



WONDER WOMEN



**Conferring at The Juniors
22nd October**

**National Womens Register (Inc)
*Australia***

Newsletter - 53rd Edition

Brisbane West Report

The journey for West Brisbane NWR for 2022 commenced with Good News Stories. People with great hearts supporting community, industry in regional areas, sea turtles and kangaroos to open our minds to the wonderful world we live in.

We've enjoyed discussing the films that impacted on our lives, mysteries that continue to intrigue us, ways to celebrate birthdays, poverty in Australia and shared the beautiful magic moments that will remain with us always.

Meeting in our homes and parklands, we have cherished each other's company and the lively debate arising from our very different points of view.

Sadly, we lost our most cherished member Anne Harris who recently passed away. Rose wrote of Anne's membership since 2015. Anne's ability to continuously provide challenging topics for discussion reflected her adventurous, brave, funny and intellectual powerhouse personality. Anne's presence and contribution will be very badly missed.

From our Group to Yours 😊 Wishing you all fun, laughter and lively discussion for the remainder of the year and holiday season celebrations!!

Cheers from Rose, Jan, Carole, Bette, Hillary, Maree and Carmel

NWR – CESSNOCK GROUP – NEWSLETTER

After doing everything on-line and on zoom through Covid for two years, Sue Crosdale had the desire to restart the NWR Cessnock group to have face-to-face gatherings with friends. The original group disbanded over twenty-five years ago.

It has been very successful with quite a few original members joining. We have held three meetings to date.

The first meeting was held on the 26th May 2022 hosted by Sue. The topic was catching up and the benefits of retirement. We had five people attend and two apologies. It was heartwarming to hear about the successes and happy moments in our group and to be there for those that had had trials and tribulations in life.

Our next meeting was held on the 23rd June and our host, Debbie who spoke in depth about homelessness in Cessnock. She shared a booklet that has been produced locally with information on all the services and support available in Cessnock and the surrounding area. Debbie made us aware of the lack of toilets and showers that are open after hours and how big the problem is. She is involved in the local soup kitchen and helping in a variety of ways to make life a little better for those in need.

Our third meeting was on the 28th July and Sara was our host. Her topic was Ancestry. Attendees were asked to bring something along and share some interesting information in their family tree. Everyone had amazing stories to tell. It was fascinating and got all of us keen to dig deeper and know more.

The laughter and chatting over our afternoon tea's are wonderful as friendships are forged and strengthened with so many common threads.

The Cessnock NWR has a completed program to the end of 2022 – ending with a lunch for the festive season in December. We all look forward too many meetings with interesting topics and possibly some additional outing in 2023.

Exercise for People Over 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and then eventually try to get to where you can lift a 100-lb potato bag in each hand and hold minute. (I'm now at this level.)

After you feel confident at that level, put a potato in each bag.

Hills Group 2022 Report

The Hills group started the year with everyone researching a pioneer within Australia. Some of the well known pioneers were Nancy Bird Walton, Mary Penfold, Jane Foss Barff, Nancy Wake, Saint Mary McKillop, Charles Sturt, Frances Greenway. A few families were researched which included traces to Christopher Wren, the pearling industry, gold mining and convict links.

Our second meeting: we shared ways we continue to stimulate our brains.

In summary, to help our brain, it's great to learn a language, have laughter and spend time outdoors. Diet plays a huge importance. An interesting idea- "doorways can interrupt our thoughts."

Some specific ways our members stimulate their brains-

"Wordle" – a new word provided each day (google 'wordle.')

Pup Rummy.

Banagram

Mah Jong, Rummikub

Thai Chi

U3A

Duo Lingo (Full marks to two of our members who are learning French, and Dutch.)

Digital documentation.

During winter we had an intimate movie or book discussion. Some of the topics discussed were

"An American in Paris" show with a variety of singing and dance styles, a range of novels many of which had Australian themes, and finally the movie "Top Gun."

We were fortunate to have a guest speaker- Susan Wade from North Sydney Historical Society who shared her research on Portia Geach 1873-1959. Portia was an Australian artist with many social justice thoughts well before her time.

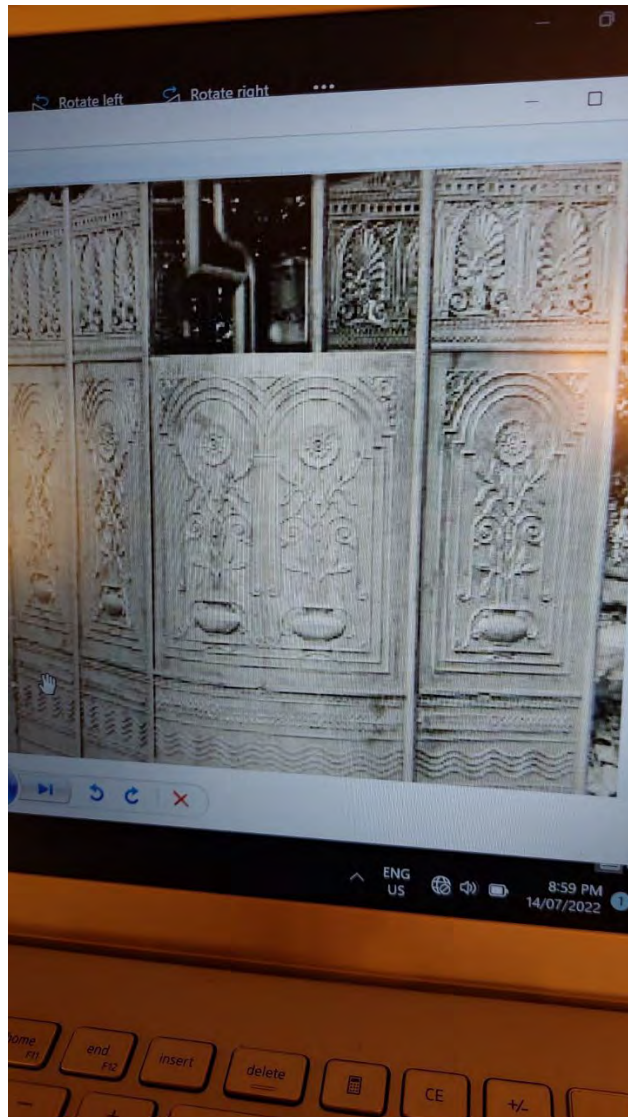
The *Portia Geach Memorial Art Award* is currently in its 57th year. The award is open only for female artists and the artwork needs to be a portrait of a woman.

Portia travelled internationally, and in Australia fought for equal pay for women and the right of women to hold public office.

Portia formed the NSW Housewives Association, whose aim was to train women in correct nutrition and prevent profiteering of foodstuffs.

To give women more independence, Portia also fought for the necessity of women's public toilets. In 1908 – council installed lavatories for men, women had to wait until 1910 for the 1st ladies' toilets.

The “Pissoire” (photo below) can still be seen below the Sydney Harbour Bridge.



Our group was privileged to listen to Carol Harding, who by the age of 26 had her own 7 children then expanded her family to include 3 permanent foster siblings, aged 3 years and under. Carol spoke about her continued involvement over the past 50 years plus as she assisted victims of domestic violence.

Carol is currently involved with Hills Domestic Prevention Network and The Sanctuary, (see attached) donations \$2 or more are tax deductible. Although this is set in the Hills area, the shelter may help women from anywhere as women rarely seek refuge in the area where

they normally live. *Zonta*, also provides household items to the value of \$500 to assist women set up new independent living arrangements. Carol is truly an amazing, inspirational selfless woman.

Every day Australian police deal with over 650 domestic violence incidents

Domestic and Family Violence is the main reason for female homelessness

56,000 women are homeless every night in Australia

More than 1 in 2 women are turned away from crisis accommodation every night

Domestic and Family Violence is the leading preventable cause of death and injury for women

Important Contacts:
The Sanctuary: 02 9680 2653
DV Line: 1800 65 64 63
Castle Hill Police: 02 9680 5399
www.thesanctuaryshelter.org.au

 *The Sanctuary*
The Hills Women's Shelter

In September, each of us were allocated “3 minutes on your soap box” OR the opportunity to research a problem of the world. Some topics discussed were dealing with bureaucrats during bereavement, global economic problems associated with the ageing population, positive aspects of Functional Pilates, dilemmas of travelling with a damaged passport, dealing with Centrelink, American libraries as they introduce a variety of community ideas as they attempt to attract more people.

Our program for the rest of the year.

- Quiz- *Two Heads are better than one.*
- What 3 words would you use to describe the human species?

We wish everyone a Merry Christmas and best wishes for a healthy 2023.

Julie Bligh
Hills LO

Eastern Suburbs Group

So another year has nearly passed with a good outcome with everyone trying to get back out and enjoy their lives visiting friends, family and Groups

Our Eastern Suburbs Group has managed to arrange some interesting Events during this passed year

- March - Damian Counsel on 'A Walk from Mexico to the Canadian Boarder'
- April - Jackie Fitzgerald (Margaret's daughter) on 'Crime Statistics'
- May - Cate Whittaker on 'The Bronte Sisters'
- June - Jenny Santifort on 'First Aid' & Outcomes of Health
- July - Christmas in July dinner at 'The Lord Dudley' Woollahra
- August - A visit to the 'Woollahra Art Gallery'
- Sept - Madelaine Inglis on 'Elders Law'
- Oct - A Visit to Stanwell Park to visit the home of Edith McNally - an Ex Teacher, current Traveller and Artist who showed us her Home Gallery and special pieces of Artifacts brought back from her travels

Which brings us to our Conference to be held on Sat 22nd October in the Eastern Suburbs - 3rd time lucky

We hope that if you are joining us we have a successful day - with 3 Guest Speakers Table Quiz and Lunch

We currently have 31 Members with invites for additional Members for next year 2023

I'm sure we are all looking forward to a great year next year with health, happiness and family

Brenda Cox
Eastern Suburbs Group

Sunshine Coast NWR Morning Group 2021 - 2022

Newsletter

SEPTEMBER 2021

The Sunshine Coast is rapidly growing in population! We are observing the proliferation of townhouses and unit towers while house blocks in the new estates are much smaller and the houses are being built closer together. So our discussion was on the advantages and disadvantages of high density living? Issues raised were concerns about the lack of public transport resulting in more cars on the roads and in the new estates which have no room for parking on the narrow streets.



OCTOBER 2021

The topic was: Tell us about a good book you have enjoyed recently and why you liked it. Everyone came prepared and gave a polished review of their choices. The following is a list of the recommended books.



TITLE	AUTHOR
Working Class Man	Jimmy Barnes
It's No Secret	Donna Meehan
Eleni	Nicholas Gage
Almost French	Sara Turnbull
All The Light We Cannot See	Anthony Doerr
A Gentleman In Moscow	Amour Towers
Love Poems From God	Daniel Ladinsky
The Model Wife	Tricia Stringer
Shantaram	Gregory David Roberts

NOVEMBER 2021

Our group finishes the year with our November meeting + Christmas lunch. We decided on a pot luck discussion to finish off the year. Each topic was given 10 minutes and we proceeded to have a mini discussion (unprepared) on a whole range of topics. Some topics were: horse racing, items to put into an emergency "go bag", state vs federal government's handling of COVID-19, mobile phones for children, drug testing in high schools and what does constitute a sackable offence for a high profile sports person?

We self catered for our Christmas lunch but with the addition of prawns 🍤 thanks to the rebated money from the national committee. We will start the new year off in January with our planning meeting.



JANUARY 2022

This meeting was cancelled due to Omicron, enough said!

FEBRUARY 2022

Finally we were able to venture out again and meet at Dal's to catch up with each other after a much longer break than had been anticipated. Everyone brought along a suggested topic and we quickly assigned a month to each one. We left July free for a day out to one of our local historic homes.

MARCH 2022

Who are the Australians on our banknotes and why were they chosen? We found out! Thanks to the excellent research done by each member we were able to discover more about the 8 people shown on our \$10, \$20, \$50 and \$100 notes. We were pleased to see that each note has a female on one side and a male on the other and each had a story to tell or an amazing list of lifetime achievements - successful emancipist, opera singer, first female MP, a voice for the less well off, author, scientist/inventor, a minister whose legacy is the RFDS and a war strategist. We also took a look at those who have previously been on our banknotes (quite a long list). It was pointed out that Australia has led the way in the development of polymer notes, the security features are extensive making counterfeiting extremely difficult. Did you know there are raised dots on our notes to help vision impaired people more easily identify the denomination?



APRIL 2022

Do you feel guilty about what does this mean? behave or Santa Claus speaking has been "white" lies and part of children that is On reflection Santa would also include Fairy, posting letters to the examples of what we were told as children curly" or on hearing Greensleeves from the Mr Whippy van



lying to your children over the years? Any parent who has ever told a child to won't bring you any presents strictly lying! Most believe these are acceptable the childhood experience enjoyed by all until they find out that it's not actually true. Claus is not an isolated example. Lies tales about the Easter Bunny, the Tooth North Pole. Then there are numerous other such as, "Eat your crusts to make your hair curly" or on hearing Greensleeves from the Mr Whippy van "What a shame. When they play that

tune it means they've sold out." Perhaps you are not telling lies but are you telling the truth? It's possible to lie by omission and to not say something in order to protect another's feelings.

MAY 2022

My Topic' A Walk with Shakespeare,' drew only a few NWR ladies to discuss the writings of "The Bard". Unlike myself they were well schooled in his words and works while my introduction had just begun. Innocently I had become a student of The Baconian Theory. You mean he was Royalty? and I was immediately immersed in the intrigue and grand stories that accompanied this. How his adolescent life was spent under the tuition of Royal tutors, then later how his travels were interwoven within the timeline of the Shakespearean plays. Sir Francis Bacon ... Philosopher, Lawyer, Politician and concealed poet. A revered man of his time.

I was not aware, of course of the controversy regarding his authenticity and discovered this was a very contentious issue in the halls of U3A and Universities.

I had not the ability to convey my newly found knowledge to my patient guests. Some readings were made from his plays and his sonnets. Even after all these years the words of William Shakespeare keep being used quoted and acknowledged. In fact thousands of new words came into general use after Shakespeare wrote his plays and they were performed publicly.

William Shakespeare
Playwright and poet
1564-1616



JUNE 2022

Our topic for June was "If you became an author overnight what would your first book be about?"

Several people chose to write about their own experiences and life journeys and one chose to write a biography of Nelson Mandella, a man that she had

always admired. One absentee sent a short story that she had already written and it was read to the group.

"LEFT HANGING."

Her sleepy morning eyes caught the bent & worn shape of his hat hanging patiently on the hall hooks.
A strange feeling flicked through her body.

She was aware that her husband had arisen in the night, her sleepy senses noting the familiar movements and sounds before sleep overtook her again.

While stirring, with the morning sounds nudging her awake, she felt the empty, cool spot beside her, unusual now in their latter years.

But now!! His hat, still in its "at home position" was unusual.

No lights shone in the house, the back door was closed but unlocked. Her concern rose enough to walk the gravel driveway down to their huge implement shed standing silently in the early morning light. Calling his name as she struggled to open the noisy tin door. She entered. The interior gave no sign of life, its darkness feeling cavernous and still. She normally only enters this shed to deliver cups of hot, steaming tea and scones, to the loud, mechanical noises being produced by industrious male voices.

Alarmed enough now to return to the house and make that call to her sonsA call that would sound alarm among family and friends in their quiet, little hometown.

The sound of that alarm will ring through that little town for many years to come.

For her and her grown family nothing would never be the same again. Endless questions from Police & Detectives but the worst would be the questions that gathered in her thoughts until she felt her head would split. The family at first were full of questions looking eagerly for a solution to this mystery.

Did she have a hint, a suspicion of anything wrong? Was he upset? Where would he go? What happened? Would he have gone bush? Could he have had an accident? Be lying somewhere injured. These questions were answered only by the bewildered look that seemed to have taken up residence on their Mum's face. They knew she was as lost as they were. They quietly now, delving into every possible scenario that could have lead to this tragic day. Neighbours, townfolk offered any detail they thought may help in this puzzle. He had simply vanished.

His hat still hangs forlornly now, on its hallway vigil, holding the secret as to why it was abandoned that morning. " HE NEVER LEAVES THE HOUSE WITHOUT HIS HAT " his wife says plaintively.

JULY 2022

A social morning instead of a meeting was held at a Currimundi coffee shop where we sat and talked and laughed. We did later discuss NWR and our programme going forward.



AUGUST 2022

Should we do away with political parties? What would be the advantages and disadvantages of having our state and federal parliaments being run by independents?

In the aftermath of the recent federal election when a record number of independents were elected this proved a timely topic to discuss.



SEPTEMBER 2022

We had a most enjoyable morning celebrating all things Royal.

Most members had watched at least some of the Queen's funeral and a couple even taped it. The consensus was the monarchy is part of Britain's DNA and served a real purpose in unifying the country. We agreed the queen was a wonderful monarch for the UK and the Commonwealth but also felt Charles would be a worthy King who upheld the traditions of the monarchy.

We enjoyed a high tea fit for a queen with cucumber sandwiches and a Victoria sponge. Also a marmalade sandwich a la Paddington Bear made an appearance.



Ode to Kye

By Bette Howard

I loved a darling little boy,

My happiest little grandson.

His face would beam, full of joy

Although now he has turned 21.

Once he tumbled on his nose,

And I waited for him to moan.

But he just laughed!!!! Do you suppose

He fell on his funny bone!

That laughter still bubbles from his face,

Until each day is done.

He makes the world a better place

Filled with happiness, and fun.

However long the day would go

You could never make him cry.

He's worth a dozen boys I know,

And that's the reason why.

He's always happy, on a high,

And his face still fills with joy.

Yes he's my youngest grandson Kye,

My very "precious laughing boy".

DESTINATION: CAPE YORK

By Kate Strachan

Like most people who love to travel overseas, when Covid forced us to stay home, we consoled ourselves with the idea that we could travel in Australia instead.... Something we had been putting off until we were “old”!

Wrong! Straight into lockdown & restricted border crossings.

What to do with all those travel credits?

Happily, we have been able to use them this year as the travel company we were dealing with sells international and domestic travel.

That is how we happily did a fabulous road trip to Cairns, via the Great Inland Way, then joined a package deal to Cape York.

We were fortunate on the road trip to encounter good roads and fine but cold weather. This enhanced our experiences as we didn't have to worry about road closures, detours or dodging rain to enjoy our sightseeing.

Whilst fairly familiar with the journey as far as Lightning Ridge, we were in new territory once over the Queensland border at Hebel. We were captivated by the river towns & the pioneering history of places like Surat and St George.

At Roma we attended the weekly cattle sale & a show at the big oil rig, before stocking up on food and supplies for a three night stay at Carnarvon Gorge.

Carnarvon Gorge is breathtaking and surprisingly easy to walk. Crossing the creek on uneven stepping stones was the most challenging part. There were twelve crossings in all on the 14km return walk. The rewards were some fabulous aboriginal rock art, beautiful secluded moss gardens & an amazing natural amphitheatre.

Further north we had read about the Undara Lava Tubes and were keen to see this phenomenon. Visits are only allowed on a guided tour, so we joined one from Mt Surprise with a knowledgeable driver/guide who expertly took us into the tubes. The entry can be quite slippery and visibility poor but we were provided with torches to assist us. The tube walls had beautiful patterns formed by cooling lava, such a contrast to the black lava rocks above ground.

Fast forward to Cairns where we spent 5 days warming up and enjoying Cairns city and surrounds.

We flew from Cairns to Horn Island to begin our Cape York adventure. I had no idea what an important role the Torres Strait Islands played in WWII and we were given quite a comprehensive tour of Horn Island & museum by a local historian.

Horn Island had many many bombs dropped on it - almost as many as Darwin!

Next day we went by ferry to Thursday Island where we spent half a day exploring its history before crossing to the Mainland.

The moment we had all been waiting for: to go and stand on the northernmost tip of Australia! It wasn't at all like I imagined. We had to trek to the tip across a strip of beach with the tide advancing, then scramble over some rocks to reach the sign confirming we had indeed made it to the tip!

For the next seven days our transport was a 4 wheel drive vehicle which was capable of handling the rough roads & deep river crossings to be encountered each day. Darryl, our driver was an absolute master, ably transporting & feeding his 24 passengers.

We enjoyed a swim at Fruit Bat Falls (no crocodiles) visits to old telegraph stations, stories of local identities and past explorers.

Although the red dirt road stretching off into the distance seemed never ending, little by little we made our way south, through traditional aboriginal lands, encountering giant termite nests, beautiful rivers, the wetlands of Lakefield National Park, the bauxite mining town of Weipa, pristine Daintree Rainforest & the historic town of Cooktown. All unique and enjoyable.

Returning to Cairns felt like arriving in a metropolis after being in such remote places!





WONDER WOMEN

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