

The Country Woman

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State Conference

ANNUAL CONFERENCE AND AGM 2026





The Country Woman is the official publication of the Country Women's Association of New South Wales.

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Cover: State Conference Opening. **Back Cover:** Guest speaker, Kerri Pottharst OAM, Conference Opening and committee displays.

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From the Editor

Whew! I don't know about you but the State Conference was a whirlwind. Between all the lively motion discussions, to the inspirational speakers and giving my speech on the last day (golly, I was so nervous as I've never spoken in front of so many people before), I'm plum exhausted. But no rest for me as I'm back at home, furiously working on this issue, something I truly love doing.

For me, the best part of the State Conference is meeting you. Not only is it wonderful putting names with faces but I really enjoyed all the hellos, hugs and just connecting with you. As always, you are my inspiration and the reason why I put my hat into the ring to be your Editor. It's no small thing to be the curator of your stories and I do not take it lightly or for granted.

For those of you who were not able to make it to Forster, I look forward to our continued partnership in bringing your incredible stories to our community. Thank you for shaping my first year as your Editor and inspiring me with all that you do. Bring on another year of sisterhood as we all find ways to better help our communities and be the change needed to help others live their best lives. As tennis champion Serena Williams has said, "Every woman's success should be an inspiration to another. We're strongest when we cheer each other on." Be a Serena with me!

Brenda Michaud, Hon Editor

State President

Where's the rain! At the time of writing, so many of us are still looking for a good downpour, yet nothing is showing in the long-term forecasts. Saleyards are reporting large numbers on offer—while that may seem positive, it is also concerning as many are selling due to lack of feed and water. Decisions around sowing crops remain difficult: do we sow dry in hope of rain, or wait and risk missing key planting windows?

The rising expense and shortage of fertiliser and urea continue to place further strain on our rural communities, alongside ongoing pressures around fuel availability and cost. Fuel security was also a key issue raised at Conference, with members calling for stronger domestic storage, support for refining capacity and clear frameworks to prioritise essential industries during supply disruptions.

We have held several more Facts Days which have been well-attended, with very positive feedback from members.

I attended the Breeza rally and signed the declaration in line with our policy. It was wonderful to see CWA members there in support and Sally Hunter's 400 km horseback ride was a remarkable effort, drawing attention to the impact on prime agricultural land.

At the Sydney Royal Easter Show, I once again spent time in the CWA Tea Room and it's always a hive of activity. Congratulations to the Show Committee for their hard work and thank you to the many volunteers who gave their time, as well as those who contributed the cakes, jams, relishes and pickles that remain so popular. It was also wonderful to see the continued strength of our Show Catering operations, with a further \$170,000 donated to the Association Fund at the State

Conference from the 2025 Show. A truly significant contribution that supports the ongoing work of the organisation.

We have continued meeting with the Premier's Rural and Remote Advisory Committee including the drought and water subcommittee and are progressing a paper outlining our recommendations.

I also attended the Virtual Branch meeting which included an informative presentation on cervical cancer. A reminder to all branches that the Virtual Branch is part of CWA and entries from its members should be accepted.

Another State Presidents' Zoom catch-up was held, again providing valuable insights. Please note that the Queensland CWA holds the trademark for "Chicks with Attitude" and written permission is required for its use.

Pleasant Hills Branch recently celebrated their 90th birthday. It was a lovely occasion held in their beautiful hall including the launch of a commemorative cookbook.

I attended the NSW/ACT Rural Women's Award at Parliament House with Danica Leys and Past State President, Joy Beames. Congratulations to Kristie Ivone, founder of Boas Language Academy, on being named the winner.

Anzac Day was, as always, a meaningful occasion. Like many of you, I had the honour of laying a wreath on behalf of CWA. This is a special day that reminds us of the sacrifices made and the pride we share as Australians.

Our State Conference in Forster has now concluded, and I would like to sincerely thank all members, volunteers, the Organising Committee and State Office staff who contributed to its success. It was a valuable



opportunity to come together, reflect on the year past and confirm our advocacy priorities moving forward. A strong suite of motions was carried across agricultural, environmental, education, health, social issues and transport portfolios, reinforcing CWA's continued focus on practical outcomes for rural and regional communities.

Thank you to everyone who attended and supported the Conference—your commitment to CWA continues to make a real difference.

Tanya Jolly
State President

Kindness Quotes

"We don't have to agree on anything to be kind to one another."—Unknown

"Love and kindness are never wasted. They always make a difference."—Barbara De Angelis

"A single act of kindness throws out roots in all directions, and the roots spring up and make new trees."—Amelia Earhart

"Be the reason someone feels welcome, seen, heard, valued, loved and supported."—Unknown

"By having a forgiving attitude, you can change your life and the lives of the people you care about most."—Kathie M. Thomson

"Be a rainbow in someone else's cloud."—Maya Angelou

CEO's Report

Following another successful State Conference and AGM in Forster, I would like to sincerely thank all members, delegates, volunteers, staff, sponsors and the Organising Committee for the enormous amount of work that went into making the event such a success. It was wonderful to see so many members come together from across the state to engage in robust discussion, reconnect with old friends and contribute to the future direction of the Association.

This year's Conference was particularly significant with the launch of the CWA of NSW Strategic Plan 2026–2029. Developed in-house by the State Executive Committee, with facilitated support from Robbie Sefton, the Plan reflects extensive discussion, feedback and a strong commitment to ensuring the Association remains relevant, connected and impactful into the future. The Plan will help guide our work over the coming years across advocacy, membership, leadership, governance and community connection, while still staying true to the values

and purpose that have always underpinned the CWA of NSW. By the time you receive this copy of the journal you would have also been emailed a copy of the plan. I hope your branch might take the time to table it at your next meeting and consider its content.

Conference also saw members debate and pass a large number of policy motions, demonstrating once again the depth of knowledge, lived experience and engagement that exists within our membership. Work is already underway to progress many of these matters through advocacy, stakeholder engagement and further policy development. A copy of all the passed motions is included in this edition of the journal.

Over recent months, the Association has continued its advocacy work across a range of issues affecting regional, rural and remote communities including telecommunications, drought and the ongoing challenges associated with many cost of living pressures. These conversations continue to



reinforce the important role that the voices of country women play in shaping practical and community-focused solutions.

The State Executive Committee will next meet in July where there will be further work undertaken in relation to governance training, media training, an overview of operational work and the associated implementation planning for the new Strategic Plan. It is always valuable to bring the Executive Committee together to continue progressing the work of the Association between Conferences.

Kind regards,

Danica Leys
Chief Executive Officer

Conference Supporters



THE LAND

Member Profile



Lynne Dunn,
Cultural Committee
Chair

Lynne Dunn

I had ever thought about joining it and I said that I would consider it—and it happened. I have never regretted it.

In a few sentences, can you explain what the Cultural Committee aims to do?

One of the very first things we aim to impress upon members is that culture encompasses everything we do as Australians. We encourage members to explore their surroundings, to read, to write stories and poetry, to paint and draw, to take photographs, to sculpt, to join with friends and fellow members at theatre outings, to watch films, to join other committees and then to share all this with fellow members. We also love hearing from school children and encourage them to enter our junior competitions. Our Committee supports the Moorambilla Choir in their efforts to bring together these children from remote areas.

What does a day in the life of a Cultural Committee Chair look like?

It is never dull, I can assure you of that! Most of our work involves planning for the State Conference. At our four meetings in the year, we choose topics for different classes of work, organise raffle prizes and ensure that our Committee remains relevant. As may be expected, there are many phone calls and emails to deal with and keeping branches aware of changes, etc. I really enjoy socialising with the groups and branches to spread the word about the Committee. Thinking about what my day looks like, I think I am either on the phone or the computer for at least part of every day.

What do you love most about the Committee?

As a people person, I think my favourite part of the Committee is how well it fits into everyday life. The Committee members only meet four times a year but we've formed friendships over the 10 years most of us have been involved. I am totally amazed at the talent out there in "member land". The quality of the art and writing would not be out of place in competitions anywhere in our country. I'm proud of the effort we have put into encouraging members to read literature by contemporary Australian female authors. I love to read and it really gives me a great deal of satisfaction when I am approached to discuss one of the authors who have been highlighted and to comment on some of the novels. I actually think I just love all of it.

Which branch and group do you belong to?

I belong to the Richmond Branch, Nepean Group.

How long have you been a member of the CWA of NSW?

I joined the Richmond Branch in April 2007.

Why did you want to join?

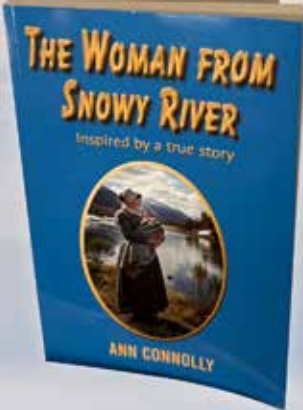
I always intended to join the CWA when I retired. I wish I had known then that it was not just retired women who needed it, as I would have joined earlier. I was born in the Kempsey area and finished my schooling boarding at St Mary's College in Grafton. As a result, I knew about the CWA all my life and it was always an aim to join.

What committees or positions have you held?

At Richmond Branch, I have been President, Secretary, International Officer, Publicity Officer and Cultural Officer—some of them on repeat. I have been President of Nepean Group twice, Group International Officer and Group Representative to State Executive. For the state, I have served twice as Chairperson of the State Cultural Committee.

How did you find your way to the Cultural Committee?

The Committee actually found me! I was asked if



Her story was lost – until now.

Carrie was a pioneer; a gentle woman who became strong and resilient over time, from necessity. Her life was one of adventure, love, hardship and triumph.

Paperback copies available to CWA members for \$25. Please contact Crookwell CWA member Ann for more information: annet@bigpond.com or 02 6227 5620.

International Report

The State Conference has been and gone; what a wonderful time to meet together. A huge thank you to the International Committee members plus Margery, Coral and Donna for all your hard work and assistance during this time. Thanks to Tanya, Bron and all members of the State Executive Committee for your encouragement and support as I presented my first International meeting at Conference. Thanks to Mary Hollingworth for loading and transporting six boxes of school uniforms firstly from Campbelltown to Glen Innes and then to Forster. These are now in storage at the Tuncurry Rotary shed and in due course will find their way shipped overseas. Once we are notified of their destination, I will let members know.

Danica, Fi and all staff at State Office, thank you for ensuring everything came that I needed for the meeting and for your tireless assistance throughout the year.

An enormous thank you to you, the members, for all the donations of stamps, coins, Material Aid, Mother & Baby Packs and flannelette nappies to our display

area; it was overwhelming.

At the International Meeting the bucket was passed around for Small Change to Make a Big Change which raised over \$1,000. Thank you so much for your contributions; every dollar makes a difference in the lives of our sisters and families across the world. We do focus primarily on the South Pacific but don't restrict ourselves solely to this area.

The slideshow was very well received. Members got to actually see what their donations help with from water tanks to maternity wings or the simple joy of receiving Mother & Baby Packs and Material Aid parcels. We are forever grateful to the Hospital Support Committee and the Phillip Group members for their respective packing. A recent addition is Elisabeth Hodgson and her team who take care of the flannelette nappies. Another fine example of what can be achieved when everyone works together as a team. Lyn Braico, Wendy Stein and Jeanie Barton need a special mention for all that they do. Thank you ladies.

As always the International competitions were supported with 15 dolls being entered, 11

senior books, five handicraft items and numerous children's entries in the Postcard and PowerPoint competitions. A list of winners can be found in this journal. Congratulations to the winners but also to all entrants for having a go. Without entries there isn't a competition.

On the Tuesday night we had a dinner at which Group International Officers or their representatives were welcome to attend. Next year in Canberra this is being extended to include Branch International Officers as well. Everyone just buys their own meal; it is a fantastic opportunity for networking.

Hopefully everyone has seen the calendar competition that Sabina is coordinating for the International Committee. Entries closed at the end of May. Orders for calendars will be taken from 1st October. A reminder that we still have some Fiji books available for \$25 each plus \$5 postage should that be required.

Until next time, stay safe everyone and continue enjoying our study of Fiji.

Carolyn McMullen,
State International Officer

Call for Nominations: State Committees

Nominations are called for the following State Committees:

Agricultural & Environmental, Cultural, Handicraft, Hospital Support, International, Show Catering, Social Issues and The Land Cookery. Nominations close with the Chief Executive Officer on 30th June.

Please use the link to submit your nomination in lieu of the Form G 14-1-724: <https://wkf.ms/4cFPEBq> or use the QR code.

Nomination forms must be accompanied by the completed relevant committee essential selection criteria form. These forms can be found on pages G 14-2 to G 14-16 in the Procedures Manual or downloaded from the website.

State Office Bearers will assess nominations for ratification by the State Executive at their July Executive meeting. Committees meet and elect Office Bearers during Committee AGMs and the tenure of the Committee is from October to September.



Social Issues Report

Thank you to the Mid North Coast Group for organising and hosting the 2026 State Conference in Forster last month. The Social Issues Committee's display was again popular with us running out of printed copies of the Advocacy Kits and also Support at Home Program flyer.

Thank you to each member who took the time out of their day after my report to State Conference to provide such positive and kind words of encouragement to me and the Committee. It was very much appreciated. My report certainly would not have happened without my Committee—my particular thanks to Ann Cahill and Kylie Burkinshaw who provided constructive feedback on the initial and subsequent drafts. I am very grateful for their unwavering support and assistance.

With that, I would like to take this opportunity to provide a brief summary of the report.

What is a social issue?

A social issue is a problem that:

- affects a large group of people (not just one individual),
- is caused by factors beyond one person's control, and
- most people agree it needs to change.

What is the Social Issues Committee?

The core business of the Committee is the social issues affecting regional, rural and remote areas and assisting with the CWA's advocacy efforts.

We perform this work by assisting with the preparation of submissions for government inquiries, identifying up to five priority issues annually for which our Advocacy Kits are produced for circulation to members, organising webinars and preparing articles for The Country

Woman on topics of interest.

How can you be involved?

There are a number of ways in which you can become involved in the CWA's advocacy efforts, including:

- talking about social issues impacting your community at branch and group meetings,
- submitting a motion addressing social issues for inclusion on the agenda for State Conference,
- notifying the Committee about social issues occurring in your community that need attention,
- completing CWA surveys so that your personal stories can be included in submissions to government inquiries. Personal stories are a powerful and effective tool to move the decision-makers in the direction of making the decision that will most benefit regional, rural and remote areas,
- organising a community forum or information night hosted by your branch or group and inviting members, neighbours, and local leaders to sit down and discuss the social issues affecting the community.

Upcoming Events

As a direct result of the CWA of NSW submission to the NSW Upper House Select Committee Inquiry on Fertility Support and Assisted Reproductive Treatment, the CWA was invited to give evidence at the hearing scheduled to be held in Tamworth on 20th May 2026. Kylie Burkinshaw (Social Issues Committee member and also Terrigal Evening Branch) and Paige Brierley (Virtual Branch) have been asked to represent the CWA. By the time you receive this edition of The Country Woman, the hearing would have already

taken place; however, I am very confident that Kylie and Paige would have done us all proud.

The Support at Home Program flyer available at State Conference contained a QR code with a link to a short CWA survey with questions relating to Aged Care. The link was also in the E-news. The responses will be kept confidential; however, the data obtained will be used to inform the CWA's submission to the Senate Standing Committee on Community Affairs Inquiry into the Aged Care, Support at Home Program. The survey closes on 15 June 2026 so CWA of NSW can prepare and then lodge the submission well ahead of the deadline of 31 July 2026. I strongly encourage each of you to provide a response and get others within your communities to do one as well—the more responses we have, the stronger the submission will be.

Nominations for the Committee close on 30 June 2026 with the State Office Bearers to assess the nominations for ratification at the State Executive Committee meeting commencing 13th July 2026. Although there are only seven places available on the Committee, those of you who miss out on selection this time around should reapply next year and, in the meantime, consider nominating for the position of your Group or Branch Social Issues Officer at the AGMs taking place in October 2026. The next meeting of the current Committee has been scheduled for 27th August 2026 via Zoom.

Elizabeth O'Dwyer, State Social Issues Officer

Glimpse from CWA of NSW history

In 1955, a Conference resolution call for routine blood testing of pregnant women for rhesus factor.

Show Catering Report

The Royal Sydney Easter Show was from 2nd April–13th April. The first weekend was Easter so we hit the ground running. This year we opened our doors at 9.00 am anticipating a surge of visitors. Interestingly, for the first time in my seven years at the show, there was no continuous queue at the entrance. Our busiest period extended from mid-morning through to after lunch, with Seniors Day being an exception, where the line stretched all the way to the dome entrance for most of the day.

Despite observing fewer visitors, we successfully produced 40,721 scones this year, surpassing last year's total by a few hundred. Our menu offerings extended beyond scones to include sandwiches, fish and chips, pies, quiches, homemade cakes, and a variety of drinks. We also had gluten-free options such as cakes and sausage rolls. This year, we also introduced kids' meals, featuring fish bites with chips and chicken tenders to cater to younger attendees.

We extend our sincere thanks to our sponsors:

- The Manildra Group, supplying over 2.5 tonnes of scone mix.
- Pepe Saya's Australian cultured butter, providing pure churned handcrafted butter portions.
- Madura Tea, offering premium blend, Earl Grey and Green Tea.
- Sunshine Sugar, for the sugar sticks.
- Nestlé, for coffee and this year Milo.
- Pace Farm Eggs, contributing 60 dozen eggs.

Jam for the scones was purchased from Beerenberg who generously donated two hampers for us to raffle each year at our promotions table.

Our Promotions Table showcased homemade jams and fruit cakes,

with approximately 951 jars and 432 cake items sold or distributed during the Show. We received strong support from various groups, including Phillip, Illawarra, Murrumbidgee–Lachlan, Southern Tablelands, Mid North Coast and Far South Coast. The most popular jams were strawberry, tomato relish and marmalade. Thanks to the Sydney branches for their contributions of Anzac biscuits, which were highly popular and quickly sold out.

Special appreciation goes to Marie Bradbury for her Neenish tarts which she announced would be her final contribution to the Tea Room.

Our Tea Room relied heavily on the dedication of 299 volunteers including 224 CWA members, 49 non-members and 26 men. Volunteers received free entry to the show and we encourage others to join us next year, scheduled from Friday 19th March to Tuesday, 30th March 2027.

We also welcomed 65 new members through the Show Special membership offer. We hope branches have followed up to ensure these new members feel welcomed.

Throughout the event, I participated in interviews with various media outlets, including the Sydney Royal Stand box, ABC Country Hour, 2SM and 2GB. We also appeared on television channels 10 and 7. Notable visitors included Federal Opposition Leader, Angus Taylor; NSW Premier, Chris Minns; and the Shadow Minister for Women, Felicity Wilson, who even assisted with table clearing.

This year, The Young Women Competitors from the Royal Easter Show came and volunteered, contributing to our efforts. We also were privileged to spend some time with Harry Garside, Olympian boxer, who spent a great deal of time with us and



Harry Garside with Donna Robertson

even helped clear tables when he wasn't speaking and taking selfies with the patrons.

I extend my heartfelt thanks to the committee members: Joy Beames, Julie Deer, Barbara Veness, Zara White, Natalie Pavia and Chris Ford as well as our sub-committee members: Judy Campbell, Donna McDermott, Bec Ryan, Virginia Stuart, and Cheryl Mayberry and Rowena Casey who served as our House Mums, with Rhonda Merchant providing relief support for the committee. We also extend our appreciation to the State Office staff.

During the show, we encountered many friendly individuals including security personnel, paramedics and cleaners, all willing to assist as needed. The parking security team was particularly helpful this year, allowing us to park an extra vehicle—but don't tell anybody.

Despite the challenges faced, managing the CWA Tea Room remains highly rewarding. It promotes camaraderie, serves as a valuable public relations platform for the CWA and remains our most profitable venture.

The 2025 Show raffle raised \$18,500, which has been allocated to the Disaster Relief Fund. The total proceeds from the 2025 event amounted to \$170,000 and have been forwarded to the Association.

Donna Robertson
Chairperson

Agricultural & Environmental

Captivating Display

The Agricultural & Environmental Committee arranged an excellent display at Forster State Conference and we sincerely thank the Organising Committee and volunteers involved for their work in bringing it together. Many thanks to Yvonne, Des and Kim for their greatly appreciated support. Huge thanks to Nambucca Valley Evening Branch, for their fantastic contribution to the wattle seed display and delicious wattle seed biscuits.

Appreciation is extended to the many branches that involved their local schools in the children's competitions and there were an amazing number of entries. Your efforts not only encouraged participation but also helped foster awareness and engagement of the children.

There were 11 Moore Award books this year and the outstanding winning book was exactly what we were looking for, demonstrating branch participation and highlighting important issues within local communities. Likewise, the Recycled Articles continue to improve each year, with most entries being genuinely recycled and practical. Many thanks to all members who invested their time and creativity into these entries.

For the first time the Agricultural & Environmental display featured a dedicated section recognising the Australian sponsors of the Royal Easter Show CWA Tea Room. In appreciation, we showcased the high-quality Australian grown, made and owned products which contribute significantly to the success of CWA's largest annual fundraiser. Our farmers and processors produce some of the best products in the world, and by purchasing these Australian made foods you are supporting local jobs, our economy and

keeping profits within Australia.

Seminar 2026 Coonabarabran

This year's Agricultural & Environmental Seminar will be held on Monday 14th & Tuesday 15th September in Coonabarabran including nighttime world-class star gazing, dinosaurs, glossy black-cockatoos and she oaks in the Pilliga forest and much more. As always, organising your own accommodation is essential. More information will be released in the coming months.

The People Who Fill Our Pantries and Fridges

Farmers are increasingly finding themselves in a position where they need to explain and justify their way of life, their production methods and their means of earning a living in response to heightened public scrutiny and commentary from mostly well-intentioned but often uneducated advocacy groups and broader community perceptions. This growing pressure highlights the need for stronger communication and great understanding between producers and the wider public to ensure agricultural practices are fairly represented and properly understood. Our producers are the foundation of our food security. Fostering greater connection and understanding of life on the land has been a key priority for the committee over the last three years, and continued efforts have been made to raise awareness of the vital role agriculture plays in Australia's communities and economy.

Fighting the Good Fight

Over the last three years, excellent committee displays at State Conference enhanced visibility to

members, while engaging journal reports increased awareness of our work. The development of many strong policies, alongside ongoing advocacy efforts has been a key focus and has further reinforced our impact. Facebook posts provided insights into key issues and gave glimpses of life in the bush. There has been improvement of the Primary Product delivery, updates of the Procedures Manual to provide greater clarity and a new primary school competition has been introduced, designed to engage children. The two-day seminars were successful, providing valuable learning and networking opportunities. Attendance at round table discussions, webinars and ongoing engagement with SafeWork NSW has been a commitment. In addition, many meetings with Essential Energy have been undertaken to advocate for improved safety measures including the installation of highly visible markers on upright power poles. Ongoing support and guidance were provided to group and branch officers to help them do their best and I sincerely thank them for their wonderful work. I leave you all in the very capable hands of your new State Agricultural & Environmental Officer, Penelope Fenley.

Jenny Birtles, previous State Agricultural & Environmental Officer and Penelope Fenley State Agricultural & Environmental Officer

Glimpse from CWA of NSW history

In 1970, the first weekend residential school for CWA International Country of Study program was held at University of Armidale. This continued until 2013 and in 2014 became a one-day seminar.

Hospital Support Report

The last few months have been super busy for the Hospital Support Committee, in a good way. As you read this in June, the 2026 Conference has been concluded and home beckoned us all—we did have a wonderful time. For the Committee this has meant a meeting and unpacking. We reviewed the Display Items, packed them securely and put them away ready for Canberra.

Next on our list of “things to be done” is the packing of the Mother & Baby Packs for the International Committee to distribute.

So, what has kept us busy? We produced a trifold brochure to hand out at Conference and put together new thank you cards. I was very fortunate to be invited to attend the 35th birthday celebration of the Ronald McDonald House up in Newcastle. A joyous occasion. It was also wonderful to see a couple of those beautiful mosaic rugs being given out to new occupants. We received a lovely thank you from the CEO, Ross Bingham OAM (Northern NSW).

Before each Conference, we need a couple of days to prepare and pack essentials, take photos of raffle prizes and let you all know what we are doing. Firstly, clearing the decks of your kind

donations and trying to see where we have need of a request to go out to you, the members of CWA of NSW, who make what we do possible.

Occasionally, we can help a few places all at once and that was the case this time. Elma from Street Hearts came in to collect the donations we had put to one side. Three boxes of books donated, beanies for adults and children, toys, colouring books, pencils, some clothing, toiletry bags and some knee rugs are destined for Street Hearts and other organisations Elma is a part of. Then Lou’s Place received towels and soap (as requested). Lou’s Place is a unique, community based drop-in centre for women in crisis, feeling isolated or needing support. They have been running for more than 25 years. Some women need to stay overnight, hence soap and towels. The small bath towels such as those for the Mother & Baby Packs, also allow us to help organisations such as Lou’s Place. They receive (like so many others) no assistance with funding from the government.

At the end of April, the Hospital Support Committee were guests of the Virtual Branch for their Virtual Craft Bee. It was a great

presentation in all styles of twiddle for people in aged care homes. Please remember, all items need securing very well, so they are not easily dislodged and could be swallowed. I particularly love the bag, twiddle gloves (fingerless) and the curly worms. We were asked to talk about the Hospital Support Committee and happily did this. Carol also spoke on Material Aid, so quick reminder here: they do not accept knitting needles. We watched as Molly (junior and extremely talented crocheter) make a curly worm for attaching to a rug or muff. Thank you.

Also, in April we received a request for some distraction toys for a hospital in Hornsby. Knowing that our stock of sticker books and toys (suitable for under 5-year-olds who need to be distracted whilst mum is being looked after) had been depleted already, a Facebook post was put out. Similarly, we asked for long onesies (new only please) as a stocktake showed a distinct lack of these (none in fact). We try to ensure short and long go out with the Mother & Baby Packs, along with the usual items as shown in the Procedures Manual.

Jennifer Blinkhorn,
Chairperson

Support the Royal Flying Doctor Service

At the State Conference members unanimously passed an urgency motion calling on the NSW Government to, *“provide at least \$15 million ongoing annual core funding to the Royal Flying Doctor Service to ensure vital medical and health services can continue to be available to people in rural and remote NSW so these communities are not left behind”*.

Your branch can help this vital lifeline for rural and remote communities, by personalising our template letter calling on NSW MPs to commit to at least \$15 million in ongoing annual core funding for the Royal Flying Doctor Service.

Go to www.cwaofnsw.org.au/rfdslatter or use the QR code to download the letter template.



Handicraft Workshops

at Umina Beach

11th-12th July 2026

I wish to attend the **Gingham Chicken Scratch Workshop**, 2 days, cost \$70 (includes morning/afternoon tea/ lunch).

I wish to attend the **Beaded Christmas Bauble Workshop**, 2 days, cost \$70 (includes morning/afternoon tea/ lunch).

Kits supplied at extra cost.

To be held at:
Umina Beach CWA Hall,
2 Sydney Avenue,
Umina Beach

Name _____

Address: _____

Post Code: _____

Phone: _____

Email: _____

Dietary Requirements: _____

RSVP Friday 30th June 2026.

A) Direct Deposit: BSB 032-769 A/C 830 720, using your name as a reference and email a copy of the coupon to Handicraft Secretary: cwaofnsw.handicraft@gmail.com

OR

B) Send your cheque and coupon to Ruth Shanks, 13/22 Peel Place, Dubbo NSW 2830.

For more information contact Ruth Shanks 0419 821 614.



Umina Beach, NSW

Cultural Report

The Official Opening of the State Conference in Forster was, in my opinion, one of the most entertaining that I had witnessed. The speakers were interesting, the choir was fantastic and the audience appeared to enjoy every minute of it. Congratulation to the organisers—you did a great job.

I am very pleased to report that the Cultural Committee display was even more successful this year than it was in 2025. Art entries exceeded last year's record numbers and sales of paintings were once again up in numbers. The quality of all the works never ceases to amaze me—CWA has very talented members. Thank you to the Cultural Committee members who worked so hard setting up the exhibits and to the members and guests at the Conference who took the time to check out all the entries and to vote for their favourite artwork—a fun event which is growing annually. A walk through all the displays showed the depth and variety of gifted members in this organisation. Thank you to all participants and congratulations to all winners.

Nominations for the state committees close on 30 June so very shortly the new Committee will be posted and their journeys begin in November. Some of us will finish our time and hopefully new members will be announced.

Now is the time to start thinking of entries for next year, as the majority of them are due in for judging by 15th November each year with the exception of the Art entries which are due in, along with nominations for the Woman of Note, on 31st March. Entry forms are printed in the August Journal, and topics for all categories have been advertised since last December and are listed on the Cultural page of the website.

Our contemporary Australian

women author for this month is Fiona McFarlane, one whom I must admit I had not read until now when I chose *The Sun Walks Down*. This author was born in Sydney but now teaches creative writing at the University of California. *The Sun Walks Down* is set in Australia in 1883. The story centres around the search for a six year old boy who disappears during a dust storm. The writer brilliantly brings to life her characters and she manages to place the reader in the middle of the places in which she sets her novel. I was so involved in the searcher's relationships with each other and with the landscape and the history of the Flinders Ranges, that I found it difficult to close the novel as the suspense drove me to the conclusion. Another novel from this author is *The High Places*, as well as short stories and other novels. I hope you enjoy this one.

I will close with a gentle reminder to start preparing your entries for 2027 in Canberra. Once again, thank you to all entrants this year—you are amazing!

Lynne Dunn, Chairperson

Could you start a new CWA of NSW branch in your area?

Just 12 people are needed to start a new branch and you might be surprised how much interest there is in your community. The branch will also need people who would be keen to take on positions (such as President, Secretary, Treasurer). If you think you could help start a new branch take the opportunity to discuss this with your Group President.

For more information on how to form a branch see P 1-1-718 in the Procedures Manual.

Handicraft Report

Wow! This year's entries in our State Handicraft Competition have been absolutely amazing. We had 717 items for judging and all I can say is that I am glad the decisions were not mine as to the winners in each section. The standard of work and the effort that members, children and male relatives put into making these items is outstanding. It makes me very proud to be a CWA member and know that we have such talented women and their families in our organisation.

The judging this year was certainly not easy with lots of deliberation over a number of items; however, I believe the judges have been very diligent and fair in their marks and I congratulate all the winners.

It is important for Branch Handicraft Officers to encourage all members to enter items regardless of their standard or level of expertise. We must encourage our members to have a go and have as many different members as possible with entries in our branch competitions. This adds to the variety of items entered.

Our new Schedule is ready for all to see and you will notice that we no longer have woodwork, resin work, wirework, folk art or paper. These are going to be included in the Cultural Competition as these mediums fit better with their criteria.

The Branch Challenge for 2026/2027 is four coat hangers (four different techniques), maximum size is 30 cm high and 50cm width. As it is the branch challenge, at least four or more members of the branch must be involved in producing the items. This means that someone might purchase the coat hangers, someone may purchase the materials and then others may do the actual work to put them

together. Please ensure that all names are on your entry forms and list what they did to participant in the challenge.

Unfortunately, the State Handicraft Committee have been advised that we will no longer be receiving any sponsorship from The Land Newspaper. We are working with a number of companies and organisations to secure new sponsorship, and further information will be given once available. I'm sure this will add a new level of excitement once these sponsors are confirmed and prizes are decided. It is important that as Australians we promote and use Australian natural products as we have many wonderful industries within our state that we can support and already do.

Quote: *Appreciate the little things; they often lead to the biggest joys.*

Happy crafting,

Gai Mason, Chairperson

Chairperson's Choice

The Chairperson's Choice for 2026/2027 is Brazilian Embroidery. Maximum size 40 cm x 40 cm.

Brazilian embroidery is a style of embroidery that is very textured and basically 3 dimensional. This beautiful style of thread art gets its name because it uses high-shen rayon thread in place of the traditional cotton or wool. This rayon thread was first created and popularised in Brazil, hence the name! You will find that this kind of embroidery commonly is used to depict flowers; this is achieved through a combination of cast-on and knotted stitches.

Handicraft Judging Techniques and assessment

at Muswellbrook

15th August 2026

I wish to attend the **Handicraft judging techniques and assessment** on 17th August 2026 (1 day), cost \$20 for morning tea/afternoon tea/lunch.

To be held at:

Muswellbrook CWA Rooms
4 Market Street,
Muswellbrook

Name _____

Address: _____

_____ Post Code: _____

Phone: _____

Email: _____

Dietary Requirements: _____

RSVP Friday 31st August 2026

A) Direct Deposit: BSB 032-769 A/C 830 720, using your name as a reference and email a copy of the coupon to Handicraft Secretary: cwaofnsw.handicraft@gmail.com

OR

B) Send your cheque and coupon to Ruth Shanks, 13/22 Peel Place, Dubbo NSW 2830.

For more information contact Ruth Shanks 0419 821 614.

The Land Cookery

The state final at the Conference in May was a celebration of The Land Cookery Committee's 75th anniversary and grateful recognition of our partnership with our major sponsor The Land newspaper. We introduced the surprise butter cake loaf in the Schedule to mark the occasion and provide a challenge to our bakers. From the branch return summary there were 164 entries and likely many more test bakes.

Congratulations to all those who were successful in bringing an entry to the state final; that is an achievement in itself and to the winners, the judges were very impressed by the standard of entries which made their task challenging. Please ensure you claim your prize monies by sending in your bank details to landcookerycommittee@gmail.com if you haven't already done so.

This year we will distribute \$3,740 in prize monies, plus additional cash awards and cookery

books for our junior bakers. The Glad Shute Memorial Awards, administered by St George-Sutherland Shire Branch, provides additional prize cards and cash awards which are also presented each year to our winning junior bakers.

The Committee would like to thank all those branches who completed and submitted their branch returns to their Group Cookery Officer. In turn, this data enables the Group Cookery Officers to complete the branch return summaries, providing the Committee with valuable information about branch entry activity. From the information received we estimate there were approximately 3,344 entries at branches, and 2,500 entries at group competitions. The top three most popular sections were coconut loaf, plain butter cake and chocolate cake.

Thank you for supporting the competition at all levels whether it be organising, entering,

stewarding, judging, selling and buying our raffle tickets, and this year purchasing the 2026-2028 Cookery Companion. If you missed out on securing a Cookery Companion just email us and we will arrange to get one to you. We trust you will enjoy the challenge of the new 2026-2027 Schedule. Don't forget to check out Ellice's new schedule sections videos which have been posted on the Closed Facebook group. These will also be shared in the July E-news.

Finally, a special thank you to Fiona and Brooke who organised the 75th Anniversary Memorabilia Display and especially all those who brought along items. It was very popular and a well-received reminder of how many cooks managed in days gone by. I know there are many photographs circulating and Amanda has been posting on the Closed Facebook group so please check them out.

[Carole Windley, Chairperson](#)

Sudoku

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

Puzzle Rating: Easy. Source: www.sudoku-puzzles.net

April's Solutions

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

Puzzle Rating: Very Easy

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

Puzzle Rating: Medium

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

Puzzle Rating: Hard

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

Puzzle Rating: Very Hard

State Handicraft Schedule 26/27



State Handicraft Exhibition Schedule 2026/2027

Each Exhibitor in the Group Competition **must** be a financial member of CWA of NSW.

All knitting and crochet items **must** have a label or strands attached.

Each Article must have been completed within two years of the current State Exhibition. Soiled work will only receive a maximum score of 60.

Each article must be the work of the exhibitor and work which has been entered in the Group Section may be entered the following year in the Natural Fibres Section if it meets the criteria.

Maximum size of any framed work must not exceed 50 cm X 50 cm (unless otherwise stated by the committee) and must be in a padded fabric bag with name, branch and group attached.

Maximum size for quilts and rugs must be **no larger** than 220 cm X 220 cm. If quilted by another person, there must be a label attached stating this.

Maximum dimension of dolls, toys and bears must not exceed 50 cm.

Maximum dimension of filled cushions is 40 cm x 40 cm.

Note: If items do not meet this criteria they will not be judged at state level.

Handicraft Officers are advised that articles are insured from the time they are in the care of Group Handicraft Officer until returned to their owner after Conference.

Group Competition

Each group to enter eight articles

(if possible) of any handicraft technique for Group Competition. The pure wool knitting can of course be entered but it is now not compulsory. Painting, pottery, diamond dots, scrapbooking, mosaics and folk art are not included in Handicraft techniques.

If there are any special details for items, these need to be written and attached to the entry (not attached or on the entry form). If a member has a permanent label with their name on it, this must be covered for judging.

Bonus points will be given for presenting eight different techniques.

Open Classes

CLASS A: Garment or article of craft made by a member 80 years and over.

CLASSES B1, B2: these classes are open to any child residing in NSW and ACT. Age as of 1st May in the year of the State Exhibition and must be stated on the article tag and on the entry form.

CLASS B1: Any Article of craft made by a junior 12 years and under (commercial quilting allowed).

CLASS B2: Any article of craft made by a junior 13–18 years of age (commercial quilting allowed).

CLASS C: Four coathangers using four different techniques. Maximum size for each coathanger, including hook, is 30cm high and 50cm wide. This is a branch challenge and therefore at least four or more members of the branch must be involved in producing the items. Please put names and what part they played on an accompanying page with your entry form and items.

CLASS D—Chairpersons' Choice: Brazilian Embroidery. Maximum

size 40 cm x 40 cm.

CLASS E: Special Section for members: Garment or article incorporating smocking.

CLASS F: Handcrafted bag, any technique, no larger than 50cm x 50cm

Natural Fibres Section

This section is open to **all** residents of NSW and ACT.

All articles must have at least 70% natural fibre. Labels and/or strands must be attached to each entry.

Section 1: Hand knitted or crocheted knee or cot rug using commercial natural fibres—max 150 cm X 150 cm.

Section 2: Hand knitted garment or article from commercial natural fibres 5 ply or finer.

Section 3: Hand crocheted garment or article from commercial natural fibres 5 ply or finer.

Section 4: Hand knitted garment or article from commercial natural fibres 6 ply or thicker.

Section 5: Hand crocheted garment or article from commercial natural fibres 6 ply or thicker.

Section 6: Hank or skein of home spun fibre spun by the maker.

Section 7: Garment or article, knitting or crochet made from 100% pure wool.

Section 8: Garment made from woven fibres (not knitting or crochet).

Section 9: Felted garment or article made from wet or needle felting (not purchased felt).

The Land Cookery

Schedule 26/27



Rules

Please read carefully

This Contest is conducted by The Land Cookery Committee on behalf of the Country Women's Association of New South Wales.

Who can enter: The Contest is not restricted to members of the CWA; it is open to any person residing in NSW and ACT, however, for non-members only one section (of the non-member's choice) may be entered.

How to enter: Competition commences at branch level. Each branch conducts its separate contest (or selection process where branches do not have enough competitors). First and second prize winners must be two different competitors who will then be eligible to enter group semi-finals. First prize winners of group semi-finals are eligible to enter the state final conducted concurrently with the CWA Annual General Conference. This is a competition that is conducted from branch to group and then to state level.

Entry Fee: \$1 per entry is to be collected when an exhibit is entered for first time, whether it is branch or group level. The entry fees shall be sent through the Group Treasurer directly to The Land Cookery Committee.

"The Land" newspaper coupon: an original 2026/2027 coupon must accompany each section entry only at the state final.

Judges: Branches and groups will appoint their own judges from another branch or group, but judges and stewards for the state finals will be appointed by the CWA State Land Cookery Committee Chairperson. The judges' decisions are absolutely

final and not to be questioned or discussed with the judges.

Additional sections: Branches may include additional sections in their branch contests and award additional prizes but prize winners in such sections will not compete in the group semi-finals or state finals of the contest.

Sale of exhibits: Exhibits may be sold at branch and group level. However, all exhibits become the property of CWA at state level and are not for sale. Competitors should advise the steward when registering if they wish to take their fruit cake or pudding back.

Labels: CWA ingredients labels are not required at branch or group semi-finals unless the exhibit is to be sold.

Prohibited: Springform and ring tins are not to be used throughout the contest. No visible rack marks on entries. Package mixtures and frosting are not to be used unless otherwise specified.

Special "The Land" Awards for Branches Judged on Ratio of Members Entries

Branches with 15 members and under with most entries in Cookery Competition: First \$150; Second \$75; Third \$25. Total \$250.

Branches with 16 to 25 members with most entries in Cookery Competition: First \$150; Second \$75; Third \$25. Total \$250.

Branches with 26 to 35 members with most entries in Cookery Competition: First \$150; Second \$75; Third \$25. Total \$250.

Branches with 36-50 members with most entries in Cookery Competition: First \$150; Second \$75; Third \$25. Total \$250

Branches with over 51 members

with most entries in Cookery Competition: First \$150; Second \$75; Third \$25. Total \$250.

Group Award for most points gained from prize winners at state final: Certificate.

Chairperson's Pick: \$100 and Certificate to the best overall exhibit.

Prize Money: Bank details must be provided to The Land Cookery Committee Treasurer to enable prompt payment of prize monies.

Section One—Rich Fruit Cake

Prize—1st \$140; 2nd \$100; 3rd \$60; Total \$300

Important: Fruit cakes not to be iced, glazed or otherwise decorated. Competitors to use no less than 1kg of fruit, 250g butter and 250g brown sugar basis as the standard mixture for size and weight of a rich fruit cake. Tins to be deep 7.5cm x 20cm round or 20cm x 20cm square. A cut cake can be entered at the group semi-final but will not be accepted at state finals. Your own favourite recipe may be used.

Points to be looked for in judging: Smooth, even top, well risen and slightly rounded towards the centre but not peaked. Smooth, even colour on sides, top and bottom. Texture to be fine and even, with no holes or tunnels; moist throughout but not heavy or under cooked. Fruit to be evenly distributed with a good balance of fruit and mixture apparent and not be over-flavoured with spices and essences or alcohol so that the natural flavour of the fruits is lost.

Section Two—Sultana Cake

Prize—1st \$100; 2nd \$70; 3rd \$50; Total \$220

Important: Sultana cakes not to be iced, glazed or otherwise decorated. Competitors to use no less than 500g of sultanas. Tins to be deep 7.5cm x 20cm round or 20cm x 20cm square. A cut cake can be entered at the group semi-final but will not be accepted at state finals. Your own favourite recipe may be used.

Points to be looked for in judging: Even straw-colour on top, sides and bottom. Texture to be fine and even with no holes or tunnels; moist but not heavy or under cooked. Fruit to be evenly distributed with a good balance of fruit and mixture and sweet sultana flavour.

Section Three—Boiled Fruit Pudding

Prize—1st \$140; 2nd \$100, 3rd \$60; Total \$300

Important: Competitors to use no less than 1kg of fruit, 250g butter basis as the standard mix for size and weight. Minimum presentation weight 1.5kg. Pudding to be boiled in a cloth. A cut pudding can be entered at the group semi-final but will not be accepted at state finals. Your own favourite recipe may be used.

Points to be looked for in judging: The pudding to be a nice round shape with characteristic smooth even flour skin. The colour to be rich and dark and be even throughout. There are to be no holes in the pudding nor soggy patches and have a well-balanced fruity flavour.

Section Four—Plain Butter Cake

Prize—1st \$60; 2nd \$40; 3rd \$30; Total \$130

Important: To be baked in any deep 7.5cm x 20cm round or 20cm x 20cm square tin. There are to be no fruit, nuts, cherries,

or peel used in or on cake. Cake to be presented as baked (not trimmed), uniced and with no decoration. Your own favourite recipe may be used.

Points to be looked for in judging: The sides to be smooth with the height of the cake in proportion to the size of the tin used and no sign of dented or wrinkled lining. The top to be smooth and slightly rounded with even colour on top, bottom and sides. The texture to be even, fine and moist without holes or tunnels. Cooking to be even right throughout with no under-cooked patches and the cake cuts easily without crumbs.

Section Five—Chocolate Butter Cake

Prize—1st \$60; 2nd \$40; 3rd \$30; Total \$130

Important: Baked in any deep 7.5cm x 20cm round or 20cm x 20cm square tin. Cake to be presented as baked (not trimmed) and iced on top only with chocolate glacé icing. Your own favourite recipe may be used.

Points to be looked for in judging: See Plain Butter Cake. The cake to have a rich dark colour, evenly around the base and sides. Icing to be smooth and neatly applied and of a colour that closely matches the colour of the cut cake.

Section Six—Marble Cake

Prize—1st \$60; 2nd \$40; 3rd \$30; Total \$130

Important: Baked in any deep 7.5cm x 20cm round or 20cm x 20cm square tin. Cake to be presented as baked (not trimmed) and iced on top only with glacé pink icing. Your own favourite recipe may be used.

Points to be looked for in judging: See Plain Butter Cake. The cut cake to reveal three colours (pink, chocolate and plain butter colour) to create a “marble” pattern, balanced so that one colour doesn’t dominate the other. Icing to be smooth and

neatly applied and of a colour that closely matches the pink in the cut cake.

Section Seven—Jam Roll

Prize—1st \$60; 2nd \$40; 3rd \$30; Total \$130

Important: Plain sponge baked in swiss roll tin, approx 36–38cm x 24–25.5cm x 2.5cm. The sponge to be filled with any jam then rolled at least twice with edges uncut. The jam roll to be presented without any sugar dusting and with the seam side underneath. Your own favourite recipe may be used.

Points to be looked for in judging: Sponge to be evenly risen throughout with a soft and moist texture. The jam filling to be sufficient to hold the rolled sponge without seeping out the ends or soaking through into the sponge.

Section Eight—Ginger Loaf

Prize—1st \$60; 2nd \$40; 3rd \$30; Total \$130

Important: Bake in a medium loaf tin, approx 24cm x 13cm x 6.5cm. The loaf to be presented as baked (not trimmed) and iced on top with lemon glacé icing without zest. Your own favourite recipe may be used.

Points to be looked for in judging: See Plain Butter Cake. The loaf to be well risen with a distinctive ginger flavour and aroma evident but not overpowering. Icing to be smooth, neatly applied to the top of the loaf only.

Section Nine—Gluten Free Jam & Coconut Slice

Prize—1st \$50; 2nd \$40; 3rd \$30; Total \$120

Important: Bake in a lamington/slice tray, approx 30cm x 20cm x 3.1cm. Six pieces to be presented, cut approx 4cm x 6cm. Recipe supplied must be used.

Points to be looked for in judging: Uniform shape and size with

three level layers evident and cleanly cut with no ragged edges or crumbs. The slice to be evenly baked with the same height throughout. Tart raspberry flavour of the jam to compliment the sweet coconut texture and flavour of the topping.

Section Ten—Coffee Slice

Prize—1st \$50; 2nd \$40; 3rd \$30; Total \$120

Important: Baked in a lamington/slice tin, approx 30cm x 20cm x 3cm. Six pieces to be presented, cut approx. 4cm x 6cm. Recipe supplied must be used.

Points to be looked for in judging: Uniform shape and size with three level layers evident and cleanly cut with no ragged edges or crumbs. Balanced coffee, walnut and cinnamon flavour evident without one overpowering the other.

Section Eleven—Alice's Fancy Biscuits

Prize—1st \$50; 2nd \$40; 3rd \$30; Total \$120

IMPORTANT: Six biscuits to be presented, each approx 4cm diameter. Recipe supplied must be used.

Points to be looked for in judging: Uniform shape and size, joined with a thin smear of jam of your choice and neatly iced on top.

Jams, Relish, Chutney

Section Twelve—Single Citrus Fruit Marmalade

Prize—1st \$50; 2nd \$40; 3rd \$30; Total \$120

Important: Must be presented in approx. 250ml size glass containers with metal screw-on non-commercial tops. Jars to be filled to within 1cm from the top and securely sealed. If there is no alternative, commercial jar tops may be used if the brand is covered. Ensure rim of jar and inside of lid are clean before presenting for judging. Your own favourite recipe may be used. Jar to be labeled with name of citrus

used.

Points to be looked for in judging: Marmalade shows "set" with a jam-like consistency that drops from the spoon. Fine shred with flavour representative of the fruit used.

Section Thirteen—Cherry Jam

Prize—1st \$50; 2nd \$40; 3rd \$30; Total \$120

Important: See Section Twelve. Your own favourite recipe may be used.

Points to be looked for in judging: Jam shows "set" with a jam like consistency that drops easily from the spoon. Fruit should not be processed or blended.

Section Fourteen—Bread & Butter Cucumber Pickles

Prize—1st \$50; 2nd \$40; 3rd \$30; Total \$120

Important: See Section Twelve. Your own favourite recipe may be used.

Points to be looked for in judging: Cucumbers and onion to be crisp but tender with spicy-sweet pickling flavours that do not overpower the main ingredients.

Section Fifteen—Beetroot Relish

Prize—1st \$50; 2nd \$40; 3rd \$30; Total \$120

Important: See Section Twelve. Your own favourite recipe may be used.

Points to be looked for in judging: Beetroot can be diced or coarsely grated, of an easy dropping consistency. Beetroot to retain colour and flavour complimenting the spicy-sweetness of other ingredients.

Junior Section

8 Years and Under at 31 March 2027

Section Sixteen—Melt & Mix Choc Chip Biscuits

Prize—1st \$30; 2nd \$25; 3rd \$15; Total \$70

Glad Shute Memorial Award—1st \$20; 2nd \$15; 3rd \$10; Total \$45

Important: Six biscuits to be presented, each approx 5cm diameter. Your own favourite recipe may be used.

Points to be looked for in judging: Uniform shape and size with even distribution of chocolate chips.

12 Years and Under at 31 March 2027

Section Seventeen—Ginger Coconut Slice

Prize—1st \$30; 2nd \$25; 3rd \$15; Total \$70

Glad Shute Memorial Award—1st \$20; 2nd \$15; 3rd \$10; Total \$45

Important: Baked in a lamington/slice tin approx 30cm x 20cm x 3cm. Six pieces to be presented, cut approx 4cm x 6cm. Recipe supplied must be used.

Points to be looked for in judging: Uniform shape and size, cleanly cut with no ragged edges or crumbs. A distinctive ginger flavour and aroma evident but not overpowering. Icing to be smooth and neatly applied to the top of the slice.

18 Years and Under at 31 March 2027

Section Eighteen—Neapolitan Cake

Prize—1st \$50; 2nd \$40; 3rd \$30; Total \$120

Glad Shute Memorial Award—1st \$20; 2nd \$15; 3rd \$10; Total \$45

Important: Baked in any deep 7.5cm x 20cm round cake tin. Cake to be presented as baked (not trimmed) and iced on top only with pink glacé icing. Recipe supplied must be used.

Points to be looked for in judging: See Section Four. The cake to have three distinct layers, coconut on the bottom and pink on the top with jam in the middle. Icing to be smooth and neatly applied and of a colour that closely matches the pink of the cut cake.

The Land

Cookery Recipes



Section Nine: Gluten Free Jam & Coconut Slice

Required Recipe

1 cup gluten-free plain flour
½ cup caster sugar
1 egg
90g butter, softened
1 teaspoon vanilla essence
½ cup raspberry jam

Topping:

2 cups desiccated coconut
½ cup caster sugar
2 eggs, lightly beaten

Method

Line the bottom of a slice tray and grease the sides well, preheat oven to 180°C.

Beat butter, sugar, egg and vanilla together until combined. Stir in sifted flour.

Press dough evenly into prepared tin and bake for 10–15 minutes.

Spread jam over the warm base.

Whisk eggs and caster sugar together until combined and stir in coconut.

Spread over the jam and bake for a further 25–30 minutes until golden brown.

Cool completely before cutting.

Hints to the competitor: Before cutting out slices, trim around the outside then measure and score the required sizes before cutting. Wipe your knife between cuts to remove crumbs so that the sides of the slices are sharp and clean.

Section Ten: Coffee Slice

Required Recipe

Base

125g butter, softened
¼ cup caster sugar
1 cup plain flour

¼ cup self-raising flour

Filling

400g tin sweetened condensed milk
30g butter
2 tablespoons golden syrup
3 teaspoons instant coffee powder
40g finely chopped walnuts

Icing

1 cup plain flour
2 teaspoons ground cinnamon
¼ cup brown sugar, firmly packed
125g butter, chopped

Method

Preheat oven to 180°C. Line a 25 x 30cm swiss roll tin.

For the base, cream butter and sugar until just combined, then stir in combined and sifted flours. Mix to a firm dough. Press evenly over base of the prepared tin. Bake for 10 minutes, then spread with the filling while still hot.

For the filling, combine the condensed milk, butter, golden syrup and coffee in a saucepan, then stir over medium heat until mixture begins to bubble. Continue stirring briskly for about 3 minutes or until mixture is thick. Stir in walnuts. Spread over the hot base.

For the topping, sift flour and cinnamon into a large bowl, stir in the sugar, then rub in butter. Mix to a firm dough, gather into a ball, wrap in plastic wrap and refrigerate for 30 minutes. Grate topping evenly over surface of filling and bake for a further 10–15 minutes or until firm to the touch.

Cool in tin then cut into slices 4cm x 6cm.

Hints to the competitor: Before cutting out slices, trim around the outside then measure and score

the required sizes before cutting. Wipe your knife between cuts to remove crumbs so that the sides of the slices are sharp and clean.

Section Eleven: Alice's Fancy Biscuits

(Alice Anderson's astonishing "Anzac" biscuits)

Source: Tried Tested and True by Liz Harfull. Printed with permission from the author.

Required Recipe

120g butter, softened
120g caster sugar
2 eggs, lightly beaten
150g (1 cup) plain flour
1 teaspoon baking powder
1 teaspoon mixed spice
½ teaspoon ground cinnamon
160g (1 cup) rice flour
Jam

Icing Ingredients

125g (1 cup) icing sugar mixture
Small knob of butter
Hot water

Method

Preheat oven to 180°C (conventional oven). Line a baking tray with baking paper.

Cream the butter and sugar until the sugar begins to dissolve. Add the eggs and beat until combined. Sift together the plain flour, baking powder, mixed spice and cinnamon. Add the sifted ingredients and rice flour to the butter mixture. Stir together with a knife to form a soft dough. Form the pastry into a ball, wrap in plastic wrap and refrigerate for 30–45 minutes.

Dust a board or work surface with

plain flour, then roll out the dough until it is only a few millimetres thick. Use a plain round biscuit cutter, about 4cm in diameter, to cut the pastry. Place the biscuits on the baking tray, and bake for 12–15 minutes, until golden. Allow the biscuits to cool on a wire rack.

When cold, join the biscuits with a thin smear of jam of your choice.

To make the icing, in a small bowl combine the icing sugar, butter and enough hot water to thin the icing, mixing it with a knife until smooth. Decorate the top of each biscuit with a thinly applied circle of icing. Makes about 30.

Hints to the competitor: Aim for a pale gold colour. Adjust your oven temperature if needed.

Section Seventeen: Junior Section 12 Years and Under: Ginger Coconut Slice

Required Recipe

60g butter, melted
1 tablespoon golden syrup
1 cup self-raising flour
1½ teaspoons ground ginger
½ cup brown sugar
½ cup coconut
1 egg

Lemon Icing:

30g butter
1 cup "soft" icing sugar, sifted
2 tablespoons lemon juice
1 teaspoon hot water

Method

Melt butter and syrup over

low heat. Sift flour and ginger, combine with sugar, coconut and lightly beaten egg. Pour in melted butter and golden syrup. When well combined press into a lined 28cm x 18cm lamington tin. Bake in a moderate oven 20 to 30 minutes. When slice is cool, spread with lemon icing.

For the icing: Sift icing sugar into a bowl. Combine soft butter, lemon juice and hot water, stir until the butter melts. Mix into the icing sugar, beat until smooth. Spread icing on fully cooled slice then cut into rectangles approx 4cm x 6 cm.

Hints to the competitor: Before cutting out rectangles, trim around the outside then measure and score the required sizes before cutting. Wipe your knife between cuts so that the sides of the slices are sharp and clean. Have fun eating the trimmed bits!

Section Eighteen: Junior Section 18 Years and Under: Neapolitan Cake

Required Recipe

125g butter, softened
1 cup sugar
2 eggs
300g self-raising flour
Pinch of salt
½ cup milk
¼ cup desiccated coconut
Few drops of strawberry essence and pink food colouring
6 teaspoons strawberry jam

Pale Pink Icing:

1½ tablespoon butter or margarine
1½ cups icing sugar, sifted
1 tablespoon milk
Few drops pink food colouring

Method

Preheat oven to 180°C. Grease and flour the sides of a deep 20cm round cake tin and line base with baking paper.

Cream butter and sugar until pale and creamy. Add eggs one at a time and beat well. Sift the flour and salt, and stir into the creamed mixture alternately with the milk.

Divide mixture into two even portions. To one half, add coconut, to the other half add a few drops of strawberry essence and enough pink food colouring to make pale pink.

In the prepared tin, spread white mixture on bottom. Add strawberry jam in drops all over the mixture, and finally pour the pink mixture on top and spread out.

Bake for about 45 minutes or until cooked.

When cold, ice with pink icing.

Hints to the competitor: You may need to drop your oven temperature if the centre of the cake starts to dome and crack. Use the "whisper test" to make sure your cake is cooked through, don't be afraid to leave it in a bit longer if you can still hear crackling sounds which means the cake is still cooking.

CWA Food Labels

CWA food labels are required for all packaged foods sold by CWA branches or groups.

A CWA food label must include:

- Product name (eg strawberry jam)
- Ingredients
- A list of possible allergens under "May contain".
- Net Weight
- "Made for CWA of NSW—Level 2, 244 Coward St, Mascot

2020"

- Membership number of the person who made it.

For the "May contain" list you should include wheat, gluten, egg, milk, tree nuts, peanut, lupin, soy, sesame, fish and crustacean if they *could* be present in the place where the product was made.

You can find the net weight by weighing the jar/container

before and after, and then subtracting the weight of the jar/container or use the "tare" option.

Your branch name and the date the product was made can be included if there is space. A best before date is not needed for charitable fundraising items.

Label templates can be found on the downloads section of the member portal on the website.

Conference Overview

By Brenda Michaud, Honorary Editor

This year's theme for the 104th State Conference—Grounded in Growth: United in Purpose, Growing in Impact—became the underpinning for much of the week with its importance woven into all areas of discussion, from the speakers to the sponsors and everywhere in between. It's a timely message, especially as we, as a nation, face many circumstances that test us all. From petrol shortages and high prices, agricultural threats from commercially sold plants that are actually weeds, domestic violence, women's and general health advocacy, to roads and telecommunications improvements, members and speakers were truly united in purpose to find ways to work together and take impactful action.

Under the familiar strains of bagpipes, the morning of the official opening proved yet again to be filled with inspiration and community. Warmly welcomed by Cr Claire Pontin, Mayor, MidCoast Council, she expressed hopes for our success for a productive meeting and highlighted her council's and the CWA of NSW's alignment in health and health service improvements. While he wasn't able to be present,

The Honourable Chris Minns MP, Premier of New South Wales, sent his well wishes, acknowledging the power of advocacy and bringing people together through dedication and resilience, stating, "Your work continues to strengthen the fabric of our state."

Also, via recorded message, was Her Excellency the Honourable Margaret Beazley AC KC, Governor of New South Wales and CWA Patron. Her Excellency spoke of the parallels between the challenges faced during COVID and the current struggles from fuel shortages affecting transportation including Conference attendance. She remarked, "As always, your determination to stay connected whether it's in Forster or online, is an example of the resilience and commitment that defines the CWA spirit." She then commented on the 1923 Annual Conference, where the call for better health services in country areas and the need for telephones and ambulances in isolated places were discussed. "Today, as then, health and communications continue as the priorities of the CWA of NSW."

Jodie Harrison MP, Minister for Women, Minister for Seniors and Minister for the Prevention of Domestic Violence and Sexual

Assault commented via video message on the continued need for healthcare and domestic violence advocacy and that no one can do this good work better than the CWA. "The CWA is the heart of regional, rural and remote communities right across the state", she said. The themes were clear: thanking our organisation for all the work done at the grassroots level that drives change, no matter the postcode.

Bringing a moment of elation, the Company of Voices choir's appearance wasn't just a singular performance; it set the scene for an inspirational few days. Celebrating 30 years this year, Director Leigh Vaughan insists it, "isn't a choir but a group of friends who enjoy singing together", and who "share a love of choral music and a belief that singing in harmony has the power to lift the human spirit." They performed pieces from popular and jazz classics with "You've Got a Friend in Me (a fitting start), "Happy Together" and "Moon River" with audience participation. To much applause, their beautiful voices rang out with joy throughout the auditorium.

The official opener was Richard Colbran, PhD, CEO of Rural Doctors Network (RDN). Dr Colbran expressed thanks for the 30 years of partnership between



Conference Opening



Richard Colbran, Rural Doctors Network

the CWA scholarship and the Bush Bursaries. He drew parallels between both organisations. Where the CWA from the very start helped establish emergency and maternity hospitals without government help, the RDN serves rural communities by “bridging the gap between city and country on healthcare, working with ever-widening networks within the government, education and community groups, to build better health access for the bush.” In 1996, with support from local governments, the bursary scheme became the Bush Bursary and CWA 75th Anniversary Scholarship for the 1996/97 Financial Year which saw 14 medical students sent to Orange, Wagga Wagga, Dubbo and Tamworth to the Rural Health Training Units. The students then spent their summer holidays in rural communities to “encourage students to seriously consider working in rural practice.” Three decades on, “the summer of 2025/2026 saw 33 medical, nursing and midwifery students supported with placements in rural New South Wales”, he went on to say. Since its inception, 511 medical and nursing students have completed the program with an estimated 54% remaining in their regional, rural or remote placements.

Keynote speaker, Kerri Pottharst, OAM OLY, then addressed the Conference with an inspirational speech focused on a champion’s mindset. Kerri, along with Natalie Cook, went down in the annals of sports history, winning gold on Bondi Beach for their momentous beach volleyball win at the Sydney 2000 Olympic Games. She spoke about what many don’t see—the incredible story of intensive preparation, setbacks, difficult decisions and how these play into the mindset to achieve goals during high-stress situations.

By employing the principles of the elite sports mindset, she’s translated these strategies into practical advice everyone can

utilise to increase leadership and performance, no matter who you are or what your goals are. She regaled everyone with the story of their incredible road to victory which has an even more incredible backstory of overcoming devastating odds. With exuberance and joie de vivre, Kerri wove a tapestry of connection through sport and community, not unlike the CWA. Causing quite a stir, she passed around her bronze medal (won in Atlanta) and her gold medal, encouraging attendees to take photos with them. She reminisced about that winning moment more than 20 years ago, of building focus to compete in that moment.

After a serious knee injury requiring seven surgeries, Kerri told her story not just of changing from indoor to beach volleyball but of the mindset she needed to persevere, moving her toward her Olympic gold goal. “Plan in pencil because you can rub it out and write something else. The important thing is to have goals of something you want to achieve,” she urged. She emphasised that it’s not the big shifts that can help you achieve your goals but it’s the small improvements that add up to big changes. How does one do this? By building better habits and not increasing or changing the goals. The true essence of “from little things, big things can grow” boils down to changing the system to get to better habits. Do this and “reality will catch up to your dreams,” she stated.

State President, Tanya Jolly’s address was not only a moment to show appreciation for Immediate Past President, Joy Beames, for her unwavering support and friendship during her transition year but also a moment to remind us all of the main cornerstones of our organization—kindness and respect. She remarked that we are living in a time of a noticeable shift in manners and an unwillingness to listen, further dividing us. She stated that,



Kerri Pottharst, OAM OLY

“because these challenges exist, the role of the CWA of NSW is more important than ever before”, and “its ability to bring women together with different views and experiences and sometimes very different opinions and still maintain respect, connection and friendship” are just as important in our communities now as they were 104 years ago. The ability to be able to disagree and then sit down with a cup of tea and remain friends, “because this is us, that has always been us, and that is worth protecting,” is the CWA way.

Down to Business—600 women strong!

The start of the Conference saw some unusual situations with no special general meeting, as no constitutional motions were on the docket. Also worth noting was that a 59% of branches wasn’t achieved. Despite 189 branches present with a 55.26% attendance, it was moved that all motions passed become policy due to high petrol prices which explained why many branches had no delegates in attendance. The motion was carried and away we went.

Of the 49 motions debated (six being urgency motions), two were passed unanimously, including advocacy of compulsory community consultation before testing and exploratory drilling and the establishment of

endometriosis and pelvic pain clinics west of the Great Dividing Range to ensure equitable access for all women and girls. The urgency motions ranged from the protection from sale of land demarcated as parkland or reserves, review of equitable transportation of older persons in rural and remote areas to access affordable services, strengthening Australian's fuel security and creation of an allocation framework, prioritising long-term infrastructure solutions for critical roads crossing the Great Dividing Range and provision of at least \$15 million in ongoing annual care funding to the Royal Flying Doctors Service.

In between many a spirited debate over the week, we also heard from Mel Tully of Pankind, our Medical Research Project for pancreatic cancer. CWA of NSW presented a cheque of \$49,105.15 in support of the life-saving research of Dr Claudine Bonder and her team in Adelaide. Another year of support for pancreatic cancer research was then moved and carried.

We also heard from our sponsor Telstra about the many ways they are investing more capital to keep remote Australia connected to vital services and to protect users from the ever-increasing threat of scams. Ord Minnett gave an interesting perspective on the Association's investments and how they manage our money, investing in steady-return corporate bonds and exchange-traded funds. Dr Nicholas Zdenkowski from Breast Cancer

Trial updated us on the latest in research and treatments and thanked the CWA of NSW for their continued support and advocacy to ensure all women, no matter where they live, can benefit from treatments and innovation. Annabey Whitehead with the Royal Flying Doctor Service drew on the decades-long connection between our organisations, noting that the founders of both organisations shared the same vision to provide services to rural and regional people and to support better health outcomes in these communities.

The final day of the Conference saw bittersweet goodbyes and warm hellos to outgoing and incoming State Office Bearers. Outgoing State Agricultural & Environmental Officer, Jenny Birtles, and Outgoing State Vice Presidents, Pam Wright and Penny Sloane, were respectfully thanked for their service and friendship. Incoming State Vice Presidents, Bev Britton from Northumberland and Chris Ford from Barwon Group, and the incoming State Agricultural & Environmental Officer, Penelope Fenley, were also welcomed into the fold to much applause.

This year, we were fortunate to have all the committee displays under one roof, alongside the Conference meeting rooms and, in a historically impressive fashion, they did not miss a beat. The attention to detail, hours of craftwomanship and real love for their chosen mediums were inspiring and beautiful to behold. And as always, the members of all the committees were

on hand to answer questions and to inspire future entrants. This year also marked the 75th anniversary of The Land Cookery Competition, and The Land Cookery Committee went to incredible lengths to celebrate this continued partnership with The Land Newspaper. The display of vintage cookery items on loan from many members was beautifully put together by The Land Cookery Committee members Brooke Law and Fiona Duckworth. While the venue didn't allow live judging as last year, cookery judge and Committee member, Amanda Colwell, recorded several videos with the cookery judges to share tips and tricks for the winning entries and help inspire entrants for next year. The videos can be seen on the CWA of NSW members closed Facebook group or in the May issue of the CWA E-news (along with recorded links to each day of the Conference).

With hearts and minds full of Conference bonhomie, it was time for all good things to come to an end. State President, Tanya Jolly's successful first State Conference was capped with the great Aussie power ballad "You're the Voice" by John Farnham, a fitting choice as the song reinforces the idea that meaningful political change depends on personal initiative, something we of the CWA of NSW know a quite a bit about. After the singing and swaying along, it was time for hugs and promises of "see you next year" as everyone rambled downstairs for last-minute lunches and journeys home.



Annual Conference Resolutions Carried

Agricultural & Environmental

AE1. Nimbin Branch, Far North Coast Group

"That the policy of the CWA of NSW be to advocate for the establishment of the Richmond River Koala Parks reserve, which includes State Public Native Forests in the Richmond Valley and southern Richmond Range, to ensure that vulnerable and endangered native flora and fauna have safe haven, to replenish their populations."

AE2. Mascot Evening Branch, Phillip Group and South Grafton Evening Branch, North Coast Group

"That the policy of the CWA of NSW be to advocate the NSW Government to regulate the sale of plants that are identified as weeds or have the potential to become weeds."

AE3. Warren Branch, Far Western Group

"That the policy of the CWA of NSW be to advocate for compulsory community consultation before the Department of Primary Industries and Regional Development approves test and/or exploratory drilling by mining companies."

AE4. Walgett Branch, Barwon Group

"That the policy of CWA of NSW be to advocate for the current law to be updated to allow lawful use of bore water for the purpose of spraying crops where no other suitable water source is available, and to reflect practical farming realities, safeguard biosecurity, and remove the risk of unnecessary enforcement."

AE7. Guyra Evening Branch, Northern Tablelands Group

"That the policy of the CWA of NSW be to advocate to mandate

country-of-origin labelling for all meat products served in hospitality outlets through the establishment and enforcement of consistent information and labelling standards to ensure transparency for consumers."

AE8. Guyra Evening Branch, Northern Tablelands Group

"That the policy of the CWA of NSW be to advocate to expediently mandate clear and accurate labelling of "lab-grown" (cell-cultured) meat products, specifically prohibiting the use of terms such as "beef", "pork", "chicken" or "lamb" for products not derived from traditional livestock farming."

AE9. Agricultural & Environmental Committee

"That the policy of the CWA of NSW be to advocate the NSW Government to establish a dedicated funding stream for the Landcare Enabling Program to secure a permanently funded future for Landcare nurseries in NSW."

AE10. Coonamble Evening Branch, Macquarie Group

"That the policy of the CWA of NSW be to advocate for the adoption of best-practice invasive pest-control methodologies consistent with those advanced by CSIRO and endorsed national frameworks for pest and weed management."

AE11. Agricultural & Environmental Committee

"That the policy of the CWA of NSW be to urge the NSW Government to reform consultation on large-scale renewable energy developments to ensure communities have real authority and influence over decisions, with engagement conducted under transparent, community-defined rules and free from non-disclosure agreements."

Education

E1. Coonamble Evening Branch, Macquarie Group

"That the policy of the CWA of NSW be to advocate and support the NSW Adult Literacy & Numeracy Council (NSW ALNC) adult and child literacy programs and strategies, recognising their importance in improving literacy outcomes across rural and remote communities."

Health & Social Security

H1. Old Bonalbo Branch, Far North Coast Group

"That the policy of the CWA of NSW be to advocate the NSW Government to provide health promotion material and make mailed self-administered vaginal swab kits available to all eligible women over the aged of 25, to improve cervical screening participation in NSW."

H2. Lismore Evening Branch, Far North Coast Group

"That the policy of the CWA of NSW be to advocate the Australian Government to review the dependent classification for Youth Allowance for young people under 22 years of age, so that parental income testing is removed, and independent status is granted based on living circumstances and financial self-sufficiency."

H3. Bangalow Branch, Far North Coast Group

"That the policy of the CWA of NSW be to advocate the NSW Government to lead national legislative reform to ensure children are protected by law from any form of physical assault, including in the home, as is the case for adults."

H4. Bangalow Branch, Far North Coast Group

"That the policy of the CWA of NSW be to advocate the

NSW Government to provide widespread access to evidence-based parenting programs and support services promoting non-violent discipline strategies.”

H5. Kyogle Evening Branch, Far North Coast Group

“That the policy of the CWA of NSW be to advocate the NSW Government to review and expand subsidy support for home enteral feeding, including formula, consumables and equipment, to ensure equitable access to essential nutrition for patients requiring long-term enteral feeding in the home.”

H6. Barellan Branch, Murrumbidgee-Lachlan Group

“That the policy of the CWA of NSW be to advocate the NSW Government to recognise and support the role of Griffith Base Hospital as a regional health precinct with enhanced local governance and administrative authority, enabling the facility to respond more directly to local health priorities.”

H7. Barellan Branch, Murrumbidgee-Lachlan Group

“That the policy of the CWA of NSW be to advocate the NSW Government to ensure that new hospitals are fully staffed, across nursing, allied health and medical specialists, to operate to designed capacity and meet the healthcare needs of their local community.”

H8. Tumut and Surrounds Branch, Hume Group

“That the policy of the CWA of NSW be to advocate the Commonwealth Government to accelerate the implementation of the National Plan to End Violence against Women and Children 2022-2032, in line with the recommendations of the Domestic, Family and Sexual Violence Commission, to ensure measurable progress in prevention, response and recovery for women and children.”

H9. Terrigal Evening Branch, Northumberland Group

“That the policy of the CWA of NSW be to advocate the Commonwealth Government to publish the locations of all newly-funded endometriosis and pelvic pain clinics, and prioritise the establishment of clinics in rural and regional NSW (particularly west of the Great Dividing Range) where specialist services are limited, to ensure equitable access for women and girls in those communities.”

H10. Uranquinty Branch, Riverina Group

“That the policy of the CWA of NSW be to advocate the Commonwealth Government to review and expand the availability of PBS (or equivalent) subsidy for medically indicated use of Botulinum toxin type A (“Botox”), including for therapeutic conditions beyond the current list, to reduce out-of-pocket costs for patients requiring it.”

H11. Uranquinty Branch, Riverina Group

“That the policy of the CWA of NSW be to advocate the Commonwealth Government to review specialist medical fees and increase the Medicare rebate such that out-of-pocket costs for patients are substantially reduced.”

H12. Deer Vale Branch, Northern Tablelands Group

“That the policy of the CWA of NSW be to advocate local, state and commonwealth governments to deploy trained caseworkers to provide face-to-face “buddy-system” support that addresses both housing and mental-health challenges to alleviate homelessness in Australia especially in rural and regional communities.”

H13. Deer Vale Branch, Northern Tablelands Group,

“That the policy of the CWA of NSW be to advocate local, state and commonwealth

governments to ensure timely access to emergency prefabricated shelters sited close to essential services and food-assistance programs to alleviate homelessness in Australia especially in rural and regional communities.”

H14. Guyra Evening Branch, Northern Tablelands Group

“That the policy of the CWA of NSW be to advocate that the Commonwealth Government and the National Disability Insurance Agency (NDIA) to reverse the recent reductions to travel reimbursement and allied-health provider rural loadings under the National Disability Insurance Scheme (NDIS) in rural and regional areas, to ensure people with disability continue to have equitable access to supports regardless of location.”

H16. Agricultural & Environmental Committee

“That the policy of the CWA of NSW be to advocate for improved national action on Q fever by calling on the Commonwealth Government to: 1. Increase funding for education and awareness programs to improve community and medical practitioner knowledge about Q fever identification, prevention, and treatment across rural and regional Australia; 2. Subsidise an expanded Q fever vaccination program to include individuals outside the traditional at-risk occupational and non-occupational groups in high-exposure areas; and 3. List the Q-VAX® vaccine on the National Immunisation Program to improve accessibility and reduce financial barriers, and on the Australian Immunisation Register to ensure that individuals only receive the Q-VAX vaccine once in their lifetime.”

H17. Walgett Branch, Barwon Group

“That the policy of the CWA of NSW be to advocate for the installation of automated

external defibrillators (AEDs) into all police vehicles in NSW and the ACT.

H19. Canberra Branch, Monaro Group

“That the policy of CWA of NSW be to advocate that the Federal Government and the National Disability Insurance Scheme (NDIS) review NDIS pricing and funding arrangements to ensure fair and transparent indexation rates that reflect the true cost of service delivery for allied health professionals (AHPs) and support providers, particularly in rural, regional and remote communities.”

H22. Mannering Park Branch, Northumberland Group

“That the policy of the CWA of NSW be to urge the Commonwealth Government to include the injection pegcetacoplan (brand name Syfovre) on the Pharmaceutical Benefits Scheme (PBS) for the treatment of age-related dry Macular Degeneration, geographical atrophy (GA), given its high cost and the risk of progressive vision loss if untreated.”

H23. Terrigal Evening Branch, Northumberland Group

“That the policy of the CWA of NSW be to call on the NSW and Commonwealth Governments to urgently review and reform administrative processes and timeframes for entry into residential aged care, particularly for people living with all forms of dementia. Specifically providing:

- an extension of the aged care means test (Services Australia S751) validity from 120 days to at least 12 months;
- a simplified application and assessment process that acknowledges cognitive and practical barriers for persons with dementia and their families; and
- increased support and increased dementia-specific residential care places in

regional, rural and remote areas where current capacity is extremely limited.”

H24. Bega Branch, Far South Group

“That the policy of the CWA of NSW be to advocate all levels of government for the provision of safe, secure, and affordable accommodation for all survivors of domestic and family violence, including coercive control, that allows them to retain small companion animals.”

H25. State Executive Committee

“That the policy of the CWA of NSW be to request the NSW State Government to include travel and accommodation costs incurred by patients undertaking non-pharmaceutical clinical trials in the reimbursement criteria for IPTAAS benefits.”

Transport & Telecommunications

T2. Tamworth Evening Branch, Wanthella Group

“That the policy of the CWA of NSW be to advocate for further investigation into speed-limiting technology—its practical use, effectiveness, and impacts—to build a robust evidence base aimed at reducing high-speed crashes, fatalities and serious injuries.”

T3. Agricultural & Environmental Committee

“That the policy of the CWA of NSW be to advocate for the NSW and Commonwealth Governments, and the National Heavy Vehicle Regulator, to strengthen compliance with the national Heavy Vehicle Driver Competency Framework by requiring overseas heavy vehicle licence holders (HR, HC and MC classes) to complete mandated training and certification before being permitted to drive these vehicles on Australian roads.”

T4. Wellington Branch, Macquarie Group

“That the policy of the CWA of NSW be to advocate for research and exploration of regulatory or design options to reduce the safety risks associated with overly bright vehicle headlights.”

T5. Old Bonalbo Branch, Far North Coast Group

“That the policy of the CWA of NSW be to urge Australia Post to partner with relevant stakeholders to develop and promote a standardised, secure parcel-delivery receptacle (suitable for rural and remote households) so that all NSW residents can reliably receive parcel deliveries at their address.”

T6. Inverell Branch, Gwydir Group

“That the policy of the CWA of NSW be to lobby the NSW Government to adopt and promote a road-safety pledge, ‘Drive So Others Survive,’ as a central component of Road Safety Week to strengthen community engagement and encourage safer driving behaviour.”

Miscellaneous

M2. Bermagui & District Branch, Far South Coast Group

“That the policy of the CWA of NSW be to advocate that local and state governments accelerate and properly fund the identification, planning, and mitigation of severe-weather risks, and work with communities and the Commonwealth Government to secure equitable access to disaster-risk-reduction funding, including the Disaster Ready Fund.”

Urgency Motions

UM1. Walgett Branch, Barwon Group

“That the policy of CWA of NSW be to advocate for the opposition of compulsory land acquisition by the NSW Government for all linear infrastructure.”

UM2. Cooma and Bredbo Branches, Monaro Group

“That the policy of the CWA of NSW

be to advocate for aged care funding and service models that ensure affordable, reliable and equitable transport support for older Australians, with particular consideration of the higher costs, longer travel distances, and limited-service availability experienced by people living in regional, rural and remote communities.

UM3. State Agricultural and Environmental Committee

"That the policy of the Country Women's Association of NSW be to urge the Australian Government to strengthen Australia's fuel security by increasing domestic fuel storage capacity, maintaining and supporting Australia's remaining refining capability, and establishing a strategic fuel reserve sufficient to protect essential industries including agriculture, freight, emergency services and food supply chains."

UM4. State Agricultural and Environmental Committee

"That the policy of the Country Women's Association of NSW be to urge the Australian Government to develop a national fuel security and allocation framework that ensures the prioritised distribution of fuel to essential industries, including agriculture and food production, during periods of supply disruption."

UM5. Dorrigo Branch, North Coast Group and State Executive Committee

"That the Country Women's Association of NSW urge the NSW Government and relevant authorities to prioritise sustainable, long-term infrastructure solutions for critical arterial roads traversing the Great Dividing Range, to minimise repeated closures and ensure reliable access to essential services for rural and

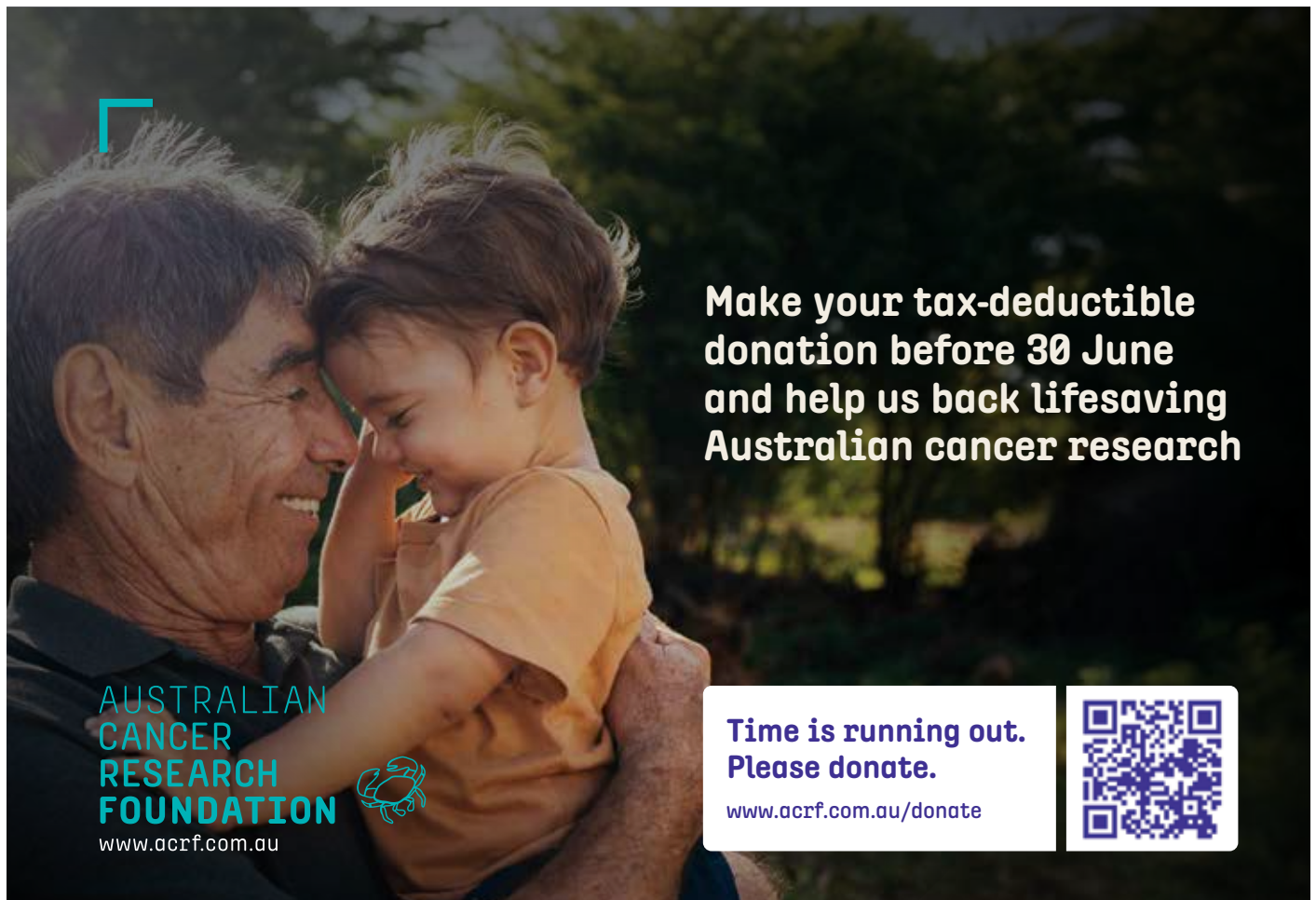
regional communities."

UM6. State Executive Committee

"That the policy of the CWA of NSW be to advocate the NSW Government provides at least \$15 million ongoing annual core funding to the Royal Flying Doctor Service to ensure vital medical and health services can continue to be available to people in rural and remote NSW so these communities are not left behind."


Glimpse from CWA of NSW history

In 1987, the Primary Product of the Year concept was introduced to support Australian-grown products starting with rice, followed by cotton. Dairy, wool, apples, potatoes, beef, bananas, native finger limes, seaweed and many more have been studied.



Make your tax-deductible donation before 30 June and help us back lifesaving Australian cancer research

Time is running out. Please donate.
www.acrf.com.au/donate



AUSTRALIAN CANCER RESEARCH FOUNDATION
www.acrf.com.au

Competition and Raffle Winners

Moore Agricultural & Environmental Award

1st Colleen Collins, Picton District Branch

2nd Margaret Key, Northumberland Group

Recycled Article Competition

1st Marion White, North Coast Group

2nd Anne Nadge, Darling River Group

Primary School Short Story

1st Bridie Tuckwell, Hunter River Group

2nd Esther Crabb, Northern Tablelands

Primary School Colouring

1st Imogen Goman, Namoi Group

2nd Archer Joseph, Hunter River Group

Past State Presidents' Award

Winner Wingham Branch

Winner Hornsby & District Branch

Wagga Daily Advertiser Award

Winner Lyn Justice, Sydney City

Garry Prize

1st Natalie Holland, Bowral Branch

2nd Cheryl Alcock, Virtual Branch

Pyrus Award

For the biggest increase in membership from 2022/23 to 2024/25

1st Tumut and Surrounds Branch

2nd Wauchope Branch

3rd Bredbo Branch

State Raffle

1st Rosemary Towers

2nd Jodie Williams

3rd Name withheld (#2393)

4th Fiona Ezzy

State Cultural Committee Raffle

1st Robyn Miller

2nd Josie Marks

3rd Lina Paneta

State Handicraft Committee Raffle

1st Julie Richardson

2nd Louise O'Neill

3rd Marg Forster

State Hospital Support Committee Raffle

1st Ruth Hando

2nd Glenda Chapman

3rd Betty Cook

The Land Cookery Committee Raffle

1st Chris Vincent

2nd Rita Corbett

3rd Janine McDonald

International Competition Results

International Doll Competition

1st Louise Frodyma, North Coast

2nd Lyn Hirst, Blue Mountains Group

3rd Anne-Maree Clarke, Southern Tablelands

International Handicraft Competition

1st Dorothy Barber, Mid North Coast Group

2nd Susan Steggall, Phillip Group

3rd Jenny Nott, Castlereagh Country Group

Lister International Trophy for the Best Group Report

1st Monaro Group

2nd Castlereagh Country Group

3rd Far North Coast

International Senior Book

1st Suellen Ryan, Hornsby Branch

2nd Marilyn Sanderson, Gloucester Branch

3rd Georges River Branch

International Student Post Card

1st Eloise, Central Western Group

2nd Thea, Namoi Group

2nd Willow, Southern Tablelands Group

3rd Shane, Far Western Group

International Primary

School PowerPoint

1st St Joseph's Portland Yr 5-6, Blue Mountains Group

2nd Goolgowi Public School Yr 3-6, Murrumbidgee-Lachlan Group

3rd Year 6 Class 2024, St Joseph's Primary School Gilgandra, Macquarie Group

3rd Jasper, Namoi Group

Glimpse from CWA of NSW history

In 1991, a conference resolution called for schools to encourage hats in the playground to prevent skin cancer.

State Cultural Competition Results

Senior Photography Section A: Blue

- 1st Alicia Kell, Sydney City Branch
- 2nd Karen Thorpe, Taralga Branch
- 3rd Jannienne McDonald, Deer Vale Branch

Senior Photography Section B: The Railway Station

- 1st Carole Robinson, Mannering Park Branch
- 2nd Marilyn Bielski, Tenterfield Evening Branch
- 3rd Beryl Mannion, Quirindi Branch

Junior Photography: Birthday

8 years and Under

- 1st Lawson, Goolgowi Branch
- 2nd Ivy, Virtual Branch
- 3rd Ivy, Goolgowi Branch

9-12 years

- 1st Charlie, Goolgowi Branch

Junior Digital Poster: My Favourite Place

9-12 years

- 1st Cordell, Goolgowi Branch
- 2nd Reaghan, Goolgowi Branch
- 3rd Sophie, Hillston Branch

Junior Postcard: My Favourite Place

8 years and Under

- 1st Hannah, Goolgowi Branch
- 1st Lucy, Goolgowi Branch
- 2nd Charlie, Dorrigo Branch
- 3rd Vinny, Goolgowi Branch

9-12 years

- 1st Enara, Goolgowi Branch
- 1st Reaghan, Goolgowi Branch
- 2nd Annalee, Goolgowi Branch

- 3rd Wade, Goolgowi Branch
- 3rd Charlie, Goolgowi Branch

Senior Short Story: Down Memory Lane

- 1st Rebecca Hogan, Exeter Branch
- 2nd Cathie Colless, Walgett Branch
- 3rd Emily Thompson, Nashdale Branch

Junior Short Story: Lost in Space

8 years and Under

- 1st Mabel, Collector Branch
- 2nd Hux Davies, Tullibigeal Branch

9-12 years

- 1st Piper, Hillston Branch
- 2nd Lachlan, Hillston Branch
- 3rd Claire, Hillston Branch

Poem: The Quiet Place

- 1st Carol Johnstone, Maitland Branch
- 2nd Cheryl Alcock, Virtual Branch
- 3rd Angela Gleeson, Belmont Branch

Bush Ballad: The Woman left Behind

- 1st Carol Johnstone, Maitland Branch
- 2nd Lorraine Jones, Woy Woy Branch
- 3rd Jill Byrne, Nowra Branch

Branch Brochure/Project: 10 Things to a Better Future

- 1st Nimmitabel Branch

Group Digital Cultural Books

- 1st Orange Branch
- 2nd Woy Woy Branch
- 3rd East Maitland Branch

Group Cultural Books

- 1st Maitland Branch
- 2nd Morriset Branch
- 3rd Guyra Evening Branch

Group Cultural Reports

- 1st Northern Tablelands Group
- 2nd Northumberland Group
- 3rd Central Western Group

Scott & Broad Trophy

- Winner Carole Robinson, Mannering Park Branch

Fergusson Trophy

- Winner Northern Tablelands Group

Bib 'n' Bub Trophy

- Winner Maitland Branch

Art and Porcelain Art

Section 1 Open

- 1st Jessira Saunders, Guyra Evening Branch
- 2nd Shirley Urquhart, Emerald Hill Branch
- 3rd Mary McEnallay, Wauchope Branch

Section 2 Australiana

- 1st Helene Leane, Dungog Branch
- 2nd Kathryn Jeanes, Wingham Branch
- 3rd Shirley Urquhart, Emerald Hill Branch

Section 3 Flora or Fauna

- 1st Mary McEnallay, Wauchope Branch
- 2nd Anabel Walters, Manly Branch
- 3rd Johanna Adams, Belconnen Branch

Section 4 Works on Paper

- 1st Jessira Saunders, Guyra Evening Branch
- 2nd Kathryn Jeanes, Wingham

Branch
3rd Shirley Urquhart, Emerald Hill Branch

Section 5 Miniature Art

1st Margaret Peterson, Cooma Branch

2nd Marnie Steer, Berrigan Branch

3rd Kathryn Jeanes, Wingham Branch

Section 6 Marine and/or Seascape

1st Kathryn Jeanes, Wingham Branch

2nd Mary McEnallay, Wauchope Branch

3rd Shirley Urquhart, Emerald Hill

Branch

Section 7 Australian Urban

1st Kathryn Jeanes, Wingham Branch

2nd Catherine Milander, Stanwell Park Branch

3rd Shirley Urquhart, Emerald Hill Branch

Section 8 Mixed Media

1st Kathryn Jeanes, Wingham Branch

2nd Carol Xuereb, Young Branch

3rd Vanessa Brennan, Cowra Branch

Section 9 Pottery or Ceramic

1st Margaret Ferguson, Belconnen Branch

Section 10 Sculpture

1st Desiree Bickle, Adaminaby Branch

2nd Linden Stokes, Manly Branch

3rd Rhonda Sellenthin, Canimbla Branch

Section 11 Item of Domestic or Functional Use

None

Section 12 Ornamental

1st Margaret Ferguson, Belconnen Branch

2nd Pam Wright, Manilla Evening Branch

State Handicraft Competition Results

Group Competition

1st Wollondilly Group

2nd Far South Coast Group

3rd Central Western Group

Group Report

1st Hume Group

2nd Namoi Group

3rd Gwydir Group

Group Competition Champion Piece

Di Uebergang, Inverell Sunrise Branch

Top Ten Pieces

■ Di Uebergang, Inverell Sunrise Branch

■ Lisa Kane-Fisher, Bathurst Evening Branch

■ Pam Wright, Manilla Evening Branch

■ Jean Montegue, Goulburn Branch

■ Jenny Nott, Ilford-Running Stream Branch

■ Leonie Moffitt, Braidwood Branch

■ Barbara Curr, Tenterfield Branch

■ Jennifer Kennedy, Southern Highlands Evening Branch

■ Cassie Cole, Cobargo Branch

■ Barbara Gow, Grattai Branch

Open Section

Class A: Garment or article of craft made by a member 80 years and over

1st Emily Boorer, Berry Branch

2nd Ann Finlay, Coffs Harbour Branch

3rd Margaret Devine, Lismore Branch

Class B1: Any Article of craft (commercial quilting allowed), 12 years and under

1st Alivia, Jamberoo Branch

2nd Hope, Yenda Branch

3rd Maddy, Borenore Branch

Class B2: Any Article of Craft (commercial quilting allowed), 13-18 years

1st Sarah, Queanbeyan Evening Branch

2nd Blake, Manilla Evening

Branch

3rd Sean, Terrigal Day Branch

Class C: Branch Challenge: 4 articles of food presented on a handmade plate or similar

1st Gwandalan Branch

2nd Jerilderie Branch

3rd Kootingal Branch

Class D: Craft made by a Male relative of CWA Member

1st Noel Hamilton, Belconnen Branch

2nd Fred Barker, Wallamba Branch

3rd Chris Longsworth, Camden Branch

Class E: Chairmans Choice: Kantha stitchery presented as a place mat

1st Marion Cullen, Narooma Branch

2nd Gina Hamilton, Oura Branch

3rd Jude Nettlingham, Bungendore Branch

Class F: Article of craft using resin work, wirework or woodwork

1st Gai Bailey, South Grafton

- Branch
 2nd Denise Turnbull, Enngonia Branch
 3rd Rebekah Ryan, Keiraville Branch

Class G: Anything related to papercraft (no scrapbooking)

- 1st Wendy Rayner, Hornsby Branch
 2nd Ruth Payne, Goolhi Branch
 3rd Sonya Potts, Jamberoo Branch

Natural Fibres Section

Section 1: Hand knitted or crochet knee or cot rug using commercial natural fibres-max 150cm square

- 1st Kay Gibbs, Hay Branch
 2nd Jenny Sherwen, County of Burnett Branch
 3rd Jenny Thompson, Young Branch

Section 2: Hand knitted garment or article from commercial natural fibres 5 ply or finer

- 1st Emma Taylor, Collector Branch
 2nd Lyn Cummings, Nelson Bay Evening Branch
 3rd Janeen Jackson, Picton Branch

Section 3: Hand crocheted

garment or article from commercial natural fibres 5 ply or finer

- 1st Felicity Stace, Kellys Plains-Dangarsleigh Branch
 2nd Sue Morris, Belmont Branch
 3rd Jennifer King, Hornsby Branch

Section 4: Hand knitted garment or article from commercial natural fibres 6 ply or thicker

- 1st Emma Taylor, Collector Branch
 2nd Carol Vincent, Nelson Bay Branch
 3rd Ruth Cargill, Dubbo Evening Branch

Section 5: Hand crocheted garment or article from commercial natural fibres 6ply or thicker

- 1st Di Uebergang, Inverell Sunrise Branch
 2nd Del Lochrin, Bathurst Evening Branch
 3rd Janette McLean, Coraki Branch

Section 6: Hank or skein of home spun fibre spun by the maker

- 1st Janet De Rooy, Grattai Branch
 2nd Francene Halliger, Quirindi

- Branch
 3rd Deidre Bowman, Keiraville Branch

Section 7: Garment or article, knitted or crochet, made from 100% wool

- 1st Lee Long, Hornsby Branch
 2nd Jade Kinder, Marulan Branch
 3rd Jan Fuller, Port Macquarie Branch

Section 8: Garment or article made from woven fibres (not knitting or crochet)

- 1st Claire van der Stel, Gloucester Branch
 2nd Hilary Best, Picton Branch
 3rd Jenny Power, Crookwell Branch

Section 9: Felted garment or article made from wet or needle felting

- 1st Sharleen Wright, Georges River Branch
 2nd Eleanor Brash, Keiraville Branch
 3rd Susan Dolby, Inverell Sunrise Branch

Natural Fibre Champion Piece

- Lee Long, Hornsby Branch

The Land Cookery Competition Results

1. Light Fruit Cake

- 1st Kathryn Hibbert, Blackheath Branch
 2nd Alicia Kell, Sydney City Branch
 3rd Tracy Meyer, Keiraville Branch

2. Sultana Cake

- 1st Jill Greenhalgh, Ballina Branch
 2nd Ellice Schrader, Cessnock Evening Branch
 3rd Arlene Beard, Bundarra Branch

3. Steamed Fruit Pudding

- 1st Kerrie Yelland, Blackheath Branch
 2nd Denise Hawdon, Gloucester Evening Branch
 3rd Kerry Ray, Oura Branch

4. Plain Butter Cake

- 1st Denise Hawdon, Gloucester Evening Branch
 2nd Ellice Schrader, Cessnock Evening Branch
 3rd Jan Young, Bathurst Branch

5. Chocolate Butter Cake

- 1st Alicia Kell, Sydney City Branch

- 2nd Jane Cannon, Nowra Branch
 3rd Carol Banks, Tamworth Branch

6. Coconut Loaf

- 1st Michelle Murwillumbah Bradley, Evening Branch
 2nd Annette White, Rankin Springs Branch
 3rd Julie Whitby, Morongla Creek Branch

7. Surprise Butter Loaf Cake

- 1st Alicia Kell, Sydney City Branch

2nd Kristyne Rybak, Narromine Branch

3rd Trish Mason, Gloucester Evening Branch

8. Coffee Sponge Sandwich

1st Jeanne Medicott, Bodalla Branch

2nd Bev Wallace, Crookwell Evening Branch

3rd Kim Lowrie, Canberra Branch

9. Gluten Free Magic Bean Cake

1st Darlene Burkhardt, Camden Branch

2nd Gai Bailey, South Grafton Evening Branch

3rd Sharon Townsend, Murwillumbah Evening Branch

10. Peppermint Slice

1st Margaret MacEachern, Albury Branch

2nd Yvonne Cole, Bega Branch

3rd Mel Wozniak, Georges River Branch

11. Alice's Fancy Biscuits

1st Sophia Poulos, Georges River Branch

2nd Darlene Burkhardt, Camden Branch

3rd Tracey Richardson, Bega Branch

12. Microwave Strawberry Jam

1st Gabrielle Teal-McEvoy, Narromine Branch

2nd Catherine Sottaz, Mangrove Mountain Branch

3rd Maree Bonanno, Tamworth Evening Branch

13. Tomato Jam

1st Jane Paton, Tamworth Evening Branch

2nd Karen Thorpe, Taralga Branch

3rd Audrey Tremain, Wongarbron Branch

14. Pineapple & Onion

Relish

1st Vivienne Beaumont, Wingham Branch

2nd Caro Webster, Nashdale Branch

3rd Mirella Martimbianco, Yenda Branch

15. Apple & Cranberry Chutney

1st Deborah Marr, Orange Branch

2nd Sandra Martin, Nowra Branch

3rd Michelle Northover, Queanbeyan Branch

16. Junior 8 and under Decorated Cup Cakes

1st Luna, Jamberoo Branch

2nd Harper, Keiraville Branch

3rd Olive, Mudgee Evening Branch

17. Junior 12 and under Packet Cake

1st Katherine, South Grafton Evening Branch

2nd Lillian, Dubbo Evening Branch

3rd Harry, Rowena Branch

18. Junior 18 and under Chocolate Butter Cake

1st Lily, Deer Vale Branch

2nd Gaby, Gunnedah Branch

3rd Declan, Banxton Branch

Land Special Awards: Less than 16 members

1st Deer Vale Branch

2nd Yenda Branch

3rd Morpeth Branch

Land Special Awards: 16-25 members

1st Terrigal Evening Branch

2nd Delungra Branch

3rd Maitland Branch

Land Special Awards: 26-35 members

1st Cessnock Evening Branch

2nd Wingham Branch

3rd Taralga Branch

Land Special Awards: 36-50 members

1st Armidale Branch

2nd Jamberoo Branch

3rd Guyra Evening Branch

Land Special Awards: More than 51 members

1st Woy Woy Branch

2nd Umina Beach Branch

3rd Berry Branch

Group Award For Most Points

Phillip Group

Chairpersons Pick

Kathryn Hibbert, Blackheath Branch

Ideas for encouraging new members

- Listen to what new members have to say even if it's different from the usual way of doing things.
- Explain rules and procedures when needed in a gentle way.
- Pair each new member with a more experienced mentor so that procedures can be explained and questions answered.
- Remember that we were all new once and took some time to understand things.
- Invite new members to participate in activities—stalls, shows, craft days and any other activities.
- Invite new members to participate in competitions. Make the forms, due dates, etc, clear to them.
- Encourage members to ask questions and take time to explain things.

Advocacy Update

Meetings

NSW Regional Health Strategic Plan (2022–2032)—Focus Group

Members of the Social Issues Committee participated in a focus group to provide feedback on the implementation and impact of the NSW Regional Health Strategic Plan (2022–2032). Member insights into the realities of regional health service delivery are critical to assessing whether the Plan is delivering meaningful outcomes for rural and regional communities. Discussion centred on the Plan's six key priorities including strengthening the regional health workforce, and improving access to safe, high-quality and timely health services.

Rural, Regional, Remote Communications Coalition (RRRCC)

RRRCC members received a briefing from NBN Co on the integration of Low Earth Orbit (LEO) satellites as part of the broader connectivity framework for regional, rural and remote Australia. The Coalition will provide a coordinated written response to the consultation, ensuring that the perspectives of these communities are reflected in future connectivity planning.

Seniors Oral Health Alliance (SOHA)

SOHA delivered a presentation to Ageing Australia NSW members, highlighting the importance of oral health for older Australians. Advocacy efforts included correspondence with the NSW Health Minister and Members of Parliament, calling for expanded oral health services for seniors. Planning has commenced for a targeted advocacy campaign in the lead-up to the 2027 state and federal elections.

Older Persons Advocacy Network (OPAN)

Social Issues Committee members attended the OPAN webinar "Getting the services you need" which focused on the Support at Home Program. The session included a panel comprising representatives from the Department of Health and Ageing, service providers and financial advisors, offering practical insights and responding to participant questions. A recording is available via the OPAN website.

Australian College of Road Safety (ACRS)

A meeting was held with Dr Ingrid Johnston (CEO) and Mr Michael Timms (Chair, NSW Chapter) to better understand ACRS research priorities, advocacy positions and upcoming initiatives. The discussion also explored opportunities for future collaboration including the upcoming ACRS conference where a paper on CWA of NSW advocacy has been submitted.

Unite Land and Water Alliance

CWA of NSW continues to participate in weekly coordination meetings with the Unite Land and Water Alliance, comprising Gomeroi representatives, local community groups, NSW Farmers, Unions NSW and Lock the Gate. Building on the momentum of the Breeza Community Event and Declaration, the Alliance is intensifying advocacy efforts to protect prime agricultural land and the water resources of the Great Artesian Basin. Concerns remain regarding Santos' Narrabri Gas Pipeline and the broader implications of potential compulsory land acquisition to facilitate infrastructure development. This remains a critical period for coordinated community-led advocacy.

Department of Agriculture, Fisheries and Forestry—Middle East Regional Conflict Taskforce

The Taskforce sought input on the broader impacts of fuel and fertiliser shortages on regional, rural and remote communities. CWA of NSW highlighted the tangible consequences for daily life including reduced participation in community activities, difficulty accessing essential services and increased isolation due to travel costs. These insights will inform government responses and targeted support measures with ongoing engagement anticipated.

NSW Department of Communities and Justice (DCJ)

Following member concerns prompted by media reporting, a briefing was held with DCJ regarding the subpoena of sexual assault counselling records. It was clarified that while certain records may be subject to subpoena, safeguards exist within NSW. Judicial oversight is required, and victim-survivors have access to independent legal representation to challenge subpoenas and limit disclosure where appropriate. At present, no changes are proposed to the existing "qualified protection" framework.

Correspondence

Recent correspondence from the Office of the Hon Courtney Houssos MLC advised that the NSW Government is progressing a new Expression of Interest process for gas exploration, marking the first release of new exploration areas in over a decade.

The proposed areas are in the state's Far West, with applications to be assessed through a competitive process against financial, technical and operational criteria. While exploration activity will remain subject to existing planning and regulatory frameworks, the correspondence signals a

clear policy direction toward expanding domestic gas supply. The Government has indicated that gas produced through these projects is intended to support long-term energy reliability and affordability.

The Association has been invited to provide input into this process including the forthcoming update to the Future of Gas Statement. This presents an important opportunity to ensure that the concerns of rural communities, particularly in relation to land use, water security and consultation are clearly articulated.

State Conference

The recent State Conference at Forster provided a valuable forum for members to shape

the Association's advocacy priorities for the year ahead. More than 50 motions were debated and resolved, spanning key areas including education, health, environment, agriculture, transport and telecommunications. Reflecting current pressures, several urgency motions addressed fuel security and fertiliser shortages.

The breadth and focus of these motions underscore the scale of challenges facing rural and regional communities, and the continued need for equitable access to services and resources. Further advocacy updates on these issues will follow.

Media

The Land articles remain a key

platform for strengthening the advocacy of CWA of NSW with recent articles including:

- **Fuel, Farms and Forgotten Voices:** examined the absence of comprehensive fuel security planning and highlighted growing concern that rural communities are being asked to carry increasing burdens without meaningful input into decision-making.
- **Not Just Tea and Scones:** explored the contrast between the celebration of rural life at the Royal Easter Show and the everyday realities in regional communities, where access to health, housing, infrastructure and fair decision-making continues to fall short.

Welcome New Members

A warm welcome to these 179 new members of our branches:

Adaminaby Carina Squire
Albion Park Evening Samantha Dunn
Albury Evening Pammie Chatterton
Armidale Chloe Dalrymple-Hutchinson, Hannah Fitzpatrick, Kim Westcott, Diana Helmrich
Bangalow Lynn Porteous, Victoriana Evans, Maree Aster, Halcyon Powe
Batemans Bay Marie Cook
Bathurst Amanda Woodbury, Kerry Hunter, Vanessa Fordyce
Bathurst Evening Julie Allen
Belmont Karen Cluley
Bermagui & District Jane Mitchell
Berridale Lucy Morrell
Berrigan Leonie Engley, Carole Stanhope, Barbara Rennick
Bingara Sally-Anne Robertson
Blackheath Denise Osbourne
Blacktown Lorraine Sharwood, Lucette Harper, Jen McWhinnie, Lorraine Sharwood

Bowral Sophie Campbell
Braidwood Judith Hobson, Dot Willcoxson, Clare Marsh
Bredbo Leona Beattie
Bungendore Melissa Vaarwerk
Camden Glenda Hanley, Nikki Fox, Noelle Buckley
Campbelltown Sue Cameron, Adele Loomes
Canberra Helen Marks
Carcoar-Mandurama Jessica Buckman, Scarlet Hill
Castle Hill Janelle Lye, Kate Bowen
Cessnock Evening Kym Gill
Cobar Joanne Miller
Coffs Harbour Karen De Felice
Coleambally-Argoon Christine Sandquest
Cooma Nicole Evans, Rosie Robinson
Coonamble Evening Barb James
Cootamundra Cherie Hummel, Kim Medcalf, Vicki Taylor
Cowra Evening Patricia Francis, Fiona Gallagher, Lisa Besedic, Nikkara Brennan

Crookwell Alison Read
Crookwell Evening Bronwyn Haynes, Gayle Dyer
Deniliquin Carly-Jay Valentine, Lucy Horne, Cassandra Hooke, Claire Buchanan, Janette Borella, Jane Frazer, Rachel Kelly
Dorrigo Stacey Worth, Fiona Chiswell
Dungog-Clarence Town Alexandra Tiffin
Eastwood-Epping Suzanne Fletcher, Lucille Vong
Eden Shirleyanne Garrett, Wanda Mazurak, Marg Watson, Karen Luobikis, Pauline Houghton
Eugowra Nicole Wallace
Fairfield Mona Mahamed
Forster Christine Buko
Galston Gail Pausey
Georges River Emily Triantos, Isabella Panebianco, Fenech Gladstone
NSW Evening Joy McWhirter
Glen Innes Day Christine Davis
Glenbrook Chris Wainwright
Glenbrook Evening Brooke Wild

Gloucester Marilyn Reynolds
Googong Barbara Taulelea,
 Jes Varman **Goulburn** Sandy
 Sasse, Joye Dean, Sally-June
 McTavish **Goulburn Evening**
 Hannah den-Bakker, Donna
 Townson, Jessica Cook **Grattai**
 Alena Vaartjes **Gresford** Maree
 Amos **Griffith** Kim James
Gundagai Tanya Dean,
 Lynne French **Gungahlin** Sue
 Aylen, Colleen McRae, Renee
 Conlin **Guyra** Laurel Betts,
 Patricia Turner, Vicki Burgess
Guyra Evening Gillian Hails,
 Reeghan Woods **Gwandalan**
 Danielle Suarez **Hawkesbury**
Evening Sally Buttsworth,
 Karen Anderson, Jenny Clark,
 Mikayla Edwards, Gayle Cobcroft,
 Rebecca Pengelly, Doris Deguara
Hay Rebecca Bunyan **Hillston**
 Jessica Richards, Deanne
 Richards, Zamiah Clark-Baldock
Hornsby & District Maggie
 Smith, Erin Sorby, Karen Jones
Hunters Hill Leslie Abraham,
 Wendy Tuttlebee, Nancy Sue,
 Luisa Hall, Angela Geltech, Lorraine
 Taylor, Catherine Latham, Glenda
 Tuttlebee, Michele Fry, Margaret
 Campbell **Jamberoo** Monica
 Fricke **Keiraville** Tahlia
 Phillips, Susan Wilson, Karen
 Smithers, Jeannette Scully,
 Susan McCormack **Kyogle**
Evening Ann Webber, Trixi
 Quirk, Marian Forwood, Jennifer
 Bjorksten **Leura** Rana Ouwelant
Leura Evening Barbara
 Meade **Lismore** Gillian
 Ashlin, Toni Duncan **Lismore**
Evening Corinne Crouch,
 Kylie Bryant, Kelly Dymand
Little Billabong-Holbrook
 Amanda Holden **Macksville**
 Gaye Barber **Maitland** Tamara
 Mayo-Ramsay **Maitland**
City Evening Aimee Gomez-

Fort **Majors Creek** Emma
 Davis, Silvia Collins **Mangrove**
Mountain Evening Kerrie
 Sullivan **Manly** Sylvia Bell,
 Lesley Walker, Susan Young,
 Georgia King, Donna Tunnicliffe
Marshall Mount Linda Linda
Mascot Evening Helen
 Condie, Kylie Hannah **Milton**
District Janine Sullivan **Milvale**
 Hollie Thain **Mittagong** Marina
 Harkin, Jaclyn Ayoub **Molong**
 Sarah Harper, Jillian Pennisi
Moruya Linda Champion,
 Gypsy-Jazz Adams, Michelle
 Gillis **Moss Vale Evening**
 Yvonne Davis **Mudgee Day**
 Jodie Weatherley **Murray Hut**
 Claire Brown **Nambucca**
Valley Evening Sharon Watts
Nashdale Catriona Yates
Nelson Bay Kate Hawthorne,
 Bronwen Coghill **Nelson Bay**
Evening Jane Scorer, Brenda
 Davie, Robyn Kingston, Margaret
 Pritchard **North Star** Avril
 Doyle, Aimee Reynolds, Barbara
 Ledingham **Nowra** Tiffany Bett,
 Rebecca Hall, Lilian Donoso,
 Darlene Portener **Nundle** Jane
 Maybury **Orange** Christine
 Davies **Orara Valley** Canela
 Mosquera **Parkes** Liz Tanswell,
 Catherine Brown **Paterson**
 Georgia Fry, Kay Cheetham,
 Linden Crocker **Penrith** Deb
 Nugent, Michelle Gillard, Katrina
 Sutcliffe **Picton District** Jenna
 Dicello, Bronwyn Dayes **Port**
Macquarie Kay Thurston,
 Heather Ireland **Queanbeyan**
Evening Angela Barr **Quirindi**
 Rebecca Goldfinch **Rankins**
Springs Dana Parsons
Richmond Helen Walker
Rylstone Deonne Perrin,
 Melissa Dunn **Scone & District**
Evening Andrea Burns **St**

George-Sutherland Shire
 Maria Liogas, Katie Thorburn
 Caccamo **Stanwell Park**
 Katrina Cavanough **Sydney**
City Felicity Wilson, Cassandra
 Bush, Meika Bowyer, Emma
 Jenkins, Patricia Perl, Gai Beswick,
 Suzanne Plume, Leah Cooper,
 Jess Byrne Berry, Sophie Gawel,
 Greta Edmondson, Roulla
 Yiacoumi, Doris Vandanea,
 Claire Thompson **Taralga**
 Vicki Abbott **Tarcutta**
 Jasmine Mullaly **Tenterfield**
Weekenders Patricia
 McFarlane, Meredith Cusack,
 Bianca Haslam, Kay Edwards,
 Teena Fox **Terrigal** Corinne
 Mlacic **Toongabbie** Lauren
 Nixon **Toukley** Anita Briggs,
 Carolyn Phair, Leanda McCowen,
 Elizabeth McDonald **Tuggerah**
Lakes Helen Williams
Tumbarumba Amanda Lewis,
 Emily Willis **Umina Beach**
 Yvette McCrystal, Nicole Powell
Urunga Gail Griffiths **Virtual**
 Silvia Jewell, Jane Maughan-
 Cheney, Kaylee Falzon, Carina
 Fernandes **Wagga Wagga**
 Deborah Brunt **Warren**
 Katrina Leske **Willala** Pamela
 Hunter **Wingham** Kate
 Varley **Wongarbon** Sandra
 Spackman **Woodstock** Sandy
 Newman **Yenda** Nakita Lodding.

A letter enclosing your membership card has been sent to you.

Glimpse from CWA of NSW history

In 1953, State President, Barbara Cullen, gave evidence before the Royal Commission on Television, calling for a morning program for kindergarten children and for stations to serve country districts as well as cities.

Phone Scams

1 in 3 reported scams happen by phone. Scammers call, claiming to be from well-known organisations. This includes government organisations, law enforcement, investment and law firms banks and telecommunication providers.

They make it sound urgent to get to you act quickly. They may try to convince you to give them your personal or bank account details or remote access to your computer. The caller may already have some details about you, such as your name or address.

Warning signs it might be a scam

Stop and think. It's probably a scam call if the caller:

- asks for personal or financial information:
 - payment or for you to move money between accounts
 - your password, pin, one-time code or some other security information
 - credit card or banking details to process a refund or other "overpayment"
- wants you to install software or access a secure account on your mobile phone or computer
- threatens you with immediate arrest, deportation or blackmail, etc.
- suggests you or your accounts have been hacked or involved in fraud
- tells you about a way to make quick, easy money with little risk or effort.

Steps you can take to avoid phone scams

These simple steps can help prevent loss of money or personal information to scams.

Screen unknown numbers

- Let calls from unknown phone

numbers go to voicemail.

- If you are not sure if a caller is who they say they are, it's ok to hang up.

Check the call is real

- Never use contact details given by a caller or written in an email or SMS.
- Call the organisation or person back on a phone number you have found yourself (on their website).
- Use the organisation's secure, authenticated portal or app (never through a link).

Be scam aware

- Immediately hang up on anyone who tries to threaten or intimidate you.
- Never give anyone remote access to your computer.
- If an offer appears too good to be true, it probably is. Research any investment opportunity fully before investing money. Visit MoneySmart for advice. <https://moneysmart.gov.au/>

Think you've been scammed?

Act fast to stop any further losses

- Contact your bank or card provider immediately to report the scam. Ask them to stop any transactions.
- Change passwords on all your devices and online accounts like banking, email, government and shopping.

Get help to recover

- IDCARE is Australia and New Zealand's national identity and cyber support service. They can help you make a plan (for free) to limit the damage. Call them on 1800 595 160 or visit their website to find out more.

Report the scam

- Once you have secured your details, you can help try to stop the scam or to warn others by reporting the scam



to Scamwatch: <https://www.scamwatch.gov.au/report-a-scam>.

Watch out for follow-up scams

If scammers have been successful, they will try to get more money. Unfortunately, 1 in 3 victims of a scam have been scammed more than once. If scammers have stolen your money, financial or personal information, watch out for new scams—especially if someone contacts you to "help you get your money back".

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Logging into the CWA of NSW website

Go to www.cwaofnsw.org.au, click Member Login and type your username and password into the box. Your username is your email address. If you don't know your password or haven't logged in before, use the "forgot password" link to set a new password. All members already have an account.

If you have trouble logging in, contact State Office: info@cwaofnsw.org.au or 02 8337 0200.

Celebrations

Belmont Branch



Belmont Branch Patron, Jennie Brice, was recently honoured with the Charlestown Senior of the Year Award in a lunch ceremony with Jodie Harrison, Minister for Seniors. Jennie received the accolade for her work with CWA, particularly the Belmont Branch. She originally joined the North Star Branch in 1959 and was also a member of the Collector Branch. Now 90 years young, Jennie continues to play an active role in the branch as our Patron and helps out at craft mornings and meetings.

Keiraville Branch



Keiraville Branch members recently celebrated Gloria Coombe 90th birthday. Gloria joined the group at the age of 53 and has been a dedicated and valued member ever since. She has generously contributed her time and talents, serving as Social Secretary and Handicraft Coordinator. Gloria shared a passion for sewing and cherished the strong sense of community that the CWA provides. Gloria remains a keen and active member, continuing to inspire others with her warmth, creativity and enduring spirit.

Casino Branch



The Casino Branch celebrated 100 years in March with a morning tea and lunch held at St Mark's Anglican Church Hall. Guests included Past State President, Joy Beames; Richie Williamson, MP for Clarence; Sheree Beardsley, representing Kevin Hogan MP for Page Electorate; Cr Robert Mustow, Mayor of Richmond Valley Council; Cr Stephen Morrissey, Deputy Mayor; and Cr Sandra Humphrys. 16 women enthusiastically attended the first meeting in Mrs Keagan's Baby Shop. Their achievements include opening Casino's first baby health clinic in 1932, fundraising to build a restroom, making camouflage nets, sending fruit cakes to branches of the Women's Institute and caring for women and children stranded on flood-bound trains and organising a clothing appeal for those affected. The branch continues to support a broad range of local organisations and events through its fundraising efforts. Pictured are life member, Rita Nicholls and Jane Flick, Branch President

Toukley Branch

In April, Toukley Branch celebrated its 80th birthday. Opening in 1946, Branch President June Howard shared that branch meetings were originally held in different members' homes until the hall was built in 1957. Members love the friendship and fundraising opportunities the branch provides. The cake was very special and was big enough for all to have some cake and take some home too. Pictured is President June holding a framed photograph of the original members in front of the same stone plaque.



Pleasant Hills Branch



Pleasant Hills Branch celebrated its 90th birthday in April. State President, Tanya Jolly, was guest speaker, discussing the CWA's relevance today and how it continues to improve conditions for people. She also presented member Bev Frohling with a well-deserved Long Service Bar. Lyn Jacobsen OAM, Branch President, spoke about some of the amazing achievements over the last few years including over 700 pamper packs created and delivered during the drought; nursing home care packs delivered during COVID lockdowns; and thousands of dollars raised towards CWA'S Disaster Relief Fund and other CWA projects. Narelle Morey spoke of events over the decades. Eunice McRae, our longest-serving member, cut the cake.



From our Branches

Adaminaby Branch



Adaminaby Branch's Easter tea room was a great success! Despite moving halls at the end of March, our branch was not going to disappoint the visitors to the Adaminaby Easter Fair. The branch has historically provided warmed, freshly baked scones, with cream and jam. Our move meant a dilemma: do we serve our scones without a decent oven or do we serve them cold? We decided to serve cold items including cookies, biscuits, slices and cupcakes, all beautifully packed with an Easter egg treat. A few customers bemoaned the lack of warm scones but they all agreed that they did not want cold scones. We continued the tradition started by past member Lois Judd in sponsoring a children's Easter Bonnet competition. Each child who entered received a gold coin prize, and three children from each age group also received a certificate. New member, Angie and Branch President, Liesbet did a superb job judging the entries.

Bellata Branch



Mandy and Gail, from Narrabri

and District Community Aid Service Inc. came to the Bellata Branch to share insights into their not-for-profit operations. They provide care and support through the neighbourhood centre to homeless people, a refuge for women and children and many other services. Gail then taught a card-making session which was thoroughly enjoyed by our members. Not only did we have a lovely day but we now have a great supply of birthday cards.

Castle Hill Branch



Castle Hill Branch is proud to provide support to the Hills Shire Citizenship ceremonies. Numerous ceremonies are scheduled throughout the year, with two ceremonies on each day. The first one was in April, and we were busy providing refreshments to the new citizens. The Castle Hill Branch is proud to continue its strong support for citizenship ceremonies across The Hills Shire, helping welcome new Australians into our vibrant and diverse community. Our branch members will attend ceremonies throughout the year, offering support, meeting new citizens and celebrating the stories of families who have chosen The Hills as their home. The branch will continue to work closely with Council and community partners to ensure these ceremonies remain memorable, inclusive and reflective of the pride we all share in our local area. Pictured is Castle Hill Mayor, Michelle Byrne with branch members.

Cowra Evening Branch



In March, members of Cowra Evening Branch travelled to Westminster House, the Canberra residence of the British High Commissioner, for the International Women's Day and Commonwealth Day Panel Discussion and Reception. We were served a variety of drinks and appetisers and mingled with other guests from the Department of Foreign Affairs, diplomatic representatives from Commonwealth nations and ANU academics. We were then ushered to an allocated table and given a topic to discuss. It was most enlightening to share ideas and thoughts with people from other countries and backgrounds. The overarching theme was how best to further opportunities for women in Commonwealth countries. Our visit was sponsored by Cowra Shire Council and was part of the Cowra Annual Festival of International Understanding. This year, we celebrated the United Kingdom. Our branch always holds a Festival Dinner, and this year the High Commissioner attended and was the guest speaker.

Hawkesbury Evening Branch

Hawkesbury Evening Branch were the grateful recipient of the coveted Charity Corner stall at the recent Hawkesbury Show, which was held in May. We knew



it would be all hands on deck, but we're a branch of doers, and we relished the challenge. In addition to all of our handcrafted biscuits, we served the much-loved simple scone with jam and cream. These were a hit with our customers, with just under 1,000 sold! We were also lucky enough to receive proceeds from an adjacent stand that ran piglet races three times a day and a steer raffle organised by the Hawkesbury District Agricultural Association. It was a brilliant but exhausting weekend, as we came together as a branch for a great opportunity to meet our community and spend time together.

Keiraville Branch



Keiraville Branch were delighted to be approached by Allison Byrne MP for Cunningham to contribute to a special hamper. Our branch donated a selection of homemade jams, pickles and relish which were presented in March in Canberra to Mary Elizabeth, Her Majesty The Queen of Denmark, Countess of

Monpezat. We hope Her Majesty enjoys these delicious spreads and maybe even orders more!

Kurrajong Branch



The Kurrajong Branch recently helped brighten the lives of mothers. Our branch donated hand-crafted gifts to Kurrajong North Public School for their upcoming Mother's Day stall. Among the items gifted were face washers and hand towels with crocheted edges. A big thank you to the new members who helped make this achievement possible. Pictured left to right are Joy Derrig (Branch President), Jenny Shaw, Kareen Anforth and Rachel Robinson.

Mangrove Mountain Evening Branch



In March, guests came together at the Mangrove Mountain Union Church Hall for the much-loved annual Poets Breakfast—a joint fundraising event hosted by the branch and the Mangrove Mountain Union Church. The hall was filled with poetry, conversation and the comforting aroma of

a full, hot and hearty country breakfast, creating a warm and welcoming atmosphere enjoyed by 60 attendees. After breakfast, guests listened while participants took turns sharing original pieces and selected favourites, offering a delightful mix of thoughtful reflections, humour and heartfelt emotion.

Mudgee Evening Branch



For Anzac Day, our community in Mudgee gathered once again for our much-loved annual Anzac Stall—a tradition that remains both meaningful and warmly supported. With tables adorned in handmade poppies and an array of homemade Anzac biscuits, the day unfolded beautifully. It was truly heartening to see the steady stream of familiar faces and new supporters. Thanks to this collective effort, we were able to make a significant donation to Mudgee Legacy, supporting their important work. Beyond the fundraising, it was a day filled with connection and remembrance.

Paterson Branch

Since the 1980s, Paterson Branch



has given a baby bundle to the local hospitals. Beginning as a gift to the mum who had the first baby born on Mother's Day at the old Maitland Hospital, it was celebrated every year in the early days with a photo of mother and baby in the Maitland Mercury Newspaper. The gifts were then mostly made by our members, including baby clothing, jumpers, blankets and other items. Later, items were donated to the Maternity Ward at John Hunter Hospital in Newcastle following the closure of the old Maitland Hospital in January 2022. During that time, the branch also donated gift cards to the young people in the hospital's teen mental health ward so they could purchase DVDs and CDs for their use. Since the new Maitland Hospital opened, the branch has continued our baby bundle tradition. Pictured are members Lyn Marchant and Denise Kite delivering our bundle to Maitland Hospital Volunteer Coordinator, Melissa George.

and stickers, saving the branch on postage costs. Our upcoming events will be at Bunnings Northmead—one for our branch and one for our Nepean Group's fundraising.



Toongabbie Branch



Toongabbie Branch held a fundraising stall at Winston Hills Mall recently, with proceeds going towards our charitable disbursements at the end of the CWA year. We sold many homemade goodies from a table decorated with a vase of roses, the highlight being the CWA rose, from member Gwen's garden! Thanks to our members who did the heavy lifting in setting up and "manning" the counters all day. Also, thanks to member Julie for driving to the State Office to collect the cookbooks, labels

Toukley Branch

Over the years, Toukley Branch member Elsie Buitenhuis has knitted many teddy bears and knee rugs for Gosford Children's Hospital, Pacific Smiles Dentist, Wyong Hospital and the church for local nursing homes. Beginning her membership at the Bulahdelah Branch in 1986, Elsie transferred to the Toukley Branch in 2007 where handicraft has been her passion. She has also knitted baby clothes which are donated to the Wyong Hospital Auxiliary to help raise funds. Elsie has served as Treasurer at Bulahdelah and President at Toukley Branch with a stint as Handicraft Officer. Elsie celebrated her 90th Birthday in December last year.

Weemelah Branch

The Weemelah Branch put together a group craft display for the Moree Show held in April. The theme was A Child's World. We are a small branch and struggle to collect enough items for judging but we make it each year. This year, we were elated to come first in the display, with

stiff competition from the Moree Patchwork group. Ann Farey, a deceased member, received 9.5 out of 10 for her Peter Rabbit tapestry and was named the champion entry in the section. We know Ann would be very excited and we are overjoyed by her achievement. We are also very busy with articles for the Mungindi Show group craft display, currently running our annual raffle of a trailer load of firewood and preparing an international day (with member Tima, who's a Fijian citizen) held alternately with the Garah Branch. Branch Secretary, Caroline Curtis, laid a wreath made by Allie Hill on the cenotaph at the Mungindi Anzac Day Service.



Share your story!

Share with other members your branch or group events, ways you support your community and celebrations.

Please send your news item with a separate high quality photo to the Honorary Editor, Brenda Michaud via email: nswcountrywoman@gmail.com

Unfortunately, Handicraft and The Land Cookery days cannot be printed as these are so similar for each branch.

Garden of Remembrance

Adaminaby

Joan Fogarty—a long-time member of Adaminaby branch. She took a break for a couple of years after losing her home in the 2019/2020 fires and rejoined in 2022. Joan faced the world with a smile and a kind word every day despite her painful battle with cancer. She was an accomplished water colour and landscape artist, and essayist. Joan entered her work in the State Cultural Competitions for art and literature. She will be missed. Aged 82.

Bellata

Edna Promnitz—a President, Vice President, International Officer and Agricultural & Environmental Officer of the Bellata Branch. Edna had a quick wit and enjoyed a joke until the end. Aged 104.

Campbelltown Branch

Patricia Price—joined Campbelltown Branch in 2018. She was renowned for her embroidery and knitting skills. Many beautiful coat hangers displayed her outstanding skills. Patricia served as Vice President for several years. She willingly offered help to branch activities as well as individual members. Her smile and generous spirit will be missed.

Goulburn Evening

Helen Mann—formerly a member of Cowra Evening Branch, joined Goulburn Evening Branch in 2006. During her years with Goulburn Evening Branch, she held the positions of Secretary, Social Secretary and Branch Councillor to Group. Her reports and minutes were always accurate and often delivered with her gentle, dry sense of humour. Until her recent illness she was always ready to contribute to all CWA activities. Her delicious fruit cake was

enjoyed by members and was always a great fundraiser. Helen's company is sadly missed.

Humula (Branch Closed)

Pauline Last—a wonderful member of Humula Branch with a wicked sense of humour. Pauline was Branch President and International Officer. Pauline would open her house to members so together they could cook a meal depicting the Country of Study. Pauline was very involved at branch and group level. She will be missed by her CWA friends.

Jerilderie

Janet Crittenden—a member for 14 years. Janet served the Jerilderie Branch as Branch Treasurer for the past 10 years. Janet is remembered as a softly spoken, quietly determined lady who was cherished by every member. She was a productive and creative cook who contributed to every competition and event. She thoroughly enjoyed craft and took part in every item we tried, sometimes with great success. She is greatly missed.

Majors Creek

Linda Harrison—a long-serving member who contributed to all aspects of branch life and significantly shaped the Majors Creek Branch. Linda joined the Majors Creek Branch in 1972 and has been a staunch, supportive member for 53 years during which she held many positions including Secretary (3 times) and President for many years. Linda was made a Patron of the Branch in 2022.

Millthorpe

Susan Sanders—a member since 2009. Susan held the positions of Group Councillor, Group Cultural Officer and Group Agricultural & Environment Officer. At branch

level, she was Secretary for two years and then Agricultural & Environmental Officer. Her reports each meeting were so informative and on very current topics. She thoroughly researched the chosen state topics each year. Susan was also very involved in keeping the garden at our rooms neat and tidy, and was often found to be adding little cuttings from her own garden. She always volunteering for any activity. Susan will be missed.

Nelson Bay

Patricia Kranz—a member since 2015. Pat was a quiet member, much loved and respected. Pat will be missed by all. Aged 91.

Nowra

Elaine Briggs—an active Nowra Branch member for 40 years. She was Branch Patron and a life member. Elaine held every branch position except Cookery Officer and also served on the Wollondilly Group Executive and State Cultural Committee. Elaine was a great friend to many. She always had a smile and loved to chat. Her presence at our meetings and functions will be missed. Her dedication, commitment and enthusiasm to the branch will always be remembered. Aged 94.

Lisarow-Ourimbah Branch

Marie Cantrill—much loved former member of the Lisarow-Ourimbah Branch. Marie joined Jerrys Plains Branch in 1990 and was an enthusiastic member involved in all aspects of CWA but particularly noted for her cooking and handicraft. She retired to the Central Coast and joined Lisarow-Ourimbah continuing her involvement until ill health forced her retirement. She will always be remembered for her fun loving spirit and her contribution to the community.

Umina Beach

Lorraine Kastelan—a member of the Umina Beach Branch for the past eight years. She played an active role in the branch and cared deeply about family, community and friendship. She loved socialising with members. She treasured her moments at CWA and all the fun shared at regular gatherings. Lorraine is truly missed and the branch is deeply saddened by her passing.

Walgett

Lynne Baker—much respected member of the Walgett Branch since 2005. She was Barwon Group Treasurer from 2016–2018. A gracious lady who will be missed by all. Aged 93.

Wongarbron

Christina Smythe—a member of Wongarbron Branch for 13 years. She was a well-respected member and held the position of

Handicraft Officer for a number of years. Christina created a lot of interest with all her handicrafts, especially her spinning and weaving. Members have clothing that she handmade from start to finish. Aged 89.

Branch Secretaries please note: notifications should be mailed direct to State Office, or emailed to the Membership Manager at membership@cwaofnsw.org.au (not the Hon Editor).



Accommodation and Mini Ads

Members Outsourced Accommodation

The Metro Hotels Group has been chosen as the accommodation provider for the CWA of NSW.

A 15% discount off the BAR (Best Available Rate) at the time of booking, when using the code, is available at Metro Aspire Hotel Sydney, Metro Hotel Marlow Sydney, Metro Apartments on King and Metro Apartments Darling Harbour, Metro Hotel Miranda, Metro Mirage Hotel Newport, Metro Hotel Perth (South Perth), Metro Hotel Perth City and Metro Advance Apartments & Hotel Darwin.

Booking can be made online via www.metrohotels.com.au. The accommodation code is only applicable to online bookings.

The code must be entered (in the promotional code section when searching for rooms).

The code can be obtained from the website (after logging in) or by calling CWA State Office.

BOWRAL BRANCH

Volunteers Needed.

Tulip Time in Bowral is from 11th September to 4th October. We would greatly appreciate any help you can offer in our cafe. Contact Kathy at kathypea@yahoo.com.au

Advertising in The Country Woman

Mini Ads are available on this page for branches, groups or members' small businesses. Larger ads are available throughout the journal. Please contact Leah at communications@cwaofnsw.org.au or call 02 8337 0200 for rates or further information.

Bermagui Seaside Cottage

The CWA Bermagui Seaside Cottage comprises a family room off the kitchen and 2 bedrooms containing: queen bed and single bed, and twin beds. Cutlery supplied. Bring own linen.

Enquires and applications to:

The Secretary,
PO Box 123, Bermagui 2546
cwaseasidecottage@gmail.com

Find us on Facebook

The CWA of NSW Facebook page shares branch activities, CWA news as well as items of interest.

We welcome anyone to follow the page at www.facebook.com/cwaofnsw.

The CWA of NSW Members closed group on Facebook is a way members can share and discuss areas of interest with each other. It is for CWA of NSW members only. It can be found at www.facebook.com/groups/cwaofnsw (please answer the questions after clicking "join group").

The Country Woman is produced on the instructions of **Brenda Michaud**, the **Honorary Editor** of the **Country Women's Association of New South Wales**, Level 2, 244 Coward St, Mascot, 2020. Typeset by **Leah Gaskell**, Country Women's Association of New South Wales State Office and printed by **IVE Group**.

Print your own membership poster

You can download and print your own poster to help promote your branch. Display the poster on a community notice board, at your local library or a shop window. Download using the QR code or go to the website. Choose the first poster to fill out your branch's details (ensure it is open in Adobe Reader to show the "fillable" field) or the second poster for a ready-to-print version.

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