

# I may not be perfect, but parts of me are excellent!

*Peter Perisce, Centacare Bathurst*

Look carefully at the Olympic athletes on the dais receiving their medals. Who looks the happier? The winner of the bronze medal or the silver medal? If you thought 'silver', you'd be wrong!

Research tells us that the bronze medal recipient is generally happier than the silver medal winner. That is because winners of the silvers usually feel unhappy because they missed out on the gold. They think if they had tried harder, they might have won. On the other hand, winners of the bronze are happy enough just to have made it to the dais. They are relieved not to be amongst the also-rans.

As humans, many of our emotional problems stem from our inbuilt need to compete with others. So, we perpetually compare ourselves to others in

terms of what we've got, how much we earn, how we look, who can tell whom what to do, and so forth.

This one-up-manship is why most people would rather have \$50,000 salary if the average was \$25,000, as compared with getting a \$100,000 salary if the average was \$150,000, even though it would mean they could do a lot more with what they had.

We are much too inclined to use others as our yardsticks. Females must therefore find it tough, being forever faced with plastic perfect faces of other

women with perfect figures on most women's magazines. Why wouldn't this make some of the more vulnerable feel somewhat less than adequate?

What about having lots? One-up-manship means that even if we had more money, a better house, higher position wherever we worked, looked better and so on, all that would happen is that we might experience a surge of joy initially, but then that good feeling would wear off as we began to look around us and see that there are others with even more money, better houses, who were even better looking etc. Just like lottery winners, we would tend to revert back to our baseline happiness levels whatever they might be.

And even if you were right at the top of the tree, it's still a no-win situation because then you would be worried about losing your top spot.

Let's face it. When you're at the top of anything, there is only one way you can go, and that's down. That is why those on their way up to the top should be nice to the ones they meet on the way up, because they're the same ones they're going to meet on the way back down again!

Perhaps for some of us it's time we started re-evaluating the yardsticks by which we measure ourselves and start seeing our many imperfections with more acceptance.

As psychotherapist Fritz Perls wrote many years ago, *'I am not in this world to live up to your expectations, and you are not in this world to live up to mine. You are you and I am I, and if by chance we find each other, it's beautiful. If not, it can't be helped.'*

## WOMEN IN DECISION MAKING



### KAY JEFFERY, ILUKA

*Kay lives at Iluka on the North Coast of NSW. She is a member of the National Parks & Wildlife Service North Coast Region Advisory Committee, Coordinator of the Iluka Landcare/Dunecare Group, and President of the Association of Iluka Residents Inc.*

#### WHAT MOTIVATED YOU TO BECOME INVOLVED?

On moving to the village of Iluka in 1987, after spending many holidays in the area, I became aware of the massive weed invasion in our rainforest and nature reserve, and the loss of koala habitat due to sand mining. The village was developing at a steady pace

and I wanted to be involved in the planning process and environmental restoration area.

#### WHAT DO YOU GET OUT OF BEING INVOLVED?

I have made new friends and met many interesting people. The conferences and seminars I have attended have improved my knowledge of the natural environment, bush regeneration, global warming and the need to plan for the future. The opportunity to learn, understand and respect the importance of Indigenous culture and heritage within our community has been very rewarding.

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

Differing points of view or priorities within communities can create obstacles. However, most can be overcome through

communication, negotiation or perseverance.

The biggest obstacle I have overcome is my fear of public speaking.

#### WHERE DO YOU GET YOUR SUPPORT?

My support base is wide and varied. It includes my family, Landcare members, the staff of National Parks & Wildlife Service and members of our community.

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

Decide what interests you the most. Join a group or association with those same interests. Don't be intimidated by lack of higher education – we all have our own unique skills and something worthwhile to contribute. You never know what you can achieve until you try. Have confidence in yourself and enjoy yourself.



## Helping to shape your future



*Greg and Helen Kuchel and their property 'Massadon' on the Murrumbidgee River*

Greg and Helen Kuchel completed LANDSCAN® in 2005 as part of the project 'Establishment and improved management of perennial pastures'. The project is run by NSW Department of Primary Industries (NSW DPI) for the Murrumbidgee Catchment Management Authority to encourage better land and pasture management. Despite the drought, the Kuchels successfully established 40 ha of phalaris-based pasture in 2005 and have recently sown a further 20 ha this year on 'Massadon', which adjoins the Murrumbidgee River.

The photo above shows some of their weaner steers on one of the paddocks sown last year, with this year's sowing in July on the right. It highlights a real turn around in terms of protective ground cover and productive potential as the

property consisted primarily of rundown, erosion-prone annual pastures when purchased in 2001. LANDSCAN principles and strict adherence to NSW DPI's Pasture Establishment Check-list have been major contributors to this turnaround.

Since starting out four years ago on their cattle property, Helen and Greg Kuchel have experienced devastating drought. But despite the difficult seasons, the couple has managed to operate successfully and are continuing to make extraordinary progress in all parts of their business by following well-thought-out plans.

Trading predominantly British breed steers, including Herefords, Black Baldy and Angus cattle, for the feedlot market, the Kuchels buy in young steers at around 250 kg and grow them out to about 450 kg on a rotational grazing

system over about seven to eight months.

'For the rest of the time, during the dry summer period, we strive to have only minimal stock,' Mr Kuchel said.

With an average rainfall of 650 mm (which the Kuchels have yet to experience), the 487 hectare property includes 72 hectares of river flats, 280 hectares of undulating country and 135 hectares of hill country with native grasses.

While the Kuchels are relative newcomers to land ownership, Greg has been involved with the agricultural industry for most of his life. To update their knowledge and skills for best practice farming management and sustainable productivity, the Kuchels have participated in several NSW DPI workshops and courses as well as LANDSCAN®, aiming to maintain 100 per cent cover on 'Massadon', 100 per cent of time.

'LANDSCAN pointed us in the right direction to making a move towards soil nutrient balance, to successfully establishing perennial pastures and to achieving better water utilisation,' Mrs Kuchel said.

'By using rotational grazing and through buying in stock at this time of the year (with the aim of having the majority gone by Christmas), we are able to lighten up our numbers while going through the dry summer.'

Stocking paddocks according to the dry matter and pasture growth rate is also an integral part of their land management.

'We have also been able to utilise our land better by spelling our native country during the autumn/winter period and then

using it through the spring/summer. That has allowed us to keep good coverage on the flatter, more arable country.'

Apart from their native pasture country, the Kuchels are working on a program to eventually grow perennial pastures right throughout 'Massadon'. Understanding soil issues, assessing paddock potential and aspect and choosing the right pastures for different landscapes all help to achieve this.

Mr Kuchel completed the LANDSCAN course more than two years ago, and said he found it extremely beneficial for his enterprise.

'I actually participated in the PROGRAZE® course before LANDSCAN and think we would have probably got more out of PROGRAZE had we done the LANDSCAN first – it gave us a few more basics and a better understanding of soils and the landscape.'

The NSW DPI LANDSCAN workshop series has been developed for farmers, graziers and land managers. Delivered by lectures, discussions and practical, in-paddock demonstrations, the sessions include: reading landscapes, soil types and sampling, understanding soil tests and soil fertility, soil degradation issues, management strategies for production and sustainable land use, assessing paddocks and deciding on priorities for property development and management.

*For a full list of PROfarm courses, Visit: [www.profarm.com.au](http://www.profarm.com.au) or contact Tocal College, CB Alexander Campus on 1800 025 520 or Murrumbidgee Rural Studies Centre, Yanco on 1800 628 422.*

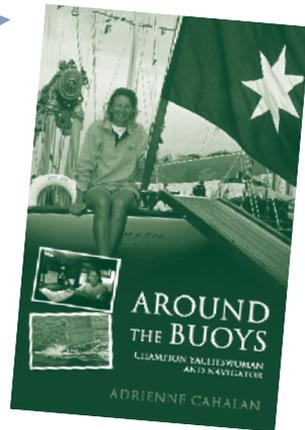
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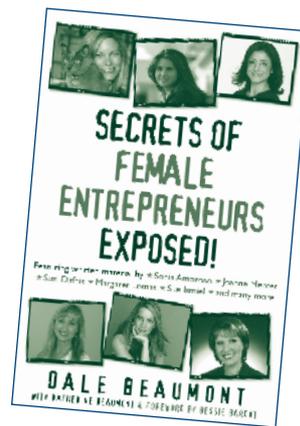


### **AROUND THE BUOYS: CHAMPION YACHTSWOMAN AND NAVIGATOR ADRIENNE CAHALAN**

Adrienne Cahalan has competed in, and achieved, extraordinary things in many classes of sailing. Big boats and small, wet ones and dry, Round-the-World, Sydney-to-Hobart and local regattas. She has been nominated four times for the World International Female Sailor and, in 2005, was named Australian Yachtswoman of the Year. Sailing is a tough world, full of brash men, loads of money, politics, big sponsorship, competition and the occasional tiny but gutsy woman.

In 2004 Adrienne planned on taking a year off to contemplate her future and, perhaps, re-invent herself. Instead she spent 59 days circumnavigating the world at speed with Steve Fossett and the best sailors from around the world. She was the only Australian and the only woman on board *Cheyenne*, and they flogged the record. This is an inspiring and motivating women's memoir.

**Random House Australia  
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### **SECRETS OF FEMALE ENTREPRENEURS EXPOSED!**

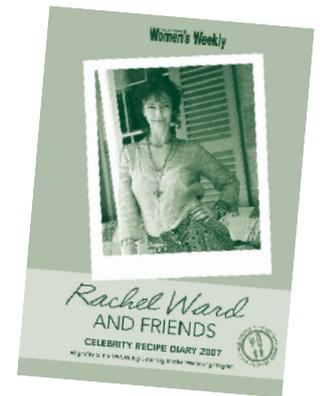
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### **RACHEL WARD AND FRIENDS CELEBRITY RECIPE DIARY 2007**

*By Rachel Ward*

The 2007 diary ticks all the boxes – food, celebrities, and all the profits go to charity.

Rachel Ward, well-known actor and film director, has asked fifteen of her celebrity friends, including many celebrity chefs, to share their favourite recipes. Each recipe has been given *The Australian Women's Weekly* Test Kitchen triple-test seal of approval.

Try Brian Brown's 'barbie mixed grill', Collette Dinnigan's 'chicken doncha' or John Eales' 'osso buco' with caper gremolata on porcini and leek risotto'.

With a week to a page, and inspirational quotes from other celebrities, this diary is both practical and uniquely charming. Plus you're helping out people in need – all profits from the diary will go to the YWCA Big Sister Big Brother program.

**ACP Books Ltd  
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# Facing the future

## 2006 NSW WOMEN IN AGRICULTURE CONFERENCE

The theme for this year's NSW Women in Agriculture (WiA) Conference, held at Cowra, was 'Facing the Future'. Women and their partners were inspired, entertained and informed by a range of quality speakers, including:

- Dr Alison Bowman, Director of the Institute of Agriculture, Wagga Wagga, NSW Department of Primary Industries, spoke about her experiences as a 'woman in agricultural research' and the challenges of juggling family with work.
- Clinton Starr from AWB Victoria gave a very

informative address on the Single Desk.

- Mark Gardner spoke on team building and improving communication in family farm business.
- Michael Kneipp challenged the audience to think outside the square and manage change.
- Narelle Jones, Community Support Officer with the Murrumbidgee Catchment Management Authority, shared insights into her position and environmental issues facing farming communities.
- Margaret Smith AO gave an entertaining speech on her life as a nurse, farmer's wife, and mother of four children, her various board experiences and her role as a past Country Women's Association national President.
- Gillian Stewart spoke about her role as the Grain and Graze National Extension Coordinator and personal challenges, especially with 'the black dog'.
- Kate Schwager, the NSW 2006 Rural Industries Research & Development Corporation Rural Women's Award winner, displayed her Rural Towns

Internet Package and spoke about her involvement in the Women's Industry Network Cotton Group.

- Local Cowra physiotherapist, Angela Johnstone, spoke about promoting healthy bodies.

Our appreciation goes to our sponsors and all who attended. NSW WiA offers a range of benefits and networking opportunities to its members.

*For more information or to become a member, contact Julian Campbell, Warren, President, NSW WiA on Ph 02 6833 2049 or Email: [mundoioe@bigpond.com](mailto:mundoioe@bigpond.com).*

### GRIEVING FOR FOOD – A PHYSICAL AND EMOTIONAL JOURNEY

*By Nadine Connell, Cromer*

Food is inextricably linked with social occasions; and being gregarious by nature, it is natural for social gatherings to have food as a focal point. Unfortunately for me, these situations have become stressful, as destiny dictates the type of lifestyle I must now lead.

Hearing the diagnosis *Coeliac Disease* means nothing to me: 'A genetically based gluten intolerance causing intestinal damage after ingestion'. Lifelong abstinence from gluten is the only way to heal my body.

It begins to sink in; this means a massive lifestyle change; turning my life upside down and changing everything that I currently do, enjoy, and buy – forever! Not to mention controlling contamination in my kitchen, in friends' kitchens, in restaurants and inflicting this new lifestyle on everyone around me, everywhere I go! Gluten is now my poison and, it dawns on me, never again can my life be as spontaneous or as relaxed as it was before.

Physically, if you are to get a life-long disease, this is the one to have; apparently this is said to make me feel better. I know that a disease controlled by food and not drugs is a good thing. I know that managing this disease for life is vital, and won't increase

my chances of getting cancer. I know that the news could have been worse, and going gluten-free will result in a healthier and happier future. But, as much as I understand this, and am told these things over and over by well-meaning people, I can't help but feel devastated.

Any diet you've ever been on probably had you staring at other people's plates wishing to eat so freely. Willpower stops you from cheating, but even if you do you are safe in the knowledge that it isn't the end of the world. There is no room for cheating for a *Coeliac*, with the immediate reaction severe and debilitating, as well as physically damaging.

Don't get me wrong – it's not the end of the world and I am lucky that I can take

responsibility for my own health. This disease chose me and managing it is now my focus. As with everything in life, health and happiness must be worked at, and I trust that I'm doing everything I can for my body and mind to heal. This along with my family's support makes my journey much more bearable.

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**Indulgent Gluten Free Food: Ph: 02 9982 8747 or Visit: <http://stores.ebay.com.au/Indulgent-Gluten-Free-Food>**

*Visit my online store for a range of delicious gluten-free treats for people with gluten intolerance or those looking to reduce gluten in their diet.*

**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 communities within NSW;
- 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 communities within NSW.

The SAC is currently Co-chaired by

- **Barry Buffier**  
Director-General, NSW Department of Primary Industries; and
- **Margaret Francis**  
Rural Lands Protection Board

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

Current members are:

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Rural Lands Protection Board  
Ph: 02 4994 9208, Fax: 02 4994 9195
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- **Sydney:** Dr Frances Parker  
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- **Wagga Wagga:** Elaine Armstrong  
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Barry Buffier, Director-General NSW Department of Primary Industries and Co-chair, RWN State Advisory Committee; Sally Green, Mandurama; and Margaret Francis, Co-chair

## Committee welcomes new member

Sally Green from Mandurama in the state's Central West is the newest member to be appointed to the Rural Women's Network State Advisory Committee (SAC) as the Minister's representative, replacing Annette McCarthy from Armidale.

Sally brings a wealth of practical farming experience and business knowledge to the Committee and is well regarded around Mandurama where she and her family run a mixed farming enterprise as well as a local rural supplies store. Sally is passionate about rural lifestyle and ensuring equal opportunities for country women.

A Director of two family companies, Sally is also a member of the Flyers Creek Landcare Group and Blayney VIEW Club. She has a history working in advertising for Western Newspapers and is a past member of the Blayney and Carcoar Hospital Boards, and an inaugural member of the Uralba Inc Board. Sally has also served on the Church Council and Home Help Board and supports local community associations including rugby, Carcoar Show, schools, Progress Association and Local Government Council.

The SAC meets three times a year and plays a very important role in facilitating information exchange between the community and the government, providing advice on rural women's issues and assisting the RWN to develop projects.

### EDUCATION AND TRAINING

The Rural Women's Network State Advisory Committee is requesting your feedback on rural women's education and training needs.

1. What PROfarm courses would you like run through NSW Department of Primary Industries PROfarm program?

See page 32 for information on PROfarm's LANDSCAN course. For a full list of courses currently available through PROfarm, Visit: [www.profarm.com.au](http://www.profarm.com.au)

2. What kind of creative/leisure courses would you like run in your local area?

We recognise the drought is impacting on women's opportunities to get together. Creative/leisure short courses are one way of addressing this.

We are also interested in hearing from tutors in drought-affected areas who would be interested in running creative/leisure workshops.

HAVE  
YOUR  
SAY