



CONNECTING WOMEN IN THE LANDSCAPE

A
RURAL
WOMENS'
FORUM

29th April 2015
Tumut Racecourse
9.00am to 3.30pm

SUMMARY OF THE DAY Wednesday 29 April, 2015

9.00 Registration & cuppa/morning tea

9.15 Welcome

MC **Sarah Roche**, *Regional Manager SNSW - GrainCorp*
Opening address - The Changing and Complex Role of Rural Women

9.30 Welcome to Country

Sue Bulger, *Wiradjuri Elder*

9.40 A passion for farming – inspiring innovation and sustainability

Edwina Beveridge, *Blantyre Farms and Runner Up NSW Rural Womens Award.*

Edwina and her family owns and runs Blantyre Farms, a highly productive pig, sheep, cattle and cropping enterprise. They were early adopters of new technology, doubling the size of their pig farm and expanding their other enterprises. Edwina is continually working to improve efficiencies and animal welfare whilst maintaining sustainable environmental practices.

10.30 Eat Cake and Have it Too – How to Get What You Want in Life

Lisa Green, *Career Matters - Career & Lifestyle Coaching*

As women we are often so busy looking after everyone else that our own needs and dreams are put on hold. This can lead to feelings of guilt, overwhelm, frustration and 'stuckness'. Lisa through her program Eat Cake and Have It Too has identified the strategies and plan to move you forward. It's time to embrace your life and truly love all that you are capable of creating, experiencing and doing.

11.30 Women's Wellbeing – Embracing Life's Changes

Heather Jamieson, *Womens Health Nurse, Murrumbidgee Local Health District*

As women age we face many changes and challenges. Its time to embrace your health and wellbeing.

12.10 Lunch

Catering by **Riverside Café**

12.45 Wake up Yoga session

Niki Pearce

1.00 Making Farm Safety Simple and Practical

Alicia Smith, *Return to Work Inspector, Workcover*

Farms are not typical workplaces – they are also our homes. There are simple things that we can do in our everyday farm activities, to protect our families, our farm workers and our farm visitors.

1.45 Coping with the Stresses of Farming Life

Pam Kensit, *Crookwell farmer*

Rural life is very rewarding in many ways, however, farming in particular is a stressful occupation. There are the everyday issues to contend with and the added pressures of managing a farm during difficult times like droughts can sometimes seem overwhelming.

2.30 Farm Business Legal Checkup

Tammy Holzheimmer, *Solicitor Director, Commins Hendricks*

There are a number of common legal issues that rural businesses need to address within their enterprise and their family. Tammy will cover a range of topics including wills, Power of Attorney and guardianship, succession planning, and employment.

3.15 Where to from here

3.30 Close

