

Come alooong

The Ben Ricketts Environmental Preserve Newsletter

Special extra edition 18 May 2006

Landcare/Working Bee 20 & 21 May 2006

It is on again at Ben Ricketts. The famous Fun on the Mountain working bee and Landcare weekend. Ben Ricketts provides the Saturday evening meal and shared accommodation. Bring your normal bedding, own breakfasts and something to share for lunch. Bring weeding tools or check to see what carpentry or other tools to bring if that is your interest. Please let Hyone know you are coming so we can organise food and accommodation on bookings@benricketts.org.au. The Activities Committee is organising the Saturday night meal so contact Annie McCluskey, a.mccluskey@uws.edu.au if you want to help.

The main activities will be building a chook shed, some work in the garden, washing the outside of cabin 2, weeding trad and arum lily and clearing some pasture near cabin 3.

Drumming Workshop/ Qi Gong/ Thai Cooking

On the weekend of July 29 & 30 there will be a special treat in which you can indulge in three quite different activities at Ben Ricketts.

The weekend will commence with a Qi gong session (think Tai Chi with a twist) led by Nita Kent on Saturday morning. Qi Gong consists of simple and powerful movements. It is the ancient art of longevity and wellbeing from China. (Ben Ricketts is already renowned for the longevity of past patrons).

In the afternoon there will be a drumming workshop which will be led by Julie Blanchard, a fantastic music teacher. Drums will be provided for use. Expect to have a load of fun.

In the evening Karl Schurr will lead us in his now famous Thai cooking classes when even the most inept in the kitchen feel like culinary giants. **-LIMIT 8 persons**

On Sunday there will be another Qi Gong session followed by a bush walk for those willing.

Cost: Includes share accommodation for Fri and Sat nights
Without Thai Cooking Shareholder rate \$95 Other \$155
With Thai Cooking Shareholder rate \$125 Other \$185

Book now with Hyone on 02 42360208 or at bookings@benricketts.org.au Do not forget to tell her that you want to be part of the Thai Cooking as spaces are limited.

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