

# Laura's beach and paddleout plan

## Need:

- Pen and paper x 30
- Yarn
- Bingo sheets
- Boards
- Wetties
- Tent
- Flag

## **WELCOME to Frankston and the beautiful Port Phillip Bay.**

I'm Laura Alfrey and I'm a lecturer...

### **Acknowledgment of country**

We are very lucky to have a formal welcome to country later but for now I'll acknowledge that we are stood on the traditional lands of the Boon Wurrung and Bunurong people of the Kulin nation and I wish to acknowledge them as Traditional Owners. I would like to pay my respects to their Elders, past and present, and the Elders from other communities who may be here today.

The land of the Boon Wurrung and Bunurong people extends from the Werribee Creek in the north to Wilson's Promontory in the east.

### *DRAW MAP ON SAND*

The traditional culture of Indigenous people is characterised by strong recognition and valuing of the roles of elders and traditional customs, such as reciprocity and a shared vision of community. At the heart of this conference is community and we hope that this meeting today is the start of our version of the IWS community, a group of women surfers who have come together to learn from each other and harness our strengths for good.

Back to the map...

### **Surf breaks/Map**

Places of interest:

- Melbourne
- The heads of the bay (Portsea and Queenscliffe)
- Out west to the Great Ocean Road and home of Bells Beach
- On the Mornington Peninsula:
  - Westernport/facing Phillip Island - point leo, shoreham and flinders
  - Back beaches - Gunnamatta, Rye
  - In the bay - south channel fort - part of a network of fortifications protecting the narrow entrance to Port Phillip. Now a dive site.
  - Chinamans Hat - seal colony

Any other places you have heard of that you would like to know about?

## Quick Name Drop

A key element of the IWS is movement...so what I ask you to do now is just say your name and do a discreet movement. We'll work around the circle and each person has to memorise and repeat the name/movement combo's that have gone before them.

1. Name
2. Movement

## People Bingo

Surfed in Hawaii	Created something	Can speak a language other than 'English'	Have a hidden talent
Has a tattoo	Has seen the same movie more than 5 times	Plays a musical instrument	Is left handed
Is not on Facebook	Is 'goofy' footed	Knows all the words to their National Anthem	Can do a headstand
Has been on TV	Ran a marathon	Has a guilty pleasure	Rides a motorbike

## Secret IWS Business

The topic for this meeting of the institute is 'Respect, Visibility, Action' and this weekend is about re-imagining the past and future of women surfers and surfing. We are just going to do a short activity with this in mind.

You'll need a pen and paper.

What we are going to do now is think about our bodily senses (touch, smell, taste, body in space etc.) and write some words that you associate with the words I'm about to read out:

1. Surfing
2. Respect
3. Visibility
4. Action
5. Ocean
6. Movement
7. Challenges
8. Victories

Now, using some or all of those words, I want you to do something that might be a bit scary for you, I want you to write a poem.

## ONTO WATER

### Yarning Circle

#### *PASS YARN AROUND*

In Australian Aboriginal culture there is a very important process or practice called a yarning circle. It has been used by Indigenous peoples from around the world for centuries to learn from a collective group, build respectful relationships, and to preserve and pass on cultural knowledge. So, today I thought we'd start with yarning circle. A yarning circle has 5 characteristics:

1. Sit in a circle: Participants should understand that they are all considered equal
2. Introduce the group
3. Introduce focus
4. Share ideas and thoughts.
5. Reflect

Today I thought we'd have a yarn about our histories, why we came here, and what we'd like to take away.