

**MAY 2008**

**Your committee for 2007/2008**

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<b>Colin Slater</b>	
<b>Margaret Wright</b>	
<b>Doug Wright/Alisa Moss</b>	

**President's Report**

On Saturday, 10<sup>th</sup> May about 15 Fellows and friends gathered for a "Churchill Chat" in the warm and welcoming home of Margaret and Paul Wright to hear Shane Drumgold relate his experiences as a defence lawyer in the Solomon Islands in 2005.

Shane received his Churchill Fellowship in 2003 to study "restorative justice programs for indigenous offenders". His study tour took him to indigenous groups in America, Canada, the Philippines and New Zealand and provided him with a unique knowledge and insight that he endeavoured to apply in the defence of individuals brought to trial as a result of the civil war in the Solomons prior to 2004.

In his presentation Shane provided us with a brief history and picture of the culture of the various tribal groups living in this archipelago. He also painted a vivid picture of the difficulties and frustrations he had in dealing with and working within, the Western justice system used to try 1500 people charged with crimes as a result of the civil war. Many of these people received custodial sentences in a country where traditional "restorative justice" is used to resolve disputes, but where western sentencing does not resolve the tensions and injustices experienced by rival groups, thus only leading to further unrest down the line.

Mixed into this fascinating and enlightening story was Shane's own hair-raising and traumatising escape from the riots that saw much of Honiara set alight. When the house burnings and angry mobs came perilously close to the house where he, his wife and two

young daughters had barricaded themselves, they decided to make a 14 kilometre dash to the airport and drove at breakneck speed of up to 170 kms/hour through crowds of people and through and around barricades to the Australian Hercules helicopter at the air strip that carried them to safety.

There must be many other ACT Fellows that could provide a fascinating glimpse of the effect their Churchill Fellowship has had, or is having, on their work. We welcome you to contact a member of the ACT CFA committee to suggest a topic for a “Churchill Chat”.

These informal occasions present a wonderful opportunity for Fellows to get together in a relaxed setting to share each other’s stories and provide a further understanding of the uniqueness of this group of people drawn from every facet of life. I hope you can come to the next such event.

### **Helen Palethorpe**

**Wilma Davidson** (2006 Fellow) has recently had an article about her Fellowship published in *The Journal of the Australian Association of Massage Therapists*. What follows is a summary of her article.

In 2007 Wilma travelled to England, Ireland, Scotland and Canada to ‘examine and compare massage therapy and aromatherapy programs catering for palliative care patients and their carers in particular people with Motor Neuron Disease’.

Wilma visited five hospices in the United Kingdom. This included a children’s hospice which currently offers massage to carers but is looking into the possibility of providing massage to adolescents. Wilma found that though there were some differences in technique, the belief systems and goals for practice were the same – that is, ensuring that the quality of life and the ability to control one’s body as much as possible at this unique stage of life is of utmost importance. She was impressed with the training the therapists received in working with oedema.

In Canada Wilma attended an intensive palliative massage course and was introduced to some useful techniques.

Also from these experiences, Wilma is now interested in combining massage with other ways of assisting clients to relax and cope. She is working together with a musician to widen the experience and assist in palliative care.

For more information on Wilma Davidson’s Fellowship please see Wilma’s full report which is published on the Churchill Trust website or her piece in the Autumn 2008 copy of the *Journal of the Australian Association of Massage Therapists*.

### **Departing Fellow**

Well the time has arrived for Doug to set off on his quest to discover what other countries are up to when it comes to extended care for the Aged. The time from when the presentation of the Churchill Fellowship till now has flown, and in Typical (male fashion) I have left a few things till the last minute. My first stop will be Canada to the area of Nova Scotia. Then I will be travelling on to the UK with a short stop in London, and then off to the rural areas of

Sheffield, Wales and Coventry. I have so many contacts over in the UK that I have had to be careful not to over commit myself.

I shall have the added pleasure of experiencing an English Summer (well it's all in the planning).

During my time in the UK I will be having a couple of weeks off the study "observation trip" to have a holiday with my family who will fly over and join me.

I will be returning to Canberra in August and will enjoy catching up with everyone after my experiences.

Regards

**Doug Wright (2007 Fellow)**

#### **Editor's Note**

We wish Doug all the best and thank him for his work on the committee since he was awarded his Fellowship.

### **Congratulations to Wojciech Pietranik**

In September 2007 the FIDEM (International Federation of Medalllic Art) congress took place in Colorado Springs in the USA.

Wojciech Pietranik, our Churchill Fellow of 1992 was able to attend this Conference and exhibition, thanks to the Royal Australian Mint, where he is still working as a designer and sculptor. The theme of the exhibition was "*A Passage to Reconstruction*". It contained 961 medals from all over the world.

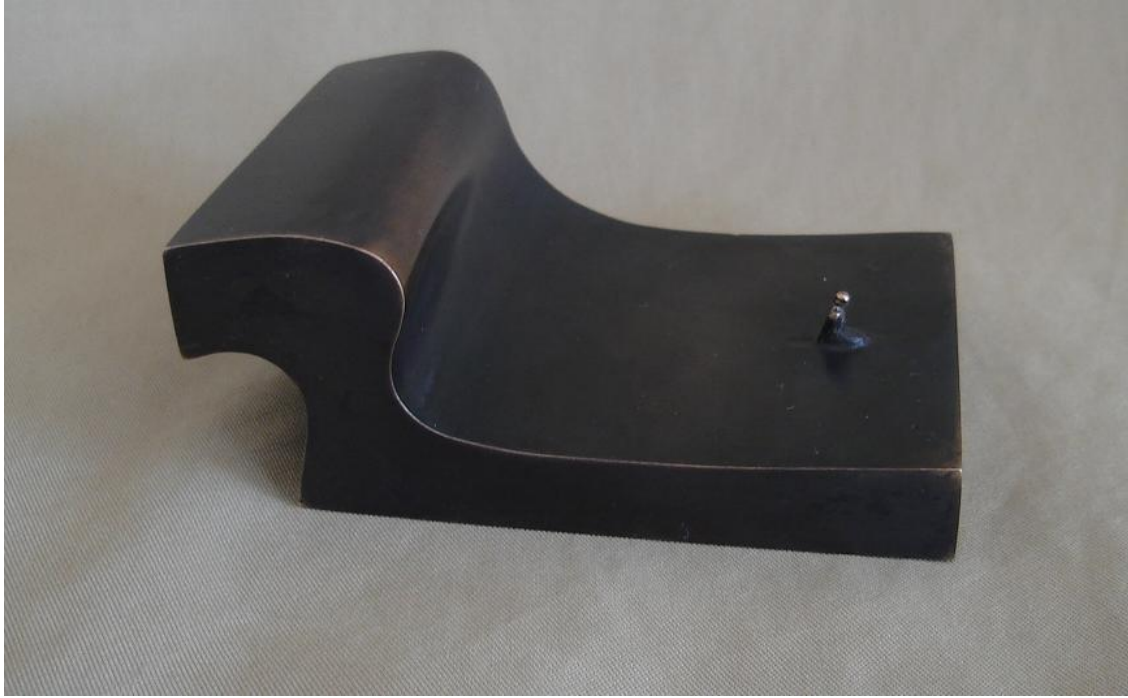
Wojciech submitted two sculptural medallic objects, commemorating the tsunami disaster of 2004, "*Calm*" and "*Execution*". The Swedish Royal Coin Cabinet acquired both objects for their collection and the British Museum purchased the second edition of the "*Execution*" medal.

Mr. Philip Attwood, Curator of the medal collection of the British Museum met Wojciech at the congress and chose Wojciech's work for their collection. The BAMS (British Art Medal Society) twice yearly magazine **The Medal** Spring 2008 contains an article by Donald Scarinci, an American collector mentioning Wojciech's work. For those interested it is possible to access the BAMS site on the internet, as the magazine is only available to members of FIDEM and other members.

The congress itself was a most exciting artistic experience for Wojciech. To meet medallic artists from all over the world and see the selected medals of highest quality in one venue is an unforgettable experience. Being a part of it was a great joy to Wojciech.

The congress is organised every second year in different locations and there is a possibility of having this conference and exhibition in Australia in the future if sponsors can be found. A FIDEM congress can have a profound effect on the medallic Art of its host country as it inspires and motivates artists, and offers an opportunity for the larger public to engage with medallic art.

The Australian representative of FIDEM, the well known sculptor and medallist Michael Meszaros who is also a Churchill Fellow also attended the conference and gave a lecture.



Wojciech also recently installed a large bronze sculpture of Pope John Paul the Second, which he executed for the Polish Catholic Centre in Narrabundah as you can see on the attached picture.

Wojciech's continuing artistic development in his chosen field is an indication of his commitment and his desire to improve the artistic content in the production of contemporary coins.

Thanks to the Churchill Trust which enabled him to study medallic Art in Italy in 1992, his enthusiasm for medallic art continues to be a driving force in his work.



Thanks to Berendina De Ruiter for submitting this update on Wojciech's successes.

## **Keeping it Green – Alisa Moss a recently returned Fellow talks about making changes in her office.**

Alisa Moss has been an advocate for environmentally sustainable design, working with Canberra based Architectural firm Daryl Jackson Alastair Swain (DJAS), (a leading national design firm, specialising in environmentally sustainable architecture and interior design), for the past six years.

DJAS have completed a number of recognised bodies of work in Canberra. They are responsible for the first 5 Star Green Star Building in Australia as well as one of the first fit outs in Australia, to be accredited by the Green Building Council of Australia.

DJAS understand the importance of not only designing in an aesthetic manner but also designing to improve the indoor environmental quality of an internal space to benefit the occupants' sense of general well being and to improve staff performance.

Since recently returning from the 2007 Winston Churchill A.V. Jennings Fellowship, Alisa with James Andrews, Principle Architect at DJAS, are continuing to 'Green the Office' and have been introducing measures such as;

'Green Operations Policy': Outlining goals and commitments of the company.  
Including the purchase of 100% Green Power, Offset of all air and vehicle travel and Independent certification

'Keep It Green': An internal committee to continue the research and development of materials, products and design principles.

Further information – [www.alisamosse.wordpress.com](http://www.alisamosse.wordpress.com) / [amosse@djas.com.au](mailto:amosse@djas.com.au)

**Editor** - We look forward to a report about her Fellowship when she has completed her report for the Trust.

## **Teaching Takes Courage?**

In June 2005 I travelled to Seattle, USA, to investigate the formation program for teachers called "The Courage to Teach", developed by an educator, Parker J. Palmer and sponsored by the Centre for Teacher Formation. I was keen to explore the potential application of the program for the Australian context.

Unlike the use of term 'formation' in geology where we understand physical features result from the action and reaction of external features, formation when used in relation to people arises from an understanding that the fullness of a person's identity can only be realised through engaging in deep reflection.

Part of the rationale for Parker Palmer's development of the program "Courage To Teach" is that the best teachers, indeed the best practitioners of any profession, are deeply aware of who they are and bring this self-awareness to their professional lives. He believes that focusing on what we do (content), how we do it (process), why we do it (rationale) is only part of the answer. If we really want to be good teachers we need to also focus on who is teaching (the person). Thus 'Courage to Teach' is more like a retreat than a professional development experience. Stimulus materials, reflective exercises, open questions and poetry are used to invite participants to engage with 'the heart'. The following quote encapsulates what the

program is about and what its ultimate intention is

*Everything that happens to you is your teacher.*

*The secret is to learn to sit at the feet of your life and be taught.*

Polly Berrien Berends

The current model for “Courage To Teach” operates over two years. Participants attend a total of eight two-day retreats which invite reflection on life and vocation issues. Participants speak of a sense of renewed commitment for their profession following the retreats. In fact many other professions are now becoming involved in these programs as they recognise that the benefits of “Courage To Teach”, listed below are what they also seek:

- Fostering a greater connection between ‘soul’ and role, that is integrating their identity and profession.
- Reinvigorating those who have lost enthusiasm for the profession
- Strengthening commitment
- Extending the length of time that persons work in the profession.

Sample retreats have been run in this format in Australia over the past few years though a full year program has yet to gain significant support. Approximately 25 Australians received facilitator training from Marianne Houston of Michigan, USA and Michael Saver, Toronto, Canada in 2006.

As Parker Palmer plans to visit Australia in 2009 I hope that interest in these programs will increase. Already in the U.S. the focus has moved beyond teachers and the Centre is now called “The Centre For Courage and Renewal”. Here in Australia we are using the title “The Courage To Be” as a way of encouraging involvement of other professional groups. Keep an eye on our website for news of our programs [www.couragetobe.org](http://www.couragetobe.org) or contact me directly [andrea.dean@ceo.cg.catholic.edu.au](mailto:andrea.dean@ceo.cg.catholic.edu.au).

**Andrea Dean** (2004 Fellow)

## **Canberra Senior Sports Carnival**

I returned from my fellowship in 2001 (developing physical activity programs for older people) brimming with ideas to stimulate older people to get physically active. One of these ideas was to instigate a sports carnival, run along the lines of a school sports carnival, for people living in aged care residences.

This year was the 5<sup>th</sup> annual carnival. Approximately one hundred and sixty people, aged between 80 and 100 and residents of 8 Canberra aged care facilities took part in a range of modified sports, supported by about 120 volunteers.

This event is living proof that it’s never too late to get physically active and that the competitive spirit never dies! It also celebrates the verve and spirit of older folk, their contribution to the community we live in, and shone the spot light on their abilities and not their disabilities.

The event is full of hoopla, with an opening ceremony, presentation of gold, silver and bronze medals and a perpetual trophy presented to the winning team.



In recent years University of Canberra Sport Science students have become an integral part of the event as they train the participants in the events and then support them on the day with much cheering and back slapping.

This year's event started with the ABC's weather announcer, Mark Carmody and Fadden Primary School children singing the National Anthem and proudly parading (to loud cheering) the banners that each team makes for the event. Throughout the day notable Canberrans such as Olympic swimmer, Petria Thomas, come along to present the medals to winners and place getters. The participants proudly wear their medals throughout the day and some for many weeks after the event.

At a time of life when things can look a little bleak and abilities are fading, this event can lift people through participation in an exciting day and help restore their sense of confidence and self worth.

**Helen Palethorpe**

### **Recorder Recital...Instrument of Wonder!**

When I was in England in 1991 investigating the teaching of the recorder, I met and worked for 3 weeks with Andrew Collis.

By very good chance he will be in Canberra on 25th June, and will give a 40 minute recital in Hall 2 at the Woden Senior Citizens' Club, Corrinna St, Woden, near the library. The recital will begin at 5:00 pm.

Andrew will demonstrate several sizes of recorders, and play music ranging from the very early to contemporary. If you think you know what a recorder is, but don't really, then this is the ideal time to find out!

Andrew will spend Wednesday afternoon with my large recorder orchestra, giving workshops on the finer points of playing music by Handel. Our esteemed Newsletter Editor is also a member of this orchestra.

**Margaret Wright** (1991 Fellow)

### **Churchill Quote**

“Eating words has never given me indigestion.”

From “The Quotable Churchill - A Prime Collection of Wit & Wisdom” kindly lent by Bruce Stark.

#### **From the Editor**

If you have a good image related to your Churchill Fellowship which could be used to enhance the website please send it to me at [wendydodd@hotmail.com](mailto:wendydodd@hotmail.com)  
We would like to use them to replace file photos which do not relate to Churchill Fellowships.