

• FOR RURAL WOMEN & THEIR FAMILIES •

# The Country Web

## BACK TO BASICS

FREE NEWSLETTER

NUMBER 54 AUTUMN 2011



*Karen Hutchinson, Hanwood  
2011 NSW/ACT Rural Industries  
Research & Development Corporation  
Rural Women's Award Winner.*



Let's make it happen – together

## Rural Women's Network

8 STEPS TO A HEALTHIER YOU ■ BASIC LIVING ■ SUSTAINING YOUR FAMILY FARM

# contents

## THE COUNTRY WEB

The Country Web is produced by the Rural Women's Network (RWN, part of Industry & Investment NSW) and is distributed free. For more about the 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 receive a free hardcopy contact RWN. You can also download the newsletter for free from the RWN website (see address below).

## 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.

## CONTACT DETAILS

Rural Women's Network  
Locked Bag 21  
Orange NSW 2800  
Ph: 02 6391 3620  
Fax: 02 6391 3650  
TTY: 02 6391 3300  
Email: rural.women@industry.nsw.gov.au  
Website: www.dpi.nsw.gov.au/rwn

## COMPETITION TERMS & CONDITIONS

See page 27 for competition details.

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.

## DISCLAIMER

Recognising that some of the information in this document is provided by third parties, the State of New South Wales, the author and the publisher take no responsibility for the accuracy, currency, reliability and correctness of any information included in the document provided by such third parties. The information contained in this publication is based on knowledge and understanding at the time of writing. However, because of advances in knowledge, users are reminded of the need to ensure that information upon which they rely is up-to-date and to check currency of the information with the appropriate officer of Industry & Investment NSW, or the user's independent adviser.

© State of New South Wales through Department of Industry & Investment [Industry & Investment NSW] 2011. You may copy, distribute and otherwise freely deal with this publication for any purpose, provided that you attribute Industry & Investment NSW as the owner.

## FEATURES

- 6 Meet our 2011 RIRDC NSW/ACT Rural Women's Award Winner**  
With the Murray–Darling Basin Plan a hot topic of conversation, 2011 Rural Women's Award Winner Karen Hutchinson says she has seen the power of water to both divide and galvanise communities.
- 8 Basic living**  
Recipes for the mind, body & soul. Simple tips and tricks to help you get back to basics in the ways that count.
- 10 Working with Aboriginal people**  
*Working with Aboriginal People and communities* is a new guide developed to improve service delivery to Aboriginal people by providing key facts and information relevant to anyone working with Aboriginal communities.
- 12 You are what you eat**  
Have we made our lives so complicated that we neglect to recall the most simple of known facts—you are what you eat? Have we forgotten that good health is often our choice?
- 15 Parenting**  
Danni Miller from Enlighten Education provides ideas for parents to help their kids settle into school.
- 22 Sustaining the family farm**  
Planning for succession is a very important part of managing a farming business. It should be an ongoing topic for families so you can build a secure future for everyone..
- 26 Get back to basics and volunteer**  
You are never too old to get involved in your community.



11

8 Steps to a healthier you. Heart disease—the No.1 cause of death for women over 45 years.



29

Bathurst's Amy Dutton wins RAS Rural Achiever Award

## REGULAR FEATURES

3	Editorial	24	Women in business	34	Rural Women's Council Update
3	Calendar	27	Book reviews	36	Web Watch
4	Letters	28	Health	37	What's on, What's new?
5	Across my desk	29	Grants/Funding	38	Resources
15	Parenting	32	Women in decision-making		

How many of you have hosted a party only to have half the people you asked not turn up ... or worse, attend when you assumed they weren't coming? Many people these days just don't bother replying to invitations – it is assumed that you will know that they are coming or that they are not available. I know that many hostesses have even sent reply paid envelopes hoping to get a response but, sadly, this is usually ignored as well. We need to get back to basics – especially when it comes to 'good' manners.

Are you one of those women who attend farmers' markets in your area where good, wholesome fresh food goes straight from the farmer to you. It is also the place to get value-added homemade products such as pickles and jams. How nice is it to stroll around the stalls and select what you like and know it has only just been picked or that bottle of apricot jam you fancy was made with care in someone's kitchen with fresh ingredients. Food tastes

different without a myriad of preservatives and colours, and there is no standing in that long line at the supermarket with your trolley.

Have you been out to dinner recently? Did the restaurant have a television playing for their patrons? When I go out to dinner I like to not only enjoy a good meal but I like conversation to go with it. The last few times that my family has gone out to dinner we have had to compete with a television for conversation. We have chosen different venues in different towns but the result was the same. One quite expensive restaurant had a large television on the wall and a family near to us sat there the whole night watching the television—no discussion took place at the table. How hard is it to converse with each other? Perhaps we could ask restaurants to turn TVs off.

How many families eat together at the dining table? When do the children learn to eat properly? I know a family where the daughter had a friend

from school stay overnight. The girl had no idea how to use a knife and fork; she was used to eating with her fingers in front of the TV. We felt so sorry for her—she watched how everyone ate and then commenced eating. We assumed a basic skill such as using a knife and fork would be known to everyone.

Do your children or grandchildren play games like Monopoly, Scrabble, dominos or card games? Growing up, my family were great readers and we also spent many hours on our pushbikes. My brother had a whole town built with dirt under our house to use for his toy cars. My husband's family were into Canasta, Euchre and 500 and there was always a new jigsaw started on Boxing Day that everyone had a hand in putting together. We spent many happy hours in each other's company. Television and computers have taken most of us away from the simple pastimes. It is good to share in the new and old entertainment selections and get back to basics at least



*Joy Beames, Member of the NSW Rural Women's Council & Country Women's Association of NSW*

sometimes. How many more 'back-to-basics' can you bring back to your life?

---

***'There is no strength without challenge, adversity, resistance and often pain. Strength comes from our ability to stand up, face resistance and walk through it.'* OPRAH**

---

## CALENDAR OF EVENTS 2011

### MAY

1, NSW – STATEWIDE

#### **Nominate a Hidden Treasure.**

Nominations for the 2011 Honour Roll close 25 August. To nominate a rural woman contact RWN on 02 6391 3620, email: [rural.women@industry.nsw.gov.au](mailto:rural.women@industry.nsw.gov.au) or see: [www.dpi.nsw.gov.au/rwn](http://www.dpi.nsw.gov.au/rwn)

11, DALGETY

**Women's Day:** From saddle bags to handbags—and everything in between. An event to celebrate rural women and showcase their talents, with special guest Jackie Furey. Contact Snowy Mountains Neighbourhood Centre on 02 6457 1044.

### MAY

24, CANBERRA

#### **2011 Australian RIRDC Rural Women's Award Dinner & Announcement**

### AUGUST

1, NSW – STATEWIDE

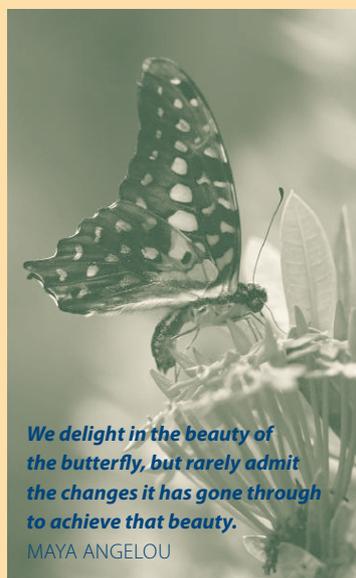
#### **Applications open for 2012 RIRDC Rural Women's Award.**

### OCTOBER

14–16, GLOUCESTER

#### **NSW Women's Gathering: Friendship and dreaming beneath the buckets.**

Take time out and make your way to Gloucester for the 19th Annual Women's Gathering. You will come away inspired, having learnt new skills and formed new friendships.



*We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.*

MAYA ANGELOU

### WHAT'S NEXT?

The theme for the next edition of *The Country Web* is **After the Rains**. Contributions are required by 29 June for publication in September 2011.

If you have stories, poems, images or other items of interest, we would love to hear from you.

Send contribution to:

*The Country Web*

Locked Bag 21

Orange NSW 2800

Fax: 02 6391 3650

Email: [allison.priest@industry.nsw.gov.au](mailto:allison.priest@industry.nsw.gov.au)

[nsw.gov.au](http://nsw.gov.au)

## Wentworth Women's Gathering a first-class act

I have just attended my first Rural Women's Gathering at Wentworth. What a first class act – from the guest speakers, workshops, meals, to the entertainment. The best thing was the women – we all wanted to be there! I am already looking forward to Gloucester.

**Marcell Gay, Cootamundra**

## Thank you and well done on the Wentworth Women's Gathering

You picked a wonderful venue in Wentworth for the 2010 Women's Gathering and the committee's organisational skills were surpassed with the decorations, carnival atmosphere of the whole weekend and the great use of the river with tours, rowing, canoeing. We all have been in drought so long the rain did not dampen the spirits.

I have always wanted to see the confluence of the Murray and the Darling and with the Women's Gathering as an excuse it was worth the 2049 km round trip to enjoy the event and see the rivers.

The workshops were excellent, very professional and presented with so much enthusiasm. The organisation of the volunteers, the decorations, the transport and the whole venue were superb!

You must get great satisfaction when you see the outcome of a Gathering and feel the electricity, warmth and comradeship generated at the weekend.

**Julian Campbell, Warren**

## Thanks to Wentworth Women's Gathering Guest Speaker

I was one of the lucky ladies who attended the Wentworth Women's Gathering in October 2010. One of the speakers was Raywin Jamieson, The Merbein Guide Leader and Past Sunraysia Region Leader. The Girl Guide Movement is celebrating 100 years since guiding commenced in Australia. Whilst listening I started thinking about my days in the Girl Guides

and I now realise that guiding made quite a big impact on my life and has helped me in many ways.

I belonged to Enfield, Sydney, Guides and always looked forward to the Monday night meeting. I was so proud of my uniform and the badges I had been awarded for the new skills I had accomplished. I remember clearly the camp life, so different to city life – pitching the tent, cooking a damper on the fire and the songs we sang by the fire. My hiking days followed on and took me into the Blue Gum Forest at Katoomba, The Warrumbungles at Coonamble and The Cradle Mountain Reserve in Tasmania.

I have recently had a serious farming accident bringing the cows home to the dairy for the afternoon milking. I rolled down an embankment on a quad bike into a dry creek. I was trapped under the bike for some time and was later rescued by my son who got help. I was in hospital for a month and had a long rehabilitation.

The healing process took over four years and I had to learn to walk again. But last year, I was well enough to travel and see my youngest daughter who lives in London. I had always had a desire to see other parts of the world and the Great Wall of China. Kathryn decided to join me and we walked the 10 km together over the Great Wall of China. I found it a struggle but did not give up. When I finished I felt I had won a gold medal at the Olympics because it was so tough, but my desire to finish did not fail. I remembered the Guide motto, 'be prepared', so I had my bottle of water, walking stick, hat and strong shoes — and I made it. We continued by train from Beijing through Mongolia to Moscow on the Trans Siberian Railway and travelled one-third around the world by train!

My Mum was born in Great Britain and sailed to Australia in 1927 with her family. She was the eldest of four children and aged eight. I realise now what a big step that was to take a whole family to the other side of the world to start a new life.



*Anne Webeck in China*

When Mum was 18 she went to Lord Howe Island to work as a hostess at The Palms Guest House. It was a big decision to sail on her own and work on a small tourist island so it must be in my genes to wonder and achieve but I thank the Guiding movement for getting me started and giving me the confidence to see the world.

I have been to five Women's Gatherings now and enjoyed them all, returning to farm life feeling stronger. Chatting to the ladies in the workshops I always bring home happy thoughts and ideas and something new that I have created.

Attending gatherings has really inspired me, so after I returned from Coonamble I wrote to Gloucester Council and suggested Gloucester submit a proposal to host a Gathering. Many meetings were held and a committee was formed. We worked well together and will host this year's 2011 Gathering. I invite you all to come to Gloucester and join us for a wonderful weekend.

**Anne Webeck, Gloucester**

## Community book appeal

We have all seen the devastation of the recent Queensland floods and have wondered how we can help. We know that for many affected families, books will not be high on their priorities list for some time to come. We also know how valuable books can be in providing time out when reality gets tough. So, with the aid of some wonderful volunteers, we've put together a Romance Writers of Australia Flooded Communities Book Appeal. We need fiction,

Competition  
Winners

Congratulations to the following readers for your winning entry in the No. 53 book competition. You have each won a copy of Arron Wood's *Billabong Boy*.

**Marie Hombsch, Brithramere**  
**I Simms, Gunnedah**  
**B Allport, North Star**

romance, children, young adult, genre books, either new or in great condition. Books can be sent to:

*RWA Flooded Communities Book Appeal, PO Box 1717, Noosaville Post Office, Noosaville BC, QLD 4566.*

The books will be boxed and delivered to the appropriate libraries, schools, neighbourhood centres and community centres in batches as soon as the communities are ready to receive them. We will be liaising with councils, libraries and schools to ensure this is done appropriately. Feel free to pop a note inside, or if you're an author, sign it.

For more information or if you have a question about donations, email: [jess@jessanastasi.com](mailto:jess@jessanastasi.com)

**Romance Writers Australia**

## BACK TO BASICS

Back to basics

Means starting anew

Which is not always easy

When the options are few

Solving a problem

Should it come to a head

Discerning smart persons

Find solutions instead

At a point in discussions

Folks do not always agree

Put it then to a vote

And watch the ideas flower free

*JEAN OPPERMAN, PASCOE VALE*



Rural Women's Network Project Coordinators Allison Priest and Emma Regan (job-share position).

The Rural Women's Network (RWN) is a statewide government program within Industry & Investment NSW. RWN works in partnership with individuals and agencies to share information and progress rural women's issues. 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**

The theme of this edition has made me a little nostalgic about childhood experiences when 'slow food' was not a trendy movement and just a part of a 'slow life'.

During those long winter nights, after a game or two of Scrabble, Mum and I would often sit with our feet resting 'in' our wood-fired oven reading books.

A hearty stew often simmered gently on the stovetop – to make the most of the heat and provide a 're-heatable' meal for the next evening's dinner — our own version of 'fast food'.

Sometimes chicks would be huddling beneath us in a cardboard box being kept warm until strong enough to return outside.

Every so often Mum would throw a lump of wood in the firebox so there would be hot water for a quick shower in the morning. Water was NEVER taken for granted.

Our hot water was heated by the slow combustion stove and we spent many afternoons stacking wood supplied from Uncle Ben's sawmill further down our road. Time seemed slower then.

Once my brother and I spent most of a day sitting in the branches of our mulberry tree watching a cow give birth below. It was riveting.

Dad beheaded old chooks when they stopped laying and were destined for the 'soup pot'. My sister and I loved chasing these alien-looking headless white feather balls as they ran around in erratic circles until they finally flopped down dead.

It all seems a bit barbaric now but back then most people prepared their own meat. It was a normal part of farming life.

On special occasions we'd eat out at the RSL club 'dining room' in town. Our dish of choice was always 'Chicken Maryland'. Everything came crumbed and deep fried, nestled next to piped mashed potato, garnished with a bright red glacé cherry.

My sister and I thought we were so sophisticated ordering 'pink lemonade on the rocks'. We'd seen an actress request this on the one commercial TV station we could get and thought she was the epitome of sophistication. We didn't know it was lemonade with red cordial.

It is good to reflect on the past but I think we also need to keep our eye on the 'ball' of rapid change or we will be left behind.

At the end of 2010 I jumped into the social media realm and joined Twitter. It's an excellent

networking tool so if you want to tap into items of interest to rural people come follow me. And for those who love to have the feel of 'real' paper, I am pleased to say the *Daring to Dream 2* book of women's stories is now published. You can order copies through the RWN.

**SONIA MUIR, MANAGER  
COMMUNITY ENGAGEMENT**

twitter

**Stay up-to-date on a wide variety of opportunities and issues of interest to rural women. Join Sonia on Twitter.**

<http://twitter.com/soniamuir>

## BATTLE OF THE PANTYHOSE!

Say, what became of bobby socks with coloured heels and toes?  
And ones that came up to your knee, not like wretched panty hose!  
Socks were made of sterner stuff that didn't make you madder.  
Each time you pulled the blighters on, you didn't find a ladder.  
Just getting into panty hose can turn you upside down.  
'Tis such a ticklish awesome task, will surely make you frown.  
The skinny, flimsy little legs must be all gathered up.  
Then aim your foot into the toe and wriggle like a pup.  
You stretch ... and pull ... and ease each piece, your body in a bind,  
As thoughts go racing through your brain, 'Will it cover my behind?'  
For as the sweat pours off your brow, while you balance on a mat  
The other leg left dangling down now sports a playful cat!  
Before you fall flat on your face, your body racked in pain  
Thanks to that rotten, fiendish cat—the battle starts again!

PAM BOREHAM, TAMWORTH



## 2011 NSW/ACT RIRDC RURAL WOMEN'S AWARD



of her involvement in irrigated agriculture over the last 10 years.

'Coming from the Snowy Mountains, I've seen the power of water to build communities and also to change landscapes. And I now find myself working in an irrigation industry at a time of fundamental change around water policy, so, again, I've seen the power of water to both divide communities and galvanise them', she said.

Karen will use her \$10,000 Bursary for a study tour to investigate how other industries cope with significant change.

She will visit the Centre for Social Impact or one of its partner universities and also other industries who have managed significant change, like transport and communications, and use the information gained to manage delivery efficiencies and change management on the ground in her current job. She will report back on her findings through an industry conference. Her long-term aim is to use this knowledge to support those involved in irrigated agriculture to meet the challenges of changing government policy and climate variability.

Describing her approach to women in leadership as 'one hand up, one hand down', Karen said she is looking forward to continuing to learn from other professional women, while encouraging and empowering other women through work, committee involvement and education opportunities.

## 'I'VE SEEN THE POWER OF WATER TO BOTH DIVIDE COMMUNITIES AND GALVANISE THEM.'

Winner of the 2011 Rural Industries Research & Development Corporation Rural Women's Award for NSW/ACT, Karen Hutchinson is no stranger to Australia's rural industries.

Raised in the Snowy Mountains where her father worked on the Snowy Mountain Scheme, Karen has climbed to the top of her field, by accident. After studying psychology, she became involved in primary industries at both a farming and educator level, and later became involved in policy development for the irrigation industry.

'I made the move to Griffith with my husband Paul who had a six month job contract—that was 11 years ago. We brought a vineyard in Hanwood and converted it to pressurised irrigation and narrow row spacing. We're in the process of removing the wine grapes and planting sultanas for dried fruit.

Karen had the taste of success on the tip of her tongue, diving headfirst into management, as CEO of the Murrumbidgee Horticulture Council. She said it was a role that enabled her to develop a vision for irrigated agriculture that went beyond resilience and demonstrated an ability to adapt and thrive in response to current political and environmental change.

'I find myself in an irrigation area in a time of extreme change. The position I'm in now is an Executive Manager for Murrumbidgee Irrigation so my staff and I are directly involved in the irrigation industry. What we do impacts on how well irrigated agriculture can survive. You could say we're at the very pointy end of water policy!'

Karen has strong links with industry and has been an active member of the NSW

Irrigators' Council and the NSW State Water Customer Services Committee and was a founding board member of the National Irrigators' Council.

With the proposed Murray-Darling Basin Plan on the table, Karen is hard at work wading through the potential changes facing irrigated agriculture.

'One of the things I've discovered since moving here 11 years ago is that the people make all the difference – they are so resilient. We have an opportunity with the MDB Plan to demonstrate our ability to go beyond adapting and actually thrive in the face of change. These people should be able to be a part of the solution and not be seen as the "problem".'

When asked why she chose to apply for the Award, Karen said she was encouraged to apply by a former colleague who recognised the breadth

# Sally Martin

## 2011 NSW/ACT RIRDC RURAL WOMEN'S AWARD RUNNER-UP

For Sally Martin, counting sheep is all in a day's work. A Sheep and Wool Officer for Industry & Investment NSW based at Young, Sally has always been interested in sheep since growing up on a sheep and cattle grazing property on the Monaro.

She is at the forefront of the sheep industry and is working with producers to combine practical, relevant and up-to-date information so that producers can better manage risk and identify profitable solutions for their farming businesses.

Sally plays an integral role in local, state and nationally significant Merino wether trials and Merino sire evaluation sites that provide genetic benchmarking opportunities. She also provides advice and support to individual sheep producers and growers on genetics, animal health, reproduction and general production.

Sally believes we are in exciting times, technology only has the limitations of our imagination, how we apply this in seed stock and commercial livestock operations is our challenge. Having up-to-date commercially relevant information for people to make well informed decisions will be extremely important.

Sally is working to extend her strategic networks to communicate the commercial value of technologies and information systems for public and private businesses. She says enabling others to see the potential and opportunities is a key message that we need to continue to give.

She also wants to implement a more thorough and structured mentoring program to build capacity within the industry by encouraging the younger generation.



## Celebrating success

On 1 February 2011 more than 100 guests gathered at Parliament House Sydney in honour of Karen and Sally, for the announcement of the 2011 NSW/ACT Rural Industries Research & Development Corporation (RIRDC) Rural Women's Award winner by the Minister for Primary Industries.

As part of the Minister's address, he congratulated both Karen and Sally, for their commitment to their industries and their application of the latest twenty-first century techniques to benefit rural communities.

The Minister said they had exceptional leadership skills and

are an inspiration for younger women in primary industries.

The RIRDC Rural Women's Award is coordinated in NSW by Industry & Investment's Rural Women's Network and supported by Westpac; the Department of Environment, Climate Change & Water; NSW Farmers Association; TAFE NSW; and the Office for Women's Policy.

As the NSW finalists, Karen and Sally will participate in a week-long Australian Institute of Company Directors course in Canberra in May with other State and Territory Award finalists.

Karen will compete for the 2011 Australian RIRDC Rural Women's Award title with the winner to be announced at the Australian Award Dinner to be held in Canberra on Tuesday 24 May.



*The Hon. Tony Kelly with Sally Martin (Runner-up), The Hon. Steve Whan, Karen Hutchinson (Winner) and Craig Burns, RIRDC Managing Director, at the 2011 RIRDC Rural Women's Award Dinner held in February 2011 at Parliament House, Sydney.*

Applications for the 2012 Award open on 1 August 2011 and close 15 October 2011. If you're a rural woman interested in developing your skills and making a difference in your industry or community, contact the Rural Women's Network for

an application package. The Award could help you take your management, business and leadership potential to a new level. So what are you waiting for? Contact the Rural Women's Network for more information or see: [www.dpi.nsw.gov.au/rwn](http://www.dpi.nsw.gov.au/rwn).



# Basic *living*

## Recipes for the mind, body and soul

*Every day of our lives we are on the verge of making those slight changes that would make all the difference.* MIGNON MCLAUGHLIN

### Health and lifestyle

#### GET HEALTHY PROGRAM

The Get Healthy Information and Coaching Service is a free NSW Health Service initiative providing free, confidential telephone-based services to help people make lifestyle changes regarding: healthy eating, being physically active and achieving and maintaining a healthy weight. The service runs for six months and includes your own personal health coach, up to 10 free coaching calls, and access to a website where you can download tools and resources.

Call 1300 806 258, Monday–Friday, 8am to 8pm or see: [www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)

#### SKIP FOR 10 MINUTES

Skipping helps improve heart rate and blood pressure, promotes fat loss, improves flexibility, coordination and balance, and improves muscle tone, particularly in the thighs, buttocks and calves. Because skipping is high impact it's also helpful in maintaining/improving bone density which can in turn help to reduce the risk of osteoporosis in later life.

As skipping helps with balance and coordination, it can help to reduce the risk of falls. Skipping for ten minutes has the same benefits as a 45 minute hard run.

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

#### 10,000 STEPS

The 10,000 Steps project aims to increase the day-to-day activity of Australians by encouraging you to use a set-counting pedometer to accumulate "incidental" physical activity as part of your everyday living. Significant health and wellbeing benefits can be made simply by moving more every day. 10,000 Steps can provide support, free resources and information.

[www.10000steps.org.au](http://www.10000steps.org.au)

#### HEALTHY KIDS

Working out what's healthy at the school canteen can be tricky, so the Healthy Kids Association has tested canteen foods and 'colour-coded' them according to healthiness. Products are designated 'green' (everyday choices), 'amber' (sometimes foods), and 'red' (occasional foods). The website also has a handy tool for parents looking for information on developing good eating habits for children.

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

#### THRIFTY KITCHEN BLOG

The Thrifty Kitchen blog was created by Kate Gibbs (granddaughter of Margaret Fulton). Being thrifty in the kitchen is about making smarter food choices and developing sensible habits that will help sustain your family nutritionally and save you money. Kate's ever evolving Thrifty Kitchen principles are: 1) Shop for Bargains, 2) Eat Leftovers, 3) Don't turn down a free meal, 4) Eat Seasonal, Local and Organic, and 5) Live Generously.

<http://thriftykitchen.blogspot.com> to subscribe to Kate's blog.

#### JUNK BUSTERS

The Cancer Council has established Junkbusters as a website service for concerned parents to voice their concerns and take action against food marketing aimed at children. It also aims to encourage stronger and more effective regulation of food advertising to children. It's quick and easy to register.

<http://junkbusters.com.au>

#### GREEN CLEANING RECIPES

In the kitchen use bicarbonate of soda on a damp cloth to clean benchtops, sinks, windows and your refrigerator surfaces. For

dishwashing detergent use pure soap and add white vinegar to the rinse water to give glasses an extra shine. For the laundry, use eucalyptus oil to remove stains before washing. Apply a few drops and let it evaporate. To clean windows or mirrors use a splash of white vinegar in water and wipe off with newspaper. To remove tea or coffee stains from cups, place a small quantity of salt on a damp cloth and rub over stains.

For more cleaning tips check out [www.environment.nsw.gov.au](http://www.environment.nsw.gov.au) or [www.livingthing.net.au](http://www.livingthing.net.au)

#### MOULD REMOVAL

Here's a quick remedy to remove mould. For hard surfaces use ¼ teaspoon of Clove Oil per litre of water, put it in a spray bottle, lightly mist on and leave overnight and wipe off. For soft items (that won't go in the washing machine) mix 1 kilo of uniodised salt in a 9 litre bucket of water. Paint over the item and leave until a salt crust forms and then brush off with a soft brush.

[www.abc.net.au](http://www.abc.net.au)

#### FRESH FLOWERS FOR LONGER

There's an easy way to make your blooms last longer. Keep flowers in a mix of warm water,

the juice of half a lemon, 1 tsp of sugar and a few drops of bleach and cut stems at 45-degrees.

### ROUGH ELBOWS

Sprinkle a few drops of olive oil on to half a squeezed lemon and rub over skin for a few minutes.

**Molly Dye's Homemade Lotions & Potions book.**



## Enviro savvy

### FOOD WASTE

NSW households throw away approx \$1036 a year in food waste. By being less wasteful, you can save money and reduce your impact on the environment. Love Food Hate Waste provides you with practical tips and tools you can use every day like planning your meals, preparing a shopping list, and learning how to best store your food.

[lovefoodhatewaste.nsw.gov.au](http://lovefoodhatewaste.nsw.gov.au)

### ENERGY SMART

Australian households spend on average, \$1500 on energy bills each year. Reduce your energy bills by: installing efficient lighting and turning off lights when you leave a room; switching off appliances at the power point instead of leaving them on 'stand-by'; washing clothes in cold water and not using a clothes dryer; using the

energy-saving setting on your dishwasher and letting dishes air-dry; choosing appliances with a high energy star rating; installing a solar hot water system; turning down the heat when you're sleeping or away from home, and put on more clothing before adjusting a thermostat; and by sourcing your electricity through an approved GreenPower program.

[www.livingthing.net.au](http://www.livingthing.net.au)

### NO JUNK MAIL

If you are tired of the unwanted 'junk' mail in your letterbox or you're happy to read your catalogues online and want to help the environment, Keep Australia Beautiful has started a campaign to get 'No Junk Mail' stickers on letterboxes across Australia. Bundles of stickers are available for schools, community groups and sporting clubs to use as fundraisers to spread the word and make revenue for your other sustainability programs. 50c from each \$1 sale is donated to Keep Australia Beautiful.

See: [www.ecovoice.co](http://www.ecovoice.co)

### GOOD WOOD

Many imported timbers like African mahogany, merbau (kwila), remin and meranti, may be sourced from the habitat of threatened species, however countries like Papua New Guinea, the Solomons and Indonesia also export sustainable plantation timbers, including rubberwood, teak, eucalyptus and merbau. 'Good Wood' comes from ethical and ecologically sustainable sources. Choose Good Wood and support a solution to deforestation and related climate change, protect unique biodiversity and help local forest communities find alternatives to poverty and loss of livelihood. To ensure your

timber is sustainably certified check out Greenpeace Australia's Good Wood Guide.

[www.goodwoodguide.org.au](http://www.goodwoodguide.org.au)

### RECYCLE YOUR MOBILE

Recycle your old mobile phone and help protect Gorillas as part of Taronga and Western Plains Zoos, *They're Calling on You* campaign. Money raised from refurbished mobile phones supports conservation projects in Africa. Find out more and print your prepaid label at:

[www.taronga.org.au](http://www.taronga.org.au)

You Can is another program where funds raised go to support youth cancer services such as building specialised youth centres for 15-30 year old cancer sufferers. Print a prepaid label: [www.youcan.org.au](http://www.youcan.org.au)

### LANDSHARE

Landshare Australia provides a social networking service that introduces people with spare land to others wanting to grow fruit and vegetables, but with nowhere to do it.

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



## Money matters

### SIMPLY SAVINGS

Extend the life of expensive razor blades. Gemma Meissner says one of the main reasons for

throwing away your blade is that the blade develops tiny deposits of rust. She advises putting the blade in a dish of olive oil, so it's completely covered, until your next shave as it prevents the blade from rusting. Your blades should go from lasting around two weeks to three months.

**For more great money saving tips and tricks see: [www.simplysaving.com.au](http://www.simplysaving.com.au)**

### HOME SAVER REBATES

Save money on your energy and water costs with the NSW Government Home Saver Rebates. Rebates are available for: Rainwater tanks; Hot water systems; Hot water circulators; and dual flush toilet. A Fridge Buyback rebate is also available to have your old second working fridge taken away (see: [www.fridgebuyback.com.au](http://www.fridgebuyback.com.au) to check if it's available in your area.)

[www.environment.nsw.gov.au](http://www.environment.nsw.gov.au)

## Give back

*Identify a cause that speaks to you, and commit an hour a week or a month. We're all pressed for time, which makes volunteering a previous gift! THE ENRICHED LIST*

### PLANT TREES

Landcare groups are always looking for volunteers to help revegetate creek banks, hillsides and degraded sites. Why not donate a weekend of your time. To find out what activities are happening in your local area or how to get involved.

[www.landcare.nsw.gov.au](http://www.landcare.nsw.gov.au)



## Working with Aboriginal people and communities

When working within Aboriginal communities, it's important to use correct terminology. Although the terms 'Indigenous', 'Aboriginal' and 'Torres Strait Islander' are commonly used now, it's important to note that these names are the legacy of colonisation.

When referring to Aboriginal or Torres Strait Islander peoples, acronyms such as ATSI, TI, TSI or other abbreviations should never be used as they are offensive to Aboriginal and Torres Strait Islander people. You should not use the words Aborigine or Aborigines, as many Aboriginal people feel it is linked back to the terminology used in the periods of colonisation and assimilation. Many Aboriginal and Torres Strait Islander people are also opposed to the term 'Indigenous' being used as it generalises both cultures. Instead, use **Aboriginal** or **Aboriginal and Torres Strait Islander**. The first letters of Aboriginal and Torres Strait Islander are always capitalised. Not doing so is regarded by Aboriginal and Torres Strait Islander people as being racist, offensive and belittling, a way of negating their identity and nationality'.

Aboriginality is not defined by a person's skin tone or where they live. The colour of an Aboriginal person's skin may become lighter through different generations; it is also common for many Aboriginal people within the same family to have different complexions to each other. A person's Aboriginality should never be judged by their skin tone. It is inappropriate to comment on the colour of a person's skin in reference to their Aboriginality. Aboriginal people, both individually and collectively as a community, define themselves by their culture — not the colour of their skin.

*Working with Aboriginal people and communities* has been developed to improve service delivery to Aboriginal people by providing key facts and information relevant to working with Aboriginal communities in NSW and to improve knowledge and understanding of the diverse cultural dynamics that exist within Aboriginal communities.

**Source:** [www.community.nsw.gov.au/docswr/\\_assets/main/documents/working\\_with\\_aboriginal.pdf](http://www.community.nsw.gov.au/docswr/_assets/main/documents/working_with_aboriginal.pdf)



## Healthy Relationships

In long-term relationships we often assume we know all there is to know about our partners. But people change and it is very easy to lose the sense of connection that we once had. To avoid losing that connection:

- Look at what is happening in the relationship.
- Stay curious (but respectful) about each other.
- Communicate your needs rather than waiting for your partner to try to guess what is going on with you.
- Be a good listener.

### How you can change your relationship:

Ask yourself how you would like your relationship to be different. If you know, commit yourself to making the changes you need to make. One small change can sometimes make a difference to a lot of big things. Relationships need to be looked after. Why not try the following:

- Spend time alone together.
- Develop common interests.
- Really listen, and try to understand what your partner is saying.
- Tell your partner when you are unhappy about something.
- Try to find solutions that are okay for both of you.

Open communication and doing fun things together is also good for relationships. Try the following:

- Learn new skills by teaching each other things.
- Be supportive; don't make judgments when your partner makes mistakes, or does things differently from how you would do them.
- Do things your own way but don't be afraid to ask for help when you cannot cope with a situation.
- Share the load – agree on who will do what in the household and offer to do what you like the most.
- Allow yourself the right to put up your feet and relax.
- Make time specifically for yourself – soak in a bath, read, listen to music, talk on the phone to friends.
- Express your feelings honestly.
- Show appreciation when your partner does something for you.
- Listen attentively.
- Take responsibility for your actions.

*Source:* Partners: A guide to successful relationships. *Download your free copy at:* [www.relationships.com.au/advice/publications/partners-a-guide-to-successful-relationships.pdf](http://www.relationships.com.au/advice/publications/partners-a-guide-to-successful-relationships.pdf)

# 8 steps to a healthier you

## Eating for a healthy heart for women over 45

By Alexandra Drobiszewski, Orange, NSW Health Dietitian

### **Did you know that heart disease is the number one cause of death for women over 45? This means that more women will die of heart disease in Australia than from breast cancer!**

Even if you're not overweight and are physically active, your risk of heart disease increases after menopause. Before menopause, women have a natural protection against heart disease, the hormone oestrogen. As you get older, the levels of oestrogen decrease, increasing the risk of heart disease.

Even though you can't help getting older, there are some easy changes you can make that will help you take control of your health and decrease the risk of heart disease.

1. Aim for 5 serves of vegetables every day (fresh, frozen, or low salt tinned vegetables).
2. Have 2 serves of fruit a day (examples of 1 serve are: 1 small banana, 1 medium apple, 2 plums or 20 grapes).
3. Eat moderate amounts (2-3 serves per day) of low or reduced fat dairy foods (examples of 1 serve are: small tub of yoghurt, glass of milk, 30g cheese).
4. Eat 2-3 serves of oily fish such as salmon, tuna, sardines or mackerel every week (tinned, fresh or frozen).
5. Eat moderate amounts of lean red meat and chicken, and aim to have a couple of nights per week meat free.

6. Choose unsalted, natural nuts as a healthy snack.
7. Eat plenty of whole grains such as bread, pasta, rice and cereals such as rolled oats.
8. Choose monounsaturated or polyunsaturated fats such as canola and olive oil margarines instead of saturated fats like butter.

Other ways to reduce your risk include having a regular check-up with your GP including

a blood test to check your cholesterol level, not smoking, and being physically active everyday.

For more information call 1300 36 27 87 or see: [www.heartfoundation.org.au](http://www.heartfoundation.org.au)

**If you think heart disease only affects older men, you're wrong. It's the No.1 killer of women in Australia.**

## Will you recognise your heart attack?

### WHAT ARE THE WARNING SIGNS OF HEART ATTACK?

The most common warning signs of a heart attack are outlined below. You may have just one of these symptoms, or you may have a combination of them. Symptoms can come on suddenly or develop over minutes and get progressively worse. Symptoms usually last for at least 10 minutes.

■ Discomfort or pain in the centre of your chest — this can often feel like a heaviness, tightness or pressure. People who have had a heart attack have commonly described it as like an 'elephant sitting on my chest' or 'a belt that's been tightened around my chest.' The discomfort may spread to different parts of your upper body.

■ Discomfort in parts of your upper body: arms, shoulders, neck, jaw, chest, back. You may have a choking feeling in your throat. Your arms may feel heavy or useless.

■ You may also experience other signs and symptoms: feel short of breath, feel nauseous, have a cold sweat, feel dizzy or light-headed.

Remember, the warning signs of heart attack can vary and it is quite common to experience a combination of warning signs. If you have heart attack warning signs, refer to your action plan and get help fast. Call Triple Zero (000)\* and ask for an ambulance.

\* If calling Triple Zero doesn't work on your mobile, try 112.

Sourced from: [www.heartfoundation.org.au](http://www.heartfoundation.org.au)



## Fast facts

■ No two heart attacks are the same. Someone who has already had a heart attack may have different symptoms the second time.

■ Warning signs differ from person to person. Heart attacks are not always sudden or severe. Many start slowly with only mild pain or discomfort. Some people do not get any chest pain at all—only discomfort in other parts of their upper body.

■ People who have had a heart attack are at increased risk of having another.

■ Knowing the warning signs of heart attack and acting quickly can reduce the damage to your heart muscle and increase your chance of survival.

Too many people lose their lives because they wait too long to call Triple Zero for an ambulance.

Sourced from: [www.heartfoundation.org.au/SiteCollectionDocuments/WS\\_Consumer\\_FactSheet\\_FINAL.pdf](http://www.heartfoundation.org.au/SiteCollectionDocuments/WS_Consumer_FactSheet_FINAL.pdf). Note: This information is for educational purposes only. It is not a substitute for individual health advice provided by your doctor or cardiologist (heart specialist).

# You are what you eat

By Rebel Black, Lightning Ridge, CEO – I'm Not Fussy



Every New Year's Eve thousands of people across this nation make a new year resolution to 'get fit', 'get healthy' or make some radical change in their behavior around health and wellness. But, in our fast-paced and busy lifestyle somehow this gets forgotten and we go another year without looking after ourselves. We have made our lives so complicated and rushed that we neglect to recall the most simple of known facts—you are what you eat—and have forgotten that our health is our choice.

What you put into your body is what you get out – just as with any machine or vehicle, if you provide the appropriate kind of fuel, you will reap the rewards with a highly functional and relatively flawless vehicle.

The statistics for obesity and chronic disease in Australia are alarming. Nearly half the adult population is suffering with some kind of health challenge. The question is, how much of this can be attributed to our food?

The answer lies in a plethora of places: there is no simple answer, but I would argue that if we could 'get back to basics' with

lifestyle factors including food consumption and exercise, many of the issues could be reduced, if not eliminated.

The Dietary Guidelines for Australians were designed to provide good, researched advice to support people and minimise the risk of diet-related diseases. The guidelines look like this:

## Enjoy a wide variety of nutritious foods

- Eat plenty of vegetables, legumes and fruits.
- Eat plenty of cereals (including bread, rice, pasta, noodles), preferably wholegrain.
- Include lean meat, fish, poultry and/or alternatives.
- Include milk, yogurts, cheeses and/or alternatives. Reduced-fat varieties should be chosen, where possible.
- Drink plenty of water.

## ... And take care to

- Limit saturated fat and moderate total fat intake.
- Choose foods low in salt.
- Limit alcohol intake.
- Consume only moderate amounts of sugars and foods containing added sugar.

## Prevent weight gain

- Be active and eat according to your energy needs.

## Care for your food

- Prepare and store it safely.

If the Dietary Guidelines are followed, adults should consume two serves of fruit, five serves of vegetables, four serves of breads/cereals, two serves of dairy and one serve of meat/fish each day. In addition, we should also be eating smaller portions and eating more regularly during the day. The old adage of 'eat breakfast like a king or queen, lunch like a prince or princess, and dinner like a pauper' is a great philosophy — the only addition I would make is to 'snack like a field mouse' in between!

Menu development for this program is less complicated than you think but does require a little back to basics planning.

## BACK TO BASICS EATING

- Take an interest in what you eat, when you eat and how much you eat.
- Eat FRESH as often as you can – while there are arguments for frozen and canned foods, FRESH is undoubtedly best!
- Ditch the 'white' and go for brown or wholegrain when it comes to rice, flour and bread.
- PLAN your weekly menu and ensure you're consuming the minimum quantity of serves from each of the Dietary Guideline food categories and providing three meals and two snacks each day.
- Get back into the kitchen and cut out packaged goods. Make your own – it is not only better for you, but you can have fun in the kitchen too, especially if you have kids!
- Snack on healthy food options – reach for a snack

of celery and carrot sticks with ricotta cheese instead of cakes and biscuits.

- Limit your alcohol and sugar intake.
- Stop eating when you are full.
- Have take away or eat out as a treat rather than a regular occurrence.

Health and wellness is a matter of choice, and if we really are what we eat, then eating simple, fresh, healthy food is one of the best things we can do to achieve health. What are you going to do about yours this New Year? ■

## Sample menu

### Breakfast

1 piece of fruit & 2 slices of toast with ricotta & honey  
*(fruit, breads/cereals, dairy)*

### Morning Snack

Celery, carrot & cucumber sticks. 10 almonds  
*(vegetables, meat/nuts)*

### Lunch

Wrap with tuna (or egg), lettuce, carrot, cucumber, tomato & avocado  
*(breads/cereals, vegetables x2, meat/nuts)*

### Afternoon Snack

1 piece of fruit & 1 200g tub of yoghurt  
*(fruit, dairy)*

### Dinner

Indian Vegetable curry with basmati rice and poppadums  
*(vegetables x 2, breads/cereals x 2)*

### Total consumption

Vegetables – 5  
Fruit – 2  
Dairy – 2  
Breads/Cereals – 4  
Meat/nuts – 2

# Country Care Link

## CARING FOR COUNTRY FAMILIES

A confidential family information and support service for Country NSW, Country Care Link provides:

- a volunteer to meet country people in Sydney (48 hours notice necessary for transport: exceptions in emergency situations)
- assistance to find short-term accommodation for country people in the city
- a referral service to find information
- referrals for confidential personal counselling
- a friendly voice for a chat
- visits (on request) for country people in hospital.

Country Care Link operates Monday to Friday from 9.30 am to 3.00 pm.

Freecall 1800 806 160 or 02 8382 6434



# Make your own laundry detergent

By Karen Ladlow, Orange

When I bought my first brand new washing machine I decided I was only going to use liquid detergent. Over the years, as I'm sure you've noticed, detergent containers got smaller, the word 'concentrated' was added to the label and the price kept going up. Somehow it seemed I was buying detergent more often without getting any extra value.

So, after becoming frustrated, I decided there had to be something better — and where else to look but the Internet. I searched for homemade laundry detergent on Australian pages and this is what I found. I've been using the liquid detergent one ever since. How often you have to make it will depend on your own washing demands, but it takes about 30 mins to make and is so cheap!

This detergent will not make suds when you wash as it does not contain the chemicals and fillers that supermarket detergents add to make suds. You do not need suds to wash your clothes or for the detergent to be effective. The agitation of the washing machine does most of the washing; additives loosen the dirt and grease. You also don't need to add softeners as the washing soda does this.

I gave a sample to a friend who has a pretty dirty job. He loves it. He said his clothes were

clean but was mostly impressed that his socks and towels didn't end up like cardboard.

## LIQUID LAUNDRY DETERGENT

### Ingredients (makes 10 litres)

- 1.5 litres of water
- 1 bar Sunlight or generic laundry soap, grated on a cheese grater
- OR 1 cup of Lux Flakes
- ½ cup washing soda (Lectric) NOT baking or bicarb soda
- ½ cup borax (DO NOT use borax if you use washing water on your vege patch)

### Equipment

- Large saucepan
- 10 litre bucket
- Wooden spoon for mixing
- Storage container

### Method

1. Add water and the grated soap (or flakes) to the saucepan. Stir over medium heat until completely dissolved. Make sure the soap dissolves properly or the mixture will separate when cold. (I've yet to have it not separate but it doesn't make any difference).
2. Add the washing soda and borax. Stir until thick and then remove from heat.
3. Pour mixture into 10 litre bucket and fill with hot water from the tap. Stir to combine ingredients. The laundry liquid will thicken as it cools. (Keep stirring as it cools; this seems to help it not separate too). When cool, store in a plastic container. I use three large plastic wide mouth bottles with a lid.
4. This next step is optional. Add some essential oil (not fragrant oil). Oils like tea tree, eucalyptus, lavender or rose are ideal.
5. Use ¼ cup of mixture per load or

monitor to see what

works well for you.

I keep a ¼ cup measuring scoop in the box to measure the mixture.

### Approximate cost

- Sunlight Soap \$3.20 (box 6 bars)
- Lectric Soda \$3.15 (1kg)
- Borax \$3.50 (500g)

I've been making this for 12 months and I am yet to replace my ingredients.

## CONCENTRATED LAUNDRY POWDER

### Ingredients

- 4 cups grated laundry soap or Lux Flakes
- 2 cups borax
- 2 cups washing soda

### Method

Mix ingredients thoroughly and store in an airtight plastic container. Use 2 tablespoons per wash load. (Note: Powder will not make suds).

There are good and bad points in both these detergents. The powder is really easy to make and cleans very well. The liquid does everything the powder does, but can also be used as a general cleanser. I use it for my hand soap too. As long as you understand it doesn't look like the stuff you buy in the supermarket.

Source: <http://aussielivingsimply.com.au/forum/32-natural-cleaners-and-products-for-the-home/446-homemade-laundry-detergent>



# Women at work

By Kelly Shaw, Wagga Wagga

In my opinion the relationship between women and work is at best an uneasy one. For those who work outside the home, the relationship can be summed up by the word 'guilt'. For those who are at home, that relationship is characterised by sacrifice.

Not just financial sacrifice, but also emotional, intellectual and personal. I can work out the financial on a calculator easily enough, and I did — it was a motivating factor for me deciding to have my three children in under three years. But it was the personal sacrifice that I was so unprepared for.

I've been at home for the past six years, raising three children. At first, staying at home after the birth of my daughter felt like a holiday. Although I had a fulfilling job, I had been studying or working for 10 years prior and it seemed like a much needed and appropriate time to take a break. I was fortunate that we would be able to live on one salary — some of the extras would be gone, but we could manage. I was also fortunate that I didn't have to make the choice between staying at home and stepping off the career ladder, which means not only sacrificing years of professional experience, but also accumulated holiday, long service and superannuation benefits. These can become real bargaining chips when deciding whether to stay at home or return to fulltime work. They're also only a few of the factors that can make the decision so gut wrenching — while these are easy to measure, the emotional sacrifices aren't.

Like any stay at home mum, I started doing the maths and began to realise financially how costly it would be to stay at home for what would essentially amount to a decade of prime earning years. If I was going to afford myself the luxury of being at home, it would need to be for as short a time as possible. But I knew that it was the right thing to do, even if it meant giving things up, especially since, for so many mums, leaving work is never an option.

When my daughter was six months old I still relished that I was able to look at that face all day and not miss a moment. I had always been so ambivalent about venturing into motherhood and her ownership of me was confronting. I couldn't imagine how hard it would be to have to leave her at childcare for eight hours a day; I got a lump in my throat just thinking about it. I wanted to be there to see it all. Since I had always been working towards something career-wise, I anticipated that by six months I would've had my fill of mummyhood. Although it was hard in some ways, I expected to have something akin to itchy feet, the seeds of boredom or restlessness planted. But I surprised myself that I was able to make the transition from work to home so easily and without regret. Once we had a routine established, I treated it like a job: I got up, took a shower (most days), put my makeup on and went out and did something. I baked, I cooked, I made the most of being a 1960s housewife.

Since I like being busy, having the children close together seemed like a good idea. When my second child came along I transitioned easily with a great double pram and freezer full of pre-cooked dinners. Then came the third child and before I knew

it, I was too busy to do anything but just 'maintain': maintain order between whingeing toddlers, maintain three clean nappies at all moments of the day, maintain food in the fridge, maintain the growing laundry pile. I was working to a standard I had never before envisioned for myself — the bare minimum. My days blurred into one another, to the point where I started jotting down lists of what I did each day just so I felt I had accomplished something. What started off as an enjoyable 'career break' had spiralled into me spending three long years being pregnant, breastfeeding, cooking, cleaning and folding. Not very fulfilling work. No completed projects to reflect on from afar, no bonuses, no incentives, no emails from a boss saying, 'Well done! You put the clothes away today AND packed away all the Thomas trains! How does one woman manage it all?'

I knew myopia was setting in when I found myself wondering about the lives of the characters on Sesame Street the way another adult would wonder about characters from a soapie. And I did start to feel like I had lost a little part of myself.

I used to scoff at fulltime working mums who said they needed to work in order to be a better mother. You work for lattes and manicures, I used to think — it's a Get Out of Jail Free card they were cashing in. And I do still believe it is easier, in many ways, to just return to work. After three years at home with nothing but cracked nipples and a pile of Wiggles DVDs to show for it, I was starting to appreciate the relationship between work and personal fulfilment. Yes, childrearing is fulfilling work in the noblest sense of the word ('you're cultivating the next

generation', 'you're moulding future adults', 'the first five years are the most important', and so on), but it is certainly not a job with any instant gratification. If you're lucky like I am, you have a partner or husband who acknowledges what you do. And seeing those little achievements and smiles and milestones is priceless, but not necessarily personally fulfilling.

When I first started going to playgroup, adult conversation was enough to stimulate me, and it was important not just to my routine but also for my mental health. After a few years though, I began to find myself listening with gritted teeth to another story of mastitis while saying in my head, 'Can we talk about something other than our kids?' I was starting to become something I dreaded: resentful. To combat that I realised I had to carve out some time to do things that were personally fulfilling, since I didn't have work to fill that hole. I needed to create more balance. So I joined a bookclub, started a Masters online and I organised a regular Girls' Night Out where we couldn't talk about our children. I started blogging about my children as a way of finding humour in the whole experience. It's all helped!

Three years on, I'm ready to re-enter the workforce. My kids are that bit older, one has started big school, and I have a lot of the hard work behind me — until they hit the teen years, and I imagine it all starts again. And while I don't envision myself returning to work fulltime just yet, I can't wait to re-cultivate my working self — where I'm not defined as a wife or mum or the lady who runs playgroup, but just (an older, wiser, saggier, wrinklier, but definitely more fulfilled) me.



***In these challenging economic times, it is a blessing to remember that there is one thing you can spend on yourself, your family and your friends, that will cost you absolutely nothing. That one thing is time.***

I often hear people say they can't find time to do things they really enjoy. We want to do things that are meaningful, yet we feel there are no spare minutes between housework, paperwork, work and homework. And when we do sit down with our families after an exhausting day, it's often in front of the television.

I'm not a math genius, but it doesn't take much to realise that all of us can find the time we have been looking for if we simply turn off the television and tune in to the people we love.

When you turn the television off you'll gain more hours in your day. A day really seems like a day again. Without effort, there's plenty of time to do the things you want but couldn't find the time to do. Turning the television off is a gift to your children.

Some of the most meaningful moments in our lives are those we share with our families.

Treasured memories are created by celebrating, sharing and embracing the moments of life with the people we love. Below are ideas of ways to create those special moments with your family.

#### **Visit a library**

Libraries are wonderful places for people of all ages. Pick a book to read to your family or chose a electronic book so you can follow along together.

#### **Go to a farmers market**

Meet the people who make cheese or bring eggs to the market or who grow the most delicious fruit and vegetables. You can also spend a morning at the market or purchase delicious goodies to work with as you create health, fresh meals.

#### **Plant a family vegetable garden**

Go online together and research how to create a raised bed garden, or use pots on your porch to plant in. Enjoy nurturing and caring for the seeds as they blossom and yield wonderful delights.

#### **Make your own pizza**

Make your own pizza dough, and top with any combination of things that you've grown or that you love to eat.

#### **Throw a cupcake party**

Bake cupcakes, have some decorating goodies on hand and let your family can go wild with creativity.

#### **Host a craft day**

Head down to a craft supply store for supplies, or check out local classes. Some examples of things you and your family could try are jewellery making, painting or scrapbooking.

#### **Play all day**

Have fun, play games, enjoy each other's company. From puzzle-making, to chess tournaments, to card games, to basketball, to charades; there are tons of games that your family can play together. Find something that you all love and make it a family tradition.

#### **Take a hike**

Walking is good for you and a great way to get some exercise and teach healthy habits to kids. There's local trails in most areas, as well as national parks filled with marked trails. Keep a hiking journal to document walks you've taken, and write down details about each place.

Source: [www.oprah.com.au/fun-with-your-family.html](http://www.oprah.com.au/fun-with-your-family.html)

#### **THE GREAT OUTDOORS**

Studies shown that kids who play outdoors are more physically active, less aggressive, more creative in the way they play, and have better concentration. Try these good outdoor school holiday ideas.

**Backyard fun:** Set up activities in your garden like a home-made cubby, basketball ring, gardening patch, trampoline or a dart board. Encourage younger kids to build a miniature garden out of stones, twigs and petals for the fairies to come and play.

**Get sporty:** Organise a family bike ride or head to your nearest park for a game of soccer.

**Get close to wildlife:** Walk the dog or if you don't have a dog, offer to walk a friend or neighbours dog. Go to a wildlife reserve and get close to the animals.

Sourced from: [www.schoolholidaydirectory.com.au](http://www.schoolholidaydirectory.com.au)

#### **Isolated Children's Parent's Association Inc of NSW**

A voluntary association supporting rural and remote families to access appropriate education. ICPA-NSW may be able to help you if your child:

- Attends a rural pre-school or early childhood program through a mobile service, a small rural school or Country Area Program;
- Studies by Distance Education;
- Travels to school by bus or private vehicle (daily, weekly or at end of term);
- Boards away from home to access primary or secondary school at boarding school, Agricultural high school, hostel, private board or if you maintain a second home;
- Attends tertiary studies at University or TAFE colleges.

For more information call 02 6993 5012 or [www.icpa.com.au](http://www.icpa.com.au)

ADVERTISEMENT

# Simple living

By Pam Russ, Warren

Back to basics? Well, yes, that sounds OK. No more people with mobile phones permanently attached to their ears.

No more having to decide between chats, sebagos or a dozen other varieties of potatoes when visiting the supermarket; or trying to remember which variety is best for mashing and which is best for baking.

No more having to read the ingredients, fat content, sugar content and every other content on just about every packet of everything we eat.

And as for bread! We have white bread, but not just plain old white bread as we once knew it, but sourdough white bread, vitamin enriched white bread, thin sandwich bread, thick toast bread, and as for brown and wholemeal – grain, mixed grain, ten grains, twelve grains, poppy seeds, pumpkin seeds and every other seed you've ever heard of and a lot you have probably never heard of! Many of them were what we once gave the birds we kept in the cage.

You go to buy a new car. Will it be manual or automatic, hatchback, utility or sedan, metallic paint or not, leather or vinyl upholstery, four, six or eight cylinders? The list goes on!

Renovate your bathroom or put down new carpet. There's so much choice with tiles, for instance, that one's head is spinning.

As for a new washing machine, TV or any other electrical appliance – I say there's too much choice. And as for mobile

phones, they're very handy little gadgets I grant you, but could we not have a basic phone that would suit us oldies, one that would let you make a call, receive a call and a message and maybe have a camera thrown in for good measure. I don't think we need all those thousands of other things they can do that only confuses anyone over the age of 20.

Now, take my husband. He will be 80 in a few weeks; he has worked all his life and still goes out to the farm every day. He's never been on a diet or watched what he ate until recently. He takes no medication, has never had a serious illness and hasn't been to a doctor for probably 30 years. He's eaten whatever he wanted all these years, basically a typical countryman's diet of red meat and vegetables, white bread and fruit. Not for him are the salads of today, but the old lettuce leaf with a slice of tomato, cucumber and a hard boiled egg! In his case, basic is good.

So would we be better off if we went back to basics?

A few days ago I was given some beautiful mulberries and I decided to make a pie. My food processor died sometime back so I thought I would make the big effort, go back to basics and make my own pastry. How I regretted my decision. I had forgotten what a mess I make. Butter and flour under my finger nails, pastry too wet and sticky, and then the phone rings in the middle of it all. If I had just bought frozen pastry I would have been finished in half the time. So, I have learnt my lesson.

I have realised that 'back to basics' actually means doing without the mod cons and I have decided I am too accustomed to them to give them up at this stage in life.

# One step at a time

By Jen Wright, Rural Life Coach, Northern NSW

In life, why does it take a devastating flood or unexpected life event to re-evaluate one's own? To be crying your eyes out in a sense of grief, loss and tragedy for someone else, but to then find yourself crying about yourself, your own situation and the mess that you're in. You phone your best friend and they too are in a sense of overwhelm. How does this happen they say? Once the crying lessens you get talking, properly, and you ask your friend, would you be satisfied with all you have done, how you feel, how you have lived your life and how your relationships are right now, if you were to leave this earth tomorrow?

You look around and see things that make you cringe, feel angry and even disappointed. You look inside yourself and say, 'You know what; things have to change, today, and for the better.' All of a sudden people that you may or may not know turn up in your life and help you turn it all around. Like a big gradual clean-up they sweep out the water, scrape out the mud, clean out the fridge, wash the walls and even pat the dog. Hour by hour, week by week, as a team you get things back, better than what they were before. This time round they are getting the fundamentals of life right. They are going back to basics to get the foundations stable so they can go on to live the life of their dreams.

They work on their fundamental basics of life daily, and their world gets better every day. They have nutritious food on the table, fresh water in the jug, electricity to turn on, money in the bank, a body and mind that work as a team, a beautiful warm clean house to ensure health and protection. They work on relationships where they listen and where they are sincerely heard. They are loved and respected. They are practical, creative and purposeful in their actions. They are grateful for what they have and the future they choose to create. Their actions are good, true and meaningful and they enjoy doing them. They have faith in what they believe. They simply radiate.

If you have experienced change and are ready to make your life and future better, now is your opportunity to make it happen – one step at a time. You deserve it, and just imagine the roll-on effect your actions could make. It may even assist you to be more at peace, to move forward and have the basics covered.

## TIPS TO GET YOU STARTED

Name three things that you enjoy. Name two of your strengths. Name one thing that you think about before you slip into sleep. From the list, what is one thing that you want to be different in your life? What's one way you can go about changing it? What would be the benefit of making this change? What would happen if you decided not to carry it out? When will you start to make this change a reality?

# The curtains

By Jan Dawkins, Oatley

*Even though I live in the city I have many wonderful childhood memories of visiting my aunt's farm in Manilla NSW. My father instilled in me a love of the country which has endured all my life. I wrote this story as a salute to country Australia and all the wonderful people who are its fabric, and to the uniqueness of an Australian Christmas.*

The heat weighed on the air making it difficult to breathe. The distant paddocks were enveloped in a haze that, if it wasn't so oppressive, could have been a comforting blanket. The stalks of wheat stood still, as if silent sentinels, which giving witness to the stillness of the air. The bright yellow flowers

of the canola, instead of being a pleasing contrast from the brown ridges of the hills, only served to intensify the heat of the day. Flies enjoyed basking in the sun and thickened the air with their piercing drone.

It was Christmas Day. Not the one of soft falling snow, warm open fires, Christmas lights reflecting on a white background, or of sleigh bells, depicted on greeting cards, no; this was Christmas in Australia.

The women were in the kitchen preparing a traditional hot dinner of turkey, chicken and baked vegetables, followed by Christmas pudding, complaining about, 'How ridiculous is this whole procedure in our climate.' But tradition is a bridge that is unbending even in the way of commonsense. Its rituals, though paradoxical at times, are the rites of passage given from one generation to another. Every year the complaint is the same but dare the brave woman who departs from tradition.

The table was set with the best cutlery and red serviettes, which, although festive, seemed to add to the heat of the day. Bonbons were seated patiently, awaiting their guests, ready to release their enclosed surprise. Christmas cards were pinned to the curtains that framed the window. Each conveyed the messages of good wishes for the festive season.

The scene was set; tradition fulfilled. Guests had donned their finest attire, despite the oppressive heat, which refused to surrender, even though the blades of a lone ceiling fan attempted to dispel its grip. 'Here's to a happy Christmas. Here's to our family and friends.' The words echoed by all the revellers ignored the heat and focused on the spirit of the occasion.

As tributes were being paid to the meal, there was a gradual movement in the curtains that heralded a cooling breeze, which stole its way through the

open windows. As the curtains billowed out into the room, like the sails of a tall ship captured by a strong wind, the revellers raised their glasses in celebration of the cooling air. The wheat in the paddock swayed in the breeze and the yellow hue of the canola became once more a welcome contrast to the harshness of the brown hills in the distance.

I felt a wave of cool air brush over me and awoke to find the lace curtains in my bedroom dancing in the breeze. With a smile on my face, I realised that I had taken a trip back to my childhood and the many Christmas celebrations at my aunt's farm.

What I would give to stand in those paddocks once more, to see the hills in the distance and experience that feeling of space and freedom. To hear those voices around the Christmas table and to feel that welcoming breeze once more.

Such are the memories of my childhood in the country.

## Back to basics

By Pat Irving, Warren

What do we mean by basics? My dictionary has many explanations, all of which revolve around *fundamental*. Perhaps we need to get back to the fundamentals of our existence, living by truth, honesty and reverencing our fellow man, one view of these fundamentals.

Back to basics – but how far back? Before mobile phones, or before telephones at all? Perhaps back to the days of

smoke signals, or to the days of the pony express?

What about our gadgets? The ones we really cannot live without. For example, before washing machines? Or before even the copper tub, washing clothes in the stream? Maybe it means before clothes?

What about our health. Do we go back to the time before antibiotics, before the discovery that poor hygiene had an adverse effect on health? Perhaps back to basics in this context means survival of the fittest — after all that is the basis of the animal kingdom.

It seems to me that in order to go 'back to basics' we would

have to be selective, and doing this becomes a very subjective process. Perhaps we only need to go back to a time when humans were kinder to each other. But exactly when was that? Think of The Crusades, Genghis Khan and Hitler. I shudder to think of going back to those times.

These thoughts are far too big for me to handle. But, the basics of life, I believe, are still with us. As someone wiser than I said, 'Humans are still the same nasty grubby little animals they have always been, indeed since Eve deceived Adam.' So maybe we should just accept life's

challenges as they are presented to us, realising that the fundamentals of our existence are all around, and that, on examination, we don't really need or indeed want to go back to the basics as we initially think of them.

My father used to misquote something about 'Life being mostly froth and bubble, but two things stand like stone – kindness in another's trouble and courage in your own.'

Surely they are the basics to be embraced.

# Do things and grow wings

By Phoebe Maroulis, Wellington



In July 2008, over a cup of tea with my friend and artist Katie Barton, I shared my grand plan to synergise businesses and community groups to create a dynamic communal space for our region.

I wanted to bring a rundown old building back to life and reinvigorate our fabulous community in the process. In just over two years from that conversation my vision is close to being realised.

The Macquarie Theatre in Wellington was once considered the 'heart' of the town and on 20 November 2009 I exchanged contracts and bought this iconic building (then referred to as the 'Rugby Club').

Two days later my amazing visionary friend, co-conspirator and inspiration, Katie, passed away, and I began a somewhat wild ride.

Katie's death sparked a spiritual journey and steered me to look for ways the building could foster cooperative growth

by being a central point for socialising, inspiration, learning and community building.

My social enterprise aims to maintain a positive long-term financial outlook, foster community development and be a model for other people who may be inspired to 'do things and grow wings'.

The responsibility of owning such a building is enormous. The building is a fine example of inter-war architecture and was built in 1938 at the height of the Australian cinema boom. Most long-term local people have strong memories and attachments to the building and definite opinions on what needs to be done.

On top of this desire to follow my dream was a practical need to keep personal finances in the black and address the tremendous health and safety responsibilities inherent in redeveloping an historic building.

This year the Macquarie Theatre will be reborn as a thriving hub in Wellington of public and private activity with commercial businesses and community groups working hand-in-hand, supporting each other to foster mutual growth. Next time you are passing through town why not swing by and say hello.

**Editor's note: Phoebe is also the Founding Director of The Papillon Foundation Ltd, a not-for-profit company working to enhance the quality of life in our community through arts and culture.**

**'Life isn't about what you have; it's about what you have to give.'**

OPRAH

## Money basics

By Sally Latham, Kangaroo Valley, Financial Adviser

When it comes to money it's not what you earn, but what you do with what you earn, that is the key to success. With the world still reeling from the Global Financial Crisis, there's never been a better time to go back to basics with your money. Here are the first rules of good money management.

**1. Never spend more than you earn:** It sounds simple, yet it's so effective. Once you're in the cycle of overspending it can be difficult to break. A good start is to set aside 10 per cent of your income (or more if you can!) into a savings account. It's amazing how quickly you adjust to living off less. The savings should be put into an account that is harder to access, such as a high interest savings account, and it should be automatically debited from your pay before you see it. Before you know it, you'll have money saved up and you'll be motivated to save even more!

**2. Be prepared for a rainy day:** A 'cash buffer' is a simple idea that will change your life for the better. The concept is quite obvious – once you build up some savings, don't spend all this money. It will create a savings buffer, and suddenly, when the car breaks down or an unexpected bill arrives, you'll have the money to cover it. It's amazing how stress levels reduce when you know you'll always have money for a rainy day. Your buffer will soon become your comfort zone and will be easy to maintain.

**3. Prioritise your spending:** Often there are so many things we need or want and there is simply not enough money to pay for it all! The solution is to prioritise and spend money on the most important items first. For example, the electricity bill is more important than the Pay TV (what's the point of having Pay TV if there's no electricity!). It may sound harsh, but when times are tough, the luxuries should go first – but this doesn't mean you can never have luxuries, perhaps you just can't splurge on them right now. Not spending all your money now allows you to spend money later!

**4. The goose, gander and sheep of investment:** We all know the saying, 'what's good for the goose is good for the gander'. But when it comes to investing, the opposite is true. Don't assume that because your friend is doing something with their money, that you should too. Everyone's situation is different and money is often not discussed in detail, so it's hard to know if you are getting the full story. Be wise when investing, research your options and make sure you understand your strategy fully. And beware of following the flock into 'trendy' investments as this can create a 'bubble' and bubbles often burst.

Money doesn't need to be complicated or confusing. By keeping things simple you achieve great things!

# Strengthening communities

## We have the power to change things

By Rachel Watts, Co-editor – Barefoot Magazine

After a few nights of watching the evening news you can be forgiven for thinking that 'greed is good' and 'every man for himself' are the only frameworks we humans live by. Our society values independence and self-sufficiency and it can sometimes seem that compassion, kindness, empathy, fidelity, generosity, gratitude and the like are relegated to the realm of 'the ideal'. These values are often seen as luxuries, only available to us when we are at liberty to explore the higher or 'better' sides of our human nature.

However, this is far from being the case. In *The Compassionate Instinct*, Keltner, Marsh and Smith bring together compelling new research from the fields of neuroscience, evolutionary biology and psychology. One of the main themes running through their essays is that we are evolved to act compassionately; it is within our nature to behave with kindness towards others. Put another way, we are 'hard-wired' to behave in ways that promote positive community living. This is not to say that competitive, aggressive, exploitative instincts are not part of our human nature. Clearly they are. But we've been missing part of the picture by just focusing on our darker side. Goodness is part of our nature, and goodness is essential for living in community.

As well as being seen as luxuries, behaviours such as kindness, altruism, compassion etc are often seen as weaknesses. The implication is that they can and must be discarded when something important or life

threatening is going on. In fact, the opposite is true. These positive instincts are part of the reason we have survived as a species, and are vital in developing healthier, stronger, more tolerant communities.

Take kindness and gratitude as examples. Research shows that when we are the recipients of an act of kindness or witness a person being kind to another, we are more likely to express the gratitude we feel by doing an act of kindness to another person. Gratitude is more than just a pleasant feeling, it is a strong motivator to pass on and even increase the kindness. I heard an example of this on the radio recently. A woman called the presenter in tears and said she had been in the supermarket queue earlier in the day when a young woman walked up to her and insisted on paying for her groceries. The woman protested, but the younger woman explained how someone had been kind to her and she wanted to 'pass it on'. The caller was perplexed, amazed and inspired by the young woman's kindness and felt compelled to share it with others. As a listener, I was also inspired to be kind to someone else.

Not only do acts of kindness and generosity benefit communities enormously, they also benefit the individual. Research shows that those who participate in volunteer work are physically healthier and experience less depression. Also, giving to others in the form of volunteer work or activism assists people to recover from depression and trauma.

Building healthy, compassionate and tolerant communities is a complex task, but it may seem less daunting if we can look to our own natures and understand that we have the capacity for this within ourselves. An important aspect of building trust and respect in communities is empathy, or being able to look at things from the other person's perspective. This simple but often terribly difficult aspect of relationships is the foundation

for the other acts of kindness, generosity and altruism already mentioned. Distancing ourselves from others (that is, not allowing ourselves to see the other's point of view) is most often a result of fear. Sometimes this fear is justified, but often it is based on prejudice and ignorance.

So, smile at that stranger, let the other driver move in front of you, volunteer in your community, bake a cake for a neighbour, write that letter, give that compliment, foster that child, help others; it's good for you, and the rest of us.

*References: Keltner, D., Marsh, J., Smith, J.A. The Compassionate Instinct. 2010, WW Norton & Company Ltd, London*

## Shingles awareness

*Adapted from Australian Herpes Management Forum: [www.ahmf.com.au](http://www.ahmf.com.au)*

People who have had chickenpox (90 per cent of the population) can later develop shingles (Herpes Zoster).

Shingles usually starts with pain, itching or tingling of the skin that later develops into an irritating and painful skin rash often with blisters.

Antiviral drugs are an extremely effective treatment for shingles, as long as you start them within 1–2 days of the rash appearing. If shingles is not treated, it can last between 2–5 weeks.

It is estimated that each year more than 220,000 Australians over the age of 50 years are diagnosed with shingles and the chance of developing shingles increases with age.

Attacks of shingles aren't always the same. Sometimes there might be pain before the rash appears, and sometimes there might not even be a rash. This can make diagnosis difficult.

The herpes zoster virus can lie dormant in your body for many years before 'waking up' into shingles. If you have shingles, you can't pass on the virus to people who have had shingles, because it is already dormant in their body. People who have never had chickenpox have a small risk of coming into contact with the virus if they touch the rash of someone who has shingles.

If in doubt always see your local General Practitioner.

# Wentworth Women's Gathering wrap-up

By Patty Byrnes, NSW Rural Women's Council member, Pooncarie

I wandered west Friday afternoon, crossing the Tuckers Creek and Darling River bridges adorned with big, bright bows and into the historic port town of Wentworth. The town was a-buzz as over 400 ladies ventured to South West NSW for the 18th annual women's gathering weekend. Even the Wentworth Club palm trees were 'dressed to impress'.

As I made my way to the registration desk I passed huge wool baskets filled with hessian lilies and poppies – they looked stunning and gave a hint of the pastoral history of our region using bountiful creativity.

'Tastes of Sunraysia' gave us time to have a chat and enjoy some pre-dinner drinks next to the Darling River before Dianne Pollard, Chair of the Wentworth Rural Women's Gathering Committee, welcomed everyone to the gathering.

White tablecloths with stencilled station names covered auditorium tables decorated with skeins of wool, knitting needles and grape 'dip tins' centrepieces filled with citrus to highlight the all-important wool and horticultural industries of the region.

It didn't take long for women to get busy and start knitting! Dozens of flying galahs encircled the auditorium walls and many 'flew' off to new homes with ladies on Sunday.

Friday night's entertainment showcased some of the energetic and very talented local artists, including singers Clancy Griffiths from Pan Ban Station and Holly Weinert.

Raywin Jamieson, the Merbein Guide Leader and past Sunraysia Region Leader, spoke of the important role Girl Guides have played throughout history.

'Stop the Clock Tappers' were great to watch and definitely showed us 'they've got rhythm'. Their dance sessions were designed as a mature ladies exercise routine and developed into a troupe that regularly performs.

Members of the 'Little Havana Dance School' kept up the pace and energy when they performed intertwining salsa dance moves.

Desiree Baynes, a Bronze medal winner in the women's double trap at the Atlanta Olympics in 1996 and Gold medal winner in

the women's trap pairs at the Melbourne Commonwealth Games, was born and raised in the Sunraysia. She allowed us the privilege of holding her medals and to get a real insight into the Games experience.

Exercise classes were provided on Saturday and Sunday mornings on the banks of the Darling.

Saturday's program commenced with a moving welcome to country by Raeleen Wattata-Drummond who wished all her 'sisters' (women) a memorable weekend in Barkindji country. As a lasting memento Raeleen left a basket of beautiful individually hand-painted gum leaves as a token of friendship.

Mayor Marg Thomson welcomed visitors to the Wentworth Shire, then Nerida Cullen, Co-Chair of the NSW Rural Women's Council, gave an overview of the role of the Council and the Rural Women's Network.

Keynote speaker Susan Chase was the 2009 South Australian Telstra Business Woman of the Year. She gave us an insight into the running of a male-dominated power business and revealed how she overcame big hurdles to create a now very successful company.

The rain came down on Saturday but the enthusiasm kept on growing and didn't even stop the kayakers taking to the water and enjoying some of the more physical workshops on offer.

I learnt to colour a silk scarf and the skill of basket weaving. To my surprise my basket is still looking like a basket and hasn't unravelled ... yet anyway! I also made a couple of necklaces and came away with plenty of ideas to revamp some of my more 'tired' jewellery. There was so much variety in workshop choice and something for everyone.

Over 30 trade exhibits and 39 workshops operated over the weekend at the lovely Wentworth school and provided plenty for everyone to see and do.



Members of the 2010 Wentworth Rural Women's Gathering organising committee: Back Row – Susan Waller, Rachel Strachan, Lesley Palmer, Eve Taylor, Audrey McPherson, Jenny Baird, Breeon Cole, Maureen Duncan, Robyn Ingram, Lindy Smith-Withers and Suellen Nunan. Front Row – Chris Larwood, Cathryn Dawes, Di Pollard, Marie Patullo and Cheryl Vines.

Even the men had plenty to keep them engaged including listening to the speakers, going on tours; there was even a butchering demonstration on Sunday morning.

The rain eased in the afternoon and we had a couple of hours free time to discover more of Wentworth, put our feet up and get ready to 'rock n roll' the night away.

The club served pre-dinner drinks and appetizers using local produce overlooking the ancient Darling River. Many of the ladies got into the spirit of Saturday night's theme and dressed in 1950s style.

Special guests included the Minister for Primary Industries. Twenty-eight sponsors mingled and chatted before moving into the auditorium for another night to remember.

Gathering decorator and artist in charge, Marg Whyte, again displayed her creative talents and imagination. Her 'emu' dinner place mats design original was raffled at the end of the Gathering.

Table centerpieces were huge bowls of large pink baubles and contrasting grey sprigs of saltbush. Who would have guessed that the beautiful baubles were spray-painted paddy melons – the cropper's scourge.

The Minister officially opened the Gathering during the evening and announced \$42,500 funding for next year's gathering in Gloucester. He also launched the inaugural *Hidden Treasures Honour Roll* for 2010, acknowledging the efforts of NSW rural women volunteers. Three of these special ladies (Cheryl Vines of Curlwaa, Veronica Pansaru from Kingscliff and Carla Cowles from Mt Hope) were present at the dinner and were personally thanked by the Minister.

A magnificent dinner featuring local lamb and chicken, Sunraysia wines and delicious sweets incorporating local fruit and nuts had taste buds working overtime. What a night's entertainment that followed! I haven't laughed so much for years.

'Ratbagz' – six young locals performed their very own rendition of the musical 'Grease'. Their 'Greece is da word' version provided entertainment that you would normally have to travel to the city to see.

Sunday morning's big breakfast got us all off to a good start for the final round of workshops.

The Ecumenical Service was held in the beautiful old 1871 St John's Anglican Church, the first church erected on the banks of the Darling River. The materials for the church were brought to the site by barge and include locally made bricks.

Gradually we all wandered back to the Wentworth Club to leave a little something on the 'gate of remembrance', buy a last minute raffle ticket and prepare for the journey home.

Brownyn Roberts, the final speaker, gave a 'Let's Laugh' presentation and had us in raptures, wiggling our pointer fingers and learning the value of laughing for wellbeing.

Dianne Pollard gave a closing address and thanked her very dedicated, hard-working and well-travelled committee of 16 ladies and 40 volunteers for a mighty effort.

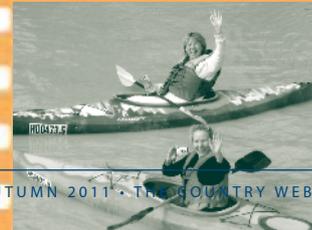
Di has now handed over the gathering candle nestled in local Perry Sandhill soil to Julie Lyford, Chair of the 2011 Gloucester Rural Women's Gathering Committee.

Julie introduced her committee members and invited us all to meet again at Gloucester from 14-16 October 2011.

I left with a tear in my eye after saying goodbyes to new and old friends. Well done ladies – It was a wonderful weekend!

## Recognising the women of Wentworth

Congratulations to Wentworth Gathering Secretary, Cathryn Dawes, who was named Wentworth Citizen of the Year at the local Australia Day Celebrations. Community Group of the Year was awarded to the Wentworth Women's Gathering Committee. A wonderful achievement for Cathryn and the members of the organising Committee who gave so much of their time to ensure those attending went away inspired and refreshed!



# Kick start your family's succession plan

## Sustaining your family farm for future generations

By Kim Deans, Rural Financial Counsellor, Inverell

Succession planning is one of the greatest obstacles for the future survival of our nation's farming families. With statistics indicating that few farmers have written succession plans, the Federal Government has acted to help older farmers plan to hand their farms on to the next generation by allocating extra funding to Rural Financial Counselling Services. Rural Financial Counsellors now have an increased focus on helping eligible clients with succession planning issues.

### So what is succession planning?

Succession planning is the transfer of management, responsibility, ownership, assets and control of a farm enterprise over time from one generation to the next. Succession planning is far more than a business transaction – it can be an

emotive and challenging time for all involved. The complexity of family relationships and expectations, financial pressures and climatic extremes can leave farming families feeling overwhelmed by the very idea of succession planning.

Succession planning is commonly avoided because it is simply just too hard to know where to start.

From my observations, many farming families don't do anything about succession planning until they are forced into it by ill health, sudden death, escalating family conflict or a financial crisis. Unfortunately, putting succession planning off until you are reacting to these situations results in declining financial viability of the farming business, which, if left untreated, often

ends with families being forced to leave the land.

If succession planning is approached proactively in a considered and well thought-out manner it can be very rewarding for all those involved. Rural Financial Counsellors provide **free** and **confidential** support to farming families through the succession planning process. Working with a Rural Financial Counsellor can help alleviate the confusion, and sometimes fear, a family has in dealing with the issues of succession planning by simplifying the process and providing support to achieve the desired outcomes.

The succession planning process is broken down into small manageable actions and the family has access to regular follow-up reviews to

help them make progress on their succession plan and ensure they are getting the referrals and support they need during the process. Rural Financial Counsellors have a well-developed referral network and will refer farming clients to the appropriate agencies and advisors to provide assistance in developing the succession plan.

Contact your local Rural Financial Counsellor and make an appointment to kick start your family's succession plan.

The Rural Financial Counselling Service is supported by the Australian Government and the NSW Government.

**To contact your nearest Rural Financial Counsellor call 1800 686 175 or see: [www.daff.gov.au/agriculture-food/drought/rfcs/counsellors](http://www.daff.gov.au/agriculture-food/drought/rfcs/counsellors)**



"PLANNING FOR SUCCESSION IS A VERY IMPORTANT PART OF MANAGING A FARMING BUSINESS. IT SHOULD BE AN ONGOING TOPIC FOR FAMILIES SO YOU CAN CONTINUE TO FARM AND BUILD ON WHAT YOUR PARENTS HAVE SPENT MANY YEARS, POSSIBLY A LIFETIME, BUILDING."

# Help for flood-affected farmers

By Jenny Croft, Rural Support Worker, Industry & Investment NSW

## LOOKING AFTER YOURSELF AFTER A DISASTER

Most of us are accustomed to floods, storms, fires, cyclones and prolonged drought, but occasionally, severe disasters occur, catching even the most conscientious and well-prepared people off-guard.

After a serious disaster, a person may experience a range of thoughts, feelings and behaviour that can be intense, confusing and frightening. These are common reactions and most people recover by drawing on their own strengths and the support of others, but some people may go on to develop a psychological problem. It's important to know the difference between a normal reaction to a stressful or potentially traumatic event and the signs that indicate you should seek help.

This booklet is designed to help you understand the reactions you, or someone you know, may be experiencing. It includes practical advice, numbers to call and websites to visit if you need information or support.

**Looking After Yourself After a Disaster is available free. To order call 1300 22 4636 or download your copy at: [www.beyondblue.org.au](http://www.beyondblue.org.au)**

After years of drought, farmers waiting for rain have finally received it. Unfortunately for some there was too much rain at the wrong time and many farmers have damaged crops and stock losses. Infrastructure such as fencing, roads and farm buildings have also been damaged.

The following financial assistance is available for farmers and small businesses who live in local government areas that have been declared 'Natural Disaster' areas including Gunnedah, Liverpool Plains, Moree Plains, Narrabri, Gwydir, Inverell, Tamworth and Tenterfield.

### Natural Disaster Relief Assistance Recovery Grants for Primary Producers

This one-off grant provides up to \$15,000 per farm enterprise to help primary producers with general clean-up costs including the removal of debris, repairs to damaged equipment and property access, without which production and viability could be disrupted beyond the next season. Funding is also available for small businesses affected by flooding to conduct repairs and resume trading as soon as possible. Applications close 30 June 2011 and the grant is not means tested. Contact the Rural Assistance Authority on Freecall 1800 678 593 for details.

### Concessional Loans

Concessional loans of up to \$130,000 at a low interest rate of 2.77 per cent are available to help farmers replace livestock and infrastructure.

The repayment term is preceded by a two year interest and

repayment free period. Claims must be lodged within 6 months of the natural disaster declaration. Contact the RAA (see contact details above).

### Transport Subsidies

Transport subsidies of 50 per cent of the transport costs for movement of stock from flood areas to agistment and back, and fodder to flooded areas is available. Contact your local Livestock Health & Pest Authority Office for details.

## Rural support workers

Rural Support Workers (previously called Drought Support Workers) from Industry & Investment NSW are focussing their resources on drought recovery and industry development, including helping people affected by the recent floods.

Since 2003 the Rural Support Workers have supported tens of thousands of farmers and their communities, providing personal support, basic information and referrals to appropriate services, along with holding community events such as the Rural Women's Network Shaping Our Futures Together courses and the highly popular Farm Family Gatherings. Whenever emergencies like floods and fires have hit farms and rural communities the Rural Support Workers have been there supporting and assisting those most affected. Their focus now is on rebuilding the capacity of farmers and rural communities to manage the impacts of climate change.

If you need information or advice contact your nearest Rural Support Worker:

- **Corowa – Don Burrowes**  
0427 324 033
- **Dubbo – Pip Brown**  
0429 396 697
- **Goulburn – Dick Kearins**  
0427 781 514
- **Griffith – Lou Revelant**  
0419 167 662
- **Gunnedah – Jenny Croft**  
0429 446 417
- **Hay – Danny Byrnes**  
0428 973 141
- **Parkes – Jan Bruce**  
0427 257 191
- **Scone – Caroline Long**  
0428 296 332

## Resources

### DISASTER RECOVERY TOOLKIT FOR BUSINESS & A GUIDE TO EXITING YOUR BUSINESS

After a disaster, many small to medium sized business may be affected either directly or indirectly. While some business may not be directly caught in a disaster, the resultant decline in trade will affect them. This toolkit provides information to help businesses get back on track and includes checklists for re-opening a business, managing during times of financial difficulty, and tools to help reconstruct financial records.

Also available is, *A Guide to Exiting Your Business*, which spells out some of the key steps in deciding to wind-up a business and planning a smooth transition.

Both these resources can be download for free from: [www.cpaaustralia.com.au](http://www.cpaaustralia.com.au)



## Rosemary Howard

Executive Director  
& Conjoint Professor  
AGSM Executive Program

# women in Business

## RubyConnection.com.au

**'We are all leaders. We are leaders of ourselves first and foremost...'**

**Rosemary Howard**

*Written by Louise Upton*

**Rosemary Howard has visions. This former science teacher, telco CEO and now, 'school of hard knocks professor' and passionate builder of capabilities in people, wants Australia to focus on being more consciously competent around leadership.**

Australia frustrates Rosemary Howard, head of the Australian Graduate School of Management's Executive Programs. I am fascinated to know why it frustrates her?

'Whenever I speak to people who are young, or not from Australia, I recommend they read social critic Donald Horne's *The Lucky Country*,' says Rosemary.

Horne's thesis, according to Rosemary, is that we are so lucky we are unlucky. She draws the parallel between Horne's thesis and our leaders. She believes when you look at some of the metrics around Australian leadership we aren't as good as we think we are. We may very well have managed our way through the GFC but 'we had a hell of a lot of luck'. The luck of the land

'Australia performs well in bad times but is not so glowing in good. I think we need to shift up a gear into being more consciously competent around leadership,' says Rosemary, who goes on to explain that there is a great deal of evidence showing we don't invest as much in training and development, including executive management and leadership development, as other countries. And that even when we do invest, we don't measure and manage it as well as we should to ensure we get the outcomes we need and want.

Rosemary knows of companies delivering business and education programs where the outcomes are measured as an after thought at a later date.

'It's not going to work that way. You have to know what you want to achieve, know what your measures of success are and then design a program.'

She's also passionate about the interface and increasing the diversity of the interface between people and organisations.

'If you look at the level of collaboration between universities and businesses, Australia is at the bottom of the OECD in terms of that collaboration. It suggests to me that we're a school-of-hard-knocks place and we learn by doing. Sometimes we think that's all that's necessary, but it's not.

'If you want to be really good and lift the rigour you've got to have that academic/business collaboration where you do research and take the findings on board and into the real world. As for the levels of PhDs and masters degrees, in anything, in this country, it's about half that of the US or Europe. It's another measure of the fact we're not investing enough in education.

'The other concerning factor is on the output side. Our productivity has declined in the past five years. In fact, only around 42 per cent of companies measure their productivity and if you think about what that means: it means how are you going to manage productivity effectively if you don't know where you stand to begin with? I am passionate about changing these things, about reshaping the interface.'

Rosemary has been in education off and on for 30 years. She was a school science teacher, moving from there to government and large corporation work in various managerial roles but always on the interface of: business and government; education and business; technology and business and government. She has now returned to the education and business interface in her AGSM role, where her vision is to continue developing the Executive Programs into a 'professional services firm' focussed on building the

knowledge and capabilities of senior people in organisations.

One of the more recent moves for AGSM has been the founding of the Mary Reibey scholarships sponsored in conjunction with Westpac.

AGSM has thought long and hard about the efficacy of open programs and within that theoretical discussion has considered the possibility of separate programs for women, coming to the conclusion that mixing it up provides the best learning methodology.

'You want people in different sectors, different ages (in the right cohort, of course), from government, not-for-profit and business, all coming together so we learn how to build bridges and work to higher agendas,' Rosemary explains.

'But, just recently, we spoke with the Women's Markets team at Westpac because, with all this good effort, debate and discussion around progressing women in business, we are not getting the potential of over half the population there fast enough.

'Our aim is to develop a senior level program for women looking at how they build and manage their own careers at leadership level, because the evidence is that many women go from job to job rather than having that more strategic view around their careers.'

It comes down to having children, believes Rosemary: 'Once you have kids there are so many compromises most people have to make that for women it becomes more job to job than truly career focussed.'

Rosemary's own path to career was anything but linear in the beginning. (Something she believes she shares in common with many women but for which she is also openly glad: 'It's given me a breadth of experience that others may not have.')

When I ask her if there have been any turnaround moments, Rosemary launches into the following handbrake turn of a life moment.

'About 25 years ago, when my kids were little I had this great job in the area of technology and science, developing policy to get government and technology and business working together. But I had small children and I felt guilty not being with them. I decided I had to quit the job, return to teach part-time (which I did) and be a better mother.

'It was all planned and it should have worked but I no longer loved teaching as I had in the beginning of my working life. I missed the government job and even though, theoretically and practically, I had more time for the kids, I realised it was about quality not quantity. What good was I, an unhappy mother with the time but not the joy.'

Mulling over this one Saturday, Rosemary caught sight of her old job advertised in the paper and turned to her husband, who said to her: 'Why don't you apply for it.' Rosemary felt she couldn't.

'I was and always have been passionate about changing organisations and getting things moving, and some of the more conservative bureaucrats

I thought might not want me back ... anyway I did apply and got it.

Coming to an understanding of what her needs were and where her passions lay has made the journey clearer.

'My whole career has been about people, about people achieving their potential. I think, particularly after the GFC, there were organisations and people under the pump and when you are there you don't always come up to think straight. So at AGSM, we saw people working very hard

in quite difficult environments but not working smart. The question for us was, were they therefore getting the right outcomes for themselves, their people, their organisations? Taking people out of those difficult 'toxic' environments and getting them back onto the bigger picture helps. That is the magic of what we help organisations do.

'I am here to turn AGSM into a business that's client focussed and scientific in terms of the learning interventions we

do. We are part of the virtual HR learning and development business. That is what we do.'

Just as I am about to leave we get back to the question of regrets. Not that Rosemary regrets anything she has done, it's what she hasn't done that annoys her. Passing up an opportunity to attend a conference in Argentina pops out, and I ask if she has then ever been to anywhere in South America to compensate. With deep frustration she says: 'No, still not yet.' ■

Advertisement



Australian Government



## If you're a working parent expecting a child after January 1st, there's something else you can expect

From 1 January 2011 Australia's first national Paid Parental Leave scheme will start. It's a new entitlement for working parents, funded by the Australian Government.

Taking time away from work for a new baby is a common part of working life. Paid Parental Leave will help parents spend time with a new baby, and help employers retain skilled staff.

**What is Paid Parental Leave?**  
Eligible working parents of children born or adopted on or after 1 January 2011 may get 18 weeks Government-funded pay at the National Minimum Wage, currently \$570 a week before tax, to help them care for a new baby.

**Am I eligible?**  
Full-time, part-time, casual, seasonal, contract and self-employed workers may be eligible. You must have worked at least 330 hours (just over one day a week) for 10 of the 13 months before your new baby arrives. You can have up to an 8 week unpaid break between two working days and still be eligible.

You can earn up to \$150,000 a year (individual salary) and still be eligible.

**Is it for both parents?**  
Yes, usually the mother must apply for Paid Parental Leave. If you are eligible, you can transfer some or all of the pay to your partner (they need to be eligible too). The scheme gives families more options to balance work and family.

**When can I take it?**  
You can claim up to three months in advance, and your pay can start at any time you choose from when your child is born or adopted. It will be paid in one continuous period from the start date and must all be taken within the first year after the birth or adoption. You are encouraged to apply early.

**What about employer provided entitlements?**  
Eligible parents can receive Parental Leave pay at the same time, before or after other employer-provided paid leave or entitlements. The existing minimum entitlement to 12 months unpaid parental leave for long-term employees is unchanged.

**What does it mean for employers?**  
From 1 July 2011, employers must provide Government-funded Parental Leave pay through their usual pay cycle to eligible employees who have been with their business for at least 12 months. Other eligible parents will be paid through the Family Assistance Office.

**Where do I find out more?**  
To learn more about Paid Parental Leave visit the website or call the appropriate number below.

[www.australia.gov.au/paidparentalleave](http://www.australia.gov.au/paidparentalleave)  
Parents 13 61 50 Employers 13 11 58

Authorised by the Australian Government, Capital Hill, Canberra

**Paid Parental Leave**  
A new entitlement for working parents

# Get back to basics and volunteer

By Alison Charters, Volunteering Central West & Volunteering, Bathurst

Volunteering strengthens rural communities by providing the 'sense of community' or the 'glue' that pulls the social fabric of each community together. Volunteering provides the foundation for life in rural communities, whether it's volunteering with the Rural Fire Service, the Local Picnic Races Committee or Meals On Wheels.

Volunteering comes in many different forms; it is not always warm and fuzzy. It can be exhilarating and gutsy. Apart from providing services, volunteers play a crucial role in the community by advocating for necessary change, setting up services, and building relationships and a sense of community.

Volunteering opens doors for people of all ages, cultures and interests to join together in making Australia a vibrant, cohesive and caring society. It provides opportunities to explore career pathways and develop community support networks. It links learning with community building and can

provide accredited and certified training. It gives you a voice, makes a positive difference to the community, increases your confidence, and gives you unique experiences in a variety of environments. Activities can include enjoying a day in the bush with a landcare group, following your passion in the art world, creating websites for organisations, refereeing for the football club, joining a management committee, visiting a friend in a nursing home to volunteering in the school canteen. People volunteer their time from an hour a week or longer and many are happy to volunteer for events and festivals.

By becoming a volunteer you can establish long-term friendships, learn about teamwork, bonding and communication. Have the experience of a lifetime and feel the satisfaction of seeing things change through your own effort.

## RESOURCES

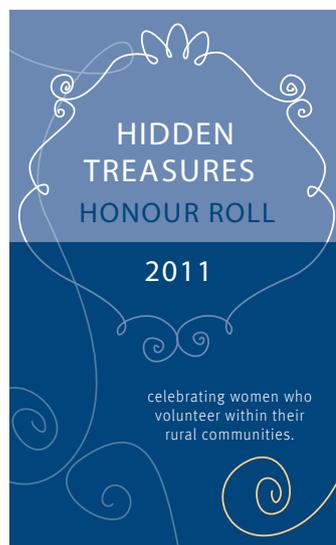
**The Volunteer Centre Network NSW** is a network of coordinators



Whatever your age, get back to basics and get involved in your community. To find out more about volunteering and the opportunities it offers contact Volunteer Centre Network NSW to find your nearest Volunteer Resource Centre or Volunteer Referral Service: [www.coverrs.org.au](http://www.coverrs.org.au)

of Volunteering Centres across NSW, who provide resources, support and train volunteers, volunteer coordinators and volunteer management committees. To become a volunteer, find volunteers or discuss your volunteering or volunteer management issues, contact your local

Volunteer Centre in NSW. To increase your organisation or groups opportunities to source volunteers, Volunteer Centre Network NSW lists current positions on the GoVolunteer website: [govolunteer.com.au](http://govolunteer.com.au) The website has a national directory advertising around 5000 positions nationally.



The inaugural 2010 Hidden Treasures Honour Roll was launched by the Minister for Primary Industries at the Wentworth Women's Gathering. The Roll acknowledges the efforts of over forty rural women volunteers and celebrates their achievements.

Industry & Investment NSW's Rural Women's Network (RWN) initiated the project as a way of recognising the important and diverse roles women volunteers play as key participants within our rural communities. Women showcased in the 2010 Honour Roll were nominated by their peers. Their stories reveal some of the ways women are

contributing tirelessly to quality of life as unpaid workers across our rural communities. You can read their inspirational short stories on the RWN website: [www.dpi.nsw.gov.au/rwn](http://www.dpi.nsw.gov.au/rwn)

## NOMINATE A RURAL WOMAN

The 2011 Honour Roll will be launched at the Gloucester Women's Gathering. Nominations open 1 May and close 25 August. To nominate a Hidden Treasure contact the RWN on 02 6391 3620 or at: [rural.women@industry.nsw.gov.au](mailto:rural.women@industry.nsw.gov.au) or the NSW Centre for Volunteering on 02 9261 3600 or at: [info@volunteering.com.au](mailto:info@volunteering.com.au)

# Daring to Dream 2

*Daring to Dream 2* features twenty-five incredibly diverse women from across NSW and includes high profile leaders alongside many remarkable 'unsung' heroines.

Their stories display creativity, perseverance and resilience. Each freely shares their knowledge and experience to provide inspiration and ideas for others who may want to start on a daring to dream journey of their own.

Like the first collection of stories in *Daring to Dream*, *Daring to Dream 2* celebrates and recognises rural women who are playing key roles as innovators, achievers and/or agents of change within a wide range of industries including primary industries, business, community, sport, the arts and natural resources.

*Daring to Dream 2* is a tribute to the many women from rural, regional and remote backgrounds who have dared to follow a passion, overcome challenges and make their goals a reality.

*Daring to Dream 2* will be available to purchase in May 2011.

Published by Industry & Investment NSW

ISBN 978 1 74256 034 2

RRP \$11.00 incl. GST

[www.dpi.nsw.gov.au/rwn](http://www.dpi.nsw.gov.au/rwn)



"It is so valuable to know how to empower others through learning, especially those who are at the frontline battling adverse effects imposed on rural communities in an ever changing world."

## Learn to develop and manage community projects effectively.

- Engaged in local and regional community projects?
- Involved in liaison and consultation in your community?
- Working on environment, health or indigenous projects?
- Working for a volunteer organisation?
- Working for local government?

If you answered yes to any of these, the **91339NSW Graduate Certificate in Rural Extension and Community Development** could be the course for you.

This course is designed for work-based learning, accomplished professionals in rural extension and community development and provides a relevant qualification for work and life-skills.

*"The course helps to make it easier to move people along more quickly and establish outcomes more easily."* **STUDENT FEEDBACK**

For more information email [lyndall.coomber@det.nsw.edu.au](mailto:lyndall.coomber@det.nsw.edu.au)

more than you imagine

131 601  
[northcoast.tafensw.edu.au](http://northcoast.tafensw.edu.au)



NC173259

ADVERTISEMENT

Free book give away

### Win a copy of *Daring to Dream 2*

We are giving five lucky readers the chance to win a copy of the latest edition of *Daring to Dream*. To be in the running simply write to us and tell us in 25 words or less about your 'daring to dream' moment.

**Entries close 5pm Monday 9 May 2011.**

Send your entry to: The Editor, The Country Web, Rural Women's Network, I&I NSW, Locked Bag 21, Orange NSW 2800.

See page 2 for Terms & Conditions.

By Anne Smart, Women's Health Clinical Nurse Consultant

Throughout history, women have been largely responsible for caring for their families. When a woman's health is good then her family's needs are also met in a healthy way and the family functions better.

Women's Health programs cross the life span of a woman's life, generally beginning around puberty and continuing into a woman's older years. The Primary Health care initiative of holistic Well Women's Services, offered by providers like local GPs and Women's Health Nurses who are located at local Community Health Centres, are there to support the health and wellbeing of women.

The services provided have both a clinical and educational focus, where women are offered pap tests, pelvic examination and pelvic floor assessment, breast awareness, pregnancy testing and counselling, contraceptive advice, some sexual health screening, period problems or concerns, peri menopause and menopausal issues and advice.

Women are encouraged to have screening mammograms from the age of 40, and earlier if there's a family history of breast cancer with a relative diagnosed under the age of 50. Screening mammograms are free through BreastScreen NSW and a mobile

van visits outreach areas on a planned itinerary. For towns and dates see: [www.bsnswh.org.au](http://www.bsnswh.org.au)

Women's Health Nurses work closely with women, their local doctor and other health providers, to assist women to make informed choices regarding their personal health needs. They are available to deliver in partnership, group education and health promotion on a range of women's health topics, including programs related to healthy relationships, puberty, self-esteem and body image, osteoporosis, endometriosis and older women's issues.

Outreach services are offered by Women's Health Nurses to women in isolated areas where there may not be a doctor working locally, with appointments made through local Community Health Centres, Multipurpose Services, HealthOne Services and Aboriginal Medical Services.

The roles and responsibilities held by women sometimes means that a woman's commitment to looking after herself may fall by the wayside. I encourage women to recommit to their own health on a regular basis by attending regular check-ups with their local GP or Women's Health Service.

## Smart Health Choices: questions to ask your doctor

1. What will happen if I wait and watch?
2. What are my test or treatment options?
3. What are the benefits and harms of these options?
4. How do the benefits and harms weigh up for me?
5. Do I have enough information to make a choice?

Information from: <http://sensiblehealthadvice.org>

## Want a rural doctor? Start with a student!

By Robyn Wright, Country Women's Association of NSW & Consumer Representative, Rural Doctors Network Medical Support Forum

Attracting a rural doctor to a community often starts with a student. As such it's important to ensure that a student doctor's initial placement is a memorable one to assist in the flow-on of much needed doctors in rural and remote NSW.

Research shows that more than 70 per cent of rural origin on-campus health students return to professional practice in rural and regional Australia. If we can ensure students doing prac in our regions have a positive experience during their training then perhaps they will choose to return to the bush. The following networks and providers may be able to help.

All **University Departments of Rural Health/Rural Clinical** have Departments of Rural Health or Rural Clinical Schools that enable students to complete some of their undergraduate training in a rural location. There are University Departments of Rural Health in Lismore, Tamworth and Broken Hill and Rural Clinical Schools in Tamworth, Dubbo, Wagga Wagga, Goulburn and Nowra. There are a further 18 training sites in NSW affiliated with the Clinical Schools.

**NSW Rural Doctors Network** is a not-for-profit organisation funded by the Government Department of Health & Aging and the NSW Department of Health. See: [www.nswrdn.com.au](http://www.nswrdn.com.au)

The **NSW Rural Medical Family Network** program is operated by the Rural Doctors Network to support the partners and families of GPs and students in rural NSW. See: [www.rmfn.org.au](http://www.rmfn.org.au)

**Divisions of General Practice** support GPs. See: [www.gp.org.au/nsw.htm](http://www.gp.org.au/nsw.htm)

**Regional Training Providers** deliver general practice training. See: [www.agpt.com.au/trainingproviderlinks](http://www.agpt.com.au/trainingproviderlinks)

Your **Local Council** may be able to assist with accommodation, resources, partner employment, child care and welcoming events.

**Community Groups** such as sports clubs, Country Women's Association, Rotary and Lions Club may also be able to assist with introductions and invitations.

**Contact the Rural Doctors Network to find out what your community can do to host a medical student and make their placement is a positive rural experience. Call 02 4924 8000 or see: [www.nswrdn.com.au](http://www.nswrdn.com.au)**

### AUSSIE FARMERS FOUNDATION

Provides annual grants of between \$15,000–\$50,000 to eligible not-for-profit organisations with DGR (deductible gift recipient) 1 status for state and national programs with a strong community focus.

Ph: 03 9015 9138

Email: [info@aussiefarmersfoundation.org.au](mailto:info@aussiefarmersfoundation.org.au)

Website: [aussiefarmersfoundation.org.au](http://aussiefarmersfoundation.org.au)



### THE RURAL TERTIARY HARDSHIP FUND

Provides a one-off single payment to rural and regional students, under 25 years of age, who would experience financial hardship in undertaking higher education without this assistance. Funding available until June 2013.

Ph: 1300 363 079

Website: [www.deewr.gov.au/HigherEducation/Programs/Funding/RTHF/Pages/default.aspx](http://www.deewr.gov.au/HigherEducation/Programs/Funding/RTHF/Pages/default.aspx)



### DR BARBARA WRIGHT POSTGRADUATE SCHOLARSHIP

Provides up to \$4000 for mature-aged women living in the Central West to complete a postgraduate scholarship. Applications close 1 August 2011.

Ph: 02 6341 1408

Email: [lfos@bigpond.com](mailto:lfos@bigpond.com)

# Rural achiever Award for Bathurst's Amy Dutton

Amy Dutton, a Veterinary Science Student from Bathurst, was one of eight young people from across NSW to be awarded the 2011 RAS Rural Achiever Award for her contributions, achievements and leadership within the rural sector and her community. The winners were chosen from a strong field of candidates and will receive an all-expenses paid, behind the scenes experience at the 2011 Sydney Royal Easter Show which runs from 14–27 April.

Growing up in rural NSW, Amy attended Scots School at Bathurst and is currently studying at Charles Sturt University for a double degree in Veterinary Science and Veterinary Biology.

Amy loves the rural lifestyle and is passionate about promoting agriculture and the opportunities it offers – especially to young people. Her community involvement includes roles as Secretary of the Agricultural Societies Council Youth Group of NSW, Coordinator of the Showall Rural Ball 2010 and Veterinary Science Student Ambassador. As an Ambassador, Amy helps to promote the veterinary science course and other agriculture related courses on offer at CSU by talking at careers days, performing tours and participating in discussion panels with career advisors and prospective students.

Amy believes it is important to foster any level of enthusiasm in young people as she believes they are the future of our industry. She has been actively encouraging and supporting

younger people to become more involved through fun events such as local shows, young farmer competitions and junior judging. She is also organising events like the 2011 ASC Youth Group Showall Rural Ball for young agriculturally-minded people.

Later this year Amy will graduate with her double degree and plans to start her career as a mixed practice veterinarian fulfilling her interest in animal production focusing on animal health, nutrition and reproduction. She also plans to travel to the United Kingdom to further her experience in intensive animal production and health.

---

***'I believe it is vital to foster the youth of today as they are the future of our great industry.'***

---

Her vision for rural Australia in 10 years time is for rural and regional Australia to be in a position where it is seen as an extremely positive and growing part of our country that will produce positive outcomes and advances even through tough times of drought. She would also like a large national network of rural youth and their respective organisations.

'It is the youth that is the future of the agricultural industry and these organisations may be the support that many young people need to remain involved today.'

Amy would also like to see primary producers continue to achieve and be recognised as



leaders in world's best practice.

'I would like to see more people involved in primary industries and a more thorough understanding of agriculture in the wider community as I feel this will result in the industry becoming more profitable.'

Bernie O'Sullivan, RAS General Manager Agricultural Development, says, 'It's young leaders like Amy that represent the future of agriculture in this state and country. She is a wonderful ambassador for her region.'

'For over two decades the Rural Achiever Award has provided opportunities for 175 Rural Achievers. They have gained valuable networking opportunities and an increased profile. Winning the title of RAS Rural Achiever can be an important step in helping young people achieve their ambitions and kick-start their career,' said Bernie.

During their time at the Sydney Royal Easter Show, the 2011 Rural Achievers will be involved in stewarding the livestock competitions, attending various industry functions and completing a public speaking course. They will also play official roles in the Youth in Agriculture Day (16 April) and Excellence in Agriculture Day (19 April) celebrations. ■

# daring to dream 2: inspirational rural women



## Joy Kogias

### KEMPSEY

Joy is a woman passionate about making a difference to the world's environment and decreasing the effects of global warming.

From her small bush block 20 minutes north of Kempsey on the Mid North Coast, Joy is edging closer to realising her dream of producing two ingenious soft toilet tissues.

'Enviro-roll Land Tissues' are impregnated with region-specific dust-like native seeds aimed to revegetate the land, and 'Enviro-roll Sea Tissues' are impregnated with glacial moraine and volcanic rock dusts with up to 100 minerals and trace elements to feed soil micro-organisms on land and feed/nourish the burgeoning phytoplankton at sea improving waterways and soils.

Joy first had the idea in 1998 and now holds worldwide patents for both products. She hopes one day soon to see her 'special' toilet papers used across the globe.

#### WHAT GAVE YOU THE MOTIVATION TO FOLLOW YOUR DREAM?

I always loved the outdoors and for a long time have been concerned about global warming and the impact it was having on our environment. I moved to Barraganyatti 13 years ago. On the small property I grow vegetables and have a few fruit trees. The *Enviro-roll Land Tissue* (for use in Australia) contains Eucalyptus seeds. Seeds native to the land have more chance of growing and linking in with established ecosystems.

#### AT WHAT POINT DID YOU REALISE YOUR DREAM WAS POSSIBLE AND WHAT WAS IT THAT MADE YOU THINK YOU COULD REALLY DO IT?

Once that first roll comes off the assembly line my dream will be realised. It has taken eight years and a lot of energy to get to this stage but I am 99 per cent there. Initially I approached many of the large toilet paper companies to see if they would be interested but in the end I gave up. I needed to make prototype examples as I knew it was important for people to see and feel the paper because when I talked about the idea most people said 'ouch!' One day I decided to make product examples myself. I have now amassed hundreds of pre-orders and positive feedback and support from individuals and organisations such as CSIRO, National Geographic, Wilderness Society, Environment Australia, New York Conservation Commission, and Scouts.

#### AS A CHILD, WHAT DID YOU WANT TO 'BE' WHEN YOU GREW UP?

As a child I always had a sense that I was destined to do something big and a bit 'out

there'. I've always liked inventing things. I remember when I was about four years old asking mum for flour paste to make 'diamonds'. She never said 'no you can't make diamonds from that' and instead encouraged my creativity.

#### HOW DID YOUR CHILDHOOD INFLUENCE YOU IN LATER LIFE?

I was born in Australia but both my parents are Greek. I have always loved growing things and helped Dad in the garden tending the vegetables and the olive and fruit trees. I come from a large family that includes professions such as doctors, solicitors and real estate agents. I saw what stresses they are under so I knew I didn't want that.

#### WHO ARE YOUR ROLE MODELS?

Steve Irwin – he went out on a limb to follow his passion and really cared about animals. My Mum is also a strong influence. She is a darling and always saw the best in everyone. Friends would often come and see her if they were in trouble before going to their own parents.

#### WHAT DOES SUCCESS MEAN TO YOU?

I am not worried about money and I've never had much. I've been handing out free *Enviro-roll* prototypes for years. What I'd like to see are the toilet rolls in full production and on supermarket shelves with people choosing to use them. That would be the best gauge of success. I could die happy the next day and know I actually made a difference.

#### WHAT HAS BEEN ONE OF THE BIGGEST BARRIERS YOU HAVE HAD TO FACE, WHAT HAPPENED, AND HOW DID YOU OVERCOME IT?

I fell down some stairs a few years ago and fractured two vertebrae in my neck which

wasn't diagnosed correctly at the time so I had complications. I am now on a disability pension. I don't drive and all my energy and resources have gone into developing this *Enviro-roll* idea. When I got my accident insurance money I wanted to put it to good use so sunk it all into this project. My local employment agency has helped me a lot and I go in there twice a week to work on the project. Any spare money I have has gone into getting me to this stage. I estimate I have spent about \$200,000 over eight years keeping the idea moving forward. As I needed project money I just sold more of my things. I have had continued support from my local Members of Parliament, the Mayor and many others but I am still looking for investors to help make the dream a reality.

#### WHERE DO YOU SEE YOURSELF IN 10 YEARS TIME? WHAT IS YOUR VISION FOR THE FUTURE?

I am the sort of person who won't stop until the goal is achieved. I have already put in place that a percentage of every *Enviro-roll* sold will go to the RSPCA and an environmental trust fund. In ten years I hope the money from the *Enviro-rolls* will be used to fund hospitals, improve aged care homes and provide more facilities for orphans.

#### WHAT WOULD YOU SAY TO OTHER WOMEN STARTING OUT ON A DARING TO DREAM JOURNEY?

Don't listen to anyone. I was told I couldn't play millionaire's games. I didn't listen, set my goals and am going with my heart and gut feelings.

Read more great stories at: [www.dpi.nsw.gov.au/rwn](http://www.dpi.nsw.gov.au/rwn)

# New course opens door for rural students

By Caroline Ridley, Student, Charles Sturt University, Wagga Wagga Campus

I began my education at Corinella Public School with ten other students from K6, and a very special teacher who shared with us the enjoyment that education can bring. Corinella is an isolated small school located 60 km south-west of Forbes. Small schools engage students by allowing each child to develop and learn at their own pace. My school experience was one that I have extremely fond memories of, as it set the foundation of my learning.

I then attended Red Bend Catholic College in Forbes as a weekly boarder. Red Bend is the only co-education Catholic boarding school west of the Blue Mountains and gives the opportunity for many students from rural areas to obtain a sound secondary education. In year seven I was awarded Dux. This was a fantastic achievement for a girl from a small school. Five years flew by and the next thing I knew, I was deciding on which university I would attend and my desired course.

Rural education has many advantages. Charles Sturt University offers rural high schools a Principal's Recommendation EP (PREP), which offers early entry into many university courses. Charles Sturt also has the rural incentive scheme where rural students automatically receive five bonus points towards their ATAR, which allows rural students to be competitive in courses against students from larger metropolitan schools. I was lucky enough to receive an early place into Charles Sturt

University, in Wagga Wagga, to do the Bachelor of Oral Health (therapy/hygiene). I had been applying for scholarships to help me with my tertiary education. I received The Rural Allied Health Undergraduate Scholarship from the Services for Australian Rural and Remote Allied Health.

Coming from Forbes, a small country town, then moving to a larger country town, Wagga Wagga, was not such a huge step. I was very excited, but nervous because I didn't know anyone. However, I walked into the warm, friendly environment that Charles Sturt offers and I discovered that all the other school leavers were feeling the same. I moved into the catered section of accommodation that Wagga offers. I have had many great experiences living on campus especially Wednesday night at the 'Crow Bar'.

The Bachelor of Oral Health (therapy/hygiene) is a new course and offers world-class state-of-the-art simulation and clinical teaching facilities. The lecturers and tutors are well qualified and very helpful. I didn't come from a dental background like some of my peers and I thought it would disadvantage me, however it wasn't the case, as we started from the beginning to ensure all students had the same level of knowledge. I have enjoyed being a part of the first year of the course and I'm glad that I chose Charles Sturt University for my tertiary education.

A key component of the Bachelor of Oral Health degree is health promotion. The Oral

Health Therapist's major role is one of early diagnosis and prevention of oral disease.

In our first year we were given the task of designing an oral health promotion program in groups. My group and I chose to design a tooth-brushing program for rural children.

According to the latest oral health report by the NSW Public Health Bulletin in 2009, children aged 5-6 years in the Greater Western Health Area have the second highest amount of DMFT (decayed, missing and filled teeth), and the highest amount of children with untreated decay compared to other NSW areas.

We felt this was a significant issue for our rural community, and something we could have a positive influence on. In second year we implemented our tooth-brushing program into my old primary school Corinella. The kids at Corinella like many other NSW communities aren't exposed to natural or artificial fluoride in the water supply. Introducing a school-based toothbrush program is one of the most effective ways of ensuring children are exposed to fluoride, which has the greatest effect of reducing dental disease. The school has adopted the program as a daily activity.

We were able to use university resources to provide an enjoyable and interesting educational experience about the importance of good oral health. This was strengthened by a seminar we provided to the pupils' parents, which was important as parents strongly influence child oral health behavior. I believe the program will greatly benefit the children at Corinella School, and in our final year we will conduct an evaluation to formally measure its effectiveness.



Caroline Ridley

At the end of first year I received a prize at the Dean's Awards. I had received the highest mark in first year oral health. This was a significant achievement which I am very proud of.

In second year we started seeing patients, providing treatment and prevention to children and adults. In our third and final year we are going on rural placements in Albury, Orange or Dubbo.

I believe that the vast majority of students who are educated in rural universities will stay in country areas and return to their communities. Currently, NSW data shows people of all ages in rural and remote areas suffer greatly from poor oral health, which has a significant impact on their general health and well-being. I am really looking forward to graduating with my CSU Oral Health degree at the end of 2011. I will be able to register and begin work immediately with a set of skills that will greatly improve the oral health for people in rural NSW.

**Charles Sturt's Bachelor of Oral Health (Therapy/Hygiene) is a three year fulltime course delivered at Wagga Wagga. For details see: [www.csu.edu.au/study/science-courses/dentistry](http://www.csu.edu.au/study/science-courses/dentistry) or call 1800 334 733.**

# Women in leadership



**Natalie Forsyth-Stock**  
**Orange NSW**

*Natalie is an independent non-executive director of Bounty Mining Limited and is jointly responsible for representing a group of Australian investors who have an investment in a UK healthcare software business. She was recently selected from 1900 applicants to join 70 women for the Board Diversity Scholarship Program – a joint initiative of the Australian Government and the Australian Institute of Company Directors to give women the skills they need to become company directors or boardroom chairs.*

*WHAT MOTIVATED YOU TO BECOME INVOLVED?*

After a 20 year career in finance in Sydney, I was keen to use my strategic and finance skills in roles which allow me to enjoy the idyllic lifestyle of living in rural NSW. I often joke it has allowed me to swap my daily attire from suits to pyjamas!

*WHAT DO YOU GET OUT OF BEING INVOLVED IN THESE ROLES?*

I really enjoy the intellectual stimulation. I never thought I'd say this, but it also provides me with part of my sense of identity. We all like to feel like we are doing something useful.

*HAVE YOU EXPERIENCED ANY OBSTACLES?*

I joined Bounty Mining after

it came out of Voluntary Administration. The company faces significant challenges. As an independent director your role is to represent all shareholders. Inevitably this leads to some robust debates around the boardroom table. Sometimes I think as women our natural tendency is to avoid conflict and so we need to find different ways to resolve differing views.

Being based in Orange can present challenges as I can't just jump in the car and drive to the office at short notice.

*WHAT'S ONE OBSTACLE YOU HAVE OVERCOME?*

I started using Skype for day-to-day meetings, which avoids a lot of trips to the city. Most days we get a decent internet connection, but occasionally storms will wreak havoc. Ironically living rurally and working predominantly from home means I am easier to contact than my city counterparts.

*WHERE DO YOU GET YOUR SUPPORT?*

I work with some great people who value my input and a good network of ex-colleagues and friends I can bounce things off, which is really important, when you work predominantly from home.

*WHAT IS YOUR MESSAGE TO OTHER WOMEN WANTING TO BECOME INVOLVED IN DECISION MAKING?*

Women think differently to men and therefore have an enormous capacity to add value in a board situation. We also are great multi-taskers, which helps us see 'the wood for the trees' in complex situations.

## Get on board!

JOINING A BOARD OR COMMITTEE CAN LEAD TO **ENORMOUS PERSONAL BENEFITS AND REWARDS**, ALLOWING YOU TO MAKE A DIFFERENCE TO YOUR COMMUNITY WHILST **GAINING NEW KNOWLEDGE AND SKILLS AND EXPANDING YOUR NETWORKS**.

The Department of Premier & Cabinet's **Register for Women** was established to help put more women into decision making positions. It contains the names and expertise of more than 800 women from all walks of life, from lawyers and company directors to farm managers and childcare workers. The register works in two ways:

1. The Department of Premier & Cabinet advertises upcoming NSW Government board and committee vacancies and other opportunities via regular email alerts.

2. Ministers and government agencies often consult the Register for Women when filling vacancies on boards and committees. The Department then matches suitable candidates from the Register who meet the criteria of the position and sends the details of her application to the nominator.

### How to join the Register

To join the register go to: **[www.boards.dpc.nsw.gov.au/online-registration](http://www.boards.dpc.nsw.gov.au/online-registration)** and complete the online registration process or you can request an application form by calling 02 9228 4199 or email: [boards@dpc.nsw.gov.au](mailto:boards@dpc.nsw.gov.au)

The Victorian Office for Women's Policy has produced a range of Women on Board Help Sheets. They provide useful information for women interested in joining a government board or committee and include tips for getting on boards, being on boards, getting more women on boards and moving on from boards.

Visit: [www.women.gov.vic.au](http://www.women.gov.vic.au) for a comprehensive list of Women on Board help sheets or contact the Office of Women's Policy on 03 9208 3129.

## Highlights from Women on Board help sheets

### Board options for women in rural and regional areas

Women in rural and regional areas make an enormous contribution to the social and economic wellbeing of their communities (48 per cent of 'real farm income') yet women still comprise less than 20 per cent of agricultural decision making.

There are a large range of Government boards operating in or for rural and regional areas. These include boards and

THE NSW GOVERNMENT HAS SET A TARGET THAT WOMEN WILL REPRESENT 50 PER CENT OF ALL NEW APPOINTMENTS TO GOVERNMENT BOARDS AND COMMITTEES BY THE END OF 2012.

committees whose functions relate directly to rural and regional conditions including agricultural industry boards, rural and regional water and catchment management authorities and community drought recovery committees.

Aside from the various State and Commonwealth boards, rural and regional areas are home to an enormous number of not-for-profit organisations and community groups, many of which are overseen by boards and committees.

### **Finding a board that's right for you**

Boards come in all shapes and sizes; big, small, government, community or private. There are boards that focus on agricultural or environmental issues, boards that provide advice to Government and boards that oversee health or workplace assets.

A key step in determining what sort of board is right for you is to work out what you want out of the experience and what you have to offer. You might want to consider the boards that match interests you would like to develop further.

It's vital for rural and regional women to also think about the distances that may need to be travelled to attend board meetings. For this reason it's a good idea to join a board or committee close to home as a first step.

### **Networking and mentoring: how it can help you in your board role**

One of the best coping strategies for all women, but particularly those living in rural and regional areas, is to make good use of networks and mentors.

Your networks include anyone you know, or have met, and even your contacts' contacts. More formal networks exist in the form of professional bodies, women's groups, support groups and special purpose clubs. Many networks are now on the internet which is particularly useful for women in rural and regional areas.

The benefits of mentoring have become so well recognised that many organisations have set up formal or structured mentoring programs. A good mentoring relationship can help with new skills, confidence, support and guidance.

### **Survival skills for women on boards**

If you have established a seat on a board you may face the additional challenge of your role being seen through a prism of traditional ideas of a woman's abilities and strengths.

Be clear about your own range of skills, experience and abilities and don't be afraid to cite them if you feel they are unknown or unacknowledged among your colleagues. Set boundaries and don't allow yourself to be corralled into areas that you have no skills or interest in.

Talk to board colleagues about family and work friendly meeting schedules and remember to monitor the amount of tasks you become responsible for – delegation may be an option.

*This information has been adapted from the Get On Board article that appeared in the Network Magazine Spring 2010 edition ([www.dpcd.vic.gov.au/women/ruralwomen](http://www.dpcd.vic.gov.au/women/ruralwomen)).*

## Support for families with cancer



### **Jacaranda Lodge — Low cost accommodation for rural outpatients and their families**

*By Eleanor Mitchell, Cancer Support Centre, Sydney Adventist Hospital*

A diagnosis of cancer is usually accompanied by intense emotions including shock, fear and anxiety for the patient and family members. The Cancer Support Centre and Jacaranda Lodge were founded in 1993 to provide support for all people in the community affected by cancer. Trained staff and volunteers provide assistance to help people regain a sense of control over their lives.

#### **Jacaranda Lodge**

Jacaranda Lodge provides low cost accommodation for country outpatients and for families of Hospital patients who live at a distance from the Sydney Adventist Hospital. Accommodation includes twin or triple bedrooms (with ensuite) and two self-contained family units suitable for families with children. Four spacious and sunny kitchen, lounge and dining areas are available for guests to share.

#### **Cancer Support Centre**

The Cancer Support Centre provides a range of services to the community, including support groups, resources and information, education lectures and counselling. Massage and reflexology are also provided.

Jacaranda Lodge and the Cancer Support Centre are located at the Sydney Adventist Hospital, 185 Fox Valley Road, Wahroonga NSW. For more information about Jacaranda Lodge see: [www.sah.org.au/jacaranda-lodge](http://www.sah.org.au/jacaranda-lodge), call 02 9487 9066 or email: [jacaranda@sah.org.au](mailto:jacaranda@sah.org.au). For the Cancer Support Centre see: [www.sah.org.au/Cancer-Support](http://www.sah.org.au/Cancer-Support), call 02 9487 9061 or email: [support@sah.org.au](mailto:support@sah.org.au)



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

The Council is currently co-chaired by

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

The Council 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 8007 4812  
rebel.black@gmail.com
- Patricia Byrnes, Gol Gol  
Natural Resource Management  
Ph: 03 5029 7201  
wamberra@bigpond.com
- Donna Cruickshank, Broken Hill  
Aboriginal women's interests  
Ph: 08 8080 1672  
dcruickshank@gwahs.health.nsw.gov.au
- Nerida Cullen, Goulburn  
Livestock Health & Pest Authorities  
Ph: 02 4822 6986  
colepark@goulburn.net.au
- Kim Deans, Inverell  
Rural Financial Counselling Groups  
Ph: 02 6721 0030  
kim.deans@rfcnsw-northernregion.org
- Sally Green, Mandurama  
Minister's representative  
Ph: 02 6366 7209  
sallydes@bigpond.com
- Angela Martin, Mullaley  
NSW Farmers Association  
Ph: 02 6743 7813  
actpmartin@bigpond.com
- Assoc. Prof. Dr Frances Parker, Sydney  
Academic interests  
Ph: 02 4736 0049  
f.parker@uws.edu.au

# rural women's council update

This great country we live in and love, will always amaze me with its moods and challenges.

In November last year, my husband and I returned from a trip to America to find our garden decimated by a week of horrendous weather. The news channels we watched while away had reported catastrophic fire warnings in Australia, but without telling us where, so, in this huge land of ours, we were not sure, so we were not sure what we would find on our return home. As I wandered around my garden assessing the damage that had been done by searing north-westerlies to a garden that I had lovingly nurtured over some years, it was not the home-coming I wanted.

In January we returned from the Middle East to a completely different scenario — 186 mm in our rain gauge, full dams, waist-high grass, damaged roses and weeds of every nationality. While in Bahrain we had watched media images of the floods in Wagga Wagga and Queanbeyan; little did we know that Goulburn had been flooded as well. And this was before the images capturing the heartbreak of the floods in Queensland.

I not only respect the land we depend on but I also admire those who live on it and believe in its potential.

## REMARKABLE WOMEN

Recently I caught up with Alison McIntosh, 2010 NSW/ACT RIRDC Rural Women's Award



*Nerida Cullen (right) with Alison McIntosh who was awarded the inaugural Cattle Council Rising Champions Award in November 2010.*

Runner-up at a dinner sponsored by the Cattle Council of Australia in Launceston. She was the NSW entrant in the Rising Champions Initiative and had to compete against other young leaders in the cattle industry. The young man on our table who was the Tasmanian entrant was so impressed by her that he confidently predicted that she would win. Her speech in accepting this award showed her potential as a rural leader and as a worthy winner of this new award. In January Alison represented Australia at the Five Nations' Beef Alliance Young Ranchers' Forum in Denver, Colorado.

In Bahrain, my husband and I stayed with Peter and Sharon Dundon. Those of you who went to the Women's Gathering in Coonamble in 2008 may remember Sharon as one of the speakers. Her story also features in the new *Daring to Dream 2* book. Peter is employed by Meat & Livestock Australia and has responsibility for the live animal trade. Sharon gives freely of her time to ensure the humane treatment of animals by the workers in the feedlots and on the ships.

Last year I was invited to lunch on the MV Shuwakh, one of the live animal ships that depart from Fremantle for the Middle East. The words of the Captain who was from Kuwait resound with me and reinforce the work Sharon so professionally carries out — 'You Australians love your animals too much.' It is this barrier that Sharon is working so hard to break through education in the humane treatment of animals.

Sharon, like Alison, is committed to the animals that make our agriculture so viable. Both are remarkable young women.

## THE QUIET POWER OF WOMEN

I had the pleasure of not only participating in the Wentworth Women's Gathering but in addressing the wonderful women who attended.

My main task was to explain the role of the Rural Women's Network and the NSW Rural Women's Council in raising issues of concern to rural, remote and regional women and having these issues highlighted for the highest levels of government.



**NERIDA CULLEN,  
CO-CHAIR – NSW RWC**

I then took as a theme the quiet power of women — power that surrounds us, that never dominates but ensures the smooth running of our lives and society. The inspiration for this came from a documentary on good design—design that is so good that we take it for granted, like the white plastic stackable chairs that have become ever-present in church halls, SES sheds and in our own backyards.

But it wasn't the chairs that I found stimulating but the woman who partnered in the design of the road signage in England. She added her own touch to the sign drivers see everyday, and only glance fleetingly at, outside schools and other places where drivers have to be aware of children in the vicinity; the yellow diamond shaped sign with two figures on it — a girl at the front helping a young boy across the road. She gave the girl her own bobbed hair. It was her cheek and sense of humour that struck me as well as the simplicity of the design that so succinctly captures the essence of women.

I began to notice the same signage here in Australia — firstly in South Australia, then in Victoria and then here in NSW. And I saw other yellow and black diamond shaped signs that captured another aspect of being female — the belief in the importance of education. At country school bus stops, you see a sign showing a young girl, school case in hand, boarding a school bus in an energetic fashion.

I kept my eye out for similar signs in the Middle East. They are there in Dubai, Oman and Bahrain but with different cultural emphases — a variation on a theme.

A simple sign that we see and take for granted symbolises the role women play in society — a role that is quiet but powerful in its suggestion of nurturing and educating. These are two vital elements of fair and progressive societies and women are at the forefront.

I congratulate the women of Wentworth on a highly successful event and salute the quiet way they organised us, especially in the rain. It was a splendid occasion.

## ISSUES

The Council continues to monitor the issues that affect your lives and the viability of your communities.

The issue we decided was of utmost importance to rural communities at our November meeting was water. This now seems ironic with our prevailing weather conditions but it is one that must be debated and resolved and we as women have a role to play in whatever discussions are made.

## 2011 RURAL WOMEN'S AWARD

Congratulations to our 2011 NSW/ACT RIRDC Rural Women's Award winner Karen Hutchinson from Hanwood and runner-up Sally Martin from Young. As a member of the selection panel I can honestly say it was a difficult decision in selecting the winner as both women are so deserving. I wish Karen all the best as she now goes on to compete for the title of 2011 Australia RIRDC Rural Women's Award Winner.

Karen's project focuses on the efficiency of irrigated agriculture. Sally's interest lies in improving the commercial relevance of the sheep industry through technology and information dissemination. You can read more about Karen and Sally on pages 6 & 7.

## 2011 GLOUCESTER WOMEN'S GATHERING

This year's Gathering will be held in Gloucester from 14—16 October. It promises to be a huge success for the organisers and those of us who will attend, with plans well underway. The theme for the Gloucester Gathering is 'Friendship & Dreaming Beneath the Bucketts.'

This year my garden will grow and provide pleasure to its nurturers who are revelling in its greenness. And I will never take signs for granted, as they have meaning behind the simplicity of their message.



# Gloucester 14-16 October

'Friendship & Dreaming beneath the Bucketts' ... with the beautiful mountain range of the Gloucester Valley and the wonderful community spirit that supports our lifestyle here, we welcome you to join us in Gloucester for the 2011 Gathering.

We have wonderful guest speakers to inspire you including Father Chris Riley (Founder and CEO of 'Youth off the streets') and Mahboba Rawi (Mahbobas Promise). You will delight in the funny, irreverent and serious writings of NSW Poetry Champions, Claire Reynolds and Gabby Colquhoun, and Australian Poet Laureate Les Murray. There will be workshops so varied you will be spoilt for choice.

The Saturday night dinner will be very special, set in a rainforest atmosphere with wonderful entertainment.

We have many special places to explore. Food from the town and region is yours to enjoy with local wines and gourmet fare and great cafes. The eclectic shopping street will please all who wander. There is a range of accommodation to suit all tastes and budgets.

More importantly, come and help us to tread lightly on our wonderful earth. Everything we do at the Gathering will, to the best of our ability, be environmentally sustainable and climate friendly. We'll let you know how you can help with our goal!

Registrations open late June. For accommodation enquiries contact Wendy Hughes on 02 6558 1408 or Julie Lyford on 02 6558 1995 or julielyford@hotmail.com. Information is also available from:  
[www.gloucester.org.au](http://www.gloucester.org.au)



# information technology ■ Twitter for small business

By Kate Needham, Internal Communications Manager, Industry & Investment NSW

Twitter is a free online service that allows you to post short messages of up to 140 characters. The messages called 'tweets' appear to your followers.

If you run a business, it's a great way to connect with customers. You can use Twitter to gather feedback, share information, build relationships, monitor conversations about your business and its products and services, check up on your competition, gather market intelligence, provide customer service, solve problems and promote your products and services.

**GET STARTED:** Set up an account at [twitter.com](http://twitter.com). Fill in the biography so people can learn a bit about you or your business. Once you've set up your account you can follow other people's tweets and sending messages to anyone who follows you.

**HAVE A STRATEGY:** Have a clear strategy and goals as to what you want your Twitter account to achieve, who your messages will be aimed at, and how you want

to be viewed by your followers. Identify areas of your business that can be served by Twitter, such as marketing and customer service. Plan a schedule of regular tweets—post messages at least two or three times a week to build a following.

**BUILD A FOLLOWING:** The best way to find followers is to follow others. This doesn't mean you should follow everyone! Find people relevant to you. Many will follow you back if they're tweeting about similar topics. Take a look at the people who you admire are following and consider following them too. You can find other local tweeters using [localtweeps.com](http://localtweeps.com) or [nearbytweets.com](http://nearbytweets.com)

Make it easy for customers to follow you; advertise your Twitter account on your website, blog, email signature, business stationery and newsletters. [twitter.com](http://twitter.com) has free buttons and badges for your website and blog, and widgets to create a live stream of your tweets on your Facebook or website.

■ **Be personal.** Posting great links and information is the best way to build a reputation as someone to follow. The more useful your tweets the more likely you are to attract and retain followers. Tweet to share news; alert followers about great things you've discovered; share tips and tricks; provide expertise, give advice and link to information about your area of business.

■ **Be interactive.** Twitter isn't a one-way conversation. Talk to people, and not only to those that are already following you. Listen and learn: see what people say about your company, competitors and area of business and look for opportunities to engage with them. Ask questions, solicit feedback and float ideas.

■ **Be responsive.** Monitor what is being said about your company, brand or products. Respond to people who retweet or comment on your tweets.

**TWEET FROM ANYWHERE:** One of the best things about Twitter is that it's portable. Twitter

applications are available for iPhone, Android, Windows and Blackberry phones. You can also send and receive tweets via SMS.

For more information to get you started, advice on growing your community and other resources see: [business.twitter.com](http://business.twitter.com)

## TIPS & TRICKS

**Retweets:** Use 'RT', or click 'Retweet', when you want to share a message that you've seen someone else tweet.

**Mentions:** Use the at symbol '@' to mention other Twitter users in your tweet, e.g. 'Thanks for the feedback @joecitizen'.

**Direct messages:** Use 'DM' to send a private message a follower, e.g. 'DM @joecitizen What is your order number?'

**Hashtags:** Use the hashtag '#' to tag a tweet with keywords, e.g. #xmassale. Hashtags can be used to find tweets on the same topic.

**URL shorteners:** Links can take up a lot of space in a tweet. Use a URL shortener, such as [bitly.com](http://bitly.com) or [tinyurl.com](http://tinyurl.com)

### [healthykids.nsw.gov.au](http://healthykids.nsw.gov.au)

A great site for parents. You'll find information, resources, and ideas on physical activity and healthy eating for children and young people, like great lunch box ideas, tips for buying on a budget, and more.



### [www.feralscan.org.au](http://www.feralscan.org.au)

A new citizen science website where Australian's can record sightings of feral

animals to help build maps of pest species. The site was launched on 26 January 2011 with Rabbit Scan. Pages on foxes, feral camels, wild dogs, feral pigs, Indian myna birds, feral goats and cane toads will open soon.



### [bushbelles.blogspot.com](http://bushbelles.blogspot.com)

For rural women who want to be informed, inspired and in style.



### [www.sharnanigans.com](http://www.sharnanigans.com)

Sharni is a city girl gone country! In her blog she shares explorations about motherhood, emerging spirituality, women's issues, and general tales of a life.



### [down---to---earth.blogspot.com](http://down---to---earth.blogspot.com)

If you want to meet people from all over the world who are living simply or trying to, check out this blog. You'll



find discussion about baking bread, making soap, cooking, chickens, housework, paying off debt, budgeting and life in general.



# what's on, what's new?

## ***Advancing Women: Women & the Order of Australia — a new guide***

Business leader and social enterprise pioneer Carol Schwartz AM has launched a new high-profile campaign to boost the number of women recognised through the Australian honours system. It includes a new guide, *Advancing Women: Women & the Order of Australia*. An initiative of the Women's Leadership Institute Australia and Our Community, the *Advancing Women* guide provides support for not-for-profit organisations, and linkages between that sector and business and government. It outlines the process of nominating someone for an award and provides advice on the sorts of women you might consider nominating and how to build your case. **The guide can be downloaded free from OurCommunity: [www.ourcommunity.com.au/honours](http://www.ourcommunity.com.au/honours)**

## **Opera at 'The Dish'**

On Saturday 8 October 2011, with The Dish as the spectacular backdrop, a magical evening of famous operatic arias and songs from some of Broadway's greatest musicals will be performed on stage by the region's top artists including sopranos Helen Barnett and Julie O'Connor accompanied by the Macquarie Philharmonia 47-piece symphony orchestra.

The concert, titled 'Bellini to Broadway', is being planned by Parkes Under the Stars, a local community organisation established to deliver the inaugural Opera at The Dish in 2011. The major aim of the event is to raise funds for the McGrath Foundation to assist with their efforts in supplying breast care nurses to regional centres including Parkes.

## **Farmers lend a hand for Herds of Hope**

Herds of Hope is a new national fundraising initiative, created by members of the Australian red meat industry to support Ronald McDonald House Charities® (RMHC®) Australia.

RMHC has had a strong connection to rural Australia through its programs that benefit rural families whose sick children require treatment in metropolitan hospitals.

Herds of Hope are inviting cattle and lamb producers to donate the proceeds of the sale of selected cattle and/or lambs from their herds to RMHC when they are sold, either direct from the farm to feedlots or processors, or via agents at sales across Australia.

RMHC will produce custom branded ear tags to identify donated animals ahead of sale. Elders is voluntarily facilitating the contribution to RMHC through an account set up in the Charity's name, allowing producers to easily contribute as part of their regular sales process. Cargill Beef Australia will also process donations direct to RMHC from cattle sold to Cargill.

Herds of Hope was officially launched in December 2010 and is being rolled out across Australia.

**For more information contact Grant Garey, Cargill on 0428 243 207 or email: [grant\\_garey@cargill.com](mailto:grant_garey@cargill.com)**



## **Eureka prizes open**

Presented annually by the Australian Museum, the Eureka Prizes reward excellence in the fields of scientific research and innovation, science leadership, school science and science journalism and communication. Entries close 6 May.

**For more details call 02 9230 6000, email: [eureka@austmus.gov.au](mailto:eureka@austmus.gov.au) or see: [www.eureka.australianmuseum.net.au](http://www.eureka.australianmuseum.net.au)**

### ***New counselling service supports Australians who have experienced violence***

Did you know that nearly one in three Australian women will experience physical violence and almost one in five will experience sexual violence at some point during their lives?

1800 RESPECT is a new telephone counselling service for people who have experienced or who are at risk of physical or sexual abuse. The service is confidential and operates 24 hours a day, seven days a week over the phone, providing both immediate and ongoing assistance.

Callers have direct access to qualified and specialist counsellors who provide counselling, information, advice and referrals, free of charge.

**1800 RESPECT (1800 737 732)**

## Where do you draw the line? **New website**

A fantastic tool for young people and parents and carers that discusses the fine line between what's in and isn't ok in a relationship. What crosses the line for one person might be perfectly ok for another. And while sometimes the line is crystal clear, other times it's a bit blurred. It all comes down to respect. Respect for others, and understanding of what crossing the line means to them. And respect for yourself, so you can be clear about where you draw the line.

**Go to:** [www.theline.gov.au/home](http://www.theline.gov.au/home), or to talk to someone about relationship issues you're experiencing or if you are unclear about where to draw the line call 1800 MYLINE (1800 695 463).

### INFORMATION GUIDE FOR PATIENTS AND THEIR CARERS

If you need help because your health condition or financial circumstances make it difficult for you to travel independently, or the specialist service you need are not available locally, Transport for Health may be able to help. In each Area Health Service, a Health Transport Unit has been established to help patients arrange travel from non-emergency health-related services and appointments and to provide access to reimbursement and subsidy schemes. **The guide can be downloaded free from:** [www.health.nsw.gov.au](http://www.health.nsw.gov.au) or call 02 9887 5450.

### BOOK REVIEW BY SONIA MUIR

## When it rains: A Memoir

By Maggie Mackellar

*When it Rains* is an incredibly courageous book that lays bare one woman's journey through grief while embracing change.

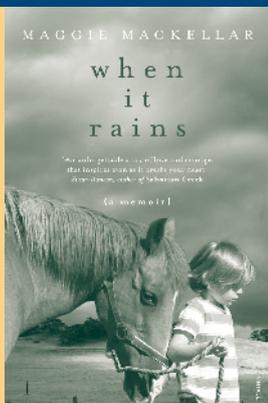
Maggie, a rural woman from Central Western NSW, lost her husband through suicide while pregnant with her second child. Two years later her mother died of cancer. In this memoir she explores intense and personal feelings of loss as she and her little family rebuild their lives on a farm in rural NSW.

Maggie bravely decides to leave a successful academic career in the city and head bush in an attempt to create a more meaningful life for herself and her children.

It is a beautifully written book. Maggie has a wonderful command of words and it made me think more about taking time out to appreciate people who are important to me before they are lost.

RRP\$ 29.95

ISBN 9781741669602

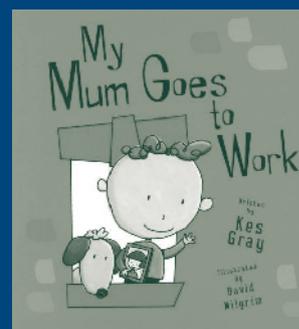


## My mum goes to work

Review by Allison Priest

My daughter is at a stage in her life (she just turned three) where each day I go to work she asks me the same question—why do I have to go to work and why can't I stay at home and play with her.

Unfortunately, like a lot of other mums, I don't have the luxury to stay at home and be a fulltime mum. I found this great little book by Kes Gray a great tool to help me show my daughter that, even though I sometimes have to go to work, I still love her. I ordered the book from my local bookshop for \$16.99.



## New Rural Industries Australia (NRIA)

NRIA is an alliance of new and emerging rural industries, working together, sharing information and lessons learnt, and joining forces to ensure more successful and profitable industries. Membership is open to individuals and to new rural industry associations and corporations that support and are part of the new rural industry supply chain. The formation of the organisation has been supported by the Rural Research & Development Corporation, however it is a non-government organisation with the board made up of primary producers directly involved in the new rural industries.

**For more information or to join NRIA go to:** [www.nria.org.au](http://www.nria.org.au) or email: [nria.info@nria.org.au](mailto:nria.info@nria.org.au)

## FREE Women in Politics

With 2010 being the Year of Women in Local Government, the Australian Local Government Association has published a timely overview of the state of play regarding the under-representation of women in politics. With women accounting for only 27 per cent of elected councillors, little has changed in over 20 years. *Women In Politics* includes fascinating profiles of numerous leading women in all levels of government.

**Download a free copy of *Women in Politics* at:** [www.alga.asn.au/publications/ALGA\\_WomenInPolitics.pdf](http://www.alga.asn.au/publications/ALGA_WomenInPolitics.pdf) or call 02 6122 9400 to request a copy.



## So you have a 'mental illness'. What now?



A free resource written by people who have been diagnosed with a 'mental illness', this new resource provides an introduction to the mental health system from the perspective of those who have been there and experienced the system first-hand. Beautifully illustrated with cartoons by Our Consumer Place staffer, 'batty cartoonist' and 2004 HREOC Human Rights Award winner, Merinda Epstein, and punctuated throughout with thoughts about 'madness', creativity, power, language and the human condition, this resource will appeal on many different levels. **You can download your free copy from: [www.ourconsumerplace.com.au](http://www.ourconsumerplace.com.au)**

### MY JOURNEY KIT

A free information resource for women newly diagnosed with breast cancer, developed by women who have been on the journey. The Kit includes an Information Guide, A Personal Record Book, A Guide for women with early breast cancer, a CD—'When the woman you love has breast cancer', a brochure—'Helping a friend or colleague with breast cancer' and a subscription to Breast Cancer Network Australia's free quarterly magazine, *BEACON*.

**To order go to: [www.bcna.org.au/new-diagnosis/my-journey-kit](http://www.bcna.org.au/new-diagnosis/my-journey-kit) or call 1800 500 258**

### WOMEN, LOVE AND LEARNING: THE DOUBLE BIND

Written by Alison Mackinnon, this book tells the story of a generation of American and Australian women who embodied, and challenged, the prescriptions of their times. In the 1950s and early 60s they went to colleges and universities, trained for professions and developed a life of the mind. They were also urged to embrace their femininity, to marry young, to devote themselves to husbands, children and communities. Could they do both? While they might be seen as a privileged group, they led the way for a multitude in the years ahead. They were quietly making the revolution that was to come.

Did they have 'the best of all possible worlds'? Or were they caught in a double bind? There are lessons here for today's young women, again facing conflicting expectations. Is it possible, they ask, to 'have it all'?

**Published by Peter Lang  
ISBN 978-3-0343-0450-4  
RRP \$150.95**



Angel Babies offers free confidential counselling through psychologist trained volunteers for people dealing with infertility challenges and people who have been touched by the loss of a much anticipated baby through miscarriage, stillbirth and neonatal death. The Foundation also supports parents of premie babies during their hospital stay and through the emotional journey home.

**For more information see: [www.angelbabies.org.au](http://www.angelbabies.org.au) or call 1300 283 238 (local call) between the hours of 9.30 am to 5.00 pm, Monday to Friday.**

## Resources for older women

*By Beth Eldridge, Coordinator – Older Women's Network NSW Inc.*

Older women play a critical role in supporting their families and communities, but in an environment of increasing social and financial pressure, older women must ensure that they do not jeopardise their own security when asked to help those they love. Some of the worst cases of financial elder abuse are perpetrated by those closest to us, and begin with seemingly small transgressions, often culminating in the inadvertent surrendering of power, authority and financial security. The following resources have been developed to provide advice and guidance when dealing with legal and financial issues:

- A room of one's own: Legal and financial issues for older women considering 'Granny Flats'
- Love at last: Legal and financial considerations for older women negotiating new relationships
- Over the Rainbow: Legal and financial considerations for older lesbians negotiating new relationships
- One good deed: Legal and financial issues for older women considering gifts and loans
- Safe as houses: Legal and financial issues for older women considering going Guarantor

**For more details call 02 9247 7046, email: [info@ownnsw.org.au](mailto:info@ownnsw.org.au) or see: [www.ownnsw.org.au](http://www.ownnsw.org.au)**



An inspiring group of women from the Hunter came together recently for a two-day SOFT (Shaping Our Futures Together ) workshop in Scone. There was lots of laughter, sharing of stories and a few tears too. Our facilitators, Sonia and Deranie did a fabulous job of creating a safe and nurturing environment while at the same time challenging us to take an honest look at who we are and where we're going. There were plenty of 'light bulb' moments and over the two days those tears turned into defined and measurable steps towards change. Everyone came away with realistic goals and a pathway towards achieving them. One of our ladies was a belly dancer and on the second day we were treated to instruction and practice in a few groovy moves! New networks were formed and it was fantastic to see everyone supporting each other through individual challenges. There was so much that we were able to learn from each other. How amazing and interesting we all are and how powerful we can be when we take responsibility and allow ourselves to learn and grow. Learning that it's OK to say no was a big thing for many. Special thanks to I&I NSW's Rural Support Worker Program for sponsoring SOFT.

**The next SOFT course in Scone is on 7-8 June. Contact Caroline Long, Rural Support Worker on 02 6544 4902 or email [caroline.long@industry.nsw.gov.au](mailto:caroline.long@industry.nsw.gov.au) for details.**

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 2800.

Visit the Rural Women's Network internet site at [www.dpi.nsw.gov.au/rwn](http://www.dpi.nsw.gov.au/rwn)



**Daring to Dream 2**

DTD2 features 25 incredibly diverse women from NSW and includes high profile leaders alongside many remarkable 'unsung' heroines.

Their stories display creativity, perseverance and resilience. Each freely shares their knowledge and experience to provide inspiration and ideas for others who may want to start on a daring to dream journey of their own.

Daring to Dream 2 will be available May 2011 and costs \$11 incl. GST plus post & packaging. To order your copy, contact I&I NSW Bookshop on 1800 028 374.



The Country Web is produced by Industry & Investment NSW. **If you live in NSW 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. To receive an alert notifying you when the latest edition is available from our website email: [rural.women@industry.nsw.gov.au](mailto:rural.women@industry.nsw.gov.au)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

P/CODE: \_\_\_\_\_

PHONE: \_\_\_\_\_

Aboriginal or Torres Strait Islander background  Culturally & Linguistically diverse background

Age Group:  <20  20s  30s  40s  50s  60s  70s  80s+

The Privacy & 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.



**Industry & Investment**

