



APRIL 2020 VOLUME 66 NUMBER 3

Victorian **COUNTRY Woman**

All Women, All Ages, All Places

Grow, Connect, Improve



BALLARAT DISTRICT GROUP
CWA

Arts & Crafts EXPO

The Country Women's Association would like to invite you to attend our Regional Arts & Craft Expo. A variety of arts and craft will be on display, craft demonstrators, raffle and CWA café.



Creswick Town Hall
Hall St, Creswick

Entry: \$5 per person
\$1 student

Friday 1st May 2020
10am - 5.30pm

Saturday 2nd May 2020
10am - 3.30pm



The Country Women's Association of Victoria Inc.

East Wimmera Group Exhibition

Handicrafts, Art and Home Industries

St Arnaud Town Hall

Napier Street, St Arnaud

Saturday May 2nd – 10.00am - 4.00pm

Sunday May 3rd - 10.00am - 2.00pm

Admission: Adults \$10.00

Children under 16 free

Includes Morning/Afternoon tea

Light lunch available - \$8.00 (NO Gluten free)



Come and join us – bring a friend



Almost everyone in country Australia has a story about the Royal Flying Doctor Service (RFDS) or knows someone who does. The RFDS' relationship with the Country Women's Association goes back for decades as the CWA plays such a vital role for families and communities in the bush. Help us 'darn a good yarn' for a publication that will be sold nationally to raise money for the RFDS and CWA.

We are asking for CWA members, their families and friends in rural communities to share any stories, creative communications and memories they wish to contribute. The theme for this publication is "Struth!". We want entries that communicate the emotional, the tears, the joy, the quirky, the silly, the humorous, the innovative, the strength and the love from patients, staff, volunteers and communities in rural and remote Australia. Entries can include:

- > Hand-drawn sketches and drawings
- > Paintings or watercolours
- > Poetry or prose
- > Personal short stories or essays
- > Amusing anecdotes, humor & giggles
- > Country recipes
- > Photography

Submit your entry at
www.flyingdoctor.org.au/darn-good-yarn/

Be sure to include your name and contact details so we can get in touch. Entries close **31 July 2020**, with the best to be published for sale from October 2020.



Royal Flying Doctor Service

The Country Women's Association of Victoria Inc.

A.0004857F

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Governor of Victoria

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State President: Marion Dewar

Deputy State President: Pam Mawson

State Treasurer: Marie Vassallo

Email: Statetreasurer@cwaofvic.org.au

Honorary Solicitor: King & Wood Mallesons

Members of Honour: Betty Burgess OAM, Carol Clay,
Kaye Kyle, Noela MacLeod AO,
Helen Wall OAM, Dorothy Ward OAM

State Vice President: Sarah Barnbrook

State Vice President: Viviane Chemali

State Vice President: Karen Jackson

State Vice President: Lyn Trezise

General Board Members: Noela MacLeod AO, Jenny Nola,
Janette O'Keefe, Heather Scott

ACWW/International/Community

Support Committee Chairperson: Faye Glover

Agriculture & Environment Committee

Chairperson: Margaret Wood

Catering Committee Chairperson: Lyn Fleming

Club Committee Chairperson: Mary Grant

Creative Arts Committee Chairperson: Heather Scott

Magazine & Communications Committee

Chairperson: Marie Vassallo

Membership Committee Chairperson: Lyn Harris OAM

Performing Arts Committee Chairperson: Helen Christie

Social Issues Committee Chairperson: Jenny Nola

AFFILIATED SOCIETIES

The Country Women's Association of Australia (CWAA)
Associated Country Women of the World (ACWW)



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2020 DETERMINATIONS

Theme 2020: Grow, Connect, Improve

State Project: CWA of Vic. Inc. IT and Systems
Upgrade and Maintenance

Product/Resource: Australian Indigenous Foods

Country of Study: Botswana

Social Issues Focus: Building communication skills in
times of stress

Thanksgiving Fund: Endometriosis Research through
the Jean Hailes Medical Centre for Women

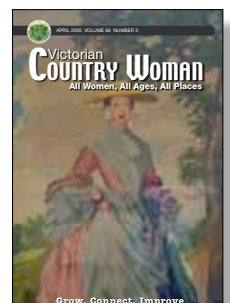
Cover

Title: The Peck Bequest Tapestries

Front cover: Countess of Howe

Back cover: Marquise de Pompadour

From the State President's Album



State President



Marion E Dewar
State President

Dear Members

From when I was a child until I left my parents' home my daily companion was a china plate or wall plaque. Rather more three dimensional than the average plate, it depicted a moated castle in relief. I couldn't touch it, I just looked at it and let my imagination run. It wasn't too high to reach but my fingers were busy practising the piano while I was gazing at the plaque. I never tired of looking at it and I always found something else to study as I invented a story to match my thoughts.

This castle fired my enthusiasm for holidays as my fingers travelled over the keys, it spiked my curiosity for places unknown as I rehearsed my pieces by memory, it excited my interest for overseas travel as I searched for the octaves with my left hand and the trills with my right.

The castle used all my senses. I saw it with my eyes while my mind dreamt of the real castles I would see one day. I heard (or I imagined I heard) the birds in the trees – cuckoos and doves – not common in South Gippsland. I conversed with the figures at work around the moat. I could feel the rough outlines of the stonework without even reaching up my hand and I imagined the scent of roses from the blooms cascading down the sides of the walled garden. That is the mystery of a piece of art.

The ability to tell a good story is a gift. It is the gift of the communication process. Just a sentence or two, written or spoken, read or heard, can evoke a sensation or a picture that is vivid and clear. Information is imparted; communication is shared. Both are necessary. Both are important.

From the Association's point of view, some of our knowledge comes from reading information but our understanding comes from a reaction to the information or, better still, personal interaction with the people who shared it with us.

Once a year the State Annual General Meeting and State Conference allow us to both read and hear what members (with the assistance of family, friends, partner organisations, the community and staff) have achieved over the past year. The reports from each State Committee set out how we have ordered our priorities and how we have fulfilled our aims and objectives. We are encouraged to achieve our shared goals for the coming year.

The Group Annual Meeting and the two Group Conferences, as well as the Branch Annual Meeting, give us the time to read and hear of the opportunities we have grasped within and beyond our community and the tasks we have set ourselves and completed. Questions are a great way of testing the information level of both hearer and listener and the answers should result in a much greater understanding on both sides. An activity to reinforce the learning is often a useful tool.

The month by month cycle of the Group and Branch syllabus allows members to share in many and varied activities and events. Exchanging the syllabus with a Sister Branch is one way of extending the connection and can demonstrate new

ways of undertaking old ideas. Who thought that bringing food that only contains the letter p or s could be so tasty? How does anyone speak to the Social Issues Focus in less than twenty-five words? What photo on Facebook best promotes new memberships? When do you recite poetry?

Five Eyes by Walter de la Mare

*In Hans' old Mill his three black cats
Watch the bins for the thieving rats.
Whisker and claw, they crouch in the night,
Their five eyes smouldering green and bright:*

Branch Postings in January, April and August prepare us for the months ahead. Reports to Branches by Group Presidents of the four State Council meetings keep all members abreast of work undertaken on behalf of members by senior office bearers and members of committees. Any member can forward an Expression of Interest to join a committee. Any member can volunteer to assist at an event or activity that is organised at state level.

The eleven issues of the *Victorian Country Woman* magazine bring us up to date with events and activities at State, Group and Branch and Member level; as well as being a tool of promotion and advertisement, as we ourselves are.

Communicating the message of inclusion is important. Living out the message of inclusion is even more important. We all need somewhere to be. We all need something to do. Does everyone in your branch have a job? Do you take it in turns to undertake the duties of the three main office bearer positions? Are the lines of communication open and transparent? Does your branch and group collaborate or partner with other organisations? How do you show your inclusive message in your community? How is your membership a gift to those around you?

I was presented with a gift on Sunday 1 March. You were given a present on Sunday 1 March. From the Estate of Mr Peck, bequeathed to the Association, are two tapestries. I am sure these two tapestries will inspire all who look at them. The two figures have the outward appearance of ladies of a particular time and place but I am sure you can put yourself into the frame of either or both tapestries and enter the world of intrigue that was their life. As you look at them, use all your senses. Then use that inspiration to make and create in your special fields as you live out your membership of the Association this month.

Marion E. Dewar

STOP PRESS

Dear Members

It is with regret that I inform you that the decision has been made to cancel the 2020 State Conference in its usual form. This decision has been made in accordance with government advice as of 19 March 2020.

However, new arrangements will be made for the Annual General Meeting of The Country Women's Association of Victoria Inc. planned for Friday 29 May 2020. Further details will be announced as they are formulated.

Marion Dewar
State President

From the Editor



Lorraine Zimmerman
Magazine Editor

In the March issue of the magazine you would have read an interesting article on why it is necessary for you, as a member, to record the number of hours you spend volunteering on behalf of the Association.

Many of you volunteer for other organisations and have you ever sat down and worked out how much time you actually spend on volunteering? You would be surprised with the result of your calculations.

I also volunteer for other organisations and one of my 'other' volunteer tasks is being a Red Cross blood donor. For over 30 years I have been donating blood at least four times a year and it would be quite a task to work out the number of hours I have spent doing this.

My blood type is one that can be used to treat any one person and in recent years Red Cross Lifeblood (formerly Blood Bank) has been notifying donors where their blood has been used. One week after my donation I receive a phone message to say where my blood donation has been used, and it certainly travels around the country. My donations have been used in Tasmania, Western Australia and hospitals within Victoria. This simple phone message gives me an extra special fillip each time I receive it.

There are certain medical conditions that do not allow you to donate blood however as a blood donor you receive a free health check every three months. If you are unable to donate blood on your donation day due to a low haemoglobin level then Red Cross carry out detailed testing of your blood and ask you to visit your doctor as a follow up measure. This means that you may be advised to take some 'time off' from donating until your doctor gives you

Deadline for articles for the JUNE 2020 magazine is FRIDAY 24 APRIL 2020

permission to resume donating.

It only takes one hour out of your week four times a year to be a blood donor and it is a time when you can literally put your feet up and know that you are helping somebody at the same time. After your donation you are given refreshments which can be either tea, coffee, hot chocolate, fruit juice or water accompanied by a variety of food from sausage rolls to sweet biscuits.

In this issue of your magazine articles of interest include reports, and photos, on the Preserves Masterclass and Blackwork Embroidery Retreat as well as information about forthcoming events in different areas of the state. You will also find an interesting article on how to conserve energy and save money at the same time.

The Peck Bequest

The Country Women's Association of Victoria Inc. is pleased to receive The Peck Bequest. Mr Tom Phillips (Phillip) Peck of Yarram died on 18 July 2018, aged 90 years. Known as Mr TP Peck, Phillip was a lifetime friend and benefactor of the Country Women's Association of Victoria, with a particular interest in needleworked tapestry (canvas work). He was the founder of the Needlework Tapestry Guild of Victoria Inc. The Peck Trophy for the best piece of Canvas Work in the CWA of Victoria State Exhibition is named and presented in his honour. Mr Peck also used to present the winners of this trophy with a beautiful fine china trio.

In February 2020, the State President was contacted by one of Mr Peck's executors and asked to accept the tapestry bequeathed to the Country Women's Association of Victoria by the Estate of the late Tom Phillip Peck.

The tapestry is of *The Countess Howe* completed by Mr Peck in 1960. The State President, on behalf of the Association, was also offered,

and accepted, a second tapestry, that of *Madame de Pompadour*. The tapestries are representations of paintings by the artist Thomas Gainsborough titled *Portrait of Mary, Countess of Howe*, painted in 1764, now in Kenwood House, London and the artist Francois Boucher titled *Portrait of Jeanne Antoinette Poisson, Marquise of Pompadour*, painted in 1759, now in the Wallace Collection, London.

Ms Robyn Cumming presented the tapestries on behalf of her mother Mrs Sheila Cumming who, with her husband, was a lifelong friend of Mr Peck, as they worked in associated businesses. Robyn works in the 'thread' business and so keeps up the tradition, although she is not a needleworker.

The tapestries were presented to the Association and will hang in *Umina*. Present for the occasion, at the March 2020 High Tea, were State President Marion Dewar, Deputy State President Pam Mawson, Creative Arts Committee Chairperson Heather Scott and Club Committee Chairperson Mary Grant.



(L-R) State President Marion Dewar, Ms Robyn Cumming, Creative Arts Committee Chairperson Heather Scott standing behind the two Peck Bequest tapestries

ACWW International and Community Support Committee



Faye Glover
ACWW/International/
Community Support
Committee Chairperson

Country of Study: Botswana

The Cuisine: One of the best ways to discover a new country or culture is through the traditional food of the country. So, for Botswana, in Africa, the national dish is called *Seswaa*. *Seswaa* is a very tasty meat stew served over a bed of thick maize porridge. To make the stew, boil meat – usually beef – with onion and pepper only, for two hours. Any other ingredients are not traditionally included. After two hours the meat is torn apart, then pulverised

with salt until a fine consistency, then served on top of a thick maize porridge, polenta or pap. Beef is the first preference, followed by goat meat and chicken.

Usually, the main meal is eaten in the middle of the day – our lunch time – then a light meal of leftovers eaten in the evening – our dinner. Breakfast is traditionally maize or sorghum porridge which is known as Bobobe. However, this dish may be eaten for dinner with meat or vegetables, minus the milk and sugar.

Offal dishes are popular, particularly for festive occasions. People often have a barbeque for special occasions. Pulse based dishes are much favoured because many bean and pea varieties are grown in rural areas of Botswana. As in any country, alternative international food is available in restaurants. Happy eating. *Source: www.botswana.co.za/cultural_issues-travelfood*

ACWW Day - 29 April: On or around this date ACWW members all around the world organise events to raise awareness and funds for ACWW projects. You can send any funds raised to CWA of VIC, with the Official Payment Docket (OPD) filled out appropriately (specify a WE project if you wish), to be forwarded to ACWW London office. Don't forget to take a 'great' photo of your walk and send/email to the London office with a brief description of Branch, location etc., for *The Countrywoman* magazine. Then watch for the Spring issue of *The Countrywoman* for your photo. Please send in your photos and notes for our magazine, too.

Walks: Here are two great Women Walk the World walk options. *All Welcome.*

- **Fraser Group:** Saturday 2 May 2020, at 9.45am for a 10.00am start. Short walk: 1-2 kms and 30-50 mins. Long walk: 6-8 kms and 60-90 mins. Morning Tea 11.00am onwards. Cost \$25.00. To register and receive Walk location, or enquiries please contact Group President Jenny Kay (cwafrasergroup3@gmail.com). Fraser Group welcomes all, bring friends, husbands, partners or family. If not walking, come along to enjoy morning tea and friendship.
- **West Gippsland Group:** Sunday 3 May 2020, at 11.00am, at Cranbourne Botanic Gardens. Meet at the Visitors Centre Entrance. The walk will be combined with some inspirational CWA Sunday Words of Friendship followed by lunch in the Cafe. Gold coin donation to ACWW. Tickets can be purchased on the 'Garden Express' train if walking is difficult. All Welcome. For information contact Group President Ann Laws (annmlaws@hotmail.com).

18th ACWW South Pacific Area (SPA) Conference, 12-16 June 2020 Port Moresby, Papua New Guinea. In April we will be assessing the volume of donations to be conveyed to Port Moresby and exactly how we will manage that. Please advise Administration Officer Robyn Smith or me (gloverswilby@hotmail.com) if you have registered to attend the SPA Conference.

United Nations Australia Association Status of Women Committee (UNAASOWC). I am able to represent the Association at the UNAASOWC meetings. This Committee covers a wide range of topics on women's issues and rights and the meetings are always thought provoking. Two members of the UNAASOWC are attending the Status of Women Conference in New York.

In Issue 1 2020 of the ACWW magazine *The Countrywoman*, World President Magdie de Kock wrote that she is attending the United Nations 64th Commission on the Status of Women Conference in New York in March 2020. ACWW has been involved with the UN for 73 years. Magdie also mentions the Beijing Declaration and Platform for Action. This document was written 25 years ago. It deals with women's rights. See page 23 of *The Countrywoman* Issue 1 2020 for a very good description and history of this document. ACWW works with many UN departments. To learn more, 'take time' and look at the new ACWW website. It is very user friendly and International Officers will find a great deal of 'downloadable/printable' information.

Donations:- A very big Thank You to the following Groups, Branches and Friends for donations that have been received recently. The Committee works very hard unpacking and then packing to distribute all the donations. Beta Sigma Phi generously donated toys again in 2019 for the Committee to distribute.

Groups: Echuca, Kiewa Valley, Murray Valley, Moira, South Western.

Branches: Belgrave, Boobook, Booren, Boroondara, Cobram Nocturnals, CWA Potters, Dean, Dimboola, Dingwall, Drouin, Echuca-Murray, Grantville, Greensborough (now in recess), Hamilton, Heywood, Kurrajong, Meeniyen, Mooropna, Mortlake, Nathalia, Officer Owls, Pearcedale, Rodney, Polwarth, Spa Centre, Warragul, Webbconna, Whittlesea/Jumbunna, Woolsthorpe. Rosemary Jones (Barnaring, now closed), Myrtleford (now closed)

Friends of CWA: Doris Lanyon, I Shannon, C Sacco, C Newlands, M Tresize, R Pizzoloto, M Anthony, E Giles, Norma Adams, C Hodgins-Mulwala, Casterton Knit & Natter Group.

Needs: Small individual soaps and shampoo/conditioner, ordinary size toiletries including roll-on deodorant, knitted teddies, rugs of any size. However, we have sufficient beanies for adults, children, babies and prem-babies, thank you.

Letters of Thanks: Very appreciative letters expressing Thanks to the Association have been received from Monash Health Foundation, Doncare, Haven Home Safe, RWH, Launch Housing, Highlands Foundation, St Marys House of Welcome, Cottage by the Sea, Ballarat Health Service.

Pennies for Friendship: Donations for Pennies for Friendship are forwarded to London and are used for running costs of ACWW. **Tip:** Place your branch donation box near your attendance book so members won't miss it.

Stamps: Thank you so much to everyone who has collected stamps and sent them in. They go to the SPA President, Gail Commens, who has a buyer and the proceeds are returned to her.

Packing/Meeting Dates: 17 April, 15 May

PHOTOGRAPHS

- Please send high-resolution photos (at least 2MB)
- Ensure you attach your photos to your email rather than embedding them in your email or document (which automatically reduces the resolution)
- If you need to send hard copy photos please have these professionally printed (Officeworks, Harvey Norman) because photos printed on home printers won't scan well enough for printing in the magazine
- **Photos of Children.** Please note that due to privacy reasons we require the written permission of parents or legal guardians in order to reproduce photos of children. These forms are available from your Branch Secretary or email the Editor
- Photos and articles submitted to the magazine may be used for all CWA of Victoria communications outlets (e.g. magazine, website, and social media).



Agriculture and Environment



Margaret Wood
Agriculture &
Environment Committee
Chairperson

Hello Everyone,
We have had a few months of really horrific weather; drought, fires and floods. Our country is a land of diversity isn't it? We hope you have all pulled through these terrible times and hope the drought that is still around in parts will lessen soon. Our thoughts are with all those who have been affected by these adverse weather conditions. Remember, the Country Women's Association is there to help you when you need it.

In regard to the bushfires, there has been discussion about increased government resources, returning cattle to the high country and increased hazard reduction burning.

At one of our future committee meetings we will have a representative of the EPA to speak to us. If you have anything you would like us to look into for you, please contact me via Head Office. Expressions of Interest to join the Committee should be addressed to the State President.

In one of the last magazines I wrote a bit about legumes and now I'll add a little more.

Lupin the new superfood?

When it comes to encouraging people to lose weight and improve health there are a lot of pills, scams and potions. Could a family of southern Riverina farmers have a winner growing in their paddocks?

A few years ago this farmer pulled back the tarp from a load of steamed and rolled Lupin he was delivering to a cattle farmer mate and released a mouth-watering sweet aroma "like the smell of Uncle Toby's". Gazing at the gorgeous golden color he thought, why aren't humans eating this?

It wasn't an entirely new idea. Lupin, a pulse crop, is part of the legume family and its seeds - also known as lupini beans - have been eaten in the Mediterranean region for centuries. Western Australia is the largest producer of Lupin in the world - but the majority is exported as livestock feed.

Science has shown Lupin could be a valuable weapon in the armoury against a range of chronic Western ills, from heart disease to diabetes - diabetes is linked to obesity. The Grains Research and Development Corporation published a study

showing that Lupins could have a significant impact in the consumer food market in regards to nutritional composition and health benefits.

The farmer was growing Lupin as a break crop to put nitrogen back into the soil between wheat crops. So the family built their own mill and developed a milling process that dehulls the Lupin seed, leaving the kernel intact.

With a protein content of up to 40% and containing 30% soluble fibre, Lupin products have a high satiety value, so reduce the desire to overeat. Lupin is low in fat, low in GI, gluten-free, contains minimal starch and has been shown to lower blood pressure and cholesterol, and improve insulin sensitivity.

Lupin flour is high in protein and can be used to make gluten free bakes such as bread, cakes, pikelets and pizza bases. Lupin kibble is 2mm square and cooks at the same rate as rice, so it can be mixed with rice to boost protein, fibre and satiety. Lupin flakes are made by steaming, rolling and toasting the kernels, with nothing added. They look like small cornflakes and can be mixed with muesli. Lupin crumb can be used in place of breadcrumbs on fish or meat and also for apple crumble.

It seems the only negative for Lupin is that it belongs to the peanut family and there is a small chance that people with a peanut allergy may also react to it. Food Standards Australia and New Zealand (FSANZ) has added Lupins to its allergens list.

The family has talked to scientists, visited mills and also asked bakers, restaurants and pasta makers what they needed. "Because this is a new and functional food, there's an education process around it and most of the ideas of how it will be used will come from consumers and clients." So maybe try using lupin in your cooking.

Till next time.

(Source: An extract from a story on Gary Drew from Brocklesby by NSWFarmers NSWFarmers.org.au)

Cooking



Beverley Wall
Cooking Committee
Convenor

Hello members

I hope you have had a great month since we last talked. Have you had a chance to do some preserves, jams, or sauces during the fruit season? Has anyone made the relish recipe that I put in the March magazine? I'd love some feedback. I have been busy preserving peaches, making relish, tomato sauce and jams for my family and friends. Preserves make a wonderful gift. You could even enter your preserves in the State Exhibition. Just some ideas for you all.

We had a Preserves Masterclass on Saturday 29 February. What a wonderful day we had, with 14 participants. Thank you to State Treasurer Marie Vassallo for her expert tutoring.

Thank you to Cooking Committee members for helping on the day. It was such a big day and everyone had a ball. All the participants took home a bottle of sauce, a berry jam, bread and butter pickles and passata. *Passata* is an uncooked tomato puree that has had the seeds and skins strained out. When we have our Masterclasses it's not just the recipe you learn it's all the little tips, information and knowledge from the tutors that make our Masterclasses well worth attending.

If you would like to have a demonstration at your branch or group, we have a band of Cooking Committee members that will come to your branch or group and demonstrate sponges, scones or pastry. Or you might have something that you would like to have demonstrated. Why not invite some friends and make a fun activity for your branch; you never know you might get a new member or two. To book a demonstration for your branch you can contact myself or head office. The cost of booking a cooking demonstration is \$150, whether you have 10 or 30 members. Except for the kitchen sink, we bring the ingredients and what is needed for the demonstration.

We are holding a Masterclass for Pastry on Saturday 13 June 2020. We will be making puff pastry, sweet pastry and Choux pastry (for cream puffs). This class will be limited to only eight members so get in early and book.

Right Stirring and testing at the Preserves Masterclass

Below Masterclass participants and their tutors



Catering



Lyn Fleming
Catering Committee
Chairperson

Thank you to members who have accepted my request to bake, bag or deliver scones and Anzac biscuits for the VRC. Again, this year, we have been invited to cook and deliver some dozens of scones and many dozens of Anzac biscuits to Caulfield

Racecourse for the patrons who attend the race meeting on Anzac Day.

The Catering Committee has been busy with the early paperwork for the Bendigo Sheep and Wool Show, which is to be held Friday 17-Sunday 19 July. CWA will again provide homemade lamb and vegetable soup. Offers of donations of soup would be appreciated, especially from close by members or branches. Please leave a message at Head Office with these offers.

The major event on the Catering Committee calendar will again be the Royal Melbourne Show (19-29 September), when the Showgrounds gates are open. As well, there is a need for people onsite to both assist with setting up BUMP IN and packing up BUMP OUT our venue. Please consider your availability NOW to provide a day volunteering during this time.

All volunteers working onsite require a current Working with Children Check. Check the expiry date on your card now and this will then be one less thing to be considered come September. There is also a need for a First Aid officer (with a current certificate) to be available onsite for every shift during this time. Are you available to offer some days?

If you are not able to attend onsite, donations of good quality goods for sale (baby wear, knitted/crocheted rugs, tea cosies and other small craft items) are always sought after. As well, baked fruit cakes and fruit rolls are also popular. Perhaps your branch would like to make a donation towards the cost of the ingredients, especially butter, used in the baking each day that prepared food is for sale.

The Catering Committee is working on the contents for this year's Show Bags and details of the craft item to be included and donated by members will be announced shortly, together with a sample pattern.

More details of this year's Royal Melbourne Show will follow in future magazines.

Club



Mary Grant
Club Committee
Chairperson

Thank goodness we seem to have left behind those terrible high 30s/40+ temperatures. My tomatoes are only starting to ripen so I hope we don't get early frosts. The veggie garden took a beating during those very hot days but Autumn is a beautiful time of the year so let's enjoy it.

Club catering has been off to a flying start and March was a very busy month. Thank you to those who volunteered their time and expertise to ensure these

events showcased *Umina*, the B&B and our hospitality to the best it could be.

February High Tea was a very small intimate group, but March made up for this. A full house. This is what we want. Members, your assistance is needed to spread the word about our High Teas. Excellent value for money, high quality food, the best china, personal table service – all in our grand dining room. What more could you want to celebrate a special occasion? Shout it from the rooftops!

Since the inception of High Teas, Mitchell Group President Louise Taylor and her band of Merry Women (from Footscray) have looked after the front of house for us. To have such a professional, reliable and efficient team at the front has been such a help to us in the kitchen. We didn't have to worry, Louise had it under control. All good things come to an end, however, and Louise has requested to stand aside from this

role for this year. On behalf of the kitchen team and all the other volunteers, we sincerely thank you for your commitment over the past three years.

So, what now? Guess what? We are looking for another team. Are you ready to step forward? Perhaps some of the inner city Branches could offer some assistance. We have some helpers from Umina and Ashburton Branches willing to take some of the load but we need a team of 5-6 to manage the dining room and tea service each High Tea, from 9am to approximately 5pm. A suggestion has been made that it would be lovely if a couple of extra volunteers could come in about 3pm until approximately 5pm to help with the washing up. All the dishes have to be washed by hand as we use gold rimmed china and that can't go into the dishwasher.

I was recently given some beautiful Stumpwork and Brazilian Embroidery framed pieces for use in the B&B. Our thanks to Elsie Hamlin (Tallangatta) for her kind donation. You will also notice some other additions to the rooms. Our Lavender bags with a "thank you for staying at *Umina*" note are now being used for our guests.

The Shibori Retreat is to be held 16-17 May and 24 May is our first Gluten Free High Tea for the year. Group Presidents, please use the advertising material you were given at State Council to advertise these events as widely as possible.

There is much potential for using *Umina* and the garden more than we do, but we need volunteers willing to give of their time to bring this about. Remember it is YOUR Club!

Membership



Lyn Harris OAM
Interim Membership
Committee Chairperson

It is my pleasure to write a report for the April magazine. Peg Higginbottom is unfortunately unable to continue as Chairperson and State President Marion has invited me to take on the role of Interim Chairperson. Many thanks to Peg for her work in this role.

The Melbourne International Flower & Garden Show was to celebrate its 25th Anniversary this year. It was very disappointing, but understandable, that it had to be cancelled due to the concerns with coronavirus.

Once again CWA of Victoria had prepared to attend the Melbourne International Flower & Garden Show to sell recipe books, tea-towels and jams. Importantly, volunteers would have spent time speaking to women, encouraging them to join our Association. Those who volunteer work very hard, enjoy the friendship and fun plus find it a great way to meet people. Thank you to all those who had volunteered to come and help.

Membership is very important to the Association to enable the CWA of Victoria to continue for the next 90 plus years and it is up to not just the Membership Committee but to every member / branch / group to encourage women of all ages to join, to offer them the chance to join a unique women's organisation which is so diverse in everything it does, with each branch organising their own syllabus and working for their local community.

The Board has made a decision that, in the best interests of the Association, not just with membership but to support the whole Association, Seftons (seftons.com.au/), an Australian Rural & Regional Marketing Communications Consultant, be engaged. Seftons has a strong history of working to achieve growth and awareness for organisations and businesses. Seftons will work with the Board and the Membership Committee to raise the profile of CWA of Victoria and assist us to implement strategies to grow and sustain our membership. The Membership Committee will work side by side with Seftons and our greatest input will be the knowledge we have about who we are and what we do. We will be looking for information from Branches and Groups. This is an exciting time for membership within the Association.

2019/2020 MEMBERSHIP SUBSCRIPTIONS

**1 October to 30 September –
\$80.50 all inclusive**

**JUNIOR MEMBERSHIP
1 October to 30 September – \$20**

Black Fairfield Finn triplets



Creative Arts

**Heather Scott**Creative Arts Committee
Chairperson

Dear members

A Basic Sewing Retreat for members only is being planned for Saturday-Sunday

12-13 September 2020. At this, members can learn basic dressmaking skills while making themselves a skirt.

If you would like to be able to make clothes for yourself, come along. All members are welcome. Phone B&B Reception on 03 9827 8971 to book.

Other retreats are being held which are open to both non-members and members – the next one is the Shibori/Indigo Dyeing Retreat on Saturday-Sunday 16-17 May.

Judges' Training begins for 2020

Handcraft Judge Training usually takes about ten-twelve sessions (approx. 5 hours each) of workshops and Home Industries Judge Training about six sessions of workshops, plus a written 3 hour exam and then practical training until the Senior Judges consider you are ready to be given your badge and judge on your own (usually at least six months).

In the past few years the workshops have usually been held at weekends, and can be held either at 3 Lansell Road or at a country venue. Since training was held at Tatura last year, this year's training will take place at 3 Lansell Road. Handcraft Judge Training usually extends over at least eight months, while Home Industries can be more concentrated. The cost is a \$100 up-front payment (for each course), then \$10 per session until you finish. (This covers cost of venues and the petrol money for the judges who train you).

Home Industries Judges' Training began at Umina on Sunday 15 March. It is planned to begin judges' training for Handcrafts on Sunday 21 June. If you are interested in training to become an accredited CWA judge, please contact me.

State Photography Competition 2020

Entries in the State Photography Competition close at 5pm on Friday 1 May 2020. The topics, Conditions of Entry, entry form, and Permission to Print form were printed in the January/February magazine and are also available on

the website under Events at <http://cwaofvic.org.au/2020-state-photography-competition/>

Please read the Conditions of Entry carefully because in 2019 some photos missed out on prizes because they did not conform to the requirements. We would love to see many more entries in this year's competition, and would especially welcome some entries from our Junior members.

All entries go on display at State Conference in Warrnambool, and the winners will also be displayed at the State Exhibition in Ararat in August – another reason to plan to attend both events.

Planning your Group Exhibition

Are you planning to hold a Group Exhibition in 2020, or 2021? Already I have three Group Exhibitions with judging on the same day – Friday 3 April will be a busy one for our judges. Please give the maximum notice possible of the date of your Exhibition – as soon as you hold your Review or debriefing meeting, contact me with your plans for your next Exhibition. It may sometimes be necessary for me to ask you to reschedule your Exhibition if it is not possible to arrange judges for the day you have planned, so please let me know as soon as you can. If you need assistance in planning your Exhibition, please contact me, and remember that judges are not available in the month leading up to and during the State Exhibition, August 21-22.

Sponsors for State Exhibition and Ararat Sock Festival

Sponsors for this year's State Creative Arts Exhibition, and the Ararat Sock Festival, include **The Ararat Advertiser** and the following wool suppliers:

Australian Organic Wool	Bellevue Park
Fairfield Finns	Green Tea Yarns
Heathermaid	Millpost Merino
Tarndwarncourt Polwarth Wool	White Gum Wool

You can find all these wonderful wool suppliers on the internet. We will have information about them at the Exhibition. This month, let me tell you a little about Fairfield Finns:

Fairfield Finns is an ethically run family farm at Bullengarook in Victoria's beautiful Macedon Ranges. Finns have exquisite, soft wool, a calm temperament, clean breech and short tails. Fairfield Finns are never mulesed and tail docking is unnecessary.

Finns are multiple lambing, rare, heritage breed sheep that can have up to 7 lambs in one birthing. Fairfield Finns' highest is quintuplets, but there have been septuplets born in Australia. The farm is a delight in spring time with many sets of triplets flourishing in the paddocks, and usually some bottle fed lambs also. Finns have recently been added to the Rare Breeds Registry and have been classed as

critical in Australia because of such low numbers.

The wool is unique in its very low prickle factor – you can wear it against your skin. In Finland it is worn as underwear throughout the winter. The yarn is 100% Australian, grown at Bullengarook, scoured and processed at Bacchus Marsh, then spun at Wangaratta. This is the only Pure Finn Yarn available in Australia.

Enjoy working on your Exhibition entries, and happy sock knitting!

Reference: <https://www.ecwid.com/store/fairfieldfinns/> Accessed 23/02/2020



White Fairfields Finn lamb and handler

Margaret Primmer OAM – Australia Day Awards 2020



Margaret Primmer OAM

Margaret is living a wonderful life of family and service to the community. At 87 years of age she is still very active.

She was born in Kolora near Terang and had four brothers. She married Keith and has four daughters in the Terang and Geelong area, and now nine grandchildren and 13 great-grandchildren. A joy to her judging by the photos in her home.

Margaret was recently awarded with her 50 year CWA Service Pin, and

has been a member of Terang, Eastern, Belmont, then again Eastern and now Geelong Thurina branches. Her mother, Jessie Twaddle, was also a member of CWA and was a Group President.

As well as CWA, the community work Margaret has undertaken over the years includes Geelong West Presbyterian Church as an elder, Bareena Bowling Club with Life Membership, Meals on Wheels, Parent/Mothers Clubs, catering for many weddings as well. Margaret is a brilliant cook and a show judge – she was a steward first, then in 1979 undertook the course to be a Judge across the state. She also enjoys sewing and knitting.

Her mother Jessie Twaddle also received an MBE in 1964 for community work.

Margaret was asked what does the award mean to you and first exclamation was “embarrassment”, but after that she said “I love what I do helping people”. She commented that it is very unusual for a mother and daughter to receive the award. The award is for ‘Service to Women and to the Community’.

The Award Presentation by The Hon Linda Dessau AC, Governor of Victoria was held on 27 March, 2020.

Welcome New Members

Alphington

Debra Icely
Gabby Zito

Ashburton

Desseree Andrewartha

Baulkamaugh

Margaret Keane

Beaufort

Marianne Troup

Bunyip

Linda Clarkson

Caniambo

Nola Frederick
Jeanette Nicholson

Casey Dinner

Ruth Disler
Annette McKernon
Nia McMartin
Gina Gardenal

Castlemaine

Kathryn Davies
Penny Peckham
Marte Newcombe

Cobram Nocturnals

Irene Dutneall
Elizabeth Kaisara

Drouin

Minnie Veljkovic
Inez Mitchell
Margaret Owens
Annette Harley

Frankston

Giovianna Gaetano
Louise Jager
Lauren Gascard
Josephine Cunningham

Irymple Night

Forch Panetta
Denise Hicks
Kylie Dew

Kurrajong

Adele Buchanan

Mirboo North Night Owls

Jenny Bradshaw

Mortlake Evening

Lynette Baker
Barbara Sanders

Newstead

Julie-Ann Webster

Oxley & Milawa

Erica Pike
Wil Meager

Port Fairy

Genevieve Grant

Port Phillip

Sandra Patterson

Portarlington

Margherita Brigandi

Sunbury Stars

Barbara Waras

Thurina

Karen Margerison

Umina

Brenda McGahan
Jodi Clues

Yea

Joanne Upton



Jenny Nola
Social Issues Committee
Chairperson

Social Issues

Trigger Alert: Please be warned that some of the content below may be a trigger to anyone who has lived experience of domestic violence.

I have had a wonderful time undertaking my Senior Office Bearer role attending the Group AGMs in the south east of the state, along with attending my usual array of meetings. It was very inspiring

to listen to the Branch Secretaries' Reports on the activities each branch had undertaken over the past twelve months. Of particular importance to me was the wonderful activities that are undertaken in branches to ease social isolation in their areas. I particularly liked the welfare officer role created in the Bass Group where one lady visits those who are ill or infirm, the birthday card concept that has been around for years in the CWA of Victoria ensures that members know someone is thinking of them on their birthday even if no one else has recognized their special day. The morning teas for people new to an area are also a very practical and neighbourly way of helping new people integrate into a community. Facebook has many detractors but the healthy chat and exchange of ideas on the branch pages is wonderful to see and lets people know they are not on their own even if they can't get out of their homes.

My original focus in writing this magazine article was the huge relief knowing that the worst of the bushfires have been extinguished and now people have the opportunity to stop and collect their thoughts and work out where to start on the rebuild in their communities. A challenge for CWA over the next few months will be donor fatigue which has set in after many millions of dollars have been donated to a number of well known charities.

However, the start of 2020 has left me very deeply disturbed and quite angry about the incomprehensible state of domestic violence incidents in our country - a supposedly civilized society. The statistics released earlier in the year indicate that the situation has barely registered any improvement except maybe in the area of more incidents being reported, which is a good thing as it is no longer being swept under the carpet. We are still in the midst of what can be defined as a domestic/family violence crisis. Whilst we all know that domestic violence happens in all quarters of our society, it is sadly mostly perpetrated by men against women. Some dreadful statistics to contemplate are:

- every day eight women are hospitalized with critical injuries inflicted by an intimate partner;
- intimate partner violence is the leading cause of death, disability and illness in women aged 15 to 44;
- the most risky time for a woman is in fact during the first six months of separation¹;
- police respond to a 'serious domestic dispute' somewhere in the country every two minutes;
- one in four children are exposed to family violence;
- on average, one woman is killed every week by a current or former intimate partner;
- eight in ten women and nine in ten men do not contact police following violence from a partner²;
- seventy-four women and twenty-seven children died in 2019;
- one in six women and one in sixteen men have experienced physical or sexual violence.

That last statistic means that of our 5,000 CWA of Victoria members, 1,250 are victims of domestic violence! That is a horrifying figure. These women may never reveal their situation or it may be very apparent. This wonderful organisation provides a

safe environment for women and we should be very proud of that. It provides a vehicle for us to support women in our communities and it provides the means for us to lobby government to improve the circumstances of women and children. Be proud of what you do!

Now back to the bushfires I mentioned earlier. The recent bushfire disaster will also find domestic violence rearing its ugly head in those affected communities. A recent article by Hayley Gleeson states that experts are now bracing for an imminent surge in domestic violence. Instead of shedding a tear, some men tend to try and keep a stiff upper lip and act tough. However, men are now more accepting of the opportunity to talk to someone about their situation and consider this not a weakness but an act of friendship. This time around, recovery support workers are receiving family violence training and have commented on the feeling that there has been a 'shift' in how communities are responding.

Women's Legal Service Victoria is also gearing up for an expected surge in bushfire affected areas by boosting resources to its Link Virtual Outreach Program, which was established in response to the surge in family violence after the Black Saturday bushfires in 2009. The program provides women in regional communities with legal advice, as well as financial counselling and social work support, via video consultations with frontline partner organisations. We hope things are better this time for those who have suffered through another bushfire season³.

As a result of recent happenings, the work the Social Issues Committee has been doing in writing advocacy plans for domestic violence and homelessness has become even more urgent. The plans will help focus our ongoing efforts on these topics. Whilst they may have been the themes for a particular year in the past, they are still very much a part of the focus of the Association and our communities throughout the state still need support. If you have stories we can use to impress upon the government the effect these scourges are having in our communities please forward them to jennynola@hotmail.com, or post to 3 Lansell Road Toorak 3142, with any identifying information removed, so that these stories can be told to those who control funds and formulate legislation to improve women's situations. The lives of domestic violence sufferers are quite different in small towns as compared to the middle of Melbourne. We need to know how and why please.

There is so much work still to be done in all aspects of domestic violence. We need prevention measures, support measures, truthful reporting and to stand united to ensure that domestic violence is not an acceptable modus operandi.

Please put in your diaries the 16 Days of Activism that raise awareness around violence against women and girls. This commences on 25 November, which is the International Day for the Elimination of Violence Against Women, and continues until 10 December, Human Rights Day. It would be wonderful if we could have events supporting women's safety in every Group throughout the state between those dates!

Telephone numbers for Family Violence Support Services:

If you are in immediate danger call 000
1800 Respect national helpline 1800 737 732 supporting women's safety
Women's Crisis Line 1800 811 811
Men's Referral Service 1300 766 491
Lifeline (24 hour crisis line) 131 114
Relationships Australia 1300 364 277
Vic Safe Steps Crisis Response Line 1800 015 188

1 Queensland University of Technology Professor Kerry Carrington

2 Australian Institute of Health and Welfare's "Family, domestic and sexual violence in Australia: 2019 and Impact"

3 ABC News Hayley Gleeson Monday 24th February 2020



Helen Christie
Performing Arts
Committee Chairperson

Performing Arts

Have you ever considered how many different types of music there are? As I am writing this, from outside my lounge room window there are the sounds of beautiful large scarlet and green parrots. Their amazing coats of scarlet and green contrast as they feed on the kernels of two pine trees on my verandah.

Enjoying the pine trees, singing to each other, these very shy timid birds are hard to photograph, but give great entertainment as we watch, listen and enjoy.

Group Conferences will now be over. Great times of getting together, with public speaking, choral performances and song in costume items. All performing arts items make for great entertainment and come with personal development for the performers. Members, keep on performing through public speaking, music and dance, and enjoy the fun and friendship.

Let us laugh and love to the sounds of music.

Buloke Shire Youth Citizen of the Year and Charlton Youth Citizen of the Year 2020



Charlton Youth Citizen of the Year 2020: Angel Grylls.

Angel Grylls, Cabbaritta Charlton Junior member was awarded both the Youth Citizen Awards for the Buloke Shire and for Charlton.

On Friday 24 January the first presentation

took place at the Birchip Leisure Centre and the local one was presented on Australia Day at the Charlton Shire Hall. Whilst both presentations were fraught with embarrassment and trepidation it has been an honour for the humble recipient.

As a foundation junior member, Angel helped start and organise junior sessions, even running a colouring competition, judging and organising the prizes with a team member and friend.

Her recruitment drive activities enabled Charlton Junior branch to grow from zero to twenty six members within the first four years. It has stabilised over the following few years with about twenty keen young girls. Angel showed compassion and leadership qualities whilst working with the juniors.

She would help load vehicles, set up displays, entice her family to make pom poms for a local exhibition entry, clean up breakfast dishes on Australia Day, and generally be of assistance for the Bridal Parade and other CWA activities when required.

Angel helped reform and plan activities for the local Youth Group with team players.

This included youth music get togethers with other teens throughout the Shire and a community walk to promote awareness on the issue of violence.

Angel has also consistently and reliably volunteered with preparing weekly cinema films, taking a few hours each week for the last twelve months and running screenings every week for a number of years.

With these skills she also operated the spotlight for local debutantes.

When rostered adults miss their kiosk duty, Angel makes the popcorn and serves the patrons, showing initiative to get the job done.

Through her school requirements, Angel has also raised money, researched and organised tourist tours for the famous community Art Deco Rex Cinema. Her knowledge of this venue is astonishing.

After completing school work requirements at the Wycheproof Resource Centre, she also volunteered during holidays to provide reading sessions to pre-schoolers, and did voluntary work at both Wycheproof Resource Centre and the new Charlton Neighbourhood House since the school term ended.

Finally, I'm sure Angel's participation in carrying the Bangladesh and Nigerian Flags helped make the younger Victorian junior members feel at ease before the

flag ceremony at the triennial ACWW Conference (Melbourne, April 2019). This depth and breadth of her voluntary commitments, as a delegate representing both Cabbaritta Charlton adult and junior branches and also the East Wimmera Group and their junior members.

**Written by an extremely proud
Nan, Cheryl Kemp**



Buloke Shire Mayor Carolyn Stewart with Angel Grylls.

Welcome to our New Junior Members

Avon

Chloe Doumas
Eden Levchenko

Cobram Nocturnals

Sarah Houzaife
Aishah Houzaife

Rodney

Amelia Petrie

Boronia

Heidi Moore

Port Phillip

Tayah McMillen

2020 State Calendar

Board – 3rd Tuesday of the month

State Council – March, June, September, November

High Tea – 1st Sunday of the month

Magazine Deadline – 4th Friday of each month except December

APRIL

3-4	Moirra Group Exhibition
17	ACWW/I/CS Committee Meeting
17-18	Gippsland Hills Exhibition
23	Creative Arts Committee Meeting
24	Deadline for June magazine
29	ACWW Women Walk the World
30	Social Issues Committee Meeting

MAY

1-2	Ballarat District Arts and Craft Expo
2	Fraser Group Women Walk the World Event
2-3	East Wimmera Group Exhibition
2-3	Mornington Peninsula Group Exhibition
3	West Gippsland Women Walk the World Event
16-17	Shibori Class (non-members)
22	Deadline for July magazine
24	Coeliac High Tea
28-30	AGM and State Conference (Warrnambool)

JUNE

4	Social Issues Committee Meeting
4	Creative Arts Committee Meeting
12-16	ACWW South Pacific Area Conference, Port Moresby, Papua New Guinea
13	Pastry Masterclass
24-25	State Council
26	Deadline for August magazine

JULY

18-19	Tatting Class (non-members)
23-26	Melbourne Craft and Quilt Fair (Convention Centre)
24	Deadline for September magazine
25-26	Open House Melbourne

AUGUST

8	Crochet Class (non-members)
21-22	State Exhibition (Ararat)
28	Deadline for October magazine
29-30	Best Kept Secrets Cookery Class

From One of Carmel's Facebook Messages

Hello everyone

I would like to thank the people who have donated to our Fire and Drought appeals. We will be working very hard in the weeks, months and years ahead to help the fire and drought affected areas. Remember that after the fires and chaos, the Country Women's Association keeps on working to help families get their lives back on track.

We have many new members born to our Association through the ongoing help they received in difficult times. Just to talk or have a cuppa with someone who will listen. A friendly gesture, a hug, a meal or just being there. At the moment it's all happening; the aid, the unknown or not knowing where to next. This is so daunting at the time. In the weeks ahead the reality of this event that seems to be unreal will slowly unveil into reality.

That, my dear friends, is when we need to be on hand and lift the spirits of these affected people. Then this time will be over and we will go our own ways but yes, remember it. We must never forget the people who lost everything. They will be just beginning their journey of recovery and will need kindness and help. We can be there for them. We can grow cuttings from our gardens and drop them off at local schools or homes that are starting again, or just leave at the gate or the mail box on our travels, with a note to say you are not forgotten. You can help by fencing or offering to do odd jobs on their farm. It's not hard and I would like to feel someone would help me in need.

In 2009 after the Black Saturday fires, CWA members and the care network helped for two years after the fires. I have made wonderful friends and I still drive out there to see the spot we worked from – a tiny fire station that you could not swing a cat in. Meals, laughs and hugs were enjoyed there. The town people who came there and the helpers were like one family and that made them feel safe.

That little fire station worked wonders for those people and the volunteers who never wanted to leave. I go to the service each February to meet up again. So it's important to give help after the time when it is so needed and wanted.

My town has donated so much and they laugh when they see my green ute coming into the tiny town and they say, "You still have it!" I can't get rid of it. I have made many a full trip in my beloved ute. So be ready; we may need to take more help to who knows where.

Thanks for reading.

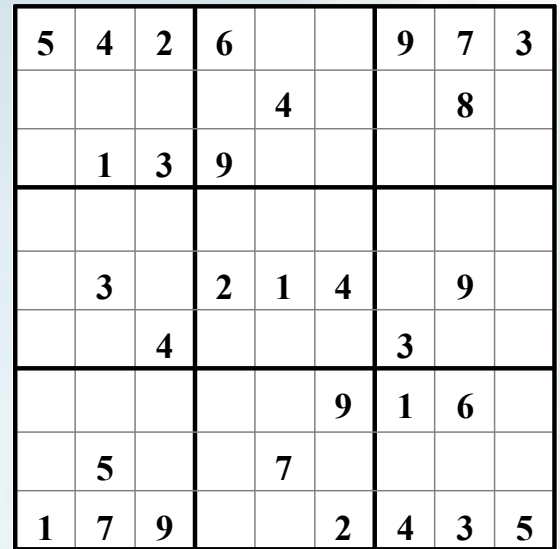
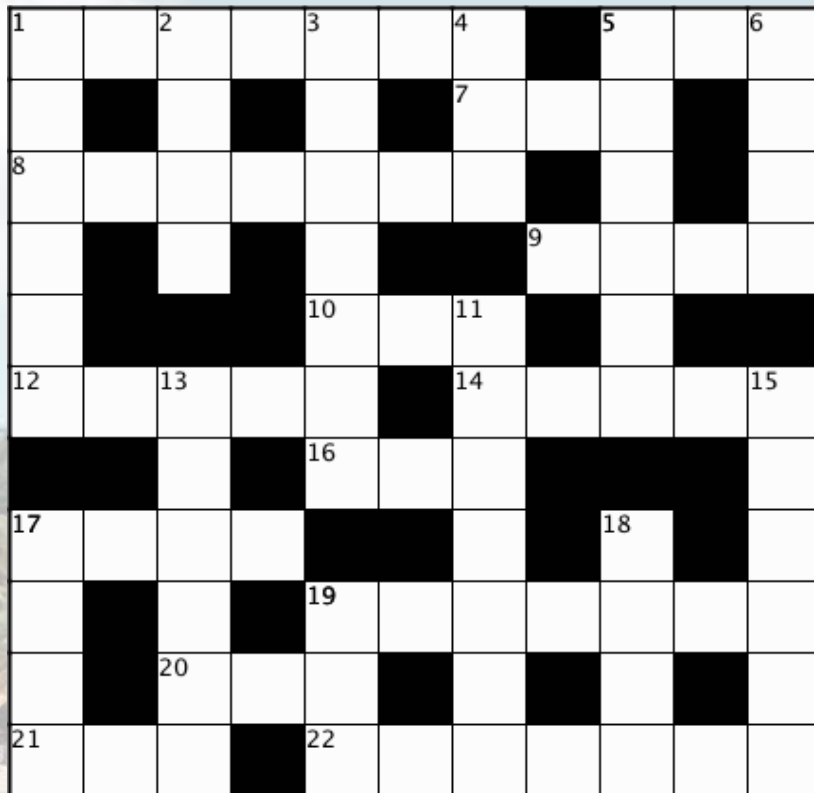
Carmel Mitchell
Monbulk Lady Night Hawks

April Puzzles



Cryptic Crossword (plus Quick Crossword clues)

Sudoku



Answers will appear in the
MAY 2020
Magazine

CRYPTIC CLUES

Across

1. Spooner's 22 across, Gibson and the town (7)
5. Joined first meal with alien (3)
7. Four years a creeper (3)
- 8, 13 down: Rebel creates a b-bopping fundraiser? (7,6)
9. Small puddle just half a potato (4)
10. Girl found in naval centre (3)
12. Not drunk but also berserk within (5)
14. Oh! Can come back for Mexican food! (5)
16. Age of emergency room and second patient (3)
17. Cultivate land leaders from foreigners and regional markets (4)
19. Herb used in cooking a flea by mistake (3,4)
20. Big Bird from a shaved lemur (3)
21. Ye left weary battle (3)
22. Web axes program used to make candles (7)

Down

1. Chocolate and coffee hybrids for a thousand loud Aussie men (6)
2. Office part (4)
3. Four points are a trap? (7)
4. Regularly loiter for a whopper (3)
5. My image capturing oxygen is short-sighted (6)
6. Commercial to come before Kermit's relative? (4)
11. Investigate why Sean lay around (7)
13. See 8 across
15. Cleverly defeat a vixen when she's away from home? (6)
17. False regulation is a blemish (4)
18. I express pain at cat sound? (4)
19. Young child right out of the 'burb (3)

QUICK CLUES

Across

1. Town in Gippsland (7)
5. Assembled (3)
7. Climbing vine (3)
- 8, 13 down: Aussie bushfire fundraising celeb (7,6)
9. Potato (4)
10. Actress, ___ Gardner (3)
12. Serious or solemn (5)
14. Mexican food (5)
16. Historical period (3)
17. Dairy property (4)
19. Herb used in cooking (3,4)
20. Flightless bird (3)
21. Armed conflict (3)
22. Used to make candles and food wraps (7)

Down

1. Coffee and chocolate drinks (6)
2. Acting part (4)
3. Trap (7)
4. Fib (3)
5. Short-sighted (6)
6. Mr ___ from *The Wind in the Willows* (4)
11. Examine (7)
13. See 8 across
15. Defeat with cunning (6)
17. Imperfection (4)
18. Cat sound (4)
19. Baby (3)

Women Walk the World from *Umina*

Fraser Group members have had a Women Walk the World event leaving from *Umina* since it started in 2012 when Mabelle Crichton was Chairperson of International and Community Support.

This walk was initially hosted by Umina Branch which provided some great food to walkers who had walked around local streets, along the Yarra River and return. It has grown over the years to include helpers from other branches in Fraser Group especially with the increasing participation of new branches, new members with skills such as marketing, social media and walk leader experience. Sometimes friends, husbands and family members helped as well. As numbers grew, two walks were offered with Mabelle leading the short walk option taking interested participants around the *Umina*, Edna Walling Garden and giving them some history at the same time.

Mabelle Crichton continued to support the walk/s from *Umina* through all her roles as she moved from Chairperson of International and Community Support, to Deputy State President and State President, and then in 2018 as Immediate Past State President. Each year, she would give the opening address explaining to all members and friends present the connection that CWA of Victoria Inc. has with ACWW. This address explained ACWW's connections to International Women's organisations around the world, the United Nations

and the UN Millennium Goals, now the UN 17 Sustainable Development Goals (since 2015).

Mabelle also promoted the Women Walk the World badge designed by CWA of Vic. Inc. junior members. This badge helped promote the event as well as raising money.

The focus of the early walks were on fundraising for water projects; one year money was raised to complete water tanks which had been started in Papua New Guinea. In 2018 members voted to give funds to the ACWW South Pacific Area for women to travel to Melbourne for the World Conference.

NEW Walk Route for 2020 Walk

Fraser Group members decided they would like a change for the 2020 walk and now, with increased participants, a new route will be offered by the Walk organisers. Melbourne has many green spaces and walks that follow waterways and include points of interest. These are being walked and timed and a new venue for the morning tea is being explored.

The day is always one of friendship and sharing as we walk and talk and some participants just come for the lovely spread at morning tea, where in true CWA style the tables will be groaning with far too much lovely food offerings.

Alida Hellenen
Fraser Group



SHIBORI/INDIGO DYEING RETREAT

Saturday-Sunday 16-17 May 2020 9.00am – 4.00pm

3 Lansell Rd, Toorak 3142 For members and non-members

This retreat will be held in the gracious surrounds of *Umina*, a beautiful house in Toorak, Melbourne.

This will be a weekend where you can come and learn Shibori, the ancient Japanese art of resist dyeing, using the plant based indigo as your dyeing agent.

First learn the basic binding and stitching techniques, then design your own pattern, stitch/bind your pattern and then dye your pieces in the indigo vat.

Your weekend course will teach you stitching and binding skills, using elastic bands, rocks, timber as resists. Lots more ideas, tips and techniques will be shared with you.

You will take home with you: a bag, a silk scarf and fabric squares.

Your tutor Karen Jackson has held many such workshops in western Victoria. Now it is Melbourne's turn. Karen has been using the Shibori technique in her dyed works for many years.

Please note: that some of your finished pieces may still be wet when you leave the workshop and will need to be washed separately at home to remove any remaining indigo. Once washed indigo dyed fabric is completely colour fast and can be washed safely in the washing machine.

You will need to bring your own protective wear – an apron or a shirt, and plastic bags for wet samples.

Retreat cost:

\$395 per person plus accommodation cost:

Retreat cost includes:

- 2 lunches, 1 dinner, morning and afternoon teas catered for by renowned CWA cooks. Please advise if you have any food allergies.
- A kit providing everything you need to complete your projects. However, please bring some sharp scissors, protective wear and plastic bags for wet samples.

Full payment required to secure your place.



Accommodation:

Accommodation and breakfast is available at CWA of Vic *Umina* B&B, a beautiful home in leafy Toorak. Single rooms cost from \$90 per night and twin share rooms from \$120 per room per night. En suite rooms are available at additional cost. Member discounts available on accommodation.

Cancellations:

- Payments are refunded, less 20%, if cancellation is made 14 days or more before the retreat.
- No refund is possible if cancellation is made less than 14 days before the retreat.

For bookings please contact

Reception at CWA of Victoria
on 03 9827 8971

Email: bandb@cwaofvic.org.au
www.cwaofvic.org.au

Blackwork Embroidery Retreat

Twelve members (the maximum possible) participated in the Blackwork Embroidery Retreat held at *Umina* on February 19-20.

Tutor Penny Wolswinkel, from Kardella Branch, had prepared a wonderful kit for each participant, with Aida cloth and linen, hoop, needles and thread, patterns and instructions. Penny has studied at the UK Royal School of Needlework, and is a member of the Embroiderers Guild of Victoria. She has won the Eliason Trophy for the best exhibit in Embroidery at the State

Creative Arts Exhibition several times, including last year for her blackwork pear.

The class was taken on a journey from the beginnings of blackwork to its modern interpretations, with time to practise each stage under Penny's expert guidance. All the members very much enjoyed the retreat, and gave some suggestions for topics for future retreats. We were very well looked after, with meals provided by Club Chairperson Mary Grant and members of her committee.



Blackwork sampler.



Members learning the art of Blackwork embroidery.



The Country Women's Association of Victoria Inc.

Join us on the first Sunday of the month for

High Tea

**Sunday 3 May 2020
Sunday 7 June 2020
Sunday 5 July 2020**

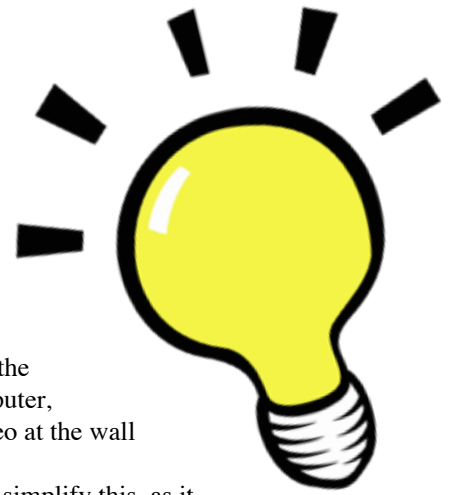
High Tea is held in our historic dining room at the CWA of Victoria *Umina* B&B set in a lovely Edna Walling garden at 3 Lansell Road in Toorak. A delicious selection of homemade treats served on elegant china that showcases our famous scones, jam and cream.

**Ribbon Sandwiches | Warm Savouries
Assorted Mini Sweet Treats
CWA Scones Served with Jam and Cream**

Gluten Free and Vegetarian Options Available

2-4 pm | \$50.00 per person | Bookings Essential
Book through our Bed and Breakfast Department
03 9827 8971 | reception@cwaofvic.org.au
www.cwaofvic.org.au

Ways to Conserve Energy and Save



There are many ways to conserve your household energy, which will also save on your energy bills. Here we explore many tips for the home and its different areas.

Making small changes throughout your home and the way you use your electricity can considerably conserve your household energy and save on your next energy bill. Here we explore tips for the home, both holistically and area by area throughout your home to help you conserve electricity and also save you money.

Lighting

Lighting is responsible for around 10 per cent of the average household electricity bill. You can replace old light bulbs with more energy efficient LED light bulbs, use natural light when and where possible, turn lights off in the rooms not being used and use lamps instead of main lights when only needing a small amount of light – all of which could save hundreds of dollars a year.

Large Appliances

Appliances contribute up to 30% of your household's energy use. The appliances that consume the most electricity include washing machines, clothes dryers, refrigerators, hair dryers, microwaves, irons, dishwashers, heating and cooling, electric kettles, vacuums and televisions. Reducing consumption with the main energy users will have the biggest impact.

Set your fridge between 3°C and 5°C, and your freezer between -15°C and -18°C and keep them full, as this will use less electricity. If you have a second fridge, turn it off when it's not in use. Get rid of your second fridge or turn it off when it is not in use.

When using appliances like washing machines, clothes dryers and dishwashers make sure you do a full load and put them on the shortest cycle or economy cycle.

Older appliances may use up to 3 times more electricity than newer models. If you need to buy a new appliance always look at the energy rating. Visit here for a simple and easy to read guide on the energy rating star system www.energyrating.gov.au/document/guide-energy-rating-label Remember that the rule of thumb is the more stars, the more efficient it is.

Hot Water Systems

Heating your water can contribute to around 15-27% of your energy bills. Getting the temperature right can save on energy consumption. The recommended temperature setting for thermostats on a storage hot water systems is 60°C and it should be no more than 50°C on instant hot water systems.

If you go away for more than a week turning off your storage hot water system can save energy and money. Just remember to allow enough time for it to reheat when you get home!

Switch off at the wall

Leaving appliances on standby can add up a lot at the end of the year, as appliances still consume energy when not in use. Best practice to conserve this wasted standby energy is to turn

off appliances such as the TV, DVD player, computer, game console and stereo at the wall when not in use.

A power board can simplify this, as it supplies electricity to multiple appliances at the same time and makes for easy switching off of multiple appliances with the one switch.

Heating and cooling

Your air conditioner runs best economically when it is set between 24°C and 26°C in summer and in winter between 18°C and 20°C. Every degree outside of these ranges adds 10% to your cooling and heating costs.

Only use heating and cooling units that are the right size for the area needing heating and cooling. And close doors to rooms that aren't being used. Keep the heat in or out as best you can. A lot of heating or cooling escapes through glass windows, so close your curtains, and blinds and draught proof your home by sealing up any gaps or cracks and using door stoppers and consider applying weather seals to any applicable draught areas.

Adjust the settings on your heating and cooling units, if you have adjustable louvres adjust them towards the ceiling when cooling, and towards the floor when heating (as cool air falls and hot air rises).

Turn off the air conditioner and open windows at night to let air circulate and cool the house down. Always use fans where possible, instead of air conditioners.

Use extra blankets, electric blankets, heat bags or hot water bottles to warm up in the bedroom, rather than heating these areas.

An insulated ceiling can make a big difference to your energy bills. Check that your roof has appropriate insulation for effective heating and cooling.

Solar energy

After an initial cost outlay, solar energy can be one of the best ways to conserve energy and save money. Installed solar panels mounted to your roof can convert the sunlight into energy and save money in the long run.

Solar hot water systems are also a very efficient way to conserve energy, and the technology is constantly evolving.

Ways to be more efficient and save in the different areas in the home

The kitchen

- Only run the dishwasher when full and use an economy or shortest time setting when possible.
- Thaw your food naturally in the fridge rather than using appliances to do this.
- When cooking on the stove top always use lids on pans as this contains the heat and speeds up the cooking process.
- When using an oven, avoid continuously opening the door as this releases the heat.

- Set your fridge and freezers to the ideal temperatures.
- Keep fridges and freezers in a cool, well-ventilated spot away from the oven and the sun to save electricity. Keep a five-centimetre gap around your fridge so air can circulate freely.
- Use lower water temperatures when washing or rinsing dishes.

The laundry

- Always run your washing machine with a full load, to cut down on the amount of loads you wash.
- Use cold water to wash clothes.
- Instead of drying your clothes in a clothes dryer, use a clothesline or an indoor clothes racks.
- If you have to use a dryer, then make sure your clothes are spun dry or wrung out well first and use the dryer with a full load.

The Bathroom

- If your hot water system allows it, set your hot water at a reasonable level.
- Keep your showers to under 5 minutes long.
- Install water saving showerheads.
- Minimise the use of any heat globes in bathroom lighting.

Outside

- Consider solar lights or sensor lights rather than leaving outside lights on overnight.
- Use programmable timers and sensors to light outside areas.

Appliance Maintenance

Always maintain your large appliances for more efficient use. For example:

- changing the filter in your air conditioner when needed saves electricity, as does removing lint from your clothes dryer, as this allows them to run to their best efficiency.
- A fridge can be used more efficiently by keeping door seals clean and repaired if broken, as your fridge may be leaking cold air which will cost you more to run.
- Check the user guides and manuals for your maintenance required on appliances.

Sources

www.energyaustralia.com.au/blog/better-energy/how-save-energy-your-home

www.energyrating.gov.au/consumers

www.energy.gov.au/seniors-guide-energy-saving

www.victorianenergysaver.vic.gov.au/save-energy-and-money/top-10-ways-to-save-on-energy-bills

Note: The above article was sourced from <https://www.cota.com.au/ways-to-serve-energy-and-save/> and is printed with permission from COTA Insurance



Country Women's Association of Victoria Inc.

Saturday 2 May 2020 - Women Walk the World

Fraser Group welcomes all to come along and join in this social event

On or around the 29th April each year, women worldwide walk together to raise awareness of our international connections, shared goals and fundraise for the Associated Country Women of the World (ACWW). All Funds will go to the WE Fund (Women Empowered) towards Sustainable Water, Sanitation and Energy projects worldwide.

Walk 1 Short walk and morning tea (approximately 1-2km and 30-40 minutes)

Walk 2 Long walk and morning tea (approximately 6-8km and 1-1½ hours)

Time and Registrations: Arrive from 9.40am to register for a prompt start at 10am
Morning Tea from 11am onwards.

Cost: \$25.00 per person payable on the day or when booking using booking agency (information will be provided closer to the walk).

Enquiries. Walk 1 or Walk 2 or morning tea only option to Jenny at cwafrasergroup3@gmail.com or phone Sheryl on 0421 467 242.

Bookings: Please register your interest for Fraser Group's 2020 Women Walk the World event by sending your name and email address to cwafrasergroup3@gmail.com and the booking details for morning tea, venue, and walk routes will be emailed when confirmed.

As your hosts Fraser Group welcome all - bring friends, husbands, partners and family members. If not walking come along and enjoy the morning tea and socialising.



The Country Women's Association of Victoria Inc.

PASTRY MASTERCLASS



10am – 4pm Saturday 13 June 2020

3 Lansell Road Toorak 3142

Class size: maximum 8 participants

This Masterclass is for members only

If you are looking for expert tips on how to make delicious buttery, flaky puff pastry, perfect sweet shortcrust pastry and choux pastry for cream puffs, eclairs and profiteroles that will work every time, join the Cooking Committee for a full day of baking and lots of laughter.

You will take home examples of puff pastry, sweet shortcrust pastry and choux pastry.

Masterclass cost: \$180 per person.

Full payment required to secure your place.

Cost includes:

- Morning/afternoon tea and lunch.
Please advise if you have any food allergies.
- All ingredients and recipes.

Cancellations:

- Payments are refunded, less 20%, if cancellation is made 14 days or more before the Masterclass.
- No refund is possible if cancellation is made less than 14 days before the Masterclass.

For bookings

Please contact Reception at CWA of Victoria
Phone: 03 9827 8971 Email: bandb@cwaofvic.org.au

Joyce McDonald

How long have you been in Myrtleford?

I shifted here in 1954 from Beechworth where I had lived my whole life. I came to Myrtleford because I got married. I was working in the forest commission in Beechworth and in those days a married woman couldn't stay on a government job. So then I got a job at the Buffalo service station for about 12 months before I got pregnant and of course that finished that. I thought with having a baby I would rejoin the CWA for something to do.

Tell me about the CWA

I was in the CWA Younger Set in Beechworth when I was young because my mother was a part of the group. When I moved here, my husband went milking cows and I hated it – I've never been into dirty stuff. I come in and my daughter Margaret was making some noise and a lady said "keep that baby quiet or you can't come here" so I gave it away and I wouldn't join for about six years. I went back when she was a bit older and I've been in it ever since. It was special because we did a lot of good and I was made group president from 1995 on and off until 2010. I was travelling to Melbourne three times a week sometimes; I got up to all sorts.

Who did you meet through CWA?

I mixed with Ita Buttrose quite a bit. Jeff Kennett knows me well; he's a wag of a man. A lot of the parliamentarians know me if I go down there.

Where did CWA take you?

I was busy. I will always remember going to Tonga. There was a world conference there for CWA. They've had world conferences in Tasmania, India, all over the world. I went to about five conferences in my time. I reckon I could go nearly anywhere in Victoria and get a cup of tea. I still go to Melbourne by myself; I just go at my own pace.

How did it feel when CWA finished in Myrtleford?

It was a bit sad. It was only just last year that we finished up because most of us were getting a bit old. We were down to about six members. It will probably start back up again one day but it won't happen with just three people. 90 years it had been going!

You were nominated as an unsung hero in 2012, how was that?

One day Jeffrey Rush won Australian of the Year and I was just sitting around here and the phone went – it was the Herald Sun – she said "You have been nominated as an angel" and I said "I'm no angel, pull the other leg" and I hung up. She rang back again and said "No, it's true. There are 12 of you nominated – can you come to Melbourne tomorrow." Everything was paid for and we went out for breakfast and I'll tell you it was too posh for me, I am just an ordinary person.

So you don't think you are an unsung hero?

I didn't think so. They said that any of us 12 should've got the big award other than Jeffery Rush. I didn't even know who he was at the time. The Sun was very wild about him getting the award and there have been all sorts of troubles about him since. It was a great honour, I came home to Myrtleford and I went into the newsagent and Golly had six copies waiting for me.



Joyce McDonald

What else did you do?

I was into everything. I got the 1997 Alpine Shire Citizen of the Year. I was also secretary and treasurer of Myrtleford Craft and I was secretary of Senior Citizens. I was on the World CWA committee and we used to study in a different country every 12 months. I catered at Government House in Melbourne for Australia Day. Ted Baillieu came out to speak to everybody who was helping and there was a strange lady I was standing with and I said to her "I'm getting tired of waiting for him, blast him I have work to do" and he eventually came around to me and noticed I had travelled from Myrtleford so I said "All good people come from Myrtleford" and he said "I take it you didn't come from Myrtleford then" and this lady is still standing there and he looks up at her and it turns out it was his wife I had been talking to.

What advice do you have for the younger people of Myrtleford?

Lots of things but they would just say I'm old and soggy. I think young people would really benefit from disconnecting from the TV and internet a bit more often. I have great grandkids that come in this door, say "hello gran", give me a kiss and then they will sit down with their devices for the entire time. I think kids should be taught that it's not the most important thing – I mean we were taught back in the day to open the doors for people who need some help, they don't do that anymore. There are a couple of nice lads down street who do help me when they can, I think their mum is doing a good job.

Note: The above article was printed in the *Myrtleford Times* and the article and accompanying photo are reprinted with their permission.

Letters to the Editor

Dear Editor

I wish to inform CWA members of Australia about a WW1 memorial project under way in Belgium of which Australia is a significant participant. Many members may have family stories to contribute and also wish to have a memorial plaque installed at the site.

Known as "Brothers in Arms Memorial Project" (BIAMP) the project is nearing completion and expects to be in position in mid-September to November this year, 2020.

Australia's commitment has been funded by an Australian philanthropist and well known Melbourne sculptor Louis Laumen is the commissioned artist.

BIAMP Australia Mission Statement: To support the international BIAMP project to memorialise the numerous sibling brothers whose lives were lost to their families, friends and nations in WW1.

The project concerns the many thousands of sibling brothers from the allied nations who sacrificed their lives on the battlefields of Turkey, France and Belgium during WW1. Until recently there has been little research into the multiple losses, endured by Australian families, which, to this very day are deeply mourned.

The project was inspired by the discovery of an Australian soldier Jack Hunter, who was rescued by his brother during the battle of Polygon Wood in September 1917 and buried in farmland opposite Polygon Wood, Belgium.

For further information see – Brothers in Arms Memorial Project – Belgium and Brother in Arms memorial Project – Australia.

Brenda Stevens-Chambers

I may be contacted at:

PO Box 265, StrathVillage Post Office, Strathdale, 3550 Victoria

Email: brendastevenschambers@yahoo.com.au

Phone: (03) 54434886

To: Membership

From: Sue Afford

Date: 27 February 2020

Dear Judy

Thank you for your reply following my enquiry with Robyn whilst I was visiting *Umina* recently.

We are delighted that our members residing in residential aged care have been able to continue their interest in our CWA branch activities, meetings and fundraising, sharing their dedication and commitment to our branch over many years and the supply of the magazine in audio recording has extended their connection and inclusion to the wider CWA community.

Our members are able to both hear and view the wonderful CWA monthly magazine and we thank you for being able to continue to supply the audio recording for the magazine.

With our thanks and appreciation

Regards

Sue Afford

Member

Hopetoun CWA Branch

Model of Brothers in Arms statue



Country Women's Association Vic. Inc.

Moira Group

CREATIVE ARTS EXHIBITION



Sewing, Art,
Embroidery,
Patchwork, Handcrafts,
Floral Art, Cooking,
Preserves,
Photography, Knitting
and Crochet



Senior Citizens Hall

23 Hovell Street,

Yarrawonga

(next door to CWA)

Friday 3rd April 1pm - 4pm
Saturday 4th April 9.30am - 3pm
Official Opening
Friday 3rd April at 2.30pm



Admission: Adult \$5, Children Free

Tea, Coffee and Lunch available



All Welcome

A winning entry from 2019 State Literature Competition

MY COMPETITIVE SPIRIT

Fiction

When I was a small child my favourite story was 'The Little Red Engine'. My mother would read to me and I always joined in with "I think I can, I think I can, I think I can", slower and slower as the little red engine reached the crest of the hill. Then the elation and joy as I shouted: "I knew I could, I knew I could, I knew I could," as the little red engine sped down the hill.

It nurtured my competitive spirit and fed my determination to succeed. Being the youngest child and with four big brothers I always strived to keep up. How often I heard the words "You can't do that. You are only a girl. Go and play with your dolls and tea set. Girls can't play football." How the world has changed!

But I was determined, so I borrowed a football and practised in the paddock. Soon I could kick a beautiful drop kick and I was so proud. Sometimes my brothers let me have a bat in their cricket team, but only when they were short of a player. I had a good eye for the ball and was determined to guard my wicket. I went fishing and even baited my own hook. I climbed trees, skun my knees and tried not to cry, even when it hurt.

My mother was in despair. She had waited so long to have a little girl. In my baby photos I was always wearing pink frilly dresses and lace bonnets. Now she had a daughter who liked to wear trousers. I wanted my hair cut short and hated wearing a hat. I had a nice crop of freckles on my face and sunburn on my nose. My mother would say to my brothers "Look after your sister." But I could look after myself.

All through my school years I played many sports and was very competitive and liked to win. But my father had always insisted if we lost, we had to lose graciously and respect our opponents. I would shake hands and murmur congratulations but the words nearly choked me.

I studied hard and did my homework every night. I wanted to get good marks. My teacher wrote on my report that I had a competitive spirit and praised my diligence.

My brothers played in the local cricket team. One day they were short of a player. My brother suggested my name. "But she's a girl" said the captain. "Well she knows how to play," said my brother. I braved the smirks of the opposing team as I took my stance at the wicket. I heard the remark "Go easy on the sheila."

The bowler bowled a slow ball and I cracked it for a six over the boundary. My brothers clapped and cheered. They seemed quite proud of me. I made forty six runs before the ball hit my wicket and we won the game. The opposing captain shook my hand and congratulated me. He was a gorgeous hunk. My face flushed red and I was so embarrassed.

My teenage years were happy. I attended the local dances and played tennis and basketball on weekends. I soon discovered that boys liked feminine girls. I let my hair grow longer and manicured my nails. I experimented with makeup and mother made some new frocks for me. I liked reading the fashion magazines and followed the trends. My brothers complained that I hogged the bathroom and my father added a shower room to the back veranda. My mother was happy. At last she had a daughter who behaved like a girl.

One night at a dance I met Rob, that cricket captain from long ago. He was tall and handsome and he asked me to dance. The other girls were so envious. My brothers teased me. They knew I liked him. We went out quite often. We enjoyed fishing, picnics and lovely walks. On my twenty-first birthday he asked me to marry him. I was so happy, I cried.

We planned a lovely wedding. Mother made all the frocks and the wedding cake. I lost a little weight and was determined to look my best for the big day. My brothers said, I'd scrubbed up alright, so that was a compliment from them.

Rob and I bought a little cottage and settled down to married bliss. We had four children, two boys and two girls. I was determined to be a good wife and mother. My life revolved around cooking, cleaning, ironing, washing nappies and coping on a limited budget.

Soon the children were all at school. I drove them to sports matches, swimming lessons, music and gymnastics. They all had a determination to do well academically, and Rob and I made many sacrifices to give them a good education. I had a part time job and Rob worked long hours.

The school years passed. One by one the children left home to take up their careers. Our nest was empty. I kept their rooms ready for their visits and worked in the garden. One day a letter arrived. It was an invitation to a school reunion. Had it really been forty years since I graduated from high school?

I clutched the letter in my hand and

looked in the mirror. I felt my competitive spirit rising. I had put on some weight, had streaky grey hair and a few lines and wrinkles. Something had to be done. I had six weeks to get into shape. Rob laughed when I told him my plan. But he wasn't laughing when sweets disappeared from the menu and the cake tins were empty. It wouldn't hurt him to lose a little weight. His stomach was starting to protrude over his belt. I threw out any junk food that I found, and banned chocolate in the house. We could live on fresh fruit, vegetables, salads and grilled meat.

I found my old running shoes and started to jog every morning and evening. I walked down to the shops, left the car in the garage. I did stretching exercises and rolled, thumped and bumped around the floor. The first week I was so stiff. My muscles were aching and it was torture passing the bakery shop. I refused all invitations for coffee and cake. My friends were surprised but I was determined to shape up.

After three weeks I'd lost four kilograms. I enjoyed my new life style and planned a new outfit and haircut and colour for the big day. Rob joined me at night and we jogged around the streets. After five weeks I'd lost another three kilograms. It was time to go shopping. I bought a lovely blue frock, rather expensive, and some new shoes. I had a modern short haircut and colour rinse. Rob bought a new shirt and trousers and off we went for the big day.

We all had name tags and it was fun finding our old school mates. They all seemed to have made an effort. Some girls hadn't changed at all. Some of the men had lost their hair on their heads but were sporting beards as if to make up for it. We laughed, talked, and looked at old school photos and mementos. We enjoyed a beautiful dinner with lovely cream desserts, and danced the night away. My brothers attended and even complimented me on my outfit. We exchanged phone numbers with class mates and promised to keep in touch.

What a happy occasion. As we drove home I decided that next day I would make a big chocolate cake for Rob and perhaps an apple pie. I think I have lost my competitive spirit. Beauty is only skin deep. What do a few grey hairs and kilograms matter when we have each other, good health and a loving family?

Nancy Fowler
Terang

In Memory Of

The short story below was a second prize winner in the 2019 State Literature Competition and is published in memory of Beryl O’Gorman of South Morang Night Owls. Beryl, who passed away in February 2020, was a regular contributor to the State Literature Competition for many years.

Do you know Fred Kelly?

Every small country town has a Fred Kelly. The Fred Kelly in our town was one of those people that you couldn’t ignore, because he wouldn’t let you. His constant good humour, wit and charm would eventually break down the barriers, no matter how determined you were to ignore him, and the capers he got up to are legendary.

Fred never missed a function. If an invitation was required he would wangle one. He was nicknamed “The Moth”, because if he was feeling lonely, he would drive round the town until he saw a light, and there he would land. His poor, long-suffering wife Elsie was quite the opposite, so she saw very little of her husband the socialite, as he was always out.

He enjoyed a beer or two, or three, and would spend Saturday afternoon at the pub, but there he would be at church the next morning, smiling at everyone as he took up the collection. He worked tirelessly for his church, and for all worthy causes, so when it came to committees and planning meetings, there Fred would be in the thick of it.

He was a superb dancer - he taught all of us young girls to dance, and our parents all knew we were safe when we were dancing with Fred. He hadn’t been blest with a family, which was sad, but he “adopted” all the youngsters of the town instead. He knew them all and what they were up to. In fact, he knew everything about everybody, and as he spent many years as a grocer and a butcher, he was in the perfect position to hear the ‘goss’ first. And he knew just how to extract it from people.

The best thing about Fred was his sense of humour. He was tireless when it came to a bit of fun. One of my earliest memories of him, and I was only a tot, was the day peace was declared, and he scaled the goal post at the footy ground to hang a chamber pot (called a jerry or a po in our town) on the top.

New Year’s Eve was his specialty. Everyone knew that Fred would be up to something that night. One year he and a couple of mates carted the old dunny from the back of the butcher’s shop and dumped it in the middle of the main road. People got away with things like that back then! Nowadays they’d be put in a cell overnight.

My parents had a big New Year’s Eve party one year. My mother drew a big clock showing midnight on paper and fixed it over the open window, and Fred was dressed up as Old Father Time, complete with scythe – the real thing, from Dad’s shed! Another local joker was dressed as a young baby in a huge nappy. The process was that at midnight the baby (New Year) came into the room and chased Fred (the old year), who cut his way through the paper clock and into the garden.

He was so pleased with himself that he decided to go round the town and visit some of his buddies who weren’t at the party. This was fine until he arrived at Mike McCarthy’s place.

Mike was known for having the best garden in the town, but Fred, who had been enjoying a drink or two over the evening, walked down the path and sliced the tops off all Mike’s poppies as he went along with the scythe. Mike never forgave him, but the story became one of the town’s legends.

Fred loved dressing up. There were annual street parades, concerts, fancy dress balls, fetes and town picnics all of which he would attend in fancy dress of some kind. He liked the striped blazer and boater hat outfit and the striped prisoner gear, but probably his all-time favourite was Ballarat Bertie, a character immortalised by the Ballarat Brewing Company.

On another occasion – the annual Agricultural Show – one of the competitions was for a dressed fowl. You guessed it! With a little help from his wife he arrived with a poor, miserable looking plucked fowl wearing a red waistcoat and bow tie! He *didn’t* win the prize.

When Fred went into a retirement home, after the death of his wife, he became the home’s right hand man. He fetched and carried for the bed-ridden, read to those with failing eyesight, and took the wheel-chair bound around the gardens. And no doubt he entertained them all with his stories and jokes.

I’m sure as you’re reading this you will be thinking, “That sounds like Sam Reilly”, or “That’s Jimmy Clark!”

Because every town has its characters – and Scratchem had Fred Kelly!.

Beryl O’Gorman
South Morang Night Owls



Country Women’s Association of Victoria Inc.
Mornington Peninsula Group

49TH ANNUAL
Creative Arts Exhibition

Peninsula Community Theatre
Cnr Nepean Hwy & Wilsons Rd, Mornington

Saturday 2 May 2020 10am-4pm
Sunday 3 May 2020 10am-3pm
Stalls | Demonstrations | Raffle
Refreshments available
Admission - Adults \$5
Children under 14 accompanying an adult FREE

 @CWAMorningtonPeninsula 

BRANCH and GROUP

King Valley News

KING VALLEY members were invited to provide refreshments for the local Remembrance Day Service. As well as providing a scrumptious morning tea, members made biscuits in poppy colours and provided beautiful floral arrangements of rosemary and poppies from members' gardens. The service was attended by local school children, as well as several community members as two local nurses were honoured and plaques in their honour were unveiled. Members of the nurses' families were also present. We received a lovely thank you card from the Remembrance Day Organising Committee expressing their thanks for the best morning tea ever provided at a Remembrance Day Service.

We also enjoyed a Christmas Breakup Dinner at the Mountain View Hotel in Whitfield. The dinner followed our last meeting for the year and Santa even made an appearance handing out gifts to our appreciative members. An enjoyable night was had by all.



King Valley members enjoying their Christmas Breakup.

Diamond Valley Group Conference

The competition at the conference was Fiddle Mats for patients with dementia. Fourteen mats of varying design were on display and the winning entry was made by Roma Harris of Whittlesea Jumbunna.

The mats were presented to the two nursing homes in Whittlesea. They were very appreciative of the donations and they said they could do with more.



(L-R) Dorothy Sparks, Kaye from Sunlight Nursing Home, Sandra Hocking and Roma Harris presenting Fiddle Mats on behalf of Diamond Valley Group.

New Year, New Members

After holding a very successful membership information night late last year KIEWA DISTRICT are now a branch of more than 20 members! A change to an evening meeting means more members can get to a meeting. We started the new year with a branch dinner and meeting to plan activities for the year. With an eclectic mix of interests, we are looking forward to enjoying new friendships, learning new skills and supporting our community.



Kiewa District members at their branch dinner



(L-R) Boorondara members and friends Olivia Seymour, Maria Gionis, Ruth Triggs, Pamela Hendy, Cathie Irvin, Cathie Sheehan and Chloe Taylor.

Dips and Drops at Boroondara

On February 9, BOROONDARA members, partners and friends celebrated the start of their 2020 program with a fundraiser, *DIPS & DROPS*, in aid of the CWA Drought and Fire funds. More than 20 dips and accompanying dippers, with very creative titles, arrived to be judged in five categories: Best ingredient from a can, taste of the exotic, something sweet, most creative dipper, most imaginative name.

Some more inventive dip names were *Chook Droppings*,

Los Ranchos Con Carne, Sweet and Heat, Chocolate and Spice - all things nice, to name a few.

Both voting and tasting proved to be a serious business, partly due to the balancing act of glass, plate, voting form, pen and dipper, whilst trying to securing a spot around the crowded table. Not too much ended up the floor and not much remained at the end!

School Project

Each year, Year 6 students in the City of Stonnington complete a project about Australian History and finalists are selected to compete for the RSL Scholarship Program. This year the recipient of the scholarship for Camberwell South Primary School was Emily Caroe

(granddaughter of Bayside member Jan Montgomery) for her fantastic project on the Country Women's Association. As part of her research Emily went out of her way to interview Jan and other members of the Bayside Branch.



Emily is pictured here with her grandmother and her project.

Johnstone Collection

SOUTH MORANG members visited the Johnstone Collection earlier this year and the display showcased the talents of men. We saw a Guy Fawkes statue and the crochet tea cosies were all famous faces. The knitting and delicate crochet doyleys were amazing. Always a great visit and enjoyed by all.

(L-R) South Morang members (back) Jackie Mulrone, Mary Cannata, Helen McGlone, Dayle Carrol, (front) Helen Smith, Christine Evans, Fay Penman, Shirley Hinton, Heather Minnitt.



80th Birthday Celebration

On 27th January twenty RODNEY members along with friends got together at Gwen Ranson's home to help Lyn Harrison celebrate her 80th Birthday. With Melvie Darby's help, Gwen planned a lovely two course lunch of cold meats and salads with so many different sweets it was hard to choose. The meal was provided by members and the table decorated with vases of beautiful roses and lovely china ware. We all sang Happy Birthday and Lynn cut her birthday cake and was presented with a gift. Another way in which CWA ladies show their affection and care for each other, when a member doesn't have any family living nearby.



Lyn Harrison with her birthday cake

Collingwood Members Visit The State Control Centre

The **State Control Centre (SCC)** is Victoria's primary control centre for the management of emergencies. The SCC is the hub of a network of regional control (RCC) and incident control (ICC) centres across the state. Emergency Management Victoria has the legislative responsibility for the management of the SCC (<https://www.emv.vic.gov.au/about-us/locations/state-control-centre-scc>).

At the heart of the recent bushfire relief operations was the State Control Centre, which coordinates the firefighters, emergency services, water supply, logistics, and interstate and international support for all hazards and emergencies across Victoria. Most of the roles in the State Control Centre are voluntary, filled by people who have taken time out of their regular jobs and family life to contribute to this important but behind-the-scenes work.

As a small gesture of acknowledgement and appreciation, Collingwood members put on a morning tea for all Melbourne-based contributors to the bushfire relief effort. The scones and 'helping hands' biscuits (each immaculately iced with the word 'THANKS') were a big hit.

State Emergency Management Commissioner, Andrew Crisp, personally took Collingwood members on a tour of the State Control Centre.

Collingwood members with Emergency Management Commissioner Andrew Crisp



Busy Hands at Horsham

HORSHAM craft group sent off 40 pairs of slippers, 16 fabric dogs in knitted outfits, 2 quilts, and 2 knitted children's jumpers to be forwarded to Ronald McDonald House through Wimmera Against Cancer in Kids, representative Brendan Mc Kinnon. Thirty breast cushions were sent separately to Wimmera Cancer Centre, Horsham.

Horsham members and Brendan McKinnon with donations for Ronald McDonald House

Photo courtesy of Paul Carracher, The Weekly Advertiser.





Murray Valley Group Conference

On the 10 February MURRAY VALLEY GROUP President Mary Heap welcomed State Vice President Sarah Barnbrook and thirty ladies to the Annual General Meeting at Swan Hill. Tanlynne proved to be a delightful hostess branch and Marlene Warburton and her members are to be congratulated on a delicious lunch and an amazing array of afternoon tea. Nobody went home hungry that was for certain.

The Fisher Trophy for the best Secretary's Report went to Bernice Murray from Boreen. A presentation of a cheque for \$1700 was made to Emma Brown who was representing people touched by cancer. This money will be used to buy clothing for people suffering from Lymphodema. The Group Project was the Woorinen Fire Brigade and a presentation of \$1000 was made to Woorinen Fire Brigade member Brett Morphett. This money will be used to help equip their new fire truck.

Bernice Murray (left) receiving Fisher Trophy for Best Secretary's report from Murray Valley Group President Mary Heap

Kokedama Workshop

Always keen to try something new, several members of SEYMOUR CENTRAL attended a Kokedama workshop at a local gift/lifestyle store, Bezzy Eldo.

Kokedama is a Japanese planting style where plant roots are covered and shaped in soil and moss and wrapped in twine. The finished product sits in a little dish, so getting the right shape is important to aid balance.

This form of planting was a first for most of us and we had a great time at the workshop. Most importantly, we were thrilled with our results.

(L-R) Seymour Central members Raenette Ellis, Katie Rider, Sarah Barnbrook, Rebecca Starmans and Carly Eldredge with their Kokedama creations



Family Day at Bendigo

The Bendigo Homemaker Centre held a family day in perfect weather that allowed our BENDIGO NORTHERN GROUP to show different crafts to the public.

Campbell's Forest Branch President Lyn Griffin captivated the children's attention with the making of felt balls which the children eagerly enjoyed making their own. Bendigo member Caroline Goodwin demonstrated intricate embroidery along with knitting and crochet by other members.

Members mingled amongst the crowd with a basket giving out free scones. This gave us the opportunity to talk to people while handing out branch details and a copy of the scone recipe. Many people liked to talk about the Association and how their mothers or grandmothers had been in CWA.



(L-R) Bendigo Northern Group members Greta Balsillie, Marilyn Tangey, Bev Sutherland, Lois Thomas, Lyn Griffin, Leanne Mooney, and Jenny Arbutnot.

Axedale CWA Youth Award

Each year AXEDALE members attend the Axedale Community Australia Day Breakfast Ceremony. Scones are handed out for morning tea but the highlight for the Branch is the presentation of a \$500 Youth Award.

During the preceding November, local students are invited to submit a written application outlining how they would put the grant to good use in developing their interests. For example: art classes, music lessons, sports coaching etc. The 2020 Award was presented to Eve Aurish-McGrath by one of our newer members, Bec Lesser, who spoke proudly about her involvement with the local branch and the work of the Association.

(L-R) Chris Hobson, President of 'Axedale our Town Our Future', Axedale member Bec Lesser speaking about her involvement with the Association and Bendigo Councillor George Flack.



Contributing to the Community

DRYSDALE members were extra busy at our first craft day for 2020. We made 39 jockey pouches and 18 chair bags for the Jirralhinga Wildlife and Koala Sanctuary at Barwon Heads on the Bellarine Peninsula. With the recent fires the sanctuary is caring for many injured animals.

Drysdale member Marie Harcombe busy at the sewing machine



Movie Night Fundraiser

In preparation for their fundraiser movie night for the Volunteer Fire Brigades Victoria (VFBV) welfare fund, CENTRAL NIGHTS members made tomato relish and zucchini pickles to sell on the produce table. Tickets for the movie night sold out in eight hours!

(L-R) Central Nights members pouring 48 jars Helen deLange, Jodie Page-Smith, Annie deBeer, Kay Tait, Sally Friend, Narelle Bugg, Kate Daymon, Donalee Farrell-Magher, Kathy Foley, Sue Bron and Sally Hunt.



Gift Wrapping at Bendigo

For the last few years BENDIGO NORTHERN GROUP members have participated in the Gift Wrapping Service offered by our local Shopping Centre, the Bendigo Marketplace.

It is a great experience talking with people from all walks of life with many interesting stories told. With different organisations rotating over the month of December, of course the couple of days lead up to Christmas are always the busiest. Kangaroo Flat members enjoyed several different days gift wrapping.

(L-R) Kangaroo Flat members Kaye Trimble, President Greta Balsillie, June Reid and Gwenda Athans busy gift wrapping.



Bacchus Marsh Day members at Bunnings.

Craft Morning at Bunnings

BACCHUS MARSH DAY members had a lovely craft morning painting pots and planting plants, instructed by a member of Bunnings staff and everything was supplied by Bunnings Store.

2019 Local Achiever

WARRNAMBOOL NIGHT OWLS members are very proud and very happy. Members Heather Mulready and Lisbeth Cheah completed an application to the Warrnambool City Council for Warrnambool Night Owls to be recognised as a 2019 Local Achiever. We received this award at the 2020 Australia Day Ceremony held at the Warrnambool Botanical Gardens. The award was presented to 2019 Branch President Deanne Williams.

We are a reasonably young branch of 10 years with ages ranging from juniors to ladies in their 70s who have a wide range of skills and knowledge.

As well as catering for other organisations we donate goods in kind to our local hospital, Operation Christmas Child, Salvation Army, Anglicare, Travellers Aid, Emma House (women's refuge), ACWW, wig bank, library, and hospice. We also support kindergartens, schools and other local organisations with monetary assistance.

We have some very talented members who hold craft days and pass on their knowledge. Our two junior members are quite talented with their artistic skills.



(L-R) Warrnambool Night Owl members Angela Vick, Necia Lynch, Linda Johnstone, Ruth Lanchbery, Robyn Bodycoat and Deanne Williams with their Australia Day award.

Their Memory Lives On

BRIGHTON members are saddened to farewell **Lorna Cheary** in her 99th year. Lorna was a loyal member for 30 years hand crafting beautiful items for those in need and supporting all causes. A gentle lady full of grace and positive happiness and caring for all. These traits and her beautiful smile will be greatly missed. Vale Lorna.

COLAC members remember **Phyllis Brown** who joined CWA in Gellibrand in 1950 and died last December, Phyllis lost one eye in a childhood accident, but was a very independent and helpful member.

During 69 years of service she was Group President of Otway twice and happily took on other positions when required. Phyllis came to Colac when Elliminyt closed. She was great at gardening, sewing, knitting and crocheting. Goodbye dear friend.

FRANKSTON members were saddened by the passing of **Joyce Kolodziejczyk** on 28th January. Joyce was a former President at Frankston, then joined the newly formed Flinders branch for support and moved to Balnarring Branch before returning to Frankston.

Joyce will be remembered for her tremendous support of CWA in many areas especially with the Creative Arts Exhibition on the Mornington Peninsula which her son Ian was also a tremendous support. Joyce was a magnificent needle woman winning many awards with her exquisite workmanship. RIP.

LANCEFIELD members are saddened by the passing of past member **Margaret Smith**. She was an active member for many years and ceased her membership due to ill health. Her sense of humour and infectious smile will always be remembered.

TERANG members mourn the loss of past member, **Aileen McLennan**, always known as Pat. A wonderful craft person, Pat was a CWA member for over 65 years. She was group craft leader and held many office bearer positions. She also did the bookings for the Terang Hall and was Magazine Secretary. Rest in Peace Pat.

Recently departed **Heather Underwood** was a loved former member of YARRAM. Her numerous branch roles included President, Secretary and Treasurer as well as Group President of South Gippsland. We will remember her laughter and enthusiasm for life and CWA. Sadly missed by all of us.



MARCH PUZZLE ANSWERS

CRYPTIC CROSSWORD ANSWERS



SUDOKU ANSWERS

725 846 139	276 531 498	632 914 875
418 359 627	183 492 756	941 785 362
369 127 584	594 678 213	857 263 941

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