

# Victorian COUNTRY WOMAN



The Country Women's  
Association of Victoria Inc.

care **empower** contribute

*All women, all ages, all places*

MAY / JUNE 2025 | VOLUME 73 NUMBER 2



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Association of Victoria Inc.**

**care empower contribute**

# Join Us!



Photo Credit: Judie Gade

## 30 - 31 May 2025 STATE CONFERENCE 2025

### Welcome to Shepparton!

This year, State Conference returns to regional Victoria. The conference will include an array of keynote speakers, debate on resolutions, voting on the special resolutions with important changes proposed to our constitution and much more. This is your opportunity to meet with members from across Victoria and to make a difference.

This year's State Conference Dinner is going to be something special. It will be held at Shepparton's renowned Museum of Vehicle Evolution (MOVE). Here's a sneak peek at the venue here: <https://www.moveshepparton.com.au/> with entry to the Loel Thomson Collection – one of Australia's most significant costume collections.

So get your CWA friends together for what promises to be an inspiring, fun and memorable few days in Victoria's amazing Goulburn Valley region.

**All members welcome**

### EVENT DETAILS

**State Conference 2025  
and the Association's  
97th Annual General  
Meeting**

### VENUE

**The McIntosh Centre,  
Thompson Street,  
Shepparton, Victoria**

**Conference Registration  
Essential:**

Via your Branch

### STATE DINNER

**6 pm (Exhibition  
Viewing) for 7 pm  
FRIDAY, 30 May**

**Museum of Vehicle  
Evolution (MOVE)**

**7723 Goulburn Valley  
Hwy, Kialla, Victoria**

Dinner cost: \$75 per  
person includes two  
course dinner, tea and  
coffee and museum  
entry (usually \$20)

Dinner bookings online  
at:

[https://www.ticketebo.  
com.au/CWA\\_Stateconfer-  
ence2025](https://www.ticketebo.com.au/CWA_Stateconference2025)





The Country Women's  
Association of Victoria Inc.

care empower contribute

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Margaret Gardner AC, The Governor of Victoria

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Viviane Chemali

**State Vice President**

Peg Higginbottom

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Associated Country Women of the  
World (ACWW)

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## COVER PHOTO

Shepparton cows  
Photos by Judie Gade

## 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:** Go Girls Foundation

**Craft of the Year:** Traditional Candle Wicking

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# STATE PRESIDENT



**Jennifer Nola**  
State President

This week saw the completion of our training series for the new Group Presidents. I am very confident that the new group of GPs will do a sterling job supporting their branches. They are the new leadership group of the Association and will be joining the second year Group Presidents and I couldn't be happier with the enthusiasm and keen interest that has been shown

throughout the four zoom sessions and the full day of face-to-face training held at the end of March. I hope these training sessions have left them feeling empowered to take on their new roles and combined with their innate enthusiasm for the new role they are taking on the Association is in good hands for the next twelve months! We have covered topics such as civility and how to handle poor behaviour, Group financial responsibilities and branch and group financial returns, how to start a new branch and when necessary, how to close a branch, how to run a meeting especially an AGM and conference and how to handle welfare and emergency payments to name a few topics. All State Committee Chairs briefed the GPs on their committees and how they can support one another. For those who don't realise, the position of Group President is a vital link between Branches and Head Office and if the role is carried out well it makes such a difference to the operation of the Association. I hope this training has empowered our new leadership group to take on their roles with confidence and continued enthusiasm.

Preparations for the State Conference are well under way. Our State Dinner will be a hoot at the Museum of Vehicle Evolution with the Loel Thomson collection entry included in our dinner price. I can't wait to wander through MOVE and the costume exhibition before dinner. Thank you most sincerely to Group President's Helen Sands (GP Eastern Goulburn Valley), Janette Mason (Goulburn Valley West) and Bridget Goulding (Central Murray) for their enthusiastic assistance in hosting this year's Conference in Shepparton. They have been more than accommodating and supportive of head office in getting this event up and running. I hope as many of you as possible will avail yourself of the opportunity to gather in a regional location this year.

I expect some spirited discussion on our resolutions and look forward to the various guest speakers who will attend this year's conference. I look forward to announcing the total donated to the Fiona Elsey Cancer Research Institute from our Thanksgiving Fund and thank each and every one of you for your generous support of this organisation. Our conference donation this year will be one-kilogram bags of rice for the Shepparton Foodshare organisation. I am not sure they actually understand how generous the women of the CWA of Victoria are and what the volume of donations will be based on the comment of 'will I bring a car on Friday to collect the bags donated?'

There will be some exciting announcements at state conference in regard to our membership software and our centenary planning along with briefings from our new partner DV SafePhone, the NBN, scam warnings and demonstrations of our communications toolkit for those who need assistance. As the old saying goes 'be there or be square!'

I extend my most sincere thanks and appreciation for the support and friendship of the 2024-2025 board and state council members. You have been an awesome group of talented women who have been extremely generous with the time volunteered to the Association and your kindness and generosity of spirit extended between members and to me. I look forward to working with as many of you as possible again in the year ahead in one way or another.

At the recent State Presidents zoom which I hosted since last September, South Australia State President Roslyn Schuman advised that drought has been declared in that state. It can only be a matter of time before Victoria follows suit judging by the warm and balmy weather we are experiencing, and the dreadfully dry conditions and lack of rain being experienced in the southwest, central and mallee regions of the state. Please take note of those who need assistance and keep me briefed on local issues.

These meetings continue to explore the options available to each state for supporting the women and communities of the South Pacific in light of the changed direction of ACWW. We are making good progress in regards to our options and I look forward to having more to say on this in the coming months.

There is still so much to do for the Association to bring it into this decade as a relevant, committed and useful contributor to our communities. I look forward to seeing many of you involved in our committees and hope to have the membership lists available at conference. Thank you to all who have volunteered to join a committee, your generosity of time and spirit is greatly appreciated. I will see you at one of the relevant meetings over the next few months.

Finally, I ask you to make every effort to vote on the proposed constitutional changes which are aimed at modernising our constitution and making it and the Association more relevant and in keeping with a modern not for profit charity such as we aim to continue being! Thank you for your support, feedback and attendance at sessions held to discuss the proposed changes.



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# EDITOR'S REPORT



**Amanda Millar**  
Communications and  
Magazine Committee

In mid-2023, I somehow agreed to serve as Chair of this amazing Committee and as Magazine Editor because no one else in the Association put up their hand. As with all things in the Association, I have gained so many skills over the past 2 years. I've had a chance to use new (or at least hidden) skills. I've met and worked with some incredibly talented and amazing women, and I hope I'm leaving things better than I found them.

## ACHIEVEMENTS IN THIS LAST 2 YEARS HAVE INCLUDED:

- A new look Victorian Country Woman magazine – with 12 jam-packed editions out the door and into your mailboxes;
- The introduction of the new monthly eNewsletter to keep our members better informed about the Association;
- A new name: Communications & Magazine Committee to reflect our move to a broader (including digital) platform;

- New themed magazines and more feature articles including Around the Branches, interviews, more food, and topical articles; and
- Conduct of a Member's Communication Survey in 2024 with further changes introduced in line with members' feedback.

As I will be stepping down as Committee Chair and Editor at State Conference, I wish to particularly thank the very fabulous members of the Committee with whom I've had the pleasure of working including: Jane Dewildt (Deputy Editor), Jenny Tuck (Deputy Editor), Agnes Veldhuizen (Committee Secretary), Danielle O'Farrell, Judie Gade, Paula McGavin and Joanne Legg. I would also like to thank our dedicated team of proofreaders, our talented external Desktop Publisher Deb Thompson and the fantastic team at Focus Print Group.

To our members – thank you for giving me this opportunity. Never forget how truly blessed we are to be a part of the esteemed Country Women's Association of Victoria Inc. and how much we continue to achieve for the women, children and families in need in Victoria.

Signing off for my last ever, ever edition.

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# AGRICULTURE AND ENVIRONMENT



**Margaret Wood**  
Agriculture and  
Environment Committee  
Chairman

Our Committee has had a few interesting topics to look into over the months. At the moment we are organising the Festival of Gardens for this year. It will run from 1 October to 30 November.

I'm sure there are a few Branches and Groups who have some beautiful gardens to open or have a horticultural speaker at an afternoon tea or something similar to share. It's still \$15 for all gardens and you can have a stall

or two selling goodies. Just contact Joanne or myself to find out more and go online to register your gardens.

We are looking forward to seeing you at State Conference at our stall on our Product/Resource Industrial Hemp. Judie is organising that and I'm sure it will be fantastic. Come along and say hello.

One of our topics during the year was to do with the impacts on farmers of many current developments. The Committee had a Zoom discussion with six farmers to speak about mineral sands, solar panels, wind farms on properties, and what it was doing to their families and their farming land, which is our food security.

We also looked into the rights of small market garden owners and water rights.

If you have anything you would like us to look into please let us know, or if you would like to join the Committee just write to the State President.

I would like to thank all the Committee for all their help over the year. To Meg Parkinson, Kate Cummins, Leanne Menegazzo, Peg Higginbottom, Judie Gade, Barbara Ireland, Carolyn Asquith, Kelly Woods, Joanne Alderman and also our State President Jenny Nola, thank you ladies.



Photo by Dan Meyers on Unsplash

# CREATIVE ARTS



**Mary Grant**  
Creative Arts Committee  
Chairman

The updated schedule for the 2025 State Creative Arts Exhibition is now available on the website and was provided in the January Postings. Please get one and start to organise your entries now. Entries close Friday 18<sup>th</sup> July

I hope to see lots of entries in the State Exhibition, as Group Creative Arts Exhibitions are producing some great exhibits. Don't be afraid to enter at

State level. It is a great experience and your individual critiques are invaluable in learning and improving your craft.

On line registration of entries for State Creative Arts Exhibition are very slow. This is the only way you will be able to receive your entry tickets.

No registration/payment- no tickets!

Please attend to this ASAP. Register, pay and then get your entry sheets to Entry Coordinator, Heather Scott. Her job is made easier if you enter early.

The State Exhibition is at Kyabram on 8 and 9 August. I look forward to seeing many of you there with lots of entries. Regional Groups could organise a bus trip to the Exhibition.

Group Presidents please encourage members to exhibit and, if possible, assist them to get entries to Kyabram. Don't forget the themes for Group Entries. For Handicrafts it is "Something with Wings" and for Home Industries "Tropical".

We are still looking for a suitable venue to host 2026 State Creative Arts – preferably somewhere in NW Victoria.

A new set of trainee Home Industries Judges have just completed their initial training and will now be visiting lots of Exhibitions and Shows to enhance their knowledge.

**Dates for diary-** some important amendments

Handcraft judges trainings June 21/22, July 19/20 has been postponed until later in the year as we did not get enough interest in running it now. If you would like to train as a judge in either Handicrafts or Home Industries please let me know and we will reschedule for later on.

**The Annual Junior camp** is scheduled for Monday/Tuesday 7/8<sup>th</sup> July with "All Things Creative" being the theme. Group presidents will have received an outline of the program to share with their Juniors.

Please let me know if you wish to include Candlewicking in your Craft days.

**A traditional part of Candlewicking** embroidery is tufting or Turkey Stitch. To achieve tufting, the pattern is outlined in running stitches leaving a loop of thread between each stitch, this loop is then cut to form tufting,

**The traditional Candlewicking stitch is the Colonial Knot.** The colonial knot is an embroidery stitch that creates a textured, raised knot, often used for decorative purposes. It's similar to a French knot, but with a different technique that results in a tighter, more solid knot. It involves wrapping the thread around the needle in a figure-eight pattern before pulling it through the fabric.



**Planned workshops** for this year have been well patronised. In February, we ran the ever-popular Preserves workshop, and on April 5 and 6 the Pulses Plus and Fabulous Ferments workshops. These were well attended by a mix of CWA members and outsiders. It is our aim to encourage outsiders to attend these workshops, so, when you see them on Facebook or other social media, please share the information so we can increase the coverage.

**Some hints for Exhibitors at Kyabram Exhibition**

**Baby clothes** Use flat buttons, sewn on with matching wool. The seams need to be flat, the neck opening big enough to go over the baby's head and sleeves loose. No ribbons. Avoid very lacy open work for items for tiny babies.

**Character Doll** The doll should be dressed to accurately represent the desired or stated character. For example, a kilt on a Scottish Doll. Clothes should be neat, well-made and show good workmanship.

**Dressed Doll** The clothes are the important part, not the doll. Clothes should fit well, be neatly sewn, and easy for a child to remove. Underwear must be included. Press studs are allowed.

We are looking forward to seeing lots of creativity during the year.

"You can't use up creativity. The more you use, the more you have." —Maya Angelou

**Ever tried a Dump Meal?** Its an uncooked meal with all ingredients packed into a container and frozen and then just "dumped" in the slow cooker when ready to cook for a meal. Try this one.

**Ginger-Peach Chicken**

Freeze: 1 kg chicken (thighs/breasts), 375 g peach slices, a sliced red onion, 2 tbsp brown sugar, 2 tbsp soy sauce, 1 tbsp freshly grated ginger, 2 tsp ground coriander.

Cook: High for 4-5 hours.

Serve: With rice.





Tarrawarra Branch



# ANZAC DAY

## TARRAWARRA BRANCH

In the Yarra Valley the CWA Tarrawarra branch covers two suburbs.

On Anzac day the ladies from Yarra Glen place a homemade wreath of poppies in the morning at 10 am. The ladies from Healesville get to join in the many groups and march along the Healesville main street before laying a similar wreath. All the poppies are knitted or crocheted by those in each branch so everyone gets involved which is brilliant.



Tarrawarra Branch



Rosewhite and District Jean Walpole and Helen Mummery



Wreath made by Rosewhite and District Craft Group



Tallangatta Branch Wreath



Beechworth Branch Beryl and Barbara



Beechworth Branch President Kathryn Chivers



# FOOD FOR WINTER



Karina Noblett

Lobsouse is an old-fashioned one pot dish using shin of beef and traditional vegetables such as potatoes, carrots, onions, leeks and peas. It is traditionally from the city of Liverpool in the UK, hence Liverpoolians are affectionately referred to as “Scousers”.

As an inexpensive meal for a family of 5 kids this was a popular Sunday dinner cooked by Mum and occasionally Dad, who liked to experiment with ingredients, not always successfully. Thankfully we all survived.

Karina Noblett

## LOBSCOUSE

**Preparation time:** 20 minutes

**Cooking time:** 2 hours 30 minutes

Recipe (serves 6)

### Ingredients

675g of boneless beef shin (gravy beef or beef shank) cut into 2.5 cm chunks

1 tablespoon oil

2 carrots, peeled and cut into chunks

1 onion, peeled and cut into wedges

2 small leeks, trimmed and sliced

3 sprigs fresh thyme

750ml hot beef stock

675g potatoes, peeled and quartered

75g frozen peas

2 tablespoons Worcestershire or brown sauce

### Method

1. Preheat the oven to 170°C, 150°C Fan, Gas Mark 3
2. Heat the oil in a large flame/ovenproof dish with a lid and cook the beef for 4-5 minutes until browned. Add the carrots, onions, leeks and herbs. Season well and pour over the stock and add the Worcestershire or brown sauce.
3. Top with the potatoes, cover and cook in the oven for approximately 2-2½ hours until the beef is tender.
4. 5-10 minutes before the end of the cooking time add the peas and return to the oven uncovered for the remainder of the cooking time.
5. Simply serve this one pot dish as is or with crusty bread.



Photo by Peter Schad on Unsplash

# PROPOSED AMENDMENTS TO THE CWA OF VICTORIA INC. CONSTITUTION

## 1 SCOPE

In accordance with our regular review program for our constitution, The Country Women’s Association of Victoria (**CWA**) is considering amendments to its constitution to better align with modern governance practices and enhance fairness and operational efficiency.

In order to amend CWA’s existing constitution, a special resolution must be passed by not less than three quarters of the Voting Members who are present and entitled to vote at the meeting are in favour of the resolution. The Board and State Council propose that the new constitution will be put to members at the Annual General Meeting in May (**AGM**), and if approved elections for officeholders would be based on the new rules, subject to formal registration of the amended constitution which is expected to promptly follow the AGM. A table showing the proposed amendments, is annexed below (**Annexure 1**).<sup>1</sup>

The summary of proposed changes below is a very high level summary only. Members are encouraged to read the changes to constitution, available on CWA’s website.

## 2 SUMMARY OF THE PROPOSED AMENDMENTS

In addition to several adjustments to terminology and administrative procedures, a key proposed amendment to the constitution **increases the maximum terms for both the Board and the State Council members**. Under the amendments:

- Directors may serve up to 3 consecutive terms of 3 years each, for a total of 9 years;
- State Council members may serve up to 2 consecutive terms of 3 years each, for a total of 6 years;
- each State President, Deputy State President and State Treasurer may serve one term of 3 years and one term only in the relevant position, but may stand for and be elected to other roles subject to the maximum terms outlined above;
- term in a particular office is not otherwise regulated; and
- Directors and State Council members must retire after completing each term, but may stand for re-election (up to 2 additional terms for Directors, 1 additional term for State Council members).

For current members on the Board and the State Council, CWA will consider the number of consecutive years already served when assessing eligibility. For example, if a Director or State Council member has already served two consecutive years, they may stand for one more year before retiring. After that, they may stand for re-election to serve additional terms, with the maximum terms outlined above.

The intention of these proposed amendments is to reflect a more usual governance structure, allowing officeholders adequate time to contribute meaningfully to the CWA and deliver value before retiring from the Board/State Council. Officeholders are **not** required to serve a full term nor required to stand for re-election.

The proposed amendments also **give the Board control over appointing Committees. Committee Chairs may be elected by State Council members**, subject to that Committee’s charter. However, the proposed amendments would not prevent the State Council, a Group or Branch from appointing a ‘special purpose committee’ and delegating its powers or functions with such terms of reference as it determines.

<sup>1</sup> The exact changes remain under review.

### Annexure 1 Proposed amendments to CWA constitution

EXISTING CONSTITUTION	RECOMMENDED CHANGE	REASON FOR CHANGE
1.7 Definitions		
<b>Appeal Subcommittee</b> has the meaning given in Rule 4.6.	<b>Appeal Committee</b> has the meaning given in Rule 4.6.	Change reflects adoption of “Committee” terminology from “Subcommittee”.
<b>Appeal Subcommittee Members</b> has the meaning given in Rule 4.6.	<b>Appeal Committee Members</b> has the meaning given in Rule 4.6.	Change reflects adoption of “Committee” terminology from “Subcommittee”.



EXISTING CONSTITUTION	RECOMMENDED CHANGE	REASON FOR CHANGE
<b>Board</b> means the body having governance of the business of the Association constituted in accordance with Rule 6.1.	<b>Board</b> means the board of Directors of the Association as constituted from time to time.	Shift to “Director” terminology rather than “member” is to align with modern board practice and nomenclature.
<b>Board Member</b> has the meaning given in Rule 6.1.	Definition deleted	Definition now obsolete as replaced with definition of “Director”.
Chairperson	<b>Chair</b>	Shift of title from “Chairperson” to “Chair” aligns with modern board practice and nomenclature.
No corresponding definition	<b>Code of Conduct</b> means a policy document setting out the behaviour expected of the members which is made available to members on the Association’s website and, upon request, in hard copy.	Introduction of definition necessary to effect Rule 4.2, which allows for the Board to suspend a member from the Association due to a member’s failure to comply with the Association’s Code of Conduct.
No corresponding definition	<b>Committee</b> means a committee appointed by the Board under Rule 5.1(c)(ii) from time to time.	Definition of Committee references Rule 5.1(c)(ii) which gives the Board power to establish Committees.
<b>Committee Chairperson</b> means a person elected as chairperson of a committee under Rule 7.2(b) in accordance with Association policy, published from time to time.	<b>Committee Chair</b> means a person elected as chair of a standing Committee in accordance with Part 10 of these Rules, subject to that Committee’s charter, published from time to time. As at the date of adoption of this revised Constitution, the standing Committees are [ ].	This definition considers Chairs of Committees established by the Board. The amendment is intended to allow the Board to specify the mode of election of Chairs for Committees which are established by the Board, but not be locked into that if there is, for example, a short-term committee / project committee needed during the year.  The definition introduces a reference to Committee charters, which intends to allow for the creation of a document which may include terms of reference, role of Chair and reporting requirements.
No corresponding definition	<b>Director</b> means a person appointed as a director in accordance with Rule 6.	This definition was adopted from the original definition of “Board Member”.
<b>Disciplinary Subcommittee</b> has the meaning given in Rule 4.2.	<b>Disciplinary Committee</b> has the meaning given in Rule 4.3.	Change reflects adoption of “Committee” terminology from “Subcommittee”.
No corresponding definition	<b>Effective Date</b> means the date these Rules take effect under the Act.	This definition is intended to introduce a point of reference to the date the Rules in the amended constitution take effect (to allow for a clear transition from the original constitution).
No corresponding definition	<b>Electronic Transactions</b> means an act of buying or selling something or sending money using electronic means such as the internet.	The introduction of an “Electronic Transactions” definition is necessary to effect changes throughout the constitution which are intended to allow for the use of electronic payment methods rather than cheques.

EXISTING CONSTITUTION	RECOMMENDED CHANGE	REASON FOR CHANGE
<b>Executive Director</b> means the person who is employed with this title by the Association.	<b>Executive Director</b> means the person who is employed with this title by the Association, from time to time.	This amendment is a minor clarification which reflects that the person who is employed by the Association with title “Executive Director” will change from time to time.
No corresponding definition	<b>Transitional Provisions</b> means the provisions of these Rules appearing in Schedule 1.	The “Transitional Provisions” definition is necessary to effect the provisions found in Schedule 1 which facilitate the transition from the original to the amended constitution.
<b>3 Members</b>		
3.8 Application for membership  (a) To apply to become a member of the Association, a person must submit an application (which may be electronic or written in a Branch membership book) and pay the applicable Annual Subscription amount (or pro rata portion thereof in accordance with Rule 3.12 as applicable).	3.8 Application for membership  (a) To apply to become a member of the Association, a person must submit an application (which may be electronic or written) and pay the applicable Annual Subscription amount (or pro rata portion thereof in accordance with Rule 3.12 as applicable).	The reference to a Branch membership book is removed to reflect that this process will be included in a policy rather than the Constitution, to allow for ongoing flexibility in respect of membership application procedures.
3.12 Pro rata Annual Subscription  (a) If a person applies to become a new member more than 3 months after the Payment Date, a pro rata Annual Subscription is payable assessed on a quarterly basis having regard to the balance of the membership year remaining.	3.12 Pro rata Annual Subscription  (a) If a person applies to become a new member more than 6 months after the Payment Date in a year, that person shall pay half of the Annual Subscription.	This amendment is intended to simplify the subscription payment procedure.
3.19 Entitlement to vote at State Conferences  (c) is a Board Member.	3.19 Entitlement to vote at State Conferences  (c) is a Director.	Change reflects adoption of “Director” terminology from “Board Member”.
<b>4 Disciplinary action</b>		
No corresponding provision	<b>4.2 Decision of the Board</b>  (a) The Board may suspend a member from the Association, following advice from the Disciplinary Committee because of:  i. the member’s failure to comply with the Association’s Code of Conduct and as approved by the Board from time to time; or  ii. the member’s conduct being considered prejudicial or detrimental to the interests of the Association.  (b) The Board, following a complaint of a member’s behaviour that is considered materially prejudicial to the Association, may suspend that member immediately.	This amendment vests the Board with the ultimate decision-making authority to suspend a member from the Association.  This enables the Board to suspend a member whilst the Disciplinary process occurs in situations of very serious breaches of Code of Conduct and /or prejudicial or detrimental behaviour

EXISTING CONSTITUTION	RECOMMENDED CHANGE	REASON FOR CHANGE
<p><b>4.2 Disciplinary subcommittee</b></p> <p>If the Board is satisfied that there are sufficient grounds for taking disciplinary action against a member, the Board must appoint a disciplinary subcommittee to hear the matter and determine what action, if any, to take against the member (the “<b>Disciplinary Subcommittee</b>”).</p>	<p><b>4.3 Disciplinary Committee</b></p> <p>(a) If the Board is satisfied that there are sufficient grounds for taking disciplinary action against a member, the Board must appoint a disciplinary committee to hear the matter and advise the Board what action, if any, to take against the member (the “<b>Disciplinary Committee</b>”).</p> <p>(b) The Disciplinary Committee must meet as soon as possible if requested by the Board to hear and provide advice on the matters outlined in Rule 4.2(a)(i) and 4.2(a)(ii).</p>	<p>The change to subrule (a) reflects the adoption of “Committee” terminology from “Subcommittee”.</p> <p>The change to subrule (b) is intended to reflect the important of resolving disciplinary matters with expediency.</p>
See generally <b>rules 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10</b>	References to “Subcommittee” amended to “Committee”	Change reflects adoption of “Committee” terminology from “Subcommittee”.
<b>5 Powers of the Board</b>		
<p>5.1 Roles and powers</p> <p>(c) The Board may:</p> <p>ii. establish subcommittees consisting of members with terms of reference it considers appropriate;</p>	<p>5.1 Roles and powers</p> <p>(c) The Board may:</p> <p>ii. establish Committees, which may include Directors or other members as the Board determines, and with such terms of reference it considers appropriate, subject to Part 10 of these Rules;</p>	<p>Change reflects adoption of “Committee” terminology from “Subcommittee”.</p> <p>The terms of reference on which the Board establishes Committees are subject to Part 10 of the Rules, which governs matters such as eligibility, nominations, elections, terms of office and absences.</p>
See <b>subrule 5.2(a)</b>	Reference to “subcommittee” amended to “committee”	Change reflects adoption of “Committee” terminology from “Subcommittee”.
<b>6 Composition and proceedings of the Board</b>		
<p><b>6.1 Composition of the Board</b></p> <p>The Board shall consist of:</p> <p>(a) the State President;</p> <p>(b) the Deputy State President;</p> <p>(c) the State Treasurer;</p> <p>(d) up to 4 State Vice-President(s); and</p> <p>(e) a number of general members as the Board shall determine from time to time, but which shall not be less than 4 and must not exceed 7,</p> <p>(d) each of whom shall be a “Board Member”. Immediately following approval by the Registrar under the Act of this Constitution the Board shall comprise State President, Deputy State President, State Treasurer and the 4 Vice Presidents.</p>	<p><b>6.1 Composition of the Board</b></p> <p>The Board shall consist of up to 11 Directors and include:</p> <p>(a) the State President;</p> <p>(b) the Deputy State President;</p> <p>(c) the State Treasurer; and</p> <p>(d) a number of general members as the Board shall determine from time to time, but which shall not be less than 4 and must not exceed 8.</p>	<p>These amendments are intended to reflect discussion outcomes of the Board to modernise titles and set a maximum number of Directors. In practice there should be no material change to the size or operation of the Board.</p> <p>The position description for State Vice President and General Board Member will be consolidated into one with duties delegated to individuals according to the position description and their skill sets.</p>



EXISTING CONSTITUTION	RECOMMENDED CHANGE	REASON FOR CHANGE
<p>6.5 Specific duties of the State Treasurer</p> <p>(d) ensure cheques are signed by at least 2 of the following persons:</p> <p>...</p>	<p><b>6.5 Specific duties of the State Treasurer</b></p> <p>(d) ensure Electronic Transactions are authorised by at least 2 of the following persons:</p> <p>...</p>	<p>This amendment is intended to implement the transition to electronic payment methods from cheques. In the event that a nomination is not received for State Treasurer, an appointment will be made by the Board using the prepared State Treasurer Role Description.</p>
<p>See generally <b>rules 6.2, 6.3, 6.6, 6.7, 6.8, 6.9, 6.10, 6.11, 6.13, 6.14</b></p>	<p>References to “Board Member/s” amended to “Director/s”</p>	<p>Change reflects adoption of “Director” terminology from “Board Member”.</p>
<p>See <b>rule 6.12</b></p>	<p>Reference to “Chairperson” amended to “Chair”</p>	<p>Change reflects updated terminology throughout the constitution.</p>
<b>7 Powers of State Council</b>		
<p><b>7.3 Delegation</b></p> <p>The State Council may delegate to any committee or subcommittee any of its powers or functions, including (without limitation) committees for the following purposes:</p> <p>(a) catering;</p> <p>(b) creative arts;</p> <p>(c) membership;</p> <p>(d) ACWW International and Community Support;</p> <p>(e) magazine/communications;</p> <p>(f) the maintenance of the Association club;</p> <p>(g) agriculture and environment;</p> <p>(h) performing arts; and</p> <p>(i) social issues.</p>	<p><b>7.3 Delegation</b></p> <p>The State Council may delegate to any special purpose committee any of its powers or functions with such terms of reference as it determines, from time to time.</p>	<p>This amendment intends to preserve the ability of the State Council to appoint committees (that are not Board appointed Committees) for a special purpose – such as a short-term project – as required. Standing Committees will be established by the Board with the Chair elected by State Council. Current Committees are: Catering, Creative Arts, Membership, Community and International Support, Communication and Magazine, Club, Agriculture and Environment and Social Issues.</p>
<b>8 Composition of State Council, Groups and Branches</b>		
<p><b>8.1 Composition of State Council</b></p> <p>The State Council shall consist of:</p> <p>(a) the State President;</p> <p>(b) the Deputy State President;</p> <p>(c) the State Treasurer;</p> <p>(d) up to 4 State Vice-President(s);</p> <p>(e) all Committee Chairpersons;</p> <p>(f) all Group Presidents; and</p> <p>(g) all Members of Honour,</p> <p>each of whom may be referred to as a “State Council member”.</p>	<p><b>8.1 Composition of State Council</b></p> <p>The State Council shall consist of:</p> <p>(a) all Directors;</p> <p>(b) all Committee Chairs, <b>elected by State Council</b>;</p> <p>(c) all Group Presidents; and</p> <p>(d) all Members of Honour,</p> <p>each of whom may be referred to as a “State Council member”.</p>	<p>These amendments intend to reflect the updated terminology throughout the constitution and current structures.</p> <p>Composition of the State Council has been updated to reflect that State Council members (other than Committee Chairs) are not elected to State Council but are members as a function of their office.</p>
<p>See <b>subrules 8.2(h), 8.3(f)</b></p>	<p>Insertion of “special purpose” before “committee”</p>	<p>See row (28) above.</p>

EXISTING CONSTITUTION	RECOMMENDED CHANGE	REASON FOR CHANGE
<b>9 Meetings of the Associations, Groups and Branches</b>		
See generally <b>rules 9.5, 9.6, 9.10, 9.14, 9.15</b>	Reference to “Chairperson” amended to “Chair”	Change reflects adoption of “Chair” terminology from “Chairperson”.
See <b>rule 9.13</b>	Reference to “Board Member” amended to “Director”	Change reflects adoption of “Director” terminology from “Board Member”.
<b>10 Election of Directors, Committee Chairs, Group Officers and Branch Officers</b>		
<b>10 Election of Board Members, State Council members, Group Officers and Branch Officers</b>	<b>10 Election of Directors, Committee Chairs, Group Officers and Branch Officers</b>	Change reflects adoption of “Director” terminology from “Board Member”.  Reference to “State Council members” removed from title as only elected State Council members are Committee Chairs.
10.1 Eligibility to be a Board Member, State Council member, Group Officer or Branch Officer  (a) Subject to subrule 10.1(b), a member is eligible to be elected or appointed as a Board Member, a member of State Council, Group Officer or Branch Officer (except as State President) if the member:  i. is 18 years or over;  ii. is a Voting Member; and  iii. meets any other criteria as set out in policies or procedures made in accordance with Rule 5.1.  (b) A member is only eligible to be elected as State President if they have held office for at least 6 years (consecutive or otherwise) as either a Group President or as a member of State Council.	10.1 Eligibility to be a Director, Committee Chair, Group Officer or Branch Officer  (a) Subject to subrule 10.1(b), a member is eligible to be elected or appointed as a Director, Committee Chair, Group Officer or Branch Officer (except as State President) if the member:  i. is 18 years or over;  ii. is a Voting Member; and  iii. meets any other criteria as set out in policies or procedures made in accordance with Rule 5.1.  (b) A member is only eligible to be elected as State President if they have held office for at least 6 years (consecutive or otherwise) as either a Group President or as State Council member.	These amendments intend to reflect the updated terminology throughout the constitution.
See <b>rule 10.2</b>	Rule 10.2 re-ordered to become rule 10.3	No change to Rule other than order.

EXISTING CONSTITUTION	RECOMMENDED CHANGE	REASON FOR CHANGE
<p>10.3 Nominations</p> <p>(a) Prior to the election for each position, the Chairperson of the meeting must call for nominations to fill that position. Nominations must be received by the State President at least 45 days prior to the date of the relevant Association annual general meeting.</p> <p>(b) An eligible Voting Member of the Association may:</p> <ul style="list-style-type: none"> <li>i. nominate herself; or</li> <li>ii. with the member's consent, be nominated by another member.</li> </ul> <p>(c) A member who is nominated for a position and fails to be elected to that position may be nominated for any other position for which an election is yet to be held.</p>	<p>10.2 Nominations</p> <p>(a) Prior to the election for each vacant position of Director, State Council members, Group Officer and Branch Officer, the Chair of the relevant meeting must call for nominations to fill that position. Nominations for the Board (including office bearers) must be received by the State President at least 45 days prior to the date of the relevant Association annual general meeting.</p> <p>(b) An eligible Voting Member of the Association may:</p> <ul style="list-style-type: none"> <li>i. nominate herself; or</li> <li>ii. with the member's consent, be nominated by another member to be a Director, State Council member, Group Officer and Branch Officer.</li> </ul> <p>(c) A member who is nominated for a position and fails to be elected to that position may be nominated for any other position for which an election is yet to be held.</p>	<p>Incorporating references to the possible vacant positions intend to make this Rule more specific/ accurate.</p>
<p>10.4 Election</p> <p>(a) At the annual general meeting of the Association, Group or Branch (as the case may be), separate elections must be held for each office of the Board, State Council, Branch or Group (as the case may be).</p> <p>(b) If the number of members nominated for a position is less than or equal to the number to be elected, the Chairperson of the meeting must declare each of those members to be elected to the position.</p> <p>(c) ...</p>	<p>10.4 Election</p> <p>(a) At the annual general meeting of the Association, , Group or Branch (as the case may be), separate elections must be held for each vacated office of the Board, State Council (Committee Chairs), Branch or Group (as the case may be).</p> <p>(b) If the number of members nominated for a position is less than or equal to the number to be elected, the Chair of the meeting must declare each of those members to be elected to the position.</p> <p>(c) ...</p>	<p>The addition of "State Council" to subrule (a) is intended to reflect the fact that elections for Committee Chairs may be conducted at the annual general meeting of the State Council.</p> <p>Change to subrule (b) reflects adoption of "Chair" terminology from "Chairperson".</p>
<p>See <b>subrule 10.5(a)</b></p>	<p>Reference to "Chairperson" amended to "Chair"</p>	<p>Change reflects adoption of "Chair" terminology from "Chairperson".</p>



EXISTING CONSTITUTION	RECOMMENDED CHANGE	REASON FOR CHANGE
<p>10.6 Terms of Office</p> <p>(a) Subject to this Rule, each Board Member, State Council member, Group Officer or Branch Officer shall hold office until the position is declared vacant in accordance with Rule 10.2.</p> <p>(b) Board Members, State Council members, Group Officers and Branch Officers are eligible, and may be nominated, for re-election (including for election as a Board Member, State Council member, Group Officer or Branch Officer in the same or a different office).</p> <p>(c) A Board Member, State Council member, or Group Officer may serve a maximum of 2 consecutive terms (years) in a particular office. For the purposes of this Part, completing a term as a casual appointment will not be considered in determining whether a term has been completed.</p> <p>(d) A Branch Officer may serve a maximum of 5 consecutive terms (years) in a particular office.</p> <p>(e) At a meeting of the Board, Association, State Council, Group or Branch (as the case may be), the relevant body may:</p> <ol style="list-style-type: none"> <li>by special resolution remove an Officer or State Council member; and</li> <li>elect an eligible member of the Association to fill the vacant position in accordance with Rule 10.2.</li> </ol>	<p>10.6 Terms of Office</p> <p>(a) Subject to this Rule, each Director, State Council member, Group Officer or Branch Officer shall hold office until the position is declared vacant in accordance with Rule 10.3.</p> <p>(b) Subject to this Rule, Directors, State Council members, Group Officers and Branch Officers are eligible, and may be nominated, for re-election (including for election as a Director, State Council member, Group Officer or Branch Officer in the same or a different office).</p> <p>(c) Subject to subrule 10.6(i), a Director may serve a maximum of 3 consecutive terms of 3 years each.</p> <p>(d) A State Council member (other than a Director, to which subrules 10.6(c) applies) may serve a maximum of 2 consecutive terms of 3 years each.</p> <p>(e) Each Director and State Council member must retire after completing each term of 3 years.</p> <p>(f) A Director or State Council member who retires under subrule 10.6(e) may stand for re-election.</p> <p>(g) For each current Director and State Council member, in assessing the time served for the purposes of subrules 10.6(c) and 10.6(d) respectively, regard shall be given to the number of years they have already served in any office on the Board [or State Council prior to the date of adoption of this amended Constitution.</p> <p>(h) A State Council member or a Group Officer may serve a maximum of 2 consecutive terms of 3 years in a particular Group office.</p> <p>(i) Each State President, Deputy State President and State Treasurer may serve one term and one term only in the relevant position, but may stand for and be elected to other roles subject to the maximum terms in subrules 10.6(c) and 10.6(d).</p> <p>(j) For the purposes of this Part, completing a term as a casual appointment will not be considered in determining whether a term has been completed.</p> <p>(k) A Branch Officer may serve a maximum of 5 consecutive terms (years) in a particular office.</p> <p>(l) At a meeting of the Association, State Council, Group or Branch (as the case may be), the relevant body may:</p> <ol style="list-style-type: none"> <li>by special resolution remove an officer or State Council member; and</li> <li>elect an eligible member to fill the vacant position in accordance with Rule 10.3.</li> </ol>	<p>The rationale behind amending terms of office includes:</p> <ul style="list-style-type: none"> <li>Limiting the number of terms expiring at the same time. The Board can thus maintain continuity and new members have mentors with institutional experience.</li> <li>Term limits provide a mechanism for bringing in new members with new skill sets, fresh ideas and perspectives and networks. This helps ensure that the Boards composition reflects current and future leadership needs.</li> <li>Staggered terms and Board limits enable flexibility and strategic consistency which builds into the governance structure of the organisation.</li> </ul> <p>The remainder of amendments intend to reflect the updated terminology throughout the constitution.</p>

EXISTING CONSTITUTION	RECOMMENDED CHANGE	REASON FOR CHANGE
<p><b>10.8 Vacation of office</b></p> <p>(c) If the position of State President becomes vacant, the State Council must appoint a member to the position within 14 days after the vacancy arises.</p> <p>(d) The Board and State Council may each continue to act despite any vacancy in membership.</p>	<p>10.8 Vacation of office</p> <p>(c) If the position of Director (including any office bearer), State Council member, Group Officer or Branch Officer becomes vacant for any reason:</p> <p>i. in the case of a Director, the Board, in consultation with State Council; or</p> <p>ii. in any other case, the relevant body (State Council, Branch or Group), may appoint a member to the relevant position, provided that in the event of a vacancy in the State President, the Directors must elect a State President within 14 days after the vacancy arises.</p> <p>(d) Any member appointed to the Board, State Council, Branch or Group holds office only until the next general meeting of the relevant body but is eligible for re-election subject to Rule 10.6.</p>	<p>The amendments to subrule (c) seek to ensure consistency with the governance structure by requiring that vacant positions be filled in consultation with the relevant body and by ensuring casual vacancies only hold office until the next general meeting of the relevant body.</p> <p>The remainder of amendments intend to reflect the updated terminology throughout the constitution.</p>
<b>11 Financial matters</b>		
See <b>rules 11.3, 11.4, 11.5</b>	References to “cheques” amended to “Electronic Transactions”	This amendment is intended to implement the transition to electronic payment methods from cheques.
<b>12 General matters</b>		
No corresponding provision	<p><b>12.4 Transitional Provisions</b></p> <p>(a) The Transitional Positions set out in Schedule 1 shall apply in accordance with their terms as if set out in these Rules in full.</p> <p>(b) In the case of any inconsistency between the Transitional Provisions and any other provisions of the Rules, the Transitional Provisions shall prevail.</p>	This Rule is necessary to facilitate the transition from the original to the amended constitution.

EXISTING CONSTITUTION	RECOMMENDED CHANGE	REASON FOR CHANGE
<b>Schedule 1</b>		
No corresponding provision	<p><b>1 Term Limits</b></p> <p>(a) Service as a Director, State Council member, Group Officer or Branch Officer in any capacity prior to the Effective Date will be counted when assessing the time served for the purposes of Rule 10.6.</p> <p>(b) For the purposes of calculating a term of 3 years under subrule 10.6(i), any service in a role specified by that subrule prior to the Effective Date will be counted as part of such a 3 year term. For example, where a person has served for 2 years as a State President prior to the Effective Date, they may only serve a further year in that role.</p> <p><b>2 General Application</b></p> <p>These Rules must be interpreted in such a way that:</p> <p>(a) any register maintained by the Association immediately before the Effective Date is taken to be a register maintained under these Rules;</p> <p>(b) any seal adopted by the Association immediately before the Effective Date is taken to be a seal which the Association has under a relevant authority given by these Rules; and</p> <p>(c) unless a contrary intention appears in these Rules, all persons, things, agreements and circumstances appointed, approved or created under these Rules of the Association in force before the Effective Date, continue to have the same status, operation and effect after the Effective Date.</p>	<p>This Rule is necessary to facilitate the transition from the original to the amended constitution.</p> <p>Part 1 of Schedule 1 seeks to ensure that service in a position prior to the Effective Date – that is the date the Rules as drafted in the amended constitution come into effect – is counted when assessing time served for the purposes of determining whether a person is eligible to stand for re-election.</p> <p>Part 2 of Schedule 1 is of general application and seeks to ensure the continuity of any current register, seal, agreement etc. of the Association following the Effective Date.</p>

## STATE AGM LIVESTREAM

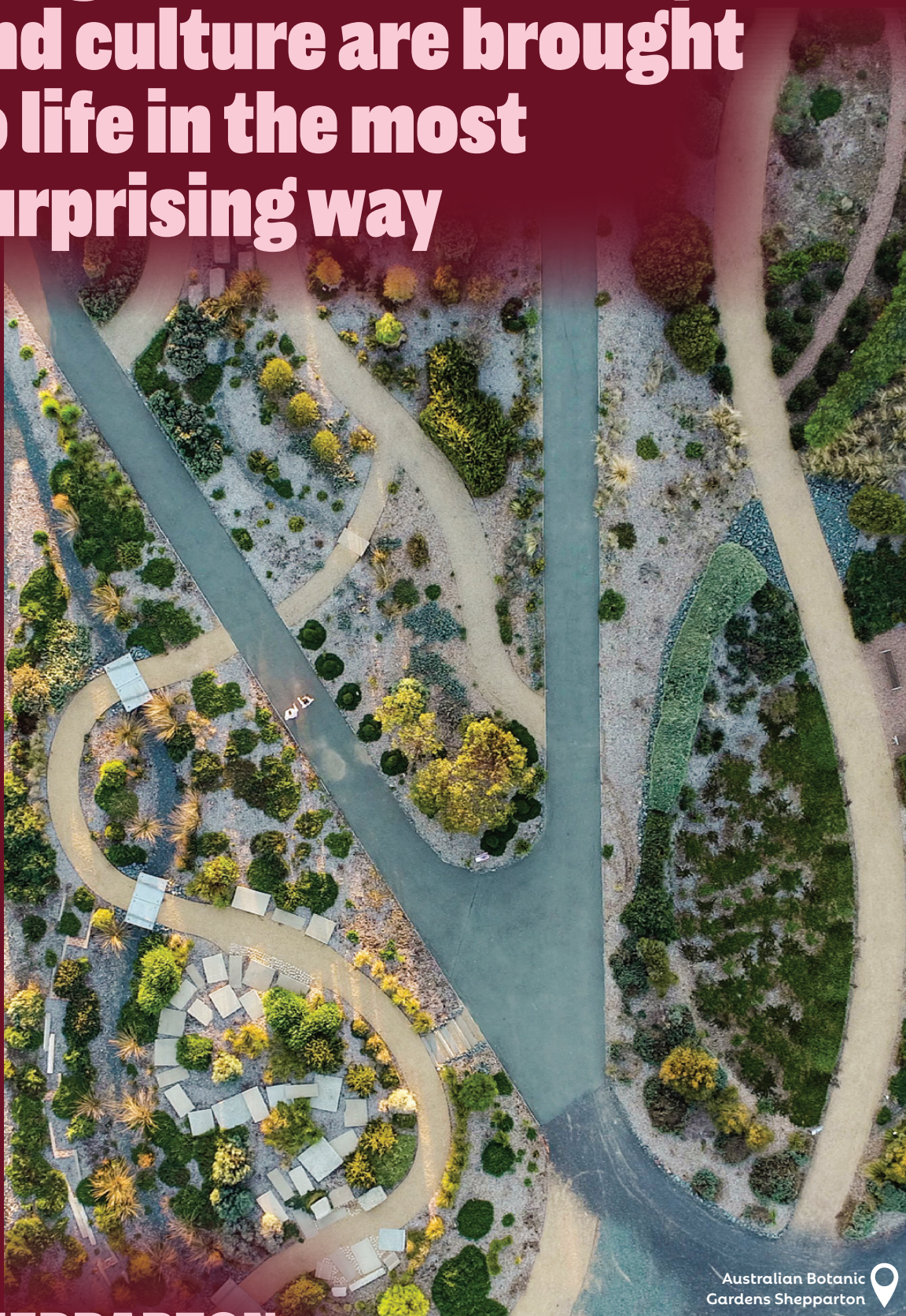


For members who are unable to attend State AGM in Shepparton in person – here is the link to join the AGM livestream on Friday, 30<sup>th</sup> May 2025 at 10:00 am:

<https://vimeo.com/event/5094373>



# A region where history and culture are brought to life in the most surprising way



Australian Botanic  
Gardens Shepparton



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## State Conference Collection for Foodbank Shepparton

Please  
bring  
1 kilogram  
bags of rice  
to donate



Photo by Seiya Maeda on Unsplash

## WELCOME TO SHEPPARTON

Shepparton is situated on the intersection of the north south Goulburn Valley Highway and East West Midland Highway. On behalf of the Eastern Goulburn Valley Group, Goulburn Valley West Group and the north Central Murray Group we welcome members of the Association to our city for the State Conference.

Shepparton has a variety of accommodation ranging from Holiday Parks, Motels, Apartments to B & Bs. If you can stay several days there are some free tourist attractions.

These include the Shepparton Art Museum known as SAM (closed Tuesdays), and the nearby environmentally sustainable Victoria Lake which is a great place to take a gentle stroll. There are extensive walking tracks along the Broken and Goulburn Rivers. The Australian Botanical Gardens, developed on a former rubbish tip, has a diverse variety of flora and a strong community volunteer support group. Street Art is found on public buildings and the Mooving Cow Art Sculptures dotted around local parks.

Other Attractions include the Museum of Vehicle Evolution (MOVE) and the associated marvellous Loel Thomson Costume Collection. The Shepparton Heritage Centre displays local history. Tatura has an interesting museum that highlights the Internment Camps in the area during WW2.

There are several nurseries, CBD shopping and two satellite shopping complexes. Food options include take aways, bakeries, cafes, pubs and restaurants. Factory sales outlets include SPC Factory Sales (Corio Street) that sells local and international foods. Pental Soaps (Drummond Road) have an outlet, and the factory is the home of White King production.

Shepparton can be a base to travel to Euroa and Nagambie to the south, Murray River towns (Echuca, Cobram and Yarrawonga) to the north, Benalla the gateway to the North East and Mooroopna and Tatura to the west. The Shepparton Tourist Information Centre adjacent to the ground floor of SAM is an excellent resource for your stay.

The conference will be held at the McIntosh Centre within the Showgrounds complex situated close to the railway station. The Centre has ample parking and easy access on a flat surface.

We hope you take the opportunity to attend the State Conference in a regional centre.

Helen Sands  
Eastern Goulburn Valley Group President



# VISITING SHEPPARTON

So, while we are all up in Shep, as its colloquially known, what else can we do? Well, I have had a quick look and there is an abundance of things to choose from.

My favourite is trying to spot the Moooving Cows art that can be found all over Shep. The cows adorn city parks and public places bringing colour and personality to the city and you may also find them high up in the sky!

First set up in 1999 the Merry Moos, were only going to be on display for a Christmas campaign. The herd, created by local artists to celebrate the culturally diverse and inspiring region, was so successful it was decided to expand the concept and Moooving Art was born!

Shepparton cows are now known for their whimsical and ever-changing personalities! There are over 90 in the herd, including 3 calves. Each is individual and distinctive in their persona. You can keep track of the latest herd movements and new additions by following Moooving Art on Facebook and Instagram or check out the herd locations on this website. <https://sheppandgv.com.au/see-and-do/moooving-art>

Victoria Park Lake, located in the heart of the city of Shepparton is a tranquil, picturesque area, popular with visitors and locals for walking, cycling, picnics, fishing, bird watching and outdoor games. It's also the home of the Shepparton S-Cape skate park, extremely popular with the kids and those young at heart.

Greater Shepparton Visitor Centre, and cafe have picturesque views of Victoria Park Lake. The lake also plays host to numerous events throughout the year and the weekly Shepparton Parkrun on a Saturday morning.

So, if any of you want to get out and have a run, please don't let me stop you. Myself? Well, I'll be happy to sit, enjoy the view and have a lovey cuppa while I watch the world run by.

Kaiela Arts gallery is nearby, and the Shepparton Art Museum or SAM for short has plenty of exhibitions on if you would like to call in. The Shape of Things to Come exhibition runs through till June 9. The Emerald City exhibition has a selection of green hued historical and contemporary ceramics that reference L Frank Baum's novel *The Wonderful Wizard of Oz*.

There are also the Australian Botanic gardens, which look amazing. Open all day everyday there is always something going on to look at or walk through. Have a look on the website. You can climb to the top of Honeysuckle Rise to look out over the various themed gardens.

<https://greatershepparton.com.au/community/recreation/parks-playgrounds-skateparks/botanic-gardens>

And remember no matter where you decide to visit while up for the conference, please send a photo to the Magazine so we can share the experience in a future issue. We'd love to hear from you, Honest.

Joanne Legg



Shepparton cows, photos by Judie Gade



# CUTLERY ROLL PATTERN FOR MELBOURNE ROYAL SHOWBAGS

Cutlery rolls are used to keep your cutlery items in your car glove box, handbag, travel or work bag so that you always have proper cutlery available when eating takeaway or picnic meals rather than resorting to disposable cutlery which adds to landfill waste and damage to the environment.

As the selected handmade item for the 2025 Country Women's Association of Victoria Inc. Showbags to be sold at the Melbourne Royal Show, we need the assistance of our branches and members in making 800 of these cutlery rolls before the end of July 2025.

The roll an easy item to make and we would appreciate your support in helping to make the Show a great success again for our Association.



## REUSEABLE CUTLERY ROLL

### Materials (to make roll 8" x 14")

Pre-washed cotton fabric

1/4 inch cotton twill tape (or whatever you wish to use for ties)

### Directions

1. Measure and cut two pieces of fabric 9" X 20" each. Choose pieces that match if you want the lining and outside fabric to look the same; otherwise, mis-matched pieces look cute too!
2. Measure and cut one 24" long piece of cotton twill tape for the ties.
3. Using an iron, press a 1/2" seam on one of the shorter ends of each piece of fabric to create a hem on the wrong side.
4. Pin the two pieces of fabric together with right sides facing and hems aligned and facing out.
5. Sew the fabric pieces together by stitching a half inch seam allowance along three sides, leaving the short side with the pressed hems unstitched and open.
6. Turn the fabric right side out and use a chopstick or knitting needle to gently push out the corners of the fabric. Be sure you to don't push too hard and create a hole in the fabric.
7. Press the fabric with the iron to remove any wrinkles.
8. Using a top stitch, sew the short, open end shut.
9. Fold the hemmed side upwards 5 inches to create a pocket. Pin the edges of the pocket.
10. Fold the twill tape in half and insert the folded end (the midpoint) between the pocket and larger piece of fabric on the left side of fabric. Pin the tape in place.
11. Sew 1/4 inch all the way around the edges, being sure to secure the twill tape with the stitches.
12. To create individual pockets for your cutlery, measure 4-5 even increments across the pocket and mark them with a fabric pencil or marker. Individual pockets could be approximately 1.5" apart.
13. Stitch the individual pockets vertically per the marked lines, leaving the top of each pocket open.

# SEEDS OF CHANGE

## THE POWER OF INDUSTRIAL HEMP IN REGIONAL RENEWAL

In 2009, I was influenced by a mentor who quietly lived the values he believed in. Phillip Mayers worked in the Rialto Towers in Melbourne but preferred to take the tram into the city. I asked him, why he used the tram when he could afford to drive in. His answer was simple, but it stuck with me: “Because I choose to. I want to reduce my carbon footprint.”

At the time, I didn’t even know what a carbon footprint was. Phillip explained it but said it is one thing to talk about reducing it and another to do it consistently. He said that real change starts within our own fence lines. It’s not enough to wait for governments to do what’s necessary, it’s about what we choose to do, every day.

It is as if he read ‘The Collect’. Phillip embodies the values CWA women are supposed to aspire to – kindness, altruism, generosity, community spirit and environmental care.

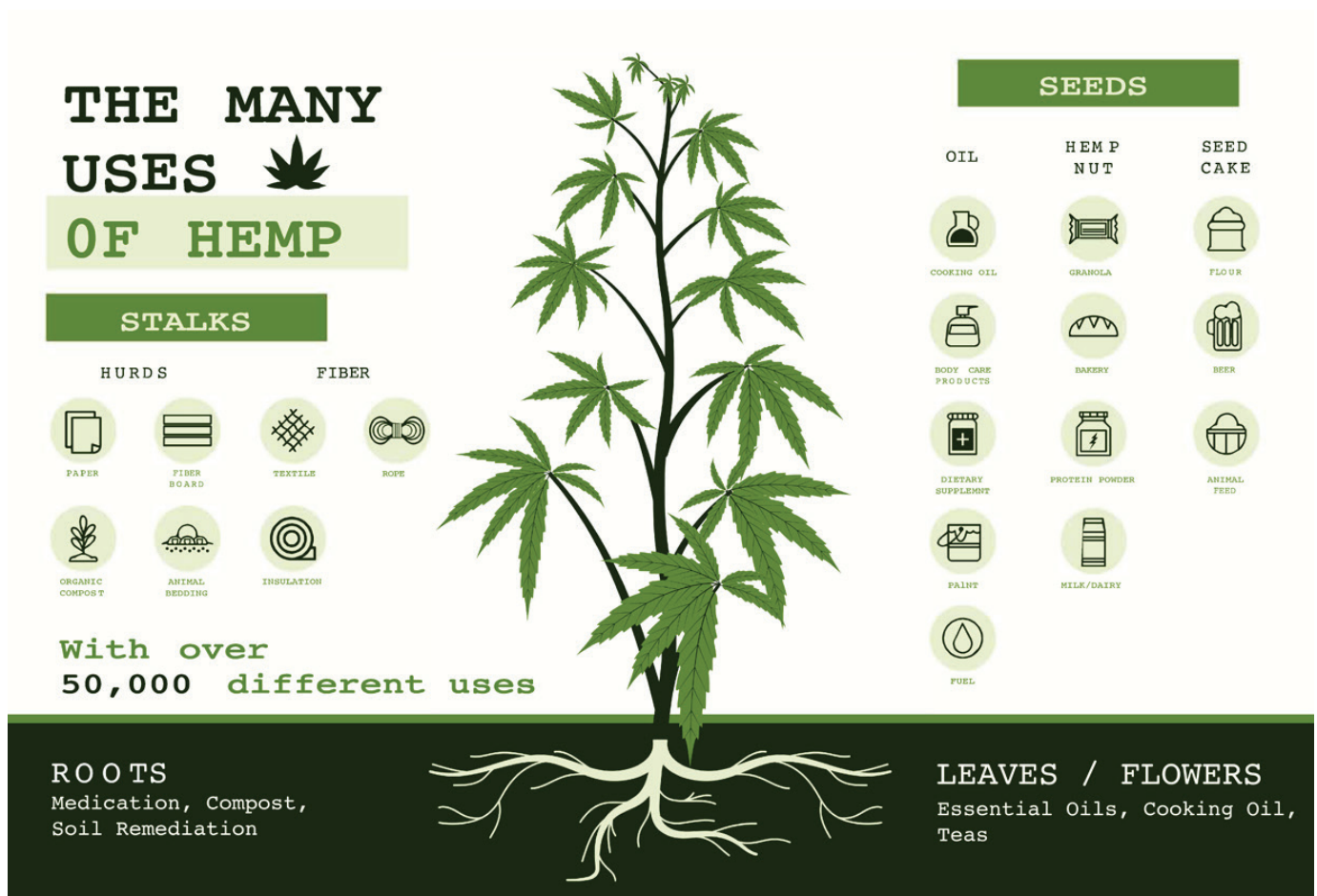
### SO WHAT DOES THIS HAVE TO DO WITH INDUSTRIAL HEMP?

The deeper I’ve researched our 2025 product/resource, the more I’ve realised this humble plant — *Cannabis sativa L*, not to be confused with medicinal cannabis — can help regional communities thrive, create new industries, heal our land and inspire others.

For the past three years, I’ve done a deep dive into industrial hemp. I’ve discovered its potential for women and families extends well beyond agriculture. There are opportunities in healthcare, textiles, food, building, construction and carbon farming. And we’ve only just scratched the surface.

Hemp has been recognised as an ‘emerging crop’ with serious environmental benefits. It’s drought-resistant and improves soil health by drawing carbon from the atmosphere. Its deep roots aerate soil, prevent erosion and regenerate depleted farmland. When mulched back into the earth, it enriches the soil with organic matter. Its carbon-sequestering ability, the highest of any plant species, makes it valuable for the construction industry too. Hemp can be processed into fire-resistant materials like hempcrete, offering more sustainable and resilient homes, especially for fire-prone communities.

An inspiring example is Andi Lucas in Tasmania, owner of X Hemp Pty Ltd, the only female-owned and operated hemp business in the world. After losing two homes in natural disasters, Andi discovered hemp’s building potential and fire resistance. With no farming background, she launched her own hemp company, figuring things out as she went. Today, she’s an award-winning leader in Australia’s hemp industry.





But it's not just farmers who stand to benefit. Entirely new industries and careers will emerge, especially in regional areas with the right leadership and investment. I truly believe hemp can be a catalyst for positive, lasting change.

One of the latest applications I've come across is in nonwovens — fabric-like materials made from fibres bonded together without weaving or knitting. They're used in everything from mattresses and car seats to kitchen chairs.

Non wovens are a multi billion dollar industry sector across the world, so capturing even a small percentage could bring in many millions to Australian producers. And that's just in one sector. Beyond that, there's potential in medical products, construction, health and beauty, animal feed — the list is seemingly endless.

I'm preparing a document to support branch discussions, craft days, baking sessions, and hemp-based projects. We'll have a dedicated table at our state conference and a presentation to introduce you to the world of industrial hemp.

As Phillip Mayers once said: "It starts within your own fence lines"... *and as I've come to believe, change and belief also starts between your ears.*

Judie Gade  
Agriculture & Environment Committee  
Magazine Committee  
Virtual Branch



Photo by GreenForce Staffing on Unsplash



Photo by Crispin Jones on Unsplash



# AROUND THE BRANCHES

## BENDIGO BRANCH

International Day for the Bendigo Branch was held at the April meeting. Members enjoyed a High Tea and information about Sri Lankan culture and history.

Many members provided traditional English cakes and coconut scones. Each place setting included a teacup saucer and plate along with traditional three-tiered plate stands along the table.

During the high tea Sri Lankan recipes were shared. What was notable is the use of spices for creating a unique flavoursome dish. Old English China was a reminder of English tea parties in the sweltering heat of India. Remember those scenes from the Indiana Jones movies and the Hotel restaurants?

Our members enjoyed the day and company while the décor completed the event.

Greta gave a talk about life in Sri Lanka, and we imagined the sights and sounds of the eastern environment. Her information was sourced from a Dr Dilhani Dissanayakage who has researched social and cultural history of food and spices.

As a finale, the flower from the garden competition was focused on the colour red. Despite the hot weather, there was a selection of choices for a prize of recognition. To complete the day, we held the April meeting.

Thank you to all the members who contributed to the day and of course those who did the dishes.

Ellen Roche

Publicity Assistant Bendigo Branch CWA



International Day at Bendigo Branch

Names. L to R: Jessie Brown, Sue Pollock, Barb Talbot, Wendy Guley, Lyn Griffin, Kaye Trimble, Guest, Gwen Elliot, June Reid AO, Ellen Roche, Greta Balsillie, Janet Filbey, Bev Sutherland, Joyce Clarkson, Toni West, Dawn Coates, Brenda Vallance, Denise Ford, Marilyn Tangey, Gaye Wallace, Margaret Greenhow, Melva Gibbins

## COWES BRANCH 90TH BIRTHDAY

In 1928, the Country Women's Association of Victoria was formed. Seven years later, on Wednesday 10th April 1935, a meeting of ladies was held at 'Broadwater' in Cowes, the home of Mrs Oswin Roberts.

On that day, 27 ladies joined and Mrs Oswin Roberts became the first President.

The Cowes Branch have had two Life Members of CWA, Mrs Cicely May Peasley and Mrs Jayne Mitchell, as a record of achievement and dedication to CWA.

The 90th Birthday celebratory cake was cut by the two longest serving members, Dianne Holtrop and Jan Setford.

This was followed by a display of vintage clothing through the decades, while some of the many achievements of the Country Women's Association of Victoria and Australia were presented, followed by a delicious High Tea.

## FRANKSTON BRANCH

Frankston Branch celebrated our 2025 Country of Study Sri Lanka with a wonderful lunch at Ceylon Girls in Frankston. We all enjoyed a wonderful lunch eating traditional meals prepared by locals. A great variety of meals and dessert were samples and greatly enjoyed.

We were all so impressed with the food we will likely visit again soon.



Frankston Branch at Ceylon Girls



## CENTRAL HIGHLANDS GROUP CRAFT

### Paint & Sip

On the night of 28<sup>th</sup> April 2025, a packed room gathered together at the Macedon CWA Hall for the monthly Central Highlands Group Craft featuring a Paint & Sip class for the first time. Led by the very talented Allison Baker of the Gisborne Branch, this session was loved by all who attended from very experienced painters through to complete novices. Everyone left with a completed painting (perhaps not quite as professional as Allison's sample). But we laughed, we shared fun, friendship and a glass of wine. A wonderful experience we've promised to repeat next year.



## WOMEN WALK THE WORLD

A few local branches from Monbulk, Healesville and Yarra Glen got together to support Women Walk the World on the actual day at Badgers Weir in Healesville. Luckily we had a very big pergola to shelter under as it rained non-stop. We had a great catch up. Some ladies went for a walk, while others stayed back

to make sure that the local kookaburras, maggies and parrots left all our picnic food alone. The highlight of the day was when one member, Enza, got to the pergola early to start setting up and disturbed a "young" couple skinny dipping in the stream right next to her. Not sure who was more embarrassed.



Supporting Women  
Walk the World





Tarrawarra Branch Book Club

## TARRAWARRA BRANCH BOOK CLUB

Tarrawarra Branch of CWA has a monthly book club. Started by the local CWA branch, it is open to anyone who wants to participate. Each month on the last Thursday of the month we meet in the beautiful Alowyn gardens cafe and chat about the books we are reading, Podcasts we have listened to and movies or TV shows we have watched. I must admit we also chat about some of the actors and actresses and what they get up to on and off the screens. Please see the photo of us all out enjoying the sunshine at our last meeting.

## TALLANGATTA BRANCH

Two of our wonderful ladies have had thier 100th birthdays this year.

Irene Ronan was 101 in December. Irene has had 77 years with the CWA. She joined Fernvale Branch just after she was married, then she joined Tallangatta Branch after Fernvale closed.

Anne Smith was 100 in March. Anne has had 47 years with CWA. She joined after she and her husband moved in to town.

This makes 4 of our ladies who have turned 100. Lorna Crago and Hazel Orson also made it to this great number. We must be doing something right in Tallangatta.

Joy Lowry





## BARRABOOL BRANCH 50<sup>TH</sup> BIRTHDAY



Barrabool Branch Service Awards

Members receiving their service awards and certificates at the recent 50th Birthday celebration of the Barrabool Branch: Elaine Campbell 10 years, Valerie Field 20 years, Carol Chapman 50 years, Judy Winter 30 years, Jean Sieffert 50 years and Nola Noble 50 years. All these members achieved their Service pins whilst serving the community as members of Barrabool CWA during its 50 year history.

A Birthday Celebration was held at Modewarre Public Hall 15th March 2025 and attended by Cr. Adrian Schönfelder Surf Coast Shire, Roxane Harris General Board Member CWA, Lesley Johns



Valerie Field Barrabool President

Geelong Group President, Margaret Musgrove Group Archivist. Members, past members, family and community members perused the displays of member's craft work, rosettes, awards, and photos.

A delicious afternoon tea was served to guests after the speeches and presentations. A thoroughly enjoyable afternoon considering the 36-degree temperature. We trust this event will inspire local ladies to join our branch and enjoy the friendship and rewards from helping worthwhile charities in our community.

## MOUNT MACEDON MOONLIGHTERS BRANCH

On Saturday, 10<sup>th</sup> May 2025, the Mount Macedon Moonlighters Branch of the Central Highlands Group held a successful Mother's Day Sale and Raffle selling exquisitely packaged homemade baking, jams and goods to the many visitors who visit Mount Macedon to enjoy the popular Autumn Festival.

The Moonlighters put a lot of love and care into ensuring their stall was beautifully presented with big sellers being the homemade slices, sticky date puddings with caramel sauce, lime curd and apricot and strawberry jams.

The Branch – together with the Macedon Branch (a day branch also located at Mount Macedon) – are fortunate that the local real estate agent, Mount Macedon Realty, provides weekend use of their covered veranda for local stalls - to enable locals and tourists alike to support the CWA by taking home some quality homemade goods to enjoy.



Far left: From Left to Right Nicole Bearman, Sue Heggen and Michelle Surgeon

Left: Homemade Jams for Sale

## BAYSIDE BRANCH

Two events to start the year highlight the value of working with other community service organisations. At the Castlefield (post war housing estate) Centenary Celebration CWA teamed with Rotary, Scouts, Surf lifesaving and RSL to feed the guests. Her Excellency Professor the Honourable Margaret Gardner AC, Governor of Victoria and Patron of the CWA of Victoria, met with some of our members.

CWA Bayside supported Rotary, RSL and other community groups to facilitate a Family Christmas Dinner for vulnerable and disadvantaged children. This event was nominated for Event of the Year at the recent Bayside Council Awards.

From L to R\_President Carmel, Her Excellency The Governor of Victoria, Treasurer Wendy S



## NIDDRIE BRANCH

Hello. My name is Carolyn Asquith and I am a member of Niddrie Branch in Mitchell Group. I like to describe CWA as an amazing social and supportive organisation that is like Scouts for adult Women. Whatever your interests are, there will be a niche for you in CWA just as Scouting has developed and supported so many of our youth to be the leaders of our country.

I can sew, preserve and turn out a pretty appetising batch of scones but it is my garden that gives me my greatest pleasure. My garden is my sanctuary, my food bowl, my free gym and my mindfulness space. Thankfully, these days gardening is being acknowledged for all these benefits and local governments are getting on board. Last year Brimbank City Council began developing a Seed Savers Library. They, of course contacted CWA Victoria ( the all round accessible and grounded organisation) and in turn, I was asked if I could present a talk about gardening and seed saving at Sydenham Library.

So on 24 th July last winter I had a delightful time at the Launching of the Sydenham Library Seed Share. It was a keen room of novice and potential gardeners and I was able to share lots of tips and advice for getting started. I shared my seed collecting tricks and the highs and lows of keeping plants alive. I talked about my CWA connection to this event and received lots of interest which I was able to address and pass on flyers. We talked about the easy plants to start with and the wonders of making your own compost.

I bought in a tub of my well matured compost to demonstrate how it looks and smells sweet and earthy. I had lots of plant cuttings and packets of my own saved seeds to give out. So after many questions were answered and scenarios discussed Sarah Tabone the Brimbank staff member had to call a halt as the room was booked for another meeting. All the participants were glowing with enthusiasm as they gathered seed packets and plant cuttings to take home and begin their own gardening journeys.

Things must have worked out as Sarah has invited me to address the launch of the next Seed Library at Keilor Library in May this year.

I am looking forward to that event and I of course will again make mention of how I got to be doing the presentation and talking about both of my interests.



Niddrie Branch Carolyn talking about gardening



Danielle Launching the Seed Library



# Their Memory Lives On

## COLLEEN HALL

HARCOURT CWA members fondly remember **Colleen Hall** who passed away recently aged 95 years. Colleen contributed so much to our branch with her extraordinary creative talents, her exquisite handwork and her sense of humour. A friend to many- Rest In Peace, Colleen

## GLENDA HIRTH

PANMURE Branch is saddened by the passing of **Glenda Hirth**, a member for 24 years. Glenda was a past Secretary and Vice President. A very creative lady able to turn her hand to almost anything. Her many talents included drawing, poetry, crochet, music and various handicrafts. Glenda used her creative flair helping husband, Paul, in their pottery business. We will miss her humour and generosity within the branch and community. Rest in peace, Glenda.

## GWEN TINKLER

**Gwen Tinkler** was a member of The Country Women's Association for nearly 70 years. During her time she held various positions. She viewed the CWA as an organization where friends could gather and support each other. Her commitment, loyalty and enjoyment of CWA was her passion. She held many positions including International Officer, Vice President, President.

Gwen was also a talented pianist, and served as Choir Master for over 40 years, performing at various venues such as churches, bowling clubs, senior citizens' centres, and nursing homes. She was an adjudicator of the "Choral and Drama Festivals" and "Song in Costume".

Gwen was affectionately known as the "Sunshine Lady" for her many hints and advice on growing plants throughout the year. She provided posies of flowers each month for members to help celebrate their birthdays.

Thank you, Gwen from all at PASCOE VALE Branch.  
May she Rest In Peace.

## PAT BRAND

COBAINS Branch were saddened by the recent death of **Pat Brand**. Pat joined our Branch after the Stradbroke Branch closed. She was a generous and quietly spoken lady who loved her craft but also joined in all our activities until she was unable to attend our meetings. She will be sadly missed.

## RONDA MACMAHON

Keilor Downs Branch members are saddened by the sudden death of **Ronda Macmahon**-one of our founding members, past president, secretary and very active catering manager. Missed by us all.

## YVONNE BENPORTH

The former KEILOR DOWNS Branch members are sorry for the loss of **Yvonne Benporth**, valued member and talented crafter. Yvonne always had a smile and cheerful greeting for everyone. Now at peace.

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