



Women's Business 2012

Registration Form

21 January 2012, "Wattleridge"

Name: _____
Address: _____
Phone: _____ Mobile: _____ Email: _____
Special needs: (eg. Access, dietary requirements) _____

Saturday only (21st Jan) \$55 inc GST
 Permission to film during conference

Email: rebecca@snelcc.org.au
Post: PO Box 85, Armidale NSW 2350
Phone: 02 6772 9123 **Fax:** 02 8209 6623

Payment

Registration closing date is Friday, 13 January 2012.

Account name: Southern New England Landcare Ltd
Bank: New England Mutual
BSB: 932000 **Account No.:** 100111546 **Reference:** (your name)
Date deposit made: _____

Cheque payable to: Southern New England Landcare Ltd
Post to: PO Box 85, Armidale NSW 2350 with rego form

Accommodation

Please note accommodation is not part of the registration package. Please make your own arrangements. Camping is available on site or you may wish to stay in Guyra.

Camping on site Staying in Guyra/offsite

Meals

Please indicate which meals you will need (circle)

Friday:	n/a	n/a	Dinner*
Saturday:	Breakfast*	Lunch	Dinner

*for on-site campers

Transport

"Wattleridge" is only accessible via 4WD. Delegates can drive their own vehicle or meet at the front gate and travel via bus. Bus transport will also be available to and from Guyra on Saturday. Please indicate your transport needs.

I have a suitable vehicle & will not need the bus
 I need the bus only from "Wattleridge" front gate
 I need the bus to and from Guyra

Workshop Preferences

Indicate first and second preferences for each session (1 & 2)

Saturday Pre-breakfast Session: 6:30-7:30am
 Beautiful plants and wealth of song with Ruth Tremont

Saturday Session 1: 8:30-10:30am
 Clay Sculpture (pt1 of 2)
 Aboriginal Heritage Walk
 Dr Christine Jones: From the Soil Up
 Bush Tucker, Boomerangs and Bandages: Aboriginal Traditional plant use

Saturday Session 2: 11:00am-1:00pm
 Clay Sculpture (pt2 of 2)
 Allowing the real you
 Starting a Small Business
 Indian seated head massage
 Yoga

Saturday Session 3: 2:00-3:30pm
 Succession Planning
 Propagating Native Seed
 Yoga
 Finding Your Medicine Symbol
 Dr Christine Jones: From the Soil Up

Saturday Session 4: 4:00-6:00pm
 Biodynamics: What's it all about?
 Mindfulness: The Power of Now
 Camp oven cooking
 West African dancing & drumming





Workshops

Workshop Outlines

Beautiful plants and wealth of song . . .

Meet the day through the sights and sounds of nature. We'll take a gentle stroll, step into the dreamland beauty of native plants, wildflowers and birds who feed on and nurture the plants that help support our world. A chance to connect with the land and nature's web of life.

Yoga

A gentle introduction to basic Yoga poses – a good practice for freeing up the energy in your body.

Bush Tucker, Boomerangs and Bandages: Aboriginal Traditional Plant Use

Learn about local plants that have been used over thousands of years by local Aboriginal people for food, medicine, tools and spiritual purposes. Receive a free copy of the recently released book 'Bush Tucker, Boomerangs and Bandages: Traditional Aboriginal Plant Use in the Border Rivers and Gwydir Catchments' and wander through the bush with its author, Michelle McKemey, and traditional custodian of Wattle Ridge, Leslie Paterson. Whether they have been used to weave baskets, dye materials or entertain children, many of these special plants can be found at Wattle Ridge!

Allowing the real you . . .

Have you ever glimpsed who you really are? Do you need space to explore who or what you really are or what might be holding the 'real you' back? Using guided inner exploration, creative arts, words and bush resources you will find ways to express and nurture your 'real self' and develop ways to be, change or communicate who or what you really are in the context of your day-to-day world.

Indian Seated Head Massage

Learn a skill to help your friends. Non-invasive massage through clothes to ease tension caused by stress and postural problems.

Starting a Small Business

Ever wanted to start your own small business but didn't know where to start? Hear the journeys of two amazing rural women, Fiona Smith of "Working with Nature" Free range eggs and Margo Blesing of "Glenholme Vineyards". Be inspired and learn the steps taken in establishing a successful small business and how to set up your own. Session also includes a wine tasting at its conclusion.

Clay Sculpture workshop: Susannah and Rick Hatch

The workshop will centre on making and firing a cooking bowl in the New Guinea potters tradition. We will use the bowl as a metaphor for women as vessels...holding within the secrets of regenerative powers...holding eggs, love, passion and continuity of life. We will explore the idea of integrating a portrait/fertility figure, (elements of woman), into the bowl form. The bowls will be dried beside small fires then stacked and bonfired to become hard and permanent. A glaze of Sago juice will be used to glaze the pieces. (~3½hrs over sessions 1 & 2).

Succession planning: Helen and John McKemey

A facilitated discussion for anyone facing the daunting task of succession planning. Helen and John will share their personal story of succession planning for their family business "McKemey and Co". From a family on the land, learn from their experience of navigating the very difficult process that is succession planning.

Biodynamics: What's it all about?

A hands on introduction from Greta's experience with the biodynamic organic way: To grow hummus and to enliven our food and therefore our body and soul! Getting to know the magic of a cow horn, vortex stirring and the transformed cow manure 'dynamising' and fertilising our soils, that and more...

Dr Christine Jones: Restoring health, from the soil up

The nutrient content of today's mass-produced fruit and vegetables is lower than at any time in history. Chemically treated soils do not function as they should, resulting in food that is often low in essential vitamins and mineral levels and lacking in flavour.

A simple kitchen garden can provide abundant, nutritious food for the whole family, even with our busy modern lives. Christine will discuss her own personal experience in building a large, easy-care, no-dig vegetable garden from scratch.

Aboriginal cultural heritage walk

Learn about the beautiful landscape directly from the traditional owners. Visit rock art and scar tree sites as well as the beautiful knucklebone walk.

Propagating native seed

A very hands on workshop to learn the rewarding skill of propagating your own native seed and handy tips for successful seedlings.

Finding Your Medicine Symbol

Within our inner landscape there are wisdoms that can heal and guide us through the outer landscapes of our lives.

Using meditation we will journey to this place and see with our souls eye the treasures and symbols that will help us on the path we tread. Symbols are sacred messages from our unconscious that can tell us more than our conscious minds can understand.

Clay is substance from the earth which we are part of and within this we will find and recreate our own personal medicine symbol. It can be used as guidance in our daily lives and by bringing it into the everyday world we are reminded how we connect with others who are also seated in this circle of sharing.





Workshops

Camp oven cooking

Learn the art of camp oven cookery with a "hands on" workshop of gourmet recipes culminating in a feast for all. Not to be missed!

Mindfulness: Dr Caroline Winter

The Power of Now: A new approach towards managing worry. Learn the skills to be present in the moment and awaken your senses. A session on values reflection will empower you to live a rich and meaningful life with restored well-being and balance.

West African Dancing & Drumming

Unwind and immerse yourself in a truly unique workshop of dance and drumming of the traditional West African culture. This is a fully interactive workshop. Bring your drum and a ready willingness to embrace the rhythm of dance and music.

Other information about the day

Getting There

"Wattleridge" is a half hour drive (including dirt roads) north-east of Guyra. Full details will be made available to registered participants.

Transport

"Wattleridge" is only accessible via 4WD. Participants can drive their own vehicle or meet at the front gate and travel via bus. Bus transport will also be available to and from Guyra on Saturday. Please indicate your transport needs on the front page of the registration form.

Accommodation

Accommodation is the responsibility of each participant. You can camp at "Wattleridge" but you need to bring your own swag/tent etc. A mowed grass area and a basic shower block with toilets is available.

Or you can stay in or around Guyra. Contact the Guyra Visitor Information Centre for accommodation options 02 6779 1876.

Equipment to bring

The activities are outdoors, bring suitable clothing for outdoor conditions. In addition, some workshops will require you to bring something specific. You will be contacted after registration if you are required to bring something specific for your chosen workshops.

Please bring a camera, water bottle etc and camping gear if required. Participants are responsible for their own possessions and valuables at all times.

Registration Information

Closing date for registrations is **Friday 13 January 2012**. All payments must be received in full by this date. You are not considered to be registered until you have paid in full.

All fully paid registrations are transferable to another person. Transfers can be made by the registered person in writing to rebecca@snelcc.org.au or faxed to 02 8209 6623 prior to the event.

Registration commences at 8:30am on Saturday morning at "Wattleridge".

Bus transport will be available from Guyra in time for registration. For those catching the bus from Guyra please meet at **7.30am at Rafters Restaurant on the Highway**.

Saturday 21st only (\$55) includes breakfast (for those camping on site), lunch and dinner, workshop participation, guest speakers and a goodies bag.

Please return completed registration form with payment to Southern New England Landcare (see registration form for details) please indicate your preferences for workshops.

For more information contact Rebecca Smith on 0428 792 037.

We look forward to welcoming you to "Wattleridge" for a day of connecting to the land and connecting to each other.

