

NWR

NATIONAL WOMEN'S REGISTER



**NATIONAL WOMEN'S
REGISTER (Inc.)
AUSTRALIA**

52nd EDITION
of
NWR Australia Newsletter

5th e-NEWSLETTER

**37th NWR Australia
CONFERENCE**
2021

OCTOBER 2021

*Hosted by
Eastern Suburbs Group*



Green & Keen



Our Aussie story ...

National Women's Register ...

... is an International Organisation of women's discussion groups with members in Great Britain, Europe, Africa and in Australia.

Each group provides its members with opportunities to participate in stimulating discussions on a wide range of topics from the serious to light-hearted and non-domestic points of view.

The aims are to focus on a nominated subject through personal research and communal activities so that a better understanding and intimate knowledge can be gained and shared. Speakers who are experts in their particular field of endeavour are also invited to attend and address the meetings. The regular meetings give members opportunities to share their ideas, concepts and opinions in an atmosphere of friendship in a non-threatening environment to stimulate self-image, self-esteem and confidence.

The Foundation Group was formed in Britain in 1960 under the name of "National Housewives Register" by a young housewife named Maureen Nicol in 1961. It readily flourished and was later renamed "National Women's Register". It was brought here in 1975 as National Housewives' Register and a number of informal groups were started in Australia. Prior to 1981 there were several groups in Australia without any formal ties. When Anne Burns emigrated from Scotland to Sydney, she organised a group at Ryde during June 1982 which was called Women in Touch (WIT) based on the UK "National Housewives Register". The Ryde group quickly expanded into four separate groups in northern Sydney. An interview on ABC radio's 2BL (now 702) "City Extra" programme with Margaret Throsby swelled these groups to eight in eighteen months. At the same time groups started in other states and by the end of 1983 there were seventeen groups. Publicity on television and radio, together with an article in "Parent and Child" magazine in 1985, consolidated these groups to fourteen in Sydney with others springing up in many parts of NSW.

During the 1980's the NSW Board of Adult Education granted WIT funds which were used to establish a management committee, organise annual conferences and publish newsletters. The organisation no longer receives any grant. The annual newsletter is now an e-newsletter, publicity and administration costs are entirely funded by member's subscriptions. The annual conference is self-funded.

The organisation continued to prosper and in 1992 the name was changed to "National Women's Register" (NWR). This brought the Australian membership in line with the international organisation of NWR.

On 9 March 1993 National Women's Register in Australia became incorporated and registered as National Women's Register Incorporated.

Today, members in many countries continue to connect women who are interested in everything and talk about anything. Lively discussions and sharing of ideas, encourages their search for knowledge and a better understanding of how to enrich and improve their lives, while meeting other women and making new friends.



Disclaimer: The opinions of this e-newsletter are those of the contributors and do not necessarily reflect the opinions or ideals of the National Women's Register, Australia. The Editor reserves the right to publish or reject any material submitted. Any such material may be cut or condensed by the Editor.



SUNSHINE COAST NWR MORNING GROUP 2020 - 2021

SEPTEMBER 2020

2020 will always be remembered as the year of COVID-19 so we decided to share some of our experiences of initially living in lockdown and now emerging with some confidence to mix again but ever aware that living with the threat of coronavirus is an ever changing landscape. We shared outcomes that were both positive and negative and predicted changes to our usual ways of doing things and some funny stories with online grocery shopping where one member ordered (she thought) 1Kg of potatoes and received one potato! On the whole we were satisfied with the way our governments have managed coronavirus and we're grateful to be living in Australia.



OCTOBER 2020



This month we looked at the rise in popularity of eating a plant based diet and discussed why this is happening and what are the health benefits of doing so? Even more significantly were the environmental advantages of eating less meat and focussing on plants as this would result in less land clearance. Animal agriculture occupies nearly half the world's land, uses 25% of the world's fresh water and is responsible for 15% of global greenhouse gases. This discussion gave us an insight into the importance of our daily food choices. David Attenborough's documentary, "A Life On Our Planet", is definitely worth watching as it brings perspective to this topic.

NOVEMBER 2020

Topic..Questioning the assumption that Democracy is a fair system. Why? Is there a better way?

We had a very spirited and lively discussion on the topic at this meeting. All members joined in and there were many reasons for and against. It was pointed out also that there are many types of democracy. We live with a Representative Democracy. In the end we all agreed that in the absence of anything better we will stick with our type of governance and try to have the courage to speak up and give our opinion in a respectful way if we are having a problem.

The discussion finished with reading the following

An American's Opinion of Australia

David Mason is a Writer, a Professor, and a Poet Laureate from Colorado, USA

'There's a lot to admire about Australia, especially if you're a visiting American, says David Mason. 'More often than you might expect, Australian friends patiently listening to me enthuse about their country have said, 'We need outsiders like you to remind us what we have'.

So here it is - a small presumptuous list of what one foreigner admires in Oz.'

1. Health care.

I know the controversies, but basic national health care is a gift. In America, medical expenses are a leading cause of bankruptcy.

The drug companies dominate politics and advertising. Obama was being crucified for taking halting baby steps towards sanity.

You can't turn on the telly without hours of drug advertisements - something I have never yet seen here.

And your emphasis on prevention - making cigarettes less accessible, for one - is a model.

2. Food.

Yes, we have great food in America too, especially in the big cities.

But your bread is less sweet, your lamb is cheaper, and your supermarket vegetables and fruits are fresher than ours.

Too often in my country America, an apple is a ball of pulp as big as your face.

The dainty Pink Lady apples of Oz are the juiciest I've had.

And don't get me started on coffee. In American small towns it tastes like water flavoured with burnt dirt, but the smallest shop in the smallest town in Oz

can make a first-rate latte. I love your ubiquitous bakeries, and your hot-cross buns. Shall I go on?

3. Language.

How do you do it?

The rhyming slang and Aboriginal place names are like magic spells. Words that seem vaguely English yet also resemble an argot from another planet.

I love the way institutional names get turned into diminutives - Vinnie's and Salvos (St Vincent De Paul & Salvation Army) - and absolutely nothing's sacred.

Everything is an opportunity for word games and everyone has a nickname. Lingo makes the world go round.

It's the spontaneous wit of the people that tickles me most. Late one night at a barbie my new mate Suds remarked: "Nothing's the same since 24-7."

Amen to that.

4. Free-to-air TV.

In Oz, you buy a TV, plug it in and watch some of the best programming I've ever seen - uncensored.

In America, you can't get diddly-squat without paying a cable or satellite company heavy fees.

In Oz a few channels make it hard to choose. In America, you've got 400 channels and nothing to watch.

5. Small shops.

Outside the big cities in America corporations have nearly erased them. Identical malls with identical restaurants serving inferior food.

Except for geography, it's hard to tell one American town from another.

The "take-away" culture here in Australia is wonderful. The human encounters are real - people love to stir, and stories get told.

The curries here are to die for. And you don't have to tip!

6. Free camping.

We used to have this too, and I guess it's still free when you backpack miles away from the roads.

But I love the fact that in Oz everyone owns the shoreline and in many places you can pull up a camper van and stare at the sea for weeks.

I love the "primitive" and independent camp-grounds, the life out-of-doors. The few idiots who leave their stubbies and rubbish behind in these pristine places ought to be transported in chains to the penal colonies.

7. Religion.

In America, it's everywhere - especially where it's not supposed to be, like politics.

I imagine you have your Pharisees too, making a big public show of devotion, but I have yet to meet one here.

8. Roads.

Peak hour aside, I've found travel on your roads pure heaven.

My country's "Freeways" are crowded, crumbling, insanely knotted with looping overpasses - it's like racing homicidal maniacs on fraying spaghetti!

I've driven the Hume Highway without stress, and I love the Princes Highway when it's two lanes.

Ninety minutes south of Bateman's Bay I was sorry to see one billboard for a McDonald's. It's blocking a lovely paddock view.
Someone should remove the MacDonal'd's Billboard.

9. Real multiculturalism.

I know there are tensions, just like anywhere else, but I love the distinctiveness of your communities and the way you publicly acknowledge the Aboriginal past.

Recently, too, I spent quality time with the Melbourne Greeks, and was gratified both by their devotion to their own great language and culture and their openness to an Afghan lunch.

10. Fewer guns.

You had Port Arthur in 1996 and got real in response.
America replicates such massacres several times a year and nothing changes. Why?

Our religion of individual rights makes the good of the community an impossible dream. Instead of mateship we have "It's mine and nobody else's".

We talk a great game about freedom, but too often live in fear.

There's more to say - your kaleidoscopic birds, your perfumed bush in springtime, your vast beaches.

These are just a few of the blessings that make Australia a rarity.

Of course, it's not paradise - nowhere is - but I love it here.

No need to wave flags like the Americans, and add to the world's windiness.

Value what you have in Australia and don't give it away !

Our delicious Christmas lunch followed the November discussion giving us time off till the January 2021 meeting - a planning meeting.

We talked and laughed together for over two hours. A great end to a challenging year.



JANUARY 2021

The first meeting of the year is now our planning meeting. It was great to see everyone after the long break from our November Christmas meeting. We're fortunate that our numbers match the meetings required for the year. Everyone came with a topic and a preferred month in which to host. We've introduced the idea that for the month that you are hosting the meeting and chairing the discussion you are responsible for the planning required for that month and to let everyone know. Emails make this so much easier and it saves the LO being responsible. Also after each meeting the host/chair emails through a summary so the LO only has to copy and paste into the newsletter.

FEBRUARY 2021

The theme was, “ How do you balance your inner spirit with the face that you show to the world?”

Some members found this an interesting topic and some found it uninteresting. However they had all done some homework and overall we had lots of laughs and some very insightful discussion.

Self-knowledge, mindfulness and meditation came out on top as a way to a happy life.

MARCH 2021



Desley hosted a discussion on lifestyle choices we make to keep healthy.

We had a lovely morning and took advice from 92 year old Patricia to eat well, exercise and keep your body and mind active!

APRIL 2021

Our discussion was all about vaccinations and in particular what we felt about having the Covid-19 vaccination. One member has received her first dose, a few others have made appointments while the rest are just waiting a little longer to see how things unfold. Certainly we are blessed living in a low risk area but we cannot be complacent either. We looked at the issues from the anti-vaxxer's perspective and remarked on the wonderful role vaccines have played in keeping us safe from a whole range of what used to be serious and deadly illnesses. We finished with a look at the fascinating research that's happening into extending lifespans in a healthy way. Maybe our grandchildren will be able to get a vaccine against illness in their older years. Who knows?



MAY 2021

Our May meeting took the form of a discussion on how to meet people and make friends in a new community and how we can welcome newcomers.

The ladies reminisced on how it was for them at different stages of life and how the kindness of strangers have on occasion led to lifelong friendships. Everyone agreed however, that the impetus has to come from the individual because if you don't make an effort yourself, no one is aware you are lonely and in need of friendship.



JUNE 2021

TOPIC: Our Solar System

It was a small party of brave members that alighted from their craft to face the unknown territory of this topic. A massive task. But they were generous and enthusiastic arriving with their personal contributions to the subject.

We ventured onwards discovering that we all had more questions than answers. eg. Where do the stars, produced by the enormous star-birthing region 'Orion Nebula,' go? (A close, fuzzy neighbour of ours, positioned in the centre of Orion's belt.)

We all enjoyed a hearty lunch concluding that we would like to broaden our knowledge, (even if only in a small way,) on how this Universe, we call our 'home' works. May the force be with you all Irene.



JULY 2021

*Growing old is inevitable
Growing up is optional!*

The topic for this meeting was 'Ageing' We had a lively discussion on the pros and cons of getting older, death and dying, the after life and assisted dying as well as some humorous aspects of getting older. The general feeling was that we need to concentrate on what we can still do as we get older rather than regretting what we are no longer able to do.



AUGUST 2021

Our August meeting was, “Should we change the date of Australia Day?
And if so why and how?”

We had quite a good discussion, some no others yes. The problem seems to be where/when do we change it to?

Discussion on statements from two prominent Aboriginal activists, Stan Grant - yes, and Jacinta Price - no.

Interesting to hear their views.

The discussion then moved to the Aboriginal situation in Australia and how long it will be before the majority feel they are accepted as “the first people” of Australia.

Cheers Dal



2021 Hills Report

The girls from the Hills, all 19 of us, some in paid employment, community volunteers, caring for young and old, married, single, widowed, grieving loved ones, travelers, gardeners, readers, crafts people and many with lingering medical issues. The list goes on, but everyone is a unique wonderful, strong individual. To get together to see our friends face to face for a stimulating conversation and support is just the best.

Some topics discussed this year

Reality television

A guest speaker- journalist and TV producer discussed his 20 year journey in reality television and current affairs. No expansion on the topic but it was entertaining, intriguing and certainly what we all needed after a mundane 2020.

Who would you like to be? Why?

So many fascinating people were researched and a highly recommended topic, to mention a few; Mother Theresa, Fred Hollows, Katherine Hamlin, Dame Nellie Melba, Madame Curie, Rosa Park, Lisa Blair, Greta Thunberg, Julie Andrews, and a personal well travelled and fascinating life of a member's personal friend.

Guest speaker and journalist

Bev Jordan started her career in England, as a young journalist one of her early tasks was to follow Prince Philip as he greeted the people on a crowded street. Bev shared other stories and the demise of the local paper. *The Hills to Hawkesbury Community News* is published (in colour) and is supported by local businesses with a current publication of 10,000 copies.

The Power Of Advertising and how it affect our lives

Advertising plays and traps, how to avoid advertisements, positive ad's, a form of information and of course the most loathed. We enjoyed reminiscing some of the old Areophane jelly and vegemite ad's.

Book discussion and recommended reading list

Last Painting	Sarah de Vos
Vaxxers	Sarah Gilbert
American Dirt	Jeanine Cummins
The Wildhorse Diaries	Lizzie Spender
The White Earth	Andrew Gahan
The Book Club	Roisin Meaney
The Butterfly Room	Lucinda Riley
As Swallows Fly	LP McMahan
Room Made of Leaves	Kate Grenfell

You Need to Know	Nicola Moriaty
Daring to Drive	Manal Sharif
Educated	Tara Westover
The meaning of Life	Victor Fankel
A Dictionary of Lost Words	
The Comforts of Home	Susan Hill
All That I am	Anna Funder

City research

An interesting evening as each lady had been given a *letter* to research a city and perhaps retell tales of their travels of the city with a specific letter. Quito, Riga, Athens, Dundee, Novgorod, Perugia, Jaipur, Florence, Tokyo, Venice, Winnipeg, Grosseto and Young were all on the itinerary as we dreamt of escaping Sydney.

5 things you would take on a (dessert) desert island

The English language, how easily it can change meaning of what we mean by the addition of 1 letter. I inadvertently added an extra 's' to our topic *5 things you would take to a desert island*. One of our astute ladies cheekily described the delicious desserts she would take on her dessert island....oh dear, better check spelling more thoroughly!

Our creative ladies had so many ideas, not to be listed here in case another group decide to use this topic. To take an 'epirb' must receive the gold star, ie if you do wish to be rescued.

The social app *Zoom* allowed us to keep in touch as a whole group, but as soon as allowed we were keen to spread our wings and reconnect face to face. Just in time for the Christmas festive season to *zoom* around like busy little bees again off to the shops and prepare to *zoom* off on an aeroplane to previously booked or new adventures.

Julie Bligh

Hills LO

Foot note

Instead of *Kris Kringle* our group supports the charity Western Cancer Centre Foundation based in Dubbo. The charity has a close connection to one of our members whose daughter's best friend and oncologist husband moved to Dubbo to set up the centre & create the Foundation. The centre requires funds to provide the treatment & wellness centre for regional patients so they don't have to make frequent trips to Sydney for care. The website is :<http://www.wccf.org.au> . If anyone would like to contribute to the foundation, the banking details are as follows,

Account name: [Western Cancer Centre Foundation Ltd](#)

BSB: 932000
Account number: 765426

Please use your name as a customer reference and email them with your name as the subject if you would like them to issue you with a tax receipt.

Brisbane West's Year

Once again, Brisbane West has had an entertaining and stimulating year, despite the COVID -19 restrictions.

We started the year with Christmas celebrations at Rose's house.

In January, we explored the very topical issue of magazines, newspapers and books on line at Carmel's place. We were all fans of hard copies though Maree and Carmel were both prepared to accept ebooks for light reading.

With all the changes we have had to make due to COVID – 19, Anne wanted to make “ A new beginning”. 2020 had been such a difficult year, having to learn how to cope with the new world thrust upon us. Bette and Carole told us of new beginnings that had occurred earlier in their lives. One of the latest new beginning in Carole's life was her move to Australia. Bette's life has had many new beginnings but these were all opportunities to be grabbed, she felt. Carmel, Maree and Anne were determined to be optimistic and Maree read us a poem by a local poet.

Next month we went to Carmel's to try to answer the question “ Political Correctness – has it gone too far?”. Rose told us of the origin of the expression – the dogmatic application of the doctrine of the Communist Party. The meaning has now evolved to mean non-discriminating language as we search for fairness and justice. Carole's experience is of South Africa where you need to be precise in your language and she deplored the lack of justice that occurs when the media disclose alleged events. Anne felt that political correctness did not achieve it's aims of inducing positive behaviour and in fact had gone far too far. Maree agreed but gave us a good giggle as she cited some of the extremes. Fortunately Bette lightened the mood. At one point the topic had been changed without Bette knowing so we were treated to highlights of her trip to Wales.

Well it was now Autumn and what better than talk about Autumn. Anne and Carole both located “ Ode to Autumn” by John Keats. Carole learnt this poem at school and could recite it in a meaningful way. Anne however found the word pictures created were too foreign and could not do the poem justice. Carmel took us back to the Autumn of 1889 when Jack the Ripper terrorized the East End of London – one positive that evolved from this horror was investigative journalism. Maree was also on an historical bent as she thought about the world's festivals that occurred in Autumn eg. The German October Fest which began in 1810. We all agreed that it is a pleasant time of year. Rose loved the Autumn leaves of Canberra and Bette read us the song “Autumn Leaves” . Carole told us of Autumn holidays when she, enjoying the relief from heat in Zimbabwe, drove to South Africa in a caravan. Then also Autumn is the time to harvest the results of your gardening.

At Bette's place in May ,we looked back at the professions we could have taken up. It was very obvious that Bette should have been an historian. She outlined the professional lives of John Bradfield and Lennie Gwyther. Maree wanted a healthy lifestyle and felt that being Sherpa would give her this. Carmel wanted something a bit more intellectual – perhaps anthropology would fit the bill. Anne wanted to study DNA and Carole wanted to be an architect. As you can imagine all this created much discussion.

We went to the kholo Botanical Gardens in June – perhaps to get away from “Big Brother Watching” Oh yes we all agreed we were being watched but was this a good thing or a bad thing? Examples were given of undesirable behaviour ceasing when perpetrators knew they were being watched. Availability of medical records was probably a good thing. However being watched can lead to manipulation. Carole was just annoyed at drone users invading privacy. Technology has enabled our lives to be generally known.

There was however no dispute regarding the relaxing properties of Reflexology. Carole treated us to a foot sauna and massage. The question is – can reflexology prevent medical conditions. We all felt well and relaxed and that must be a good thing.

Anne wanted to get serious about the way we throw rubbish into water and how nano particles of plastic are building up in oceans to be imbibed by all who eat marine life. Thank heavens we have

Rose to lighten the atmosphere. She read "The Rime of the Ancient Mariner" by Samuel Taylor Coleridge. Well maybe not so light – that's a pretty grim poem. Carole wondered why we wasted so much water in such a dry country. In Zimbabwe she lived on a farm that that utilized purified sewerage. It is possible to oxygenate sewerage until it reaches a drinkable level. Carmel cautioned us about overuse of water and suggested that we drink water only when thirsty – rather revolutionary ! Water? Maree pointed out that a baby is 75% water and as we age we only dry out to be 65% water

Next month, Rose left it up to us to choose to be serious or lighthearted. The topic must start with the letter Y. She set the ball rolling by being frivolous .- how many Y's are in this Y prolific sentence ? Maree suggested that Yowies might exist and Ipswich is just the place to spot one. Carole chose Yoga and had us doing seated yoga exercises. Carmel was ready for a good Yarn and suggested that our meetings are really yarning circles. Anne is pleased that she is not a Youth of today. Everything is so difficult. Jan chose Yellow and told us a yarn about a yellow sofa.

As you can see, we exchanged many ideas about how to improve this world.and learnt so much in the process. Most of all we enjoyed ourselves.

Anne Harris

NWR Bne West

Tribute to the yarning circle of the National Women's Register of Brisbane West.

The Australian traditional yarning circle is well known for its power and influence by sharing and spreading ideas into the community, particularly women sitting round having a chat over a cup of tea.

Our members' collective life experience ensures each topic is considered through the view of many different coloured lenses. Our women have travelled the earth, leaving their footprints on the lands of Europe, America, Africa, United Kingdom, and beyond. Their expertise is as broad as geography, finance, mathematics, opera, business and social welfare. Where else but at these meetings would there be time and space to hear and be part of such lively unique discussion?

Thank you to the National Women's Register for the opportunity in 2021 to connect locally with an amazing group of articulate women. I look forward to continuing this "Tradition" in 2022.

Carmel Brown

NWR Brisbane West

How many Y's can you find?

Do you yearn for a yearling yak this year at Yuletide? Yea or nay? Your yummy mummy yelled Yeah! Yay! Yippee!

Then youse all yelped while Old Yella yanked the Yank back to Yarram. Yow! Yikes! the Yankee yowled.

It was hard yakka, but Old Yella had known him since he was yay big. He had given him his first yoyo in his back yard.

Yakkity- yak was all the Yank could yodel as he yawned loudly.

Meanwhile the youth on board the yucky yacht could only "Yoo Hoo" to his young yelping mates, as they Yo!Ho!Ho'd! drunkenly over their yield of yabbies.

In the end, the yakking yobbo thought Yahoo was Serious!

Rose Ellwood

Brisbane West NWR

The saxophone

The **saxophone** (referred to colloquially as the **sax**) is a family of **woodwind instruments**. Saxophones are usually made of **brass** and played with a **single-reed mouthpiece** similar to that of the **clarinet**. Although most saxophones are made from **brass**, they are categorized as **woodwind instruments**, because sound is produced by an oscillating reed, traditionally made out of woody **cane**, rather than lips vibrating in a mouthpiece cup as with the **brass instrument** family. As with the other woodwinds, the **pitch** of the note being played is controlled by covering holes in the body tube to control the **resonant frequency** of the air column by changing the effective length of the tube.

The saxophone was designed around 1840 by **Adolphe Sax**, a Belgian instrument maker, **flautist**, and **clarinetist**. Born in **Dinant**, Belgium and originally based in **Brussels**, he moved to Paris in 1842 to establish his musical instrument business. Before working on the saxophone, he made several improvements to the **bass clarinet** by improving its key-work and acoustics and extending its lower range. Sax was also a maker of the **ophicleide**, a large conical brass instrument in the bass register with keys similar to a woodwind instrument. His experience with these two instruments allowed him to develop the skills and technologies needed to make the first saxophones.

The family of saxophones comprises - the soprano, the alto, tenor, baritone, bass and contra bass.

In the 1840s and 1850s, Sax's invention gained use in small classical ensembles (both all-saxophone and mixed), as a solo instrument, and in French and British military bands.

After an early period of interest and support from classical music communities in Europe, their interest in the instrument waned in the late nineteenth century. However, there was a renewed interest after the First World War, with the emerging popularity of ragtime and swing, which developed into the Sax craze of the 1920's. One of the most famous jazz composers of the time was Duke Ellington, whose band featured saxophonist Johnny Hodges for

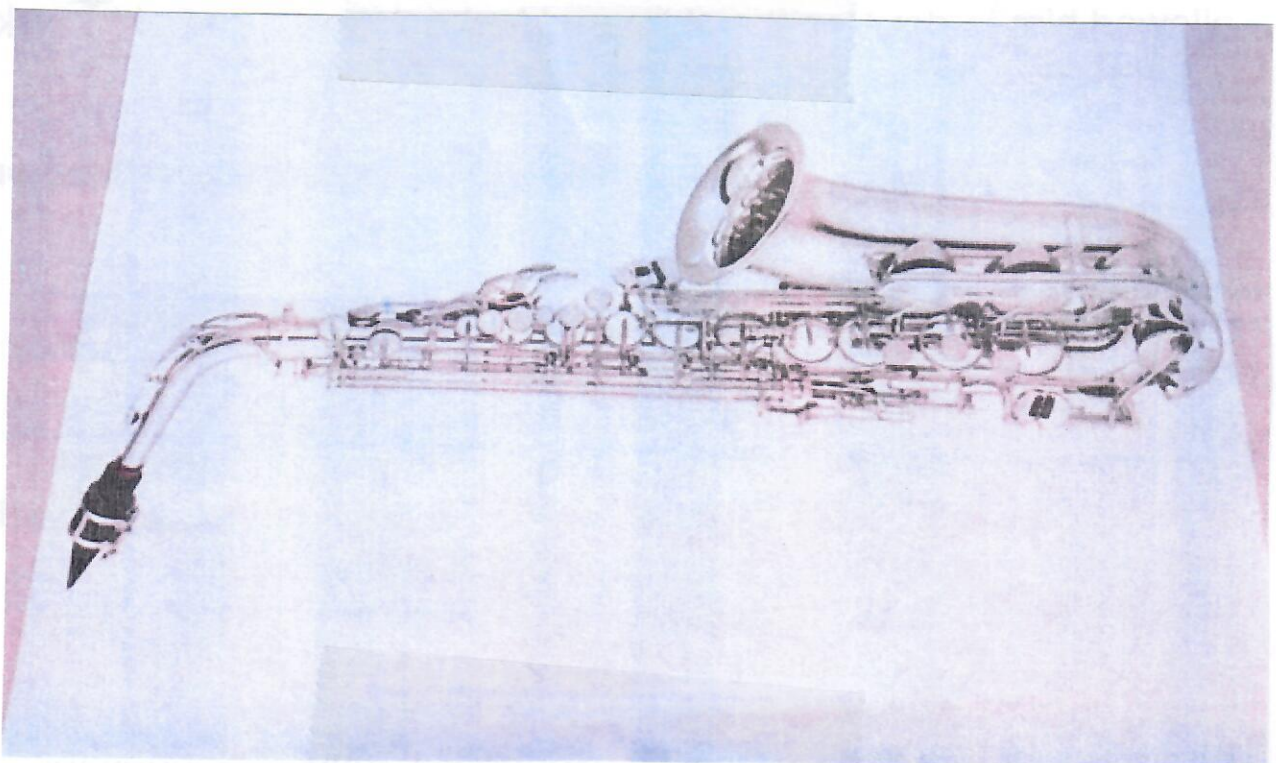
many years. The modern layout of the saxophone emerged during the 1930s and 1940s.

Famous saxophonists from the period were, Coleman Hawkins 1945, and Charlie Parker, known for popularising bebop (1947) If I had to choose a favourite piece of music I think it would be the well known Baker Street by Gerry Rafferty, the Scottish singer and song writer. This tune features an unforgettable saxophone riff, played by Rafael Ravenscroft. (1978)

In the 20th and 21st centuries, the saxophone found increased popularity in symphony orchestras. The instrument has also been used in genres such as opera and choral music. Many musical theatre scores include parts for saxophone, sometimes doubling another woodwind or brass instrument.

It is certainly my absolute favourite instrument!

Carole Aveley
Brisbane West,
Queensland



A to Z of LOCKDOWN 2021

- A Abandoned plans All in this together
- B Borders closed
- C COVID tests, Click and Collect Cleaning Checking in
- D Decluttering Deep Cleaning Daily press conferences DIY Projects
- E Exercising as much as possible Efficacy of vaccines
- F Friends and Families separated
- G Gardening projects
- H Hand hygiene Home schooling (grandchildren)
- I Isolation iView
- J Jigsaw puzzles Jokes
- K Knitting Kite flying
- L Limited to our LGA's Listening to Podcasts
- M Masks
- N Norman Swan's Coronacasts
- O On-line shopping, yoga, bridge, exercise classes
- P PPE Pandemic Phone calls Picnics
- Q QR Codes Quarantine Quilting
- R Restrictions Re-scheduling Reading
- S Sanitisers Social distancing Stay at Home Statistics
- T Toilet paper shortages Tracking and Tracing Travelling halted
- U Unimaginable 2 years ago
- V Vaccinations
- W Walking WhatsApp
- X eXperts (real and self proclaimed)
- Y Yay to the end of Lockdown in mid-October
- Z Zoom calls for meetings, sharing celebrations and virtual get togethers



Kate Strachan Eastern Suburbs group

Profile

Merril Woods Eastern Suburbs Group

Merril Woods passed away peacefully on 15th July. She was found at home lying on the lounge with a glass of wine. Merrill was a lively, bubbly soul and is greatly missed from our group.

Merril joined our Eastern Suburbs Group in 1997, introduced by Meagan Burzacott who at the time was a member of the now defunct Oatley Group. Merrill and Megan worked together at KPMG, one of the big three accounting firms, for some years. In October 1997 Megan took on the position of National Organiser and Merrill became the Secretary of the National Committee. They continued to work together in these roles for the next two years.

Merril has been a fun and active member of our group and is always willing to help out with activities and support whatever is happening. She has been Local Organiser once, and as well as the Secretary position noted above, is our current National Treasurer.

Merril retired last year from full time work at KPMG, but says she has never been busier and now wonders how she was actually able to fit work in. She does voluntary administration work for the Ted Noffs Foundation once a week and also volunteers at The Older Women's Network in The Rocks helping in the office and proofreading articles for their monthly newsletter – as well as answering telephones etc.

She has three daughters and five grandchildren who she sees on a regular basis.

Merril loves to walk and keep fit and also loves the theatre and ballet or anything to do with dance in particular. She was a dancer herself in her

younger days. She is always game to try anything and even did a two year stint learning belly dancing, her skills at which were then shown at The Hills Group Conference a few years ago. Tap dancing was another skill learned later in life.

Merril loves to travel overseas and within Australia. This year she and Meagan Burzacott have had a trip to the North Island of New Zealand and in July Merrill will be visiting Ireland and France. She has many friends and loves life generally. We certainly hope she will always be a member of our group.

Sue Perkins, Eastern Suburbs



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Ending our time with NWR but together we go on, thankful for the many years of friendships.

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Victoria

Boroondara Group

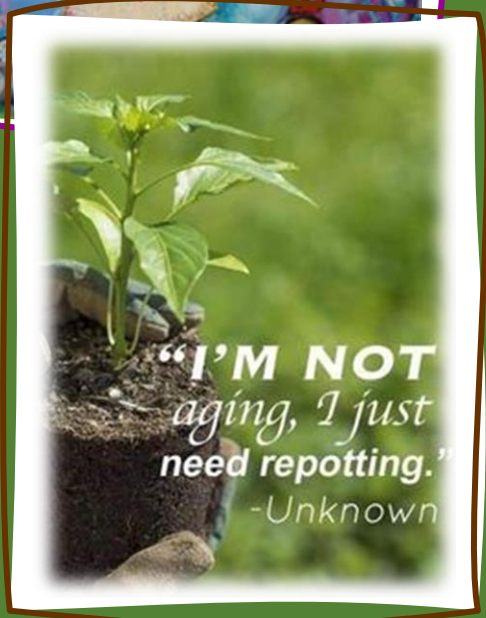
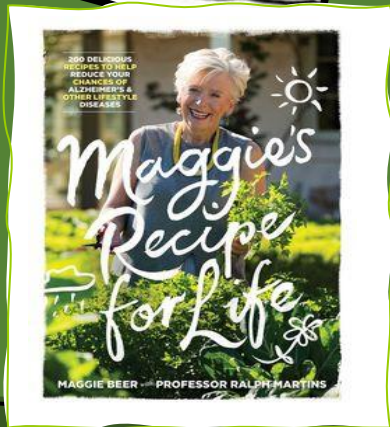
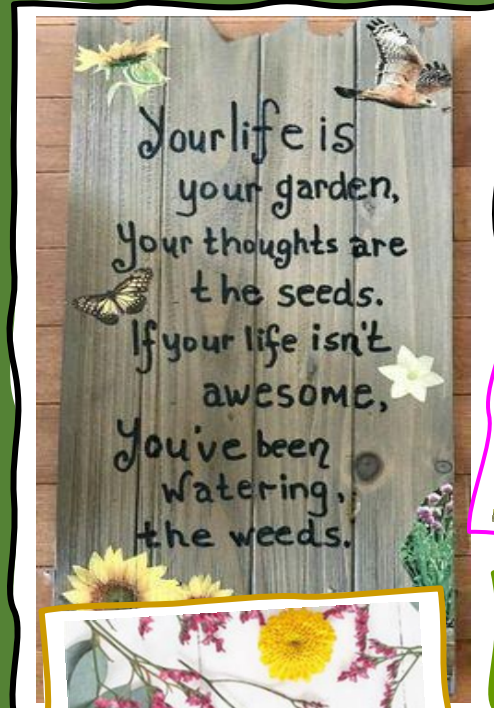
*No correspondence from
LO: Glenyse Pianta since 2019.*

Western Australia

Kalamanda

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