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Young carer project

I am 11. I care for my dad. He has M.S. which is short for Multiple Sclerosis. M.S. is something that makes the nerves a lot slower. My dad has it in his legs so he cannot walk. He has to stay in a wheelchair all day. I love my dad more than anything. Sometimes I have to clean the house, always unpack the dishwasher, take clothes off the line and loads more, but my most favourite job is cooking! I love to cook for my dad, because he loves what I cook.

My grandma helps dad and I if something is too hard for me to do, like the shopping.

– 11 year old carer

Young carers are children and young people who care for and support a family member who has a long-term physical illness, mental illness, disability, drug or alcohol problem. The person they care for may be a parent, sibling, their own child,

other relative or friend. They might help out with cleaning or cooking, getting their relative around the house, helping with medicines, keeping them safe, showering or dressing or watching out to make sure they are feeling okay.

The Young Carer project at Carers NSW was created to make a positive difference to the lives of young carers (aged 25 years and under) and their families.

The aims of the project are to:

- Promote the issues and needs of young carers
- Develop a young carer support network
- Coordinate a variety of short-term young carer activities
- Support referrals to local services
- Develop and distribute other appropriate resources
- Review and evaluate existing support activities

SUPPORT

The project supports young carers with camps, a quarterly newsletter, Talk-link (telephone group counselling), face-to-face counselling, telephone support, information, referrals, an interactive young carer website, development of regional networks and community awareness raising and education activities.

The Young Carer project is funded through the NSW Carers Program and is administered by the Department of Ageing, Disability and Home Care. The Young Carers website is funded by the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs.

More information

Ph: 1800 242 636

Mon – Fri, 9am – 5pm

www.youngcarersnsw.asn.au

THE BEST LIFE – WORK BALANCE

From a talk by Tim Fischer at the Riverina Older Men's Muster in October 2007.

- Be positive and sensibly optimistic.
- Analyse yourself and your direction in life.
- Plan ahead to match your clear cut goals.
- Schedule well, including quality family time and down time.
- Meditate or pause at least once a day.
- Build on your strengths.
- Systematically make those major/minor decisions that we often put off.
- Maturely balance the materialistic with the magnificent.
- Listen, read, learn a lot right throughout life.
- Laugh a lot.
- Love a lot, including your maker.

Help for distressed youth

The Centre for Rural and Remote Mental Health in Orange is providing assessment and therapy for rural youth experiencing emotional difficulties.

Youth aged 12–25 years who have noticed changes in their thoughts, behaviours or feelings that affect their relationships, studies or work are able to be assessed for the DEPTH (Detection Evaluation and Psychological Therapy) program.

DEPTH is a nationally funded clinical research program aimed to reduce the risk of

developing mental health problems and improve quality of life for distressed youth.

DEPTH is being run from Orange and Newcastle by researchers from the University of Newcastle.

Dr Helen Stain, Chief Investigator and Clinical Psychologist at the Centre for Rural and Remote Mental Health in Orange says the program has been running for 18 months in Orange and has been well received by youth and providers of youth services.

The program provides weekly therapy free of charge to eligible youth for a period of six months. Youth receive a small payment for the follow-up assessments that occur across the six month therapy period.

Some of the common problems for DEPTH participants are: worrying that there's something wrong with you but not sure what, spending more time alone, worrying that people are talking about you, having trouble concentrating, seeing or hearing things that other

people can't, feeling low, thinking about hurting yourself or smoking cannabis.

Youth experiencing any of these things or who are feeling things have changed in some way but not sure how are encouraged to contact DEPTH staff.

The Centre is running two other research assessment programs for youth.

The programs are available to youth living in Orange, Bathurst, Cowra, Forbes, Dubbo and surrounds.

More information

Ph: 02 6360 7828

Fax: 02 6361 2457

www.crrmh.com.au

Rites of passage

David Newell, Pathways Foundation

In traditional societies the whole community helped raise the children. Enormous time and energy were put into 'rite of passage' ceremonies and rituals marking the transition from child to young adult. The villagers knew that it was crucial for their survival to have well-adjusted men and women as community members rather than overgrown boys and girls.

In today's society we tend to raise our children within the nuclear family without a lot of interaction with the wider community. However, with the ever-increasing life challenges and pressures that young people face it is more important than ever to assist our teenagers on their first steps into adulthood in a supported and community-based way to prepare them to face issues such as peer pressure, drugs, alcohol, sex, relationships and depression. If our teenagers are confident and secure enough in themselves and know they have support from adult mentors, then they have a greater chance of making positive life decisions.

It is vital that we help our teenagers make that fundamental psychological shift into adulthood that does not happen on its own. Most children will 'grow up' eventually, but some avoid it until mid-life or never make it. A rite of passage to help leave the child behind and to celebrate the first steps of the young adult is an important part of growing up. As we live in a contemporary society, any rites of passage need to be modern and relevant to what we believe in and the way we live.

Growing up is almost impossible to do alone and it is ineffective if done without the guidance of elders. Not having a rite of passage can make finding ones place in the world challenging and confusing which can lead to low self esteem and feelings of not belonging.

It takes a whole village to raise a child

African proverb

We all want our children to be safe, to do well and to stay friends with us. To achieve this it is vital they grow up emotionally. It is a challenge for parents and mentors to step onto the bridge of adolescence with their teenagers and help prepare them for the path that lies ahead.

PATHWAYS FOUNDATION

The Pathways Foundation offers 5–6 day rites of passage programs for boys aged 13–15 and girls aged 12–15 years.

These award winning programs have been shown to be highly beneficial to individuals, families and communities.

More information

Ph: 1300 850 766,
admin@
pathwaysfoundation.org.au,
www.pathwaysfoundation.org.au



Feeling fantastic

Helen Tetlaw, Orange

Well, here I am typing away, wearing my vertical enhancing v-topped shoes, v-neck top, dark-coloured size-reducing camouflage gear in a jewellery and lipstick enhanced state.

I feel much better for spending twenty minutes this morning at home consciously breathing, relaxing, planning and visualising how my day might turn out.

Yep, you guessed it – I attended the 'Look great, feel fantastic' day run by the Rural Women's Network [in partnership with the YWCA] on 21 June 2008!

Yes, one minute I was standing out in the cold winter (much needed) drizzly paddock watching my youngest cow recover from the birth of her first calf. The next minute I was sitting with my eyes shut learning a bit of yoga for relaxation.

Hmmm... maybe I should have brought my cow along – it might have helped her too! Especially the bit on how to stand, to best strengthen one's lower back... pelvic muscles, tail bone, abdominal muscles, shoulders, chin down a bit, and breathe!

Have you ever taken the time to watch a herd of contented cows in a paddock? Sometimes as they stand or lie about chewing their cuds in contentment, even while their calves are madly springing about and playing games like wild lambs or kids high on red cordial, I do believe they have cottoned onto the secret art of practicing relaxation. I also believe taking the time out to

observe these bovines can be just as calming and relaxing as watching fish in an aquarium.

Now, in all seriousness, I think the recent women's day was a great day with lots of wonderful and useful tips to apply. Sandra Martin and her mother-in-law model provided great advice applicable to the crowd of mixed ages – from teens to the very mature.

What would men do if they got wind that women only wear 20% of their wardrobe collection in any given two years? Gasp! In fact, there were heaps of tips on how to save money and better use our clothes, our wardrobe space and body shape.

I mingled with women of all ages from many walks of life, including town neighbours. It was good to use the breaks to meet and greet new folk and share mutual concerns about de-stocking and the ongoing impacts of the drought on farming. Also to acknowledge how we – as women, nurturers, carers and the locus of our family unit – often leave our own wants and needs until last because we are too busy rushing around meeting the needs of others, our jobs or expectations in society.

We have to take a bit of time to look after ourselves better WOMEN! It is good to be reminded and encouraged to briefly step off our constantly-running-around conveyer belt of demands, responsibilities, information technology, overloaded thoughts and lists of things to do.

It was empowering to be reminded how we are accountable and can take control of our choices, actions and how we are perceived by others. Something we could all ponder and improve on. Hmm... or should I say a yoga-ish 'ummm'?

I also met some real heroines. Anyone who is a mother is a heroine. I also met a woman who had struggled and beaten breast cancer three times. I was told an excellent snippet of wisdom for making a great long lasting marriage by a woman who has been married for 57 years: 'Love him. Please him. But never let him boss you. It's got to be about love, respect and teamwork'. So the pearls of wisdom and inspiration weren't just from the organisers.



In essence, this day was worth the effort to get there. It gave us excellent information to assist the sisterhood of rural women make the best of what we've already got.

As Jane McGrath said, 'every day is a blessing'. I would like to add 'it is also an opportunity to be nice to ourselves, as well as others'.

A big thank you to all people involved in making such a day possible. I look forward to seeing you all at the next event!

Women in decision making: interview with Fiona Rossiter



Fiona Rossiter is a theatre nurse. She is a board member of the Orange Ronald McDonald House and is on the Cancer Care Western NSW committee.

Fiona is also a Justice of the Peace, a councillor on the Orange City Council and the Country Vice President of the Australian Local Government Women's Association (www.algwa.org.au) which is the peak representative body for women involved or interested in local government.

A mother of six, she and her husband have founded *Australian Family Matters* (www.australianfamilymatters.com.au) to support other families by providing practical information and holding events like family fun days.

WHAT MOTIVATED YOU TO BECOME INVOLVED?

Working in the health industry I know just how precious life is. If we can give to people in some way and support those less fortunate then I feel the world could be a better place. Some could argue that one person can only do so much but I am well aware of the flow-on effects that one person's actions can have so I continue to influence and make changes where possible.

WHAT DO YOU GET OUT OF BEING INVOLVED?

I enjoy working with others. We can both learn and give so much to one another. I have made so many wonderful friendships and continually expand my networks.

I have also learnt about other industries and have been able to share resources.

I have been a mentor on several occasions and enjoyed supporting others.

HAVE YOU EXPERIENCED ANY OBSTACLES?

Two things come to mind. The first relates to representation. Other women in local government have agreed that we don't always get heard when putting our points of view across during debate. It was so apparent to me that I set up a blog (www.fionarossiter.blogspot.com) and advertised it in the media to show the public I did have a point of view, a voice and that I was very involved with the council.

The other challenge is bullying. I have spoken out about bullying which was difficult and attracted a lot of unfair media attention.

WHAT IS ONE OBSTACLE YOU HAVE OVERCOME?

I know this may sound odd but in the many years that have passed me I don't think I have gotten to know the true me. I have recently been away on the first stage of a leadership program to the Kimberley region with the Australian Rural Leadership Foundation (www.rural-leaders.com.au)

and this experience gave me the opportunity to do that and it was truly amazing.

WHERE DO YOU GET YOUR SUPPORT?

I have a wonderful husband and six gorgeous children who are my backbone. We have a strong relationship, are very connected and understand each other. My family is my priority so all the other things I am involved in fit around them.

I also have a wealth of friends and a network that I can tap into when needed.

I met a wonderful woman recently who asked me the same question. I told her it is sometimes hard to find people to trust to discuss certain topics related to politics. She understood what I meant and offered to help me where she could. Because this question came up I learned that I could ask her for support.

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

To believe in yourself. We are so talented in so many areas. If you doubt that, look at the roles women take in running a home and bringing up a family. List the responsibilities you take on and you will soon realise all the things you also do in other places like your work and in clubs. I am sure you could fill a sheet of paper easily.

If you want to get serious in decision making put your hand up and be counted and be heard. Just believe!



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 RWN programs;
- being a consultative body for NSW 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

- Richard Sheldrake, 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:

- Aboriginal women's interests representative
Donna Cruickshank Ph: 08 8080 1672
Email: dcruickshank@gwahs.health.nsw.gov.au
- Academic representative
Assoc. Prof. Dr Frances Parker Ph: 02 4736 0049
Email: f.parker@uws.edu.au
- Country Women's Association of NSW
Elaine Armstrong Ph: 02 6931 7639
Email: ear86878@bigpond.net.au
- Far West Area representative
Rebel Black Ph: 02 6829 1671
Email: info@digin.com.au
- Minister's representative
Sally Green Ph: 02 6366 7209
Email: sallydes@bigpond.com
- Natural resources management representative
Patricia Byrnes Ph: 03 5029 7201
Email: wamberra@bigpond.com
- NSW Farmers' Association representative
Angela Martin Ph: 02 6743 7813
Email: actpmartin@bigpond.com
- Rural Financial Counselling Program
Kim Deans Ph: 02 6721 0030
Email: kim.deans@rfcnsw-northernregion.org
- Rural Lands Protection Board representative
Nerida Cullen Ph: 02 4822 6986
Email: colepark@goulburn.net.au

rwn sac update

Update from Elaine Armstrong, Co-Chair and CWA representative

The RWN State Advisory Committee (SAC) which I co-chair with the Director-General of NSW Department of Primary Industries Dr Richard Sheldrake, met in Orange, on 17-18 June 2008. This update aims to keep you informed of our activities.

Many hot and emerging issues were highlighted and included concerns around the impact of mining on rural communities and landscapes, climate change, water, indigenous aged care, young people wanting to enter into agriculture, domestic violence and the higher reports of sexual assault in rural areas, ongoing issues facing agricultural women from culturally and linguistically diverse background in the Sydney Basin and the need to recognize and reward farmers implementing drought proofing/sustainable practices.

We chose to workshop two issues in greater depth and explore ways the RWN could potentially make a difference. These issues were the rising cost of living and Occupational Health and Safety (OHS) for women on farms.

The rising cost of fuel is impacting on everyone but especially those living in rural, regional and remote areas. Farm input prices such as fertiliser, seeds and chemicals are making cropping very risky, especially as the erratic rains continue. People are paying higher prices for food and making fewer trips to town or to social gatherings which is contributing to isolation, stress and depression. People are also finding working away increasingly uneconomical.

The RWN needs to put its energies into what it can do and recognise that there is much that is out of its control. *The Country Web* is an excellent tool to raise awareness, so the next edition will include effective saving and money management tips and challenge us to think about changing some of our ingrained 'patterns of living' to help us survive these rising costs. We are

very interested in collecting readers' ideas on how they stretch their dollars further so please share your stories.

OHS is a growing concern for farming women as they take on more farming roles because of lack of labourers. We plan to do an audit of available OHS training and research existing farm safety resources/programs in NSW.

Fiona Rossiter, Country Vice president for the Australian Local Government Women's Association (ALGWA) spoke on the role of ALGWA and suggested ways to support women aspiring to decision-making roles.

RWN Assistant Coordinator Wendy Bortolazzo provided an overview of an on-line work experience model which will use internet 'blogs' to connect students with women working in primary industry so they can exchange ideas and advice. The 'Virtually Farming' pilot will run in July.

We welcome our three newest SAC members Angela Martin (NSW Farmers' Association), Patty Byrnes (Natural Resources Management) and Donna Cruickshank (Indigenous women's representative).

Patty and Donna attended the June meeting and are profiled below. Look for Angela's profile in the next issue.

We thank our retiring members Patricia Bates-Canty and Julie Woodroffe who have both made a major contribution over their five years on the SAC.

PROFILES



Donna Cruickshank from Broken Hill is the new Indigenous women's representative.

Donna currently works as the Coordinator for the Aboriginal Workforce Enhancement of the Greater Western Area Health Service which covers approximately 60% of NSW. Her career began with a traineeship at the Local Aboriginal Land Council and she

has done administration work, educated school children on healthy lifestyles, delivered training and education on IT systems and implemented and developed Aboriginal employment strategies.

Donna is an advocate of education being more accessible within local communities.

She is currently on the Aboriginal Community Working Party and is part of a community reference group that works with 'Business Broken Hill' (formerly Chamber of Commerce) and Broken Hill City Council.

Donna is also on the Parents and Citizens committee of Broken Hill Public School and is a member of the Aboriginal parents working group that ensures support for additional funding and educational initiatives are being provided for the Aboriginal students of the school.



Patty Byrnes from Gol Gol (near Mildura) is the new Natural Resources Management representative.

Patty and her husband Ned run Wamberra Station, a family owned property purchased by the Byrnes' family in 1907.

Patty has been a Board Member of the Lower Murray Darling Catchment Management Authority (LMD CMA) since 2003 and has been re-appointed to this position until 2010. She is Chair of the LMD CMA Think Tank Group Sub-Committee, is Chair of the National Landcare Program Indigenous Land Managers Project Steering Committee and holds the Board portfolios for Indigenous matters and biodiversity.

Patty is a strong advocate for maintaining local schools, communities and social networks. She is also very passionate about retaining women and young people in the rangelands.

More information

www.dpi.nsw.gov.au/rwn/about/sac

Tribute to Susan Mitchell

Extract from a Parliamentary tribute made by The Hon. Melinda Pavey MLC



Susan Mitchell was Chair of the RWN State Advisory Committee

I am proud to speak about the life and contribution of Susan Mitchell, a life that made a difference to the people of NSW, in particular, the Monaro. Susan who passed away in Cooma on 25 January 2008 following a sudden and aggressive battle with pancreatic cancer, leaves not only her family but also her beloved community greatly saddened. However, her funeral at Boloco on the Monaro plains was a stunning tribute to her life and her achievements as a wife, mother, nurse, and community activist. If one's contribution to life is measured by the size of one's funeral and the tributes that flowed at that funeral, then Susan's life was certainly a mighty one. One of her greatest tributes was being declared Cooma's 2008 citizen of the year.

Susan York, as she was, was born near Walcha in 1934 and her family could trace their Australian heritage to the Second Fleet's arrival in 1795. Susan started her working life as a bookkeeper and then trained as a Tresillian nurse. As soon as she could she moved to country NSW to care for country babies. She was very proud of her Tresillian family, a family so large that her five children thought that they were just some of dozens across NSW. They soon understood that they were her real children but that her Tresillian family was her other family.

After meeting her husband, Dugald Mitchell, at Currawatha Dalgety, they married 48 years ago. Dugald greatly respected his wife and let her live the life she enjoyed. Susan did plenty of things, starting with having five children under six years of age with Dugald – Scott, Craig, Hamish, Lesley and Mary.

Susan ran for the seat of Monaro for the National Party in 1981, unsuccessfully but with passion and commitment, so much so that her son Scott recounted the story of being in Bombala with her on the campaign trail. As is Country Party tradition, she had the loudhailer and she was campaigning off the back of a truck. When she started her speech in the main street of Bombala there were probably five or six people in the street. About a minute into the speech there was no-one in the street – they had all run for cover! True to her spirit and true to herself, Susan continued the job until her speech was finished. That is just the sort of person she was.

***She wasn't a pebble that
skimmed the surface. She was
a rock that created ripples of
change.***

– Susan's son Scott

Susan chaired the Raglan art gallery for 12 years and made an enormous contribution. One of her final wishes was to see that gallery turned into a regional art gallery facility. That work will continue with the people of the Monaro.

Among the speakers at the tribute following her funeral was Helen Hopkins from the National Consumers' Health Forum. Helen shared how Susan had suggested every doctor throughout Australia should have a computer with a uniform diagnosis program, and that came about. That was one of Susan's behind-the-scenes achievements that has had enormous implications for all Australians.

Susan served on 50 wide-ranging boards and committees during her lifetime. She was a very kind, big-hearted and generous person, a person with spirit and compassion and big ideas. Susan was the sort of person who makes a difference and gives country areas the sense of community and spirit we so love.

www.caah.chw.edu.au

The website of the NSW Centre for the Advancement of Adolescent Health has recently been updated with factsheets and toolkits, support for professionals and youth health services maps.

**www.nswyouth.com.au**

The website of the Masonic Youth Welfare Fund presents information about how people can support the Fund which assists in providing educational opportunities according to talents for needy children, regardless of race, colour, creed or Masonic affiliation.

**www.icpa.com.au**

Isolated Children's Parents' Association of Australia is a voluntary body dedicated to ensuring that all geographically isolated children have access to an appropriate education.

**www.nswwia.org.au**

The website of NSW Women in Agriculture is a one-stop shop for information about this organisation.

LandLearnNSW

Article by Carmen Perry, Education Coordinator, NSW Department of Primary Industries

The new primary industries focused schools education program, LandLearn NSW, was unveiled to teachers and students at the 2008 Royal Easter Show.

LandLearn NSW aims to build the capacity of teachers and students to participate in informed discussion and decision making about the production, consumption and management of primary products and natural resources in NSW.

Highlighting sustainable practices in primary industries and natural resource management is a key feature of the program.

'We want teachers and students to become aware of the role primary industries play in everyday life, both now and into the future', said former general manager (agriculture) with the Royal Agricultural Society (RAS) of NSW, Sue White.

The Victorian Department of Primary Industries established the original LandLearn program over 10 years ago and has generously allowed NSW to adopt and adapt the program.

'We now have access to a range of well tested, effective program models and products and are able to adapt these for the NSW school system', said Vera Fiala, Director Communications, NSW Department of Primary Industries (NSW DPI). 'This is an exciting opportunity'.

LandLearn NSW will grow to become an overarching brand for primary industries

schools education programs, products and services. It will provide support for schools to incorporate studies of primary industries into regular classroom lessons.

'Schools are bombarded with material advertising resource kits, excursions and courses', Vera said. 'By pulling together many of these resources under one brand, we can complement rather than compete with other primary industries education programs, and make finding and choosing these programs easier for teachers'.

The RAS have joined NSW Farmers' Association and NSW DPI to bring LandLearn to NSW.

The first step has been the development of a website which introduces visitors to primary industries and highlights current primary industry focused school education programs, products and services.

The 'careers' section of the website links visitors with information about the many professional and rewarding careers paths available in the primary industry sector.

'You'll find profiles of people working in primary industries on the website', Vera said. 'These profiles bring jobs in primary industries to life for kids and we plan to add many more stories to the site'.

Next steps for LandLearn NSW include the development of additional content for the website, adapting Victorian LandLearn resources for NSW classroom use and developing courses for teachers.



'This is a great opportunity to raise awareness of primary industries and their importance', said Jock Laurie, President, NSW Farmers' Association. 'LandLearn NSW will make it easier for educators to teach their students about the contribution rural communities make to our culture, lifestyle and economy'.

This is a great opportunity to raise awareness of primary industries and their importance.

— Jock Laurie, NSW Farmers' Association

Take a look at the LandLearn NSW website at: www.landlearnnsw.org.au, where you can join the LandLearn NSW network, find classroom resources or link up to a course.

We also encourage you to provide us with your comments about what has been done so far and share your ideas for the future development of LandLearn NSW under 'Contact us' on the website.

More information

www.landlearnnsw.org.au

Email: landlearn.enquiries@dpi.nsw.gov.au

Coonamble Women's Gathering

See the middle pages for the Program and Registration Form.

See page 5 for support to attend the Gathering.



Yanco centenary celebrations

3–5 October

Celebrate 100 years of achievements of Yanco Agricultural Institute and Murrumbidgee Rural Studies Centre.

More information

Ph: 02 6951 2611

www.dpi.nsw.gov.au/research/centres/yanco/centenary

Farm Sunday

12 October, 10 am – 3 pm

Open Day at Belgenny Farm, Camden

This event offers a glimpse into life on a working farm.

Highlights include working dog trials, baby animals, food and craft stalls, blacksmith demonstrations and tractor rides.

Buffet luncheon (bookings essential).

FREE entry to the farm.

More information

Ph: 02 4655 9651

www.belgennyfarm.com.au

Virtually farming

In July the RWN ran a pilot project *Virtually farming*.

A website was created to run on-line 'work experience' in primary industries for Year 10 students who are considering career options after leaving school and/or selecting subjects for the HSC. The students followed the daily activities of seven women working in primary industries and interacted by asking questions and making comments. Watch the RWN website for the report.

More information

Wendy Bortolazzo, 02 6391 3620,

wendy.bortolazzo@dpi.nsw.gov.au

2009 RIRDC Rural Women's Award

Nominations for the 2009 NSW Rural Industries Research and Development Corporation (RIRDC) Rural Women's Award are now invited.

Individuals may apply for themselves or you may nominate another woman for the Award.

The Award consists of a bursary of \$10 000 that can be used for a range of activities, for example, undertaking formal training in leadership and business management, completing an overseas study tour, attending forums and conferences, developing educational campaigns or participating in training programs. The winner and runner up are also allocated a place in the Australian Institute of Company Directors' course.

So, if you have a great idea or know a fabulous woman who could benefit from the bursary, nominate today!

Information packages are available from the RWN and more information about the Award, including past winners, is on our website at: www.dpi.nsw.gov.au/rwn/rirdc

Applications close: 15 October 2008

More information

Wendy Bortolazzo, Ph: 02 6391 3620,

wendy.bortolazzo@dpi.nsw.gov.au



Are the kids okay?

Research shows that children and adolescents in the bush are affected by the same issues that their parents are. They worry about family relationships, losing the farm, climate change, the fact that their parents are working harder and longer, lack of money – basically they carry all the concerns that the adult members of the family do.

Teachers in many rural centres are finding that kids are struggling. Some exhibit this by misbehaving but many others are struggling in silence. A local mental health worker said recently that she is seeing a lot more teenagers from farms, some of whom are referred by their school and some who are identifying themselves as needing to seek assistance.

Parents should make sure that they keep open the lines of communication and keep their kids appropriately informed. Talk to your child's teacher if you have any worries.

More information

Free and confidential kids' help line Ph: 1800 551 800,

www.kidshelp.com.au

Quick facts – factsheets series

■ FIRST AID FACTSHEETS

These factsheets are a guide to basic first aid procedures. They are in colour and contain photographs which show first aid procedures.

More information

Download from: www.stjohn.org.au under 'First Aid Information', 'Fact Sheets'

A comprehensive first aid book 'Australian First Aid' can be purchased by calling: 1300 360 455

■ PARENTING FACTSHEETS

A series of short factsheets covering topics from bed wetting to self-esteem to step-families to teenage issues.

More information

Download from: www.familyrelationships.org under 'Parentline', 'Factsheets'

Order by calling: Parent Line 13 20 55

■ SCHOOL HOLIDAY PARENT KIT

A series of 10 factsheets prepared by the Department of Community Services, in association with other agencies.

The factsheets provide a collection of tips on avoiding holiday stress, safety issues and fun activities for kids during the summer holidays.

More information

Download from: www.community.nsw.gov.au under 'Parents, carers & families', 'Parenting'

■ ALCOHOL FACTSHEETS FOR PARENTS

The Australian Drug Foundation in conjunction with the Victorian Department of Education and Early Childhood Development has produced eight factsheets to support parents to minimise the harms associated with alcohol use.

The topics covered include: alcohol and adolescent development, teenage parties and the law, low risk drinking, common myths and misconceptions, parental influence on alcohol consumption and communicating with teenagers and other parents about alcohol.

More information

Download from: www.education.vic.gov.au under 'Student Learning', 'Programs', 'Drug Education'

Justice Access Programs Alert (JAPA)

A free bi-monthly electronic alert published by the Law and Justice Foundation of NSW. It covers innovative programs improving access to justice for economically and socially disadvantaged people throughout but not limited to NSW.

More information

Subscribe at: www.lawfoundation.net.au/publications/newsletters/japa

Ph: 02 8227 3224, arussell@lawfoundation.net.au

Relationships

Free interactive booklet designed for young people and adults establishing relationships. Printed by the National Rural Women's Coalition as part of its project *Helping to prevent family violence in rural Australia*.

More information

To order copies, Ph: 03 9642 0422, women@vwt.org.au

Free mental health DVDs now available from video stores



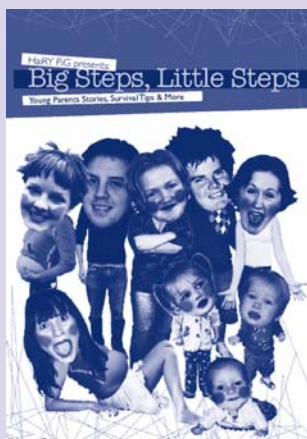
A set of 6 DVDs is available to borrow free of charge from the RWN and most video/DVD stores throughout NSW, including many Blockbuster, Civic Video and Video Ezy outlets.

The DVDs cover the following mental health issues:

- *Me Depressed? Don't Make Me Laugh: Overcoming Depression* – presented by Spike Milligan
- *Fight or flight: overcoming panic and agoraphobia*
- *I think they think: overcoming shyness and social phobia*
- *Manic depressive illness (bipolar disorder): a guide to living with it*
- *Living with schizophrenia*
- *No more bets please! Overcoming problem gambling* – presented by HG Nelson

More information

For the DVDs or mental health support services in your area – Mental Health Association NSW, Ph: 1300 794 991, www.mentalhealth.asn.au



Big Steps, Little Steps is a book for young parents about pregnancy, birth and parenting. It was created by young parents, social workers from the Young Parents Network and service providers in the Hunter and Port Stephens areas of NSW. The book is written in a youth friendly manner and provides both information and stories from young parents themselves.

More information

Kathryn Bennett, kathryn.bennett@hnehealth.nsw.gov.au

Download from: www1.hnehealth.nsw.gov.au/bigstepslittlesteps/

A free DVD called *The Hard Yard* has been produced by the Victorian Department of Primary Industries to encourage stressed farmers to seek help.

The DVD shows farmers telling their stories about how they've managed tough times.

The DVD includes an extra feature on understanding change.

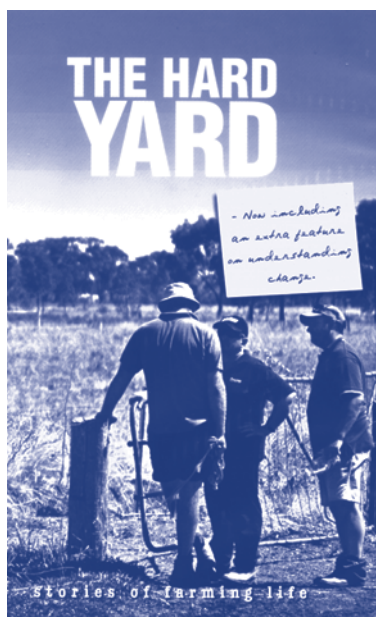
The Hard Yard is a credible source of options, alternative strategies and avenues of support, direct from those with hands-on experience.

The DVD would be of value to those who do not usually seek out support.

More information

Order free copies by calling: 136 186

Download from: www.dpi.vic.gov.au and use the Search



THERE IS STILL A LIFE AFTER FARMING

There is still a life after farming is a resource book for farmers considering leaving the farm.

The decision to leave the farm represents the culmination of a difficult process of decision making for farmers. This book is designed to provide some guidance through some difficult decision making. The central theme is that life will not end if you stop farming. The ideas and suggestions in the book have come from farmers, rural financial counsellors, employers and teachers. It includes 13 true stories of people in different situations and combines the experience of people from all over Australia.

More information

Ph: 03 5434 6346

Frank Mag

A free on-line magazine for young women by The FRANK Team who provide a variety of services for entrepreneurial young people. Available at: www.frankteam.com.au/frankmag



NSW RURAL LANDS PROTECTION BOARDS SYSTEM REVIEW

The report from an external review of the RLPB system is now available on the RLPB website.

The recommendations include changing the number of RLPBs from 47 to 14; creating a State Board of Management to replace the State Council of RLPBs; forming a new policy-making forum and restructuring appointment processes.

More information

Rural Lands Protection Board State Council

Ph: 02 6391 3242

Download the report from: www.rlpb.org.au/RLPB-changes

Country Care Link

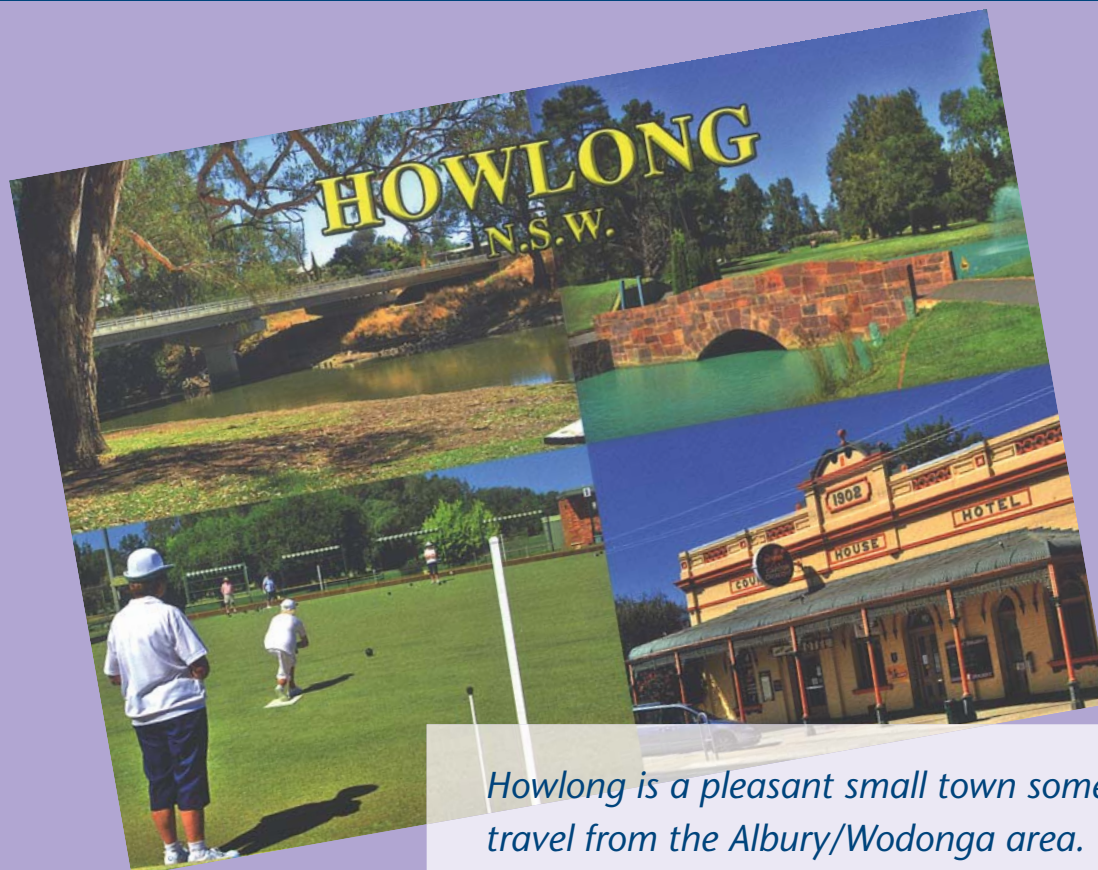
A confidential family information and support service for Country NSW

- Assistance to find short-term accommodation for country people in the city
- A volunteer to give transport where appropriate
- Legal referral
- Confidential personal counselling
- A referral service to find information
- A volunteer to meet country people in Sydney (48 hours notice necessary for transport)
- A friendly voice for a chat
- Visits for country people in hospital (on request)

FREECALL 1800 806 160

or 02 8382 6432

Monday to Friday – 9:30 am to 3:00 pm



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.

Howlong is a pleasant small town some half hour travel from the Albury/Wodonga area.

We have the Murray River, great golf and bowls, close access to the Victorian wine area and such nice people. Welcome!

Judith Barber, Howlong NSW

Postcard reproduced with permission from Rose Stereograph Co.

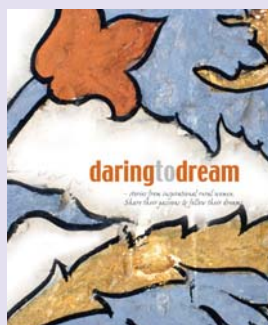
Visit the Rural Women's Network internet site at www.dpi.nsw.gov.au/rwn



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.