

BUCHAN WOMEN ON FARMS WORKSHOPS PROGRAM

1. **Jewellery Making** – Learn how to make a piece of jewellery you can wear with pride.
2. **Singing for Fun** – Join together to learn songs you can perform at our dinner.
3. **Social networking**- Want to learn more about the future of communication technology? Then this is for you.
4. **Floral Art** – Create a beautiful floral decoration to adorn the dinner table on Saturday and which you can then take home.
5. **Pampering** – Relax and be pampered with massage and more.
6. **Free Form Textiles** - Using your creativity to create something beautiful from what others throw away.
7. **Find out about Funerals**- This workshop will give you more knowledge about something we all have to face at some time, and the advantages and pitfalls of funeral insurance.
8. **The natural way** – How to make natural creams and remedies using home grown herbs.
9. **Find out about Rocks** – The Geology around Buchan is famous; find out more about this fascinating subject.
10. **Power from Solar** – Learn about how to get the most from the sun and lower your power costs with Beacon Solar.
11. **Relaxation, meditation and mindfulness** – Help yourself to reduce stress by learning relaxation and mindfulness.
12. **Financial literacy** – Another way to reduce stress is to learn better ways to manage your finances and plan for the future.
13. **Ag Futures.** – Farming for the future, planning sustainable farming practices.
14. **Toyota Sewing Trunk Show**- A “show and tell” with lots of tips and tricks covering all types of sewing, overlocking and machine quilting.
15. **Community Planning the next step** – How the small communities of Bengworden and Meerlieu planned for their future and put the plans into action creating cohesive community groups.
16. **Collage for visioning & planning.** - A creative and fun activity that uses collage to help you reflect and plan: a vision for 2012? scope a project? Whatever you wish to focus on, collage it and be surprised at the results!
17. **The Australian Quaker Tapestry**- Learn about the Quakers and the Tapestry that depicts their life, and learn the Quaker stitch. See the work that is being created here in East Gippsland and add your stitches.