

Governor Lachlan Macquarie Bicentenary Celebrations 2010

By Marie Sullivan, Rockley,
Chair Lachlan & Elizabeth
Macquarie 2010 Committee.

'It is indeed appropriate to recollect the beginnings of the great society over 180 years ago inspired by the compassion and wisdom of that most esteemed governor, Lachlan Macquarie.'

HER EXCELLENCY PROF. MARIE
BASHIR AC, GOVERNOR OF NSW

Bicentenary celebrations are planned to take place during 2010 to mark the contributions to Australia of Governor Lachlan and Mrs Elizabeth Macquarie during 2010. Governor Lachlan Macquarie served NSW for 12 years (1810–1821). His wife Elizabeth Henrietta Campbell Macquarie accompanied her husband on all major journeys through NSW and Tasmania and was a student of architecture and landscape design.

Governor Macquarie's tenure saw the fledgling colony's transformation from a penal settlement into a dynamic and humane society. In spite of resistance from vested interests seeking to establish a class-based social order, the Macquaries established themselves as role models for what a productive and merit based society could represent.

Macquarie was a visionary who has left a lasting and impressive legacy. Under his leadership the economy expanded and he focused on pursuits that contributed to the greater good.

The Macquarie 2010 Committee is experiencing

a groundswell of interest and support from across NSW for events during 2010. This bicentenary presents a wonderful opportunity for the whole of the community to reflect on its shared history and the legacy left by the Macquaries.

Should Reconciliation not be effected by 2010, the Bicentenary commemorations may also present an excellent opportunity to effect a formal expression of reconciliation with Indigenous Australians in whatever form necessary to achieve the aims of reconciliation.

'Macquarie' towns, local councils and other 'Macquarie' related places and institutions such as Macquarie University, The University of Western Sydney (the location of Mrs Macquarie's Female Orphanage), Macquarie Bank, Macquarie Radio and Westpac (formerly the Bank of New South Wales, established by Macquarie) are getting involved.

Governor Macquarie, among his many achievements, was instrumental in publicly committing to Flinders' recommendation that the name 'New Holland' be replaced by 'Australia'. Just as Macquarie arranged the first official Australia Day celebrations, it is fitting that NSW commemorates his governorship.

The Lachlan and Elizabeth Macquarie 2010 Committee is a cross-cultural group of public and private sector representatives. For more contact Marie Sullivan on Mobile: 0421 050 645 or Email: marie.sullivan1@bigpond.com A website will be coming soon!

WEB WATCH

www.communitybuilders.nsw.gov.au

This website is all about working together to strengthen communities and is a great resource for anyone involved in community-level social, economic and environmental renewal including community leaders, community and government workers, volunteers, program managers, academics, policy makers, youth and seniors. The site provides examples of what other communities are doing to enhance and strengthen their communities, practical resources on how to do things, grant and funding opportunities, and much more.



www.ourcommunity.com.au

Our Community is a national gateway for Australia's 700,000 community groups and schools. It provides a one-stop-gateway for practical resources, support and linkages between community networks and the general public, business and government – building capacity to strengthen communities.



www.msozkids.com.au

Provides information and resources to kids with a parent with MS, any young carer or person with an interest in MS. It includes a Kids Forum where kids can have fun and share their ideas and thoughts with other kids.

www.prisms.com.au

Provides single mothers and women thinking about ending their relationship with all the practical information and strategies they need to rebuild their lives and achieve independence as single parents. On the Prisms site you can: join an online forum and talk to other single mothers; access resources about where to get help and what to do in the first few months after you separate; and get expert advice from a panel of industry-leading professionals.

www.frrr.org.au

The Foundation for Rural and Regional Renewal uses new approaches to regional and rural development by facilitating partnerships and mentors relationships. The foundation supports the development of regional community foundations and uses seed funding and challenge grants to move regional development project funding into a more dynamic context. Visit the website for information and grants and programs available through the Foundation.



www.innovationtools.com

Provides resources for business innovation, creativity and brainstorming to help you be more creative in running your business.

what's on, what's new?

Our Community, Our Heroes

The Community Heroes initiative celebrates the unsung heroes who go out of their way to make the world a better place. Nominees might include aged care workers, volunteers who fundraise or sports coaches who go the extra mile in encouraging and supporting community expertise and growth. Monthly winners will receive a certificate and a public feature on the OurCommunity website and newsletter.

For more information Ph: 03 9320 6820, Fax: 03 9326 6859, Email: lisar@ourcommunity.com.au or go to: www.ourcommunity.com.au

WOMEN IN BUSINESS WORKSHOP:

Get Tech Savvy, 21 June 2007, Dubbo

Technology has great potential to keep the costs of business operations down, create a competitive edge and help you manage your business better. But it's easy to get it wrong. Lisa Harvey from Energetica leads this workshop and shows you how to use technology as a strategic component of your business, how to make good decisions about it and how to use technology to innovate in your business operation, product delivery, marketing and management – all without the techno-babble. With a focus on outcomes, change management and innovation, the workshop will give you a framework for incorporating technology into your business strategy and innovation.

Contact Lorraine Croft on Ph: 02 6884 8155, Fax: 02 6885 5556 or Email: lorraine@bec.net.au

Your Eyes Only: Celebrating community

The Foundation for Young Australians' new creative grant opportunity, Your Eyes Only, is for young people 12 to 15 years to celebrate the strengths of their community by submitting a creative application celebrating their community through their eyes. Successful applicants will nominate a community group working with young people in their community (for example a school, youth group or sporting group) to receive a donation. This donation would then be used by the community group to further its work by either purchasing much-needed equipment or adding funds to an existing program.

Applications are now open, and close Monday 18 June 2007. A second funding round will open in July 2007.

For more information and/or an application form, go to: www.youngaustralians.org or call 1800 252 316.

SHAPING OUR FUTURES TOGETHER, 8-9 AUGUST, COROWA

Run by the Rural Women's Network, *Shaping Our Futures Together* is a two-day leadership course open to all rural women (whether on farms or in town!)

Contact Don Burrowes on Mobile: 0427 324 033 or Email: don.burrowes@dpi.nsw.gov.au to book your spot!

Recommendations from the 9th National Rural Health Alliance

The 9th National Rural Health Conference held in Albury from 7-10 March 2007 attracted more than 12,000 delegates and provided an opportunity for participants to review the current health situation and address future health challenges.

At the Conference, delegates agreed on a set of 18 priority recommendations covering Indigenous health, mental health, arts-in-health, the health workforce and research that could help rural communities deal with the health and social affects of the drought. These recommendations will inform the immediate agenda for organisations in the rural and remote health sector, including the National Rural Health Alliance (NRHA).

The full list of recommendations provides a useful snapshot of people's thinking on rural and remote health as at March 2007. It is clear that there are a number of successful local programs that should be replicated more widely, many good ideas about how health workforce challenges can be overcome, and quite a number of specific research proposals relating to rural and remote health. At the same time, the recommendations make clear the anxiety of the sector about boundary issues between jurisdictions, professions and practice models, and about how health reform at local, state and national levels could improve outcomes for patients.

For more information about the Conference or to download the recommendations go to: <http://9thnrhc.ruralhealth.org.au> or contact the NRHA on Ph: 02 6285 4660 or Fax: 02 6285 4670

FREE DISCRIMINATION TOOLKIT: YOUR GUIDE TO MAKING A DISCRIMINATION COMPLAINT

This Toolkit is for people who believe they have been discriminated against and want to do something about it. It contains 150 pages of practical information on running a discrimination complaint in both the state and federal jurisdictions. It starts by helping people work out if they have been unlawfully discriminated against, and whether they have grounds for a discrimination complaint. It looks at legal and non-legal options for dealing with discrimination, as well as describing what happens if a discrimination complaint ends up in a court or tribunal. Helpful contacts for more information and a glossary of legal terms are also part of the kit.

To download a copy go to: www.legalaid.nsw.gov.au

Carers Talk-Link

Carers come from all walks of life, cultural backgrounds and age groups. You may be a wife, husband, brother, sister, teenager, young adult, neighbour who supports a relative or friend with a disability, mental illness, chronic condition or who are frail aged.

If someone relies on you to care for them and you have a lot on your mind, consider being part of a Talk-Link program.

Over the last seven years Carers NSW* has provided Talk-Link programs to carers to help break down the sense of isolation and provide much needed emotional support.

So how does Talk-Link work? Talk-Link is a form of teleconferencing. Six carers and two facilitators get together on the phone and take part in an eight week program for one hour per week. Participants explore issues around caring including the emotional impacts of caring and ways to manage everyday life.

Benefits of the program include: reduction in the sense of isolation; being able to talk freely with others who understand; sharing, learning and building existing coping skills; having a sense of connection with others who understand; being accepted; sharing mutual feelings and fears; and the opportunity to make new friends.

For more information, call the Commonwealth Carer Resource Centre on freecall 1800 242 636 or go to: www.carernsw.asn.au

* Carers NSW is the state association for carers that provides information, support, resources, community development and training. It is the voice for carers in the development of government policy and services.

Point last seen



All too often we hear or read horrific stories of children being abducted by paedophiles and shudder at the thought of what these innocent victims must have experienced. Rarely, if ever, do we hear how the terrifying experiences affect these victims as they journey through their lives. How do they cope with their day to day lives? How deep do their scars run? How fierce are their recurring images? Just what does the future hold?

Point Last Seen: A road to recovery after childhood sexual abuse and domestic violence is a self-help book for survivors of domestic violence. The release is book one of a two-part series with book two to be released late 2007.

In *Road to Recovery*, Ricky Hunter tells her story of being abducted at age five and how this terrifying ordeal shaped her life from childhood through to early womanhood and beyond.

Feelings of powerlessness, deadness, states of depression and post traumatic stress all placed Ricky in a precarious and vulnerable position. Here Ricky Hunter tells her unabridged story. Her seemingly endless struggle to gain insight into how to process the images and emotions tied in with the horrifying events that happened to her are paying off. Having the tools to handle a melange of personal conundrums, in the face of overwhelming odds, has enabled Ricky to gain control of her life.

Ricky's success in taking back her life one day at a time started with coming out of denial and facing her abuse issues head-on. For one person to survive such traumatic events and come out the other side is testimony to the human spirit.

Point Last Seen costs \$27.95 and is available from Debut Publishing. Go to: www.debut.com.au to download the order form or call 1800 625 399.

ISBN 978 1 876329 83 9

FREE THE CARERS' SURVIVAL GUIDE

Being a carer can be immensely rewarding, but it can also very emotionally and physically demanding. The better your physical and emotional wellbeing, the better you are able to cope with the demands of caring. For your free copy of The Carers Survival Guide call the Seniors Information Service on 13 12 44.

Tough Times

Published by the Centre for Rural and Remote Area Health, University of Southern Queensland, this book presents the stories of ten rural men who have gone through difficult emotional times but were unable to go beyond adversity.

Although each of the men's accounts is unique, it is their strong determination and strength of character that spurs them on to overcome difficult emotional times.

Mick's story is typical. The drought was proving detrimental to his farming business and becoming a new father added to his worries. Mick slowly sank into a deep depression. Through sheer will power and determination he managed to recover and come out the other side. Mick said that taking time out from work on the farm and talking to his wife was his saving grace.

Tough Times is available in CRT stores throughout Australia and costs \$5.



WORKPLACE GIVING 'CHARITY REGISTERS'

The Charities Aid Foundation Australian Charity Register is a useful tool for not-for-profit groups/organisations to promote themselves as a potential workplace giving recipient to corporate Australia. Registration is free but organisations must have deductible gift recipient (DGR) status.

For more information
Ph: 02 9929 9633, Email:
info@cafaustralia.org.au or
go to: www.cafaustalia.org.au

SPORT RAGE PREVENTION KIT FOR CLUB COMMITTEES

This free kit is available to clubs across NSW. It includes a planning guide which sets out essential prevention steps; education brochures for parents, coaches, players and officials; a range of posters and stickers; pre-recorded ground announcements; newsletter articles; sample codes of conduct and much more.

To order your free copy, call
13 13 02 or go to:
www.dsr.nsw.gov.au/sportrage

Women & leadership in rural Australia's future

As one of Australia's highest profile business women, Wendy McCarthy has assumed major leadership roles in public and private sectors. For 40 years she has been a teacher, educator, change agent and public advocate in Australian life. She has worked with government, corporations and community-based organisations in education, health, media, conservation, heritage, women's affairs, public health and waste management.

Women and Leadership in Rural Australia's Future is an address given by Wendy as part of the 2006 Rick Farley Lectures. In her talk she looks at the current situation of women in leadership positions and suggests ways forward.

To download go to: www.wendymccarthy.com.au

AUTISM TREATMENTS: A NEW GUIDE TO HELP PARENTS

Autism is a complex disorder. There is no known cure, however there are treatments that can help. Many different treatments are available – with varying levels of evidence for their effectiveness.

This new guide aims to help parents find the most appropriate treatment for autism to suit their child's particular condition. The guide summarises the research available about different types of treatments and it provides information and contact details for programs available in Australia.

Go to: www.aodgp.gov.au/internet/wcms/publishing.nsf/content/mental-child-autbro to
download a copy of the brochure.

SPECIAL DAYS

International Men's Health Week

11-17 JUNE 2007

Coordinated by the Men's Health Information and Resource Centre (MHIRC), International Men's Health Week (IMHW) has been celebrated in Australia since 2003.

Men and boys face different health concerns than women and girls, and IMHW is an opportunity to both acknowledge these differences and look for ways to improve the health and wellbeing of men and boys. The week is also an opportunity to acknowledge the diversity of men and boys in NSW and to celebrate the positive contributions to their communities.

Organisations and groups are invited to become an IMHW (NSW) Partner and organise some response to the week. This could be an event or it could be the launch of a publication, program or policy that your organisation feels contributes positively to the health and wellbeing of men and boys in NSW.

For more information,
contact the Men's Health
Information & Resource
Centre on Ph: 02 4570 1713,
Email: menshealth@uws.edu.au
or go to:
menshealthweekaustralia.org



People from Tarcutta and surrounding districts gathered in Tarcutta for a night of fun and entertainment on April 21 at the 'Desperate Farmwives Cocktail Ball'. An idea that originally started among friends over a coffee at a local drought relief breakfast late in 2006 grew to be one of the most anticipated events on the district's social calendar for 2007.

We (Toni Nugent, Belinda Maclure, Vanessa Thorley, Elisha Turner, Natalie Osborne and Raegan Angel) wanted to organise a function where people could have a good night and forget about the hardships of the drought. We thought a ball would be a fun way to lift the spirits of the local community.

Planning the ball was fun and including our husbands and families in weekly meetings has created a great social mood and a different conversation topic rather than constant talk of the drought.

Here's hoping 'The Desperate Farmwives Cocktail Ball' is the start of many fun events to come.

Toni Nugent, Wagga Wagga

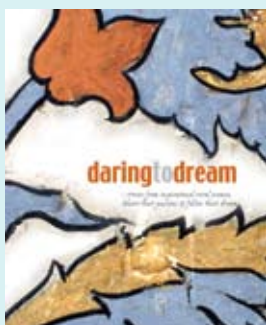
We'd love to hear from you, so why not send us a postcard or photo from where you live, and share your news and views! Post to: *The Country Web*, Locked Bag 21, Orange NSW 2800.

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



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.