



Rural & Urban Women Linking  
Through the Seasons

WINTER

Keeping a Healthy Balance -  
Positive Health Meets Fashion



NRM North  
and



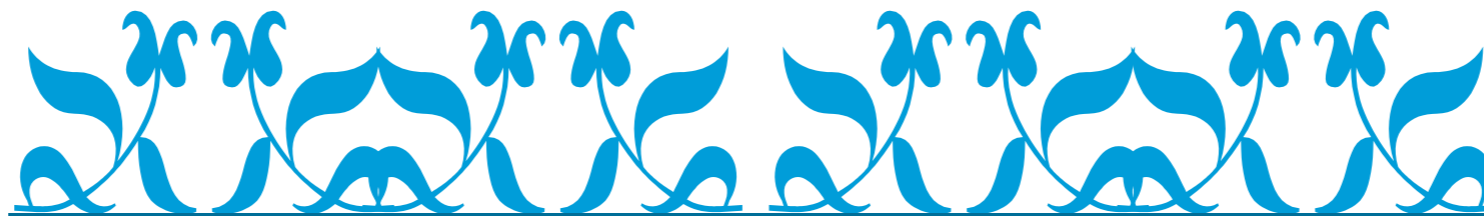
Tamar NRM

Tamar **Natural Resource Management**

*Wednesday 4 June 2014*

*Reception Room, Launceston City Council, St John Street, Launceston*



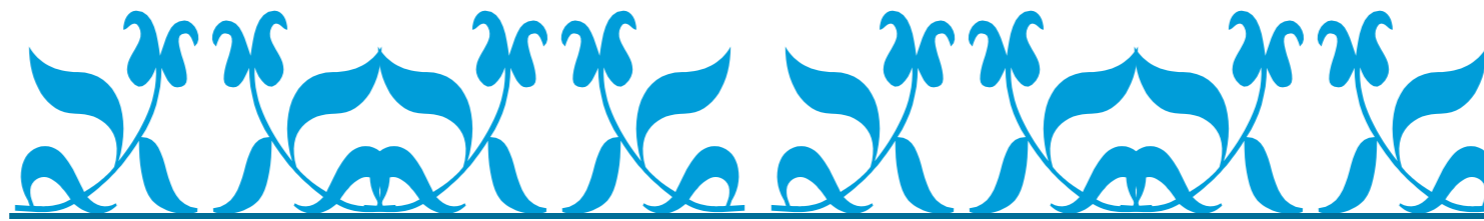


## Our Two Organisations

[NRM North](#) works with the community to care for our natural resources - our water, land, seas and biodiversity. NRM North is one of three formally recognised natural resource management organisations in Tasmania and one of 54 across Australia. The NRM North region covers the sub regions of Tamar, Break O'Day, Northern Midlands, Dorset, Flinders Island and Meander. An NRM Facilitator is based in each of these sub-regions thanks to a partnership between NRM North and local government. Some of our key initiatives include management of our waterways through the Tamar Estuary and Esk Rivers (TEER) Program, property management planning and environmental works with private landholders, assisting smallholders through the Small Farm Living Program and management of high priority weeds ([www.nrmnorth.org.au](http://www.nrmnorth.org.au)).

Tamar [Natural Resource Management](#) is a northern Tasmanian, independent not-for-profit natural resource management group. Our history shows we build upon grass-roots involvement in environmental issues in the Tamar Region. Our 'door' opened in 1998. We developed the Tamar Region Natural Resource Management Strategy in 1999 updating the document in 2001, 2007 and 2012. Supported and encouraged by Launceston City, West Tamar and George Town municipalities we have played a significant role in promoting and managing a wide range of activities aimed at ensuring the Tamar Region is "an attractive and prosperous place to live and work based on a healthy environment". Since 2000 we have successfully attracted over \$6M of funding for a variety of projects ([www.tamarnrm.com.au](http://www.tamarnrm.com.au)).





## The Evening Schedule

Time	Activity	Responsibility
7.15 - 7.30pm	Registration	NRM North
7.30 - 7.45pm	Introduction	Alison Hugo & Amanda Bruce
7.45 - 8.00pm	Storytellers	Rosemary Grant & Helen Bindoff
8.00 - 8.30pm	Guest Speaker	Annette Reed
	Winner: Rural Industries Research & Development Corporation (RIRDC) Award	
8.30 - 9.00pm	Supper	All About Catering
9.00 - 9.10pm	Raffle Prizes	<i>Have your 'F Black' ticket handy</i>
9.10 - 9.40pm	Fashion Parade & the Models' Stories	Elsie Williams, Yvonne Masters, Dee Alford & Carolyn Verbraeken
9.40 - 9.45pm	Thank you	Alison Hugo & Amanda Bruce
9.45 - 9.55pm	Lucky Door Prizes	<i>Have your 'F Purple' ticket handy</i>

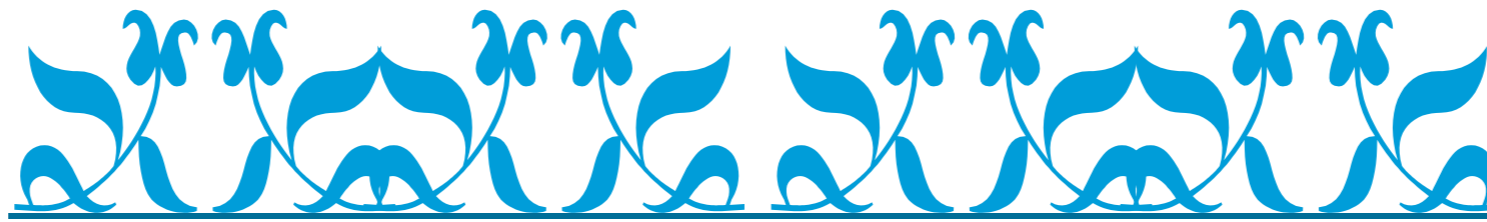
*For information or to seek help for anxiety or depression, please contact the following organisations:*

☞ Beyond Blue ([www.beyondblue.org.au](http://www.beyondblue.org.au)) or tel: 1300 224 636

☞ Lifeline Tasmania ([www.lifeline.org.au](http://www.lifeline.org.au)) or tel: 13 11 14

☞ Australian Psychology Society ([www.psychology.org.au](http://www.psychology.org.au)) or tel: (03) 8662 3300/Toll free: 1800 333 497





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## Sponsors

### *Day & Evening Fashion*

Allgoods, York Street, Launceston

### *Raffle Prizes*

Design Centre, Tamar Street, Launceston;  
Ella Dixon, Department of Premier & Cabinet  
Lilydale Larder / Leaning Church Vineyard  
NRM North  
Pindara Herb Farm

### *Lucky Door Prizes*

NRM North

For their significant contribution to our event,  
we would like to thank our four models

**Elsie Williams, Yvonne Masters, Dee Alford and Carolyn Verbraeken**

and

our Hairdressers—**Holly Bailey and Ingrid Dedman**

(products used include Goldwell and KMS)

and

our Storytellers

**Rosemary Grant and Helen Bindoff**

Program designed by Amanda Bruce, Tamar Natural Resource Management

