



PORT FAIRY WOMEN'S WEEKEND 2023

PRESENTER & WORKSHOP DETAILS

Cyanotypes with Mercy McColl

Cyanotypes are one of the oldest photographic printing processes in the history of photography. The distinctive feature of the print is its shade of cyan blue, which results from its exposure to ultraviolet light. When the blueprint emerged, cyanotypes were traditionally used for reproducing the technical drawings of architects and engineers until the arrival of photocopy machines. However, with its versatility and affordability, the technique was adopted by photographers soon after its discovery. This workshop will focus on incorporating different papers and textiles and creating beautiful cyanotypes. We will focus on connecting women to the deep, long history between women and textile art and subverting it for a modern audience.

Mercy is an art teacher in Warrnambool currently. She studied photomedia at ANU and specialised in photography, printing and alternative processes. She is passionate about connecting women of all ages to art and increasing the accessibility of art to all people.



Creative Textiles with Sue McComish

What a wonderful way to relax! Design and create using recycled fabric and hand stitching to produce your own beautiful hanging birds.

Develop new creative skills if you have no experience or, if you have a little textile knowledge already, but want to learn more, Sue will help you find your artistic voice and personal style. Join Sue to develop your craft, enjoy the conversation and pick up some new skills that will enable you to recreate your own projects at home and bring colour and texture to your favourite space.

Sue is a Port Fairy local and a regular contributor to the Community Engagement Programs at the Community House and has offered many creative textile classes to both adults and children. Sue loves to knit and sew and is most happy when crafting. She loves to create an atmosphere in her classes in which people can relax and get to know one another while getting creative and using materials or textiles at hand to create new and interesting projects.

Dance with Simone Favelle

“Dance with the waves, move with the sea, let the rhythm of the water set your soul free.” Christy Ann Martine

A freeform dance session curated by second year Open Floor International dance teacher, Simone Favelle, as an ode to the wild and windswept Southern Ocean and its inhabitants.

Participants will enjoy the freedom that Simone gives you to move, as you feel, as you want. A beautiful way to start your day with this free flowing, liberating and exhilarating session. Consider it a movement meditation, no wrong moves, no experience necessary.

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.



Tea Blending - Create Your Signature Brew with Kerry-Ann Hetherington

In this workshop, we will discuss the different types of teas, how it is grown and how to blend the perfect brew. You will learn the basics of tea blending and how to create blends from tea, herbs and botanicals from an award-winning Tea Blender!

You will make your own signature blends and take them home in Twig Tea's signature glass jars. This workshop will include tea tastings and all ingredients will be supplied.

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.

Nature Portraits with Tania Moloney

In this mindful, playful, ephemeral nature art workshop, participants will create a beautiful Nature Portrait (self or other!) using natural elements. Tap into your creativity, switch on your senses and nurture your wellbeing as we delve into a restorative practice of mindful creativity, inspired by the natural world. Tania offers 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!!)

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.



Creating Video Content for Social Media with Justin Williams

Join this interactive group workshop and learn the art of creating compelling video content for social media, friends and family. Discover the best tools and strategies to engage your audience effectively through captivating visual storytelling.

After studying at Griffith University, Justin had a career in hotel management with chains such as Sheraton, Mirvac, Radisson and Quest. Justin started the iXplainIT in 2014, specialising in technology training and filmmaking from his base in South West Victoria. Justin has a regular technology segment on ABC radio and a passion for creative film and photography projects. Justin is always looking for creative ways to get the perfect shot using technology such as drones, 360 cameras, DSLR's and even smart phones.

Chi Facial and Yoga Nidra with Libby Agnew

Yoga Nidra is easy to incorporate into your daily life and is a simple way to reduce stress. It is a form of form of guided meditation also known as effortless relaxation.

In this workshop, Libby will guide you through 3 phases of guided meditation for rejuvenation and mind body connection, including breath and concluding with a Chi Facial bringing an inner glow, a feeling of warmth and self-nurturing.

This is a natural and holistic face yoga practice that combines face exercises, face massage, and posture exercises with breathwork, supercharging its benefits on your face and skin.

Libby is trained in a doctorate of Ayurvedic medicine and provides spa therapies. Her focus is spa therapies such as massage & facials, but also consultation to improve health, and to provide Shirodhara, Kati Basti, medicinal oil and medicinal cooking. Libby believes that life is to be enjoyed in all facets, but health helps us maintain happiness.



Create Gourmet Crackers with Wendy Lane

These crackers are a copycat version of the Gourmet Crackers sold in shops. But these homemade ones are delicious and so much more affordable. Wendy will teach you how to make these delicious treats and how to store them so that you can always have a ready supply for your Cheeseboards or Grazing Tables. The recipe is quite adaptable so the variations you can make are endless.

Participants will take home a copy of the recipe, baked crackers and a mini loaf that will be made on the day to slice and bake at home.

Wendy is gifting 1 lucky participant, who will be drawn randomly on the day, a gift pack to take home.

With more than 30 years of experience in the hospitality industry, Wendy is now content working for her home baking business “HOMEMADE BY WENDY” and sharing recipes and cooking tips on her blog “STIRRING THE POT WITH WENDY”. Her recipes are simple, easy to follow and most of all yummy. Follow on Facebook and Instagram and subscribe to stirringthepotwithwendy.com

Ceramics Handbuilding - The Humble Cup with Leearna Moloney

Come and join us for a blissful session of nonstop creativity as we create our very own mug. Using a simple coiling technique, immerse your hands and your senses into the beautiful world of clay. A great opportunity to relax, get creative and make something truly unique.

Leearna is a ceramics artist who runs classes from her studio in Port Fairy. It is a craft that she has adored and studied for over 10 years. She has based her technique on the Japanese style of ceramics that calls for a more free form flowing approach, therefore, perfection is not sought after but rather what is more important is how personality comes through in a simple design.



Makeup Tutorial with Skinfit Body & Beauty

In this workshop, you will learn how to apply your makeup professionally, whether you are just starting out, learning the basics or looking for more advanced skills. Join the Skinfit team as they guide you through a makeup application using professional Youngblood and ISSADA makeup products. Starting with a simple day application then transforming into a more dramatic night look.

Sit down with these amazing therapists and they will personally guide you through a flawless day to night makeup application. You will then be provided with the chance to have a go yourself using your own makeup. The therapists will be available to answer any questions you may have or to trial any of their products you would like. Please bring along your own makeup and brushes to this workshop. If you only have a small collection don't fret! We will also have brush kits and makeup for you to trial and purchase on the day!





Acting Up! with Marissa Tenet

A terribly serious acting workshop facilitated by a terribly serious professional actress with over 20 years of industry experience. This class will be ninety terribly serious minutes of absolutely no fun at all. No drama games will be played, no shenanigans will be had. Your grown-up hat must be worn at all times and you will not, under any circumstances, free your inner child from within her prison of everyday responsibility. Play will not be tolerated. Imaginations are to be left outside in the hot car (where they belong!)

Marissa has done serious things like: study at the VCA, tour with Bell Shakespeare, etc etc... She is, in fact, an expert at seriousness and has no business at all running a workshop of fun drama games (I mean, SERIOUS acting exercises) for grown-a** women who just want to let their hair down and have a good laugh. If serious had a face, it would be Marissa's.

Ayurvedic Cooking Wholefood Treats with Libby Agnew

Ayurvedic cooking is seasonal and sees food as medicine. Ayurvedic meals have specific actions in order to improve health and unblock certain organs and tissues. Ayurvedic cooking helps to keep the body in balance to prevent or correct illness as we travel through life.

In this workshop, you will spend time together making wholefood treats to taste and take with you. Dishes will focus on the diversity of Bliss Balls; some that will require cooking, can double as a dessert or turned into a slice. All can be made for those who are sensitive to lactose or dairy but are equally full of goodness. All recipes are easy to make and do not require a lot of time!

Libby is trained in a doctorate of Ayurvedic medicine and provides spa therapies. Her focus is spa therapies such as massage & facials, but also consultation to improve health, and to provide Shirodhara, Kati Basti, medicinal oil and medicinal cooking. Libby believes that life is to be enjoyed in all facets, but health helps us maintain happiness.





Lino printing on Fabric with Britt Gow

Transfer a design to linoleum and practice the tactile and therapeutic art of linocut. Then transfer your design to paper or fabric by inking up the linoleum plate and applying pressure. You will have the opportunity to choose a pre-cut design from Britt's collection to print onto cotton tote bags or linen tea-towels.

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 southwest 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.

Advance Care Planning with Melissa Couch

Advance care planning involves planning for your future health care. It enables you to make some decisions now about the health care you would or would not like to receive if you were to become seriously ill and unable to communicate your preferences or make treatment decisions.

Topics covered will be around developing and documenting these wishes in an advance care directive and ensuring you have the right substitute decision maker appointed who will help ensure your preferences are respected. All relevant documents and resources will be supplied.

Melissa Couch is an Advance Care Planning Consultant at South West Healthcare and has been a registered nurse at South West Healthcare for 12 years. This role involves providing advice to clients, educating health care professionals and community groups around all things ACP. In 2021 Melissa completed post graduate studies in Palliative care and joined the Community Palliative care team as a clinical nurse consultant. This combination of roles provides a collaborative approach to demystifying ACP and Palliative Care. Melissa's great passion is being involved in the community to ensure conversations around death and dying are normalised. Advance care planning is for everyone over the age of 18 regardless of health status and is something we all need to be thinking about.





Pilates workshop with Megan Sonego

In this workshop you will learn tips & tricks you can do daily/weekly to keep your body feeling and moving well! Pilates exercises to do at home to strengthen and align your body. Gentle Joint movements and exercises to support healthy joints. Foam rollers and resistance bands to release tight muscles.

Please bring your yoga mat and a notepad.

Presented by Meg from Thrive Wellbeing. Thrive Wellbeing offers Pilates, Reformer & Mat classes, individual sessions. Natural Medicine consultations, Counselling and online programs to help you feel healthy and well!

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.

Secret Garden Painting with Melanie Macilwain

Melanie will teach her process of paint application to create a background and foreground of a secret garden style painting that each attendee will take home. She pays homage to childlike expressions by using bright colours with the intent to investigate its quality when used fast and slow. Her finalised abstract artworks are a contemplative record of ideas, directions and errors that aggregate a rhythm of the natural world. You do not have to have painting experience to enjoy this workshop.

Melanie is a teacher and a painter. She hopes to always learn and hold the excitement of creating and making.

As a child, Melanie was inspired by her immigrant grandparents who created and made extraordinary items everyday. From kitchen to garden, she watched them work in their creative outlets, "I would spend hours just watching my grandmother throwing sheets of thin strudel to stretch across the sky before lunch and in the afternoon I would be mesmerised by my grandfather carving patterns into his wooden furniture". She was surrounded by wood, cooking, sewing, drawing and painting and the importance of practising what you enjoy doing everyday became inherent.





A Mindful Approach to Joy with Tracie Griffith

Who wouldn't benefit from having more joy in their lives? This session will explore what personally brings you joy and ways to further enhance that experience. We will also look at a mindfulness practice that increases our shared sense of joy with others and the spiritual importance of cultivating joy in our hearts.

The session will include a general discussion on the nature of joy; two reflection practices to assist with enhancing our understanding and experience of joy; a mindfulness practice to increase 'sympathetic' joy (the sharing of our experience of joy with others) and finally a mindfulness meditation that highlights the importance of joy in our spiritual lives.

Please bring your yoga mat and a shawl or light blanket for warmth.

Tracie Griffith is an accredited Mindfulness Meditation Teacher. She enjoys teaching introductory mindfulness meditation skills and the four limitless heart states of lovingkindness, compassion, joy and equanimity. Tracie is the author of the novel *Redemption*, set in Port Fairy, and editor of the popular collection of local folklore *Port Fairy Ghost Stories*.

Zumba for Everyone! with Judy Lumsden

Hola! Judy adores running Latin inspired Zumba sessions and has kept her Zumba dance shoes moving since 2010, leading sessions in Warrnambool, Koroit and Port Fairy over thirteen years. At this workshop, she will break down steps used in Zumba Latin rhythms, such as merengue, salsa, cumbia, etc and teach a few basic steps for a particular rhythm.

As the title suggests, this class is for everyone, and you do not need to know any salsa moves to be able to join in. Judy will keep it simple and slow but super fun!

Judy is a recently retired secondary school teacher who is currently working as a substitute teacher on occasion. She has a Bachelor of Education in Physical Education/English; GEL Certificate (Group Exercise Leader) and Certificates 3 (Gym Instructor) and 4 (Personal Training) in Fitness; and a black belt in Funokoshi Karate. She no longer attends karate but is very proud of this past achievement. Judy currently leads Zumba and Piloxing classes in Warrnambool and loves walking, dabbling in mosaics and more recently attending art workshops. Theatre is one of her strongest passions and she has performed in theatre groups in both Warrnambool and Port Fairy. She can't wait to meet you! Check out Judy on her socials at judylumsden.zumba.com / Facebook Page: [zumbawarrnambool](https://www.facebook.com/zumbawarrnambool) / Instagram: [zumbawarrnambool](https://www.instagram.com/zumbawarrnambool)





Elevate your Voice: A Singing workshop for Women to unlock their own unique voices with Danielle Stearman

The moment you step into Danielle's workshop, you'll be embraced by a warm and supportive atmosphere. Her friendly and encouraging demeanor fosters an environment where participants are inspired to embrace their individual voices and build their confidence. Regardless of whether you're a beginner or an experienced singer looking to refine your skills, Danielle's guidance will propel your singing to new heights.

Danielle's infectious enthusiasm and warm personality will ignite your passion for singing and motivate you to explore the depths of your vocal power. Each note you sing under her tutelage will resonate with emotion, authenticity, and purpose. This exclusive workshop, tailored for women seeking to unlock their vocal prowess, promises to rekindle the joy of singing once again.

Don't miss this fantastic opportunity to join Danielle Stearman's workshop and embark on a transformative journey to discover the true potential of your voice. Let her expertise and inspiration guide you as you experience the joy of singing like never before.

Introducing our esteemed vocal instructor, Danielle Stearman! With a passion for music that spans over 30+ years, Danielle brings her vibrant and engaging singing workshop to our Winter Weekend event for the very first time. As a seasoned performer, she has graced stages across the country and boasts an impressive track record as a signed artist with Warner Music, having achieved two top 20 ARIA singles.

Throughout her extensive career, Danielle has continuously mesmerized audiences with her exceptional voice and seamless ability to transition between genres, cementing her reputation as a true professional. What sets Danielle apart as an instructor is her unique teaching approach, which effortlessly blends fun and education to unlock each student's full potential.