



country women

working for change

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FARMING MENU

WAY back, there was a saying that "Australia was built on a sheep's back". That phrase is still true today, but it encompasses so much more than sheep.

Without a vending machine in sight, the wares on display at the 2018 "Farmer On Your Plate" festival included on-trend produce like lavender, honey, truffle butter, beef jerky, pomegranates and heirloom pumpkins.

The CWA had a stall at the "Farmer On Your Plate" in March which was held at the newly launched Yagan Square in Perth.

Mixing it with celebrity chefs, cooking pancakes was the order of the day which inspired some of the crowd to purchase the CWA Cookery and Household Hints book. This Cookery Book was first published in 1936, and it is currently up to the 5th Edition. Copies can be purchased from the CWA for \$25.

"Farmer On Your Plate" is a great platform for our farming and rural advocates to nurture links between the city and country.



Belinda Lay, Karyn Collins and Jackie Farmer.

CWA members, Belinda Lay from Esperance co-ordinated CWA's involvement and was well supported by Karyn Collins from Gingin and Jackie Farmer who has recently relocated from the Kimberley to the city. Belinda said "The CWA supports Farmer On Your Plate" to raise agriculture awareness which in turn supports our farmers. It's a learning curve for children too as it is a fun way of showing the kids how the food gets from the paddock to the plate".

The unified message was "Buy West"!

A TRIBUTE TO THE "FLYING PRESIDENT"

A fitting accolade for the late Mrs Irene Hooper AM H.M., in that she was inducted into the WA Women's Hall of Fame Roll of Honour on International Women's Day in March 2018.

Affectionately known as the "Flying President", Irene flew her aircraft, Romeo Whiskey Hotel, around the State to fulfil her duties as CWA State President.



Photo taken in 2009 at the CWA Mandurah Conference.

A glimpse of Irene's log book:

- CWA member for 44 years.
- Joined CWA at the newly formed Kondut branch and went on to be President.
- In 1973 became President of the Wongan Division.
- Assumed the role of W/A State President in 1979.
- In 1984 awarded the Association's highest Award of Honorary Life Membership.
- Honoured with a Member of the Order of Australia in 1985.

In her beloved aircraft Irene Faith Hooper was one of ten children and grew up on the family farm near Lake Grace. She trained as a primary school teacher and with her husband Noel, raised a family of five children.



Sadly, Irene passed away in May 2017. Her family is currently in the process of organising a tribute plaque at the Middleton Beach boardwalk in Albany. This was a place Irene cherished and an eternal way to pay homage to a woman who was respected and loved by so many.

Fiddling with Gadgets and Gizmos

"INNOVATION" is the current buzzword – but sometimes simple imagination is all that is needed. CWA Community Coordinator, Anne-Marie Guest has been an advocate of Fiddle Rugs for several years.

More and more, hospitals are using "Fiddle Rugs" for patients instead of medication and sometimes, even restraint.

There's a small group of creative CWA members who are making the Fiddle Rugs for distribution to hospitals including Royal Perth and Fiona Stanley. What's a "Fiddle Rug" you ask?

As the name suggests, the rug comprises an assortment of textiles and attachments which offer sensory stimulation to patients which seem to help reduce anxiety. It's a calming tool which can provide familiarity and improve memory recall.

The CWA group has been learning more about Fiddle Rugs and assisting with research being completed by Dr Giles Oatley from Murdoch University.

There are smart textiles being developed which have a technological component which will be customised to suit a person's need. The Fiddle Rugs can have a selection of detachable features, such as music players, vibration modules, etc. Utilising lights and sound, Helen Gallop from the CWA's Prosthetics/Sewing group made a 'duck' prototype.

The CWA team has been trialling new ideas to further this research and development. Emphasis has been placed on the use of 'safe' gadgets like zips and poms-poms and user-friendly designs to ensure the product is safe for release. Anne-Marie said "We are continuing to research what sort of gadgets and textiles people like playing with and what gizmos offer the best form of stimulation".

This is a non-commercial project, research only, with the aim of getting smart textiles into the community, particularly hospitals.

Watch this space as there is more to come on this simple but effective calming tool which has the capacity to help many people in different scenarios.



"Innovative Women at Work" – Helen Gallop, Anne-Marie Guest and Muriel Barron.



Community Coordinator, Anne-Marie Guest.

CWA MEMBERS STOP TRAFFIC! AGAIN...



FOLLOWING on from the CWA Rally held in February where hundreds of members and followers converged on Parliament House to protest against the Government's proposed cuts to agriculture education, the Moora contingent thundered into the city in March with the same purpose.

The rumbling convoy of grain trucks indicated that the bush had come to the city to protest the closure of the Moora Residential College. The Protest Rally at Parliament House was organised by the Moora Shire

Council and was well supported by CWA members from Moora, rural areas, and the city precinct.

The Moora Shire Council has been proactive, commissioning an Impact Report which puts some science behind the emotion of the mooted closure.

There was hecking and straight talking at the rally – but seemingly the Government still has a 'tin ear' over its proposed actions.

Congratulations to the CWA Moora branch for its relentless efforts and it was heartening to see so many children at the rally.

Email info@cwaofwa.asn.au to have your voice heard!

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