



NOVEMBER 2020 VOLUME 66 NUMBER 10

Victorian COUNTRY Woman

All Women, All Ages, All Places

Grow, Connect, Improve



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.

Early in 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 please. 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 your 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.

Please send in your recipes by **11 December**. Either post them in 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

Please 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 than please do not send it to us. If it is a family or original recipe then please include the 'story'.



The Country Women's Association of Victoria Inc.



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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

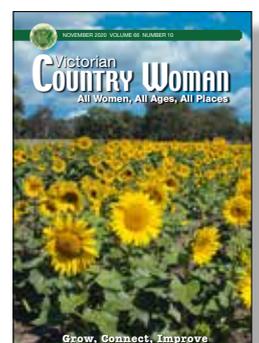
Thanksgiving Fund: Endometriosis Research through the Jean Hailes Medical Centre for Women

Cover

Title: Golden Paddock

Photographer: Denise Tyrie

Branch: Peninsula Belles



State President



Marion E Dewar
State President

Dear Members

In this letter I will bring you up to date with some activities that have occurred in previous months but have not yet been mentioned. We have many members who do not hide their light under a bushel (Matthew 5:15) even if their face is hidden by a mask. Well done to those members and branches who have made and given away and sold masks. Deputy State President Pam made 200 masks for Stonnington Council after making

masks for the Bolton Clarke homelessness project, staff and your executive office bearers.

On our behalf, the Social Issues Committee has been highlighting the dangers of alcohol, especially to children, for a number of years. CWA of Victoria is represented by Creative Arts Committee Chairperson Heather Scott on a committee of Foundation for Alcohol Research and Education (FARE). On 17 July Food Safety Ministers of Australia and New Zealand voted to accept the recommendation from Food Standards Australia New Zealand (FSANZ) of a new pregnancy warning labelling on alcohol, for which FARE has been campaigning. Alcohol during pregnancy may result in a child with brain damage and growth problems caused by Foetal Alcohol Spectrum Disorder (FASD). We have also been supporting the FARE campaign to end alcohol advertisements during sport.

The Agriculture and Environment Committee brought Farm Safety Week (20 to 25 July) to our notice again this year. Information from WorkSafe, Farmsafe and the National Centre for Farmer Health was distributed to Branches. Employers and employees must strive to make and keep safe all workplaces. Farming families and visitors to farms are increasingly aware that a farm is a workplace and safety is a very important issue. It is distressing to still hear of injuries and deaths from quad bike use. However, it is encouraging to read how many farmers are taking proactive measures towards good mental health. In addition, the home has been used increasingly as a work (and school) place since March so we should all be more aware of safety issues and try to eliminate possible safety hazards.

Some of you have been very creative in the ways you have engaged with each other and the public over the last several months. This has resulted in some excellent fundraising activities. Funds are necessary for the Association to meet, and carry out, its purposes. Traditionally named Aims and Objectives, the Purposes, noted at the beginning of the Constitution (1.3, 1.4, 1.5), set out what we do. This community assistance is undertaken through an organised structure. Branches and groups are supported by the administrative structure. This assistance and support is provided by volunteer senior office bearers and staff. It operates on a budget.

This year has seen the pop-up shop, contactless delivery, pre-order and pick-up sales, goods for sale in commercial and business premises and classes by videoconference to raise some of those funds. Thank you for buying every ticket in the State Raffle organised by the Creative Arts Committee. That is \$9,600 in ticket sales. Although you only saw a photograph of your ticket the actual tickets were all prepared and placed in

the 'barrel' for the draw. By the time you read this magazine the winners will have been announced and the sponsors thanked.

Thank you for your response to the veggie bag project – they all looked wonderful as they were prepared for the show bags by the inclusion of the patterns, an invitation to check out the *Grow Connect Improve* Project and information about the usual activities and events at *Umina*. Show bag sales are part of the budget set for the Catering Committee. Our thanks to Woolworths for selling both show bags and our beautiful calendar through the Online Shop.

State Treasurer Marie has demonstrated scone making by videoconference for members and non-members several times, raising additional funds with cookbook sales. By now almost every Victorian must have had a lesson in scone making and has certainly had the opportunity to eat a scone through the scone challenge sales across the state. Thank you! I appreciate your innovative ideas to gain more than just scone sales. The funds raised help to pay for some of the usual expenses of running an organisation like ours and, as well, many of you have been able to add to branch or group income.

The Association was in the limelight at the end of September, with a number of media engagements highlighting household budgeting, tips for the frugal life, projects for the family (especially useful during the COVID-19 restrictions) in our *Grow Connect Improve* Project, innovations in community service and doing our part in *Celebrating the Show Online*.

Limelighting might be fun now but it must have been very dangerous in the nineteenth century. Limelight is an intense white light produced by heating a piece of lime (calcium oxide) in a flame of burning oxygen and hydrogen. The first theatrical spotlight was used initially in a theatre at *Covent Garden* (London) in 1837. Limelights placed at the front of the balcony could also be used for general stage illumination, providing a more natural light than footlights. 'In the limelight' originally referred to 'centre stage'; the most desirable acting area, which was brilliantly illuminated by limelights. Its disadvantage was that each light required constant attention to keep the block of lime adjusted as it burned and to watch the levels in the two gas cylinders.

From sewing veggie bags to sewing masks, from lighting lives with our donations to lighting minds with our activities for families, there is much to report this month. Thank you for the part you play.

Marion E. Dewar



Clivia in the *Umina* garden

From the Editor



Lorraine Zimmerman
Magazine Editor

November has arrived and hopefully it has brought more settled weather – no more warm to hot days followed by lower temperatures and rain.

Have you noticed that no matter what type of weather we have that plants and trees continue their life cycle regardless? The trees come out of hibernation in late August and September with the appearance of new green growth and flower buds plus new growth appears on the roses. September

sees the last of the spring flowering bulbs in flower and as they die back they leave behind their green strappy leaves to provide some colour. In late September, early October, fruit trees come into blossom with some delightful perfumes to enhance the senses. The flowering annuals that have grown slowly during winter increase their output of colour – nothing like bright yellow pansies to brighten up a day.

Unless I have to be up and out early, the first thing I do after breakfast is to walk around both my front and back gardens to see what has happened overnight. Plants do most of their growing in the darkness and what was a flower bud the day before, is now open to add colour and perfume to the world. In late September early October this daily ritual was enhanced by the perfume of different plants and trees. This was particularly evident with the apple and orange trees which provided two different types of perfumes - the delicate perfume of apple blossom was overpowered by the strong perfume of the orange tree. The perfume from the orange tree is at its best overnight as it infiltrates our home through open windows.

Not to be outdone, the native frangipani tree in our front garden also provides a heady perfume from the delicate yellow and white flowers that cover the tree. If you are a hay fever sufferer these perfumes are cursed because of the effect they have on your health and you reach for the antihistamine tablets to relieve the symptoms.

This month will also see the continued growth of summer vegetable plants that seem to be growing bigger day by day. Earlier this year I purchased a small greenhouse so that I could give my summer vegetables a head start in the growing stakes. With a gentle reminder from my youngest son I managed to plant tomato and cucumber seeds plus some summer flower seeds in August instead of October. It wasn't long before these seeds poked their green leaves through the soil. The warm conditions of the greenhouse pushed them along and by October they were ready to be planted in the garden beds. We are looking forward to enjoying a summer vegetable crop earlier than usual in the new year.

This issue of your magazine contains a wide variety of articles for you to read plus a recipe and knitting pattern to try. Did you participate in any of the Zoom Masterclasses that were held recently? If so we would like to hear from you about your experience of cooking using a different medium of communication.

**Deadline for articles for
the JANUARY / FEBRUARY
2021 magazine is FRIDAY 18
DECEMBER 2020**

ACWW International and Community Support Committee



Vivien Speight
ACWW/International/
Community Support
Chairperson

Dear Members

The Committee has been hard at work but with more talk than action! We continue to meet via Zoom and have had some guests join us.

Heather Baird (Bundalaguah), who started 'Better Life for Foster kids', explained that 'Better Life' sends out suitcases with three changes of correct size clothes, pyjamas, colouring books (specially designed to help overcome trauma), teddies and toiletries. She said the kids particularly like handmade

articles as they show people care.

We could help with teddies, rugs 1mx1m or 1.20mx1.20m (particularly boys' colours), jumpers, draw string toiletry bags 24cmx2cm. There are distribution centres in Gippsland, Frankston, Officer, Mitcham and more are planned, which of course would mean more donations needed. Maybe you could start making some ready for when we can start taking donations again. More information on the website <http://abetterlifeforfosterkids.org.au>

Unfortunately, we still can't get into the International/Community Support Storeroom to receive or distribute items. Please keep collecting and distributing them in your local areas or be ready for the big opening up.

Companion Member Josie Gregory spoke of the international need for breast form, mastectomy bras and lymphoedema bras. Breast forms are supplied free to women who need them and sometimes women have used ones they don't need any more. She has collection and distribution points so we would only need to get items to her. Please keep this in mind and let me know if you or someone you know has any of these.





Top Christmas tree with parcels

Bottom Dining room tables set for Christmas dinner

Club



Anne DuVé
Club Committee
Chairperson

Christmas celebrations at November State Council are a feature of the State Council and the Club Committee year. Let me give you a description of what usually happens.

Christmas decorations are put up in the B&B Reception, Dining Room and Lounge Room. There is a lovely Christmas tree, with parcels placed around the base of the tree. Members place a parcel under the tree to share with another member.

Dinner at November State Council is also traditional. Second year Group

Presidents set up the dining room tables with Christmas decorations. Drinks and nibbles are served before dinner in the lounge and on the front veranda for all to enjoy.

The main meal is a selection of roast pork, turkey and cold ham, with apple sauce, cranberry sauce and gravy. Vegetables include twice baked potatoes, cauliflower casserole, roast pumpkin, and sautéed greens - asparagus, beans, snow peas and broccolini.

Sweets are the traditional Christmas pudding with brandy sauce and custard.

After dinner members exchange Christmas gifts before heading out to the craft room for the second year Group Presidents' entertainment.

We then move to the front verandah to watch as the State President turns on the Christmas lights around the front door of *Umina*.

I wonder how your branch and your family prepares for Christmas and celebrates the season?

Catering



Sarah Barnbrook
Catering Committee
Chairperson

We did it! I would like to personally thank every member who helped sew a Veggie Bag and Cotton Cover for the CWA Show Bags. We could not have done it without the huge effort from you. Please give yourself a big pat on the back. If I could hug you, I would! The show bags are/were available through Woolworths Online, thanks to Executive Director Lynne Jordan negotiating an exclusive deal.

I also want to thank every branch who participated in the Beat the Scone Record. This initiative was vital to help fundraise for the Association. At the time of writing we are still a few weeks out from this event and therefore can't declare if we achieved our goal, but I am optimistic that our efforts were well worth it.

It was fantastic to have Joy Davis share her talents in scone making for the Scone Masterclass. If you didn't get a chance to attend the class with us on Zoom, which had a small cost to help with the Committee's budget, we hope to run a similar class in the future.

I encourage you to consider how your branch will be part of the Christmas Fare 2020 style in your region.

Social Issues



Judith Poole
Social Issues Committee
Chairperson

Hello Members,

At our recent committee meetings we have had guest speakers who have shared their knowledge with us. Allison Troth was one of these. Allison is the Partnerships Manager at Destiny Rescue Australia. Destiny Rescue has largely worked overseas in South East Asia rescuing child prostitutes, but has now been asked by the Australian Government to not only support the St Kilda Gatehouse Project (where women can drop in for a chat, a shower, to wash clothes or have a

bite to eat, often just respite from life on the street) but to partner with them. These women can also receive referral to agencies for other assistance. The organisation has also been asked to work with the AFP to assist the (often child) workers in our local high street massage parlours. The ones with the flashing open signs offering hostessing and happy endings. This is known as hidden prostitution and is a growing problem in suburban and Regional Australia.

As you can see, we have interesting meetings, sharing information and activities that happen across the state. If you would like to share anything related to the current resolutions passed and announced at our State Conference, please contact me on chairsocialissues@cwaofvic.org.au or Social Issues Committee Members. 'Till next month.

Cooking



Beverley Wall
Cooking Committee
Convenor

Hello Members,
We are fast approaching a busy time of the year for our Association with Christmas around the corner. I know the Mallee will have started the harvest and the rest of the state will be getting prepared for a big harvest. So I feel this is our harvest where we make and sell our products and I hope we have a wonderful harvest.

I hope many members have taken the opportunity to be part of the Zoom Christmas Masterclasses being held

for Christmas Cakes, Puddings and Shortbread. Our tutors don't only teach you how to make these wonderful Christmas goodies but you get lots of helpful tips and hints.

It may encourage you to get some orders for your Group Christmas Pop Up Shops around the state. I have recipes available for any members who would like them; you can contact me or your Group President for them. I do hope you enjoy having a Christmas Pop Up Shop in your area. It is also a good chance to raise funds with other goodies for your Group and Branches.

I am overwhelmed with the generosity of people and businesses, in country and city areas, in these very trying times, who have offered prizes for our Christmas Raffle. So I hope you will all buy a ticket or two and suggest to your neighbours and friends. I would like to take this opportunity to thank Cooking Committee members for accessing some of the prizes.

1st Prize	\$1,000	Coles Myer Voucher	Donated by a Member
2nd Prize	\$400	2 nights' accommodation and a 4 course dinner at Alexandra Hotel	Donated by Jackie Ashe
3rd Prize	\$250	Bunnings Vouchers	Donated by Warrnambool Cheese and Butter Factory
4th Prize	\$100	Bunnings Voucher	Donated by Bunnings Chadstone
5th Prize	\$50	Bunnings Voucher	Donated by Bunnings Chadstone
6th Prize	\$50	Cannings Free Range Butchers Voucher	Donated by Cannings Free Range Butchers



Magazine and Communications



Mary Grant
Magazine &
Communications
Committee Chairperson

We're beginning to understand and learning to live with the 'new normal', COVID-style.

Thank you for your contributions, to both the State President's weekly email letters and the magazine, about your activities during lockdown. 'Thinking outside the box' has been a theme in many of these articles. Your branch may not think what they have done comes under 'thinking outside the box' however we would like to hear about your idea as other branches may be able to adapt it for their use as life returns to some form of normality.

Why not share your idea with other members by sending an article to the Magazine Editor at cwamagazine@cwaofvic.org.au for publication in a future edition. The saying

'Necessity is the Mother of Invention' may lead to these ideas becoming the 'norm' in the future.

Members of the Magazine & Communications Committee are a keen group of members who provide sound advice and recommendations to make the publication of your magazine the best it can be. This, however, does not prevent members from having a say as well, so please, if you have some good ideas, feedback both positive and negative, send it to me and the Committee can discuss it.

There is still an over-abundance of magazines in storage and we need to somehow get them out to you so they can be used for promotion at membership drives, public events and pop up shops once we are permitted to hold these again.

An inspirational quote from Turia Pitt for overcoming adversity and making the best of every situation: *It's an outlook, not an outcome.*

Creative Arts



Heather Scott
Creative Arts Committee
Chairperson

Dear members

State Photography Competition 2021

After the outstanding success of the 2020 'digital only' Photography Competition, the Creative Arts Committee is planning to follow the same process for the 2021 competition. We hope that next year we will be able to show the photos to you at State Conference in Ballarat, 27-29 May, 2021, and at the State Creative Arts Exhibition in Ararat, 20-21 August, 2021. Start planning now to be there!

There will be a new section in the 2021 competition:

Panorama: for the Website

(Photo approximately 3:1 ratio width:height, showing the Victorian environment (urban, suburban, rural or remote), suitable for the banner on the Home page of cwaofvic.org.au

Our website is currently being updated to give it a fresher look, and our website designer had the idea to include photos from members, changing regularly, to show where our members live. So this idea has been incorporated into the Photography Competition: we want you to enter photos which show the great variety of our members' lives. You can include people in your photo of the environment, but you will need to have them sign a permission form.

A panorama photograph is one which is approximately 3 times as wide as it is high. You may have a 'panorama' setting on your phone or camera, but you can still enter if you don't. Take a normal 'landscape' oriented photo, then crop it at top and/or bottom to create the panorama shape. See the example below.

The panorama photos will be used on the Home page of the website, with several photos rotating. They will stretch right across the top of the Home page, and the words 'Supporting women, children and families across Victoria' will be superimposed over the photos.

2021 CWA Calendar

If you attended the State AGM, via Zoom, you would have heard the news that we have produced a CWA of Victoria Calendar for 2021, featuring some of the award winning photographs from the 2020 State Photography Competition. As well as being a fundraiser, this is an opportunity for us to showcase the talents of our members. The calendar is A3 size (approx. 42 x 30 cm), wirebound with a hanger.

The Calendar is being printed by CalendarPrint, a 100% Australian owned company, situated in Melbourne, with all printing done on site. Calendar Print is an award winning Australian custom calendar printing specialist, producing innovative customised calendars with outstanding print quality. Purchasing a calendar will not only help CWA of Victoria to survive the financial impact of COVID-19, but will also help a local business.

Look for the advertisement in this issue or check our Facebook page for how to order the calendar.



Gippsland Hills in landscape orientation (left) and the same photo cropped to make a panorama (above)
Photos: Heather Scott

Topics for the 2021 State Photography Competition

Conditions of entry and permission forms will be available on the website and included in the January posting to branches. Here are the topics so you can start taking photos now:

Section 1	The Colour Yellow
Section 2	Sunset/Sunrise
Section 3	My Place
Section 4	Garden Wildlife (your interpretation)
Section 5	In the Shed
Section 6	'Young' and (b) 'Old' (set of two related photographs)
Section 7	For the Front Cover – portrait orientation only
Section 8	Panorama: for the Website (Photo approximately 3:1 ratio width:height, showing the Victorian environment (urban, suburban, rural or remote), suitable for the banner on the Home page of cwaofvic.org.au





Recipe

Steamed Chocolate Pudding

I'd like to share a recipe that my mother used to make for our family and I have made for my family and they all love it, like we did. It's probably a cooler weather pudding but my family would eat it anytime of the year. I sometimes 1½ times the recipe – it turns out fine but I double the sauce part. Just simmer for an extra ½ hour.

I hope you enjoy making this for your family as much as three generations of mine has. If you have any questions please don't hesitate to contact me.

Ingredients

1 tablespoon butter
½ cup sugar
1 egg
½ cup milk
1 cup SR flour
1 tablespoon cocoa

Sauce

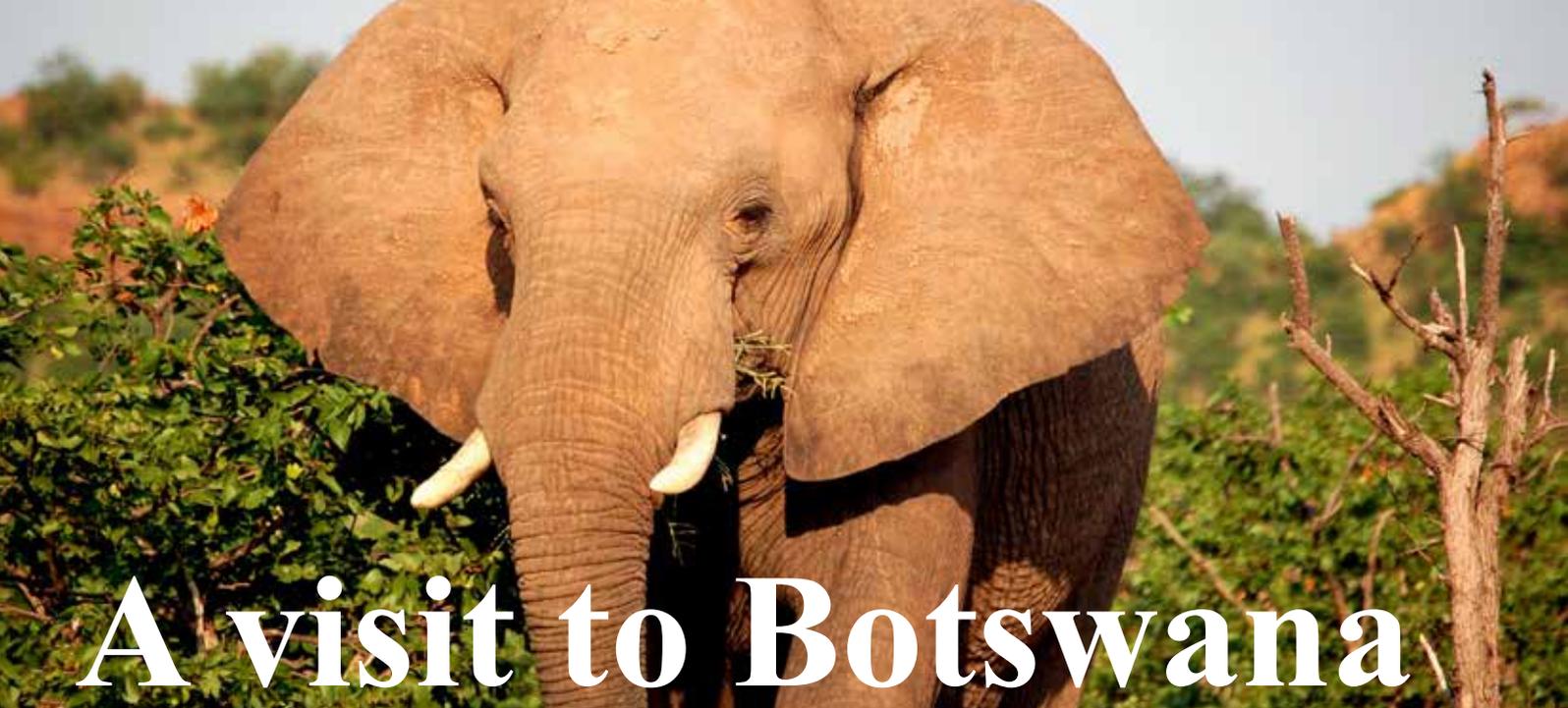
½ cup sugar
1 tablespoon cocoa
1 cup boiling water

Method

Bring to the boil about 10cm of water in a saucepan big enough to hold your steamer, or about halfway up the steamer. I have this going as I make the pudding, so it's ready to go straight into the pot. Do not let it boil dry. You may have to top up during cooking, use boiling water if you do.

1. Cream butter and sugar together, add egg, beat until well combined.
2. Sift flour and cocoa, add into creamed sugar and egg.
3. Add milk, mix until combined.
4. Pour batter into a steamer basin.
5. Make sauce by stirring sugar and cocoa together sprinkle over batter, then pour boiling water over top of sugar and cocoa.
6. Place lid on basin and put basin into boiling water.
7. Simmer for one hour.

Beverley Wall OAM



A visit to Botswana

Redgate Alexandra International Officer Martine Sloan received the following letter from her next door neighbour, Michael Harper, for her branch members. It is printed with the permission of the author.

Our family have always been travellers, except for my Dad, after much persuasion my sister (Celi) managed to get Dad to India in 2010 on a charity Rugby tour. Turns out Dad loved the trip and my sister thought she'd see if we could get him to Africa as he'd always talked about going (although at the time we thought with no real intention).

In 2012 we decided to head to Africa for a month, the plan was to pick up a 4WD fitted out with a kitchen in the back and two tents on top; Celi and Huw shared one tent and Dad and I shared the other. We decided with only a month to travel we would head North through South Africa from Johannesburg and spend the majority of our time in Botswana. There were three destinations on our list - The Okavango Delta, Kalahari Desert and Victoria Falls.

Botswana is approximately 100km from top to bottom and 600km wide, relative to other African countries it is sparsely populated, with Africa's longest continuous democracy, rich in mining and tourism Botswana protects some of Africa's largest areas of wilderness.

Our destinations would be roughly planned on a daily basis, if we needed a day or two break then we would stop but the rest of the time we just found our way up the Middle of Botswana through National Parks and the odd stay in a town camp (not too dissimilar to a caravan park with no caravans).

We made rapid progress through the top of South Africa and into Botswana, within days we had seen Giraffes, Zebra, Hyenas, Buzzards, Wildebeest and Springboks. Arriving at the Kalahari Wildlife Reserve we witnessed movement of large herds, the experience matched and surpassed the brilliant cinematography of an Attenborough documentary.

Each day we obtained info from other travellers and park rangers about wildlife movement and campsites. Our 4WD camper was equipped with a kitchen in the rear and both tents folded out with a lightweight ladder to navigate the end of the

day (and not easy to get up and down if you need to get up at 2am).

At the gates of Kgalagadi Trans-frontier park a wildlife ranger warned us that the campsite we had chosen for the evening had several sightings of lions in the camp in recent weeks and that we were the only ones planning to camp there tonight. To keep safe, we would sit around the campfire in a cross formation with each person looking out over the opposite person for any incoming animals. At one stage Huw yelled out "Lion"; he jumped out of his chair and grabbed his Swiss Army knife, I jumped up and picked up my camp chair to fight if off, my sister ran into the 4WD and quickly locked the doors; my Dad sat calmly in his chair still watching the fire. The lion spotting turned out to be a Hyena (similar colour so simple mistaken identity). We scared it away and all resumed our position around the fire. I couldn't help myself and had to ask Huw which of the Swiss Army knife implements he was going to use to slay the beast, maybe the corkscrew, nail file or the bottle opener. Huw then reminded me I was about to take on the viscous beast with a camp chair "you might need your whip and a tuxedo". Our focus then turned to my sister "well a great daughter you are, off to the car and doors locked within three seconds leaving your elderly father to be consumed by a Lion"....

Some days were long and hard, it was very hot and not many places to cool off in a landlocked country with deadly wildlife inhabiting all waterways (hippos account for the most human deaths by animals in Africa). At a shallow river crossing we would need to get out to check the river depth, sometimes we took an alternative rout when a 3-4m crocodile would position itself on the edge of the crossing waiting for animals to cross in the shallows. One long alternative route found us stranded in the middle of a massive herd of elephants; they just kept coming out of the bush and didn't seem too impressed with us. We slowly backed up about 1km, waited an hour for them to move on, and resumed our travel.

We spotted buzzards flying high in the air and decided to go and investigate (a sure sign of a kill). After an hour driving through bush tracks, we stumbled across a pride of lions with a fresh wildebeest kill, there were males, females and cubs. The male had had his fill and was sleeping under a tree, then the females fed and finally the cubs got a go. One of the females decided to use the shade of our 4wd as a nice place to take a nap. I suppose she had been there an hour and didn't budge

when we started the engine to give it a hint to move along. Against our better judgement we gave the horn a quick blast awaking every snoozing lion in the pride. Probably not with hanging around to find out how much we'd pissed them off, so we made a rapid exit..

By the time we reached the town of Maun (on the edge of the Okavango Delta) we needed a couple of nights' break and stayed at the Maun camp park. During our stay I went to take a shower; the walls were all large volcanic rocks and I managed to knock one with my elbow resulting in a tennis ball hematoma within minutes. The camp manager recommended I go to the local hospital to have it checked out. Now an African hospital isn't high on my list, but it was clean and well presented. The doctor and I had a laugh about how I had damaged myself having a shower. He then told me it would be best if he removed some of the blood; he pulled out a 6 inch syringe and I went green, to which he commented "not too much laughing now funny boy". He drained the hematoma and sent me on my merry way.

The Okavango Delta was spectacular. We took an airboat across the Delta and saw hundreds of birds, hippos crocodiles and other animals coming down to the banks to feed. We carefully camped on the banks as hippos have their favourite exit points from the water and probably best if you are not pitching a tent on their path. Confident we hadn't pitched our tent on a hippo path didn't manage to provide us with restful night's sleep as a bull elephant decided to spend a couple of hours in the night scratching his ears on our tent (perfect height for an elephant being on top of a 4WD). We would often come across huge elephants, hyenas and giraffe whilst wandering the perimeter of our camp looking for wood during the day.

It's hard to nominate highlights on a trip through Botswana but Victoria Falls is certainly up there. I didn't know what to expect. We stayed in Zimbabwe at a large hotel then walked the 800 metres to the falls. I'm used to seeing waterfalls come down from mountains into the river below. Victoria Falls is very different as it's a flat landscape with a huge gouge in it. The water drops over an 800m wide front down into the canyon below and you view it from the same height on the other side with deafening sound. The spray/mist rises from below making everything damp and hard to see it if you are wearing spectacles. A helicopter flight over the falls cost a bomb, but it's not like you're going to be there again and the memory of the flight has far outweighed the memory of the cost.

We had some supplies left over in our 4WD including a South African boar sausage (a long rolled up sausage that you cook over a small fire). We fired up our small gas cooker on the hotel balcony; it wasn't long before a guard patrolling the outside of the hotel told us we couldn't cook on the balcony. Huw managed to trade off a boar sausage hot dog for a blind eye, the guard decided to stay and join us, it was three hours before we managed to move him on.

Unfortunately Zimbabwe was going through a terrible political and financial crisis when we visited, the supermarkets shelves were empty, tourism was virtually closed and the country was in bad way. I exchanged three US dollars for 5 Billion Zimbabwe dollars; here I was a billionaire and I couldn't even buy a loaf of bread. After we left Victoria Falls we only spent a day travelling south through Zimbabwe before crossing back into the relative safety of Botswana along the eastern side of the country through many farms with varying crops and livestock.

Our trip finally ended back in Johannesburg in a gated community with the family we rented our 4WD from; finishing the trip with a night of pizza and beers.

Travel is the eye for the soul, it broadens our horizons and provides an insight into the lives of others.

The happiest people I have met in my life are very poor village people, they have simple pleasures are extremely community minded and resourceful.

It's only when we leave the comfort of our own world to experience the lives of others, we truly appreciate how blessed we are, after all we are merely tenants of this world for a short period of time.

Thanks you so much for letting me share my story of our trip to Botswana, once this whole COVID thing is over I'm back to the Himalayas to climb Yala Peak in Nepal (my home away from home).... Hopefully I can share the trip upon my return.

Michael Harper

Botswana

I'm not sure if you will be reading this before or after our State Wide International Day via Zoom. Please let me know if you think having speakers via Zoom is a good idea, even when we are able to catch up in person.

I have discovered that Botswana is ahead of us in quite a few areas, including their response to COVID-19 (see August magazine) and food security. Pulled meat seems a recent discovery here but they have it as their national dish. Seswaa is pulled beef and if you haven't already tried it, I suggest you give it a go.

I looked up a few prices in Botswana - Pula is the name of the currency. You might be familiar with this as it comes up in Number 1 Ladies' Detective Agency, in both the books and the TV series. One pula is at present worth twelve cents, so with the help of a search engine, a 1 litre bottle of water costs \$4 but the average income is less than \$400 a week (ours is \$1,200). Mid-range sneakers cost \$90 and a visit to the cinema is about \$10. Beef is \$6.50 per kg.

We are sure to know more after we hear our speakers.

Vivien Speight

ACWW/International/Community Support
Chairperson





**RURAL
WOMEN
IN ACTION**

Associated Country Women of the World

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8 September 2020

Dear Members,

I have just had an on-line meeting with the World President, our CEO and our Policy & Communication's Manager.

The GOOD NEWS is that The South Pacific Area Conference will now be an **ONLINE FORUM**. Even better news is that **it will start on International Women's Day 8th March 2021**.

At this stage the conference will be held for a few hours over two consecutive days – 8th & 9th March 2021, with other information and video clips on the ACWW website.

COVID-19 is unpredictable and I had to make the call now rather than later. The next face to face Area Conference will still be in Port Moresby PNG and will be chaired by the next Area President.

This email is to let you know about the change and there will be more information going out to you all as I work it out with Central Office, London. For now, please be assured that I have not made this decision lightly. I have been agonising for weeks. COVID is in PNG as well as Australia and some of the Islands. Australians are being told that they will not be travelling overseas before the middle of next year, and as they are the highest number registered, I have to keep everyone safe as well as have a way to hold this conference so that everyone is able to participate.

The online Area Conference will be organised with technical support from ACWW Central Office in London, and they will be on hand to help throughout. As well as having our own webpage with videos from members around the area, we will have live online meetings which you will be able to dial into on any computer, tablet, or phone with a simple process and an internet or wifi signal. We will also have secure online voting for Resolutions, and a whole host of other exciting things which will be published in due course. Please be patient and all will be revealed! Please also look on this as a new method as one that everyone can benefit from.

I am pleased to include here a message from Magdie de Kock: *"As World President of ACWW, I am glad to be writing this message of congratulations to our members in the South Pacific Area who will be participating in our Association's very first online Area Conference. In 2010, ACWW used online voting to assist the Triennial World Conference in Hot Springs, USA when the erupting Icelandic volcano meant members could not travel to the Conference. In 2021, ACWW will use its resources and the initiative of its members to host the first Area Conference of this type, and I am very excited to be joining you for this adventure. I am grateful to Area President Gail Commens for her enthusiasm and passion for ensuring that members are able to come together for the Area Conference, and willingness to use newer methods to ensure success. I look forward to seeing you all next March, and joining your meetings."*

I will be sending an outline and time frame out over the coming weeks so keep this information as it arrives and share it with those who are not on email.

"To love what you do and feel that it matters – how could anything be more fun?" Katherine Graham

Gail Commens

South Pacific Area President
southpac@acww.org.uk

COVID Care Bags

No doubt 2020 will go down as a unique year – underlined by many things including uncertainty. One thing that is certain, however, is the importance of our local community. MORWELL EVENING members identified that whilst the younger generations are busy on social media a lot of our elderly community are probably feeling more isolated than ever in the current pandemic.

Members came up with the idea of distributing COVID Care Bags to people they felt could do with some cheering up at this time. They nominated people who they identified as elderly, living alone and possibly feeling isolated. With a list in hand COVID Care Bags were prepared and distributed. The bags were made up of handmade masks, handmade cards, puzzle books, and some essential and non-essential grocery items. The aim was to let the recipients know other people were thinking about them and reaching out.

The bags were well received, one member gave a bag to an elderly neighbour in her street who she would pass whilst walking and would say hello. By giving the bag dialogue has now opened up with this elderly resident. Other people saw the CWA Facebook post and contacted some of the people they recognised in the photos, which created more conversations.

Out of this project we saw how much face to face contact, or a phone call can make a big difference to someone living alone. Our aim is to encourage everyone to take some time away from social media and call an elderly or socially isolated person that they know and reach out to let them know people are thinking about them. It is all about feeling connected with your community.

Note: *The first photo was taken before face shields were deemed inappropriate under COVID-19 restrictions*



Morwell Evening member Michelle Turner and Care Bag receiver Sandra



Morwell Evening member Jenny Zweytzer and Care Bag receiver Bob



Morwell Evening member Sam Soutar and Care Bag receiver Nellie

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).



Everybody's Home

The State President has committed the CWA of Victoria to support the 'Everybody's Home' campaign for a better, fairer housing system for all, in line with one of our recent resolutions. She has signed an open letter in our name which can be found on <http://everybodyshome.com.au/open-letter/>

This can be supported by letters to politicians from branches and individuals. We can start local by asking our councils where they stand on the issue of homelessness and what specific actions they are taking to address this concern. Greater Shepparton City Council has begun to take an interest, recently producing two planning and development documents outlining where they are now and where they plan to be soon. In the south eastern region of Melbourne 13 Councils (Bayside, Cardinia, Casey, Greater Dandenong, Frankston City, Kingston, Knox City, Manningham, Maroondah, Monash, Mornington Peninsula, Yarra Rangers and Whitehorse) representing over two million plus residents have joined with other entities to form the Regional Local Government Homelessness and Social Housing Group to provide a unified voice to tackle homelessness.

With current local information we can join with these voices and go to state and federal politicians to ask that the issue of homelessness be addressed NOW.

Mooroopna and COVID-19

Isolation

As the Secretary of Mooroopna, I write this report feeling so proud of each of our 15 members. Like everybody else we have had to find another way of communicating with each other – whilst following the ‘rules’ of COVID-19. What a change to our daily living this has brought to us. Whilst we all ‘get’ the social distancing, washing hands, applying sanitiser etc., I think the biggest learning curve for some of us has been the implementation of methods of communication; for example – lots of emails to read, downloading material to read and understand, and the biggest challenge being that four letter word called ZOOM. “Where will we Zoom to, you may well ask?” For most of us we could describe ‘Zoom’ as a camera shot – making a subject closer or far away, or explaining that a red car just zoomed by us! But here in COVID-19 reality I am very proud of a few members who have mastered Zoom meetings very well.

March 2020 saw us cancel our meeting – but we did not think that this COVID business would be around very long. We thought Australia might have some cases as we are an island country and surely it would not impact us as it did in Europe and America for example.

Members were fairly quiet as we went about our business, making the odd phone call to see ‘who was doing what’. We were all given a lovely surprise when our esteemed member ‘Judy’ posted out to each of us a lovely teapot made from a card with a little verse inside of it and a tea-bag attached. Well I can say that this certainly lifted my spirits. We have a member who is travelling around our great land, and she sends us hope and love with her weekly ‘Nomad’ newsletter. This also lifts my spirits. With the assistance of Mr Google I take myself off to where she is currently based, enjoy the warm Queensland sunshine she has for her travels and marvel at her photography of our land. She is also crafting items for the Exhibition.

April saw the meeting cancelled once again. At this stage it was announced that the world was dealing with this unknown virus. We are at war with an enemy we cannot see. The focus of our leaders was ‘how are we going to get through Anzac Day – how do we pay our respects?’

One of our members made some Anzac biscuits and picked some ‘gumnuts’ and attached them to the April Group Notes. This went out to every member. As well as that gesture most of us had some sort of respectful item at the entrance of our homes. A wreath made of poppies, or the ‘Ode of Remembrance’, displayed at our home front. I am amazed how innovative our members are when true to our Australian hearts we need to carry on our ANZAC tradition...this COVID ‘thing’ is not going to get in our way.

May came and of course we are all wondering how each other is going. The President of our branch made a call to each of us asking how we were. We are all coping...but we may ask...this COVID-19 thing is getting out of control. The Premier is making a daily report to all Victorians at 11am... so we all listen intently to what shall we do. Can we see each other? Yes - restrictions are lifted a little. We can now have five people in our homes, not many, but something at least

that makes us feel human again, although we must not touch. Some members visit and say a quick hello to one another but keep within the restriction process.

Some of us joke among ourselves – quite naughtily, we best not die for we can only have 10 people at our funeral. 10 people you say. What in a little country town like ours - the churches overflow most times and all friends mill around outside the doors listening intently to what is being said about the deceased. One of our dearest members did have surgery but she returned to us bigger and better than ever; one more to help with this COVID thing! Everything the CWA does and stands for is getting cancelled before our very eyes.

Once again I make the trek to the venue where we hold our meetings to say ‘please cancel’. As we are an ageing group, and we are not so sure about becoming infected by this COVID thing!

What about our CWA annual church service, and another says, what about ‘Women walk the World’? We always do that and get horribly wet or be incredibly cold by the time we take a coffee together and count the finances that we have raised to support ‘Pennies for Friendship’. In our May Group Notes our Group President and our Group Secretary end the newsletter with the words ‘**Be safe and stay in touch with each other.**’

June arrives and so does winter. The COVID thing (which by now is starting to take hold in our state of Victoria) is not too bad during winter for isolation purposes, as it is warmer to stay inside than face the elements outside. Although most of us do our daily walk for exercise. We are all chatting to one another on the phone seeing what craft and cooking is being done and needs to be done. Some of us are organising craft and donation requirements that are communicated to us from our State President Marion at Headquarters in Melbourne. What a job she has and does. So some members have donated clothes to the women and men of the fire ravaged areas of Victoria. How privileged am I to sit in my warm home with all of the comforts whilst these families are living in caravans and trying to deal with winter as well as having no possessions. There for the Grace of God go I. Members have made ‘terylene bags’, small knee quilts and other types of welfare items requested by various business interests around CWA of Victoria .

July had our members chatting to each other. A couple of them are so excited that we have arranged to have a little group discussion about issues that we face as Goulburn Valley West. Oh, how wonderful to have our friends nearby us and to share that special cup of tea and somebody’s favourite slice that has been made for morning tea. Crafty members will bring along their ‘iso’ projects that they have been working on. The non-craft ones will ooh and aah – like me – wondering how the heck they can produce such an item. Oh, thank the lord I can turn out a cake now and then!! About our meetings - once again I tell the venue holder to cancel our meeting room. We just can’t deal with the COVID thing at our age and stage of our lives!!

Rules have been put in place; social distancing first and foremost. Each branch is having a small group discussion then

taking it on to a GVWest forum of two member delegates with the Group President and Group Secretary. This replaced our August Group Conference. Our Nomad sister has been crafting her heart out in the Queensland bush. She has sent to each member a small crafted fabric elephant for the purpose of a pin cushion. They arrive in all colours and we eagerly choose which one pulls at our heart strings. Thank you, thank you; what an effort.

We are all engaging with each other over the COVID-19 thing. Can it get much worse? Of course it can - look at Melbourne and the daily statistics. Members have been given the pattern for a face mask, which we all have been asked to wear when we can't maintain social distancing whilst out of the home setting. Some of us will sew these for ourselves family and friends.

As members of Mooroopna we will reflect on a little verse from our 'Collect' that says it all 'Grant that we may realise that it is the little things that create differences; that in the big things of life we are one'. In this battle with COVID19 'we are one'.

As members of the Country Women's Association of Victoria – and the Goulburn Valley West Group – we have certainly persisted with COVID-19 and I am sure that reflects in all of our daily living circumstances. It has made us stronger and certainly given ourselves lots of learnings to deal with COVID-19 and all it brings with it. I can only silently pray that it leaves our shores as quickly as it came and dispersed itself amongst our communities.

Barbara Carter
Branch Secretary

The Trials of COVID-19

For CARINYA members the lockdown has turned into some very productive, rewarding and challenging past-times.

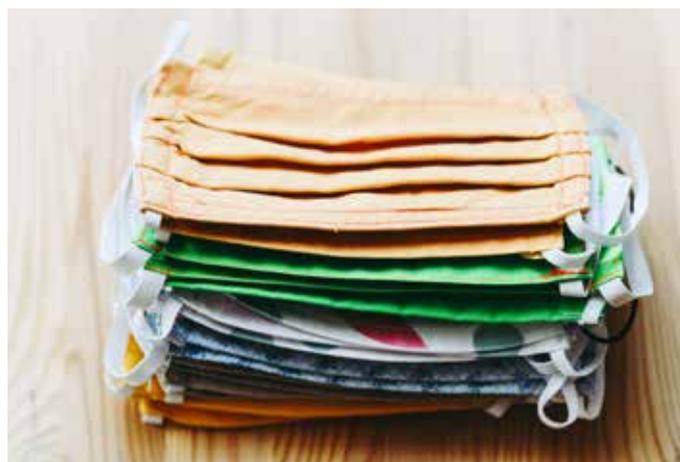
When I do my fortnightly ring around or text, I am hearing about the knitting done for great-grandies, crosswords that have been actually finished, many books that have been read, charity knitting of coat hangers and beanies, crochet rugs, the jigsaw that was eventually completed after searching for that elusive last missing piece that turned out to be stuck in the box, and a husband, who after 30 years, has to listen to 'I'll be there when I finish this row'. It seems everything is on hold, even meal preparations.

I'm told that gardens have never looked better, for passers-by only to admire, biscuit and cake tins are full, the waist line is fuller. At times the scales groan. Many dinners are the first time concoctions for unsuspecting husbands. Doctors' visits are usually over the phone, but when it's fact-to-face (mask to mask) visits, it is a thrill to get out of the trackies and slippers. Seeing others in the neighbourhood doing lawns, gardens or walking the dog – you didn't even know that they had one!

A supermarket customer near me whose three year old boy told me "Santa has probably got 'Code Teen', he won't be coming for Christmas." Precious, but sad.

My ladies are positive, no whingeing about being bored, only complaint is missing CWA. It's been February since our last get-together, but we're not alone, branches everywhere are just like us. We'll all get through this together.

Helene Drayton
Carinya Branch President



Which is the most common name for CWA members?

This may not be a question which you have asked yourself, but as I was writing names onto 4,800 raffle tickets, I did wonder. I had a hypothesis, and as I had a spreadsheet with all the names listed, it was fairly easy to look to see if I was right.

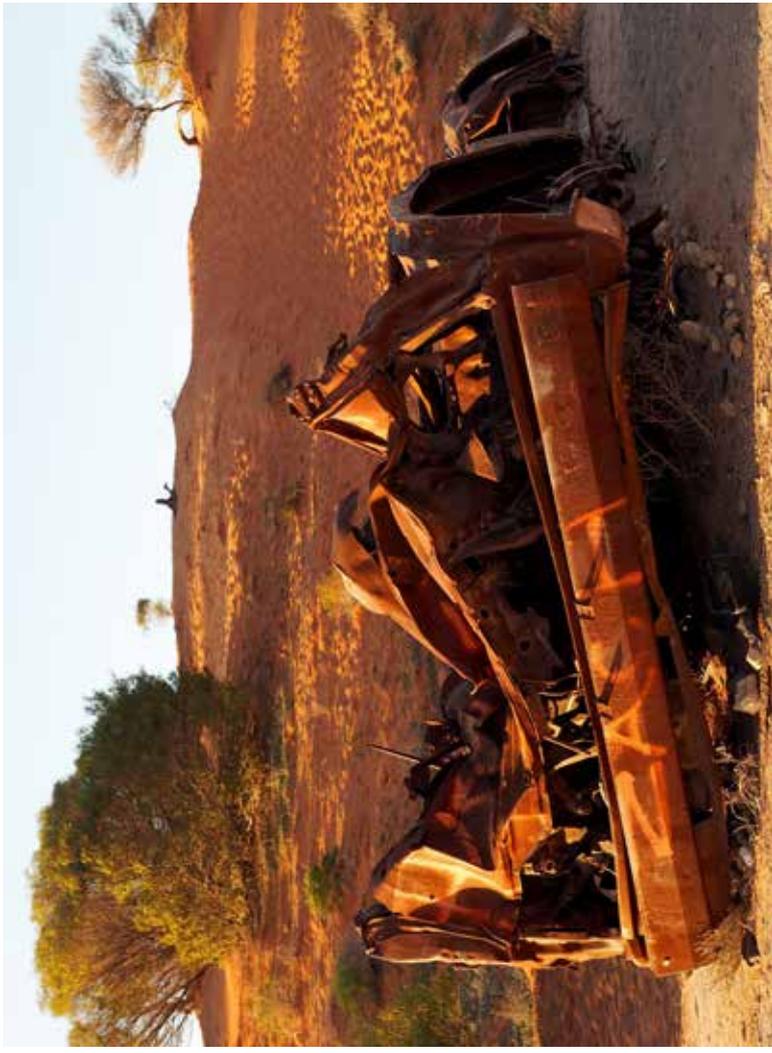
Here are the most common names, arranged in alphabetical order, with variants of the same name grouped together:

Ann / Anne / Anne Marie
Bev / Beverley / Beverly
Catherine / Cate / Cathy / Katherine / Kate / Kathy
Dorothy / Dot
Jennifer / Jenni / Jennie / Jenny
Judith / Judi / Judy
Lyn / Lynne / Lynette
Margaret / Marg
Pam / Pamela
Sue / Susan / Suzanne

Can you re-arrange them in order from most popular to least popular? The correct order, with the number of instances of each name, will be published next month.

Heather Scott
Creative Arts Committee Chairperson

Entries from 2020 State Photography Competition







Dad and Girl mural

Rural Aid Farm Rescue

When I was in Wandoan last year, I picked up a brochure about Rural Aid asking for volunteers to help at Farm Rescues they hold in rural towns. As we like to help in any way we can while travelling, we applied to assist and were accepted. The first rescue we attended was in Wondai where we were working on a dairy farm helping with some painting, mechanical work, building a path to the clothesline and securing some walls in the dairy. I struggled on this rescue, as I am not capable of a lot of physical work, so we left there with me in a hole.

After some time, we decided to assist again with the paid workers realising that I am not a physical person so they had me down to make some curtains. That was to be in March at Gayndah. Then COVID-19 hit and all plans were postponed.

Once some restrictions were lifted the Farm Rescue at Gayndah was back on the cards with COVID-19 regulations, and I was asked to help in the kitchen. I gladly accepted and we headed there in July together with 47 other volunteers. We set up in the Gayndah Showgrounds using their kitchen and hall.

There were eight teams altogether working on farms and community projects. Each morning the teams would head out at 8am to do their work and be back by 4pm. My job was to organise the lunches and morning teas for them to take out with them. This was not easy as I did not have any guidelines to follow - it was a huge learning curve. I fronted the kitchen at 6am to turn on the urn and set up what was needed for the lunch making. At 7am four volunteers would come in and fill the orders. It was like a tuck shop with everyone submitting an order the day before from a choice of sandwiches or salad. When the team orders were finished, I would pack a cool bag for a member of the team to collect at 8am.

Then it was time to prep for the next day. First, I worked out what was needed then made a list for the other couple of women to cut up. They had spent the time serving breakfasts as nobody could just help themselves. I collated the orders for the following day and worked out a shopping list. I picked out the fruit required and made sure there were morning teas made and ready to be packed - they were very spoilt with homemade slices and biscuits.

Lindsay spent time on a farm fencing a cattle yard with huge logs that had been farmed from the property. It was no easy feat but the end result was amazing. Other teams worked on painting the Guide Hall, built a gate for the racecourse, worked at the Historical Society and renovated a kitchen at a farm house, as well as numerous other jobs. It was a fabulous week of camaraderie and achievement. We were the recipients of the Captain's Pick award for going above and beyond expected duties.

A month later Monto was the next stop. Once again, we stayed at the showgrounds and used the facilities. This time there were 43 people and six teams working on farms and community activities. I found it easier in the kitchen as I had written guidelines and lists of duties to follow which made a huge difference. I was asked one day if I had run a tuck shop as it was so organised.

Lindsay worked on Mungungo Hall where they had some pipe work to fix and put up an outside wall as well as painting. On completion it looked like a different building. Then his team went onto a farm to put up a 4-strand barbed wire fence. Other teams worked on the showgrounds doing a lot of painting, the sports field, farms and an art walk in the middle of town - the murals there are amazing. I made some aprons for our kitchen team which were a big hit, loved by all.



Community groups in the area come in to supply us with an evening meal with one free night each rescue. A lot of money is spent in the town, and a lot of work done which is greatly appreciated by the locals. It truly is a wonderful organisation to support.

Lockington was on the books to be made over this year but due to COVID-19 has been put on hold. The next stop is Cunnumulla then Alpha. They are keeping them in Queensland for the time being until it is safe to cross the border. We will have to see what happens by March as to where the Rescues will be held. There were four in New South Wales, Lockington in Victoria and Orroroo in South Australia that were to be completed this year.

If anyone is interested in helping out, go to the Rural Aid website to find more information.

Heather Drust
Mooroopna

Captain's Pick winners Lindsay and Heather Drust

REGIONAL VICTORIA'S VIRTUAL AGRICULTURAL SHOW

This wonderful, morale boosting event took place live on Thursday 10 September 2020 on state-wide regional ABC radio. How did this all come about and how did it work?

Jeremy Lee, the South West ABC radio breakfast host, rang me with his bright idea and asked me how we could judge if such an event happened. He had settled on 7 show categories and was looking for CWA judges for the categories. The only category not judged by CWA was the limerick section which was judged by local Port Fairy author Jock Serong. I referred him to our Creative Arts Committee Chairperson Heather Scott who organised the judges. The sections and their judges were:

Fruit and Vegetables	Marilyn Mackie
Decorated Cupcake	Mary Grant
Scones	Janette O'Keefe
Floral Art	Wendy Earwicker
Best Decorated Face Mask (very relevant)	Pam Mawson
Best Pet	Susan Campbell-Wright

Jeremy was taken aback at how the idea took off and just how many entries came through - 600!!!! Poor Susan Campbell-Wright managed a huge selection of entries extremely diplomatically and, instead of one section, Best Pet became three sections. Lots of dogs and cats of course, along with pet sheep and cows, and the strangest of all – a pet tarantula. It showed the importance of our Agricultural Shows to our communities and how much we were all missing the fun of them. In many small communities across Victoria they are the highlight of the year's calendar of events.

Following the hour when the judges announced the winners of each section, who were then briefly interviewed on radio, there was a phone-in session of memories of past Shows. Some of the memories involved the annual ritual of a new dress to wear to the Show, racing home from school to cook (and in my girls' case, argue over whose turn it was to use the oven next), pouring over the showbag list to decide what to spend pocket money on, and running around the garden looking for the best flowers to go in the floral saucer section.

Our Agricultural Shows play such a large part in the cultural and social fabric of our communities, and we just can't wait to enter our favourite section or to just attend and buy showbags and hot jam donuts next year.

Janette O'Keefe
Home Industries Judge



Fruit and Vegetable



Floral Art



Scones



Cup Cake

'Easy as a beanie' baby jacket

This is a top down raglan pattern. Easy to knit and easy to get on and off. The off-centre front makes it easy to fasten and the hospital our CWA Branch sends them to likes easy access to the baby's tummy! Might also mean less dribble on the button.

You will need:

For newborn size:

150 grams of 4 ply yarn
3.25 mm needles
approx. 1m thin ribbon and a blunt ended needle

For 3 month size:

150 grams of 8 ply yarn
4.00 mm needles
approx. 1m thin ribbon and a blunt ended needle

Choosing the right size needles for the yarn is part of the art of great knitting. It used to be possible to be sure that the ply of wool was the same across different brands. It's not critical for this pattern as babies come in all sizes, but if you are knitting something where the size matters, you need to be careful. Some thin ones labelled 8ply need to be treated like 4ply. If not sure, knit a tension square.

Pattern

Cast on 53 stitches

All rows are knit rows, called garter stitch. (Although you could choose other stitches that you know!)

- Row 1. Knit
Row 2. Knit
Row 3. Buttonhole row: knit 3, yarn over needle, knit 2 together, knit to end
Row 4. Knit
Row 5. This is the row where you put markers for increasing. Make sure you are starting from the button hole end. You can use special plastic markers or yarn of a different colour tied into small circles. Knit 19, place marker onto the needle, knit 2, place marker, knit 22, place marker, knit 2, place marker, knit 8.
Row 6 and alternate rows. (Increase row) Knit across the row, moving the markers from needle to needle as you go, increasing before the last stitch before each marker, and after the first stitch after each marker. [61 stitches] Instructions for increasing are on next page.
(Take notice, or mark, which end you start with so you keep increasing on same alternate row)
Row 7 and alternate rows. Knit

Continue repeating rows 6 and 7 until you have 52 stitches on back section, and a total of 173 stitches:

Buttonhole Front	Sleeve	Back	Sleeve	Front
34 stitches	32 stitches	52 stitches	32 stitches	23 stitches

Continue knitting all rows, keeping markers in place until jacket measures 13cms from centre back.

This is when you divide for front, sleeves back etc.

Starting from buttonhole end, Knit 34, drop marker off, knit 1 stitch and return this stitch to left needle. (This is so the yarn is ready for the sleeve.)

Using length of thin ribbon on a blunt ended tapestry type needle put the 34 stitches from the right needle onto the ribbon.

Slip first stitch onto right hand needle, knit to next marker.

Using other end of the ribbon put the next 52 stitches (these are the back) onto the ribbon.

Knit across to next marker using other end of the ball of yarn.

Put the remaining stitches onto the ribbon

You should now have two sleeves on the needle. Fronts and back connected with the ribbon.

Now to knit the sleeves using the two ends of the ball of yarn.

Continue knitting in garter stitch.

Sleeve Row 20. Decrease by knitting two together at each end of sleeve

Sleeve Row 30. Decrease by knitting two together at each end of sleeve. [28 stitches]

Continue until sleeve measures 10cm – or 12 cm if you fancy a turned back cuff (measure from underarm where you divided for sleeve).

Cast off loosely (or in rib if you know how!).

Body

Put stitches from fronts and back, back onto one needle starting at no-buttonhole side of front.

Slip first 34 stitches (buttonhole side) without knitting them as they were knitted earlier, join in yarn and continue to knit across the body and other front.



Tension

This jacket has been designed at a tension of 28 stitches per 10cm, using 3.25 mm needles, for the newborn size, and 22 stitches per 10cm, using 4.00mm needles, for the 3 month size, worked in stocking stitch. Check your tension by knitting a tension square: using the needles and yarn indicated, cast on 35 stitches. Work 40 rows stocking stitch (1st row: Knit; 2nd row: Purl; repeat these 2 rows). Place two pins 10 cm apart, and count stitches between pins. If you have less stitches, use smaller needles. If you have more stitches, use larger needles.

Continue to knit all rows until jacket measures 23cm from the top of centre back or longer if you want.

Cast off. Decide which side looks best or which side you want the button. Turn the jacket to the inside. Sew up sleeve seams. Turn right side out. Sew on button.

You're done – and you finished before the baby outgrew the jacket!

Part way down the sleeves
Types of markers
showing the ribbon holding
the stitches from fronts and back

Increasing

For this pattern you do this before the last stitch before marker and after the first stitch after the marker. (The stitch either side of the marker is a knit stitch)

Pick up yarn from row
Then put the yarn over
Then knit into the back below and place onto left using the right hand of stitch
needle

Note: The above pattern was provided by Vivien Speight for the *Grow, Connect, Improve Project* on cwaofvic.org.au



Careful

Everyone PLEASE be careful because people are going crazy from being locked down at home!

I was just talking about this with the microwave and the toaster while drinking my coffee, and we all agreed that things are getting bad.

I didn't mention any of this to the washing machine, because she puts a different spin on EVERYTHING!! Certainly couldn't share with the fridge, cause he's been acting cold and distant!

In the end, the iron straightened me out! She said the situation isn't all that pressing and all the wrinkles will soon get ironed out!

The vacuum, however, was very unsympathetic...told me to just suck it up buttercup!

But the fan was VERY optimistic and gave me hope that it will all blow over soon!

The toilet looked a bit flushed but didn't say anything when I asked its opinion, but the front door said I was becoming unhinged and the doorknob told me to get a grip!!

You can just about guess what the curtains told me: they told me to "pull myself together!"

We will survive!!

Submitted by Glenys Ball of Donvale Branch. Author unknown.

Congratulations to Trentham Branch who celebrated their 90th Birthday in July 2020.

Status of Women Committee

The United Nations of Australia Victorian Division Status of Women Committee is always a thought-provoking meeting. This time we talked about the economic stimulus package and noticed it is much more focused towards male dominated jobs in building. A question I will be asking myself when initiatives are announced: "Is this fair to women?"

We heard about a Senate Select Committee submission on COVID-19. It's interesting to see women-focused ideas. The report is due June 2022. Items 9-13 might need our support later.

Recommendations

Permanent investments

8. Permanently increase JobSeeker and related payments in line with costs of living, and link rate to wage growth, and boost Commonwealth Rent Assistance;
9. Reform the Child Care Subsidy, including investigating an increase in the subsidy and taper to address the Workforce Disincentive Rate;
10. Increase resourcing to women's specialist sexual, domestic and family violence services, including women's and Aboriginal and Torres Strait Islander community controlled legal services, to respond to increased rates of gender-based violence during the pandemic;
11. Make sexual and reproductive health Medicare Benefits Schedule item numbers permanently available to all telehealth providers;
12. Fund a national women's health peak body to provide critical, timely and evidence-based advice on health, by returning resourcing to the Australian Women's Health Network;
13. Renew funding for the six National Women's Alliances for a period of four years (July 2021 to June 2025) to permit multi-year engagement with the Federal Government which bring women's voices to the COVID-19 recovery. A women's alliance for women with disability, auspiced by Women with Disabilities Australia, should also be established.

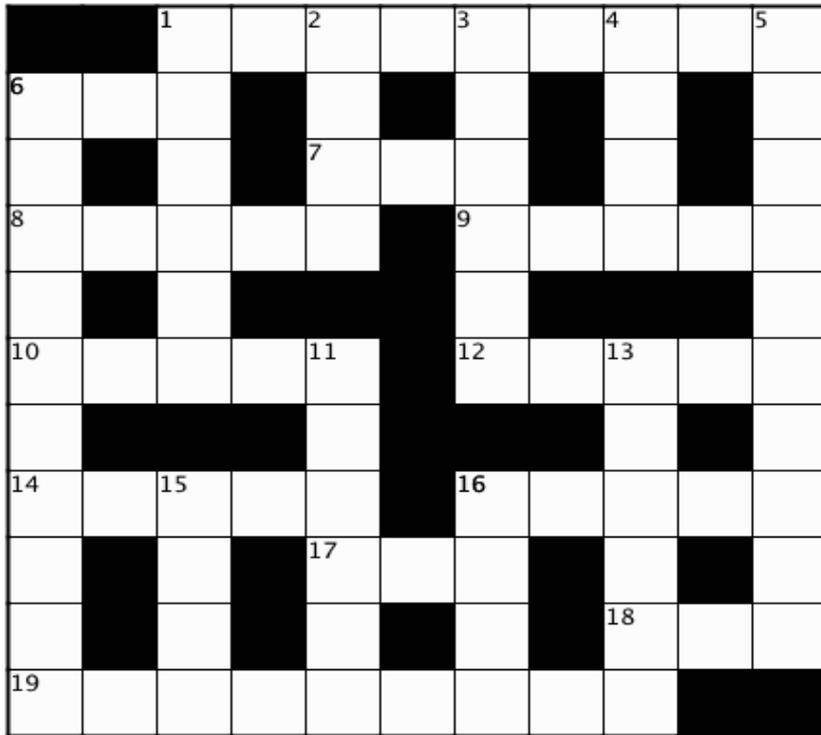
Viv Speight

ACWW/International/Community
Support Committee Chairperson

November Puzzles



Cryptic Crossword (plus Quick Crossword clues)



Sudoku

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

Answers will appear in the
DECEMBER 2020
Magazine

CRYPTIC CLUES

Across

- Like one doing backflips off a cab or tic? (9)
- Just short of gravy (3)
- Great admirer of Dyson, perhaps (3)
- One piece or separate? (5)
- “Grand noms!” Contrary restaurant disclaimer?! (2,3)
- Slink out from ovens (5)
- Boredom appears in any given nuisance (5)
- Currency regret around sports class? (5)
- Delta crying without wings of chirper at death’s door (5)
- Calls due – owe a pair? (3)
- Poh is back for a dance (3)
- They chew the cud over main turns (9)

Down

- Assault donkey with pain (6)
- Floating platform array (4)
- 3, 16 down: Lake Eildon tourist town hosts Osmond benefit for Spooner (6,4)
- Martha Stewart, no laugh, came up on a streetcar (4)
- Paying for an expulsion strategy? (8,2)
- She led Victoria from a jerk on RN? I was converted! (4,6)
- Country vegetable grown last (6)
- Horse sounds like eight shortly between the poles (6)
- Mashed lump of fruit (4)
- See 3 down

QUICK CLUES

Across

- Like a gymnast (9)
- Sauce (3)
- Devotee (3)
- Joy Division song, *Love Will Tear Us* ____ (5)
- Food additive label (2,3)
- Ovens (5)
- Boredom (5)
- Indian currency (5)
- Expiring (5)
- Pair (4)
- Dance (3)
- Cows, goats and deer (9)

Down

- Attack (6)
- Large amount (4)
- 3, 16 down: Tourist town on Lake Eildon (6,4)
- Form of public transport (4)
- Reluctantly contributing money (8,2)
- Former Victorian Premier (4,6)
- European country (6)
- Equine sounds (6)
- Stone fruit (4)
- See 3 down

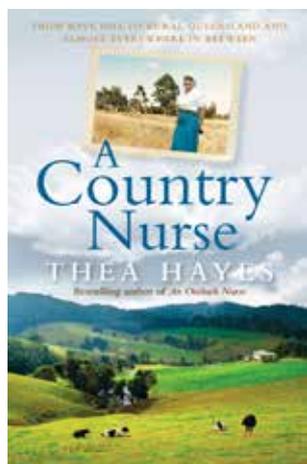
Book competition

This month we are pleased to offer a competition to receive a free copy of the book *A Country Nurse*, written by Thea Hayes and published by Allen and Unwin.

To enter, please send a note explaining, in one paragraph, *your best nurse or nursing story*. Please either post, or email (cwamagazine@cwaofvic.org.au), entries to Magazine Editor, The Country Women's Association of Victoria Inc., 3 Lansell Rd, Toorak, Vic 3142 **before 4 December 2020**. Please **write your full name and member number on the entry** so we can identify you, if you are the winner, in order to post out the book. The prize winner will be randomly drawn from the received entries. The winning entry may be printed in the magazine.

About the author

Thea Hayes qualified as a nurse in Sydney in 1959. Her first posting was to a remote station in the Northern Territory called Wave Hill. She now lives in Regional NSW. Her first book, *An Outback Nurse*, was published with Allen and Unwin in 2014.



A Country Nurse

by Thea Hayes

Thea Hayes spent twenty years living and working on Wave Hill Station in the Northern Territory. She arrived as a twenty-two-year-old nurse from Sydney, but when she left in 1979 she was married with four children and eager for her next adventure.

And what twists and turns her new life in rural Queensland had in store. From a stint running a corner shop in the

small town of Toogoolawah to dairy and cattle farming and working as a nurse in hospitals and nursing homes, Thea's life was eternally colourful. At the age of sixty-five, after losing her husband Ralph, Thea moved to London to work as a nurse and travel around Europe. Back home in Australia, she found a second chance at love with a country boy from WA, and her new life with Bob began with a caravan, a dangerous farming floodplain and a swag full of laughs.

A Country Nurse charts Thea's rich and inspiring life, from Wave Hill to North Stradbroke Island, London to the Riverina in NSW, and just about everywhere in between. This is the story of an ordinary girl from Wollongong who has lived her extraordinary life to the fullest.

Thank you Allen and Unwin for supplying a free copy of *A Country Nurse* for our competition.

Dingley's Special Birthdays

The following members of DINGLEY celebrated their special birthdays over the last two months – Kath Kirkcaldy (95), Dorothy Williams (90), Shirley Mill (90), Irene McDonald (80), Julie Denyer (80), Joy Reyment (80), Margaret Dolphin (70). Unfortunately they could not celebrate in



Julie Denyer.

the usual way, but family and friends made sure their special day was indeed very special with flowers, zoom hook up, videos full of family and friends good wishes and of course cake and many birthday cards and telephone calls.

We are all looking forward to the time when we can meet again and celebrate together.

(From top left) Dorothy Williams, Shirley Mill, Kath Kirkcaldy, Margaret Dolphin, Irene McDonald.



Birthday Celebration

Congratulations on an amazing milestone when Mrs. June Reid celebrates her 90th birthday on the 5th November. June is one of the longest serving and better-known members of Bendigo Northern Group.

June was living in Horsham in 1964 and when her youngest son Andrew started kindergarten, the church choir mistress invited her to join the Horsham Branch CWA and choir.

It was not long before June was also involved with the Branch drama group which with the choir was successful at CWA competitions and was invited to perform at South Australian Arts Festivals in Adelaide and Naracoorte. This was a great honor for the Branch and the beginning of June's involvement with Music and Drama.

However, the career of June's husband, Ian, with the Agriculture Department took the family across the State where she belonged to the CWA branch wherever the family resided. In 1975 at Yea, June became President and Choir leader of the Branch. It was during that time she was invited to join the State Music and Drama Committee which she served on for over 40 years – two of these as State Convenor.

The Reid family moved to Bendigo in 1977 where June was a member of the Strathdale Branch for 27 years until its closure.

During those years she gained her Adjudicator Badges for Choral and Drama, Song and Costume and Public Speaking. June went on to be Group President of Bendigo Northern for two terms and has held most office bearing positions at Branch and Group level. Life Membership was recognition of her service to Bendigo Northern Group.

June served as State President from 1995-7 and has been on a wide range of State Council committees, always furthering the interests of the country women of Victoria. She has been a delegate and leader at the World Conference of the ACWW, and has attended many South Pacific Area Conferences, as both observer and delegate.



Bendigo Northern Member June Reid

The highlight of her many community activities was to serve as Mayoress alongside her husband Ian on the Eaglehawk Borough Council in 1983-4.

In recognition of her many services to the community, June was awarded an Order of Australia Medal (OAM) in 2015.

Currently June is a member of Kangaroo Flat Branch and in the capacity of mentor and adviser, her knowledge has led to the Bendigo Northern Group's success in Public Speaking. She is an inspiration to us all.

While celebrating her 90 years, we thank June for her dedication to CWA at State, National and International levels and wish her happy years ahead, good health, and happiness with her family and much enjoyment with the church and other activities in her busy life.

Greta Balsillie

President Kangaroo Flat Branch
on behalf of Bendigo Northern Group

BRANCH and GROUP

Outdoor meeting.

LOWANNA HILLS/NEWBOROUGH members enjoyed their outdoor meeting in the Moe Botanic Gardens after the relaxation of the COVID19 rules for regional Victoria. Despite the gusty wind and noisy surrounds it was great to meet face to face (albeit) with masks and distancing.

(L-R) Lowanna Hills/Newborough members Beryl Brien, Elaine Boyes, Shirley Allchin, Maureen Siinmaa and Marj Sheldon-Collins.



Shop window display in Bendigo.

In September BENDIGO NORTHERN GROUP members set up a display in a large empty shop window. The activity was inspired by the State President's weekly newsletter - thank you for circulating branch ideas so that others can build on them. We read that Central Victoria Group had used shop windows to display their wares and to promote CWA and thought that's something we could do too.

During September Bendigo Branch would normally hold a stall in the shopping centre and as this was not possible, we decided to use an empty shopfront to promote CWA.



Window Displays in Bendigo



Members from four of our branches contributed goods for the display and it will be in place until the end of September.

During the first morning, a new member was signed up, and others expressed an interest in learning more about our activities. We sold two cookbooks, a tea towel and two face masks, even though we were not 'open for business'. All-in-all a very successful project for our local branches.

CWA – Friendship in Action

Helping others and friendship are two of the basic values that underpin CWA membership. At the moment, members of the Beaufort branch are extending that friendship out into the community. During the last lockdown, Beaufort CWA members acknowledged the efforts made by local businesses and organisations by delivering Certificates of Appreciation and, a little later, homemade cakes and slices.

This time around members are doing letterbox drops to those who are unable to leave their homes. At their last meeting, members drew up a list of people whom they believed might appreciate a friendly gesture during these difficult times.

"We have about 30 names on our list. They are mostly single people who live alone but there are some couples. We just leave a note in the letterbox asking if they are OK and if there is anything that we can help them with. Some members are leaving tea bags to say, 'have a cuppa on us' and a number they can call if they want to get in touch. CWA is all about friendship," CWA president Pam Weller said.

If you, or anyone you know would like to be included in the CWA friendship circle, you can contact Pam on 0438 602 601 or email beaufortcwa@gmail.com

Article printed with permission of 'Pyrenees Advocate'

Christmas Bunting

For Christmas 2019, the DAYLESFORD HEPBURN members created metres and metres of red and green bunting to decorate the main street of Daylesford. Everyone in the town (visitors, shop owners and locals too!) enjoyed the bunting and said that it gave the town a bit of a festive air without being 'over the top'.

Our branch spent an enjoyable evening putting up the bunting where we could along the shop fronts and got lots of great comments.

We then had some discussions with Daylesford District Community Developments (the arm of Daylesford District Community Bank Branch of Bendigo Bank that provides community grants) about sponsoring us to make even more bunting for 2020... and we got the grant! They were wonderful to deal with, so enthusiastic for us to provide the town with some great decorations and something to smile about.

And for Christmas 2020 we hope we will have even MORE reason to smile and that we will be able to be out and about and welcoming people into our region again.

With the first part of our grant we have purchased bolts and bolts of red and green fabric and over the months between August and November we have been, and will be, working hard cutting and sewing up a storm.

We hope to be able to cover the main street of Daylesford this year and move onto Howe Street and Hepburn Springs in the following years.



Bolts of red and green fabric ready for making the bunting



Bunting display during Christmas 2019

Wodonga News

WODONGA members were thrilled to welcome Thea Clara-Jean Wallace to our Branch. Thea is a fourth generation member of Wodonga, with Grandmother Lisa, Mother Katrina, and Aunt Jess current members. Sadly, Thea's Great Grandmother, Clara, passed away last year and is still sadly missed by our members but we know she is still with us in spirit in many ways. She would have been so proud of Thea.



(L-R) Katrina Wallace, Lisa Chick, Thea Wallace and Jess Kirkbride

Defibrillator for Corryong CFA Brigade

After hearing the State President mention that if branches could help someone affected by the fires, DONVALE members decided to look around for a CWA out in the country without a defibrillator. Funds for the purchase of the defibrillator would come from our Council catering in February.

We discovered from Warwick Ross that the Corryong CFA, who were in the middle of tremendous fires in January, did not have a defibrillator. Warwick said it was horrific as they were surrounded by fires on all four sides. As most of his members are elderly, he said to have a defibrillator was a comfort to his members. As we could not go to Corryong to hand over the defibrillator, Warwick collected it from Albury complete with the case.

We were so pleased we could help a community so far away that was devastated by fires.



Captain Matt Pilli proudly displaying the defibrillator donated to Corryong Brigade by Donvale members.

News from CWA Potters

Our hospital has requested WOOLLEN singlets as acrylic is not warm enough. Shepparton has babies from throughout the State with some here for long periods of time. The mothers are given three singlets each and are taught how to wash the wool.

We also provide Care bears and trauma dolls with the hospital coats, just the hospital coats to put on the children's own toys, and knitted balls to entertain children. These goods are required regularly as children take the goods home to stop cross infection.

Two of our members support the Angel Gowns, and we give full time support to the Shepparton branch of the Carolyn Chisholm Society.



Items provided by CWA Potters members to local hospital

Kiewa Valley News Update

Since our last report in the October magazine three further trips have been undertaken to provide desperately needed warm men's clothing and blankets for the people living in caravans, sheds, etc. and one member donated a vacuum cleaner. Two large black garbage bags full of wool and knitted items, including slippers, mittens, children's jackets, etc. as well as women's overcoats, handbags, quilts and doonas have also been taken up to the Hub in Corryong

The last two trips prior to lockdown, members from Kiewa, Kergunyah and Wodonga Branches provided three shopping bags full of slices, Anzac biscuits, cakes, fruit cakes, etc. for the people from Blaze Aid working in the area replacing fences, etc. Members received a phone call 20 minutes into their trip home to say that the vacuum and blankets had already gone to a needy home.

Nine Aprons were made and sent up to the people who provide meals for Blaze Aid workers. As well, three members went to Tallangatta Animal Rescue and sewed 20 Joey pouches.

Kiewa Valley Group members Shelly Schreiber and Nerida Scalzo with a fully laden car boot



Face Masks Raise Funds

Sewing face masks has proven to be the most successful fundraising effort in the history of the TRARALGON Branches raising over \$4,000.

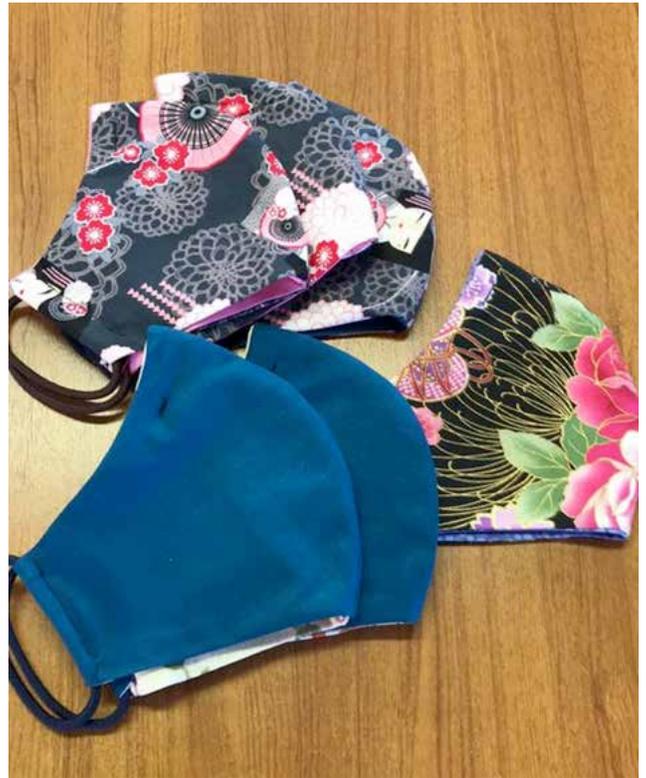
When the Victorian Government announced that face coverings would become mandatory across the State, both the Day and Evening Branches capitalised on the opportunity to utilise their sewing skills and enviable fabric stashes to create a range of stylish reusable face masks.

Evening Branch President, Kelly Abbott, said branch members were stunned at the popularity of the masks and excited about how the money raised can be used to assist local families.

Branch members saw a need in our community and, as CWA ladies have always done, members sprung into action and collaborated to help out.

We used our sewing skills and taught each other, modifying the design as we went. Masks were hand-delivered into letterboxes or posted for those in the community who could not go out, as part of our project to help the vulnerable in our community gain access to this now vital equipment. We quickly ran out of elastic, as did everyone else in Victoria, so we improvised in typical CWA fashion; using elastic headbands, elastic posted from interstate relatives and even elastic from fitted sheets.

All money raised from the project will return to the local community following the organisation's upcoming Annual General Meeting, where members will vote on the local causes they would like to support in 2020/2021.



Faces masks made by Traralgon members

Short story from Literature Competition

The following was a first prize winner in the 2020 State Literature Competition in the section 'If I knew then what I know now'.

An unexpected friendship

My arrival in a small township in South Gippsland occurred in February 2018 and I landed in the local caravan park, as there were no rental properties available to me whilst my house settlement took place.

Yarram is a town of 2,100 people, and I relocated to study my family history. They had been early settlers, and reading about their lives in early newspapers on Trove, from my home in the Upper Murray of NSW had me completely intrigued. The names of the settlement areas included Port Albert, Woranga, Yarram Yarram, Tarraville, and Woodside. I wondered about these towns, how far they were from each other, what the landscape was like, and whether my ancestors' homes still existed. I was on an adventure to find out.

Selling my place was easy, as was buying in this new location. Prices were more than reasonable and my young adult children and I chose a place to purchase on our first visit down. We chose a 1950's typical suburban house and noted the places either side. The gardens looked tidy, more than tidy, so we assumed that the people must be nice. Nice gardens

meant nice people. That was our reasoning. It was important to me to have good neighbours, in fact it was something I was looking forward to as our nearest neighbour on the River Road in the Upper Murray was about 2 kilometres away. Over a few hills and valleys further up the river, the Murray River that is. Their place was out of sight, so it could feel fairly isolated, being about 60 kilometres in any direction to the nearest towns which are Holbrook, Albury or Tallangatta, across the river in Victoria. A visit to any of these places was an effort and a whole day's outing to make it worthwhile.

My first meeting with my neighbours on my western side in Yarram was on the first day I moved in, in mid-March 2018. I was attempting to reverse my 1970's caravan down the driveway, and it just wouldn't work. After numerous attempts I had it parked diagonally across the lawn, jack-knifed. Looking forward I noticed a fellow stifling laughter, with an older lady looking on. I was pleased to meet them, mother and son, when we greeted each other and we all chuckled at my numerous failed attempts of straightening up. Charlie is one of those strong fellows who can just lift a caravan off the tow ball and manoeuvre it to where it is supposed to go. I had met my westerly neighbours and we have been good friends ever since.

It was a few days until Easter Sunday when I met my other neighbour. Having had such good fortune in landing beside such friendly people on my west, I decided to buy a basket full of Easter Eggs and wander down the street on Easter Sunday to meet other neighbours. I had only just

passed my own driveway when I noticed a car reversing out of my eastern neighbours' driveway. Great, here she comes, I thought, as I correctly assumed this was my other neighbour. She pulled up alongside of the kerb and the passenger window opened. "Hi I'm Evie" I said as I passed the basket of eggs through the open window. "Is one for me" she asked as I nodded, and she chose one with a surprised "thank you". "By the way", she said, "I suppose you must be Christian?" and I nodded. "What denomination?" she asked. I told her Catholic, she told me she was Anglican and she was on her way to the service which was on at 10, "so I'd better be going". I stepped back from the open window. Before driving off she looked at me and asked a question which would forge for us a strong and immediate friendship: "Are you in the CWA?" I nodded, and with that she punched her arm in the air and said a determined "Yes!" whilst driving forward away from the kerb. I had just met Miriam, my eastern neighbour.

Over the next few months Miriam would pull in to the kerb as she had done on our first meeting, and I would travel with her to various CWA craft mornings and meetings at various locations around South Gippsland. She was always happy to drive, and I was happy to be a passenger learning about my new location and trying to get my bearings in unfamiliar territory. Often when returning home from meetings she would say "you don't have to be home straight away do you? Do you mind if we wander a bit, I want to check something out?" I learnt about her family cattle activities, transporting cattle on barges across the Tasman Sea from Flinders Island to Port Welshpool. It wasn't a case of her boasting, it was always an educational and informative conversation as she wandered along, commenting on the various boats that were moored at the jetties we visited. We would stop in at Op Shops on our way home, the Toora Newsagent to pick up her favourite magazine, and Port Albert to just sit and watch the seagulls soaring. Crossing the Albert River she would always comment "the tide's up" or "the tide's down". This was part of her sense of natural knowledge, of her very being. Tides were clearly an important aspect of her life, so different to my life and knowledge as an inland person living beside a freshwater river, the mighty Murray River.

At the 2018 CWA State Annual Conference, I was pleased to acknowledge that Miriam really trusted me when we travelled together to Melbourne and shared a room. I could feel that she was mentoring me, whilst I was pleased to be able to support her as an elderly lady out of the comfort of her own familiar home. I sensed that it was an effort for her to be there, and I enjoyed seeing her catching up with other senior acquaintances who obviously meant so much to her. On our return she asked if I would be a contact person for her Medical Alert Company, to which I agreed, and she gave me the relevant paperwork and the key to her front door.

As a practicing Catholic, I also enjoyed attending Anglican Services and social events with Miriam. She shared her faith with me and made sure I knew I was welcome to share in Holy Communion in her congregational church when I attended. She invited me to eat at the same table as her and her Church colleagues at the monthly Monday evening meals at the Club Hotel and later the Country Club. She would pull in to the curb to pick me up, then drop me home in the evening after dinner. Miriam was very courteous and respectful to me, ensuring I felt welcome and included in my new home town.

When her family came to stay for Christmas, she made sure that they stayed in my Bed and Breakfast rooms that I had established in the back two spare rooms of my house. It suited us both, I gained business customers and they had the

convenience of being next door. She introduced me to all her family, but we weren't too close and we respected each other's privacy. Miriam and I had our own families, our own lives.

I was thrilled when my elderly mother came to visit me, aided by my sisters, and I was able to introduce Julia to Miriam. Two elderly ladies met, with old fashioned sincere respect and gracious mannerisms. They were both of the same era and they knew how to behave in one another's company. It was a treasured afternoon that I knew was most unlikely to be repeated.

A few months into the year I was contacted by the Medical Alert Company, requesting me to go next door and be with Miriam whilst she waited for an ambulance, as she was feeling unwell. She had her case packed and asked me to get it for her. She explained to me that her mother had told her to always have a case packed and ready 'just in case'. Miriam returned home the next day, and I called in to ask how she was. "I'm fine", she answered, "just don't let the family know", she chuckled. She was still completely capable of looking after herself, and was preparing a pizza for her dinner when I left to go home next door. I somehow knew a trip to another State Conference together was not going to happen.

The International ACWW Conference was a special occasion, and Miriam had carefully considered how she could attend. She ensured a few months in advance that I would be able to drive her to Melbourne, and return home, for the Opening Day. She had special permission to be present at lunch-time to meet and greet some of her International and Interstate friends and colleagues. We left Yarram shortly after 7am and my daughter Mary acted as chauffeur for the day, as she is more familiar with inner-city Melbourne than I am. We intended to avoid public transport and park close to the venue. Miriam and Mary got along very well. Miriam always showed a genuine interest in Mary and her studies and craft, and Mary was respectful and helpful to our elderly neighbour. The three of us had very pleasant trip there and back. The highlight of the day was seeing Miriam enjoying the company of her seldom-seen friends over lunch. They were all so happy to see her, and she likewise.

In September of 2019, Yarram Branch hosted the Group Craft Day. Miriam was in attendance and I recall seeing her arrive and park in her usual spot on James Street. I walked across to greet her and carry in her basket which was our usual practice. Our morning consisted of a Trivia Quiz and Celebrity Heads. It was laughs and jokes all round, a very pleasant morning was had by all. Following lunch, Miriam felt unwell, and we knew to call an ambulance. She left the Yarram Branch club room sitting up on the stretcher. As she was wheeled out she said to us: "Sorry about this girls, carry on regardless!" and waved as the stretcher was slid into the back of the ambulance. This turned out to be her final CWA gathering and her final day in Yarram. She was hospitalised, and passed away three weeks later.

In presenting my recollection of our eighteen months as neighbours, I give thanks to a friendship that came about completely unexpectedly, and ended so quietly, so abruptly. It was a friendship based on mutual respect, enjoying our differences and celebrating our shared interest of CWA. She was a treasure, so non-judgemental, so reverent. As I reflect on our meeting that day in March 2018, these thoughts come to mind to sum up our friendship: "If I knew then what I know now, I wouldn't change a thing!"

Evie Buckley
Yarram Branch

Their Memory Lives On

CUDGEWA members are deeply saddened by the passing of **Lesley Waters**. Lesley was a member for several years and was always a willing member, who would do anything to help.

Lesley was always happy and very brave during her own battle. We will miss her friendship and wisdom greatly.

HAVILAH NIGHT (Maryborough) members were saddened by the passing of their long standing Member, **June Baxter**. June was one of the 'Younger Set' when this Branch was newly formed. She had been President on many occasions and held other offices as well. June was in the choir and drama group and quite the actor with her many skits with other members. She always entered the 'Best Bloom' and 'Novelty' competitions and was also a good cook and talented craftswoman. June was always generous with her time, and was a very supportive member who will be greatly missed.

HURSTBRIDGE members were saddened by the passing, in August, of our much loved member **Ann Russell (Hynes)**. Ann was an inaugural member of the Hurstbridge branch and willingly shared her time over the years as President, Vice-President and Secretary.

We will miss her many contributions to the branch, her cheery smile, her generosity and willingness to help. She will be greatly missed.

MEREBURN member **Helen Macauley**, 'big' sister of Christine Billingham [dec.] and Jeanette Dragt, is remembered for her beautiful knitting of branch entries for Shows and Exhibitions. She was never daunted by any knitting project. Helen also cheerfully helped at stalls etc. We will miss her warm and friendly presence.

MIRBOO members remember with love their dear friend **Edna Hobbs**, aged 91. She joined our branch in 1967 when Milford closed. Edna was always happy to help cater for funds and made prize winning breads for exhibitions. We will miss her lovely smile – rest in peace Edna.

ROSEWHITE & DISTRICT members were saddened by the passing of member, **Mary Stielow**. Mary was one of our newer members and was always ready to assist whenever needed. She kept us entertained with her many Scottish stories. Mary will be fondly remembered and sadly missed by us all.





I'm wearing my usual bladder weakness pads.



I've just tried Comforts Lights with their natural cotton coversheet.

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Comforts by Cottons might help though.

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