



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 equine specific recommendations; and how to incorporate pasture into the ration and when a supplement is appropriate.

Your presenter, Claudia Macleay is the principal investigator of a 3 year depth study on the feeding and management practices of horses, and she will discuss 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 Renewal](#) is the only organisation that provides discretionary funds to small regional communities across Australia. They are both grant and checker- distributing funds through several programs for the benefit of rural and regional communities.

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.

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.

The Women On Farms Gathering 2019

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