

25. THINK LIKE A WOMAN – *Jannese Parkes*. When women entered professional lives, beyond the domestic scene, they inherited a well-established structure of thought, with rules not of their own devising. With effort and savvy, women have adapted to this structure, but has success been at the expense of neglecting women's unique thinking potential? (SESSION A & C)

26. TAKING CHARGE OF YOUR LIFE – *Jill Yates*. In busy times, our own life matters assume a low priority. This workshop will enable you to identify and focus on your life goals, and speak up for what you want. Includes both oral and written presentation centred on your life plan. (SESSION A & C)

27. SATYANANDA YOGA – *Loni Wilson*. A introduction to Yoga including asana (postures), pranayama (breathing practices) and Yoga Nidra (deep relaxation). Learn about the many benefits of Satyananda Yoga, a gentle style of Yoga suitable for all ages and fitness levels. (SESSION A & C)

28. BACH TO BLUES: THE INFORMED LISTENER – *Fran McHugh*. Get more enjoyment from your music by learning what to listen for. The workshop will help guide you through the concepts of music that composers and performers use to create their unique sound. (SESSION A & C)

29. WU TAO (WOO DOW) – *Joanne Haupt*. Practise, to beautiful music, the five dances that relate to traditional Chinese medicine, plus stretches, massage and meditation. (SESSION A & C)

30. INTRODUCTION TO SOLAR POWER – *Paul Howson*. A brief look at Solar Power, its benefits and many uses, presented by a leading solar electronics engineer. (SESSION A & C)

31. EXPLORING THE CLARENCE FROM THE SOURCE TO THE SEA – *Helen Tyas-Tunggal*. A 364 km virtual journey exploring the spectacular Clarence River as it flows from the ranges through the flood plain and up to 100 islands to reach the sea. Includes interactive water education activities that can be adapted to any river catchment. (SESSION A & C)

32. GETTING A GREAT JOB WHEN NOBODY SEEMS TO WANT YOU – *Roslyn Lambert*. With the Australian Government realising that mature workers have a lot to offer the workplace, we are too great a resource to lose. However, getting a job when you are no longer 21 (but you have terrific life and work skills) can be a humiliating and frustrating process. This workshop will give you some tips on how to show prospective employers that you and your skills are a valuable commodity. (SESSION A & C)

33. FAMILY PLANNING NSW – *Sue Williams*. A fun and interactive workshop to identify and discuss current issues around sex, sexuality and sexual health. (SESSION A & C)

34. SCRAPBOOKING – *Shirley Kelly*. Creatively display your family photos in an acid free environment. (SESSION A & C)

35. UNDERSTANDING DEMENTIA – *Helen Nickless*. A look at what dementia is, and how memory works and what happens when it doesn't. Includes healthy lifestyle strategies that may help prevent dementia. You will also learn the importance of proper diagnosis and where to go if you are worried about memory loss. (SESSION A & C)

36. DEALING WITH INCREASING VIOLENCE IN OUR COMMUNITY – *Deirdre Mason*. The Premiers Council for Women is consulting with women across NSW about violence in their communities: what are the causes and possible forms of prevention? (SESSION A, B & C)

37. YOUR RIGHTS AND RESPONSIBILITY AS A TENANT – *Janelle Brown*. Have you ever had problems with your landlord or the real estate agent you are renting through? What are your rights and responsibilities as a tenant? A look at tenancy issues and how the Tenancy Advice and Advocacy Services can assist you. (SESSION A, B & C)

38. KNITTING FOR BEGINNERS – *Sally Thomason*. Learn how to knit those beautiful scarves that are all the rage. Focus on stitches that form the basis for most knitting patterns and explore the array of yarns that are now available. (SESSION A, B & C)

39. THE AGEING WOMAN: HOW TO STAY HEALTHY NATURALLY – *Llyris Robyns*. Looks at issues such as menopause, osteoporosis, irritable bowel syndrome, depression, exhaustion, cardio vascular disease and thyroid problems, covering the medical condition, conventional treatments and overcoming many of these problems with natural medicines. (SESSION A, B & C)

40. BIG RIVER DREAMING – *Pam Wells*. A facilitated process workshop where participants will gather together their knowledge, culture, skills and activities around women's contributions to community and discuss issues vital to the current climate. Includes drawing, music, talking and laughter. (SESSION A, B & C)

41. MIND MESSAGES – *Jannese Parkes*. Tuning into your own mind messages is a skill worth having – for monitoring your own health, thinking creatively, expanding choice in life, and for having the intuitive edge. In this workshop we explore techniques for developing this skill. (SESSION B)

42. STARTING YOUR OWN BUSINESS – *Pam Brook*. Turning a good idea into a thriving international business – how did all this happen, what challenges are involved in pursuing value-added opportunities and what does it take to succeed. (SESSION B)

43. REFRESH! REVIVE YOUR CREATIVITY, RENEW YOUR ENERGY, REFRESH YOUR SPIRIT – *Ann Shannon*. Women focus their energy on everyone else but themselves. Take time to rejoice in the past year and celebrate the coming year. Re-energise through reflection and laughter. (SESSION B)

44. CENTRELINK SERVICES – Specialists will deliver individual 30-minute talks on: Financial Information and Retirement; Caring for People with Disabilities; Returning to the Workforce; Support for People with Disabilities; Family Payments Explained; and Rural Services. (One-to-one interviews with Indigenous women may be provided upon request.) (SESSION B)

45. WINE APPRECIATION – *Margaret Munro & Trish Wade*. A cheeky little workshop designed to educate the palate of discerning carbon-based life forms. Overtones of melon and undertones of raspberry are among the many delights the senses will explore on this voyage among the ocean of fine wine. On a scale of 1 to 20 this course has been voted 'Gold' by all who have sailed among its many tantalising islands of pure indulgence. (SESSION B)

46. ENABLING LEADERSHIP – *Pam Sinclair*. Learn what it takes to be a 'Leader as Coach' to get the best from yourself and others. Understand principles of effective communication and practice the process of coaching using the GROW model. (SESSION B)

47. SCRAPBOOKING WITH FELT BEARS – *Colleen Flynn & Deborah Holbrook*. Bring your favourite photos and try your skills at decorating a bear page, using lace, tulle, feathers or whatever takes your fancy. (SESSION B)

48. VICTORIAN PATCHWORK – *Lyn Atkins*. Create hand sewn patchwork squares using embroidery, beads etc. as embellishment. (SESSION B)

49. A CELEBRATION OF WOMEN'S SPIRITUALITY – *Fr Peter Catt*. Held at the historic Horbury Hunt Christ Church Cathedral and using the Hill, Norman and Beard organ. Includes music by women mystics and female composers, and readings from the writings of women down the age. (SESSION B)

50. WOMEN & HORSES: THE BEAUTIFUL BOND – *Sandra Burr*. The fact that women outnumber men 4-to-1 in the leisure horse sector has led me to research this bond. I will share my findings, debunk some myths, introduce you to some beautiful poetry and invite lively discussion on the topic. (SESSION C)

51. SMALL BUSINESS: OH&S – *Beverley Jackson*. NSW OH&S legislation requirements, hazard, risk, risk assessment, hierarchy of risk control. Explanation of the free service to small business by Small Business OHS Advisers Program. (SESSION C)

52. PILATES AND BODY AWARENESS – *Dani Cogle*. An introduction to Pilates Yoga. (SESSION C)

53. GLENREAGH MOUNTAIN RAILWAY TOUR – Partner Tour Only dependent on numbers. (Session A)

54. ABORIGINAL CULTURAL TOUR TO MOLEVILLE ROCKS & TRENAYR – *Robyne Bancroft*. (SESSION B)

55. SQUATTERS REST PRIVATE MUSEUM TOUR – *Zoë Zanadakis*. Enjoy days gone by with a look at memorabilia in a court yard museum, with Tucabia's own Town Crier. Have afternoon tea while listening to our celebrated Bush poets. (SESSION B)

56. LAMBOUK STUD TOUR – *Don Enders*. Visit Lambouk Farm's olive oil production and Charbray Cattle. (SESSION B)

57. TWO TAILS WINES TOUR – *Jean Maher*. Take pleasure in the scenery as you travel the Orara Way to this beautiful property at Nana Glen. Learn about wine production and appreciation while you enjoy some wine tasting. (SESSION B)

58. GRAFTON AGRICULTURE & RESEARCH STATION TOUR – *Phil Dawes*. Visit the Fisheries and Forestry sections for a tour and educational talk followed by Natalie Moore speaking on her soil rehabilitation in Banda Aceh after the Boxing Day Tsunami and Bill Hoffman giving an overview of the MLA program on the cost of producing cattle for beef production. (SESSION B)

59. CLARENCE RIVER CRUISE TOUR – *Gordon Smith*. Board the multi-award winning River Explorer II and enjoy a relaxing river cruise on the mighty Clarence River. (SESSION B)

60. OLD MUNBILLA DORPERS TOUR – *Anne Budd*. Visit this Dorper Sheep property and discover all there is to know, with the opportunity to view both stud and commercial sheep. (SESSION B)

61. GRAFTON AT YOUR LEISURE (SELF-DRIVE OR WALK). Explore Grafton on your own or with friends. Experience the jacarandas, visit the Regional Gallery, take a heritage trail walk across the famous 'Bendy Bridge', go shopping or catch a movie. Morning or afternoon tea vouchers provided. (SESSION A, B & C)

62. BUS TOUR OF GRAFTON AND SURROUNDING AREA – *Bruce Hardin*. Partner Tour Only. (SESSION C)

63. GOLF: 18 HOLES – *Chris Ivey*. Partner Activity Only. (SESSION C)

PROJECT SPROUT

Project Sprout is a multi-media workshop that will inspire, educate and encourage the uptake of creative digital media.

Sixteen participants will join with a team of innovative and exciting screen and digital media practitioners for a three day hands-on workshop to document the Gathering. The workshop will include filming, editing and publishing on the web, including blogging, podcasting and streaming.

Project Sprout commences 9.30am Friday 20 October and finishes late Sunday 22 October. For registration details go to www.projectsprout.com.au or call Allison on Ph: 02 6621 6079. NOTE: This is a separate workshop and you do not need to fill out a Women's Gathering Registration.

Project Sprout is supported by the NSW Film & Television Office and will use the new state of the art multi-media/musical facility at the NCI TAFE Grafton Campus.



Transport, accommodation & childcare**TRANSPORT**

Grafton has great transport links via Grafton Airport (Big Sky Express); Coffs Harbour Airport (Qantas & Virgin); the XPT train from Sydney & Brisbane; and numerous bus coach services. Grafton is located at the junction of the Pacific & Gwydir Highways, the Summerland Way from Casino and the direct road between Grafton and Armidale via Ebor which is now sealed all the way.

ACCOMMODATION

Grafton has many options, however please book early! For accommodation listings contact Clarence River Tourism on Ph: 02 6642 4677 or Visit: www.clarencetourism.com

CHILDCARE

If you require childcare, contact Clarence Family Daycare on Ph: 02 6643 1002 no later than 13 October 2006.

PAYMENT DETAILS

- ☐ **Cheque or money order:** Made payable to
Clarence Valley Women Inc. Women's Gathering
- ☐ **Electronic Funds Transfer to Bendigo Bank**
BSB: 633-000
Account No. 127271351
Reference: Please use your phone number as a unique
identifier to match your payment with your registration form.

Post your registration form and payment to:

Clarence Valley Women Inc
2006 Grafton Women's Gathering
PO Box 1260, Grafton NSW 2460

PLEASE NOTE: Registration will not occur until payment is received. Cancellations will be accepted up to 12 October 2006 and a refund made, less a \$20 administration fee, following the Gathering.

For more information including program and registration information, contact 2006 Convenor Vicki St Lawrence on Ph: 02 6642 9700 Monday-Friday during business hours.

The 2006 Grafton Women's Gathering would not be possible without the generous support of our sponsors:



**Institute of
Public Administration
Australia NSW**

**2006 GRAFTON WOMEN'S GATHERING REGISTRATION
20-22 OCTOBER 2006****TAX INVOICE**

**Clarence Valley Women Inc
ABN 55942891275**

*Please complete one registration form per person. Registration closes 9 October 2006. To request a **Partner Registration Form**, Email: info@womensgathering2006.org.au or Ph: 02 6642 9700. Please retain a copy of this Tax Invoice for your records.*

First Name:

Last Name:

Postal Address:

Phone: Fax:

Email:

Do you require a wheelchair accessible bus to access tours? ☐ Yes ☐ No

Do you require disability access to all venues, including Friday & Saturday night? ☐ Yes ☐ No

REGISTRATION

- ☐ Early Bird Full Registration (before 15 September) **\$154**
(includes workshops, tours, all meals and entertainment)
- ☐ Early Bird Saturday & Sunday Only **\$84**
(includes workshops, lunches, morning & afternoon teas)
- ☐ Full Registration **\$176**
(includes workshops, tours, all meals and entertainment)
- ☐ Saturday & Sunday Only (evenings excluded) **\$106**
(includes workshops, lunches, morning & afternoon teas)
- ☐ Friday night only (meal and entertainment) **\$25**
- ☐ Saturday night only (meal and entertainment) **\$45**
- ☐ Friday lunch only **Free**
(Sponsored by IPPA-NSW for women in the Public & Community Sector)

PAYMENT OPTION:

- ☐ I have enclosed my cheque/money order for \$.....
payable to Clarence Valley Women Inc, Women's Gathering
- ☐ I have completed my payment via Eftpos for \$.....
Date Eftpos payment made: / / 2006

WORKSHOPS & TOURS:

Please select three choices for each session from the Workshops and Tours available. List the workshop number in order of preference from 1st to 3rd. Places allocated on first-registered basis.

Session A	Session B	Session C
1 st	1 st	1 st
2 nd	2 nd	2 nd
3 rd	3 rd	3 rd

- ☐ Please tick if you do not want your contact details passed on to the next Gathering Committee.

Bourke's biggest-ever morning tea

By Denise Turnbull, Bourke

For some years now, the generosity of the people of Bourke has manifested itself in some absolutely wonderful fund raising morning teas for The Cancer Council, however this year, the people beset by the drought and with a fairly gloomy short-term outlook, they 'topped' their best efforts.

With a band of volunteers who give their time every year, working from early morning, the Country Women's Association rooms in Bourke hummed with activity all day long. The volunteers not only work on the day but they provide morning tea for most of the people in the area. Wonderful prizes are donated for raffles on the day and the atmosphere is one of gaiety and celebration.

So what do we have to celebrate? Well, the raising of \$8000 on the day is one thing to cheer about! Anella Powell, the Community Relations Coordinator with The Cancer Council's western region office, was in attendance on the day to present a certificate to the Bourke community as the



Community members from Bourke and the surrounding area raised well over \$8000 for Bourke's Biggest Morning Tea in 2005 – a significant undertaking for a community suffering extreme hardships as a result of the current drought.

highest fundraiser in western NSW for a single morning tea in 2005, so there's another thing to celebrate!

The main organiser of these morning teas is a young lady by the name of Maree Weldon, who lost her older sister to cancer ten years ago. Leanne passed away at the age of 33 and left three young children behind. This has inspired Maree to work so hard for the cause.

It is difficult to understand how a small community which is battling to stay afloat can continue to support this cause

so strongly, but the answer lies in the disease itself. There are very few people in any community who have not been either directly or indirectly affected by cancer in some form. Most of us have either lost a loved one or been through the terrible treatments needed to beat this insidious disease.

I can only congratulate everyone who worked toward making this such a wonderful day and hope that their efforts help find a solution to this problem.

THE CRACKED POT

An elderly Chinese woman had two large pots. Each hung on the ends of a pole, which she carried across her neck. One of the pots had a crack in it, while the other pot was perfect and always delivered a full portion of water.

At the end of the long walk from the stream to the house, the cracked pot arrived only half full. For a full two years this went on daily, with the woman bringing home only one and a half pots of water. Of course, the perfect pot was proud of its accomplishments. But the poor cracked pot was ashamed of its own imperfection and miserable that it could only do half of what it had been made to do. After two years of what it perceived was a bitter failure, it spoke to the woman one day by the stream. 'I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house.' The old woman smiled, 'Did you notice that there are flowers on your side of the path but not on the other pot's side? That's because I have always known about your flaw, so I planted flower seeds on your side of the path and every day while we walk back, you water them. For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are there would not be this beauty to grace the house.' Each of us has our own unique flaw. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding.

SOURCE: UNKNOWN

Multicultural Women's Support Groups – Dubbo & Lightning Ridge

The Dubbo Multicultural Women's Support Group meets on the third Monday of each month. The group provides support and friendship for women from all backgrounds with a range of activities and presentation from local service providers.

Contact Gwen Young, Dubbo Neighbourhood Centre on Ph: 02 6882 2100

The Lightning Ridge Multicultural Women's Support group meets on Tuesday mornings from 10 am to 12 pm at the Neighbourhood Centre. This year the group will be compiling an illustrated international cookbook with the group's favourite national dishes and a short story of the recipe or the country of origin. All women are welcome.

Contact Gyorgyi Nyers, Lightning Ridge Neighbourhood Centre on Ph: 02 6829 2014



REBEL BLACK
LIGHTNING RIDGE NSW

Rebel Black is a young outback woman who has never let isolation or age stand in the way of a career change or potential business venture. With her partner Michael, Rebel established 'Dig In', a unique restaurant on the edge of the opal fields in the mining town of Lightning Ridge, in 2003 when she was only 25.

Dig In is more than just a place to eat. It is a total outback cultural experience. Diners sit under the night sky and are entertained by locals and learn about the Aboriginal dreamtime through stories delivered by a local Elder. Rebel hopes to expand the business model over time.

Prior to Dig In, she worked in a wide range of jobs including project management, regional arts development and tourism, and was Editor of the Lightning Ridge newspaper for two years.

Daring to Dream

WHAT GAVE YOU THE MOTIVATION/ INSPIRATION TO FOLLOW YOUR DREAM?

I've been in Lightning Ridge for seven years. The inspiration for our restaurant came after a trip to Alice Springs. While there I visited one of the resorts where they served food and entertained diners under the stars against the backdrop of the MacDonnell Ranges. The sound of the didgeridoo enhanced the incredible atmosphere and I was inspired. As there wasn't anything in western NSW that compared to the experience, it made me wonder whether it was something we could do in Lightning Ridge.

AT WHAT POINT DID YOU REALISE THAT YOUR DREAM WAS ACTUALLY POSSIBLE AND WHAT WAS IT THAT MADE YOU THINK YOU COULD REALLY DO IT?

Twelve months later I spent an afternoon sitting on the block of land Michael and I live on with Michael's parents, and I began to visualise establishing an outback restaurant. I could 'see' where people would sit, where the kitchen would go and where the storytellers and entertainers would be. After much persuasion, Michael finally relented and it snowballed from there.

We gradually transformed the scrubby block of land (about an acre) with its knee-high grass into what Dig In is today. From the road it looks like a miner's camp but once inside the space there are beautiful Wilga trees and old box trees which arch over the campfire where

people sit. We have literally just fitted the restaurant around the existing natural environment. Our commercial kitchen is in a second-hand shipping container we bought from Sydney. I do most of the cooking. I had never cooked with a camp oven in my life prior to Dig In, and my previous experience of camp cooking was the doughy damper I inflicted upon my family as a child—solid balls with alfoil stuck in the crevices! I have improved since then! My main hospitality experience was working at functions while I studied an unfinished law degree, and serving in bars and restaurants in Alice Springs.

I drew a lot of confidence in my cooking from Michael, who manages the fires and makes sure the food is perfect after its slow coal cooking process.

The turning point, when I knew Dig In was actually going to happen, was the night Michael and I drove for 10 hours to Sydney to go to a catering equipment auction. It was very trying as we ended up buying some useless things like a \$1500 dishwasher that needed three-phase power which we didn't have, and a coolroom (in pieces) with handwritten Hungarian and broken English instructions! We drove off after packing the container for transportation, thinking 'what have we done?' But from that point there was no turning back and I knew we had to make it work. And we are making it work.

To be successful is to be innately happy with what you are doing on the day that you are doing it, and to be looking forward to tomorrow. REBEL BLACK

WHEN YOU WERE A CHILD, WHAT DID YOU WANT TO 'BE' WHEN YOU GREW UP?

I wanted to be everything. I used to watch other people in what they did and I'd think 'I could do that', and then I'd see something else and want to do that. In all honesty, I still think like that! I have always been interested in so many things and consequently have dabbled in many different jobs, crossing them off the list, mostly! Actually, the cocktail book that we have in the restaurant now is one that I bought in high school in preparation for the restaurant I was going to have one day—at the time it didn't look like Dig In, but dreams really can become reality!

HOW DID YOUR CHILDHOOD INFLUENCE YOU IN LATER LIFE?

I grew up on a property east of Coonabarabran and had a very happy childhood. My parents, my grandparents and family friends have always had a strong influence on me. The other day, when I was shovelling gravel for a new shed at the restaurant, I reflected on how very privileged I have been to have had the upbringing that I did. My family instilled in me an ability to work physically hard but they also provided opportunities for me to be educated. In the summer holidays my sister, brother and I worked in the shearing shed, mustered stock, chipped burrs and picked rocks. Mum and Dad put us on the payroll very early, which was a good motivation and helped to develop my strong work ethic.

I was told all my life that I could do whatever I wanted to do and that whatever I did was going to be OK. It never occurs to me that I can't do something—there are always solutions.

WHO ARE YOUR ROLE MODELS?

I've never really had anyone I've idolised. I admire my Mum, now more than ever. I appreciate and respect her tenacity and her ability to visualise, create and achieve. I admire people who are committed to a goal and achieve it. At one stage I thought

I was a failure as I would start things and not finish them. I then realised that what I was really good at was having an idea, creating the structure and passing it on to others who then run with it.

I am moved by a great real life story, tragedy to triumph. I love it when people beat the odds!

WHAT DOES SUCCESS MEAN TO YOU?

I struggle with the idea of 'success'; in fact I find it difficult to define. I think that there are many different ways to be outwardly successful, but what you feel on the inside is what matters. I know that success is about the journey rather than the ultimate destination. A successful life is a fulfilling one in all areas. To be successful is to be innately happy with what you are doing on the day that you are doing it, and to be looking forward to tomorrow.

WHAT HAS BEEN ONE OF THE BIGGEST BARRIERS YOU HAVE HAD TO FACE, WHAT HAPPENED, AND HOW DID YOU OVERCOME IT?

Fear has been the biggest hurdle. Fear of failure, fear of debt, fear of the unknown. Fundamentally it is the voices in my head challenging me by saying 'can I really do this?' There have been plenty of times along the journey when I have wondered if it is worth it—especially when we are putting in 15-20 hour days and just making ends meet. Then someone tells us they have had one of the best evenings of their life in a business we have created, and it makes it all worthwhile.

WHERE DO YOU SEE YOURSELF IN 10 YEARS TIME? WHAT IS YOUR VISION FOR THE FUTURE?

I'll be 37 in 10 years time. I know I'll be a better person. I'd like to have more time for Michael and to have a business that is sustaining us passively, and there is always the possibility of a family. I want to live in a home that we've built together. At the moment we live in a 40 foot caravan, which we love and have created into a beautiful space; however, we'd love to create and build a home ourselves.

WHAT WOULD YOU LIKE TO SAY TO OTHER WOMEN WHO MAY BE JUST STARTING OUT ON A 'DARING TO DREAM' JOURNEY?

Keep going, have faith in your dream and know that it will work.

Don't ignore the fear but use it to your advantage and let it drive you forward rather than hold you back.

Gather people in your life who will provide you with support and whom you can support in return.

Put your dream out there. What you put out is what you get back, so be positive.



Daring to Dream – Stories from inspirational rural women is a tribute to women from rural, regional and remote backgrounds who have dared to take the plunge, set goals and overcome challenges to make their dreams happen. A beautiful 120 page full colour book, *Daring to Dream* includes 27 stories of leading women and will be a useful resource for anyone wanting more motivation to follow their passion and achieve their goals.

Daring to Dream cost \$11 incl. GST plus p&h. To order your copy, call the NSW DPI Bookshop on Toll Free 1800 028 374. (Catalogue No.B302)

Stories from the book, and others, are being published on the RWN website at: www.dpi.nsw.gov.au/rwn
If you would like to be involved in *Daring to Dream* or would like to nominate a rural woman, contact the RWN for more information.