



# 2007 Hay Women's Gathering

## Program & Registration

**2-4 NOVEMBER 2007**

**OFFICIAL PROGRAM**

**FRIDAY 2 NOVEMBER**

*(Note: All Gathering activities will be held at the Waradgery Club, 136 Pine Street, unless otherwise stated.)*

**4-7 pm Registration & Trade Show**

An opportunity to view trade stalls including women's information, arts and crafts and more.

**7-9.30 pm Pre-Gathering get-together and supper**

Enjoy a glass of wine with music while meeting friends. A light meal will be served.

**SATURDAY 3 NOVEMBER**

**8 am Registration & Trade Exhibition**

Tai Chi on the lawn at the Waradgery Club

**8.50 am Welcome to Country:** Members of the Waradgery Tribe

**Rural Women's Network (RWN) Address:** Elaine Armstrong, Chair, RWN State Advisory Committee

**Official Opening:** The Hon Ian Macdonald MLC, NSW Minister for Primary Industries

**9.30 am Keynote Address – Forgotten Australians:** Bonney Djuric, Parramatta Girls Precinct & Christina Green, Hay Institute for Girls

**10.15 am Morning Tea, Networking and Trade Exhibition**

**11 am WORKSHOP SESSION A** (Various venues)

**12.30 pm Lunch & Trade Exhibition**

**2 pm WORKSHOP SESSION B** (Various venues)

**7 pm Pre-dinner Drinks** on the lawn at the Waradgery Club

**7.30 pm Gathering Dinner – 1970s Fever!**

Come dressed in your favourite 70s gear for Saturday Night Fever, Hay style. Enjoy a wonderful evening with the best of the 70s music, fashion parade of fabulous 70s fashion, great food and lots of fun. You will feel like dancing!

**Keynote Speaker:** The Hon Verity Firth MP, Minister for Women

**SUNDAY 4 NOVEMBER**

**8.30 am Combined breakfast & Ecumenical Service** (Bidgee Bend, Mid Western Highway)

**9.30 am WORKSHOP SESSION C** (Various venues)

**11.30 am A snapshot of the 2007 World Congress of Women:** Sonia Muir, NSW Department of Primary Industries Rural Women's Network

**12.10 pm Closing Ceremony**

**12.45 pm Changeover Ceremony**

**1 pm Lunch**

**DON'T MISS:  
Breakfast by the River**

A special feature of the 2007 Hay Gathering is Sunday breakfast at a beautiful Murrumbidgee Riverside Garden. You will enjoy a yummy cooked breakfast (at no extra charge) and there will be a ecumenical service with a difference! All we need is you!

## Keynote speakers

### MEMORIALISING WOMEN'S HISTORY – PARRAMATTA FEMALE FACTORY PRECINCT

Since 2003, former inmate of the Parramatta Girl's Home **Bonney Djuric** has been leading a campaign to raise awareness about this site. She argues that the Institutions of the Parramatta Female Factory Precinct are a testimony to the evolution of Australia's welfare, justice and health history, particularly in relation to women and children. Her goal is to seek the memorialisation of the precinct as Australia's first National Women's Heritage site and to establish a museum dedicated to the Forgotten Australians within the former premises of the Girls Home.

### FORGOTTEN AUSTRALIANS

**Christina Green** was one of the many young girls incarcerated at Parramatta and the Hay Institution for Girls during 1961–1974. So brutal was their time there that Hay became the subject of a Senate Inquiry into the Forgotten Australians. Christina became a Ward of the State at a very young age when she was charged with neglect (neglected by her parents) and this led her to Parramatta and later Hay. It was only her faith that kept Christina going. She will talk about surviving her years of torment.

### A SNAPSHOT OF THE 2007 WORLD CONGRESS OF RURAL WOMEN, SOUTH AFRICA

Rural Women's Network Coordinator, **Sonia Muir**, will share stories, images and insights on the recent 4<sup>th</sup> World Congress of Rural Women and pre-congress study tour. The South African gathering attracted over 2500 women and provided a unique opportunity to explore rural women's issues with a global lens. Next stop for the world congress 'train' will be India in 2010–11.

## Workshops

**1. WELLNESS WORKSHOP** – *Jenny Powell, RN, B.Nat.* Jenny is a registered nurse, naturopath, iridologist, herbalist and homeopath. She uses a holistic approach to care in her business, Riverina Natural Therapies. Come and listen to Jenny talk on prevention of disease and restoring the body to a state of health and vitality. (SESSION A)

**2. SING, SING A SONG** – *Marilyn Perrot.* Learn a song which can then be performed by the group at the service on Sunday morning. (SESSION A)

**3. HATHA YOGA** – *Linda Hathaway.* An introduction to the gentle style of Hatha yoga. This session will explain how to breath correctly (pranyana), practice gentle postures (asanas) and deep relaxation (yoga nidra). Come and enjoy the feeling of peaceful karma. Please wear comfortable loose clothing. (SESSION A) (SESSION B: 2–3.30 pm or 4–5.30 pm)

**4. OIL PAINTING** – *Jeff Wright.* Ever thought you would like to paint but didn't know where to start? Enjoy a painting demonstration from start to finish by a professional artist. (SESSION A: Portrait) (SESSION B: Still life 2–3.30 pm or Landscape 4–5.30 pm)

**5. THE 'WESTHAVEN' EXPERIENCE** – *Lyn Curtaayne.* This is a private residence and garden not to be missed. Travel by bus to the outskirts of Hay to see Lyn's unique collection of domestic objects and auction finds from many a demolished Hay building. Enjoy a Devonshire Tea while Lyn tells her story. (SESSION A) (SESSION B: 2–3.30 pm)

**6. NO LONGER SILENCED: Congolese women share their stories of survival** – *Elaine Dietsch.* Women who have survived horrific sexual torture in the Democratic Republic of Congo have pleaded for other women around the world to please listen to them. In honour of these courageous women and girls who told her their stories, Elaine will share them with the women at Hay. The slides that accompany the presentation illustrate the majesty of this troubled land and beautiful people. They are not confronting but please be warned that the stories to be shared are very disturbing. (SESSIONS A, B, C)

**7. WINE APPRECIATION** – *De Bortoli Wines.* An informal workshop designed to educate the palate of discerning and casual wine enthusiasts. Riverina wines are used in this popular course – pure indulgence. (SESSION A) (SESSION B: 2–3.30 pm)

**8. MOSAICS FOR BEGINNERS** – *Maggie Clark.* A brief guide to the tools and materials needed to start you off on this exciting hobby. Maggie will bring her ideas and mobile workshop with her to inspire you into action as soon as you get home. This is a theory workshop only, but Maggie is happy to hook her van behind her trusty Subaru and deliver workshops in your hometown after the Gathering. (SESSION A) (SESSION B: 2–3 pm)

**9. PATCHWORK QUILT** – *Suzanne Prosser.* Want to learn a new skill? Like to work with others? Come along and learn how to use fuse and buttonhole stitch appliqué to make a patch that will be part of a quilt to be donated by the NSW Women's Gathering group to the Westmead Children's Hospital. It will be given to a child who needs to undergo a prolonged period of treatment, or who has a significant condition. (SESSIONS A, B, C)

**10. FLORAL ART WORKSHOP** – *Flowers@heart.* Christmas is just around the corner – less than eight weeks away. Come and learn how to make that special centrepiece to decorate your Christmas table. Take home your creation to use for this and many more Christmas tables. Cost: \$20. (SESSION A) (SESSION B: 2–3.15 pm) (SESSION C).

**11. THE HOME BARISTA: How to Make the Perfect Coffee** – *Nathan Guglielmino.* Learn how to make a café style coffee at home for family and friends. This workshop will look at different coffee blends, grinding coffee and how to achieve the creamiest steamed milk. Participants will practise using domestic coffee machines and coffee percolators. A must for when you want something more than instant coffee. A fun, hands-on workshop. (SESSION A) (SESSION B: 2–3 pm or 3.30–4.30 pm)

**12. A ROSE BY ANY OTHER NAME** – *Colleen Houston.* Learn about the Bishop's Lodge Rose Garden, famous for its found roses, and the development and care of this heritage rose collection. (SESSIONS A, B, C)

**13. TAI CHI** – *Jenny Clark.* A traditional Chinese mind-body relaxation exercise performed in a slow relaxed manner which is used to improve or maintain health, create a sense of relaxation and keep qi flowing. Comfortable casual clothing and flat-soled shoes are best. We may be able to offer beginners/advanced sessions depending on demand. Please indicate beginner or advanced course with your workshop preferences. (SESSIONS A, B, C)

**14. BELLY DANCING** – *Carol Warren.* Middle Eastern dancing in which the dancer makes sensuous movements of the hips and abdomen. Good for both the body and the soul. (SESSIONS A, B, C)

**15. LINE DANCING** – *Sue Schneider.* A type of non-partner dancing where everyone starts in a line and learns a set pattern of steps which is then repeated throughout the music. Great weight-bearing exercise for women. (SESSIONS A, B, C)

**16. MEDITATION** – *Maggie Clark.* An introduction to meditation. Learn how to relax your limbs and clear your thoughts to become one with your mind, body and soul. Let the day's worries and stress settle like mud in a glass and leave you rejuvenated, calm and focused. Session finishes with a guided meditation. (SESSION B: 3.30–5 pm) (SESSION C)

**17. PAINTING CARDS IN GOUACHE** – *The Cardwell.* Let an art expert guide you through the use of opaque water colour to create a completed art piece to take home. (SESSION A) (SESSION B: 2–3.30 pm or 3.30–5 pm) (SESSION C)

**18. CULTURAL WALK** – *Gubba Woods.* Bush walking may never be the same. A guided stroll through the local forest with an Indigenous guide pointing out all that nature has to offer as well as explaining some Aboriginal art pieces. (SESSION B: 2 pm & 4 pm)

**19. WOMEN'S SEXUAL HEALTH** – *Jean Woods.* Everything you always wanted to know but were afraid to ask. Jean will touch on all aspects of sexual health with a very light-hearted approach. Become informed on up-to-date statistics, ideas and advice in this important area of health. (SESSION B: 2–3 pm)

**20. HISTORICAL WALK** – *Hay Historical Society*. This energetic group will walk you around the best of Hay's historic sites and buildings with a commentary on each one. Hay has some magnificent and unique architecture – come and see for yourself while enjoying the fresh air and sunshine. (SESSION B: 2–4 pm)

**21. BOXERCISE** – *Colleen Behl*. Fitness activity involving the use of heavy bags, speed balls, strength building exercises and aerobic activity. You will need gym type clothes and shoes. From here you can join the Bushy Bend Jog. (SESSION B: 2.45–3.45 pm)

**22. PINK MECHANICS** – *Phil Wilson*. Wondered how to change your battery, check your oil and water levels and change a tyre? A little basic knowledge about your car can save you heaps of money! Learn how to be alert to common problems before they go too far, how to carry out basic checks yourself, about your car's mechanical and electronic systems, tyres, wheel balance and much more. (SESSIONS B & C)

**23. KNIT ONE, PURL ONE** – *Annette Smith*. Like to talk with others to work through some issues with knitting? A problem you are having difficulty solving? Want some time to look at patterns and yarns? Bring your projects and join us. Maybe you will find some answers or be able to provide some answers for others. (SESSIONS A & B)

**24. COLOUR CODING: AN OVERVIEW** – *Margie McClelland*. Colour Coding gives people an understanding of their colour harmony in what they wear with their own unique natural beauty of hair, skin and eyes. This can open a new world with less frustration as it saves time and money. (SESSIONS A & C) or (SESSION B: 2–3.30 pm)

**25. DIGITAL PHOTOGRAPHY** – *Susan Gordon-Brown*. Everyone wants to be able to take a good portrait of their friends and family. Bring along your digital camera and join me for a relaxed photographic session. We will discuss what makes a good portrait – composition, background, expression – then take some photographs, download them and discuss the results. (SESSION A & C) or (SESSION B: 2–3.30 pm)

**26. WOMEN'S FORUM** – *Women about Hay*. Local women tell their stories. (SESSION C)

**27. SHIATSU** – *Veronica Shaw*. Shiatsu is a manipulative therapy developed in Japan and incorporates techniques of *anma* (Japanese traditional massage), acupressure, stretching, and Western massage. Shiatsu involves applying pressure to special points or areas on the body in order to maintain physical and mental wellbeing, treat disease or alleviate discomfort. (SESSIONS A, B & C)

**28. KINESIOLOGY** – *Robbie Chapman*. This study of body movement is a holistic approach to balancing the movement and interaction of a person's energy systems. The body's natural healing responses are stimulated by attention to reflex and acupressure points, and by use of specific body movements and nutritional support. These can lead to increased physical, mental, emotional and spiritual wellbeing. (SESSIONS A, B & C)

**29. WELFARE TO WORK LEGISLATION** – *Office for Women, NSW Department of Premier & Cabinet*. The Welfare to Work legislation of 2006 has applied to sole parents only since July this year. The Premier is concerned by the significant downgrading of income support for women with families to care for and so has asked the Premier's Council for Women to investigate how this is affecting women in NSW. The Hon. Verity Firth, Minister for Women and Chair of the Council, is leading the investigation and is keen to get views and input from the women attending the Hay Gathering. This is your opportunity to channel your knowledge of how it is affecting sole parents in your community back to the State Government. (SESSION A)

## Other activities

*The cost of these activities is payable at the venue and is in addition to the registration fee.*

**OPEN GARDEN SCHEME** – *Felicity & Nick Maynard*. Wooloondool Garden is nestled along the Murrumbidgee River. This 40-year-old garden has, over the last seven years, been redefined with innovative plantings and attention to micro-climates. Open 10 am–4 pm Saturday & Sunday. Cost: \$5 payable at the garden.

**MUSEUM VISITS:** *Entry to museums is payable at each museum.*

**Shear Outback: The Australian Shearers' Hall of Fame.** Open 9 am–5 pm Saturday. Cost \$11 for gathering participants. Sound and light show Friday and Saturday nights.

**The Bishop's Lodge: Historic House & Heritage Rose Garden.** Open 12–3 pm Saturday & Sunday. \$5 entry fee

**Hay Gaol Museum.** Open 9 am–5 pm Saturday. \$2 entry fee

**Dunera Museum: Hay Prisoner of War & Internment Camp Interpretive Centre.** Friday is *Oz Aliens Day*. Visit Dunera Museum to learn more about the Italian, Japanese and other civilian internees in Hay. Volunteers will be on hand to access the archive room and guide you through the museum. Open 10 am–5 pm Saturday & Sunday. \$2 entry fee.

**Hay War Memorial High School Museum.** Open during the Gathering. \$3 donation.

**SELF-RENEWAL PAMPERING SESSIONS** – If you're between workshops and like a 'pick-me-up', Hay's fabulous beauticians will be on hand to offer mini-manicures, pedicures, express facials, make-up applications and more. See the girls on-site Saturday afternoon and book in for some wonderful beauty treatments. *Participants to make their own bookings on the day with payment direct to the providers.*

**ART EXHIBITION** – *Hay Art Group*. War Memorial Hall. Exhibition by local Hay artists. Gold coin entry.

**TENNIS** – *Hay Tennis Club*. Courts available for hire over the weekend for \$5 per person.

**ROTARY WALK** – Various walks around Hay and environment – 3, 5, 10 and 19 km walks.

**BUSHY BEND JOG** – *Robert Behl*. A 4 km jog through bushland on the riverside. All new participants start on a scratch handicap. Choose to run all the way, run and walk, or just walk. Starts 4 pm Saturday from the north-east side of the bridge. Cost: \$1. Bring your walking/running clothes and shoes.



## Funding for NSW women to attend the Hay Women's Gathering

The Uniting Church NSW has kindly provided funding to support women to participate in the Hay Gathering. The funding will assist with costs such as registration, accommodation, fares and fuel. Preference will go to drought-affected women who have never been to a Gathering or haven't been to one for at least three years.

To apply, send your Expression of Interest (including your name, contact details, estimate of your costs and a short paragraph on why you would like to attend) to: RWN, Locked Bag 21, Orange 2800, Fax: 02 6391 3650, or Email: [sonia.muir@dpi.nsw.gov.au](mailto:sonia.muir@dpi.nsw.gov.au) EOIs close 27 August 2007.

## TRANSPORT

Hay has a daily bus service from Sydney and Canberra. The nearest airport is Griffith. A courtesy bus will be available for the midday Friday arrival flight and the Sunday afternoon departure flight. Call Travelscene Hay on Ph: 02 6993 4444 to book a seat.

## ACCOMMODATION

Participants are advised to book their accommodation early by contacting the Hay Visitors Information Centre on Ph: 02 6993 4045 or go to: [www.visithay.com.au](http://www.visithay.com.au) When booking, please state that you are attending the Women's Gathering.



# REGISTRATION FORM

## 15TH ANNUAL NSW WOMEN'S GATHERING: FLAT OUT IN HAY 2-4 NOVEMBER 2007

Please complete one registration form per person. This form may be photocopied for multiple registrations.

### Section A: Contact details

Title ..... First Name: ..... Last Name: .....  
Postal Address:.....  
Suburb/Town:..... State:..... Postcode: .....  
Phone (h): ..... Phone (w):..... Mobile:.....  
Fax: ..... Email:.....

### Section B: Registration details

#### Early Bird Registration closes 5 pm Saturday 1 September 2007 – Please select one option only

- Early Bird Registration (includes workshops, all meals and entertainment) \$156.00  
 Early Bird Saturday & Sunday only (includes workshops and all meals) \$130.00  
 Sunday Breakfast (numbers needed for catering) No cost

#### Registration closes 5 pm Friday 28 September 2007 – Please select one option only

- Full Registration (includes workshops, all meals and entertainment) \$176.00  
 Saturday & Sunday only (includes workshops and all meals) \$154.00  
 Friday Night only (meal and entertainment) \$ 22.00  
 Saturday Night only (meal and entertainment) \$ 45.00

Please advise if you have any special dietary requirements: .....

### Section C: Workshop choices

Please make three (3) choices for each session, listing them in order of preference. Places will be allocated on a first registered basis. Please Note: in Session B there may be two offerings at different times, so please specify your preferred time. Additional costs for workshops are to be paid at the Women's Gathering Registration Desk on arrival.

Session A	Session B	Session C
1 <sup>st</sup> .....	1 <sup>st</sup> ..... (Time )	1 <sup>st</sup> .....
2 <sup>nd</sup> .....	2 <sup>nd</sup> ..... (Time )	2 <sup>nd</sup> .....
3 <sup>rd</sup> .....	3 <sup>rd</sup> ..... (Time )	3 <sup>rd</sup> .....

### Section D: Payment details

- Cheque: made payable to *Hay Women's Gathering* OR  EFT: BSB 012 675 Account No. 5690 26678 Total \$ .....

**REFERENCE:** Please use your phone number as a unique identifier to match payment with registration form. **NOTE:** Registration will not occur until payment is received. Cancellations will be accepted up to 9 October 2007 and a refund made less a \$25 admin charge.

Please post your registration form & payment to: Women About Hay Inc., 2007 Women's Gathering, PO Box 163, Hay 2711  
Ph: 02 6993 1002 (bh) or 02 6993 0669 (ah), Fax: 02 6993 0665, Email: registration@wgnsw.com or Website: www.wgnsw.com

- Please tick if you do **NOT** give permission for your details to be passed on to the 16<sup>th</sup> Women's Gathering Committee, 2008.