

Celebrating...

World Rural Women's Day

Wednesday 15th October 2014

9:00am to 3:00pm



Why celebrate rural women?

The United Nations' (UN) International Day of Rural Women is annually celebrated on October 15 to recognize rural women's role in supporting their communities.

The first International Day of Rural Women was observed on 15 October 2008. This new international day, established by the General Assembly in its resolution 62/136 of 18 December 2007, recognizes "the critical role and contribution of rural women, including indigenous women, in enhancing agricultural and rural development, improving food security and eradicating rural poverty."

Morning Program

8:30 -9:30	Registrations, displays, tea & coffee available
9:30 - 9:40	Introductions, safety, event partners – Kylie Falconer, GLENRAC
9:40 - 10:00	Looking after yourself – Katherine O’Neil, New England Medicare Local
10:00 - 10:30	Healthy in your community – Phoebe Maroulis, The RW Network
10:30 - 10:40	Farm Business Planning & Current Assistance – Stuart Brummell, Rural Financial Counselling Service
10:40 - 11:00	M O R N I N G T E A
11:00 - 11:10	Drought support services – Lucy Faithfull, Anglicare Northern Inland
11:10 - 11:30	Women on boards & committees - Sally Wright
11:30 - 12:25	Goal setting and making it happen for you - Jen Wright, Boil the Billy Coaching
12:25 - 12:30	Final questions, directions for afternoon sessions – Kylie Falconer, GLENRAC
12:30 - 1:15	L U N C H Gather in the Glen Committee Entertainment – Little Phoenix

Afternoon concurrent sessions

- Native plants for your garden – Sarah Caldwell, Mole Station Native Nursery
- Making biological farming work for you – Fiona Smith, Working with Nature
- Tricks and tips to take good photographs – Bec Ballard, Green Gully Consulting
- Practical Systems software for farm business’s including CashBook, Farmbook, Stockbooks and Farm Map – Mark Morton, Practical Systems
- Exercise, who needs it? , Exercise tips for women of all ages - Michelle Morgan & Laura Gillian, Rural Fit

Afternoon Program

Time	Tea Room	The Bar	Yarraford Hall	Ringside Pavilion
1:15 – 1:35	Bindaree Beef	Women's Health	The Bee's Knees	Rural Fit
1:35 – 1:45	C H A N G E O V E R			
1:45 – 2:05	Practical Systems software	Making biological farming work for you	The Bee's Knees	Mole River Nursery
2:05 – 2:15	C H A N G E O V E R			
2:15 – 2:35	Rural Connectedness using email, Skype and social media	Women's Health	Tips & tricks for taking good photos	FREE TIME
2:35 – 2:45	C H A N G E O V E R			
2:45 - 2.50	Gather in the Glen 2015 - Mary Hollingworth			
2:50 – 3:00	Final lucky door draws, evaluation forms, wrap up - Kylie Falconer			

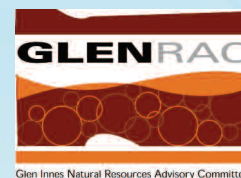
Afternoon concurrent sessions continued

- Women's Health, Know your numbers – Peta Waters, New England Medicare Local & Angela Landers, Timbs Pharmacy
- Learn how to use find your own unique style to look & feel fabulous – Mel Lindsay, The Bees Knees
- Emerging marketing opportunities for your cattle, an update from Bindaree Beef including the new MSA index and grid – Amanda McLaughlin, Bindaree Beef
- Rural Connectedness, make the most of your internet connection to communicate via email, Skype and social media – John Mark, Steph Crandall, Crandall-Mark e-technology
- Free time to relax and network

Event Partners

This event is part of the Australian Government's drought assistance package

GOLD



SILVER



BRONZE

Bindaree Beef, Practical Systems, Mole Station Native Nursery, Rural Fit, Crandall Mark e-technologies, Rural Financial Counselling Service, NSW WorkCover, The Bees Knees, Northern Tablelands Local Land Services

DONORS

The Super Strawberry, Rainbows & Lollipops, Fashion Palace, Home Living, The Bees Knees, Innerbella Beauty, Avon - Pauline Williamson, A Little Bit of Everything, Avonlea Lavender, Timbs Pharmacy, Little Phoenix



Evening Program

A free film screening of the 2013 movie "Goddess" starring Ronan Keating, Laura Michelle Kelly and Madga Szubanski. This event will be held at the Chapel Theatre from 7:30pm. A light supper/refreshments will be \$15, pay at the door on the night.