

NSW Rural Women's Gathering

12-14 September 2014, Coolamon



Program: Heritage with Heart

Friday 12 September

4-6 pm Registration & markets: The Up to Date Store, Cowabbie St, Coolamon

6-8.30 pm Evening event: Coolamon Central School Hall
Welcome and MC – **Nicole Lucas**
Guest speakers: **Dr Maree Bernoth and Kay Hull**
Light refreshments served and entertainment

Saturday 13 September (Coolamon Central School, unless noted otherwise)

7.30 am Registrations: The Up to Date Store, Cowabbie St, Coolamon

7.30-8 am Breakfast

8-8.45 am Walk (Historical/Kindra Forest)

9 am Official opening (MC – Dr Maree Bernoth)
Acknowledgement of Country: **Aunty Gail Clark**
Welcome & launch of 2014 Hidden Treasures Honour Roll –
The Hon Katrina Hodgkinson MP, Minister for Primary Industries
Addresses by **The Hon Adrian Piccoli MP, Minister for Education**
Clr John Seymour, Mayor and Nicole Lucas (Chair - Coolamon RWG)
Allison Priest, Rural Women's Network – NSW DPI

9.30 am Keynote speakers: **Robyn Speerin, Dr Kathryn Browning Carmo and Barbara Seymour**

10.30 am Morning Tea

11 am **Session A workshop (11 am – 12.30 pm)**

12.30 pm Lunch

2 pm **Session B workshop (2–3.30 pm)**

7 pm Gala Dinner (MC – Dr Maree Bernoth), Marrar War Memorial Hall
Be entertained by special guest, Bettina Arndt. You will hear from Fiona Simson, President of NSW Farmers and be entertained by Justine Hogan. A special fundraising raffle will be held.

Sunday 14 September

7.30 Exercises or walk

7.30-9 am Breakfast

8.30-9 am Ecumenical Service

9.15 am **Session C workshop (9.15–10.45 am)**

10.45 Morning Tea

11.30 am Speakers: **Coral Druce, Pip Job**
Handover ceremony to Glen Innes
Close

1 pm Lunch (take away)

Highlights

Bettina Arndt

It was sex that made Bettina Arndt famous. One of Australia's first sex therapists, she spent her early career talking and writing about this fascinating topic before moving on to broader social issues. She's still out there, speaking to audiences all over Australia and appearing regularly on television and radio. Her latest exciting venture is dating coaching, helping men and women write great online dating profiles and giving them advice on how to meet their match. Bettina Arndt will give a special insight into her life and career at the Saturday evening Gala Dinner.

www.bettinaarndt.com.au



Pip Job

The Chief Executive Officer of the Little River Landcare Group and winner of the 2014 NSW-ACT RIRDC Rural Women's Award, Pip Job is passionate about the impact that rural life can have on farmers and has instigated changes in the way Landcare operates to include the social needs of the community. This includes the 'Women in the Landscape' program which fosters learning, the exchange of experiences and the up-skilling of women to become more involved in farming businesses. Pip has a vision for agriculture where farming family businesses are profitable and increase the ecological wealth of the land they manage.



Speakers

Fiona Simson: President – NSW Farmers

Fiona Simson is a Director of Plantation Trading Pty Ltd, a 5500 ha family mixed farming enterprise near Premer on the Liverpool Plains in NSW. She holds a Bachelor Degree in Arts/Business, and has tertiary qualifications in workplace training and adult education. Elected President of NSW Farmers in 2011 on a platform of renewal, excellence and inclusiveness, Fiona is the first woman to fill this role and was re-elected President for a fourth consecutive term in July 2014. Fiona is passionate about ensuring a strong future for agriculture, and maintaining a strong and united voice to ensure that farmers' voices are heard and taken into account at all levels of Government.

Dr Kathryn Browning Carmo BMED FRACP Grad Dip Av CCPU

Born and raised in Coolamon, Kath studied Nursing at Charles Sturt University and then went on to study Medicine at Newcastle. She now works as a Senior Intensivist & Retrieval Consultant for critically ill newborns and children in NSW. Her passion is to try and decrease the inequality of care between rural and urban children.

Robyn Speerin RN NP MN (Hons)

Robyn commenced her nursing career in 1969 and later went on to study cardiac nursing becoming the first cardiac rehabilitation nurse practitioner in Australia. She is the author of NSW Health's *Rehabilitation for Chronic Disease* policy which provides guidance for best practice rehabilitation care for people who have a heart attack, diabetes, or chronic lung problems. In 2011 she was instrumental in gaining access to improved care for people who have bone fractures sustained from mere slip, trips and falls. Robyn will expand on these life experiences and discuss a new program of health care for people with hip and knee arthritis, and those who live with back pain.

Kay Hull

Former Nationals Member for the Riverina, Kay Hull worked in Federal politics for 12 years from 1998-2010 before retiring to spend more time with her growing family. Prior to her political career Kay was a small business owner for 20 years and served on Wagga Wagga City Council.

Coral Druce

'Green Grove' farm is a 1100 ha property situated near Ardlethan, in the Riverina. The farm has been owned by the Druce family since 1918. Coral and her family are the 4th generation to take over the business and they are enjoying the results of a long-standing organic conversion. They continue to seek ways and methods of better food production. The Junee Licorice and Chocolate Factory is operated by Green Grove Organics. It is located at the restored Junee Flour Mill, a historically rich landmark in the rural township of Junee. The Factory produces a rapidly growing range of innovative, certified organic confectionaries increasingly being found in shops around Australia and overseas.

Dr Maree Bemoth

Maree began nursing in 1971 and aged care nursing in 1985. She has worked in both rural and metropolitan areas as a clinician, manager, educator and researcher. In 2007 she moved to the Central West working as a community nurse in Cowra and Grenfell and in the hospital at Canowindra. She is currently a Senior Lecturer at Charles Sturt University in the School of Nursing, Midwifery & Indigenous Health, lecturing in ageing and research. Last year she received an Office of Learning & Teaching Citation from the Commonwealth Government for her teaching. Her research interests are ageing in rural communities and residential aged care.



Workshops and tours

Saturday Session A

11.00 am – 12.30 am

1A. Change your look, change your life:

Sandra Martin. It doesn't matter what shape, size or age you are, you can look and feel sensational using colour. Explore how colours can work for you and how they will transform your life from the outside in.

2A. Community Quality Use of Medicines

Program: Libby Cruikshank. Written by the National Prescribing Service and presented by two pharmacists.

3A. Create a business you love (from anywhere):

Connie Longobardi. Learn how to: make your business idea stand out from the crowd, harness the power of the right marketing tools to reach your target audience, and turn obstacles into opportunities.

4A. Ecologically sustainable farm

TOUR: Colin & Jan Lucas. Becoming aware that 'conventional farming' practises had damaged our health, compacted and degraded our soils, and that chemicals and fertilizers were becoming increasingly expensive, Colin and Jan adopted 'alternative' methods on their cattle and sheep property.

5A. Bath bombs and essential oils:

Clare McCormack. Learn about essential oils and natural therapies and make some bath bombs to take home.

6A. Pretzel making for beginners:

Del Garrett & Jenny Kuemmel. A hands-on workshop where you will learn to make German style pretzels from dough to go.

7A. Social media basics for small

business: Polly McDougall. An introduction to social media (Facebook, Instagram, Pinterest and Twitter). You'll learn about tips, tools of the trade, and techniques to help boost the profile of your small business.

8A. Chakradance: Wendi Guy.

Chakradance is a dance practice for the soul. Using music and guided imagery to evoke spontaneous dance, Wendi will guide you through the chakra system

and help you to reconnect with your true essence/self. No special skills or equipment needed – only an open heart and mind.

9A. Jewellery making (3 hrs): Tanya Menzies. A hands-on workshops where you will make a charm bracelet and earrings to take home using beautiful glass and crystal beads. Materials and tools provided. **Cost \$45**

10A. Collage and mixed media discovery: Jenny Newbound, artist. Join Jenny as she demonstrates the dynamic medium and layering of an array of exciting art materials. **Cost \$30**

11A. Hot pot hen: Jan Nulty. Construct a padded hen pot holder. Must be able to thread and use a sewing machine. Participants require fabric scissors and pins. \$10 for pack, including all other materials. **Cost \$10**

12A. Feeling confident and lovable: Sally Holden. Do you worry about what others think of you? Do you feel stressed, tired and anxious? Learn how to embrace your own YOUNIQUENESS and see yourself as valuable, lovable and worthy, giving you the confidence and self-belief to live a life that you love!

13A. Computer troubleshooting: Graeme Collins. Learn how to troubleshooting issues, set up email/gmail accounts and cloud storage. Bring your own laptop.

14A. Healthy family cooking: Linda Crocker. Learn to prepare and cook fresh healthy meals for your family as well as correct portion sizes for men, women and children. **Cost \$15**

15A. Swiss beauty – skin and makeup: Jess Roberts. Give yourself a mini facial using the RE9 anti-ageing range, and then sample the Arbonne make-up range – an ultra-premium skincare range that provides pure, safe and beneficial products.

16A. Cooking in a camp oven: John Knox. John and fellow 'Coolamon Camp Oven Cookers' will demonstrate how to take care of your camp oven and adapt recipes to suit. You'll then cook a morning tea delight.

17A. Furniture restoration: Conner Mac Murray. Learn about a range of techniques to breathe new life into old pieces of furniture. Why not bring along a piece or pictures for advice.

18A. Free time. Time to network, relax and explore your surroundings.

Saturday Session B

2.00 pm – 3.30 pm

1B. 10thousandgirl – Money makeover: Zoe Lamont. Designed for women 16-45 years, 10thousandgirl makes changing your financial future fun! You'll come away feeling excited and optimistic about your financial future with some great practical skills. complete your own A4 Life & Money Planner and learn 6 key steps to setting up strong financial foundations.

2B. How to create a magnificent Life – Calling all 'wild, wacky, wonderful women: Natalie Shepard & Sandra Martin. Your past, present and future is shaped by your beliefs, your values, your needs and your emotional habits and these invisible forces determine how you live your life. The good news is these habits can be changed. In this workshop you'll discover how to become more resourceful, more certain and more joyful than you had ever imagined possible.

3B. Planning a holiday: Mandy Black. Steps to take when planning your holiday from beginning to end ensuring your holiday goes without a hitch.

4B. Rental properties and Self-managed Super Funds: Linda Crawford. Should you own a rental property? What's all the talk about self-managed super funds? Learn about the pros and cons determine if they are for you.

5B. Felled Woolen jumper brooches: Lisa Ashton. Learn how to make a felt flowers brooch from a re-cycled woolen jumper. You'll need a very basic level of hand sewing and to be able to thread a needle. Bring a small pair of scissors and a crewel needle. Kit includes material to make 2 brooches. **Cost \$10**

6B. Design your interior – creating a mood board: Anat Kadmon. You'll talk about your environment and what you need from your space and touch on how colour and patterns affect your mood. You'll come away having created your own 'mood' board.

7B. Garden TOURS. Tuena, home of Bill and Gabrielle Thompson, is a recycled garden filled with flowers made by Gabrielle. It started as 100 red ceramic poppies on rusty wire and became 1000 red poppies. There are now over 4000 different types of ceramic plants and creations. To save water there are a few patches of lawn, with the rest being pebbles, bark chips, rocks and mounds planted with native plants and a dry creek bed. Then visit Harvey and Rose Higgins historical garden that is over 100 years old. Wander the old pathways through the established gardens and imagine what life must have been like all those years ago.

8B. Be creative: Jenny Newbound. Bold expressive watercolor using diverse tools: tissues, brayers, sponges, felt pens, toothbrushes, sticks, and more. **Cost \$30**

9B. Meditation: Wendi Guy. Learn why meditation has so many physiological benefits and how to quiet the mind and redirect focus toward healing. Bring an open heart and mind.

10B. Design, print, embellish fabrics: Merrin Glasgow. Discover design basics with experimental drawings. Use designs in conjunction with assorted printing techniques (techniques first sampled on paper, then on natural fabrics). You will take home a length of printed fabric that can become a placemat, scarf, or be assembled into accessories OR print a collection of gift tags and gift papers. Bring disposable gloves and apron. **Cost \$30**

11B. The power of 10: Sally Holden. Are you frustrated and tired of not being able to change something in your life? Do you feel like you just don't get time for yourself? Get clear and focused on what you want and use the power of consistency to literally transform any area of your life in just 10 minutes a day!

12B. Fire plan: James Smith. Learn about decision making and preparation prior to the bush fire danger period.

13B. Cheese and wine tasking: Barry Lillywhite. Learn how wine and cheese enhance each other and about the different attributes of cheese. **Cost \$10**

14B. Resume basics: Elaine Bunyan. An experienced careers advisor, Elaine will discuss and show participants how to put together a resume.

15B. Women's wellbeing – embracing life's changes: Wagga Wagga Women's Health Centre. As women age they face many changes and challenges, menopause is one of them. It's time to embrace your health and wellbeing.

16B. Traditional cooking: Leonie McIntosh. Come and learn about Bush Tucker and have a yarn.

17A. Understanding high school maths: Kate Beck. What you need to know to help your child with their high school maths.

18B. Free time. Time to network, relax and explore your surroundings.



Sunday Session C

9.15 am – 10.45 am

1C. Strengthening community voice:

Bernadette Pattison. A successful community developed program about building skills, strength, confidence and resilience in rural communities. It brings together the natural leader in the community and demonstrates ways of working with rural communities.

2C. Technology: Lisa Anderson. Bring along your phone/tablet and learn how to get the most from it, as well as learn about SMS messaging, apps and Twitter.

3C. Design your interior – creating a mood board: Anat Kadmon. See description 6B.

4C. Heritage walk: Col Patterson.

Walk Coolamon's historic main street and learn about its past.

5C. Stunning spoon necklace:

Tanya Menzies. Create your own beautiful up-cycled pendant jewellery from a gorgeous array of beads and components. You'll turn a pre-prepared spoon pendant base into a decorative work of wearable art to take home.

6C. Capture the vibrancies of

Watercolours: Jenny Newbound. Develop your artistic boundaries by making your mark with washes of colour and transparencies.

7C. Reflexology: Wendy Guy. Learn

how powerful points in our hands and feet relate to the health of our organs.

Feel how we can redirect energy toward healing in a very nurturing way.

8C. Rusty metal flower: Joanne Langtry.

Flowers in your garden only come seasonally, so why not make some flowers from old tin and wire that will never die. Bring your own pliers, work gloves, protective eyewear, old apron and tin snips (optional). Make one flower or a bunch. **Cost \$5 per flower made.**

9C. Yoga: Sonya Spencer. Awaken your

mind and body, placing you in a great space for the rest of the day. **Cost \$10**

10C. Ginger bread house making:

Kristie Furner. Construct and decorate your very own Gingerbread house. If you're travelling from afar bring a box to safely carry it home. **Cost \$30**

11C. Are you wearing the right bra:

Jill Tucker. Demonstration and tips for getting the perfect fit, plus different styles and troubleshooting.

12C. Basic choir 101: Teresa English.

Ever wondered what it would be like to join a choir? Learn to participate in a choir setting, singing in two, three or even four part harmony. Come and be part of the fun.

13C. Legal check-up for rural business:

Tammy Holzheimer. Examine common legal issues that rural businesses need to address within their enterprise and their family. Some of the topics will include: wills, Power of Attorney and guardianship, business structures and other relevant topics such as employment and PPSR?

14C. Button flowers: Donna Carmichael.

Create a beautiful bouquet of buttons flowers to take home, using several different techniques. **Cost \$10**

15C. Tips for a memorable function:

Kerri Neyenhuis (RDE events). Learn about the key areas to hosting a successful party or function. What you need to look out for, as well as some helpful hints and shortcuts, and creating that WOW factor.

16C. Explore collectables: Graham Miles

(Treats & Treasures). Find out what's the most popular collectables in Australia at the moment. Learn if you have any valuable items in your home or find out if you would like to become a collector.

17C. Walk in – dance out: Gavin Hulm. An

experienced competitor and teacher, Gavin will teach you several dances including the wedding waltz, cha cha, tango or whatever the consensus is on the day. Bring comfortable shoes suitable for dancing.

18C Design, print, embellish fabrics:

Merrin Glasgow. See description 10B.

19C. Free time. Time to network, relax

and explore your surroundings.



Men's program, Saturday 13th

9.00 am

» Ride the bus to Ganmain and tour the Historical Society Museum

10.30 am – MORNING TEA

11.00 am

» Visit Huff 'n' Puff (as seen on Better Homes & Gardens). Experience one of Australia's newest forms of construction. Tour seven pavilions made entirely from straw bales with earthen floors and line and earthen renders.

1.00 pm – LUNCH

1.30 pm

» Ride the bus back to Coolamon where you can visit the RSL Museum, play a round of golf or bowls or check out one of the areas car clubs.

3.30 pm – AFTERNOON TEA

Afternoon Tea will be served at Coolamon Centre School.

Transport information and bus schedule

Allens Coaches will provide free transfers from Wagga Wagga and Coolamon over the weekend including the Saturday night Gala Dinner at Marrar.

For delegates staying in Wagga Wagga please ensure you are at one of the 4 nominated collection points by the scheduled time:

1. Boulevard Motor Inn
2. Wagga Wagga RSL Club Motel
3. Best Western Ambassador Motor Inn
4. Lincoln Cottage Motor Inn

Please ensure you indicate on your Registration Form if you require transport.

Friday evening

» 4.30 pm: Wagga Wagga to Coolamon

Saturday

- » 7.00 am: Wagga Wagga to Coolamon
- » 4.00 pm: Coolamon to Wagga Wagga
- » 4.30 pm: Coolamon to Wagga Wagga

Saturday evening

- » 6.30 pm: Wagga Wagga to Marrar
- » 6.45 pm: Coolamon to Marrar
- » 10.00 pm: Marrar to Wagga Wagga
- » 10.30 pm: Marrar to Coolamon and Wagga Wagga

Sunday

- » 7.00 am: Wagga Wagga to Coolamon
- » 1.30 pm: Coolamon to Wagga Wagga

