



Program 2017

Friday 25th August 2017			
8pm – 10pm	Welcome drinks (at bar prices) The Vic Hotel James Street entrance – look for the Community House banner		
Saturday 26 th August 2017			
8.00 - 9.00am	Port Fairy Community House – registrations and handouts Port Fairy Community House, Railway Place		
9.00 – 9.15am	Welcome and Opening Ceremony Port Fairy Community House, Railway Place		
	Anglican Hall	Senior Citz Centre	RSL
9.30am – 11am	Yoga Annette Graham	Wendy Hunter Being an informed food consumer	Anne O'Keefe and Bianca Wise women (Tea break included)
11am – 11.30am	MORNING TEA Port Fairy Community House		
11.30am – 1pm	Dianne Stewart Singing	Karen Foster A Life Less Frantic	Tracie Griffith Conjuring the Muse
1pm – 2pm	LUNCH Port Fairy Community House		
2pm – 3.30pm	Dianne Stewart Singing	Ebony Perrin STEM workshop	Lizz Byron Create Lemonade Manifesting change (Tea break included)
3.30pm – 4pm	AFTERNOON TEA Port Fairy Community House		
4pm – 5.00pm	Monica Carr Monica's Moves	Karen Foster Resetting the Compass	
6.00 – 7.30pm	Dinner - Coffin Sally Port Fairy		
7.30pm	Vicki Jellie & Nancie Schipper Music Dessert and Mingling @ Blarney Books and Art (Drinks at bar prices) 37 James St, Port Fairy		

Time	Sunday 27 th August 2017		
8.00 – 8.45am	Beach walk – Jane Lee		
8.30 – 9.00	Reception open Port Fairy Community House		
	Anglican Hall	Senior Citz	RSL
9am – 10.30am	Maree Stewart Playing With Art Media and Pattern	K.T Wise Whole foods and Gut Health	Kristan Braun Well Woman Workshop (Tea break included)
10.30am – 11am	MORNING TEA Port Fairy Community House		
11am - 12.30pm	Dr. Haidee Benning Self Cultivation and the mothers vocation: Balance in paradox	Leonie Needham History Walk around town	
12.30pm – 1.30pm	LUNCH Port Fairy Community House Closing thank you		
1.30pm - 3pm	Dr. Haidee Benning Menopause & Aging: Ayurvedic wisdom for healthy transformation	Gayle Clark Put some Life into your drawing	Cherree Densley Basket Weaving
3pm – 3.30pm	AFTERNOON TEA Port Fairy Community House		(Tea break included)
3.30pm – 4.30pm	Monica Carr Monica's Moves	(Tea break included)	(Tea break included)
4.30pm – 5pm	Closing ceremony Port Fairy Community House		

Fringe activities (separate cost payable to practitioners)

Reflexology with Joanne Harwich.

Tarot Reading with Simone Watt.

Two masseuse doing head and shoulder massage.



Port Fairy Women's Weekend – Workshop Descriptions - 2017

Annette Graham - Yoga

Find your centre and your strength. This session will combine breath, movement and postures through a series of flowing stretches that cultivate energy and get your circulation flowing. You'll finish with a beautiful relaxation that leaves you with a deep sense of calm and mental clarity.

Anne & Bianca O'Keefe - The Wise Woman Workshop

Mother daughter team Anne and Bianca O'Keefe will help you to claim and honour the Wise Women in your life and the Wise Woman within as part of your personal identity. This workshop utilises the tools of reflective practice and the expressive arts to enable each participant to identify the meaning and potential of the Wise Woman within and around them. Come on your quest to find Her and honour Her.

Cherree Densley - Basket Weaving

Join Cherree in the ancient craft of weaving. In this workshop you will be learning about different plants that can be used for weaving. Using natural fibres you will be guided through the process to create something unique of your own.

Dianne Stewart - Singing together

Dianne is a singer and group singing leader. Singing in a group is easy, and there are heaps of reasons to give it a go – it triggers the release of endorphins, giving you a real “lift”, it reduces anxiety, improves concentration, and improves your breathing and circulation. It doesn't matter if you think you can sing or not - what matters is that we sing together. Why? Because it makes us feel good. Dianne will teach the group a number of short, easy to learn songs and rounds to get everyone singing together and having fun.

Ebony Perrin - Create “The Most Magnificent Thing” using STEM

Ever wanted to create the most magnificent Thing? We will demystify Civil Engineering, bust up the boys club and use our imagination to make our dream Thing a reality. Basic engineering tricks will be used to build your confidence and empower the next generation of women to innovate using the power of STEM (Science, Technology, Engineering, Maths). We will experiment with basic rules of building things that fly, building structures and building things that roll. Together we will make the prototype of your most magnificent Thing come to life.

Gayle Hill-Clark – Put some life into your drawing

Learn how to draw the human form in its various shapes and postures. We will create some loose and expressive sketches in a relaxed and fun environment. Using costumed models, charcoal and pastel we will consider gesture, line, proportion, space, weight and tone. Suitable for complete beginners or experienced artists.

Dr Haidee Benning – Self cultivation and the Mothers Vocation: Balance in Paradox

Explore alternative perspectives on life, love and happiness to enhance both yours and your family's overall wellbeing. Align your personal goals, growth and fulfillment with your role as caregiver and nurturer. Discover simple strategies to connect to a limitless wellspring of energy, creativity and love to carry you through the stresses and strains of everyday life. Dr Benning facilitates this journey through the wisdom of Traditional medicine and Eastern spiritual philosophy to share paradigms for empowered self reflection, growth, healing, balance and responsive action that will not only benefit you personally, but will assist you to serve your families highest needs in health and wellbeing so everyone can thrive in the face of busy and challenging lifestyles!

Dr Haidee Benning – Menopause & Aging: Ayurvedic wisdom for healthy transformation

In Ayurvedic medicine each stage of life requires special consideration and management from a dietary and lifestyle perspective for health and wellbeing to be maintained. For women approaching menopause it is an essential time to take stock and nurture not only your physical health status, but also to reflect, resolve and release yourself from lifelong patterns causing emotional and psychological pain and suffering so that the journey through this transitional time can be empowering and liberating and help to connect you to a deeper spiritual foundation with limitless potential.

Karen Foster - A Life Less Frantic

We hear so much about 'self care' these days, that it's almost cliché. But many women spend so much of their lives nurturing others that they don't have time for their own health and wellbeing. This interactive workshop will provide practical time management hacks and loads of inspirational self-care tips. It will also explore the fascinating art of self-love and how it can totally change your world.

Karen Foster - Resetting the Compass

As we progress through our lives and our careers, it can be easy for us to lose ourselves amidst all our 'busyness'. Sometimes, we are confronted with the need to make huge changes (children arriving/leaving, relationships breaking down, careers or projects ending, etc.) This interactive workshop invites you to pause and draw breath as you consider what comes next for you. It will provide the space for you to reflect on what you wish to become and then set about creating a plan for action.

Kristan Braun - Well Women: Pressing Pause

In the frenetic pace of life, when do we take time to press pause?

This workshop is about taking time to press the "pause" button on our busy lives to reflect on various aspects of wellbeing. We'll explore several areas of wellbeing including the stress response, mindfulness, self-care and ways to enhance wellness. No prior knowledge of concepts necessary for attendance. This workshop is about skill building, self empowerment and a time for women to reflect on their wellbeing in a relaxed and nurturing environment.

K.T. Wise – Whole foods and Gut Health

Participants will enjoy making, and more importantly, tasting the results of this workshop. Creating an array of nutritious and delicious smoothies, chia puddings and bliss balls. This healthy whole foods workshop is focussed around good gut health and what that means. Join K.T. for a tasty morning of creating and making together.

Leonie Needham - History Walk

Captain Wishart discovered the Bay and named it after his ship 'The Fairy' around 1828. He was on a sealing expedition in Bass Strait when a storm blew his little cutter through the Passage and into the bay. Join Leonie and take a guided town walk and hear about the origins of the wonderful buildings and cottages. Follow the stories of the many amazing characters who came to these shores.

Liz Byron - Create Lemonade. When Life gives you lemons - Manifesting Change in your Life

This Workshop is aimed at showing you fast change is right at your fingertips; this is an opportunity to collaborate as women and to breakthrough those limitations together. Participants will be taught a simple version to incorporate into their lives. This will be a fun and experiential session that is both uplifting & empowering.

Maree Stewart - Playing With Art Media and Pattern

Just for fun, participants will explore a variety of media and techniques including pencil, marbling, watercolour pencil, dry soft pastel, markers, acetate, collage, and mono printing. Pattern will be played around with as participants become engrossed in the lines, shapes, colours, tones, textures and processes.

As a response to the current fad of colouring-in, this workshop also aims to inspire more creative pieces that are 'owned' by the participant and tap into the benefits of playing with pattern drawing. Original pattern designs will be developed on blank pages using the creative design process.

Basically I am hoping to send participants on their way with the desire, confidence and inspiration to keep playing creatively. So much more than a colouring book!

Monica Carr - Monica's Moves

Let's melt together your favorite Pilates, Yoga and Tai chi benefits and overlay currently charting music that will make your body want to explore more movement or even have you singing along. This session will be fun and suitable for all abilities, as well as produce excellent results for body and well being.

Tracie Griffith - Conjuring the Muse

Where do ideas come from? A flash of insight, a convergence of coincidences, a growing awareness that you could in fact be onto something? This workshop will discuss strategies for capturing ideas and maintaining their vital essence as you negotiate sometimes difficult development pathways. The Muse is actually very reliable if we pay her sufficient attention and honour the gifts she sends us. Tracie will discuss creative inspiration in relation to two very different projects - her recently released novel 'Redemption' and soon to be published collaborative work 'Port Fairy Ghost Stories'. Suitable for writers and creative people working in other art forms.

Wendy Hunter - Being an informed food consumer

This will be an interactive workshop, exploring the maze of information that marketers throw at consumers in order to convince them to purchase products, and how to untangle the facts from the misrepresentations. This workshop covers how to read nutritional

information and pricing on labels (including shelf labelling). Participants will explore marketing techniques to increase our consumption of certain food items as well as the concepts of 'fake food' and 'perfect foods'.