

**FELICITY HENDERSON,  
GOULBURN**

*WHAT MOTIVATED YOU TO  
BECOME INVOLVED?*

I have always felt it is important to be involved in community activities. If we are all prepared to contribute in some way, be it as a member of the school P&C or as a local Shire Councillor, we are taking responsibility for the community we live in. My passion for the land and agriculture has shaped the activities I have been involved with. Consequently, about 12 years ago I was approached to stand for a casual vacancy as a Director on our local Rural Lands Protection Board (RLPB). This led to other opportunities to chair bodies such as the Wollondilly Catchment Management Committee, NSW OJD (Ovine Johne's Disease) Advisory Committee, and this year I was elected to the State Council of RLPBs.

*WHAT DO YOU GET OUT OF  
BEING INVOLVED?*

It's important for me to be able to look back at the end of the year and feel that I have helped to improve things in some small way. However, the most lasting benefit, personally, is the network of friendships and contacts I can now draw on, for example having access to researchers who are prepared to share their vast technical knowledge and then have the opportunity to discuss with them how that might be applied in a practical way 'in the field'.

*HAVE YOU EXPERIENCED  
ANY OBSTACLES? WHAT IS  
ONE OBSTACLE YOU HAVE  
OVERCOME?*

Obstacles are a constant reality so they require you to have a flexible approach but not lose sight of the reason for doing something in the first place.

When you're driving change, people often feel threatened and there is usually some opposition. It's important to know when to go softly, when to build a support base and when to 'stick to your guns'. Many of the obstacles I deal with relate to finding a way through the political and bureaucratic processes that can stop good ideas from eventuating.

*WHERE DO YOU GET YOUR  
SUPPORT?*

Support comes from many areas over time, especially as you prove your consistency, fairness and commitment to doing the job asked of you. The most satisfying feedback is when colleagues or other farmers seek your views and consider what you have to say, even if they don't agree. I sometimes tend to be more 'thin skinned' than I need to be, so having family or friends who can remind me not to take things too personally when they are not going well is important.

*WHAT IS YOUR FINAL MESSAGE  
TO OTHER WOMEN WANTING  
TO BE MORE INVOLVED IN  
DECISION MAKING?*

Really know your facts, that is, do your homework on the subject, understand the range of views and assess where things need to end up and why.

Provide suggestions about how to get there – everyone can be critical after the event, but few are prepared to try things; and then don't be too proud to modify if required.

To take things forward you need to think laterally while at the same time remaining practical and being persistent.

Above all, enjoy the challenges and don't be daunted by them because you will often find you have very good ideas that are worth consideration.

## Expressions of interest for RIRDC advisory committees

The Rural Industries Research & Development Corporation (RIRDC) has a single, specific objective: to maximise the contribution of our research and development (R&D) investments to the profitability, sustainability and resilience of rural industries and communities.

RIRDC's Advisory Committees play a crucial role in helping to shape strategic research plans and identify the best research to implement them. The expertise of individual committee members is critical to this role.

RIRDC invites suitable candidates to submit an Expression of Interest to the Corporation to be considered for a register of prospective committee members.

While there are no specific vacancies on any of the committees at present, the membership of these committees is refreshed on a regular basis. Candidates on the register will be invited to join committees as appropriate vacancies arise. This process will complement, not replace, existing industry processes to identify advisory committee representatives.

### HOW TO APPLY

If you would like to submit your Expression of Interest, see the Information for Applicants provided: [www.rirdc.gov.au/eoi-for-advcomm.html](http://www.rirdc.gov.au/eoi-for-advcomm.html), and submit an application including:

- Your current CV (ideally with three work-related referees); and
- A covering letter which contains the following information:
  - a) Full contact details, including name, title, address, email, phone, fax, mobile number
  - b) A list of programs in which you would be interested in participating (see RIRDC's Business Areas [section 12] in the Information for Applicants document)
  - c) Whether you have previously been or are currently a member of any RIRDC R&D Advisory Committee
  - d) If you are currently receiving funding from RIRDC
  - e) Details of industry support, and what contribution you think you can make to the committee (see list of areas of expertise under Composition of Advisory Committee [Section 7] in the Information for Applicants document)
  - f) Committees meet biannually in March and October/ November in different locations around Australia for up to two days. Indicate whether you would be able to meet the travel and attendance requirements.

**For more information, Ph: 02 6271 4100, Email: [rirdc@rirdc.gov.au](mailto:rirdc@rirdc.gov.au) or go to: [www.rirdc.gov.au](http://www.rirdc.gov.au)**

# Happiness comes from being, not having

By Peter Perisce, Centacare Bathurst

Happiness usually doesn't depend on who you are or on having lots of stuff but on the way you think and what you do.

Many of us ruminate too much about the past or worry about the future, even though what is done is done and what will be hasn't yet happened.

The past is over. We can't reverse any event which has already occurred, much as we might like to. Consequently, it is usually emotionally unproductive to go on archeological digs into our lives kicking in our own heads about something which has already happened but we wish hadn't. Wishing with all our might changes nothing. With things we can do nothing about, we may be better off just getting on with our lives and parking those ruminations to the side of our mind like a spider wraps up its prey in a silken cocoon. Especially if bringing those issues to our conscious mind re-traumatizes us each time we do so.

Worrying about hypotheticals in the future doesn't seem to help in being happy in the present. It's often tough enough for many of us dealing with what is happening in the present without the added worry of things which haven't even

happened yet. Let the 'future you' handle them.

The 'present you' just needs to work on what is here now.

If we lose ourselves in the present, with fewer thoughts as to past or future, then we are more likely to feel at peace with ourself and the world. That is an advantage of practising yoga relaxation, which involves mentally focusing in the present and creating an inner peace.

Most of us seem to have only passing moments of happiness. However, we can extend these by choosing to be more involved in the 'here and now'. These are typically the 'stress breakers'

like dancing, listening to music, gardening, stretching our mind with some training or activity, making things, talking with friends, enjoying the weather, playing or reading with the kids, walking the dog, having a massage, playing sport, going for a jog, riding a bike, reading, playing an instrument, following passions.

Get the idea? When your head is filled with doing and being, it has no time to muck around worrying about things you can't do anything about.

Apart from these stress releases that increase our levels of contentment, there are a few other obvious

benefits such as good health, good relationships with friends and family, someone to love, something to do and something to look forward to.

So don't search for the 'bluebird of happiness'. Experience the moment. Happiness does not depend totally upon your circumstances. Happiness is about looking for and experiencing the positives around you.

The happiest people are often those who seek to be happy. If you're lucky, maybe you're one of them. ■

## Important health information for women

*I am a 53-year-old DES<sup>1</sup> daughter. I was exposed to the drug Stilbestrol while in utero. My mother was given the drug in good faith after losing two premature babies.*

*My only natural child was born eight weeks premature in 1973. In 1975 at the age of 21, and five months pregnant, my uterus ruptured and I had to have an emergency hysterectomy.*

*In 1993 I was diagnosed with cervical cancer and my cervix was removed. About this time, I read in a women's magazine about the dangers of being exposed in utero to DES and talked to my mother. She said she had taken DES every day of her pregnancy – even on*

*the day I was born (prematurely). I rang the Royal Women's Hospital in Melbourne and have been under the care of a DES doctor and have regular tests done. In 1995 one of those tests showed I had vaginal cancer and I had a partial removal of my vagina.*

*I urge all women to talk to their mothers, because if I had not read that article I hate to think where I would be now.*

*Kathleen Angove, Jerilderie*

<sup>1</sup>DES was an anti-miscarriage drug given during pregnancy from 1940 to 1971 (and sometimes beyond) in many countries including Australia. We know that those women given DES and their children of

that pregnancy are at higher risk of certain types of cancer and reproductive problems. If your mum was given a drug to prevent miscarriage, you and she may be DES exposed. If so, you must learn how to protect your health.

The Cancer Council NSW has recently updated the Diethylstilbestrol (DES) & Cancer factsheet, available at: [www.cancercouncil.com.au](http://www.cancercouncil.com.au) or by calling The Cancer Council Helpline on 13 11 20.

**For more information contact Carol Devine, Coordinator, DES Action Australia-NSW on Ph: 02 9875 4820.**

# Hay family fodder

When community-minded, focused, busy women get together on the Hay Plains, big things start happening.

The Hay Mobile Children's Service (HMCS), Hay Preschool Kindergarten (HPK) and Hay School of the Air Parents & Citizens Association are three fantastic organisations catering to the educational and social needs of isolated children in rural/remote districts surrounding Hay. Each service is always battling the need to raise funds to keep them going.

When one of the mums came up with the idea to publish a 'cook book' to sell as a fundraiser you'd think most volunteer committees would run a mile. However a group of busy mums rolled up their sleeves and got in touch with their business/creative sides to get it all happening. *Hay Family Fodder* was created. Their aim was to make a cook book smart and interesting enough for your coffee table and practical enough for everyday use.

Recipes from all over the Hay Plains have been flowing in, some handed down through generations who have survived the harsh conditions on the outback plains.

Whilst the finishing touches are being put on the book the motivated group are organising a special day to launch the book on Saturday 15<sup>th</sup> September 2007 at a unique location around Hay.

They have secured the services of Anneka Manning, national food identity and former Assistant Food Editor of *Australian Gourmet Traveller*. She was also Food Editor of *Australian Good Taste*, writer of *Good Food* and *More Good Food*, former Food Director of *Family Circle* and currently Food Editor of *Heart Healthy Living*. Anneka will launch the cook book and has written the foreword. She will perform a cooking demonstration and books will go on sale to the public for the first time on this day. Those attending the launch will also have the chance to win a block of Füritechnics knives valued at \$600.

The mums on this committee have been travelling up to 180 km (one way!) to get together to produce the book. One busy mum said it takes her mind off the drought and gives her the chance to learn new skills, develop friendships and help out worthwhile organisations which benefit her children.

**For more information or to order a copy of the book once released, contact Sandra Ireson on Ph/Fax: 02 6993 8119 or Email: [sandraireson@bigpond.com](mailto:sandraireson@bigpond.com)**

**Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.**  
**ALBERT SCHWEITZER**

# Immigration Bridge

The launch of the Immigration Bridge in Canberra has provided all Australians with the perfect chance to acknowledge their migrant ancestors.

Immigration Bridge Australia will recognise and celebrate the significant contribution migrants from across the world have made to Australia.

The bridge features the History Handrail, providing the public with the chance to purchase a section of handrail on which the names of their migrant forebears will be inscribed. Each section costs \$110.

**Application forms for the History Handrail project are available from all Bendigo Bank branches or online at:**

**[www.immigrationbridge.com.au](http://www.immigrationbridge.com.au)**

## THE WOMEN OF THE WEST

They left the vine-wreathed cottage and the mansion on the hill,  
The house in the busy streets where life is never still,  
The pleasures of the city, and the friends they cherished best:  
For love they faced the wilderness – the Women of the West.

The roar, and rush, and fever of the city died away,  
And the old-time joys and faces – they were gone for many a day:  
In their place the lurching coach-wheel, or the creaking bullock-chains,  
O'er the everlasting sameness of the never-ending plains.

In the slab-built, zinc-roofed homestead of some lately taken run,  
In the tent beside the bankment of a railway just begun,  
In the huts on new selections, in the camps of man's unrest,  
On the frontiers of the Nation, live the Women of the West.

The red sun robs their beauty and, in weariness and pain,  
The slow years steal the nameless grace that never comes again;  
And there are hours men cannot soothe, and words men cannot say –  
The nearest woman's face may be a hundred miles away.

The wide bush holds the secrets of their longing and desires,  
When the white stars in reverence light their holy altar fires,  
And silence, like the touch of God, sinks deep into the breast –  
Perchance He hears and understands the Women of the West.

For then no trumpet sounds the call, no poet plies his arts,  
They only hear the beating of their gallant, loving hearts.  
But they have sung with silent lives the song all songs above –  
The holiness of sacrifice, the dignity of love.

Well have we held our father's creed. No call has passed us by.  
We faced and fought the wilderness, we sent our sons to die.  
And we have hearts and do and dare, and yet, o'er all the rest,  
The hearts that made the Nation were the Women of the West.

G ESSEX EVANS, 1902



**Rural  
Women's  
Network**

**The State Advisory Committee (SAC)** is the RWN's advisory team. It is made up of women from rural, regional, or remote communities, who come from diverse backgrounds and represent the many interests of rural women.

The primary purpose of the SAC is to provide independent advice and strategic direction to the RWN by:

- developing strategies to address priority issues specific to women living in rural, regional and remote NSW communities;
- promoting and advocating RWN initiatives;
- providing feedback on the effectiveness of the RWN programs;
- being a consultative body for DPI providing feedback on the effectiveness of relevant programs and initiatives; and
- identifying hot and emerging issues for rural, regional and remote NSW communities.

The SAC is currently Co-chaired by

- **Barry Buffier**  
Director-General, NSW DPI; and
- **Elaine Armstrong**  
Country Women's Association of NSW

The RWN and SAC invite you to contact them with your views, ideas and questions.

Current members are:

- **Bourke:** Patricia Bates-Canty  
Aboriginal women's interests  
Ph: 02 6872 3021, Fax: 02 6870 8892  
Email: pcanty@gwahs.nsw.gov.au
- **Coonamble:** Susan Ainge McLeish  
NSW Farmers' Association  
Ph: 02 6824 2091, Fax: 02 6824 2408  
Email: mcleishs@nswfarmers.org.au
- **Gleniffer:** Julie Woodroffe  
Natural Resource Management  
Ph: 02 6655 1420, Fax: 02 6655 0864
- **Goulburn:** Nerida Cullen  
Rural Lands Protection Board  
Ph: 02 4822 6986  
Email: colepark@goulburn.net.au
- **Inverell:** Kim Deans  
NSW Assoc. of Rural Financial Counselling Groups  
Ph: 6721 0030, Fax: 02 6721 0960  
Email: kim.deans@rfcnsw-northernregion.org
- **Mandurama:** Sally Green  
Minister's representative  
Ph: 02 6366 7209, Fax: 02 6366 7256
- **Sydney:** Assoc. Prof. Dr Frances Parker  
Academia/Research Interests  
Ph: 02 4736 0049
- **Wagga Wagga:** Elaine Armstrong  
Country Women's Association of NSW  
Ph: 02 6931 7639, Fax: 02 6391 7639  
Email: ear86878@bigpond.net.au

## rwn sac update

### **Report from Elaine Armstrong, Co-Chair & CWA Representative**



As the new Chair of the State Advisory Committee

I am reporting on some of the issues covered at our meeting held in June which mainly took the form of seminars by guest speakers in response to issues raised at past meetings. I hope you find this informative. We value your feedback and using us to voice your issues.

**Ann Love, NSW Coordinator of Good Grief**, addressed our concerns about helping people through loss and grief. Whether the death of a loved one, the loss of property or stock through drought or flood, we all need to understand that loss and grief are a normal part of life. *Seasons for Growth* workshops provide an understanding of the grief and loss process and are available for children and adults. For more information go to: [www.goodgrief.org.au](http://www.goodgrief.org.au)

**Marj Bollinger, co-founder of The Rural Dental Action Group**, explained her personal involvement in getting better access to dental services throughout rural Australia. Oral health is fundamental to overall health, wellbeing and quality of life. Recent estimates suggest that 11 million people are suffering new decay each year. One strategy they advocate is to establish a National Dental Health Scheme funded by an additional 1 per cent Medicare levy. To sign their petition or find out more, Email: [marjball@bigpond.com](mailto:marjball@bigpond.com)

**Liz Rogers from NSW Department of Primary Industries (NSW DPI)** gave an overview of rural land use planning and NSW DPI's role in maintaining access to natural resources, protecting productive land, aquatic environments and reducing land use conflict. A Central West Panel is currently conducting an independent inquiry into rural land use in the Central West which will have implications for the rest of the state. The report will be put on the RWN website when available.

**Brian Boyle, CEO of the Game Council NSW** based in Orange, addressed our

concerns about hunting in State Forests and on Crown Land. The Game Council is a statutory authority established in 2002 to pave the way for greater hunter participation in feral animal control. It provides a framework for licensed, accountable hunters to step up efforts in the battle against pests such as deer, pigs, goats, foxes, wild dogs, hares, rabbits and cats. There is strict control of hunting licenses and an emphasis on training hunters in responsible and safe hunting skills. For more information go to: [www.gamecouncil.nsw.gov.au](http://www.gamecouncil.nsw.gov.au)

**Delia Dray from NSW DPI** addressed our concerns for non-English speaking farming women in the Sydney Basin. She spoke about the many established and emerging language groups involved in primary industries around NSW. Each group often displays different cultural values and needs so NSW DPI is constantly looking at creative ways to meet these challenges with limited resources.

### **MEMBERSHIP CHANGES**

At our June meeting we welcomed two new members: Nerida Cullen (Goulburn) representing the Rural Lands Protection Board; and Kim Deans (Inverell) representing the NSW Association of Rural Financial Counselling Groups. We also farewellled Denise Turnbull, Far West Area representative.

Thank you to those people who sent in a nomination for the Far West Area. A recommendation has been made to the Minister and will be announced once approved.

### **DIARY DATES**

Don't forget entries open in August for the **RIRDC Rural Woman's Award**. If you have a project that fits the criteria then why not throw your hat in the ring! There is a \$10,000 bursary for the winner. See pages 16 & 17 for more information.

Also, don't forget the **2007 Women's Gathering on 2-4 November in Hay**. It promises to be another great weekend of workshops, networking, and enjoying some timeout with friends old and new.

# Public liability insurance. Why do I need it?

The RWN State Advisory Committee has continued to highlight public liability insurance as a major issue for rural people. Making sure you have adequate insurance cover can be complex. It usually requires a specialist to provide an individually tailored policy to ensure the needs of you, your family, your business or organisation are met.

By doing a quick desktop research the RWN has discovered a few resources which could assist you. It is important to remember that you should always seek professional advice and that public liability insurance should form part of a more comprehensive risk management audit and plan.

Having an adequate public liability insurance policy is necessary for all organisations and businesses to protect against negligent claims made by a third party in respect of bodily injury or property damage arising out of the operation of business.

Injuries may arise from things like workplace hazards or something going wrong on your property. You are liable when you are found to have breached a duty by acting improperly or not acting at all.

You need to seek out insurance coverage to suit your particular needs as you can't foresee and prevent all accidents and incidents. These situations may leave you personally and financially liable for actions in cases where negligence can be proven.

The insurance ombudsman website: [www.insuranceombudsman.com.au](http://www.insuranceombudsman.com.au) has lots of information about insurance, a list of insurers and a Q&A section. The following is an example of a public liability concern from their website:

**Q: I am self-employed and have to obtain public liability insurance and professional indemnity insurance. My car and home and contents insurer will not do this. Where do I go?**

**A:** Some general insurers will only place domestic and not business risks. Depending on your occupation, you may be able to obtain a small business insurance package with one of the larger insurers. Alternatively an insurance broker or adviser will be able to assist you.

The [ourcommunity.com.au](http://ourcommunity.com.au) website also has insurance information. Here is an excerpt:

**Q: What happens if you have an incident that could lead to a claim?**

**A:** Your first responsibility is to whoever has been injured or distressed. Provide assistance and seek medical advice and treatment where required. Do so immediately and where there is some concern expressed by the injured person, express your concern and ensure that where there is any doubt, medical opinion is sought. This is to protect both the injured person and you. Where there is a need to phone a parent or carer do so as soon as practical and do so in a caring manner. Stick to the facts in any conversation and avoid discussion on possible liability or blame.

If an incident does occur that even remotely may lead to a claim record the incident. In doing so stick to the facts of what happened. Don't attempt to allocate blame on any person or piece of equipment and avoid making personal comments or opinions. If you have employed staff ensure that they are all aware of a recording process and who should be advised in the event of an incident. Notify your insurer of all potential and actual claims as soon as possible.

Always make sure that your insurer is notified of any activities that you may wish to undertake outside of your normal operations as it may not be covered or may require an additional premium. While this may not be great news for your budget it is preferable to attempting to make a claim and finding out that you are not covered and having to find funds to pay out a claim.

**Insurance Enquiries & Complaints Limited** assists people with enquiries about public liability insurance and provides information and advice about group buying and the use

of brokers to find cover, suggest possible avenues for pooling arrangements and information about risk management, but it is not able to directly provide callers with insurance cover. Calls are toll free (excluding mobiles). **Call 1300 363 683**

**Public Interest Law Clearing House (PILCH)** is an independent not-for-profit legal referral service. It seeks to meet the legal needs of community groups, not-for-profit organisations and individuals from disadvantaged or marginalised backgrounds. PILCH acts as a facilitator for the community to access pro-bono (free) legal assistance from the private legal profession. Go to: [www.pilch.org.au](http://www.pilch.org.au)

## Checklist

*A quick checklist of questions to ask when looking at public liability insurance policies. Sourced from: [ourcommunity.com.au](http://ourcommunity.com.au)*

1. Check the limit of cover. How much does the policy cover me for?
2. Is there an excess on a claim? If so what is the excess? Is the excess on each and every claim?
3. What is the geographic scope of the cover? Does it cover me when interstate or overseas?
4. Are there any exclusions? (It could well be that these exclusions make the policy irrelevant to you.)
6. Can I package several different insurance policies together? (This can lead to savings).

If you belong to a group that is associated with other similar activities explore the possibilities of 'pooling' your insurance needs. This will almost certainly lead to discounts.

Be mindful that most policies will only cover you when you or your group are acting in authorised activities.

**communitybuilders.nsw.gov.au/finding\_funds/fundraising**

Provides information, ideas, resources and tips on how to host a successful fundraiser. You can also find answers to questions about fundraising for charities and legal requirements for raffles, chocolate wheels and other forms of community gaming.

**acronymfinder.com**

With more than 560,000 human-edited entries, Acronym Finder claims to be the world's largest and most comprehensive dictionary of acronyms, abbreviations, and initialisms. Combined with the Acronym Attic, Acronym Finder contains more than 4 million acronyms and abbreviations. And you can add your own. Look for the RWN!

**yourguide.com.au**

Yourguide is a network of community-based websites supported by more than 160 of Australia's leading local newspapers. Inside Yourguide you'll find the latest local and national news and sport as well as community information from towns all over Australia. You can get involved with local issues and have your say about the things you care about.

**www.connectcountry.com.au**

- Australia's newest social network website for rural people.
- Make new friends with free chat and discussion rooms.
- Find government service information on rural issues.



My name is Jeannie Baker. I live on a sheep and cattle property near the small town of Wyandra, Western Queensland. I am a city girl from Brisbane who fell in love with a country boy, and the rest as they say is history.

My life in the bush has been eventful and challenging, just like any other primary producer's wife. The past seven years have been the most challenging. Like many rural families we have endured the hardships of drought.

As many of you know, drought is the most soul destroying thing that can happen to any rural business and family. It applied pressure to areas of my life that I thought were rock solid. I was forced to watch my husband go and sit on a dozer and use a chainsaw, nearly every day for three years. I saw him go from an optimistic and 'alive' man to one with little care and no personality. He was tired to the bone from the mindless repetition of trying to keep stock alive, with some successes and many failures. Keeping his spirits up was a full-time job.

I started thinking about something I could do to help other rural people going through similar situations. I was hearing

everyday that another Australian farmer had taken his own life and this disturbed me greatly as I knew that there was usually a family left alone.

I came up with an idea (a dream) to create a website to connect people in rural areas, however I had limited computer skills and no idea how to go about developing a website. Well, I did what any possessed woman would do, I googled 'web designers'. There were hundreds. Two hours later I settled on one in Sydney that could sell me modules I could put together and make this dream happen. Wrong. Too hard for this second grade secretary. I would just have to resign and hand it over to the people in Sydney. This was the first time in my life I was not totally in control of a project, however I had faith in the idea and decided to let it go. If Connect Country could link people, allowing them a neutral forum to talk, maybe it might just help someone.

And so Connect Country was born. It consists of five rooms – ladies, blokes, teens, parents and schools. Each room includes live chat and discussion facilities. Live chat enables users to have instant communication with

other rural people. The discussion area allows participants to post a message and wait for a reply. I think the chat area is the most fun. It may seem daunting to some, but the more you use it the better you get. Connect Country also offers a service provider area where people can access information on key services and organisations and a monthly newsletter designed to keep rural people up-to-date with information from service providers and to provide a little bit of light relief. Last but not least, we have introduced a photo area where you can view photos and/or stories from rural people. To have your photo or story included, email them to: **info@connectcountry.com.au** and we'll load them on the site for all your friends and family to see.

We have designed Connect Country as a fun service. I hope you enjoy it as much as I have enjoyed making it for you.

***You have to find something that you love enough to be able to take risks, jump over hurdles and break through the brick walls that are always going to be placed in front of you. If you don't have that kind of feeling for what it is you are doing, you'll stop at the first giant hurdle.*** GEORGE LUCAS, FILM PRODUCER




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## Women in Business e-mentoring

The NSW Department of State & Regional Development is using the latest e-technology techniques to offer business development opportunities to women in smaller regional communities. The pilot program is being run for women business owners in Kyogle, Trundle and Canowindra using workshops, video conferencing, on-line forums and podcasts, along with mentoring and networking opportunities.

*For more information, call Jo-Anne Miley on Ph: 02 9338 6750.*

### THE ETHICS OF CARING IN A GOOD SOCIETY: A NATIONAL CONVERSATION PROJECT

What is a good society? What is caring? Who is responsible for caring? What does caring look like in a good society? The St James Ethics Centre, in partnership with Carers NSW and Macquarie Bank, will be conducting a research project over the next 18 months to explore these key questions.

*If you are interested in participating in a focus group, Email: [whocares@ethics.org.au](mailto:whocares@ethics.org.au) or to find out more, contact Antoinette Simon on Ph: 02 9299 9566 or go to: [www.ethics.org.au](http://www.ethics.org.au)*

## Shoes to give away

A popular Australian surfwear brand has an ongoing source of hundreds of shoes per year to give away to a not-for-profit organisation that may be able to use them – the only catch is they come as singles, rather than pairs.

QuikSilver Australia receives up to 100 women's right-foot shoe samples three to four times a year, which they are willing to pass on to a good cause. Sizes vary, however they mainly come in sizes 7 or 8 and are suitable for young women. (There may also be scope to have the samples produced in other sizes and as a mixture of right and left shoes if that would be more useful.)

Amputee support organisations, hospitals or even art projects are among the groups that might be able to take advantage of this offer.

*If you're interested, send an email to Eloise Gannon at: [eloise.gannon@qsilver.com.au](mailto:eloise.gannon@qsilver.com.au)*

**FREE MEDICAL JOURNALS:** Medical centres, libraries, medical students or hospitals may be able to benefit from an offer to give away a number of medical journals. The journals are between two and five years old, and do not always form a complete set, but they may still be useful to those working or studying in the fields of generic medicine, nephrology and transplantation. **Contact Shelley on Ph: 03 9527 2444 or Email: [cshel@optusnet.com.au](mailto:cshel@optusnet.com.au)**

Save the world.  
Start at home.

Monday 27th August to Sunday 2nd September

Keep  
Australia  
Beautiful  
Week

Protecting the environment should be everyone's favourite sport and some of Australia's leading sports stars are banding together to help show people how to get involved.

During Keep Australia Beautiful Week, which starts on Monday 27 August 2007, all Australians are being challenged to 'Save the World. Start at Home.'

A number of Australia's top sporting heroes will help show people just how easy it is to reduce our individual impact on the environment and, how, together, we can all help protect and preserve Australia's natural resources.

Teams and players already on board to help promote Keep Australia Beautiful Week include the Melbourne Storm Rugby League Club, West Coast Eagles, Sydney TAB Swifts Netball Club, former Olympic Gold Medallist for Aerial Skiing Alisa Camplin and Cricket legend, Glenn McGrath.

As part of this, other sporting clubs, schools and the general public are being encouraged to get involved in one or more of the official KAB Week activities.

This could include organising a 'MobileMuster' to help recycle the 15.5 million old and broken mobile phones stashed away in cupboards and drawers across Australia, or participating in a Cartridge World reuse program to help reduce the 1500 tonnes of printer cartridges sent to landfill each year.

A litter-free challenge is another activity that people can organise for their office, school, or at home, whilst all householders are being urged to replace two standard light globes with two compact fluorescent (CFL) globes during KAB Week. If every Australian household replaced just two lights, it would be the same as taking over 200,000 cars off the road each year and would save enough energy to power at least 100,000 homes for an entire year.

*For more information about Keep Australia Beautiful Week or to register to get involved, go to: [www.startathome.com.au](http://www.startathome.com.au)*

## STUDENT DISCOUNTS

Student Discounts offers big discounts on computer software for Australian students and teachers. To order from Student Discounts you must be a current student, teacher, lecturer or staff member of an accredited and degree-granting educational institution. Home-schooled students may also qualify for discounts on some products.

You will need to provide proof of your academic status before your order is shipped. Acceptable Forms of Academic ID include: Student ID Card; current enrolment papers; recent report card; letter from school on school letterhead; teacher's payslip; Teacher ID Card; or Teacher's Union Card. Fax your ID to: 1800 600 456, Email to: [sales@studentdiscounts.com.au](mailto:sales@studentdiscounts.com.au) or post to: Student Discounts, PO Box 1436, Potts Point 1335.

*For more information, call Freecall 1800 655 887, Email: [sales@studentdiscounts.com.au](mailto:sales@studentdiscounts.com.au) or go to: [www.studentdiscounts.com.au](http://www.studentdiscounts.com.au)*

## Where there's hope: Family experiences of living with youth mental illness

*Where There's Hope* follows the stories of three families as they journey from awareness that 'something isn't quite right', to the realisation that with appropriate support and knowledge there is a hopeful future.

This DVD is intended for families new to the experience of youth mental illness, who might find themselves bewildered and confused about what has happened to their child, and to them, as a family. The DVD will also be a key resource for schools, health and support organisations and the broader community.

The DVD costs \$20 or \$10 excl. GST for families and young people. **For more information or to order, go to:** [www.orygen.org.au](http://www.orygen.org.au)



## The SANE guide for families

Everyone in a family can be affected when someone has a mental illness. This guide explains the importance of dealing with your own reactions to mental illness, helps you find support, explains the skills which will help you to help the person improve their level of recovery, and looks at what needs to be done to plan ahead.

The Guide costs \$12 and is available from the SANE website at: [www.sane.org](http://www.sane.org) Alternatively, Ph: 03 9682 5933

## REGIONAL INFORMATION SERVICE

The Australian Government Regional Information Service (AGRIS) helps you to find information about a range of Australian Government programs and services for individuals, families, communities, farm and businesses in rural, regional and remote Australia.

*For more information, call Freecall (fees apply for mobile phone access) 1800 026 222 or go to: [www.regionalaustralia.gov.au](http://www.regionalaustralia.gov.au)*

## Workplace rights

The NSW Office of Industrial Relations (OIR) produces a range of resources designed to help young people and those from culturally and linguistically diverse communities to understand their rights, entitlements and responsibilities at work. Specific initiatives include:

### YOUNG PEOPLE AT WORK WEBSITE

A website for young workers outlining their basic workplace rights and entitlements. The site is easy to use and includes information on: unpaid work trials; workplace Q&As, minimum age you can start work; check your pay; apprenticeships and traineeships; full-time, part-time or casual?; when the job ends; resources for career advisers; handy websites; and a link to the Money Stuff website.

### OIR COMMUNITY NEWSLETTER

*Work Smart* is a new quarterly electronic newsletter designed for people working with, or interested in, the employment rights of young people and those from culturally and linguistically diverse communities in NSW. It provides up-to-date information to assist job seekers, employees and employers.

### LOOK & LISTEN

The main OIR website offers audio downloads and audio and video presentations so you can watch and listen to industrial relations information and presentations at a time to suit you. Go to: [www.industrialrelations.nsw.gov.au/about/lookandlisten](http://www.industrialrelations.nsw.gov.au/about/lookandlisten)

*For more information on these and other resources, contact Carol Hines, OIR Community Relations Coordinator on Ph: 02 9020 4577 or Email: [carol.hines@oir.commerce.nsw.gov.au](mailto:carol.hines@oir.commerce.nsw.gov.au)*

### MANAGE YOUR MONEY

Need help managing your money? Check out FIDO's range of financial calculators to help you manage your money better. The site includes a Budget Planner to help you manage your expenses so you spend less than you earn. A Credit Card Calculator to check how long it may take you to pay off your credit card if you only pay the 'minimum payment' and how by paying more, you can significantly reduce the time it takes to pay off your credit card debt.

*Go to: [www.fido.gov.au](http://www.fido.gov.au), click on 'Publications & Resources' and then 'Calculators'.*

### OPPORTUNITIES FOR ARTISTS

Arts OutWest is now delivering 'Opportunities for Artists' fortnightly. The latest edition includes over 120 opportunities – from grants and funding to auditions, workshops, competitions, gallery spaces, performances on offer by touring companies.

*Download the newsletter at: [www.artsoutwest.org.au](http://www.artsoutwest.org.au) or call Maryanne Jaques on Ph: 02 6338 4657.*

## Tackling the autism information gap with [autisminfo.org.au](http://autisminfo.org.au)

With a new website and monthly online magazine, North Coast mother of two Traci-Ann Garrad has set out to help other parents of children with autism in Australia to access positive information about the condition.

When her son Xander was diagnosed with late onset severe autism a year ago, Traci-Ann says she despaired at the lack of readily accessible, positive information about autism.

'I found myself accessing international websites to find positive information on early intervention therapies. Research and work into therapies and educational tools for children with autism spectrum disorders are moving at a rapid pace, and, with the support of my family, we decided to start *Spectrum Parenting Magazine* as a way of positively promoting autism and its therapies.'

The free magazine encourages parents, health professionals and those with autism spectrum disorders to contribute articles, advice and tell their stories. It promotes early intervention options, products, services and research developments and promotes advice on issues such as education, dietary support and financial support services.

Since launching the site in January 2007, it has had more than 42,000 hits with figures expected to rise as news of the project spreads.

The magazine is published on the 23<sup>rd</sup> of each month and back copies are available for download from the website.

*Source: DADHC Connections, Issue 14, 2007*

### Anti-Poverty Week 14 – 20 October 2007

Poverty and severe hardship affect more than a million Australians. Around the world more than a billion people are desperately poor.

Anti-Poverty Week focuses on poverty around the world, including Australia. Its main aims are to strengthen public understanding of the causes and consequences of poverty and hardship; encourage research and discussion and promote action to address these problems.

Last year, over 400 organisations and more than 7000 people were involved around the country.

Everyone is welcome to organise activities or join. The activities can be large or small. Local levels are especially welcome. **Why not** organise a display, stall or award? Maybe a workshop, lecture or forum? How about a fundraiser, fact sheet or petition?

*For more information and ideas, go to: [antipovertyweek.org.au](http://antipovertyweek.org.au), email: [apw@antipovertyweek.org.au](mailto:apw@antipovertyweek.org.au) or call 1300 797 290.*

### The Brave Program for Teenagers

The Brave Program is a treatment program for adolescents between 13 and 17 years of age who are suffering from anxiety. The program is available anywhere in Australia and runs all year. The program only costs \$100 to be involved and rebates of up to \$60 in vouchers are available to eligible people. For families who live rurally, and who otherwise would not have access to treatment, the program is available online.

*For more information contact Renee, Sam or Anna on Ph: 07 3346 9516, Email: [brave4teenagers@psy.uq.edu.au](mailto:brave4teenagers@psy.uq.edu.au) or go to: [www.psy.mq.edu.au/brave](http://www.psy.mq.edu.au/brave)*



Eugowra lies in the rich Lachlan basin, 463 km from Sydney on the Escort Way between Orange and Forbes. Situated on the banks of the Mandagery Creek, the township is set amidst picturesque timber-clad, granite hills and fertile flats. The Eugowra granite was used for the construction of the walls of the new Parliament House. The area was occupied by the Wiradjuri people when Surveyor George Evans passed through Eugowra in 1815, the year he discovered the Lachlan River.

On 15 June 1862, Australia's biggest and most famous gold robbery was committed at Eugowra when Frank Gardiner's gang stopped the Forbes to Orange coach at rocks 4.5 km east of the present township. Gardiner, along with John Gilbert, John O'Mealy, Ben Hall, Manns, Bow, Fordyce and Charters stole 2,179 oz of gold and 3700 pounds in cash. How much of the booty was actually recovered is still debated today.

Today Eugowra is a busy little village with coffee, gift, dress shops and a Bushranger Centre/Museum open Wednesday to Sunday. Tourist information is available at the Escort Rock Cafe - Ph: 02 6859 2727.

Janet Noble, Eugowra

We'd love to hear from you, so why not send us a postcard or photo from where you live, and share your news and views! Post to: *The Country Web*, Locked Bag 21, Orange NSW 2800.

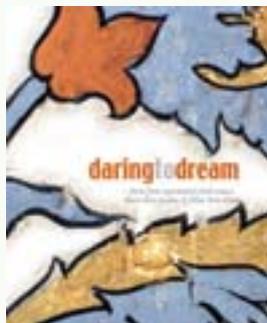
Visit the Rural Women's Network internet site at [www.dpi.nsw.gov.au/rwn](http://www.dpi.nsw.gov.au/rwn)



**DARING TO DREAM: STORIES FROM INSPIRATIONAL RURAL WOMEN**

The *Daring to Dream* book includes 27 stories of leading women from a wide range of rural backgrounds and is a useful resource for anyone

wanting to feel more motivated to follow their passion and achieve their goals. Each story includes individual contact details to encourage informal mentoring. *DTD* costs \$11 incl. GST plus p&h. To order your copy, contact the NSW DPI Bookshop on Toll Free 1800 028 374. (Catalogue No. B302)



If you are a NSW resident and would like *The Country Web* sent free to your home please **PRINT** your details on the form below and return to: RWN, Locked Bag 21, Orange 2800. *The Country Web* is available on the RWN website. If you have Internet access please help us lower our production costs by cancelling your hardcopy subscription.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

P/CODE: \_\_\_\_\_

PHONE: \_\_\_\_\_

I am from an Aboriginal or Torres Strait Islander background

I am from a culturally and linguistically diverse background

<20  20s  30s  40s  50s  60s  70s  80s+

The Privacy and Personal Information Protection Act 1998 obliges the Rural Women's Network to make you aware of the purposes for which we might use the contact details you have supplied us with. This information will be used by RWN for the purposes of disseminating information (including mailouts). Any information supplied by you to RWN will not be disclosed to any other person unless prior consent has been given.