

26 & 28 SEPTEMBER
12.30pm
"Sustainable Cooking"



Donna Chapman

About:

Donna Chapman is a Public Health Nutritionist who is passionate about Food Literacy education for all population groups. Donna's Everyday Healthy Eating Food Literacy workshops are tailored to meet and extend the nutritional knowledge and cooking skills of the participating group.

Today's world of food, nutrition and sustainability can be confusing, with conflicting theories often presented. Donna will bring current information to increase attendee's confidence to make sustainable changes; leading to better outcomes in their own health, their local community and the world around them.

Workshops:

Donna will offer two free lunchtime Cooking Workshops:

1. Reduce Everyday Food Waste and Plastic Use in Our Homes
2. Eating Local and Seasonal & Reducing Your "Food Miles"

A light lunch is included. Although this is a free event, booking is essential to ensure your space. To book phone 6103 4222 or email admin@ucic.org.au

27 SEPTEMBER 2018
12.30pm
"The Power of our Words"



Mark Lloyd

About:

Marksman Lloyd is a hip hop artist and spoken word poet who cut his teeth on the slam poetry scene. The former WA champion and national runner up has performed all over the world including throughout the US, South East Asia and the Sydney Opera House. Mark has shared the stage with the likes of Macklemore, Peking Duk, Omar Musa and Illy bringing a refreshing vulnerability and honesty to these different mediums of storytelling.

His Art:

Mark will be performing spoken word pieces that centre around the power of life and death that rests on our tongue. Speaking life and acting upon it promotes sustainability impacting generations to come. The choice between consumption and contribution regarding the state our planet and those who reside on it, is a daily one. Thoughts - words - actions are a cyclical process that can be used to either build or destroy. We are called to build - seeking not greatness for ourselves but for our great grandchildren.



An initiative of the Uniting Church in the City



**Sustainable
September**

Every bit makes a difference



**ROSS MEMORIAL
UNITING CHURCH**

cnr Hay & Colin Streets
West Perth

10-13 SEPTEMBER
Daily from 9am-2pm
"Choices"



Steve Browne

About:

Steve is a Perth artist who specializes in acrylics and pencil work. He is commission based and installs wall murals in Australia and overseas, canvas and live art as well as working on storyboards for films such as Red Dog. His main goal is to capture a moment in time that will tell a story, engaging with the viewer who will often attach their own story to the final painting.

His Art:

This year Steve will create an artwork from recycled paper. This mosaic artwork will form part of Ross Memorial's public awareness campaign on the importance of sustainability.

The artwork named "Choices" will evolve over a period of four days, portraying the importance and impact every little choice (good or bad) we make every day has in the long run.

13 SEPTEMBER
12.30pm
"Classical Beauty"



Classical Trio

About:

The trio comprises three of Perth's top musicians: Alix Hamilton (viola), Michael Howell (flute) and Bronwyn Wallis (harp).

Their Music:

The Classical Trio will present an intimate program of rich and evocative music - including the magical French interludes of Jacques Ibert, to Australian Anne Boyd's hauntingly beautiful Goldfish through Summer Rain. This free recital will charm and delight the senses.

Through the beauty of the music we get the opportunity to escape the busyness of our daily schedules to contemplate and celebrate the gift of God's creation. Tea, coffee and refreshments will also be served afterwards, allowing you a chance to meet with our musicians and each other.

13 -28 SEPTEMBER
Daily from 9am-2pm
"Inspired"



Tracy Knowles-Sherry

About:

Since Tracy was a small child she always expressed herself through art. Her creative ability and acute special awareness is evident in her works. She uses feelings from every spectrum of her human psyche in her creative art process. She taps into her emotions and uses them as her creative platform.

Her Art:

The beauty of nature and the abundance of ever changing colours throughout the seasons are an important source of inspiration to Tracy.

Through her artwork she would like to pass on the sheer joy and blessings she has drawn from the beauty of nature and pass this on to others through her artwork. Through her art Tracy reminds us of the importance to preserve nature so that the beauty of it will remain a source of life, joy and inspiration for future generations to come.