

# Indigenous Plants for Health Association (Inc)



*"Awareness, Research & Development of Indigenous Plant-Based Products"*

**A Community Not for Profit Association**

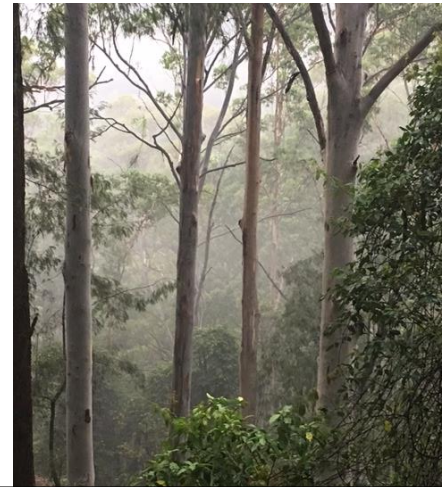
## Indigenous Plants for Health – AGM and Spring Equinox Field Day

Saturday, Nov 27th, 2021 10am – 8pm

Held at Kawalang, Murrays Run, via Laguna NSW

This field day includes distillation of native flora demonstration, ceremony and more.

All meals catered for with primarily local, organically grown ingredients, with vegetarian and gluten free options. Please advise if you have any specific dietary requirements.



Magnificent Sydney blue gums at Murrays Run

Full cost. Incl. lunch, dinner, morning and afternoon teas \$80 pp. (IPHA Members \$70)

Daytime events only, not incl. dinner or smoking ceremony \$50 (IPHA members \$40)

Free camping for Fri/Sat nights.

For registration please visit [www.indigenousplantsforhealth.com](http://www.indigenousplantsforhealth.com)

The venue is approx. 1.5 hr drive from Sydney and Newcastle, 1 hr. from the Upper Hunter Valley (depending on where you are!), 45 minutes from the Central Coast

### **Note from the custodians of the property, Brynnie and Keith Goodwill.**

We live on Wonnarua Country, among beautiful eucalyptus, casuarina and wattle forests with colourful mountain parrots, lyrebirds, kookaburras, black and white cockies, satin bower birds, wrens, so many others..joined by wombats, wallabies, echidnas, a snake or two and an occasional koala. It is suspected that there could be platypus in the stream down the hill though we have not met one yet. We live as sustainably as we can, with solar power, rainwater tanks, growing our own veggies, making soil from compost, chook (and our neighbour's horse) poo. We are keen to deepen our connection with the land and to welcome others to the abundance of Kawalang. For more information about our place, see [www.kawalang.com](http://www.kawalang.com)

### **Event reminder – Carpooling**

We would like to keep the footprint for the event as low as possible. If you are able to offer a ride, or carpool with someone else, please indicate on the registration form where you will be coming from. Please confirm that you are happy for us to link you up with someone from your area who will be traveling to the event.

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## Programme

- 10.00 am Registration, Welcome and morning tea
- 10.25 am Acknowledgement of Country
- 10.30am Distillation demonstration of lemon-scented tea tree – Jeff Allen and Rob Santich
- 11.30am Time to bee aware. Honeybees and native “sugarbag” bees – Dani Lloyd-Pritchard
- 12.30pm Distillation check-in
- 1.00 Lunch
- 1.30pm Make your own bush remedies for insect bites and pain relief – Pat Collins
- 2.30 pm Annual General Meeting
- 3.30pm Afternoon tea
- 3.45pm From the Beginning - The Yengo-Baiame Story – Phil Sheppard
- 4.00pm Growing food organically - demonstration – Keith Williams
- 4.15pm Show and tell – plant/seed exchange
- 6.00pm Dinner
- 7.15pm Smoking Ceremony

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## Speakers Bios.

### Jeff Allen



Jeff Allen Jeff Allen has worked with the distillation of essential oils, production of botanical extracts and processing of herbs for over 27 years. The core areas of his business are the design and manufacturing of distillation units and associated equipment for processing of plant extracts specialising in the distillation of sandalwood and other essential oils. He

is involved in the development of businesses, mostly in remote locations, based on natural products, with expertise in machinery and marketing.

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Rob Santich BHSc, Fellow ANTA



Rob Santich is a practicing herbalist with 35 years clinical experience and operates a busy herbal practice in Newport, Sydney.

Rob has taught herbal therapeutics for many years in both the major under-graduate Sydney Colleges, and held post graduate teaching positions with the former Graduate Diploma and Masters in Phytotherapy, University of New England, Armidale, NSW. He has served on the board of directors of the National Herbalist Association of Australia for 5 years and as a member of the Complementary Medicines Evaluation Committee, Therapeutic Goods Administration for 3 years. He has a special interest in ethnobotanical studies particularly Australian native medicinal plants and essential oils and remains a grass roots manufacturing herbalist. Rob also travels to the Pine Ridge Lakota Indian Reservation in South Dakota USA to learn Lakota ways, take part in ceremonies and learn traditional Lakota herb use.

Dani Lloyd-Prichard



Dani Lloyd-Prichard is a science communicator and educator with an obsession for bees. She's had a varied science career path starting with the Questacon Science Circus, the CSIRO Double Helix Science Club, water quality scientist, science teaching, waste management, worm farming, electric vehicles, bee research, University tutoring, beekeeper trainer, co-author of an AgGuide on Australian Native Bees,

Flow hive prototype tester, iSee software trainer, founder and owner of Time to Bee, and co-presenter of the Bee Therapy podcast.

Dani is a member and past President of the Amateur Beekeepers Association of NSW and judges honey for the National Honey Show. Dani is a bee advocate for the importance of bees to sustainability on Earth, and she is constantly fascinated with the science of bees and beekeeping. She believes we can all reconnect to and regenerate the planet through bees.

Pat Collins



Pat is a herbalist, iridologist, hypnotherapist, teacher and author of several books on herbs and weeds. She is vice-president of IPHA.

Phil Sheppard

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Phil was born near Warrane (Sydney Cove) in Darug country, and has strong family ties with Darug, Gomeroi, Ngiyampaa and Wiradjuri peoples. He spent the bulk of his working life as an arborist-also, through TAFE, as a teacher in arboriculture, and indigenous conservation and land management. Phil has been privileged to sit down with a few Aboriginal knowledge holders to learn about the traditional medicine and bush foods of this country.

Keith Williams



With a background in ag science, developmental biology, biochemistry & molecular biology, Keith has worked in academia, pioneered 'proteomics' in the corporate world and writes about the transition to renewable energy, electrification of transport and climate change for online US business publication *Seeking Alpha*. He is most inspired, however, in the garden where he draws upon his family experience of growing food organically. He grew up in orchard country just out of Melbourne. Keith is a consummate planter of a wide variety of heritage fruits and vegetables.

Glimpses of Kawalang (Kawalang means 'abundance' in Wonnarua language)



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