



OCTOBER 2020 VOLUME 66 NUMBER 9

Victorian COUNTRY Woman

All Women, All Ages, All Places

Grow, Connect, Improve



The Country Women's Association of Victoria Inc.

Scone Making Masterclass

Members Only

Join in via Zoom with our Cooking Instructor to make the perfect scone
When you have registered you will receive the link, a list of ingredients
and equipment to have on hand while you cook along with the expert
Live online interaction is encouraged

Cost \$15

Bookings close Wednesday 7 October 2020

Please ring 9827 8971 on Wednesday and Thursday 9am-4pm and have your email
address, mobile phone number, credit card and membership number ready
Minimum number of participants required in order to proceed
Contact Catering Committee Chairperson Sarah Barnbrook
sarahcbarnbrook@gmail.com for further details



Join Joy Davis, our renowned RMS scone cook as she makes
Scones 'the CWA way'

Date Saturday 10 October
Time 2pm
Duration 1 hour

Members and Friends. Please note: Office administration functions are greatly reduced at this time. Due to COVID-19 restrictions there may be changes by the time you read this magazine. Please check our website.

Christmas is less than 90 days away!

2020 has certainly been a year of change, and the CWA Christmas Fare is transformed this year into Christmas Pop-Up Shops to be held around the state.

Each Group is asked to arrange a 'click and collect' pop-up shop in their local area to provide Christmas cakes, puddings and shortbread to fill orders from your community.

All funds raised from the sale of these three items are to be forwarded to the Association in place of donated goods to the Fare. Any other goods sold are for group (branch) fundraising.

A CWA Christmas Fare Pop-Up Shop will be held at Lansell Road to support our loyal customers. Any donations of baked goods for this pop up shop will be gratefully accepted.

More details will be provided to each Group President, including recommended pricing and ordering process.

Any questions? Please ask your Group President or Cooking Committee Convenor
Bev Wall – bevwall26@hotmail.com



The Country Women's Association of Victoria Inc.



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Governor of Victoria

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State Treasurer: Marie Vassallo

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Honorary Solicitor: King & Wood Mallesons

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

State Vice President: Sarah Barnbrook

State Vice President: Viviane Chemali

State Vice President: Jenny Nola

State Vice President: Lyn Trezise

General Board Members: Lyn Fleming, MOH Noela MacLeod AO,
Janette Mason, Heather Scott

ACWW/International/Community

Support Committee Chairperson: Vivien Speight

Agriculture & Environment Committee

Chairperson: Narelle Hanrahan

Catering Committee Chairperson: Sarah Barnbrook

Club Committee Chairperson: Anne DuVé

Creative Arts Committee Chairperson: Heather Scott

Magazine & Communications Committee

Chairperson: Mary Grant

Membership Committee Chairperson: Joanne Alderman

Social Issues Committee Chairperson: Judith Poole

AFFILIATED SOCIETIES

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: Spring Blossoms

Photographer: Ann Laws

Branch: Casey Dinner



State President



Marion E Dewar
State President

Dear Members,
October is usually a busy month for the Association – the CWA Cafeteria at the Royal Melbourne Show continues with several days of brisk business; *Umina* B&B hums with members and non-members arriving and leaving; the garden is a rainbow of colour; Group Presidents are busy reading branch reports and attending annual meetings; members are occupied with craft demonstrating, catering, meeting and sharing; subscriptions arrive through the mail keeping staff very busy; new

and prospective members take tentative steps into the whirl that is the CWA world; and badges are polished for the new branch year. As you polish your badge, perhaps you dream of past or future responsibilities and, at the same time, perhaps you feel pride in belonging, satisfaction in accomplishment, and joy in your friendships.

This year, October may well be different, not only within the branch and group but across the state. However, I am delighted to see, hear and read how you continue to connect both with your own branch members and with the people in your locality. Connections are helpful – whether phone connections, hose connections or sentence connections. Brené Brown, author of *Dare to Dream* writes, “*I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship*”.

Since connections are devices (or people) that link two or more parts together, I wonder what kind of connector are you? Apparently, neither my engineering nor my grammar education is yet complete as I find there are numerous types of connectors. As a human connector, how do you undertake connection? Do you have a purpose when you meet a fellow member or when you see an acquaintance? Do you take the time to ask for more detail about the other person's life? Do you sense an opportunity to explain further about your interests? Do you clarify that *meetings are where minutes are kept and hours are lost* (PR Engle)?

At the end of August 265 people made wonderful connections as we met via videoconference for the 92nd Annual General Meeting of the Association. May the connections you make at your branch annual meeting and beyond be equally encouraging, regardless of the format – whether a meeting in person, by videoconference, telephone or letter.

Invisible threads are the strongest ties. (Friedrich Nietzsche)

Marion E. Dewar

Notes from the 92nd Annual General Meeting

- Members registered to attend by the due date – 282
- Members registered with a proxy vote by the due date – 447
- Members in attendance via Zoom – 260 (we sympathise with those members who had no internet connection that morning)
- A quorum was reached by 11.08am
- No questions regarding the Agenda or the Reports were received by the due date
- State President Marion Dewar chaired the Annual General Meeting
- Members were referred to the AGM documents posted on the website on 14 August

- Members were reminded of documents in August magazine which had previously been circulated through Senior State Office Bearers, Group Presidents and Branch Secretaries
- A message via video from our Patron Her Excellency, the Honourable Linda Dessau AC, Governor of Victoria, recorded on Monday 10 August in a message to all Victorians, was played to members
- Member of Honour Betty Burgess OAM, present on the day, delivered a video message of congratulations to State President Marion Dewar as she commenced her second year in office
- Via video, the Guest Speaker was Kelly Barnes, Co-President of Dunkeld & District Branch; winner of the 2020 Victorian AgriFutures Rural Women's Award
- State Treasurer Marie Vassallo and State President Marion Dewar presented reports to members.

2020 State Conference Announcements

Appointments and Ratifications

Archivist: MOH Noela MacLeod AO

Cooking Committee Convenor: Beverley Wall OAM

Editor: Lorraine Zimmerman

Small Events Convenor: Deputy State President Pam Mawson

Agriculture & Environment Committee Chairperson: Narelle Hanrahan

Catering Committee Chairperson: SVP Sarah Barnbrook

Interim Club Committee Chairperson: Anne DuVé

(Karen Jackston resigned from her position as Club Committee Chairperson for personal reasons on 12/7/2020 - thank you Karen for your enthusiasm)

General Announcements

- Loddon Valley Group closed 31 May 2020. Branches within the Group have been welcomed into Murray Valley Group.
- There is no Performing Arts Committee for 2020/2021
- Country Women's Association of Australia: Following the increase in CWAA membership fees from \$1 to \$2 for the 2019 year, CWA of Victoria explained its position, paid \$1 per member for that year but not the additional \$1 per member as this was not budgeted. A letter of suspension has been received from the National President with the suspension taking effect as of 23 June 2020.
- All Resolutions - 1 to 15 - were accepted by members
- 2019 Thanksgiving Fund Batten Disease - \$32,796
- 2021 Recipient: Free 3D Hands – Research and Development of 3D Hands
- 2019 State Project Disaster Assistance (CWA Emergency Fund) - \$26,584
- Book of Honour (Winning Branch Secretary's Report) - Dingley Village (McDonald Group)
- Alvie Ferry Trophy (greatest increase in membership, by percentage) - Sunbury Stars (Central Highlands Group)

2021 Annual General Meeting and State Conference

The venue and dates for 2021 Annual General Meeting and State Conference were included in the August 2020 Posting Memorandum. The 2021 State Conference and Annual General Meeting has been planned to be held from 27-29 May 2021 at the Mercure Ballarat Hotel and Convention Centre, 613 Main Road, Ballarat. Further information will be provided in due course and in accordance with COVID-19 regulations.

From the Editor



Lorraine Zimmerman
Magazine Editor

During the past six months many of you may have made the decision to have a 'clear out' of unnecessary articles. How far did you get before 'memories' took over and you were sitting amongst visible signs of these memories? It is very hard to let some of these memories go, and consequently they are returned to the box from whence they came.

Each household has a collection of items passed down through the generations and we would like to hear from you if you have added to these 'memories from the past'. Whether it be cookware, household hints, gardening tips, furniture, etc. why not put pen to paper and share your memories with fellow members.

When my parents passed away my brother, sister and myself found a wide variety of different 'collections' amongst items that we were required to make a decision about whether to keep or find a new home for them. Amongst these collections were items that my parents had kept from my grandparents and therefore we did not know the stories behind them. This particularly applied to photographs as we could not recognise the subjects of the photos and no names had been recorded to identify them. These photos were black and white studio photos in which the subjects were very serious faced and dressed in their best clothes.

As my sister was not interested in embroidery, crochet or knitted work I was given a box of articles to take home. There were embroidered tray cloths and dressing table sets, plus crocheted and knitted doyleys. Recently I pulled out this box and had another look and found some individual pieces of fine

crochet work which did not fit together and the patterns were all different. Some of the pieces are unfinished with a thread of cotton coming from a stitch as if the worker of the piece had no more cotton or had been interrupted. I do not know who did this work and can only surmise that it was done by either a great-grandmother or great-aunt.

I can remember visiting my great-grandmother and admiring the collection of hand-made doyleys that were scattered around her home on various side tables or cabinets. These doyleys were changed regularly and were carefully washed and ironed between being displayed. In homes today we very rarely see embroidered, crocheted or knitted doyleys displayed in such a way, unless you visit a historic house open for public display.

When I left school and joined the paid work force my mother taught me embroidery stitches by encouraging me to embroider dressing table sets (two doyleys and a larger piece). I still have these in use today on our dressing table and recently found a completed set that requires a crochet edge to finish it off. This must have been the only set I purchased, and completed, without a crochet edge.

This issue of your magazine contains the results of the voting for the 2020 Resolutions plus some information on various virtual masterclasses being conducted for members. For all those writers amongst you details of the 2021 State Literature Competition will be found on Page 11.

**Deadline for articles for the
DECEMBER 2020 magazine is
FRIDAY 23 OCTOBER 2020**

Agriculture and Environment



Narelle Hanrahan
Agriculture and
Environment Committee
Chairperson

One month into spring and we are seeing crop growth here in the Wimmera. Like most of this year it has been an unpredictable season for the Wimmera farmers with some fantastic early rain, frosts, very late winter rain and now some sunshine. Canola has bloomed, the heads/grains are filling up in all cereals and the pulses and legumes have full pods. The hay crops are virtually ripe.

Harvest Help

With state borders closed the difficulty in finding enough skilled seasonal workers to help with this year's harvest has been an additional challenge for agriculture throughout the country. If you know of anyone looking for some work there is an immediate need to help with this year's harvest. Check with recruitment agencies or employment websites. I have seen many harvest contractors even advertising on Facebook.

The Victorian Government is supporting this employment drive with the Agriculture Workforce Plan. \$50 million has

been invested to support labour and operational needs of agriculture, food processing and critical food supply chain businesses in Victoria.

Quad Bikes

Quad bikes are the leading cause of fatalities on Australian farms. The first step for the National Safety Standard for Quad Bikes takes effect from 11 October 2020. For all new Quad Bikes (all-Terrain vehicles) suppliers must:

- **hang a tag** on the quad bike that allows you to compare the safety of models prior to purchase
- fix a durable **warning label** to the quad bike that warns the user of the quad bike of the risk of rollover
- include, in the owner's manual, information on the risk of rollover, and meet certain requirements under the US or European standards for Quad bikes

Additional requirements take effect in October 2021. All new Quad bikes must be fitted with:

- a roll bar – roll over protection (ROP)
- an operator protection device (OPD)
- and meet minimum stability requirements

ACWW International and Community Support Committee



Vivien Speight
ACWW/International/
Community Support
Chairperson

ACWW Women Walk the World

Walk on your own or with others. Thursday 15 October 2020 is the new date after the postponement due to the virus restrictions. Everyone can take part. If, for some reason, you cannot walk with others please take 10 minutes to think about how you are part of this worldwide organisation. How women near and far care about each other and work to improve conditions for

women. Like providing a safe way to collect water. Instead of having not only to walk a long distance for drinking water for the family but also run the risk of being attacked or raped on the way. If you are fortunate to be able to walk outside by yourself, or with others, be grateful that you are safe and have a great health service and clean water. Then find three more things you are grateful for. **A letter for a mailbox drop is available** from your Group President or email chairacwwsupport@cwaofvic.org.au

State-Wide International Day – Friday 13 November 2020

The ACWW/International/Community Support Committee invites you to state-wide International Day at 10am (live) and 7.30pm (recording) via Zoom on Friday 13 November 2020.

Botswana is the country of study and we have great speakers lined up. The idea is that we provide the speakers, you provide the lunch, which you may be able to share with others, or on your own if in isolation! \$5 per participant. Bookings are essential.

Creative Arts



Heather Scott
Creative Arts Committee
Chairperson

Dear members
Have you been following the Craft pages in our *Grow, Connect, Improve* Project on the cwaofvic.org.au website? Member of Honour Noela MacLeod AO and I have been publishing ideas for different craft activities each week since May. Many are simple activities, suitable for craft beginners, and there are often links to other resources to develop further knowledge. Perhaps you could recommend them to friends or family members who have extra spare time at home at the moment.

One of the difficulties in coming up with the activities is that we need to respect copyright. We cannot just publish someone else's pattern without their permission, even if it is quite old. However, many of our talented members have created patterns of their own and

Bookings may be made through Head Office 9827 8971 Tuesday and Wednesday 9am-4pm via credit card. Your membership number, email address and mobile phone number must be supplied for us to provide the video conference link.

Enquiries to Viv Speight 0402 355 263 or chairacwwsupport@cwaofvic.org.au

Local Donations

Please continue to let me know if you make any local donations of goods. Thanks to Sale, May (Horsham), Camperdown Evening, friend Irene Harrington and Bendigo Northern Group. Whittlesea Jumbunna had a call for assistance from a women's refuge. Due to the lockdown the refuge has had a surge in clients. In three days members collected garments and sourced food. The branch donated money to purchase food and items such as personal hygiene. The manager of the refuge was overwhelmed.

ACCW South Pacific Area

Here's news from Papua New Guinea. Some of us met Gertrude Andrias at the World Conference in Melbourne. Gertrude writes:

CWA Jiwaka members receiving Training on Potato farming today. Thank you Gail Commens and Ruth Shanks for supporting their agriculture project through funds donated from ACWW South Pacific Area office on your visit to PNG last month. Mothers in Minj loaded their seeds, fertilisers, CP3 spray pump on the dump truck. We also thank Roselyn Mua from Pepik Waa Agribusiness to pack and supply all items.

may be willing to share them. If you have a craft article made from an original pattern, and can send me digital photos of the article and a copy of the pattern, it would be greatly appreciated.

Destash Market Day

We are planning a Craft Destash Market Day for Sunday 8 November. It is hoped that there will be several venues around the state holding markets on the same day. Do you have stashes of fabric, threads, craft equipment, buttons, trims, patterns...? This is your chance to donate unwanted items to CWA and raise some much needed funds. You will also have the opportunity to pick up items for your next craft project at very reasonable prices. Look for more information on <https://www.facebook.com/cwaofvic/> or ask your Group President.

State Raffle

As I write this report, there are less than 100 tickets left for sale in the State Raffle. My grateful thanks to all the members, branches and friends who supported the raffle – it was very much appreciated.

Happy crafting!

Catering



Sarah Barnbrook
Catering Committee
Chairperson

I would like to thank each member who contributed to making the veggie bags and cotton covers that we needed for the Show Bags, especially given the great difficulty in sourcing materials during the various levels of quarantine restrictions. Your hard work helped get us over the line and create a fantastic and environmentally conscious Show Bag.

I would like to also thank the volunteers who assisted in packing the Show Bags, without their help, we would not have been able to accomplish the task. You may have been lucky enough to get the Show Bag from Woolworths

Online, a partnership that our fantastic Executive Director Lynne Jordan successfully negotiated. Due to restrictions, most offsite catering projects have been placed on hold, or even cancelled. We look forward to offering assistance in the future, when restrictions ease.

The Catering Committee has already started planning for the Royal Melbourne Show 2021. Have you considered volunteering for the show? If you would like more information, please send me an email (sarahbarnbrook@gmail.com). I promise you will have lots of fun!

Hard work is often the most rewarding.

In CWA Friendship

Magazine



Mary Grant
Magazine &
Communications
Committee Chairperson

The year is certainly slipping by and we may feel we haven't been able to achieve a lot to this date. On the positive side, we have had more time to ourselves and therefore should have had time to complete lots of things. Please keep sending in your contributions telling us what you and your branch or group have been doing over the past six months. Photos (remember to send as a separate attachment), articles, poems, a new craft you have taken up, some of those UFOs that have finally been completed. Let's hear about your activity.

Do not forget to check out the topics for the 2021 State Literature Competition published in this magazine. Entries this year were very good

but we would love to better them for next year. Now's the time to get pen to paper as you have the topics and therefore no excuse!

The Magazine Chairperson is always seeking outside advertisers to defray the costs of the graphic work, the layout and publishing of the magazine. If you know of a business that would like to advertise in your magazine please let me know, with details, so I can contact them. I can be contacted on littlemg79@gmail.com The magazine is distributed to almost 4,500 households across Victoria so advertising is well worth it.

Please remember any advertisements from branches or groups must be paid for prior to publication. Half or quarter page size advertisements are charged at \$50 and \$30 respectively. *Their Memory Lives On* has a \$10 charge if over 50 words.

A thought to ponder that could apply to COVID-19:

Everything will be OK in the end. If it's not OK, it's not the end.

Happy writing!

Club



Anne DuVé
Club Committee
Chairperson

I have been appointed by State Council as the Interim Club Committee Chairperson until 31 May 2021.

We thank Karen Jackson for her time as Club Committee Chairperson.

We also thank Mary Grant for her leadership and the friendship she has given to all our Club Committee

members and helpers during her two years as the Club Committee Chairperson. We all enjoyed Mary's lovely meals she organised for members at State Council.

I have been a member of the Maffra branch for 29 years. I now live in Toongabbie and travel to Maffra to attend branch meetings and activities. I have served two terms as North Gippsland Group President and first stayed at *Umina* in 2007.

I joined the Club Committee back in 2008 and helped with catering for many functions. During the period of weekend volunteers at *Umina* B&B Group Presidents were asked to join the roster to stay at *Umina* on the weekends to look after the Club and guests. I enjoyed my rostered weekends. As a Club Committee member in the 2019/20 year I helped prepared the meals for four State Council meetings.

B & B Rooms

In Mary's last report to Committee members she reported that the bedrooms have been fully furnished with bedside tables and lamps, matching cushions and bed throws as well as an appropriate piece of art work on the wall. The photos of the rooms do look inviting and are now waiting for the arrival of guests to stay with us at *Umina*.

Common Areas

The Dining Room and Reception Area have been repainted. Our heartfelt thanks to John and Sheryl Long for the donation of the paint and the actual painting which John completed. We have also had some armchairs donated for use in the TV Room. Karen has arranged for white paint to be donated to us from Bunnings Torquay and she has delivered it to *Umina*. This will be very good. Thank you Karen.

Pop Up Shop

The Pop Up Shop idea was trialled on Anzac Day. It was very successful. "Let's do this every fortnight!" What a good idea. Customers were at the gates well before 10am to buy scones and slices, biscuits and sausage rolls. A HUGE thank you to Pam, Marion and Marie and the members from Branches close to *Umina* for all the time they have spent baking and serving every fortnight.

Cooking



Beverley Wall
Cooking Committee
Convenor

Hello Members,
Welcome to October, with some warmer weather on the way. Our wonderful Cooking Committee members have been busy organising Masterclasses via Zoom for Christmas cakes, puddings and shortbread. I hope you will enjoy learning how to make these Christmas goodies from Cooking Committee members. You will be able to cook along with the tutor, ask questions as you go.

We are holding a very special Christmas Fare Pop-Up Shop at *Umina*.

As well, the Cooking Committee is suggesting a Christmas Fare Pop-Up Shop for each Group. Groups are requested to organise a Christmas Fare Pop-Up Shop with advertisement for pre orders of Christmas cakes, puddings and shortbread from your local area. This could be advertised to friends, neighbours, workplaces etc. Put a notice on your local community noticeboard – and e-noticeboard. Members please get behind this event as we really need to make this the best Christmas Fare Pop Up-Shop across the State ever.

We are also running a raffle the same way as the Creative Arts State Raffle. This was a success so I'm hoping everyone will buy a ticket and offer one to your friends and family. This is a chance to win our great raffle first prize of a \$1,000 Coles Myer voucher, kindly donated by an anonymous member, which is greatly appreciated. There are four other great prizes, so check our advertising.

Members, it's time to start soaking your fruit for Christmas cakes and puddings. My preference is a 2lt bottle of sherry, which I find more economical - about \$11 - against brandy, which is about \$33 for a 750ml bottle. Alternatively you can use a fortified wine or spirit of your choice. I'm going to include the recipe that we suggest members use for Christmas cakes, so I hope you will enjoy making them as much as I do.

Rich Christmas Cake

Ingredients

250gm sultanas
250gm currants
250gm raisins, chopped
125gm mixed peel
90gm red glacé cherries, chopped
90gm almonds, blanched, chopped (optional)
1/3 cup brandy or sherry
60gm SR flour
250gm plain flour
1/4 teaspoon grated nutmeg
1/2 teaspoon ground ginger
250gm butter
250gm soft brown sugar
4 large eggs
1/2 teaspoon lemon essence or finely grated lemon rind
1/2 teaspoon almond essence
1/2 teaspoon vanilla essence



Preparation

- (1) Preparing the tin: using a 20cm straight sided tin (or 2 x 15cm square tins), line the bottom and sides of tin with baking paper, making sure the paper comes up 10cm or so above the tin. Do the same with paper around the tin. Wrap the outside of the tin in 2-3 pieces of newspaper or brown paper. This helps keep the moisture in your cake thus stopping the edges drying out during baking. Preparing your tins is very important, I often think it takes me longer to line the tins than make the cake, but it's worth it.
- (2) Preheat oven to 160°C.
- (3) Fruit should be of equal size - raisins snipped into 2-3 pieces, cherries 4-6 pieces and almonds 3-4 pieces.
- (4) Place fruit and almonds together in a glass bowl and sprinkle brandy or sherry over the fruit. Cover and leave for at least 1 hour, but preferably overnight or longer. I may leave my fruit soaking for up to a week.

Method

- Sift together the flours and spices.
- Cream butter and sugar with the essences.
- Add the eggs one at a time, beating well after each addition.
- Add fruit and flour mixtures, alternately.
- Mix thoroughly. The mixture should be stiff enough to support a wooden spoon.
- Place mixture in prepared tin/s and bake for 3½-4 hours (for 20cm tin).

Note: Every oven is different so check your cake. As I said, I use 2 x 15cm tins so I check my cakes at 2½ hours.

- Allow the cake to cool in the tin.
- When it's completely cold, about 24 hours later, wrap in foil. It will keep for months, if the family don't find it. I hope you enjoy making this lovely cake.

Remember. Cakes made for sales require a list of ingredients attached, plus your membership number.

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).



Social Issues



Judith Poole
Social Issues Committee
Chairperson

Hello Members

I hope you and yours are safe and well. At the time of writing, Melbourne and some of its local government areas are in severe lockdown. We in the outer rural ring, while experiencing slightly more freedoms, are all in Stage 3. Over the years of my marriage I have become accustomed to the repetitive 45-minute drive to town. Now I see it as a release. I appreciate the sights and sounds of the open road so much more. Also, the

ease of travel in town with so few vehicles in Shepparton's streets. A small plus to counter the negatives COVID-19 has introduced into our lives, especially the lack of family contact. Zoom and Facetime are no substitute for hugs and kisses.

Funny how some words seem to ignite our thoughts. 'Substitute' brought a smile to my face. I recently read a letter received by one of our Committee Members, Ayron Teed, in reply to a query she had made regarding aged care meals in facilities in her local area. This was a follow-up to last year's Resolution No. 14. The CEOs of both Castlemaine and Maryborough Hospitals replied positively. The CEO of

Castlemaine Health explained in detail how they addressed the need for healthy, varied, client-centred menus.

It reminded me of an experience my Father had had at our local aged care facility. Regular meetings are held with the residents. At one of these meetings, complaints were raised about some of the menu's 'fancy' offerings. It was resolved to introduce a weekly special. The first was to be tripe. The on-site cook had never prepared this protein before but found a recipe and followed its instructions. The meal smelled fantastic and looked great. The 33 residents thought they were in for a treat. My father was most impressed and eager to start eating. One bite, and for the bravest, two, before all meals were pushed aside. A written recipe may give instructions, but it lacks the subtleties of growing up watching your mother prepare a delicacy. To everyone's credit the cook sought advice and practised, the residents gave it another go, and smiles were from ear-to-ear. Today, seven years later, the practice of consultation and putting the residents' ideas into practice continues. In fact, just last week, two residents assisted in the bacon and kidney fry-up. In the darkness of COVID-19, this aged care facility is a beacon.

Till next month.

Membership



Joanne Alderman
Membership Committee
Chairperson

The Membership Committee has 'hit the deck running' since June. We talk a lot about new members. However, I would also like to thank each one of you for continuing to be a member of the CWA of Victoria. We truly value your support and commitment. One of the best ways you can help is to talk to your friends, relatives, acquaintances about what CWA means to you and encourage them to join us.

Knowing how daunting to some of us this task can be, the Membership Committee has developed a series

of workshops. These include: Online Website Enquiries; Member Renewals; The New Member; New Branch & Referrals, and Dedicated Recruitment Drive.

These workshops are by no means definitive, rather they give the building blocks for Groups and Branches to develop their own specific strategies and what will work best for them in their area. We trust they are a starting point and will also give new Group Presidents a few ideas, not to mention some procedural knowledge, about how membership officers can manage enquiries.

The State President has held a series of Zoom meetings with Group Presidents. These meetings are the perfect vehicle to get to know the Group Presidents and talk to them about CWA matters. One of the duties of a Group President is to assist Branch members retain and increase membership numbers. A good two-way communication between group and branch is vital. If you have a suggestion about engaging current members and interesting prospective members, we would love to hear about it.

If you would like to talk to me, or would like a copy of the workshops, please email me at chairmembership@cwaofvic.org.au

Beyond Blue Coronavirus Mental Wellbeing Support Service



As we know our working life has changed due to coronavirus, and we are working in ways we have never had to before. The coronavirus pandemic is having a profound impact on us all, with many people feeling the effects of social isolation, increased loneliness, financial pressure and family stress. No matter how the coronavirus pandemic is affecting you, there is a range of information, strategies and expert advice to help support your social and emotional wellbeing.

Beyond Blue has set up a dedicated Coronavirus Mental Wellbeing Support Service developed specifically to give people a place to go for information and support during the pandemic. The service is free and available 24/7 via phone on 1800 512 348 and at coronavirus.beyondblue.org.au. This service can be used to complement our Employee Assistance Programme and is available to anyone.

2019 Book of Honour Winner – Dingley Village Branch, McDonald Group

Secretary's Report

It is my pleasure to present the Annual Report to members of the CWA Dingley Village Branch for 2019. We have had a busy year with many and varied activities and we were delighted to welcome three new members to our branch.

During the year we attended the McDonald Group Luncheon in November, Brighton Branch Christmas Lunch, McDonald Group AGM and Conference, 72 Years of the CWA in Hampton, State AGM and Conference and attended a Morning Tea Tour at Lexington Gardens and another at Black Rock House. We also helped at Head Office with the packing of Beanie and Wool Packs for this year's Showbags.

We had speakers at our meetings during the year from South Eastern Melbourne Primary Health Network who informed us of the government's introduction of My Health Record and Janet Soo who spoke of her recent visit to Iceland, our country of study this year. In April we celebrated Women Walk the World with a short walk to the local coffee shop and at our April meeting members came in their very colourful, hand decorated Easter bonnets.

This year we added a 'Show and Tell' segment to our agenda. Each meeting one or two members would bring an item of theirs that was very special to them. We have been shown a number of dolls, teddies, a much loved and well-worn 1933 Ginger Meggs comic book and a photograph album of the Wedding Parade which our branch held in 2015 was certainly a look back in time.

In August we had a most successful Association Day luncheon at the Cheltenham RSL where thirty-three ladies attended. Our guest speaker from Quilts of Valour Australia was most interesting and brought with her some of the beautiful quilts they have made to show us. She told us of how she became involved in helping to start the Australian branch and how much the quilts were appreciated by the recipients.

During the year members have been saving bread tags and plastic bottle tops for recycling, some of which have been made into prostheses. We have knitted joey pouches to help save our wildlife and we have donated our knitted items to Winter Warmers, St. Aidan's Church in Carrum. This year they were able to support some 100 families.

Members attended the Rotary Club of Dingley Village Schools/Community ANZAC Day Service and laid a hand-made wreath of knitted poppies.

We were invited by Bunnings Keysborough to be a part of their Community Day and so armed with our CWA banner and a bundle of leaflets, we set up our table and spent a great morning chatting to people and telling them about the CWA and the work we do.

We raised money during the year by holding Christmas and Mother's Day Craft and Cake Stalls. We catered for and helped at a Mother's Day Devonshire Tea at the Dingley Village Primary School. In October we catered for a Seniors Afternoon for our Local Member Mark Dreyfus. Members baked scones and cakes and supplied sandwiches for approximately 100 attendees and we raised just over \$1,700.

Our Branch has made financial donations to the following organisations this year:

Berry Street	Leprosy Mission Australia
CBM	Royal Flying Doctor Service
Living Gifts Melbourne Zoo	

Instead of having a Kris Kringle at our Christmas luncheon, members decided to donate \$50.00 worth of Christmas fare to Food Pantry. We also supported our local Little Villagers Child Care Centre in the purchase of a new, larger pram so that a child can have a day-time sleep.

Members decided in future to support just one cause only and they have chosen Blaze Aid as farmers need all our help at this time of drought and bushfires. We will also continue to support the Royal Flying Doctor Service.

A request from 'Make a Difference' to help with donations of long life milk was met with great enthusiasm late last year and many cartons were donated by members. We have received a request this time for various personal items. Their aim is to support at least 100 families in need, particularly at the festive time.

A request from the Australian National Aviation Museum for knitted/crocheted poppies was met with enthusiasm from members. With the help of Mentone Branch a few other people and a donation of 1400 poppies from the 5,000 Poppies Project, we were able to deliver over 2,500 poppies. Members visited the display on completion and have been asked to knit more next year as the museum plans to cover an entire aircraft with poppies.

A big thank you again to Ruth Craigie as each month she puts pen to paper and writes an article for the Dingley Dossier detailing our news and latest activities.

Christmas is nearly upon us and members have been very busy making items to sell at our cake and craft stall in December. It has been a good year for our Branch and we are now looking forward to next year and planning to celebrate a very important milestone of 40 years of CWA in Dingley Village.

Diana Muir
Secretary
Dingley Village



Some of the many poppies members made on show at the Australian National Aviation Museum, Moorabbin Airport, April 2019

2021 STATE LITERATURE COMPETITION

Topics for the 2021 State Literature Competition are as follows:

1. A Family Secret
2. Christmas Shopping
3. If my pet was a person
4. It wouldn't have happened if not for COVID

Categories (Fact or Fiction)

- A. Up to 1000 words
- B. 1000-2000 words
- C. Poetry: 16-32 lines

Junior Members Section

- Primary students
Secondary students

Conditions of Entry

- The competition is open to all members, including junior members, of The Country Women's Association of Victoria Inc.
- Entries must be the original work of the entrant
- Topics are for both junior and senior members
- Only one entry per Category A-C per Topic
- Each entry to be accompanied by an entry form
- All entries must be submitted by email as a Word document (as an attachment), and sent to Chairman, Magazine and Communications Committee at cwamagazine@cwaofvic.org.au
- Entries close at **5pm on Friday 5th March 2021** and receipt will be acknowledged
- Topics, conditions of entry and entry form will be available in magazine, on facebook and website
- Late entries will not be accepted
- The judge's decision is final and no correspondence will be entered into
- The winner of the Emilie Wilson Literature Award will be announced at the 2021 State Conference.

2021 STATE LITERATURE COMPETITION ENTRY FORM

Must be included with each entry

NAME.....

ADDRESS

BRANCH.....

GROUP

PHONE EMAIL

SECTION..... LENGTH.....

Fact or Fiction.....

DATE OF BIRTH (Junior members only)

☐ I have read the conditions of entry

☐ I give permission for my entry to be used in CWA publications and on the website

☐ I do not wish my entry to be published in the 2021 State Literature Book

Signed.....

Bolton Clarke thank you letter



The new face of  rdns

10th August, 2020

The Country Women's Association of Victoria Inc
3 Lansell Road
TOORAK VIC 3142
Email: cwaadmin@cwaofvic.org.au

Att Marian Dewar

Dear Marion,

We were delighted to receive your handmade masks today which will be much appreciated by our clients.

Kind regards

Karyn Gellie

Karyn Gellie
Team Coordinator

Karyn Gellie
Community Health Nurse
Bolton Clarke Homeless Persons Program
Ground Floor, 551 King Street West Melbourne, VIC 3003
F 03 8379 4598 M 0429 188 328
kgellie@boltonclarke.com.au www.boltonclarke.com.au

Royal district Nursing Service Limited CAN 052 188 717

From Sarah

I hope that all members are looking after themselves. It has been such a whirlwind of change for many of us, with the quarantine restrictions. As Spring has started and we are rejuvenated with the warmer weather, I hope we can appreciate the cherished times we share together. It is OK to hold space for yourself and take time to restore yourself after the challenges we have had this year.

It has been great to have options for meeting in new and innovative ways; through phone calls and programs like Zoom. These allow for face to face online meetings all over the state. I have been to branch sessions, State Council, Board meetings, the State AGM and various committee meetings on Zoom. We are lucky to be in a position to have such technology to support us and keep us connected.

It was fantastic that we were able to participate in the Jean Hailes National Women's Health Survey. Do keep advocating and raising awareness about women's health matters. I have had many branches interested in getting a guest speaker from Jean Hailes for Endometriosis Awareness. They are happy for me to continue liaising and arranging these. If your branch would like a guest speaker, even for an online session, please just send me an email (sarahcbarnbrook@gmail.com).

In CWA Friendship

Sarah Barnbrook
State Vice President

Recycle Your Stamps

An easy way to help support South Pacific Area President Gail Commens raise funds is by collecting used or new stamps that are then sold. Every stamp donated is sold.

The ACWW/I/CS Committee is seeking donations of used stamps – trimmed from envelope with 1cm border OR any new out of date stamps, first day covers, stamp collections no longer needed. If you have a letter with an unusual post mark, leave it intact to be assessed. Actually, anything philatelic is very welcome.

Recently, Past ACWW/I/CS Committee Chairperson Faye Glover met with South Pacific Area President Gail Commens and delivered a large quantity of stamps to Gail. Faye had already cut the stamps from envelopes and sorted them. Members please continue this valuable work and send any donations to ACWW/I/CS Chairperson Viv Speight c/- Head Office, with an ACWW donation sheet.



Original Recipes Please



Dear Members,

Since 2019, I have been working with Murdoch Books on a very exciting publishing opportunity for The Country Women's Association of Victoria Inc.

In early December, it is planned to publish a book of household hints and in April 2021 a compilation of recipes from the cookbooks we have published over the years. These books will be sold around Australia wherever Murdoch books distribute their books and, I understand, even overseas. They have been given gorgeous covers and the recipes have been styled and photographed. I hope you love the finished products.

We are looking to publish a third book with Murdoch Books and this is where we need your help. This is to be a book of luncheon recipes. No title has been decided yet, so if you have any ideas please send them in.

We need your original recipes please. It is very important that they be your recipes or handed down recipes. We haven't decided on chapter titles but we will need recipes for soups, salads, sandwiches, quiches, main courses, desserts, seasonal – summer, winter or themed – such as, 'Welcome to Spring' lunch recipes. Gluten free recipes would also be useful. Let your imaginations run wild and join us in this project and share your recipes with us.



Please send in your recipes by **11 December**. Either post them to Head Office, or email to reception@cwaofvic.org.au and they will be forwarded on to me.

This is a wonderful opportunity for us and a good project for all of us while we are still in isolation.

Thank you for your help. I am looking forward to trying out your yummy ideas.

Janette O'Keefe

Note: Original recipes have been requested because of the very important issue of copyright. We cannot print a recipe from another cookbook or a newspaper or a magazine. If you are not sure of the provenance of the recipe then please do not send it to us. If it is a family or original recipe then please include the 'story'.

Olive Penno

PENNO (nee Shaw) Olive May 16.5.1928 - 4.8.2020. Beloved wife of Fred (dec.). Much loved Mum to Trevor (dec.) and David, and Mother-in-law to Christine (dec.) and Nola. Beloved Nan to Jackie, Janelle and Howard, and dear Great-Nan to Lenny. She will dearly missed by her family.

Olive was born at Taradale in 1928 which was the year in which the CWA of Victoria was formed.

As a young mother in 1955 she joined the Sutton Grange Branch, together with other young married ladies of the area. In the early times the members would all arrive in their 'Sunday Best', laden with goods for the trading table and, of course, something delicious for afternoon tea.

The members wore hat and gloves with their handbag and the meetings were more formal than today's meetings with members addressed as 'Miss' or 'Mrs'.

When attending the various branches for conferences, birthdays, and other functions, members would take along small gifts in appreciation to the hosts for the well-run occasion. Flowers, preserves, pot plants, biscuits were all lined up at the front of the stage for the Branch President, Secretary, Treasurer,

Guest Speaker, Group President, Group Secretary and a representative from Headquarters.

Olive held the office of President and Secretary many times and was always active in the branch and rarely missed a meeting.

She was very involved with many other organisations – the Taradale Progress Association, walking group, Cemetery Trust, Taradale and Malmsbury Historical Societies, Mineral Springs, Kyneton Probus, Castlemaine View Club, Taradale Landcare and many more. She has been a Metcalfe Shire Councillor and was Citizen of the Year both for Harcourt, and the Shire of Mount Alexander.

Olive received CWA Life Membership in 2018 and was an active member of the branch until her passing.

Her care for all was exemplary. Truly a great spirit of the Country Woman.

Irene Freeman
Sutton Grange

CWA Judge Nell Lees Retires



Retired CWA Judge Nell Lees

Campaspe branch member, 94 year old Mrs C.E. (Nell) Lees OAM, has decided to retire from judging handicrafts and home industries entries for Branch, Group and State competitions and exhibitions, as well as many district Agricultural Shows.

Nell joined the Rochester branch in 1962 and in 1982 sat for a three hour exam to obtain her handicrafts badge. When the Rochester branch closed in 2004 she was welcomed to Campaspe branch with open arms and has taken on the positions of President, Vice-President and

Craft Leader. Nell is always willing to share her knowledge of craft with members wishing to learn.

One of Nell's proudest moments was when she completed a tapestry of the Rochester Shire emblem celebrating Rochester branch's 60th birthday. The tapestry is currently hung in the Rochester Shire building.

This is Nell's Story - 'Looking Back'.

In the late 1960s she was asked to go judging Home Industries by Mrs Bessie Grylls from Lancaster as Bessie knew that Nell loved to cook, preserve and sew, both with a sewing machine and by hand.

One time she went to Horsham to judge and stayed overnight and was advised to take a little gift to place under her pillow to give to her hostess for the time spent whilst there. She purchased a small piece of china painting which was well received. Nell had a great time and couldn't believe the number of different jams and sauces there were.

In 1970, Nell decided to go to the Home Industries Judges' exams. The trainees stayed at the CWA Club, but the exams were held at the Emily McPherson College of Domestic Economy. Nell still has a copy of her judge's notes. She passed the exams and was asked to judge at shows and exhibitions in the area in 1971. Sewing linen work always interested Nell and was one of her favourite crafts.

Mrs Ross from Shepparton and Nell decided to hold a school at Dookie Agricultural College for all types of craft work. There was leather, sewing, china painting and linen work and the school was completely filled, and it was a wonderful weekend. Isobel Anderson from Horsham arranged a judges' school in Bendigo in 1980 and a great number of members enrolled. Betty Mustey said enrolling in the school would mean learning a lot of the finer points to look for when judging members' beautiful handwork.

Nell says that she has learnt a great number of different crafts over the years. Craft was very time consuming but a wonderful interest and pastime. Nell tells us that age catches up on us all, so she has decided to take a step back. CWA has certainly meant a lot to her and she still has her mates from the 1970 schools.

On behalf of Nell - Joyce Giffin, Campaspe Branch Secretary

Thank You Letter

Dear CWA

It took a Facebook post for the staff at CFA District 14 in Melton to realise that the best way they could show their support to a work colleague after the passing of his mother, was not by sending flowers, but donating to the Country Women's Association (CWA). When Betty Kinsey passed away last month, her son Trevor honoured her with this touching tribute that was seen by a co-worker. This is some of what Trevor wrote:

"In the 1970's Bessie McConville moved from her house in Cranbourne to a unit behind her daughter's house in East Bentleigh. Bessie was a member of CWA in Cranbourne and her daughter, Betty Kinsey, was soon co-opted into taking Bessie to meetings of the Bentleigh CWA Branch. Betty was persuaded to join CWA herself and thus, began a forty-year journey in CWA. Betty had always been interested in craft activities. Within a few years she was running activities and then became craft leader of the branch. She then began to take on other roles and became involved in activities such as 'Song in Costume' and the Royal Melbourne Show. Few things in life were a serious challenge for Betty, but public speaking was one. Nevertheless, she was eventually persuaded to become Branch President of Bentleigh and managed if not to conquer that fear at least to constrain it. In the 1990's Betty moved with her husband to Rosebud and she very quickly got involved in the local CWA branch. Once again, her focus was on craft activities, and as had been the case at Bentleigh she was soon winning prizes, particularly for her needlework at both Group and State level. Over the years she won a number of 'Best in Show' awards. Some years ago, Betty's husband suffered a stroke which left him largely incapacitated. Betty's focus moved to caring for him, but she still attended CWA meetings when she could and continued to submit a few pieces of craft work, still winning prizes. Betty's own health deteriorated and she moved into a nursing home in late 2018."

So it only seemed fitting then that any monies collected go to Betty's beloved CWA. Soon the collection gained momentum when the colleague tasked with collecting the money had people digging a bit deeper. They shared stories of what CWA meant to them and what a unique way of honouring Trevor's mother, whilst supporting the work that CWA does in the fire affected areas they had fought so hard to protect earlier in the year. In being presented with an acknowledgement of the donation, Trevor thanked his colleagues and said he was really touched by the gesture. "I feel that it recognises Betty's connection to CWA and is a much better way of celebrating her life," Trevor said. "Betty loved the people she met through CWA and was always passionate about the causes that CWA adopted. Thank you CWA for providing that significant part of her life for so many years."

Fiona Mallia

Brigade Administrative Support Officer -
Nillumbik Catchment
District 14 – Melton
July 2020



Welcome New Members

Alphington

Kristen Remington

Axedale

Andrea Schloss

CWA Potters

Sharlini Karunaratna

Essendon

Pauline Ryan

Eureka Rebelles

Kelsie White

Heather Horrocks

Lynne McDonald

Cate Hamilton

Leilani Elliott

Gully Golden Girls

Dee Hodgkiss

Doreen Perger

Maureen Southcott

Brenda Coall

Joyce Hurley

Gail Dunlop

Iris Nicholson

Sally Kirkham

Betty Anderson

Kate Stanley

Leongatha Twilight

Bronwyn Debenham

Mentone

Joanne Drysdale

Mirboo

Carolyn Jones

Morwell Evening

Annette Hair

Redgate-Alexandra

Gail Bransden

Richmond

Julia Langdon

Scarsdale

Jan Moran

Yarrawonga/Border

Hilary Jarvis

Botswana Quiz



Questions

1. What is the population of Botswana?
2. The dominant Ethnic Group of Botswana is?
3. The main language spoken in Botswana is?
4. Half the country's population is what religion?
5. More than half of Botswana's population live in rural areas and depend on subsistence economies and livestock. How do they cultivate their land?
6. What is the literacy rate percentage based on the Male/Female population aged 15 years and over with effect from 2012.
7. What is the percentage of Urban to Rural population in 2018?



1. As of 2019 the population was 2,324,000 people.
2. The ethnic group is Tswana who speak Tswana.
3. The main language spoken is English.
4. Independent Christian.
5. Cultivation occurs on the eastern side as there is less sand in the soil and the land is suited to grazing and crops. If there are no rivers to provide water, underground water is searched for.
6. Literacy rate of the population aged 15 years and over: Urban (2012) - 86.3%; Rural (2012) - 84.9%
7. Urban/Rural percentage of the population: Urban (2018) - 69.4%; Rural (2018) - 30.6%

Answers

Photos source: <https://www.bing.com/images/search?q=botswana&form=HDRSC2&first=1&scenario=ImageBasicHover>



The Country Women's Association of Victoria Inc.

A 0004857F ABN 55 584 949 677

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

Voting Result of 2020 Resolutions

Resolution 1

Kangaroo Harvest

MOVED: Bendigo Northern Group

SECONDED: Central Victoria Group

That The Country Women's Association of Victoria Inc. urges the State Government to support a major harvest of kangaroos due to their current plague proportions and that meat be used for pet consumption.

CARRIED not unanimously

Resolution 2

Secure Water Supply

MOVED: Bendigo Northern Group

SECONDED: Central Highlands Group

That The Country Women's Association of Victoria Inc. advocates to state and federal governments to address the current inequity across Victoria and Australia to the Human Right for access to a secure water supply.

CARRIED not unanimously

Resolution 3

Potable Water Supply

MOVED: Social Issues Committee

SECONDED: Agriculture and Environment Committee

That The Country Women's Association of Victoria Inc. urgently requires the State Government to ensure a safe fresh potable water supply to all Victorian regional communities, including options to top up household rainwater tank supplies.

CARRIED not unanimously

Resolution 4

Illegal Waste Dumps

MOVED: Social Issues Committee

SECONDER: Agriculture and Environment Committee

That The Country Women's Association of Victoria Inc. urgently requests the State Government to strengthen the powers of relevant authorities to identify, investigate and make safe all illegal dumps of hazardous materials, and to prosecute those involved to the full extent of the law.

CARRIED not unanimously

Resolution 5:

Melbourne Foodbowl

MOVED: Mitchell Group

SECONDED: Agriculture & Environment Committee

That The Country Women's Association of Victoria Inc. calls for the urgent implementation of the recommendations of the report - '*Roadmap for a Resilient and Sustainable Melbourne Foodbowl*' prepared by Foodprint Melbourne at the University of Melbourne, 2019.

CARRIED not unanimously

Resolution 6

Age Pension

MOVED: Central Highlands Group

SECONDED: Social Issues Committee

That The Country Women's Association of Victoria Inc. urges the Federal Government to review both the level and assessment criteria of the Age Pension taking into account rising cost of living and energy costs.

CARRIED not unanimously

Resolution 7

Literacy and Numeracy

MOVED: Central Highlands Group

SECONDED: Social Issues Committee

That The Country Women's Association of Victoria Inc. calls upon the Federal and State and Territory Governments to develop a co-ordinated national approach to improving Australia's declining children's literacy and numeracy levels.

CARRIED not unanimously

Resolution 8

E-Cigarettes

MOVED: Mitchell Group

SECONDED: Social Issues Committee

That the Country Women's Association of Victoria Inc. urges the State Government to align with Western Australia to make it an offence to sell products that resemble tobacco products, regardless of whether they contain nicotine or not. These products are known as e-cigarettes and the use of them is known as vaping.

CARRIED not unanimously

Resolution 9

Satellite Telephones

MOVED: East Gippsland Group

SECONDED: Social Issues Committee

That The Country Women's Association of Victoria Inc. strongly urges the State Government of Victoria to encourage those individuals, companies, and emergency services in remote or inaccessible and fire or flood prone areas to purchase satellite telephones and other related technology similar to and including SatSleeve and that they urgently request the Federal Government to make the purchase and operation a 100% tax deduction.

CARRIED not unanimously

Resolution 10**Fuel Reduction**

MOVED: Omeo/Tambo Valley Group

SECONDED: Social Issues Committee

That The Country Women's Association of Victoria Inc. urges the State Government to heed the recommendations of the 2009 Victorian Bushfires Royal Commission and meet fuel reduction burn targets of 5-8% as a minimum, each year, to protect communities, agriculture and our environment.

CARRIED not unanimously

Resolution 11**Promotional Plastic Toys**

MOVED: Upper Murray Group

SECONDED: Hume Goulburn Group

That The Country Women's Association of Victoria Inc. urges all companies to use suitable and sustainable promotional material instead of small plastic toys.

CARRIED not unanimously

Resolution 12**Television Gambling Advertising**

MOVED: Upper Murray Group

SECONDED: Hume Goulburn Group

That The Country Women's Association of Victoria Inc. urges all levels of Government to legislate for the cessation of all gambling advertising on television.

(This resolution has already been passed at National level and it reiterates the policy of the Association at State and National level.)

CARRIED not unanimously

Resolution 13**CFA Catering**

MOVED: Hume Goulburn Group

SECONDED: Upper Murray Group

That The Country Women's Association of Victoria Inc. liaises with the Victorian Country Fire Authority to become an accredited catering provider for the CFA so that branches who are willing and able to cater for their local brigades can do so when required.

CARRIED not unanimously

Resolution 14**Aged Care Meals**

MOVED: Social Issues Committee

SECONDED: Club Committee Chairperson

That The Country Women's Association of Victoria Inc. urgently requests the State Government to ensure operator of aged care facilities provide nutritious and flavourful food to residents of these aged care facilities. It is urgently requested that facilities provide additional training for kitchen staff in relation to dietary requirements of all residents, particularly those with specific dietary concerns.

Resolution 15**Button Batteries**

MOVED: Social Issues Committee

SECONDED: State Vice President Karen Jackson

That The Country Women's Association of Victoria Inc. reiterates and urges the Australian and State and Territory Governments to urgently pass legislation for the mandatory regulation of the packaging, display and sale of all button batteries sold in Australia, to minimise the particular risks posed to children by the ingestion of button batteries. Furthermore, The Country Women's Association of Victoria Inc. calls on the Australian and State and Territory Governments to establish safe disposal and recycling of all button batteries, including those used in therapeutic goods in household use.

CARRIED not unanimously



The Country Women's Association of Victoria Inc.

Let's Beat the 2019 RMS Scone Record!



Members, let's work together to break the 2019 Royal Melbourne Show Scone record of 15,565 scones (sold in 11 days) and raise funds for our Association.

How: Hold a contactless Scone Pop Up Stall in your best Branch or Group stall location

When: Saturday 17 October 2020

What: Plain RMS recipe sized scones (5-6cm cutter) (no jam or cream)

Cost: \$1.50 each, \$9 per ½ Dozen, \$18 per Dozen

Orders: Collect pre-orders and payment to your Branch or Group. Delivery via a COVID-safe 'Click & Collect' pop up stall.

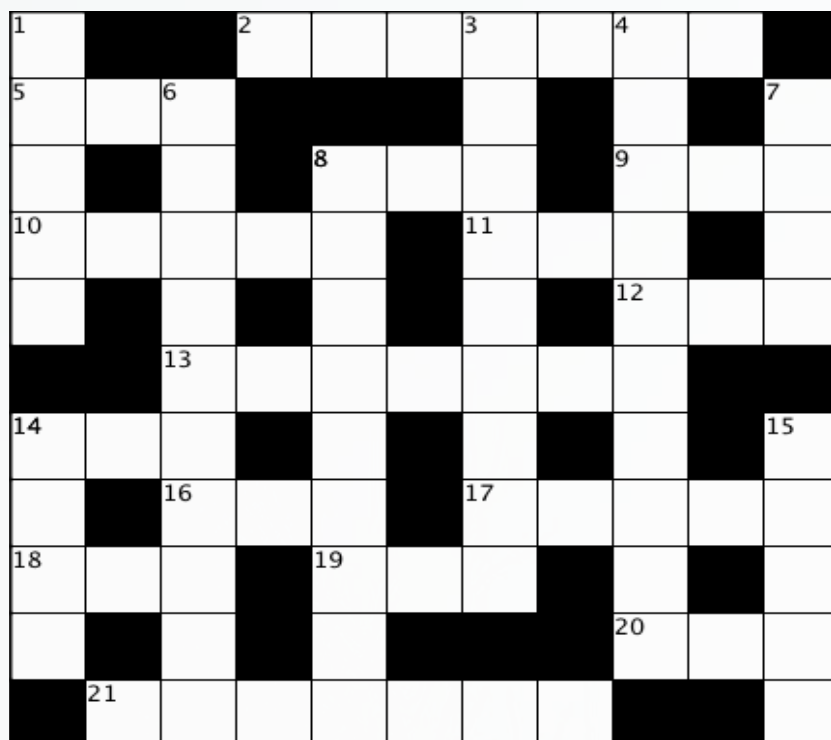
Other Items: Branches keep the proceeds of sales of other items (jam maybe?). Scone money to the Association please.

Tally Room: Our State Treasurer will be heading up the Tally Room with regular scone sales' totals phoned through to 0438 025 920. The numbers will be live on the CWA of Victoria Facebook page throughout the day.

October Puzzles



Cryptic Crossword (plus Quick Crossword clues)



Sudoku

8		6		9		2		
			7		2			
	9		5		8		7	
9				3				6
7	5			2			1	9
1				4				5
	1		3		9		8	
			2		1			
		9		8		1		7

Answers will appear in the
NOVEMBER 2020
Magazine

CRYPTIC CLUES

Across

2. 15-down is a type of Batman antagonist (7)
5. Take time out from that pillbox, perhaps (3)
8. The German came back crying (3)
9. Couple from ramshackle town out north (3)
10. Wild dog doing craft (5)
11. Ms West may speak (3)
12. That which smells suspicious in Tobruk? (3)
13. Letter E and I slept tossing and turning (7)
14. Pare back dropped average (3)
16. BRB – gotta swap Romeo for me apron! (3)
17. An oversupply for a minor player (5)
18. Queue, say, for prompt... (3)
19. ...lecture or paddle? (3)
20. Droning dung beetle seen in loud order (3)
21. Confuse illness of the millennium with beast of burden (7)

Down

1. Discards workshops (5)
3. Thermo-dog transformed by this 15-down relative? (9)
4. Attentive to profits earned by journo (10)
6. Poker player's giveaway captured in road side 15-down (6,4)
- 7, 15-down. Where in Vic to have wine and Sprite? (4,5)
8. Hedgehog (surprise!) migrated first – it sounds fast?! (5,4)
14. Shakespeare's 15-down needed for ice hockey (4)
15. See 7 down

QUICK CLUES

Across

2. Tuxedo, _____ suit (7)
5. Fedora or bowler (3)
8. Blue (3)
9. Square root of four (2)
10. Wild dog of Australia (3)
11. Actress, _____ West (3)
12. Rodent (3)
13. Letter (7)
14. Average (3)
16. Baby's protective garment (3)
17. More (5)
18. Pool stick (3)
19. Used for rowing (3)
20. Cannes film award, Palme _____ (1'2)
21. Bewilder (7)

Down

1. Garages (5)
3. Female sponsor at baptism (9)
4. Engaged attention of (10)
6. Friend of Peter Pan (6,4)
- 7, 15-down. Folk festival town (4,5)
8. Loud shock wave (5,4)
14. Hockey disk (4)
15. See 7 down

WORD SEARCH

A Slimmer's Prayer

ACTION	LORD
AWAY	MARMALADE
BREAD	NEVER
CALORIES	NO
CREAM-LESS	PASTRY
DIFFERENCES	PEANUTS
DRY	PLATE
EAT	POPCORN
FATTINESS	PRAYER
FOOD	PREJUDICE
FORGET	PUT
GOD	REALISE
GRANT	SEEKING
HENCEFORTH	SHELF
IMPULSES	SLIMMERS
JUDGEMENT	SWEETS
KIND	TAKE
LARGE	TART
LEMON	TRY
LENTILS	WAYSIDE
LIFE	WITHOUT

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A P R A Y E R S A W A Y A P E A Y W
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B J C W A Y S I D E R E T P A J B T
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C O J E I M P U L S E S E O D O L T
E D L F A T T I N E S S S P E H Z F

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Kiewa Valley Group News

We were very lucky to get our Morning Melodies show completed and monies raised before Australia shut down. Thank you to everyone - team work is a very powerful force in any organisation. The lunch was fantastic. Well done members.

Morning Melodies Show. A huge thank you to Rodney Vincent, who gave his time and energy for the Show as well as helping us with planning the advertising, and to Lucky Starr. Lucky Starr had to drive down from Sydney in the end as flying would have increased the COVID-19 risk.

We over-sold the Show Tickets by 70 and on the day some chose not to come because of COVID-19. A big thank you to everyone as no one wanted a refund they were happy to make a donation.

On the day we raised \$4,500.00 and \$1,000.00 was donated to the Hay Runners. The balance of \$3,500.00 is still held in account for Fire Appeal in the Cudgewa, Corryong and Walwa area. The Community was so generous getting behind the show with donations and sponsorship. I am sure everyone there really enjoyed themselves - who could forget Rodney auctioning the two rolls of toilet paper raising \$130.00.

A huge thank you to our sponsors - Findex, Optimum Physio, Jo Hugh's Real Estate, Top Shop Tangam, Samantics Beauty, Glenda Simmonds, Brush & Co. Hairdressing Preston (Melbourne) and Maureen Barry massage. Thank you to the Tangambalanga Community Hall for the Venue.

On 23 June members headed up to Corryong to present the cheque to Pastor Carol for the Corryong Food share.

Crafty Frog Canberra. Thank you so much to this business who went over and beyond by delivering to Wodonga a huge donation of all types of craft from knitting wool plus needles, to crochet, card making, quilting fabrics and tools, ironing boards, irons, three sewing machines and an overlocker all serviced and ready to go plus craft magazines. These donations were collected from patrons of the business when they put the word out asking for craft packs for the fire areas. An amazing effort.

After spending the part of the day delivering everything we asked could we help with anything else.

The Group, together with Wodonga and Tallangatta branches, have agreed to supply morning and afternoon teas for the Blaze Aid people for the next 3-4 months. We will take it with us to Corryong as needed when we help Pat Spicer in the clothing centre.

2020/2021 MEMBERSHIP SUBSCRIPTIONS

1 October to 30 September – \$80.50 all inclusive

JUNIOR MEMBERSHIP

1 October to 30 September – \$20

Junior Member News

Welcome to our
New Junior Member

Wodonga
Thea Wallace

Rodney Junior Branch News

Rodney Branch Junior Co-ordinators Lyn, Shirley and Janice had been working on a special welcome back meeting for our Juniors, but as this didn't appear to be going to happen for quite a long while it was decided to take our 'we are missing all our Junior members' direct to them. Parents were contacted and it was organised that our three co-ordinators would visit all the girls at home one Saturday (at the front door – distancing) with the visit being kept a surprise from the girls.

Eight homes were visited with 14 junior members in all, two were new members who had just started attending meetings. All the girls were able to choose a knitted Jelly Baby to their liking with a note attached saying how much they were missed.

The girls were all delighted by the surprise visit and to receive their Jelly Babies and also knitted headbands they



Knitted Jelly Babies

had done at their last meeting before shutdown. The girls have been keeping themselves busy learning to crochet, knit, cooking the evening meal in some cases, baking biscuits and slices and learning other new skills. One junior member had been cooking out of the



(L-R) Rodney Junior Co-ordinators Shirley Harrison and Lyn Trezise with baskets of knitted Jelly Babies

Women's Weekly CWA cookbook with her family and friends enjoying the 'Whatever biscuits' featured in the cookbook.

Hopefully it won't be too much longer before they can get back to their normal meetings.

Grow, Connect, Improve Small Knitted Toys Move to East Wimmera Group Locations

The Australian Bureau of Statistics have recorded a population decline in Charlton over recent years. Since the 2011 town flood, and the last census data recorded in 2016, the population declined by 238 residents; 1288 to 1050.

Recently small knitted toys, predominately little teddies, migrated to Charlton. Six went on to Bealiba. What is it about these towns that attract small teddies? Lyn Trezise noted a knitted jelly baby population explosion in her area. **It's Junior CWA girls.**

Over thirty three little knitted toys have been knitted and distributed to the East Wimmera Group 2019/2020 juniors with some brothers, sisters and friends included. These little

toys only asked to be given a name, to be loved and looked after and to make a little blanket to keep them warm.

One little member was very excited to receive her gift in the mail box. Lily Mae feels very special having a certificate, membership card and a little teddy to love and care for. This teddy is named Wooly. As this family proved Wooly was well looked after, especially by Lily Mae, within a week, three more moved into this household.

The maker of these bears has had much praise on social media and even a few slices of hedgehog and other treats found in her letterbox by other proud and responsible care givers of small knitted toys.

Cheryl Kemp
East Wimmera Group President



Far left (L-R) Oliver, Audrey and Lily Mae with the extended bear family

Left Knitted teddies awaiting delivery



Indigenous Food Plants of the Mallee

The food and medicinal value of local native plants is something that has interested me for many years. The knowledge I have gained is from reading articles on the topic as well as observing which plants recorded for food and medicinal use grow locally. I have been interested to learn which plants the Aborigines made use of when they travelled through this area. This article is mainly based on the Aboriginal use.

When we mention bush foods we may first think of Quandong (native peach), Muntries and wattle seeds, however the Aborigine's use of plants was broader than ours. The fruit of many Mallee plants played an important part in the diet of the Aborigines and early settlers.

Fruits and Seeds

Sweet Quandongs were collected and the dry fruit that was on the ground collected and made into a cake for later. Quandong fruit is very high in Vitamin C. Aborigines also broke the seeds open and ate the oily kernels. The fruit ripens in early November unfortunately grubs often damage the fruit. Today the fruit is sought after and is made into pies, jams and jelly. Over the years locals have had and still have their favourite tree from which they gather the fruit.

Wattle Seeds are very nutritious yielding between 18-25% proteins. The Aborigines roasted the green pods and the seeds were eaten like peas. The ripe seeds were ground and roasted like damper. Wattle seeds are now used in many recipes including biscuits, ice cream, muffins, cakes and savoury dishes. Most Mallee wattles are edible the most tasty is the Golden Wattle but the Small Cooba (*Acacia ligulata*) should be avoided as Aboriginal knowledge tells us that eating it will cause one's hair to fall out.

Pigfaces. The fruit of these is reported to be one of the tastiest of wild fruits. The soft wet pulp is said to taste like salty strawberries or fresh figs. Some tribes ate the leaves with meat as a substitute for salt.

Apple Berries (*Billardiera cymosa*) are said to be one of the earliest known food plants for Aborigines, they are said to have a delightful aniseed flavour. The ripe fruit that fell to the ground was eaten and the green fruits were picked and roasted. I have made jelly out of the fruit but I will not be making it again as I did not find the flavour appealing.

Leafless Currant-bush (*Leptomeria aphylla*). One of my favourite jellies made from native fruits is that of the Leafless Currant bush. These fruits are small and it takes patience or a lot of helpers to pick a cup full from the dense spiky bushes. The jelly tastes like gooseberries and is delicious. Aborigines ate the fresh fruit.

Muntries (*Kunzea pomifera*). The fruit of the muntries was a staple food of the Aborigines excess fruit was pounded and dried and used during the winter. Early settlers made jam and jelly out of the fruit. Muntries are high in oxidants and have up

to 4 times the antioxidants of blue berries. Today muntries are made into jams, chutney, tarts and fruit straps.

Dodder-laurel. The small green berries which are very sticky inside, hence the local name 'Snotty Gobble' are edible but tasteless. Aborigines ate them as a snack food. During the summer the Regent Parrots descend upon the dense tangled vines to eat the fruit.

Nectars and Drinks

The Aboriginal diet was bland and sugary nectar such as that from Hakeas and Grevilleas were greatly sought after. Banksias including our Desert Banksia are laden with nectar that can be shaken out of the flowers. The Aborigines soaked the blossoms in water to make drinks. If these drinks were left they would ferment and become alcoholic.

The lack of water was always a problem and the watery sap drained from the roots of Silver Needlewood (*Hakea leucoptera*) was a life saver, when there was no available water.

Tubers and Bulbs

The Aborigines collected tubers from Early Nancy plants, Fringe Lilies, Orchids and Yam Daisies; these were tasty but juicy and became an important aboriginal food.

Leaves

Early settlers used the leaves of many varieties of saltbush that grow throughout the Mallee. The leaves were boiled to remove salt and eaten as a vegetable.

Samphire (*Halosarcia spp.*) which, when fresh, is crisp and has a salty flavour is now served either fresh or lightly cooked with sea food.

Jocelyn Lindner
Cowangie

Source: 'Flora and Fauna of the Victorian and South Australian Mallee' published in 2015.



Top Left Dodder
Top Middle Quandong Native Peach
Top right Sweet Appleberry
Above Inland Pigface

Thank you

The following was received from Box Hill Hospital after a donation of knitted garments for premature babies by Barbara Farquharson of Camperdown Evening branch.



thank you

Thank you for your very generous donation to the Special Care Nursery at BHH.

Your assistance is greatly appreciated by our little bubs

Name - Nurse Unit Manager

3.3 - Special Care Nursery

Box Hill Hospital



Proposed Large Scale Production of Australian Indigenous Foods

The Barengi Gadjin Land Council (BGLC) represents Traditional Owners from the Wotjobaluk, Jaadwa, Jadawadjali, Wergaia and Jupagulk peoples who were recognised in a 2005 Native Title Consent Determination, the first in south-eastern Australia.

The BGLC runs a native nursery in Nhill in western Victoria. The Corporation has applied for a AgriFutures Australia funding grant to bring together appropriate stakeholders (Birchip Cropping Group, a not-for-profit agricultural research organisation based in Birchip, along with the Wimmera Development Association, and Wimmera Catchment Management Authority) to explore the opportunity for large scale production of several species of native bush-food.

As the lead agency in the project, BGLC is identifying appropriate plant species for both domestic and possibly international supply at the Wail Nursery. It will also look at propagating, growing and harvesting techniques. Project partners will investigate ways a regional based bush food industry might operate, based on growing and harvesting produce.

A feasibility study will be conducted that will look at cost structures and the value to landholders compared with current crops. Some of the species already under consideration include native pine, river mint, salt bush and wattle seed. Once all the research and development has been done this could be a fantastic opportunity for farmers to diversify their operations, increase production and allow for greater consumer access to indigenous foods.



Small Teddy

Right Leg: Cast on 10 st and st/st 6 rows, starting with a k row. Break yarn, keep stitches on needle.

Left Leg: Same as right leg, but do not break yarn. With right side facing, place the right leg on the left side on the same needle and continue.

Row 7: k5, yf, sl1, yb, turn, sl1, p to end.

Row 8: k across all sts to connect the two legs.

Row 9: p5, yb, sl1, yf, turn, sl1, k to end (20)

Row 10: p (20)

Row 11: k14, yf, sl1, yb, turn, sl1, p8, yb, sl1, yf, turn, sl1, k to end.

Row 12 – 15: st/st

Row 16: (p2 tog) to end (10)

Row 17: k

Row 18: p f/b in each st (20)

Row 19 – 26: st/st

Row 27: (k2 tog) to end (10)

Break yarn, draw a through st, pull tightly and fasten off.

Arms: Make 2. Cast on 6 st, k 6 rows starting with a k row.

Break yarn, draw through st, pull tight & fasten off.

Ears: Make 2. Cast on 8 st. Break yarn, draw through sts, pull tightly & fasten off.

Muzzle: Cast on 12 st with another colour, use 2 double pointed needles to make an i-cord, sliding yarn across needle – do not turn needles.

K for 10 cm/4 in.

Break yarn, draw through st, pull tightly & fasten off.

Sew seams leaving a gap for filling etc. Work a gathering thread around the neck, pull tightly & fasten off.

Sew each arm. Attach arms, muzzle and ears. Embroider face, Attach scarf.

Pattern says use 8 ply DK yarn. Scraps are fine. Scheepjes Catona Mercerized Cotton may be used as it has a variety of vibrant colours in small size balls. Thin needles - Size 12 or 2.75 mm, or similar.

Source: Sachiyo Ishii, 2016 Mini Knitted Toys – Over 30 cute and easy knitted patterns.

ISBN: 978-1-78221-145-7

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The Corona Movie

It's a Science Fiction movie, but unfortunately it's true
And we are actors in it and there's not much we can do.
It started up in China, with a virus that was new
And it caused a wild pandemic, this Corona virus 'flu.
When thousands started dying and it spread overseas
This deadly new Corona is a serious disease
The panic buying started among some frantic folk
With toilet rolls the main thing, it really was a joke
Till panic spread to other things and was the leading cause
Of miles of empty shelves throughout the many stores.

Then countries closed their borders as the epidemic spread
And aeroplanes stopped flying, which filled travellers with dread
Trapped in other countries and needing some support.
There's cruise ships held in limbo while looking for a port.
The scene was set. New laws were made before it was too late
Stage one was 'social distancing' to lower the death rate
Handshakes are a no-no, and hugs contaminate
No crowds would be permitted or going interstate.

Next episode's more difficult with restrictions and more rules
No pubs, no clubs or churches, no cafes, sports or pools
No concerts and no markets. No museums, schools or fetes
No holidays or visitors, no parties are allowed,
And Police patrol the streets, for three people are a crowd!

With no customers for businesses, no work for those employed
No wages to pay mortgages, no plans to be enjoyed.
Some shops are closed indefinitely, some products are still rare
And people hurry homewards so streets are very bare.
A surreal world in lockdown, some countries worse than others
It's separated families; grandparents, aunts and brothers
There's loneliness and boredom, there's mental problems too.
When will we get relief from this Corona virus flu?

It's not a full-length movie that we are actors in.
This is a 'Mini series', with life diminishing.
Or a never-ending serial? Unless with some success
They find that special antidote to end all this distress.

Thelma Rawlings and Beatty Blennerhassett
Bengworden

Quick Herb or Fruit Scones

The following recipe was sent to the State President by Hazel Green of Pakenham Branch.

Hazel found this basic recipe on the online site Taste.com.au. The scones are made in a four hole pie maker and are ready in the time that it takes Hazel's oven to heat up to cook her normal scone recipe.

Hazel has adapted this recipe to make it low sodium due to a dietary requirement and has added other low salt ingredients to enhance the taste. As scones are cooked so quickly, adding herbs, etc. doesn't change the density of the scones. They are quite dense anyway as the recipe is called Quick Bread.

If you have purchased a pie maker but have not tried making other things in it this recipe may be for you. A four hole pie maker may also be used to make quick muffins and quiches. From start to cooked it took 18 minutes.

Quick herb or fruit scones/rolls using a 4 hole pie maker

Ingredients Base mix

1½ cups wholemeal flour
3 teaspoons of no salt baking powder
⅓ cup milk
50g unsalted butter, melted
1 egg

Method

1. Turn on pie maker to heat up.
2. Place the flour and baking powder into a bowl and any herbs or fruit of your choice. Mix together.
3. Make a hole in centre. Place milk and egg in a jug and beat lightly. Melt butter.
4. Put milk egg and melted butter into centre of dry ingredients. Mix together.
5. Turn out onto a floured board and knead lightly - as you would if making scones.
6. Cut into four pieces, roll each into a ball and make a cross on top.
7. Drop into heated pie maker. Depending on brand it takes approximately 12 minutes cooking time.
8. They sound hollow when tapped on bottom when done.

Variations

- * Apple and cinnamon - chop an apple finely, teaspoon cinnamon (sugar or sweetener if needed)
- * Herb - garlic granules, parsley, basil and chives. Alter to suit your tastes depending on what soup you are having them with.
- * Apple and walnut or apple and sultana.
- * Try your own variations - it's all in your imagination.

Special Branch Birthdays

50 years - Wirrim

Our branch was 50 years last March, and what a celebration we intended to have. But due to the COVID-19 lock down all our plans were put on hold. After several Zoom meetings we moved to have a tea meeting at the hotel observing all the rules. The night of getting back together (although probably short) finally allowed us to celebrate our birthday.

Foundation member Lorna Litt was given the privilege of blowing out the candles and Branch President Connely Ryan cut the beautifully decorated cake. Thank you to

secretary Valerie Lee for making the cake and Connely for the decorating.

At a previous Zoom meeting Lorna and other members received certificates of Service to CWA. On this occasion our branch president made a surprise visit to the residences of the recipients.

The minutes of the inaugural meeting were read along with the minutes of the first meeting. We could all visualise the ladies sitting with their hats and gloves at the first meeting. Following the closure of the meeting the ladies all enjoyed a chat while enjoying a slice of cake with a cup of coffee.



Wirrim Foundation Member Lorna Litt with the 50th Birthday cake

70 years - Bengworden

BENGWORDEN, located in East Gippsland, opened its doors to a new group of excited members on 15 August, 1950. This year, 2020, we celebrate 70 years of being CWA women.

One of the earliest members was Beatty Blennerhasset who lived in Bengworden with her husband Frank and five children on their merino sheep farm. Beatty was destined to be a member, as her grandmother had been of Bairnsdale branch for 80 years. Beatty joined the 'Younger Set' in 1955 and became a member in 1956.

Beatty has many endearing memories of CWA, especially going to CWA after school as they served a 'good afternoon tea'. When she joined there were 14 branches in East Gippsland. Beatty has been a very active member holding all office positions and is still a driving force at meetings. She has to be one of East Gippsland's most prolific craftswomen. She is always making something and never misses the opportunity to submit her craft work into the State Exhibition and the local Bairnsdale Show. Having been a teacher, and until recently a tutor at U3A, she has passed on her skills to many women both in crafting and cooking and is somewhat renowned for her biscuits.

Well done Beatty. Past and present members of Bengworden salute you and are so proud that you still love CWA, still come to meetings, still crafting and still enjoy our afternoon teas.

There have been many wonderful Bengworden women who have given their time, energy and support to our branch over many years. We are proud of our achievements and our commitment to the country women of East Gippsland and the help we have given to everyone in our community. We will continue to do what we do best and that is to give care, friendship and encouragement to those around us.

All branches in East Gippsland have suffered over the ensuing years through droughts, bush fires and now COVID-19. We can honestly say that whilst times have been tough, we all value our CWA friends and the support we have received from other branches during this time.

We are here to stay and can't wait to see what the next 70 years bring. No doubt we will be saying The Collect another 3,360 times!

Seventy Years of Caring and Sharing

On the 11 August 1950, a meeting was called with a view of forming a branch of the Victorian Country Women's Association at Glen Alvie. Seventeen ladies attended and the Glen Alvie Branch was duly formed with Elizabeth Cooper elected President, Nessie Jupp Secretary and Margaret Orchard Treasurer. The old Minute books recorded member's names by their husband's initial and surname.

In 1980 and 1984 the Glen Alvie branch had 32 members. The longest serving member was Mrs Margaret Orchard, life member, who served for sixty seven years until her passing in 2017. Over the years, Life Memberships were bestowed up Linda Pitts, Mary Reiter, Millieme Luke, Margaret Orchard, Doris Morrison, Elvina Thorn and Margaret Oldham.

Each year Glen Alvie hosted large birthday celebrations with over a hundred members and friends filling the cold Glen Alvie hall. No heating, lots of rugs to sit on and to wrap around their legs. Hats, gloves and handbags were the fashion of the day. Vases, sprays, and bouquets of flowers decorated the stage and hall, and were presented to our office bearers and life members. We performed a couple of little skits to entertain our guests. A market stall set up down the side of the hall. Birthday cake was made and decorated by members, with the candles blown out with a fan.

In early years, Glen Alvie was noted for its drama and choral performances. Other traditional activities were correspondence with members of Tadcaster Branch of the Women's Institute of United Kingdom; gifts were purchased and donated to adopted friends at Kew Cottages; street stalls were conducted in the Council caravan in Wonthaggi; catering for clearing sales; and hosting debutante balls in the Glen Alvie hall.

In recent years we have made trauma dolls, donated toiletries to Head Office, and participated in creative arts exhibitions, and craft classes. Glen Alvie Branch has volunteered at the Rose Lodge Aged Care Opportunity Shop Wonthaggi, since 1964. This volunteer work continues, with most members being rostered on duty each month.

We were going to celebrate our 70th birthday on 12th August 2020, with an afternoon tea, friends, relatives of past members, fellow Bass Group branch members. This will all have to wait. In lieu we sent each current member a birthday card and a tea bag and asked them to have a cuppa with us.



Birthday card and tea bag sent to Glen Alvie members on the branch's 70th Birthday

BRANCH and GROUP



(L-R) Ruth Mundy, Marguerite Birnie, Jean Downs, Isa Taylor and Geraldine Capon.

Maffra's rug project

In mid-July MAFFRA members had a short get-together to see what they had been doing during the time that we could not meet. Our project was to knit or crochet squares for rugs for one of our Care Homes. You can see from the photo that there is quite an assortment of patterns and colours and some kind soul sewed them together. There are still more coming along, so everyone at the Home will be nice and cosy. It was good to see some of our friends again, even if it was only for a very short time.

We just had time for a cup of tea/coffee/hot water!! and a piece of cake before going our separate ways.

Tyntynder keeping in touch

TYNTYNDER members have been having Zoom meetings to keep in touch during COVID-19. Murray Valley Group has a new Group President, Ruth Arthur, and it had been very difficult for her to keep in touch with the other branches. We have invited Ruth and other Group members to join in our Zoom meetings, so they can chat to other members. The loss of the social side of CWA has had a huge impact. It can be a very lonely time when our older members have had to isolate from their families and friends to keep COVID-19 at bay.

Tyntynder had hoped that the restrictions would be relaxed by now so we could have had our 31st Birthday together with a shared meal. But it was not to be. Thank goodness for Zoom! At least we could see multiple people on the screen and have a laugh.

Some of the members have had trouble getting onto the platform, so we used our mobile phones to ring them and have them on loud speaker, so they can hear what is going on during our Zoom chats. We are all looking forward to seeing each other in person...maybe soon.

Tyntynder Zoom birthday celebrations



Gwen Fischer (left) lights candles on her 90th birthday cake as Branch President Janice Merrett (centre) and new member Denece Keene (right) look on.

90th Birthday Celebrations

DRUNG SOUTH members celebrated member Gwen Fischer's 90th birthday recently at our local RSL where the table was set for social distancing. The birthday cake was made by a branch member.

Gwen has been a member for over 50 years and is known for her cooking skills especially her chocolate sponge rolls. She had also been our International Secretary for many years and is currently (when we have meetings of course) in charge of the stall. Her crochet ability is admired as she joins together all of the knitted squares other members pass on to her. Sometimes up to 20 rugs are completed and donated to charity each year. A very valuable member who lives alone on her farm.



(L-R) Woodleigh Vale members Dicky Dikkenberg, Agnes Veldhuizen, Liz Hickey and Kathrine Moss. Carol Young (front).

Masks at Woodleigh Vale

WOODLEIGH VALE members have been able to meet in compliance with current restrictions. Here we are dressed for the snow, which was July's competition. The masks were made by member Dicky Dikkenberg and members who purchased them raised funds for the branch. We have some projects underway including a knitted rug and a quilt, to be donated or raffled and a possible Pop Up Shop, depending on restrictions.

Calendar Girl

Residents of Hepburn House Aged Care Facility Daylesford and Staff have got together and put together 'A Day At The Cinema at Hepburn House' July 2020 - June 2021 Calendar.

SPA CENTRE member Peggy Warren aged 84 is featured on the front cover - 'American Beauty'. All profits from the sale of these calendars will be donated to the Bendigo Bank to support the bush fire recovery efforts. Bendigo Bank has partnered with the Salvation Army to establish an appeal with 100% of donated funds going directly to communities in need. To date \$3000 has been raised. Peggy said she had a fun day posing for the front cover!

Calendar girl Peggy Warren of Spa Centre



Blankets, and more blankets

SOUTH MORANG NIGHT OWLS have been busy during the lock down making knitted blankets. These blankets are ready to be distributed to local nursing homes when we can visit again. A big thank you to Fay and Diane for all their work over the years.

Blankets made by South Morang Night Owls members



Portarlington enjoys a Social Meeting

I thought you may be interested to see how a small branch can still manage to meet and enjoy a hearty social meeting under COVID-19 conditions.

And despite all looking like bandits there was not a horse in sight!!! We felt the need to meet if it was at all possible and enjoy a social time despite the safe distancing and stay at home conditions we are under here on the Bellarine. Members had three birthdays to celebrate so cakes were in abundance and more interesting facts were shared on Botswana by our International Officer – Miriam Brincat. We are hopeful of being able to meet soon but must wait and see if that is possible.

Portarlington members meeting at a social distance



Library Book Bags

We are all experiencing different and challenging times at present and even though as a branch of much older members WOOLSTHORPE have been unable to meet. We have continued, in a small way, to support the organisations we are involved with where we can.

For the past two years our branch has become involved in making Library Book Bags for every child that is born in the Warrnambool Southwest Health Care Hospital. The bags are usually cut out and sewn at our fortnightly craft afternoons but due to the virus we have been unable to meet. Two of our dedicated members, Jenny Lee Grey and Carmel Walker, have continued this production during the pandemic and we congratulate them for their effort in producing over 200 bags since March.

We have continued to support this great cause as we can see the great benefits in introducing books to a child early in life and to encourage further reading by having a library book bag. Below is just a small example of the bags produced by these two amazing women.

Library bags produced by Woolsthorpe members Jenny and Carmel



Despite COVID-19

NOBLE PARK members last met at our craft day in early March before lockdown one commenced. We meet on the fourth Monday and were eagerly looking forward to the July meeting when the second lockdown for Greater Melbourne was imposed. Regular phone calls have kept the members in contact and informed of CWA news.

Despite the enforced isolation members have kept themselves busy. Before lockdown one our annual Easter Chickens and chocolate eggs were delivered to Springvale Park, Emerson and Glen Allen Special Development Schools and the Queen Elizabeth Centre. In all 183 chickens flew the coop! Clothing protectors, knee rugs and floor rugs were delivered to the schools at the same time.

On 27 May 17 scarves and four beanies knitted in Emerson's school colours were delivered. In early July, friend of Noble Park Kaye Smith made 24 prem beanies, three adult scarf and beanie sets for the homeless and a large crochet rug. She also knits chickens every year. Member Rose Gothard has knitted 25 prem baby beanies. Knitted matinee jackets, tie vests, bootees, scarves and teddies have also been made.



Face masks made by Noble Park members

The latest project is face masks for some members of a local clay target gun club.....such are the changing needs of our community.

Keeping busy at Dimboola

Some of DIMBOOLA's members have been keeping themselves busy. Concerned about the lack of socialisation and the COVID-19 virus Mandy Myers, Shandel Beeton and Margaret Hunter set about making masks to be delivered to all their members. Margaret got a pattern and donated all the material needed for them to start. After two days of cutting, sewing and snipping they had made 34 masks, enough for every member to choose two each. It then took another two days to get them delivered to each member.

They had a cuppa with a few but more importantly spent some time chatting to everyone they saw. Mandy also wrote a poem which was put into each individually addressed card. The poem reads as follows:

These masks are made with love and care,
A gift we've made for you to wear.
To help keep you safe, keep the virus at bay.
So when leaving your house, wear every day.
We all hope everyone is keeping safe and busy.



Dimboola member Indigenous Elder Aunty Nancy receiving her masks.

Belgrave Contributing to the Community

Just in the nick of time before Stage 4 Lockdown came into force in Metropolitan Melbourne, two of our members met at our Hall and were able to pack up the following from our store of goods. Ten large rugs, six knee size rugs, eight pair knitted socks, twenty-eight large knitted beanies, fourteen medium, sixteen small size beanies and three pairs of mittens plus assorted sized children's jumpers These were collected to be distributed to various agencies in the community. The children's were to be distributed through the St Vincent de Paul Society.

While COVID-19 restrictions prevent us meeting, all our members have been busy at home producing these types of goods and also baby wear which is so appreciated by the local Angliss Hospital.

Rugs, jumpers and beanies made by Belgrave members



Unfinished Objects

CENTRAL NIGHTS members held a UFO (unfinished object) night on Zoom in July as we continue in lockdown. Members came to the computer with hook mats, crocheting, basket weaving, felt work, knitting and, of course, mask making. There was general chit-chat and everyone took the spotlight for a moment to talk about the how and why of their UFO. Everyone was inspired to try something new and plans are afoot to invite a 'slow stitching' guest to a future activity night.

Central nights member Nicki Macrae with her Hook rug participating in the UFO night



Gormandale News

GORMANDALE has a very small, happy group of members. As we have only five members it has been possible to get together when restrictions were eased.

We had a pleasant afternoon tea at a member's home and recently made plant pot holders, and are looking forward to when we can see more of each other and members from other branches.

Gormandale members Sharon Foster, Gwen Lampre, Lorraine Murfett, Karen de Hommell, Christine de Hommell



A little act of kindness

In August one DRUNG SOUTH'S members placed a little parcel at the door of another member. Not being able to enter the house, she placed it on an outdoor table before saying cheerio as she left. On opening the parcel, the member found a box of chocolates that her fellow member had brought home with her from overseas after visiting her daughter then isolating in Melbourne. The little note was a touching addition to such a kind gesture especially as the member she delivered it to, lives alone. A real CWA 'caring' act!

The thoughtfulness of this reasonably new member of Drung South was a little 'act of kindness' to a fellow member.



The box of chocolates and accompanying note received by a Drung South member

From Tuppy's Jewellery Box

This brooch was given to my mother by her younger brother when he returned home from the war. It is Mother of Pearl with the word sister on the bottom. I have heard they were a very popular gift from the boys on returning home. This brooch has been in my drawer for the past 33 years.

*Tuppy Narkiewicz,
Mornington Peninsula
Group*



Tuppy's Mother of pearl brooch

Birthday Flowers

In August I wanted to buy some flowers for my neighbour's 76th birthday, but no florists were open as we were in Stage 4 lockdown here in Melbourne.

So I was sad, but my husband said: "Don't worry. What do you want? I will collect some for you from the neighbourhood." My husband is not shy to go help himself to fruit or flowers on his walks.

While I was walking our dog Esme, I remembered we have so many camellia varieties right in our garden.

I checked our garden and picked a bunch of five different varieties of camellias (the beautiful winter rose). Both neighbour and I were delighted as she loves camellias.

So I found a silver lining thanks to COVID as I would have ended up buying for sure if the florists were open.

Loving what we have and using it are so important. We often feel the grass is greener out there.

Shalini Christodoulou, Boroondara



Camellias in Shalini's garden

Not as easy as it sounds

When the wearing of face masks for everyone in Victoria was announced RODNEY member Janette Mason was contacted by her son who works for a local company Trevaskis Engineering. His request was to make 50 face masks over the weekend and have them ready by 9 am Monday morning. Assisted by Gwen Ranson, Janette had the 50 face masks (mainly in navy blue) finished on time. Neither of them did anything else over that weekend. Another member helped with some of the cutting out and others donated what elastic they had. Janette eventually was able to source sufficient elastic even though elastic is now as scarce as toilet paper was at the beginning of this pandemic. Fortunately ladies are not fighting in the aisles over elastic.

Members soon found out it takes longer than you think to make the masks. The masks looked very smart on the workers as you can see from the photograph of the workers with Janette and Gwen. The company thought so highly of their work they gave a very generous donation to the branch and so Janette and Gwen's efforts turned into quite a welcome fundraiser for Rodney. There was a nice post on Facebook saying that the CWA ladies could be relied on for completing a task at short notice and on time.



Rodney members Janette Mason (front in pink jumper) and Gwen Ranson (left in black pants and blue windcheater) with staff of Trevaskis Engineering.

Hampden Group History 1952-2001

The Hampden Group was formed in 1952 and Mrs. A. Tuddenham was the first Group President after the Ballarat Group was divided as it was thought that 28 branches were too many to manage. The 12 branches south of Sturt Street and the Western Highway became Hampden Group. Forty-nine years later, in 2001, there was a push across the State to reduce the number of Groups so the two Groups were recombined to form Ballarat District Group.

Each year the Group held AGM's and half yearly Conferences attended by delegates from all the Branches. One of the early Minute books records how delegates drove through snow dusted countryside to attend a Conference in Buninyong.

In the early days, the Group would run its own Music and Drama Festivals with fierce rivalry between Branches and entries being judged. Branches like Buninyong and Sebastopol had their own choirs. Over the years the competitions were dropped and the event became Annual Fun Days with all Branches contributing items ranging from choral, drama skits and readings of poems. Hale and Farewell events were held to welcome incoming and farewell outgoing, Group Presidents. Branches would contribute items of entertainment depending on the talents of members and afternoon tea or lunch would be shared.

Craft days were held each month and were always well attended. Tutors would introduce new crafts and skills.

Every second year, Hampden would combine with Ballarat Group to stage an Exhibition of Handcraft and Home Industries. The Chairmanship of this would alternate between the two Group Presidents for each Exhibition. This was a one or two-day event with hundreds of entries of high standard and large crowds attending.

CWA Sunday was celebrated each year in May, usually at the Church of the Group President's choosing. The Church would host a morning tea after the Service and welcome CWA members.

Public Speaking Competitions were held at Group Conferences and winners would go onto regional finals with Groups taking it turn about to host and cater for these events. Members would travel to support the Group's speaker and the winner would go to State level.

Most years the Group President would organize a Group Holiday, bus trips were usually 4 or 5 days away with visits to South Australia, Gippsland, the Murray River and Tasmania. This was to help members who otherwise would not get the chance to take a holiday. Often Group members would attend CWA Week at Lansell Rd in Toorak, giving them a holiday in the city.

The Group President would also organize bus trips so members could attend State Conferences and State-run Festivals like the Music and Drama and Art and Craft Exhibitions.

For 21 years Buninyong and Napoleons Branches combined to run

an Australia Day event, with poster competitions and scholarships for local Primary School students. With the closure of Napoleons Branch this became a Group event.

With a small number of Branches, down to nine in 1998 and six in 2000, Hampden Group was very close knit with members of sister Branches attending Branch functions and the Group President invited to attend Branch Birthdays and any special days like Association Day. In 2000 the Hampden Group was made up of the following branches - Buninyong, Napoleons, Scarsdale, Scotsburn, Sebastopol and Smythesdale.

Sue Pitman was the 2000-01 Group President of Hampden when it was recombined with the Ballarat Group.

Report written by Sue Pitman who wrote this from her memory, official annuals, and papers she had. Sue was State Social Committee Chairman, State Vice President and Editor of the magazine for two years. In all Sue served seven years on State Council and was elected as first Group President of the current Ballarat District Group in 2001 and served a further one year term as Group President in 2003-2004 and is still an active member of the Sebastopol Branch and Branch Treasurer.

Rosalie M. Silvey
Group President
Ballarat District Group

Their Memory Lives On

BALLARAT DINNER members mourn the loss of Life Member, **Audrey Mather**, who joined just after the branch formed. She was also a member of the Younger Set at Sea Lake and an active member of Culgoa. We will miss her gracious smile and CWA knowledge.

BARNAWARTHA members were sad to hear of the passing of our member **Beryl Henderson** on 16 July 2020 in Whittlesea. Formerly of the Rutherglen Branch till it closed, Beryl joined our branch in 2003. A talented painter and loyal member she is now free of pain. RIP Beryl.

COWANGIE members were saddened by the sudden unexpected passing of **Vera Eichler** aged 91 years and member for 19 years. Vera passed away in her beloved garden. Vera enjoyed patchwork, crocheting, knitting and won championships at shows, she knitted many articles for CWA. Vera will be sadly missed and fondly remembered.

ENSAY past members (now High Country Branch) were saddened by the passing of **Pamela Hammond**. Pam was a staunch member who shone in many roles within this Branch. She excelled in cake decorating, cooking and sewing and also played tennis and bowls. A competent musician, she played the Church organ and was a violinist with the East Gippsland Symphonia. Now at rest.

GISBORNE members are saddened by the passing of **Phyllis Gillett**. Phyllis started with the Preston Branch in 2004 and transferred to Gisborne in 2005. Phyllis attended CWA meetings up until 2017 when she became quite frail and went into The Oaks Nursing Home. She won many certificates from our Creative Arts for her beautiful needle work and participated in as many activities as she could. Phyllis was a gentle lady who will be sadly missed.

HARCOURT members are deeply saddened by the passing of our dear friend **Lois Grant**. A member for 37 years Lois enjoyed our meetings, craft days and excelled in performing in our branch concerts. Lois will be missed by all her friends.

INVERLOCH members were saddened by the death of **Mary Williams** who was a long time and dedicated member and she will be sadly missed. RIP Mary.

MANSFIELD will dearly miss **Betty Trevaskis** a joyful long serving member. She supported our branch growing by encouraging 'new girls' and enjoyed connecting to improve the ongoing strength of abilities through differing ages. Her wonderful inclusive nature solved many crafty conundrums. Much loved.

MERBEIN members are deeply saddened by the loss of **Joan Hill** who died on 12 August in her 100th year. Joan joined CWA in 1949, on the invitation of a branch member, when newly arrived in the district with her husband Ron (a returned soldier) and three children.

She soon enjoyed the meetings, accompanied by her young children, and became involved in craft, floral arrangement, choir, pianist. Joan also served as Branch Treasurer. As well as CWA, Joan's interests included history, church organist, and the RSL Auxiliary. During the war she trained in first aid.

Ever the entertainer many impromptu singalongs of mainly war songs plus flowing piano selections concluded social days. The family also spent holidays at Somers House for a break from the fruit block. Joan was a very interesting Guest Speaker and a loyal and valued member for 71 years. Vale Joan.

NIDDRIE members were saddened by the passing of our past but long term member **Gladys Bence**. She will be remembered for her valued contributions and pleasant disposition.

PASCOE VALE members were saddened by the passing of Life Member **Jean Aitken** at the grand age of 99 years. Jean joined the branch a year after it started and held the positions of Branch and Social Secretary, Group Secretary and was one of the original Choir members. She will be sadly missed and fondly remembered.

MILDURA members are deeply saddened by the passing of two wonderful members, **Dorothy Brown** and **Norma Higgs**.

Dorothy was a long time member who participated in all branch activities and the Mildura Millewa Group choir. Both branch and choir members will miss her gentle smile and lovely spirit. Norma struggled for many years with bad health but always maintained her wonderful sense of fun.

Norma and Dorothy considered the choir their 'life-line' and we had such wonderful times together. We remember with great love and laughter some of the international day costumes! They were both committed friends to us all. RIP Dorothy and Norma.

SUTTON GRANGE members were saddened by the passing of much loved member **Olive Penno**. Olive held many positions in both Taradale and Sutton Grange branches and loved her CWA. She was looking forward to the COVID restrictions being over so that we could all get together again.

WODONGA members were saddened by the passing of our much loved member **Mary Simmonds**. Mary joined Baranduda in 1954 when our member Glenda Simmonds's Grandma was Group President. Mary held the position of Secretary of Baranduda. She transferred to Wodonga in 1988 and was a very active member being our Magazine Secretary for many years. Invariably she could be found in the kitchen working with her close friend, Mary Smith, and no doubt much talking took place whilst they did the dishes when they were Afternoon Tea Hostesses.

Mary was also a long time member of the Wodonga Show Society as well as a member of the Probus Club, Independent Retirees, Albury/Wodonga Heritage Car Club and local school.

Mary was very proud of her daughter, Glenda, who is now a Past President of Wodonga Branch. Her influence must have rubbed off on Glenda as she also continues to work tirelessly for our branch, especially in getting members organised for the State Exhibition and other exhibitions in our area. Mary will be greatly missed by all our members.

AUGUST PUZZLE ANSWERS

CRYPTIC CROSSWORD ANSWERS



SUDOKU ANSWERS

165 847 923 297 463 851 973 284 615
 789 312 546 518 729 364 821 675 439
 432 596 178 346 158 297 654 931 782

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Single	\$60	\$90
Twin/Double	\$95	\$120
Twin/Double with ensuite	\$115	\$135
Family room, 1 double and 1 single, with ensuite, newly refurbished	\$130	\$150

Cot for child under 3 years: No charge
 Extra bed/sofa bed in room: \$30 per night

- Deposit equivalent to one night's stay required with booking.
- Room rates effective from **1 June 2019.**
- Should you need to cancel or alter your accommodation, your deposit will be returned if the cancellation or alteration is made more than 48 hours prior to your arrival date.
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The Country Women's Association of Victoria Inc.

Christmas Cooking Masterclasses

Members Only

Join in via Zoom with our Cooking Instructors to make delicious Christmas goodies

When you have registered you will receive a list of ingredients and equipment to have on hand while you cook along with the experts

Live online interaction is encouraged

Cost \$25 per session

Minimum number of participants required in order to proceed

Contact Cooking Committee Convenor Bev Wall for further details - bevwall26@hotmail.com



Join Marie Vassallo in making her famous Christmas cake using her own personal recipe, honed to perfection over many Christmases

Date	Saturday 7 November 2020
Time	2pm
Duration	2 hours



Join Marilyn Mackie, our own CWA Christmas Pudding Queen, in making a rich, moist, and flavoursome Christmas pudding

Date	7 November 2020
Time	TBA
Duration	2 hours



Join Pam Mawson as she shares her previously unrevealed secrets to delicious light and buttery Shortbread

Date	Saturday 14 November 2020
Time	TBA
Duration	1 hour

Bookings close 31 October 2020

To book your place, please ring 9827 8971 on Wednesday and Thursday 9am-4pm and have your credit card, membership number, mobile number and email address ready

Group Christmas Fare Pop-Up Shop

- Attend the Online Masterclasses to prepare for your family Christmas celebration and to assist with your Group Christmas Fare Pop Up Shop
- Make Christmas cakes, puddings and shortbread to fill the pre-ordered sales of Christmas cooking goodies
- Proceeds will be forwarded from the Group account to the Association account
- For further information about how to help please contact your Group President