



# Attention rural women! Improve your knowledge & get connected

The Fitzroy Basin Association Inc (FBA) wants to help rural women across the region to learn, network and build their skills to become more active in the community.

**WHAT:** **Fitzroy Farming Women Workshops**  
Two-day workshops at four locations across the region.

**WHEN:** **2 & 3 March 2010:** **Emerald**  
**4 & 5 March 2010:** **Middlemount**  
**8 & 9 March 2010:** **Rockhampton**  
**11 & 12 March 2010:** **Biloela**

**NOTE:** Further information on venues and times will be provided to successful participants. Staying with the group overnight is expected as some activities will be held during the evening. If you need assistance with child-minding please indicate this on the Expression of Interest form.

**COST:** \$200 per person for the two days of workshop content, workshop materials, all meals and overnight accommodation.

## You'll learn more about:

- *Communication and your personal behaviour style*
- *How to recognise and deal with stress*
- *Carbon made simple: an overview of carbon from the science of how it occurs in nature, explanation of key terms, how trading works and potential benefits for agriculture*
- *Practical water quality monitoring information and skills*
- *Native plants and animals of CQ*
- *Nutrition and pasture health*
- *Sustainable agriculture, soil health and ground cover*

## Interested in this opportunity?

Complete the **Expression of Interest Form** and return to FBA by Friday 5 February 2010.

For more information contact Alisha Penrose on 4999 2815, or email [alisha.penrose@fba.org.au](mailto:alisha.penrose@fba.org.au).



FITZROY BASIN ASSOCIATION



# Fitzroy Farming Women Workshops

## Expression of Interest

I am interested in attending the workshop in:

**Emerald (2&3 March 2010)**

**Middlemount (4&5 March, 2010)**

**Rockhampton (8&9 March, 2010)**

**Biloela (11&12 March, 2010)**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Postal address: \_\_\_\_\_

E-mail: \_\_\_\_\_

Property, location and type: \_\_\_\_\_

Do you need child-minding? Yes

No

Occupation (if relevant): \_\_\_\_\_

Please describe any current memberships or community involvement you may have:

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Please briefly explain why you would like the opportunity to attend this workshop?:

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Please describe how the knowledge and skills you gain at this workshop may assist you to improve your business or community?:

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Please return this completed form to **Alisha Penrose, Post to: PO Box 139 Rockhampton Q 4700, Fax: 4921 2860, or scan and email to [alisha.penrose@fba.org.au](mailto:alisha.penrose@fba.org.au)**. Limited places are available. Incomplete forms may not be considered.



CARING  
FOR  
OUR  
COUNTRY

