

**A WORD OF THANKS**

Special thanks to Minister Macdonald for his encouragement and help with our many issues and concerns over the last five years. Thanks also to Barry Buffier, former NSW DPI Director-General, and Dr Richard Sheldrake, NSW DPI Director-General, for their support and direction. And to the ladies at the RWN, my gratitude and deep affection for all you do. 'Thank you' seems so little to say, but it is sincerely said. Sonia Muir, you are the source of our stability, and a wonderful lady to work with. Thank you.

In parting, I wish for you all that you find strength together to continue working for rural and regional women with your positive vision for primary industries within our network areas. I treasure and value the years I have worked with you all. My sincere thanks for the opportunity to have done so. ■

**JOY BEAMES, DUNEDOO**



The newest member of the RWN SAC, Joy Beames has been very involved with the Country Women's Association of NSW for 17 years. During this time she has held many positions at local, group and state levels, some of which have included President, Treasurer, and Secretary.

Joy and her husband Ken run a farming operation, producing wool from merino sheep and growing wheat, oats and barley crops. They have two children — one at University studying medicine and the other currently completing Year 12.

Joy is also the practice manager for a doctor's surgery and does respite care.

She has been involved in other local organisations for many years.

Joy's term on the RWN SAC starts from 31 May for three years.

CareWest Lodge for adult cancer patients and carers is the project of Cancer Care Western NSW, a charity formed two years ago from the Radiotherapy Alliance Group. The Alliance, formed by Orange City Council, was developed to lobby for radiotherapy services at the new Orange Base Hospital (OBH).

With the inequities faced by many rural patients in accessing life-saving interventional treatment for cancer, and the dislocation of families and the economic hardship faced by many rural families due to treatment facilities only being accessible in metropolitan areas, the challenge was embraced by all regional councils in the Central NSW Regional Organisation of Councils (CENTROC) area, along with many members of parliament.

With the announcement of the building of the two bunkers to house the linear accelerator for the radiotherapy treatment, as part of the complete cancer care facility at the new OBH, support systems became necessary to complement the new centre. Accommodation was thought to be the major support, providing a quiet, restorative environment for patients who

access treatment throughout the Greater Western Area Health Service — a service area of 300 000 people throughout a diverse geographical region.

The commitment of the people in the area has been outstanding with a total of \$442 000 raised to date. This includes \$50 000 each of committed funds from Orange Rotary, Daybreak Orange Rotary and Newcrest Cadia Valley Operations, alongside towns such as Wellington with close to \$40 000 raised, Condobolin \$12 000, Narromine \$10 000, while Mudgee and Forbes have pledged \$50 000 each to name a room.

A commitment of 50 per cent of all regional monies raised through the Cancer Council's Relay for Life for the next two years has also been committed. This will help considerably in raising the \$2 million required for the building project.

Building is due to commence next year so it is vital that all communities who will be using the service assist the project.

**For more information or to get involved, call Jan Savage on Ph: 02 6362 7665 or go to: [www.ccwest.org.au](http://www.ccwest.org.au)**

## Australian Honours & Awards

The Rural Women's Network recently received a letter from Minister Verity Firth MP, Minister for Education & Training and Minister for Women asking for our help in addressing the long-standing gender imbalance in the system of Australian honours and awards.

Her letter stated that there has been limited recognition of women in the Order of Australia honours. At June 2006, the sex ratio of Australia's population was 98.8 males per 100 females, yet this ratio is not reflected in Australia's honours and awards. As an example, between 1999 and 2008, 68 per cent of those honoured in the General Division of the Order of Australia were males, compared with 32 per cent of females.

We can take action to address the gender imbalance by ensuring more women are nominated. If more women are nominated, then it is highly likely more women will be recognised.

**Order of Australia nominations can be made at any time during the year. For nomination forms and more information visit the Australian Honours Secretariat website at: [www.itsanhonour.gov.au](http://www.itsanhonour.gov.au) or call 1800 552 275.**

Why not help to ensure the 2009 Order of Australia honours mark the beginning of a great improvement in the recognition of women in this country?

# The retired cook

By Bett Taylor, Kyogle

He had taken up cooking in his retirement — well, not really his retirement, more his old age — as an added interest.

Like the construction of his paintings, he made a display of the cooked food. Mashed potato looked like Vesuvius with a little sprig of mint bursting on top — the green and white complementing each other. Sometimes there was a surprise too, as the mountain collapsed and the soft pink of diced onions appeared and dispersed like independent rocks but gave an excited tang to the mouth.

He had the habit of putting sultanas in most things. The meat was usually cooked with 'ABC' sauce and sometimes resembled more of a sacrifice, hard, dark and shriveled. He always said, 'green garden peas', when just 'peas' would have done. She never said anything.

Always he set the knife and fork together as a pair on the left hand side of the plate. She knew he felt that sitting them astride, capturing the plate, would make them appear greedy or implements of attack. Always there was a little note tucked in, either under the bread roll or under the side of the dinner plate saying something like, 'Yes, you are' or 'Just because'. She saved them all and put them in her red filing cabinet under 'personal'.

He lit the sandalwood-scented candle in the small, wrought-iron holder they bought in Byron Bay, but that was made in India. He also lit the long, white, replaceable candle that reflected itself in the church window-shaped mirror. Even so, they could not see too well, so all the electric lights blazed over their food.

He looked up and smiled as she ate what he had prepared. He offered her one of his three stuffed mushrooms again before he selected one for himself, even though he knew she didn't like them and had bought them only for him.

He said, 'I'll clear up, you sit down.' She always cleared up and washed up. He tended to spill and slurp as he prepared the meal and fat found its way onto most surfaces. The new house had a dishwasher and visitors tried to encourage them to use it. She tried it once but, with only the two of them now, there weren't enough crockery and utensils to fill the machine until about three meals later. She couldn't come to terms with waiting dirty dishes or the inconvenience of her special knife always hiding, waiting to be cleaned.

She felt like a new bride when he cooked and remembered him being the victim of her once new bridal experiments, 42 years ago. She now had that role and accepted it graciously.

**Did you know that a staggering 2 million people rely on food relief at some point every year?** Foodbank is a non-denominational, charitable organisation which sources donated and surplus food from the food and grocery industry to distribute to welfare and community agencies that provide food assistance to people in need. For more information and/or to get involved go to: [www.foodbanksw.org.au](http://www.foodbanksw.org.au)

## FOOD FOR THOUGHT?

A large partly burnt-out food store,  
Selling stock at half price,  
Jostling queues of well-(over)-fed people,  
Pockets full of money,  
To restock their already overflowing larders,  
Impatiently trying to gain entrance,  
Those inside rushing from aisle to aisle,  
Greedy snatching that 'special' they want,  
To get it before their neighbour.  
Police hovering to control the crowds  
Fighting and spitting like a bunch of mangy cats,  
Bags and boxes full,  
Then emptied, and back inside for a second go.  
I've seen on the TV news,  
Quiet orderly queues,  
Of men, women and children,  
Patiently waiting, sometimes for hours,  
For a cup of milk, a bowl of rice,  
Or just water, if they can get it.  
And when that's gone,  
No more until tomorrow, if they're lucky,  
Or maybe the next day, if they're not,  
There are no 'second goes' in Kampuchea.

© PAMELA HARRIS, WINGHAM

## WEB WATCH

### [healthy-kids.com.au](http://healthy-kids.com.au)

A child at school consumes around a third of their daily nutritional requirements, so it's important their lunchbox is well planned and contains a variety of healthy, yummy choices to ensure your child has enough energy and nutrients to help them concentrate, learn and play. This site has some great ideas to get you started.

### [singlesavings.com.au](http://singlesavings.com.au)

Jam-packed with ideas and resources to help you manage your money better, Simple savings will show you how to become a clever consumer by saving money on groceries, gifts, cleaning, holidays, cars, phone bills and more.

### [communitygarden.org.au](http://communitygarden.org.au)

The Australian Community Gardens Network is an

informal, community-based organisation linking people interested in community gardening. On the site you'll find ideas, checklists and how-to guides to start your own community garden, information on events and activities, resources for educational gardening in school, and much more.

### [farmbiosecurity.com.au](http://farmbiosecurity.com.au)

Whether you're a livestock producer, plant producer or both, Farm Biosecurity is important. This site aims to help you reduce the risk of disease by providing a range of tools to help assess risks and ideas to reduce them, including biosecurity record templates and disease information, as well as links to useful websites, biosecurity related news and events.

## 2009 Sydney Food Fairness Alliance Food Summit

***Hungry for Change: shaping food policies that are fair and sustainable: 22–23 October 2009***

### **Why is food security an issue in Australia?**

- The cost of staple and healthy food is rising.
- Healthy food is already inaccessible to 400 000 (6.2%) of NSW residents.
- Obesity levels are high; diabetes is affecting Australians at younger ages.
- We are losing productive agricultural land on the urban fringe.
- Climate change is impacting food production and Australia's capacity to feed itself.
- Current food production systems significantly contribute to our ecological footprint.

### **What can we do to address this?**

The Sydney Food Fairness Alliance (SFFA) two-day Food Summit will provide the opportunity for concerned individuals, community organisations, government and industry to demonstrate leadership and to frame a state-wide food policy that will provide fair access to affordable and nutritious food; further develop sustainable food systems and support successful strategies to meet challenges.

A series of public forums will be held in the lead-up to the Summit to identify issues of concern or potential actions that should be considered by participants in the Food Summit.

The Summit will include workshop sessions to discuss issues raised at the public forums and to clarify content for the Declaration and field visits to showcase innovative local projects promoting sustainability and access to healthy food.

**For more information or to register for the Food Summit go to: [www.sydneyfoodfairness.org.au](http://www.sydneyfoodfairness.org.au)**

## *Innovation Generation* **Sowing the seeds of success**

**7–9 JULY 2009, TAMWORTH**

'Innovation Generation', hosted by the Grain Growers Association (GGA), is a unique gathering of Australia's agricultural future leaders and will this year be hosted by the city of Tamworth from 7 to 9 July.

The conference program will cover all aspects of the market including: consumer expectations, grain quality and performance, trade opportunities and challenges, biotechnology as well as storage, handling and transport.

A highlight of the conference will be tours of leading local agribusinesses for a first-hand experience of innovation at work.

The conference is excellent value, with registration including conference participation, four nights' accommodation, all meals and social events. Normal registrations cost \$395 and closes 5 June. Places will be limited to 300 delegates so register early to make sure you don't miss out!

Delegates are encouraged to leave the car at home and join the conference buses departing from Albury in NSW and Dalby in Queensland with numerous pickup stops along the way.

**For more information or to register, visit the Grain Growers Association website at: [www.graingrowers.com.au](http://www.graingrowers.com.au) or call 1800 620 519.**

### **2009 SCIENCE & INNOVATION AWARDS FOR YOUNG PEOPLE IN AGRICULTURE, FISHERIES AND FORESTRY**

Do you have an innovative idea that will boost Australia's rural industries? Do you need up to \$50 000 to make your idea reality? Do you want to kick-start your career and build professional networks? Do you want media training to help promote your ideas? If so, then apply for the 2009 Science & Innovation Awards now! The awards are open to young people aged 18–35 who want to make a real difference to Australia's rural industries. For more information or to download an application form go to: [www.daff.gov.au/scienceawards](http://www.daff.gov.au/scienceawards) or Ph: 02 6272 5039. Applications close 3 July 2009.

### ***Broadband for Seniors internet kiosk services***

This great new service aims to provide senior Australians with free access to computers, the internet and individual and workshop training by establishing up to 2000 senior internet kiosks nationally. Through the service, seniors will be able to learn new skills, stay in contact with family and friends and meet new

people. If you're involved in a local community organisation that's interested in hosting a kiosk, contact the Broadband for Seniors Hotline or submit an expression of interest at [www.necseniors.net.au](http://www.necseniors.net.au). The location of the kiosks will be listed on the website above, or for more information, call the Broadband for Seniors Hotline on 1300 795 897 during work hours.

## **Regional Food Producers Innovation & Productivity Program (RFPIPP)**

The Federal Government has committed \$35 million over four years to the RFPIPP to help boost the productivity and competitiveness of Australia's regional food and seafood industries.

Under the program, matched-funding grants, generally between \$50 000 and \$2 million, are available for food and seafood businesses to undertake projects based around one or more of the following activities:

- the design and implementation of new technologies, production or processing techniques;
- the adoption of food production or processing technologies developed overseas;
- the innovative redesign of existing production/processing lines to improve efficiencies and productivity.

The grants are open to Australian food producing businesses involved in value-adding and processing. Eligible applicants must be a business registered for taxation purposes in Australia with an ABN and must be financially viable and able to demonstrate their capacity to pay at least 50 per cent of project costs.

To submit an expression of interest, you must first register your details and proposed project. After an initial eligibility check, you will receive an expression of interest form to complete.

**Registrations for Round 2 of RFPIPP close 22 June 2009 with expressions of interest closing 6 July 2009. For more information call 1800 631 715 or email: [foodinnovation@daff.gov.au](mailto:foodinnovation@daff.gov.au)**

## **NEW BROCHURES PROMOTE ON-FARM BIOSECURITY**

The 2007 equine influenza outbreak in Australia was a timely reminder of why biosecurity is both beneficial and necessary. Regardless of whether you own a large or small property, you are responsible for keeping your animals, plants and crops free from pests and disease.

The federal Department of Agriculture, Fisheries and Forestry (DAFF) Biosecurity website provides vital information for landholders about what biosecurity is and how to keep weeds, pests and disease off your property. Also available are a series of free brochures promoting on-farm biosecurity. *Vital Information for Plant Producers* and *Vital Information for Travelling Farm Workers* provide plant producers and itinerant workers with simple biosecurity tips to help stop the spread of agricultural pests, diseases and weeds between properties. *Vital Information for Small Rural Landholders* is an animal and plant biosecurity guide for people on small rural properties.

For more information or to download brochures go to: [www.daff.gov.au](http://www.daff.gov.au) or Ph: 02 6272 5076.

## **SCHOOL PARENTS: HELPING MUMS & DADS WITH SCHOOL LIFE**

*School Parents* is a free online magazine containing information and advice on a range of issues affecting children and their families from Kindergarten to Year 12. It aims to help mums and dads manage school life.

Topics covered in the first issue include the benefits of parental involvement in a child's education, fun learning activities for children on everyday outings and tips on home-alone safety. There are also healthy school lunch ideas, free downloadable family organisers, a podcast on tackling head lice and a segment by ABC broadcaster Adam Spencer about getting kids switched on to maths.

[www.schools.nsw.edu.au/schoolparents](http://www.schools.nsw.edu.au/schoolparents)

## **The Omnivore's Dilemma by Michael Pollan**

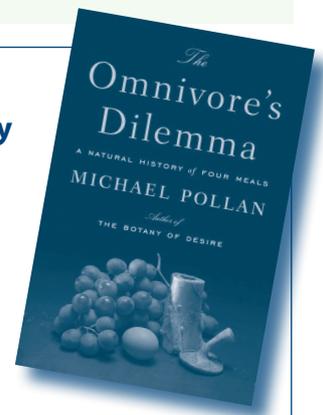
*The Omnivore's Dilemma*

(recommended by a *Country Web* reader) is a record of the natural history of four meals. Author

Michael Pollan takes you on his own personal journey as he follows each of the food chains that sustain us—industrial food, organic or alternative food, and food we forage ourselves—from the source to a final meal, and in the process develops a definitive account of the American way of eating.

'What shall we have for dinner?' seems like such a simple question but it has grown to have a very complicated answer. We can eat almost anything nature has to offer, but deciding what we should eat stirs anxiety. Should we choose the organic apple or the conventional? If organic, local or imported? Wild fish or farmed? Low-carb or low-cal? For what's at stake in our eating choices is not only our own and our children's health, but the health of the environment that sustains life on earth.

ISBN 9780747586838



## **CREATE BIZ — BUSINESS ASSISTANCE PROGRAM**

CreateBiz is a resource to help artists to access government support programs. It provides state-by-state and national lists of business, research, innovation and export programs that may assist artists to access new sources of income. For more information go to: [www.australiacouncil.gov.au/grants/createbiz/nsw](http://www.australiacouncil.gov.au/grants/createbiz/nsw)

## Disability Information Advocacy Service (DIAS)

DIAS is a free independent information and advocacy service for people with a disability, aged 0–65 years, their families and carers.

The service encourages people with a disability to speak up for their rights and is committed to working to achieve the principles of the NSW Disability Services Act; achieve social justice in the areas of rights, access, participation and equity; prevent or stop abusive, discriminatory or negligent treatment; increase inclusion and acceptance in the community and ensure that people's fundamental needs can be met.

Based in Bathurst, DIAS conduct an outreach service to outlying centres including Dubbo, Parkes, Mudgee, Orange, Cowra and Lithgow.

For more information or to make an appointment Ph: 02 6332 2100 or email: [dias@binc.org.au](mailto:dias@binc.org.au)

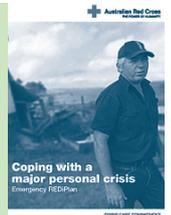
## Animal, Vegetable, Miracle: Our Year of Seasonal Eating

When Barbara Kingsolver and her family move from suburban Arizona to rural Appalachia, they take on a new challenge: to spend a year on a locally produced diet, paying close attention to the provenance of all they consume.

*Animal, Vegetable, Miracle* follows the family through the first year of their experiment. They find themselves eager to move away from the all too familiar scenario of most families: a refrigerator packed with processed, factory farmed foods transported long distances using non renewable fuels. Believing that most of us have better options available, Kingsolver and her family set out to prove for themselves that a local diet is not just better for the economy and environment, but also better on the table. Their search leads them through a season of planting, pulling weeds, expanding their kitchen skills and harvesting their own animals. Inspired by the flavours and culinary arts of a local culture, they explore farmers' markets and diversified organic farms at home and across the country, discovering a booming movement with devotees from all over America.

Part memoir, part journalistic investigation, and complete with original recipes, *Animal, Vegetable, Miracle* makes a passionate case for putting the kitchen back at the centre of family life, and diversified farms at the centre of our diet.

ISBN: 9780571233571  
RRP \$24.95 incl. GST

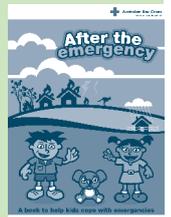


## COPING WITH A MAJOR PERSONAL CRISIS

A great resource for people recently involved in emergency, disaster or other traumatic situations, this book provides insight into the way adults and children have reacted in similar situations, highlighting ways to help normal healing to occur. Key issues discussed include: normal feelings and emotions, physical reactions, family and social relationships, children and ways of making the events and the feelings about them easier to bear.

To download your free copy go to the Red Cross website at: [www.redcross.org.au](http://www.redcross.org.au) or go to <http://tinyurl.com/devu9e>

## AFTER THE EMERGENCY: A BOOK TO HELP KIDS COPE



The *After the Emergency*

activity book for primary school children has been developed to enable children to think about what has happened and be aware of the feelings they may have after an emergency. It encourages children to talk about the event and seek help and support from those around them. The activity book is not hazard specific so can be used by children affected by any emergency.

To download your free copy go to the Red Cross website at: [www.redcross.org.au](http://www.redcross.org.au) or go to: <http://tinyurl.com/cka66p>

## Braver, Stronger, Wiser

*Braver, Stronger, Wiser* is a new free DVD produced by The Salvation Army that has been designed especially to help people in rural communities recognise and deal with depression. The DVD aims to celebrate the life and resilience of rural Australia and to help counter disturbing suicide statistics coming out of many farming communities.

*Braver, Stronger, Wiser* shares the stories of four people living in rural and remote Australia who have struggled with — and sought help to manage — various forms of depression. It features an extensive range of resources including emergency contact numbers, a link to The Salvation Army's Hope for Life online suicide prevention training program, expert advice from Professor Michael Baigent of beyondblue, and much more.

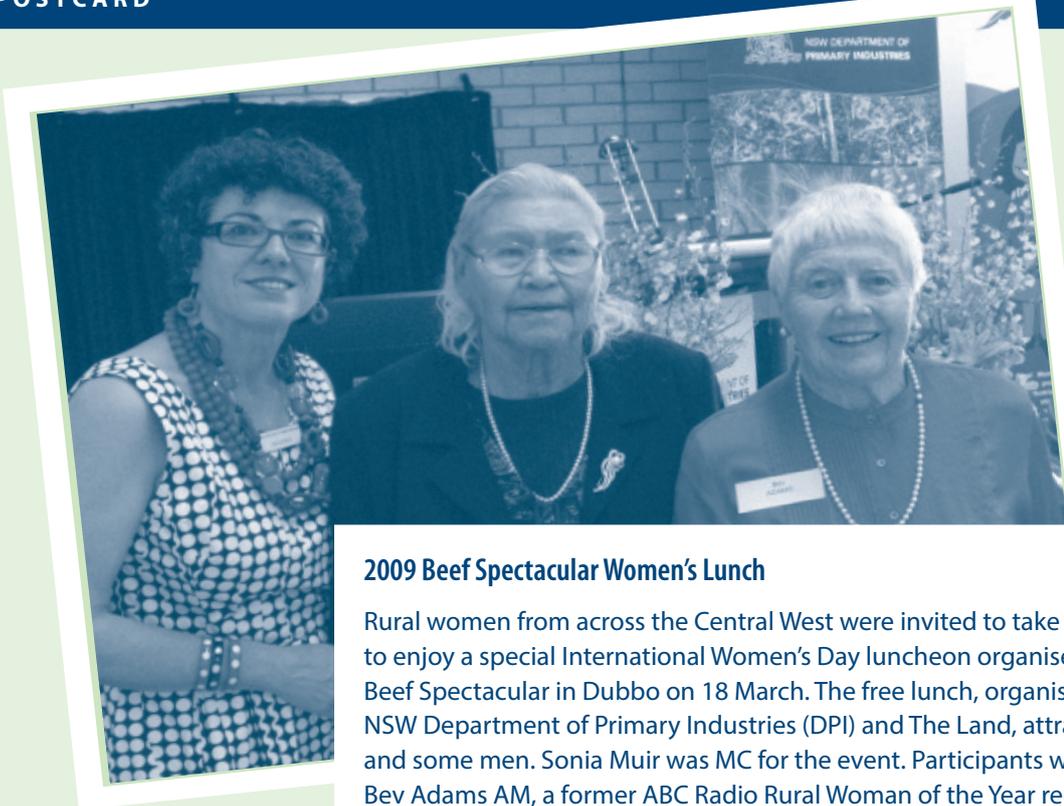
RWN has several copies to give away to service providers and community groups. Ph: 02 6391 3620, Fax: 02 6391 3650 or email your request to: [rural.women@dpi.nsw.gov.au](mailto:rural.women@dpi.nsw.gov.au)

## STORIES FROM THE HEART

*Motherhood is not always easy, and for one in seven women it can lead to postnatal depression.*

Support, Hope, Empathy for Post Natal Depression (SHE for PND) is a group of five women touched by postnatal depression who are building awareness by telling their stories through the booklet *Write from the Heart Edition 2*. The booklet is written in everyday language and contains nine women's stories, information about postnatal depression and strategies to overcome illness.

[www.sheforpnd.com.au](http://www.sheforpnd.com.au)



**2009 Beef Spectacular Women's Lunch**

Rural women from across the Central West were invited to take some time-out recently to enjoy a special International Women's Day luncheon organised as part of the 2009 Beef Spectacular in Dubbo on 18 March. The free lunch, organised in partnership with NSW Department of Primary Industries (DPI) and The Land, attracted about 100 women and some men. Sonia Muir was MC for the event. Participants were entertained by Bev Adams AM, a former ABC Radio Rural Woman of the Year recipient. Bev shared her experiences running a 600 acre property of premium Charolais cattle at Scone in the upper Hunter and told some humorous stories from her childhood.

The lunch recognised and celebrated women's participation and achievements in the beef industry and encouraged women to network and gain information about DPI programs such as the RWN and drought support as well as visit the Beef Spectacular exhibits and participate in the many forums held over the three-day event. The event also linked into the Women and Education theme of this year's International Women's Day.

*Pictured above: Sonia Muir (NSW Department of Primary Industries with Bubby Towney (Wiradjuri Elder) and Bev Adams from Scone.*

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  
NSW DPI Bookshop on  
Toll Free 1800 028 374.  
(Catalogue No. B302)



NSW DEPARTMENT OF  
PRIMARY INDUSTRIES

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.