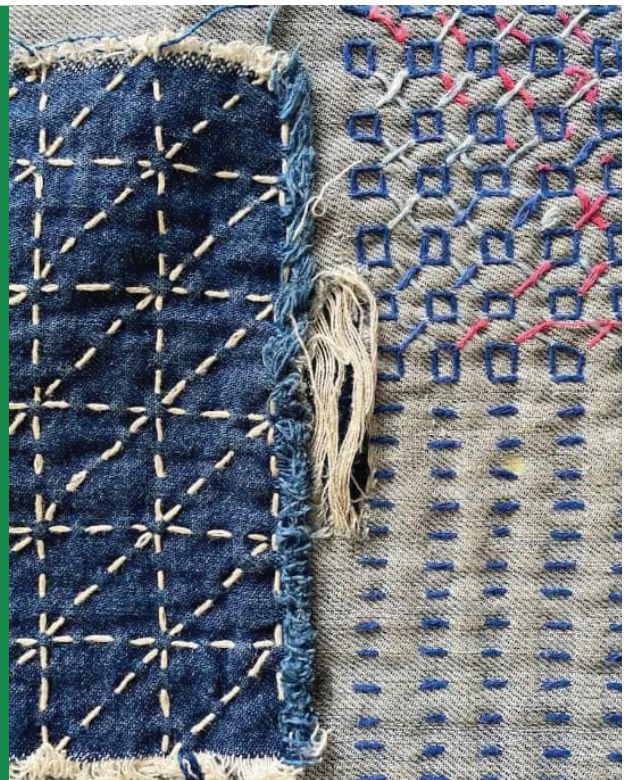
This class emphasises the reuse of textiles,
giving them a new lease of life.

Come and enjoy a relaxing day with well-known
CWA of Victoria tutor, Mary, as she guides you
through the art of Sashiko.

Couse Includes: Tuition, a kit providing you with
Sashiko requirements, morning/afternoon
tea and lunch

Workshop cost: \$150 per person. Bookings at:

<https://www.ticketebo.com.au/magicmendingclass2024>



Their Memory Lives On

ELSIE HAMLIN

It is with sadness that the TALLANGATTA Branch says goodbye to **Elsie Hamlin**. Elsie was a long time member of Tallangatta after coming to us from Cravensville Branch when they closed down.

Elsie was a judge at State level in both Craft and Home Industries. She was a talented China painter and quilter.

She will be very much missed by all.

GWEN FAIRBROTHER

17.09.1923-24.07.2024

Mrs Gwenda Margaret Fairbrother (nee Hindson) was a member of MIRBOO EAST Branch, joining when she first arrived in the district as a young bride. Driving her mother-in-law to the meeting, she was instantly elected branch secretary. This began a lifetime of service to the Association, including the roles of Branch President and Branch Secretary. When the Branch closed, Gwen joined Mirboo Branch. During this period Gwen was Group President of Gippsland Hills Group from 1973 to 1975. A talented craft worker, the walls of Gwen's homes were always decorated with examples of her expertise and creativity, while many were given away or made as presents. Gwen held a Handcrafts Judges Badge for many years and her comments while judging were always appreciated. On retiring from the farm and moving to Leongatha with her husband Don, Gwen joined Meenyan Branch where her knowledge and skills were equally respected. Life Membership of the Association was bestowed on Gwen in 2006. A Seventy Year Service award was presented to her in 2018. Gwen died peacefully at Woorayl Lodge, Leongatha where she had resided for a number of years.

IRENE CROUCH

MILDURA MERBEIN Branch are deeply saddened by the passing of their loyal member, **Irene (Rene) Crouch**. Rene was a tireless worker for the craft group which, although only a small gathering, was full of fun, fellowship and lots of "cuppas". Rene will be remembered with great fondness for her cheerful ways and kindness to us all. She overcame many adversities to attend and her commitment was to be admired. We extend our condolences to her family.

JOAN BRASZELL

CANIAMBO members were saddened by the passing of **Joan Braszell** who was an Association member for 35 years. She initially joined Congupna branch and then transferred to Caniambo.

Joan was an active branch member who enjoyed and participated in the activities of our branch until failing health prevented her from joining with us. She was president of Caniambo branch and was a past Eastern Goulburn Valley Group president. Joan was an avid crafter and cook, sharing her skills with CWA members and grandchildren.

A loved and valued member.

MASIE PUTNINS

It is with great sadness that TALLANGATTA Branch says goodbye to **Masie Putnins**. Masie came to us from Granya Branch when it closed. Masie had been President, Secretary, Treasurer and Group President. Masie did the most beautiful knitting and won a lot of prizes at the local show and also State Exhibitions. Masie was also a life member.

WILMA KITSON

Our dear friend and member of TRARALGON Branch **Wilma Kitson** passed away recently. Wilma joined our Branch in the 1970s and looked after the hiring of our CWA Hall for about 25 years. Wilma was a Life Member. When we were in the Latrobe Central Group and entered the Group and State Drama, Song and Costume Festivals, Wilma loved these fun times and she won the Best Actress on some occasions. Wilma was a very good member, happy to take part in all Branch activities, and a good friend to all. Rest In Peace.



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

care empower contribute

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