

# PORT FAIRY WOMEN'S WEEKEND

## WEEKEND WORKSHOPS 27<sup>TH</sup> & 28<sup>TH</sup> AUGUST



### Unmasking Your Inner Superhero

Rebecca Faris

Too fat, too grey, too loud, too bossy. Why is it that women focus so much on what is wrong about themselves instead of what is right? Dr Rebecca Faris believes there is a better way to look at the world. Her favourite tool? Character strengths or as she likes to call them, "superpowers". So, if you are curious to know what your superpowers are and how you can harness them to flourish, join her for an interactive and playful workshop, "Unmasking Your Inner Superhero". After Rebecca's workshop, you may wish to join Jelena Lockett as she guides you to make a self-portrait that beautifully reflects these personal superpowers.

### Creative Textiles

Sue McComish

What a wonderful way to relax! Design and create using recycled fabric and hand stitching to produce your own wall hanging. Super easy to make and beautiful for bringing colour and texture to your favourite space. So hang out with Sue, enjoy the conversation and pick up some new skills that will enable you to recreate your own projects at home.



### Mindfulness Through Nature Inspired Art

Tania Moloney

Tap into your creativity, switch on your senses and nurture your wellbeing as we delve into a restorative practice of mindful drawing with pastels, inspired by the natural world.

### 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 all sizes and all equipment provided.





## Killibinbin Upcycled Clothing

Jo Eldridge

Come join a fun afternoon learning how to restyle your clothing with paints, lace and all sorts of embellishments. Jo will also teach you how to care for the finished item by sealing the paint. Bring your own item in denim; jeans, shorts or a jacket but just make sure that it is not stretch denim. Jo will teach you how and provide examples of designs and stencilling for you to use. Let's get Upcycled.

## Design Your Own Floral Accessory

The Bloomery & Co

Get ready for a session that calms your mind, arouses your senses and allows your creative inner being to surface. Using a variety of foliage and flowers, Bianca will help you create your own floral fascinator or floral crown. Themes of mindfulness, self-compassion and gratitude will be woven in amongst the flower arranging flow.



## 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.

## Personal Totem Animals in Watercolour

Jelena Lockett

Join Jelena Lockett as she guides you to make a self-portrait that beautifully reflects your own personal strengths or superpowers. You will learn the delicate techniques of watercolour painting to create the totem animal that most accurately reflects your innate inner and outer beauty. All materials are supplied for you to produce a beautiful piece to take home. This theme follows on from Rebecca's presentation (Unmasking Your Inner Superhero) although, this is not a pre-requisite workshop.





## Dance, Dance, Dance

Simone Favelle

Get your groove on and join Simone in this free form dance session. No, you don't have to learn 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.

## Creating Organic Skincare

Ilk Sisters Skincare

Make your own organic face oil 10ml bottle in Miron Glass. Participants will have the opportunity to blend their own individual face oil, choosing from a variety of cold pressed certified organic base oils. Benefits and features of all oils will be available, and we will guide participants to come up with the most appropriate face oil for their skin type/condition.



## Gelli Printing (Gelatin Plate Monoprinting)

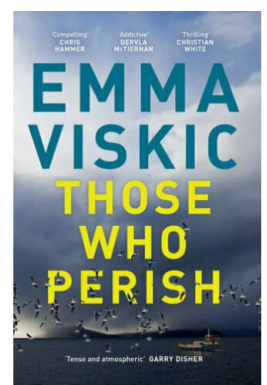
Britt Gow

Monoprinting is a spontaneous and somewhat unpredictable process that can be easily achieved at home, without specialized equipment. The gelatin plate is a soft and malleable surface that can hold the detailed impressions that you make on it with brushes, botanical materials, stencils, masks and stamps. In this workshop you will learn how to make your own gelatin plate and use it to create unique, layered artworks that can be enjoyed alone or used as backgrounds for multimedia, card creation or cut into collages.

## Book Review

Kate Donelan

The Book Review session is for those who enjoy reading and sharing their ideas. We will be discussing the new book by award winning author Emma Viskic 'Those Who Perish' - Australian crime fiction with a smart crime-solving central character who is deaf. Women's Weekend participants can purchase the novel with a discount from Port Fairy's beloved Blarney Books. Please contact Jo Canham directly to place your order at [jo@blarneybooks.com.au](mailto:jo@blarneybooks.com.au)



## Yoga

Donella Mulraney

During your class with Donella you will be gently guided through a series of slow & steady poses, suitable for the complete beginner. Being mindful of the breath as we move, helping to bring balance and calm to your whole body, mind & breath. We then finish the practice with a beautiful, restful practice of relaxation. You will leave feeling very blissed out and zen! Wear comfy clothes and bring a mat or towel.



## Pilates

### Megan Sonogo

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.

## Water Aerobics

### Martina Murrihy

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. Simply bring your bathers, towel and your sense of fun!



## Mosaics

### Leisa McCosh

This workshop will teach the very basics of mosaics and you will complete a small project to take home. Make your choice of placemat, coaster, hot pot mat, bee bath etc. To accompany these skills will be some basic resources you can use to follow up with if you want to upskill in this area.

## Blending Chai Tea

### Kerry-Ann Hetherington

Come along and learn how to blend your own winter warming Chai with a certified tea blender and owner of Twig Tea. You will learn the basics of blending Chai and the spices that are used to create your own rich, spicy brew. All ingredients and notes will be supplied.



## Painting

### Jenny Phillips

Join Jenny from Tower Hill Studio for a painting session and release your inner artist. She will guide you step-by-step to create a piece to take home. No experience is necessary. All you need to do is book, rock up, and enjoy!

## PRESENTERS

**BRITT GOW** – is a local teacher and printmaker who loves to work with adults and students. Britt offers upskilling workshops in printmaking, gelli printing and linocut techniques to name only a few. She lives on a sheep and cattle property with her husband in the south west of Victoria. They have two children who have grown up and moved on, giving her the time to indulge her creative desires. As a science and maths teacher since 2002, she has a keen interest in the intersection between Art, Science and Maths. Her work is often inspired by the great diversity of living organisms and the ecological relationships between species. She also likes to explore unusual perspectives, such as aerial views, microscopic images and changes over millennia.

**DONELLA MULRANEY** – is a passionate and enthusiastic yogi who began teaching in 2013, after already enjoying the practice as a student for 10 years prior. Yoga has had such an incredible, positive impact on Donella's life which is why she chose to study and become a qualified teacher to be able to pass this love of yoga on to others. Donella is qualified in hatha yoga, restorative yoga and trauma informed yoga as well as having attended many workshops and courses over the years in various other styles.

**DR KATE DONELAN** – was an English and Drama teacher and became Head of Arts Education at Melbourne University. She has a particular interest in Australian literature and supporting young writers. She is President of Port Fairy U3A.

**DR REBECCA FARIS** – As a practising veterinarian, Dr Rebecca Faris is trained to look for what is going wrong in her patients so she can “fix” them, but with a profession plagued with higher-than-average mental distress, she started to wonder why we focus so much on what the humans do wrong and not what they are doing right. Then, she discovered a better way to look at the world, the science of Positive Psychology and so she was hooked! She then undertook post-graduate education in the field. Finding the education sector early adopters of wellbeing initiatives, she spent a sabbatical year teaching students, parents and teachers, the tools needed to build a resilient and meaningful life. Believing that positive education shouldn't just be the kids' secret, she founded FlourishEd, to playfully educate her community about the science of flourishing and evidence-based ways to achieve it.

**JELENA LOCKETT** – Jelena Lockett is a practising artist and an art educator with over ten years teaching experience in secondary schools within New Zealand and Australia. She has experience working with a range of art forms including painting, drawing, ceramics, and printmaking and has produced artwork for both private and commercial clients. Creative expression is an integral part of her life and she believes it is important to provide opportunities for all to explore their own inner creativity.

**JENNY PHILLIPS** – is a creative who loves all things art! The start of her journey was as a painter in oils, which won her the Deans Art Award and led to the now popular Wine and Art classes in the Southwest and her painted Tower Hill Studio Merchandise. She loves finding ways to share her love of art with others. Wanting to broaden her creative horizon she trained as a stills-for-film photographer. After completing her degree she worked as a bands photographer and in a photographic fashion studio, as well as working on council articles and vox pops. With all this experience behind her, she created Tower Hill Studio where she shares her knowledge with others. Her mission is to bring joy and colour into people's lives while empowering individuals of all ages through art and drama.

**JO ELDRIDGE** – is creator of Killibinbin Upcycled Clothing which was born out of her addiction to second-hand shops and quirky unloved items. When it comes to clothes, Jo lets her imagination take the lead in creating her own style. She likes to vary what she makes so there is a variety of styles and materials. All her clothes are unique and are gathered from all corners of the world. She also loves working with old chenille bed spreads, lace and tassels. Her style is a true expression of an era gone by and she would love to share it with you!

**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.

**KEITH CURTAIN** - has been running popular SUP lessons in Port Fairy for 10yrs with Go Surf School. 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.

**KERRY-ANN HETHERINGTON** - is a certified tea blender. She started her own business, Twig Tea, in 2019 creating unique hand-crafted tea blends after a lot of research and cups of tea! Her blends are inspired by what she loves to drink and are not only beautiful to drink but have an amazing aroma and visual appearance.

**LEISA McCOSH** - is a primary school teacher who majored in Arts. Having retired from full time teaching 3 years ago she has been able to work on her own arts practice. She loves trying different mediums and during Covid finally had the time to concentrate on doing mosaics. She has taught small groups, completed private commissions and done some community projects which enabled her to extend these skills.

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

**MEGAN SONEGO** - Meg is passionate about allowing the body to heal and restore through the use of natural therapies, counselling and mindfulness. She has 12 years of experience teaching pilates and 16 years of experience working in the social work field. Her skill set includes; Pilates Teacher (reformer and mat), Yoga Teacher, Naturopathy, Social Work, Health Promotion and Community Development. Her approach to 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. Meg runs individual sessions, group classes and retreats through Thrive Wellbeing.

**MICHELLE BOYLE & ORIEL GLENNON** - are sisters, from the same ilk - hence where the wording came from. They set out to make a skincare range for the everyday woman. It needed to be uncomplicated, easy to use and made from organic and natural plant-based ingredients AND it needed to be affordable. Taking care of yourself and your skin, shouldn't be expensive. Ilk Skincare uses high quantities of Australian Certified Organic ingredients where possible, as well as natural plant-based ingredients producing rich and luxurious products that are beautiful on the skin and packaged in 100% recyclable miron glass. When creating any product they ask, "Would we put this on ourselves and the people we care about?" And that is the space from which they create!

**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. Simone believes the purpose of free-form dance is for people to return to their bodies, to notice how they are feeling physically, mentally and emotionally, and to provide an avenue for self-expression, wellbeing and community connectedness. Her intention is to build a dance community as another avenue of friendship and belonging.

**TANIA MOLONEY** - is passionate about connecting kids and people of all ages with nature. She runs her own small business, Nurture in Nature, and helps educators, parents and others to grow their knowledge and skills so they feel confident and supported in their nature-inspired teaching and learning practice. Tania also travels around in The Nature Bus (her mobile classroom) connecting communities with nature, presents regularly at local, national and international conferences, hosts the Nurture in Nature Radio Podcast and leads innovative and engaging professional development for educators - including an annual Campference Teacher Nature Conference, an online Campference and Nurture in Nature's Membership Community, Treehouse Educators. She runs nature inspired wellbeing experiences that help adults tap into their playful and nature connecting side too (because, why should only the kids have all the fun!!)

**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.