

FEBRUARY / MARCH 2024 VOLUME 70 NUMBER 1



Victorian COUNTRY Woman

All Women, All Ages, All Places



*Celebrating International
Women's Day 2024*



2024

STATE PHOTOGRAPHY COMPETITION

The topics for the 2024 State Photography Competition are:

Section 1

The Colour Purple

Section 2

Clouds

Section 3

Back Alley / Laneway

Section 4

Disappearing Technology

Section 5

In a Row

Section 6

(a) 'Tall' and

(b) 'Short'

(set of two related photographs)

Section 7

For the Front Cover –
portrait orientation only

Section 8

Panorama – Water scene
(Photo approximately 3:1 ratio
width: height)



Photo: Under the Wheels by Rebecca Thorpe, Mount Macedon Moonlighters Branch

Conditions of Entry:

1. The competition is open to all members of the Country Women's Association of Victoria Inc. Junior members are encouraged to enter.
2. Photographs must have been taken by the entrant within the past two years and must not have won a prize in past State competitions.
3. Entries may be cropped.
4. All types of colour photographs, as well as photographs taken in black and white, greyscale, monochrome or toned images (such as sepia, selenium) may be entered in any section.
5. One entry per topic per member.
6. Photographs will be judged in electronic format only.
7. Entries in Section 7 'For the Front Cover' must be in portrait orientation. In choosing your entry, keep in mind that the magazine name, date, CWA logo etc. will be printed over the top 8 cm and the theme over the bottom 1.5 cm, when printed at A4 size.
8. Entries in Section 8 must be in panorama format – the width of the photo should be approximately three times the height.
9. All photographs must be in .jpg format only.
10. All photographs must be submitted in electronic format with a minimum size of 1.0MB (but see Rule 11). You can check the size of your file by right-clicking on it and checking the Properties.
11. Images in Section 7 MUST have a resolution of no less than 2 MB, so that they have a high enough resolution for printing on the front cover of our magazine.
12. If people aged 18 years and over are included in any photograph which is not taken in a public setting¹, a Permission to Publish form must be completed, signed by the person whose image is in the photo, and scanned/photographed and emailed or posted with the USB stick.
13. If children aged under 18 years are in any photograph which is not taken in a public setting¹, a completed Permission to Publish form for children must be signed by a parent or guardian and scanned/photographed and emailed or posted with the USB stick.
14. Name your image as follows: Section Number - Member name (e.g. 5. A Smith) – Title (optional) You may give your entry a title if you wish: maximum 30 characters (letters + spaces).
15. Do not attach more than one photo to each email. Attach the photos as separate files; do not embed them within the body of your email.
16. Email electronic copies of entries to scottheather1953@gmail.com OR send entries on USB stick. If posting, USB sticks are to be sent to **STATE PHOTOGRAPHY COMPETITION**, 3 Lansell Road, Toorak 3142.
17. Entries close 5.00 pm Friday 26 April 2024.
18. Late entries will not be accepted.
19. The judge's decision will be final and no correspondence will be entered into.
20. The Paula Pither-Mills Perpetual Plaque for Photography will be awarded to the photograph judged to be the best in the competition, and the winner will be announced at the time of the public display of photographs.
21. A completed signed entry form must be included with entries: it may be scanned/photographed and emailed, or posted with the USB stick. Details of all entries should be included on one entry form.
22. Any entry that does not abide by these Conditions of Entry will not be judged.
23. If submitting a USB stick, and wishing it to be returned, postage and packaging for the return of the USB stick must be included. The committee takes all care but does not take responsibility for the loss of or damage to any entries.

¹ Photographs of people may be taken without obtaining permission if the photographer is taking the photo in a public place. Just because people have free access to a place does not mean that place is a public place in which you are free to take photographs. Educational institutions (both government and non-government schools), child care services, hospitals, nursing homes, shopping malls, sports arenas, music venues (such as hotels and concert halls) are considered to be private property; even if they are owned by a local council or other government organisation. Open markets, such as Sydney's Paddys Markets and Melbourne's Queen Victoria Market are on private property so that photography at those markets can be regulated by the operator of the market. Museums, art galleries and amusement parks may also have photography policies on the basis the location is private property. See <https://www.artslaw.com.au/wpcontent/uploads/2010/11/Street-photographers-rights-2021.pdf>

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Associated Country Women of the World (ACWW)

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All events and photos contained in this magazine were undertaken within the COVID regulations at the time of the named event.

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2024 Determinations

Theme:

Women Advocating For Change

State Project:

Video Conferencing Facilities
– Improving Communication
Technology to Regional Areas

Product/Resource:

Pulses

Country of Study:

Romania

Social Issues Focus:

Advocating For Change

Thanksgiving Fund:

Fiona Elsey Cancer Research
Institute



Cover Photos

A collection from our
branch and groups

Activities of The Country Women's Association of Victoria Inc. are undertaken in accordance with the COVIDSafe regulations of the day.

Please forward all Magazine correspondence to: 3 Lansell Road Toorak 3142.
Design and layout: Debra Thompson Printed by: Focus Print Group

State President

Jennifer Nola

State President



2024 is a year of new beginnings! New beginnings because after a great deal of work by many people the Board has endorsed our Strategic Plan 2024-2028 at the January meeting and secondly because I have entered a new stage of life as I became a grandmother for the first time with the early arrival of future Essendon member, baby Gabriella a week ago.

My most sincere thanks to every member who participated in the Strategic Plan process in any way. The face-to-face sessions were well supported and with great enthusiasm. The 800 plus questionnaires received is testament to the value that members give to their membership, and the work of State Council in September and November has been so inspiring for the future of the Association. A summary of the Strategic Plan will be sent to all members once printed. Now to get on with implementing and measuring the success of some of the suggested changes on member experience, how the Association operates, the direction we need to head in and what systems we use. The future is in a healthy position leading up to our one hundredth birthday in 2028 and I look forward to your active support and participation as we work towards this new direction!

I hope you all had a very happy Christmas (for those who celebrate it) and New Year. I had a lovely break with my family at the beach after a thirty-four person Christmas lunch (such a blessing to have all my boys and their partners home together for Christmas. Shame about the weather!). I love hosting Christmas day but boy it does leave one with sore feet and weary legs the day after. Santa brought me a new laptop, hallelujah! My last one decided to turn itself off after you opened the screen more than a few centimetres. Not particularly useful and ridiculously expensive to have repaired. The Association has a few members who are not computer literate and are fearful of using technology which is understandable. On the other side of the coin, it is quite debilitating and incredibly frustrating to not be able to access technology when you wish to. As CWA

moves forward, technology will play a more important role on how we serve our membership and how we interact with the broader community.

A new discovery for me over the Christmas break has been my local ANZ branch no longer has tellers. Currently, there are one or two smiley faced staff who are providing 'assistance' on how to do banking via an ATM. I consider myself to be quite tech savvy, but this was a very frustrating experience and also sad to watch another customer give up trying to deposit cash despite the efforts of a couple of us to help her. These changes border on 'elder abuse' by making it so difficult for older people to manage THEIR money! The issue that annoys me most about the changes to the banking system is the charges inflicted on the community for using credit cards instead of cash. If we are encouraged not to use cash then using a credit card should be free of charges in my humble opinion, otherwise we are being further ripped off by the 'system' when spending 'our' money. Rant over for today but advocacy in this space will continue!

The CWA year has started with a bang at Open Day at Government House on the 26th of January. After a record public attendance, we sold out of scones, fruit cake and lamingtons. We received a lot of very positive comments from members of the public, Government House staff and the Governor herself. This week we see Senior Office Bearers setting off around the state to attend Group AGMs. The Association's 96th birthday will occur in March along with the Birthday Scone Challenge for 2024. I look forward to hearing what your Branch or Group will be doing to celebrate and to seeing the results of your efforts. International Women's Day on the 8th of March is a worthy day to celebrate and I look forward to our new panel of speakers event at Umina getting off the ground to celebrate women on Tuesday 12th of March.

The first Branch training day for 2024 was held at Umina with forty-

five plus participants hopefully more confident in their roles after attending. There will be more to come for those who couldn't attend this session plus Group President training starts on Saturday 16th of March. We are also developing short videos for office bearers to access at their convenience during this year. Small changes which we know will make a big difference to our inspirational members who put their hands up to hold office.

I look forward to seeing as many of you as possible at the Group AGM's I am attending and all the Group President's at State Council on the 13th March when we will be welcoming Tanya Heaney-Voogt to run a training session titled 'Bringing Back Civility'!

Applications close on the 21st of March 2024 for all Committee Chair, General Board and State Vice President positions plus the positions of Deputy State President and State Treasurer. If you have held the position of Group President in the past, then please consider nominating for one of these roles. You learn so much about the workings of the Association and without the positions being filled then the Association cannot operate effectively and your ability to effect change is more limited. Nomination forms and position descriptions are available in the Members section of our website - cwaofvic.org.au. I look forward to receiving enthusiastic and well qualified applications from many members.

Lastly, I am always reading. Reading novels when I can but more often lately it is reading about how to be a better leader and team player. We are never too old to learn. A quote that recently resounded with me and has been attributed to various people over recent years is "People are either radiators or drains!". My challenge to each of you is to be the best radiator you can be for the Association, your Branch, your Group, your friends and especially your family!

Editor's Report



Amanda Millar
Editor

I can think of no organisation better placed to lead the celebration of International Women's Day in Victoria than the Country Women's Association.

For close to 100 years, our Association has been a proud voice for women and children in this State – even at times when women may have had very little say in shaping our nation.

But just as true now as it was when our great Association was founded – collectively we can achieve more than we can as individuals. In the coming year, make sure you get involved in our advocacy activities and be active in bringing resolutions to the May State Conference – as those who came before us did with pride.

Members will be excited to know that the Board has signed off on the Association's Strategic Plan 2024 – 2028 – forged from the voices of more than 1,000 of our members who engaged in the process both face-to-face and online in 2023. Wow, what a response! The final version is off being "schmicked up" and ready for a launch in the coming weeks. Watch this space.

On behalf of the members of the Communications and Magazine Committee, we hope you enjoy this edition of the magazine. We'll be back in April-May with a new-look Autumn magazine featuring our CWA Servicewomen as we approach Anzac Day and the coming harvest season.

Creative Arts



Mary Grant

Creative Arts Chairman

Welcome back for a fun filled, very busy 2024.

New members

The Creative Arts Committee welcomes 3 new faces to our realm – Deborah Ninnies, Cheryl Kemp, and Sandra Webb.

Welcome ladies. If you have an interest in Handcrafts and Home Industries and wish to see firsthand what this committee does, please contact President Jenny with an expression of interest to join us.

your own overnight accommodation if you need it.

Participants are asked to bring along samples of their work.

2. 'Shadowing'

Once you have completed this initial training it is recommended that you 'shadow' as many accredited judges as possible at CWA Creative Arts Exhibitions. You will be informed when and where these are being held around the State. These are invaluable as you see firsthand how judging is done and the high quality of judging provided by CWA judges.

It is also suggested that you steward at local Agricultural Shows.

3. Accreditation

When you have completed a series of 'shadowing' you will be asked to complete a written examination to finally accredit you with your badge.

Once badged, you need to attend regular Judges updates which are held at the beginning of each year. Failure to attend these updates (2 updates in 4 years) will put your accreditation at risk.

To undertake training:

Contact the Creative Arts Chairperson with an Expression of Interest and an application form will be forwarded to you (PS an email address is very useful)

You will be invited to attend the relevant training sessions (see below).

Judges training 2024 Home Industries

23 and 24 February

Day 1 Cookery

Day 2 Jams, preserves etc.

or

29 and 30 June

Day 1 Cookery

Day 2 Jams, preserves etc.

Handcrafts

17 and 18 May Block 3

This session is for those who missed sessions from last year as well as anyone who wishes to commence training.

14 and 15 June Block 1

20 and 21 July Block 2

24 and 25 August Block 3

State Photography Competition

I hope you are preparing entries for the State Photography Competition which closes on Friday 26 April 2024. The details are on the inside cover of this edition of the magazine.

2024 State Creative Arts Exhibition

The updated schedule for the 2024 State Creative Arts Exhibition is now available on the website and in the January Postings. Please get one and start to organise your entries now. Sometimes the wording on the schedule can be a bit confusing – if unsure please ask.

To clarify:

Do all the items in the Group entry 'Sweet and Sour' have to be a combination of Sweet and Sour or can there be some sweet and some sour? It's your choice, either will be accepted.

What is meant by 'natural resources'? Anything you have collected from nature and is still in its natural state – but remember, there are restrictions on collecting some things. Eg Can you use shells?

Do you know the difference between "decoupage" and "paper tole"?

Is my work good enough? Be brave and enter – the judges' critiques are invaluable and this is where you learn. Helping at Exhibitions, local Agricultural Shows, etc all help to improve your skill level.

Happy Crafting

Aspiring to be a Home Industries or Handcrafts Judge?

We do need you. We are particularly seeking Home Industries judges – our numbers are very low. Of course, you can train for dual accreditation, too.

What's involved?

1. Training

All new judges are required to attend initial training. This is to ensure you get all the information that you need to help you to attain your Home Industries or Handcrafts Judge's badge.

Home Industries training is held over 2 consecutive days. Handcrafts training requires 6 days as there is so much to cover in this area. It is split into 3 blocks each of 2 consecutive days.

The length of training may seem onerous, but it is extremely important that we maintain the very high standard of CWA judges which we are known for.

The training is held at Umina from 9.30am to 4.00pm and facilitated by Chief Judges Wendy Earwicker, Pam Mawson and assistants. You will need to organise

“In the Spotlight”

Interview with State President Jennifer Nola
Interview by Amanda Millar (Editor)

Introduction

Our fun-loving, vivacious, flame-haired new State President Jennifer Nola caught up with Editor Amanda Millar for an in-depth discussion on her life, achievements and hopes for the future.

Tell us about your childhood. What were the special things that made you into the person you are today.

I was so fortunate to have grown up in the country in a little town called Linton and later in Sebastopol. My sister, Sue, and I spent our childhood exploring creeks, pine plantations, mullock heaps, climbing trees, and enjoying all those things that country kids get to do. When I was about 8 years old, and as the responsible older sister, it struck me while exploring the nearby flooded creek that I would be in big trouble if my little sister slipped into the flood waters and something happened to her!

I loved my dog – a red Kelpie named Red who I absolutely adored even before Red Kelpies were a big thing. When I was in trouble, I used to hide in his

kennel. It was only when my parents were selling the farm and the new owner wanted to try out the working dogs and my father said to me, “Don’t say anything to put the dog off” that I realised that I had a bigger influence with him than anyone else. This has given me my great love of dogs, and in fact of all animals. I’m a bit of a softie.

I think my upbringing in the country is why it’s so good for my soul to spend time in country Victoria now. All our holidays when I was a child were spent with my aunty and uncle at Camperdown or with my grandparents and cousins in Tubbut – north of Orbost. It’s God’s Own Country. My sister and I would ride the horses and get into trouble for stealing granny smith apples off the tree. All the things country kids get to do.

My mother and also my grandmother were CWA members. My mother was a member of the Linton then Sebastopol Branches. My grandmother was a founding member of the Tubbut branch. They taught me the importance of service – when there was a fire, or someone fell on hard times. Mum was always working in the tuckshop at school or helping out someone in need. You just did.



16 Days of Activism

What led you to join the Country Women’s Association?

I guess I am genetically predisposed to be a member of CWA so when my eldest son, Matthew, had just finished High School and the twins were getting close to the end of school the opportunity presented itself. Living in a household of boys with my husband and three boys, I thought it’s time to do something for me now, which is when I joined the CWA.

I joined in 2012 after MOH Betty Burgess OAM had put an ad in the newspaper wanting to restart the Essendon Branch. I went along and because I am not good at sitting on my hands in meetings – I went straight in as Branch President and lucky for me, Stella Hyde took on the Secretary role.

The Nola Family 2023



MOH Betty Burgess OAM is my mentor and Noela McLeod AO has taken me under her wing too- so I've been so blessed.

On becoming a grandmother for the first time

My sons – Matthew, James and Nicholas – are 30 and 28 years old respectively, and I've just become a grandmother for the first time to a beautiful baby girl, Gabriella Rose, who arrived four weeks early on 23rd January 2024. It's a new journey for me with girls and I'll need lots of advice on being a good grandmother to a little girl. One of the CWA members suggested to me that all you need for girls is a good credit card balance!

My hopes for Gabriella's future sound a bit like the line from the movie, *Miss Congeniality*, that is, "World Peace". But I also hope she will gain a broad education that teaches her to appreciate music, books, reading, travel and to value being a volunteer which is the example that my parents and grandparents set for me. I want her to have all these opportunities.

I hope she gets joy from her life – as I have done – but also that she gives back. I always say that I get so much more out of being a CWA member than I give.

Give us one thing you've learned from being a CWA member? How has it changed your life?

That you're never too old to learn something new.

I often joke that I'm a Craft and Cooking Cretin. I can cook and do craft but, in the Association, there are some amazingly talented women, and I don't even come close to that level. I love all the other things about the Association: fundraising, helping others, social issues and advocacy, friendships and having fun. There's just so many different aspects to what we do.

What's a normal week in the life of the State President?

I usually spend Mondays at home (even though I take CWA calls throughout the day). I run my husband's business, looking after the finances, running errands, and the house gets cleaned on Mondays. My husband, Steve, has notionally retired - but still runs a consultancy business from home and is on five boards – being Chairperson on four of these. There's always something happening in our house. It's a real change that now I'm the one who is



Jenny at the World Conference in Malaysia



Jenny with Baby Gabriella Rose



Jenny with her sister, Sue

always out at something – but Steve has coped well and supports me through it all.

On Tuesday, Wednesday and Thursdays, I'm in the office – although I am on some other days too. Our team at "Umina" work really hard to support the branches and members – and it's such a wonderful team of dedicated, part-time people.

On Fridays, I go to Pilates, and I try to catch up with friends where possible – but if we have CWA events occurring on the weekend, I'm often assisting with the set up for these. There's always something happening.

On weekends – we love to get to our beach house and spend time at the beach. All of my boys have been patrolling members of a surf club at some point in time. I'm involved in the Portsea Surf Life Saving Club and my son, James, has stayed very involved in this – so I like to support his efforts.



Jenny with MOH Betty Burgess OAM in 2012

There's a great joy in seeing your adult children become successful and involved in lots of things.

What about life outside of the CWA?

I love books – I'm a voracious reader. I love going to the Melbourne Theatre Company (MTC) when I can with my MTC Buddy. I also love musicals and my great nephew, and another friend go when we can.

Now that the boys have all left home – we are empty nesters so we've begun rearranging the house so we can both have a study. Steve is amazing at woodwork – it's his hobby building

things for family and others. The garden has taken a downturn since I took on this role because I am in charge of the garden. Steve – who had Italian parents – had to water the tomatoes and vegetables everyday as a child and now he's over gardening. I love my roses and irises – which are my favourite flowers.

I'm also so blessed to have amazing friends who support me in all that I do. I am very blessed.

What book has influenced you the most in your life?

This is a hard one. I am a chronic reader – and never interrupt me in the last 20 pages of a book. Just ask my husband!

For a recent one, "Lessons in Chemistry" by Bonnie Garmus was my most favourite read.

But years ago, when I was travelling solo in India – up in the low Himalayan mountains – I read "Jonathan Livingston Seagull" by Richard Bach and I was so affected by it in terms of feeling my place in the world. It was an amazing experience.

Favourite Colour

Every shade of blue from the palest blue through to midnight – and every shade in between.

Do you have any pets?

Yes, a half-Abyssinian and half-feral cat called Tigga who looks like a tiger and who came from Nicholson in Gippsland. She runs our whole household!

What's your absolute favourite place in the world and why?

I'm going to answer this with an Australian one and an overseas one.

In Australia, Victoria is the best state to live in. We have incredible beaches, skiing, mountains to hike, the desert up in the Wimmera and every landscape you can imagine. It's stunning.

But I also love to travel, and both Italy and France are incredible. I love Paris, Venice and Rome, and a long time ago after I arrived in London after travelling in the Middle East, I just felt I'd come home which might be a throwback to my British heritage.

Favourite singer/artist?

Adele and Ed Sheeran. But actually, I like an eclectic mix. My cousins were all older than my sister and I so we had a lot of 60's influences in music. I loved



CWA Stall at Flemington

Led Zepplin and also Leo Sayer and Rod Stewart. I really liked Skyhooks at the time as well.

What do you hope to achieve for the rest of 2024?

I want to improve the member experience by making our paperwork less cumbersome. We've started already with delivering some great Branch office bearer training in February and the feedback was fantastic. I want us to do more training and more team building.

I also want us to break down the views about branches and the Lansell Road team – who are actually a small team of very hard-working employees who want to support the great work of the branches. We are one organisation – working together – to support vulnerable women, children and families in Victoria.

What's been the highlight of your term so far as State President?

All the positive people interactions I've had with our really talented members – being women with a wide array of skills and outlooks. I've loved chatting with members – getting out to the branches, especially when we did the Strategic Plan roadshow around the State. It's

so inspiring to listen to our members and see the different contributions made by our branches. Our members are creative, clever, and very inspiring.

Plans for after your term as State President

I hope to write a screen play about my mother's life – particularly her early life – which was so interesting. I hope to really improve my Italian and French language skills which may involve living there for a time. I want to do more travel which I love too.

Your Message to the Members?

Just give it a go.

Also, we have so many branches and they all do different things – some focus on craft, others on fundraising or social issues. So, if you don't like the focus of your branch – don't leave the Association – just try another branch and find one that fits your interests.

I also want to encourage more members to join State committees. We have so many incredibly talented members, and we need new people joining committees and bringing new ideas. With many of our committees now meeting online – there is no longer the requirement to drive long distances to Melbourne. So email the State President (statepresident@cwaofvic.org.au) to express your interest in one of the eight State committees and you will hear back from me very soon.



Jenny with Tour de France Cyclist Cadel Evans



CWA of Victoria is participating in the Victoria's Container Deposit Scheme

Please support the CWA of Victoria Inc

The CWA of Victoria is now registered in the new **Victorian Container Deposit Scheme** - a waste and recycling project aimed at reducing waste going to landfill, reducing litter, reducing energy use and greenhouse gas emissions.



Receive donations of
refunds from others

CWA members, friends and the community are encouraged to support this scheme. This is a great way for us to fundraise while recycling. We can get 10c for every eligible drink bottle recycled through the scheme.

The first step is to collect eligible drink containers including aluminum, glass, plastic and liquid paperboard (carton) drink containers of between 150 ml and 3 litres. Please keep the lids on drink bottles. Please do not crush the cans. (Please note that containers less than 150ml and greater than 3 litres can be recycled in your kerbside bins).

To know more about what you can or you cannot return, please check the CDS website on [Victoria's Container Deposit Scheme | Find Eligible Containers \(cdsvic.org.au\)](https://www.vic.gov.au/cds-vic).

The second step is to find your nearest refund point to return empty drink containers to one of the hundreds of refund points across Victoria. You can find the closest refund point if you search the interactive map on the CDS website.

The third step is to earn or donate your refund. The CWA of Victoria Inc is currently registered as a charity. You can nominate the CWA as the recipient of the 10-cent refund for every eligible container returned. Electronic payment is available, but you will need to download the App on your phone or electronic device to receive electronic payments, track your refunds and find refund points.

Please also consider asking your friends and neighbours to either pass on their eligible cans and bottles to you to recycle, or to donate their refunds to the CWA of Victoria if recycling via the scheme already. Some branches have arranged for members to pool their eligible cans and bottles at branch meetings, and one member then volunteers to take the combined recycling to the nearest depot.

For more information about the scheme and how it works please go to <https://www.vic.gov.au/cds-vic>.

Viv Chemali
State Vice President



ACWW International and Community Support



Marilyn Tangey

Community and
International Support
Chairperson

Readers may have observed that our committee has had a name change as it was felt that International incorporates ACWW.

Community Support remains the major focus for the work

of the committee and its position in the name reflects this. The donations from the following Branches are very much appreciated.

Allansford, Bealiba, Bena, Boorhaman, Bright, Cabbaritta, Casey Dinner, Cobden, Cudgewa, Dunmunkle, Echuca-Murray, Horsham, Mansfield, Marnoo, Melton Owls, Milloo, Mortlake Evening, Moulamein, Nhill Twilight, Noble Park, Pearcedale, Rainbow Night, Rosewhite District, Sale, Serviceton, Swanpool, Tarrawarra, Tintaldra, Traralgon, Wangaratta, Wirrim, Yarrowonga/Border. Henty Group also sent in a donation.

ACWW

The ACWW South Pacific Area Conference is being held in Griffith, NSW September 8-12, 2024. The planning committee is working together with Griffith Council and Griffith Multicultural Association. On **Saturday 7th Sep** a multicultural day is planned – arrive in time for what promises to be an interesting day. Registration for the conference will be available on

Sunday 8th, and a smoking ceremony and thanksgiving service will be held in the afternoon. Opening Ceremony will be **Monday 9th** with a Welcome Dinner in the evening. Business Sessions and Speakers will be interesting and informative, from Monday through to Thursday. An Open Forum will be the final session before the Closing Ceremony on **Thursday 12th Sep**.

Venue Address: Griffith Regional Theatre, 1 Neville Place, Griffith, NSW 2680

Griffith Tourism Website:
<https://visitgriffith.com.au> email:
visitgriffith@griffith.com.au

We are investigating transport and accommodation packages. Details are not yet available.

CWA of Victoria is a Member Society of ACWW. If you would like to be an individual member, go to the website.
<https://acww.org.uk/join-acww-yourself>.

16 Days of Activism Against Gender Based Violence.

On Friday 24th November a few CWA members attended a gathering in Melbourne CBD. We listened to some inspiring speakers and many organisations were flying their flag for this concerning social issue. Put the dates in your diary now. Make **Nov 25 – Dec 10, 2024**, a priority for standing up to eliminate violence against women and other vulnerable groups in our communities.

International Women's Day is celebrated on March 8th each year across the globe and brings attention to such issues as

- Gender equality
- Reproductive rights
- Violence and abuse against women

Action on this day originated early in the 20th century but it wasn't until 1977 that the United Nations adopted it and it became a mainstream global day of action. Now the achievements of women are celebrated on March 8th. It is a holiday in 27 countries.

The CWA country of study in 2024 is **Romania**. There, March 8th is celebrated as Women's Day and cards and flowers are given to mothers. It is a day for recognising mothers and the contribution of women to society. On the UN scale of gender equality Romania is listed as 76th, and there are issues about Romani (a distinct ethnic group) women who do not have equal access to education, employment, or permanent housing.

We are planning an International Day, featuring Romania, at Umina on Wednesday 17th April 2024. Details will be circulated in February.





2024 STATE LITERATURE COMPETITION

Conditions of Entry

1. The competition is open to all members, including junior members, of the Country Women's Association of Victoria Inc.
2. Entries must be the original work of the entrant and must have been written in the past two years and not have been previously entered into the State Literature Competition.
3. Topics are for both junior and senior members.
4. Only one entry per Category A - E.
5. Each entry to be accompanied by an entry form.
6. All entries must be submitted by email as a Word document (as an attachment), and sent to Chairman, Communications and Magazine Committee at email: cwamagazine@cwaoofvic.org.au
7. Entries close at 5pm on **Sunday, 31 March 2024**.
8. Topics, conditions of entry and entry form will be available in the Country Woman magazine and on the Association's website.
9. Late entries will not be accepted.
10. The judge's decision is final and no correspondence will be entered into.

The winner of the Emilie Wilson Literature Award will be announced at the 2024 State Conference.

Topics for the 2024 State Literature

■ Competition are as follows:

1. Midnight
2. My First Love
3. Fearless
4. Crossroads

■ Categories (Fact or Fiction)

- A. Prose – Up to 1,000 words
- B. Prose – 1,000 – 2,000 words
- C. Poetry – Up to 15 lines
- D. Poetry – 16 – 32 lines
- E. Prose or Poetry under 100 words (New category for 2024)

■ Junior Members Section (Topics as above)

Primary students

- Under 12 years – Prose (Under 1,000 words)
- Under 12 years – Poetry (Under 32 lines)

Secondary students

- 12–18 years – Prose (Under 1,000 words)
- 12–18 years – Poetry (Under 32 lines)

Photo by Alphacolor on Unsplash



2024 STATE LITERATURE COMPETITION ENTRY FORM

Must be included with each entry

NAME.....

ADDRESS

BRANCH.....

GROUP.....

PHONE..... EMAIL.....

SECTION..... Length

Fact (Non-fiction) or Fiction.....

DATE OF BIRTH (Junior members only)

☐

I have read the conditions of entry

☐

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

☐

I do not wish my entry to be published in the 2024 State Literature Book (if published)

Signed

Women and Financial Literacy

Jane Dewildt
Deputy Editor

'Financial literacy' is the ability to make informed judgments and effective decisions about the use and management of money.

Photo by Caleb Lucas on Unsplash

Women and Financial Literacy

What do you know about *Mary Reibey*? Never heard of her? I'm certain you have seen her portrait many times. So what about *Elizabeth Macarthur*? The wool growers among you may have an inkling – especially if you are interested in the history of your industry. Or maybe you've heard of *Mary Penfold*. The family name may ring a bell, but you are more likely to have heard of her husband Christopher.

By now you are probably puzzling over what connects the three and how they are connected to the topic of the article.

All three women were pioneers in Australian business. Many of their achievements – for example the development of the Penfold family wine company from a small medicinal tonic business envisaged by Dr Christopher Penfold into the largest wine producer in South Australia – were wrongly attributed to their husbands and are largely unrecognised. Mary Reibey, whose portrait appears on the \$20 note came to Sydney as a convict. With her husband Thomas she established and led successful transport businesses and was a significant player in the establishment of banking in the colony. Nonetheless, when she applied to become a director of the new Bank of New South Wales she was refused because she was a woman. Elizabeth Macarthur is better known because of the profile of the wool industry and the role of her husband in significant historical events including the Rum Rebellion.

Their success stemmed at least in part from their ability to make sound financial decisions and manage money well. This is just as important to success in business and inclusion in the life of the community today as it was in colonial times.

What is financial literacy?

'Financial literacy' is the ability to make informed judgments and effective decisions about the use and management of money.

To be financially literate you need to have the skills, knowledge and behaviours to make those judgments and decisions.

Financial literacy is one of the 'literacies' that allow us to participate fully in our communities and the Australian economy. There are others including:

- English language literacy. Usually just referred to as 'literacy', this is the ability to read, write, speak and listen.
- Numeracy. This is the ability to use basic maths concepts and processes in everyday life.
- Digital literacy. The skills and knowledge to use digital processes and make decisions and judgments about them.

How do we measure the financial literacy of Australians?

In Australia financial literacy is measured in several surveys that governments and other institutions conduct. Conducted each year since 2001, the Household, Income and Labour Dynamics in Australia (HILDA) survey is a longitudinal study of over 17,000 individuals in approximately 9,500 households covering many facets of economic life. Some questions are asked every year; others less frequently. The five financial literacy questions below were most recently asked in 2016 and 2020.

- **Q1: Interest Rate:** Suppose you put \$100 into a no-fee savings account with a guaranteed interest rate of 2% per year. You don't make any further payments into this account and you don't withdraw any money. How much would be in the account at the end of the first year, once the interest payment is made?
- **Q2: Inflation:** Imagine now that the interest rate on your savings account was 1% per year and inflation was 2% per year. After one year, would you be able to buy more than today, exactly the same as today, or less than today with the money in this account?
- **Q3: Diversification:** Buying shares in a single company usually provides a safer return than buying shares in a number of different companies. [True, False]
- **Q4: Risk:** An investment with a high return is likely to be high risk. [True, False]
- **Q5: Money Illusion:** Suppose that by the year 2020 your income has doubled, but the prices of all of the things you buy have also doubled. In 2020, will you be able to buy more than today, exactly the same as today, or less than today with your income?"

Being able to correctly answer the first three questions is commonly used to define a person as financially literate.



Photo by Micheile Henderson on Unsplash

How financially literate are Australians?

In 2016, the HILDA results suggested that overall 55% of adult Australians were financially literate. That figure included 63% of men, but only 48% of women. Among the women, only 40% of migrant women from language backgrounds other than English were financially literate. The results also show that financial literacy is lowest among young people, and again there was a gender gap.

By 2020 – the last time the financial literacy questions were asked – financial literacy had declined for women and men. The average number of the five questions that were answered correctly by men had fallen to 4.0 from 4.1 in 2016. On average women answered 3.5 questions correctly, against a previous score of 3.7.

Lack of financial literacy makes women vulnerable to exploitation when arranging credit, making investment decisions or ensuring they are well prepared for retirement.

The challenge

Closing the gender gap in financial literacy will advance the full economic participation of women in the Australian economy and community life. And that requires finding ways to ensure that women can develop the skills they need to be financially literate.

CWA can be an important partner in addressing the skill gaps. Our branches provide a supportive environment within the organisation that encourages women to share their stories, learn new skills and develop their confidence as managers of money and makers of financial decisions. And if your branch is aware of a need in your community for women to have access to learning programs you may like to partner with the adult education organisations that work in your community to support financial literacy programs that suit the way women learn.

Further information

- WIRE, www.wire.org.au, is a free generalist information, support and referral service for women and gender diverse people which offers an extensive range of resources and programs aimed at creating financial wellness.
- Moneysmart Moneysmart.gov.au provides information, online tools and access to print publications to help people make financial decisions.
- Your local community based adult education provider [Find a Learn Local](#) or Neighbourhood House [Find a Neighbourhood House](#) may have programs that address financial literacy.

If you are interested, the correct answers to the five questions are:

- Q1. \$102
- Q2. Less
- Q3. False
- Q4. True
- Q5. Exactly the same

Interfaith Foods



Over the coming months, many of the world's major religions will be observing their special holy days and religious festivals. This includes the Christian (Easter), Jewish (Passover), Islamic (Ramadan) and Orthodox (Orthodox Easter) religions.

Embracing and drawing from the diversity of our members, we bring together an array of recipes for you to enjoy from across the globe.

Recipes provided by Viv Chemali:

- Rice and meat Kabsa and
- Chicken potatoes and lemon in the oven
- Hot Cross Buns

Recipes provided by Helen Cohen:

- Belgian Sweet & Sour Red Cabbage
- Chicken potatoes and lemon in oven
- Nana's Sweet & Sour Meatballs
- Fudgy Flourless Chocolate Cake

Middle Eastern Food during Ramadan

I have provided some examples of traditional food in the Middle East. Kabsa is more Jordanian style, while chicken/potato is more Lebanese style.

During the 30 days of Ramadan, healthy people are expected to fast from dawn to sunset, so after a long day of fasting (to remember those who are less fortunate) people are looking forward to a nutritious food, or a big meal.

So at the end of the day after fasting, the family gets together at night time, where a lot of food is served, not just one plate. The family could include 15 people, including children, grand-parents, and extended families. They often start with a selection of small plates such as dates, yogourt, pistachio, fruit and vegetable. They may drink Ayran, made of yogourt. They then serve the main meal, such as the ones I've included here, such as the kabsa, because many families are large and lamb meat is preferred.

Having said this, my understanding is that what they eat will vary depending on the region. In Lebanon, they make a different version of the kabsa, where the meat is made separately to the rice. If the family is big, they may serve the kabsa as well as the chicken/potatoes. In Morocco they eat tajine or lamb cooked with different spices. In Saudi Arabia, Kuwait, and Jordan they eat the Mansaf, which is another version of the kabsa, but without the vegetables, just meat, rice and lots of nuts and yogurt all together. In Pakistan, they have a different version too of the meat with different spices.

And then there is sweet, usually 2 or 3 different types of sweet (knefeh, mouhallabieh, etc, etc...). So in short it is a whole feast.

As Ramadan runs for 30 days, different dishes are made each day.

Viv

Belgian Sweet and Sour Red Cabbage

INGREDIENTS

- 2 large onions
- 1 red cabbage, chopped
- 2 large granny smith apples sliced
- ½ cup sultanas
- ½ cup tomato sauce
- juice of 1 lemon
- 3 teaspoons vinegar
- ¼ cup sugar
- salt and pepper
- 1 cup water

METHOD:

Fry onions in saucepan. Add rest of ingredients. Simmer together gently for 1 hour.

Belgian Sweet & Sour Red Cabbage recipe came from Lox, Stocks & Bagels an Australian Gourmet Kosher Cookbook published in 1994 by Women Caring for Women raising funds & awareness of domestic violence in Haifa, and supporting a Refuge for Battered Women & Children. The recipe author, the late Sonia Kempler was on the Committee.

CWA Grace

For each new morning
and the light,

For rest and shelter
through each night,

For health and food,
love and friends,

For every gift
Your goodness sends,

We thank you,
gracious Lord.

Miriam Stackhouse

Rice and meat Kabsa



INGREDIENTS

- 2 medium onions, cut into small pieces
- 6 cloves of garlic, crushed
- 2 cinnamon sticks
- 6 or 7 whole green cardamon
- 6 or 7 whole cloves
- 2 bay leaves
- 1 dried lime (optional)
- 2 tablespoons of tomato paste
- 2 or 3 tomatoes diced
- 2 cups of long grain rice – preferably basmati – washed then soaked for 30 minutes
- 1 red and 1 green capsicum cut into chunky pieces
- 2 small, long eggplants, left whole
- 1 kg lamb meat (chops, lamb shoulder and shanks are all suitable)
- Vegetable or olive oil
- Salt to taste
- Coriander or parsley to garnish

FOR THE MARINADE:

- ½ teaspoon of ground cumin
- 1 teaspoon each of ground coriander, paprika powder, cracked black pepper, salt and ground turmeric

METHOD:

1. Season the meat with cumin, coriander, paprika, black pepper, salt and turmeric. Massage well. Leave aside to marinate for at least one hour.
2. Heat some oil in a big skillet or pot. Add the onions and fry well until they are pale golden.
3. Add cinnamon stick, cardamon, cloves and bay leaves to the pan as well as a dry lime (if you have any) then the garlic. Stir well for a couple of minutes.
4. Add the marinated lamb meat. Stir well until the meat is browned on all sides. Cook for a few minutes on low heat.
5. Then add the tomato paste and the tomatoes. Cover the pot and let it simmer for a few minutes. Then add hot water to cover the meat.
6. Stir well, cover, and let it simmer for one hour on low heat, or until the meat is cooked.
7. Remove the meat, and then strain the broth and set it aside.
8. Return the meat to the pot and add the rice and capsicum with salt to your taste.
9. Add 3 cups of the reserved broth (make up to 3 cups with hot water if necessary). Stir the mixture gently and lay the eggplants on top.
10. Cover the pot and cook over very low heat for 20 minutes or until the rice and vegetables are cooked.
11. Once cooked, put a large plate on top of the pot and flip the rice and meat onto the plate. Alternatively, you could serve the rice first on a large plate, then add the meat on top and the vegetables pieces. Sprinkle a bit of parsley or coriander on top of the rice and meat before serving.

Sonia Kempler

Chicken, potatoes and lemon in the oven



INGREDIENTS

- 1.5 kilo chicken pieces
- 750 g potatoes, sliced roughly and in big chunks
- 1 to 2 cups chicken stock
- 120 ml lemon juice
- 60 ml olive oil or vegetable oil
- 10 cloves garlic crushed
- 2 tsp paprika
- ½ spoon seven spices (optional)
- 2 tsp salt
- A pinch of cinnamon
- 1/2 tsp black pepper
- ½ tsp ginger powder
- Small pinch of cardamon
- Grated lemon
- A pinch of oregano
- Cloves powder (a tiny pinch)
- 1/4 tsp turmeric (optional)

To decorate – slices of lemon and chopped flat parsley

METHOD:

- Pre-heat the oven for at least 10 minutes as it must be hot when you put the tray in.
- In the meantime, do the following:*
- Crush garlic very well. Add salt to it when crushing.
- In a big glass bowl, prepare the marinade for the chicken. Put crushed garlic, olive oil, lemon, chicken stock, salt, paprika, 7 spices (optional), black pepper, ginger powder, cinnamon, cardamon, grated lemon, cloves and turmeric in a bowl. Stir very well. Leave aside in the fridge for at least 1 hour, 2 hours if you can.
- Marinate the potatoes in oil, salt, pepper, oregano and lemon juice. Leave for one hour.
- Make a few slits in the chicken, and then massage them well with the prepared marinade and let it marinate for 30 minutes. Then add potatoes, mix well and let this marinate for one further hour.
- Once marinated well, add potatoes and chicken in a large rectangular pyrex tray in rows. Add all the sauce, which must cover the chicken and potatoes up to roughly ¾ level. You can keep the chicken skin, if you wish. Add chicken stock at this stage.
- Then put into the oven for one hour approximately. Chicken and potatoes must be tender.
- When you take the pyrex dish out of the oven, leave it for 5 minutes to rest then sprinkle chopped parsley.
- You can decorate with lemon slices between the chicken pieces before serving. Also add few chopped parsley.

Bon appetit

Nana's Sweet & Sour Meatballs

(makes around 40 small) – for Pesach

INGREDIENTS

Meatballs

- 1 kg minced beef
- 6 sheets of matzah (See note) (break up and soak in water; when softish put in a sieve and push out the water)
- 1tsp. salt & a little pepper
- 2 onions finely diced
- 2 eggs lightly beaten
- Superfine matzah meal to coat meatballs for frying
- Vegetable oil for shallow frying

Sauce

- 3 cups of boiling water
- 6 tablespoons castor sugar
- 2 lemons, juiced
- 6 tablespoons raisins
- 2 dried bay leaves

METHOD:

1. Break up the matzah and soak in water until soft. Put in a sieve and push out the water
2. Mix beef, soaked matzah, onions, eggs and seasoning in a large bowl.
3. Refrigerate for 30 minutes.
4. Place matzah meal in a medium bowl.
5. Shape chilled mixture into small balls and roll in matzah meal.
6. Heat the vegetable oil in a large frying pan and shallow fry the meatballs in batches turning to brown evenly.
7. Drain on paper towels.
8. In another large frying pan, mix the sauce ingredients and bring to the boil. Simmer on low heat for 5 minutes.
9. Add the meatballs to the sauce and simmer covered for 40 minutes

BON APPETIT

Nana's Pesach Sweet & Sour Meatballs recipe was a favourite of mine growing up. My English Nana made it and then my mum made it for me.

If you want to make it during the rest of the year simply swap the matzah for 4 slices of stale sourdough bread and swap plain flour for the superfine matzah meal.

NOTE

Boxes of matzah and matzah meal are available at Coles and Woolworths year round in the Kosher section but is more readily available around Easter/Pesach time. If no Kosher section in your supermarket try buying it online.

Fudgy Flourless Chocolate Cake

INGREDIENTS

- 400g. unsalted butter (or margarine)
- 250g. castor sugar
- 8 XL eggs, separated
- 400g. dark chocolate (70% cocoa), chopped
- 250g. almond meal
- Punnet of raspberries
- Sifted Icing sugar or cocoa to dust.

METHOD:

1. Preheat oven to 165 degrees C. Grease a 26 cm. springform tin and line with baking paper.
2. Melt the butter/margarine and cool. Pour into mixing bowl and add the castor sugar and beat until creamy.
3. Beat the egg yolks with a fork and add to the mixing bowl.
4. Melt the chocolate either in the microwave or in a bain marie and pour into the mixing bowl. Lastly add the almond meal and mix well.
5. In a separate bowl beat the egg whites until slightly stiff peaks form. Take a quarter of the whites and fold into the chocolate mix. Gently fold in the remaining egg whites a third at a time.
6. Pour the mixture into the cake tin and bake 45 minutes or slightly longer until done. Do not overbake as it will dry it out.
7. Remove tin from oven. Leave to cool then remove from tin.
8. To decorate pile the raspberries in the centre of the cake and dust it with icing sugar or cocoa.

This Fudgy Flourless Chocolate Cake recipe came from The Age years ago. I swap the unsalted butter for margarine as I make this annually following a meat main course for our Pesach Seder and I do not mix meat with dairy. This cake freezes well so I can prepare it early and it feeds a horde



Easy Hot Cross Buns

INGREDIENTS

- 1½ tbs fresh compressed yeast or 3 tsp instant dried yeast
- 300 ml milk
- 450 g (3 cups) plain flour and extra 1 tsp flour
- 1 tsp sugar
- 55g butter
- pinch of salt
- 55 g (¼ cup) sugar
- 60 g (½ cup) sultanas
- 1 egg

Glaze

- 1 heaped tsp icing sugar
- 1 tbs boiling water

METHOD:

Place 1½ tablespoons fresh compressed yeast or 3 teaspoons instant dried yeast in a bowl and add 300 ml milk, 1 teaspoon flour and 1 teaspoon sugar. Mix together and stand for 20 minutes. Sift 450 g (3 cups) plain flour into another bowl and rub in 55g butter. Add a pinch of salt, 55 g (¼ cup) sugar and 60 g (½ cup) sultanas. Beat 1 egg well and add to the milk and yeast. Stir this into the dry ingredients and mix this into a fairly rough dough. Leave in the bowl, cover with a clean cloth and place in a warm place to rise for 35 – 40 minutes. Turn out onto a lightly floured surface and knead well. Cut into about 16 – 18 even-sized portions. Form each into a bun shape and place on a greased baking tray, evenly spaced and rather close together. Cover and set aside in a warm place to rise for about 10 minutes. Mark a cross on top with a knife. Make a glaze by mixing 1 heaped teaspoon icing sugar and 1 tablespoon boiling water. Brush over the buns and bake in a 220°C oven for 15 minutes.

From The Country Women's Association of NSW's *Cook Book: Seventy Years in the Kitchen*

Social Issues



Sally Matthews

Social Issues Chairman

“Count Her In: Accelerating Gender Equality Through Economic Empowerment.”

When we celebrate International Women’s Day 2024, we remember that in 1910 the very first IWD was celebrated! Our hope is for equality for men and women across the world. In Australia the gender pay gap is 13.3%, and we can look forward to this changing as the *Workplace Gender*

Equality Amendment (Closing the Gender Pay Gap) Bill 2023 has passed Parliament.

Simone Clarke, CEO, UN Women Australia, said “that when women are empowered to earn and manage their income, make financial decisions, and are afforded equal access to finance, everyone benefits. We must ensure women and girls are given equal opportunity to build their capabilities and strengthen their capacity to learn, earn and lead.”

The Country Women’s Association of Victoria plays a very important role in ensuring women, and girls are given every opportunity to learn, earn and lead. The State Scholarship program encourages girls to further their education and in Branches and Groups scholarships are awarded to girls in their communities. CWA assists vulnerable and disadvantaged women, children, and families through food banks, food

hampers, breakfast clubs and basic cooking classes. Without nourishment we cannot hope for equality in education and the economic empowerment an education brings.

CWA encourages its members to grow through participation at Branch, Group and State level, training members and giving them opportunities to learn and lead.

I asked four inspiring young women all members of Bass Group to contribute to this article. Stefanie Rossiter is a Phillip Island Twilight member and Caroline Grainger, Heidi Vanzet, and Elizabeth Murphy are members of Wonthaggi Owl Women.

Stef is my youngest daughter and joined the new branch, Phillip Island Twilight in 2020; her daughters Edwina and Ruby are junior members. After completing Year 12 and then a Diploma in Hospitality and managing businesses, Stef decided that she wanted to teach.

As a mature student in her 20’s, she embarked on the journey of university. After graduating she taught senior primary and now mathematics at Bass Coast College. She inspires her students to be their very best. Stef is complementing her full- time teaching with further study in mathematics.

STEFANIE



Why do you teach Maths?

Maths is beautiful! I love maths! I love doing a puzzle and crossword, so teaching maths everyday, is my dream job. Maths can be one of the most challenging subjects to teach but I believe if you can win over your students trust and engage them, then all students can achieve success.

cancer. Go Girls provides a supportive environment to empower women to gain a stronger sense of self and take more control over their lives. 50% of the women who complete the work ready program secure full-time employment, 20% part-time work and 20% enrol in study.

The importance of STEM subjects for girls –

STEM is an approach to learning and development that integrates the areas of science, technology, engineering and Mathematics.

STEM is generally male dominated. Girls perceive it to be too hard and they have low self -esteem towards the subjects. We need to change this thinking and inspire girls to take up STEM subjects and narrow the gender gap. We need to make STEM subjects interesting, exciting, and attainable to girls.

Encouraging girls to study subjects and courses that are male dominated -

It is important to encourage girls to choose to study science, even though as they get older, it can become more academically challenging, but make it interesting and appealing so they maintain interest in these subjects.

Is education the gateway to economic empowerment?

Education empowers and equips young people with the knowledge, skills, and confidence to take charge of their lives. They can build a more secure future for themselves.

The role of CWA in empowering women?

Encouraging resilience and persistence in girls, empowering women to see there are no limits to what we can achieve. STEM is practical and challenging, providing the skills you need to solve real world problems.

Caroline Grainger, Heidi Vanzet, and Elizabeth Murphy are recent graduates of the Go Girls Foundation. I asked them to reflect on Go Girls and CWA in their lives and how both have empowered them.

The Go Girls Foundation’s purpose is for every woman to have a plan. They support unemployed women, women who have experienced domestic violence, women who have experienced homelessness, and women who have had breast



CAROLINE

"Go Girls has changed my life. By teaching me self- confidence and how to set goals for myself, I have made friends and now volunteer in my community. It also has positively affected my family and friends.

By volunteering in the community, I am building skills to help with future work opportunities.

Go Girls has empowered me to get out of my comfort zone. Make new friends and take risks I may not

have taken before because I know I'm worth it and can do anything I set my mind to.

Because of Go Girls I had the courage to go for our local branch CWA secretary position. I love being a part of such a great organisation."

HEIDI

"Before Go Girls I was living a very socially isolated life. Go Girls connected me back to myself. It helped me create and redefine my dreams and set goals for the future.

It gave me confidence and new skills and gave me insight into what was holding me back. I got to redefine what was important to me and gain the motivation to seek out a better life for myself.

I am now member of the Wonthaggi CWA and regularly help run their cake and craft stalls raising money for charities and youth mental health services in our area. Recently at our yearly AGM, I became the CWA Wonthaggi Branch President. This is something I would have never even contemplated doing before I started Go Girls. I would have never had the confidence to even imagine being a leader in any way, shape, or form."

ELIZABETH

"Go Girls has empowered me to chase my dreams by turning them into actions and setting achievable goals. I also have amazing friends now, who support, encourage and are genuinely there for me.

My economic well- being has grown since finishing the Go Girls program, I have set goals of saving money. I set healthy boundaries, and I am much more compassionate towards myself.

Go Girls has also helped me in my CWA branch, by incorporating the Go Girls values of ensuring everyone is seen, heard, and valued as women and members of our branch. Encouraging all the ladies to participate in all endeavours if they create or cook or not. We all bring different things to our branch and that is what makes us who we are Wonthaggi Owl Women."



CWA Eastern Foothills Group ***Creative Arts Exhibition***



To be held on the
Friday the 12th of April 2024
From 10:00am to 4:00pm
Saturday the 13th of April 2024
From 10:00am to 3:00pm

St Paul's Anglican Church
Dorset Road, Boronia

Light refreshments available

Entry \$8-00

The Country Women's Association of Victoria Inc.

2024 CWA BASS GROUP 69th

Creative Arts Exhibition



Saturday 13th APRIL and Sunday 14th APRIL 2024

Public Hall Smith Street Loch.
Member's exhibits and Trading Table
Open: Saturday 10.00 am – 4.00pm , Sunday 9.30am – 3.30 pm
Admission: \$5 adults, children with adults free.
Light refreshments available.
Contact: Jacky Dow 0410 416 805

BOWL COZY PATTERN



Make a BOWL COZY in 4 simple steps!

Item for 2024 Royal Melbourne Showbags

Bowl cozies are THE BEST! They are great for both hot or cold foods so if you want to enjoy a hot bowl of soup or protect your hands from a cold bowl of ice cream, this is for you!

Not only do they protect your hands and furniture but they double as built-in potholders when used with hot food.

Quick and easy to sew, bowl cozies make great gifts and are also a way to add seasonal fun to your home. They take up little space so why not make them for the holidays, season, special occasions and more?



FREE PATTERN for personal use only - © 2019 Tara Reed Designs Inc - Tara Reed.com

MATERIAL LIST:

- Two 10" squares of fabric
- Two 10" squares of batting
- Fabric chalk, pen or other marker that will wash out

SAFETY NOTE:

If you will use the bowl cozy in the microwave make sure to use 100% cotton fabric, thread and batting. Polyesters or metallics may catch fire (and who wants that??)

Let's talk about your fabric options!

You need a 10" square for both the top and bottom.

I usually use a 10" square for the bottom but when I have some time and want to get creative I create 10" quilt blocks for the top/inside of my cozy.



Four square Block

Cut and assemble four 5.5" squares then trim to a perfect 10" square



Basic 10" square

Great for directional patterns or when you want to make a lot at once!



Pinwheel Block

Use two 8" squares to create a 10" Pinwheel block quickly and easily

STEP 1: SEW FABRIC & BATTING PIECES

- Place each square of fabric on top of a square of batting. (see figure 1)
- Mark diagonal lines for stitching (see figure 2) and pin.
- Sew along diagonal lines.
- For a basic square I often mark and sew with the batting on top to decrease the amount of lint that goes into my machine.
- For quilt blocks where you want to be more precise with the center point I sew with the fabric on top.



(figure 1)



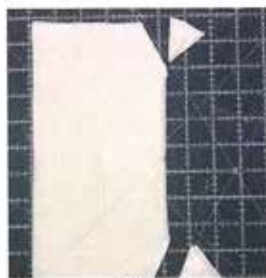
(figure 2)

STEP 2: SEWING THE DARTS TO CREATE BOWL SHAPE

- Fold each piece in half, right sides together.
- Place the FOLDED EDGE along a cutting mat OR measure 1" from the fold on the top and 2" down the fold. Mark. (see figure 3)
- Repeat on the bottom edge and sew along both lines on both halves of the cozy.
- Trim seam allowance to 1/8" to decrease bulk. (see figure 4)
- Fold and mark second set of darts just like the first, for both halves of the cozy.
- Sew and trim seam allowances. (see figure 5)



(figure 3)



(figure 4)



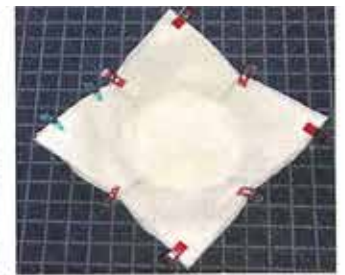
(figure 5)



(figure 6)

STEP 4: SEW THE BOWL COZY TOGETHER

- Sew around the edges with a 1/4" seam, turning your needle at the corners and the darts.
- Leave about 3" open for turning. I sew back and forth a few times to reinforce the opening so the stitching doesn't come apart when turning the cozy right side out. (see figure 8)
- Trim corners being careful not to clip the stitching. (see figure 9)
- Turn right side out. Push out corners.
- Shape so the fabrics are on the top and bottom as you want them.
- The first time you do this you might panic and think something is wrong (I did!) - it doesn't look great until you add the topstitching! (see figure 10)
- Topstitch around the edge of the bowl, folding in the opening 1/4" to close. (see figure 11)



(figure 7)



(figure 8)



(figure 9)



(figure 10)



(figure 11)



Let's Connect!

If you make this pattern I'd love to see it!

Instagram: [@artisttarareed](https://www.instagram.com/artisttarareed)

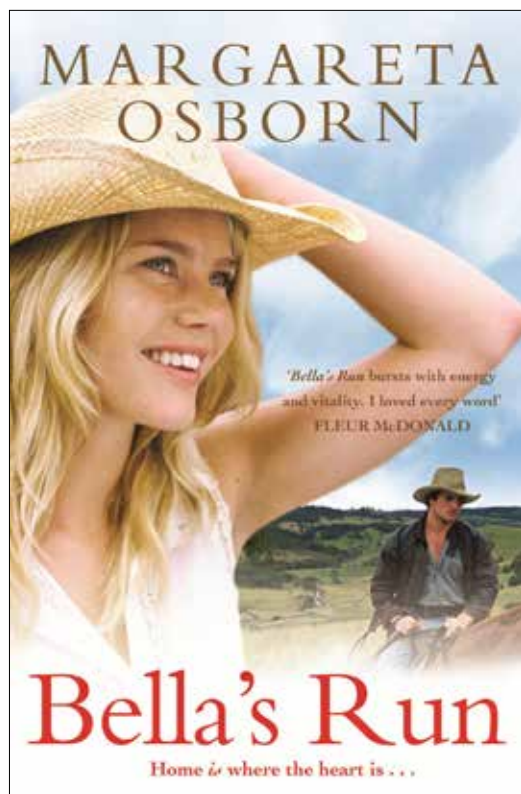
Pinterest: [pinterest.com/artisttarareed](https://www.pinterest.com/artisttarareed)

Facebook: [facebook.com/TaraReedDesigns](https://www.facebook.com/TaraReedDesigns)

Blog: [TaraReed.com/blog](https://www.TaraReed.com/blog)

BELLA'S RUN

By MARGARETA OSBORNE
(Published by Penguin Books)



“Bella’s Run” is a lovely romance, and also a wonderful story set against the background of the rugged Victorian Highlands. The novel captures the spirit of the people who call the land home.

Bella and Patty are two fun loving young women who are enjoying travelling and working in the Queensland outback, but are very happy to return home after a year in the outback.

The story paints a delightful picture of these two high spirited best friends, dancing among the thumbleweeds, and handling stockman whips with ease. Bella and Patty, as well as their friends, work hard and play even harder on the rare occasions that they get the chance.

The story goes on to tell of the devastation to come that changes the course of Bella’s life, driving her away from the land, and the man she loves. There is an attraction between Will, who is Patty’s brother and Bella and something special is happening between them. However, the relationship is halted by a tragic loss, and the two are separated by pain and guilt. They both move on, but Bella returns and there are still feelings between them. “Bella’s Run” is a romance, that is made complicated by an ex-wife, a fiancé, and an unplanned pregnancy. But Will and Bella’s relationship is dramatically resolved.

“Bella’s Run” is a delightful read that I very much enjoyed.

Agnes Veldhuizen

Communications & Magazine Committee Member

About the Author:

Margareta Osborn is a fifth-generation farmer, and a wife, mother and lover of all things country, who has lived and worked on the land all her life. She holds a Diploma of Conservation and Land Management specialising in Community Coordination and Facilitation. Home is a beef property overlooking a beautiful lake in the Gippsland high country, where she lives with her husband and three children.

Australia Day at Government House



Far left:

Lord & Lady Stilton came to visit CWA in the old Government House kitchen.

Left:

The Victorian Premier, the Honorable Jacinta Allan MLA, tries some CWA date scones at Government House on January 26, along with State President Jenny Nola and State Vice President Sarah Barnbrook.

CWA Branch Executive Training Day

There was a packed house at “Umina” on Saturday, 3rd February 2024 for the Association’s first Branch Executive Training.

New and aspiring Branch office bearers came from right around the State to learn more about our Association and our work.

Attendees were trained in expectations of the Branch President, Branch Treasurer and Branch Secretary roles, as well as learning more about our history, goals, and Code of Conduct.

Fantastic feedback was received from the 50+ attendees who loved the chance to come to “Umina”, meet other aspiring CWA leaders and to have all their questions answered on the day.

With thanks to our trainers: Jenny Nola, Viv Chemali, Viv Speight, Roxane Harris, Amanda Millar and to State Treasurer Marie Vassallo who joined us in a bespoke video made for the day. Special thanks to Club Chair Karen Jackson and to Shelagh Dawson who absolutely “knocked it out of the park” producing a superb lunch and refreshments for the large crowd. The lunch was so good that Karen was asked to share the recipe for her chicken Thai salad with the cohort.

A great way to kick off our CWA year and wonderful to see the talented members putting up their hands to serve in office bearer roles for the coming year.

Amanda Millar
Editor

“Would like to suggest a workshop on team building within local branches.”

“Just have them yearly, I can see you are trying to make changes and that will modernise and streamline jobs.”



Photos: Amanda Millar

“Learnt a lot of new things, privacy permission, distribution of minutes, prepared agenda...”

“Very informative and an opportunity to meet members from branches around Victoria. Thank you to all those involved in organising and catering this meeting. I’d love to have the opportunity to attend other meetings on what the CWA does.”

New Members

Allansford

Olivia Graham
Jacinta Maddison
Patricia Williams

Alphington

Leone Carberry
Elizabeth Crabb

Altona

Lyn Hunt

Ashburton

Kaye Bignell
Sharon Cornish

Avon

Lesley Johns

Bairnesdale Amaroo

Margaret Woodward

Ballarat Dinner

Narelle Dare
Anne Hayward

Barongarook

Karen Chandler
Megan Doolan
Jill Martin
Karen O'Sullivan

Beechworth

Lourdes Lucani

Berwick

Candice Campbell
Felicity Conklin
Gillian Gelder
Elisabeth Gipps
Nicole Hee
Jenny Owen
Belinda Sadler

Birregurra

Patti Tinson

Boroondara

Barbara Ure

Bright and District

Samantha Furnell
Jill McGinn
Billie Munson
Jenny Stott

Brighton

Lorraine Doxey
Ena Isaac

Bunyip

Suzi Ellis

Campaspe

Kathleen Burns
Lyn Mussared

Caniambo

Tina Patterson

Castlemaine

Robyn Smith
Dawn Tye

Central Nights

Paula Bond
Angela Grieve

Clocktower

Gwen George

Corowa

Colleen Connors

Craigieburn

Marie Pharlane

Dimboola

Lyn Bottrell

Dingley Village

Ann Hewitt

Drouin

Enid Andrews
Katrina McGowan

Drysdale

Annemaree Fitzsimons
Margaret Van Duijne

Dunolly

Jeanette Richards

Essendon

Maria Candiloro
Lynette Zanchetta

Fish Creek

Joanne Bliss

Flynn-ites

Julie Calderwood

Footscray

Miyako White
Amanda Winkworth

Frankston

Lyndel Cowley
Leanne Flynn
Rosina Little

Frankston South

Nanette Brown

Galena

Pamela McShane
Lisa Robbins

Gisborne Day

Veronica Cvetko
Helen Walker

Heathcote

Louise Head

Heathcote Night

Jodie O'Donohue

Heywood Evening

Karen Fechner

Hopetoun

Zoe Stancliffe

Horsham

Sonia Matthews

Inverleigh

Ann Blake
Patricia Crilly
Stacey Lynch
Becky Morgan

Irrewarra

Pamela Howell

Korumburra

Megan Limbrick
Jen Wilson

Kynteon Twilighters

Jenny Elliott
Jenny Leon

Lara

Sandra Barrie

Macedon

Patricia Cameron-Hill
Thea McNamara

Maffra

Diane Mathews

Mansfield

Jenny Smith

Mentone

Marina Bottomley
Ines Evans
Geraldine Hennessy
Faye Johnson
Helen Le Page
Carole Ray
Heather Warner

Mirboo Nth Night Owls

Jenny Liebe

Moe

Lynette Beecroft

Mornington

Barbara Felden
Kim Thompson

Morwell Evening

Marlene Boshoff
Jackie Mann

Moyhu

Dianne Hogan
Kerrie Jones-Evans

Nathalia Night Watch

Marie Birch
Sally Clifton

Native Hut

Tania Power

Newbridge

Pam Wheelhouse

Niddrie

Jan Allen
Lana Hogan
Diane Buchanan

Nykora

Teresa Brown
Wendy Brown
Willis Burton
Penny Lane

Officer Woorinyan

Roslyn Lea
Roslyn Sturley

Old Church on the Hill

Judith Clark
Kate Davison

Pascoe Vale

Susan Sammut

Paynesville Toonalook

Helen Sanders
Susan Swann

Phoenix Chewton

Jacque Dargaville
Gabriella Posetti

Port Fairy

Suewellen Harradine
Kate Holcombe
Jennifer Lewis

Redgate- Alexandra

Tania Hunter
Maria Price

Richmond

Margaret Phillips

Ringwood

Regina Harwood

Rodney

Lynda Dellar

Romsey

Jane Allen
Alison March

Rosanna

Jan Brown
Meredith Fyffe
Karyn Glenn
Sue Grigg
Anne MacDonald
Pam Woods

Sale Starlight

Ceci Broughton
Cheryl Eddy

Scarsdale

Mary Louise Caetledge
Bronwyn Cranny
Phillippa Hutchinson
Leanne Maree Sizland

Seymour Central

Carmel Kendall-Crome

Shepparton Sunset

Meagan Wigg

South Morang Night Owls

Dorothy Loveless

Spa Centre

Charlene Pryke

Stuart Mill

Debbie Mattson

Sunbury Stars

Helen Buttigieg
Bernadette Dowling
Jennifer Miers
Kirsty Miers

Surf Coast

Susan Funder
Angela Kilpatrick

Umina

Sara Di Stefano
Christina Drummond
Susan Riley
Brigid Walker

Virtual

Eloise Kelly
Jackie Richards

Warragul Evening

Samantha Sims

Wattle Hill Creek Portland

Judi Rees

Wedderburn

Simone Moffat

Whittlesea Jumbunna

Sheila Wallace

Winchelsea

Elizabeth Bennett
Sharon Ferguson

Wirrim

Marja Maloney

Wodonga

Lorraine Mullavey

Woodend Eves

Deann Collier

Yarram

Mary Willis

Yea

Lauren Nott
Amanda O'Meara
Lilita Tunnis
Cheryl Wilkins

Junior Members

Cowes

Lily Park

Footscray

Freya Grieve
Isabel Grieve
Grace Plunkett

Mansfield

Luna Foers
Audrey Greco
Samantha Nally
Grace Winters

Meeniyen

Delilah Facey
Savanna Facey

Rodney

Violet Borzillo
Louisa Cleak
Alexa Mercuri

Thoonra

Isabel James

Puzzle

ACCEPT	MEALS
ALTHOUGH	MEDITATION
BLACK	MIND
BOOTS	MORE
DAWN	MUST
DOING	PANS
DREAMING	PLATES
EARTH	POTS
FIND	SAINT
FLOOR	SANDALS
GATES	SCRUB
GETTING	SHOES
HANDS	STORMING
HEAVEN'S	THEE
HOW	THEY
LATE	THY
LIGHT	TIME
LORD	THINGS
LOVELY	TROD
MARTHA'S	WASHING
MARY	WATCHING

WORD SEARCH

KITCHEN PRAYER

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

Christmas Word search Answers

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

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



51st ANNUAL
Creative Arts Exhibition
Peninsula Community Theatre
Cnr Nepean Hwy & Wilsons Rd, Mornington
Saturday 27 & Sunday 28 April 10am-4pm

Stalls and Raffle
Devonshire Teas & Refreshments Available

Admission - Adults \$8

Weekend ticket \$12
Children under 14 accompanying an adult FREE

Thank you to Mornington Peninsula Shire Council for their ongoing support



@CWAMorningtonPeninsula



BRANCH and GROUP

Corowa Branch

It's a very special month for the Corowa CWA as we celebrate our 95th year as a branch of the Victorian Country Women's Association. The first official meeting was held on 20 November 1928, and held in the council chambers.

In recognition of our celebration, the CWA currently has a window display in the Federation Council/NSW Service offices and we invite everyone to go and have a look at the items on display.

The CWA was founded in 1928 and has played a huge role in the early history of Corowa. With our beautiful purpose built rooms the CWA provided a comfortable resting space for farm women and children from surrounding areas while husbands carried out business in town.

Engaging in craft activities, providing friendship, assisting with fundraising, including contributing to the World War II effort making camouflage nets and sheepskin vests for flight crews. The CWA provided companionship for these women and continues to do so today. You will find our members supporting many local events, while quietly working behind the scenes to provide support to many other areas of need.

We have members of all ages and always welcome new members with open arms. You can come along to our craft mornings, attend our monthly meeting and join in for



afternoon tea or help out with our many fundraising activities.

To celebrate our special occasion we are hosting a high tea for members and invited guests and also have a Commemorative Cook Book available for sale so if you would like to purchase a copy please get in touch.

We would like to thank the community for its support over the past 95 years and look forward to continuing the tradition for many more years to come.

Ballan and District

Michaela Settle MP dropped by our stall on 2 December 2023.

Here she is presenting our branch secretary, Lana, with a beautiful Christmas hamper full of locally-made goodies!

Thanks very much Michaela and team, and Merry Christmas!



Berwick Branch

CWA Berwick President Kate and member Judi walked the beat on 14/11/23 to approach some local businesses, Aldi, Coles, Woolies, local butchers and fruit and veg shops seeking some support for our Christmas Hampers that we have fundraised for over the past few months. We have over \$3000 to go towards feeding some City of Casey families that need a little helping hand this Christmas Day.

A massive THANK YOU to Woolies Beaconsfield and Coles Parkhill Plaza for their generous donations of gift cards for us to add a few extra items into our trollies. We are so grateful for your support. Community working together achieves amazing things!!



Ballarat District Group



Rhonda O'Brien, CWA Ballarat District Group Secretary, Fiona Hoey, CWA Ballarat Dinner Branch President, Fiona's daughter Billie Hampton, 8 (unofficially a junior member since birth and a regular attendee at CWA events).

"We got the memo!"

CWA Ballarat District Group Secretary Rhonda O'Brien and newly-elected CWA Ballarat Dinner Branch President Fiona Hoey were thoroughly amused to arrive in the same Christmas-themed dress to the Ballarat District Group Christmas Luncheon on Monday, 27th November, at Kelvin House, Scott's Presbyterian Church, Ballarat.

A delicious luncheon was shared, with group members all bringing a plate.

Bairnsdale Amaroo

Member of the Bairnsdale Amaroo Branch, Lois Kingston, has taken the warnings and advice from the Ag. & E. Committee about controlling the Queensland fruit Fly very seriously. She spent a lot of time making the traps and liquid for her fruit-growing Branch members. Following the instructions provided by Cherie Young, President Orbost Branch, she made six excellent traps. There now appears to be a bit of an inter-branch challenge to see whose trap can catch the most little nasties. Thank you, Lois!



Kangaroo Flat Branch

This month has seen the Kangaroo Flat Branch go into recess after seventy-two years of service. Since 1951 the Kangaroo Flat branch has been active and endeavoured to help the local women. The Branch was always known for its love of Music and Drama; and was fortunate to have amongst its members, many talented women who could share their knowledge. When the Drama Group was formed, it provided excellent entertainment and enthusiasm exuded from all for many years. Later, a "Song in Costume" Group came into being, carrying on entertaining for several more years.

Branch members have also worked at many different mediums, such as art, crafts, cooking, crochet, creating stage costumes and scenery, water colour painting, knitting, and sewing. They supported the Bendigo Agricultural Show in the Home Industries and Handcrafts sections, with some success. These women have created articles for stalls, knitted jumpers for oil-slicked penguins and rugs for Palliative Care; Care Bears for sick children; soft toys for "Trauma" patients; and knitted jumpers, caps, and bandages for the "Leprosy Mission Association", to name a few. The Branch has sponsored children to attend camps; and has donated various books to schools and taught school children to knit.

June Reid, a former State President is also a member of this branch and over the years has guided many aspiring leaders by her knowledge and imparted the leadership skills required to lead a Branch and Group. As a result, there have been several ladies who have taken up these roles.

The final meeting of the current branch was held in the form of a luncheon in Kangaroo Flat. This was followed by the presentation of Service Awards by the Country Women's Association Vice President Sarah Barnbrook. Awards were made to: - Gwenda Athans 11 years, Jessie Brown 13



years, Kaye Trimble 22 years, Jenny Arbuthnot 22 years, Greta Balsillie 30 years, Margaret Tobias 40 years, Alice Alexander 50 years, Joy Wilson 50 years, June Reid 60 years and Dorothy Addlem 64 years. Melva Gibbins received a certificate for continuing service after receiving her 40-year badge in Byaduk.

Kangaroo Flat branch has gone into recess for the time being, however, many of the members will continue their service at another branch within the Bendigo Northern Group.

This Branch has witnessed many changes over the years and has contributed to the health and welfare of many women and children over this time. The achievements of this branch should be celebrated as we look forward as a CWA to what the future holds for this community regarding opportunities for a new branch and innovative ideas.

Rodney Branch

At the Goulburn Valley West Group Exhibition in September 2023 one of our Rodney members was approached by a School Teacher from one of the local Primary Schools in Tatura (who also happens to be the mother of two of our Junior Rodney Branch members) after she had purchased a handknitted teddy bear on the craft stall. She thought the teddy was delightful and asked would it be possible for our Rodney members to knit some teddies for the Grade 6 students to give to the incoming Foundation students in 2024 as part of their Buddy Program. She said the toys they normally give are purchased from a large retail store and are nowhere as nice as the handmade teddies.

In all 47 lovely teddies were presented to the school and our members then approached the other Primary School in our town asking would they also like some teddies for their Buddy Program and 30 were given to this school as well. The teachers were overwhelmed with the boxes of delightful teddies.

Pictured are some of the teddy knitters from Rodney Branch presenting the 47 teddies to Vanessa the teacher who made the original request.



Rosanna Branch

In October Rosanna CWA held their first Crafts On Show. Members displayed their craft projects from over the years. Some pieces were competition winners and others had never been shown before. Visitors enjoyed a light lunch and Devonshire teas with members on hand to chat about their craft. Although this wasn't a competition, we did invite visitors to nominate their favourite craft item on display. New member Sue Griggs took out this prize with her knitted house blanket.

Top right: Sue Weeks and Shirley Hinton womaning the door in the first photo.

Macedon Branch

A wonderful day, 15/11/23 making up Dignity Bags for women and children in need at this time. Thank you to the generosity and kindness of our members ♥ for all the beautiful things made and donated to the bags which will be distributed via Cobaw Community Health.



Essendon Branch

Branch President, Janice Young; Branch Vice President, Jane Carbone and Kaye Murphy received their 10 year Service Certificates at the Essendon 11th birthday meeting held on Monday, 11 December, 2023. Congratulations ladies.



Tarrawarra Branch

Christmas lunch held by Tarrawarra branch members on Saturday, 9 December. The lunch also doubled as a celebration to congratulate member Faye Van Duin, who also received her Casey Community Volunteer Award. We managed to keep this award a secret from Faye and she was very surprised and very emotional. A volunteer in other groups not just CWA for a long time, we got together and nominated her earlier this year. Faye is very deserving of this award and it was great that we were able to present it to her at our CWA Christmas lunch.



Nathalia Nightwatch

Members of our branch were stewards of the Cookery Section at the Nathalia Agricultural Show held in October. Members successfully entered a number of exhibits, and also held a stall selling merchandise.

On 29/10/23 a few members attended an iris farm in Cobram and enjoyed a lovely Spring Day amongst the beautiful blooms.

We also enjoyed the Oaks Day event hosted by the Nathalia Women's Health Group - a

delightful afternoon with good company, and delicious food!

In addition, we have been providing our local newspaper with some budget recipes (from the CWA "Mince Matters" and "Delicious Lamb Dishes" cookbooks) for the community to use and enjoy. The feedback has been encouraging, and we will continue to help in these tight financial times.

CWA members in the photo are L-R Sally, Marie, Margaret, Fiona, Kerry-Anne, and Carolyn (along with "Clara").



Kurrajong (Tallangatta)

Small Branch, Big Achievement

What happens when 200 caravans roll into a small town? The members of the CWA Branch spring into action.

In November 2023, the Trakmasters Off Road Caravan Club descended on the small picturesque, North East Victorian town of Tallangatta looking for fun, food and entertainment. The visitors caused much amusement for the locals but also dismay as coffee shops over flowed and it was bookings only at the two local pubs. Rumour had it that the IGA had run out of milk, the bakery staff were working double shifts and the Information Centre gave away all their brochures.

Trakmasters wanted to support community organisations to meet their catering needs and Kurrajong CWA Branch was asked to cater for two of the functions. We met the challenge in style.

After many meetings, spreadsheets, planning and preparation it was apparent that it was a bigger task than our small Branch could handle alone, so friends, family and the

local Anglican Church were called on to help with cooking and serving and the cricket club took on operating the bar.

On the Saturday evening we provided a two-course meal for 160 people in celebration of the Trakmasters 25th anniversary. That's a lot of potatoes to peel, sticky date puddings to bake and special diets to plan for, let alone meat to carve and dishes to wash. It was a fabulous night with a Gatsby theme, live music and much dancing and merriment. The following Monday 180 guests enjoyed a scrumptious supper of sandwiches, cakes and slices as they had their final get together before hitching their wagons and rolling out of town.

Members said it was a lot of work but a great fundraiser, a lot of fun and it felt like the town really came together. The feedback from the Trakmasters was extremely positive and made all the efforts worthwhile.

Kurrajong CWA hopes they will return for another visit. Just not too soon – we all need a rest.

State Diary Dates for 2024

23rd – 24th February –

Home Industries Training –
Umina

12th March –

International Women's Day Event
@ Umina at 6 pm and CWA 96th
Birthday

13th March –

State Council & Training @ Umina
- NOTE CHANGE OF DATE

17th April –

Romanian International Lunch @
Umina

27th April -

Biscuits Workshop

31st May – 1st June –

CWA AGM & State Conference

27th June –

State Council via Zoom

27th - 28th July –

Open House @ Umina

9th – 10th August –

State Exhibition @ Moe

5th September –

State Council via Zoom

20th – 25th September –

Show Bump In

26th Sept – 6th Oct –

Melbourne Royal Show – please
volunteer!

7th September –

Show Bump Out

27th – 28th November –

State Council @ Umina

7th December –

State Fare @ Umina

Please send the dates for your Branch/Group Exhibitions and locations to Robyn at email:

cwaadmin@cwaofvic.com.au

State Themes for 2024

Theme:

Women Advocating For Change

State Project:

Video Conferencing Facilities – Improving Communication
Technology to Regional Areas

Product/Resource:

Pulses

Country of Study:

Romania

Social Issues Focus:

Advocating For Change

Thanksgiving Fund:

Fiona Elsey Cancer Research Institute



Their Memory Lives On

BAYSIDE members sadly farewelled our friend and active member **Jan Wiburd** in January.

Jan was a kind and generous lady who not only supported CWA but gave her time and energy to many other organisations and charities through her rich and rewarding life. Jan inspired us all with her zest and enthusiasm for life. Jan was not only active at a branch level but was involved with ACWW and worked to help those less fortunate. It was an honour and a privilege to collaborate with a beautiful lady, who was such a giver and supporter of many.

Rest in peace, dear Jan, you will be sadly missed.

FRANKSTON SOUTH Branch members were saddened by the passing in May last year of our member, **Audrey Dawes**, after a short illness. Audrey had been a member of CWA for 30 years, joining Pearcedale branch initially, and later Baxter branch before moving to Frankston South when Baxter folded. Audrey was a lovely lady and a great craft person who was always happy to pass on her knowledge. We were fortunate to be able to present Audrey with her 30-year membership badge and certificate shortly before her passing. Vale Audrey.



President Barbara Oldridge is on Audrey's left and Vice-President Carmel Tropeano is on Audrey's right.

HIGH COUNTRY BRANCH says farewell to **Jean George**.

Our greatly esteemed Life Member, Jean George, died on the 29th October 2023 after more than 75 years as a member of the Country Women's Association and a treasured friend and mentor to those who came into contact with her. Jean began as a member of the Omeo Younger set in her early days in the district and later joined Ensay Branch on 1/10/1948 and quickly established herself as a valued member. CWA played a huge part in Jean's life. Her contributions to her community were made through the lens of CWA and were focussed on supporting and nurturing women, families, and her community. Jean held all roles throughout her CWA life and held her last role as Branch President from 2018-2020, through the Covid times where her phone calls to those isolated by Covid were greatly appreciated. In her early years in Ensay, she was a member of the Social Issues Committee, which had a strong interest in health matters. She was very keen in the promotion of the bush nursing centres. Jean as Group president kept health in rural communities as a focus at State Council. As such Jean was involved in the formation of the Rural Nurses Scholarship program which was established through Monash University, (and Professor Robert Hall) to provide opportunities for further study for nurses in regional areas.

In 1983, Jean was accepted as a Life member of the Associated Country Women of the World. A high honour indeed. Jean was awarded a Life Membership in 1999 by the Omeo/Tambo Valley Group.

Dear Jean, you have been an inspiration to us all. You will be fondly remembered and greatly missed.

Margaret Kirk – Kurrajong Branch CWA

It is with great sadness that KURRAJONG Branch acknowledges the passing of long-time member, **Margaret Kirk**.

Margaret joined Kurrajong Branch in 1967 and continued as a member until 12 months ago when health issues meant that she was unable to continue. Sadly, Margaret lost the battle in October 2023.

During her membership, before ill health intervened, Margaret threw herself into any task that she took on – Magazine Secretary, Vice President, President, Group Craft Leader and as one of the 'movers and shakers' that lead to Kurrajong running a Debutante Ball. This was in 1984 and Balls are still held annually today, sometimes two in the one year.

Sadly, Margaret suffered a stroke at the young age of 49, which left her severely handicapped. But, with her determination and the help of her brother and sister (both teachers like Margaret), she taught herself to read and write again and was even able to go back and assist the students at St Michaels School. So as not to lose her independence, Margaret purchased a car with modified controls. A highlight for her was the time she was booked for speeding. Such was her sense of humour.

Prior to the stroke Margaret's hands were never idle. Always with knitting on the go, whether it be in the school grounds, helping at Girl Guides or wherever she may be, those knitting needles were always busy.

Margaret was able to record in book form her experiences of suffering, recovering and getting on with life, but sadly this book was never published.

As a tribute to her determination and inspiration to others, Margaret was presented with the Towong Shire's Australia Day Citizen of the Year Award in 1996.

Margaret will be sadly missed by her fellow CWA members, her family and the community.

Farewell Margaret

Pam Decker from Whitfield was a remarkable woman who made an invaluable contribution to her community in the King Valley CWA.

As a founding member of the branch, with her charismatic and amazing energy she took on many roles. Always a ray of sunshine, always looking on the bright side of life, so much so that during one period she was our "Sunshine Officer".

Pam was also our inspiring President and led our branch to successfully apply for a local Council grant. Pam was also the Group Treasurer for the North Eastern Group in 2022.

Pam passed away in January 2023. Pam is missed by all of us and the broader King Valley community.



**The Country Women's
Association of Victoria Inc.**

care empower contribute

Join Us!



Tuesday 12 March INTERNATIONAL WOMEN'S DAY CELEBRATION

Celebrating Victoria's Inspirational Women

6 – 8 pm on Tuesday, 12 March 2024

Venue: "Umina", 3 Lansell Road, Toorak

On the occasion of the 96th birthday of the Country Women's Association Victoria Inc please join us in the stunning gardens of "Umina" for a very special celebration of International Women's Day.

You and your friends will hear from a panel of some of Victoria's most inspirational women speaking about their career paths, achievements and what has inspired them to make a difference.

The ticket price includes attendance at the event, a glass of Australian sparkling wine or a soft drink upon arrival and sumptuous homemade finger food.

Not only can we promise you an inspirational evening to leave you feeling uplifted, but your attendance will be supporting the work of the Country Women's Association of Victoria Inc supporting vulnerable women, children and families across the State.

Tickets are strictly limited - please book early to avoid disappointment

EVENT DETAILS

**International Women's
Day Celebration 2024**

CONTACT

**For event enquiries and
telephone bookings -
Reception**

Tel: 9827 8971

**Email: [reception@
cwaofvic.org.au](mailto:reception@cwaofvic.org.au)**

**Cost: \$65 per person
including refreshments**



All very welcome

 **The Country Women's Association of Victoria Inc. - CWA**

We respect First Nations Elders past, present and future and acknowledge the stories, traditions and living cultures of First Nations peoples of the lands on which our members meet, and commit to building a brighter future together.

www.cwaofvic.org.au