

PORT FAIRY WOMENS WEEKEND 2021

WEEKEND WORKSHOPS



WOMEN WHO WINE

Hannah Williams

An afternoon of tasting some wines from some of Australia's best winemakers, who just happen to be women. An informal look at different grape varieties, regions and producers. Some classic's and some new kids on the block. For lovers of wine and for those who are soon to be. Brought to you by Hannah Williams, who's been slinging booze in Port Fairy for the past 10 years.

CAKESICLES

Mrs Cupcake

Cakesicles are a fun twist on the traditional cake pop and not only look amazing but taste it too! Cake and chocolate are used to create a pretty dessert! It doesn't get much better for a sweet tooth!



STAND UP PADDLEBOARDING

Go Surf School

Learn to Stand Up Paddleboard on Port Fairy's beautiful and historic Moyne River. SUP is super popular with women and mums. It's the new way to get out and explore our waterways and it's easier than you might think! Wetsuits for any sizes and all equipment provided.

VIRTUAL REALITY

One Day Studios

Explore new realities with these awesome virtual reality headsets. Fly high above a city, become an adventurous mouse, or escape from a lighthouse filled with puzzles. There will also be screens so you see what realities others in the group are exploring.



TAKE ME BACK TO THE 50's

Joanne Williams

This workshop will give you some easy and fun tips to style your own hair, makeup and wardrobe. Listening to a bit of Elvis or Doris and sipping cocktails your host, Joanne will assist you style your hair and apply winged eye liner, fake lashes and red lips, ready for a night of old school glamour and rock'n'roll.

WITH BLOOMERY & CO



MINDFUL FLOWER ARRANGING

Bloomery&co

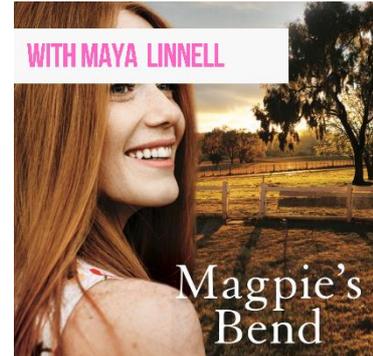
Get ready for a session that calms your mind, arouses your sensors, and allows your creative inner being to surface. You'll make an unstructured vase arrangement or a flower crown using an abundance of blooms. Themes of mindfulness, self-compassion and gratitude will be woven in amongst the flower arranging flow. Your wonderful magical creations will be showcased on the tables at dinner on Saturday night, plus you'll get to empower your inner queen by proudly wearing your own flower crown!

BOOKCLUB

Maya Linnell

Join local author Maya Linnell at Blarney Books for this Bookclub session and discussion on her latest novel *Magpie's Bend*. Join in a friendly, casual discussion on the book's themes and hear Maya talk about the life of an author and getting a book published. You can grab yourself a copy of the book before the event at Blarney Books and other bookstores.

WITH MAYA LINNELL



WITH CHELSEA FOX



PORCELAIN CERAMICS

Chelsea Fox

Get creative with clay and come and make your own ceramic wearable piece of art. Chelsea will guide you through the process of making your own porcelain jewellery piece. You can choose to make a pendant, brooch, bracelet or earrings using beautiful 'white ice' porcelain from Tasmania. Chelsea will guide you through the 'making' process and will teach you to use Japanese ceramic transfer paper to decorate your piece. Chelsea will fire your work for you to pick-up or post it to you.

DANCE DANCE DANCE

Simone Favelle

Get your groove on and join Simone in this free form dance session. No, you don't have to learning a dance routine, rather have fun letting yourself be moved by music, fully connect with your body, and witnessing each other without the discomfort of the male gaze or the lubricant of alcohol.

WITH SIMONE FAVELLE



WITH MARTINA MURRIHY



WATER AEROBICS

Martina Murrhy

Get energetic & start the day right by joining Martina for Water Aerobics at Belfast Aquatics, playing classic & familiar tunes to sing along & exercise to music.

WITH MEGAN SONEGO



PILATES

Megan Senego

Pilates for strong, healthy aligned bodies. During this session we will discuss biomechanics (how we hold our bodies structurally in relation to our posture) in a light and fun way. Giving you exercises that you can do at home to strengthen your body to align and strengthen your body correctly. We will also use Foam Rollers as a form of self massage to release tight muscles. Bring a long foam roller if you have one. Wear comfy clothes and bring a mat or towel.

SHE WHO DARES!

Judith Kershaw

This workshop will examine Port Fairy women who, for over 150 years, have dared to be different. Some names will be familiar, others unknown, but these female members of the Port Fairy community have not followed the expected role models for women of their time. There will be opportunities to compare and to contrast the roles of women in our society with those of yesterday, and to discover any similarities or characteristics regardless of the time in which the women lived.

WITH JUDITH KERSHAW



And more to come....

PRESENTERS

THE BLOOMERY & CO- Millie & Bianca are directors of The Bloomery&co, a little floral design business servicing the South West of Victoria. They specialise in weddings and workshops using wildflowers, locally grown blooms and foliage to create spectacular grand designs right down to every day bouquets for someone you love. They live, breathe and even grow their own flowers with a focus on sustainable practices.

SIMONE FAVELLE- is a returned Port Fairy woman with a passion for creating safe spaces for self-expression through dance. She is the founder and co-ordinator of Port Fairy Dance Klub, a free form dance group who find great joy and healing in being moved by music.

CHELSEA FOX- is a local artist with a love for ceramics and mosaic. She has a BA in Fine Art and is an arts teacher. Her work embraces the 'hand-made' aesthetic and she celebrates imperfections. Chelsea is an artist, mother, teacher, social butterfly, beekeeper, keen gardener and a 'Jack of all trades/master of some'. As a creative, Chelsea moves between making hand built ceramic forms, mosaic sculptures, lino prints, collages and photography.

JUDITH KERSHAW- grew up in country Victoria before accepting a teaching studentship at Melbourne University in 1960. Then followed three more country positions for the family, which grew to include four children, before a final position in Melbourne. After fourteen years rearing children – no maternity leave, and compulsory resignation when four months pregnant – Judith returned to teaching for thirteen years. She settled in Port Fairy twenty-eight years ago. Positions with the Port Fairy Folk Festival, Golf and Bowls Clubs, Port Fairy Historical Society and recently U3A have ensured a busy retirement.

RENEE KILLEN, MRS CUPCAKE- is a self-trained home baker, specialising in sweet treats such as cupcakes, cakesicles and other sweets. She launched Mrs Cupcakes during covid in 2021 as a creative outlet and it took off! With 3 kids and a busy life, these desserts allow time for herself and offer customers a different sort of dessert!

KEITH CURTAIN, GO SURF SCHOOL- has been running their popular sup lessons in Port Fairy for 10yrs. Keith Curtain is the owner and head coach at go surf and has years of experience as a coach and working in the surf industry. He has run many women's only 'Coasting' SUP classes and is passionate about getting more women into this fun, active, healthy sport.

JOANNE WILLIAMS- is renowned for her style and glamour. The inaugural winner of the Miss Camperdown Cruise, Joanne loves to incorporate a little vintage style into her everyday living. Many people will know her as the lady who always wears flowers in her hair and matching accessories.

MEGAN SONEGO, THRIVE WELLBEING- Pilates Teacher (reformer & mat), Yoga Teacher, Naturopathy. Social Work, Health Promotion & Community Development. Megs passion for holistic health begins with assessing physically the biomechanics (how we carry our bodies structurally) to improve alignment of the body, easing / preventing aches and pains. Herbal medicine and natural therapies to create balance within the body. Addressing our fast paced lifestyles, stress response. Using uplifting, empowering counselling & realistic goal setting. Meg runs individual sessions, group classes and retreats.

MAYA LINNELL- Bestselling rural fiction author, Maya Linnell gathers inspiration from her rural upbringing and the small communities she has always lived in and loved. Maggie's Bend is her third novel with Allen & Unwin, following Bottlebrush Creek and Wildflower Ridge, which both made the Better Reading Top 100 Books list. A former country journalist and radio host, Maya also blogs for Romance Writers Australia, loves baking up a storm, tending to her rambling garden and raising three little bookworms.

ONE DAY STUDIOS- was established to build a centre of learning and working within innovative technologies. We engage students by harnessing their innate creativity, and we use this to develop their skills in digital tools and technologies. One Day Studios undertakes commercial projects in film, animation, gaming, publishing and augmented reality to provide hands-on industry experience, and future jobs pathways, for students in our region.

MARTINA MURRIHY- has been an Instructor of exercise classes all her adult life & thoroughly enjoys & thrives on it! Water exercise has been her thing for about 25 years, the benefits are amazing & can suit everyone, no limit on age, size or gender! Martina prides herself on inclusion, welcoming everyone to join & share their stories if they desire.