

• FOR RURAL WOMEN & THEIR FAMILIES •

The Country Web

RE-ENGAGING

NUMBER 50 SPRING 2009 FREE NEWSLETTER

*Make tracks to the
2009 Women's Gathering*

JUNEE

PHOTO BY TJ PHOTOGRAPHY



Let's make it happen – together

Rural Women's Network

SPECIAL FEATURE – 2009 JUNEE NSW WOMEN'S GATHERING PROGRAM & REGISTRATION

contents

THE COUNTRY WEB

The Country Web is produced by the Department of Industry & Investment Rural Women's Network (RWN) and is distributed free, three times a year. For more about RWN see page 5.

EDITING/DESKTOP PUBLISHING

Allison Priest

CONTRIBUTIONS

Letters, stories, poems and photographs from rural women and their families are welcome.

FREE MAILING LIST

If you live in New South Wales and would like to be on our free mailing list, contact RWN.

ADVERTISING

13 000 copies of *The Country Web* are produced each edition. We welcome advertisements and offer competitive rates. Contact RWN for more information. Sponsorship and insert options also available.

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COMPETITION TERMS & CONDITIONS

See page 23 for competitions.

1. Information on how to enter and prize details form part of the Terms & Conditions. By entering the competition, entrants accept these Terms & Conditions. 2. To enter, you must provide your full name and postal details, and in 25 words or less answer the competition question. 3. Entries must be posted to the stated address by the stated date. 4. This competition is a game of skill. The best answer as judged by the RWN will win. The judges' decision is final and no correspondence will be entered into. Prizes cannot be transferred or redeemed for cash. The winner will be notified by mail within 14 days from the judging date.

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'Re-engagement' seems to be the current catchcry in community development. With a long-term involvement in community development, I have lived and breathed re-engagement!

Even though 're-engagement' is not a word in everyday use, it nevertheless applies to all facets of life, and there are some areas where, whether they realise it or not, people are commonly see-sawing between engaging and disengaging, as they please. For people working with the community, the word 're-engagement' often appears in practitioner manuals, program applications and acquittals, getting bandied around so much that it sometimes feels as if it has lost its impact.

So what does 're-engagement' actually mean?

- To 'engage' in something is to make an active decision to become involved or take an interest.
- To 'disengage', it is safe to assume, is to reverse the

decision and retract the interest or activity.

Community development practitioners talk about 'engaging people' as a way of saying 'We want them to get involved in their own lives or that of the community'; or we refer to those who are slipping through the cracks or living their lives quietly, as 'disengaged'. In considering youth and society, we might assert they are disengaging with the world around them, or, alternatively, that because they are so engaged with new technology, Generation Z are more connected (that is, 'engaged') than any previous generation.

People, services, ideas and places all come in and out of your life according to what you decide. That is the powerful message here – it is *your* decision to engage, or disengage.

My personal engagement pendulum

I have spent many years engaging and disengaging, particularly

when it comes to exercise and the pursuit of my own inner health! It is easy to get caught up in business, work and home life, and all too hard to take care of yourself – it's too hot, or too cold, you are too busy, or you don't have the right clothes to wear (I know I am not the only person who has used that excuse!).

It was only recently, due to a move, that I have been able to make the choice to re-engage with my body and get active! I attend a women's only gym, which ticks all the boxes: no mirrors, no men and no make-up. I am paying closer attention to my body's unique needs and am feeling and seeing the benefits! This is a 're-engagement' that I will thank myself for in years to come!

Then there is the re-engagement with old friends that is so common in people's lives and has been made even simpler through technology, particularly Facebook and school friend websites. Through the marvels of the modern era I have re-engaged,



Rebel Black, Rural Women's Network State Advisory Committee

even just in a minor fashion, with friends from school and uni days as well as with people I seem to have known all my life but had somehow just let go! I have even had people from my past track me down through Google – who knew you could be so easy to find and re-engage with!

I have never completely disengaged from my family, but sometimes your ties are just not as strong as you would like them to be. My grandparents have always been a significant part of my life, but those old foes distance and time have meant that visits have often been

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CALENDAR OF EVENTS

SEPTEMBER 2009

18–20, JUNEE

Plan to make tracks to the 2009 NSW Women's Gathering for a weekend of creativity and connection, fun and friends, laughter and learning. See pages 17–20 for program and registration information.

26, EUGOWRA

Eugowra Country Women's Association is holding a Flowers, Fashion, Fun & Music Day at Clonelly Homestead, Murga from 10.30 am to 4 pm. Admission costs \$5 (children under 5 free). Guests will enjoy a beautiful garden setting overlooking the olive grove to Nangar Cliffs and

will be entertained with music by Rod Maher and Nellie Neinzel. There will also be stalls and a fashion parade. Lunch is available for \$10 per person (bookings essential). RSVP by Friday 18 September to Janet Noble on 02 6859 2287, Wendy Carey on 02 6859 5221 or Lorraine Carty on 02 6859 5261.

26–27, CONDOBOLIN

Hear the Bush Beat is a celebration of 'life in the bush' for the entire family. Entry is free with activities including market stalls, men's shed, AWI fashion parade, pamper workshop, statewide school colouring competition, face painting, kids workshops and activities. There will also be an evening concert

featuring Jon English, Jonah's Road and the Noll Brothers. For enquiries email: ajparsons@bordernet.com.au

OCTOBER

15, WORLD RURAL WOMEN'S DAY & CLOSE OF APPLICATIONS FOR 2010 RIRDC RURAL WOMEN'S AWARD

NOVEMBER

3–4, YANCO

Rural Women's Network State Advisory Committee Meeting. For more information about the SAC or if you would like to raise an issue or concern, see page 30 for relevant contact details.

WHAT'S NEXT?

The theme for the next edition of *The Country Web* is **My Heart, My Country**. It will be an opportunity for women to share their stories of their connection to the land or their country. We are especially interested in stories from Indigenous women and women from culturally diverse backgrounds.

Contributions required by 28 September for publication in December 2009.

Forward your contribution to: The Editor, *The Country Web*, Locked Bag 21, Orange 2800, Fax to: 02 6391 3650 or email: allison.priest@industry.nsw.gov.au

Rural and remote health

I am a rural and remote nurse practitioner currently based in a NSW regional hospital Emergency Department. In collaboration with a Clinical Nurse Consultant, Cardiothoracics, at the St Vincents Public Hospital in Sydney, I am in the process of designing a project looking at the difficulties encountered by rural people when they are required to travel to Sydney for specialist medical care.

We are interested in hearing about people's experiences from their initial diagnosis and discussion with doctors or specialists, to organisation of tests locally and in Sydney, transport to appointments, their admissions process, family assistance, discharge preparation and their return home.

The aim of this project is an improvement in the process for individuals and their families, but first we need to hear exactly how current procedures affect rural people, and how even the decision to have surgery can be impacted on by social and economic issues characteristic of rural and remote life.

We look forward to hearing from readers in the interest of better access to health care for rural people. Please contact me on

0438 430 282 or email feedback to: wendy.swann@gsahs.health.nsw.gov.au

Wendy Swann, Wagga Wagga

Ring out the Bells of St Clements

The land on which St Clement's Monastery stands was once a working farm. In times past the bells rang out at 12 noon to call the Redemptorist Priests and Brothers to prayer. St Clements has a wonderful history of hospitality beginning with Ned Ryan, convict and Ticket of Leave man. Ned's family left the property to a Religious Congregation and the land passed into the hands of the present community who have tilled the soil and reached out to the people of the land for many years. Now the Bells are silent. It takes some stamina to ring a heavy bell and the present community has no young men working in the paddocks or within range of the Bells.

The Monastery has become a retreat and conference centre open to people of all faiths and nationalities and backgrounds. It is a second home to many people.

In these times of drought the little community pray daily for the people of the land. Those on the surrounding farms or the

nearby towns of Harden, Boorowa and Young often call in to catch up with the community. Now, however, the community of St Clement's needs a few prayers, too. They want to find a way to share this lovely place with younger generations with a view to handing the place to lay people to manage and maintain. We need a way to carry on the hospitality in the spirit of Ned Ryan and the Redemptorists.

I have recently come here from Victoria, as Artist-in-Residence. A late developer in art, my passion is to make a place for others 'to have a go' at expressing themselves in some form of art. I call it the 'art of letting go'. So far the oldest person to have a go has been a 93-year-old who has never held a brush to paint. We have set up an Artspace for those who come here and I run weekend retreats for people to tap into the 'art of the soul'.

In last month's *Country Web* I read with interest 'Food for the Soul'. Well, St Clement's is rich in opportunities for people to take time out and enjoy the beauty, interact with others and generally be nurtured in body, mind and spirit. Older generations know and love St Clement's but it is time now to ring out the bells for other generations.

On the first weekend in September 2010 we are having a Spring Cultural Festival. We invite people to participate or contribute in the areas of music, dance, art, games, craft stalls, food, and entertainment for families. If anyone has ideas or would like to be part of this event, email: r.s.j.merrijigborak@hotmail.com

Sr Helen Barnes, Gaylong



Congratulations to the following readers for their winning entries in the No. 49 book competition.

Love in the Age of Drought: Nieves Cridland, Bermagui; Renae Elrington, Wagga Wagga; Marie Hombsch, Bithramere.

Little Wins for Working Women: Hilda Newstead, Gilgandra; Glenise Webb, Weston ACT; Alison Coote, Orange; Jenny Magner, Tenterfield; Helen Cherry, Coonabarabran; Patti Bartlett, Manyana



From the editor

This edition of *The Country Web* sees us celebrating a very special milestone as we bring you our 50th edition. When *The Country Web* first rolled off the press back in 1993 it emerged out of a need for rural women to have a voice and for the last 15 years it has been a source of information and support for women dealing with the many aspects of rural life.

Through the newsletter women have been able to share ideas, issues, inspiration, information, experiences and opportunities. We have covered a variety of topics over the years with past editions highlighting community, cultural diversity, drought, education, employment, family, finance, food, innovation, isolation, mental health, law, leadership and mentoring, managing risk,

natural resource management, relationships, resilience and recovery, water, women in decision making, youth, and more.

Some may be interested to know where the title, *The Country Web*, came from. A competition was held asking people to come up with a name. The winning entry was by Marion Palmer of Jerilderie: *'The arms of the web provide the framework around which the fragile thread is spun, thus linking everything together with the end result a delicate but strong and flexible work of art. To me, this resembles what the Rural Women's Network is all about – connecting people in far flung areas and drawing them all together through the Newsletter.'*

The Country Web is now well established and recognised by the wider community and has become a valuable resource for government and non-government agencies to exchange information with the rural sector. I look forward to bringing you many more editions of *The Country Web* in the future.

Allison Priest, Editor – The Country Web



across my desk



Community Engagement Unit
Manager, Sonia Muir with RWN
Project Coordinator, Allison Priest

The Rural Women's Network (RWN) is a statewide government program within the Department of Industry & Investment. RWN works in partnership with individuals and agencies to share information and promote action on rural women's issues. The RWN:

- provides information and referrals;
- supports the development of local initiatives;
- works with rural women and families to identify and bring attention to priority issues;
- develops projects with other agencies to address needs;
- provides a medium for networking and information sharing;
- promotes the profile of rural women;
- provides a two-way link between government and rural women; and
- provides policy advice.

Contact RWN on:

Ph: 02 6391 3620

Fax: 02 6391 3650

Email: rural.women@industry.nsw.gov.au

While Sonia has been taking a well-earned break it has been my pleasure to step in and get to know the work of the Rural Women's Network a little better.

The RWN is celebrating a very important milestone this edition as we bring you our 50th edition of *The Country Web* – a very special milestone for the newsletter and the team. Other exciting things happening at present include the 2010 Rural Women's Award which opened for applications on 1 August and the upcoming June Women's Gathering (see pages 17-20).

This issue of *The Country Web* focuses on re-engaging. For me, re-engaging is about rethinking the way I do things by looking at something familiar from a new angle. There's no better time to talk about re-engaging especially in my field of interest – schools education.

My daughters attend the oldest continuously running school in Australia, established in 1816 by a convict on conditional pardon. The beauty of its glorious historic buildings, the stories of past students and location overlooking Newcastle doesn't seem to impress my little ones – it's just school to them. So, when a few weeks back I stopped to reflect on how sad it was to see traditional blackboards on a pile of school refurbishment rubble, they thought I was a little mad. 'It's just old stuff mum,' they said.

The blackboards, replaced by new interactive whiteboards, were for me the first sign of a significant shift in the way teachers can now engage with students. Imagine watching

videos on the whiteboard, searching the internet with the class to answer tricky questions or extending a discussion with more information, even reading a digital book together or working interactively on math problems – all on the one giant touch screen. The way these new teaching tools are being used to engage students is amazing.

Interactive whiteboards are just the beginning. The Digital Education Revolution, funded by State and Federal Governments, will see around 200 000 NSW secondary students and 25 000 teachers receive a personal laptop. Students will be able to create videos, edit photos, produce presentations, video conference and collaborate on assignments.

It is against this backdrop that our schools education program, LandLearn NSW, turns one. LandLearn NSW works in partnership with organisations to encourage and support the incorporation of studies about sustainable primary production and natural resource management into K-12 classroom teaching.

Issues such as climate change, water restrictions, drought, and food and fuel prices are driving an increased interest in natural resource management and primary industries.

We are increasingly being asked to consider, for example, ethics, health, the environment, animal welfare, economics and the future when it comes to natural resource management and primary production, by the media, through government policy, by retailers and educators.

At a time of worldwide environmental, social and economic change we need new ideas and thinking. Students as future producers and consumers need to be part of the discussion.

LandLearn's website (www.landlearnsw.org.au) acts as a portal to the latest information and resources and for the past year we have focused on developing digital resources and supporting creative ways of working with schools.

The website features digital image, presentation and video libraries with an interactive map about NSW people and produce. The work of two trainee dairy students is amongst the most viewed content on the website. This sort of student-created digital content is an exciting new direction for the program.

LandLearn NSW is looking to re-engage teachers and students through technology and, while I will always have a soft spot for chalk, I can't help but be intrigued and fascinated by the way technology is being used in NSW classrooms.

On a final note, NSW DPI has become part of the new Department of Industry & Investment. The new department has been established to assist in building a diversified State economy that creates jobs. For our clients, our focus during the changes is on continuity of business, a seamless transition, front-line work and ultimately better, more integrated service.

**CARMEN PERRY,
EDUCATION COORDINATOR**



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





Our people Our community

Braidwood's quilt event energises the town's economy

In 1995 it was estimated that over one million cars travelled through Braidwood, a small town situated between Canberra and Bateman's Bay. The town's population stood at 1100 people with a total of approximately 2800 in the post code area 2622. Unfortunately a large proportion of these cars did not stop in Braidwood and, even though there was an amazing treasure trove of 19th century buildings, the main street looked a little tired and there were a few too many closed shops.

A group of quilters, led by their President, June Weatherstone, decided to do something about this dilemma. June had dreamt for some time of the main street buildings being draped in beautiful quilts. She was not ashamed to admit that the idea had been sparked by an article in an American magazine about an outdoor quilt exhibition held annually in the town of Sisters in Oregon. Throwing caution to the winds the group declared it was about time everyone stopped dreaming and decided to take some positive action.

Our first 'event' took place on the fourth Saturday of November, 1995. We did not publicise our plans, so the local population was a little bemused to see ladders leaning against buildings and our town's intricate iron laced verandahs draped with colourful quilts. The usual stream of traffic travelling to the coast from Canberra on a Saturday morning stopped flowing and cars pulled into main street parking spots. We knew we had given birth to an exciting concept which could be developed into an economic bonanza for the town.

During that first event our 'Airing of the Quilts' exhibited 25 quilts, and the small student quilt exhibition, which was housed in a small empty main street shop, displayed a similar number. In 2008, 13 years later, over 500 quilts were exhibited in the street and in eight indoor

venues throughout Braidwood. It is now estimated that 3 million cars travel through Braidwood and many of them stop to the point that residents complain that they cannot find a park in their own shopping centre! Prize money is offered for the best competitive quilts in 12 categories and in 2009 an acquisitive award of \$1000 will be offered by the Director of Fyre Gallery for an art quilt inspired by Australian artist Hall Thorpe, whose work will be exhibited in an exhibition to run from November 13 to December 21.

Not-for-profit and charity organisations have raised over \$130 000 for their community work over the life of the event, retailers report up to a 300 per cent increase in sales over the weekend, and visitors to the event book from year-to-year and make return visits throughout the year to increase tourist numbers and research real estate purchases.

Braidwood Quilters Inc. have increased their activities and now hold a monthly workshop to make community quilts for the 26 beds in the nursing home and hostel for the frail aged (with some welcome funding from the former NSW Department of Primary Industries) and for the children in Sydney's Westmead Hospital. They have also recently developed a relationship with the small Victorian town of Nargethong which was devastated by the February bushfires. This has led to a strong bond between the two villages as well as nearby Buxton, the Braidwood quilters lending support to women who have lost family members, homes, businesses and helping them build up their much needed quilt and craft supplies. Braidwood Quilters Inc. has been very proud to be involved in projects that have helped re-invigorate communities – both its own and others.

By Jill McLeod, Braidwood Quilters Inc (www.braidwoodquiltvent.org.au)

Re-engaging with family

Opening doors to amazing stories

By Sonia Muir, Community Engagement Unit Manager, Department of Industry & Investment

In 1996 my cousin Robert left Romania tied to the bottom of a train. He was the first family member to relocate to Italy from his village in search of work.

After the fall of communism collective factories and farms closed, creating employment challenges in most eastern bloc countries. It became increasingly common for younger people to leave villages in search of a 'better' life.

I had nine cousins living in the village and now there are none. Under President Ceausescu people couldn't travel more than a few hundred kilometres without special papers. Now as a member of the European Union, work and travel have become somewhat easier.

Life under communism was never easy. Another cousin, Mioara, remembered as a young girl receiving a parcel from Australia only to find half the contents confiscated by police. And it wasn't until the year 2000 that she and her sisters first tasted an orange... something we can eat any day of the year.

Mioara and I began emailing with broken English and French using a free internet translator which worked well enough to achieve some basic understandings. These early communications led to a family trip to Romania and Italy (2004) and a strengthening of family ties.

Robert's train journey took two days with no access to food or water. He arrived with no job,

no money, no papers and no understanding of the Italian language. The first few months were spent sleeping in fields and relying on charity for food and clothes until work was finally secured.

Within eight years Robert learned to speak Italian fluently, married a Romanian nurse from his village, had a daughter, secured a good job, bought a car and started renovating and paying off an apartment. He has also helped six other cousins (and many others from the village) to settle and find work in Italy.

Even today Romanian village life continues to focus on a subsistence farming existence. Many older couples, like my uncles and aunts, survive on an



Mihaiela Pansaru (Sonia's niece), wearing a family heirloom Romanian costume.

\$80 (AUS) a month government pension. They use these funds to buy basic commodities which are supplemented with what they can grow, brew, barter or collect from the forest.

Using Mum's expertise as a native speaking Romanian I am able to continue to collect these and other precious family stories and anecdotes.

Since our visit two uncles from the village have passed away. Don't wait until it is too late and start re-engaging – especially with those older family members who can share special family histories so important for future generations.



You could be our next winner!

2010 RIRDC NSW RURAL WOMEN'S AWARD APPLICATIONS NOW OPEN

Are you involved in primary industries or natural resource management? Do you want to develop your skills, make a difference and inspire others? If your answer is yes, have you thought about applying for The Rural Industries Research & Development Corporation (RIRDC) Rural Women's Award?

The Award acknowledges and celebrates the contribution rural women are making within primary industries, natural resource management and rural communities.

The Award provides a \$10 000 bursary for the NSW winner and the opportunity for the NSW winner and runner-up to participate in further leadership and development training such as

the Australian Institute of Company Directors Course.

The Award is open to women involved in primary industries or natural resource management, whether you work in broad acre farming, intensive livestock, cropping, horticulture, fisheries, forestry or related service industries.

Applications opened 1 August and close on World Rural Women's Day, 15 October 2009.

For more information contact Allison Priest, RWN Project Coordinator on 02 6391 3620, email: allison.priest@industry.nsw.gov.au or go to: www.dpi.nsw.gov.au/rwn.

Daring to dream

Daring to Dream (DTD) is a tribute to the many women from rural, regional and remote backgrounds who have dared to take the plunge, set goals and overcome challenges to make their dreams happen. The stories show the creativity and resilience of women as they share their stories and provide inspiration and ideas for others. The following women are featured in our most recently added stories. To read their full stories go to the RWN website at: www.dpi.nsw.gov.au/rwn and click on the 'projects and activities' link.



SHARON DUNDON
MANAMA, KINGDOM OF BAHRAIN

Sharon Dundon provides technical consultancy advice and practical training to overseas stock handlers receiving Australia's live sheep and cattle. She has always had a passion for animals, and after completing a Rural Science degree worked in various industry positions before developing a second love for long haul truck driving!

While transporting sheep and cattle around the countryside, Sharon began to wonder how well the animals in the back were coping. With the support of a Meat & Livestock Australia scholarship she completed a Master of Rural Science degree looking into the impact of long distance transportation on cattle welfare.

Over the last five years Sharon has been travelling to the Middle East (Bahrain, Kuwait, Qatar, UAE, Oman & Egypt) and Indonesia, putting her ideas and experience into practice. She currently lives in Bahrain with her husband Peter and young son Thomas.

If you want to do something, JUST DO IT! Two of the most important things I believe are: Believe in yourself and that you can achieve what you want to achieve and surround yourself with positive and supportive people. Discover your unique dream and purpose and follow it with passion.



VANESSA BONNETTE
YAMBA

Vanessa Bonnette battled with an addiction to drugs and alcohol between the ages of 14 and 19, which ended when she was hospitalised after an overdose and a near-death experience. Having overcome her addictions, Vanessa has spent the last two decades undergoing training to pursue positive career paths and business opportunities. Her passion is to ignite, inspire and support others to follow their true purpose.

Vanessa has successfully raised two happy children, a son aged 18 and a daughter aged 11 – for the past eight years as a sole parent. During this time she managed to complete six years of professional training, build her own home, establish her healing and counselling business and to write and facilitate workshops. She is also the author of two books which on personal awareness and spiritual development. Vanessa's most recent venture is a website aimed at showcasing and supporting home-based and small business entrepreneurs.

Discover your unique dream and purpose and follow it with passion. Plan well and connect with positive people. Never listen to the negative voices on the inside or the outside – trust your inner guide. Pursue your potential and don't forget to reward your successes and learn from any failures along the way. Most important of all – enjoy your journey!



SUSAN WILLIAMS
NEWBRIDGE

Susan Williams developed a social conscience at an early age and provided a platform for a diverse and interesting life. She and husband Alan made a 'tree change' ten years ago to establish a thoroughbred breeding and training property at Newbridge in the Central West of NSW.

Life in the country may be quieter but is no less busy for this former teacher and Chief Executive Officer of Employment National (formerly known as the Commonwealth Employment Service or CES).

Susan embraces rural community life while maintaining connections with her corporate past through mentoring executives. She has engaged in political campaigns and at the time of writing this story, was the Deputy Mayor of the Blayney Shire. Susan is also the CEO of Masonic Youth Welfare Fund of NSW & ACT which aims to give needy young students an equal opportunity in life.

Don't waste time or energy getting stressed by trying to address your weaknesses. Put your creativity and energy into building on what you do best as this is the perfect foundation for success.

SEE THE DROUGHT

See the drought, fierce as fire
the situation becoming dire
Without rain to nourish our crops
the constant flow of water stops
Hot dry dust whips across the ground
the most barren place you see around
Feel the heat, the pressure, the stress,
the water supply becoming less and less
See the ground die and crack
and still the sky does not turn black

Scorching heat fills the air
howling wind tosses my hair
Watch tired stock collapse and die
they turn to bones, so still they lie
Hear the silence, a flat dull tone
then the wind begins to moan
A raging war that never ends
a withered crop falls and bends
Stare at the farmers aching back
and still the sky does not turn black.

BY SARAH GODMAN, AGE 12
STOCKINBINGAL PUBLIC SCHOOL



THE BREAKING OF THE DROUGHT

Mountains shining in the sun
Bananas gleaming one by one
Oh, can it be the rain has come
Oh, can it be the rain has come
Every raindrop that did fall
I swear I counted one and all
They glistened as they dropped to earth
I hear them laugh with glee and mirth
Knowing all the good they do
Turning grass to greenish hues
The mountains sprang from dirty brown
To emerald green all around
Flower heads popped from everywhere
So colourful we just had to stare
But the best of all was the cool wet wind
So delicious and wonderful to the skin
And then the heavy drenching rain
That stopped our mental inner pain.

BY JUNE BIRKETT, CRYSTAL CREEK

'Culgoa' revival brings a new lease of life to the community

By Belinda Colless, Economic Development Officer & Grants Officer, Brewarrina Shire Council

The Culgoa Community Sports Club is testament to what a group of motivated people can achieve when they come together with a common goal.

Located 45 km north west of Brewarrina is the Culgoa Community Sports Club, founded and built by the local community in 1965. 'The Culgoa', as it is affectionately known, was an iconic institution with regular sporting events including horse races, tennis, cricket and social dances. In 1987 the Club went into recess as the community found it increasingly difficult to maintain the infrastructure.

Between 2001 and 2006 the Brewarrina district was in the grip of the worst drought in history. Twenty one businesses in Brewarrina closed, many families left the area to seek employment elsewhere and all hopes of resurrecting the Club seemed unlikely.

In late 2006 at the height of the drought the broader community of Culgoa was socially and economically depressed. A small but dedicated team got together and rebuilt the Culgoa to keep morale in the bush going at a time when there was not much to look forward to.

Meetings were held, working bees attended and within two months a series of events were organised at the Culgoa for residents of the area to get together, network, connect and forget about the drought they were living with. The Culgoa held a get-together every month whether it was a field day, working bee, general meeting or a public function such as televised grand finals of football, tennis and cricket.

Through this process the Culgoa Hall Trust was re-established. The grounds had fallen into disrepair and required immediate repairs and maintenance.

Momentum grew and in 2007 the Club had 55 families as members. The working bees were restoring the grounds and there was a small income from events to make

improvements to the facilities. Several grant applications were lodged and the Culgoa Sports Club was fortunate to win \$60 000 through the joint ABC and Foundation for Rural & Regional Renewal 'Drought Not Out' competition, \$10 000 from NSW Sport & Recreation, \$6000 from the Country Women's Association, \$1000 from the Department of Primary Industries, \$500 from Canberra Tradesmen Union Club and \$1000 from the Brewarrina RSL Club. This financial assistance, along with donations and countless hours of volunteer labour enabled the Club to improve access to water and sewage to the grounds, build two amenities blocks, maintain and improve existing infrastructure, light the tennis courts, upgrade power to the site, maintain the tennis courts and cricket pitch, paint infrastructure, repair fencing and build a new entrance and renovate the hall to include a stainless steel kitchen.

In the last three years the Culgoa has hosted two car rallies, numerous tennis, cricket and bowls days, live bands, field days, Landcare meetings and social gatherings. The Culgoa has also volunteered to host the 2009 Western Catchment Landcare Forum on 24 & 25 October 2009 and share our achievements with other groups across the region.

Activities at the Culgoa have brought an estimated \$180 000 to the Brewarrina community. In addition, the Culgoa Community Sports Club hosted a fundraiser for a motorbike amputee in 2008 that raised over \$40 000 in one night.

The Culgoa Community Sports Club is testament to what a group of motivated people can achieve when they come together with a common goal. There is no town or village at the Culgoa and the people who make up the community live within a 50 km radius. The Brewarrina District has been very fortunate over the past two years to have two exceptional seasons; although everyone is busy and life is hectic, the Culgoa is still growing with over 90 financial members in 2009.

Communities making it happen – *Tullamore*



A community is as vital and dynamic as the make-up of its members and Tullamore is no different. While many small communities struggle to survive as a result of economic and social factors, residents in other towns, such as Tullamore, are successfully implementing a range of 'revival' strategies to revitalise the town and create a renewed sense of community.

Tullamore is a small town in central western NSW situated on the Bogan Way which runs from Bogan Gate to Nyngan. With a population of about 700 people, including the township and surrounding farms, there is a strong sense of community and mateship. Agriculture is our main source of income and many community members are employed at our recently built Multi-Purpose Centre (Hospital), Pre-School and our

Central School which caters for Kindergarten to Year 12.

Tullamore, like many other communities, has suffered from years of drought. Because of this and the loss of our bank to an agency prior to the drought, many families left the district seeking more permanent employment. And in many instances farms have been purchased by neighbours or absentee landowners, thus lowering the numbers in our

community. In spite of these factors we still have a good number of younger farmers committed to the hard work of agriculture. Our shops are all family owned and operated and supply our basic needs and we boast a Hotel and Bowling Club.

Our town though has been described by visitors as 'sad looking'. Following some community workshops the community has endeavoured, and are still endeavouring,

to turn the tide for our small town and community. We have undergone some facelifts! We have 'greened' up our Memorial Park on the approach to town with an underground watering system, toilets, picnic tables, shaded play area and a barbeque – we celebrate Australia Day and hold our Anzac Day commemorative service here. On any given day it is not unusual to see caravans using our park facilities.

We have also placed two new town signs on the two major approaches to town depicting a shamrock acknowledging our Irish heritage. Following the establishment of a Rural Transaction Centre by Tullamore Inc. the main shopping area exteriors were all painted in heritage colours and awnings were added to all the shop fronts. Our latest improvement to the shopping area has been

Community resilience – a regional approach

By Deb Foskey, Cabanandra*

Over recent months I have been looking into the state of rural communities in the early 21st century with a particular focus on the south-east region of NSW, a very diverse range of communities and landscapes surrounding the ACT.

I have been trying to establish the region's ability to weather the twin challenges of economic crisis and climate change.

Economic hardship is an old story for the region, as agricultural incomes have been on a downward spiral for some decades. Even climate change is not a new phenomenon, as its major impact in the region will be more drought, unpredictable rainfall and increased fire danger, threats we are all used to, although scientists tell us these threats will be intensified and more frequent.

Although my project was focused on 'sustainability' it seemed to me that 'resilience' is a better word to describe the communities that are doing all right despite the enormous challenges they face. Like sustainability, resilience is a three-pronged concept: environment, society and economy are all part of the equation.

My permanent home is on the southernmost edge of the region – in East Gippsland to be precise, since someone thought it was a good idea to put the state border between my locality

and its most convenient town, Delegate. However, like many people living in isolated areas, the need for better access to secondary education for my children took me off to Canberra in the mid-eighties. There I lived for over 20 years, studying, getting involved in green issues and politics, and learning how the region's major city works.

The place I left 20 years ago is very different from the one I have come back to. For a start, there are fewer people, as so many have gone to larger towns and cities for work and employment purposes. The fires

Residents revitalise the town

By Bernadette Boneham, Tullamore

blister gardens containing trees, plants and tall heritage-style light/banner poles. The grain silos are opposite the shopping centre and there we have placed garden beds and another picnic table. And the town has recently had the sewerage connected after many years of planning and consultation. All of these works have been undertaken by Parkes Shire Council in close consultation with the Tullamore & District Community Consultative Council.

During this time we have established an annual Irish Festival held over Easter. This brings a lot of visitors to our town as does the Annual Show and Dog Show. The camping area on the showground has been enlarged to cope with these functions and the Tullamore Pastoral, Agricultural & Horticultural Association are nearing completion of a new multi-purpose centre. We

have also planted 160 trees around the camping area and showground.

Sadly, our school numbers, which have been borderline for a number of years, declined in the past 12 months resulting in the loss of a teacher in the primary classes at the beginning of the year. The numbers that currently fill the Pre-School and Long Day Care hopefully may change that in the future. In the meantime, to combat this decline we are taking part in the Rent a Farm House scheme. Through the scheme we hope to attract families with the skills we lack and to bolster the school and bus run numbers – we look forward to welcoming our first family in the coming weeks.

We consider our community a friendly and happy place in which to safely raise a family, where everyone looks out for everyone else. We feel the motto, 'It takes a community

to raise a child,' to be very true. Our plans for the future involve further improvements to the showground, the restoration of facilities at our sporting oval, better lighting throughout the town, improved pram/gopher ways and footpaths, preparation of a truck stop area for the volume of passing traffic,

upgrades to our Memorial Hall and the Pony Club are planning improvements to their facilities on the showground.

Even with all these attempts to 'revitalise' our community, nothing works better than a regular rainfall to raise the hopes and dreams of everyone!

You can change the future of your community or you can sit back and allow whatever happens to happen. You can create your own destiny. However, the cost is high. It means organising a group of people who are willing to give of their time and energy to make things happen. It means believing in yourself and your organisation. It means putting aside individual differences to work together for the good of the community. It means working together to decide what you want for the future and then working together to make it happen. You can do it. People are doing it.'

Jack McCall, 'Small Town Survival Manual'

of 2003 were the last straw for some, who found the month of threat too stressful to repeat. Those who are left are twenty years older; and there are fewer children. Our local store and petrol station have closed and even the nearest town's general store is up for sale with an uncertain future. Too few people are left to run the community organisations so essential to the social capital and life of any town.

It's a familiar story. But as I travelled around the region and talked to people, read Social Plans and State of the

Environment reports, a positive picture began to emerge. Country people have a healthy attitude to governments; they agitate for equity in services, but they don't wait for them to be delivered. In resilient communities, formal and informal networks keep towns ticking over and provide the social services governments have withdrawn. Rural Transaction Centres in some small towns are run entirely by volunteers. Rural fire brigades, Landcare groups, all run on volunteer labour. In many towns and communities, it is

the women who keep the social tapestry intact.

For this reason, the most resilient communities welcome newcomers, for their ideas and their energy. Certainly, there are divided communities, where old scores are not forgotten and enthusiasm is regarded with suspicion. They will find it more difficult to face this century's challenges. Looking outside our towns and communities and linking with others in the region will inevitably bring communities together. Local food production and distribution networks, arts organisations and

the transition towns movement, where communities are working to reduce their ecological footprint while building social capital are spilling over from towns into the region. Only governments are constrained by borders; they are of no consequence for people with a regional vision.

**Deb Foskey has been employed as a consultant by the South East Resource Recovery Regional Organisation of Councils (SERROC) to write a scoping paper for its new project, Sustaining Our Towns.*

Engaging in learning – it's never too late!

By Adam Bennett, TAFE Western



Elsie Gordon, a Murrawarri woman originally from Brewarrina now living in Dubbo, left school at the age of 15 to work as a shop assistant, an assistant in nursing at the Brewarrina Hospital in community health, and as a part-time receptionist for a doctor.

For the last 18 years she has worked in a women's housing program and has been involved in numerous committees and organisations especially in relation to domestic and family violence issues.

However, despite her extensive experience, until last year she did not hold any formal qualifications in welfare.

In 2008 she took part in a program for people working in the welfare industry to undertake a Certificate IV in Community Services Work via recognition and skills gap training. Following this program she also completed the Diploma of Community Welfare Work.

Elsie said that gaining two qualifications last year has given

her the courage and confidence to continue with her education.

'Twelve months ago if anyone would have told me I would have these qualifications today and that I would be a TAFE student I would have told them to rack off,' she said.

'My favourite saying in the past to anyone who asked me what my qualifications were was that 'I'm a 15-year-old high school drop out... jack of all trades and a master of none'.

'In the past my career aspirations were to work hard, attend training to fulfil my duties but to stay away from TAFE because it is too hard.

'Today my aspirations are to work hard, attend training and learn as much as I can and to attend TAFE where they have great courses and have flexible delivery for training.'

To add to her learning Elsie has now undertaken the Certificate IV in Governance and is enrolled with TAFE to complete the Certificate IV in Workplace Training and Assessment.

Her teacher Deanne Davis said, 'One of the most exciting things about going through this process with Elsie has been witnessing what this has meant to her and to have her skills and knowledge assessed and validated through a recognition process.

'It is amazing to see her make the commitment to undertake more training which is nationally recognised and competency based.'

Elsie was acknowledged in 2005 with a NSW Aboriginal Justice Award and was named the Aboriginal Student of the Year in TAFE Western's 2009 Outstanding Graduating Student Awards.

RECOGNISING WOMEN'S SKILLS: CONVERT YOUR SKILLS TO A QUALIFICATION

Skills recognition can be particularly valuable for women. Some women may think they have less skills and experience than they actually do. Skills recognition can be a huge confidence boost and can prompt women to apply for a new job, start further education or ask for a pay rise.

How does skills recognition help?

Skills recognition can allow you to take stock of the skills and experience you have, measure the gaps in your knowledge and identify education and career opportunities that might suit you.

Women who have been out of the work force for a while, for example as care givers or for other reasons, often work in an unpaid or voluntary basis, and these skills can be recognised. If you have spent time volunteering at a school canteen, sporting club or looking after other family members and friends you will probably have skills that can be counted towards a qualification or unit of competency.

What skills do you have?

Even if you have not worked for a while, you can probably list skills you have acquired informally, or on the job, without having to think too hard e.g. communicating effectively on the phone, running a meeting or small event management. You can use the self evaluation tool on the Skills Recognition website to browse or search a list of occupations and qualifications. The computer will match the skills and experience you nominate with qualifications that include those skills.

Time for a change?

For some women, re-entering the workforce once the kids are at school is a perfect opportunity to reassess their careers and maybe choose a new one. This might be something you are thinking about doing too. Skills recognition can help you by allowing you to transfer some of your pre-existing work experience to a new field. This will make retraining shorter and possibly cheaper.

This information was sourced from the NSW Government's Skills Recognition website: www.skillsrecognition.nsw.gov.au Visit the website for more information.

Alternatively, if you're looking to update your skills in agriculture, conservation or land management education, Tocal College may be the answer. Through their Recognition of Prior Learning (RPL) program they can offer credit towards several units of work or full qualifications in agriculture, horticulture, conservation and land management at Certificate II through to Advanced Diploma level. Go to: www.tocal.nsw.edu.au for more information.

TAFE Western's website (www.wit.tafensw.edu.au) also has information about recognition for prior learning and Tafe's Fast Track Options.

My journey of self-discovery: Re-engaging with my high school passion!

By Phyllis Setchell, Mudgee



The joy of painting kept me sane in high school. The freedom of childhood was over – every day the restriction of homework! Sometimes I felt imprisoned. So I escaped into the world of painting. I enjoyed experimenting with the variety of styles I was learning about. A brush, a tube of paint and a canvas was my idea of bliss.

My parents were determined that I should do well at school and have a career that would give me financial security and independence. They had experienced the hardships of two world wars and the

depression. When I declared that I wanted to study art full-time their reaction was, 'That won't lead to a real job! It's no fun being a starving artist in a garret!' They had lived in Woolloomooloo and King's Cross and had seen and experienced the reality of poverty.

The year I sat for the Leaving Certificate the number of scholarships for tertiary education had been cut back and I was just one of the many baby-boomers vying for a place. Sadly, I missed out on fulfilling my dream and so my parents encouraged me to become a preschool teacher. They were willing to pay the course fees, as teaching, in their eyes, provided security. I felt I had no choice but to follow their advice.

For many years my teaching satisfied my inner need for creativity. The children and I had many wonderful experiences experimenting with the art materials. Together we discovered creative expression through movement, music, and language. As well as teaching

there were the busy, fulfilling years of motherhood and community activities.

At mid life my family and I had a 'tree change' move from the city to Mudgee and I changed carers to work with adults who had a disability. This presented me with the challenge to use my creative skills in a different setting. But in my heart was a growing desire to re-engage with painting. I longed for the satisfaction of holding a brush in my hand and seeing the colours and form evolve on the canvas. I tried to fit painting into my busy schedule but had limited success.

Then an unexpected door opened. I had a journey with breast cancer! My re-engagement with the brush and canvas was about to happen.

After my diagnosis, three significant events occurred. Firstly, in between operations, I attended an 'Angels' workshop and came away with a set of angel meditation cards, which I used daily. Secondly, a friend sent me a story about seeing the

hidden angel in others. Thirdly, as I was heading off to Sydney for my radiation treatment, I received a most welcome gift – a box of A4 boards, acrylic paints, brushes and a book titled *The Nude Figure*. These events inspired me to commence a series of paintings depicting rather quirky, unconventional female angels.

How satisfying this journey back into my painting has been. I feel as if I have been liberated. It is so exciting to plan my exhibition, 'Something About Angels', which will take place during September at The Mud Factory Gallery in Mudgee.

Reconnecting with my painting aroused my desire to share my experience and to assist others in their journey of self-discovery. So, with the help of friends, I am planning two workshops in the week following the exhibition opening to explore the metaphor of angels through creative expression and basket weaving.

It's great to be free and re-engaged with my painting.

ON THE WAY TO THE ORANGE FIELD DAYS

'You're about to be grounded for quite a while,'
Said the nice young officer with a tight little smile
'Get yourself a mini, that goes a bit slower',
And maybe your point score will be a bit lower.

I don't think I'll like it, this staying at home
It'll be nice for a while but with my urge to roam
To visit the children, and meetings and such
The weaning from my car I won't like too much.

The house will get tidy and the garden I'll nourish
The crafts I've neglected I'll complete with a flourish
My quilt, and my folk art, and embroidery too
I might get excited about things I can do.

One thing on the good side, I'll get very thin
For to town for the shopping, I can't get in
I'll miss line dancing, TAFE and the job I can't get
BUT I won't get despondent – I might not lose it yet!

BY JENNY CROFT, GUNNEDAH

Engaging with the family law system when separating means selling the family farm...

One in two Australian marriages in 2009 will end in separation. City-dwellers have easy access to support services, legal advice and the Courts, but what about people living in rural and regional areas? Family and relationships solicitor Katherine Fielden* has penned the following tips based on her experiences helping clients in the Hunter and New England regions to engage with the family law system.

1. Mediation: is now required for most family law matters involving disputes about children. If you live in a remote area, mediation can be via telephone. Mediation gives you the chance to negotiate an agreement that works for your family.

TIP: Mediation may not resolve all the issues, but can help you to reach agreement about some matters and clarify which issues need a Court decision. It's also a good information gathering exercise!

2. Best interests of the children:

If necessary, the Court will determine the arrangements for your children based on their 'best interests' as set out in section 60CC of the Family Law Act. Each party in a children's matter must file an Application or Response setting out their proposed Orders, together with an Affidavit (sworn statement) about why their proposed Orders are best for the children.

TIP: Your Affidavit should not detail your relationship history, but should focus on why the Orders that you are seeking are in your children's best interest.

3. Property settlements: A four-step process is applied by the Court and used by individuals when negotiating property settlements:

STEP 1: Adding up the joint assets and subtracting the joint debts to calculate the net value of the property.

STEP 2: Identifying each party's financial and non-financial contributions to the build-up of the joint assets.

STEP 3: Considering factors such as the financial commitments of either party to support children or other people, and the earning capacity, health and age of the parties.

STEP 4: Considering any other factors which the Court thinks are relevant.

TIP: A farm diary or calendar can be useful evidence for rural women when valuing 'non-economic' contributions such as harvesting, foaling, accounting etc.

4. Your day in court: Dress for success; bring a pen and paper to take notes. Prepare a chronology of key events for quick reference. Don't bring a cheer squad but do bring along a support person who will give you sound advice.

5. Saving yourself time and money: It's usually cheaper to settle out of Court, but you may need to compromise. Each party is usually required to pay their own costs, but Legal Aid is available for some matters. In general, the more groundwork you do yourself, the more you will save.

6. Negotiating a settlement: At some point you will be involved in settlement negotiations whether you go to Court or do it yourself. If a rural property has been in the family for

generations, dividing it up may not be an option, however most farming assets are held in Trust or Company structures and these are usually divisible.

TIP: Prepare by identifying your current and future financial needs. Work out different scenarios, your bottom line and where you can compromise.

7. Finding support: The process of separation usually involves some grief and loss. Family members will usually be supportive but can muddy the waters with their own agendas. Contact your local community neighbourhood centre or Country Women's Association to link in with support services.

TIP: Use counselling to separate emotional issues from the legal and financial decisions you need to make.

USEFUL RESOURCES:

www.familyrelationships.gov.au

www.austlii.edu.au/au/legis/cth/consol_act/fla1975114

www.legalaid.nsw.gov.au

www.familycourt.gov.au

The Child Support Agency has two books: *Me, My Kids & My Ex* and *Me & My Kids: Parenting from a distance*. They can be downloaded free at: www.csa.gov.au

**Katherine Fielden is a relationships and family law solicitor at Catherine Henry Partners. Her practice involves working with clients from the Hunter and New England regions.*



Family relationships are the number one reason for calls to Kids Helpline and research shows that parents struggle to communicate with their children. The Talk to your Kids website was developed by Optus and Kids Helpline to help address this issue.

The website includes a range of practical and straightforward information, tools, and tips covering sexting, bullying, cyber bullying, abuse, mental illness, technology and closing the gap.

No matter how comfortable or confident you are in everyday conversations with other adults, a conversation with a child or young person can be quite a different matter. Kids often use a slower pace and unique vocabulary, and can 'clam up' if they don't feel comfortable. By making simple changes to your approach and conversational style, keeping in mind a few simple tips, talking to a child can become quite easy, and very rewarding. See the section on 'Closing the Gap' for some great tips to encourage positive conversation.

parenting ■ juggling work and family

By Allison Priest, Project Coordinator, Rural Women's Network



I recently returned to work with the Rural Women's Network after 13 months maternity leave following the birth of my beautiful daughter Kayley, pictured above. While I was excited to be returning to work I was also very anxious about leaving Kayley in someone else's care, and not being around for all those special moments and first-time events – not to mention the extra workload I was going to have trying to juggle both my work and family responsibilities.

My transition back to work was relatively stress-free thanks to the wonderful support of my mum, who offered to take care of Kayley while I returned to work part-time, and the great support I received from my manager and the Department. I did however struggle initially to keep everything running smoothly. At that time I found the following tips from the Raising Children Network to be particularly useful.

Returning to work

To ease the transition, make changes before you start work.

Think about your new daily routine. There may be things you can start doing now, like introducing your child to child care or finding a back-up carer.

Talk with family, friends and carers. They may have ideas for saving time or could help you spot problems before they arise.

Look into what family-friendly policies and provisions are available from your employer – the workplace plays an important role in your health and wellbeing.

Leave work distractions at work. Now that you have less time with your baby, you'll want to make the most of your time together.

Spend time with family members whenever you get the chance.

Prepare things at night like ironing or kids lunches to ease the morning rush.

Meal times may be more of a challenge. When cooking, make extra portions that you can freeze and look for quick, easy recipes.

Helping your child adapt

Talk to your child about the

changes ahead. Or if she's too young to understand, have some 'practice separations'. Before you start work again, try leaving her with her carer for short periods.

Spend time with her before or after work.

Set up a before-work routine. Children feel safe and secure when they have predictable routines.

Always say goodbye to your child, even if she's upset.

Making time for your partner

Try to make time to catch up with your partner and spend time together. Schedule lunch or dinner dates if you need to.

Put the kids to bed on time so you can share the evening together, even if it's just sitting in front of the TV!

This information was sourced from the Raising Children Network's comprehensive and quality-assured Australian parenting website. For more great ideas and tips visit the Raising Children Network website at: raisingchildren.net.au

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Making connections

Bangalow Business Women's Group

By Tracey Knowland, Coordinator, Bangalow Business Women's Group & 2008 RIRDC NSW Rural Women's Award Winner



The Bangalow Business Women's group is a great example of women getting together to support each other, share their expertise and knowledge and to build their skills base. The group operates successfully with minimal administration and is a great model for other women wanting to establish a similar group in their own region.

Bangalow is a small and scenic town situated in the Byron Bay hinterland, Northern NSW. With its fertile volcanic soils and high rainfall, the region is one of Australia's most intensively farmed food bowls producing macadamia nuts, pecans, avocados, coffee, stone fruit, blueberries, mangoes, dairy and beef cattle, pigs, fowl and small crops, among others, which are showcased each Saturday morning at the Bangalow Farmer's Market. The largest primary production industry in the region is amenity horticulture, with the Northern Rivers nursery industry boasting a farm gate value in excess of \$63 million per annum.

Bangalow has seen a re-genesis in recent years with the diversion of Pacific Highway traffic (which once thundered down the town's main street) to the east of the town. Ironically it was this unattractive factor which kept the town largely intact as a Federation masterpiece while many comparable towns succumbed to modernisation. These historic shopfronts have now been converted to chic boutique stores and cafes, making the town an attractive meeting place for the region's locals as well as catering to the ever-increasing tourist trade.

The past four years have seen the evolution of the Bangalow Business Women's (BBW) group from its early beginnings as a monthly breakfast meeting for business women in Bangalow to a business women's network boasting a database of over 200 members from the greater Bangalow region, some of whom come along to each event and others who just touch base now and then. The BBW group has continued to follow a monthly

breakfast meeting format with the occasional luncheon to celebrate special events such as Christmas and International Women's Day. Membership is open to small business owners and professional women in the Bangalow region.

The BBW group format has continued to evolve in response to its members. The group is currently administered by a team of four volunteers who are committed to bringing local business women together, to overcome isolation and build the capacity of women through social and business networking, sharing of skills and knowledge, public speaking opportunities, etc. in a friendly, encouraging and nurturing environment.

To keep things simple there are no membership fees. A monthly invitation is sent to members using an email database, which is maintained by one team member who handles all email correspondence. This database remains confidential to comply with Anti Spam legislation and is not released to all members (preventing those

annoying 'advertising' emails). Members who have registered for an event pay for their meal or coffee on arrival and they contribute a small premium (\$1.50) to cover the guest speakers meal.

Members who donate a lucky door prize for an event are invited to promote their business with a one-minute introduction as well as being given the opportunity to submit a photo and paragraph promoting their business for inclusion in a monthly members e-bulletin. This form of promotion is simple, as no cash changes hands, and effective, given the large database – many businesses have found that word of mouth has been the most effective form of advertisement in regional areas. Members are also given the opportunity to be a guest speaker at one event. Not only has this built the confidence levels for many speakers but the sharing of skills and information on a broad range of topics from women's health, to interior design, to tax awareness, to marketing, has proven beneficial to everyone.

The rapid growth of the group and the associated concerns about venue availability and sustainability led BBW group organisers to encourage the setting-up of similar groups in surrounding towns as an alternative to turning away potential members or meeting in much larger hall venues. As a result similar groups have started in Lismore, Mullumbimby, Murwillumbah, Tweed and Kirra.

As well as building the capacity of women the BBW group has bridged the gap between women in primary production, women in home-based small business and women in town-based business. Friendships are flourishing and business is blooming...



Make tracks to the Junee Women's Gathering

Program and registration ♦ 18-20 September 2009

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FRIDAY 18 SEPTEMBER

- 4-7 pm Registration & Trade Exhibition
7-9.30 pm Junee Welcome BBQ & Wine Tasting

SATURDAY 19 SEPTEMBER

- 7-8.30 am Breakfast for 'full registration' delegates
8 am Tai Chi (optional activity on the High School lawn)
Registration & Trade Exhibition
8.50 am Welcome to Country
Address: NSW DPI Rural Women's Network
9.30 am Keynote Speaker
10.15 am Morning Tea / Networking / Trade Exhibition
11 am SESSION A WORKSHOP
12.30 pm Lunch / Trade Exhibition
2 pm SESSION B WORKSHOP
3.30 pm Afternoon Tea / Networking / Trade Exhibition
4 pm Free Time: Explore Junee, wander around the shops or be pampered
6 pm Pre-dinner Drinks
7.30 pm Gathering Dinner featuring guest speaker **Ella James**

SUNDAY 20 SEPTEMBER 2009

- 7.30-9 am Breakfast for 'full registration' delegates
8.30-9 am Ecumenical Service
9.15 am SESSION C WORKSHOP
10.45 am Morning Tea / Networking ? Trade Exhibition
11.30 am Keynote Speaker: **Petrea King, Quest for Life Foundation**
12.10 pm Closing Ceremony & Changeover to Wentworth Gathering Committee
1 pm Lunch & Close

Make tracks to the 2009 Junee Women's Gathering

Keynote speakers



ELLA JAMES has notched up over 20 years in the Australian media, in radio, television and magazines as well as playing the supporting role in a Tropfest finalist film and performing stand-up comedy at the Basement for the International Comedy Festival. She is also one of Australia's top voice-over artists, with her voice being heard by millions of Australians on a wide variety of advertising campaigns and television programs. Ella has a unique ability to think on her feet and hold an audience's attention. Her warm, entertaining and professional style is fast making her one of the most popular professional MCs in Australia today.



PETREA KING is the Founding Director and CEO of the Quest for Life Foundation. She is the best selling author of eight books, has written three children's books and recorded a dozen meditation CDs. Petrea's presentations, writings and residential programs have inspired and encouraged people facing life's greatest challenges to make meaning of their circumstances. Her work with doctors, nurses, psychologists and allied health professionals has enabled them to re-establish a deep commitment to their personal and professional development. Petrea is a regular guest on ABC national and local radio and she has been featured in many television programs.

Workshops and other activities

1. ALTERNATE THERAPY/IRIDODOLOGY – Jenny Powell: Natural therapies for improving and maintaining your health. (Sessions A, B, C)

2. BELLY DANCING – Kara's Belly Dancing: Throw away your inhibitions as you laugh and dance yourself fit. Learn basic movements and a brief choreographed dance. (Sessions A, B, C)

3. BODY BALANCE – Kim Guthrie: Body balance is the Yoga, Tai Chi and Pilates workout that builds flexibility and strength, leaving you feeling centred and calm. (Sessions A, B, C)

4. BODY OF VOICE – Junee Shire Arts Council: A capella singing session. (Session A)

5. BONSAI FOR BEGINNERS – Chris Helyar: Learn how to chip, wire, twist and manipulating a stock nursery plant transforming it into a bonsai while discussing basic principles of bonsai creation and care. (Session C)

6. BREAD MAKING – Carol Windsor: Learn to make pita bread and other delicious breads. (Session C)

7. CAKE DECORATING – Helen Robinson: Learn how to decorate a 10cm fruit cake suitable for a Christmas gift or to grace your own table. Cost \$25. (Sessions A, B, C)

8. CHRISTMAS COOKIES: Learn to decorate cookies for special occasions e.g., Christmas, Christenings or bonbonniere. Cost \$10 (Sessions A, B, C)

9. CAR MECHANICS FOR BEGINNERS – Selby Fitzgerald: Learn basic car maintenance, including changing a wheel, checking and replacing oil, cleaning plugs, etc. (Sessions A, B, C)

10. CHOCOLATE WORKSHOP – Neil Druce: Visit the Licorice Factory and learn how to work with chocolate. There is no fee for the workshop, but you will have to pay for what you eat! (Sessions A, B, C)

11. COLOUR CODING & FASHION – Sandra Martin: This workshop will give you an understanding of your colour harmony and what to wear to complement your skin, hair and eyes. (Sessions A, B, C)

12. CREATIVE WRITING – Bronwyn Turner: Ever dreamed of writing a book? Discover what it takes from Junee farmer, daydreamer and author, Bronwyn Turner, who turned her dream into a fun career as a romantic novelist. (Sessions A, B, C)

13. DRAWING FOR BEGINNERS – Pauline Jonach: Instruction in the first steps of drawing using everyday subject matter. Materials supplied. (Session C)

14. FIRST AID – Gary Dyson: Junee Ambulance Station staff will demonstrate some basics first aid of for dealing with CPR, snake bites, burns, cuts and abrasions and poisons. (Sessions A, B, C)

15. FOLK ART – Joan Innis: Many cultures have used folk art to decorate their homes. This workshop will teach you how to decorate a simple item which you will take with you. Cost \$10. (Sessions A, B, C)

16. FLORAL ART – Belinda Douglas: Create a flower arrangement, learn how to care for fresh flowers and learn how to jazz up a gift with the perfect wrap and bow. Cost \$25. (Sessions A, B)

17. COMMUNITY EXERCISE – Tracy Edwards: A gentle exercise class for aimed at older people who lead an inactive lifestyle. Incorporates gentle moves which lead to a healthier body, benefiting heart and lungs and helping to lower blood pressure. There are exercises to help those who cannot stand for long or are confined to a chair. (Sessions A, B, C)

18. BECOMING A 'GREY NOMAD' – HOW, WHAT, WHEN! – Judy Williamson: Are you considering travel as part of your retirement plans or looking to work and travel your way around Australia either alone, with a friend or partner and/or children. This workshop will look at planning, budgeting, goals, research, information, health, time and self-awareness. (Sessions A, B, C)

19. HANDY WOMAN – Junee Men's Shed: Presenters will step you through practical, hands-on and basic 'do-it-yourself' tasks. (Sessions A, B, C)

20. JEWELLERY & ACCESSORIES – Tania Menzies: Learn how to make creative, affordable jewellery and accessories from beautiful and unusual materials. Participants will use wire and their choice of beads to make a Memory Bracelet with a twist. Cost \$19. (Sessions A, B, C)

21. LAVENDER & ITS USES – Shirley Cronk: Beginning with a short talk about the history of lavender and its many uses participants will then make two lavender-based products – bath crystals and arthritis cream. Cost \$10. (Sessions A, B, C)

22. LINE DANCING – Lorraine Summerell: Junee's multi-award winning BJ Bandits will step you through a number of line dances to suit any level of experience. (Sessions A, B, C)

23. MASSAGE – Janelle Martin: This workshop will focus on the benefits of massage and show you ways to incorporate massage and other tactile remedies as a tool for your family's health. You will learn methods to improve circulation, sleep better, reduce stress, improve productivity and relieve pain and headaches. (Sessions B)

24. MEDITATION THROUGH YOGA – Jenny Knowles: Simple yoga meditation techniques to suit all levels of fitness. (Sessions A, C)

25. FASCINATING FASCINATORS – Megan Callow: Make a beautiful fascinator for that special occasion. Cost \$35. (Sessions A, B, C)

26. MOSAICS – Pauline Jonach: This introduction to Folk Mosaics will teach you how to make a small mosaic work using tile, glass beads, shells and broken china. Cost \$10 (Sessions A, B)

27. ORGANIC SKIN CARE & HERBS – Jo Wilson: Learn about organic skin care products, candle and soap making. Talk about beneficial herbs and aromatherapy. (Sessions A, B, C)

28. PAINTING – Phil Newman: Paint a simple watercolour landscape, learn the techniques of paper preparation and water colour painting. Cost \$10. (Sessions A, B, C)

29. PATCHWORK APPLIQUÉ – Pat Rynehart: Learn how to use appliqué with hand stitching to decorate a tea towel in a country or Christmas theme. (Sessions A, B, C)

30. DIGITAL PHOTOGRAPHY – Robert & Wendy Hatch: What makes a good photo? Bring along your digital camera and learn composition, background and focus. (Sessions A, B, C)

31. POTTERY PAINTING/GLAZING – Barbara Curtis: Select two pieces from a wide range of pottery then glaze them to your own taste and watch them being fired in 16th Century Japanese 'Raku' style. Cost \$10.. (Sessions A, B, C)

Program and registration ♦ 18-20 September 2009

32. SILK FABRIC PAINTING – Michele Barker: Create a beautifully patterned and coloured silk scarf to take away with you. (Sessions A, B, C)

33. SPINNING & FLEECE PREPARATION – Beryl Turner: An overview of working with fleece followed by hands-on fleece preparation and hand spinning. Cost \$5. (Sessions A, B, C)

34. STOVETOP PIZZA & THE CHEF'S KITCHEN – Sue Pennington: Susie will demonstrate cooking with the Chef's Kitchen range of utensils, including a simple but delicious stove top pizza. (Sessions A, B, C)

35. WINE & CHEESE TASTING – Barry Lilywhite: The manager of Charles Sturt University's Cheese Factory will talk about how cheese is made, what type of cheeses to make and why, how to store cheese and how to match the right wine with the right cheese. (Sessions A, B, C)

36. MONEY... WHAT WOMEN NEED TO THINK ABOUT – Gwen Fellowes Financial Planner: This workshop will look at setting goals, developing a budget, tips for saving, the importance of strategic planning and investing, what to consider with credit, importance of estate planning, and developing lifetime habits for money success. (Sessions A, B)

37. COMMON MEDICATIONS – Jane Gentle: Junee's own Pharmacist will discuss common ailments, such as Arthritis, Osteoporosis and Hay Fever and their various treatments. (Sessions A, B, C)

38. ME, DEPRESSED? DON'T MAKE ME LAUGH! – Beverley Denley: With one in four women experiencing clinical depression, learn how to recognise the signs of depression in yourself and others, treatment options and building resilience in the face of life's challenges. (Sessions A, B, C)

39. RURAL FIRE FIGHTING – James Smith: Bush Fire safety in and around the home, things women can do to prepare for and defend their homes in the case of bushfires. (Sessions A, B, C)

40. SCRAPBOOKING & CARD MAKING – Danii Khan: You will complete both sides of an 8"x8" scrapbook page so bring at least 4 photos so you can personalise your work. You will also complete a greeting card. Cost \$5. (Sessions A, B, C)

41. SKIN CARE & MAKEUP – Myer Clinique Consultant: Learn how to identify your skin type and the most effective skin care routines for all types of skin and ages. (Sessions A, B, C)

42. SLEEP APNEA – Judy Gallagher & John Den: What causes sleep apnea, which can lead to heart failure, brain damage, etc.? (Sessions A, B, C)

43. SUPER STRATEGIES FOR SUPER WOMEN – Vicki Richards & Michele Harrod: Learn about

recent changes to superannuation rules and identify the best strategies for you to maximise super savings and minimise tax. (Sessions A, B, C)

44. CLIMATE CHANGE – Gary Owen: The climate outlook for NSW and its likely impact on livestock and cropping enterprises at the farm level. (Sessions A, B, C)

45. SHOW COOKING & CAKE STALLS – Anne Adams: Achieve the perfect prize-winning cake, line your cake tins correctly, learn techniques for better preparation and cooking, plus easy recipes to take home including recipes for the dreaded cake stall. (Sessions A, B, C)

46. KINESIOLOGY – Robbie Chapman: Learn some simple techniques to let go of the stress and find a more peaceful place within. (Sessions A, B, C)

47. BUSH GODDESS FOODS: ORGANICALLY NOURISHING SOULS & SOILS – Penny Scott: Would you like to add value to your primary products and establish markets for them? Learn about market differentiation, determine which market(s) will most suit your products, how to create a brand and logo, generate awareness, interest, desire and action from your potential customers and how to KEEP those relationships vibrant and prosperous. Plus, how to keep your own heart, soul and body together while doing all this! (Sessions A, B, C)

48. WOBBLE STOP: CORE STABILITY FOR KIDS – Karen Coe: Encompass Physiotherapy presents an educational workshop for all ages! Firstly we will take a brief look at you and your posture, followed by an introduction to *Wobble Stop* – an educational exercise program for children 4 to 8 years. The program aims to educate children, parents and teachers about developmental stages of growth, assist with pinpointing potential problem areas and provide tools to improve strength, stability and coordination. Finally, I will introduce *Encompass Kids* – a program for children 9 to 12 which looks at posture, growth spurts, sports injuries and safe ergonomic computer/laptop use – preparing children (and you) for the future! (Sessions A, B, C)

49. NSW STRATEGIC FRAMEWORK ON DOMESTIC & FAMILY VIOLENCE – Office for Women's Policy (OWP): The Office for Women's Policy are currently developing a *Domestic & Family Violence Strategic Framework* which includes formulating advice to the Minister for Women and the Premier, from written submissions and stakeholder consultations. We will be seeking your comments and thoughts on issues around domestic and family violence: including areas for improvement, priorities for research and data collection, and challenges for women in rural areas. We will also talk about the process so far and what the NSW Government is doing for the women of NSW. (Seminar A, B)

50. HERITAGE WALK – David Walster: Take a guided walk around Junee's historic CBD with the man who has the stories behind most of the buildings. A fascinating tour well received during our Heritage Festival each year. Comfortable walking shoes are advised. A bus will transport participants to the meeting place at Railway Square and back. (Sessions A, B, C)

52. LAWN BOWLS FOR CHAMPIONS... NOT! – Phil Kearins: Always wanted to try Lawn Bowls? Well here is your chance to learn from Australian Gold Medallist Disabled Olympian on the greens of Junee Bowling Club. (Sessions A, B, C)

53. MANAGING STRESS IN THE 21ST CENTURY! – Joy Maguire: By knowing and understanding how stress can affect our brain and what our brain needs for optimum function; you can stay in charge of your life. This workshop will be informative, interesting and enjoyable and will include Information on: brain longevity and the 'cortisol connection', Mind and body (gentle) exercise, and the Relaxation Response. (Sessions A, B, C)

54. BACK TO FAMILY BASICS – Fiona Rossiter: Strategies and skills to assist people to improve their quality of life and finances. (Sessions A, B, C)

55. QUEST FOR LIFE – Petrea King: Be inspired and encouraged while facing life's challenges to make meaning of your circumstances. (Sessions C)

Optional activities

The following activities are optional and have been scheduled at a time to allow you to attend if you choose. Please indicate your attendance on the Registration Form for catering purposes.

BUSH POETS BREAKFAST – Saturday 7.30 am, Broadway Museum: Visit the Museum to listen or participate in a Bush Poets' breakfast featuring two colourful characters of the Junee landscape.

TAI CHI – Saturday 8 am on the lawn at Junee High School: Join us to kick start your day in a relaxing way!!

REAPING THE REWARDS FROM GRAIN MARKETING – Saturday 3:45 pm (bring your afternoon tea): Presented by Brett Stevenson, CEO of Market Check. Are you having difficulties understanding the marketing of your grain since the abolition of the single desk? Want to learn about the different marketing options available and how to make the most of today's marketing opportunities and techniques? This is your chance to learn how to 'work' the markets and your opportunity to ask questions and get answers from an experienced market analyst and adviser.

Men's Shed Program

MAKE TRACKS TO JUNEE WITH YOUR WIFE AND GET INTO A BLOKE'S PARADISE...

Take a trip to Temora, home of the famed Aviation Museum. Visit the Temora Museum and Men's Shed. Have a round of golf or lawn bowls in Junee. Take a tour or take yourself on a self-guided tour of Junee. Attend a grain marketing talk with Brett Stevenson. Have a blokes chat with the local doctor who will answer some of those tricky questions. Play trains at the real life Railway Roundhouse. Be haunted at the historic Monte Cristo Homestead. Check out the workings of a lavender farm. Explore a chocolate paradise at the Junee Licorice and Chocolate Factory.

Sounds like plenty to do while the ladies are busy gathering so get onto Junee's website and download the Junee Men's Shed Gathering Program & Registration Form and make tracks to Junee this September.

Funding for NSW women to attend the Junee Women's Gathering

For those that may need some assistance to get to the Junee Women's Gathering the RWN has a limited number of Caltex Petrol cards valued at \$50 each to help with travel costs. To apply, contact RWN by Tuesday 1 September 2009 on 02 6391 3611 or email: rural.women@industry.nsw.gov.au

2009 Junee Women's Gathering Registration Form



TRANSPORT

Take advantage of CountryLink's special 40% discount fare to attend the Junee Gathering. Simply call 132 242, press option 2 and advise the consultant you're travelling to the Junee Women's Gathering. Please indicate on your registration form if you require pick-up from the railway station.

ACCOMMODATION

Guest are encouraged to stay at the Junee Tent Gathering Village with transport to and from the venue provided regularly throughout the weekend. The Village is set within the lush fenced grounds of Junee Tourist Park (juneecaravanpark.com.au) with full use of all Tourist Park facilities. Full Registration with Tent Price is inclusive of your accommodation whether you stay for 1 or 3 nights. See the Junee Gathering website for additional information on the Tent Village and for alternative accommodation.

CHILDCARE

Childcare is available on request. Please indicate on the registration form if required.

NO-SMOKING POLICY

Please note: Junee High School has a no-smoking policy. Smokers are advised they will need to go off grounds to smoke.

GENERAL ENQUIRIES

Ph: 02 6924 8100

E: juneewg@juneee.nsw.gov.au

W: www.juneee.nsw.gov.au

DELEGATE DETAILS

Title..... First Name: Last Name:

Postal Address:

Town.....State:.....Postcode:

Phone (hm):..... Phone (wk): Mobile:.....

Fax:.....Email:.....

Will you require wheelchair access Yes No Will you require pick-up from railway station Yes No

Are you vision impaired Yes No Will you require AUSLAN interpreter Yes No

Do you require childcare Yes No

REGISTRATION *(Please tick appropriate box(s) below. Costs include GST)*

Registration closes 5 pm Friday 28 August 2009 * Early Bird Registration closes 5pm Friday 14 August 2009

Full Registration & Tent Village *(Incl. accommodation, workshops, meals, entertainment and transport between Gathering venue and Tent Village)* \$300

Full Registration – No Tent Village *(Incl. workshops, meals and entertainment)* \$180

Saturday & Sunday *(Incl. workshops, lunches, morning and afternoon teas. Does not include Sat Dinner)* \$110

Saturday only *(Incl. workshops, lunch, morning and afternoon tea. Does not include Sat Dinner)* \$ 75

Sunday only *(Incl. workshops, lunch and morning tea)* \$ 35

Friday Night Meet & Greet BBQ \$ 20

Saturday Evening Gala Dinner \$ 50

Early Bird Full Registration & Tent Village \$280

Early Bird Full Registration only \$165

Early Bird Saturday & Sunday \$100

Breast Screen is available for women 50-69 years who have NOT had a mammogram within the last two years. Bookings essential. Please tick if you have or intend to book an appointment. To book Ph: 02 5908 1200.

WORKSHOPS & TOURS: Please select three choices for each session in order of preference. Places allocated on first-registered basis. Workshops incurring additional costs are to be paid upon arrival at the Gathering.

Session A – Saturday morning Session B – Saturday afternoon Session C – Sunday morning

1st 1st 1st

2nd 2nd 2nd

3rd 3rd 3rd

Optional **Grain Marketing** talk with Brett Stevenson Optional **Bush Poets Breakfast**

PAYMENT DETAILS

Forward your **cheque/money** order, made payable to **Junee Shire Council**, with your Registration Form to: Junee Shire Council, 2009 Women's Gathering, PO Box 93, Junee NSW 2663

Direct Deposit: Transfer funds to: Commonwealth Bank, Junee. BSB 062-557. Acc. No. 00000277. Please use your phone number as a unique identifier to match payment with your registration.

NOTE: Registration will not occur until payment and registration form is received. Cancellations will be accepted up to 11 September and a refund made, less a \$20 admin fee.

Please tick if you do not want your details passed on to the next Gathering Committee

A LITTLE HALL IN THE BUSH

Drive through the bush, on the way to anywhere,
Still standing proudly, they're always there.
Close to the road, maybe missing a pane,
An old tin roof, homemade weather vane.

With faded weatherboards, once painted green,
The hallowed home of the bush unseen.
They're our old bush halls, built by local hands,
They've seen diggers sign up and travelling bands,

Some built to remember, lest we forget,
Our strong young boys, forever our debt,
Some built by the girls, the CWA,
They've seen lammos and scones and hats fly away.

Many a love story started in there
At a dance in the hall; her soft brown hair,
The shy young man, a fresh clean shirt,
Shined-up boots, no trace of dirt.

Perhaps there's a tennis court, sad and forlorn,
A space with a bench that once was a lawn,
A sign proudly saying '1922'
A hitching rail, a trough, an outside loo.

Once it stood proudly, all fresh clean and new,
Back in the days when Australia was true,
Its seen the world change now and memories fade,
Of a more simple time, back when it was made.

Some drive past and think, 'look at this place,
It should be torn down, it looks a disgrace',
But spare a thought for what it might mean,
To the memories of those who cut every beam,

To the children whose fathers are there on the stone,
Dedicated to those who never came home,
Remember the ladies, the years that they toiled,
The fundraising raffles, the puddings they boiled,

So this old bush hall means more than you know,
It's part of us all, it watched the bush grow,
Please give it some time, just a day in the sun,
Preserve it for us and for those who will come.

© ANGELA BYRON

Building the country

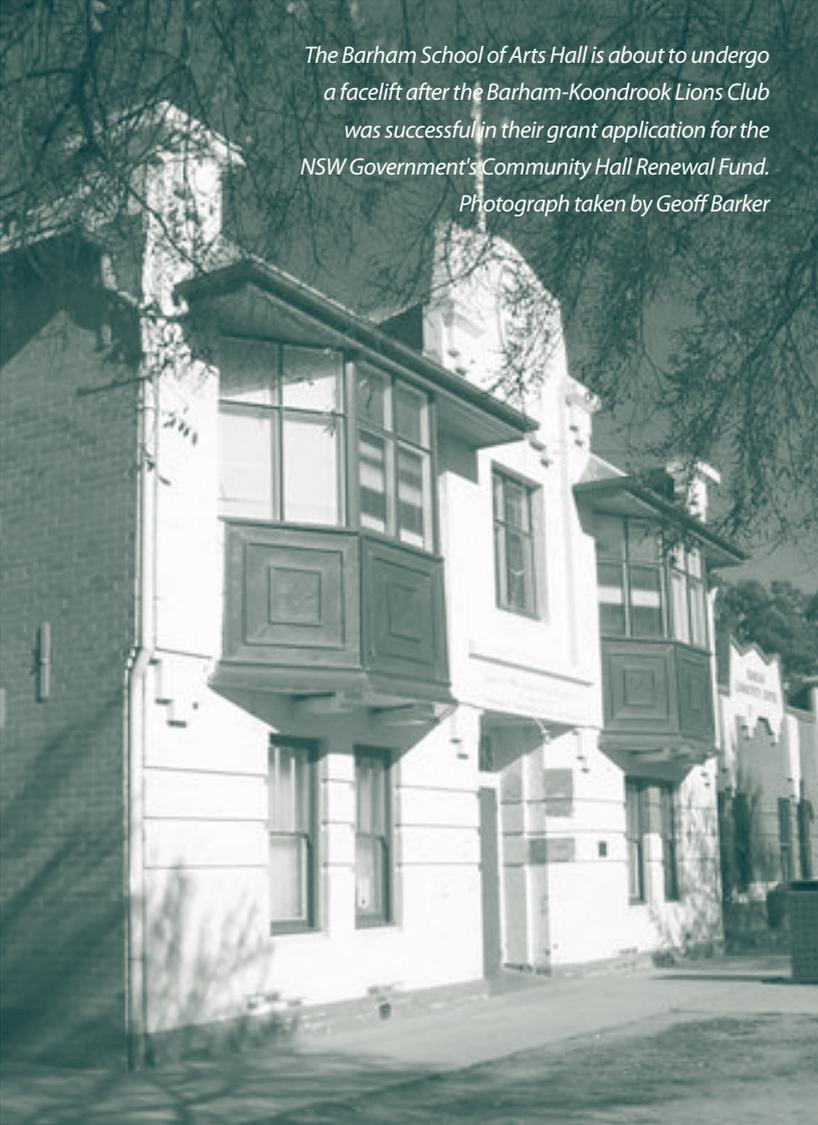
Community Hall Renewal Fund

If your community is looking for some funds to spruce up your community hall this could be your answer. The Community Hall Renewal Fund, announced in November 2008, aims to help small communities in country NSW to renovate, extend or upgrade the local community hall. To date, 43 community halls have received funding under the fund and your community could be next.

A one-off grant for materials and equipment is available to community-based organisations that demonstrate a clear community benefit by repairing or upgrading the hall. The building must be publicly owned and provide benefits for the local community.

Funds up to \$50 000 per community will be provided to not-for-profit organisations in communities with populations under 10 000. Funding for the project needs to be matched on a two-for-one basis i.e. for every \$2 provided by the fund the community must contribute \$1 either in-kind or as a financial contribution. The application must also be supported by local council.

Applications are open all year round. For more information contact the Office of Rural Affairs on Freecall 1800 801 738 or email: susan.belcher@ruralaffairs.nsw.gov.au



The Barham School of Arts Hall is about to undergo a facelift after the Barham-Koondrook Lions Club was successful in their grant application for the NSW Government's Community Hall Renewal Fund.
Photograph taken by Geoff Barker

Re-engaging communities

– people and place

By Associate Professor Louise Rowling, Faculty of Education & Social Work, University of Sydney

Communities are more than physical buildings. They have an identity to which people attach a sense of belonging. When the rebuilding of communities devastated by the recent fires in Victoria and floods in NSW begins it is important this is not forgotten, and that the focus is not solely on the reconstruction of the physical environment but also the people within the community.

The devastation caused by the bushfires in Victoria and the government and media responses offer insight into how communities are perceived and what is needed to re-engage communities. First the media do not accurately represent how communities, especially rural communities, are experienced by the people who live in them. Making statements such as ‘Marysville has gone’, ‘Kinglake is dead’ reflect a narrow view of community as physical space. Second, the rebuilding of community requires governments to provide resources to rebuild the physical place and also to support the re-engagement of community members, with each other and their

rebuilt physical environment. This investment in action for longer term restoration of the places where people live, learn, work and socialise will help re-establish support and security as people pull together and through positive shared experience rebuild a way of life, connectedness and a future for their community.

According to leaders in the academic field of place identity, the identity of a place reflects each individual’s unique experience and social life as well as those experiences common to all individual and group members. A sense of place includes images and memories of places, conscious and unconscious beliefs, expectations, feelings,

preferences and interactions in and with physical settings. Any interaction community members may have in the physical setting is created within their collection of expectations, beliefs, feelings, ideas and aspirations about that environment.

In this way, the meaning function of the setting – what should happen in it, what the setting is supposed to be like, and how the individual and others are supposed to behave in it – is assigned. The sense of meaning that is created reflects the physical and landscape appearance, personal memory, community history and emotional attachment.

Given that the connection of people and place is of prime importance in rural

communities, farm closure is not only a loss of livelihood, it is a loss of connection to family history. What is required is the availability of resources that facilitate purposeful planning to re-construct the life and collect the stories of the community, providing conditions for people together to re-create meanings from their experiences for themselves and for the shared history of their place, through re-engaging.

When rural communities experience hardship as a result of drought and economic recession, with the consequent loss of basic infrastructure such as banks, schools, health services and churches, they also lose relationship – facilitating places in their community such as the quick chat and information exchange in the bank or when waiting for the doctor. These places and the interactions within them give a sense of security, predictability and ‘faith’ in a system, a way of life.

An expanded focus for community re-engagement needs to include building the capacity and strengths of the community to attend to all of the ‘place’ components, in addition to meeting individuals’ needs.

The Tree Project – a memorial forged in fire

In February 2009, the State of Victoria experienced the worst natural disaster in the country’s history – a raging fire so fast and so severe that many people were unable to get out of its path. Over 170 people have perished, 7000 are homeless, townships are destroyed and the grief in the affected communities is overwhelming.

To remember the people lost to the fires and the brave CFA men and women who battled to protect the towns, the Australian Blacksmith’s Association (Victoria) Inc. has invited blacksmiths

from across the country and around the world to create leaves and gumnuts from stainless steel or copper to be added to a forged gumtree. The tree will be erected in a memorial park in Strathewen, a tiny town in the shadow of Mt Sugarloaf, close to Victoria’s Kinglake. Some 1500 leaves will be made and the tree will reach more than four metres tall. At the time of writing this, a total of 1220 leaves have already been received (not including leaves at the Californian and London collection points).

You can donate to The Tree project (and have your name or a name you nominate stamped on a leaf) by downloading a sponsor form at: www.treeproject.abavic.org.au Any excess funds raised by project will go to fencing and seating in the memorial garden.

book reviews

A ROSE THAT GROWS IN THE COUNTRY

There's a rose that grows in the country
On the dry and parched soil-plains;
Yet that rose that grows in the country
Is more prized than promised rains!

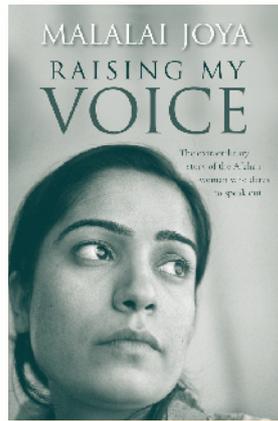
For year after year it flourishes
Never yielding its strength to the sun;
And the blooms that bud on its branches
Are a sign of the joy yet to come!

And even as the frosts of winter
Leave limbs so sorry and sore;
The promise is held, those bare branches
Will bud and bloom once more!

So would that promise be a prophecy
By which the land will learn
That for every latent year it embraces
A season of good shall return.

There's a rose that grows in the country
On the dry and parched soil-plains;
Yet that rose that grows in the country
Has the spirit of the land in its veins.

BY MAGGIE MAY GORDON



Raising my voice

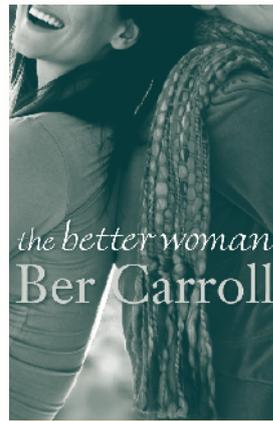
By Malalai Joya

Malalai Joya was four days old when the Soviet Union invaded Afghanistan. Following a childhood spent in refugee camps in Iran and Pakistan, she returned to Taliban-ruled Afghanistan in the late 1990s, where she worked for underground organisations promoting the cause of women.

After the fall of the Taliban, Malalai was elected as one of the few women to represent her province at the first assembly to frame a new Afghan constitution. She has survived numerous assassination attempts.

Malalai represents the voiceless, the oppressed, the victims and the innocents of Afghanistan's endless cycle of violence. She's outspoken, passionate and fearless – an extraordinary woman to emerge from decades of brutal and misogynistic repression. Visit her website at: malalaijoya.com

Published by Pan Macmillan Aust.
ISBN 9781405039130
Available in bookshops
RRP \$34.99



The Better Woman

By Ber Carroll

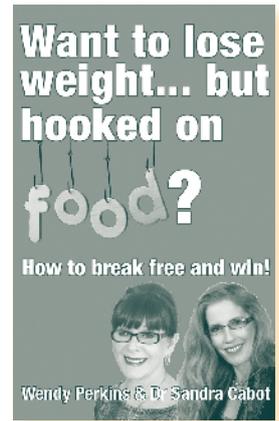
Sarah Ryan, orphaned at a young age, grows up in a remote village in Cork. John Delaney, the boy next-door, is her best friend, her first love and the one who breaks her heart.

Jodi Tyler is raised on Sydney's northern beaches amidst a loving family, but a terrible secret shadows her teenage years. On her eighteenth birthday, the awful burden she has been living with is finally exposed, with tragic consequences.

This is a story of two remarkable women, their illustrious careers, their families, their friends, and the men they love. Sarah and Jodi, from opposite ends of the world, have more in common than they'll ever realise – they have their sights set on the same job.

For both, it represents how far they've come to triumph over the tragedies of their pasts – but at what cost to their personal lives?

Published by Pan Macmillan Aust.
ISBN 9781405039086
Available in bookshops
RRP \$32.99



Want to lose weight... but hooked on food?

By Wendy Perkins

A book to help people overcome emotional overeating by looking at the brain chemistry and co-dependency issues related to overeating, this book will be useful for anyone who uses food as a comfort, thinks about food too much, feels guilty after overeating, goes on binges, finds diets make them irritable, fails to stick to diets or feels depressed about weight.

By targeting the underlying emotional issues, along with presenting a balanced diet and exercise plan, the book aims to change your thoughts about food and improve underlying emotional issues. It will help you to understand: how negative beliefs influence dieting success and provide tools to overcome emotional overeating; and how brain chemistry can affect your ability to lose weight, outlining strategies to help you to lose weight and keep it off.

Published by WHAS Pty Ltd
ISBN 9780975743737
Call 02 4454 3556 to order
Cost \$19.95 + postage

Free book
give away

Country Web has free copies of each of these books to give away. To be in the running, write to us and tell us in 25 words or less which book you would like and why? Entries must be received by 5pm Friday 9 October 2009. Send your entry to: The Country Web, Locked Bag 21, Orange NSW 2800. See page 2 for competition Terms & Conditions.

The following story is a personal account from breast cancer survivor Pearl Butcher.

'I'm sorry, but it is breast cancer.'

How those few words can change your life! I will never forget the day I heard those words – it happened to be my only grandson's 14th birthday. Yes, I did shed tears and I did get angry. I didn't believe this could happen to me; after all, I never get sick!

Fortunately for me, sheer bloody mindedness kicked in quickly, helping to dispel the shock, numbness and fear that I felt at that very instant.

After the initial shock wore off, one of the first hurdles for me was telling the family – how do you tell your family and friends you have cancer? What worked for me was to tell them, 'I have some news; sympathy is banned because I need only positive thoughts..'

I was fortunate to have some very supportive work colleagues who allowed me to talk about my cancer, or in some instances not talk about my cancer, as I needed, and who most of all helped me to laugh and forget about the cancer if only for a moment.

Occasionally, I came across a friend who didn't know how to deal with the news – I assume it was because they didn't know what to do or say. It was sad, but I tried not to let it bother me and told myself, 'It's their problem and not mine.' And besides, when you have cancer you have the luxury of putting your needs and feelings first.

From the day of my initial diagnoses it seemed I was swept along a never-ending stream of

appointments, tests and scans, and decisions to be made – mastectomy or lumpectomy? (Sometimes the decision is made for you, depending on the size and position of the cancer.)

I choose to have a mastectomy because it lessened the possibility of me having to undergo radiation therapy and possibly chemotherapy.

Following my surgery and follow-up treatment I suddenly found that I was on my own. While it was great to have my life back there were so many feelings and fears to come to terms with as I began to re-build my life. I had also lost some of my confidence and felt reluctant to re-engage in work.

For me help came in the form of Dragons Abreast Australia. Dragons Abreast offers an opportunity to get fit, share laughs and most important of all have lots of fun with those who have also travelled the journey with breast cancer. This wonderful network provided that much needed hope and inspiration.

Out in the dragon boat, with 21 survivors and friends, paddling as one team, swapping jokes, telling stories, I feel exhilarated. The occasional tear is sometimes shed but that's ok because these women have been on the same journey and understand if 'you're having a bad hair day'. While we're out in that boat we are also sending out a very powerful message – that there is quality of life after breast cancer.

ABC TV Stateline viewers may have recently seen the Australian Women's Masters Dragon Boat Team training on Sydney Harbour – they

are the elite Sporting Team representing Australia at World Championships at Prague in August. Nine of those team members are also Dragons Abreast members.

I am thrilled to be among the 60 or so Australians heading to Canada in June 2010 to participate in the World Breast Cancer Survivors Regatta – not because I am a gun paddler but just because I'm eligible and I want to go.

For more information on Dragons Abreast go to:
www.dragonsabreast.com.au



Life after cancer: A guide for cancer survivors

For many cancer survivors, getting back to 'normal', feeling happy and positive about their future and re-engaging in life isn't always easy.

Most people go through a mixture of good and bad feelings after their treatment is over. They may feel relief and happiness they made it that far and that their treatment seems to have been successful, but it isn't unusual to feel frightened and lost, especially during the first few months.

As a 'survivor' you no longer have the regular attention and support from your nurses and doctors. Even though they may have told you to call them if you are worried, you might not feel comfortable doing that. Your family and friends may not visit or call you as much. You may get the feeling that the people around you are assuming that you are doing OK! Many survivors say that they can feel

very lonely and angry about this. But, at the same time, you may think that you should be able to cope now your cancer has gone. All these emotions and thoughts can become confusing.

To help people going through this transition process, Cancer Council Victoria has produced a fantastic resource, *Life After Cancer: A guide for cancer survivors*. It covers feelings after treatment finishes, reactions and needs of those close to you, returning to a 'normal' life, follow-up care, fear of your cancer coming back, staying healthy after your treatment, long-term side effects from treatment and dealing with practical issues. You can download your free copy at: www.cancervic.org.au



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Ph: 1800 170 020, Email: info@frrr.org.au or go to: www.frrr.org.au

Action in ageing

Retired and living life to the full

By Olga Anderson OAM, Maroubra

The Little Bay Coast Centre for Seniors Inc was established in 1994 by a small group of committed community members wanting a special place for seniors to socialise and engage in a range of fun activities. From its humble beginnings, the centre has grown from strength to strength with a membership of over 700 women and men and 40 volunteer tutors. Olga Anderson from Maroubra was the co-founder of the centre, and along with her colleagues, worked tirelessly to bring the vision for the Centre to life. The Centre, which has been running for 15 years, is a wonderful accomplishment for the volunteer staff and the community.

In 1993, the NSW Government decided that a group of old buildings were to be demolished. We approached the relevant Government Ministers requesting use of the halls prior to their demolition and, thankfully, we were allocated a small area in the disused ward on the hospital site at Little Bay.

We had no financial support so if we were going to make our idea work we were going to need to become self-sufficient. Within months of opening we grew to 500 members. We had to act quickly and went about busily sourcing tutors for the classes and events we hoped to provide.

Over the years that membership became 762 with people eager to enhance their lifestyle with tai chi classes, Italian and French lessons, line dancing, singing, watercolour painting, walking groups, gentle exercise, indoor bowls, billiards, table tennis, gardening, floral art, car maintenance, film appreciation, cooking and so much more. We also had guest speakers on various topics, art exhibitions, poetry and prose and of course a 'Singing for Pleasure' group.

Most of the tutors involved in the program are volunteers. Members are charged a small

fee of \$4 for each class they participate in and for those less fortunate and unable to attend, we have a special committee called the Assistance Group who arrange special programs and raise funds to allow them to enjoy the activities like the rest of us.

For the first six years our accommodation was limited and a tight schedule had to be followed so as many people as possible could take advantage of what was on offer. Our members came from far and wide and it became evident that the improved condition of the health of so many depressed members and those who had lost partners or who were recovering from illness were benefiting greatly from the togetherness and friendship at the Centre.

We believed the Government of the day was saving millions of dollars with our community service – keeping seniors alert, health and happy, and out of hospital beds!

We were happy to share the success of our group with visiting Asian medical teams who made copious notes for their own vision of setting up a centre in their respective countries.

You may well ask, 'What is so different about this centre?' Well, we commenced from very humble beginnings with a diverse group of people who in

turn arranged themselves into areas which were of interest to them and where they felt comfortable. Not everyone wanted to learn: some wished to be the organisers of programs and activities or to simply be a helper. It was their choice: if they just wanted another friend, this was the place to find one.

We saw an opportunity to use an unused facility. We became self-reliant and productive and delivered some amazing outcomes for the community. I am so proud of what has been achieved and that I put my hand up to become a co-founder and voluntary managing director for five days a week for 12 years. What a joy it has been!

I hope readers will be inspired to find an unused building in their town and perhaps setup a special centre for members of their community. And if that seems to hard, why not add some new activities to a community group that's already established.



Olga has written a book *Action in Ageing*, covering suggestions, programs and events for anyone thinking about setting up a centre. For more information or to purchase a copy of the report, call Olga on Ph: 02 9349 7412

Time out for blokes

By Stuart Rennie, psychologist and 'rural bloke' from Albury

It is commonly found that engaging rural men in the care of their mental 'wellbeing' is challenging. One can do his or her best to introduce him to the water, but nigh on impossible he'll actually drink it! Anecdotes abound of rural men who visit the doctor only on death-knock.

We know this group is at considerable risk of developing mental health conditions such as depression, and at elevated risk of suicide (*Strong et. al. 1998*). Foundations like *beyondblue* have over recent years provided mental health education material and workshops specifically for rural men. Farmers are exposed to printed mental health materials at agricultural field days, farm family gatherings, and through various State Government and local health agencies. There are, of course, no guarantees he will read this material, even if his well-

intentioned loved one places it within his gaze!

The traditional stereotype of the rural male and his health goes something like this...

He is reluctant to seek professional help, even if he *really* needs it. He may say he doesn't have the *time* to see a doctor. He might downplay his symptoms; try to reassure his family he's OK. He is aware that things are not right. He is making a decision to cope *alone* with his problems. This is particularly difficult for those around him to accept. Other family members can of course *see* his pain, his discomfort and his struggle and seek to intervene and provide comfort and support. He may resist others' efforts to help. He doesn't want fuss. His focus is to 'get on with things', continue doing what he *has* to do. Keeping busy is his distraction.

So how do we engage with him to talk about his wellbeing? How do we help him to see his health is as important as his farm or family? How can we develop a wellbeing program for him that doesn't just spike his interest, but from which he walks away having learned something of himself? After all, he needs to see its relevance to what he *does*, not necessarily the person he is or could become.

In late 2007 the former NSW Department of Primary Industries conducted a men's wellbeing pilot program, in which Centrelink participated. The pilot was based on a similar and successful women's wellbeing program called SOFT (Shaping Our Futures Together). The initial pilot included a mix of men involved in the drought (e.g. farmers, chaplain, government workers). As a result of this pilot Centrelink then partnered with NSW DPI to craft a men's wellbeing program now titled 'Time Out for Blokes' (TO4B).

In the first half of 2009, two pilot programs have been run – one in Boorowa and the other in Yeoval. A total of 35 men attended these pilots. The content of the program addressed the importance of self-worth, recognising what can and cannot be controlled, building resilience and improving communication skills. Facilitators provided a resource booklet teamed with facilitated discussions and practical skills development activities such as relaxation, visualisation, personal goal setting and understanding the change process. The program evaluation involved immediate feedback (questionnaire) as well as participant follow-up after the program.

Results from the pilots have been encouraging. Over 80 per cent of participants

recommended the program to other blokes; three-quarters indicated the workshop had increased their confidence in skills and abilities, and about 70 per cent reported having a better understanding of their personal strengths.

Perhaps the most important aspect of the TO4B program is that it provides an opportunity for blokes to step outside their comfort zone and reflect on how they are 'travelling', personally, on the 'wellbeing' train. Blokes won't usually talk openly about their personal stuff, but within an environment of safety, trust and mutual respect, men revealed and discovered more than they anticipated.

What do we learn from programs like TO4B? We learn that rural men can take responsibility for their health and wellbeing. They respond best when they can see how workshop content *applies* to their lives in practical ways. They *do* enjoy an opportunity to talk about themselves and share their issues and concerns with others. And, men *can* develop networks and build camaraderie to support each other in making changes to their lives. It may take some time, some gentle persuasion, but the outcomes are worth it.

For more information about TO4B contact Stuart Rennie, Senior Rural Psychologist on 0409 779 832 or email: stuart.rennie@centrelink.gov.au or contact Sonia Muir, Community Engagement Manager on 02 6391 3611 or email: sonia.muir@industry.nsw.gov.au

* Strong, K., Trickett, P., Titulaer, I. & Bhatia, K. 1998, *Health in rural & remote Australia: The first report of the Australian Institute of Health & Welfare on Rural Health*, Australian Institute of Health & Welfare, Canberra.

AT THE CROSSROADS

He stood at the crossroads all alone,
The sunlight in his face;
He had no thought for an evil course,
He was set for a manly race.
But the road stretched east and the road stretched west,
And he did not know which road was the best;
So he took the wrong road and it let him down,
And he lost the race and the victor's crown.
He was caught at last in an angry snare
Because no one stood at the crossroads there
To show him the better road.
Another day at the self-same place
A boy with high hopes stood;
He too, was set for a manly race
He was seeking the things that were good.
And one was there who the roads did know,
And that one showed him the way to go;
So he turned away from the road leading down,
And he won the race and the victor's crown;
He walks today on the highways fair
Because one stood at the crossroad there
To show him the better road.

BY SADIE TILLER CRAWLEY

Murrumbidgee Rural Studies Centre (MRSC) has negotiated with the Australian Institute of Company Directors (AICD) to conduct a residential format Company Directors Course from 28 September to 2 October 2009.

The Course is relevant for people undertaking director's responsibilities, and as a comprehensive in-service program for those already in the role of a director, whether in a not-for-profit, statutory or commercial entity. The course also qualifies for varying amounts of academic credit with MBA programs in about a dozen Australian universities.

The course involves roughly 25 hours of preparatory reading, five full days in residence at Yanco, and a series of assessment exercises taking a further 50 to 60 hours.

The cost of the course is \$6405, however, if three or more applications are received at the same time, membership application fees and the first year membership fee are reduced so that each applicant pays \$6205 plus any necessary accommodation costs.

For more information or to book a place in this course, contact the MRSC on 1800 628 422

Our Voice, Our Journey

By Penny Judge, Inverell



IAS is a not-for-profit organisation based in northern NSW. The service provides support to people who have a primarily intellectual disability to help them live real and sometimes extraordinary lives.

All too often people with disabilities are perceived as and treated as being the receivers of services, 'charity cases' and 'needing care'. The culture within IAS is very different from this. It is about supporting people to live a full life and to reach their maximum potential.

As part of our ongoing support IAS has developed a new project, *Our Voice Our Journey*, which aims to shift the perception of and about people with a disability.

The project is a physical journey, a road trip with physical outcomes in the form of community projects, but it is also much more. It's an opportunity for people with disability to find and express their voice and their journey and enhance the reality of their lives. It's a project where people with disability can experience and show others that they are not just receivers of services but have much to contribute. It's about people with disability realising their potential and encouraging others to reach theirs. It's about community involvement, advocacy and education. It's about owning your own life,

taking responsibility for it and getting the most out of it. It's about experiencing and showing that disability doesn't have to be a barrier to real life experiences, and that disability doesn't have to result in leaving your own community to go 'into care'.

In August 2009, a group including approximately 16 clients, eight volunteers, seven children and eight staff will leave Inverell in a convoy of vehicles journeying to the Gulf of Carpentaria. Along the way we'll stop at and experience communities and all they have to offer while undertaking some community projects and educating the community about disability issues. We'll then spend two weeks at Escott Lodge, Burketown before returning to Inverell.

IAS has prepared for the trip by having ten day camping trips at five-week intervals at Copeton Dam in northern NSW. This has been not only enjoyable with swimming, kayaking etc. but also invaluable in terms of fine tuning what is needed for the trip and how individuals react over that period of time. Already a strong sense of community, mentoring, skill building and involvement has emerged for clients. These are gains that are not isolated to the camping trips but carry over into everyday life for clients. Clients are finding their voice and they are taking steps on their journey

to greater independence and empowerment. People are being supported in a real way to live full and valued lives.

In discussion with clients about the project it has become very evident what it means to be able to access services locally and to have work in their home area which gives meaning and value to life. Clients have also expressed the desire that they would like to encourage and support other people with disabilities in other areas of Australia, to have the same access in their communities.

The prevailing community attitudes surrounding people with disability all contribute to limit the experiences and place boundaries upon what people with disability can achieve. Many believe that it works to keep adults with intellectual disability as 'perennial children', denying them their right to live full lives. Such attitudes rob communities of the incredible richness that people, regardless of disability, can bring to a community. This project will help show people in the communities we travel through, how capable and valuable our clients are, and how, when given the opportunity and appropriate support they can achieve great success.

For more information about IAS or the Our Voice Our Journey project, contact Penny Judge on 0427 008 678.

Women in leadership & decision making



Nerida Cullen lives in Goulburn. She is the current Co-Chair of the RWN State Advisory Committee; Director of the Tablelands Livestock Health & Pest Authority; President of the Southern Region Community College; Vice President of the Berrima & District Credit Union Goulburn Hospital Foundation and Associate Director of the Berrima & District Credit Union.

We have been born into a world traditionally dominated by men. It has been their vision, their actions and their mistakes that have influenced our society. Yet behind this, there has been a quiet, nurturing force that can be stirred into action if their families and communities are disadvantaged. It is from this unassuming but capable background that women have acted.

Higher levels of education, a sense of urgency that the world is not as we want it to be and an understanding of equity and justice have motivated many women into demanding that their voice be heard.

To move ahead we need to acknowledge the potential of all and not merely one group. We need to move away from the stereotypes and barriers that have dominated organisations

which make decisions that affect us all.

Our challenge

As more women realise they have a voice and as they become involved in a wider variety of organisations and seek and accept leadership positions, our world will become more representative, more balanced and a fairer place for all.

This is our challenge. We must embrace it and be vigilant that the progress we have made and are still to make is recognised and continues to move forward. We must encourage women to follow in the footsteps of those who have gone before them, for they are the role models for our younger women.

The potential of opportunities

I strongly believe in embracing opportunities which can take me in directions I have not planned and which enrich my life.

In my professional career as a teacher, mostly in the country but also in the city, I have followed the philosophy that while our students are the pivot of our endeavours, the wellbeing and development of teachers is paramount to the effectiveness of the classroom. A school as an organisation has to function for the betterment of all. Consequently I embraced opportunities working on projects to ensure the smooth introduction of new curriculum and improved school design to support educational need.

This has influenced my out-of-the-classroom life, especially as we settled into a new country town and a life away from the anonymity of the city. I wanted

to become part of my new community and knew I had to do more than farm, as noble and satisfying a calling that it is.

Farmer organisations, women and dynamism

Organisations are dynamic and reflect the aggregated values of all who participate as they develop shared corporate ethics. They have to be both active and responsive to change if they are to survive.

It is with this belief that I entered the world of farmer organisations through the Goulburn Rural Lands Protection Board, a world dominated by men, their concerns and practices. Even though other women had gone before me, I knew I had to gain the respect of all who sat on the Board as I was bringing a different perspective and skill set to their deliberations. I also knew I had much to learn about them and their experiences, motivation and priorities.

It was soon obvious that women were being listened to and were slowly changing the mind-set of the organisation, for women are farmers too and share the running of the farm. They also have a vision for agriculture which shows considerable foresight and understanding. I believe this sense of acceptance has enriched the organisation, but I remain aware of the way men think and interact and know I have to adjust my approach to be responsive yet sensitive.

Development, support and influences

My development as a person continues. My sense of

adventure and challenge underpins the motivation for my involvement and commitment. I want to be part of my community, responding to changing circumstances to better equip us for the future. My priorities are now focused on the sustainability and vitality of rural communities.

New opportunities have been offered – opportunities that I would not have envisaged nor predicted a short while ago – and I have embraced them. I am humbled by this recognition of my commitment but know that I have much to learn and contribute.

I often wonder why I volunteer and become involved when time is finite and when this involvement takes me away from my loved ones. I come from a family who has always embraced its community and been prepared to serve and enrich communal organisations, so I know I have their support. I find this a satisfying acknowledgement of my needs and uniqueness.

I have also been influenced by strong females from history and our contemporary world – women who have influenced change and improvement. These women are the talisman; they have used their magic, beliefs and vision to pave the way for improvement and progress.

Our mission

We as women often underestimate our abilities and skills and do not always push ourselves into leadership positions. We need to believe in ourselves and the importance of our roles. We need to seize opportunities and embrace our rightful position in society. We have nothing to lose. Nor do our children.

Rural women in local government – for our communities

By Kate Walsh, Communications Manager, Local Government & Shires Associations

A job where you can have a satisfying career and the flexibility (if you wish) to raise a family among your family and friends – it sounds like an ideal proposition for women in rural and regional Australia, doesn't it?

Why is it then that Australian women still account for less than 30 per cent of councillors, only 20 per cent of senior managers and only 5 per cent of chief executives in local government?

2010 will be the Year of Women in Local Government, an ideal time for women to consider a role in their local council, either as an elected councillor or as an employee.

Working for local government can be satisfying in a way that many other jobs cannot, as it gives you an opportunity to contribute tangibly to your community, while developing a professional career.

It is so much more than the old stereotype of 'roads, rates and rubbish' – local government provides facilities like the local library or leisure centre, it helps coordinate community health services, and it helps build a future by planning for the economic development and environmental protection of the area.

And local government has been expanding its horizons recently.

Vice president of the Shire's Association, Janet Hayes, has noticed a change in her time with council.

'It's changing a lot – the women who are involved are more sure of themselves and I think that's because of the growing number of women in local government.

'When I first got elected I had to be very strong and determined not to be stereotyped.

'You have to be very strong in your determination not to stray from the path that you set, but women are completing the circle – council should be a microcosm of the community.'

Newly elected to the executive of the Shires Association, Cr Maria Woods is the third generation of her family to be elected to represent Walcha Council and two typically rural concerns are close to her heart – natural resource management and noxious weeds.

'Having been born in Walcha and now living in this great area by choice I wanted to be a part of the decisions that help shape the future of our Shire,' she says.

'It's a privilege for anyone to be elected to Council. It's rare to be a part of something that gives back more than you can possibly give.'

The Cobar community has certainly benefited from Cr Lillian Brady's time in local government, during which she has raised \$103 000 for the Cobar District Hospital and \$75 000 in the 2008 Relay for Life. She is now fundraising for local school children to go to the Sydney Spectacular, believing they should have the same opportunities as city children.

As first president of the Western Division she has found the job challenging but rewarding.

'I have no problems being a woman in local government,' she says. 'My voice is as strong as any man!'

Cr Gwen Griffen has also found her time rewarding, if challenging, after a local resident urged her to stand.

'I'm there for the community, to make good decisions – you've got to have common sense,' she says.

'You do get councillors and people who don't like you, but you get on with life.

'When I first went into local government, I didn't know it was such a respected job – you're somebody to be looked up to.'

A career in local government can also be very satisfying, and it is often overlooked as a way for younger women to remain in their rural or regional communities with their family and friends, and still have a dynamic and rewarding career.

The Local Government Management Association (LGMA) and the Australian Local Government Women's Association (ALGWA) have worked together to identify the skills shortages facing rural and regional local government – and it turns out there are plenty of opportunities for women in both traditional and non-traditional roles.

Local government is also a very flexible employer, with some of the best work/life balance available. Although it is not a priority for all, flexible hours, job sharing and good maternity leave are all worthwhile for women wanting a career where they can have and raise children.

I am also a proud woman in local government and have been for over 10 years. It has been an extraordinarily satisfying career in media and communications management that has allowed me to work in a range of locations across both NSW and Victoria.

ALGWA recently launched a decade-long national program to further advance gender equity in local government – the *50:50 Vision*. This new program will raise awareness of the need for more women in local government, encourage councils to adopt modern HR practices and set targets for more women in higher roles, and establish even more flexible ways of working.

As part of 50:50 Vision, the ALGWA is developing a program of events for the Year of Women in Local Government that they hope will generate enthusiasm for involvement with local government from rural and regional women and younger girls.

They are canvassing councils around NSW to encourage them to run functions or activities in their communities to promote women in leadership roles and provide information. Keep your eye out for mock meetings that could allow you to examine council operations from the inside.

USEFUL RESOURCES

■ Local Government & Shire Associations Website: www.lgsa.org.au

■ Australian Local Government Women's Association: www.algwa.org.au/index.php



The Rural Women's Network (RWN) State Advisory Committee (SAC) is made up of women from key networks. It provides advice and strategic direction to the RWN by promoting and evaluating its initiatives, exchanging information and progressing issues relevant to rural, regional and remote NSW communities.

The SAC is currently co-chaired by

- Richard Sheldrake
Director-General, Department of Industry & Investment; and
- Nerida Cullen
Livestock Health & Pest Authorities

The SAC invites your views, ideas and questions.

Committee representatives:

- Joy Beames, Dunedoo
Country Women's Association of NSW
Ph: 02 6375 1173
edgefield57@bigpond.com
- Rebel Black, Lightning Ridge
Far West Area
Ph: 02 6829 1671
rebel.black@gmail.com
- Patricia Byrnes, Gol Gol
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- Donna Cruickshank, Broken Hill
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- Nerida Cullen, Goulburn
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kim.deans@rfcnsw-northernregion.org
- Sally Green, Mandurama
Minister's representative
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- Angela Martin, Mullaley
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- Assoc. Prof. Dr Frances Parker, Sydney
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rwn sac update

As the new Co-chair of the Rural Women's Network (RWN) State Advisory Committee (SAC), I realise I follow a woman who exemplified the values we all endorse. Elaine Armstrong was caring, sensitive, inclusive, motivating and humble. I remember her telling me how honoured she was when the members of the RWN SAC chose her to be their Co-chair, a position she filled professionally and competently. I thank her for her contribution and commitment to this important committee. Her legacy will linger.

So who am I? I have lived and taught in rural communities in the Central West and the Riverina. I have also lived and worked in Sydney. My husband and I have a small farm close to Goulburn. Our farm has a long history but was broken up over the years, especially for Soldier Settlement blocks. We live in the original 1870s stone homestead on what is left of thousands of acres. We have a small lavender enterprise and agist cattle, and, like many, we battle ravenous weeds.

I became a director on the now defunct Goulburn Rural Lands Protection Board (RLPB) to find out where my rates were going and to fully understand the role of the Board system in ensuring the future of agriculture. It was through this involvement that I became aware of the RWN SAC and its role in raising and exploring issues that affect the quality of life in rural and regional NSW. Whilst the core business of the old RLPB system (now the Livestock Health and Pest Authorities [LHPA]) is regulatory, someone had the vision to realise that ratepayers had other needs that could be supported through participation on bodies such as the RWN SAC.

Since I have been on the RWN SAC as the LHPA representative, my understanding of the issues we face everyday has been deepened as I listen to the other members share their personal concerns and the concerns of those they come in contact with and represent – financial hardship, securing and keeping medical appointments, employment and educational opportunities, changing climatic conditions, the plight of women who work on farms but whose command of English is not fluent,

technology and communications, domestic violence.

Many of these concerns cannot and will not be solved quickly.

It is here that the strength of the RWN SAC lies. The fact that we raise issues continuously and sometimes repeatedly means that the issues which may have been regarded as 'that old chestnut' remain alive and relevant. If you have an issue you want raised, please contact the RWN.

At our last meeting, Dr Alison McIntosh from the University of New England ran a workshop to support investigations into 'Safeguarding Rural Australia: Addressing Masculinity & Violence in Rural Settings'. Our discussion was wide-ranging and thought-provoking considering the sometimes risk-taking behaviour of males. Recently the concerns we raised in this dialogue became reality with the news of a road accident on a dirt road in my area which claimed the life of a young man who had his life in front of him. Further reinforcement came soon after when I was out with one of the LHPA rangers who remarked that the owner of the property we were passing was doing it hard as he had lost two sons – one to suicide and the other in a car accident. The results of her research could make soul-searching reading.

I hope to meeting many of you at the Junee Women's Gathering in September. Junee is very dear to me as I spent some of the most enriching and satisfying years of my teaching career at Junee High School. I am sure to meet old friends in the same way that you and I will make new ones at the Gathering.

I also encourage you to nominate for the 2010 RIRDC Rural Women's Award which opened on 1 August. More information is available on the RWN website: www.dpi.nsw.gov.au/rwn

I look forward to my term as Co-chair as we explore and debate the issues that affect all who live in rural and regional communities.



**NERIDA CULLEN,
RWN SAC CO-CHAIR**

Within reach of a university degree

By Neroli Foster
Communications Coordinator
Joint Medical Program



For many rural families, attending university can seem like something well beyond reach. The distance, the cost and even the need can make the decision more difficult than for their city counterparts. For the Indigenous population this goal can be even more remote. It's likely that no-one in their family, or even their community, has attended university before. They may not have even finished high school. Most family ties are very close and moving away is going to leave a big hole in this important part of the family's lifestyle.

Beyond all of these issues there is the thought of whether you can manage the academic side of a degree. That was one of Peter O'Mara's concerns, but his determination has taken him further than he ever imagined.

'I was always interested in becoming a doctor, but I thought that it was only for "rich people" or "doctors' kids" – not someone like me,' said Peter.

From the Wiradjuri people in central NSW, Peter left Cessnock High School in Year 10 and became an apprentice fitter and turner in the coal mines. That career ended with a car accident at age 19, which left him with back injuries.

Unsure what direction his life would take, he enrolled in the University of Newcastle Open Foundation Course and then went on to study a Bachelor of Arts, with plans of becoming a clinical psychologist.

His career path took another interesting turn when one day he tuned into a television interview with Louis Peachey, one of the

University of Newcastle's first Indigenous medical graduates.

'He just seemed like a normal fellow and I thought maybe I could do that,' Peter said.

'It was a long road, but I kept focussed on the goal and began to see how this could help me make a difference in the community.'

Peter graduated with a medical degree in 1999 and now works as a doctor in Forster and as an Associate Professor and Discipline Head of Indigenous Health at the University of Newcastle. Peter wants to use his story to inspire others that studying medicine is within reach.

'I want people to think, well, if he can do it, so can I! You never know where life can lead you. Looking back now, I don't think I'd be content if I was working with tools as a fitter and turner. I get so much satisfaction from working with people.'

The Joint Medical Program (JMP) is making it easier for people to study medicine without having to move to the city.

The Program is an expansion of the highly successful University of Newcastle's medical program in partnership with the University of New England, Hunter New England Health and Northern Sydney Central Coast Health. It aims to help address the critical health delivery issues in rural Australia.

Each year, the JMP accepts 110 Commonwealth Supported students at Newcastle and 60 at Armidale. Up to 16 of these places are offered to Indigenous students as part of the Indigenous Medical Entry Program.

'The University of Newcastle has a good reputation for Indigenous education, particularly in the field of medicine, and I am pleased to have experienced that from both sides of the lectern,' said Peter.

'The JMP has also allowed this renowned support for Indigenous medical students to be offered through both campuses – a real bonus for people who don't want to move to the city.'

'For me, one of the most valuable parts of this support involved having a mentor. Now, as I mentor others, I hope to pass on some of the passion and inspiration that becoming a doctor has given me.'

'Whether you are a school leaver or a mature aged student, I encourage you to take a chance and believe in yourself. Becoming a doctor is not out of your reach. If I can do it, so can you!'

For more information about the Joint Medical Program go to: www.newcastle.edu.au/jmp

EVER WANTED A CAREER IN MEDICINE?

The Bachelor of Medicine – Joint Medical Program is an Australian first that prepares students to practise in regional, rural and metropolitan Australia.

Each year the Program offers up to 16 positions at either Newcastle or Armidale for Indigenous students as part of the Indigenous Medical Entry Program.

Almost half of Australia's Indigenous doctors have graduated from the University of Newcastle. This renowned support for Indigenous medical students is now offered through both campuses.

Applications close 30 October 2009.

If you are Indigenous and interested in studying medicine please contact:

Wollotuka

The University of Newcastle
Phone 02 4921 6863
Email wollotuka@newcastle.edu.au

Oorala

Elizabeth Garvey
The University of New England
Phone 02 6773 3034
Email oorala@une.edu.au

Or visit www.newcastle.edu.au/jmp for more info.

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irregular and always been rushed. Late last year, while I was not working, I took the opportunity to 're-engage' with them and to stay with them for a number of weeks.

I have special memories of lovely days chatting and listening to their stories over dinner and a glass of red, and I now have special recordings of their lives which I am gradually transcribing for the family. The days I spent with them were precious, and changed our relationships forever – we are now closer and share a deeper understanding of each other, and, because of that, that I am blessed. How grateful I am for the opportunity to have got to know them and re-engage in their lives! I cherish their love even more than ever.

Because you are always learning, I am not sure you can ever disengage from that, but you

certainly can disengage from study. Personally, it is something I will constantly re-engage with, as long as I live: I am always craving new information and new teachings, and find the challenge and stimulation of engaging in training a great benefit to many areas of my life.

Power in choice

In my opinion, the reasons why people disengage from family, community, services or indeed their own lives are time, distance, energy levels and attitude.

In communities, we have so often seen people who engage and disengage from being involved in committees or local groups, depending on their availability, time and energy levels. We all know how challenging working in community can be, and how you need to be available and engaged to be an effective member of the team.



Rebel Black, Rural Women's Network State Advisory Committee

It is your decision as to what, who, when, where and how you re-engage in your life, community and the greater world. There is power in choice, and I urge you to look at your life and reassess what is important to you and re-engage in it. You will find more blessings than you could possibly have imagined.

In this edition of the Country Web you will find people who have re-engaged in a range of activities: I hope you enjoy their stories!

My heart, my country

The theme for the next *The Country Web* is 'My Heart, My Country'. It will provide an opportunity for rural women to share their stories of their connection to the land or their country in a cultural sense, as farmers, as community members or as return residents.

We are looking for stories from Indigenous women, women from non-English-speaking backgrounds, from women who have made a 'tree or sea change' or who have returned to their home town after being away.

So what are you waiting for. Grab that pen and paper and start writing!

Deadline for articles is 28 September 2009.

WEB WATCH: BY KATE NEEDHAM, INTERNAL COMMUNICATIONS, DEPARTMENT OF INDUSTRY & INVESTMENT

Faces from the past - re-connecting with friends and family

Have you ever wondered what happened to the boy who used to sit in front of you in chemistry? Or the girl who used to live around the corner? The couple from New Zealand you met while travelling through Europe in the 90s? Your first love?

There's a very good chance you could find them on one of the rapidly growing online social networks.

Today's teenagers and young adults have grown up with social networking, and consider their online friends

every bit as real and important to them as the friends they go to the movies with on Friday nights.

But social networking is not just for Generation Y – the fastest growing group of users are people aged 35 to 59.

You can now search for and reconnect with people from high school, university, past jobs and locations, stay in touch with friends and family, and connect with people online from around the world who share common interests. Here are some great sites to get you started:

- Stay in touch with family and catch up with old friends – or even make some new ones. www.facebook.com

- Connect with colleagues and network with people in your professional area. www.linkedin.com

- Track down old school mates. lostschoolfriends.com.au aussieschoolfriends.com.au

- Share information and ideas with people who share your passions, or create your own online community. www.ning.com

- Keep friends and family up-to-date on your latest thoughts, ideas and activities. www.blogger.com www.wordpress.com www.twitter.com

- Share photos and videos. www.flickr.com www.youtube.com

- Organise a meeting. www.meetup.com

- Support and raise awareness for your favourite charities. www.change.org www.facebook.com/causes

With social networking and other online tools to communicate and share information, like email, instant messaging, and Skype, it's easier than ever before to stay in touch with the people in our lives. And the best part – the tools are all free!

Cream of the Crop competition

Are you studying agriculture, natural resource management or primary industries? Yes, then you study some interesting stuff right? Why not turn your story into cash by entering the Cream of the Crop competition.

Cream of the Crop calls on secondary and tertiary agricultural, primary industries or natural resource management students to create an original PowerPoint presentation which focuses on an aspect of their studies: why it matters and how it's relevant to everyday life.

Prizes to the value of \$4750 are on offer and will be awarded in the following categories

- Junior High School (Year 7 & 8) \$1000 Best Presentation
- Junior High School (Year 7 & 8) \$250 Runner-Up
- Middle High School (Year 9 & 10) \$1000 Best Presentation
- Middle High School (Year 9 & 10) \$250 Runner Up
- Senior High School (Year 11 & 12) \$1000 Best Presentation
- Senior High School (Year 11 & 12) \$250 Runner-Up
- Tertiary (Undergraduate) \$1000 Best Presentation

An awards ceremony will be held at the 2010 Sydney Royal Easter Show with the winning presentations to be published on the LandLearn NSW website at: www.landlearnnsw.org.au

Full competition details are available from Dairy Youth Australia Inc. website at: www.dairyouthaustralia.com.au

Social Inclusion Week

23 to 29 November 2009

www.socialinclusionweek.com.au

Every Australian needs to be able to connect with family, friends and work, along with their own personal interests and local community, in order to feel socially included and an intrinsic part of the fabric of Australian society and culture.

There is no more important issue. It's time for us all to start to care, connect and support each other through some of the hardest times our country has ever faced as we move into the 21st century.

We must return to being a nation that doesn't only care about our own personal wellbeing and security in all aspects, but a community that can look after ourselves as well as looking after those who cannot, regardless of what external forces we may face.

It is my aim through the creation of **Social Inclusion Week™** that the focus of social inclusion is on the issues and core values at the heart of what it means to be Australian, and to remind us that we are a nation that first and foremost cares about every human being we come into contact with, allowing them, and us, to feel connected, supported and cared for.

Planning for this special week is in its early stages so check the website above for information as it becomes available. You can also subscribe to receive future updates via email.

An initiative of Dr Jonathon Welch, Australian of the Year – Local Hero 2008, ANZAC of the Year 2008, RMIT Communicator of the Year 2008 & Founding Music Director – Choir of Hard Knocks



Resources for your classroom about primary production and natural resources



Brought to you by NSW Department of Primary Industries, NSW Farmers' Association and the Royal Agricultural Society of NSW

www.landlearnnsw.org.au

SANE GUIDE TO GOOD MENTAL HEALTH FOR PEOPLE AFFECTED BY DIABETES

Diabetes Australia and SANE Australia have launched an Australian-first, a guide to help the nearly 1 million Australians diagnosed with diabetes maintain good mental health.

The booklet explains the relationship between diabetes and mental health and what people with diabetes can do to look after their mental health. It also outlines how to support someone who has diabetes and a mental health problem, such as depression or an anxiety disorder, as well as the help that family and friends may need. Finally, it provides an easy-to-understand explanation of how treatments for these conditions can help.

To order your copy contact Diabetes Australia on 02 6232 3800 or go to: www.diabetesaustralia.com.au

The Ruby Connection: Connecting Women in Business

A dedicated website for women in business, **therubyconnection** website features articles, case studies, guidance and ideas to help you with your business and provides opportunities to network with other businesswomen online and in person. Each month they feature a woman in business as well as providing regular updates on events, forums and more. Another great feature is the Ruby Business Directory where you can register your business for free, giving you greater internet exposure. It also has the added bonus for women who prefer to buy goods and services from other women business owners.

www.therubyconnection.com.au

BOOK REVIEW: RISE BY INGRID POULSON

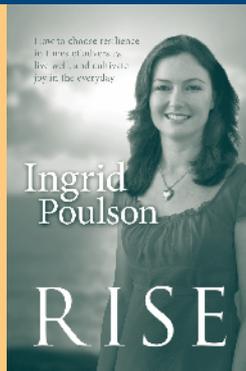
In 2003 Ingrid Poulson's estranged husband killed their two young children and Ingrid's father while she was reporting his breach of an AVO. The loss of her family became the catalyst to continue on, even in the face of overwhelming grief and sadness. Now she honours their lives by living in the happiest and most fulfilling way she can.

Few people have to suffer events such as those that Ingrid experienced. But everyone has to deal with challenges, hardships and grief in everyday life. The ability to be resilient in the face of these can mean the difference between getting through troubled times and living life to the fullest, and succumbing to their pressures.

Everyone who has met Ingrid is inspired by her clarity and courage. Through the four main components of her program of resilience – Resolve, Identity, Support and Everyday resilience – she shares the skills and practices she has developed to not only survive but to live a rich and rewarding life.

'In the few short years since the event that left me with nothing, I have been told that I have a charmed life, that I'm lucky and that I am the subject of envy. Many, many people have asked me how I do it, how I survive, and this book is the answer to that question.'

Published by Macmillan Australia
ISBN: 9781405038638
RRP \$29.99



New key to life-saving information about DES

Men and women born between 1938 and 1971 are encouraged to ask their mothers if they took the anti-miscarriage drug diethylstilboestrol (DES) while pregnant. The answer could be life-saving as the drug is now known to increase risk in certain cancers and reproductive problems. There are many mothers who took the drug whose children who are still, today, unaware of the life-saving healthcare they require.

For Carol Devine, DES daughter and coordinator of DES Action Australia-NSW, the lack of public and government information available about the side effects of the drug and the special health care needed has prompted her to take action and develop an accurate and timely resource with the blog 'DES NSW', which aims to have everything a DES-exposed person in Australia needs to know about DES. Anyone in Australia who suffers the side effects of this drug, or knows someone who does, can now go online, find the vital information they need, and even voice their stories and concerns.

The blog offers hope for DES children, reporting that an Australian woman recently won a three-year legal battle in the United States after taking legal recourse against the makers of DES. Exposed to DES in utero in the 1960s, she developed the aggressive form of cancer clear cell adenocarcinoma at 21 years old, and was left infertile after a radical hysterectomy.

For more information go to: <http://desnsw.blogspot.com> or call DES Action Australia – NSW on Ph: 02 98754820



Groundbreakers: Using the strength of women to rebuild the world economy is a new report from Ernst & Young. The report looks at women's economic progress and potential for the future and provides evidence on the economic advantages of gender diversity.

In light of our current financial crisis, the study summarises extensive research on gender diversity and the link to corporate financial performance and the overall economic growth.

One defining result is that women make significant and proven contributions to business and economic growth. However, the true potential of women contributions has not been maximised.

Now is the time to realise and harness the positive effect that women's economic empowerment and leadership can have on the global economy.

The full report can be downloaded for free from Ernst & Young. Simply go to: www.ey.com/groundbreakers and download your copy.

Re-engage in advocacy: Your Voice in House

Information from ourcommunity.com.au

When you contact a politician about an issue that you're concerned about, often the first thing they do is check the electoral roll. How they respond to you may well be influenced by whether or not you live in their electorate. So it's important to know which electorate you live in and which politician(s) you should be contacting.

To make it easier for people to find out who their elected representatives are, The Australian Centre for Democracy & Justice has launched a new website – Your Voice in House. The website allows you to enter your location and it will tell you every politician that represents you, in both houses of parliament, at both state and federal level.

The website provides postal addresses, contact numbers and email address. Plus you can select which politicians you want to contact and the site will allow you to send an email to everyone you have selected with just a couple of clicks of your mouse.

This is a really exciting initiative for anyone with an interest in having their voice heard. To access the website go to: yourvoiceinhouse.org.au

For more information on the Australian Centre for Democracy & Justice go to: democracyandjustice.org.au

A GUIDE FOR WILLS: MAKING A WILL AND APPOINTING AN EXECUTOR

A Will is the legal document that clearly defines how you wish your assets to be distributed upon your death. It's the only way to make sure you direct where your assets go once you're gone. If you die without making a Will ('intestate'), your assets will be distributed according to law. This can result in your estate going to relatives you have little contact with, while your loved ones miss out. It may also lead to lengthy delays and expensive administration in finalising your estate.

A Guide for Making Wills is a great resource available from The Public Trustee NSW. It answers many questions including why you need a Will and how do you ensure your Will is valid, when you should revise your Will, what is an executor and trustee and what do they do, and much more. To download your free copy go to: www.pt.nsw.gov.au and click on the 'Publications' link.



HELP FOR DEPRESSION & ANXIETY



A new book by Dr Sandra Cabot

In this book, Dr Cabot provides you with practical help to overcome emotional illness, stress and anxiety. You'll learn about:

- Modern day anti-depressant drugs and their advantages and disadvantages
- Natural hormones such as progesterone, testosterone, DHEA, thyroid hormone and melatonin and how to use these modern day hormones to balance your nerves
- Natural dietary supplements and herbs that can strengthen your entire nervous system
- How to use amino acids to boost brain chemicals known as neurotransmitters
- Brain-boosting foods and lifestyle strategies
- Dopamine deficiency and its role in eating disorders and weight excess
- How to boost your dopamine levels to help you lose weight for the long term
- Panic attacks and self-help techniques to control them
- A practical plan that you can tailor make for yourself to gain more control over your emotions and state of mind so that you can become the best you can be.

Help for Depression & Anxiety costs \$19.95 and is available in book stores or you can order online at: www.sandracabot.com or call Freecall 1800 151 052

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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.

The 2010 RIRDC Rural Women's Award could help you take your management, business and leadership skills to a higher level so you can shape the future of industry and rural Australia. The Award provides a \$10 000 winner's bursary and the opportunity for the winner and runner-up to participate in a Rural Women's Award leadership and development program. So what are you waiting for?

Applications are now open and close 15 October 2009. For more information or an application package call the Rural Women's Network on 02 6391 3620, email: allison.priest@industry.nsw.gov.au or go to: www.dpi.nsw.gov.au/rwn.

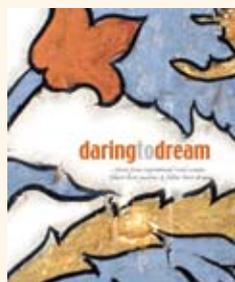
Visit the Rural Women's Network internet site at www.dpi.nsw.gov.au/rwn



**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 Department of Industry & Investment 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.