



MEDIA RELEASE –Thursday 3rd June, 2010

Save the date for the SEPWA Ladies' Day

Spread the word that the South East Premium Wheat Growers' Association (SEPWA) Ladies' Day is set for Thursday, 5th August.

“Healthy Farms and Healthy Families” is the theme of this year’s event, which has established itself as a must attend event for women throughout the Esperance Port Zone.

SEPWA Chair of the Ladies' Subcommittee, Sharon Barber said that last year, the day attracted 160 women of all ages from around the region and it is now the biggest event organised for rural women by a grower group.

“This year the day will provide a “tasting plate” of inspiring business ideas and it will delve into how to make families and businesses healthier and hence sustainable”, said Mrs Barber.

The Royal Flying Doctor Service (RFDS) is an integral part of country life and Dr Sally Edmonds will speak about how the RFDS operates, preparing for emergencies and balancing family and work with the unexpected hours.

Another highlight of the day will be Sophie Zalokar, well known protégée of Maggie Beer, published author and key to the slow food movement in the South West. Sophie will talk about the importance of diversification in the food that we grow and consume.

Local speakers include Tamara Virgo who will talk about how adversity can bring good change; Robyn McIntyre, trainee doctor and farmer, will share her advice on “juggling family, farm and study”; and Abbie Jones will motivate people to improve their fitness.

Dealing with bushfires is all in a day’s work for Nikki Cowcher, who is originally from Jerdacuttup but now working for the Red Cross in the Northern Territory. Nikki will talk about how communities prepare for, cope with and recover from these kinds of events.

The national winner of “Australia’s Biggest Loser Competition”, Lisa Hose will also share the ups and downs of baring it all for Australia and talk about achieving goals and how grit and determination helps you to succeed.

Silver Sponsor, RSM Bird Cameron will focus on the business with a presentation from Craig Ridley on “how to build a successful business”.

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Other topics to be covered include keeping the farm healthy through biosecurity and encouraging women to think outside the square within their lifestyle and business.

Mrs Barber said overall the day will give women an insight into some of the issues associated with “healthy farms and healthy families” and provide an opportunity for them to learn and be inspired and motivated.

I really encourage women to register now to attend the event, as it is a great opportunity to network with other women involved in agriculture and learn how to keep your farming family healthy and happy”, said Mrs Barber.

The SEPWA Ladies’ Day is set for Thursday 5th August at the Civic Centre in Esperance and tickets cost \$85 for members and \$120 for non-members.

This year’s event will be sponsored by Cliffs Natural Resources, Grains Research and Development Corporation (GRDC), Plant Biosecurity Australia and Department of Agriculture and Food WA (DAFWA).

The event will continue in the evening with the annual SEPWA Ladies’ dinner where women will be inspired by Bannister Downs Dairy’s Managing Director, Sue Daubney who in 2006 was awarded the *Telstra Business Women’s Innovation Award* for WA.

Mrs Daubney will share some tips on adapting to change in the business world and how she organises her life, family and business to be more successful.

The dinner will be held at Bonaparte Seafood Restaurant and tickets cost \$60 for members and for non-members \$75. There are 50 package deals available which include the dinner and the Ladies’ Day, they are valued at \$120.

For further information contact SEPWA Executive Officer, Gemma Walker on 9083 1134 or check out the SEPWA webpage calendar of events page (www.sepwa.org.au).

MEDIA CONTACTS:

Gemma Walker
SEPWA Executive Officer
Ph 9083 1134
Mobile 0447 908 311

Sharon Barber
SEPWA Ladies Subcommittee Chair
Ph 08 9075 4174

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