



## March -April Happenings 2014



RAW Rural Outreach Worker Martin Howell presenting the winner of the Ute competition at the Hamilton Show that was held on the 29th March 2014.

What a great attendance at this rural event , it was good to see families coming back to support the show.

RAW endeavours to attend as many rural show and events as possible we find it give us a great opportunity to have a chat to an array of community members and to spread the word of RAW and TALK TO A MATE!!

If you have any upcoming events that you would like RAW to attend contact the RAW office on 62593014 or alternatively send Kristy RAW's Event's Manager an email to [kristy@rawtas.com.au](mailto:kristy@rawtas.com.au).

# TALK TO A MATE

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# RAW OUT AND ABOUT

On Sunday 9<sup>th</sup> March Nicole represented RAW at the Scottsdale Emergency Services Appreciation Day.

All that attended really appreciated the effort by all the exhibitors and once again RAW set up their casting arena which allowed people of all ages to try their hand at casting plugs at RAW targets and win fishing gear as prizes.

Fishing identity Neil Grose was available to teach casting techniques.

Neil taught a 3 year old girl how to cast and she hit the Rural Alive and Well target and went home very excited with a goodies bag of gear and a casting plug so she can practice her casting in the backyard at home.

While the kids were distracted with casting Nicole had the opportunity to discuss the services RAW provide and lend an ear to the people in the North East and listen to what's important to them.



# HOW WE CONNECT

How we connect.

It's a very dry hot summers day. I have been driving past this farm for many months and have only noticed on very rare occasions a lone farmer and his dog. On this particular day while driving past the farm I notice the farmer on his own, but no dog.

I found a place to turn my car around and made my way back to the farm. As I drive up the long winding driveway I notice the dams are dry and sheep sheltering under the shadows from the partially dry limbs of the old white gum and an old, clearly unused, tractor nearby.

The conversation went a little like this:

G'day mate, how you going?

"Yep, I'm right, so what brings you here"?

I replied with, I am from an organisation called Rural Alive and Well and we provide support for people in rural areas. I am not here to try to sell you anything or talk about religion but I am here to lend an ear or two.

**"Oh righto, don't worry about me love, I'm going fine".**

I looked around casually and as I saw the old tractor I said: how long has it been since she's worked on the paddock?

"Not since Dad passed away 5 years ago. Dad loved the farm, died in the barn while stacking hay. Mum passed away a few years ago and now it's all left to me. Me brothers were the smart ones they moved to the mainland and studied and now have really successful jobs and happy families".

"The wife and kids have had to move to Launceston to find work so we can try to keep the farm going. I had me ol' dog up until a few weeks ago, he fell off the bike and got caught under the wheel. He was me mate, burying him was bloody hard".

So it's been a bit tough I say. "yeh, I've got the bank chasing me, we can't afford fuel so I don't get to see me wife and kids. I don't want to let the farm go as it has been in the family for generations and I don't want it to end with me".

Several cups of tea and a few hours later I left the farm, and as I was getting into my car he said, "it's been good talkin' to ya, can drop in when you are passing next"?



**Don't forget this farmer is right, going just fine.....**

# Who are We?



Rural Alive & Well Inc is a not for profit organisation formed to raise awareness of men's wellbeing. RAW's membership consists of community and organisational representatives.

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*This newsletter will be published free of charge on a bi monthly basis. If you or your organisation would like to submit an article which is relevant to the objectives of Rural Alive & Well Inc, please forward to [assist@rawtas.com.au](mailto:assist@rawtas.com.au) . All submitted articles subject to editorial review.*

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# RAW OUT AND ABOUT

Rural Alive and Well recently attended Sea Fest at Triabunna, with outreach workers Nicole Grose, Garry Sharp and Wayne Turale spending some valuable time with the local community at this great event.

The RAW stand featured a casting arena, where participants cast with spin rods at a series of targets to win some great fishing-related products courtesy of Australian fishing tackle brand, L. Wilson Fishing Australia.

This allowed kids of all ages to learn how to improve their casting from fishing writer Neil Grose as well as chew the fat over what the best fishing was and how to catch some different fish.

The biggest prize was won by 11 year old Bronte who hit the smallest target to win a SureCatch Stallion fishing reel valued at around \$150. Many casters had been trying valiantly to hit this tiny target without success, but Bronte popped the casting plug right onto it.

All participants went away with some sort of prize, with those hitting a big target taking away lures from SureCatch and L Wilson.

While the kids were casting it gave the outreach workers a chance to have a good chat with parents and carers, with plenty of great outcomes.

Sea Fest featured not just fishing information, but plenty of boating and water based activities.

The Game Fishing Club of Northern Tasmania ran a two day competition as an integral part of Sea Fest, which attracted around 70 boats an outstanding effort.

This event underpins the core values of Rural Alive and Well: to talk to a mate. One of the things mates talk about is the fishing – this is just one way to start the connection with people who need a hand.

Rural Alive and Well would like to thank the outstanding generosity of L. Wilson Fishing Tackle, who supplied all the prized and three rods and reels for people to cast with.

