



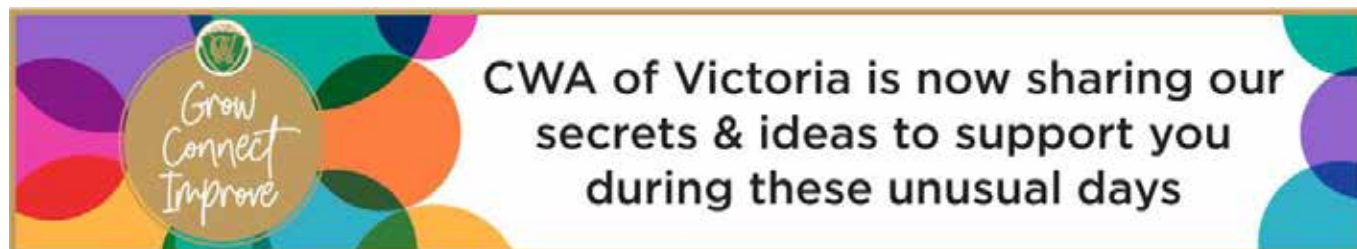
JUNE 2020 VOLUME 66 NUMBER 5

Victorian **COUNTRY Woman**

All Women, All Ages, All Places



Grow, Connect, Improve



Welcome to our Grow Connect Improve Project.

Our project looks at six areas of interest: Cookery, Craft, Children and Young People, Gardening, Wellbeing, and Communication. You may even find us sharing some of our secrets as you scroll through!

State President Marion Dewar says, *“The Country Women’s Association of Victoria has helped women, children, families and communities for over 92 years. We pull together and use our resources to benefit people in our local areas and beyond. At the same time, we enjoy the support of fellow members and learn new skills.”*

Enjoy as you participate in our Grow Connect Improve Project!

Click below to find out more on that subject. Each week new activity sheets will be available to download.



The Country Women's Association of Victoria Inc.

A.0004857F

3 Lansell Road, Toorak, Victoria, 3142

Patron: The Honourable Linda Dessau AC
Governor of Victoria

Head Office Contacts & Staff

Telephone: 03 9827 8971

Web: cwaofvic.org.au

Office Administrator: Robyn Smith

Email: cwaadmin@cwaofvic.org.au

Executive Director: Lynne Jordan

Email: execdiretor@cwaofvic.org.au

Membership Administrator:

Email: membership@cwaofvic.org.au

Accountant:

Email: accountant@cwaofvic.org.au

Bookkeeper:

Email: finance@cwaofvic.org.au

Reception:

Email: reception@cwaofvic.org.au

Magazine:

Email: cwamagazine@cwaofvic.org.au

CWA of Vic *Umina* Bed and Breakfast Contact

Reception: Mandy Darmody

Telephone: 03 9824 0239

Email: bandb@cwaofvic.org.au

SENIOR STATE OFFICE BEARERS 2020/2021

State President: Marion Dewar

Email: statepresident@cwaofvic.org.au

Deputy State President:

State Treasurer:

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:

State Vice President:

State Vice President:

State Vice President:

General Board Members:

ACWW/International/Community

Support Committee Chairperson:

Agriculture & Environment Committee

Chairperson:

Catering Committee Chairperson:

Club Committee Chairperson:

Creative Arts Committee Chairperson:

Magazine & Communications Committee

Chairperson:

Membership Committee Chairperson:

Performing Arts Committee Chairperson:

Social Issues Committee Chairperson:

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: Frog in a rose

Front cover: Meredith Adams

Branch: Panmure



State President



Marion E Dewar
State President

Dear Members

We are all so sad there is no further information, at the time of writing, about Member of Honour Carol Clay and her companion who went on a camping trip and have not returned. On behalf of the Association, I have written a letter of concern and support to Carol's family.

Welcome to the new year of The Country Women's Association of Victoria Inc. State Office Bearers

for the year 2020/2021 have commenced their duties and State Office Bearers for the year 2019/2020 have concluded their terms of office. On your behalf, I thank these members for their time and commitment to the Association over the past twelve months and look forward to the next twelve months of volunteering together with the new team. Thank you for continuing with us on the journey of *Grow Connect Improve*, a journey of personal development and community involvement.

*Yesterday is history, tomorrow is a mystery, today is a gift,
which is why we call it the present.*

(Alice Morse Earle)

As I write this letter, we are still being asked to stay at home, due to the COVID-19 pandemic. Many of us are, in consequence, having virtual holidays or remembering holidays we have experienced. Do you remember the happy ones? Do you share vacation disasters? I have been very fortunate, both to travel and to have wonderful memories of times away from home. My disasters have been miniscule in comparison with others. Many people in recent months have paid for holidays they have not been able to enjoy. Others have been in the middle of a vacation and have not been permitted to return home for an extended period.

*Find the seed at the bottom of your heart and bring
forth a flower.*

(Shigenori Kameoka)

When I went overseas 'unaccompanied' for the first time, I flew by domestic airline to Sydney. Congratulating myself on having plenty of spare time, I proceeded to look in the shops. It was some time later that it suddenly struck me that this was the domestic terminal and I needed to be at the international terminal. No, I was lucky, I did not miss my flight to Canada.

On route there was a stopover in Hawaii. I had several hours to spend in the transit lounge. That seemed quite uninviting so I 'travelated' down to ground level, walked out the door and made my way to the beach. Not wishing to have sand inside my shoes I took them off and wandered barefoot along the waterline watching the breakers roll from far out at sea till they crashed and then rippled towards the shore. I walked across the golden sand to a large hotel where I invited myself to a short trip on the airport courtesy bus. Once back at the airport I walked inside, made my way up the escalator

and into the transit lounge. A short time later I heard the first call for my flight. No disaster I hear you say. Oh dear! I could not wear anything other than socks on my feet for several days – they were sunburnt.

While I was in Canada, about to make a short 'hop', I was walking across the tarmac to my small plane when I saw my luggage on a baggage train heading in the opposite direction. I rushed over and was able to retrieve it (I am sure you would not be permitted to do that today) and a kind flight attendant arranged for it to be stowed in the hold of the plane I was about to board.

Then there was the time I left my bottle green cardigan on a bus when travelling from Brisbane to the Gold Coast. After a number of phone calls I discovered a careful driver had found it while cleaning. We met the bus two days later and collected it from the driver.

When you rarely lose something (those papers on my desk are merely misplaced) it seems a greater catastrophe when you realise an article is not where it should be or not where you thought it was.

I dwell in possibility. (Emily Dickinson)

Sometimes we get through the mishap on our own, at other times someone else helps us with our problem. We may suffer the consequences of our own doing yet, at other times, we cause distress to ourselves and the ones we love. The importance of the story is not in the telling nor in the magnitude of the disaster but in the way we deal with the event.

Psychologists might call it a character building exercise. Parents might name it 'growing up'. Individuals may own up that this was a 'steep learning curve' or a salutary lesson.

*Just one small positive thought in the morning can
change your whole day.*

Choose to be optimistic, it feels better.

(The Dalai Lama)

The Association has 'lost' a number of activities and events at branch group and state level due to the restrictions. These events may be found in a new form or in a new year but this is not without financial consequences. We look to you, members, in your branches and groups, to assist the Association, directly and by supporting each other, your communities, and the wider public. I have been educated, amused and inspired by reading how members have been occupying their time, conducting meetings and contributing to the wellbeing of the people in their local area.

*Far away there in the sunshine are my highest aspirations.
I may not reach them but I can look up and see their beauty,
believe in them, and try to follow them.*

(Louisa May Alcott)

Marion E. Dewar

From the Editor



Lorraine Zimmerman
Magazine Editor

As I write this in late April the weather forecast is for rain, and more rain, plus a drop in temperature reminiscent of July's wintry weather. This change has put paid to garden maintenance although there are some plants putting on a brave face with their flowers providing a burst of colour to brighten the days.

The dictionary definition of a garden is '*a piece of ground, usually partly grassed and adjoining a private house, used for growing flowers, fruit or vegetables, and as a place for recreation.*' (The Australian Concise Oxford Dictionary, 4th Edition 2004)

As you can see from this definition no mention is made of indoor gardens which provide pleasure to many people, especially if they have very little, or no land, outside to create an outdoor garden. Indoor gardens are becoming quite popular with many people filling their homes with a wide variety of indoor plants. Also, indoor plants enhance the air quality within a home. Even one plant on your windowsill is a garden, and before long it is joined by another plant and thus your garden has grown without much effort.

My indoor plants have provided me with extra garden therapy during both social isolation and the wintry weather. They are probably wondering why as my outdoor garden usually provides me with plenty to do. Therefore, with all the extra attention they are receiving my indoor plants should respond with plenty of new growth, and flowers, in spring.

When growing up I was not interested in gardening and if my mother asked me to help with weeding, I would try to find other things to do than pull up weeds. However, it

is a different story when you have your own garden. I must have learnt something from those days of being coerced into weeding because I now spend many hours in my garden tending plants and trying to keep it weed free. There must be a reason why weeds are the easiest plants to grow and sometimes the hardest to eradicate from a garden.

Talking to others about gardening is when you can compare notes on the progress of your plants, especially vegetables. During a conversation with another member I commented that I was unsuccessful when it came to growing carrots, and was told that her father always soaked carrot seed before he planted them and she does the same. Well, there was no harm in trying. So, in early April I soaked some carrot seed in water for 48 hours and then planted it. It just so happened that the seed was planted before a few days of steady rain so the watering was taken care of. A fortnight later six carrot seedlings appeared which is better than no seedlings at all. Of course carrots are not the fastest growers in the vegetable garden so it may be some time before I am able to pull them up for eating.

In this issue of your magazine you will find the results of the 2020 State Literature Competition plus the winning entry is printed in full. This competition provides an outlet to those members who have a talent for creating a picture through the use of words. There are also letters from both the ACWW World President and South Pacific Area President for you to peruse.

**Deadline for articles for the
AUGUST 2020 magazine is
FRIDAY 26 JUNE 2020**

Grow Connect Improve Project

(see inside front cover)

Have you seen our online project for support and engagement during the current restrictions?

It appears on the front page of the website: <http://cwaofvic.org.au/>

Then click on the banner to see the project page: <http://cwaofvic.org.au/grow-connect-improve/>

Underneath is the introduction to the program: six circles to click on with each one having a different area of interest.

You might like to introduce your family and friends to the Project. There are different activities added each week under each heading. Click on the circles and follow the links.

Our thanks to our website manager and designer for a colourful presentation.

Thank you also to Executive Director Lynne Jordan who managed the Project and to Board Members who sourced the ideas for each area of interest.

Marion Dewar
State President

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
Past Agriculture &
Environment Committee
Chairperson

The committee has had another great year, with various topics looked into; composting food waste to improve our soils, Farmer Health, Murray Darling Basin Plan and Plasticwise, to name a few.

And again we have been working with WorkSafe on the Agriculture Safety Reference Group to improve safety on farms. It is mandatory now to have roll over protection on all Quad bikes and there is a rebate which runs till June 2020.

To explain a bit about the Agriculture Safety Reference Group and why it was started. There has been international acknowledgement of the need for proactive behavioural change in the Agricultural industry to reduce workplace deaths and serious injuries.

Anecdotal evidence also indicates that many farming incidents and injuries go unreported. WorkSafe is still very concerned about the safety performance of the Victorian Agricultural industry.

WorkSafe runs a proactive program which includes compliance and enforcement activities, grants for safety initiatives, media campaigns and a presence at Agricultural field days, but changing the safety culture and behaviour of our farmers is challenging.

Improving farm safety starts with you. Whilst it is pleasing to see many farmers taking up the government's quad bike safety rebate to fit quad bike operator protection devices or help purchase alternative vehicles, there is a continued need to change farmers' behaviour towards the safety of themselves, their employees, their families, their farm contractors and other visitors to their farms.

To this end, WorkSafe has met with key stakeholders (the Agriculture Safety Reference Group) including the Country Women's Association of Victoria to seek their input and broaden the opportunities to influence the farming industry.

Agriculture Victoria is working on the Smarter Safer Farms Program to design a farm safety equipment or infrastructure grant for Victorian farmers. Wayne Baker from Safe Systems Engineering was undertaking an analysis of what safety equipment and infrastructure will improve farm safety outcomes for Victorian farmers. Wayne was able to speak to a

farmer member and farmer neighbour to gain some insight into this issue.

We have worked with Look Over the Farm Gate and VFF to promote the screening of *Happy Sad Man* all over the state. It did very well.

One of our committee members, Dr Viv Waller, Compost Project Leader, at the Centre for Urban/Sociology at Swinburne University, passed away. Viv did a lot to encourage us with composting waste to improve our soils. Viv made a fantastic video and you can see it at <https://www.youtube.com/watch?v=hvOvwDB4kx4>. It is a really good video to watch and learn.

In November our committee members got up at 4am to be at the Melbourne Seafood Market at 5am for a tour of the market! Barbara Konstas, who is the CEO, gave us a very informative tour of the market for an hour. We learned quite a bit: about 80% of sustainable fish come from Australia and the rest from New Zealand, Indonesia and other countries. We learnt a great deal about what fish to buy - small fish are better than big fish, bright eyes and good colour for fresh fish and also how to sex a crab. At certain times of the year the crab catch must not contain female crabs. To identify the sex of the crab the hunter needs to view the underside of the shell, avoiding the claws. If it is a male there will be a triangular shape of the shell at the rear end. The shell of the female does not have this triangular shape and her shell is broader. It is a must to visit the market, so if you get a chance, do so.

There is so much out there to try to improve, to look after our planet. Everyone can help in their various ways, every little bit helps, so try and do something if you can.

Our committee will be doing lots of things in the coming year. Bio security is a must and to look at the plastics in our oceans. So if you would like to join the committee just write with an expression of interest to the State President at Head Office.

I would like to thank all my committee for all their interest and help over my term as Chairperson. I have enjoyed every minute and am sure we have achieved something.

May the new Chairman have a great term as well. I would like to welcome her and am sure she will have a great year on the committee and help solve the problems of the world as well as enjoy the time.

Remember that if you would like us to look into anything please let us know.



ACWW International and Community Support Committee



Faye Glover
Past ACCW/
International/Community
Support Committee
Chairperson

Dear Members

Are you ok? I sincerely hope everyone is navigating their way through this physical and social isolation safely. Many activities from yesteryear are being revived for entertainment in the home and the new online program Zoom has revolutionised communication for so many organisations.

This Committee even had a simple 'catch-up' session recently. Half the Committee members were able to participate and the joy of seeing each other 'at morning tea time' again was great. To simply share with each other how we have been managing in isolation was a joy. Walking in suburban streets has proved entertaining as householders have put displays of teddies and toys in their windows for all to see. Keeping in touch by phone frequently is another way of bridging the gap. Gardening, reading and baking have been other outlets for some members. Well done so far everyone. Let's hope we can move about again soon. Winter is here and we need to be able to distribute some of those beanies in storage.

Botswana, Country of Study

Dung to Diamonds: Botswana means 'The Land of Tswana'. Diamonds are mined from Kimberlite Pipes. The pipes were formed millions of years ago during volcanic eruptions. Three main mines are North West of Gaborone. They are open pit mines and employ relatively few people. Together, Jwaneng, Orapa and Lekhake mines produce 22% of the world's gem-quality diamonds. Diamonds are the major component of the economy, contributing almost 70% of foreign earnings and approximately 32% of GDP. Industry comprises almost 20% of GDP.

Agricultural production *used* to comprise over 45% GDP at Independence in 1966. But that has fallen to 4%. However, agriculture is the country's largest employer as it provides some source of income to almost 80% of the population. The fastest growing sector is Tourism and it offers great potential for Botswana in the future. (*Source: Botswana cultural issues + Dung to Diamonds*) Can you discover the national animal?



United Nations

I recently attended the April and May meetings of the United Nations Association Australia Status of Women Committee Victoria (UNAASOWCV) via Zoom. Some of the UNAA meetings have been postponed or on hold. The Equality Rights Alliance (ERA) to be held in Melbourne in April was actually conducted by Zoom meeting. Several SOWC members were involved in this meeting.

Australian Women's NGO Caucus was held by teleconference with Economic & Social Commission for Asia Pacific (ESCAP). Elizabeth Newnham attended and reported that the Commission for Status of Women (CSW) 64 is still open as all meetings did not take place to finalise business. Because CSW 64 did not close, preparations for CSW 65 cannot commence.

Generation Equality Forum has been postponed until 2021. The main question will be, 'How are we to maintain the mobilisation towards gender equality in the post-pandemic world?'

The domestic launch of the NGO Coalition Report for Australia's submission to the 2020 UN Universal Periodic Review (UPR) has taken place. The UPR is a mechanism of the Human Rights Council which involves a review of the Human Rights Records of all 193 nations that are members of the UN. To learn more, see <https://www.hrlc.org.au/universal-periodic-review>

Members, you can contact the Committee Chairperson any time by phoning or emailing Reception or the Administration Officer at *Umina*.

If any Branch or Group forwards a donation to Head Office specifically for ACWW or the ACWW South Pacific Area, please also forward this information in a note to the Chairperson. This means your donation can be acknowledged in the magazine.

News and Notes

- Recently a cyclone caused severe destruction to some South Pacific Islands.
- When making cuddle teddies; all bows or ribbons need to be firmly attached in place. Please stitch the middle of the bow so it can't come undone and then attach securely to the teddy.
- There hasn't been any un-packing in April because we must stay home. So no Branch/Group Thankyou's.
- But I do need to thank a Friend of CWA, Norma Marshall who, unbeknown to the Committee, has been delivering teddies to CWA for two years. Thank you Norma for your kindness.

Please keep knitting. We always need teddies, rugs (various sizes), baby jackets – new born size - one button preferred so it's easy to check underneath the jacket, mittens for men, socks and deodorants.

When you read this report my term as Committee Chairperson will be over so I would like to welcome the incoming Chairperson and wish her well in this role. Lastly, thank you again to all CWA of Victoria members for the wonderful support you give in the name of the Association.

Next Meeting: Friday 18 June 2020, 10am at 3 Lansell Road, Toorak.

Yours in CWA Friendship



Associated Country
Women of the World

www.acww.org.uk

Dear friends

My father was a remarkable storyteller. He was able to paint vivid pictures with his words – being it stories of hardship or laughter. As a child I enjoyed all his stories and as an adult, I enjoyed him when his face lit up while recalling his youth and reliving his life experiences.

The art of good storytelling is regarded as tapping into empathy and the human experience.

What will our stories be when we recall the impact of the Coronavirus on our lives? How will we choose our words when we one day will share our experiences with our children and grandchildren? Will it be stories to inspire them of the way we responded to the effect of the global spreading of the novel virus? Or will our stories be only a recollection of the negativities of the challenging circumstances we are currently facing?

Our recordings of our experiences will affect them as well - even though they have not been part of it – they will learn from our example and the way we faced the crisis.

In a recent report I received from UN Women, it is clear that women have been hit hard by COVID-19 as women constitute 70 percent of the workers in the health and social sector globally and are on the frontlines of the response.

The evidence is also mounting that the economic impacts will hit women harder, as more women work in low-paying, insecure and informal jobs. Disruptions, including movement restrictions, are likely to compromise women's ability to make a living and meet their families' basic needs, as was seen in the Ebola crisis.

Many of these women are our members. I am concerned for all our members and my heart goes out to those members who are ill, have lost loved ones, who are taking care of ill or elderly family members and who are working under difficult circumstances within the confined space of their homes. And then there is also the impact of loneliness owing to enforced isolation.

No one quite knows how the isolation enforced by a pandemic disease will affect people. Visiting local clubs, attending society meetings and religious

services and time spend with family and friends bring social structure and joy to many of us. These events are particularly important for those who don't work or can't go out on their own, owing to age or health conditions. If older and sick people have to refrain from these activities for months on end, their lives will be worse, and relationships that once sustained them, may prove hard to rebuild. Inevitably, it will be more difficult to re-establish connections.

Therefore be encouraged to keep in touch with fellow-members, friends and relatives. Recently Suzanne Garret, a dear friend and fellow-ACWW member shared a quotation: *'Life is not about waiting for the storms to pass, it's about learning to dance in the rain'!*

As so much else in the Coronavirus pandemic, the response within ACWW will depend on the level of social solidarity we feel and the degree to which we're willing to look out for each other. Social isolation and loneliness among, older, sicker populations isn't something caused by the virus, but it will be worsened by it. The question is whether the intensity of the problem will force us to see, and respond to pain we typically ignore.

When the Coronavirus storm is over, and a friend pulls me in for a hug, I will take time to appreciate the gift of an embrace!

Storytelling is one of human's most basic and effective forms of communication. In fact, researchers at the Yale Child Study Centre are even finding that storytelling – especially between children and parents – or a caregiver – is a key component of our neurological development, and a skill that will ultimately help create a well-adjusted and resilient youth.

'Do all you can, with what you have, in the time you have, in the place where you are.'

These words were said by Nkosi Johnson. He died at the age of 12. Up to that point he was a campaigner for children with HIV and AIDS such as himself. Even at his young age, he experienced life not

to be fair and not everyone gets equal opportunities.

In his words we find a story of encouragement which should be our stories about our experiences of the effect of Coronavirus pandemic.

At the time of writing, our Central Office is on a lockdown and the CEO and Staff members are working from their homes as they no longer have access to the office building. I am thankful to mention that they all are well and keeping safe as possible however some have underlying health issues that make them more vulnerable.

On behalf of the Board and the Membership, I would like to extend my appreciation for them for *'doing all they can, with what they have, in the time they have in the places they are'*.

Take care and be safe and healthy.

Magdie

ACWW World President
24 April 2020



Catering



Lyn Fleming
Past Catering Committee
Chairperson

Another month has gone by, with many changes for us all. I hope all members are staying safe and caring for each other while 'in isolation'. As well, without regular meeting time, finding the opportunity this

provides to complete the UFOs or be creative with items sitting in the back of cupboards. As for me, I have made batches of preserves from the garden's harvest, ready for events when I can add

these products for sharing or sale. I have unfinished inside tasks listed when the winter weather comes.

Earlier this month, The Bendigo Sheep and Wool Show advised that the 2020 Show had been cancelled. Thank you to those members who had already offered assistance for this event both with offers of soup and assistance on the stall. That is now the second major event in the CWA of Victoria Catering diary where our presence and fundraising has been curtailed.

You will all have heard that as well, the 2020 Royal Melbourne Show has also been cancelled. However plans for the CWA Show Bag continues, in particular the bag, and some of the

contents have been ordered. The craft item with details were in the May magazine, and the Catering Committee thanks members for their assistance with the making of these, and the other saleable items members make for this event. Plans are being considered for a 'virtual sale' of these items probably during Show Time.

Thank you to all members who have supported and assisted the Catering Committee, and me personally as Catering Chairperson, during the past two years. These have been very busy, memorable and productive years. I hope this support will continue with my successor.

Best wishes to all.

Club



Mary Grant
Past Club Committee
Chairperson

Didn't think you would hear from me again but as magazines are prepared well in advance I am still responsible for this report. I will use this as an opportunity to reflect on my time as Club Chairperson.

My term ended in a very unusual and unexpected way and it was with some sadness that, after our final catering effort looking after a very small group of Embroiderers in late March, that the decision was made stating the

B&B would not be available until further notice. This was done in consideration of the guidelines from the government, health and wellbeing of our staff as well as doing our bit to control this ghastly Coronavirus pandemic.

I hope you are surviving a very changed way of life. Perhaps it's given us all time to 'stop and smell the roses' and to catch up with all those jobs and new ventures that have been on the back burner. I know I have done a fair bit of sorting 'stuff', catching up in the garden, repotting plants and, of course, craft work!

On a brighter note, however, it's given us time to have a super spring clean in all the B&B rooms, to check that all amenities in the rooms are there and functioning correctly, so when it is 'business as usual' everything will be sparkling clean. We need more than ever now, for you to promote the use of *Umina* B&B when we are again taking bookings.

I have thoroughly enjoyed my time as your Club Chairperson, but it meant that I needed to spend a lot more time in Melbourne at my Toorak address as the two years were very busy indeed in relation to in-house catering. But this is where the money is!

I have been able to satisfy my love of working with food, as a major part of this role was organising menus for you at State Council and other events. This was always a challenge

as there were always some interesting dietary requests and you always expected nothing but the best. Christmas dinner at State Council was always a pleasure to prepare.

The Monthly High Teas are a great example of superb team work to get the dining room looking beautiful and to those in the kitchen, preparing and serving. Well done team, always a pleasure to work with and I trust this will continue.

Two special events so far this year were the wedding in January and the Garden Party in March. This tested our skills in preparing numerous mini sweet treats. Again, this is what I love - to be able to fiddle around with small delicacies, making them look attractive on the plate.

During my time we were able to complete four new ensembles in the B&B bedrooms. These have been very much welcomed by our guests. There is still work to be done in relation to getting all the rooms just as we would like them to be, but improvements such as these are works in progress and will be completed in time and when funds are available.

Our initiatives in trying to promote weekend retreats have been thwarted on many sides, firstly lack of promotion in the initial stage and then Coronavirus! I still believe they have potential - we just have to find the right target market. We have a Lacemaking/Tatting event scheduled for 18-19 July, Learn to Crochet on 8 August and Blackwork Embroidery later in the year. Watch this space to see what eventuates when we come out of this enforced social distancing.

I congratulate and welcome the incoming Chairperson and hope she enjoys the role as much as I have.

If you were part of my team catering for various events, please continue to support the incoming Chairperson.

Stay safe and keep well.

Creative Arts

Mrs Ley's
Demonstrator
Badge



Heather Scott
Creative Arts Committee
Chairperson

Dear members

More Sock Festival Sponsors

Continuing our series on our Sock Festival sponsors, let me introduce you to Tarndwarncourt Polwarth Wool: Tarndie for short. Tarndwarncourt is one of Victoria's oldest surviving homesteads and the continuation of one of Australia's oldest family sheep farms.

Today, the Dennis family still grow wool and invite you to share the farm's bucolic setting. Tarndie Polwarth Wool

is grown, harvested and spun by local trusted businesses. Tarndie maintains an ethical business model to ensure the sustainability of their wool into the future. The Polwarth sheep breed was developed by the Dennis family from around 1880, and descendants of the original flock still grow at Tarndwarncourt, and their wool is treasured by crafters all over the world.

The homestead at Tarndie is one of Victoria's oldest, and if you attend a workshop at Tarndie, a guided tour of the farm and homestead during the lunch break is included. Workshops are held in dyeing and weaving. There is also a farm shop, and accommodation is available in the Stables Studio and the Farmer's Cottage. You can visit Tarndie online at tarndie.com.

Two early CWA Demonstrators

Earlier this year I had a very special experience: I was invited to visit Miss Janie Nichterlein. She had a wonderful treasure trove of fabrics and haberdashery items which she wished to give to CWA. We spent a very happy hour going through her boxes as she showed me fabrics she had bought in Paris, fabrics she had watched being woven in India, fabrics she had chosen in a market in Morocco... the stories were as wonderful as the fabrics. A selection of these beautiful pieces will be available on the next "Noela's stall" at the State Exhibition – don't miss out!

Janie also told me about two family members, Mrs Eva Ley and Miss Merle Christie, who were early demonstrators for the Association. From its formation in 1928, demonstrators visited branches and groups to show members how to do various crafts. These demonstrators were awarded "Proficiency Certificates" to show that they were qualified to

do this work. Janie was good enough to provide the Association with photocopies of the letters from the Secretary of the Handicrafts and Home Industries Committee (now the Creative Arts Committee) which accompanied their certificates, and has also given us the Demonstrator's Badge No 32 awarded to Mrs Ley in 1934.

Here is a transcript of the letter to Mrs Ley:

20th July, 1934

Dear Mrs Ley,

I have much pleasure in forwarding to you your Proficiency Certificate for Spinning and the badge number 32. This badge is the gift of the committee and is revised each year and we ask you to let us know of any demonstrations you give so that we may have a record when your badge comes up for revision.

With best wishes

Yours sincerely
Mabel A. Morton
Secretary

Our CWA judges, who are currently undergoing the reaccreditation process which we undertake every four years, will note that in the 1930s, their qualifications were reviewed every year!

Thank you

As June 1st marks the beginning of a new year's cycle for the Creative Arts Committee, I would like to take this opportunity to thank the members of the committee for their willing support and encouragement over the last twelve months. Some members will be completing their terms of office, while others will be continuing on the committee, and we will be welcoming some new members to our next Committee meeting. Thank you to immediate past Chairman Anne Du Vé, Chairperson of the Senior Judges Panel Wendy Earwicker, and members Abbi Cininas, Margaret Finn, Mary Grant, Mary Heap, Stella Hyde, Carol Johnson, MOH Noela MacLeod AO, Pam Mawson, Doreen Napier, Helen Ryvitch, Gwenda Swan, Lyn Trezise, MH Helen Wall OAM and Exhibition Sub-committee members Pam Andrew, Bev Byron, Susan Campbell-Wright, Karen Denney, Lyn Fleming, Annette Smith, and Lorraine Steff.

Help us 'darn a good yarn' for a publication that will be sold nationally to raise money for the RFDS and the CWA.

The theme is "Struth!" and we invite:

- > 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/

Entries close **31st July**, with the best to be published for sale by October 2020.



Royal Flying Doctor Service

Cooking



Beverley Wall
Cooking Committee
Convenor

Hello Members

I hope everyone is keeping well and staying safe. This has been a very difficult time for everyone. I hope you have been able to keep yourselves busy during the isolation.

It's been wonderful to see what other branches have been doing through social media, keeping in touch and giving friendship in these toughest of times.

If you enjoy baking, preserving or just like cooking in the kitchen, you might like to request to join our wonderful Cooking Committee. We have four meetings a year and have fun doing demonstrations for Branches and Groups, Masterclasses at *Umina* and, of course, our fantastic Christmas Fare. We would love to see some new members, so if you are interested please email the State President with your expression of interest to be on this committee, it's that easy.

Here is what our wonderful ladies on the Cooking Committee have been doing in the last twelve months: Sponges and Scones Masterclass; four Christmas Cooking Masterclasses; the Christmas Fare; and Preserves Masterclass. All the Masterclasses were very successful with all our participants having a great day and taking home the fruits of their labour. It's such a great way to learn new skills, ask questions, get tips from our wonderful tutors, and be with like-minded participants. Maybe even some new friendships have blossomed.

I'm sad to report that the Sponges and Scones Demonstration at Cohuna in May was cancelled due to the social isolation restrictions. The Pastry Masterclass in June is postponed. We will try to reschedule this Masterclass for when we are able to resume normal activity.

APPLE CAKE

Ingredients

3-4 cooking apples
125gm butter (cold)
1/2 cup sugar
1 egg
2 cups SR Flour
Milk (to mix)
A little extra butter
2 teaspoons caster sugar, 1 teaspoon cinnamon (mixed)

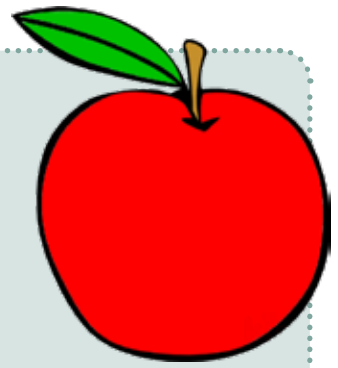
Method

Peel and core apples and roughly chop them, roughly chop cold butter. Mix apples, butter, sugar, egg and flour together with enough milk to make a fairly stiff dough. Keep the mixture lumpy. Place in a greased roasting dish, bake in a moderate oven for about an hour or until cooked when tested. While hot, spread cake with the little extra butter and sprinkle with the mixed caster sugar and cinnamon.

This recipe can be doubled, you can use tinned apples if apples are not in season. This lovely moist cake is wonderful for afternoon tea served warm with a bit of whipped cream, or for dessert served with custard or cream. Your family and friends will love it, mine do.

Happy cooking! We do love feedback about recipes that have been in the magazine.

I would like to take this opportunity to thank everyone on the Cooking Committee for their support and hard work over the last twelve months. I would also like to thank members of our Association for their support and hard work.



Membership



Lyn Harris OAM
Interim Membership
Committee Chairperson

When we all celebrated the end of 2019 and the beginning of 2020 little did we all realise that our lives would be changed in a way that we never expected. COVID-19 has brought devastating loss of life and also has and will continue to wreak havoc to the economy in most countries.

Self-isolation to us all meant not seeing family and friends, and people of my age of 70 and over were advised not to make contact with grandchildren because of the concern of us catching the disease. This in itself brought much disappointment, with the only contact being FaceTime, Zoom and Facebook and not being able to have the children visit personally and vice versa.

Parents coping with home schooling is a huge undertaking with children eagerly awaiting the time when they are able to catch up with their friends and to once again play their favourite sport.

The government restrictions on movement and events has meant that the Membership Committee has not been involved in events we would usually attend, such as the Melbourne

International Flower & Garden Show, Bendigo Sheep & Wool Show and Melbourne Craft & Quilt Fair. As well, so many functions big and small throughout the state to promote the association and to encourage women to join have been put on hold. Branch monthly meetings and crafts days ceased and how disappointing for members who look forward to catching up with fellow members and friends. It is important to remain in contact with each other and it is amazing what a chat on the phone can do for morale.

I must admit my house is much cleaner, the cupboards tidied, the garden looking pretty good and I am catching up on some knitting. I am sure that there will be lots of beautifully made craft work done now that we are spending more time at home, so there is no excuse for not putting lots of entries in the local and state exhibitions.

If you know of someone who is interested in joining, please keep in touch with them so that when branch meetings once again commence an invitation can be extended to them.

In the latter part of the year the Membership Committee will be working hard to once again provide information sessions wherever needed, to work with Seftons with ways to retain members and to encourage women to join. I look forward to working with a new Chairperson and Committee.



Jenny Nola
Past Social Issues
Committee Chairperson

Social Issues

As they say, there is a first time for everything and the first five months of this year has been a case in point. I am hoping you have all found your rhythm in this COVID-19 world after so many weeks of lockdown. For some of you on farms, life will probably have changed little, life goes on with animals to feed and crops to care for. I love seeing the ideas our members

have come up with to help keep themselves busy. Who knew we were always preparing for these moments in our lives with our wonderful craft stashes! Some people, who are too rude to name, may have called me a hoarder when in actual fact I was just very well prepared (a few jigsaws I had never opened came in very handy for a family project).

Resilience is a great attribute to have and I for one have always thought I was very resilient but the uncertainty of this new life has even had me rattled on some days. The length of our lockdown was unexpected for many people I suspect, yet there have been great efforts to reduce social isolation which have been quite inspiring. I have watched some very funny videos of people getting dressed up to put the bins out (seems our rubbish bins were going out more than we were) and people having formal Friday instead of casual Friday just so they got to wear something other than their tracksuit or work clothes. I greatly enjoyed coffee on my verandah with a friend who stood at my front gate on her way home from walking her dog for its daily exercise. The opportunity to chat to a friend can never be underestimated!

Association members have once again looked to help the community by supporting those who are isolated during this strange time we are living through. Following the fires of December and January and now this COVID-19 experience it is quite clear that CWA members just have to help, they cannot sit by and watch when people are in need. Meals or shopping have been dropped off at needy people's front verandahs for example. Many requests have been made for scrubs or protective gowns for medical staff. A number of branches have been involved in this project with over one hundred gowns being made by Alphington and Point Cook branches as an example. Creativity has been high to help keep people busy while we are separated from our families and friends, with many preserves made for future fund raising stalls or the State Christmas Fare, craft items have been flying thick and fast. Many projects from peoples 'To Do' lists have come to reality with DIY becoming the flavor of the month. Keeping our minds busy with new projects such as a vegetable garden, repainting a room here or there, learning a musical instrument or language, and of course the regulation cupboard clean outs have caused many a treasure to surface. Of course we are stuck with the goodies we wish to remove from our homes until the Opportunity Shops reopen. Learning to live with social distancing has been a challenge for all of us. Who would have thought that the house my husband and I designed to accommodate our family of boys through their childhood and teenage years would again be busy with bodies as we adjust to living and working from home in their adulthood years.

Communicating during this stressful time has been a very important part of maintaining our mental health. The list of disappointments that people have gone through with job cuts, loss of freedom and income, cancellation of the ACWW South Pacific Area Conference, loss of access to family members friends, (particularly those who have welcomed new babies to their families or sadly lost loved ones and endured the

restrictions of a COVID-19 social distancing funeral) have been very stressful to all concerned. Even doing the grocery shopping has been a challenge at times due to shortages of items or the queuing to get in and out of the supermarket. Of course, we should be celebrating that we are safe at home and not focus on the attitude of being stuck at home. The media have not always been helpful with dramatic headlines and articles, which can be counterproductive to keeping calm and centred on what is best for our lives and family during the lockdown. However, by the time you are reading this I am hopeful that some semblance of normality will have been returned to our lives although travel and attending big sporting events seem to be some way off into the future. My branch has had two Zoom meetings and many phone calls to one another to make sure we are coping and to give one another support when we are having a challenging day. A short chat or a long debrief are invaluable when things are more than one can cope with on any particular day. It is ok to not be ok under these circumstances.

16 Days of Activism against Gender-based Violence will run nationwide from 25 November to 10 December 2020. I would be ecstatic if we could run an activity to spread the message that gender-based violence is not on in at least every group area during this time, if not in every branch! Be on the lookout for municipal grants to apply for to help fund your group or branch to run an event in your community, for example, using a theme of 'Respect Women: Call It Out' with activities to encourage bystanders to not be silent. Considering we have not been able to hold our Women Walk the World events in April we could run a 'Walk Against Family Violence' during this time with people sponsoring walkers to walk laps of a park or the football oval. How about considering if you can hold a movie night (within social distancing guidelines) with a 'chick flick', or a 'SAFETEA' for local women with a guest speaker. Please feel free to contact me on jennynola@hotmail.com to share your great ideas on what we can do as a state or a group for this very important theme.

As this is my last magazine report as Social Issues Committee Chairperson, I would like to thank the wonderful women of the Social Issues Committee for their support over the past twelve months. I have been blessed with an incredibly talented and hard working committee. We have had many great discussions at our meetings and no end of enthusiasm has been exhibited by these wonderful ladies. I need to single out a few people as follows: a big thank you to Margaret Maxwell (Ashburton) and Judith Gade (Harston) for the hours of work they put into researching our resolutions for 2020. Without them we would not have been able to put forward four resolutions as mover and five as the seconder for consideration by the membership this year. I hope you are able to support the work of the committee when the voting is held. A big thank you to State Vice President Viviane Chemali, immediate past Social Issues Chairperson, for the help and support offered to me in the role as Chairperson, a big thank you to our outgoing members Creative Arts Committee Chairperson Heather Scott, State Vice President Viviane Chemali and Judy Normand, who have all been very active participants in committee work. My sincere congratulations to our new Chairperson for putting her hand up to take on this role, she will have my support on the committee as the past Chairperson. I hope that you all support her as enthusiastically as you have done me.

My most sincere thanks to all who have communicated with me and supported me during my time as Social Issues Chairperson. I look forward to seeing you at a Social Issues event in the future!

Boroondara Finds New Ways of Meeting

BOROONDARA members have not been idle during the COVID-19 virus restrictions. However, the Branch had been unusually hectic prior to mid-March. A Bunnings BBQ, volunteering at Government House with Branch picnic lunch, the 2020 opening event in aid of the CWA Disaster Fund, with a few weekly walking and coffee groups squeezed in. Although now physically apart, technology has enabled all to stay connected, learn new things and re-discover others.

The introduction of Branch *Zoom* video conferencing sessions and the mobile application, *What's App*, have both proved invaluable, supporting ongoing projects whilst providing information about new community requests.

On Saturday mornings, *Zoom* catch-ups with a cuppa, takes place for 40 minutes with the majority of members from age 8 to 80 plus, via tablets and PC's.

Weekly sessions are enhanced by the photos and news on *What's App*. For example, members posted Anzac Day dawn photos of their own glowing candles around Boroondara. Later wearing knitted poppies; all joined virtually, in a cuppa and Anzac biscuit.

Easter bonnet Saturday, involved some wonderful creations and our guest, State Vice President Viviane Chemali, talked about her recent trip to Peru. Just getting back safe and well before the borders closed.

Book review Saturday, included a lively discussion of a series of Australian small-town crime novels by Sue Williams with the titles, 'Murder with the lot', 'Dead men don't order flake', and 'Live and let fry'.

Magda Szubanski's children's book 'Timmy The Ticked Off Pony and The Poo of Excitement' was also discussed.

Members have continued their knitting and sewing projects. Making scrubs in the last few weeks, turning cushion covers into bags, knitting beanies and dog coats, quilt-making and many cooking projects. The *What's App* has featured many photos of flowers, fairy trees, decorated houses and quirky re-purposing projects such as making a quilt material template from timber with a champagne cork attached for a handle.

Whilst email is still used for all official Branch communications, the uptake of other technological platforms, by most members, is allowing the Branch to continue the CWA of Vic 2020 theme, *Connect, Grow and Improve*, in an altered environment and opening up future opportunities.

Pam Crockett
Boroondara Branch President



Above
Boroondara member Sue Pettit busy making medical scrubs

Right Quilting template made from timber and a champagne cork



Below Last pepper pickling



2020 State Literature Competition

Congratulations to all of the twenty six (26) members who contributed sixty four (64) entries in the 2020 State Literature Competition. This year there were six (6) topics across four (4) categories.

Our judge this year was Hazel Edwards OAM.

Hazel is a Melbourne based author who first published 'General Store', a book based on life in a rural town when she was 27. It is Hazel's third book that has made her a household name – 'There's a Hippopotamus on Our Roof Eating Cake'. This novel is celebrating its 40th birthday this year!

Hazel has written a number of non-fiction books as well. She undertakes many speaking roles promoting her book 'Writing a non-boring family history' and supports young and emerging authors. <https://hazeledwards.com>

Hazel has provided the following comments in relation to this year's Literature Competition.

Judge's Comments

Congratulations to all contributors. Getting a story finished by a deadline is a considerable achievement.

The test of a good story is whether it gives a fresh insight into another's world.

These do.

Inspiring to see writers drawing on realistic details as well as using their imaginations. Real country and other settings and anecdotes in many stories.

The level of expression was fluent and engaging.

Despite being given the subject or theme, it's also helpful to add a title. Those better structured stories have a twist at the

end and often use humour. A judge should indicate the basis on which an award is made.

Here is my criteria:

The test of a good story is if it stays with you, and if it reads well aloud. Some of my considerations when choosing winners are:

- Structure or choreographing of the idea, including attention grabbing opening.
 - Easily distinguishable characters
 - Underlying conflict to provide the tension or drama
 - Evoking setting, both time and place
 - Subtlety, so writer hints rather than repeats.
 - Humour
 - Subtext (stuff going on underneath)
 - Twist
 - Credible dialogue which advances the plot.
 - Compassionate portrayal; with strengths and weaknesses, AND
 - Flair, the indefinable quality
- And the criteria for non-fiction?
- Very similar. With recognition of facts researched.

Hazel Edwards OAM

Congratulations to all who entered. A list of prize winners in each topic and category, plus the overall winning entry, appear in this magazine.

Marie Vassallo

Interim Magazine & Communications
Committee Chairperson

2020 State Literature Competition Results

Emilie Wilson Literature Award Winner –

Margaret Arnel, Wirrim (Birchip)

Short Story up to 500 Words

Close Encounter of the fur kind

- 1st Dianne Honey, Tinamba and District
2nd Barbara Moyle, Glen Alvie

If I knew then what I know now

No entries

My Shed

- 1st Kerry-Anne Rappell, Nathalia Nightwatch
2nd Alvis Eddy, Dingwall

The BBQ

- 1st Shirley McKeown, Stuart Mill
2nd Barbara Moyle, Glen Alvie

The Moon and I

- 1st Dianne Honey, Tinamba and District

What if ...

- 1st Barbara Moyle, Glen Alvie

Short Story 500 – 1000 Words

Close Encounter of the fur kind

- 1st Leanne Hampson, Mortlake Evening
2nd Barbara Moyle, Glen Alvie

If I knew then what I know now

- 1st Dianne Honey, Tinamba and District

My Shed

- 1st Margaret Arnel, Wirrim (Birchip)
2nd Sue Topsell, Neerim District

The BBQ

- 1st Edna Crowe, Rosebud
2nd Alvis Eddy, Dingwall

The Moon and I

- 1st Karen Lukin, Toolamba Wrens

What if ...

- 1st Dianne Honey, Tinamba and District
2nd Erine Vivian, Companion Member

Short Story 1000 – 2000 Words

Close Encounter of the fur kind

- 1st Maureen Donnellon, Wirrim (Birchip)

If I knew then what I know now

- 1st Evie Buckley, Yarram
2nd Maureen Donnellon, Wirrim (Birchip)

My Shed

- 1st Maureen Donnellon, Wirrim (Birchip)

The BBQ

- 1st Maureen Donnellon, Wirrim (Birchip)
2nd Ruth Clissold, Tallangatta

The Moon and I1st Maureen Donnellon, Wirrim (Birchip)**What if ...**

No entries

Poetry 16 to 32 Lines**Close Encounter of the fur kind**1st Kerry-Anne Rappell, Nathalia Nightwatch2nd Glenda Brooks, Webbcona**If I knew then what I know now**1st Marion Wardlaw, Webbcona2nd Heather Delmenico, Essendon**My Shed**1st Leanne Hampson, Mortlake Evening2nd Elizabeth McDonald, Terang**The BBQ**1st Elizabeth McDonald, Terang2nd Nancy Fowler, Terang**The Moon and I**1st Elizabeth McDonald, Terang2nd Alvis Eddy, Dingwall**What if ...**1st Cheryl Kemp, Cabarritta Charlton2nd Alvis Eddy, Dingwall

2020 Emilie Wilson Literature Award

Winning Entry

MY SHED

As I entered the aged care hostel I was on a mission, hoping the person I was going to interview was awake and alert today, as we spoke about the many sheds he had built as a steel manufacturer.

Most of us have one of these either in our backyard or on the farm, and they can vary in size to suit our needs. My shed can be needed to house the garden tools, the loved craft needs, the car, new or old, or the machinery used for the harvest, or for storing the grain. It can be used for shearing, or can be a hangar for the plane, for poultry, or a workshop where many things are designed and created, and men gather to share their stories and their friendship.

My reason for interviewing John today was because we were soon to have a family celebration where we would discuss his family business, and I was compiling a list of former clients. We spent an amazing hour where he recalled not only names, but individual sheds built, and their reasons why. At the end of the hour he was exhausted, after remembering 82 names and individual sheds, and I was tired from taking notes, but I knew we had barely begun. We had made great progress. He was passionate about his work, and we were both aware he had built over 400 big sheds during the almost 40 years of his Steel Fabrication business. Maybe those old docket books I had kept when we moved from the farm would prove their worth after all.

John originally was a farmer, and he learnt to weld and build sheds from a local tradesman when he was young. Following the introduction of wheat quotas, and living on a small farm, he decided to commence his own business not long before we married. He first commenced in a smaller workshop, but it wasn't many years before a new larger shed was needed to house the longer trusses etc. he was now making, because the size of the machinery had increased.

Many hours were put into designing the structures, ordering the required permits, ordering the steel, and all that was needed to complete the job, including the cement floor and the doors. For any paintwork he used a grey colour called pewter to match up with the colour of the steel. The steel was delivered weekly by the company's transport, to our farm,

so good organisation was required in advance. Then all the material had to be transported, by him to the venue, and the work began. He felt a great deal of pride when the job was completed.

A week later when I was visiting I had company, as one of my sons was with me, and he has some news to share with his Dad. John smiles as we enter his room. After the usual greetings the news is shared.

During his holidays our son had built himself a shed on his small property on the outskirts of town, which has attracted some attention from passers-by. "Is that a kit shed?" they asked. "No" he answers, "I built it myself". "Where did you learn how to do that?" they asked. He replies: "From the Master himself, many years ago - my Dad." Terry relays the story to his father. They laugh together and recall some of the sheds they did build when Terry and his brothers were only schoolboys. He tells Dad that you can no longer buy grey paint called 'pewter', as it now has a different name. Then they discuss what will be kept in the shed. It's like old times once more, for a short time.

The day of the celebrations arrived soon after, and we proudly displayed a board with 350 clients' names. This was celebrated with the unveiling of a plaque, and we were delighted that 'The Master' himself was well enough to attend, and carry out this duty.

John's tired hands will build no more sheds, as Parkinson's sometimes controls them now, but he has left us a legacy of which we are all very proud. As I am sitting here writing this, he has dropped off to sleep. Can he be dreaming of one of those sheds he built some years ago? I look towards the wall where the local paper's report featuring the history of his business holds pride of place, and is regularly discussed with those who enter this room.

What good memories for us all.

Margaret Arnel
Wirrim (Birchip) Branch
East Wimmera Group

92 in 2020

I have received the names of seven members who celebrate their 92nd Birthday, with the Country Women's Association of Victoria, in 2020. Do enjoy reading about them.

Marion Dewar
State President

Betty Venn (Wodonga) is the same age as CWA
Norine Gitsham (Kerang) 21 March
Lottie Roe of East Shepparton will be ninety-two in October.
She has been a member since starting as a younger set member.

Dear Marion

In the March 2020 edition, there was, in the President's Report, a request to hear from any members celebrating their ninety-second birthday in 2020.

Harston Branch has two lovely members:

Mrs Irene Gale; DOB 06 September 1928; Joining Date 05/03/1957

Mrs Margaret Donaldson; DOB 08 December 1928; Joining Date 14/03/1959

The Harston meeting was today and both ladies were tickled pink to think they both have the birth date you're looking for. Jokingly stating they might receive a letter from the State President.

Regards
Marilyn Pell
Harston



Mallee member Faye McKee

Dear Marion

I read in the Magazine that you would like to hear from members who celebrate their 92nd birthday in 2020.

Life Member Fay McKee celebrates her 92nd Birthday on the 11th March 2020. Fay joined the Cowangie Branch in 1952 and was made a life member in 1988. Over the years she has held most offices in the Branch and had two terms as Group President of the North West Mallee Group. Fay lived on the farm all her life until she moved into

Murrayville in 1996. She still has a keen interest in the farm and has an annual header ride.

Fay writes an excellent report of the branch's monthly meetings and activities for the two local newspapers.

At our meeting on the 5th March members remembered her birthday and she was given a customary Birthday spray. A member will remember her on her special day. (A new resident of Murrayville and a prospective new CWA member took the attached photo of Fay at our meeting).

Kind Regards
Jocelyn Lindner
Mallee Group Leader

Dear Mrs Marion Dewar

I read in the February Victorian Countrywoman Magazine where you would be interested in hearing from those members who have turned 92. I spoke to you at the Conference held in Boronia in February 2020.

The name of the State President I was enquiring about was Elvie Olden. Elvie was State President 1987-1988. I met Elvie

at a school reunion. Her sister Joan Parker couldn't come. Joan and I shared a room together at school. Maybe the Parker family lived in Korumburra.

I was born in February 1928. My mother Edith Stringer and her sister Margaret Stringer (two sisters married two brothers) were foundation members of Ensay Branch around 1933. There is a scholarship given in memory of my Aunt Margaret. The money was raised by the Ensay and community for my Aunt's family. Aunt was tragically killed in a bus accident – I think 1955, returning to her accommodation after attending a CWA Conference in Melbourne. The bus hit a pole. Both my mother and Aunt were spinners and weavers.

It was in Bruthen in 1949 where I ran a business that I joined the Younger Set. I held the position of Secretary. I have fond memories of going to Somers House for a holiday.

The family moved to Eagle Point about 1952. My mother became a foundation member of the Eagle Point Branch. I was also a member of the Eagle Point Branch. Then after my marriage 1956 I joined the Drysdale Branch.

Work brought us to Melbourne where in 1974 I became a member of the Mountview Branch. Mountview members were originally the Younger Set of Croydon. They had two godmothers. I quite often visited Ilene Pierson when she was in Aged Care. I can remember her telling me that she would ride her bike kilometres along Whitehorse Road, now Maroondah Highway, sponge in carryall to meetings. She was a very good cook.

In 1977-1978 I was Mountview Treasurer. In 1990 I became Mountview Secretary where I continued as secretary until 2008 when due to lack of office bearers and falling numbers the branch closed.

That same year, 2008, I joined Ringwood Branch. Between 2010-2011 I was the Branch President; then Vice President until 2020. I now have the position of Welfare Officer.

In 1980 I became a widow. CWA was my salvation at this difficult time. I have attended conferences at the Melbourne Town Hall, Springvale Hall, Bendigo, Williamstown.

Helped out at Show Catering from 2008 until 2015 with members of Ringwood Branch. Yes I was 85 in 2015.

Exhibitions, attending Association Day celebrations and Birthday Parties have all been thoroughly enjoyed.

In 1983 my cousin Joan Stuckey and family were very involved in the 'Friendship' gathering mentioned in the March Victorian Country Woman - the article 'From little things big things grow'. Joan is now in a Bupa hospital in Traralgon. I shall forward her a copy of the magazine.

Volunteering was also mentioned in March magazine. For 23 years I was a volunteer for Animal Aid now in Coldstream. Two years ago I received a volunteer 'Pin' for volunteering for the Maroondah Hospital Kiosk. A job I still manage to do.

I still live in the family home where it is a lovely neighbourhood. I feel blessed to have three sons, two daughters-in-law and five grandchildren.

I do hope that your upper arm and wrist fractures are on the mend and that you are well.

My very best wishes to you for the future.

I remain
Yours faithfully
Catherine Robertson

Board at Work

Board but not bored! Your Board at work. Here we are enjoying an online meeting via zoom rather than in person. Most of the Board members are in their own homes – and that is a source of curiosity for everyone too. At Head Office we attempt a little decorum. We meet in the Craft Room, observing social distancing regulations. We each have our own tables, suitably distanced – it looks a little like an examination hall. At the meeting pictured you may be able to see the State President, the Deputy State President, the Executive Director and Minute Taker Office Administrator Robyn Smith.

If you are not familiar with zoom you may like to know about the sense of power



From top left State President Marion Dewar, State Treasurer Marie Vassallo, Lyn Trezise, MOH Noela MacLeod AO, Deputy State President Pam Mawson, Jenny Noela, Heather Scott, Executive Director Lynne Jordan, Sarah Barnbrook, Janette O'Keefe, Viviane Chemali, Karen Jackson

afforded the host person of the meeting – that person can mute one or all of the participants at any time. Board members are becoming more familiar with Zoom as we are currently using it for regular monthly meetings, extra meetings for

audit consultation and response to COVID-19, as well as working group sessions on various matters.

Marion Dewar
State President

Cooking with Australian Indigenous Foods

There are many interesting indigenous foods that we can incorporate into our cooking. Botanicals include Anise myrtle, Bush tomato, Davidson plum, Desert lime, Finger lime, Kakadu plum, Lemon aspen, Lemon myrtle, Mountain pepper, Macadamias, Muntries, Quandongs, Riberry and Wattle seeds.

Lemon Myrtle (*Backhousia citriodora*) is one of the most cultivated and commercially mature species in the Native food industry. It is a medium sized tree originating from coastal rainforest areas in Queensland. The leaves are generally dried and milled to be used as tea or flavour ingredient. Essential oils are also extracted through steam distilling. The first commercial use for consumption was during World War 2, when it was used by a soft drink company to flavour lemonade. Lemon myrtle is high in antioxidants, vitamin E, calcium, zinc and magnesium.

The milled leaves are used to impart a distinctively clean and crisp citrus flavour in teas, drinks, syrups, glazes, cakes, biscuits, dressings, mayonnaise, sauces and ice creams. Almost 90% of Lemon myrtle produced in Australia is exported in dried form, mostly to the European Union and the United States, where it is used as a specialty tea.

The essential oil is used as an ingredient in cosmetics and personal care items such as soaps, creams and hair products. It is also used in aromatherapy.

Lemon Myrtle Dressing

¼ cup (60ml) cider vinegar
2 tablespoons lemon juice
2 teaspoons ground lemon myrtle
½ cup macadamia oil
½ cup (45g) finely chopped roasted macadamias
Whisk vinegar, juice and lemon myrtle in small bowl until combined. Gradually add oil in thin, steady stream, whisking constantly until combined. Stir in nuts.
www.womensweeklyfood.com.au/recipes/lemon-myrtle-dressing-13441

Wattle Seed (*Acacia victoriae*) (Elegant wattle) is the most frequently used variety for seed collection because of the intensity of flavour and large, easily processed seed. Wattle seed has been a mainstay in the diet of Indigenous Australians for more than 40,000 years. It can survive tough weather conditions so was a valuable source of protein and carbohydrates when other food was scarce. The seeds were scorched with fire before being ground into flour.

Wild harvest by Aboriginal women remains a key source of supply although cultivation has increased in the last decade, particularly around the Riverland in South Australia and the Western Districts of Victoria. Estimated production each year is four tonnes. Once harvested it is usually roasted and can be ground or sold whole. Roasting the seeds brings

out the nutty flavour and if roasted longer it produces a chicory flavour. It is used to flavour breads, muffins, desserts and pancake batter. It is also marketed as a caffeine-free coffee alternative and used to flavour beer, ale and balsamic vinegar.

Wattle Seed Shortbread

An adaption of the CWA Shortbread Recipe- supplied by Karen Jackson

Ingredients

125g caster sugar
315g butter
500g plain flour
1 tablespoon wattle seeds

Method

Grind wattle seeds in a mortar and pestle
Cream butter and sugar.
Gradually add flour and seeds
Cut into 5 equal portions and shape as required.
Place on greased baking tray. Bake for 30 minutes in a moderate oven.

Source: Australian Government Rural Industries Research and Development Corporation (RIRDC) and Australian Native Food Industry Limited (ANFIL) Factsheets.

Louise Taylor
Past Mitchell Group President

Composting at Home



Having a compost bin enables you to cut down on your household waste by recycling your garden and kitchen scraps and creating valuable and nutritious soil for your garden. Here we tell you how to start your own compost.

Starting your compost

You can start your own compost in an old bin, a specific compost bin (there are many available), an old wooden box, build your own or just a heap on the ground.

Choose a spot in your garden that is well-drained and has some shade, as too much sun will dry out the compost.

What to compost

A good compost heap is made up of green matter (nitrogen), brown matter (carbon), oxygen, and water. If you only use green matter you will more than likely end up with a smelly pile of rotting greens. If your compost is full of mainly brown matter, then it can take years to break down. A good balance of the two, will ensure a balanced mix that will decompose into compost. The Green matter and brown matter are further explained below.

Green Matter is full of **Nitrogen** which grows and reproduces organisms to oxidise the carbon, this includes:

- Tea Leaves and Tea bags
- Grass cuttings
- Vegetable peelings
- Fruit scraps including the peel from citrus fruit
- Old flowers
- Coffee grounds and filter paper
- Young annual weeds.

Brown Matter supplies the compost with **carbon** for energy/heat, this includes:

- Crushed up egg shell,
- Cardboard including egg cartons, cereal boxes, corrugated cardboard, tubes from kitchen paper and toilet paper – preferably ripped up into smaller pieces
- Garden pruning's small
- Dry leaves, twigs and hedge clippings,

- Straw, hay, wool and feathers,
- Ashes from wood and paper
- Cotton threads and string made from natural fibres
- Tissues, paper towels and napkins
- Shredded paper
- Old potting mix.

What not to compost:

- Meat and dairy products
- Fat
- Diseased plants
- Metals, plastic, glass
- Animal manures (especially of cats and dogs)
- Large branches
- Weeds that have seeds or underground stems
- Magazine paper
- Bread or cake (may attract mice).

Making your compost

To start your compost, you need to layer the different matters. Start with a thick layer of coarse material such as twigs or mulch, this is used for drainage. If you are using a compost tumbler, then this isn't required. Layer green matter, then brown matter, some water and a little soil, and repeat this pattern, finishing with soil or finished compost. Make sure the mix of green and brown matter is relatively even.

Again if using a tumbler bin, layering isn't required. Just put everything in and turn until combine

Maintaining your compost

Your compost needs oxygen to oxidize the carbon, start the decomposing process and stop the production of greenhouse gases/methane. Turn your compost with a garden fork weekly or place garden stakes or pipes in the heap to allow air in. If you have a tumbler bin turn it at least once a week.

Your compost also needs water. A compost mixture should be moist, not wet. Cover your compost to keep it from drying out.

Depending on your compost's mix of ingredients the duration for the compost to turn into a rich soil can be anything from 6 weeks to 6 months. Once it looks like soil and smells earthy, the compost is ready to use on your garden.

Composting hints:

- If your compost becomes starved of oxygen, then it starts to produce greenhouse gases – so it's important to get air into your compost heap, turning it regularly will do this.
- Cover your compost so that it remains moist, not wet. If it is too wet add some more dry brown matter and mix thoroughly.
- Make sure your green and brown matter is cut into small particle sizes as smaller matter breaks down quicker.

Sources:

www.yates.com.au/ideas-plans/project-guides-articles/all/how-to-make-compost

Article sourced from: <https://www.cota.com.au/composting-at-home/>

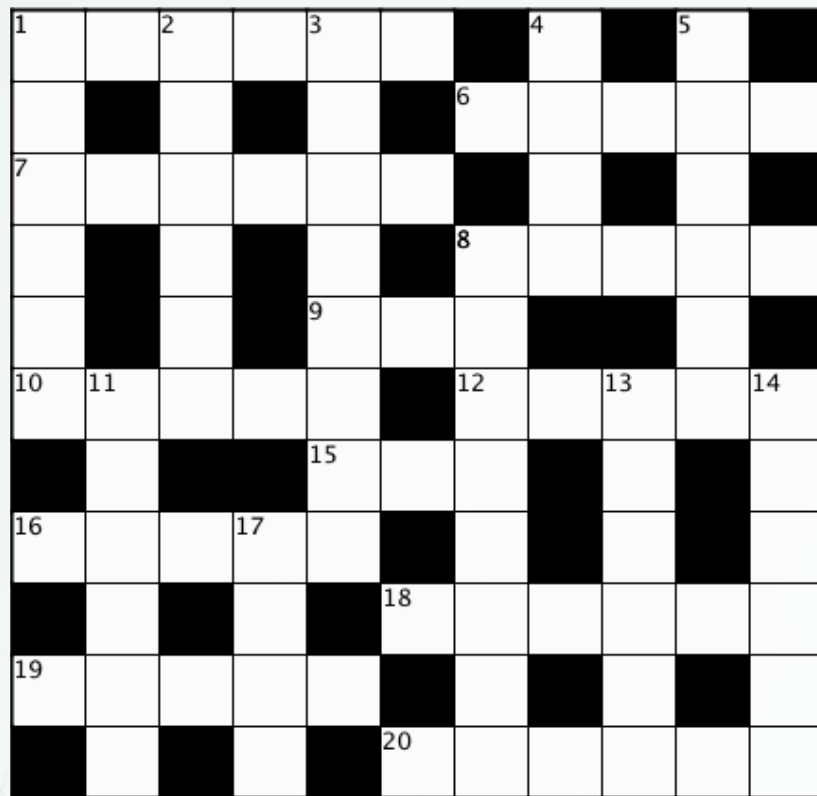
Printed with permission from COTA Insurance



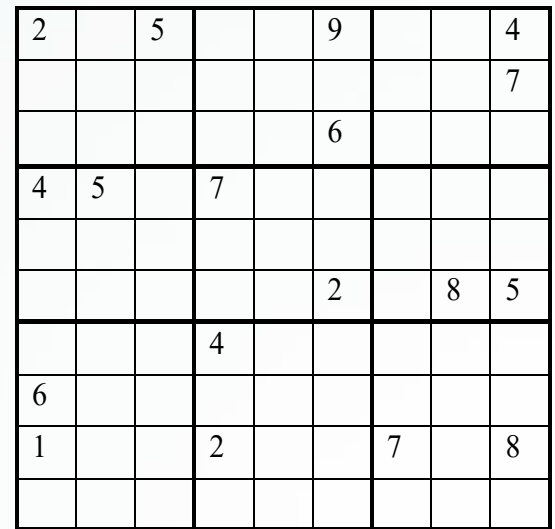
June Puzzles



Cryptic Crossword (plus Quick Crossword clues)



Sudoku



Answers will appear in the
JULY 2020
Magazine

CRYPTIC CLUES

Across

1. 20 across: Dance 'spotted stump' for a hobby (6,6)
6. Wanderer is completely sane? (5)
7. Coach recruits ten more for Spooner (6)
8. First time Yoda danced was in this twenty-four hour period (5)
9. NZ bird seen in intuition (3)
10. Central parks and mountains of the country (5)
12. Truce over second slice? (5)
15. Brew tea for when I plan to get there! (1,1,1)
16. Cutting deal is outside my imaginations (5)
18. Lags in confusing message (6)
19. Gene's heard of denim pants (5)
20. *See 1 across*

Down

1. Pullover one who leaps (6)
2. Goose to peek (6)
3. *See 14 down*
4. Do repeat an extinct bird (4)
5. Newton-John film features treasure centres of Gdansk and Vaduz? (6)
8. A truism I mistook for layered dessert (8)
11. Reanimates your knickers?! (6)
13. Drapes fabric suggestion among cozy regulars (6)
14. A dozen beers around picket on the Great Ocean Road (6,8)
17. Spots cane mill (4)

QUICK CLUES

Across

1. 20 across: Popular isolation hobby (6,6)
6. Wanderer (5)
7. Wise counsellor (6)
8. Now (5)
9. NZ bird (3)
10. Of the country (5)
12. Edit again (5)
15. When I plan to be there (1,1,1)
16. Notions (5)
18. Beckon (6)
19. Levis (5)
20. *See 1 across*

Down

1. Sweater (6)
2. Male goose (6)
3. *See 14 down*
4. Extinct bird (4)
5. Olivia Newton-John film, _____ (6)
8. Layered coffee and sponge dessert (8)
11. Knickers (6)
13. Fabric (6)
14. Attraction on the Great Ocean Road (6,8)
17. Pimples (4)

Kyneton Branch Anzac Day Tribute

The following email was sent by Kyneton Branch President Patricia Morgan to branch members prior to Anzac Day.

Dear members

Our Kyneton CWA Wreath is ordered and will be presented in our absence. For me family items of memorabilia will replace the acceptability of not attending our town's Anzac Service.

Whilst dusting off my family's war time memorabilia I opened my favourite box which contained female items of Australian Military Remembrance. Some of the contents and meanings I am sharing with you.

- Females at home wore locket with a picture of their loved one
- Diggers away from home sent their love home with handmade jewellery
- Governments issued female badges to the relatives of those serving abroad.

These are a few of the memorabilia pieces from my husband's grandmother's 'war box' of which I am now custodian.

Patricia Morgan
Branch President

To expand on the above email Patricia has provided the following information on the jewellery mentioned above.



Australian Commonwealth Military Forces gold locket

Gold Locket. My husband's Grandmother loved jewellery and the 'Australian Commonwealth Military Forces gold locket' was purchased when her son enlisted into the Australian Forces in 1941 aged eighteen years. The insignia on the front is of a raised design and the back is engraved with a lovely personal inscription from her son. Inside is a picture of him dressed in uniform. My granddaughter has had the honour of wearing this locket to a previous Kyneton Anzac service where she assisted me to present the Kyneton CWA Wreath.

Heart Shaped Trench Art Brooch.

This brooch was bought as a souvenir piece in New Guinea in 1944. It is made from Perspex and metal scraps. Once the scrap of Perspex had been shaped heat was applied so the metal could be embedded into the Perspex. The Perspex was then mounted onto a heart shaped piece of metal. On the back a safety pin was attached by soldering and an engraving was applied by scratching into the metal. The beautiful shiny finish was achieved by hours of rubbing with an oily cloth and fine sand.



Heart Shaped Trench Art Brooch



Women of Australia Brooch

To The Women of Australia Brooch.

These brooches were given to a female relative who had a member of her family on active service during the Second World War. The back is inscribed with a number and states it is issued by the Commonwealth Government. The bar at the bottom with a star depicts the number of relatives involved in the war effort.

These items of jewellery were worn during the war years by mothers, sisters, aunts sweethearts or nearest female kin as a symbol of pride, support and affection for their loved ones serving overseas. Over the seventy five years since, many of these items may have been lost sold or discarded but fortunately my husband's father was a man who never threw anything away so as a family we are blessed with a wonderful array of memorabilia which will remain in the family and be passed on to our future generations.

On Anzac day morning Patricia sent another email to our Kyneton members titled 'From my house to yours'. Attached to this email was a photo of Pat's letterbox decorated to remember both her and her husband's family's involvement in the war. Here is an explanation of what each item represents.

- (1) The army attire signified my husband's family involvement, and
- (2) The white cyclamen signified my family involvement.

The white cyclamen is in honour of my grandfather who was killed in the Colonial Wars in 1932 on *HMS Cyclamen*. He had served in the Royal Navy since he was 14 years of age. Sadly we do not have any photos of him or any of his medals or memorabilia but I do feel a comfort having a cyclamen around the house as my mother often spoke of him.



Patricia's letterbox on Anzac Day 2020.

Pop Up Shop

Anzac Day 2020 will go down in Australian history as a unique commemoration. Many Australians, including our State President and Deputy State President, stood at the end of their driveways, holding a candle as the nation stood, head bowed, to hear the last post and to remember those who have served and protected our country. For many, they could return to the warmth of their beds, and snuggle back down. But not Marion and Pam!

Into the kitchen they went to start baking up a storm! The CWA of Victoria was holding its first ever *Pop Up Shop* selling takeaway scones and Anzac biscuits through our drive through facility (otherwise called a gazebo placed by the circular drive).

As this was the first time we had done such an activity, we were very unsure how many people would come. Our Facebook post had over 1,000 views, so at least some people knew we would be out on the lawn between 10am-2pm.

A very special thank you to non-member Judy Dawson, (a regular patron of our events) who also happens to be quite tall, for stopping by at 9am to offer a hand in setting up the gazebo,

socially distanced of course. As Pam, Marion and I are on the shorter end of the spectrum, her help was gratefully accepted!

The stream of patrons was slow but steady. Poor Pam; we kept having to run up and ask her to bake more Anzac biscuits! She barely had a chance to pop her head outside the kitchen door. Over 400 Anzac biscuits were sold on Saturday.

On Sunday, Latrobe Central Group President Wendy Earwicker joined Pam in the kitchen, to share the workload. Customers were down on the day before, but almost a third had visited us on Saturday, and confessed they had eaten all they had bought, so were back for more!

On reflection, the *Pop Up Shop* was a success that we can build upon. We look to improve our advertising to be more prominent (along the fence) and to continue with Facebook as a medium. We took over \$750 across the two days, selling only take away scones, Anzac biscuits and 90th Birthday strawberry jam.

Marie Vassallo
State Treasurer



State Treasure Marie Vassallo with a customer



Gazebo



Anzac biscuits

Junior Member News

At Home with the Boroondara Juniors

Boroondara junior members have also been busy during this time and here are a few of their comments.

Chloe Taylor, Year 11, commented that, "In our Zoom meeting, I asked the ladies if they could join me in knitting squares for Knit-A-Square to be made into blankets for orphans in South Africa. I've had an overwhelming amount of support and it's great to see how we can still work together when we are apart physically. I will bring the knitted squares into school at the end of the year for them to be packaged up and sent to the organisation."

Monique, Year 9, commented that her home learning is very similar to the class work, and is conducted by the teachers



Crochet squares made by Boroondara member Jenny Wilson for Chloe's project.

with peers present online, using the normal school timetable. She's enjoying being home and doing her schoolwork in her PJ's. She is also loving waking up at 8:49am for her 8:50am class, but misses catching up with her friends socially.

Yasmine, Grade 6, has enjoyed catching up with school friends on 'House Party', and being online together doing their remote learning and she is also enjoying not having any extra 'homework'.

Recipes from Botswana

Malva Pudding is an easy to make recipe that is found in many of the safari camps in Botswana. It is sweet, delicious and a lovely dessert. It is called pudding; yet has a texture similar to cake when done. The cake like texture is surprising, after adding all that sauce halfway through the cooking process, which makes it incredibly moist.



Malva Pudding

Serves: 4 to 6

Ingredients

1 cup all-purpose flour
1 cup sugar
1 tablespoon butter
1 tablespoon apricot jam (or any flavour you like will work)
1 tablespoon white vinegar
1 cup milk
1 egg
1 teaspoon baking powder
1 teaspoon baking soda

For the Sauce

½ cup sugar,
100g butter
1 cup milk

For the Topping

heavy cream, fresh

Instructions

1. Preheat oven to 180°C.
2. Combine sugar and the egg in a mixing bowl and beat this until smooth and fluffy, using a whisk or a mixer.
3. Then add flour, baking powder and baking soda.
4. In a separate bowl, combine the wet ingredients - milk, melted butter, apricot jam and the vinegar. Mix well.
5. Combine the wet and dry ingredients and mix well.
6. Pour into an oven-proof dish (about an 8x8 inch) and bake for 45 to 50 minutes.
7. In a pot, melt together the ingredients for the sauce. When the cake is halfway baked, take it out of oven. Make holes in the cake and pour the sauce over the pudding. Return the pudding to the oven to finish cooking.
8. Serve warm with whipping cream.

Recipe from International Cuisine: file:///C:/Users/state.president.CWA/AppData/Local/Microsoft/Windows/Temporary%20Internet%20Files/Content.Outlook/7LZ8ZZLH/Botswana-%20Malva%20Pudding%20-%20International%20Cuisine.html
or
<https://www.internationalcuisine.com/easyrecipe-print/3292-0/>

Lemon and Condensed Milk Biscuits



Makes: about 2 dozen biscuits

Ingredients:

2¾ cups all-purpose flour,
½ cup caster sugar
2 tsp baking powder,
½ tsp grated lemon rind,
200ml condensed milk,
Pinch of salt,
8 oz unsalted butter,
½ tsp lemon juice,
Powdered sugar for dusting

Directions

1. Cream together the butter and sugar, then add the condensed milk and keep blending until well mixed.
2. Add the lemon juice and grated zest, then sift together the dry ingredients and add that too.
3. Keep blending until the ingredients are well-incorporated.
4. Take teaspoons of dough and roll them into balls, then place them on a greased baking sheet and flatten gently with a fork.
5. Bake at about 170°C for 12 to 15 minutes, or until starting to brown underneath.
6. Let cool, then dust with powdered sugar.

file:///C:/Users/state.president.CWA/AppData/Local/Microsoft/Windows/Temporary%20Internet%20Files/Content.Outlook/7LZ8ZZLH/Recipes%20from%20Botswana%20Lemon%20Cond%20Milk%20Biscuits.html

South Pacific Area Letter

Dear Members of CWA in Victoria
I write to update you on a few matters concerning the Associated Country Women of the World (ACWW) and also hope you all enjoyed your "locked in" Easter.

As with the rest of the world, HO has closed and all members are working from their homes. Committees are still meeting via SKYPE or Facetime or some other form of IT connections. Gosh I didn't know there were so many ways to communicate until this horrid virus came into focus.

Women Walk the World that is usually held on 29th of April has been postponed till **15th October 2020** to coincide with International Day of Rural Women. This is a 'one off' and hopefully in 2021 we will be back to 29th April again (God Willing).

The South Pacific Area Conference of ACWW that was to be held in Port Moresby, PNG has also been postponed to **12th to 15th March 2021**. The pre & post tours are also still running in March. All those who have registered will stay registered for 2021. If any further members wish to register you will now have until the end of December 2020 and the cost will be \$390 for registration. Contact me if you wish to receive registration papers and information at Commens1@bigpond.com, southpac@acww.org.uk or phone 0427 245 213.

I know many members who had registered to go to PNG this June had gifts to take or were thinking of taking gifts for the Island women. These can be almost anything: cotton materials, sewing threads, wool/cotton and knitting needles as well as crochet cotton and hooks, children's books, pencils etc, children's clothing (boys and girls), baby clothing, toiletries etc., thongs – large sizes. The list is endless. You can always send parcels at any time during the year if your branch wishes or you can send to your HO, *Umina*. Remember if sending parcels then try to send things that do not weigh too much as postage is a 'killer'. Also ask the society to let you know when it arrives.

Mrs Faye Glover has a list of members in the different Islands that goods can be posted to. Otherwise, take them with you next March or give to someone who is going. Just remember if you take/send scissors, needles or anything sharp next year, put them in your booked through luggage.

I have emailed the members in Tonga and Fiji following the Cyclones there last month and have heard back from Tonga to say there was no structural damage to homes however flooding happened again as it always does because the land is completely flat. To date I have not had a reply from Fiji.

Australia has had a good bashing - we are still in drought in many areas, we had the horrific bushfires, then flooding and now COVID-19. We are resilient and we will come through this.

The virus has taken many lives throughout the world and will continue to do so until we all do as we are told and stay isolated and safe distances from one another. We are very fortunate to be living in Australia when we look at the thousands dead and effected in other countries.

I pray that you and yours all stay safe and well as we ride out this once in a lifetime horror.

Gail Commens
ACWW S.P. AREA PRESIDENT



Gail Commens
South Pacific Area President

Letters

CWA of Vic Inc
3 Lansell Road,
TOORAK 3142

Attn Mrs B Wall
Magazine – Cooking Page,
March 2020

Dear Mrs Wall,
You ask in the April Magazine whether anyone had made the Tomato Relish from the recipe in the March edition.

I'm delighted to say, "Yes – I have". Seeing as we are all confined to home due to the Coronavirus restrictions, the making of this recipe filled in some time, yesterday (8 April) as a matter of fact.

My only complaint is that it didn't make enough!!

I did use cook's licence and added a piece of giant garlic, which needed using, and instead of Brown Vinegar – I used what was in the pantry - Apple Cider Vinegar. It said on the bottle 'Can be used for making this, that and home made relish' so I thought it would be OK.

I'm delighted to advise that it is absolutely delicious, so it won't last long, as many of my friends like it on cold meats, pies, silverside, you name it, it goes with anything!!

Margaret Robson
Kardella Branch
Gippsland Hills Group.

The following was received as an email by Reception.

Can you please pass on my thanks to Beverley Wall on her delicious Chutney (tomato) and it was so good that it was just a small amount.

We often get recipes and it caters for 10 or more people. I made this Chutney in the March Issue and it was enough for me, gave one jar to my brother and have 2 for myself.

Only one left now. Yum.

Judy Clues
Umina Branch

Welcome New Members

Broadford Mt Piper
Pauline White
Hollie McDonald

Sunbury Stars
Stella Gibbons

Central Nights
Kay Tait

Surf Coast
Carol Herben
Melissa McDonald
Delyce Dalton

Frankston South
Dawn McKinnon

CUTWORK

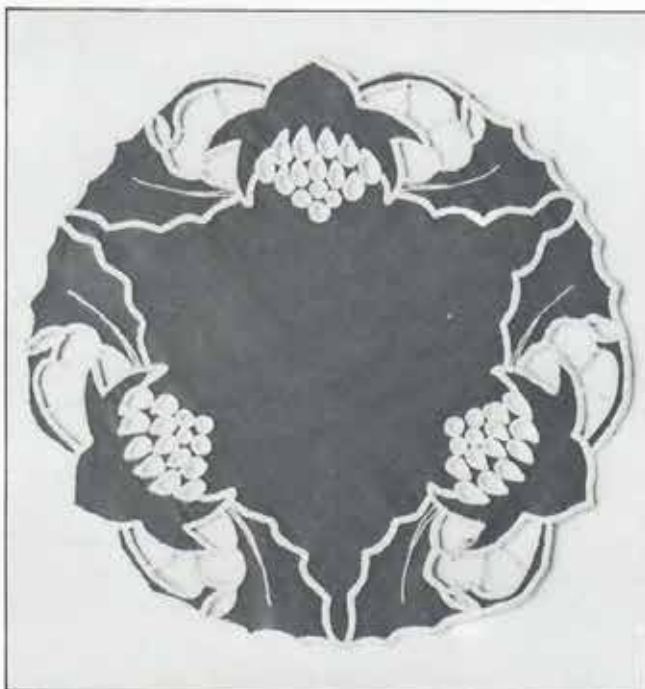
Cutwork is a form of embroidery where parts of the fabric are 'cut' away from the background design. There are several styles — Simple Cutwork, Renaissance, Richelieu and Italian Cutwork.

In Simple Cutwork the spaces are small, but in Renaissance work they grow larger and are decorated with bars, while in Richelieu work, the addition of picots to the bars makes the work still more elaborate. The most ornamental is the Italian Cutwork which is built up around small open squares, filled with needlepoint stitches.

In Cutwork the design shapes must 'tie-up' securely at the points, tips of leaves, scrolls etc, otherwise the work will hang loosely when the background is cut away. The main outlines of any design are drawn double to act as guide lines for the running and buttonhole stitching.

Note: Use stiff, firm cotton or linen for this work, otherwise the material will fray when cut. White, or natural coloured linens with matching threads are traditional, though modern work with coloured linens and threads is permissible. Linen, cotton or mercerised threads are all suitable, and a thick crochet cotton makes a good padding for the buttonhole stitching.

WARATAH DOILY



MATERIALS

- piece of fine red cotton or linen, 40 cm x 30 cm
- 1 ball DMC perle No 8 crochet cotton, white
- 5 hanks Clarke Anchor white stranded cotton thread
- crewel needle
- stiletto
- very sharp pointed embroidery scissors

INSTRUCTIONS ***

Transfer the design to the linen.

Stitch a single row of running stitch using perle No 8 thread around the outline of circles and teardrops that make up the centre of the waratah flower.

Start the embroidery at any point of the design and work the padding stitches using perle No 8 thread and running stitches inside the double lines of the design. When you reach the first 'bar' (Fig 1) carry the thread across to the opposite side, make a tiny stitch, return to the first side; these threads form the foundation of the bar. Continue the running stitching and bar threads until the design has been completed.

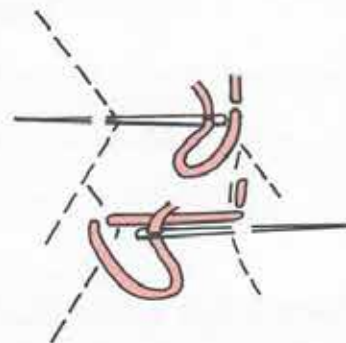


Fig 1.

Using 3 strands of Anchor thread, cover the running stitch padding with buttonhole stitch, working closely, arranging the looped or corded edge of the stitch to face toward the parts of the design that are to be cut away.

The 'bars' are worked with close buttonhole stitches, keeping the bars firm but detached from the background material.

Begin the waratah centres by piercing the centre of each circle with a stiletto (Fig 2) and buttonhole around eyelet over padding. For the 'teardrops', pierce the centre with stiletto then carefully snip material in 4 places (Fig 3). Fold back surplus material and buttonhole over outline thread, covering this surplus material as you buttonhole.

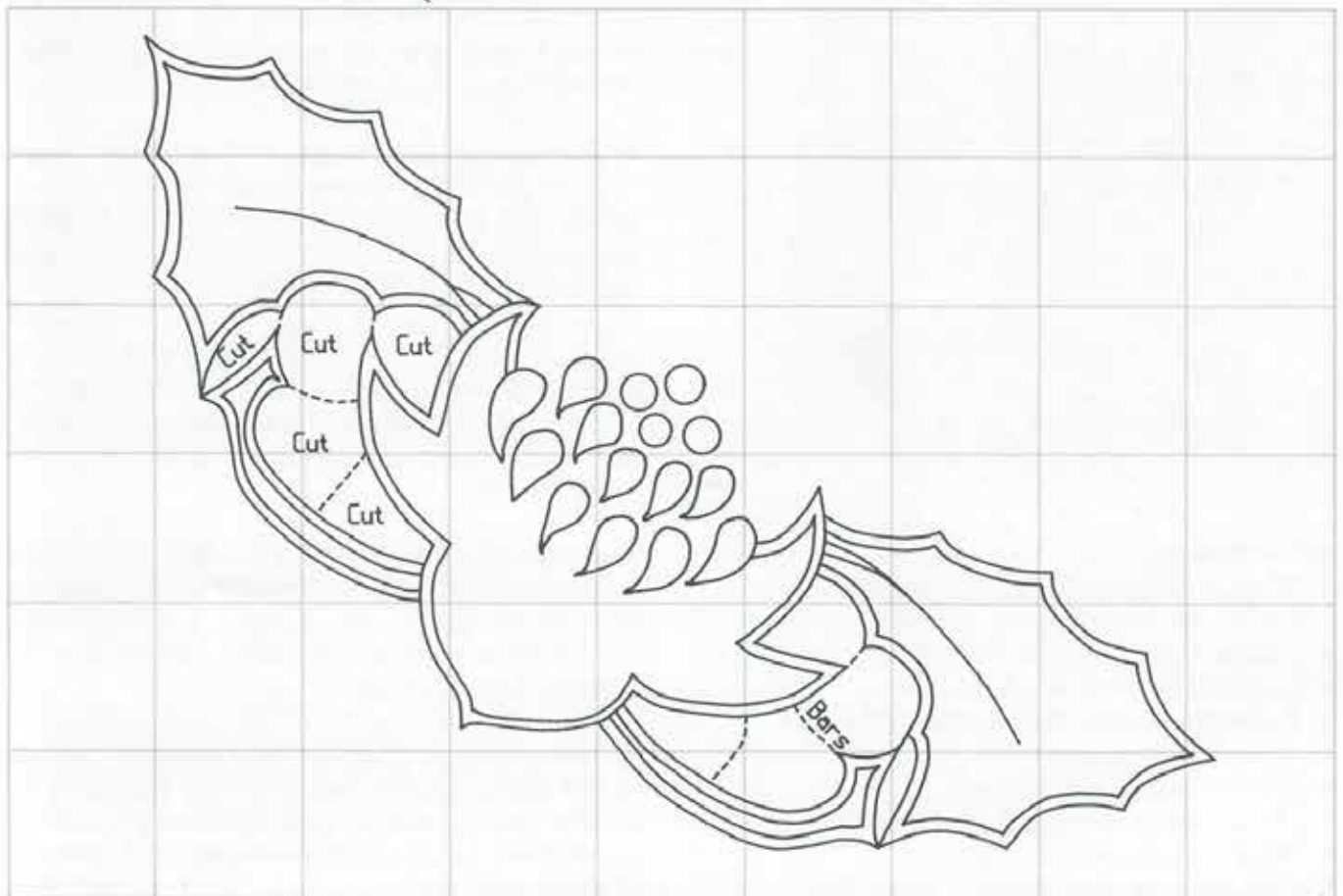
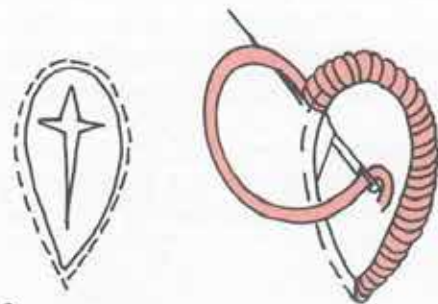
When all embroidery has been completed, cut away material around outside of project, then cut away the spaces, cutting the material close up to the buttonholing. Cut with care beneath the 'bars' that are left to form the lace-like filling and strengthen the cut spaces.

Finally, press on wrong side of work.

Fig 2.



Fig 3.



Ladies Short Socks

To fit 23cm, 24cm or 25.5cm foot

Materials: Two 50gm balls of 4 ply sock wool of your choice

1 set of four 2.25mm knitting needles

1 set of four 2.75mm knitting needles

Tension: 35sts to 10cms using 2.25mm needles

Abbreviations: sts – stitches; tog. – together; sl. 1 – slip stitch from left hand needle to right hand needle without knitting;

psso – pass slip stitch over knitted stitch; cont. - continue

Do not join wool with a knot, join by splicing.

Method

Using 2.75mm needles cast on 60 stitches over 3 needles (20 stitches on each needle)

Change to 2.25mm needles and work 10cm of k.1 p.1 rib

Continue to knit each row until work measures 15cm (or length desired) from start of ribbing.

Divide for heel

Knit first 15sts of round on to one needle, slip last 15sts of round on to other end of same needle. These 30sts are for the heel. Divide remaining sts on to 2 needles and leave for instep. Work 27 rows st st on heel sts, always slipping first st purlways on a purl row and knit-ways on a knit row.

To Turn Heel

K17, K2tog, K1, turn, P6, P2tog, P1, turn, K7, K2 tog, K1, turn, P8, P2tog, P1, turn.

Cont. in this manner until all sts are worked on to one needle 18sts. Knit first 9sts. This completes heel.

Slip all instep stitches on to one needle (30sts)

Using another needle knit remaining 9sts and knit up 16sts at side of heel; with a second needle knit across the 30 instep stitches; with another needle knit up 16sts at side of heel and remaining 9sts from heel stitches. (80sts)

Shape instep

1st round – knit

2nd round – first needle knit to last 3 sts, k2 tog. K1; second needle - knit without shaping; third needle k1, slip 1, psso, knit to end of needle.

Repeat these two rounds until 15sts remain on first and third needles. (60sts.)

Continue knitting without shaping until foot measures (from where sts. were knitted up at side of heel) – 12.5cms for 23cm foot; 15cm for 24cm foot and 16.5cms for 25.5cm foot.

Shape Toe

1st Round: 1st needle knit to last 3 sts, K2 tog, K1, 2nd needle, K1, sl1, K1, psso, knit to last 3 sts, K2 tog, K1, 3rd needle, K1, slip 1, K1, psso, knit to end.

2nd Round: Knit.

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

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

Slip sts from 3rd needle on to 1st needle (12 sts on each needle).

Break off yarn leaving enough length to graft the 2 sets of sts together as follows:

Thread the yarn through a blunt ended yarn needle and *insert the needle into the first st on the near needle knitwise, draw yarn through and slip st off. Insert needle into the next st purlwise, draw yarn through, leaving the st on knitting needle.

Then insert needle into 1st st on back needle purlwise and drop this st from needle. Insert into next st knitwise and drawn yarn through leaving st on knitting needle* Repeat from * to * until all sts are worked off. Sew in yarn end.

Note: This pattern has been adapted from Patons ladies sock pattern in Patons Book C.16



BRANCH and GROUP

Donation to Castlemaine Health

CENTRAL VICTORIA GROUP members knitted cuddle teddies and with the donations from the ACWW/International/Community Support Committee, were able to donate these teddies to theatre staff at Castlemaine Health in early March. These teddies are used to comfort patients going to surgery and in the wards.



Central Victoria Group President Daryl O'Bryan (right) with Castlemaine Health Staff.

Cap making at Geelong

During the COVID-19 restrictions GEELONG GROUP branches have been busy making caps for nurses at St John of God Hospital for the Emergency Department and Intensive Care Unit. Two hundred caps were presented to the hospital along with 15 heart cushions for the cardiac unit! The look on their faces said it all!



Presentation to St John of God Hospital

Yarrawonga/Border News

2020 Started very well with a successful 'Welcome to Newcomers' morning tea. We held our annual International Women's Day Breakfast with local business woman Ros Vodusek as our guest speaker. Ros held the audience in awe of her achievements which included starting an apprenticeship at 16; gaining experience in various positions and raising a family. She then started the 'Rich Glen' business with 36,000 olive trees on the property. Ros developed olive products and the business has systematically grown with more development plans for the future.

At their March meeting members respectfully noted the passing of Life Member Terry Lyons with a time of reflection of our esteemed member.

President Sue Jackson welcomed two new members, Lorraine Court and Sue Humper.

Guest speaker for March was Bethan McKay from Moira Shire who gave an informative talk about how to sort and recycle household plastics, cardboard, etc.

Branch meetings are on hold at the moment, but members are using social media to keep in touch. Several events have been cancelled, including the Women Walk the World on ACWW Day, 29 April.

Members are looking ahead to the local Spring Show and using their time at home to produce an entry for the Show.

Right Guest Speaker Ros Vodusek from 'Rich Glen'



Below Yarrawonga/Border members and friends enjoying the International Day Women's Breakfast



Flower arranging with a difference

Undeterred by social distancing due to COVID-19, CENTRAL NIGHTS GEELONG held their April meeting using Zoom, and twelve members attended. Our guest speaker was Cynthia Tresidder from *Floral Acts of Kindness Inc.* She told us about the flower-rescuing charity, how they run workshops to teach interested people flower arranging who then create arrangements for shut-ins and nursing home residents. We had come to our computers with some pre-cut blooms from our garden and Cynthia generously taught us how to make a small arrangement. It was a wonderful time of mindfulness as we stripped leaves, arranged our flowers, giggled over our mistakes and celebrated our creations.



Central Nights Geelong members from top left Jodi Page-Smith, Fiona Lowe, Narelle Bugg, Bek Burnell, Annie de Beer, Jessica Litsas, Kate Daymon, Cynthia Tresidder, Kay Mills with their flower arrangements.

Rosebud News

Some of our members attended a Ladies Morning at Bunnings in Rosebud where we had various things for the ladies to make. We had fridge magnets, macramé key rings, bookmarks, cards and ladybird pin cushions. They provided a lovely morning tea, and we all enjoyed ourselves.

Member Von Trounce is in her nineties and is a marvel at knitting, mostly without a pattern. She loves making anything be it toys, children's clothes, animals, but her favourites are teddies. Von has just finished teddy number 362. Each week we look forward to seeing what Von has brought to show us.



Above (L-R) Lynn Keogh, Dawn Hind, a guest and Deb Bowden at Bunnings Rosebud.

Left Rosebud member Von Trounce with some of her knitted articles.

Flattening the curve

Doing our part to flatten the curve and keep each other safe, members of SALE STARLIGHT used Zoom to meet virtually! We enjoy being able to see each other while discussing meeting items, to catch up and stay connected.



Sale Starlight members having a virtual meeting

Meal deliveries

Following the recent bushfires that ravaged our area ROSEWHITE & DISTRICT members recently delivered approximately 300 meals to communities in the Upper Murray region. Our members spent two days cooking nutritious and tasty meals that would freeze easily and store well.

Four of our members then spent a day travelling and delivering these meals to some of the very deserving farmers in the area surrounding Corryong.

Some of these farmers had lost their homes, cattle and pastures. It was a very humbling experience, and the recipients were so grateful, and it also gave them a chance to share their experiences and have a chat.



Neerim District Community Garden

Neerim District Community Garden and Plaques

Before Easter, the committee, realising some of our ladies couldn't access Skype or computers, decided to do an Easter delivery. We made up 22 baskets with Easter eggs and hand-delivered to all (from the garden gate, keeping our social distance). This gave us the chance to see everyone and to see if anyone had any issues or just for a chat.

We also finalised our community garden honouring past and future CWA branches in the district. The beautiful mural was done by our member Margery Price and plaques were organised by Glenys Randal, Alison Johnson and Kay Cousins. Painting and plaques were installed by our Treasurer June Edyvane's husband, Graham.

Keep Smiling During COVID-9 - Isolation in Docklands



From top left Docklands members Dotti Mcfadzean, Susi Nixon, Jenny Ferraro, Maria Fraser, Cheryl Reeves, Julie Cookson.

We are a small branch in DOCKLANDS and quickly set up our meetings on DuoApp. To keep our spirits up, we scheduled a video phone call each week at the same time. We reset our yearly program with some new ideas for meetings. Suggestions included share your project, what book are you reading, what programs or movies are you enjoying. We had an Easter Bonnet

meeting however no photo was taken of the colourful hats.

Each week we laughed, shared and looked forward to our next meeting. We all left the meeting smiling even if we had had low times in between. It was easy to do and if people missed the call they sent an SMS, phoned in or joined the open call. It was definitely a highlight of our isolation weeks.



Docklands members meet in this building which is the Docklands Library.

Their Memory Lives On

It is with profound sadness that COWES members mourn the passing of their dear friend and member, **Kathleen Bale**. Kathleen did a sterling job as our bookkeeper, a task that could be extremely time-consuming. She was always a generous and enthusiastic participant in CWA fundraising and other activities, and knitted gorgeous “footy” baby beanies that were so popular among our shop customers.

Kathleen faced a long illness with quiet fortitude supported by her loving husband, family and friends. She was a gentle and delightful person and is greatly missed. Vale Kathleen.

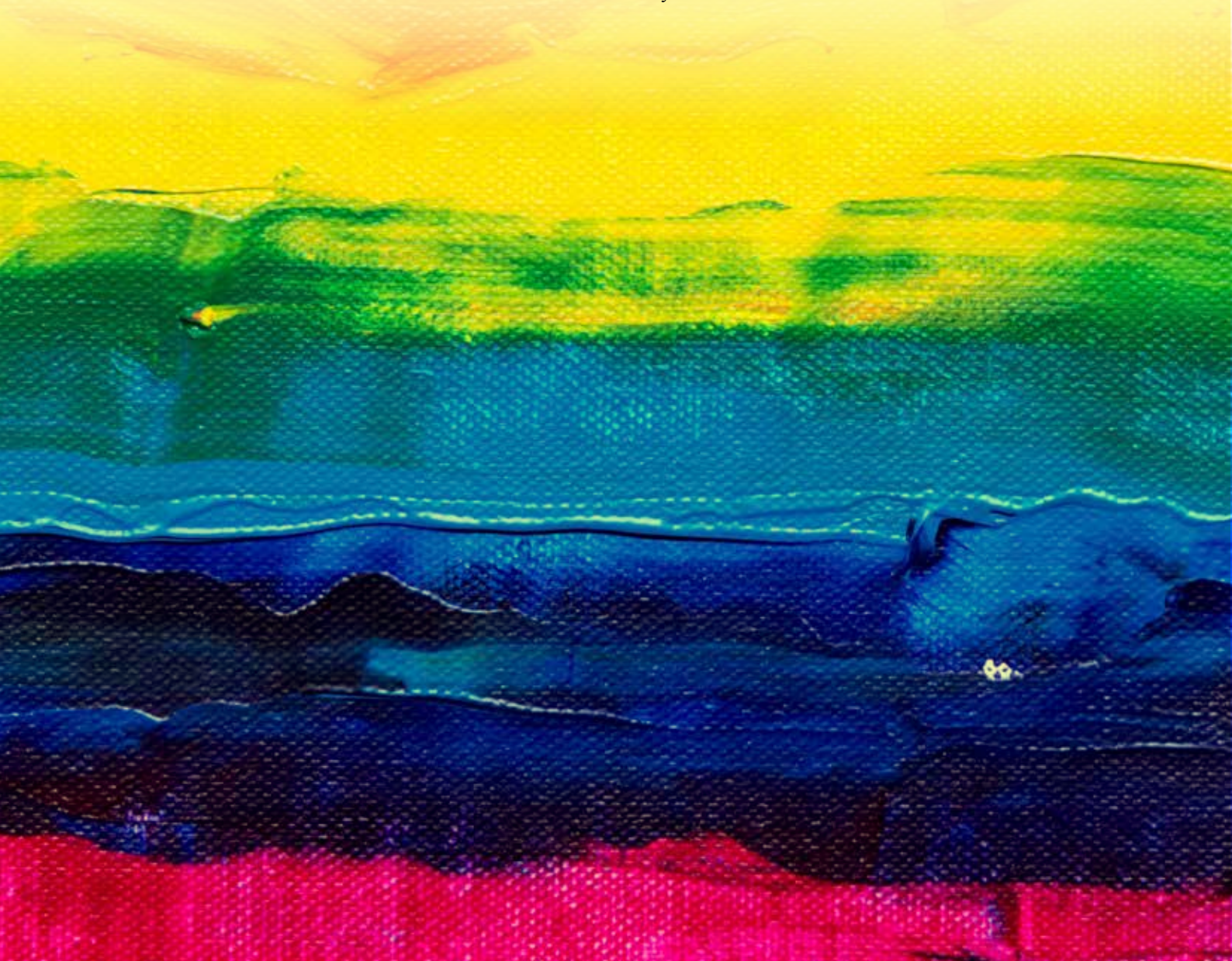
DONVALE members were saddened by the sudden death of our dear friend **Bonita O'Donnell** a member since her retirement five years ago. Bonita will be sadly missed and fondly remembered for her generosity, kind heart and willingness to help wherever needed. Rest in Peace dear Bonita. We will miss your friendship.

MIRBOO NORTH NIGHT OWLS members are saddened by the recent passing of member, **Cleta Cummaudo**. Despite ongoing ill health Cleta managed to stay actively involved in Branch activities. Her generosity, sense of humour and ability to make us laugh at ourselves will be sorely missed. Rest in Peace dear Cleta.

NOBLE PARK members will miss **Penne Oorloff** who passed away in March. Penne was always a willing member, ready to help when needed. We, as a Branch, will always remember Penne, who was also a member of Cranbourne for a time.

YARRAWONGA AND BORDER members were saddened by the death of life member **Terry Lyons**. Terry was an active member of the Branch holding positions of president and secretary and supporting many branch activities.

Terry organised the annual raffle roster for many years and cooked up apple pies for our mini fete, and was well known for her bounteous supply of yo-yos. She will be sadly missed.



MAY PUZZLE ANSWERS

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Accommodation at the Country Women's Association B&B Melbourne is open to members and non members

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Single	\$60	\$90
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Telstra tips to keep you connected



Telstra is committed to keeping our customers connected.

Australia's response to COVID-19 (Coronavirus) has rapidly increased the demand for connectivity. That's why Telstra is giving consumer and small business customers additional data and offering unlimited home phone calls to pensioners.

For more information about Telstra's response to COVID-19 visit telstra.com.au/covid19

Telstra is also offering a free Virtual Meeting Room (VMR) to Australian businesses until 30 June 2020. A VMR lets organisations connect through video and audio conferencing.

Find out how by visiting vmr.telstra.com

Managing data usage on your devices

Keeping tabs on your data can be tricky so we've put together some suggestions on the best ways to manage your usage and maximise your coverage.

Refer to our manuals

Telstra's interactive manuals offer instructions on how to see which apps are consuming most data, turn off data-hungry apps and view your monthly data usage. We will also send you SMS or email alerts when you reach 50%, 85% and 100% of your included data allowance.

To access Telstra's interactive manuals, visit mobilesupport.telstra.com.au

A rough guide on data usage for everyday activities

Content	Approximate Data Usage
Sending a tweet or updating your Facebook	a few KB
Sending/receiving 100 emails without attachments	2.5MB
Music streaming for 3 mins	3MB
Navigating on Google Maps for 10 minutes	6MB
Sending/receiving 10 emails with attachments	18MB
Downloading a TV show in standard definition (SD)	800MB
Downloading a movie in SD	1.5GB
Streaming high definition content	3GB per hour



Managing your bandwidth at home for faster internet

- Always use a fixed broadband connection where possible
- Switch or limit your streaming quality
- Switch to voice-only conferencing
- Download updates overnight
- Don't connect multiple unnecessary devices or apps

How to make the most of your Wi-Fi (without a technician)

Set up your modem in a central spot. Wi-Fi signals have a tougher time travelling through dense objects. So try to have your modem set up in a central location where you will use your wireless devices.

Avoid interference. Sources of radio interference in the home include appliances like microwaves and fridges so locate your modem somewhere away from these items.

Stay secure. More connections often mean a slower network so keep your network passwords safe and secure for the best experience.

Choose a wired connection for some devices. These will typically work faster than those sent wirelessly. Connect some of your data-hungry stationary devices, like your smart TV, directly into the LAN port on the back of your modem. **Use booster hardware to extend your signal.** The Smart Wi-Fi Booster Gen 2 is designed to work together with Telstra's latest modem (the Smart Modem Gen 2) to improve in-home Wi-Fi.

Avoid dropouts. Telstra's Smart Modem Gen 2 has a dedicated voice and data backup so when there is a network outage you'll still be connected to Telstra's 4G network. Data sent over 4G during an outage is free.

Find out how by visiting telstra.com.au/internet/extras/get-wifi



Extend your coverage and improve your connection

Network coverage extension devices can maximise outdoor and in-building coverage, providing clearer voice quality and more consistent data performance in more places. These devices amplify the network signal your mobile device receives, which extends the area that your device can work in.

Telstra's network coverage extension devices

The following devices are tested, authorised and approved by us for use on the Telstra Mobile Network.

Telstra Go Mobile Repeater maximises coverage for better voice and data connectivity and quality for moving vehicles.

Telstra Go Mobile Stationary Repeater maximises indoor coverage.

Telstra Smart Antenna® 4G extends indoor coverage for Telstra 3G and 4G/4GX mobile or mobile broadband services on the Telstra Mobile Network. telstra.com.au/coverage-networks/network-coverage-extension-devices

Avoid illegal repeaters

Illegal devices can cause major interference on the network. The Telstra Go Repeater is designed to work without interfering with the overall mobile network. exchange.telstra.com.au/illegal-mobile-repeaters/

Telstra's Blue Tick means best coverage

A mobile device that displays Telstra's Blue Tick has been laboratory tested to confirm it delivers superior voice coverage in rural and regional areas. For more about Telstra's Blue Tick visit exchange.telstra.com.au/blue-tick-mean