

Broadband connect – check your eligibility

Every Australian now has access to low cost broadband internet – this is the message being sent out to country NSW.

An Australian company has set up a simple mechanism to enable people to see if they are eligible for a Federal Government grant to fund their connection to broadband internet services.

Australian Private Networks Pty Ltd has set up a system whereby people anywhere in Australia can, by quoting their phone number, be told whether they could be eligible for such a grant.

This grant is made available through the Federal Government's Broadband Connect scheme (formerly HiBIS) which has been set up to provide broadband internet services to people living in areas currently not serviced by such services. The government has set aside \$800m over three years to fund the scheme.

'For most of these people the option of a satellite connection (which is covered by the grant) is the only alternative for accessing these services,' Australian Private Networks Director, Mr Warren Ingerson

said. 'Through an agreement with IPSTAR*, one of the worlds largest satellite operators, we are able to offer broadband services under our Activ8me brand to anyone living in Australia from just \$29.95 per month.'

Thanks to the Broadband Connect initiative, government grants of \$3,300 are available to people who qualify because their geographic location does not have access to broadband services. This means that all the equipment and installation costs will be paid for by the government grant. They can now have a fast satellite internet with all the advantages and speed of broadband from just \$29.95 with no additional set-up costs.

'Australian Private Networks technicians have already installed hundreds of grant-funded services across Australia under the Federal Government's previous HiBIS scheme, which was discontinued and replaced by the Broadband Connect program. What still surprises us is the number of people who don't realise they are eligible, or qualify, for a grant', Mr Ingerson said.

People can check their eligibility for a grant by calling 1300 661 428. For more information about Broadband Connect call Patrick Flower on Mobile: 0418 468 708.



Can you get Broadband on your home phone??

If not, you might be entitled to the **full grant** from Broadband Connect (HiBIS)

FAST SATELLITE INTERNET IS NOW AVAILABLE FROM \$29.95 PER MONTH

For more information or to check your phone number ring: **1300 661 428**

OR email: paddyf@apn.net.au

FAST INTERNET FOR COUNTRY AUSTRALIANS

ADVERTISEMENT

WEB WATCH

www.isf.uts.edu.au

The Institute for Sustainable Futures conducts innovative research and produces practical solutions in the area of sustainability, such as water efficiency programs, waste minimisation and management, transport plans and sustainable affordable housing.



www.cleanuptheworld.org

Clean Up the World inspires communities to clean up, fix and conserve their local environment.



www.livingthing.net.au

Information and tools to assist you to take action. Includes information on keeping your home healthy and green, tools to calculate how much greenhouse gas your home produces and much more.



www.dec.nsw.gov.au/resources/2005125_natclean_engpr.pdf

Clean your home with fewer cleaning products and safer alternatives.



www.energysmart.com.au

Australian households spend up to \$1500 on energy bills

every year. Around 90 per cent of that energy comes from burning fossil fuels like coal, which release the harmful greenhouse gases that cause climate change. By making smart choices when buying products and building or renovating, you can save hundreds of dollars on your energy bill and halve your household greenhouse gas emissions.



www.climateinstitute.org.au

The Climate Institute Australia has a five-year goal of raising public awareness and debate about the dangers to Australia of global warming and to

motivate the country to take positive action. The Institute works collaboratively with business, community, scientific, environment and other organisations concerned with climate change.



www.greenhouse.gov.au

Global warming presents challenges for the way we live and work. Addressing this will require changes for industry, governments and the community. Find out what you can do to help stop global warming – at home, work, school and in the community.

Advancing through advocacy for women with disabilities

Women With Disabilities Australia (WWDA) recently announced a new project aimed at increasing women's representation on government and non-government boards and committees. The project, Advancement Through Advocacy for women with disabilities, is being funded under the Commonwealth Government's Women's Leadership and Development Program.

As part of the project, WWDA aims to expand its advocacy capacity by: locating and inviting women with disabilities to nominate for a range of boards, committees and advisory bodies; locating and recruiting women with disabilities who are motivated to acquire such skills but need some training and confidence building to take on such work; developing a register of women interested in taking on board and committee roles; and developing guidelines to give representatives and the WWDA clear policies and protocols about each sides roles and responsibilities.

WHAT YOU CAN DO?

If you are a convenor or secretariat of a board or committee please contact WWDA to register your interest.

If you are a woman with a disability and would like to assist with advocacy work contact WWDA and register your details.

For more information contact Sue Salthouse on 02 6291 6842 or Email: sudata@optusnet.com.au

Better mental health care

The 2006/7 budget contained \$538 million commitment to provide better access to psychiatrists, psychologists and general practitioners through Medicare so that mental disorders could be addressed more effectively and new assistance provided to people with mental disorders and their families. Part of the new measures means assistance is now available for up to 12 individual and/or 12 group allied mental health services per calendar year. For more information go to: www.health.gov.au

Turning barcodes into cash...

The Soy Life Community Fund provides grants of \$5,000 to local community groups, projects and clubs for activities such as renovating the local clubhouse or hall, supporting a fundraising drive, or upgrading equipment at your local primary school. To go in the running for the cash, groups need to complete a nomination form, providing some brief information about what they need the money for, and lodge it along with 50 Soy Life product barcodes. The cash award will go to the monthly winner as selected by the Soy Life judging panel.

For more information or to check your eligibility, Ph: 03 9289 9566, Email: soylife@porternovelli.com.au or go to: www.soylife.com.au

Getting to know your daughter

A survey of 14,000 Australian girls aged 11 to 17 years identifies school as the most stressful thing in girls' lives. A majority of girls (44 per cent) said that school stressed them out the most, with 17 per cent naming boys as their next highest source of stress. Results of the survey are published on a new website called 'Get to know your daughter', which has been designed to help parents better understand their teenage daughters. The website is the creation of Nikki Goldstein, creator of the 'GirlForce' series of lifestyle books for teenage girls. The survey also found that 51 per cent of girls rated their friends as the most important thing in their lives, ahead of school (43 per cent), family (4 per cent) and boys (2 per cent). The website can be found at: <http://www.gettoknowyourdaughter.com.au>

Source: 'Sunday Times', 22/10/06, p.21.

RURAL WOMEN AND DOMESTIC VIOLENCE

The Older Women's Network (OWN) Theatre Group is a project of OWN NSW Inc. The Theatre Group has recently put in an application to the Australia Council Theatre Board requesting funds for a scriptwriter and director/choreographer to develop work for a performance and tour based around issues of domestic violence. It is hoped to tour the State when funds are available and to also present the show to high school students, hopefully providing a basis for open discussion about issues of violence.

As part of the project the Theatre Group is inviting participation from rural women to ensure their issues are included. If you would like to contribute issues, contact Marjorie or Brigid on Ph: 02 9247 7046 or Email: tg@ownnsw.org.au

Understanding money

HOW TO MAKE IT WORK FOR YOU

Understanding money means understanding how much money you have and where it goes. It means being in a position to make the most of what you've got. And it means protecting what's yours. No matter who you are or what you earn, it's easier than you think to take control of your money. This handbook will help you with your money and give you some simple tips on how to make your money work harder for you.

Go to: www.australia.gov.au/understandingmoney or call 1800 236 235 for a copy.

CONVERSION WEBSITE

Asknumbers.com is an online metric conversion site to convert any type of units of weights, length, pressure, volume, currency and more. Go to: www.asknumbers.com

Money quiz for women – test your financial fitness

The Australian Securities and Investments Commission (ASIC) has released a new online money quiz especially designed for women. The quiz has been developed to enable women to assess their money skills and encourage women to focus on their financial decisions and long-term goals. The quiz includes questions about super planning, budgeting, managing credit cards, relationship debt and investing. Go to: www.fido.gov.au

Rural women making change

Rural Women Making Change is a international Community University Research Alliance that supports projects to assist rural women's organisations and their advocates operating in local, national and international policy fields in creating effective reforms of change, including policy change.

Go to: www.rwmc.uoguelph.ca

BETTING ON RAIN: MANAGING SEASONAL RISK IN WESTERN NSW

Betting on Rain brings together basic information on weather and climate systems, and recent research on the development and application of seasonal risk assessment tools, in the specific context of western NSW. The guide provides both informative insights into the factors that determine regional weather patterns and practical tools that will allow landholders to use what predictability does exist to improve management decision making. Contents of this guide include: Introduction; What drives climate and weather?; Managing climate risk; Using historical rainfall data; Seasonal risk assessment; Trigger points; Sources of climate and weather information; and Producer's views.

A useful resource for farmers in western NSW, Betting on Rain is available from: www.dpi.nsw.gov.au, or alternatively, visit your nearest Department of Primary Industries Office, Rural Lands Protection Board or Catchment Management Authority for a copy.

ECarbon News is a monthly digest of climate change news and science from around the world. Subscribe by sending an email to: matt.immonen@greenhouse.crc.org.au

Out of the shadows

DAUGHTERS GROWING UP WITH A 'MAD' MOTHER

By Catherine E Camden-Pratt

Out of the Shadows brings together eleven women who tell their stories of growing up with mentally ill mothers. In this book – the first of its kind – the depictions of individual mother-daughter relationships are unstintingly honest. They show the messiness, pain, everyday challenges and triumphs of spirit that have been part of all of their lives. The legacies are not sanitised. Indeed, a key feature of *Out of the Shadows* is the presence of the women's voices, heartfelt and revealing.

Growing up in a family with a 'mad' parent can be traumatic and overwhelming. The women disclose the impact on their intimate relationships, their life direction, creativity and subsequent parenting while some reveal violent interactions that took place. All demonstrate the possibility of ongoing healing and the richness that comes from making sense of their family influences.

In this book, Catherine includes her own experiences of growing up with a 'mad' mother and the challenges faced by herself and her sisters in childhood and, later on, in their own families.

Out of the Shadows costs \$24.95 and can be ordered online from Finch Publishing at: www.finck.com.au



Aboriginal business resources

The NSW Department of State and Regional Development assists Aboriginal people to start up and stay in businesses through a range of services and programs delivered in Sydney and regional areas.

Its programs help Aboriginal Australians develop and manage a business at all stages, from getting started, employing staff, introducing technology, improving products and processes and taking the first steps into overseas markets.

The Department under the Budyari Ngalaya program also assists Aboriginal-owned firms to form partnerships with large Australian firms. These partnerships may involve employment for Aboriginal people, supplying of goods and services by Aboriginal firms or mentoring for newly established business.

The Directory of Aboriginal Business and Employment Programs provides access to the range of NSW and Commonwealth Government programs and services available to assist Aboriginal people currently involved in business or who are starting a business. It also includes programs designed for Australian companies interested in employing and/or forming partnerships with Aboriginal people.

Firms and business people seeking assistance under the Aboriginal Business Development Program must operate or intend to operate a business that is majority-owned or controlled by Aboriginal people and its business operations are based in NSW.

In addition to the programs for Aboriginal businesses the Department has a range of mainstream small business programs that Aboriginal businesses may be eligible to access. They include: Business Advisory Services; Innovation; Tourism Business; and Women in Business programs.

Go to: www.smallbiz.nsw.gov.au/smallbusiness/starting+in+business/aboriginal+business

AT THE TABLE: GETTING THE BEST PEOPLE AND MAKING THE RIGHT DECISIONS FOR REGIONAL AND RURAL AUSTRALIA

At the Table is a report based on a government inquiry into women's representation on regional and rural bodies of influence. It recommends key actions for governments, industry bodies and regional employers to increase the numbers of women on bodies of influence.

To download the report go to: www.dotars.gov.au



JUST SEARCH

Just Search is a powerful new search tool to help you access Law and Justice Foundation research and other resources. Users can search for the full text of Foundation research reports, abstracts of other relevant research, abstracts of plain language law resources, access to key justice organisations in NSW. You can search by specific groups (such as children and young people, people with a disability, women, or people who are homeless) using the browse capability.

Go to: www.lawfoundation.net.au/justsearch



WOMEN ON BOARDS

Women on Boards is a national program to improve gender balance! The program funds research, networking and mentoring events. The website acts as a meeting place for current board directors and aspirant directors and contains heaps of articles and reports.

For more information go to: www.womenonboards.org.au

SPECIAL DAYS

Pancake Day

20 February 2007

UnitingCare is Australia's largest non-government provider of community services and directly touches the lives of one million Australians each year. Pancake Day aims to promote the services provided by UnitingCare, raise the issues of poverty and disadvantage in the community and raise funds to assist UnitingCare agencies to address these issues.

Funds raised from pancake sales help UnitingCare support, among others: families in crisis; abused and neglected children; families with children with disabilities needing respite care; homeless or unemployed young people; young people affected by drug or alcohol misuse – needing a second chance; families needing emergency food, clothing or housing; youth needing the anonymity of Lifeline telephone counselling.

On Pancake Day, thousands of individuals, school, community, church and business groups nation-wide cook and sell pancakes to raise funds for UnitingCare's work.

To register an event or to find out what's happening in your local community, Ph: 1800 060 543 or go to: 2007.pancakeday.com.au

National Recycling Hotline – 1300 733 712

A national recycling hotline and website covering all 672 local government areas across the country gives householders and businesses information about what and where they can recycle in their local areas. In addition to basic recyclables like newspapers and aluminium cans, the site also tells you where you can recycle items such as computers, oil, car tyres, fridges, mobile phones, car batteries, printer cartridges, phone books and paint cans.

Call the hotline or go to: www.recyclingnearyou.com.au



If he tells you very little then... there are other ways to find out.
 Moulamein rural women recently gathered at a luncheon to listen to Bernard Denner from the Centre for Advancement of Men's Health prior to his message to their men folk later in the evening. The luncheon's main aim was for women to hear the same message so it could be reinforced and encouraged at home. We know that women often 'make it happen' and sometimes a few new ideas spur us along.

That evening Bernard, Father David Bond and Sam Kekovich, a football legend and entertainer, entertained the men whilst also giving pertinent health messages. For those that can organise it... a night where people laugh is the best medicine for feelings of depression and despair during these trying times. It was wonderful to hear bellowing laughter on the night and for days to come. Moulamein, in Southern NSW, is in the grip of drought like many other communities in rural Australia.

It's true... 'Laughter is the best medicine.' **Sue Ellis, Moulamein**

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.

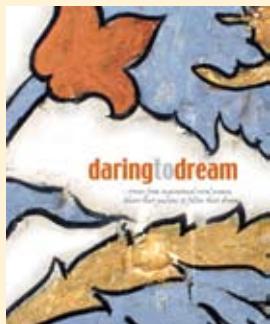
**Visit the Rural Women's Network internet site at
www.dpi.nsw.gov.au/rwn**



Rural Women's Network

**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)



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 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.