

EDITION

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RRRR Network News

FOR RURAL, REMOTE AND REGIONAL WOMEN IN WESTERN AUSTRALIA



Department of
Agriculture

Department of Local
Government and
Regional Development

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Tiles of Quindanning



RRR NETWORK



RRR Network News

Network News is published quarterly by the RRR Network to share stories and photographs from and about women living in rural, remote and regional Western Australia.

The RRR Network was established in 1996 to bring together women in rural, remote and regional Western Australia to recognise, promote and expand the contribution they make to their communities. The Network is a joint project of the State Government's Department of Agriculture and Department of Local Government & Regional Development.

RRR Network News helps us to share our experiences, information and inspiration with each other. We'd love to hear your story too. Contributions are welcome by e-mail (rrr@dlgrd.wa.gov.au) or by mail.

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COVER PHOTO:

Mosaic table top produced by the Quindanning community (see story Page 3). Photo courtesy of Deb Cavanagh.

The acting coordinator for the RRR network, Charmaine Rogers, and I recently had the opportunity to meet with the Minister for Local Government and Regional Development, Mr Tom Stephens. This meeting enabled us to discuss with Mr Stephens, future directions for the Network. I am pleased to say that the Minister was extremely positive in regard to both the current status of the RRR Network and its future. The Minister kindly agreed to participate in an online forum. This forum was held on May 15, and was a wonderful opportunity for us all to "chat" with a minister in such an intimate forum. We hope to conduct a similar meeting with Minister Kim Chance, Minister for Agriculture at a later date.

The Reference Group of the RRR Network met face-to-face for the first time in mid February. The two day meeting was a wonderful chance to not only get to know each other, but also to focus on how we see the role of the network for Rural, Regional and Remote women in Western Australia in the coming years.

After six years of being in the same location, the RRR Network 'office' has moved, so please update your contact list. The updated contact details are located in the column alongside.

As always, it is the members of the RRR Network, who ensure its success. It is so important that we continue to receive your stories and contributions to Network News – as well as contributions to our bulletin boards and online forums on our website. We welcome and encourage "first timers" to such forums, as it is a very user-friendly way to begin!

It is hard to believe, that as this edition goes to print, our Year of the Outback will be nearly half way through – and it seems like it has only just begun. All around the state, many events and activities are being showcased in an Outback flavour. I urge you to support them, and in doing so, help demonstrate that the outback not only holds the key to our future, but also our past.



Cathy Broad



Minister Tom Stephens discussing the Network with RRR Network Chair Cathy Broad (centre) and acting Coordinator Charmaine Rogers.

Tiles of Quindanning

Project by Quindanning Community



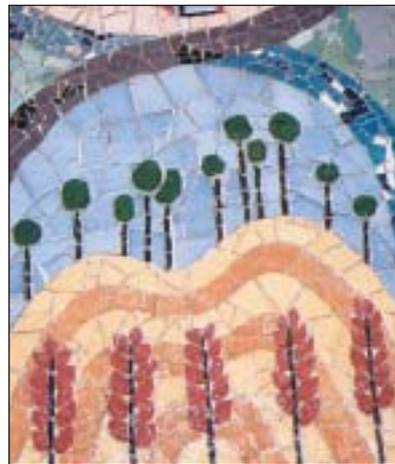
Quindanning is a small community situated between Williams (on the Albany Hwy) and Boddington. The townsite consists of the Quindanning Inne, the Church and the Quindanning Community Hall.

The Quindanning Community Hall Committee have worked towards improving the Hall surrounds over the last few years so that it is attractive to locals and to the passing tourists as a stopping point. We have erected a gazebo with a grant from the Centenary of Women's Suffrage, built a public barbecue and hope to resurface the tennis courts in the future.

In early 2001, the Hall's committee secured a grant from Country Arts WA to create a mosaic depicting what Quindanning means to the local community. The funding included the help of artist, Fiona Sinclair, whose role it was to coordinate the community's ideas into an artwork that the community could undertake. Fiona's facilitation has resulted in the creation of a table that is entirely made up of the ideas and drawings from the whole group.

Story by trainee artist Deb Cavanagh

Fiona Sinclair was an excellent coordinator who extracted ideas from the initial group of 15 people to create a design that depicts Quindanning beautifully. Once Fiona had taught us the techniques, it was up to the community to finish our table. This took six months with a small group of enthusiasts meeting each Sunday cutting and snipping tiles to fit. It became an addictive project



and one that we felt great ownership over.

The project was a phenomenal success, which has resulted in a 2m x 1m table that sits out under the gazebo and is a source of great community pride.

From a personal point of view, I was lucky enough to work as trainee artist on the project under Fiona Sinclair and thoroughly enjoyed the challenges of getting people together, collecting all supplies, and even doing the occasional bit of cooking for larger groups with a wood stove at the Hall.

I have now been given the opportunity to work on another mosaic project in Boddington, helping them create a wall mosaic for the main street that is a reflection of their cultural heritage. I have gained an enormous amount from the opportunity provided to me through Country Arts, in Quindanning, not least of all is an addiction to community art and the smashing of tiles for the sake of art!



Karratha Back Beach at low tide, the Woodside Flame glowing on the horizon'. Photo by Michelle Waterstrom of Karratha.

Escape From The City

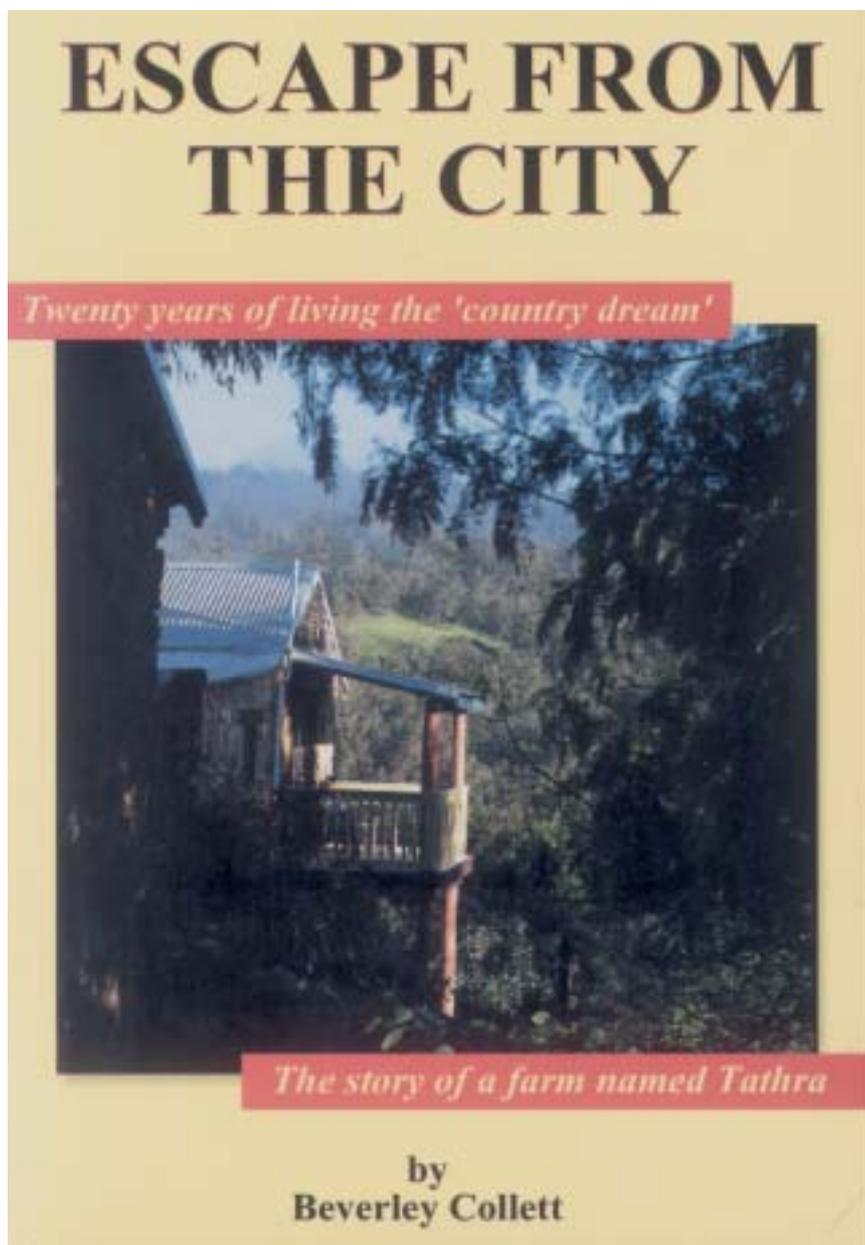
Author — Beverley Collett
Published by Green Seeds Press

Book review by Anne Hales

It's a long time since I have picked up a book and couldn't put it down. Bev Collett entices the reader into her adventure of starting a new life in the country.

The book chronicles twenty-years of living the 'good life' in the bush. Along with her partner Brian they forged into unknown territory, farming, building a stone house starting a fruit winery, restaurant and accommodation. Topping the adventure was inviting their three sons and their families to join them. 'A bold social experiment.' Bev calls it. She writes ...

'In the beginning it was a utopian dream. Some called it naive and foolhardy I believe it had a deeper purpose than any of us could understand. Relationships are a challenge when there are two



READERS

Bev Collett has kindly supplied a copy of her book "Escape From The City" to give away to one lucky person! Simply mail or email us your name and postal address to the attention of:

Escape From The City Contest
RRR Network

C/- Department of Local
Government and Regional
Development
PO Box R1250
Perth WA 6001

Or

rrr@dlgrd.wa.gov.au

All entries will be placed in a hat and one name will be chosen on Friday 28 June 2002 at noon.

The winner's name will be published in the next edition.

participants ... try seventeen. All families have good and bad times and families living in paradise are no exception.'

The prose is beautiful and the story line carries you along on an enchanting journey of discovery. She writes of finding the farm they had dreamed of...

'The first sight of Tathra touched my heart. There is something sad about a derelict farm with its dilapidated building, rusted corrugated iron blowing in the wind,

broken windows, decaying timber and rubbish. Rainwater tanks hung drunkenly off toppled tank stands and antiquated farm machinery rusted where it had been left.

My sadness was intermingled with the power of nature to reclaim her own and the sight of new growth, virginal and tenacious, amongst the broken glass and twisted iron.

Who had lived here? Why did they leave? How could they tire of paradise, tire of seeing a Spring such as this.'

There are cliff-hangers...

'By now the hills were a towering inferno. Twenty-five metre high flames sped through the treetops. Marris and jarrahs burned like grotesque torches. Bracken fern exploded and sent showers of brands into the scorching heat, each starting another blaze.

My body was shaking violently. I felt powerless, totally insignificant in the face of this immense force of nature I thought would snatch my son's life.'

And realisations, like the first day of shearing...

'When the plant was switched off and the shearer had gone home, Brian and I sat and looked at each other. We had two more days of this, our energy was depleted and there was still the wool to bale.

Sheep had always looked so gentle in the paddocks, quietly grazing: the illusion had been shattered. I was covered in mud and dung. My body ached. During the day I had sworn frequently and loudly, using words I had only heard before and prided myself on not using.'

There are encounters with the super natural...

I was mesmerised, countless thoughts ran through my head. Was some unseen force trying to get my attention? Why didn't it appear when I was living on my own? Maybe I should ask questions? With this thought my courage crumbled.'

and of the mechanical kind...

'We climbed up into the hills. Looking over a crest I spotted it halfway down a steep incline, wedged firmly between two trees.

'My God,' I whispered. I sank to the ground as my legs gave way.

'Come on, it's alright,' Brian said helping me to my feet.

'Alright, be damned Brian. You could have been killed.' I felt nauseous.

When we reached the tractor it was jammed solid, wrapped around the trees.

And animals...

'Brian, confidence building set aside the wash bucket and replaced it with the milking bucket. The first



Bev Collett

The first sight of Tathra touched my heart. There is something sad about a derelict farm...

squirt of milk hit metal. Success. The level of mild rose to three centimetres.

It's pretty hard on you fingers. Here you have a go.' I took his place, burying my head into the cow's side. She felt warm and comforting. Squirt, squirt, squirt. I'm milking a cow I though blissfully. The level rose another three centimetres. Suddenly Honey lunged and struggled to free herself from the head bail, a deep bellow gurgling in her throat. I was unprepared; her back leg lifted and her hoof narrowly missed my knee. She thrust her foot into the bucket, then in her confusion kicked it and knocked me off my stool in one movement. To press her point she lifted her tail and pissed. Eight litres of warm yellow urine sprayed all over the spotless milking stall.'

And descriptions of the seasons that will transport you into a country day...

'A pot of pea and ham soup simmered on the hob of the wood stove and the smell of freshly baking bread filled the room. It was warm and inviting in the cottage. Outside winter had arrived and the ground was sodden. Autumn leaves rotted in nooks and crannies in the garden where the wind had blown them. The sound of the rain running off the tin roof into the tank was as welcome to me as it had been to the thirsting plants.

Lunch? Yum. Yes please,' Gloria accepted. We stocked up the stove and sat with our feet on the oven door, a bowl of

soup on our lap, relishing the moment.'

War threatens....

'Not only did we have to learn how to build a house, we had to compromise, to find the middle ground between Brian's idea of how it should be and my idea of how it could be. Working conditions on the building site were often turbulent; there were times when civil war threatened.'

then success...

'We had done it; we were living in a house we had built. We looked around in awe and satisfaction. Our dream had come true.'

The candour and humour with which Bev Collett writes makes 'Escape from the City' a thoroughly enjoyable easy read that is bound to inspire you.

'Escape From The City' is available from the author at www.tathra.net and selected bookstores — Angus and Robertson, Bunbury; Dymocks, Busselton; Arcane Bookshop, Northbridge at RRP \$24.95



Left to right – Cr Margaret Bird, Cr Carol Pinkerton, Cr Gloria Millward, and President Barbara Dunnet.

Gender equity on Council

At the May 2001 Local Government Election in the Shire of Nannup, a unique phenomenon occurred in that two more women were elected onto the Shire Council, thereby creating for the first time ever gender equity on the Council of eight members. Cr Margaret Bird and Cr Gloria Millward were newly elected and Cr Barbara Dunnet was re-elected, joining Cr Carol Pinkerton who was half way through her four years. This was even more unusual given that only five or six years previously there had only ever been one woman Councillor at any one time.

What was it that encouraged these women to take the plunge in the first place? We should firstly ask Cr Barbara Dunnet, who was elected the President of Nannup Shire after the last election. This is another first for Nannup Shire.

Barbara was elected onto Council in 1997 with a strong desire to

represent the South Ward which includes the Scott River Plain where her family has farmed for years. Several issues needed addressing urgently as blue gum plantations were reaching maturity and the roads needed attention. Barbara felt she was in a unique position to represent this section of the community. In May 1999 Cr Carol Pinkerton was elected, joining Barbara. 1999 was a troubled time for Nannup as the community found itself in the middle of all the controversy of the RFA. Politics played a huge part in day to day events being tackled by the Council and Carol found herself wishing she had never been elected. There were meetings with highflying politicians and bureaucrats where, as a newly elected councillor, she felt completely out of her depth. There is a tangible support system between the women where they feel comfortable to express their views and feelings over the issues of the day.

The reasons for Margaret and Gloria standing for Council are similar in that they had both served their community in various capacities over the years. Margaret became involved in Timber Communities Australia to retain the Nannup Mill after the mill lost half its timber resource due to the RFA. Nomination for Gloria was an extension of her involvement with Junior Red Cross, Junior Farmers, CWA and various school and sporting groups in the Esperance area. There were two positions on the ticket with three candidates and Gloria asked voters to give her a chance with the second placing. Locals appreciated this personal approach and voted her in.

Barbara notes some of the differences in presiding over a council, which has an equal gender base, as:

Women are more open in either their support or lack of support for a particular agenda item.

Pyromaniac in training

Soil testing is not the only activity we have been engaged in lately. The other tasks that have to be done at this time of the year, are preparing machinery ready for cultivating, raking and burning pea stubble (a filthy job - haven't volunteered to learn that one!) and burning the wheat stubble. *Bill doesn't burn it all at once because it makes the soil too vulnerable to wind erosion so he selects strips to burn.

To burn the stubble an amount of straw is caught in a harrow, set on fire and then dragged around the outside of the paddock and the wind does the rest. This is great on the side where the wind is blowing into the patch to be burned, but is a little more awkward elsewhere. To prevent the whole farm going up the fire truck is employed.

Our fire truck is a big lumbering old thing with a water tank similar to a petrol tanker only not as big on the back. It is fitted out with various pumps, hoses and so on. At the front at about bumper bar height there is a spray bar that squirts a blanket of water about the width of the truck on the ground in front of the truck. In order to stop the whole farm catching on fire the water truck is used to lay a blanket of water that the fire won't jump.

Bill initiated me to this practise the other day. The truck runs ahead of the fire harrow for a specified distance laying a blanket of water, then doubles back and does a second run along the edge of the fire just to be sure. This means that the truck is sometimes driving through flame. To me, the uninitiated, they seemed to be gigantic but I'm assured it's all very safe.

It's a very unpleasant job. The cab fills with smoke and acrid steam. At one stage we had to high tail it over to the power poles that run through the middle of the paddock running through flames as we went. The fire hose was used to douse the pole and surrounding soil with a goodly measure of water. I guess I must confess to being absolutely feint hearted where fire is concerned and since Bill had me driving the poor old truck at times it's not a job for which I will volunteer in the future.

*Not his real name.

Maggie Bennett
August 1999

Women are better at networking and communicating issues to the public usually through their involvement with other groups.

Having a gender balance allows for better decision making as issues are more freely discussed across all aspects.

Women are prepared to admit they do not know the answers and are prepared to find out.

Women inspire other people to contribute to community activities.

Women often have more time to devote to council business when they are not breadwinners.

Barbara also states that all persons must earn their position on council regardless of gender and in this case women often feel that they need to prove themselves by working harder at a lot of things than the men to gain respect. All four women were quick to point out that they were able to achieve their goals through the support of their families and they appreciated the support from one another. There was always someone to turn to for a discussion or opinion and a sense of teamwork prevailed.

The increase in women on Council has coincided with a new focus for the community. The traditional industries of farming and

timber have given way somewhat to more efforts to support the blossoming tourism industry. The Council adopted a theme of The Garden Village a few years ago and creating more flower gardens and providing flower boxes on the main street has followed this up. A River Foreshore Park is also receiving enormous support from Council. Work has been undertaken on community buildings to either preserve their heritage value or create a new community house for the use of various groups. Two of the councillors, Margaret and Carol, work particularly closely with the tourism industry through past association and did come to Council aiming to generate this kind of recognition of its potential.

At a recent Women in Local Government Day held at the City of Belmont, Ms Ricky Burges the Chief Executive Officer of the W.A. Local Government Association, impressed on the women present that there was no more worthwhile or rewarding job they could do than serve their community as a local government councillor. From the experience shown by the women on Nannup Shire Council this would seem to be the case.

Nannup Flower and Garden month

This is a community organised event run entirely by volunteers over three weekends from 17th-25th of August. It features a tulip festival extending for a weekend a daffodil festival weekend, which coincides with Daffodil Day for Cancer support. The festivals exhibit plants and landscape features for a number of growers and community members. There will be a variety of plant sales and market stalls over 3 weekends. Other features include an auction, wood workers, quilt and "hatches and matches" (christening and wedding gowns) exhibitions. The month includes visits to private and commercial gardens.

Come and see what a small town can do with flowers! For more information goto the website www.wn.com.au/flowerandgarden or phone 97561211.



Drawing by Cherie Broadhurst of Kalannie



Marion at work – somewhere in WA!

Going Gypsy

By Marion Torr

After saying farewell to the classrooms of Harvey High, I began the journey within the school of life. Taking on board my husband and experiencing the amazing opportunities that have crossed our paths. Working side by side is our uniqueness – a partnership of 34 years. Same job, same guy, almost same old tractor. Our specialty – roadside rail verge vegetation mowing or more to the point slashing or depending on the company, ecotrimming. Our contracts began to spread throughout the state and to support my husband Terry I hung up the hairdryer and headed bush. Basically we educated our kids then deserted them. We've had them ring from shire to shire asking people whether the Torr's were in town, worried that we'd got lost or had gone troppo somewhere out in the bush. We have almost been everywhere in this great state – Esperance, Albany, Mullewa, Kununurra and small communities unknown to many. If there is a black stump, I think that we

would have seen it or even used it to stoke our campfire.

We sleep in twin cab beat up truck, top and tail in the makeshift bed set up in the back seat. We have all the necessities of life – drinking water, toilet paper, lipstick, bulk purchases of tea bags, and Mr Heinz's gourmet products.

Over the years our partnership has taken me to offices in St Georges Terrace, to looking like a grease monkey, to chipping around 10,000 white posts in the Goldfields and Eyre Highway, to traffic control or raking the mess off the road. Best of all is sending the bill and being paid. We have established friendships throughout the State and had loads of fun. You'd guess there would be a tale or two to tell:

In a place where the wind blows and it's cold and bitter. I donned the uggies in desperation. The supervisor

working with us noticed the gaping hole in my boots and said "Girlie if you let your Dad work another hour longer he'll be able to buy another pair of boots." I was quick to answer (for this wasn't the first time), "that I was actually going to sleep with him that night." Another fellow praised me for doing a great job driving my 'Dad's' truck. I guess you would now have a picture of my husband – a grey old bugger driving a prehistoric tractor.

Working in the Geraldton region makes the mouth water for field mushrooms. Under instruction from our flagman I was over the fence and found a smurf village just near the tree line. Hey presto – lunch.

We enjoyed our 30-year anniversary of matrimony sitting around a log fire besides a railway track, fine dining on crayfish caught and delivered especially by our boss. The guys up there are compelled to catch anything that moves in the water and wash it down with beers or anything that kicks back.

Basically we educated our kids then deserted them. We've had them ring from shire to shire asking people whether the Torr's were in town, worried that we'd got lost or had gone troppo somewhere out in the bush.

Three Springs – hot as hell or as wet as you can get. Not unlike a scene from a western, we've had the tractor bogged up to the back axles right on the railway track with a train on the way. The Batavia coast men amazingly put down their tinnies hijacked the train and pulled us from the bog.

Another day the flaggie and I sat patiently with our prepared lunch waiting for Terry to arrive. Up on the horizon he came following his belly – time for lunch. As he slowed down near us his back wheel fell completely off, sending the flaggie and I into fits of laughter. After the laughing stopped we were up and going again in only three hours.

My memory brings to mind a lazy day in Albany that things aren't always done on the level. Following my guy on his Inter-sauruau tractor mowing the steep batter on the channel. OOPS! The angle wasn't good. For me, I accelerated for the thickest of scrub and turned the radio up loud. I couldn't stand looking for fear of what I might see. Eons passed and I raised my head from my hands to see our supervisor's ute tied to the tractor hopefully preventing it from slipping into the snake infested water.

Outback Australia, so amazing, so diverse, so friendly – The True Blue. Gold fossickers, cockies, the silver haired caravan convoy, truckies and the locals that we have shared a meal and a story with. I reminisce with pride at our achievements and experiences and know that we lead a full life. Never short of adventure – all equal. They say 'enjoy what you do and you will never work a day in your life'.

Golden Days

by Maxine Ward

Have you ever woken up in the morning and thought there must be something better out there than a nine to five job? Well there was for my husband and I. Six years ago we were tired of working with the public. We had been managing shops, a tavern, and then a very busy sports store. It all became too much for us.

Our son came home from Paynes Find with a 22-gram gold nugget he had found with a metal detector, and gave it to me as a gift. That started me thinking. Wouldn't it be lovely to make a living at metal detecting?

It took a few weeks, and some rather difficult customers, to get my husband Frank to start thinking positive about a new future. We sold our home, and most of our belongings, and bought a huge caravan. Too big as it turned out – you can't tow a big caravan through creeks and along bush tracks. We were very fortunate to have been able to start prospecting on our son's friend's lease at Golden Grove. What a lovely place to learn. We had all the peace and quiet one could wish for. Plus, we were finding gold.

Next we moved to Cue, and met a wonderful couple in their eighties – Ethel and Jack. They took us under their wing and showed us a thing or two about detecting, and where to look for likely places. Cheers Ethel and Jack.

October became very hot, so we headed back down south. We called in to show off the gold to our former boss, and guess what, we start working again. "Just until it gets cool", or so we thought. Four years later we woke up to ourselves and headed for the goldfields again. While we were working we spent all our holidays detecting and we did very well from it.

We now have a home in Westonia, right in the main street. The kettle is always on the ready for a cup of tea if you should be in the district.

We have met some wonderful people and seen some beautiful country. It is just the best life. The thrill of finding gold no matter what size, is something that excites me no end.

This life is not for everyone, but if you think you would like to have a go, my advice to you is get the best detector and go for it. See you out there.



Report:

Living With Cancer Conference

Canberra 4-5 February 2002

The conference overall was a significant step in helping to define the consumer movement in regard to addressing some of the shortfalls in services that currently exist, particularly in the rural areas of Australia. The Western Australia consumers, I believe, benefited from the experience. They all were comfortable being involved in the process and their contributions were excellent.

The conference did highlight that there is still much work to be done in the area of meeting the consumer needs throughout Australia. However, from my experience in the workshop it appeared that WA was ahead of the other states in addressing many of the consumers needs. An example of this is the accommodation available to consumers and their family at Crawford Lodge. Many other states do not appear to have such a facility, which was a major issue discussed.

The report to be produced by The Cancer Council Australia following the conference will hopefully go a long way towards addressing the needs that the consumers identified. A further report on the actual recommendations from the cancer conference will be published in the *RRR Network News Magazine* when it comes to hand.

MONDAY 4 FEBRUARY

10.30 am Professor Ray Lowenthal

Professor Lowenthal welcomed all guests and participants to the conference.

The continual need for consumer input into cancer services was stressed. The Canberra conference is a vital ingredient in the progress for consumer participation by the Cancer Council of Australia.

Consumer Participation Project Officer, Chris Massey following his participation at the Conference, presents this report. For further information, Chris can be contacted at 46 Ventnor Avenue West Perth WA 6005, phone: 08 9212 4386, fax: 08 9212 4399, or e-mail: cmassey@cancerwa.asn.au

The Consumer* Participation Project Officer, Chris Massey, the Coordinator of Cancer Country Support Services WA, Jackie Landells and three WA consumer representatives, attended the conference. The Consumer representatives were Mrs Sharon Murphy, who has set up a Cancer support group in Donnybrook WA, Mrs Sue McCreery, who has established a Cancer support group for the Dalwallinu District and Garry Thompson, who is a consumer representative from the Perth metropolitan area.

* "Consumer" is someone using cancer services i.e. patients, carers, families, friends or health professionals.

Professor Lowenthal made reference to the Charter Of Paris Against Cancer, which has recently been reproduced for The Cancer Council. The Charter sets out a number of articles in which individuals need to be accountable and demonstrate a commitment for.

11.00 am Professor Miles Little

Professor Little lectured on the various experience of survivors and the ongoing support that survivor's need. Generally the talk was interesting.

12.00pm Launch of the consumer guideline "Localised Prostate Cancer: A guide for Men"

Mr Con Casey introduced the book on behalf of the committee who had developed the guideline. The guideline was produced with consumer input.

Senator the Hon John Herron officially launched the book.

The publication is available by ringing the Cancer Helpline on 131120

1.15 pm Overview of the concerns of people affected by cancer

Professor Phyllis Butow (Director of the University of Sydney's Medical Psychology Program) gave an overview of the concerns of people affected by cancer. Professor Butow outlined three domains that need to be assessed and reviewed. These domains were the psychological domain, information domain and the service and resource domain. Professor Butow then facilitated the following speakers.

Dr David Goldstein Medical Oncologist

Dr Goldstein discussed the issue of medicine in the rural areas of Australia. Dr Goldstein identified a number of gaps that existed with country patients, compared to city patients in the health care system. A number of these issues were the priority areas that were to be workshopped.

Mr Russell McGowan

Chair of Cancer Advocacy Network

Mr McGowan represented the consumer perspective and what still needs to be addressed to improve cancer services throughout Australia. Mr McGowan gave a number of examples, highlighting some of the needs that consumers continuously need, but do not receive.

Liz Abel

Ms Abel briefed the conference participants on the National Support Issues and Priorities for 2002. To achieve these priorities the following needs to take place between The Cancer Council Australia, state cancer bodies and consumers:

- Consultation
- Action
- Access and equity
- Partnerships
- Advocacy

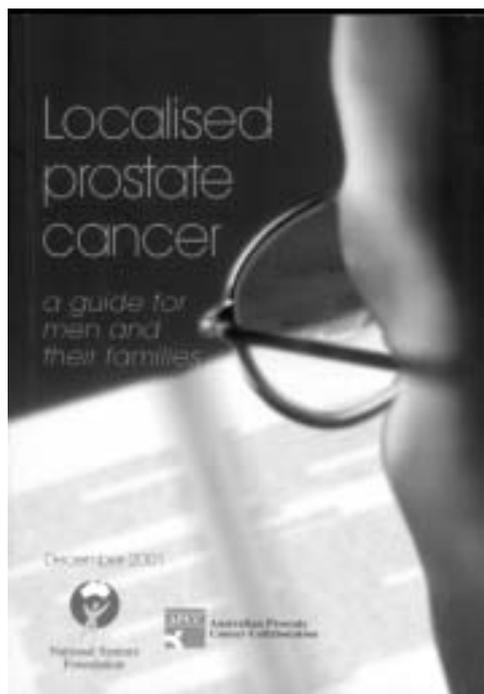
2.00pm- 5.30pm Group Workshops

Consumers were divided into groups with specific areas to focus on and address.

The areas were:

- Accessibility of information and support services.
- Practical Issues.
- Communication.
- Cooperation and the multi disciplinary team.
- Service development.
- Community education.
- General issues of equity.
- Survivorship.

Consumers and other guests worked on attempting to develop realistic goals or solutions to the priorities associated in the key areas. Generally it was felt there was not enough time allowed to achieve this task, even though the priorities for each area had been identified in 2001. However, there were a number of recommendations that came from the process that appeared to be workable solutions within cancer services. These recommendations are now with the



Cover of Localised prostate cancer – a guide for men and their families.

Cancer Council Australia. The WA consumers were actively involved in these workshops and the feedback was very positive in regard to their contributions.

TUESDAY 5 FEBRUARY

9.00 am Reports from Workshop

Facilitators from the workshops presented the groups workings from the day before. As a result of the workshops the Cancer Council of Australia will now compile a report. This report will have recommendations for the government and various cancer services to review.

11.00 am Where from here? Associate Professor Kerry Kirke

Professor Kirke summarised the conference and the direction that needs to be taken in relation to the priority issues identified by the consumer.

Professor Kirke was adamant that the consumer plays an important and significant role in cancer care. He said that without the continual push and conference such as this one then change is very difficult.

Professor Kirke identified a number of key aspects that need to

exist if there is going to be change and improvement. These were the following:

- Coordination
- Information
- Infrastructure
- Empowerment
- Support Services
- National Standards
- Research
- Early detection and prevention
- Targeted outcomes

11.30 am His Excellency the Right Reverend Dr Peter Hollingworth

Closing of conference.

Consumer Participation

Consumer Participation is increasingly being linked with improvements in the quality of health care and improved health outcomes. The Cancer Foundation of WA has recently commenced a project titled "Strengthening The Consumers Voice and Fostering Best Practice in Cancer Services". This project will enhance the involvement of consumers in the provision of services for cancer, by developing consumer's skills and opportunities to advocate for cancer. The project will foster the involvement of consumers in the important initiatives in cancer services in Western Australia. If you are interested in finding out more about Consumer Participation please contact:

Mr Chris Massey
Consumer Participation Project Officer
 Tel: 9212 4386 or Email:
cmassey@cancerwa.asn.au

Mapping Data?

South Coast RIC to the rescue

The South Coast Regional Information Centre (or RIC as some call it) is working to improve access to information for landcare, catchment and community groups. RIC can help by arranging proper licence agreements for community groups to use agency data. Then assist in the education process of understanding licence restrictions, data limitations and how to most effectively use the information.

The not-for-profit RIC operates under the umbrella of the regional natural resource management community organisation, the South Coast Regional Initiative Planning Team which covers a region of over 5.4 million hectares from Walpole to Esperance. The Natural Heritage Trust program has funded the RIC Manager position since March 2000.

The RIC builds capacity in community groups through training in integrated spatial data tools and other IT applications. For example, through the State Salinity Council Community Support Scheme, the RIC is running a project entitled "Opening the Data Tap." Through this project alone, it has recently trained 30 representatives in intensive geographic information systems (GIS) applications and has accessed equipment and software for those community groups to use. Additionally, since the inception of the RIC project, 110 regional people have accessed spatial data education and training and well over a thousand people have been introduced to these integrated computer mapping concepts.



"GIS Trainer Simon Neville advises Carol Daniel and Quentin Brown of Jerramungup on GIS techniques for preparing a thematic map of a subcatchment."

Over half of the community representatives trained were women and they were thrilled at this opportunity to increase their information technology skills in a field dominated by men. Ravensthorpe Community Landcare Coordinator Jennifer Chambers said, "The training was very timely in meeting our community project needs." The trainees are looking forward to being better able to make effective catchment plans, landcare project applications and final reports.

Empowering the regional community through training and information exchange networks is enabling better decision-making for this WA region. "The South Coast is a region with challenges of distance and ineffective technological capacities," RIC Manager Kristina Fleming says. "We strive to overcome these challenges to make information exchange and decision making more effective."

Kristina, an American by birth, is quite new to the region — and to Australia. "I'm an Australian by

choice. I came to Perth in 1997 on a Rotary Scholarship to do research for my Masters thesis in geography and regional development. Within weeks, I met the man who later became my husband. He convinced me to return, arguing that our opportunities for happiness are as good in Australia as they are anywhere else in the world! And, yes, I am very happy to make this my home."

"I enjoy my work with the RIC and I'd love to see more women in this field," Kristina acknowledges. "GIS and spatial information science is a male-dominated field, having its roots in engineering, computer science and geography. I have attended meetings of 30 people and been the only female in the room."

For more information on the RIC, or to learn about upcoming activities, check out the South Coast RIC's website www.scric.org or contact RIC Manager Kristina Fleming by email at kfleming@agric.wa.gov.au or by phone on (08) 9892 8494.

Winning with Agriculture Protection

For many of us, our 'career sparks' are ignited when we are young.

This was certainly the case for Agriculture Protection research scientist, Win Kirkpatrick. Her love of animals and science began when, as a young girl, she observed visiting scientists studying animals in the Dryandra area, where she lived and her dad worked as a forester.

With a continuing interest in animal research, Win began work at the Agriculture Protection Board's (APB) Vertebrate Pest Research Section at Forrestfield in 1987, while studying for her science degree at Curtin University.

Win completed a Master of Science degree assisted by a scholarship from the Department of Conservation and Land Management and the APB. Her studies focused on the biodegradation of 1080 poison in baits.

So what is 1080? Non-agricultural readers and city folk could be forgiven for thinking it might be a new FM radio station. In fact, 1080 is a poisonous compound, sodium fluoroacetate, that has been used in Western Australia since the 1950s in baits to control rabbits, foxes and wild dogs.

The poison 1080 occurs naturally in WA in the shrubs of *Gastrolobium* plants. Kangaroos and other native animals that eat these shrubs have evolved a natural tolerance to it, however, it proves a particularly effective poison to introduced animals such as the rabbit and fox, which have no tolerance to it.

Typically, dried meat baits are injected with 1080 for fox and wild dog control, while oats form the main bait substance for rabbits. Baits are laid with care to ensure the least chances of them being eaten by non-target animals. The baits are poisonous to pets and 1080 is never used in or near built-up areas.

Win is currently assessing how 1080 breaks down and the effects on

By Peter Watt, Communications Officer,
Agriculture Protection Program, Department of Agriculture



Win Kirkpatrick at work in her Forrestfield office

the longevity of the baits. Bait concentrations can be reduced by rainfall and biodegradation by micro-organisms. With fellow scientist Laurie Twigg, she is also measuring concentrations of 1080 in rabbit carcasses to assess the risk of secondary poisoning to native animals and other non-targets.

Win is also the Coordinator of the Technical Sub-committee for the Committee for the Introduction and Keeping of Animals. This involves administrative and regulatory changes to the lists of animals and birds that may be kept in WA and risk assessments for newly introduced and existing exotic species. The risk analysis considers the potential of an animal to establish and become a pest to agricultural production and the environment.

Permits govern the safe ownership and control of exotic animals allowed to be kept in Western Australia, to ensure animals do not multiply to pest proportions, spread diseases or parasites, damage agricultural crops

and property, or displace native animals and plants.

Requests are often made by the public to import unusual or attractive animals or birds into the state, that may have potential to become serious pests. Consideration of these requests takes into account the degree of risk as indicated by a risk analysis. Information on importing and keeping introduced animals is available on the Department's website under Declared Animals, at www.agric.wa.gov.au/programs/app/dec_an/index.htm

Outside of her career, Win enjoys spending time with her family and on hobbies and pastimes that include marine and tropical aquariums, reading, walking on the beach and bird watching.

Win says her career in science is challenging and satisfying - especially because it has provided the opportunity to explore new areas of research that have yielded useful results.

Carers WA

With the present trend of an aging population, medical advances to prolong one's life and a diminishing health care system, caring for a family member or a friend is fast becoming a way of life for many people. *"It has been said that there are only four kinds of people – those who have been carers, those who currently are carers, those who will be carers and those who will need carers!"* A "carer" is someone who provides care for a family member or friend with a disability, is frail aged or who has a mental or chronic illness.

Caring for a family member or friend is becoming increasingly prevalent in our society and yet, there are still many people who do not identify themselves as a carer. These "hidden carers" may be a son looking after his father who has dementia, parents caring for their son who has Downs Syndrome or a 12 year-old trying to help her mother, who has bipolar disorder, get through the day. They are everyday people doing what needs to be done, sometimes with very little support, often sacrificing aspects of their own lives and neglecting their own well being and needs.

There are about 200,000 carers in Western Australia according to the 1996 census! Carers WA supports carers by providing information resources, advocacy, links to local and specific support services, emotional support and a variety of programs to enhance their overall well being. One form of support we provide at Carers WA is free counselling, both over the phone and face to face. We can discuss various aspects of your caring role, the issues you face, but most importantly, we talk about how you FEEL. We have the time to LISTEN to you.

Carers WA is dedicated to developing innovative programs and services to provide relevant, beneficial and accessible support to carers. Some of these are outlined here.

1. NFCA (2001) Family Caregivers and Caregiving Families – 2001. Maryland: Westerbeek Communications Inc.

RRR Online Chat guests on 13 February were Kate Burton and Pamela Siu from Carers WA. You can read the full transcript of the chat on the RRR website at www.rrr.online.wa.gov.au. Here is an article about Carers WA and some of the services they can provide...



Telegroup Counselling is a group counselling program conducted over the phone for your convenience. The aim is to provide a safe environment for carers to discuss issues and feelings about their caring role, learn from and support each other. Carers anywhere in WA can readily access Telegroup Counselling, without having to drive for half a day

or arrange for respite. One of our participants has generously shared her caring story with us (refer below), we thank her immensely. Our first telegroup started in April with country carers and we will be running more groups in the future. Perhaps you'd like to participate? Call Pamela or Kate on 1800 242 636 and register your interest!

A Rural Carer's Story

We live 250kms north of Perth — our 8 year old has Downs Syndrome. We have a 12 year old who is "normal", if there is such a thing! We have a farm and the boys travel 30kms to the local Primary School every day.

Next year Tom goes to boarding school, then we have 3 years to work out what will be the best option for Ben. At present that changes as often as the weather. Ben going to High School will involve a huge change not only for us but also for him. We have lived here for 6 years, consequently Ben has grown up with most of the children he has gone to School with and they have been very supportive of him. It is really great to be at a social function and see the way his friends care for him. This was one of the main reasons that we chose to live in a small community, as we knew that it would be easier to have Ben accepted, and for him to go to a regular school.

As a family, we are very involved in the local community through the P&C plus various sporting clubs. It has been a question of "here we are, so accept the lot of us" and this has been very inclusive, thank goodness. On the minus side of course there is the isolation both from services and from social interaction with families in similar situations.

There are the times when it feels like the tunnel is extremely long with no light at the end. Fortunately Ben's health has improved as he has gotten older and the 85km drive to the doctor has become less frequent. His main problem is his speech, which is still very limited, but then I am told that if we were in Perth he wouldn't get better access to a speech therapist. It would also be wonderful to have access to respite on an occasional basis or to have family available to help, but this is not so.

Overall we are lucky to have such a happy-go-lucky child who manages to endear himself in varying situations and his elder brother who is so supportive and responsible. Nothing in life is perfect so we try to be positive in what we have.

Short Breaks for carers is another program addressing carers' need for quality time out. Carers WA provides funding for groups of carers towards going away to relax and have a break away from their caring role. If you'd like more information, contact Tara or Margaret on 1800 242 636.

Our Carer Resource Center is a one-stop-shop of information and resources relating to carer issues and needs. We provide comprehensive, free Info Packs to aid carers in their caring role. Why not call us on 1800 242 636 and ask a question of our knowledgeable, experienced Information Team or order an Info pack!

The **Let's Talk** bulletin board on our website is where we encourage carers to share their story, issues, experiences, feelings and tips on how to make life easier when caring with other people. This site is for you! So visit our website at www.carerswa.asn.au and be heard!

It is inescapable that caring will become an ever increasing presence in our collective lives. It will impact upon each and every one of us at some stage. Carers WA role is to raise community awareness about carers, the issues they contend with and to reach hidden carers. Just ask yourself this: Do I know of anyone who is caring for a family member or friend with a chronic illness or disability or who is frail or aged? You may be surprised by the answer. If you do and you think they may benefit from our support, tell them about us and let's start addressing this "societal issue" that affects us all.

Aquaculture

Mandy Dearden is the Aquaculture Development Officer (ADO) for the Department of Fisheries in Albany.

Her role is to assist prospective and current aquaculturalists in the Southern Region, which extends from Bunbury across to Esperance. Mandy sees herself as a conduit between industry, research and policy makers. She provides species specific technical, production, marketing,



Mandy Dearden

business planning and licensing advice to farmers along with delivering extension material and activities.

Currently Mandy is involved in activities with abalone and marron producers as well as the development of inland saline aquaculture. Another part her role is to provide advice to local governments and liaise with other state government departments. Mandy finds this diversity in her job as the main attraction even though it requires a large amount of travel across the region. "It's the people you meet and the systems you see that really make the job worthwhile. Aquaculture is an exciting industry that has the potential to be such a significant economic and social contributor to the region and I'm proud to be part of it."

There are six ADO's across the state to service the entire aquaculture industry, the officers are based in Kununurra, Broome, Carnarvon, Perth, Narrogin and Albany. Time management and communication skills are essential to the job, especially with so much time spent in the field. "The team does its best to catch up quarterly via telephone link or in person. Its really important with the distances between us that we do get the chance to meet and discuss the projects we are working on and provide support for each other."

To find the contact details for your nearest ADO or information on aquaculture visit the Department of Fisheries aquaculture website at <http://www.wa.gov.au/westfish/aqua> Alternatively, Mandy can be contacted at the Albany office on 9841 7766.

Change in Perspective

Provided By Pam Howell, Halls Creek

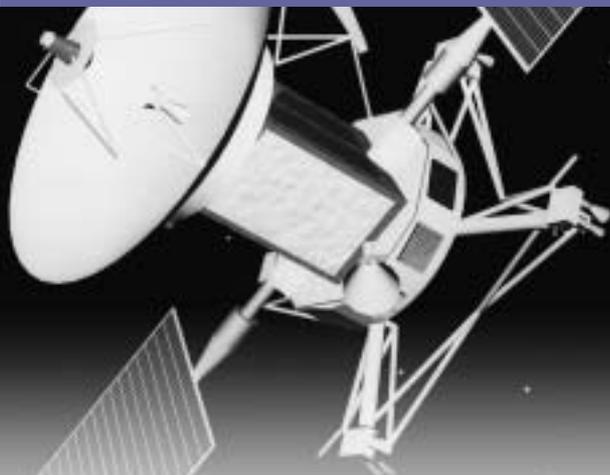
Pam says "I have found it very helpful to re-read and remind myself from time to time. I suspect many of your readers would find some benefit also."

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that frightens us.

We ask ourselves-who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconditionally give other people permission to do the same.

As we are liberated from our own fear, our presence automatically liberates other.

— Extracted from Nelson Mandela's Inaugural Speech.



Sleep on Satellite

Ngala is proud to announce the arrival of "Sleep on Satellite (SOS)" a new initiative which will bring parenting education to rural and remotely located families of Western Australia.

Ngala's SOS project has begun delivering satellite education sessions using channel 23 of the Westlink Satellite service. At present three programs about sleep are being broadcast on a regular basis. These are:

"And So To Sleep" helping parents with children aged 7 months to 2 years to manage sleep.

"To Sleep Like a Baby" helping parents with babies aged 0-7 months to establish and manage sleep patterns.

"Now in a Bed" helping parents with children aged 2-5 years to manage sleep issues.

These satellite education sessions run for approximately 20 minutes and provide information about how we sleep, why sleep is important, how lack of sleep effects families, how to determine when you child is ready for bed, plan and manage sleep. The theme of Ngala's sleep management is to listen to how babies and children are communicating and learn how to respond appropriately. This allows the parent the opportunity to individualise their sleep management. All three satellite education sessions are available as videos for purchase through Ngala.

The Westlink technology will allow for families to access education sessions wherever they can conveniently locate a satellite dish.



This maybe from the comfort of their home or from any school, or hospital situated throughout WA. Many health professionals working with parents in rural and remote WA are organising groups of parents to meet together to view these programs.

A series of satellite education sessions about development are planned for the beginning of 2003.

As part of this initiative to support rural and remotely located families, health professionals throughout Western Australia have had the opportunity to attend weekend workshops at our Perth facility, Ngala.

Workshop topics include topics such as Understanding Sleep, Helping Parents Improve their Children's Sleep Problems, Developmental Issues, Group Facilitation and Engaging Men in their Parenting Role. For further information about sleep or any other Ngala service ring toll free on 1800 111 546 or for information about satellite education sessions or workshops please contact Caroline Radford Project Coordinator, Education Services, Ngala (08) 9368 9395 or ngala@ngala.com.au

Sleep on Satellite viewing dates

5/6/02	1pm 1.30pm	"And So to Sleep" (rpt) (7months to 2 years) "To sleep like a baby" (rpt) (0-7months)
19/6/02	1pm 1.30pm	"To sleep like a baby" (rpt) (0-7months) "And So to sleep" (rpt) (7months to 2 years)
14/8/02	1pm 1.30pm	"And so to sleep" (rpt) (7months to 2 years) "To sleep like a baby" (rpt) (0-7months)
28/8/02	1pm 1.30pm	"Now in a bed" (2years to 5 years) "To sleep like a baby" (rpt) (0-7months)
30/10/02	1pm 1.30pm	"To sleep like a baby" (rpt) (0-7months) "Now in a bed" (2years to 5 years)
13/11/02	1pm 1.30pm	"And so to sleep" (7months to 2 years) "Now in a bed" (2years to 5 years)
11/12/02	1pm 1.30pm	"Now in a bed" (2years to 5 years) "And so to sleep" (7months to 2 years)

Sister School program

The Year of the Outback 2002 provides all Australians with the opportunity to understand the uniqueness and potential of the Australian Outback.

The focus this year is clearly on the many diverse regional areas of the State, wherever they are located – from the lush leafy South West to the vast and rugged Kimberley – they are all a part of a rich tapestry of our history.

Author Jocelyn Burt possibly best summed it up when she said “There is no specific boundary to the Outback: some even say it begins and ends in our minds.”

The year will showcase many events and activities and, in doing so, demonstrate that the Outback not only represents an ageless past but also holds the key to the nation’s future.

A great deal of thought has gone into looking at options for ensuring our young people are given the opportunity to become involved and to learn more about this great State of ours.

I am pleased to announce the development of the ‘Sister School’ project that will see city primary schools partnered with country primary schools.

This will set up a range of cultural and geographical exchanges and projects throughout the year and hopefully for many more years to come.

We have had a positive initial response with round one of partnerships now in place. Here are just a few of the partnered schools:

Kununurra District High School with Walliston Primary School

Shark Bay Primary School partnered with Fremantle Primary School

Yakanarra Community School partnered with Penrhos College Junior School

Kukerin Primary School partnered with White Gum Valley Primary School

I hope that you will all share in this years planned celebrations and take advantage of the many events being organised throughout the year.

My best wishes to you during this the Year of the Outback

*Tom Stephens
Minister responsible for the
Year of the Outback in WA*



2002 Year of the Outback[®]

Calendar of events for WA from June to September 2002.

For more details and contacts, go to the website for update news on events at <http://www.outbackwa.info>

JUNE	
1-3	Manjimup 15000 International Motocross
1/6-12/7	Freo to Darwin Splash
1/6-20/8	Broome Race Carnival
1-3	Celebrate Kalbarri
1-3	The Great Nambling Salt Flat Wheelbarrow Muster - Dowerin
1/6-31/7	WA Ballet 50th Anniversary — various regional centres
2	Albany Car Classic
2-12	RFDS Outback Car Trek across Australia
9	International Back to Back Wool Challenge
9-11	Menzies to Kalgoorlie Cycle Classic
9	Snow in the Outback — Newman
10-11	Laverton Outback Finish for Just Cuts Car Trek
15	Kununurra Mardi Gras
16	Birdwood Downs Station Open Day
21-23	Black Rock Stakes — Port Hedland
JULY	
1/7-15/9	Tractors In the Outback — Mid-West to the Kimberley
1-21	Year of the Outback Wilderness Safari
1/7-31/12	Senior Computing for Rural & Outback Australia
1	Senators Outback Tour
6-7	Celebration Malleefowl — Ten Years On – Stirling Range
7	Bush Poets Breakfast — Derby
10-11	Mowanjum Festival — Derby
13	Exmouth Arts & Craft Show
20-21	Poets at Peron — Shark Bay
20-21	Murchison Polocrosse Carnival
27-28	Dwellingup Winterfest & Heritage Weekend
27-28	Birds Australia Outback ‘Twitchathon’
AUGUST	
3-4	Gwalia Market Day and Bush Dance - Gwalia via Leondra
3-4	FENACLNG Festival — Karratha
3-10	York Country Festival
10	Bush Picnic Race Meeting — Derby
17/8-1/9	Nannup Flower and Garden Month
17	National Science Week: Science in the Bush
17	Newman Outback Drags
23-25	Coasting the Outback Party — Carnarvon
24	Balingup Medieval Carnivale
27-29	Dowerin GWN Field Days
31	Opera Under the Stars — Broome
31	Corrigin Agricultural Show (80th Annual)
31/8-1/9	Irwin Polocrosse Carnival

Following the Autumn edition of RRR Network News where we featured a poem by Terry Ackland of Moora — A Wee Complain, the Shire of Moora kindly provided a further poem written by Terry regarding the same topic. The Shire also provided a copy of their response, also written in verse. Enjoy...

Another Wee Complaint

By 'Pop up Poet' - Terry Ackland, Moora, WA. - 6th Feb 2002

Another Wee Complaint

My bladder is aging, it's weak and it's full
As I stand by a grave once again.
And I seem to remember a rhyme I once wrote
Years ago, to our Shire, mainly men.

I then mentioned discomforts, when mourning our dead.
Was quite personal, I know, and frank too.
And from memory, I moaned and I moved motions loud
That this cemetery must have a loo.

There've been Perch Droppings plenty these last years or so.
And again we've all trooped here to mourn.
But I feel that my urgings by verse were misread...
As the ONLY pots here, plants adorn.

You may notice I'm slower, less agile, more vague
Since the last time I penned you a note.
For in fact all around I hear creaks and see grey
Caused by Acid of Uric and Bloat.

There's dementia, diabetes, arthritis, and zits,
Of course wrinkles and dental decay.
And disease of the kidneys, gnarled knuckles, and 'flu.
Are all caused by Grave Urine, I'd say.

Now you men of our Shire, discriminate not.
We don't have your option, you see,
When you duck to the bush you have never a fear
Of wild Bities and prickles, like me.

And think TOO of our health and high Pegging Out rate.
One wee toilet will halt all those ills.
We'd then rent out the morgue with its great river views...
Can't you see, Uric Bloating just kills.

I have noticed the holes, they are skilfully dug.
Your machine and your men, quite a team.
So next time you've a dig, do a wee one for me...
Add a seat, bright umbrella and screen.

Supplied by Shire of Moora

A Long – Winded Response

By Shire Management, Moora, WA. - 18th Feb 2002

A Long – Winded Response

We knot tying males of the Moora Shire
Have considered your complaint.
Penned creatively in poetic verse, it had the effect
Of making us feel sick and faint.

We empathise with our female kind
At having to hold their number ones & twos.
You see, for all our great planning and wisdom
There are no cemetery loos.

The current options available to the womenfolk
Are unkindly and very few
Either squat down amongst the bities and pricklies
Or hold it in and turn blue.

We're told of other options, to satisfy the mourners
And overcome this wee problem.
So should we address their concerns?
Or flush the idea and dodge 'em.

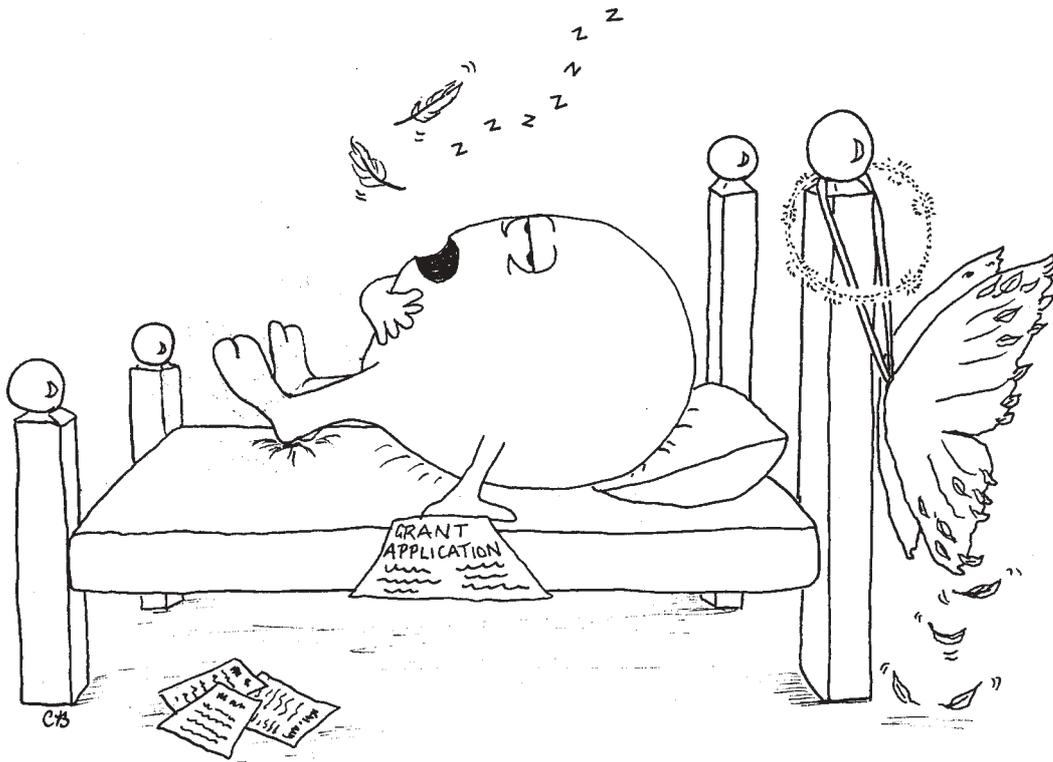
We think that the matter is best dealt with,
As trying to hide it just creates a smell.
So we're going to consider a brand new project
To build a toilet; not a horse or a bell (tower).

And while it won't happen overnight
For there is much planning and budgeting to do.
We hope that you won't have to wait much longer
For Council to priorities it within a year or two.



Drawings by Cherie Broadhurst of Kalannie

Volunteer Burnout Syndrome



By Vicki Brown — Community Optimist

I've decided I'm suffering from 'Volunteer Burnout Syndrome'.

I want to turn off the phone, pull the covers up over my head and just pretend the world outside my door does not exist. Just once I'd like to have a call where someone doesn't want something, and I'd like to make a call just to see how my often-neglected friends are without wanting or trying to coerce them into something (and any one of them will tell you that as a friend I stink, but I'm honest about it and they seem to accept it). Actually I'm amazed I still have any friends but want them to know how much I appreciate them, and I couldn't manage to be so proactive without them.

Last week I found myself enjoying drafting sheep, getting my feet trodden on by large wethers, that wanted to go one way when I needed them to go another.

The housework is looking more attractive than talking to people about community issues, so I know this is serious, and if you'd ever been to my kitchen where you very often have to wash your own coffee cup before you

The housework is looking more attractive than talking to people about community issues, so I know this is serious...

can imbibe in a brew, you'd know exactly what I'm talking about.

I even suggested to He who roars and wishes to be obeyed that we sell the farm and move to where no one knows us and develop an I don't care, so don't ask me mentality.

HE thinks this is rather drastic and perhaps if I said NO every now and again or even just once that I would not end up where I currently find myself, down in the 'why bother dumps'.

HE also says this is not a terminal condition, as after years of watching, I'll be A OK as soon as the next crisis arrives via e-mail or the telephone, that I'll recharge and go gung ho into the next project, or challenge that comes my way.

Why is my optimism flagging? And I'm sure, that of volunteers all around the country?

It's because sometimes the problems just seem too large and too hard, and we try to hide that, we try to put on a happy face and spread sunshine, we believe that its our role to lead by example (Who gave us this task is a mystery, and wait til I meet up with him).

Well not today. Today I'm going to enjoy feeling sorry for myself, I know it's self-inflicted. I decided to be the person I am and tomorrow I will be her again but today I'm just plain old grumpy little (ok so maybe little is a bit presumptuous but its my fantasy) Miss negative.

Like community committee junkies everywhere, sometimes it just gets to be all too much. I'm sure by tomorrow that I'll be back to my old self again. So if you see me (or someone like me) coming today, indulge me tell don't ask me how I am just tell me I'm looking fine, smile at me (I will smile back, I won't bite - well not hard anyway) and all will be right with the world.

Noah in the Forest

By Kate Daniels



NOAH chairperson, Ann Lyster (right) welcomes guest speaker, Penny Jewel.

The formation of a Women in Horticulture group in the Warren-Blackwood region had been discussed for some time by female board members of New Opportunities in Australian Horticulture (NOAH). International Women's Day 2002 was chosen as a fitting date to launch the first gathering.

Thirty women attended a celebratory luncheon at the delightful Graphiti Café tucked away in the forest near Glenoran Pool, 20 kilometres from Manjimup.

Guest speaker, Penny Jewel, inspired women with the story of how she has taken her small herb business in Walpole into the international marketplace. Her herbal products are now available in all the many outlets and her business has become one of the biggest employers in Walpole.

Penny advised the gathering that her success has been based on always being one step ahead of the next market trend. She recounted a story of how she walked into a trade fair in India and was amazed to see her full range of products faithfully copied, right down to the wording on the identical packaging.

Unlike many business advisors, Penny suggested that going into business with the aim of making a lot of money in the short-term was not a reliable motivation. Her advice was to create a business out of something you enjoy doing, because it may be quite a while before the financial rewards start to flow.

Based on feedback from women at the gathering, NOAH will arrange several more events for horticultural women throughout the year. Suggested future topics include help for women to improve their own farm businesses, ways to promote the region's Horticulture and working together on possible community projects.

With many South West towns beginning to feel the impacts of the timber industry restructure, Horticulture can play an important role in the region's economic recovery. By bringing together the industry's women in a spirit of cooperation and innovation, we hope to develop a resource that will make a great contribution to the area's future.

For more information you can contact NOAH Executive Officer, Kate Daniels by phone on 0407 981 805 or via e-mail admin@noahinc.com.au.

Welcome to WIT

If you are female and a part of the Broomehill Community, then you are a member of Women In Touch (WIT).



Our definition of the Broomehill Community is very broad, and includes anyone who would like to attend a WIT event.

WIT was formed in 1999 by a group of women who saw it as a way to meet some of the needs of rural women. WIT is not a club or formal group, but an open network that enables women to meet, learn and grow. Through WIT local women organise workshops, guest speakers and seminars which address identified needs.

The purpose of WIT is to;

Gain knowledge and grow together
Share 'time-out' and support each other

Lessen the effects of isolation of women in the country

Some of our successful events so far have included seminars on relaxation techniques, women's health, farm and succession planning, and the share market, a dinner and a winery tour.

Suggested topics for future events include time management, public speaking, more health issues, conflict resolution, depression awareness, local history, agricultural issues/topics and office management.

As part of the WIT network, we hope that you will spread the word about our events and encourage other women to come along.

For further details about WIT, contact the coordinators, Charmaine Meyer on 9824 1236 or Karen Anderson on 9824 1263.

Festival of Wildflowers — Mt Barker

28th September - 4th October 2002



Kathy Collins picking the lovely *B. coccineas* at Banksia Farm.

By Kathy Collins

The lower Great Southern of Western Australia is home to a wealth of wildflowers unique in the world. The small country town of Mount Barker is surrounded by these wildflowers and the local tourist bureau has initiated a Festival of Wildflowers celebrating their rich diversity.

This event is to be hosted by Banksia Farm, a very popular wildflower-lover's destination just 2kms from the town centre. This very scenic property overlooks the ancient Porongurup ranges and has been planted with all the known banksia species (77) and many other showy native wildflowers as part of a revegetation project on a previously denuded paddock.

Commencing Saturday 28th September (Queen's birthday weekend), amongst other activities, our program to be spread over the following week hopes to include;

Named wildflower species of the area

Guided and self-guided tours of the banksia and dryandra gardens and bush walks down the 'Gone Bush' trail or the 'Water Tank Hill' trail, disappearing down the 'Kangaroo Track' trail.

Guest speakers on a range of botanical and zoological subjects, eg. Rare plants, bush tucker, growing wildflowers, weed control, building ecosystems.

Botanical art display, featuring some of Australia's finest botanical artists.

Photographic competition and display featuring W.A. wildflowers.

The main focus of the program will be over the long weekend with static displays and guided walks available for the rest of the week.

A new weatherboard and tin wildflower centre will be open at the beginning of the wildflower season and will display botanical artworks in the new Joseph Banks Gallery. Other displays will be around the verandahs and talks in the elegant dining room. If you were contemplating a visit to take in the wildflowers of the Stirling or Porongurup ranges or the Walpole or Fitzgerald national parks, make Mount Barker your central destination. Each of these wildflower hotspots is only an easy half hour or half day's drive away or you could see a big representation and get to know how it all fits together by visiting the Festival of Wildflowers at Banksia Farm in Mount Barker, W.A.

For more information you can contact Kathy and Kevin Collins, Banksia Farm, 9851 1770, e-mail banksia@comswest.net.au, or Mount Barker tourist bureau, 9851 1163, e-mail mtbarkwa@comswest.net.au, or visit www.mountbarkerwa.com

Showcasing the Pilbara

The untapped potential of one of the most dynamic and diversified regions in the world – the Pilbara, Western Australia – will be the focus of the Natural Advantages Conference hosted by the Pilbara Development Commission on 2 and 3 September 2002.

Keynote speakers, including the Premier of Western Australia, will address the Pilbara's potential for resource, marine, tourism and pastoral development allowing delegates to experience the diversity of one of Western Australia's strongest regional economies.

Acting Chief Executive Officer for the Pilbara Development Commission, Mrs Robyn Crane, said the main aim of the conference is to highlight and emphasise the economic and cultural variety of the region. Therefore, the conference would be of particular interest to those looking to expand operation or start a new enterprise in the Pilbara.

"We are looking forward to showcasing to delegates the natural beauty of the Pilbara region and the lifestyle enjoyed by local residents", said Mrs Crane.

The conference will be held at the Walkington Theatre in Karratha followed by tours and workshops based on the resource and tourism industries.

For further information on the Pilbara Natural Advantages Conference 2002, please contact Kristy Willis on (08) 9185 0195 or kwillis@pdc.wa.gov.au

A Taste of the Exotic



The picturesque town of Walpole is surrounded by state forests and national parks and rests upon a tranquil inlet. It beckons the traveling holiday maker with its peaceful isolation and wilderness. But for Jane Roberts this community of less than 500 people held a deeper attraction than just passing through, so she and her family decided to settle and open their small business.

Jane and her husband are the owners of The Bead Shop. This little wooden store in the main street of Walpole is unique. When you walk inside the door you will find the walls of the room covered in shelves of hundreds of jars of vibrantly coloured beads. You are surrounded by decorative jewellery, ornaments and window displays of delicate hangings of sparkling jewels. There is an element of an oriental market found inside and Jane will be sitting amongst it all beading up strings of beads at her desk.

Jane has been a beading artist for many years. "I started selling beaded jewellery at markets and began importing beads from overseas in 1993 out of the frustration of not being able to buy them here in WA."

Most of the beads in her store are made from glass, but there are also beads made from bone, wood, horn, metal and stone. The bulk of them come from India, America and Taiwan, although some of them come from other locations around the world.

"I really enjoy meeting traveling bead traders who know that I am here and that I am a bead collector and come to sell me their treasure. I hear some incredible stories about the overseas bead markets. I am continually learning new things about beads and I can share these stories with other people," Jane says. "I also learn something new about beads nearly every day from the people who pass by and visit. There is always someone out there who has a different wacky use for beads."



Smuggled beads from Tibet.

By Julie Hill

Unlike other craft supplies stores The Bead Shop is really a cross between a retail store and a workshop. Jane says that she helps her customers all of the time, in choosing colours and designs for beaded jewellery and crafts. She enjoys sharing the beading traditions and discovering new things about the craft's heritage.

"Beads are used to tell stories," Jane says. "Every bead in my shop has a story. Their individual colour has a significance, and the way the colours are arranged will have a significance."

"I have a jar of little black and white spotted beads on my shelves. They come from India. Every year the warehouse in India that I buy from sends two and a half tonnes of that same bead to Mecca. Everyone who goes to Mecca on the Haj buys a string of those black and white spotted beads to use as prayer beads."

"I also have Lapis Lazuli beads in my shop too. Tibetan women would buy the raw stone for these beads in Peshawar in India and then smuggle them on foot through to Tibet, where the silver work is applied to the stone. They would then smuggle

them to Katmandu in Nepal where they are sold on the market. When I tell people the stories of the beads, they are amazed."

The Bead Shop is not just a retail store; it is also a wholesale business that supplies to bead and craft shops throughout the state and the nation, and to people who make commercial jewellery. They also provide a service for mail order customers by sending out a catalogue and samples to people in other locations.

Walpole appears to be an unlikely place for a specialist bead store, but Jane chooses not to be hindered by her isolation and tries instead to use it to her advantage. "This is not your average isolated community," Jane says. "I am situated right on the highway and there are tourist attractions all around, I am probably exposed to more people than some shops in Perth."

If you happen to be passing by down the South Coast Highway maybe you would like to stop and visit The Bead Shop. You could be creatively inspired and walk away with your own beaded jewels. Or better yet, hear a bead story or two...

Jane Roberts can be contacted on ph/fax: (08) 9840 1273.



Bush Tucker makes the grade

By Tess Nekrasov

For thousand of years, the fruit that comes from the spectacular gnarled almost prehistoric Boab Tree has been a key part of the diet of the Kimberley indigenous peoples. Now, the fruit is ready to be launched onto the national market.

Kununurra business-woman, Melissa Boot, has a close association with the fruit seedpod, commonly called the Boab Nut. The boab nuts grow in so many shapes, colours and sizes with unusual features and markings. "They became a fantastic medium to create with" she explained. Three years ago this innovative woman started experimenting with the wooden exterior encasing the fruit. Melissa designed a range of useable tableware, such as bowls, goblets and candles, which she quickly patented to keep uniquely 'hers'. Kimberley Boab Kreations become known as "The Kimberley Gift" bought by tourists and locals alike.

Knowing that the fruit was a popular bush tucker, Melissa Boot began to explore options for its use. "With only using the exterior seedpod of the fruit, I was getting a lot of fruit build up," Melissa Boot said. "As I hate waste and didn't want to throw any away I wanted to be able to utilize the whole boab nut seedpod." "Years ago, while traveling the Kimberley I ordered at a local restaurant, barramundi cooked in boab fruit with toasted boab seeds sprinkled over the top. It was sensational, I'll never forget it!" she recalled. "Because the flavour is very 'citrus-y', I figured it needed to be sweetened."

By mixing the fruit with chocolate, Melissa combined the sweetness of chocolate with the tang of the Boab, and created the quintessential Kimberley Style Chocolate Taste Sensation. "I unveiled this new recipe



Melissa collects her 'raw material' and some of her 'Kreations'.



at my Boab Exhibition held in November 2000 at Diversion Gallery Kununurra. I made large platters of milk, white and dark chocolate for my guests to try. Everyone loved it! When the word got out I was being asked if the chocolate was available to purchase anywhere? I realised then I had a hit". With her new business idea in mind Melissa explored the need to get Boab Fruit recognised by the Australian New Zealand Food Authority (ANZFA). "I knew that if I didn't get boab fruit recognised through the right channels I wouldn't be able to market this fantastic new product anywhere else but the Kimberley," Mrs Boot explained.

The ANZFA came through after many months of telephone

discussions, letters written with proof of history and vitamin and mineral content. "I had to do a lot of research which I collaborated from books and the internet. The Department of Agriculture and CALM provided the main references", she said. "I found it very interesting to learn how nutritious boab fruit really is". The boab fruit seedpods have been referenced back to being found in Egyptian tombs. The fruit was known in those days as a foreign medicinal herb, which was sold at Arabian markets, these would have come from the African boab species.

The African indigenous people, like the Kimberley Aboriginal people, have many uses for this fruit, as it is a stable part of their diet. Using bush honey, a delicious desert is made. Other uses have been: grinding the fruit into flour and making a pancake type bread, and even boiling fruit and water to make a refreshing tea.

"I would like to see Health Food shops embrace this as new product", Melissa said, "the vitamin C content is very high, it has been said that it has 10 times more vitamin C than an orange". Other vitamins and minerals content include sodium, potassium, magnesium, calcium, and iron.

The ANZFA recognised Boab Fruit as a safe edible non-traditional food in February 2002. Now, Melissa Boot is about to launch both Boab Fruit and her delicious Boab Chocolate onto the market. "It's new, exciting, an Australian owned business and totally unique to WA" Melissa concluded.

Melissa can be contacted at Kimberley Boab Kreations PO Box 1379 Kununurra 6743 or by phoning 9168 1816 or 0407 055 145.

My view

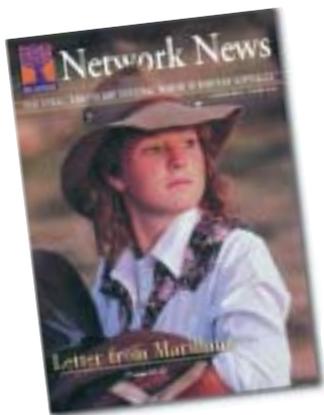


Island Rock – south of Kalbarri. Photo by Marie Watts

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