

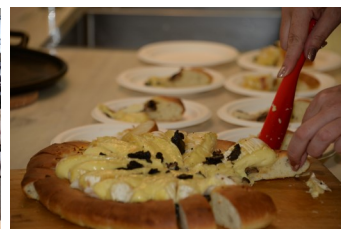
WILD FOODS OF THE SOUTHERN FORESTS

WITH TENINA HOLDER

Welcoming Tenina Holder to the WOW Pemberton® 2020 kitchen was pretty special to say the least. Tenina is a global phenomenon and we thought it only fitting that we invite her to Pemberton to focus on the foods of the Southern Forests, that when our international borders open, her worldwide following will have Pemberton securely in their sights for their next holiday. We took Tenina out and about on the Friday before the workshop to visit orchards, a truffiere, farms and producers to produce video and camera footage for her and our sponsors to use for their own promotion. She was amazed at the quality of the produce and wondered why she hadn't been to our region for a workshop before. Thankfully now, we can say that we are on the favourite list of places to showcase and we look



forward to inviting Tenina back for 2021, she has plans already and so do we. The menu on the day :
Strawberry Spritzer
Steamed Marron with Prosciutto Mustard Butter served up in lettuce cups



Californian Smoked Trout Salad with Macadamias and a Vietnamese dressing served up with Roasted Hassleback Pumpkin

Killer Vanilla Icecream served with a Strawberry Salsa

Brew Choc—made from roasted cacao beans.

Can't wait to see Tenina back amongst the big trees and food producers. Thank you Tenina

WOW PEMBERTON® 2020

THE RAW FOOD GIRL WITH TAMARA BROWN

What we learnt in the workshop with Tamara Brown The Raw Food Girl took us a little by surprise. There are so many things to learn about food, about diet, about breathing, about products available on the shelf that it can become overwhelming. Tamara has a way of breaking things down and demonstrating how best to buy for, prepare for and enjoy the most out of food for all of us, families or not. While we can beat ourselves up for eating "the wrong thing", Tamara was quick to teach us that eating "wrong things" sometimes is not going to kill us, but we can be so much better off by trying to keep away from those things that are putting such pressure on our livers.

We should be doing the best possible for our bodies to get the reward of feeling as good as we can.

What a way to finish the weekend. Thank you Tamara





WHITE PLUS ONE WITH TONY WINDBERG

Providing 2 brilliant workshops on a new perspective on landscape, Tony Windberg kept our groups busy and entertained. Visiting one of the workshops to catch some pics, the PCN could see the class was deep in concentration and thought while listening to Tony describe and demonstrate techniques.

We had class participants travel from Perth to be part of Tony's workshop and they loved what was presented. The talent of the participants was obvious and learning under the direction of Tony was enjoyed by all. Tony is the consummate professional, and we look forward to our next years workshop theme. Thank you Tony



TURNING TRUTH INTO LIES AND LIES INTO TRUTH WITH JON DOUST - Miles Franklin Listed Author

If you thought having something to write about was something you wanted to do, then this was the time. The participants in this class were treated with the great sense of humour that Jon has, as they delved into how the words in their minds could be relayed onto paper.

Jon's tips along with the copious amounts of Turkish Coffee provided, kept this group entertained and kept their brains working. This will be one workshop not to be missed next year as we invite Jon to return.

To whet your appetite for next year some of Jon's tips are as follows:

- The most important thing is to start writing, to key in words, any words. There is no point in staring blank paper or a blank screen.
- Apples and apple juice can help with boosting your memory, key if you wish to remember what to write.
- Hide it. No-one must see it. You are the only one.

Can't wait for next year. Thank you Jon.



MANY THANKS TO ALL OUR WONDERFUL SPONSORS

THIS WOULD NOT HAVE HAPPENED WITHOUT YOU

