

MARCH 2026

SWIC MAGAZINE



Sydney Women's International Club



WELCOMING WOMEN FROM ALL OVER THE WORLD

IN THIS ISSUE

From the Editor:

Welcome to your annual SWIC magazine - 2026.

This is our once-a-year magazine that showcases some of the highlights of our Club and what being a member of SWIC is all about.

In 2026, we are proud to have more than 300 members. Why SWIC? Our members have found that being part of SWIC has brought them new interests, life-long friends, opportunities to meet and to try out new activities, enjoy new experiences and to be part of a great community. Thank you to you all for being a part of SWIC and its future.



This Magazine is available for viewing on the SWIC website, throughout the year.

It is published annually, while the *What's On* newsletter is published monthly.

Our Club wouldn't be possible without the time and commitment that many of you give to SWIC and we thank everyone especially the convenors who volunteer to organise activities as well as to our committee members past and present.

If you are thinking of taking part in a SWIC activity, do contact the relevant convenor who will be able to introduce you and share more details with you.

Caren Trafford Editor
news@swic.org.au

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A Proud History

The Sydney Women's International Club was founded in 1997 to provide friendship and support to newcomers as well as women returning to Sydney to live.

Our members come from many different countries and enjoy a wide range of activities and networking opportunities.

We welcome all new members and thank everyone for their continued support and participation in our Club.

Message from the President

Dear all,

It is my pleasure to welcome you to SWIC's Annual Magazine for 2026 which is packed with information about all the events that were organised by SWIC during the last year, complemented by a series of colourful photos of members engaging in, and enjoying, some of your favourite activities.

These included sports days, wonderful walks and garden tours in and around Sydney, book club meetings, art and culture tours, theatre, concerts and just simple get-togethers like morning teas, as well as special food and drinks events culminating in a wonderful Christmas Lunch at Parliament House with Ronni Kahn from Oz Harvest as the dynamic speaker.

And, of course, also included in the magazine is lots of information about events planned, and bookings made, for the current year of 2026.

This all demonstrates how active and vibrant SWIC is as a club with such a diverse range of activities available to members, and my thanks go to all the convenors and other organisers who are responsible for making this happen.

The magazine also provides information about the wonderful Committee which has supported me personally over the last year, and who have all worked tirelessly on behalf of you, and in the interests of our club. And we now have a 2026 Committee which includes some fresh new faces as well as others who are continuing on with me from last year.

There are fascinating stories provided by four of our members, who have now been SWIC members for more than 25 years, and these are really worth a read and again show how truly international we are as a club.

It is a privilege for me to continue in the role of President over 2026 and I extend my heartfelt thanks to you all for your ongoing support and for your commitment to our shared mission of bringing women together in our beautiful city.

I am excited to work alongside you through the course of this year.

Wendy Phillips

President SWIC



Please let us know if you know of any member that is in need of support.

Contact our **Well-being Officer:**
Gail Kennedy gailekennedy@gmail.com



LET'S CELEBRATE

25 YEARS WITH SWIC: Satya Colpani

I was born in Fiji. When I finished primary school, my father sent me to Australia together with my sister for further education. My father enrolled us at Santa Sabina boarding school. However, there were not enough rooms available for both of us, so we were then sent to Dominican Convent, Moss Vale. Life in the country side, in a boarding school, and the food was totally foreign to me.

When I completed my high school I moved to Newtown and found a place to live. I then enrolled at a college to study Fashion Design.



After I met my husband, I decided to enrol at the university and do an Arts degree. I went on to complete a masters degree in English literature.

As I was interested in writing and literature I wrote a book on my Father who was an important part of the history of Fiji. Since then I have been writing in various genres.

I joined SWIC after I moved to Mosman.

I was involved in several activities including as the editor of newsletters.

I have also been involved in having Cancer Council's morning tea at my home for many years as well as introducing organisations working to find cure for cancer to SWIC. It is an organisation I like to support. It is a small contribution I am making to help others who need help.

I have thoroughly enjoyed being part of SWIC, made some wonderful friends and I have also benefited from being a member of this wonderful organisation.

Regards Satya



Congratulations

Satya on 25 years membership with SWIC.

25 YEARS WITH SWIC: Usha Modi

My parents are Indian and I was born and grew up in Uganda.

My family moved to England when I was 18 where I eventually got married, had children and spent around 25 years in England. In 2000, I moved, together with my family to Sydney. My first job was as an account clerk and credit controller for financial institutions.

When I first moved to Sydney, I knew nobody. I went to take lessons at Mosman College four days a week where I met ladies who were members of SWIC. It was through them that I learned about SWIC's interesting activities like Christmas party so I rang up and the following month, I joined. When I joined SWIC, there were around 60 to 70 members.

I've enjoyed going to morning teas, Art and Culture and members' forums. I have not been a convenor or committee member but I've often shared my culture at members' forums.

SWIC has given me a lot.

I've met new friends with international backgrounds and there are always a lot of activities for one to join. I enjoy it as you can choose to join as much or as little as you wish.

Usha Modi



25

Congratulations

Usha on 25 years membership with SWIC.

25 YEARS WITH SWIC: Avril Ridley

I grew up in the south of Ireland going to school in Kilkenny & Waterford. After college in Dublin I left for London & my first job was at a very smart Dental Practice in Harley Street.

The lure of travel was never far away and I joined British Airways (then BOAC) which was all long distance flying with many trips to Africa, the Far East, USA, and one memorable trip to Sydney which took three weeks with many stopovers.

My first home after our wedding was in Uganda. There the men (my husband was a Civil Engineer) went to work, and the ladies played golf, tennis, bridge and

helped with many charity events. We then moved to Kenya and our daughter was born in Nairobi. Next move was to Saudi Arabia for 5 very restrictive years. I had our 2nd daughter in Riyadh in the brand new King Faisal Hospital run by global teams.

Most of us were young couples with small children. Ladies were not allowed drive (until 2018) so I had a driver from Yemen, a nanny from Eritrea, a houseboy from Pakistan and made many wonderful friends. We had an International Club that met once a month at the Intercontinental Hotel for a lunch. We all wore long dresses (Thobes) to go outside our high walled villas. Once a week it was Ladies Day at the Zoo and this was a highlight for us to get together. I was there when King Faisal was assassinated by his nephew and the expatriate ladies were invited to the palace to extend our sympathy to Queen Iffat. She sat on her throne in a huge ballroom and one by one we had to walk past her and speak 2 words in Arabic.

We also had the honour of meeting Queen Elizabeth II, on her state visit.

Our next destination was briefly to England and then 4 years in USA. I joined a number of clubs there and again made wonderful friendships.

Next stop was Sydney! We arrived for a 6 month stint ! I knew no one and one day, my husband came home from the British Consul's residence and I was given an introduction to his wife. Then I was invited to a SNAF coffee morning and started my 25 year SWIC journey. My survival is all due to the amazing women I have met, the wonderful activities we all enjoy together and I say with gratitude thank you. My interests are Art & Culture, Travel, Opera, Bridge, and just wish there were more days in the week.



Avril Ridley



Congratulations

Avril on 25 years membership with SWIC

25 YEARS WITH SWIC: Carole Hopper

I am a very proud Sydneysider and having been born in Sydney I have always called Sydney 'home'.

I became aware of SWIC from a SWIC member, Mercedes Carpenter. Although I was not returning from living overseas, SWIC welcomed me as a member in 2001, being someone who could help newcomers to the Sydney experience.

After attending my information morning and learning of all the special interest groups, I immediately joined the North Shore golf group, the Mah-jong group, the Challenging Walking group and the 'Lunch at Home' group, and of course did monthly special activities.

In January 2002 I became convenor of the Mah-jong Group, which was held at my home in Mosman. I remained Convenor till end of 2004.

I was Treasurer of SWIC on the Committee of 2003.

I became Arts and Culture Convenor from 2005 till 2019, sharing the Convenorship with Lynne Kendall for a period of years. This was a wonderful way to learn about the wonderful cultural life of Sydney and to select the best for SWIC members to experience.

I was President of SWIC for two years from 2013 and 2014.

During my 25 years with SWIC I experienced many different interest groups such as book club, bridge, and the film group.

I would advise any new member to immediately experience a few special interest groups, and join the Committee. SWIC is a wonderful way to make new friends and see the best Sydney can offer.



Congratulations

Carole on 25 years membership with SWIC.

10 YEARS North Shore TENNIS CONVENOR: Julie Reading

I'm originally from Adelaide but we have lived in many places: the USA, Philippines, Malaysia, Singapore, as well as Perth and Canberra.

We've been living in Sydney for 12 years, and this has become home.

Tennis has always been a big part of my life. Living overseas, tennis was a great way to meet people.

The same is true here.

I've met some of my best friends through tennis. We even played during Covid, singles of course.

The North Shore tennis group is about friendship as well as a good game of tennis.

We celebrate the end of each year with a champagne lunch and always have coffee and a chat together in Neutral Bay after play.

After I joined SWIC I became the New Member Secretary and loved my four years on the committee. SWIC is a friendly and inclusive group to be part of and it was wonderful to be able to help ladies with the transition into a new city.

I've made so many friends through SWIC and of course enjoyed a lot of tennis.

Julie Reading



Julie Reading: North Shore Tennis Convenor



Congratulations

Julie on 10 years as a convenor with SWIC.



Welcome

Welcome to the 29th AGM of the Sydney International Women' Club at the Royal Sydney Yacht Squadron in Kirribilli, and thank you all, who are here today, for joining us. It has been a privilege serving as your President over this past year and it is with pleasure that I deliver my first President's Report.

Before I begin, I would like to acknowledge and to pay respects to the *Cammeraygal* people of this land, on which we meet today, and to their elders past and present.

I also wish again to offer SWIC's support and condolences, to all of our Jewish members, for the terrible atrocity inflicted on the Jewish community in Bondi on the 14th of December last year, just a few days before Christmas.

SWIC MEMBERSHIP

The membership of the club has remained stable during the year with 327 financial members, a slight increase over the 312 at this time last year. We had 58 new members join SWIC, 24 more than the 34 new members who joined in 2024, which is a good result & demonstrates the ongoing vibrancy of our club. Thirty-six members did not renew their membership for various reasons, such as travel plans, other commitments or ill health. Our club retains its strong international focus with **32** countries being represented.

I would like to acknowledge five of our members, who last year reached the milestone of 25+ years of membership: **Jennifer Clarke, Satya Colpani, Carole Hopper, Usha Modi and Avril Ridley** - and later in the proceedings, I will be delighted to present them with their special new name badges. For the record, we have 28 members who have been with SWIC for more than 25 years. I would also like to acknowledge **Julie Reading** who has been a convenor for over 10 years.

MEMBER WELLBEING

The welfare of SWIC members is an important part of SWIC and during 2025 we reached out to several members to let them know we were thinking of them during a time of illness or other life-affecting events.

Sadly, we lost some wonderful long term members during the year, including our very special Life Member **Judith Nguyen**, along with other very dear members - **Ann Slade, Marilyn McLeland, Lynne Johnson and Margaret Slee**. They will all be sorely missed.

Art & Culture	Alison Ross, Kay Nichols
Book Group	Wendy Phillips, Suzie Canham
Bridge (ES)	Sally Hochfield
Bridge (NS)	Jilly Clout
Classical Music	Grace Mroz
Craft	Rosemary Sullivan
Evening Book Group (ES)	Caroline Frangopoulos
Evening Book Group (NS)	Jill McLean, Caren Trafford
French Conversation	Francoise Heude –Coquelin, Corinne Drouin
Garden Tours	Jane McKenzie
German Conversation	Suzanne Booth, Maureen Trost-Black
Go Saturday	Sian Ware
Golf(ES)	Liz McCarthy
Golf (NS)	Mariella Fraser
Ladies Night Out	Sangeeta Gupta, Elaine Keenan
Mahjong (ES)	Anne Porter
Mahjong (NS)	Karyn Butler
Meet and Eat	Ruku Gill
Movie Buffs	Anita Holmberg, Ruku Gill, Christine Giles
Out 'n About	Caren Trafford, Ruku Gill
Rummikub/Canasta	Lynette Sanchez
Rummikub	Catherine Marsh, Rosemary Sullivan
Sketchbook	Maria Brookes
Sip n' Dip	Jill McLean
Spanish Conversation	Luz Losada
Sydney Explorer Walk	Anna Weaving, Corrine Drouin
Tennis (ES)	Judy Black
Tennis (NS)	Jann Hughes, Julie Reading
Theatre Group	Cherry Spoor, Judith Nguyen
Travel Conversations	Mimi Flaherty, Catherine Marsh
Walk – Challenging	Sue Jamieson, Thana Sivaganam

INTEREST GROUPS & CONVENORS

Our interest groups are run by dedicated Convenors who are the lifeblood of the club. On behalf of the Committee, I would like to thank the following members for their energy and commitment in organising such a range of diverse activities each month.

There were one or two interest groups that wound up during the year, including Go Saturday and Spanish Conversation, and I wish to thank **Sian Ware and Luz Losada** respectively for their work and effort in convening these two groups. And with enormous gratitude, thanks also go to **Kay Nicholas and Alison Ross** for their years of untiring work to organise so many wonderful Arts & Culture events.

To thank all our 2025 convenors, SWIC held a very enjoyable Convenors' "thank you" lunch, in May at the Royal Sydney Yacht Squadron, organised by Anita Holmberg, and attended by 28 Convenors, Committee Members and members of the Communications Team.



SWIC WEBSITE AND COMMUNICATIONS

2025 presented some challenges for the Committee regarding the development of the new website, which has required some fine-tuning.

Sincere thanks go to Julia Hubbard, Catherine Walsh and Rosemary Sullivan, with assistance from Kay Munroe and Eileen Taylor, who have overseen this process.

The upgraded public website has been in place for some time now and the new member website is close to completion.

We have continued to keep members in touch through the monthly "What's On" newsletter, produced by Caren Trafford and sent to members by email through Mailchimp.

Our thanks to Caren who also produces and circulates the annual magazine in the first quarter of the year.

GOVERNANCE AND ADMINISTRATION

I would like to thank the Executive and Governing Committee for their commitment and valued support to me throughout the year and to acknowledge the support of the Cammeray Golf Club, which continues to make its facilities available to SWIC.

During 2025 the key governing roles were held by the following members:

On Committee:

President Wendy Phillips

Vice-Presidents Jill McLean and Julia Hubbard

Secretary Beatrice Cheng

Treasurer Mary-Anne Terry

Communications Co-ordinator Julia Hubbard

Convenor Liaison Anita Holmberg

Membership Secretary Margaret Stow

New Member Coordinator Kay Munroe

New Member Liaison Amy Nii Okai

Morning Teas and BMT Judy King

Special Events Jill McLean

Member Wellbeing Jenny Triance

General Assistants Pauline Waugh and Maggie Weiley

Off Committee:

Monthly What's On and Mailchimp Caren Trafford

Website Administrator Catherine Walsh

Events Calendar and Notices Rosemary Sullivan

Asst Website Admin - Membership Eileen Taylor

Public Officer & Open-Door Contact Catherine Marsh

Assistant Public Officer Elaine Holdom

I would like to thank the outgoing **Vice Presidents and Executive Committee** members for their service to SWIC: **Vice Presidents Jill McLean and Julia Hubbard and Treasurer Mary Anne Taylor**. Thanks also go to outgoing committee members **Kay Munroe, Amy Nii Okai, Judy King, Jenny Triance and Maggie Weiley**, and to **Rosemary Sullivan**, who is stepping down from her off-committee role as Website Administrator - Events Calendar.

I also wish to thank those members who have elected to nominate again for the Committee: Pauline Waugh, Anita Holmberg, Beatrice Cheng and Margaret Stow, as well as to thank Catherine Marsh and Elaine Holdom who are continuing in their roles as Public Officer and Assistant Public Officer respectively.

DONATIONS

The Club has remained in a stable financial position, which has enabled us to continue to make donations to chosen organisations. In 2025, charitable donations were made to: Pankind - \$3,500 for research into pancreatic cancer, 100% of which was raised from members at the Biggest Morning Tea; OzHarvest - \$2,000, of which \$580 was raised from members at the Christmas lunch; the Melanoma Institute - \$1,528 in memory of our past member, **Judith Nguyen; and Chris O'Brien Lighthouse - \$53 in memory of past member Marilyn McLeland**. In total, this was just over \$3,000 from SWIC funds. Thanks go to those members who supported these worthy causes.



Judith Nguyen

COMMITTEE INITIATIVES AND MEMBER ACTIVITIES

The committee responded to the feedback from members in our 2024 survey, and a small events team was set up under Pauline Waugh to support new SWIC initiatives.

These included the rejuvenation of the very popular neighbourhood morning teas, which provide opportunities for members to come together in their local area. These are now occurring regularly in various locations around Sydney. We also instituted regular follow-ups for new members and appointed a dedicated committee member to act as a liaison point for them. Some additional evening get-togethers have also been introduced, as requested, to accommodate those members who find it difficult to attend day-time events.



Sip N' Dip

International Morning Teas & Member Hospitality

The Biggest Morning Tea, held at the Cammeray Club on behalf of Pankind, and organised by Judy King, was attended by 58 members and friends. It included a fascinating talk from Pankind about the exciting new research trials underway to facilitate an earlier diagnosis of pancreatic cancer and to improve patient outcomes. International Women's Day was celebrated with a morning tea at the SH Irvin Gallery that 30 members attended, to listen to a moving talk from Fatima Rahmati, from the Asylum Seekers Centre, herself a refugee from Afghanistan. Other special morning teas were held during the year, including a Devonshire morning tea held by Jill Watson at her home in Kirribilli, & French International morning tea hosted by Françoise Heude-Coquelin in her own home in Northwood, which was a wonderful celebration of the French cuisine and culture. Maria Brookes also hosted a Russian Tea tasting at her home in Mosman, and Anne-Marie Parnell held a Christmas Kringle traditional English morning tea in her home in December.



French Morning Tea



Devonshire Morning Tea



Lower North Shore Morning Tea

Monthly Activities and Special Events

An excellent array of well-attended monthly activities again took place in 2025, including visits to places of special interest, arts festivals, old historic buildings, various exhibitions, and a wide range of unusual walks and garden tours. Special thanks go to Caren Trafford and other members who put this program together, and to Pauline Waugh, Jill McLean, Anita Holmberg and Maggie Weiley, who organised various special events including the Melbourne Cup lunch and SWIC's Annual Christmas lunch.

THANK YOU

In conclusion, a big thank you to everyone who has contributed to SWIC through organising and/or joining in the activities, and especially for those of you who opened up your homes for events.

Remember, members are the life and soul of SWIC as it enters its 30th year of welcoming women to Sydney.

Wendy Phillips President SWIC 2026

AGM 2026: ROYAL SYDNEY YACHT SQUADRON



SWIC COMMITTEE 2026



The 2026 AGM elected a new committee to run the Club. Congratulations to the following ladies.

(from left) Rani Haet, Pauline Waugh, Anne-Marie Parnell, Anita Holmberg, Beatrice Cheng, Margaret Stow, Zhen Brayman, Wendy Phillips, Gail Kennedy, Lyn Sanchez, Suzanne Westbrook (Missing Camilla Frederiksen & Tracey Wright)

OUTGOING SWIC COMMITTEE 2025



A huge 'Thank You' to the outgoing Committee 2025/26.

Julia Hubbard, Anita Holmberg, Jill McLean, Judy King, Maggie Weiley, Pauline Waugh, Jen Triance, Beatrice Cheng, Mary Anne Terry, Wendy Phillips, Amy Nii Okai, Kay Munroe

COMMITTEE POSITIONS 2026



President: Wendy Phillips



Vice President Convenor Liaison: Anita Holmberg



Vice President Special Events: Pauline Waugh



Secretary: Beatrice Cheng



Treasurer: Suzanne Westbrook



Communications/PR: Tracey Wright



General Assistant: Zhen Brayman



Member Secretary: Margaret Stow



New Member Liaison: Rani Haet



New Members Co-ordinator: Anne-Marie Parnell



Member Wellbeing: Gail Kennedy

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Public Officer: Catherine Marsh



Communications/Systems Coordinator: Camilla Frederiksen



General Assistant: Lyn Sanchez



Assistant Public Officer: Elaine Holdom

2026 Committee Members & Roles

President: Wendy Phillips

Role: To represent SWIC as its official spokesperson and, as the head of management, to coordinate and oversee the work of the Committee in the interests of and on behalf of SWIC members.

Vice Presidents: Pauline Waugh and Anita Holmberg

Role: To assist the President in her duties and to deputise on behalf of the President in her absence

Treasurer: Suzanne Westbrook

Role: To be responsible for carrying out all the duties regarding the finances of the Club and to ensure that both the Committee and the Public Officer are kept informed regarding the financial situation of the Club to ensure that the Club remains solvent.

Secretary: Beatrice Cheng

Role: To be the official point of contact for the Club both within the Committee and between the Committee and the members in regard to formal notices and letters and recording of minutes.

Communications/Systems Coordinator: Camilla Frederiksen

Role: To maintain the effective operation of the SWIC website as well as SWIC communication systems such as the email marketing platform, Mailchimp, and other possible communications systems in the future; to establish and maintain a comprehensive document storage and retrieval system

Communications/PR: Tracey Wright

Role: To liaise between the Committee and the Communications team, to advise and report on all external communication issues and to oversee all published materials to ensure consistency and accuracy.

Events Team and Special Events: Pauline Waugh

Role: To confer with the Committee in overseeing the introduction of new activities and special events and to keep the Convenor Liaison officer informed as these are implemented.

Convenor Liaison: Anita Holberg

Role: To act as a contact between Interest Group Convenors, the Committee and the Website Administrator-Events and Calendar; to convey any changes or problems, and be aware of activity, within the Groups.

Member Secretary: Margaret Stow

Role: To manage the renewal of member subscriptions, to order badges for new members and existing members and to report to the Committee on membership numbers.

New Member Coordinator: Anne-Marie Parnell

Role: To respond to all enquiries regarding SWIC membership, to arrange Information Meetings for prospective members, to facilitate membership applications and to advise the Membership Secretary and the Committee of new member numbers.

New Member Liaison: Rani Haet

Role: To conduct Information Meetings for prospective new members in order to provide them with information about the Club, to assist with processing new member applications, including taking photos of the new members for the website, and to act as a Liaison point for new members with follow-up coffee mornings

Member Wellbeing: Gail Kennedy

Role: To inform the President and the Committee of any welfare situations and to convey relevant messages and send cards/or flowers as appropriate.

General Assistant: Zhen Brayman

Role: To be of assistance to other Committee Members as required, such as helping with the arrangements for morning teas and lunches and/or other activities and events.

COMMUNICATIONS TEAM

Here's the team that support the committee and our members throughout the year. Spare a moment to thank them, next time you see them for the fine job that they do.

Camilla Frederiksen and **Tracey Wright** are the committee members responsible for overall Communications and Systems and PR.

Catherine Walsh: Asst Comms/Systems Coordinator

Catherine is responsible for managing the whole site 'look and feel' and for updating Member Documents and the content of the main menu pages. She extrapolates statistical data, deposits website materials, develops an annual Budget, and liaises with website support personnel. Catherine also uploads the monthly President's Message.



Eileen Taylor: Website Administrator - Membership

Eileen looks after our secure online Member Directory, including registering new members onto the site and publishing the Welcome New Members page and Membership Updates. She works closely with the Committee on the automated Annual Subs Renewal process.

Vicki Fenech: Website Administrator - Events Calendar:

Vicki has several important roles, including publishing all notices on the Events Calendar, and linking Payments to events as requested. She works closely with Interest Group Convenors and Committee event organisers to ensure the Events Calendar is always up-to-date. Vicki also updates our Noticeboard with upcoming events and notices and the Alerts on the Welcome Page.



Amy Pang: Photographer

Amy receives events and activity photos and update the Photo Gallery - and will also update the SWIC History page annually.

Caren Trafford: Editor - SWIC Publications

Caren compiles our monthly bulletin, 'What's Happening', and the annual magazine as well as sending notifications to members via email.



2026 Off Committee Roles

Asst Comms/Systems Coordinator Catherine Walsh

Role: To assist the Communications/Systems Coordinator and in particular to maintain and manage the SWIC Google Workspace, to provide mailing list data as required and amend and update items on the website as necessary.

Website Membership Administrator Eileen Taylor

Role: To provide assistance to the New Member Coordinator in arranging website access to new members, to maintain and update the membership database on an ongoing basis for MailChimp and other communication and particularly during the membership renewals period.

Website Administrator – Events Calendar Vicki Fenech

Role: To update the website as required in regard to new activities and notices, including items on the **Events Calendar**.

SWIC Publications Caren Trafford

Role: To publish the monthly What's On newsletter and the annual SWIC magazine and distribute these and other messages as requested directly to members via MailChimp

Photographer: Amy Pang

Role: To photograph members at various SWIC functions and to upload photos onto the website and maintain a file/photographic record.

Guidelines for Submitting photos to the SWIC photo Gallery

Photos should be forwarded to info@swic.org.au within two weeks of the event.

1. Attach photos, maximum of 6 only, to your email.
2. Where possible please send images that are less than 150kb in size.
3. In order for the photos to be meaningful to the wider SWIC community , please write a short caption and name members if possible.



IN CONVERSATION WITH

Anne-Marie Parnell

Anne Marie joined SWIC in 2024 and takes part in many activities, including the challenging walk, book-club and sketchbook. Thank you for taking the time to answer these questions:

Where did you spend your early years?

I was brought up in the city of Norwich in the UK, situated in the East of England, where I lived with my parents and sister. Norwich is known for being the place where Horacio Nelson (of Battle of Waterloo fame) went to school – he was born nearby and, more recently, where British actor Olivia Coleman was born. It was also once the wool capital of England but that was quite a while ago (18th century!). For those of you not familiar with UK geography Norwich is about an hour drive east of Cambridge. At 18 I went to the University of Birmingham, which couldn't have been a more different city.

What are you known for?

Gosh, I'm not really sure! Hopefully, being friendly and kind but you'd have to ask people that know me.

What are you most proud of?

I would have to say my three children! I had my two boys and one girl all very close together in my mid thirties. I have enjoyed helping them grow into young adults and loved watching them play sport and helping them in their studies (although they might not see it that way!).

I also feel proud that I try to make a lot of effort with my friends and keep very long term friendships with people I've met all over the place.

What's the best piece of advice you've ever been given?

Play the long game - when things don't go your way, bide your time and stick with it. I believe in karma!

What are you most looking forward to right now?

Having only been here a year I am excited to see more of Australia. I really want to go to Tasmania and see Uluru, although I know this area is now quite touristy.



IN CONVERSATION WITH

Anne-Marie Parnell

I love the idea of a road trip across Australia just to get a perspective on just how big this country is (most of Europe fits into it!) but I'm not sure if I'd have the patience for so much driving on so many straight roads (are they straight? I presume so). I'd also like to visit New Zealand again, we have been a few times but I do think it's a special place on earth.

What has most surprised you in your career?

I've worked for many years at the BBC as a journalist, most recently long term freelancing for the BBC Bureau in Singapore. There are lots of lovely people working in the media and I've been lucky to have many as colleagues, but there are also quite a few egos and a lot of self promotion going on and I guess that surprised me at first.

What are the 3 things you can't do without.

I can't do without podcasts, Greek yogurt in the morning and coffee.

What relocation or travel destination filled you with the most excitement and why?

I think my most exciting travel moment was when I landed for the very first time in Hong Kong. I'd been working in Singapore for a few months in my early 20s so it wasn't my first time in Asia but the sheer life on the streets was exhilarating and the tightly packed sky scrapers amazed me. I also landed at the old Kai Tak Airport which added to the thrill, the plane literally manoeuvring between the tall buildings while people inside calmly made dinner or put the kettle on!

What do you enjoy most about living in Sydney

We were lucky to be relocated in December 2024 to Sydney due to work opportunities. We never thought we'd get the chance to live in Sydney, especially after so many years of living in Singapore. It is a truly beautiful city – I love seeing the water from so many unexpected places. Turn the corner when driving (especially when you're not quite sure where you're going) and suddenly there's an amazing view of some blue twinkling water. I live very close to Manly and never cease to appreciate the ferry ride over to Circular Quay, I always sit outside no matter what the weather and marvel at the water.

What is the funniest thing that has happened to you recently?

I can't really recall the funniest thing that has happened lately - some moments you had to be there, and other moments may or may not involve some silliness after a few wines, so I won't bore you with those now. But I have been to quite a few live comedy nights in Sydney which have been fun. The banter between the comedian and the crowd is always the best bit. I also love listening to British political comedy - not living in the UK means you can laugh at it all (rather than cry!).



Thank you Anne-Marie, for sharing some of your special thoughts and moments with the ladies of SWIC.

CAN YOU START A NEW INTEREST GROUP?

THERE'S ALWAYS ROOM FOR MORE!

**SHARE YOUR EXPERIENCES & INTERESTS
& SET UP A NEW GROUP
PLEASE CONTACT OUR CONVENOR LIAISON OFFICER.
ANITA HOLMBERG**



OUT N' ABOUT:

Each month, **Out N' About** finds an activity that we can enjoy together. The range of guided tours available in Sydney allows us to explore more of our great city.

During 2025 we enjoyed a range of activities including visits to:

- **Western Sydney Airport**
- **St Mary's Cathedral**
- **Paddington Walk**
- **CBD Exploration**
- **Glass house at the Botanic Gdns**
- **Nando Hobbs Gallery**
- **Sydney Cricket Ground**
- **Elizabeth Farm**
- **Vaucluse House**
- **State Theatre**

Join us as we explore a different location each month.

Check the website for details.



Out N' Abouters enjoying our wonderful city and environs

SYDNEY EXPLORE WALKS

Sydney Explore Walks is a monthly SWIC outing that's a combination of walking and discovering the less trodden parts of Sydney.

We walk between 5km and 8km, visit different neighbourhoods of Sydney like Newtown, Balmain, Kirribilli, harbour walks, Northern beaches, etc. and then have lunch together.

It's a wonderful way to socialize and discover our beautiful city.

A BIG Thank you to Corinne Drouin who has organised many of these walks over the last couple of years.

Do join us on some of the walks we have planned for you this year.



Sydney Walks: November 2025: Jacaranda Time





NEIGHBOURHOOD MORNING TEA: INNER WEST

We meet once a month when possible at a café in the Inner West.

Everyone is welcome and we purchase our own food and drinks. The venue is always accessible via car, bus and ferry.

Organised by:

Thana Sivaganam and Desla McLean



NEIGHBOURHOOD MORNING TEA: NORTH SHORE

It has been interesting to find out who in SWIC lives in the Upper North Shore.

Certainly, more than initially expected!

We currently have 25 on our WhatsApp group.

By majority request we are holding these morning teas every month. Of course, not everyone can make it every time, but we do have a good group each month. SWIC members from out of the area are welcome.

Just contact the convenors Jill McLean or Vicki Fenech in advance.

Upper Northshore Morning Teas are held on the 1st Monday of every month at Runaway Spoon in Lindfield.

Jill McLean



LOWER NORTH SHORE (LMS) MORNING TEA

Three LMS neighbourhood mornings teas have been held so far, at **The Boathouse at Balmoral Beach**.

They have been very popular, with up to 30 members attending each time.

They are held on an ad hoc basis, approximately every three months, with the most recent one being held on Tuesday 24 February.

It was an extremely enjoyable event.

Christine Giles & Pauline Waugh



SKETCHBOOK GROUP FUN

Joining the sketchbook group can be a great way to enhance your artistic journey and have fun in the process!

Fuel Your Creativity:
Discover New ideas and inspiration

Contact
Maria Brookes
mariabrookes1973@gmail.com



GARDEN APPRECIATION GROUP

In December 2025, having asked for a Christmas Theme we were treated to a fabulous tour of the Royal Botanic Gardens exploring the history of Christmas Pudding and its botanical influences, including among many others cinnamon, cloves and ginger. This tour is likely to be added to their program so we hope to revisit it in November, in time to prepare for a 2026 Christmas Pudding.

We have booked seasonal themed tours with the Royal Botanic Gardens starting in March with their Queer Plants tour which celebrates the diversity of forms and reproductive strategies in the plant world.

In February 2026 we took a tour of Lindesay House, a National trust property in Darling Point and its Harbour-side gardens. We are planning to visit more National Trust gardens through the year.

On April 8, Tracey Wright who volunteers at Hyde Park Gardens is organising an ANZAC themed Hyde Park Walk and Tour of the ANZAC War Memorial.

Having visited many Sydney gardens in 2025 including a Barangaroo Cultural tour, the Stony Range Botanic Gardens, Kuringai Wildflower Gardens and Wendy Whiteley's Secret Garden, we are looking to organise a day or overnight tour to take in the seasonal spectacle in country gardens in Autumn or Spring 2026.

If you have any recommendations or are keen to lead a garden tour please email mckjgt@icloud.com

With Thanks to Maureen Trost-Black who organised some of the tours in 2025 and Julia Hubbard who started the Garden Tours ball rolling in 2024.

Jane McKenzie Convenor SWIC Garden Tours



ART & CULTURE

Art N' Culture meets each month to visit an interesting place in or around Sydney in the arts and culture world. In 2026 we already have some exciting outings planned.

April sees the **25th Sydney Biennale**, entitled 'Rememory'. Already receiving interesting PR, this is a popular event on Sydney's art calendar. We are still finalising details, but it's sure to be fabulous.

The Archibald, Wynne and Sulman Prizes 2026.

Need we say more?

Keep **Tuesday, June 16th** free. This one is always well attended.

Avatar Exhibition, Tuesday, August 18th.

Another exciting outing we are working on is to visit the **Brett Whiteley Gallery** once the renovations are completed.

Later in the year we will offer the opportunity to have morning tea with an Australian artist, who is also a well-known comedian. He has entered pieces in the Archibald several times and has won various local art awards. More details (and a name!) to come on the SWIC website, but this is sure to be a great morning.

We welcome suggestions from SWIC members. Please email shelleyfredman@gmail.com your ideas. There is also the opportunity to participate in the NSW Art Gallery Lecture Series (Wednesday evenings or Thursday lunchtimes). Don't hesitate to get in touch with any questions. Shelley Fredman



ARCHIBALD PRIZE

2026



RUMMIKUB

Rummikub is an exciting tile-based game where you score points by forming runs and groups of numbered tiles. It combines luck, logic and strategy and has elements of the card game rummy and the popular game mahjong.

We usually meet and play at Cafe Jam in Mosman or at someone's home. This is a great game to keep sharp and make friends!

In general, we play on the second and third Friday of the month, but please do regularly check the SWIC website as this sometimes changes. Hope to see you soon.

Catherine Marsh



TRAVEL CONVERSATION GROUP

Many SWIC members love to travel. The **Travel Conversation group** is a great way to share travel experiences and tips for places we might be interested in visiting.

At each meeting we discuss topics of interest, sharing our experiences and tips.

Interested in joining this group? **Contact the convenors, Catherine Marsh and Mimi Flaherty Willis on travel.swicsydney@gmail.com**

Here's a taster of some of the useful tips we share in the group

*If anyone wants a beautiful 5 star hotel in **Valetta** Malta, I recommend **The Phoenician** and they won't be disappointed.*

*An amazing place to visit in Puglia is **Matera**. It is incredible & it is thought to be among the earliest settlements in Italy. It was cave dwellings built carved into the mountain side and the last residents lived in these caves until 1952.*

Liz McCarthy

Tips for The Ghan

***Book a Platinum cabin** if available - the Gold cabins are very small. Speaking frankly, one needs to be somewhat steady and not too big to climb the ladder and manoeuvre into the top bunk. My travel companion and I found it necessary to get dressed one at a time - i.e. one of us went to the bar car while the other pulled out their suitcase and got dressed.*

***Call well ahead:** I booked in March for July travel, and Platinum was already sold out.*

*Double cabins have a private bathroom; single cabins share a bathroom at the end of the train car. I found it cold inside the train. They keep a constant temp of 22 degrees, but apparently that is too cold for me! **Bring a pashmina** or sweater. G&Ts in the bar car were exceptional!*

***Bring a fly net** for excursions!*

Sharon Knode

TRAVEL Trivia QUIZ How well travelled are you? See how many you can get right.

1. Bolivia is a land locked country- True or False?
2. What is the name of the currency of Turkey/Türkiye?
3. Which is the oldest (since 17th century) running restaurant in Paris?
4. Which country do Gattard tunnels run through?
5. What is the Eastern most town in Australia?
6. What is the most remote island in the world?
7. What anise flavoured spirit is considered to be the national drink of Greece?
8. Which is the only native land mammal in Iceland - a) Arctic Fox b) Puffin c) Polar Bear d) Whale.
9. What was Oslo called before it was re-named Oslo.
10. The origin of modern humans in Mossel Bay, South Africa, places the earliest evidence of us at
a) less than 100,000 years ago b) 100-200,000 c) more than 200,000
11. The world's biggest waterfall system at Iguazu is on the borders of which two countries?
12. What is the biggest church in the world?
13. What are the 3 longest rivers in the world?
14. What is the capital of Turkmenistan?
15. In which US state is Acadia National Park & Bar Harbor?
16. Which famous landmark in Istanbul is the only palace in the world that sits on two continents?
A. Dolmabahçe Palace B. Topkapi Palace C. Beylerbeyi Palace D. Çırağan Palace
17. Which ancient underground city in Cappadocia is believed to have been able to shelter up to 20,000 people and contains an 8-level ventilation system?
A. Kaymaklı B. Derinkuyu C. Özkonak D. Mazi

Answers pg. 36

NORTH SHORE TENNIS GROUP

The North Shore tennis group meet on Monday mornings at the Cammeray tennis courts.

We are a fun, friendly, relaxed group who enjoy a good game of tennis followed by a great coffee and chat.

Looking for like-minded ladies to join us on and off the court.

If you're interested do get in touch.

Julie Reading



THEATRE GROUP

SWIC THEATRE GROUP PROGRAM 2026

Theatre Group Co-Convenors, Cherry Spoor and Lou-anne Folder, welcome you to join us for the 2026 season.

We have centred the 2026 program around three established theatres:

Ensemble Theatre - 3 plays

Griffin Theatre – 3 plays), and

Sydney Theatre Company – 5 plays.



Cherry Spoor

Lou-anne Folder

The full 2026 Program is published on the SWIC Website NOTICEBOARD, so you can log into the website and see what's on offer, take out a subscription and book your tickets.

The seats booked by the Co-Convenors will be shown in the 2026. (See next page.)

Each month the full notice for the play is published in the EVENTS CALENDAR on the website.

New members will be directed to the Noticeboard each month.

If you wish to join Cherry and Lou-anne for Pre-Theatre drinks/snacks/dinner please RSVP as per the details in the Events Calendar notice.

There will be no monthly reminders, follow-up or communication other than to those members who RSVP for Pre-Theatre drinks/snacks/dinner for which we must always book a table.

Happy theatre going in 2026

Cherry and Lou-anne



SWIC THEATRE GROUP BOOKINGS 2026

Date & Day	Play	Description	Theatre	Time	Seats Convenors
31 January (Saturday)	<i>The Social Ladder</i>	David Williamson AO dissects the fragile performance of status & the outrageous lengths we'll go to, to be seen.	Ensemble Theatre	3:00pm	A17, A18
9 February (Monday)	<i>Purpose</i>	Most awarded new American play of 2025, a 'merciless dissection of hypocrisy – you may have trouble catching your breath from laughing so hard.'	Sydney Theatre Co. Wharf 1	6:30pm	N8, N9 Balcony
22 March (Sunday)	<i>The Elocution of Benjamin Franklin</i>	A landmark work of Australian theatre returns to the stage where it first sprang to inglorious life. This is a riotous, razor-edged tragicomedy & harrowing portrait of persecution.	Belvoir St Theatre in downstairs theatre	5:30pm	General Admission
19 April (Sunday)	<i>Sistren</i>	Sistren: a play that feels like a true original. Chaotic, sprawling, laser-focused, it's like chugging 5 cans of Red Bull, then doom-scrolling with YouTube. Cosmic, Outspoken, Fab.	Belvoir St Theatre in downstairs theatre	5:30pm	General Admission
24 May (Sunday)	<i>Savior</i>	A typhoon hits the Philippines and local project officer, Michelle, lands her dream assignment. It's her first time coordinating a global relief effort for a sleek American NGO. Satire. Disaster. Tinder.	Belvoir St Theatre in downstairs theatre	5:30pm	General Admission
21 June (Sunday)	<i>The Roommate Cast of 2</i>	A dark comedy about two very different women, who clash, reinvent themselves and discover that sometimes the biggest risk is opening the door to change.	Ensemble Theatre	5:00pm	C13, C14
26 July (Sunday)	<i>Doubt: A Parable</i> Cast includes: Sam Worthington and Pamela Rabe	One of the most iconic and electrifying plays of the 21 st century. A drama wrestling with the gaps between belief and truth...	Sydney Theatre Co Roslyn Packer Theatre	2:00pm	C22, C23 Circle
30 August (Sunday)	<i>Runt</i> From the novel by Craig Silvey	A touching tale of the hoops all of us – human and canine – must jump through. It's a tale of the small taking on the mighty.	Belvoir St Theatre	5:00pm	D17, D18
8 Sept (Tuesday)	<i>Housework</i>	<i>Housework</i> follows a group of political dynamos through the back stabbing and backroom deals of a high-stakes sitting week in Canberra, whilst balancing family crises just as frantic.	Sydney Theatre Co Sydney Opera House Drama Theatre	7:30pm	T12, T13 Stalls
22 October (Thursday)	<i>The Year in Tatters (Mad As Hell)</i>	The revue tradition returns as four of Australia's sharpest comedic performers cast a satirical eye over the highs and lows of 2026!	Ensemble Theatre	8:15pm	D41, D42
9 November (Monday)	<i>Strong is the New Pretty</i>	In 2010, an official report into the state of Australian Rules Football recommended the creation of a national women's league. Seven years later, the AFLW was born.	Sydney Theatre Co Sydney Drama Theatre	6:30pm	Q16, Q17 Stalls
2 December (Wed)	<i>The Gospel According to Paul. (The Second Coming)</i>	Exploring the former PM's political achievements and personal obsessions, this play shines light on a man who approached economics as an art-form, and demanded we confront the wrongs of our past.	Sydney Theatre Co Wharf 1 Theatre	7:30pm	M11, M12 Balcony

FRENCH CONVERSATION

“The SWIC French Conversation Group meets every fourth Monday of the month (except Dec. and Jan.) from 2.00pm to 4.00pm in one of the ladies’ houses.

We sit together with a soft drink, in one or two groups depending on the numbers of attendees, usually between 6 and 12, and we discuss a variety of diverse subjects in French.



French Conversation Leaders:
Elizabeth Gordon, Corinne Drouin, Isabelle Edye, Francoise Heude-Coquelin

It is a friendly meeting and everyone has a different level of French but is able to understand the language and express themselves.”

Corinne Drouin

Convened by native French speakers, **Francoise Heude-Coquelin** and **Corinne Drouin**, This activity aimed at those who want to ‘polish up’ their oral French and those who enjoy speaking with their compatriots.

Our conversations are relaxed and friendly.
All levels welcome.

coquelin.fr@gmail.com or cdrouin.au@gmail.com

DATE: Fourth Monday of the month

TIME: 2.00pm – 4.00pm

VENUE: various. Advised to attendees. **COST:** Free

RSVP TO: Françoise at coquelin.fr@gmail.com or Corinne at cdrouin.au@gmail.com



GERMAN



Join the conversation over a cup of coffee, aimed at those who want to practise their German and those who enjoy staying in touch with their mother tongue.

Meetings are on the fourth Friday of the month from 10.30am – 12.30pm.

If you'd like to join the German Conversation group contact

Susanne Booth

boothsusanne@gmail.com

Anne-Marie Giles co-convenor

DATE: Fourth Friday of the month

TIME: 10.30am – 12.30pm

VENUE: Café Jam – upstairs – Bridgepoint, Mosman

COST: Participants pay for their own choice of refreshment

TRANSPORT: Accessible via Waverton train station and bus from North Sydney. Street parking in surrounding area.



Have you lived overseas? Are you interested in other languages?

Our members speak a huge variety of different languages, so why not dust off your language skills & consider joining some of our members at various Conversation Groups held each month? We currently have two conversation groups: French and German. If you'd like to set up a different language group, contact our Convenor Liaison, Anita Holmberg.

SWIC BOOK GROUPS

NORTH SHORE & EASTERN SUBURBS

There are four Book Clubs: two in the Eastern Suburbs (one evening - one day time) and two on the North Shore (one evening - one day time).

Please contact the relevant convenor if you'd like to join one or more of these groups.

SWIC Evening Book Club

Reading List February 2026 – March 2027

Caroline Frangopoulos: swiceveningbookclub@gmail.com or cmfrangopoulos@gmail.com



The SWIC Evening Book Group meets on the first Monday of the month from 17:30 (book discussion commences at 18:00).

We meet at **The Imperial Hotel, 252 Oxford Street, Paddington**

<https://www.imperialhotelpaddington.com.au>.

Oxford Street is serviced by multiple bus routes and street parking is readily available in the area.

If you are interested in joining the SWIC Evening Book Group, please contact the Convenor, Caroline Frangopoulos, at swiceveningbookclub@gmail.com or cmfrangopoulos@gmail.com

Title	Author	Date of Meeting
The Names	Florence Knapp	2-Mar-26
The Wedding People	Alison Espach	13-Apr-26*
Small Things Like These	Claire Keegan	4-May-26
Verity	Colleen Hoover	1-Jun-26
Before the Coffee Gets Cold	Toshikazu Kawaguchi	6-Jul-26
Butter	Asako Yuzuki	3-Aug-26
What Happened to Nina	Dervla McTiernan	7-Sep-26
The Vanishing Place	Zoe Rankin	12-Oct-26*
The House of Doors	Tan Twan Eng	2-Nov-26
Outback	Patricia Wolf	7-Dec-26
The Elephant Whisperer	Lawrence Anthony	7-Feb-27
The Yield	Tara Winch	1-Mar27

* Second Monday of the month due to the public holiday on the 6th October.

SWIC BOOK GROUPS

NORTH SHORE & EASTERN SUBURBS

The **Evening Book Club North Shore** is generally held at the View Hotel in N. Sydney on the first Tuesday of the month 5.30pm – 7.30pm.

Convenor Jill McLean, jill.mclean@jarie.com.au & Caren Trafford co-convenor



Also note the exception of November : the second Tuesday.

Legacy	Chris Hammer	Jan 13
One of us is Missing	BM Carroll	Feb 3
Olive Kitteridge	Elizabeth Strout	Mar 3
One illuminated Thread	Sally Colin James	Apr 7
The Art of Seduction	Richard Greene	May 5
The Instrumentalist	Harriet Constable	Jun 2
The Heart in Winter	Kevin Barry	Jul 7
Butter	Asako Yuzuki	Aug 4
Last One Out	Jane Harper	Sept 1
Educated	Tara Westover	Oct 6
The Names	Florence Knapp	Nov 10
The Safekeep	Yael van der Wouden	Dec 8

Trivia Travel Quiz Answers:

1. True 2. Turkish Lira 3. Le Procopé 4. Switzerland 5. Byron Bay 6. Easter Island/Rapa Nui 7. Ouzo 8. Arctic Fox
9. Christiania* 10. more than 200,000 11. Argentina and Brazil 12. St Peter's Basilica, Vatican 13. Nile, Amazon & Yangtze
14. Ashgabat 15. Maine 16. Dolmabahçe Palace 17. Derinkuyu

*It was named after the Danish King Christian IV in 1624 when the Danes ruled Norway. Norway gained its independence in 1905 and the name was changed in 1925 for Norway to reclaim its national identity as the City was originally called Oslo dating back to the 11th century.

SWIC BOOK GROUPS

NORTH SHORE & EASTERN SUBURBS



DAYTIME BOOK GROUP BOOKLIST 2026 (Eastern Suburbs & North Shore)



The Day Book Group(s) meet on the second Tuesday of the month at two venues: one in the Eastern Suburbs and one on the North Shore.

Meetings of North Shore group are in people's homes.

The Eastern suburbs are at the Cruising Yacht Club (CYC) in Rushcutters Bay

Convenors are: Suzie Canham - Convenor North Shore

Wendy Phillips - Convenor Eastern Suburbs: wendyphillips46@gmail.com

Start time is 1.30pm and the discussion usually goes for two hours, followed by light refreshments. Please visit the SWIC website for more details on the books to be discussed.

Books for **2026** are as below.

March	The Nightingale	Kristen Hannah
April	This is Happiness	Niall Williams
May	Stone Yard Devotional	Charlotte Wood
June	Memorial Days	Geraldine Brooks
July	There are Rivers in the Sky	Elif Shafak
August	Intermezzo	Sally Rooney
September	The Hamilton Case	Michelle de Krestler
October	The Ministry of Time	Kaliane Bradley
November	LUNCH and BOOK CHOICE	
December	The House of Doors	Tan Twang-Eng

CLASSICAL MUSIC GROUP

Welcome to the 2026 Season of Sydney Symphony Orchestra performing in Opera House Concert Hall. In the 2026 Season of Sydney Symphony Orchestra there are nine 'Thursday Afternoon Symphony' concerts at 1.30pm with 45 minutes of pre-concert talks, and six Friday 'Tea & Symphony' morning concerts at 11am.



Members usually meet for lunch/ drinks before or after the concert at the House Canteen under the Opera House.

Grace, Glenyse and Greta have bought tickets to 5 concerts (all seats in Box Y) please join us ladies.

15 May, – 11am, music by Stravinsky and Hindermith.

18 June, – 1.30pm , music by Schumann and Beethoven with Anja Bilhmaier conducting.

23 July, – 1.30pm, music by Beethoven with Simone Young conducting.

15 Oct, – 1.30pm, music by Tchaikovsky and Beethoven, Donald Runnicles conducting.

6 Nov, – 11am, music by Bach and Mozart with Simone Young conducting.

Another interesting event by SSO is Open Rehearsals in Concert Hall at 7pm. You'll be able to see and hear preparation required to bring a concert to the stage.

Seats, only in Lower Circle cost \$50, program is very popular so buy asap:

Tue 28 Apr. Benjamin Northey conducting.

Mon 7 Sep Stephen Layton conducting.

Wed 28 Oct Simone Young conducting.

If you are interested in attending any of the 2026 Classical Concert Series with fellow SWIC's do check the website and please contact Grace if you would like to meet up before/after these concerts for a coffee.

Grace Mroz **Phone:** 0434 170 030

Email: grazynamroz91@gmail.com



LOOKING BACK: Classical Music Group



If you are interested in attending any of the 2026 Classical Concert Series with fellow SWIC's do check the web-site to see where Grace is seated and please contact Grace if you would like to meet up before/after these concerts for a coffee.

Grace Mroz **Phone:** 0434 170 030

Email: grazynamroz91@gmail.com



Looking Back: Meet N' Eat

Rickshaw Food

Malaysian food is more than just Laksa and Char Keow Teow. Back in June, we travelled to Burwood, a vibrant and diverse suburb in Sydney's Inner West.

Rickshaw calls itself a Singaporean and Malaysian restaurant. Located at one of the units in Emerald Square complex behind Burwood Plaza, Rickshaw Food restaurant serves Malaysian and Singaporean cuisine and we sampled dishes that were NOT Laksa, Char Keow Teow or Hainanese Chicken Rice.

We did a "the blind leading the blind" tour in Burwood before the lunch, to visit an Asian grocery store and a kitchenware shop.

Sandy Tay



Whatsapp Group for Meet N' Eat

If you would like to be notified of future Meet N' Eat offerings, please contact Rani Haet +1 917 520 8153 with your name, to join the SWC What'sApp Group for Meet N' Eat updates.

Looking Back: Neighbourhood Morning Tea

A big Thank You goes to **Gillian Watson** who baked a bucket-load of her scones for a delicious Devonshire Morning Tea.

Made to the CWA, Country Women's Association recipe and served with whipped cream, strawberry jam, butter, coffee and tea, the event was hugely popular and everyone thoroughly enjoyed the morning.



Looking Back: Harbourview Twilight Drinks



This relatively new activity for a once a month meet up is gathering momentum. It has undergone a name change from **Harbour View Twilight Drinks to Sip N' Sup** and for 2026 may undergo another name change!

Join us every **3rd Thursday of the month** as a meet up for SWIC ladies. The venue will change each month and a different SWIC member is welcome to organize this in their area. It is a particularly great opportunity for new members to meet SWIC members and for all members to drop in for a chat.

Last year, as long as the weather permitted, we met outside on the verandah.

As you can see in the photos, it was absolutely gorgeous on the verandah at The View in North Sydney. Where else in the world can you enjoy a view like that?

Contact Pauline Waugh if you know of a venue near you that might be a fun place to meet.



Pauline Waugh 0414 682 644

Looking Back: Russian Morning Tea Aug '25



The **Russian Morning Tea** event hosted by **Maria Brookes** was attended by more than 25 SWIC ladies. A fabulous selection of Russian cookies, chocolates and cakes were on offer: the highlight being a delectable Russian Honey Cake. Maria, dressed in the spirit of a traditional costume, took us through the intricacies and history of drinking Russian Tea. Tea is an important part of Russian culture. Due partly to Russia's cold northern climate, it is today considered one of the most popular beverages in the country. Russian tea is brewed from leaves and can be served sweet, and hot or cold. A notable aspect of Russian tea culture is the samovar, widely used to boil water for brewing until the middle of the 20th century. Traditional tea in Russia includes Russian Caravan: originally imported from China via camel caravan. As the trip was very long, as long as sixteen to eighteen months, the tea acquired its distinctive smoky flavour from the caravan's campfires. Thank you so much Maria for sharing your knowledge with us.



Dear Maria,
Thank you for the most informative morning on Russia's century-old sophisticated tea enjoyment. Your talk was evocative of a genteel culture where friends and families take time to savour daily closeness. Thank you for giving me a glimpse of your childhood and young adulthood. Kim Vu

Looking Back: Melbourne Cup Lunch Nov 25

For the second year in a row, SWIC organised a special lunch for Melbourne Cup.

The Melbourne Cup Lunch at the Greens was a huge success. Ten ladies attended and everyone really got into the Melbourne Cup spirit. The Greens in North Sydney hosted a fun day in the marquee with fabulous food, accompanied by a generous wine/prosecco package. Our table ran two sweeps and the best dressed lady of the day was **Katie Gonzales** sporting a wonderful outfit complete with fascinator. She looked wonderful but all the ladies looked pretty glamorous!

The whole event started at 12.00pm with lunch first. The race at 3.00pm ended in a flash as always, but we were not finished and moved ourselves to the sofas outside to continue our animated conversations amid wine and margaritas. A big thank you to **Jill McLean** for organising this event for us.



Looking Back: MELBOURNE CUP LUNCH 2025



Looking Back: Challenging Walks



Each month, the Challenging Walks, convenors **Sue Jamieson & Thana Sivaganam** organise wonderfully energetic and interesting walks in the Sydney environs.

In November the walk, led by **Sue & Gill Watson**, explored Little Manly beach and park, Collins Flat track and beach, St Patrick's estate, Shelley and Manly beaches. Approximately 12 km, it took 3 - 4 hours of walking to complete. (Which equated to approximately 25,000 steps!)

As you can tell, everyone enjoyed the experience!



Looking Back: Out N' About CBD Walks: Nov 25



In November, 22 SWIC ladies enjoyed a expert-led walking tour. From early colonial times, we weaved through time and space to uncover urban underworlds, hidden haunts and an eclectic array of architectural masterpieces from the Georgian, Victorian and Art Deco eras of Sydney. Did you know....

The term was first used in 1886 by the historian, James Anthony Froude in his *Oceana: or England and her colonies*, who wrote "We were to bid adieu to the Australasian, she had carried us safely down under". To sail to Australia, the ships needed to sail down the Atlantic and then under the Cape.

Frances Greenway was convicted of forgery, but as an architect produced some of the finest colonial buildings in Australia while enjoying the patronage & protection of Governor Macquarie. Many of his buildings can still be seen - St. James Church, The Supreme Court of NSW and St Matthew's Church, Windsor. Today you can see Frances Greenaway on our ten dollar bill, perhaps the only convicted forger on a bank note!



Looking Back: Out N' About CBD Walks: Nov 25



Looking Back: Art & Culture and Out 'N' About

Two of SWIC's groups combined for this outing to the NSW Art Gallery's exhibition of Dangerously Modern: Australian Women Artists in Europe 1890–1940, in October 2025.

It was also the time for us to say a huge thank you to the Art & Culture Convenors who will be stepping away from organising our outings after a fabulous 8 years.

A big thank you to **Kay Nichols and Alison Ross** for all your hard work over the past 9 years.



LOOKING BACK: KRIS KRINGLE MORNING TEA



LOOKING BACK: KRIS KRINGLE MORNING TEA



Looking Back: CHRISTMAS LUNCH '25

Held for the second year in The Strangers Dining Room in the NSW Parliament, the lunch was attended by more than 100 members. You may know that historically, guests to Parliament, which may include visiting dignitaries, consulate representatives or even members of the Royal family were referred to as 'strangers', thus the restaurant became known as the place 'where strangers become friends'. Bright colours abounded as everyone enjoyed canapes and a two course sit-down luncheon.



Committee 2025/26 in attendance with this year's speaker Ronni Kahn - OzHarvest: (from left) Jenny Triance, Anita Holmberg, Maggie Weiley, Pauline Waugh, Julia Hubbard, Suzanne Westbrook, Wendy Phillips (president), Beatrice Cheng, Margaret Stow, Kay Munroe, Jill McLean



Looking Back: CHRISTMAS LUNCH '25



Looking Back: NSW Rail Museum



Home to Australia's largest collection of working and static rolling stock and a vast display of objects, artefacts and memorabilia, NSW Rail Museum tells the story of New South Wales's rail history. Plus we were able to ride on a Heritage Train.



AIRLINE VANITY BAGS WANTED

Hi Ladies,

As we go about our travels we often come across those handy and free airline bags with useful lotions and potions. I collect these and deliver these to St Canices in King's Cross where they are given to the needy.

If I am at a resort where they supply body lotions, shampoos etc. every day I save the ones I do not use and put them in the bags.

Just a thought for you!

I go through the airline bags and try and make sure each bag has a tooth brush, tooth paste, shampoo and conditioner. However if you have samples of cosmetics or other useful or luxury products I can use them. Life is becoming harder and harder for some in the community. Every little bit helps and a little luxury gives pleasure.

You can contact me on **0422 250 365** and we can arrange delivery or pick up.



Many Thanks, **Ursula Forde**

Member's Recipe: Buttermilk Scones

BUTTERMILK SCONE

1 2/3 cups SR flour
1/2 cup plain flour
80gms butter (room temperature)
2 tablespoons sugar
1 cup Buttermilk
1 1/2 cups fine chopped dates
2 tablespoons milk (brushing)



Pre heat oven to 220 deg
Baking tray – line with paper and spray oil spray
Flour bench top
Sift flour & sugar.
Rub the butter into flour until it becomes a fine crumb
Gently stir in Buttermilk and then dates
TIP don't overwork the pastry
Turn the pastry onto the floured benchtop cut into 8-10 scones
Brush scones with milk for a golden top

Bake in hot oven 14-16 minutes

Recipe supplied by **Gillian Watson**

SWIC Annual Magazine: March 2026

AUTUMN IN SYDNEY: March – May



Centennial Park is a sprawling space in the heart of the city. On the southern side of the duck pond, you'll see a myriad of colours and the premises packed with leaves. You can spot the brilliant Lasiandra tree in abundance along with the bright hues of the Tibouchina.



The **Royal Botanic Garden** is the perfect spot to view blooming flowers all year round. But it's especially wonderful during autumn with the entire garden area drenched in colour. Spot a variety of local and international plants here.

A Blue Mountains gem that deserves the spotlight if you're looking for autumn leaves in and around Sydney. **Breenhold Garden** is one of the most picturesque spots in NSW to spot autumn foliage near Sydney. With a \$15 entry fee, you can spend all day in the garden marvelling at the striking scenery and autumn colours.



The **Auburn Botanic Gardens** are absolutely stunning. Here you'll find an abundance of Japanese Maple trees and 9.2 hectares of garden space to hang around in.

Convenor Listing : January 2026

	Name	Convenors	Phone	Email
1.	Art & Culture	Shelley Fredman	0424 053737	shelleyfredman@gmail.com
2.	Book Group	Susan Canham Wendy Phillips	0414 834 471 0419 273 882	canhamsuzie@aapt.net.au wendyphillips46@gmail.com
3.	Bridge Group (ES)	Sally Hochfield	041919 1592	sally.hochfield@gmail.com
4.	Bridge Group (NS)	Jilly Clout	0419 210 012	jillyclout@gmail.com
5.	Classical Music Group	Grace Mroz	0434 170 030	grazynamroz91@gmail.com
6.	Craft	Rosemary Sullivan	0411 441 741	rsulliva@comcen.com.au
7.	Evening Book Group	Caroline Frangopoulos	0420 395 996	cmfrangopoulos@gmail.com
8.	Evening Book Group NS	Jill Mclean Caren Trafford	0468 315 145 0410 991 670	jill.mclean@jarie.com.au carentraff@gmail.com
9.	Explore Sydney Walks	Anna Weaving	0418 625 377	anna.weaving1@gmail.com
10.	French Conversation	Francoise Heude-Coquelin Isabelle Edye	0450 468 165 0417 219 300	coquelin.fr@gmail.com isabelleedye@gmail.com
11.	Garden Tours	Jane Mckenzie	0400 707 893	nedia@mac.com
12.	German Conversation	Susanne Booth	0405 425 880	boothsusanne@gmail.com
13.	Golf (ES)	Liz McCarthy	0414 408 615	mccarthyliz50@gmail.com
16.	Golf (NS)	Mariella Fraser	0403 707 237	mariella.fraser@gmail.com
17.	Mah-Jong (ES)	Anne Porter	0418 965 175	annegporter@me.com
18.	Mah-Jong (NS)	Karyn Butler	0405 448 775	karynbutler@bigpond.com
19.	Meet N' Eat	Ruku Gill Rani Haet Thana Sivaganam	0415 311 956 0452 588 153 0432 553 338	rukugill@gmail.com ranihaet@gmail.com thanasivaganam01@gmail.com
21.	Movie Buffs	Ruku Gill Christine Giles Anita Holmberg	0415 311 956 0419 437106 0409 131 262	rukugill@gmail.com gilescf@bigpond.com holmberganita@hotmail.com
22.	Out N' About	Caren Trafford Ruku Gill	0410 991 670 0415 311 956	swic.activitymonthly@gmail.com rukugill@gmail.com
23.	Rummikub (NS)	Catherine Marsh Rosemary Sullivan	0406 423 304 0411 441 741	rummikubswic@gmail.com rsulliva@comcen.com.au
24.	Sip N' Sup	Pauline Waugh	0414 682 644	pauline.waugh@icloud.com
25.	Sketch Group	Maria Brookes	0400 332 810	mariabrookes1973@gmail.com
26.	Tennis (ES)	Judy Black	0412 670 431	judy.black@sydney.edu.com
27.	Tennis (NS)	Julie Reading Jann Hughes	0438 195 414 0400 062 265	reading.julie@gmail.com jannabellah@gmail.com
28.	Theatre Group	Cherry Spoor Lou-anne Folder	0424 642 052 0409-356016	bungalowbrennan@yahoo.com louanfol@gmail.com
29.	Travel Conversation	Catherine Marsh Mimi Flaherty Willis	0406 423 304 0419 986 464	travel.swicsydney@gmail.com travel.swicsydney@gmail.com
30.	Walking (Challenging)	Rani Haet Ana Ribas	0452 588153 0422413048	ranihaet@gmail.com amrdgs@gmail.com

Disclaimer : The details on this list are correct January 26 and changes will occur throughout the year. Convenors Liaison,