

2019

WOMEN ON FARMS GATHERING



Fri 29th March – Sun 31st March

WOMEN ON FARMS WEST GIPPSLAND

ABN 767 87 65 114

www.wofg19.org.au

30th January, 2019.

Hello ,

I'm delighted to invite you to register for the 30th Women On Farms Gathering **on Friday, Saturday and Sunday, 29th- 31st March 2019** to be held in Warragul.

The Gathering Committee have worked hard to put together an exciting program highlighting our theme of **"Striding Forward"**.

We have a stellar line up of guest speakers from varied backgrounds. Don't miss out!!:

- Camille Smith, Editor of the Farm Magazine of The Weekly Times
- Marie Clark, Leadership training in Antarctica, Teacher
- Women's Stories, inspiring leaders in Agriculture

The three day Gathering will include workshops on diverse topics covering:

- Practical skills and personal development
- Arts & crafts.
- Health and wellbeing

We will also run a number of tours taking in local agricultural enterprises and cultural highlights including:

- Walhalla Historical gold mining town
- Belted Galloways and Alpacas
- Dairy, Tomatoes, Potatoes, Sculpture, Olives and more

For more information about our program go to: www.wofg19.org.au

Send your registration to: registration@wofg19.org.au

OR POST TO: Ms. Glenys Cliff, Registrations WOFG19, 596 East West Rd, WARRAGUL. Vic. 3820

For accommodation, please consult the following website: <https://www.visitbawbaw.com.au/stay/> it provides an excellent range of accommodation options around Warragul, and also lists other local events and attractions to enjoy whilst visiting our area.

Come and discover it! We look forward to meeting you and sharing this experience together.

Best regards

Lyn Link

Chairperson - "2019 Women on Farms Gathering"



30th Women on Farms Gathering

CHAIRPERSON: Lyn Link
WEBSITE: www.wofg19.org.au
EMAIL: info@wofg19.org.au

OUR PROGRAM:

Below is an approximate guide to our proposed program for the weekend, but may be subject to change.

FRIDAY	SATURDAY	SUNDAY
3pm – Registrations commence	7:30am – 8:30am Exercise session	7am – 8:30am Lion’s Club Breakfast
4pm – 5:15pm Town tour	8am Registrations	7:30am – 8:30am – Exercise session
6pm – 7pm Dinner at Danny’s The Venue	8:30am – 10am Welcome, Keynote Speaker, Women’s stories	8am – 8:45am Ecumenical service
7pm – 9pm Official opening; Welcome to Country; “Striding Forward” 30 years on...	10am – 10:30am Morning Tea	8am -9am Workshops /Walking group
Update on “Invisible Farmer Project”	10:30am -12:30pm Workshops	9am – 10:30am Panel of Women’s Stories
	12:30pm – 1pm Lunch	10:45am -11:15am Morning Tea
	1pm – 4pm/5pm Tours	11:15am – Keynote speaker
	6pm Buses leave for Gala Dinner Venue - Gumbuya World	12:50pm – Handover to Central Victoria
	6:30pm – 7pm Pre Gala Dinner	1pm Close. Packed lunch provided
	7pm – 9:30pm Gala Dinner	
	9:30pm – Buses return to Warragul	

FULL WEEKEND REGISTRATION – \$240

EARLY BIRD PRICE of \$220 is available until 28th February 2019

Your FULL WEEKEND REGISTRATION includes: the Friday night dinner, morning and afternoon teas on Saturday, Saturday lunch, Saturday Gala dinner, Sunday morning tea and a packed lunch on Sunday. The Gathering will close at approx. 1pm Sunday 31st March.

REGISTRATIONS CLOSE 15th March 2019

SUNDAY BREAKFAST option- \$10 EXTRA COST TO BE PAID WITH REGISTRATION

The Yarragon Lions club will provide a choice of cereals, fruit, fruit juices, yoghurt, sausages, onions and an egg and bacon sandwich for breakfast on the Sunday morning. If you would like this breakfast option, please indicate on the registration form and include the payment with your registration.

ALL PROCEEDS from the breakfast will go directly to the Yarragon Lions Club.

SATURDAY GALA DINNER – Buses will be used to travel to Gumbuya World in Tynong for the Saturday evening dinner. Buses will leave from Logan Park, Warragul and return patrons after the dinner. Some attendees may prefer to drive themselves. From Warragul, Tynong is about a 20 minute drive along the freeway. **To assist us with booking coaches, could you please indicate on the Registration Form if you’ll be traveling by coach to the dinner.**

OUR VENUE:

Friday and Saturday Registrations will be held at **DANNY'S THE VENUE**, located in Logan Park,(showgrounds) Howitt Street, Warragul. The Venue is situated within easy walking distance of the Warragul Railway station.

The registration desk will open at 3pm Friday 29th March.

The Community College Gippsland (71 Warragul-Korumburra Rd, Warragul) has also been booked as the venue for most of our workshops. Buses will be used to transport registrants to the college or other locations for the morning workshops.

ACCOMMODATION:

There's a wide variety of accommodation available in Warragul and the surrounding towns. We suggest you consult the following website www.visitbawbaw.com.au/stay/ This site provides the contact information and displays the various types, eg: motels, self-contained, B&B, caravan parks and also shows their location and proximity to Warragul. The website also has many other attractions and things to explore while you're staying in the area.

GUEST SPEAKERS:

Camille Smith - *Editor of the Weekly Times Farm Magazine*

Dr. Marie Clark – *Educator, Scientist, participant in the 2018 Homeward Bound program to Antarctica.*

Liz Clay – *organic farmer, active in local, regional and international agriculture.*

Glennice Fiddler – *passionate about the environment, reducing waste & recycling.*

Claire Templeton – *runs a boxed meat business from the family farm.*

Kirsten Jones – *Mirboo Farm producing award winning garlic.*

Sallie Jones – *a proud operator of Gippsland Jersey Milk, an independent farmer-owned milk label.*

Jessie Matheson – *writing her thesis on the history of the Australian Rural Women's Movement.*

WORKSHOPS & TOURS:

All Workshops and Tours will be filled in order of receipt of Registration Payment

NOTE: All Workshops and Tours have minimum numbers of participants required for them to go ahead. If insufficient numbers are received they may be cancelled.

It's important that you indicate all three preferences when registering in case your first choice is either full or cancelled.

Tours (with the exception of the ALL DAY WALHALLA tour) will leave from the Community College Gippsland after the lunchtime session. **Please check the leaving times of each tour in the detailed notes for individual tours.**

The tour to Walhalla is an All Day Tour and will leave directly after the Saturday morning Speaker session at Danny's The Venue. Participants on this tour will need to be ready to leave after morning tea. If choosing Walhalla as your 1st preference, please select for both the morning session and afternoon session on the Registration Form. (Please select 2nd and 3rd preference options in case this tour is booked out)

WORKSHOP & ACTIVITY DESCRIPTIONS



FRIDAY GUIDED TOWN WALK

The one-hour tour outlines the early history of non-indigenous settlement in Warragul, particularly the difficulty of travelling into West Gippsland, one of the last two areas to be settled in Victoria; explains how the town came to be; and talks about the 19th-century buildings along the first two blocks of Queen Street and the businesses and characters who inhabited them. As we walk, you'll be introduced to some of the other features of Warragul that you may wish to visit during your stay. We'll wind up with a discussion of the indigenous history of the area.

The walk is about 1.4 kilometres. Most of the route is flat, except the railway overpass. Your leader will be using a wheelie walker, so the route can't be too difficult.

Friday 4:00pm – 5:00pm

FITNESS SESSION WITH JODIE LEA.

Start your day with a fitness session with Jodie Lea. It will begin with an introduction and warm up exercises which include mobility and some dynamic stretching movements. A 30 minute workout including some fun games and basic body weight exercises designed to suit ALL AGES & LEVEL OF FITNESS / ABILITY. Finally finishing up with a cool down and stretch. Wear comfortable clothing and footwear.

Saturday & Sunday 7:30am-

8:30am

WALKING GROUP

Start your morning with a walk through Warragul's Burke St Park and along the Linear Trail (gravel paths), following Hazel Creek, with return through a classic long established residential area and along Queen St, the original Princes Highway. The walk will leave from and return to Logan Park and will take up to an hour, depending on level of fitness, and chatting time. (A shorter option is available.) Walking shoes are recommended as there are variations in footpath surfaces.

Sunday morning 8:00am –

9:00am

ECUMENICAL SERVICE

Sunday's service will be officiated by Rev. Sue Jacka who has recently been appointed Archdeacon of the Western Region of Gippsland, is actively involved in community events, and conducts services in the Anglican Churches in Yarragon, Trafalgar and Thorpdale. Nielsen Funerals have generously offered the use of their chapel for our service, and Ethelwyn Kent, a local accomplished harpist, will be our musician for the service.

Sunday 8:00am –

8:45am

SUNDAY BREAKFAST

The Yarragon Lions Club will provide a selection of assorted fruit juices, cereals, yoghurt, tea, coffee, sausages, onions and an egg and bacon sandwich for breakfast on the Sunday morning. To assist with their catering, could you please indicate if you would like this option. **This will require an additional cost of \$10 to be paid with your registration.**

All proceeds from the breakfast go to the Yarragon Lions Club.

Sunday 7:00am – 8:30am

WORKSHOP OPTIONS - SATURDAY 10:30am – 12:30pm

AWIA- GET INVOLVED

Are you keen to make a difference and get involved with Australian agriculture? Take this time to gather together to catch up, hear what's happening and have your input into decision making in agriculture. Discuss both the big picture and find out how to assist your local or private agricultural enterprise. Australian Women in Agriculture is committed to ensuring that women influence the agricultural agenda.

BEES WAX FOOD WRAPS

Learn how to make your own food storage solution that doesn't cost the earth. In this workshop, you will learn how to make your own bees wax wrap using ethical and local ingredients.

Your presenter, Laura Eddington founded [Little Bumble](#) after doing research for an alternative to plastic wrap, snap lock bags and plastic containers for food storage. Laura is passionate about educating people about how easy beeswax food wraps are to use and how they can keep going year after year.

EQUINE HEALTH

This presentation will cover three topic areas; Equine digestive anatomy and how nutrition plays a critical role in equine health and welfare; how to formulate a feed ration for horses based on the current scientific recommendations; and how to incorporate pasture into the ration and when a supplementary ration would be appropriate.

Your presenter, Claudia M... **WORKSHOP CANCELLED** ...st in-depth study on the feeding and management practices of ... to share the findings and recommendations of the research with rural women who represent the largest group of horse owners in Australia.

Breanna Ure of [Pakenham Produce & Saddlery](#) will also contribute to the presentation to advise you on some of the products available which may complement the health and nutritional requirements of your horse.

FUNDRAISING AND GRANT APPLICATIONS

FRRR the [Foundation for Rural and Regional](#) ... **WORKSHOP CANCELLED** ...tion offering small discretionary funds to small regional communiti... and a grant seeker – distributing funds through several programs for the benefit of rural and regional Australia.

GARDENING WITHOUT WATER & PERMACULTURE

Your presenter for this session is a gardening guru. John Mauger runs a not for profit organization that helps everyone in the Gippsland Valley learn how to grow their own vegetables, eat healthier, save money and help the planet. He promotes gardening to people of all ages and backgrounds, especially schools and community organizations. Come along with your gardening questions in hand as he explains how to incorporate permaculture & water saving ideas into your garden.

LINE DANCING

Dancing is a unique form of exercise because it provides both physical and mental health benefits. Line Dancing in particular, improves stamina, muscle tone and coordination, is a great stress buster and energy booster. In one evening, a line dancer can cover about 8km.

In this workshop, Rose Fleming, your instructor, will teach you 2 or 3 dances depending on the time available.

Participants should wear comfortable clothing and flat shoes. Sneakers are fine. You are also encouraged to bring your own water bottle.

MACRAMADE

Learn the knots and techniques used in macrame and let your artistic flair takeover to create your own work to hang in your home. You will make a wall hanging approx 60cm x 30cm suitable for indoors or on a dry patio, using coloured rope of 5mm thickness and several different knots. Your presenter is Cass, the mother of 2 busy boys and her passion for macrame developed from making a few pot holders and wall hangings for her home. "Macramade by Cass" was born when she ran out of space at home.

Only 6 lucky women can do this workshop. **Cost of Materials is \$35 to be paid with your registration.**

MAKING DOME DESSERTS

Learn to make your own Dome Mousse Dessert, just as you would see in patisseries or on television cooking shows. You will leave with your own domes, the recipes and tips for making professional desserts to take home.

Your teacher, Jaci Hicken, owns and operates [Jacican](#) a food studio in Mirboo North where she teaches skills based cooking classes, pastry classes, summer and winter preserving. Her vision is growing your own vegetables and cooking for people

MOSAIC SUNCATCHER

Here's your chance to be creative and make a suncatcher, which can look amazing hanging in the garden or a window. You'll be taken through the steps to produce your own using transparent glass nuggets. Your presenter, Sally Brown, has over 20 years of experience practising mosaics, teaches classes at the Neighbourhood House in Glen Waverley and also sells her fused glass and mosaic work privately and via group exhibitions. Follow her on Instagram @sallybrown6.

NATUROPATH ON DUTY

Over 2 hours Hayley Binding a Naturopath with 24 years of experience in clinical practice will open up the world of Naturopathy and how simple diagnostic tools like iridology and diet, vitamin and mineral therapy can help you choose and live a healthier life.

The workshop will cover topics like;

- What is a Naturopath and natural therapy and how can it benefit you and your family?
- Talk on Buzz words like microbiome, curcumin, sauerkraut, oregano oil, intermittent fasting.
- Confused about what vitamins, minerals, herbs and essential oils to stock in your cupboard?
- Going away, what natural medicines should you pack to keep away colds, pains and tummy upsets?
- Iridology, what is it and how can it be helpful?

If time permits Hayley will do some iris readings to help you understand how iridology helps her to help you!

SIMPLY SOURDOUGH

Join this session where you will make and taste a freshly baked sour dough loaf. Pre-prepared dough will be baked and sampled with your presenter, Maree Tink, showing how to get your sour dough culture working and the best way to work it. Maree is a wizz at bread baking and the wonderful scents of cooking bread will fill the air, while she also prepares a batch of pancakes and crackers for tasting. She will demonstrate the processes, but you will also have some hands-on experience, while gaining lots of tips, tricks, hints and ideas for successful bread baking.

SINGING WORKSHOP

Join others in a friendly environment as you learn 2 or 3 new songs with Elizabeth Willems. Elizabeth is the musical director, conductor of the Baw Baw Singers whose vision is to Sing, Have Fun, Be Happy.

For this session, participants are encouraged to bring along their own water bottle.

SUPPORTING YOUR OWN & OTHERS' MENTAL WELLBEING (Saturday 10:30-12:30 OR Sunday 8am - 9am)

This interactive workshop will help you to understand and manage challenges to your own mental wellbeing and develop practical skills and techniques to help you better support people around you who may be experiencing tough times. The workshop format will include group discussion, small group activities and shared stories from farmers who have navigated tough times. Alison Kennedy from the National Centre for Farmer Health will be your presenter.

TELLING YOUR STORY (Saturday 10:30-12:30 OR Sunday 8am – 9am)

Women's stories are the heartland of Women on Farms Gatherings. Stories of how you got to live where you are now, have been, or where you want to be. Stories are most powerful when they are in your own words. There are no guidelines, share what you would like to share, or write just for yourself. Bring your ideas, photographs or objects important to your story or the story of women in your family. Bring your computer, tablet or pen and paper, talk with others and learn great ideas on developing your thoughts. Liza Dale-Hallet and Jessie Matheson will co-present this session. [*The Invisible Farmer*](#) @invisfarmer

WOMEN AND PROPERTY / AGRICULTURAL SAFETY

Selling a home isn't quite as simple as sticking up a "For Sale" sign and waiting for the buyers to come to you. If you've outgrown your current home and farm, maybe just seen your dream home for sale, or if you're considering downsizing, deciding to sell your farm can be an emotional roller-coaster, full of excitement, nerves and hopefully relief at a great outcome. During the first half of the session, Carmen Christie of [*First National*](#), Warragul will give you an overview of the various steps involved in selling or buying a property.

Cont'd....WOMEN AND PROPERTY / AGRICULTURAL SAFETY

The second half of this session will be presented by Kirby Richmond-Davies, the area manager for Victoria of [Safe Ag Systems](#) and AgriSafe. The health and safety of farmers is a major issue facing agricultural business farmers and Safe Ag Systems offers a farmer friendly solution to manage farm risks and hazards to make your farm a safer place.

WOMEN AND TRACTORS

Here's your chance to check out some of those big tractors and other farm equipment and learn their benefits, features and specific uses. Choosing the right machine for the job can prove to be a good investment and improve the success of your business.

[Claas Harvest Centre](#) will provide your morning tea and the opportunity to view their specialized farm machinery, sit in the driver's seat (no driving allowed) and ask all the questions you wanted to know.

Participants should wear pants and covered shoes.

We are extremely thankful for the support of

OUR MAJOR PARTNERS



TOUR DESCRIPTIONS

SATURDAY TOURS 1:00pm – 5:00pm



FOR ALL TOURS, IT IS RECOMMENDED YOU WEAR COMFORTABLE WALKING SHOES.

ALL DAY TOUR - WALHALLA

Walhalla is an old historic gold mining town and at its peak in 1862, 4000 residents lived there. 20 permanents now live in Walhalla. Today the town is dependent on the tourist industry.

The group will be booked in for a guided underground tour of the Extended Gold Mine. Wear supporting shoes, but the surface is flat. The old cemetery is worth a hike up the hill or just wander the streets and visit the museum and the historical shops. You have the option to catch the [Walhalla Goldfields Railway](#) out of town crossing several trestle bridges and enjoy spectacular views along the way. This is an added cost of \$15 per person, to be paid with your registration fee. To assist with the booking of numbers for the group mine tour and train ride could you

**Please indicate on your Registration Form if you will be: (a) doing the Underground Goldmine Tour
And (b) if you wish to take the Goldfields train ride.

PLEASE NOTE-TOUR DEPARTS WARRAGUL at 10.00am after a quick Morning Tea and returns no later than 5.00pm.

BELTED GALLOWAY, BLACK ALPACAS

Visit [Clifden Farm](#) located on 122 acres of rolling hills in West Gippsland. Bill and Lindy Smith will be your hosts, and from their property there is an amazing view looking back over the tourist town of Yarragon. The tour will include meeting their Belted Galloway cattle and premium black alpacas and how they manage the two animal classes for the production of both food and fibre. The fleece from their small select herd of alpacas requires no chemical dyes. Lindy Smith has written two children's books and also runs a B&B which takes full advantage of their picturesque location. If time permits, we may visit Yarragon village to browse the arts and crafts shops.

TOUR DEPARTS – 1:30pm

BINGARRA BEEF FARM AND MT CANNIBAL TOUR

Lyn and Peter Link invite you to visit their 78 acre farm. They'll discuss high input grass growing, 25 years of pasture improvement, past vealer production and the Angus steer fattening operation. Melbourne Water streamside project on the Hamilton Creek has involved fencing and planting of native plants. Further 1,000 native plants in shelter belts have resulted in wildlife corridors between Mt Cannibal and Hamilton Creek. They will explain the management plan for deer, kangaroos and foxes on the property but there is a Portaloo, with 2 steps to manage.

After a chat, farm walk and afternoon tea, a scenic walk up Mt Cannibal is on offer. It is a steepish climb with steps up and down, but offers magnificent views in two directions. Estimated time is 40 minutes. Anyone not wishing to walk may travel 3kms along Garfield North Road in the mini bus, to Lyn and Pete's scenic home at the head of the valley. View the tree ferns, the damage to pasture caused by lyrebirds, the impact of wild deer on bushland and fern gullies, and the results of a Melbourne Water basket willow removal project.

TOUR DEPARTS – 1:30pm

CRANBOURNE BOTANICAL GARDENS

Be inspired with the amazing landscapes and creative use of plants, art and architecture which form the wonderful Australian Garden at the [Royal Botanic Garden - Cranbourne](#) - using all Australian native plants. Upon arriving at the gardens, the first thing you will see is the impressive Red Sand Garden. After this you will be free to wander around on a self-guided tour viewing more than 170,000 plants, representing more than 1,700 varieties. Most are labelled with the common name. There is also a very good gift shop to browse.

For those who don't walk so well and would like to view these gardens you may hop on board The Garden Explorer and enjoy a guided ride around the gardens. Cost is \$8 p/p concession to be paid at the Gardens.

**Please indicate on your Registration Form if you would like to take the ride on the Garden Explorer.

TOUR DEPARTS -1:00pm

TOUR CANCELLED
Due to recent fire activity in the area.

FLAVORITE HYDROPONIC TOMATOES.

Depart after lunch for a leisurely tour of the [Flavorite](#) complex on the outskirts of Warragul. Upon arrival the tour will be met by IPM Manager Karen Swanepoel who will give a presentation on the various aspects to producing their premium vine ripened tomatoes, capsicums, cucumbers and eggplants. Most of us will have eaten Flavorite produce which is available year round. You'll be guided through their expansive greenhouse systems which are highly automated using computer technology to control conditions such as heating, water use, conservation and recycling systems. Growing mediums, nutrients, plant selection, integrated pest management, environmental sustainability are all key to producing their quality produce.

TOUR DEPARTS – 1:30pm

OLIVES & SUSTAINABILITY NETWORK

Depart after lunch for [Darnum Park Estate](#) to learn about the olives they grow for the production of extra virgin olive oil, infused extra virgin olive oil and table olives, fruit and berries for jams and other delights. Products may be purchased.

Back into the bus to be driven to the [Baw Baw Sustainability Network](#) in Yarragon for afternoon tea. The group will be taken through the vegetable garden and learn what you can do in your garden or property to sustain the environment.

TOUR DEPARTS – 1:00pm

PATCHWORKER'S DELIGHT

This tour is a must for all keen patchworkers. Are you looking for fabrics different to what you can buy at home? Be ready to leave Warragul at 1.30. This tour will visit two shops that specialise in patchwork fabrics, kits and other crafts and have agreed to open just for this tour. Two Mad Cows, in Moe, and [A Little Patch of Country](#), in Trafalgar will welcome and inspire you.

TOUR DEPARTS – 1:30pm

POTATOES & PRIME LAMB IN THORPDALE.

This tour will take you to the rich red soils, rolling hills and accompanying huge dams of Thorpdale. Here you'll enjoy an afternoon with Val Murphy on the family run property which is noted for its extensive potato growing and prime lamb production. Wander around her garden, enjoy tasting some homemade potato ice cream or buy some spuds with proceeds going towards Drought Relief. Val also operates an Agri tourism business in Gippsland and takes an active role in the promotion and staging of the annual [Thorpdale Potato Festival](#) each March.

Kirby Richmond-Davies, the Victorian manager for Safe Ag Systems will be joining this tour to explain how the owners will use the Safe Ag Systems on the property with the benefit of working towards compliance to address the health, well being and safety issues facing farmers. If time permits on the way back to Warragul the bus will stop in Yarragon Village where you can stroll through some of the arts and crafts shops and galleries.

TOUR DEPARTS – 1:30pm

SCULPTURES, PRIVATE GARDEN, ROBOTIC DAIRY.

Your first stop will be the Laurie Collins Sculpture Garden & Red Tree Gallery in Jindivick. Laurie creates a vast array of artwork, and is renowned for his unique metal sculptures using junk and recycled metal. Browse the garden sculptures and the [Red Tree Gallery](#) which will be showcasing a photographic exhibition for the month of March. Back on the bus for afternoon tea in a large private garden known as Lillico Siding. This garden is regularly opened to the public during [Gardivalia](#) and is a delight to wander through the informal cottage planting, dry stone walls and rose arbours.

The last stop on this tour will be Melaleuca Park to watch the dairy cattle wandering into the robotic dairy. Our hosts Darryl and Trudy Hammond will hop on board to give a quick overview of this modern facility before we inspect the dairy. Representatives of [Lely](#) manufacturers of the robotic milkers will be on hand to explain the finer details of robotics and their use in farming today. On this tour you will be driven through some of the best Gippsland farming country.

TOUR DEPARTS – 1:00pm

The Women On Farms Gathering 2019

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