



Lead crew members, Veronica Eaton, Sonia Goss, Bonnie Goss and Jeannie Mills are working towards getting ready for the October 'Ride for a Brighter Side' event.

Big wheels keep on spinnin'

The 'Ride for a Brighter Side' is back on and riders are in training for the charity event at the Valleys Lifestyle Centre on Sunday, October 24 after the April 2020 date was COVID-postponed.

Twenty teams of six to eight people will ride stationary bikes for 12 hours straight to raise money for the Kade MacDonald Foundation and assist in providing greater mental health and well-being support for young people and the wider community.

The original fundraising milestone of \$15,000 has already been smashed by the community, with a total of more than \$19,299 recorded.

The event format will be similar to the original plan with local entertainers performing and a minute's silence in the afternoon, with a 'balloon release' to remember those we have lost.

The committee is passionate and ready to ride this out with a focus on helping young people, who may not know where to access support, find this easily at their school and in the local community.

Take a look at the Kade MacDonald Foundation Facebook page to keep up with all the event news, or contact the Valleys Lifestyle Centre in Clare on 8842 3999 for more details.

Clare businesswomen look at weekly plans

Planning an ideal week was a focus for the first 2021 Clare Valley function for the Women in Business Regional Network.

The lunch, held at the Rising Sun Hotel in Auburn, attracted women from across the Clare Valley, and as far afield as Birdwood.

Guest speaker was Gladstone business coach and author Dee Scown who gave the women tips and templates to help with planning an ideal week.

Dee said by having a plan that incorporated both your business and personal life meant you had a better chance of achieving work-life balance, and made it easier to "reset" when life didn't follow the plan.

Some women found the first step – allocating space for a lunch break – a challenge. For others, the challenge was being ruthless with emails, deleting many that cluttered the inbox and created distraction.

A highlight of the Members' Show, Tell and Ask session was Carmel Vandermolen's drumming session to promote her upcoming two-day drum making workshop.



Back L-R Nan Berrett, Liz Haywood, Meg Mader, Carmel Vandermolen, Jennifer Faulkner, Dee Scown and Deb Keleher. Front: Bernie Altmann, Elizabeth Bradbury-Calvert, Tracy Wright and Angelene Peacock at the Women in Business Regional Network lunch.

Liz Haywood also created interest when she unveiled her Zero Waste Sewing backpack that can be made from old jeans and

which rolls up very small, and could be carried in a handbag.

Nan Berrett from Word Solutions also

encouraged the women to apply for the Adelaide Business Hub training and mentoring programs, many of which came at no charge.

Local artist Meg Mader brought smiles when she gave each attendee a beautiful card adorned with one of her art pieces.

Network founder Carolyn Jeffrey announced Nan Berrett had been appointed as the Chapter convener for the Clare Valley and would be organising local functions for the next 12 months.

The next lunch will be held on April 21 when guest speaker Deb Purvis will be speaking about business finance.

The Women in Business Regional Network is open to business owners, managers, staff and those dreaming of owning their own business. You don't have to be a member to attend events, but bookings are essential via Eventbrite.com.au. For more information about the Women in Business Regional Network visit www.wibnetwork.com.au or phone Carolyn on 0435 432 203.

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