

ALL DAY, EACH DAY OF THE FESTIVAL

### Small Town Girl Photography Exhibition

Ground Floor

Facilitating artist: Elize Strydom

A collaborative documentary photography exhibition exploring life for teenage girls living in the Northern Rivers and participating in the YWCA's Links to Learning program.

### Express yourself: Interactive Installations

Foyer

Express your thoughts and feelings in response to festivities through the written word or drawings.



Proudly funded by:



Supported by:



We value your feedback. Please complete a survey at the festival or online (see website or Facebook).

### Contact

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f lismore womens festival

# LISMORE WOMEN'S FESTIVAL PROGRAM

Lismore Women's Festival

# Friday 6 – Sunday 8 March 2020

Lismore City Hall

YWCA Australia



## Welcome to the 2020 Lismore Women's Festival presented by YWCA Australia.

YWCA Australia is a leading national feminist organisation working towards a future where all women, young women and girls are equal, safe and respected. We advocate for women leading change, and fight for gender equality and women's rights.

YWCA Australia NNSW is proud to present the Lismore Women's Festival, an inclusive event celebrating International Women's Day. Join us for a weekend of stimulating, entertaining and thought provoking fun. It's women on the stage, upfront and loud. Enjoy!

### BOOKINGS

Some events require booking or payment. Please see the details of each event.

### WHEELCHAIR ACCESS

All venues have wheelchair access and toilets\*  
\*Serpentine Gallery does not have an accessible toilet.

### FACEBOOK

Each festival event is listed as a Facebook Event, through the Lismore Women's Festival Facebook page. Here you will find all the updates plus other local women's events.

### VENUE FOR MOST EVENTS

Lismore City Hall, 1 Bounty Street, Lismore NSW

### WANT TO GET INVOLVED?

Become a valued volunteer and be part of the fun!  
Contact 0490 437 376.

Women in Harmony Pop Up Choir: contact Northern Rivers Conservatorium 6621 2266

### REDUCE YOUR FOOTPRINT!

We actively encourage waste reduction! Please remember to bring a reusable keep-cup for the coffee stall, plus your water bottle.

### FOOD AND BEVERAGES

**Friday-Sunday** coffee van and snacks available  
**Sat-Sun** meals at Lismore City Hall kitchen  
**Saturday night** Lismore City Hall bar open

## FRIDAY 6 MARCH

### Women's Creative Vision Ceremony

7- 8.30am, Studio

Facilitator: Helene Collard, from Yemaya Centre for Reiki and Wellbeing

In times like these, we must gather together, hear our own and each-others' wisdom, honour the past and co-create the present and future. Let's vision what we do want – individually and collectively. All Welcome: elders, youth (15+); culturally safe, gender and sexually diverse safe. Wear comfortable clothes, bring an open mind.

Enquiries: 0405 656 797. No bookings required.  
Cost: contribution of \$0-15

### Active Bystander Conversations Workshop

9 – 1pm, Studio

Presented by Men and Family Centre and Women Up North, funded by Lismore Domestic Violence Liaison Committee and Health NSW.

Facilitators: Sarah Drury, Hunter McBride, Lisa McPhie from ARC Gender Relations Project, Men and Family Centre.

This training explores how bystanders can intervene in gender-based (and other forms of) violence, in everyday conversations and situations. It shows how gendered social norms and subtle sexist attitudes are linked to disrespectful and abusive behaviours. The training develops practical, active bystander intervention skills.

All genders welcome. Men encouraged to attend.  
Bookings required, limited spaces: 6621 7730  
manager@wunh.org.au  
Cost: free

### Luncheon: an Equal World is an Enabled World

12midday – 2pm, Fountain Room

Host: Lismore City Council

Join us over lunch, with a panel to discuss women's achievements in our Lismore area. The keynote speaker will be Fay Jackson, Director of Vision in Mind. A Panel session and light luncheon will be provided.

Cost: \$50 for individual / \$45 each for table of 6  
Bookings: [www.visitlismore.com.au](http://www.visitlismore.com.au)

### Cycle Syncing and Basic Nutrition

1.30 – 3pm, Studio

Facilitator: Theresa Gray

Reset, re-balance and go back to basics. The Cycle Syncing and Basic Nutrition Workshop will help you get started. With a focus on a woman's hormones and synchronising that holistically with good nutrition and exercise. No fad diets required, nor calorie counting or meal plans. Just real food with real people. Question time included.

Bookings and enquiries: 0437 272 532  
beinspirednutrition2017@gmail.com  
Cost: \$15 at door, snacks provided

## FRIDAY 6 MARCH (CONTINUED)

### Powering into Perimenopause

3.30 – 4.30pm, Studio

Facilitator: Sonya Gibbons, Habits for Wellness

Are you struggling with mood swings, weight gain, fatigue and hot flushes? If so, you are not alone! Let's get the conversation started about women and peri/menopause. What's happening with our hormones, why do we experience what we do and what daily habits can help us achieve balance.

Enquiries: 0418 282 657

Bookings: preferred, see  event

Cost: \$10 online or at door

### Dance for Fun: Sia vs Gaga!

5 – 6pm, Studio

Facilitator: Katie Cooper-Wares

A low pressure, fun dance workshop for women of all ages and abilities, featuring the music of Sia and Lady Gaga. No experience necessary! Wear comfy clothes, bring water.

Bookings preferred: 0478 152 881

Email: [katiecooperwares@gmail.com](mailto:katiecooperwares@gmail.com)

Cost: \$10 minimum cash at the door. Proceeds to WIRES.

### Balance – A Woman's Perspective Exhibition Opening

5.30 – 7.30pm

Serpentine Community Gallery, Bridge Street, North Lismore.

An art exhibition celebrating the creative expressions of Women exploring Balance. Welcome at 6.30pm. Entry by donation. Exhibition runs 6–24 March.

Enquiries: 6621 6845

[gallery@serpentinearts.org](mailto:gallery@serpentinearts.org)

### Roar Festival of Women's Music

7.30pm – 2am

Mary Gilhooley's Bar, corner Keen and Woodlark Streets, Lismore

Welcome to the Roaring 20s! Essie Thomas is the headliner for this two-stage event showcasing female performers, original compositions, a discussion on Women In Music & celebrating local diverse music and artists. This is the third annual Roar Festival of Women's Music: come and support our local talent!

Cost: \$18, \$15 conc. (proceeds to artists)

Bookings: see  event, not essential

Enquiries: 0402 353 423

## SATURDAY 7 MARCH

### Connect with Nature: See the Trees

8 – 9.45am

Meet at Lyle Roberts Senior Memorial Bush Food Garden, Riverside Park on the Wilsons River, behind skate park on Victoria St.

Facilitator: Lorinda Wood, Treevolution Land Care

Join for a fun educational morning starting with the beginner's plant-identification walk, plant some native plants and learn how curing plant blindness can help save the planet. Take a tree home to get started on your journey. Bring closed footwear, hats, sunscreen, water.

Cost: free

Enquiries: 0401 324 071, bookings not required

### Mums and Kids Yoga – Stretch and Relax

9 – 10am, Studio

Facilitator: Laura Shaz

Mothers/Carers and children are welcome to join in a relaxing space to stretch and rest as they bond with each other, come into the heart and find their inner peace. All ages welcome.

Cost: \$5 per family.

Enquiries: 0415 533 311

### Embracing Cultures Through Understanding

10am – 12midday, Fountain Room

Remembering and Healing Inc.

Facilitator: Moira McDade

Representatives of two groups of our diverse multicultural country (Muslim scholar Dr Zuleyha Keskin and local Aboriginal woman Dr Marcelle Townsend-Cross) with ex-Mayor of Lismore Jenny Dowell, will discuss challenges and opportunities for strengthening inclusion and understanding. The panel discussion will be followed by Q & A and small group discussions, exploring ways of how to actively contribute towards a more balanced, just society.

Enquiries: 6688 6214

[rahow@internode.on.net](mailto:rahow@internode.on.net)

### Lunch

Meals available at Lismore City Hall kitchen.

### Circles of Adaptation

1 – 3.30pm, Fountain Room

Facilitators: Ruth Rosenhek and Maddy-Rose Braddon  
Supported by Lismore Environment Centre

Drought, fire, floods, heat waves! How will we live in a climate-changed world? There has never been a more important time to cultivate the future we wish to see. In this 'playshop' we will share our feelings and then dream how we collectively usher in our visions, with compassion and courage. We will explore food, water, energy security, psychological and emotional resilience.

Donations and bookings through Eventbrite – see 

Enquiries: 0459 362 357

### Older Lesbian's (60+) Talking Circle

3.30 – 5.30pm, Forecourt

Enquiries: Lavender 0448 876 536


Free afternoon tea: please bring your cup!

### Healing Vibrations Deep Sound Journey

4 – 5.30pm, Fountain Room

Facilitator: Siri Shakti

Relax into a deep sound journey. Large brass gongs, singing bowls, medicine drum, chimes and more combine to create a deeply relaxing space where your body and mind can rejuvenate and heal. Bring yoga mat, cushions, blankets, water and dress comfortably (some mats available).

Cost: \$10 at the door. Booking via  event.

Enquiries: 0431 094 483

### Music, Dinner and Bar


5.30 – 7pm, Foyer and Forecourt

Enjoy a meal, with live music.

### Burlesque Workshop

6 – 7pm, Fountain Room

Miss World Burlesque, Imogen Kelly is offering a creative classic striptease workshop: For the Love of Lili. Imogen will also feature in the Cabaret straight after – stay for the show!

Cost: \$30. Bookings essential, see She-Rated Cabaret  event.

For what to bring: [www.imogenkelly.com.au/classes](http://www.imogenkelly.com.au/classes)

### She-Rated Cabaret #2

7.30 – 11.30pm, Studio

Following the success of last year's show, this will be a stunning, heart-felt, challenging evening of adult-themed cabaret acts for your delight. Auslan interpreters will be there, too! Dress up!

Bookings preferred: see  event.

Cost: \$25/\$20 online or \$30 cash at door.

Cabaret + Burlesque Workshop package \$55/\$50 online.

Enquiries: 0418 438 396

## SUNDAY 8 MARCH

### INTERNATIONAL WOMEN'S DAY

#### Coming Back to Balance – Morning Yoga and Relaxation

9 – 10am, Studio

Facilitator: Sam Woolstra from iRest Yoga

Join this gentle yoga session to bring your body and mind back to balance with forms, movement, breathing and laying down mindfulness meditation. No previous experience with yoga needed. Please bring a yoga mat and cushion (some mats available). Donation at the door.

Enquiries: 0487963103

### Welcome Ritual and Young Women on the Mic

10.30 – 11.30am, Lawn

Connect to Country during our beautiful Welcome to Country and ritual. Listen to the voices of young women on IWD, featuring Aurora Matchet from the YWCA Australia Women's Council. Come, support and be inspired.

### Outdoor on the Lawn

11.30am – 2.30pm, Lawn

Hang out with live music, dance, food and stalls.

### Period and PMS, an Ayurvedic Perspective

11.30 – 12.20pm, Fountain Room

Facilitator: Lilian Alkmim, Grounded Ayurveda

What is womb health and why is it important? Ayurveda uniquely examines the menstrual cycle as a window into the human body. By being familiar and in tune with your cycle, you can understand, month-to-month, what imbalances your body is struggling with. This is for women and everyone who cares about them.

Enquiries: 0413 695 924

### 2020 Feminism – Panel Discussion

1.30 – 3pm, Fountain Room

Organisers: Deb Woodbridge and Lavender

A diverse panel of women discuss ideas and actions about feminism: where we're at, and what we want for women's lives locally, nationally and globally. Feminist posters, t-shirts and memorabilia displayed: you are welcome to bring some. Young women encouraged to attend.

Enquiries: 0400 954 906

### Fabulous, Funny and Female!

3 – 5pm, Studio

Host: Vanessa Mitchell from Larry Laughs Loud

All female comedy line up, showcasing the funniest women in the Northern Rivers! These ladies will show you how to break free from social moulds and express the side of themselves that embraces their womanhood.

18+ Recommended.

\$10 online at [www.stickytickets.com.au](http://www.stickytickets.com.au) or \$15 at the door

Lismore  
Women's  
Festival

