



# The Country Women's Association of Victoria Inc.

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Patron – Her Excellency the Honourable Linda Dessau AC, Governor of Victoria

## State President's Email to Branches 9 April 2020



*Good Morning Members  
I hope you are enjoying, and learning from,  
the emails from branches  
Kind Regards  
Marion*



### Dear Marion

The President has initiated a "What I'm Doing Now" chat amongst members.

We send emails about what activities we are doing, including gardening, crafts, cooking, what books we are reading and how we are coping in general.

The ladies who don't have email have been invited to write letters to the President and she will then scan these letters and email them to the group. I have been doing a cut and paste of the emails and posting them out once a week to the "snail mail" group.

This way all of our lovely ladies are kept in the loop.

She and I are also staying in contact by phone with the members who are on their own or may not have the family support that will help them during this difficult time.

We are also in the process of setting up a remote group activity, possibly making Hot Cross Buns, as this was what we had planned to do at our April meeting. We are still working out the best way to make sure all members who wish to participate can do so.

### Hello

Thanks for your email, so far we are mostly keeping in contact as a branch through email and phone calls.

### Hi Marion

As a Branch we are still communicating by email.

### Hi Marion

We are all in constant contact with each other through group messenger so no one misses out on anything. We are going to try a group facetime at our next scheduled meeting - fingers crossed technology is on our side.

Take care during this time.

### Hi Marion

As President, I chose to 'pull the plug' on both our craft and general meetings in March.

Our craft convenor has come up with the brilliant idea of doing craft, beginning with the letters C, W and A, during our, very necessary isolation. When we eventually get back to our craft days what we have created, will be our 'show and tell' part of the morning. We have a telephone tree, so every branch member has been made aware of our intentions and was accepted, with enthusiasm by most.

### Hi Marion

Just a quick email to let you know we have a Facebook page to keep in touch with members and the Community. We have started with members send in cooking recipes to try, craft and instructions and any news on what we are up to at home to assist. Our local Community Hub that we usually send information through has unfortunately been put on hold so we are using our own Facebook page. This is open to all and our group.

### Thank you Marion

It is really lovely to have the care and thoughts you are sending to CWA members

### Dear Marion

When we received your email that State Conference was cancelled I set up a roster with 7 of our members having to keep in touch with three or four members at least once a week to make sure that they are firstly ok

and also to find out if they have any needs, etc. Fortunately our Branch is a very caring Branch and as many of our members are in their 80's or 90's, and live on their own, they tend to keep in touch with each other between meetings. The place where we meet is closed indefinitely so we felt this was the best way to keep the Branch informed of emails, letters, etc. from Head Office as well as keep a check on our members. Once we can get together again we will certainly will be able to hold our meetings, even if it is at a local restaurant or cafe.

**Hello Marion**

Thank you for email to our branch and what a wonderful idea for letter writing. It is something we have nearly forgotten in our modern world of technology. It is so pleasing to receive a hand written letter in the mail and I treasure those letters, especially from my late Mother. Our hand writing has changed so dramatically since we learnt how to write so perfectly in early days of schooling. Life is so busy now somehow and to sit down and write a letter to someone special is almost forgotten. So we have time now to do this in our time at home in self isolation. Lets do it and write to someone special while we have lots of time on our hands.

**Hi Marion**

The Branch acknowledges receipt of your letter. We thank you for your wonderful work and commitment to C.W.A especially in this challenging environment.

Some of our members met with our sister branch just before the social distancing rule come into play so they were lucky to get that outing in.

I am sure once this drama is over, branches and groups will come back stronger than ever.

There has to be some benefits of being in self isolation and that is to do lots of craft without feeling guilty.

Keep safe and stay at home.

**Hi Marion**

I hope you are safe and well.

All our events have been postpone, however what we have done is we set up Zoom and every week we all try to get onto it and have a quick catch up to make sure we all are well and for those who do not have that option, I am calling them.

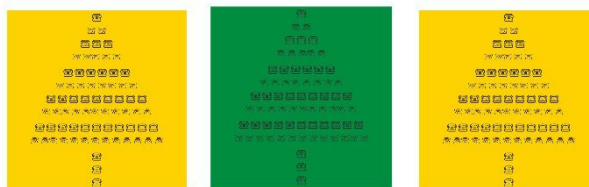
Many of our members are crafting and staying safe.

One of our projects is that we supply Mastectomy packages, which consist of Cushion, Drainage Bag, small poem and either a crochet heart or a cross stitch pot-pouri pouch. We supply them to five hospitals, and we have to date since last year have given out over 250 packages. These are given to ladies who have had breast cancer.

At the Hospital they give out 20 packages alone each month, such alarming figures. The emails I have received from some of the patients who have received one of the packages absolutely warms my heart to know that we are making that small difference to these ladies lives who are going thru a terrible time.

**Dear Marion**

The branch were going to do this activity (Women Walk the World) on Thursday 9th April, and as an alternative I have given them a finger/eye walk with a list of questions for various landmarks and places around the world (including Botswana) to find. Perhaps other groups may also find this alternative activity to their liking.



PS: Here are two patterns for socks from Ms Robyn Cumming, a friend of Mr Peck.

# I. LADY/MAN CLASSIC SOCKS

Ankle length socks illustrated on Back Cover

Easy Knitting

## MEASUREMENTS

Size	Lady	Man
To Fit Foot Length (or length desired)	cm 24 27	
Knee Length	cm 30 37	
Calf Length	cm 23 30	
Ankle Length	cm 7 9	

**PATONS YARN REQUIRED - IMPORTANT!** Use only the yarn specified for these socks. Other yarns may give unsatisfactory results. Quantities are approximate as they can vary between knitters.

PATONYLE 4 PLY 100g balls (50g balls)	2 (3)	2 (3)
Knee Length	2 (3)	2 (3)
Calf Length	2 (3)	2 (3)
Ankle Length	1 (2)	1 (2)

Be sure to check the ball bands to ensure all yarn is from the same dye lot.

## NEEDLES AND EXTRAS -

- 1 set 2.25mm (No 13) Knitting Needles or size needed to give correct tension.
- A Wool Needle for grafting and sewing in ends.

## TENSION -

**35 sts and 46 rows to 10 cm over stocking st, using 2.25mm Needles.**  
To work a 15 cm x 15 cm tension square, use 2.25mm Needles, cast on 52 sts.  
Work 68 rows stocking st. Cast off loosely.  
Please check your tension carefully. If less sts use smaller needles, if more sts use bigger needles.

**Note** - To achieve the desired effect, these socks have been designed to be worked on smaller needles at a firmer tension than usually recommended.

**ABBREVIATIONS** - See page 4.

## KNEE LENGTH SOCKS - not illustrated

Using set of 2.25mm Needles, cast on 76 (82) sts on 3 needles as follows - **Lady** 26-24-26, for **Man** 28-26-28.

**1st round** - \* K1, P1, rep from \* to end.

Rep 1st round until work measures 6 (7) cm from beg.

Work 40 (60) rounds stocking st (every round knit).

\*\* Length may be varied at this point to suit individual requirements.

**Next round** - K1, K2tog, knit to last 3 sts, sl 1, K1, pss0, K1.

Knit 5 rounds.

Rep last 6 rounds 7 times ... 60 (66) sts. \*\*

Cont in stocking st until work measures 24 (30) cm from end of rib.

\*\*\* **Divide for heel** - Knit first 15 (17) sts of round on to one needle, slip last 15 (17) sts of round on to other end of same needle (these 30 (34) sts are for heel).

Divide rem sts on to 2 needles and leave for instep.

Work 27 (29) rows stocking st on heel sts (always slipping first st pureways on a purl row and knitways on a knit row).

**To turn heel** - K17 (19), K2tog, K1, turn; P6, P2tog, P1, turn; K7, K2tog, K1, turn; P6, P2tog, P1, turn.

Cont in this manner until all sts are worked on to one needle ... 18 (20) sts.

Knit first 9 (10) sts, (thus completing heel).

Slip all instep sts on to one needle again.

Using another needle, knit rem 9 (10) sts of heel, then knit up 16 (17) sts along side of heel; using 2nd needle, knit across all instep sts; using 3rd needle, knit up 16 (17) sts along other side of heel, then knit rem 9 (10) heel sts.

**Dec for instep** - 1st round - Knit.

**2nd round** - 1st needle, knit to last 4 sts, K2tog, K2; 2nd needle, knit; 3rd needle, K2, sl 1, K1, pss0, knit to end.

Rep 1st and 2nd rounds until 15 (16) sts rem on 1st and 3rd needles.

Cont in stocking st until work measures 15 (18) cm from side of heel where sts were knitted up.

Length of foot may be varied at this point to suit individual requirements.

## Shape toe - 1st round

1st needle, knit to last 3 sts, K2tog, K1; 2nd needle, K1, sl 1, K1, pss0, knit to last 3 sts, K2tog, K1; 3rd needle, K1, sl 1, K1, pss0, knit to end.

**2nd round** - Knit.

Rep 1st and 2nd rounds until 24 sts rem.

Knit 1 round, then 1st needle of next round.

Slip sts from 3rd needle on to 1st needle and graft sts tog (see page 4).

## MAKE UP

With a slightly damp cloth and warm iron (unless stated otherwise on ball band), press lightly on wrong side. Using wool needle, sew in all ends.

## CALF LENGTH SOCKS - not illustrated

Using set of 2.25mm Needles, cast on 76 (82) sts on 3 needles as follows - **Lady** 26-24-26, for **Man** 28-26-28.

**1st round** - \* K1, P1, rep from \* to end.

Rep 1st round until work measures 4 (5) cm from beg.

Work 20 (40) rounds stocking st (every round knit).

Work as for **Knee Length Socks** from \*\* to \*\*.

Work in stocking st until work measures 17 (23) cm from end of rib.

Work as for **Knee Length Socks** from \*\*\* to end.

## MAKE UP

Work as for Make Up of **Knee Length Socks**.

## ANKLE LENGTH SOCKS - illustrated on Back Cover

Using set of 2.25mm Needles, cast on 60 (66) sts evenly on 3 needles.

**1st round** - \* K1, P1, rep from \* to end.

Rep 1st round until work measures 12 (14) cm from beg.

Work 4 (9) rounds stocking st (every round knit).

Work as for **Knee Length Socks** from \*\*\* to end.

## MAKE UP

Work as for Make Up of **Knee Length Socks**. Turn back cuff.

# 44 Socks

## MEASUREMENTS

Sizes	A	B	C	D
To Fit:	6 mths	2-4 yrs	6-8 yrs	woman
To Fit Foot Length:	10	16	19	23 cm

## MATERIALS

- **Clickheaton Country 8ply** (50g balls)
- | Quantity | 1 | 2 | 3 |
|----------|---|---|---|
|          | 1 | 2 | 3 |

One set of double pointed 3.75mm knitting needles or THE REQUIRED SIZE TO GIVE CORRECT TENSION; wool needle for grafting.



Also illustrated on page 66.

## TENSION

This handknit has been designed at a tension of 25 sts and 31 rows to 10cm over stocking st, using 3.75mm needles.

## ABBREVIATIONS

See inside of front cover flap.

## SOCKS

Using a set of 3.75mm needles, cast on 32 (36-40-44) sts, divided onto 3 needles.

**1st Round** - \* K2, P2, rep from \* to end.

Rep last round 5 (7-7-9) times ... 6 (8-8-10) rounds rib in all.

Knit 12 (24-30-42) rounds (or until length desired).

**Reg Heel:** Knit first 7 (9-10-12) sts, slip last 7 (9-10-12) sts of round onto other end of same needle ... 14 (18-20-24) sts for heel flap.

Divide rem 18 (18-20-20) sts onto 2 needles and leave for instep.

Work 7 (9-11-13) rows stocking st (always slipping the first st pureways on a purl row and knitways on a knit row).

**Turn Heel:**

**1st Row:** Sl 1, K8 (10-11-13), K2tog tbl, K1, turn.

**2nd Row:** Sl 1, P5, P2tog, P1, turn.

**3rd Row:** Sl 1, K6, K2tog tbl, K1, turn.

**4th Row:** Sl 1, P7, P2tog, P1, turn.

**Sizes B, C and D only - 5th Row:** Sl 1, K8, K2tog tbl, K1, turn.

**6th Row:** Sl 1, P9, P2tog, P1, turn.

**Size D only - 7th Row:** Sl 1, K10, K2tog tbl, K1, turn.

**8th Row:** Sl 1, P11, P2tog, P1, turn.

**Sizes C and D only - Next Row:** Sl 1, K (12-14).

**Next Row:** Sl 1, P (13-15).

**All Sizes** - Knit back 5 (6-7-8) sts, completing heel.

Slip all instep sts onto one needle.

Using another needle - knit rem 5 (6-7-8) heel sts, then knit up 6 (8-9-10) sts along side edge of heel, using 2nd needle

- knit across 18 (18-20-20) sts for instep, using 3rd needle - knit up 6 (6-9-10) sts along other side edge of heel, then knit rem 5 (6-7-8) sts ... 40 (46-52-56) sts.

Knit 1 round.

**Shape Foot:**

**1st Round:** On first needle - knit to last 3 sts, K2tog, K1, knit across 2nd needle, on 3rd needle - K1, sl 1, K1, pss0, knit to end ... 38 (44-50-54) sts.

**2nd Round:** Knit.

Rep last 2 rounds until 32 (36-40-44) sts rem.

Cont (without further dec) until foot measures 5 (9-12-15) cm from where sts were knitted up at side of heel.

**Size A only** - Slip first st from 2nd needle onto first needle and last st from 2nd needle onto 3rd needle.

**Size D only** - Slip last st on first needle onto beg of 2nd needle and first st on 3rd needle onto end of 2nd needle.

**All Sizes** ... **B:16:8** (9:18:9), **10:20:10**, **11:22:11** sts.

**Shape Toe:**

**1st Round:** \* K5 (6-7-8), K2tog, K2, sl 1, K1, pss0, K5 (6-7-8), rep from \* once ... 28 (32-36-40) sts.

**2nd and 3rd Rounds:** Knit.

**3rd Round:** \* K4 (5-6-7), K2tog, K2, sl 1, K1, pss0, K4 (5-6-7), rep from \* once ... 24 (28-32-36) sts.

**5th Round:** \* K3 (4-5-6), K2tog, K2, sl 1, K1, pss0, K3 (4-5-6), rep from \* once ... 20 (24-28-32) sts.

Cont dec 4 sts in alt round/s (as before) until 16 (16-20-24) sts rem.

**Divide Stitches for Grafting:**

K4 (4-5-6), slip last 4 (4-5-6) sts of round onto other end of same needle, then graft sts tog (see page 46).

## TO MAKE UP

Sew in ends.

**NOTE** - Techniques for Knitting Socks are on page 46.