



National Women's Register Australia Incorporated

Connecting lively-minded women who are interested in
everything and talk about anything!

NEWSLETTER 2016

Edition No.48

THINGS WE SAY TODAY, WHICH WE OWE TO SHAKESPEARE:

"KNOCK, KNOCK! WHO'S THERE?"
"IN A PICKLE" "SET YOUR TEETH ON EDGE" "HEART OF GOLD"
"FAINT HEARTED" "SO-SO" "GOOD RIDDANCE"
"LIE LOW" "FIGHT FIRE WITH FIRE" "BAITED BREATH" "SEND HIM PACKING"
"COME WHAT MAY"
"WEAR YOUR HEART ON YOUR SLEEVE"
"NOT SLEPT ONE WINK" "FULL CIRCLE" "OUT OF THE JAWS OF DEATH"
"WHAT'S DONE IS DONE" "NAKED TRUTH" "TOO MUCH OF A GOOD THING"
"BREAK THE ICE" "WILD GOOSE CHASE"
"LAUGHING STOCK" "BREADED HIS LAST"
"HEART OF HEARTS" "VANISH INTO THIN AIR"
"SEEN BETTER DAYS" "MAKES YOUR HAIR STAND ON END"
"DEAD AS A DOORNAIL" "FOR GOODNESS' SAKE" "LOVE IS BLIND"
"GREEN EYED MONSTER" "FAIR / FOUL PLAY / PLAY" "OFF WITH HIS HEAD"
"THE WORLD IS MY OYSTER" "BRAVE NEW WORLD"
"BE ALL / END ALL" "A SORRY SIGHT"

Thanks to someone named
ANONYMOUS

NWR ... a snapshot of us

“National Women’s Register” is an international organisation of informal, regional women’s discussion groups. Each group aims to provide its members with the opportunity to take part in stimulating discussion on a wide range of topics, both serious and light-hearted. By holding meetings on a regular basis the members of NWR groups have the opportunity to learn, appreciate other points of view, express opinions and ideas and develop friendships in an informal atmosphere. Women of all ages are welcome.

It was first introduced in England by a young housewife named Maureen Nicol in 1961. At that time the organisation was called “National Housewives Register.” The organisation flourished, eventually being named “National Women’s Register.” There are now members in many countries worldwide.

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). This group was based on those in the “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 so the annual newsletter, publicity and administration costs are entirely funded by member’s subscriptions. The annual conference is self-funded.

In October 1992 at the annual conference in Cessnock members voted to change the name to National Women’s Register (NWR) in line with the parent organisation. On 9th March 1993, National Women’s Register became incorporated.



**opportunity to learn...
...appreciate other points of view**

CHECK US OUT: www.nwraustralia.org.au - and on NWR



Disclaimer

The opinions of this 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 unsuitable material submitted. Any such material may be cut or condensed by the Editor.

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2015/2016

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Lively, interesting,
colourful personalities...

NWR has much to offer!

Greetings to our NWR members!

The members of the National Committee hope that 2016 has been very good to you in many ways and that you have all had the companionship, support and enjoyment that NWR groups strive to "bring to the table".

Staying in touch with members

The National Committee of NWR Australia has decided to continue a basic Newsletter for 2016 in the interim until we embark on a trial of the E-Newsletter in 2017, voted in at the August National Committee meeting. The E-Newsletter will be accessible on the internet via (yet to be decided) *Dropbox* OR *Google Drive (Google Hub)* – for members to post items of interest, be edited by a coordinator, with the final product being available to members and visitors on our NWR Website and to members registered on our NWR Facebook. For those with access to the internet and a printer, members will be able to read it online when uploaded to our NWR Australia Website, or print off a copy. *Local Organisers will be able to print off a copy for NWR members who don't have access to computer or printing options.*

LET'S KEEP THE BALL ROLLING WITH OUR MUCH-LOVED NWR NEWSLETTER – it's a valuable tool for connection and communication across the miles with our current members and a worthwhile marketing tool for women checking out what NWR is all about.

Our "Newsletter" won the day...

As per the members' votes taken prior to our National Committee meeting in May, the overall vote was to stay with the title of Newsletter as this identified our annual publication each year, as members have become familiar with over many years. Thanks to all our groups who took time out of meeting times to discuss their preferences. Overwhelmingly you voted in favour of the title "Newsletter".

NWR Australia Annual Conference Day: "WAVES"

Saturday, 15th October 2016

South Maroubra Surf Club

9:00 am to 5:00 pm

Conference overview:

New Waves: a history of how we came to love the surf

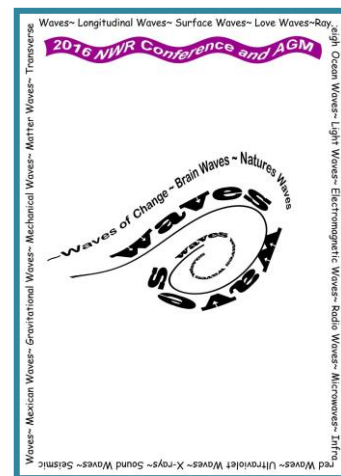
Coast: A History of the NSW Edge

Brain Waves

Natures Waves

The Nature Of Small Things

- ✚ 3 excellent speakers
- ✚ Pre-lunch entertainer
- ✚ Either a brief outing along the Maroubra Promenade where our special ladies will acquaint you with the local history or a jaunt to the nearby National Park with Friends of Malabar Headland. Don't forget to bring your walking shoes.
- ✚ Experiment with photo sharing by using photos from our walks which we've taken on our smart phones or i-pads.



Plenty of time at the end of the day for drinks and a chat

LOCAL ORGANISERS

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Message from our National Organiser

Congratulations to all members who have kept the NWR groups up and running. This year has again passed very quickly and I hope many great discussions, debates, excellent speakers and relevant activities have encouraged all to continue into the future.

The 2015 Conference at Pennant Hills was a great success, thanks to the efforts of The Hills Group. Diverse speakers and fun activities all contributed to a thoroughly enjoyable day. Well done!

In July this year the Queensland groups from Brisbane West and Sunshine Coast had a get-together at Ipswich. Twenty-two members were present with two speakers and a light-hearted musical interlude making the day a memorable one for all who attended.

We again enjoyed the company of Caroline Parsons from NWR UK at a Luncheon organised by Sue Perkins and Merril Woods. The Travelodge, Wynyard, was the venue and everyone joined in the conversation and much hilarity that took place. Caroline also joined Eastern Suburbs at one of their meetings.

The Eastern Suburbs Group has the Conference well in hand. It is to be held at South Maroubra Surf Club on Saturday, 15th October with the theme being WAVES – waves of change, brain waves, nature's waves. As always, I'm looking forward to a very interesting day. Hopefully, many members will support the day and catch up with old friends and meet some new ones.

The Half Yearly Luncheon was again at Diethnes, because of a 'hiccup' at the Castlereagh Club. There were seventeen present and as usual, a good time was had by all with lots of interesting conversations and of course, laughter! Not being quite as crowded as the previous year also helped people move around more easily. Next year I hope to have a change of venue, as there have been a number of alternatives suggested.

As nobody was able to co-ordinate the publishing of the Newsletter, Bev Shaw has collected the LO's reports, Qld. report on the Ipswich event etc. and the general contact information to put together an informal version. A big thank you goes to Bev for taking on the extra work to ensure the continuity of the Newsletter.

I would like to take this opportunity to thank the Executive, Trish Crimean, Bev Shaw and Bev Kearney for all their work to keep NWR moving, especially as the two Bevs are not standing again this year. I would like to thank Bev Shaw for all her hard work as National Secretary over the past two years, for giving of her time and expertise to keep NWR alive, especially all the extra bits and pieces. She is remaining as LO for Illawarra Evening group and will continue to participate in NWR activities. Again, a big thank you!

Bev Kearney has been a very active member going back quite a number of years. After checking the records, I discovered she has held just about EVERY Executive position (except Secretary) at various times since 1985, as well as being LO for Sutherland on two occasions. Thank you Bev – a magnificent contribution to NWR! Bev is going to stay on as an individual member, but her background knowledge will be sadly missed.

I wish both Bevs well in all their new endeavours.

As the rest of the year is going to rush by, enjoy your group activities and have a very healthy, happy and safe Christmas and New Year.

Margaret Patterson

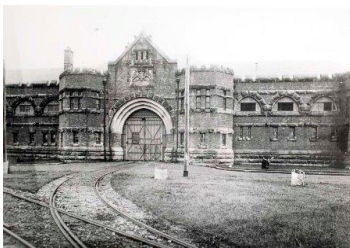
**“HELLO”... to our LOCAL ORGANISERS and the ladies in your groups...
Tell us what you’ve been up to in 2016.**

EASTERN SUBURBS GROUP, NSW – February to May 2016 ...

This year our group has registered 28 members.



Wreck of the Malabar



Long Bay Gaol

We have had our three regular meetings which are held on the first Wednesday of the month. Attendance at the meetings – February (15), March (19) and April (11). Our first meeting was the planning meeting and people came with some excellent suggestions. A couple of the ideas will not happen at our regular meeting times as **one is a visit to the Art Gallery, another is an excursion to The Opera Centre in Elizabeth St, Surry Hills.**

At the March meeting our guests were from The Friends of Malabar Headland. They were excellent speakers and told us the whole story of the value of the natural landscape there and how they successfully campaigned to save the area from developers. Also at this meeting we welcomed Caroline Parsons from NWR Devon, UK.

The April meeting was titled ‘Fiasco’ it was a really fun evening where we all shared some personal experiences that were really embarrassing. It was surprising the few teachers present who shared their moments of ‘lost’ students on excursions.

The May meeting will host a guest speaker, Jamie Hallen, who will be talking about ‘Preventing Falls’. This could be a very worthwhile topic for us all if we take the advice.

As we are hosting the conference this year we have had a few meetings with smaller groups and we are pleased with the progress so far. The essential items for the conference are in place but we will be enjoying some sessions where members with particular interests and talents will develop resources/props for the day.

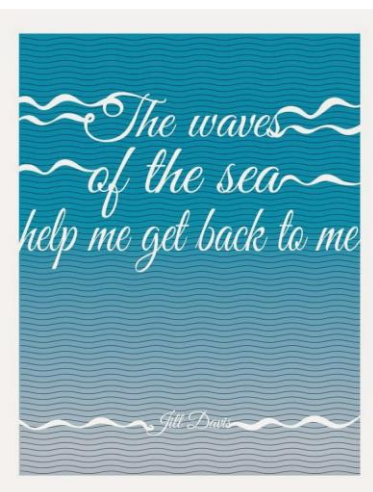
Margaret Fitzgerald - LO

A Taste of Conference 2016 “Goodies”

New Waves: a history of how we came to love the surf – In 18th and 19th century NSW, waves represented the awesome power of the sea and were duly feared by colonists who knew too well how they pounded ships and people to pieces in the hundreds of shipwrecks that came to litter the coast. But at the turn of the next century a revolution occurred which saw men and women taming the ‘hated waves’, throwing off the strictures of Victorian morality and creating our modern beach culture. **Dr Ian Hoskins, award winning author of Coast: A History of the NSW Edge,** will chart the swelling origins of our love affair with the beach in words and pictures.

Brain Waves - Associate Professor Michael Valenzuela is a lead researcher with the Brain & Mind Research Institute, Sydney Medical School. He will inform us about his recent findings on cognitive brain training and physical resistance exercises and how these can delay the development of dementia.

Natures Waves – John Poleson, Retired Senior Ranger with NSW National Parks and Wildlife Service, will talk about THE NATURE OF SMALL THINGS. There are many small places and things in nature that we sometimes neglect to see e.g. the web of a spider in the morning, a small garden bed in a park, even the living creatures in our backyard. These areas and living things are essential to our spirit and wellbeing. We must learn to see and conserve them before our city and suburbs disappear into ever expanding concrete.



ILLAWARRA DAY GROUP, NSW

I thought I'd send this in for this year's newsletter. It's from our May meeting of 2015 and due to health reasons, I was unable to submit it. I think the topic is relevant for any year as the aging process catches up with us all.

We had a guest speaker, Professor Helen Hasan, who worked with a team at Wollongong University on making communities more dementia patient friendly. They worked with representatives from Kiama Council and merchants from the town. What came to light and what I'd like to share with you is a letter from a friend diagnosed with Alzheimer's, not an NWR member, but a member of the local Writers Group:

"It is hard to accept that the old Maureen I knew so well has become a Maureen who is a person that I am only just now beginning to fully accept as being me. This new person finds that remembering what is important to do next, is a major task, requiring consultation with my kind and knowledgeable friends and especially with my supportive family. I am only bit by bit getting to know this changed Maureen, who finds that the old sharp brain has slipped into functioning in a way which is not at all reliable. This Maureen finds herself much more dependent on friends and family in deciding what next is the most appropriate road to take at this time in her life. As well, she is learning to accept that it is possible to accept that being declared as having dementia does not necessarily mean that there is a complete loss of intelligence. As well as talking to my family and my friends, I am finding that it is helpful to join in discussion groups which include others whose problems are similar and in some ways more challenging than those problems which concern me. And a special thank you, my ever helpful family. I value the security which comes from knowing that the people in my family are ever there to listen and talk and help me when I have the need to think about and work out, how to deal with problems as they arise.

So thank you one and all. With my love,
Your A.M."

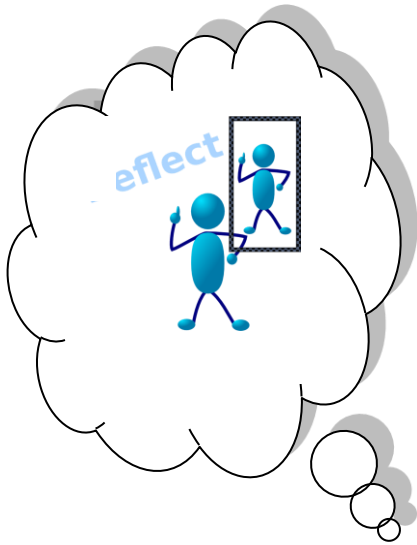
If you're interested in the programme Professor Hasan was working on you can Google it at www.dementiaillawarra.com

And... 2016

January: *Should Children of Illegal Immigrants Be Entitled to a Public Education?* Everyone agreed that yes they should be, regardless of how we felt about the issue of illegal immigrants in general it was unjust not to allow the children access to education.

February: *How Do Male and Female Roles Differ in Your Children's Family Compared with Yours/Your Parents?* All agreed the roles were merging but conceded that in the majority of cases, not fast enough! To quote the last paragraph from one of our members' report: "If I were in charge (of the high school agenda) I would separate the seventeen year olds into separate classes one time only. My advice to the young women would be 'Stop being excited about moving in with a boyfriend who is just replacing mum with you, but with extra benefits, and that (quote) "a man is not a financial plan" (unquote)' noted by the recent outgoing Sex Discrimination Commissioner in her address to the Press Club. But I fear it would fall on deaf ears. To the boys I would impart the great secret of the universe: 'How attractive women find men who occasionally cook, wash dishes, do some cleaning and even iron before being nagged to help, and to do so would greatly improve their sex life.' But this too would fall on deaf ears."

March: *Guest speaker psychologist Melinda Bolton addressed the issue of Coping with the Aging Process.* Things like: Realize life will change, be flexible; embrace new technology; maintain a notion of self-worth; accept restrictions and be as functional as you are capable of being; do things for yourself as well as for everyone else, you deserve it; meet new people and expand your friendship base with new experiences; exercise regularly with brisk walks; maintain a good connection with your GP, and don't be over medicated.



ILLAWARRA DAY GROUP (Cont.)



April: *Bring Along an Item and Tell Its Story.* This topic was a real insight into the personal history of each participant. From teddy bears and old brown teapots to stained glass lamps and Paspalle Pearls to a child's ID disc from war-torn Hollande and a father's collection of memorabilia plus lots more in between.

In keeping with our UK group, at our May meeting we chose an Einstein Quotation to discuss. There were so many, it's a wonder he had time to expound his Theory of Relativity!

... up to September:

We were allocated a number and spoke on its significance over the centuries and were quite surprised at the amount of information we found that was interesting even to non-mathematicians.

One of the most interesting topics was "Stem Cells - the latest developments." One of our members spoke on the work being done at Wollongong University in this area using 3-D printers – mind boggling.



Hope to see everyone at the conference in October.

Trish Copeland - LO

Greetings to our friends
In the Caloundra Morning
group, Queensland.

We hope 2016 has been
very good to you all.

A big "hello" to our long distance
member, Di Sankey, in Kalamunda,
W.A.

We hope 2016 has been a good one
for you too.



BRISBANE WEST- QUEENSLAND ... 2016

We have started the year with seven members



At our first meeting, in January, we discussed the topic "Wine, Women and Song". One member spoke about two divas who probably gargled with wine. Another spoke of a number of singers whose names have been connected with wine, from Amy Winehouse to Olivier Newton-John singing at a winery. Someone discussed some of the famous composers, such as Strauss and Lehar, whose operettas had boozy themes. The Rubiyat of Omar Khyam was mentioned in relation to its mentions of wine, women and song, and Mae West came to mind for her reputation as something of a carouser, and her witty one-liners.

At our second meeting, the topic was "Bring an object of interest, and tell us about it". We had an abacus, a brooch made of bread and a laminated placemat with photos of the owner's life, a 70th birthday present. There was also a collage made by a member's husband, made from: Turkish kebab sticks, an Arab dagger in a sheath, and two tea & sugar scoops made of African materials.

Our last meeting was "Pot Luck". We each put a topic in a hat, and surprisingly, amongst only four attendees, no-one picked out their own topic to talk on for 2 minutes. The topics were "Body Art", "Garbage", "Accidents Happen", and "Do you think the campaign to elect the American President goes on for too long?" There was plenty of discussion after everyone had had their two minutes' say on their topic, as we all had plenty to add. A very lively meeting!

And for the past few months we've talked about ...

30 April: Words of Wisdom

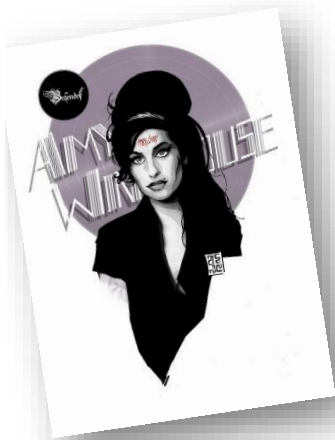
We had some proverbs, and some good quotes from Edgar Allen Poe, Ogden Nash, Churchill and Dr Seuss. Churchill said: "I like pigs. Dogs look up to us. Cats look down on us. Pigs treat us as equals!"

There was a reference to the 'Good Manners Chart' which hung in every Qld State Primary School throughout last century.

Nature is better for us than technology.

Chicken Soup for the Teenage Soul.

Grandma's words of wisdom.



BRISBANE WEST (Cont.)

28 May: Current Affairs

Comments on the ABC current affairs programmes.

The power of the press re Donald Trump; Suicide Prevention Week; Euthanasia. Some NQ native children out of control; youngest Aust. woman to conquer Mt Everest.; Dairy Industry threatened by reduced price; Father of Aust. television, Reg Grundy, has died; A different view of currants eg Currant buns. Something to laugh about after all the doom and gloom.

25 June: My Favourite Author

Shakespeare. Georgette Heyer

Edward Vivian Timms, Marcia Willett

John Steinbeck, David Suzuki

Nevil Shute, Nicholas Monserrat, Carol Drinkwater, Dirk Bogart, Peter Godwin

Jean Plaidy, Nora Lofts, Robyn Hobb, Judy Nunn

Most people had difficulty choosing one favourite.

Our August meeting topic was:

How would we benefit if Australia became a republic?

- ✚ A newcomer said "Who cares?" Why deny our cultural background?
- ✚ A change would be a huge expense. UK connection could be beneficial.
- ✚ If it ain't broke don't meddle with it.
- ✚ Nothing would change for the better, so we might as well stay as we are.
- ✚ We are already self-governing. As a republic we would lose our Ancestry visa rights.
- ✚ Stay the same. Westminster system is the envy of the world.
- ✚ We would choose our own Head of State who would be answerable to Australians. We are a young nation but we can stand on our own two feet. It is time to break free from England.
- ✚ We would have to change our flag, under which our soldiers have fought overseas.
- ✚ I love the Queen, but it is time to sack her. Take the Union Jack off our flag. Save money not having a GG, make our PM Head of State. Be our own country.

Rose Ellwood, LO Brisbane West



Georgette Heyer

Reunion of Brisbane West Group & Sunshine Coast Morning Group



On Saturday 30th July 2016 twenty-two members of the National Women's Register [NWR] met for a reunion of the Brisbane West group and the Sunshine Coast group at the Orpheus Chorale Auditorium, Chermiside Road, Ipswich. NWR is a women's discussion group based in UK with branches in Australia, Holland, Zimbabwe, South Africa and New Zealand.

Saturday's reunion was a full day affair with two speakers and workshops for members to report back their responses.

The first speaker, **Monique Ellwood** spoke on "Does Feminism have an Obligation to Include Gay, Transgender and Racial Rights." This was a lively talk with eager participation from the audience.

The second speaker **Nola Randell-Mohk [OAM]**'s topic was "How Immigration has Impacted on Australia." Again Nola encouraged the audience to voice their opinions and answered questions on this subject of migrants and their problems.

A light-hearted musical interlude was followed by an excellent finger food lunch.

Carole Aveley - Brisbane West group



BOROONDARA GROUP from May 2016

Since our last report our group has continued to enjoy our outings and activities whilst supporting each other through many different challenges and celebrating the births of first grandchildren.



In **May** we were delighted to catch up with Veronica [pictured on the left] in her home for a newspaper article session. Everyone was well prepared but as Veronica had been out of action recovering, in hospital or rehab, from a nasty fall on New Year's Eve we needed lots of time to just 'catch-up' before embarking on the evening. I remember lots of laughter as it seemed chosen articles which promoted chuckles were the flavour of the evening.

The month of **June** was a delicious **dinner** at a **Nepalese** restaurant before seeing the play "And Then There Were None" in Malvern. We all ate, talked and laughed well!



Our annual **Christmas in July** at **Jenny's** in **Kallista** was once again a highlight with winter sunshine allowing us to enjoy a long tour of her beautiful garden after our delicious lunch and Kris Kringle.



In **August** our shared pieces were thankfully a mix of interesting, humour and serendipity. There were great books on the Boyd family and a truly fun piece by Jeremy Clarkson from the *Weekend Australian 'Little Englander'*. Other pieces on *Council Rules and Regulations!* and *Where have all the 'normal' people gone?* were incredulous and fun. We were thinking about *'The lawyer, the smash repairer and the car-napping rort'* plus reading out loud Rudyard Kipling's *The Sing Song of Old Man Kangaroo* and discussing Esther Freud's wonderful book *'Mr Mac and Me'* - about Charles Rennie Mackintosh's year in Southwold in the tiny village of Walberswick in 1914.

Our **September** topic was **'Relativity'** or anything that was **relative'** to us - all thanks to Albert Einstein. We didn't stay on topic but opinions, passions, ideas, facts, figures and anecdotes were wonderful. Everything became 'relative' one way or another! Also Jenny and Eden each celebrated the birth of their 'first' grandchild, Riley and Hugo respectively.

On **October 5** we will see an **Italian movie, 'For Your Love'** at the **Palace Balwyn**.

Finally, our **November 2** meeting is an end of year dinner at an Italian Restaurant to celebrate **Veronica's 50th Wedding anniversary** and **Jenny and Michele's 70th birthdays**.

My thanks to all members of the Boroondara Network for continuing to make our year of activities so enjoyable and entertaining. May this year end, and the new year begin, well for each and everyone.

Glenyse Pianta - LO

THE HILLS GROUP, NSW

Reports from Conference 2015

This year the Conference was organized by the Hills Group and took place at the Pennant Hills Bowling Club on Saturday 24th October 2015.

The conference was very well attended, in all 52 ladies enjoyed the day.

The theme of the conference encompassed many words beginning with the letter "C" including Colourful, Comedic, Committed, Charitable, Creative, and as referred to in the flyer "none being complacent, crap, corny or crazy".

The first speaker, Tom Sweeney, is the President and Artistic Director of the Willoughby Theatre Company. Tom spoke in great detail about what is involved in putting on a Broadway musical. His talk proved extremely informative and entertaining, especially due to his experience as an actor and singer.

Our second speaker, Annabelle Chauncy was unable to attend the conference as she was delayed in her return from Uganda.

Kate Chauncy spoke on behalf of her daughter Annabelle, who is the joint founder of the School for Life Foundation. Annabelle grew up on a sheep and cattle farm in the Southern Highlands. When she was 21 she spent three months in Kenya and Uganda volunteering with women's organisations, street children, orphanages and in medical camps. Realising the need of education for these people, Annabelle was moved to found the School for life Foundation together with David Everett in 2008. The organization now educates hundreds of children and adults, also providing healthcare and access to clean water for over 1000 people.

I am sure we were all very moved by Kate's most informative and emotive talk.

During lunch a competition was run for everyone to write down as many things in the room that began with the letter "C". It was certainly heaps of fun, and of course a very fierce competition ensued.

Following lunch the AGM was conducted.

Our third speaker was Daisy Montano, an English Teacher and an enthusiastic and active member of the Rotary Club of Norwest Sunrise, Bella Vista.

Daisy spoke about her early childhood in Bolivia and her current project "Medicos Bolivia" where Bolivian cardiology doctors are trained in new procedures and perform operations on heart patients from low socio-economic backgrounds. Seven medical staff from the Sydney Adventist Hospital will be involved in this project.

Daisy also presented a very interesting video. Daisy is a very passionate and caring person and we thoroughly enjoyed her talk.

After afternoon tea we all enjoyed an hour of creative activity, making Christmas cards from kits. It was a hive of industry.

The conference concluded at 4.30pm following a wonderful day of friendship and learning.

Janet Downer
But wait... there's more



A description - Conference 2015



A beautiful day dawned on the 24th October 2015 to herald in the NWR Australia 32nd annual conference hosted by the Castle Hill group. It was held at the Pennant Hills Bowling Club, this venue being chosen due to its proximity to public transport and an hotel, should anyone intend to stay a night or two. This year's theme was 'C is for', the 'C' being the first letter of many appropriate words such as charity, children, chorus and cardiologist. As colour was part of the theme, our programmes were printed on a variety of coloured papers, nametags had coloured borders, serviettes were various colours and a colourful 150cm tall knitted clown greeted guests with a 'Welcome' sign.

After signing the club's register, as required by law, members enjoyed a lovely morning tea and a chat before the programme began. Promptly at 10am, our MC, Thomasina, requested everyone to be seated. She then welcomed us and introduced our first speaker, Tom Sweeney, the President and Artistic Director of the Willoughby Theatre Company. He was the perfect person to get the conference underway with his lively and interesting presentation of 'Putting on a Broadway Show'. We learned about a range of points to be considered when selecting a show to perform; for example – can the rights to the show be obtained; how recently has it been performed; what prices to set; will it be profitable. During his talk we were amazed to hear that an 18 year old Hugh Jackman had performed for the company in 'Paint Your Wagon'. Who knows where amateur theatre will take you!

Tom's presentation was followed by Kate Chauncy's, who spoke on behalf of her daughter, Annabelle Chauncy OAM, who was in Uganda and unable to make the conference. Annabelle is the co-founder of School For Life Foundation (SFLF), which provides the support needed by students in a rural area of Uganda. They receive health care, clean water, schooling and 3 meals a day. Annabelle grew up on a farm in the Southern Highlands in New South Wales and at the age of 21 spent 3 months as a volunteer in Kenya and Uganda, working with street children and women's organisations. This experience led her and cofounder David Everett to create SFLF in 2008. Kate accompanied her talk with slides of the enthusiastic children attending the first school the Foundation built in Katuuso. It was a very heart-warming presentation.

During lunch each table was provided with pen and paper for members to compete at noting down as many things within the room which began with 'C'. The winning table managed a brilliant 102 words and was rewarded with a box of Celebrations chocolates wrapped in cellophane.

Following lunch and a painless AGM (thank you to a committee prepared to stand for another year, and a member who voluntarily agreed to fill the only vacant position), another worthy endeavor was described by our final speaker, a passionate Rotarian and English teacher, Daisy Montano. She was born in Bolivia, but became an Australian citizen in 1989 and involved herself in various international humanitarian projects in developing countries. Her current project, which she initiated, is to train Bolivian cardiologists in new procedures and to provide heart operations for low socio-economic patients. This 'Medicos Bolivia' project is supported by Rotary and the organisation 'Open Heart International', a not-for-profit organization providing urgent medical care through volunteer medical and nursing professionals from the Adventist Hospital Wahroonga (known as The San).

After a break for afternoon tea (sadly the frittata was little too salty) we continued with the last item on the programme which was a creative activity – Christmas card making from kits prepared by conference committee members throughout the months leading up to the conference. The result was a colourful display of personalized cards and even some decorative envelopes.

The conference was deemed a success and Castle Hill group could at last relax after months of breathing and dreaming 'conference'.

Michele Middendorp

“C” stands for:

Colourful,
comedic,
charitable,
committed,
choice, creative

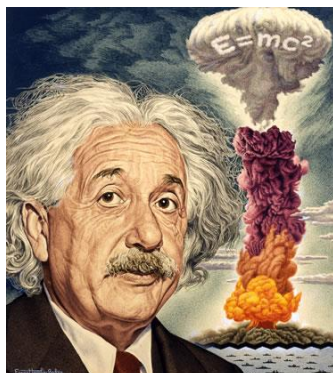
But NOT:

Complacent,
corny or crazy

ILLAWARRA EVENING GROUP, NSW...

20th January 2016 – Planning Day lunch @ Passionate Palate, Forest Grove Estate

3rd February- EINSTEIN: *About the man behind the theory that changed everyday life.*



Born in Germany in 1870, Einstein was known mainly for his General Theory of Relativity along with his great contribution to statistical mechanics and to the Quantum Theory in radiation. Schooled in Munich, Einstein's interest in mathematics was triggered, a lasting influence and he trained as a teacher of Mathematics and Physics. He became a Swiss citizen in 1900 gaining his PhD in 1905. Four of his papers were published in 1905 – Special theory of relativity, Estimate of mass energy equivalence, Creation of theory Brownian and Foundation of the photon theory of light. He became a Professor in 1909 and finally published his great paper on the general Theory of Relativity in 1916. Einstein was a reluctant, important public figure, receiving the Nobel Prize for Physics in 1921. He emigrated to the USA in 1932/33, becoming an American citizen in 1940, where he helped a large number of refugees arriving in USA from Nazi Germany. A letter to President Roosevelt resulted in the Manhattan Project. Einstein was married twice and his second wife assisted him greatly in his theories as she was a University Professor also (rare in the early 1900s). We all found it so interesting to talk about his theories but found it difficult to get our minds around things like time and space being relative to the state (speed) of the observer – space contracts and time dilates when travelling close to the speed of light!!!

2nd March ORIGINS of YOUR NAME:

What's the meaning behind both your given and surnames?

Some of us were very pleased with what our name meanings exposed which interesting historical facts about the ways of life of our ancestors. Some of us were more than a little “let down” with meanings that were strictly related to the daily grind of our ancestors... like SMITH (metal workers, horse shoe makers), BEVERLY... of the beaver field. How exciting and romantic is that. I can't remember everyone's name meanings so I'll just stick with mine. It was a most enjoyable night with more than a few “shots fired” over anything remotely like dodgy meanings.

6th April IF YOU WERE RE-BORN: *Who, Where, When and Why?*

This topic brought us to defining moments about the kind of people we admire, the kind of place we might like to live in, some thinking the “high” life would be great – like the Downton Abbey style, with one lady preferring to be reborn into the richness of the aristocracy and another into the servants' lifestyle where gossip and scandal could not be kept secret for too long. Most though, decided that they had enjoyed the ups and downs of their current life and where they were brought up and lived, so voted no change would suffice, to who they are or their environment. Why would we want to change to the unknown?

4th May TWINNING TOPIC with NANTWICH/AUDLEM group UK:

Prioritising World Crises – What are the most crucial to solve?

Of course, this was a very daunting topic to address as there are so many global crises currently: Financial crisis, Health issues, Education due to poverty and injustices, Food security and agricultural challenges, Indigenous rights, Water and sanitation, Natural disasters and delivering relief as well as planning for the next disaster, Climate effects becoming daily realities, Disabilities and addressing rights and Medical emergencies, Wars and Peace-building affecting millions across the world from conflict, ethnic violence or internal strife, Women facing systematic discrimination in education, healthcare and domestic violence. It was thought that the only way to assist the refugee problem is to change the oppressive Governments of the offending countries to allow people to return to their homelands BUT with the news just released that Donald Trump seems to have a clear road to the White House in the US, our hopes of that happening were greatly diminished. Will we have the USA “security blanket” in the future? Change can only come from the re-affirmation of the basics of treating your neighbour as you'd like to be treated, being fair, tolerant and considerate, working hard for what we achieve etc. – not an easy task to teach anymore.



Who are we, really?



Illawarra Evening group ... Cont.



- JUNE:** Movie night – The Suffragette = *Inspiring, shocking and motivating movie*
JULY: Due to bad weather and illness, this meeting was cancelled
AUGUST: Amalgamation of Councils: our local perspective
SEPTEMBER: IPAC performance – The Wharf Review 2016
OCTOBER: Games night (Scrabble challenge)
NOVEMBER: Everything French: stories of France, food, flag... especially the food!
DECEMBER: Everything Christmas... 🌟🎁🔔

R.I.P.

It was with great sadness that the ladies of our group said “farewell” to GWEN LUCAS. Gwen passed away on Mothers’ day whilst in the USA where she was visiting with all her family to celebrate one daughter’s 60th birthday, which she did get to do. A few of us were able to attend a memorial afternoon tea, organized by her sister who lives locally and 3 daughters who came over from USA to settle Gwen’s home and her life’s treasures. While talking to Gwen’s daughters, It helped to know what Gwen’s last day was like... evidently a lovely Mother’s Day celebration for Gwen and her family before she collapsed due to a brain hemorrhage. A lovely side to this, for Gwen, was that she was with all her beloved family and we know she wouldn’t have wanted it any other way. We are missing you Gwen!

ESSENTIAL EMERGENCY KNOW-HOW FOR US ALL

VISIT to the NORTH WOLLONGONG SES HEADQUARTERS



On Monday, 14th March our Illawarra Evening group members along with a couple of husbands attended a night at the local (North Wollongong) State Emergency Services headquarters to see what happens in the management of an emergency due to severe weather. The SES prepares for call out when warnings come from the Bureau of Meteorology and helps prepare the community by holding training days/nights, advising of the dangers with trees bringing down powerlines, never entering flooded roadways and the importance of only calling SES when we have a real emergency.

Firstly, we were taken into a room to see a DVD which was featured recently on the news where the Wollongong SES volunteers were filmed doing their duty in helping members of the community following a severe storm, hail, strong winds and flash flooding which can flood roads, drains, bring down trees, causing damage to homes, roads and cars. **We were told that SES volunteers only help out to the point of ensuring the safety of people by:**

- ✚ stabilising roofs, securing temporary tarpaulins to avoid more internal damage;
- ✚ cutting up fallen branches / trees and placing them out of harm’s way and
- ✚ assisting people get out of flooded areas.

It is up to the people to organise removal of tree debris, replacement of roof tiles etc. and to contact their insurance companies for an assessment of external and internal damage.

Also, the volunteers form ground search parties if someone has gone missing in the bush or remote areas, sometimes finding that person dead, a most unpleasant experience. In such cases the volunteers involved are provided with debriefing and counselling services to assist in their wellbeing.



Management of our own personal and family provisions in case of emergency, we should have an emergency kit (plastic container OR waterproof backpacks) ready to go with the following supplies:

- ✚ Portable radio with spare batteries
- ✚ Torch with spare batteries
- ✚ First aid kit (with supplies necessary for your household)
- ✚ Candles and waterproof matches
- ✚ Important papers including emergency contact numbers, insurance forms
- ✚ Copy of any Home Emergency Plans
- ✚ Waterproof bag for valuables



The SES is not involved in fire emergencies as that is another area of training. They assist with moving people from place to place in the event of fire aftermath. The SES volunteers are the “wet” rescuers – storms, floods, and also search when people are lost as well as animal rescue. SES volunteers work hand in hand with police and other rescue authorities when crises arise.



In the case of having to evacuate our premises / homes, we should then include the following items into the emergency kit:

- ✚ A good supply of required medications
- ✚ Any special requirements and supplies for babies, the disabled, infirm and/or elderly
- ✚ Appropriate clothing and footwear
- ✚ Fresh food and drinking water
- ✚ Pack valuables and mementos. Put them in your Emergency Kit.

The important issue is that everyone living in the home should know exactly where the kit/s are kept. Also, it is important to check the kit regularly for anything being out of date (batteries etc.)

The other important document to have ready is an emergency plan of action (to be included in kit). What we can do now: *know your risk (find out about local flood history); know where to go; know who to call; know your plan; get your kit together; prepare now to act early; check your insurance; listen to the local radio or media alerts.* Even if not directly affected by storm damage or flooding, we could become isolated due to other areas being cut and we may lose power, water and sewage.

Only in a life-threatening situation should we call 000, otherwise call NSW SES on 132 500.

Basic plan of action is to maintain your home and surroundings by ensuring the house gutters are clear of debris, keeping a cleared area around your home, free of tree branches overhanging homes and if a severe storm warning is in place, secure outdoor furniture, children’s play equipment. Ensure that you stay indoors when a severe storm is happening, bring yourselves, children and pets indoors, staying away from windows. If away from home, do not drive through any flood waters, stay away from drains, causeways and culverts taking shelter somewhere that is not under trees, near power lines or creeks. If caught in rising flood waters, take refuge in the highest part of a sturdy building.

Training the volunteers

After being shown the operational office and the preparation of volunteer teams in readiness, the computerised application showing local environmental problem areas and the readiness to engage SES teams, we saw how intricately and efficiently the base coordinated emergency calls and assistance needs. The help given was categorised from most effected to non-threatening situations, addresses and contact phone numbers etc. forming a well-coordinated process of volunteers, equipment needed for each job and the results when finished.

Outdoors at the North Wollongong headquarters we were shown a surprise of training equipment and procedures the volunteers go through monthly at the base, including a very high tower and a low hill which had tunnels of differing heights from almost stand-up to crawling on stomach. This training happens alongside other training on mountainsides, rivers etc. so that all volunteers are ready to go. Volunteers are never expected to partake in training nor rescues that inflict hardship on them if they have a definite phobia about enclosed spaces, heights etc. but are encouraged to try to overcome a manageable level of phobia which in turn helps the individual to cope in their personal lives as well as on the job, if it can be achieved.

We were made most welcome and nothing was spared in showing us how the services of the SES work together to ensure a strong level of help and protection for us all, if we ever need it. North Wollongong base has around 150 volunteers and the nearest SES is then Coniston base. Needless to say, all Illawarra SES bases can link in to one another when an emergency takes place and work closely together.

Bev Shaw - LO

SUNSHINE COAST MORNING GROUP - QUEENSLAND

2016... in a nutshell



When we put our 2016 programme together in December there was some publicity about [the next Maggie Smith film, The Lady in the Van](#). Researching the web page, it seemed our local cinema would have it so we made it our first meeting in January to be followed by a discussion. Unfortunately that didn't eventuate; the release was delayed so we improvised for January by each bringing a topic to discuss briefly. A variety of topics proved a chance to have lots of opinions!

In February we discussed [the difficult topic of domestic violence](#) and whether it is increasing or is there more awareness? Patricia had prepared a number of questions for us to answer and this gave us direction for the discussion. We admired the efforts made to make changes and exchanged some ideas on what we thought would help.

[Each year we like to have a games morning, just for fun!](#) So in March we gathered at Anna's home and a couple of ladies brought some different games, and we did have fun! However before this we had a brief chat about The lady in the Van as finally we had individually managed to see it. It is a film that raises lots to discuss, although more negative than positive.



[Our book discussion in April was "Stasiland" by Australian author Anna Funder.](#) Using her research and journalist skills Funder interviewed survivors from this period and wrote about how the Stasi affected their lives which gave us much to discuss.

[You will know about Joan of Arc but do you know about Hypatia, Margaret Pole or Agnes Magnussdottir?](#) These are some examples of the research done by our ladies in May when asked to delve into the mind of an ill-fated woman as she faced her final days/hours.

We were all interested in the [Australian submissions on Freedom included in last year's newsletter](#) so we used them as the basis for our June discussion on [What is Freedom?](#)

[Instead of a meeting in July we travelled to Ipswich for a weekend reunion with the Brisbane West ladies.](#) We had two serious discussions on feminism and migration but also plenty of social time over meals and a Sunday morning walk along the river. We thoroughly enjoyed the change of format and getting to know other NWR members.

[Are we losing the art of listening?](#)



This was the question posed by Kerry at our August meeting and it made us think about the modern technology distractions to conversations (who truly ignores the mobile phone ring?) and what makes a good listener?

We have introduced the idea each month, subject to the approval of the host that we bring our own lunch to have after the meeting, giving us the chance to socialise and catch up on everyone's news.

We have welcomed back a former member Barb who is now able to join us on Wednesday mornings when we meet. She fits in so well it's like she's never been away.

Robyn Tait - LO



HYPATIA

What's happening in the United Kingdom NWR shires, 2016 CONFERENCES

HEAD OFFICE UK:

Website:

<https://nwr.org.uk>

Administration:

National Women's
Register
Unit 23 Vulcan House
Vulcan Road North
Norwich
NR6 6AQ
01603 406767

Email:

office@nwr.org.uk

Nantwich & Audlem Groups

Faith in our Future at Crewe Alexandra Football Club
Organised by Nantwich & Audlem NWR on Thursday 13 October 2016



TWINNING:

Illawarra Evening Group
have a twinning
arrangement with
Nantwich & Audlem
Groups, UK

Eastern Suburbs &
Grantham, UK groups are
enjoying a twinning
arrangement too.

This day has been planned in an effort to promote an understanding of different faiths, in light of the religious intolerance that seems to have become a feature of modern life. We have four speakers: Arfana Ali talking about her life and her rights as a Muslim woman, Karen Richards on the difference between peace and happiness from a Buddhist perspective, Gertie Kallin presenting an interactive talk on Judaism, and the Rev Fleur Houston, minister and author, on her work with the Steering Group of the Churches Refugee Network.

The Pursuit of Happiness

at NCVO Building, London on
29 October 2016



What is happiness?

For many people in the Western World happiness is equated with wealth and achievement. For others it means good health, love, family and a multitude of other interpretations.

Two speakers at this conference are professionals in the happiness and success fields and will be talking about positive psychology and the pursuit of happiness from different perspectives and addressing these questions:

- ✚ What is 'success', and how does it relate to happiness?
- ✚ Does it matter if we achieve it?
- ✚ What practical steps do we need to take to get what we want or to where we want to be?
- ✚ What role does 'luck' play?
- ✚ Are there really no limits on what we can personally achieve?

