



NOVEMBER 2007

Your committee for 2007/2008

Helen Palethorpe	President
Meg Byers	Treasurer
Wendy Dodd	Editor
Wilma Davidson	
Peter Minson	
Colin Slater	
Margaret Wright	
Doug Wright/Alisa Moss	

President's Report

This is the time of the year we all say "where has the year gone?" and when we are all looking forward to a period of slow down over Christmas and New Year.

For the committee of the ACT CFA the summer period will also provide a period of "non activity" and an opportunity to regain energy for the coming year.

It's been a productive year with the establishment and on going development of our very own logo and website (www.churchillfellowsact.org.au), the welcoming annual dinner for new and old Churchill Fellows and invited guests and the "Drinks on the House" event on 30th November to celebrate once again the great man's birthday, to relax over some food and drink and to cheer out the year.

I would like to particularly thank Paul Tys and his team for their ongoing financial and moral support throughout the year. It was the financial contribution by the Trust to the website that made it possible. Being able to hold our meetings at Churchill House is also very much appreciated.

Thank you also for the committee members who give so freely of their own busy lives to keep the association ticking over. I look forward to working with you once again in the coming year and I appeal to all members of the association to support their committee in whatever way possible. We are a very special and diverse group of people and it is a privilege to belong to this group.

Helen Palethorpe

From the Editor

My thanks to those of you who have contributed to this Newsletter. As I have said many times before, without your contributions we can't have an interesting Newsletter and this is one of our main means of communication within the organization. Just a few lines emailed to me can make a lot of difference.

Our last function for the year Drinks on the House will be held from 5.30 -7pm on Friday 30th November. This is a most appropriate date as it is Churchill's birthday. While at the drinks you can pick up your new badge and we will also be handing out posters for you to put up in your workplaces. These posters are to encourage applications for next year.

Lastly, if you are changing your email address, please let me know as with each mail out I receive 8 or 9 returns. This means these people miss out.

Best wishes for the holiday season

Wendy Dodd

New Fellow's Dance Company Performance well reviewed

Cadi McCarthy, one of our new Fellows presented a new work last month. This innovative dance work "**Shambles**" included some spoken words and a slide show. It was an insightful look at what happens to our emotional and physical baggage when a relationship breaks up. It will be wonderful to see what comes from Cadi's overseas travels on her Churchill Fellowship. Look out for future performances as Cadi is aiming to make dance more accessible to us all.

CFA Annual Dinner Report 2007

The warm and welcoming Kurrajong Hotel in Barton was once again the venue for the annual Churchill Fellows Association Dinner.

Fellows, their family members, Churchill House staff and honoured sponsors of fellowships, totalling 60 in all, began the evening by gathering around the open fire in the hotel foyer for pre-dinner drinks.

The CEO, Mr. Paul Tys of the Winston Churchill Trust despite managing a bout of laryngitis, welcomed all present and reminded us again of the great man in whose name Churchill Fellowships are awarded.

Before the eating and the formalities began Christopher Pidcock, who, along with the other 2007 Fellows had earlier that evening been presented with his Fellowship by the Governor

General in an impressive ceremony at Government House, displayed his musical talents with a very moving cello performance.

During the course of the evening each new fellow eloquently demonstrated the passion that underlies their project and the energy and dedication that they bring to it. (Check the website for details on the new fellows and their projects.)

As well as listening to these inspiring people we also heard from three fellows who had returned from their study tours and were presented with their Churchill medallions. They included Holly Northam who studied the issues surrounding organ donation, Wilma Davidson who studied the art of massage for people in palliative care settings and Tim Smith who investigated community involvement in stream management.

The evening also presented an opportunity for fellows old and new to not only enjoy the delicious food and wine but also to catch up with each other and strengthen the bonds that the Churchill Trust and the Churchill Fellows Association facilitates

Towards the end of the evening the AGM was held with the usual lighting speed and the new committee of some experienced and some new fellows was voted in. This committee will endeavour to keep all members of the association "in the loop" for the coming year and help spread word of the excellent work of the Winston Churchill Trust.

We hope to see you all at the dinner in 2008!

Helen Palethorpe

Fellowship inspired regular returns to Italy

Berendina De Ruiter

It is nearly six years ago since I went to Pietrasanta in Italy with my Churchill fellowship to increase my knowledge about marble carving and watch the masters do their work.

It was just so fantastic that I went back in 2003, 2004 and 2006.

It resulted in an exhibition in the Netherlands in 2004 and in 2005 a young Italian sculptor stayed and worked with me in my studio for three months. We had 2 consecutive exhibitions



together, which were successful. This year I wanted to stay at home and work a solid year in my own studio. I have made some larger pieces in marble and at the moment I am carving miniature reliefs in marble for a medal exhibition in Portugal next year as well as an upcoming show of Australian medals in New York. In January I am participating in an ex-tenants exhibition at ANCA before going overseas again in May for three or four months.

Each time I go overseas, I go to Studio Sem again for a month to work there and learn more.

I also work on small commissions and have complete freedom in what I create. This means that the people don't have to take the work if they don't like it, but so far this has never happened.

This year I did two commissions here and another is in the pipeline.

My Churchill fellowship has been invaluable for me and I am glad to be part of it.

I'll attach a few pictures of my work.

Music and massage: the connection of two disciplines.

Wilma Davidson

Since the nineteenth century within the stone walls and manicured garden of Our Lady's Hospice in Harold's Cross in Dublin the Sisters of Charity have cared for the dying.

Nowadays, Our Lady's is a corporation but still staffed in part and has board members from, The Sisters of Charity, and incorporates a rheumatology research centre, ECU (elderly Care unit, 105 beds) and palliative care that includes a hospice of two eighteen bed wards, a day hospice and home care. The staff includes complementary therapists (CTs), physio, OT, art therapist and music therapist.

The complimentary therapy dept grew out of a feasibility study in early 1990's by Sr Ann, a nurse who provided complimentary therapies voluntarily, and Ann Hayes from education dept. Currently there are four CT's employed to cover the ECU Day hospice and in-patient wards. This place was for me a wonderful source of inspiration in many ways but for now we will focus on an experiment conducted and inspired by Lylah Byrne, the massage therapist focusing on the wards and Martin Fahey the music therapist, and involving me, a massage therapist on placement at Our Lady's Hospice, thanks to a Churchill fellowship, and another pair of massage hands. For some time before my visit Lylah and Martin wanted to combine their skills to provide an experience for the hospice residents that could cover most of the senses be improvised in accordance with the needs and wants of the patient /client.

The experiment took place in the massage clinic at Our Lady's. Martin played keyboard and I massaged Lylah on a massage chair with my back (mostly) to Martin. As he played, I found my strokes falling into rhythm and balance with the music as well as feeling Lylah's muscles relax and let go. Martin told me later I was like a conductor and he was following the movements of my body as he would a conductor's baton. Lylah the patient/client said her intention was to be aware of how the linkage between the sounds and the touch affected her understanding of the process, but after ten minutes surrendered to the experience.

I returned to Canberra with a list of projects grown out of my travels, and top of the list was bringing the massage and music experiment to Canberra. I was introduced to Nicholas Ng, a freelance composer/performer who was teaching part-time and completing a PhD at the ANU School of Music. Nick was very interested in incorporating music into the caring process. Initially a pianist, he now principally plays the *erhu*, a two stringed Chinese fiddle. When I approached him about this project he was very excited. We enlisted Jill, a worker at ACT Carer's Association and someone Nick had played for and I had massaged before. Jill was an ideal first guinea pig because not only did she know both Nick and my work, but was aware of the needs of carers and the possible challenges presented by palliative care patients. We met in my little massage treatment room and turned the table around so Nick could play in a corner in full view of both of us. I used rose essential oil with water dispersible almond sunflower and vitamin E massage carrier oil. In this first session there was much trial and

error. We were aware of the difference in connection between three rather than two in the room, and how our breathing eventually co-ordinated. The main gift from this trial was how many possibilities were at our fingertips and how this experience would have a place at this very special time in a life. Feedback:

Jill:

The music was great for developing mindfulness and being in the present. The movement to the music- and vice versa was lovely. The rose oil added to the experience- sort of fits in with the whole Eastern feel too!

Nick:

I'm really glad you enjoyed it, Jill, because I had a wonderful time playing for you and working with Wilma. It'd be wonderful if we could develop this further! I've always wanted to take my music out of the concert hall/theatre/studio from time to time in order to help people directly, so it was like a dream come true!!

We are aware the erhu may not be the instrument for everyone and re the massage therapy process certainly palliative massage usually is provided under conditions that require more flexibility than was involved in this trial. Our ideas for future research include:

- 'Patient/client' on a chair and music from piano;
- Being open to different choices available for affected clients and their carers;
- The use of different oils;
- The difference between using set musical pieces and improvised music.

We are fortunate to have a number of volunteers varying in age gender and lifestyle who are willing to be massaged in the name of empirical research!

This is a very exciting project and may take some time to move from the preparation to being practised in the community for whom it is aimed, but I am sure this will provide yet another important choice at this very special time of life.



In the Papers

Several Churchill Fellows have hit the Newspapers recently: **Colin Slater** in August with the headline “Burly blokes belting out songs give rugby a voice”. Colin’s work with community choirs is well known in Canberra and there are more than 70 Sing Australia Choirs across Australia.

Cadi McCarthy has appeared in the Canberra Times and CityNews with her dance performance “Shambles”. See above.

Margaret Wright has been in the Chronicle for her contribution to U3A musical activities both as a violinist and conductor/teacher of recorder groups.

Peter Minson and Lindsay McDonald were in the social pages attending the presentation of awards at the International Riesling Challenge. Peter had made the awards which are a wine glass within a wine bottle. Most amazing.

Historic Violin returned to Maker

In 1961, aged 21, Margaret went to A. E. Smith’s, in Sydney, to trade in her father's old violin for a better one. The one she bought, for £30, had been made in 1954, the first by Harry Vatiliotis, who was apprenticed to Smith.

She learnt in 1999 that it was Vatiliotis’ first violin when she went to Sydney to see him, having watched an ABC documentary “The Little Box That Sings”, featuring Vatiliotis, by then a renowned violin maker.

Stringed instruments have maker's name, date and place of origin inscribed, and Vatiliotis was delighted when it became apparent that Margaret’s violin was his first, and he was very anxious to obtain it. He offered Margaret a new violin in exchange, and Margaret agreed, although she said she would keep her violin for another year, to “give it a good playing”, before letting it go.

However, shortly afterwards the family had to go to Dublin after Chris' accident. They stayed for six months while he recovered in hospital, and then followed years of rehabilitation. So it was not until 2005 that Margaret phoned Vatiliotis to say she was ready to return his violin. Vatiliotis said he would make a new one for her, and recently asked her to choose from two.

So, on Thursday 11 October, Vatiliotis celebrated the return of his violin in style, inviting ABC TV cameras, fellow musicians and teachers, and a film maker and producer to lunch, followed by a memorable afternoon of music making, by three professional violinists trying out all Harry's instruments.

Margaret was invited to choose between Stradivari and Guarneri copies (Vatiliotis uses the templates of these masters), and she opted for the Strad. It came with a certificate stating that

Margaret now owns his violin number 609.

On the certificate Vatiotis wrote: *Thank you Margaret for letting me have my baby back. I shall cherish it for the rest of my life, after which it shall be passed on to the Powerhouse Museum, together with my last one.*

To see the ABC TV report which went to air in Canberra, Sydney and the whole of NSW, go to this website:

<http://uk.youtube.com/watch?v=O7sBZWqwHig>

THE VARIABLES IN CONCERT

directed by Judith Clingan AM (CF 1998)

singing

Bach's *Jesu Meine Freude*

and

Distler's *Die Weihnachtsgeschichte*

(the Christmas Story)

AND ALSO

Launching their first CD!

THE FLOOR OF HEAVEN

featuring compositions by

three Canberra composers:

Liam Waterford, Judith Clingan, David Cassat

as well as Distler's Die Weihnachtsgeschichte

SUNDAY 2nd DECEMBER 2.30pm

ALL SAINTS' CHURCH COWPER ST AINSLIE

Admission \$20, seniors \$15, concessions \$12
enquiries clinganj@bigpond.net.au, 62874132

Churchill Quote

In War: *Resolution.*

In Defeat: *Defiance.*

In Victory: *Magnanimity.*

In Peace: *Good Will.*

From "The Quotable Churchill - A Prime Collection of Wit & Wisdom"