

Windsor for clean future

Independent Member for New England Tony Windsor believes "the historic vote on the Clean Energy legislation marks the culmination of a very long debate which future generations will benefit from".

"The impact of rising levels of carbon dioxide was first identified in the Australian Parliament in 1970, while putting a price on greenhouse gas emissions to make polluters pay was first discussed in 1988," said Mr Windsor.

"More than forty years later, I'm

proud to be among those voting for action rather than further delay."

Tony Windsor defends his position to vote for pricing carbon and asks his critics to look at his record.

"In 2008, after strong lobbying by New England locals, I introduced the Climate Protection Bill into parliament.

"The legislation proposed pricing carbon through either a tax or a trading scheme, supporting soil carbon initiatives and developing renewable energy.

"My support for action on climate change was highlighted repeatedly by Nationals Senator John Williams and others during the 2010 election campaign, and I publicly confirmed my position at the time. It's a little disingenuous to now claim I have had a secret agenda.

"Some say climate change is rubbish, that it's all a big conspiracy. But 90 per cent of climate scientists say we do have a serious problem.

"While we can hope they're wrong, the precautionary principle

demands we act to protect ourselves from serious threats.

"And indeed, both sides of parliament have committed to a target of reducing emissions by 5 per cent by 2020.

"A changing climate would have serious consequences for the New England, including more severe droughts and bushfires.

"On the other hand, the financial impact of the carbon scheme is slight, calculated at an average of less than \$10 per week, and the vast majority

of locals will be compensated by reduced taxes and increased welfare payments.

"Agriculture and road transport fuels have been excluded.

"I believe the people of the New England elected me to lead, not to be swayed by vested interests and the politics of fear.

"I have voted for the Clean Energy legislation because I feel a responsibility to our children and grandchildren, and for the nation they will inherit."

Prison Ministry at Kootingal

Over 70 attendees of the Cockburn Valley Anglican Church Quarterly Luncheon on Friday, October 7 at the Kootingal Bowling Club were entertained by Rev Kevin Porter, who outlined the works of "Kairos" Prison Ministries of Australia and their activities in Tamworth.

Rev Porter said that 'Kairos' means "God's caring with love" or "God's special time", and the Kairos week is a short course in Christian living, talking through themes of forgiveness and making a new start.

In a most interesting address, he said that the Prison Fellowship first started in Australia in 1981, through the concern and prayers of God's people, for men and women in prisons without support of families and friends.

The Kairos team is interdenominational and made up of Ordained Ministers and Lay people

The program calls for the

members of the Kairos team to spend a full week at a time in the prison, not every week. While the team is there, they have to supply all their own needs and even take their own cook with them. They also have to pay the Prison Authorities, sometimes as much as \$8000 for the week for the right to be there.

Prayer groups and individuals have supported the work through persistently seeking God's blessing. Kairos receives no government support. It is all done by donations and volunteers trained in the Caring Love. Nothing is talked about when the Kairos men come out after their week inside.

The prisoners have come to look on them, not as 'do gooders', but kind and friendly men to talk to.

Prisoners can attend as many times as they wish. The meetings take the form of small groups headed by a member of the Kairos

team. Rev Porter said that there is a very good response to Kairos and very few prisoners drop out of the program.

Some of the 'thank you' letters the Kairos men receive make you want to cry, as many, many of the prisoners do not receive mail from the outside. The Kairos men, when finances are available, take delicacies like prawns to have with one of their services.

The prisoners do not have to attend, it is all voluntary on their part.

Of course, everything is rigorously inspected before the Kairos men enter for their five-day stay.

Elva Clow, in moving a vote of thanks, said it was a very interesting time to spend with Rev Kevin Porter and we, here in the Cockburn Valley Anglican Church, thank him and his wife, Kay, for giving us of their time.



Rev Simon Keith the Vicar of Cockburn Valley Parish, Mrs Elva Clow, organiser of the luncheon and Rev Kevin Porter of the "Kairos" prison ministry team.

Student leaders descend on Tamworth

The 2011 Impact Student Leadership Conference (ISLC) for secondary students comes to Tamworth on Wednesday, November 2.

The ISLC is Australia's premier student leadership training event, holding 24 secondary conferences throughout the year. It is a practical, hands-on and interactive learning experience that prepares students for their roles and responsibilities of leadership in their schools.

Impact Leadership will see more than 15,000 school students

from across Australia attend the Impact Student Leadership Conferences at one of 37 regional and capital city locations; the overall goal that student leaders would leave this conference with a clear vision, a solid understanding of leadership and dozens of ideas for their time as a student leader.

"This leadership conference is the best investment in time and money that you can make to start your SRC student leaders on the road to success," said Lynette Rajaratham from Duval High

School in Armidale.

"Extremely worthwhile - I am very grateful that this conference could be provided in a regional area. Thank you," said Adele Guy from Calrossy Anglican School.

In just six years, the ISLC has grown from 300 attendees to over 15,000 student leaders attending around Australia.

For more information about Impact Leadership, or to register for the conference, please visit our website www.impactleadership.org.au.

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CHEMISTS CORNER

I ALREADY EAT FISH EVERY WEEK, SHOULD I BE TAKING FISH OIL AS WELL?

The answer depends on several things, but most importantly, how often do you eat fish per week? The Heart Foundation recommends 2-3 serves (fresh or canned) of fish per week. Unfortunately only 10% of Australians eat enough fish for the rest of us fish oil supplements are the way to go! The amount of extra fish oil you need will depend on the specific product you choose (fish oil brands can vary in strength!) and the type of benefit you require.

While most people will be taking fish oil for the anti-arthritis benefits, current research highlights the cardiovascular benefits of fish oils in lowering blood fats (called triglycerides), lowering high blood pressure, preventing blood clotting and reducing abnormal heart rhythms.

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