



From your President

Dear Members,

We received 35mm of Rain yesterday!! It was lovely to hear the noise on the roof late into the night. (26th April). There is even a prediction that there will be more coming before the week is finished. I do hope that all members received rain as well. The countryside is just so dry it is unbelievable.

As we have traveled to each Regional Meeting we have noticed the conditions in the various areas... especially did we notice the dreadful sight of dead fruit trees in the Riverland area. Make sure you care well for your fruit trees if you have them, for it will be very expensive in coming months!! It was great to meet members and enjoy the various speakers with you all at your regional meetings. Each meeting, although having speakers about our three themes, South Africa country of Study, Operation Flinders, project, and Being Fit for Life our theme, were all different and enjoyable. I must congratulate those host branches that conducted the meetings on a task well done. A Special mention to Daphne Bates, who stepped in to fill the Mangalo Branch Presidency while their president Eunice was absent due to having had an operation. Daphne introduced each speaker very well, and conducted business in a professional manner.

There was such a variation in the weather conditions for each meeting. Longwood was host branch for the Central Region and the date 12th March was right in the middle of the March heat wave. It was very hot, but the ladies had planned well and we were very comfortable. Then Nelshaby Branch was host for the Mid and Upper North when the temperature was going to remain hot for 18th, but they had arranged to hold the meeting in the Napperby Hall which is fully airconditioned, and the Heat wave ended the day before!! On to the Murraylands meeting at Paringa, when we traveled there on the Wednesday when dust storms blew all over the State.

For the E.P. Meeting Peter and I traveled on the Ferry between Wallaroo and Lucky Bay, near Cowell. This was a really enjoyable experience, being a lovely calm sunny day. We were quite surprised, however, to see that the road between Lucky Bay and Cowell has only had 3.5kms bitumenised since the Ferry started 2 years ago. So I questioned the Chairman and I was informed that the State Government had not given any funds towards this project, but the previous Federal Government had provided the finance. This brought to my mind a question about whether Governments want tourism in S.A. or not. The Ferry is hugely popular, and filled on most trips. We stayed with relatives at Rudall, and because of the Ferry they are only 120kms away!! The township of Cowell is going ahead because of it.

At Riverton I was pleased to be with the Branch, which started all, that we have with W.A.B. This was the smallest meeting attendance wise, but when Jonathon Robran asked if there were any questions, they came thick and fast.

I do thank most sincerely, all members at the Regional meetings for their warm welcomes. Congratulations to all those who were presented with Awards. These Awards are an indication of loyalty and dedication in those members.

It was also pleasing to be able to present the Award for the **Most** new members for 2007, to the winner, Charlton branch, on E.P. Their members were happy to receive the Cheque of \$500 at the Regional Meeting. This competition is sponsored by Prime Super.



Open Forum Issues: - Some of the issues which were brought forward at the open forums were Daylight Saving, Power Supplies, Mental Health support Facilities, Buying Australian Foods and the risk of eating foods which do not come under strict inspection laws, Road conditions for Trucks, Regional Health support, Insurance coverage for members over 80years.... We will address all these issues at State Council on 19th/20th May. State Conference is shaping up well, and I think we will all have a great time, and learn a lot while we are at Hawker in the Southern Flinders Ranges.

*Please make sure that if your Branch has Open Forum issues to bring to the State Conference, they should reach State council by the 19th May or if not, be in your Regional Councilors hands before July.

Speakers at this stage are Dr John Read, Organiser of the Arid Lands Recovery Project in the far North, Mr. Andrew Heinrich, 2007 Nuffield Scholar, who will tell us about the urbanization of Rural Lands Worldwide, and Mrs. Lorraine Edmunds, Churchill Fellowship winner 2007, who will talk about the Revitalisation of Rural Towns. Ellie Lawrence-Wood will be attending to receive the cheque for Operation Flinders. John Shepherd tells me that Ellie was a participant on one of the excursions, and was a real little outlaw (she taught him new words). Today she is studying Psychology and is a vital part of the planning group. An example of how well this group does.

There will be a Coach service from Adelaide which will leave from the Central Bus Station, include accommodation at the Hawker Hotel/Motel and include breakfast, and return. Cost to be \$370. If you wish to travel with the Coach, contact your Regional Councillor. Time of departure will be advised later.

There are quite a few members attending the ACWW South Pacific Area Conference in Perth at the Burswood Conference Centre in September. If you would like more information about this your Secretaries should have a programme, and if you would like to apply to be a delegate, then a form needs to be filled in and sent to head office before 30th June.

Our project this year, Operation Flinders, has proved to be a most popular one. I am very pleased with the way in which all branches are making a special effort to raise extra funds towards this cause. I would like to say that the people from that organization, especially Mr. John Shepherd, have done a wonderful job in attending all the meetings as asked. I do hope that we are able to raise enough to make a whole operation of \$15,000 possible with our donation. We just need to double our gifts. I'm sure that some of the stories of the changes in the young people, who attend these camps, make it so worthwhile. So many of our youth go "off the rails" these days. There are so many different things that can waylay them; it is so much harder than when many of us were young.

(By the way, John Shepherd has told me that I am too old to go on this course now!)

I was part of a group, which met with the members of Minister Jennifer Rankines' Department of the Office of the Status of Women in March; to talk about "Supporting Rural Women" There were many things Rural discussed. I made our points of view known, and have had a conversation with Sandy Pitcher, the Head, about them. All these things discussed were

noted by the Department and also by the Health Representatives present. Whether anything comes from it, is anyone's guess.

State Council members also attended a Meeting procedure workshop in Adelaide, along with the Chair of the Advisory Board, and Deputy Chair. It was most informing. I was pleased to note that we conduct our meetings very well according to these rules!

We were very happy to learn from Online Member Debbie Anderson that her son, Matt, applied for a Wyatt Scholarship to help with expenses of his Study at Waite, where he is a third year student. . Well, Matt was successful in receiving a scholarship of \$3000, which will go towards helping him. Congratulations Matt, and well done to Deb, as she saw about the Scholarships from being a member of WAB.

There have been articles in all the papers on a weekly basis lately, about the fact that the world is not able to feed all it's inhabitants and that food is becoming too expensive for the poor countries. In one this last week I read something that those who are NOT Rural people have obviously not known.

I quote... " Much of the World is waking up to the fact that food does not spontaneously appear on grocery store shelves"...

Well, It sure is about time that the world woke up to this fact, and we should all be prepared to make it known to all. By being a member of Women in Agriculture and Business you are helping to make sure others know about our problems and how we can care for our Industry and nurture it.

In conclusion, I want to share with you all my favorite African Casserole Recipe. (Joke-no offence intended)

"Elephant Stew"

1medium Elephant, 200 bushels carrots, 1-ton salt, 500 bushels potatoes, 1-ton pepper, 3000 sprigs parsley.

Method: Cut Elephant into bite sized pieces. (This will take 2 months) Cut vegies into cubes (another 2 months) place meat in a pan and cover with 1000gallons of brown gravy. Simmer for 4 weeks. Shovel in the pepper and salt to taste. When meat is tender, add the vegies. Simmer slowly for another 4 wks. Garnish with parsley. This will serve 3000 people but if more are expected.....(wait for it..) add 2 small rabbits, preferably skinned!!!"

I really hope that you have all had good opening rains by the time you read this, and that 2008 brings good conditions throughout every region of the State .I'm looking forward to meeting you all at the State Conference at Hawker on 31st July and 1st August.

Yours in WAB friendship,

Helen Colliver.

Happenings around SA

Mid and Upper North:

Kilkerran:

Our theme for this year is "Being Fit for Life" and as such we invited Donna Griffiths to show us exercises to keep our bodies in shape and our heart functioning. Donna set up a circuit of exercises and then commenced to warm us up, she then explained the function of each station and how to use the simple equipment. Donna worked us hard for 45 minutes, by which time we were all hot and sweaty and she called it a day by cooling us down with long stretching movements. All who attended thought it fun and have great benefit, now to find the drive to continue a good start. Gill then welcomed Lee Polkinghorne to talk on her trip to Tanzania. She and Trevor visited their Uncle Brian Polkinghorne who worked as a missionary in Tanzania. He was ordained in 1964 and he moved to the town called Marangue, which is found on the slopes of Mount Killimanjaro. It is a very poor country, near Lake Victoria, the temperature is the same day and night, they have great markets, no flies, getting rid of rubbish is great big problem, the children run around bare footed playing football, mosquitoes are a great problem as are malaria spreaders and their language is Swahili. One project Brian has done is to convince them to introduce chicken hatcheries, and convinced the local population to eat one egg a day to improve health. In 1999 he set up a company called Ag Trial to improve agricultural practices and is involved with the Tanzanian re-forestation projects. He now lives in Dodama.

Wepowie/Booloroo Centre:

Members recalled the memories of primary school years, those that attended schools in the suburbs and metropolitan areas. Their memories included trenches being dug in the school grounds, regular evacuation procedures especially after the bombing of Darwin, many recalled traveling to school using horse, horse and cart, bicycle, and walking. They remember reciting the Oath of Allegiance and corporal punishment, knitting, sewing, english, writing and cooking. Sister Angela Maher, from Port Pirie gave us an enthusiastic and enjoyable talk about having a positive attitude to life. I am sure we all learnt how to try and change our negative vibes into something more positive.

Cunliffe:

Guest Speaker was Mr. John Shepherd from "Operation Flinders". Every Speaker from this organization gives us a different aspect, which is great.

An auction was held and every item was placed in a Sunday Mail zero waste blue bag so no one knew what the item looked like. Some got a bargain whilst some didn't do so well. Lots of laughter was had. Members visited the lifestyle village at Moonta. We

were shown around the village and when finished it will have 70 homes, lovely facilities, big conference room, heated pool and spa, games room, bowling green and men's shed. Coming from farms we found it a bit confined and wondered how our husbands would ever cope. Each member was asked to bring a brief item of interest/information about South Africa. They shared a recipe, culture, population and photographs etc. We also read the minutes of the 1959 minutes. Guest Speaker, Tracy Bagnell, she is a mental health nurse and she spoke on drought relief and depression, how drought can affect people in different ways, how they cope or don't cope and the help out there.

Nelshaby:

Our Guest Speaker was Michelle Smith; she is a police officer who is a co-ordinator of the Drug Action Team for the Mid North Region. She works with community groups, schools etc. their strategy is to improve health, social and economic outcome conclusive with drugs. It's a real problem. To celebrate 90 years of WAB we decided to go out for lunch and to have a Birthday Cake as a celebration. One of our members made the cake and decorated it with the WAB Logo and 90 years. The cake was cut by our oldest member, Mrs. Margaret Coles who is 91 years and also cut by our youngest, Mrs. Jan Mummery. She celebrated her 60th birthday in March. Everyone enjoyed this event.

Lower North:

Tanunda:

We had Mrs. Raelene Naterme speak with her husband Trevor on South Africa. They had completed a three-week tour. They mainly concentrated on the wild life parks, many photographs were shown and a graphic description of the area covered. She spoke that many Africans live in squalid conditions and many are refugees, but they always manage to have a smile on their face and are clean. The language is a combination depending on the area you are and is hard to follow. This held the attention of members till the end. Holding the meeting at Mr. Malcolm Anderson's home, son of member, Mrs. Doreen Anderson started with a quote, "A. man of words and not of deeds is like a garden full of weeds". He spoke of his hobby, in creating items made from paper mache and sculptures of ancient spirits carved from Mount Gambier Stone. A very different hobby.

Rosedale/Sandy Creek

Members enjoyed hearing about Africa, our country of study. We've had a Guest Speaker from Gawler, we learnt that they have 53 countries, what type of foods they grow (corn, coffee, tea, cereal crops, maize, sorghum, green bananas and beans); she explained in detail the exporting of flowers. Of course the poverty they endure, they make sandals out of tyres, very hot and dry, cows are speared so

there is blood drained, mixed with milk, which they drink. The hole is sealed with mud until next time. Various types of food are consumed from mice, zebra, ostrich, chicken, and crocodile to special flour, dried meat and biscuits. The wearing of rings around some tribe's necks, with the more rings the more eligible the woman, they believe by removing them they will weaken their neck. Villagers live in houses made of a mixture of mud and cow dung and unfortunately have a life expectancy of 47-50 years. A very informative talk and we highly recommend the speaker.

We were shown how to "Chair Dance" by two members, a great idea to get fit even if you suffer from arthritis or back problems

South East Kalangadoo:

We joined branches, Wattle Range and Tantanoola to celebrate our Christmas Lunch. Today we joined with Wattle Range, together we visited the Community Garden in Mt. Gambier, Mr. & Mrs. Ramona Perry have a plot with vegetables and flowers. A real eye opener. We raffled a cushion made by Mrs. Millard with proceeds going towards Project; Operation Flinders, Mrs. Janice Widdlison won it. Mrs. Millard gave a short talk on Africa when she and her husband traveled there in 2006.

Mundulla:

The Mundulla Branch enjoyed visiting Mrs. Vida Maney's garden, She has about 200 roses. Her husband John explained the features of their Eco House. Some features were, solar panels, house direction for sunlight, tiling & rugs throughout although admitting through extremes needing the combustion stove and air conditioner.

Guest Speaker Miss Charmaine Ridgeway has lived in Australia for eight years coming from Durban in South Africa; she spoke about the different states and two African Areas. The different languages, cultures, HIV, orphanage's for children as not enough grand mothers, reserves filled with beautiful animals with sometimes problems of destruction by monkeys searching for food. A good evening enjoyed by all.

Lochaber:

Members, visitors and others had a very enjoyable afternoon at Stonehaven listening to Mr. John Shepherd CEO of Operation Flinders. It was a very informative talk, teaching us how sneaky these kids/adults become with their addictions and how they transform. What a worthwhile project, Lochaber were hosts and provided a huge afternoon tea for all.



(Pictured above: Secretary Lyn Bellman, President Lynette Williams listening to CEO Mr. John Shepherd.)

Guest Speaker, Katrina Wills, and Co-coordinator of the Naracoorte Visitor Information Centre. The limestone coast tourist brochure features the Naracoorte Caves on the front it is one of the sixteen Heritage Sites in Australia. The limestone coast is promoted as the 6C's being Caves, Coast, Crater, Coonawarra, Coorong and Culture. The web site is, www.naracoortevic.gov.sa.au. She asked to be informed of any future WAB events. Senior Community Health Nurse and Immunization coordinator, Speaker Mrs. Debbie Walker spoke about her training and the extensive range of services provided by community health. Community Health prefers to prevent illness rather and cure it provides assistance to keep patients to remain at home, they provide services to all ages with varied problems, ranging from social, medical, women's health, domestic violence to education. Extremely interesting.

Wirrega:

Our February meeting, we were entertained by Guest Speaker Mrs. Tammy Creaser. She shared with us her expertise on digital cameras/photos. It was a very informative evening and members got to ask many questions.

Stewarts Range:

We enjoyed our 37th birthday with a roll call, sing, say, do or pay. We enjoyed many varied readings, some humorous some thought provoking. A very relaxed meeting had by all. We held a very interesting evening with a "Bring Junk and Buy Antique", many purchases made and many laughs had.

Padthaway:

We enjoyed an excellent presentation of "Operation Flinders" where we were addressed by the CEO Mr. John Shepherd, which had been organised and hosted by Lochaber. Our Guest Speakers, Mrs. Heather Edwards & Mrs. Mandy Teakle were representing the Padthaway Branch SA Ambulance. We were updated on 000 procedures, explaining that describing your exact location will benefit you as teams may not have local knowledge, plus grid

numbers, exact roads, and injuries from cardiac to broken bones to falls. They gave out magnetic books to record medication, which sticks on your fridge that they can grab immediately on arrival if you can't communicate. Members also got blood sugars and blood pressure checked. Their ambulance is well equipped and has dedicated volunteers who are always looking for new recruits.

Murraylands Region

Paringa:

In February dietician Natalie Vanderhook from Women's Health showed members how to read the labels on food products and provided information on the size of servings. Tastebuds change every 120 days

Yurgo:

April meeting speaker was Jan Greenfield who with her husband Murray, recently visited Mexico. Jan, a former teacher at Karoonda Area School visited a Canadian exchange teacher who had taught at Karoonda and lives between homes in Mexico and Canada.

- Mexico is partly very rich or very poor with the poor living under whatever shelter they can find.
- There are magnificent Catholic churches with ornate ceilings and trimmed with gold and 94% of the population is Catholic.
- In markets people barter for goods; some markets are huge.
- At Easter, hollow eggs are filled with confetti and are broken over each other's heads.
- There doesn't seem to be any road rules and people drive anywhere and ride bikes and walk among the traffic!

Coonalpyn:

Members did a tour of several businesses in the area for the April meeting. Long Ridge Olives was established in 2000 and has grown to 214ha. Olive trees begin producing after five years and when they become too big to fit easily through the mechanical harvester, they are cut off at ground level and left to shoot.

The olives are crushed at Keith and harvest lasts for about a month, around the clock. Alderseys vineyard at Tintinara is five acres and the grapes are crushed at McLaren Vale. Wine is sold at Farmers' Markets and at local hotels. Coonalpyn members enjoyed sampling the different wines and many bought wine to take home. Next stop was Aerotech, an aerial agricultural spraying company. Aerotech has 13 aircraft and each has an interchangeable undercarriage so the plane can be used for crop spraying or fire bombing. Aeroplanes are stationed at Tintinara, Leeton, NSW, Darwin and Malaysia. Pilots are rotated to different jobs in different places – broad acre spraying, peanut spraying, forestry work and fire bombing.

Central Region

Longwood:

Longwood celebrated Christmas at the Duck Inn, where we all enjoyed the meal although not a Christmas theme. The desert menu tempted some. Our next project was organizing towards the Central Conference, this took a couple of meetings and we think the conference was quite successful. "Show and Tell" was our next theme, which was you brought along a favorite item and you explained what it was and its importance to yourself. Very interesting.

Brinkley:

Our first meeting for 2008 was studying Africa. None of the members had up to date news so we learnt a lot. We studied old geography and history books; one member supplied colored pictures of all the wild animals. Which turned out to be very informative to everyone present.

Burdett:

Our Guest Speaker, Mrs. Sue Jaensch a member of MB District Floral Designers Inc. who brought flowers and items to make a floral table arrangement. Much advice was given for pros and cons of flower arranging. Some members attended the Mannum Senior Citizens to listen to the SA Police Band perform and thoroughly enjoyed the entertainment they provided. We were luckily able to hear the talent of pianist, Gleys Van Voorst. She is a fantastic entertainer; she gave us two Valentine Day songs and numerous others, which were just lovely. Our Guest Speaker was Mayoress Mrs. Pam Arbon; she had traveled with her husband on safari in Africa. She spoke about their short visit to South Africa and of lifestyle, countryside, animals and birds. She accompanied this talk with a CD which brought it all to life.

Eyre Peninsula

Pinkawillinie:

The meeting was held in the Kimba supper room to inspect their new furnishing. A roll call was on current affairs, to name a few examples;

1. Shortage of volunteers, CEF etc, - mining boom
2. Water shortage-Murray River
3. Muelsing-loss of overseas markets
4. Acknowledgment to Mrs. Dianne Hamlyn (our secretary) for being, Australian Day Citizen of the Year

We then had question time and these were some issues brought up;

- Grain buying
- Fruit trees best growing in Kimba
- Tomatoes best suited
- What is A.W.A
- G.M.O.cropping for and against
- How do you spell origami?
- Why do we have daylight savings?

In March we went to Arno Bay on the CAP BUS. We admired the new shacks and the Marina. We inspected Colin and Lorraine Rayson Shack. On the way out we saw the Memorial Seat dedicated to Di Aldridge. We had lunch at Port Neill, before heading to the Tanplaters. The workshop has the art of electroplating, it's a fantastic process of making organic items so strong and how the colours were achieved was amazing. Many of the items were made into jewelry or framed. E.g. stalks of wheat, gum nuts and leaves.

Tumby-Yaranyacka:

Guest Speaker Mrs. Michelle Power, owner of [P.F.M.] Personal Fitness Management, from Port Lincoln spoke on our theme "Being Fit for Life". Guest Speaker, Jackie McTamasa spoke to the meeting about our country of study, South Africa and also showed a recent film on her trip to Antarctica. Members traveled to Glendara Rose Garden in the Koppio Hills where we ate lunch in the shade of an olive tree, and then we strolled amongst the roses.

Charlton:

Our President introduced, Mr. David Williams of Williams Funeral Services told us the requirements, conditions and benefits concerning pre paid & pre arranged funeral plans. David recommended a personal and family profile booklet so that specific wishes and financial and legal information are known and available which eases the emotional and financial burden of decision making on your family. Cremation and burial services are made to suit individual requests. A DvD was shown of the establishment and we were able to tour the premises and learn the preparation and steps involved before a funeral and farewell takes place.

Luckily our new member, felicity Easton was born in Johannesburg. She related how she grew up with three sisters and one brother on a 50-acre farm, 30km from the city. They produced pigs, cows, maize, corn and honey. They bred fox terriers for watchdogs. She did not see any mistreatment and her father was well respected, although they decided to move after hearing they were starting to threaten farmers. Their farm now is a housing estate. We also learned that hopscotch originated from Africa.

Mrs. Sommer Koker welcomed us to Constantia Furniture that was established 30 years ago in Port Lincoln. The climate is perfect for working with wood; Sommer enthralled us with her knowledge and descriptions of different woods and their values. It was fantastic to admire the skill and patience needed to produce such quality work that has given Constantia the worldwide recognition. They also do restoration. We then conducted our meeting in stylish comfort using beautifully hand crafted table and chairs and supper.

Journey towards Health

*Exercising in the gym is so much fun,
Walking and cycling it can be done,
To begin the routine the start of a day,
Stretching and limbering in the proper way.*

*Beginning the routine warm up on a cycle,
Strengthen your stamina, your knees and ankle,
Followed by treadmill, your jog for the day,
Improve your cardiac, every step of the way.*

*Toning your muscles, use the weights correctly,
Overstressing yourself, causes pain in your body,
Reminding ourselves to start oh so gently,
Proper supervision, is recommended wholeheartedly.*

*For those who feel group exercise is best,
Enroll yourself in it, but don't expect no rest,
Theres RPM, Pump, Balance, Attack, Combat and
Jam,
Be selective in choosing lest you get the cramps.*

*Focusing on fitness, do not be distracted,
Heavenly bodies and hunks is to be expected,
Showing their attributes, so that we can see,
There's still some hope for you and me.*

*Exercise is best done at the correct places,
Eating healthily and correctly at the right paces,
Not to expect changes ever so drastically,
What takes years to put on, cannot be removed
quickly.*

Rural Women's Award

Regional Councillors Adair Dunsford and Dulcie Barker braved the March heatwave and represented WAB at this year's Rural Industries Research and Development Corporation Rural Women's Award presentation, which was held at Parliament House.

Domenica Latorre from Berri, a lecturer with TAFE since 1998 was the winner. She has specialised in working with different ethnic groups in the Riverland.

Domenica will research business training organisations, training programs and resource developers in Australia, Italy, Greece and Turkey with the aim of achieving a better skilled workforce and to increase culturally and linguistically diverse student retention rates in learning institutions.

The runner up was Yvonne Smith, an onion farmer from Bowhill. Yvonne has very good WAB connections! Her mother Maureen Bolt is a member of the Burdett branch and attended the presentation. Yvonne's mother-in-law, Merrilyn Smith, a former Bowhill member, has also joined the Burdett branch that meets in Murray Bridge. Other finalists were Elizabeth Ballinger, Wolseley and Rebekah McCaul, Mount Jagged.

Pictured right: Yvonne Smith, Bowhill; Elizabeth Ballinger, Wolseley, Domenica Latorre, the Winner, Rebekah McCaul, is from Mount Jagged at Berri.



Pictured left:
Paringa WAB President, Teresa ter Bogt, Jenny Vonic Joyce, Richard Hamley, Murraylands Regional

Councillor, Adair Dunsford and State President, Helen Colliver.

Photo Above : Is Courtesy of the Murray Pioneer



Lower North Regional Conference

A smaller than usual group of WAB members and visitors attended the Lower North Regional Meeting on 23rd April, at Riverton. There were apologies from Williamstown who were unable to attend and many others who were sick or holidaying. The President of Riverton, Mrs Pam Schultz welcomed those present followed by the singing of Australia's National Anthem, and a warm welcome to Riverton by Cr Liz Calvert.

We all enjoyed the presentation about Operation Flinders by Mr Jonathon Robran, who was most interesting, and brought a number of questions from the group. Awards were presented and Roll Call taken. A Health worker put us through a series of armchair exercises from the Local Hospital; these were more strenuous than first thought. Following a lovely luncheon and Entertainment from two local "Lads" who played Guitar and Accordion, and told some really good jokes, we heard from Mrs Raelene Materne, who showed us slides of Animals and Birds and vegetation of South Africa. The many different types were most unusual. Still some of the trees reminded us of Australia.

Mrs Elizabeth Harris, now of Riverton, a resident of only a few years, gave us an insight of the activities she takes part in to support the local Craft Shop and knits for premature babies and underprivileged children. She was quite happy to have wool from anyone. Dolls dresses were a speciality. Many locals give her neglected Dolls and she revitalises them and sells them. State President Helen Colliver brought news from State Council and conducted Open Forum. Support for the motion from E.P. regarding Daylight saving was given, and many other topics discussed including roads, food from foreign places and buying Australian Goods. Tanunda Branch issued a cordial invitation to all to be at Tanunda next year. Following the singing of the Bureau Song and a Raffle, all enjoyed afternoon tea before journeying home.

Murraylands Regional Conference

Paringa WAB hosted a very slick and professional Murraylands Regional Conference at Renmark on April 3rd. The venue was the very new Renmark Paringa Community and Civic Centre, all angles and corrugated surfaces but very comfortable and with up to the minute information technology equipment for speakers.

With only four branches in the region – Paringa, Coonalpyn, Yurgo and Pinnaroo, the conference host branch has to go outside the WAB membership to attract a viable number of participants. Paringa members had sent out invitations to other groups and got on the phone to personally invite friends and women they thought might be interested. They were well rewarded for their efforts with an attendance of 55 for the day.

The Renmark Paringa Mayor, Neil Martinson opened the conference and certainly got everyone's attention by quoting a statement from 1970s – "Farmers wives are partners on their properties purely for taxation purposes." Mr Martinson congratulated WAB members on their "huge contribution to the economy of South Australia and Australia because without your commitment, involvement and dedication to the land, your communities and our country would not be as rich as it is."

Richard Hamley, formerly a South African and now a manager of the Renmark business Agriexchange provided a comprehensive picture of the WAB Country of Study. South African has 11 language groups with Zulus the largest cultural and language group. Only 12% of the land is arable with mining providing much of the wealth. South Africa is the world's biggest producer of gold, platinum and uranium and fifth largest coal miner. Mr Hamley discussed the HIV/AIDS epidemic, which sees one in five South Africans with HIV, and 1000 AIDS related deaths per day, accounting for half of all deaths. The life expectancy is 44 years and there are currently 1.2million AIDS orphans in a total population of 47.9million.

A team leader, Jenny Vonic Joyce from Berri, enthusiastically described the work of Operation Flinders. She described various experiences and observations from her work on the program that sees about an 80% success rate. Ms Vonic Joyce, a mother of three boys and a former Federal Police drug unit detective is well placed to lead teams on this program. She said she tries to provide a mother figure for the boys she leads and sets down social and behavioural rules from the outset. Fear and shame are the primary emotions of the 14 to 17 year olds on the program and over the eight days of the walk, it often takes until Day 5 before leaders hear laughter.

State President Helen Colliver addressed the conference and said that for too long rural women have been undervalued in their roles. She said WAB supported those roles and each branch can help members be more informed. Mrs Colliver said if WAB members had benefited from WAB they should become ambassadors for the organisation and promote it in their communities.

Local historian Heather Everingham who lives in Paringa "walked" the conference around the town and discussed the background and history of various buildings and properties. She outlined the establishment in the 1890s of communal village settlements along the river, which included Murtho and Lyrup, the latter the only one to have survived.

Christine Lock the manager of the Olivewood Historical homestead brought a display of household items from the past and pictures of the Murray River over time. She described rural women as having been more innovative than others in recycling and had a variety of items to back this claim – including a bra made from a flour bag but with embroidery and buttons to decorate! A competition was organised to guess a mystery object – an ice scraper. Open Forum issues included power outages at Pinnaroo and the lack of mental and general health services. Congratulations to Paringa WAB for an excellent day!

Eyre Peninsula Regional Conference

The Theme, "Being Fit for Life" and the 90th birthday dominated the programme at Cleve when Mangalo Branch hosted the Eyre Peninsula Regional Meeting on the 15th April.

The Branch President, Eunice Story, was unable to be present owing to a recent operation, so the meeting was chaired by Daphne Bates who reminded those present that WAB is the oldest rural women's organization in Australia. The Mayor of Cleve, Mr. Allan Edwards welcomed the women to the district, and commented that the name 'Women in Agriculture and Business' is an appropriate one as farming is a business as well as a way of life, as much so for the women as for the men on the family farm.

Dr. Judith Degner from Tumby Bay spoke on the theme, using the word "LIFE" as an acronym to describe the meaning of a full and healthy life. "L" was taken to represent Love – that is learning to love oneself, Laughter, as representing enjoyment of life, and Listen – listen to your body, what it needs and does not need. "I" included Intelligence, or commonsense in assessing all the messages on health that appear in the media; Ignorance, as a warning not to be, but to keep minds open to new things; Internet – to be used with wisdom and caution if seeking health information; and Interests or hobbies to keep the brain active.

"F" focussed on Family and Friends – both being needed for well-being; Family doctor as someone you can trust; and Food or fuel for the body – being sensible in what we eat. "E" is for Estrogens that we lack, as we grow older; and Exercise, setting reasonable goals to maintain muscle tone, as well as Exercise for the mind. As Dr.

Degner came to Australia from South Africa, she was also able to describe some of her life there, saying that while there are similarities such as climate, schooling and sports to life here, there are also large differences. While wheat growing is widespread, other crops there include maize and sunflowers. They also enjoy a higher rainfall than we do in South Australia. High security walls around homes, and the need for guard dogs and night watchmen contrasted strongly to the freedom of Tumby Bay. A high incidence of H.I.V. and poorly resourced public hospitals are of concern to the medical profession. A highlight in her life was visiting the Kruger National Park with its wild animals, especially the 'Big Five' of lion, buffalo, rhinoceros, elephant and leopard.

State President, Helen Colliver, brought news from council and took issues for discussion in open forum, including daylight saving, the winding down of state government resources in rural communities, and public liability insurance for over 80's. She commended the state conference to be held at Hawker on 31st July and 1st August to members. Awards for long service were presented to three members from Mangalo Branch; Doris Potter and Joan Briese for 50 years membership and Margaret Eastwood for 40 years. A further award was made to Charlton Branch for having the most new members for 2007. A ceremonial lighting of candle, fanning out and cutting of a cake to mark our 90th Birthday was performed, and the cake was shared around at lunchtime.

Kathy Quin, a fitness instructor, who demonstrated the use of large balls, hand weights and steps for exercising, picked up our theme again in the afternoon. She then handed around "rubber bands" that is long strips of rubbery material to use for stretching arm, shoulder and leg muscles, which the ladies were able to try for themselves.

Mr. John Shepherd, from Operation Flinders, was interesting and entertaining as he spoke of the work of his organization, telling stories of the way some of the young people who come under their care react to finding themselves in the wilderness with only basic equipment for eating and sleeping. He described how many of these boys and girls discover that they can achieve something worthwhile, and that they might have a life and future worth working for.

Barbara Millard from Tumby/Yaranyacka expressed the thanks of the meeting to Mangalo Branch, and invited WAB members to meet at Tumby Bay in 2009, for the next Regional Meeting. Daphne Bates thanked all involved in presenting the day, including the sponsors, wished all present a safe journey home, and invited them to enjoy afternoon tea before leaving. Over all it was a most interesting and enjoyable day with good food, good company captivating speakers and a very friendly atmosphere.

Mid and Upper North Regional Conference

Tuesday March 18th, 2008, the conference began with morning tea and afterwards President Norlene Afford welcomed fellow members, visitors, and the Mayor of Port Pirie. Mr. Geoff Brock welcomed all to the region and told how the city of Port Pirie was expanding its retail development to be a successful regional centre. The WAB councillor for our region Mrs. Dulcie Barker officially opened the conference and spoke briefly about our theme for the year "To be fit for life", our project "Operation Flinders" and our country of study "South Africa".

At this time a 40-year award was presented to Helen Eden of Cunliffe Branch, and 30 year awards were presented to Jean Nottle and Cora Wurst of Wepowie/ Booleroo Centre.

The first Guest Speaker, Mrs. Denise Johns was a recent delegate to the Fourth World Congress of Rural Women, which was held in Durban, South Africa, in April 2007. Three thousand women throughout the world attended and Lyn Brewer led the Australian delegation. Key issues for women in third world countries were discussed. The biggest problem being the AIDS EPIDEMIC, followed by the quality of the water supply and supply of electricity to third world countries, also the need for women to have more rights, i.e. land ownership. Often when the husband dies the wife and family are left destitute. Denise illustrated her trip with photograph of the villagers and the wild life, which was very interesting.

Simon Owens and Robyn Paterson spoke of their experiences with Operation Flinders. This is a programme assisted by the army and police star and school councillor who takes troubled youth aged between 14 and 17 years into the bush. The youth are set character building exercises and along the way many benefits are gained. This is a ten-day trip that often has many long-term benefits for the youth; camps are run separately for male and female.

After lunch Mrs. Madge Vanstone who played her keyboard entertained us. The State President, Mrs. Helen Colliver brought news from state council. Guest Speaker, Glenys Hall entertained us with tales of her trip to Antarctica. Glenys first realized that she wanted to visit Antarctica in 1969 and finally made the trip in 2006, 37 years later.

She left from South America and told of life aboard a Norwegian Ship and how only 100 passengers were allowed on shore at one time. Glenys also showed us how she addressed to go ashore by putting layer upon layer of clothing, which in itself was quite a job, but well worth the effort when she described the beautiful scenery and the Penguins on the shore.

Mrs. Norlene Afford thanked all for attending and invited Cunliffe Branch to extend an invitation for the 2009 Conference. After the Bureau Song was sung, afternoon tea was served.



Central Regional Meeting

Congratulations to Longwood Branch on its' 70th Birthday on this very day.

(Left: Mrs. Mary Allen reading the minutes from the first meeting.)
(Right: Mrs. Roma Allen (her mother was a Foundation Member, Mrs Emmy Norsworthy). Right: Mrs. Thelma Norsworthy (her mother was also A Foundation Member Mrs. Connie Slater).



Longwood President, Doreen Thomas welcomed members from Burdett and Strathalbyn WAB Branches who joined Longwood members at the Longwood Hall on an extremely warm day. Brinkley members were unable to attend, as their driver was not well. Local Councillor & long time resident, Ron Nelson, gave an insight into the strength of the Longwood community. The Theme for the day, "Fit for Life" was also the title of a book that Guest Speaker, Rosemary Badenoch from Adelaide Hills Community Health showed all present.

Rosemary explained the exercise classes that she organizes, even down to the "chair exercises" we tried. These are aimed at those who are not able to undertake any other form of exercise. Numerous classes are held throughout the Adelaide Hills for a very minimal cost. Rosemary urged all present to "make a commitment & stick to it" and be fit for life".

Acting Central Regional Councillor, Lyn Teakle, spoke of her pleasure to be present, but also of her disappointment that she had to travel such a long way, when someone local could have represented the area much more efficiently. Lyn also encouraged branches to give a little extra support to Operation Flinders by holding a special fundraiser for this wonderful cause.

Present at the meeting was local MP Isobel Redmond who, after speaking about her shadow portfolios of Attorney General, Ageing & the Arts, answered questions from the floor. A few facts that we should absorb are: Currently there are 2,340 Australians over 100 years of age. By 2055 there will be 78,000 Australians over 100 years of age. 10% of these will be in SA our children will not live as long as we do because we have over indulged!

After a lovely "bring a plate" lunch, children from Scott Creek Primary School presented a lively song & dance session of Aboriginal dreamtime story of Chig a Lug

Mrs Anita Aspinal, State President of the National Trust told us that SA has more heritage sites than any other state. These sites consist of 30 reserves, including 400 ha of wetlands at Overland Corner and 100 properties. A significant Tree Register exists in SA & covers all types of trees. Many Local Councils in SA still do not have Heritage Lists. Anita made the observation that Australian women are strong, in that they are prepared to work to get what they want. English women are more likely to sit back & complain about what they want, but expect to have things provided for them. (An example being that if a school or community is in need of funds, Australian women will work to raise the funds needed while the English women expect the funds to be provided for them)

State President, Helen Colliver encouraged members to keep branches alive and question what is said if we do not agree. Helen spoke of her concern that prime rural land is being built on and that as farmers, we need to be smarter and the world will be at our feet. Life Membership was presented to Irene Healey & a 5 Year Award was presented to Doreen Thomas, both of Longwood. The minutes of the first Longwood WAB meeting were read, and the 3 candles on the 70th Birthday cake were lit & extinguished, and the cake cut. The candles represented one each for the past, present & future. Roma Allen & Thelma Norsworthy, daughters of foundation members, Mrs Emmy Norsworthy & Mrs Connie Slater, performed these tasks.

After a wonderful a cappella rendition of our WAB Song, we enjoyed a lovely afternoon tea before heading home. (Who says we need a piano) Longwood members took their "duty of care" seriously by providing plenty of cold water & juice for all present to enjoy at all times during the trying day. Thank you for your hospitality and the informal day. Well Done Ladies

South East Regional Conference

Wirrega WAB president, Lynette Staude welcomed 75 members and visitors to a most enjoyable and enlightening South East Regional Conference hosted by the Wirrega branch and held at Mundulla on April 30.

Chairman of the Tatiara District Council, Richard Vickery who opened the conference, spoke about the district which has diverse industries such as broad acre cropping, small seeds, livestock, feedlots, vineyards, potato and onion growing and the large meat works at Bordertown. He said there has been an influx of people from all over Australia and overseas coming to work in the district.

South East Regional WAB Councillor Jannette Boord then spoke on the WAB theme "Being Fit for Life". Healthier choices of food and lifestyle help prevent many diseases such as diabetes, heart disease, mental illness, arthritis and the risk of osteoporosis. When shopping for food Mrs Boord suggested everyone needed to read the labels and choose foods with low GI content, low in fat and sugar and wholegrain foods. Gentle physical and mental exercise is beneficial to all. Running, stretching, bending, sidestepping, jumping and pushing sound like strenuous exercise. **"When put in the context of people confining their exercise to running up hills, stretching the truth, bending over backwards, lying down on the job, sidestepping responsibility, jumping to conclusions and pushing their luck, it seems to me there aren't too many calories used!"** "The most important things in our life should be our health and our families' health," she said.

South Africa, the WAB Country of Study was the subject for Liz Ballinger of Wolseley who was a delegate to the fourth World Congress of Rural Women in Durban. Liz spoke of her experiences when she visited women in a Zulu community at Ingwavuma on the east coast. Life expectancy is 40 years, there is 70% unemployment and there are many orphans and victims of the AIDS virus. Liz showed slides and videos of the local people and countryside and sold craft items made by the women at the Women's Business Centre Sewing Room.

Jonathon Robran spoke on the WAB State Project, Operation Flinders pioneered and founded in 1991 by the late Pamela Murray-White. Managed by 30 to 40 volunteers, the program takes vulnerable at risk young people aged between 14 to 18 years, out of their environment and helps to rebuild their confidence and people skills through positive experiences and achievements. Teams trek 100km over eight days and take part in team building, bushcraft and survival, abseiling and aboriginal cultural activities. The cost for each participant is \$1500 compared with \$80,000 to keep a lawbreaker in detention for a year. Operation Flinders receives a third of its funding from the Government and fundraises for the remainder.

Deidre Phelps of Bordertown, a life member of Active Aging SA, took those attending through a program of "chair" exercises and encouraged all to keep mobile and stay independent as they aged.

State President, Helen Colliver spoke about the many challenges facing rural communities with continued drought conditions and rising costs. The issues of reduced Government monies and lack of rural student subsidies were raised in Open Forum. Membership awards were presented to Diana Penniment, Wirrega, 50 years; Jannette Boord, Lochaber, 40 years and Kylie Cornish, Wirrega, 5 years. At lunchtime most at the conference walked around the Mundulla Oval and went in the draw for a lucky prize. Yvonne Correll, Lochaber won a pair of orthotic sandals donated by guest speaker Angela Dunsford of Good Country Physiotherapy.

Angela Dunsford provided an introduction and demonstration of Pilates, a form of exercise, which aims to restore musculoskeletal balance and control of body movements to improve balance. Pilates is a non-impact exercise appropriate for any age group and ability and it reduces the risk of muscular injury.

"No More Chores" was the title of the address by Lifestyle Elements principal Abbie Martin who has recently set up her own home based business in Adelaide. Abbie's role as a personal concierge offers personal assistance to clients including shopping, paying accounts, organising tradespeople and many other chores allowing people the opportunity to use their time and live balanced lives. (We would all like an "Abbie"!)

Music teacher Shelley Sharpe and her delightful singing students performed three songs to bring a most enjoyable day to a close.

Paola Zilm of Lochaber won the first prize in the raffle, which raised money for Operation Flinders. Wirrega WAB is to be congratulated on a successful and well-organised conference.



Left: Guest Speakers; Angela Dunsford, Abbie Martin and Liz Ballinger.

Right: Jan Boord 40 yr, Diana Penniment 50 yr, Kylie Cornish 5 yr and son, awarded by President Lynette Staude and State President Helen Colliver.



Building Resilience

Building Resilience was the title of a workshop WAB On-Line member, Jenny Hocking attended in February.

She defines Resilience as - The ability to bounce back, survive and even thrive in pressured times.

Partners in Grain organized the workshop with presenters, Kathryn McEwen and Jacky Dakin, both clinical psychologists. They took the group of about 15 through sessions moving from 'How to build personal resilience' through cognitive, emotional, physical and spiritual areas to 'How to build community resilience.'

Jenny reports some of the results of these discussions and feedback from the group was: -

- Focus on the concern, and then put energy into what you CAN influence.
- Learn to be optimistic through positive mood, good morale, perseverance, well being and effective problem solving skills – say “what do we need to do to make it work?” Get negative people to talk through the issues; have connections to see ‘the big picture’. What’s really important? Let the small things go.
- Respond as rapidly as you can to an upsetting event by evaluating the evidence, thinking of an alternative explanation, putting the thought in perspective.
- Thoughts promote our feelings, which promote our behaviour.
- Use self-talk. “Calm, calm, calm” helps. Have fun- create positive energy.
- Engage in random acts of kindness.
- Be open to receiving support – it is NOT a sign of weakness.
- Take some kind of daily exercise.
- Connect with the community – social connections strengthen resilience; helping others increases sense of empowerment; get involved in community activities, hobbies or interests.
- Be a good mate by being fully present; don’t complain or feel jealous; do more than your share, volunteer without being prompted; spread praise; keep track of what you did and how it made you feel.
- Be aware that males are at risk – the main enemies are loneliness, compulsive competition, emotional timidity – men learn to pretend as a protective measure.
- Get the right role models –fathers may need help from other males to raise sons. Encourage time with good role models. Children and others learn from what you DO, not what you SAY.
- Work together as a community to proactively address problems.
- Ensure work/life balance - are you creating times for the things that matter?
- Resilience = survival

For emotional resilience in women, there were a lot of ideas – here are some -

- Walk – alone; with a friend/so; or with a dog
- Call your best friend for support
- Breathe slowly – try yoga, tai chi, meditation
- Give and receive hugs – people, dogs, teddies
- Network with other females
- Share problems – with an outside counsellor or neighbour
- Have a long bath
- Take a short holiday break
- Listen to music; go to the movies
- Really appreciate what you HAVE
- Humour – laughter therapy, Have a good cry
- Watch **funny** TV – eg Vicar of Dibley.
- Manage – do you respond or react?
- Recognise and respond to your own emotions and respond to others.
- Take responsibility for self and others, but don’t make decisions when emotionally stressed.
- Teach yourself to “Push the PAUSE button”.
- Remember no one can make you sad, bad, glad or mad – some people thrive on drama.
- Next time you REACT ask why am I feeling like this? What do I want to change? Whose problem is this REALLY? What assumptions am I making?
- Be alert for things that are different in your responses – and in others. Remember – depression can be contagious
- Recognise extreme stress – stage of alarm – stage of resistance – stage of exhaustion. Do something – garden, vacuum (!), laughter, sex, planning a holiday is good, even if you don’t go, meditation, get fit, eat well

Yurgo WAB celebrates 76 years

Lunch at the Karoonda hotel, a birthday cake and the presentation of membership awards were all on the agenda for Yurgo WAB's 76th birthday on March 3. About 50 WAB members and friends heard guest speaker, Murraylands Regional Councillor Adair Dunsford outline the work of Operation Flinders and speak about the revival of WAB. Membership awards were presented.

She said when asked to speak on the subject "WAB Thinking Outside the Square" to a PIRSA staff meeting she had made three main points –

- **Progress is always limited by negativity**
- **Progress is always limited by not wanting to embrace change**
- **Positive Thinking is Contagious**

Phyllis Wegner, 40 Year award and Yurgo Treasurer, Branch President, Val Humphrys, 50 Year award and long serving Secretary Beryl Clothier, who also made and iced the Yurgo Birthday Cake.



State Conference is in the Flinders! **Thursday July 31 and Friday August 1st**

July 31

Speakers –

- Dr John Read, an environmentalist with the Arid Lands Recovery Project,
- Andrew Heinrich, a farmer from Kangaroo Island who is a Nuffield Scholar and will speak on the Urbanisation of Rural Land
- Lorraine Edmonds, a park ranger who lives at Hawker and her topic is Revitalising Rural Communities.
- Ruth Shanks, the South Pacific Area President of ACWW from Dubbo will address the conference on ACWW matters and attend both days.

Afternoon bus tour for husbands.

August 1

A bus trip of the region is planned for the second day of the conference and includes a visit to Arkaba Station and Craddock and at the Kanyaka Ruins; there will be a talk on the history and operation of the station.

***Registration forms due out soon!**

***A Bus from Adelaide to Hawker leaves on Wednesday July 30 and includes accommodation at Hawker for three nights - \$370**

Be In to Win!

In 2008 the WAB branch hosting a function attracting the most visitors could win a \$500 prize! Following the success of the Most New Members competition, State Council has decided on this new competition, which will also be sponsored by Prime Super. The aim of the contest is for branches to involve non-members in WAB activities to promote WAB and enrich and empower their communities by encouraging greater participation. Perhaps your branch holds a birthday lunch, a World Rural Women's Day event organises a bus trip or hosts a workshop. If these events attract non-WAB members, do a head count!

Guidelines

The winner will be the WAB event or function attracting the most non-WAB female visitors. Branch secretaries to write a short account of the event detailing attendance breaking it down into WAB members and visitors.

***The Regional Conference is not eligible.**

WAB Members from other branches cannot be counted as visitors. Husbands of visitors, husbands of WAB host members and husbands of visiting WAB branch members, cannot be counted. Please include copies of any publicity gained for your event.

***The event must have been held in 2008.**

Entries close 31st December 2008 at Head Office or to your Regional Councillor.

Speaker Suggestions:

The following women offered their services to WAB after meeting members at the Yorke Peninsula Field Days.

Sue Worzfeld,

Professional Counsellor, ex schoolteacher runs workshops on topics such as stress management, grief, depression, relationships etc. She is in private practice in the Adelaide Hills.

Email - suew@kern.com.au Ph 83898027

Fran West

Runs "The Gums" bed and breakfast and a business called Irrestible Sweets. She was the Naracoorte Librarian and has flown solo around Australia. At the Field Days she said her sweets business could offer WAB groups a fundraising opportunity.

6 Patricia St
Coromandel Valley 5051
82706623

Tahnia Gilbert

Has a stamp business and said she would be happy to be a speaker for a WAB meeting.

RSD 1119 Gilbert Rd, Windsor SA 5501
85292171
tahnia@twpo.com

Membership Awards:

Doreen Thomas	Longwood	5 years
Elizabeth Fulbrook	Longwood	5 years
Anita Taylor	Charlton	5 years
Glenis Possingham	Strathalbyn	5 years
Kylie Cornish	Wirrega	5 years
Audrey Kubacak	Yurgo	10 years
Tracy Clothier	Yurgo	10 years
Annette Elson	Mangalo	10 years
Gwen Toothy	Mangalo	10 years
Helen Mitchell	Charlton	10 years
Grace Blake	Strathalbyn	10 years
Irene Healy	Longwood	Life
Nancy Burdett	Yurgo	30 years
Cora Wurst	Wepowie/ Booleroo Centre	30 years
Jean Nottle	Wepowie/ Booleroo Centre	30 years
Marlene Wegener	Mundulla	30 years
Patricia Hill	Mundulla	40 years
Ramona Perry	Kalangadoo	40 years
Helen Eden	Cunliffe	40 years
Phyllis Wegner	Yurgo	40 years
Margaret Eastwood	Mangalo	40 years
Jeanette Boord	Lochaber	40 years
Valda Humphreys	Yurgo	50 years
Doris Potter	Mangalo	50 years
Joan Briese	Mangalo	50 years
Diana Penniment	Wirrega	50 years

On line New Member:

Anne Pearce Kadina



(Pictured above: left President Mrs Helen Colliver, with Mrs. Irene Healy receiving her 20 yr., both Mrs. Doreen Thomas and Mrs. Elizabeth Fullbrook also receiving their 5 yr. Awards with Past President Mrs. Lyn Teakle. All from Longwood Branch.)



(Pictured above: Left, Mrs. Lorraine Rayson presenting Mrs. Romona Perry with her 40 yr. award with Regional Councillor Mrs. Jeanette Boord. At her Kalangadoo Branch meeting.)

(Featured below: Left, President Helen Colliver placing 40 yr. award badge on Regional Counsellor Mrs. Jeanette Boord with President of Lochaber Branch, Mrs. Lynette Williams Having a smile.)



* A further award was made to Charlton branch for having the most new members for 2007.

Birthday Congratulations:

To Norma Johnson on the occasion of her “80th” Birthday she received a card and flowers by the Tantanoola Branch.

In Memory:

- The Burdett Branch would like to share a moment of respect on the passing of our esteemed member Mrs. Lorraine Jennings. She was aged 74 years. Mrs. Jennings was in her 46th year of WAB and held many positions over that time. She was highly regarded amongst her fellow WAB members as a quiet friendly person always willing to participate and because of her personal principles she was always asked to say “Table Grace” at special occasions. She will be greatly missed.

****Congratulations to Burdett Branch on the eulogy for Lorraine Jennings. I am sure that many of our members who pass away are worthy of a better eulogy in WAB News than has been sent to our News Editor. Please take a little time when sending in your tribute for your former member and give due credit to her.***

- A minutes silence was observed for Mrs. Daphne Noll who passed away at the end of November. She was 96 years old. She joined Rosedale/Sandy Creek Branch in 1954, and received her 50th year award in 2003.

Our Local WAB Historian: Mrs. Eileen Matthews is our local historian. If you have anything of interest, newspaper clippings from your area, photographs of significant events. These could be important and interesting to our future celebrations. Sending *information to the News Editor to be printed will be sent onto historian unless stated. Mrs. Eileen Matthews Contact Details: 87 622507

Apology for mistake:

-I would like to apologize to Miss. Ev Ottens for assuming her personal addressing of her name. ***Because of this mistake could members be aware and address their members and guest speakers accordingly with Mr., Mrs., Miss., Ms. or an other preference.**

-Confusion over “Pearl”, to which name to use so I sincerely apologize with your picture again with correct name. **Please find attached a photo of Mrs Pearl Peters with her certificate.**



WAB Merchandise Contact: Mrs. Glenice Bourne of Lochaber Branch is selling any merchandise with the WAB insignia attached. These make great thank you gifts for all guests. **Contact her on 87 652202** There are also WAB Bags available for sale that were received at the conference.

Merchandise Price of List:

Glasses, Tumblers & Stemmed		\$7.00
Celebrating 90 years, Glasses		\$6.00
Coasters	-Box of 4	\$15.00
	- 2 for	\$8.00
	- 1 for	\$4.00
Water Bottles		\$4.00
Fine China White Coffee Mugs		\$7.00
Blue Coffee Mugs		\$8.50
Tea Towels		\$8.00
WAB Pens		\$7.00
Pad & Pen (Gift Pack)		\$8.00
Small WAB Notebook	\$2.00	
WAB Writing Pad		\$2.00
WAB Badge (Butterfly Clip)		\$6.00
WAB Bags		\$5.00
WAB Scarf		\$30.00
“Hats off to WAB” Books (posted \$25)		\$20.00

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