

Rural Women's Gathering

Strong Women

Strong Communities

Courage • Resilience • Strength



August 19-21
2022

www.saruralwomensgathering.org.au



Welcome

Situated on the West Coast of Eyre Peninsula, breathtaking Streaky Bay welcomes visitors as one of South Australia's emerging 'must visit' regions. Streaky Bay is an enticing mosaic of pristine natural wonders, endless sandy beaches, countless fishing spots, spectacular coastline, fine cafes, pop-up food vans, warm and friendly locals and a charming persona all of its own.

With more than 360km of the most spectacular coastline on the Great Australian Bight, Streaky Bay is a charming base for you to explore the coastline or inland.

Stunning coastal scenery, fantastic local seafood, and all the beach activities you could ask for – that's Streaky Bay.

It's an ideal base to explore this rugged coastline, while relaxing in the sheltered waters of the bay and enjoying the beach lifestyle.

Walk, swim, cycle and snorkel your way around this epic environment as you taste delicious seafood – catch your own, or buy it freshly caught at a local store – and then when you need a break, head to a local café, bakery or the hotel and let someone else do the cooking.

There's plenty of accommodation options, from two caravan parks to holiday houses, hotels to eco villas. And there's so much to explore – Murphy's Haystacks, Sea lion Colony, Granites, Perlubie and several coastal drives. And we've still left a lot out!

Also, did you know: Streaky Bay was the setting for the 1970s film Blue Fin? It's just that charming.

Visitor Centre

Personalised Visitor Information

- Souvenirs & Local Merchandise
- Boat Ramp Launch Permits
- Public WiFi & Public Computer
- Conference Facilities / Room Hire / Training Facilities
- Administration Services - Printing / Scanning / Emailing
- Marketing Design and Printing
- SA National Park Pass Outlet
- Services Australia Agency (Centrelink)
- Arts, Cultural and Community Development

Open Monday to Friday 9am-3pm

21 Bay Road, Streaky Bay SA 5680
P 08 8626 7033
E info@streakybay.sa.gov.au
W www.streakybay.com.au



Program

FRIDAY

- 2pm-5pm Registrations Open - Supper Room - 29 Alfred Tce
- 5pm Gather and drinks - Supper Room - 29 Alfred Tce
- 5pm-9pm Live entertainment by Alice Haddy
- 5:30pm Welcome and Official Opening
- 6:15pm Mains Served - Grazing Tables
- 6:45pm Guest Speaker - Phillip McEvoy - Local Celebrity
- 7pm Dessert Served - Grazing Tables
- 7:15pm Guest Speaker - Lyn Carman - Lync Consulting
- 9pm Close

SATURDAY

- 8:30am Welcome / Orientation
- 9am-10:30am
 - WORKSHOP 1 - Social Media - Visitor Centre Council Chamber
 - WORKSHOP 2 - Coaster Weaving - Sports Complex - Wells Street
 - WORKSHOP 3 - Zest Holistic Healing - Visitor Centre Conference Room
 - WORKSHOP 4 - Coffee and Canvas - Sports Complex
 - WORKSHOP 5 - Yoga - RSL Hall - Montgomerie Terrace
 - WORKSHOP 6 - Chillates - Sports Complex
 - WORKSHOP 7 - Dragonboating - Dragonboat Club
 - WORKSHOP 8 - Pottery with Kayla - Supper Room
 - WORKSHOP 9 - Thip Foods Thai Cooking - Sports Complex
 - WORKSHOP 10 - Women's Fitness Adventures - Streaky Bay Hall
 - TOUR - Westall Way Loop Drive - Bus
- 10:45am-11:15am Morning Tea - Streaky Bay Hall

Program

SATURDAY

11:30am-1pm

- WORKSHOP 1 - Social Media - Visitor Centre Council Chambers
- WORKSHOP 2 - Zest Holistic Healing - Visitor Centre Conference Room
- WORKSHOP 3 - Cleaning Products - RSL Hall - Montgomerie Terrace
- WORKSHOP 4 - Coaster Weaving - Sports Complex - Wells Street
- WORKSHOP 5 - Dragonboating - Dragonboat Club
- WORKSHOP 6 - Pottery with Kayla - Streaky Bay Supper Room
- WORKSHOP 7 - Fiery Women - Upstairs Council Meeting Room
- WORKSHOP 8 - Thip Foods Thai Cooking - Sports Complex - Wells Street
- WORKSHOP 9 - Bubbles and Brushes - Sports Complex - Wells Street
- WORKSHOP 10 - Women's Fitness Adventures - Streaky Bay Hall
- WORKSHOP 11 - Chillates - Sports Complex - Wells Street
- TOUR - Westall Way Loop Drive - Bus

1pm-1:45pm Lunch - Hall

2pm-3:30pm

- WORKSHOP 1 - Bubbles and Brushes - Sports Complex - Wells Street
- WORKSHOP 2 - Cleaning Products - RSL Hall- Montgomerie Terrace
- WORKSHOP 3 - Coaster Weaving - Sports Complex - Wells Street
- WORKSHOP 4 - Dragonboating - Dragonboat Club
- WORKSHOP 5 - Fiery Womens - Upstairs Council Meeting Room
- WORKSHOP 6 - Thip Foods Thai Cooking - Sports Complex - Wells Street
- WORKSHOP 7 - Women's Fitness Adventures - Streaky Bay Hall
- WORKSHOP 8 - Chillates - Sports Complex - Wells Street
- TOUR - Westall Way Loop Drive - Bus

3:30pm End of Day - Free Time

5:30pm Gather & Drinks - Streaky Bay Hotel

6pm Welcome & Entrees - Canapes on each table

6:30pm Mains - Alternate drop

7pm Key Note Speaker - Stephanie Schmidt - Act for Ag

7:30pm Dessert - Alternate drop

8pm - Key Note Speaker - Kate Burr

9pm till late - Music & Networking

Gatsby Theme Dinner

Saturday



Program

SUNDAY

7:30am Optional

Foreshore Walk - Self Guided

Little Island Coastal Trail - Self Guided

Church Services

8:30am Breakfast

9:30am Welcome & Market Opens

10am Q & A about Streaky Bay and the Region with Mayor Travis Barber, CEO Damian Carter and Manager Community and Economic Development Penny Williams

11:30am Guest Speaker - Kate Burr

12:00pm Market Closes - Raffle Draw & Official Closing

Workshops

Rosemaree Skelton - Coaster Weaving

I am a long-term resident of Streaky Bay and am very involved with the local art group, ArtsUp Streaky Bay of which I am the Treasurer of. I am passionate about Art and Craft and learnt how to weave a few years ago.

I find weaving very relaxing and have enjoyed experimenting with dyeing natural raffia with natural dyes and experimenting with different materials and styles.



Nan Berrett - Social Media

Nan Berrett is based in the Clare Valley with clients all over the place and is passionate about supporting business start-ups., as well as those who have been running their enterprise for a while but are keen to scale up.

She is a mentor through the Office of the Chief Entrepreneur's FIXE program and has been a workshop presenter and mentor through the Australian Small Business Advisory Service Digital Solutions Program.

An award-winning former journalist, Nan now provides the business support for most aspects of small business marketing and development, including mentoring. Nan also provides media services to regional local government.

She has grown her business, Word Solutions, over the past 9 years and encourages older women to go for their business dreams – it's never too late!



Donna Legovini - Coffee & Canvas / Bubbles & Brushes

I'm currently settling into retirement after a teaching career spanning the last 40 years. Throughout this time I have taught art across a broad range of ages ranging from kindergarten children to adult classes, as well as exhibiting in both group and solo shows and participation in community art projects. Whilst I'm continually practicing and learning new skills myself, I hope to continue sharing my knowledge and passion for creativity with others in workshop style format.

Art has always provided me with a sense of purpose and contributed to a positive well-being.

I've lived in the Streaky Bay region for the last 30 years with my husband and have two adult children. Streaky Bay and its surrounds have provided endless inspiration for my own work and I feel incredibly lucky to live in such a beautiful place. When I'm not in my studio, I enjoy walking, cycling, yoga, dancing, gardening, crochet and hanging out with family and friends.



Workshops

Retro Squid Pottery

Local potter Kayla Window from Retro Squid Pottery is looking forward to sharing her knowledge and skills in this 1.5 hour hand building pottery workshop.

You will learn the basics of handbuilding techniques with demonstrations and examples on display.

The workshop is suitable for everyone, it is a hands on class and will give you the opportunity to immerse your own creative ideas into your one of a kind vase or a trinket dish.

*pieces will be glazed and fired in Retro Squid studio after they have dried properly and will be posted to you aprox 3 weeks later.



Dragon Boat Club - Dragon Boating

Dragon boating background – dragon boating is a sport for all people, both male and female. It is an international sport in around 89 countries, Australia among them, who are registered with the International Dragon Boat Federation (IDBF). While it is not yet not an Olympic sport, the International Olympic Committee (IOC) are currently considering the IDBF application for Olympic status.

Dragon boat racing began in southern China some 2000 years ago, as an ancient ritual between contending villages as a way of celebrating the summer rice planting. Where there were rice paddies, so too were there dragon boats. It has been practiced continuously since then as a basis for annual water rituals and festivals, and to revere the Chinese Water Dragon.

Dragons were believed to be the rulers of water on earth, and they were thought to also control the waters of the heavens. Worshipping the dragon was meant to avert bad luck and misfortune, and to encourage rainfall, which is needed for crop growing, and thus the prosperity of a community. For competitive events dragon boats are rigged with their decorative Chinese dragon heads and tails.



What to wear to dragon boating:

- shorts, bike pants or track pants – no jeans
- t shirt or rashie, or light weight thermal top for cooler weather
- aqua shoes or old sneakers – they will get wet

Please bring:

- drink
- sunscreen, sunnies

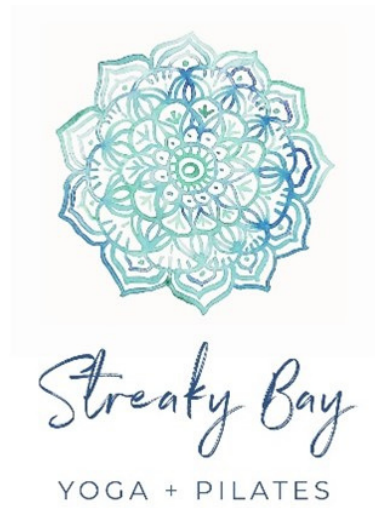
• Black Sea Dragons will provide a life jacket (if required), a paddle, and of course the boat!

When you arrive we will run you through a brief induction and introduce you to the sport of dragon boating! Then it's into the boat and ready for your session!

Eliza Joske - Cleaning Products & Yoga

Eliza Joske is a mother, yoga & pilates teacher, and essential oil lover. She is passionate about living a natural, healthy life and minimising her impact on the environment.

She loves to teach women about the healing power of essential oils, which provide natural solutions for our health, home and wellbeing. Her dream is for all women to live a natural, vibrant & healthy lifestyle.



Workshops

Suzie Kenny - Mind and Body Coach

Suzie is a Mind and Body Coach and Farmer from Streaky Bay, Eyre Peninsula.

Passionate about mental health in rural areas, Suzie has spent the last ten years working and living this passion through her business Zest Holistic Healing. She is also Chairperson of the THRiVE Streaky Bay and Districts Suicide Prevention Network and a Crisis Team Member for Standby Support after Suicide. Her niche is supporting, inspiring and teaching other rural and farming women and her "no beating around the bush" down to earth approach as a speaker and workshop presenter combines story-telling, how to make easy positive changes that stick and tonnes of real motivation in a unique and highly engaging way.

"I have done many of Suzie's workshops over the years, and I can tell you, there is always a fun surprise thrown in." - DP

Coaching, Mentoring, Youth Work, Keynote Speaking, Workshops, Leadership. Creating positive change for mental health in rural areas. Strengthening individuals and groups to move beyond any issue. "Because every person deserves unconditional belief that they can create their best, most meaningful life." #playtoyourstrengths

RWG 2022 Courage – Resilience – Strength
What do the 3 key words for this year's RWG mean to you?

Incorporate COURAGE – RESILIENCE – STRENGTH into your world. Join Master Coach Suzie Kenny from Zest Holistic Healing for a power packed workshop exploring ways to take these words and actually use them in ways that will create positive change for yourself, your family and your community.



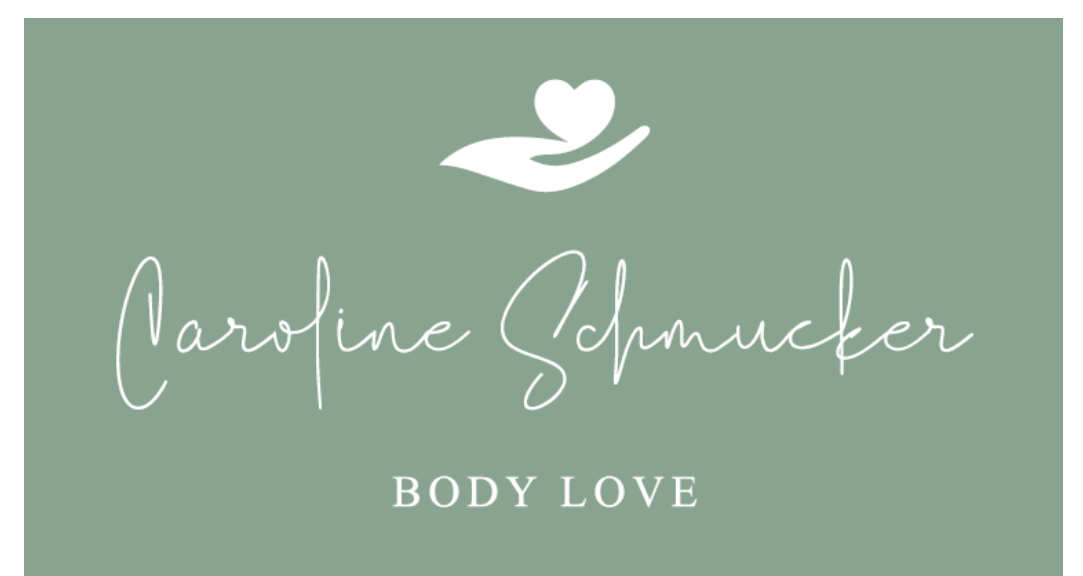
ZEST
Holistic Healing

Caroline Schmucker - Chillates

Caroline Schmucker has a huge list of qualifications and experience in health and fitness. From personal training, Pilates, boxing and Tai chi all the way through to massage with lots more in between.

Chillates is a combination of Tai chi moves/stretches and Pilates with deep breathing and relaxation techniques.

This class is achievable for all age groups and has great benefits to anyone who needs rehabilitation, has work related issues or is involved in high intensity exercise.



Workshops

Thip Food - Thai Cooking

The Thip Thai Food story is one of great food attracting great local support. In 2015, having newly arrived in Streaky Bay, Thip began offering meals to the Streaky Bay Hospital staff for their Friday lunch. Having enjoyed these lunches staff started ordering enough food to take home for dinner for their families. Word spread regarding Thip’s Thai Foods, and Thip started posting menus on local notice boards. Most second Friday’s customers knocked upon Thip’s front door and took away with them tasty Thai dishes at an affordable price. This tradition continues with Thip now advertising her Thip Thai Foods through a Facebook page.



In the meantime Thip Thai Foods has become a staple at many local markets, and events. Thip is a regular at Denial Bay Markets, Rodeo by the Sea, Streaky Bay New Years celebrations, and has attended markets as far away as Coffin Bay. The ever supportive community of Streaky Bay, has also engaged Thip in catering for a wedding, Women’s Gourmet, and a few birthdays.



Thip Thai Foods will again be present at the Wudinna show this year, having been asked to return with her signature dishes, and market favourites; Pad Thai and Spring Rolls.

Thip is now offering education sessions in the making of Spring Rolls. Thip’s spring rolls have often been touted as the “best ever”, now lets see how you can do.

Active Ageing - Women's Wellness

Our workshops deliver Health, Wellness and how to become Fitter through life and connection

The workshop touches on all things Women's Wellness, covering Nutrition, fitness , motivation, movement, health , finding connection in our remote lives.

We also deliver a functional movement class which focuses on movement and strength for Women, all pelvic floor safe and at any level

We know that how we connect with women is working as women from all over the country are benefiting from the Health and Wellness ranging from ages 40 to 80 and 90's



Workshops

Firey Women

The award winning Firey Women workshops provide women with a safe non-threatening environment to learn new skills to help protect their families and livelihoods.

The workshops cover both information and practical sessions.

- Preparing yourself emotionally
- Understanding Fire Danger Ratings and warnings
- Discussing the differences between a "leave early" and a "stay and defend" plan
- Preparing a Bushfire Survival Plan
- Identifying hazards around the home
- Operating pumps and firefighting equipment
- Understanding bushfire behaviour



Streaky Bay Bus Tour - Coastal Tour

WESTALL WAY LOOP COASTAL SCENIC DRIVE
30km scenic loop, 9km south of Streaky Bay.

One of only three scenic loops on the Eyre Peninsula, Westall Way Loop is jam-packed with attractions and experiences for visitors.

Point Westall was sighted and named by Matthew Flinders on 5 February 1802, after a landscape painter who was one of his crew on board the Investigator.

Set up camp at beautiful Tractor Beach prior to walking along the existing pathway to magnificent Highcliffs, where sea stacks loom out of the Southern Ocean. Now with a new eco friendly toilet facility.

The popular surf beach Granites boasts a lagoon-style rock pool for the not-so-brave to swim in, while surfers can 'catch a wave out the back'. A stairwell of 110 steps provides access from the cliff-top car park down to the waters below.

At ancient Smooth Pool, drive down to access and spend hours exploring rock pools or snorkelling around reefs to discover what lies beneath, or perhaps just a spot of rock fishing?



Guest Speakers & Entertainment

Steph Schmidt - Guest Speaker

Stephanie Schmidt is passionate about developing a thriving rural Australia, supporting individuals and communities not only to grow but to thrive. Steph is a Clinical Psychologist and farmer, running a large sheep and cropping farm with her husband and 3 young sons.

Most recently, Steph was honoured to be the South Australian 2020 AgriFutures Rural Women's Award winner and the 2021 Safework SA Augusta Zadow Award winner.

Steph founded ACT for Ag as a space to inform, connect and remind rural Australians with skills to thrive in adversity. She combines her psychological knowledge with her lived experience of the challenges and rewards of farming life to introduce accessible and effective resilience skills to our farmers and rural communities.



Kate Burr - Guest Speaker

Kate Burr is an Award-Winning Comedian and a High-Performance Humour Coach with a 20-year on stage career. She has performed at International Business Conferences, in Comedy Clubs around Australia, the Adelaide Fringe and the Melbourne International Comedy Festival.

Kate was the "Physically Stuffed Mum" in the stage show THE THREE STUFFED MUMS and has produced and performed in 9 Adelaide Fringe Festivals.

As the Creator of COMIC INTELLIGENCE and the FUNNY ON PURPOSE FORMULA, Kate also shares her knowledge with others, running High-Performance Humour workshops for Leaders and Professionals. Using her signature "Funny On Purpose Formula", she has "left-brained" comedy by adding her own templates, checklists and laugh data.

Kate's bubbly effervescent nature overflows on stage and she brings such a warm energy to the place it's hard not to feel better after seeing her perform.



Guest Speakers & Entertainment

Lyn Carman

Getting to know Lyn you will see an incredible advocate for better oral health globally for all, with a particular focus on rural and remote oral health.

Lyn supports others to step into their light, and works with individuals, teams, and businesses to create harmonious workplaces and delivering outstanding oral health care and education.

Lyn is a Clinical Dental Hygienist, behavioural expert, recruiter, business owner and sits on many committees and advisory groups and is constantly driven to seek new challenges and seek a better way forward.

Lyn graduated from Adelaide, Dental Hygiene in 1986. When she became a business owner in 2008, she was the first hygienist in South Australia to own a practice and employ dentists and a fabulous team. The driving force for the business was to create a practice driven by passion for connecting oral health and general health.

Lyn inspires those around her to find their voice and shine their individual and unique selves unapologetically. Helping them to find what lights them up, what's important to them and discovering their values and purpose in order to follow their own path.

"What an amazing gift to be able to get up every morning and love what you do!" – Lyn



Phil McEvoy

Phillip McEvoy and his daughter Renae Edmunds discuss their Son and Brother Kerrin's career journey from grass roots level to Australian Champion and International Jockey.

Born and living his childhood day's in Streaky Bay, Kerrin is a local hero and inspiration to the youth of the district.

The community recently bestowed the honour of immortalising Kerrin with a bronze statue created by sculptor Ken Martin which has pride of place in the town centre on the foreshore lawns.



Alice Haddy

Alice has been playing relentlessly around South Australia for almost 10 years now.

Her sound oozes folky goodness and as the AU Review noted "this lady knows how to work her atmosphere".

Alice has graced stages alongside John Butler and Paul Dempsey and has played over 100 performances in the past year.



Sponsors

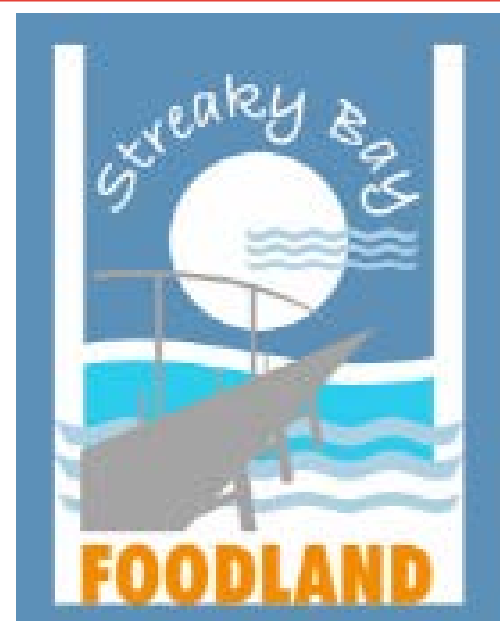


FRRR

Foundation for Rural
Regional Renewal



STREAKY BAY Motel & Villas



FOODLAND

Great food lives here.



STREAKY BAY FORESHORE

----- HOLIDAY & CARAVAN PARK IN EYRE PENINSULA -----



Peter TRELOAR MP

MEMBER FOR FLINDERS

Streaky Surf.