

JANUARY 2023

SOUTHERN LIVING & *Real Estate*



**HAPPY NEW YEAR AND WELCOME TO THE SHOW
SEASON ON THE SOUTHERN DOWNS AND GRANITE BELT.**

PAGE 4

Photo: Samantha Wantling

It's Show time

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Making healthy changes

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BY TANIA PHILLIPS

It's a new year, a time when thoughts turn to getting fit and healthy, losing a few kilograms or just turning over a new leaf of some kind.

All that is something that YMCA WIRAC employees Donna Luttrell and Anne Kane know a lot about, first-hand and as part of what they do.

Former Gold Coaster Donna took on the role of Aquatic Coordinator a year ago, while Dublin-born Anne is into her third month as the Gym Coordinator, they are the new faces on the WIRAC team and they are no strangers to new challenges.

Both women are over 40 and they hope they bring experience, knowledge and a thirst to do and learn new things. Both already have big plans for the new year. For Donna it's the intensive learn to swim classes from 9 January to start with while for Anne it's an eight-week shred class which will also be overseen by a nutritionist. Donna worked at Mudgeeraba School heading up their swimming program before she and her son and husband decided it was time for a tree change while Donna comes from a personal training background and had been training at the Snowy Mountains for a short time when this job came up.

"I have been a personal trainer for about 12 years now, I use to run my own business, called Annagized and before that Get Kaned which sounds very apt, in the middle of that I got divorced, hence the name change," Anna said.

"I've lived in Australia 15 years and in Warwick nearly all that time. We came straight here because my ex's brother was living here."

She said she wasn't in the fitness industry in Ireland though she had always enjoyed keeping fit. It was her own fitness journey after arriving in Australia that led her to her current career.

"We came over, I was always into fitness always, and I continued that out here, I even came to WIRAC for my own training," Anne said.



YMCA WIRAC's Anne Kane and Donna Luttrell.

Picture: Leonie Fuge

"But then I ruptured my achilles tendon playing netball, I'm not a netballer. It was nine months of rehab. I'd put on a bit of weight. I started walking, because I couldn't do much else and then I started jogging. I did a lot of jogging, 20kg just came off me, I was eating fairly well too. I went oh my god - look what I did myself, I just said I guess I'm going into personal training because I wanted to help people."

She went out on her own in the beginning, finding it hard teaching people outside in the cold and rain before hiring different halls to bring clients indoors eventually finding her way to the WIRAC job.

"It's one of the best jobs I've ever had, I feel like I'm in the right place," she said.

At 55 she said she is where she would like to stay and finish her career, finishing her working life on her own terms.

As fitness manager she runs all of the group fitness classes and is in charge of the group fitness staff as well as running the gym. She believes her own journey has given her a good perspective on other people's fitness journeys - though she is a strong believer in doing courses and continue

learning more to be better at her job.

"Everyone is different, you can't treat one person the same as another," Anne said.

"As I always tell my clients, what worked for me will not work for them."

"If I go on a diet now, though I don't like diets, but if I change my eating habits to lose weight (which I don't) and I give the same program to a client or a friend we will not be the same. I'm learning a lot the older I'm getting and I'm training a lot of older women so you have to adjust to them. There's a lot to learn. We've taken a lot of NDIS clients which is new to me, when I came I was a bit anxious and nervous so what did I do? I went straight out and got on to a course to train me to help them. If you have to do something you need to be trained."

Aquatic manager Donna was born in Tasmania but moved up to Queensland when she was six and has lived on the Gold Coast most of her life.

"I've only been out here a year," she said.

"I worked at Mudgeeraba State School, but we just decided to get away from the traffic on the Coast and the stress and move somewhere

that's a bit quieter.

"I don't miss the beach at all because it's nice and quiet and stress free, I'm nearly 50 and on the other end of the spectrum where I don't need to achieve any more in life just to come in, work, and do the best I can. I've been teaching swimming for 25 years, it's been a long time."

"I look after all the swim teachers and lifeguards and with the Aquatics I do programing and look after all the school swimming, it keeps me very busy."

However, she said coming to Warwick, which was her partner's decision, means even though she's busy there isn't the same stress as on the Coast. Though Warwick does have some disadvantages.

"I hate the cold, I freeze out here," she laughed.

"My partner and my son came out here for a long weekend, my son was saving for a house. He can't afford to buy on the Gold Coast. They walked through town and Jay was like I could afford a house here dad, I might buy out here. Kev came home and said we're moving to Warwick - I thought if I can get a job I'm happy to do it. I got the job here and I moved out before Kevin because I had a job and he didn't."

She said she loves what she does there, giving people a skill for life, working with everyone from four months old to adults, as well as helping people who may not be able to play sport or take part in gym programs.

"We have our sports ability program which is aimed at elderly or those with a disability," she said.

"A lot of people use the hydrotherapy pool, they come in and do their exercises. We have classes for the elderly and disability people, we do a lot private lessons. I have a lady that does the hydrotherapy on a Tuesday and Thursday."

She said they will be running a swim intensive program for two weeks from 9 January through to 20 January for the swimming lesson kids with normal lessons right through the years.

New Year, new you

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Are you looking for a new year, new me? Then WIRAC might have the program for you.

"I'm in the middle of revamping the gym, changing it around to flow better but with classes

we're doing an eight-week shred," Anne said.

"It will be full on because we are going to teach people who sign up how to eat properly.

And I say shred, the body should change but

in eight weeks unless they're doing everything by the book it's not going to be what they expect but I'll tell them. There will be a nutritionist and she will be guiding them on how to eat properly and

prep food because I don't have that level yet."

The course starts 30 January for eight weeks. January 9 they will also have a new program coming out.

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Here we Show again

BY TANIA PHILLIPS

Stanthorpe held the first show of the year in Australia in 2021 and was one of the first major events to resume after the initial Covid lockdowns of 2020.

Back then it was a sign that we'd all get back to normal things again and a test to see how show would operate under covid restrictions.

It was a huge success with members from show societies across Queensland coming to see how the Stanthorpe Show Society handled an event under the protocols and handle it they did.

However, in a cruel irony Covid laid the event low in 2022 with the initial January show being postponed.

But you can't keep a good show (or committee) down because as Show Society president Brett "Boaty" Boatfield and his committees will tell you, they weren't about to let Covid stop the event (only war has done that in it's 140 plus year history). The show still went on in Stanthorpe – just a little later than usual (April to be exact).

However now it returns to it's rightful place in the show calendar as the first Queensland Agricultural Show of the year, taking place February 3-5 and Boaty is expecting the 2023 Bendigo Bank Stanthorpe Show to be bigger and better than ever.

"It is great to be back in our usual spot of being the first show to be held in Queensland," he said.

"The grounds will be in great shape, the dust has well and truly settled and there is a buzz around the district in anticipation of going to the show.

"Once again, the usual favourites including cookery, stitch craft, handicrafts, fruit and veg, photography, all the animal displays including the animal nursery, horse events, prime and stud cattle, sheep and wool, miniature goats, sheep dog trials, the poultry and birds, horticulture, and the novelty dogs will all be on display."

It's a quick turnaround but Boaty believes he and all the various sub committees and volunteers who help make the event happening are more than ready to do it all again.

"We had our show in April and suddenly we've got our 2023 show coming up real quick so it hasn't been as long between shows as we normally have but it's exciting to be back on our normal timeslot, first show in Qld, we're really looking forward to getting back into the warmer months," he laughed.

"And we have all the usual sections back. The

last show in April we had some sub committees that couldn't put their sections on like stud cattle to name one but they're all going to be in fine form at the 2023 show. They've already got facebook posts up about the sections, encouraging the locals to enter and people further abroad to enter.

"I was talking to one of our major sponsors Wilshire and Co today and they're sponsoring the Wine, Beer and Italian Preserve section and their really happy."

He said the committee has hit the ground running for this show with new publicity officer Margie Davies of Print and Copy already getting the word out fast.

"She's doing a magnificent job, she's only doing it for a little while but she's on top of all the facebook posts and supplying information to Stanthorpe Today – she's really getting into it," Boaty said.

"It's great to promote it and get people thinking about showtime.

"I think people just love coming to Stanthorpe Show, it's one of the major community events of the year, a lot of mates get together at the show. It's probably the only time they get together, it's a real community event and it's important committee.

"We never ever not going to have a show last year, it is just so important to have a show. We haven't missed one except war time I believe and Covid is certainly not like a war so we were not going to be beaten.

"It was important to have it and continue the tradition."

The Stanthorpe Show Society was established in 1926, just a couple of years after the town itself came into being.

"Yeah it really wasn't long after the town was formed they started having the agricultural show," he said.

"I've been looking at some of the 150 years stuff in the paper and every January the agricultural show is mentioned in some way, shape or form.

"It showcases the diversity of our region, that's why we're the envy of other show societies. Our show has so much diversity, sheep and wool, we've got stud cattle, prime cattle, chooks, goats, we've got a huge cookery section, jams, we've got the wine pavilion, the homebrew, sausage making, cheesemaking. It showcases our region and the talent we have in the region – all the school stuff that they make. It's just a real diverse region and the show is one opportunity throughout the year to showcase that diversity which is fantastic."



Stanthorpe Show Society president Brett Boatfield is looking forward to this year's show.



Stanthorpe Show Society president Brett Boatfield is looking forward to this year's show.



Show traditions.

The one thing that they aren't this year is the first show in Australia for the new year, losing that title (as they do periodically) to near neighbours, Tenterfield but rather being a downside for Stanthorpe it is just the opposite.

"I was talking to one of the Showman's Guild representatives yesterday and it's a unique year because Tenterfield is before us this year," he said.

"Every so often on a regular basis Tenterfield is actually before us, we're still the first show in Queensland, Tenterfield is obviously in NSW. It normally goes Stanthorpe then Tenterfield but next year it's the other way around.

"The Showman's Guild, are really keen because that means that they can do Tenterfield and then us and then they go off on their Southern or Northern roots. Usually a lot of them can't make Tenterfield and the reason for that is Australia Day – a lot of them do the Australia Day Carnivals but because of the way Australia Day falls they can actually do Tenterfield show.

"This means that we should have a very very very good side show alley, because they will all be here. It will be fantastic.

"I'm really hoping there will be hopefully a lot of different rides coming up.

"I'm looking forward to that."

Show time

It's showtime in Queensland with the Southern Downs and Granite Belt leading the way.

It will be a busy time around the region starting with the Stanthorpe Show on 3-5 February (NSW neighbours Tenterfield are the week before).

Allora Show: 10-11 February.
Clifton Show: 17-19 February.
Killarney Show: 24 -25 February.



Building towers.



Battleships anyone?



Passports and meal deals when your kids take on the games challenge.

Free holiday fun at Rose City

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Got “bored” kids? Are they looking for a new challenge, something fun, a chance to catch up with friends and maybe even win prizes?

Then the Rose City Shoppingworld five-day games challenge might be just what they are looking for.

Rose City are inviting kids to come and try “board” games this January school holidays. From Monday 9 to Friday 13 January, 10am to 1pm each day in front of Coles.

The Challenge gives the kids a chance to play and win during the holiday.

They can join the challenge, grab their ‘game passport’ and play three days to go in the

draw to win one of five \$100 gift vouchers, plus a great board game to take home.

The games will include those all-time favourites, Connect Four, Battleships, Timber Tower Challenge, Dice Pop and Guess Who.

Included in the ‘games passports’ will be five meal deals from Bokk Fresh Stir Fry and Stick Food, El Carv, Donut King, The Juice Bar, and Abra Kebab.

Will they master all five games?

For more information visit rosecityshopping.com.au or check out Facebook or Instagram.



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Making plans for the future

BY TANIA PHILLIPS

Death is inevitable and talking about it seems to be an uncomfortable subject for most but Leyburn-based author, death literacy advocate and journalist Lisa Herbert is hoping to change all that.

Lisa has just published the third edition of *The Bottom Drawer Book – The After Death Action Plan* an informative workbook aimed at preparing us for the inevitable. Written to be quirky but practical with plenty of tips and lots of room to write plans and requests, the book, features the illustrations of well-known cartoonist, Phil Judd.

Writing the book was a bit of a no brainer for the talented broadcast journalist, the subject has long interested her and more than a decade ago, being an organized and curious person, she decided she wanted to put her own plans in place for that one day in the future

“I’ve always been fascinated with Western Society’s perception of death and dying and why we don’t talk about it,” she said.

“I’ve always been up front in my conversations, my friends and I enjoy a good debate. When I was proactively giving some thought to planning my funeral and getting a bit organized – because I am one of those people who likes to be organized – I couldn’t find the information I needed.

“Keep in mind this was 12 or 11 years ago when the seed was planted.

“I started trying to research things. Back then there wasn’t a lot of information on-line. We were still very much with our heads in the sand. There were very few people on social media talking about death and dying. Funeral directors very rarely had a social media presence. So, I couldn’t find the information.”

Wanting to make an informed decision about things like whether she wanted to be buried or cremated she decided to do more hands on research, interviewing the people with the first-hand knowledge.

“I hit the phones,” Lisa explained.

“I’m a journalist by trade, and very curious, so I just rang funeral directors and they were very open to discussing it with me which was fantastic. Perhaps they thought they were going to sell a funeral to me or a funeral plan, which is fair enough, they’re in business too.

“But after I spoke to them I had all of this great information, I thought surely I’m not the only one who wants to proactively plan a few things so when my time finally comes my family isn’t squabbling about what they think I might want, they will no exactly what I want.

“So, my curiosity, and a couple of years of research and writing, became a book and then I found a great illustrator in Brisbane because as you know death and dying can be seen as morbid, if you talk about it which I disagree with.

“It’s really frustrating when you tell people what you do, they go, that’s a bit morbid and you say no it’s not, that’s just what people have been conditioned to think.

“Western culture, we give away our dead in the middle of the night to somebody we don’t know, aka a funeral director whereas it was only several decades ago where death happened in the home and death care then also happened in the home.

“Funeral parlors, the name came about because people would put their deceased in the parlor of the house and do the wake and care for their deceased. But we outsource that now.

“It’s got to change.”

Lisa believes that change is coming as more



Broadcast journalist Lisa Herbert.

and more people start to talk about death and question what they want.

“It’s incredible, since I first released my book nine years ago, I’ve seen massive change,” Lisa said.

“Even Governments, as slow as they are, are changing – not in Queensland because Queensland is still so backwards – legislation in other states is addressing this kind of thing. People are starting to talk about it on social media. Funeral directors are using social media to advertise their funerals or let people know. But there are also people like me giving information about death and dying, there’s morticians who are streaming photographs or giving information about autopsies or the process of coronial inquests.”

But there still a long way to go.

“We all know we are going to die we can put our head in the sand or we can do just a little bit of preparation – that’s why the bottom draw book is so colourful, I’ve written it really lightly,” she said.

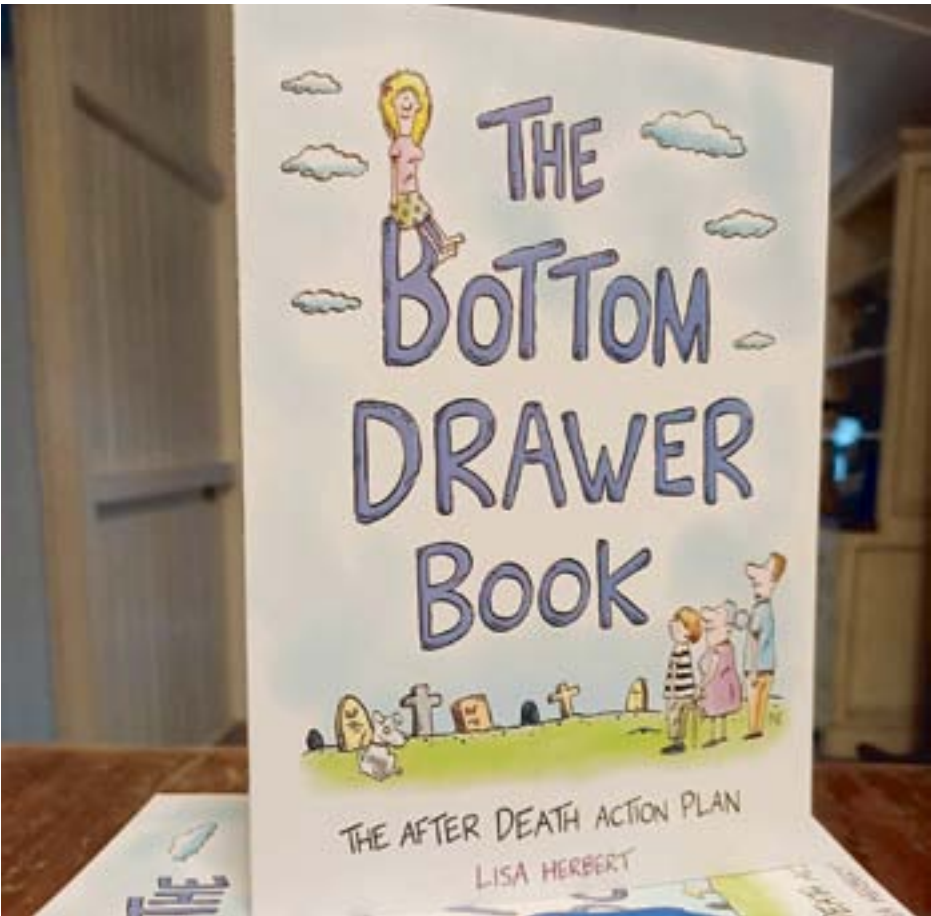
“There are jokes in there, there are bright illustrations in there, it’s quite colourful and comedic because it doesn’t have to be morbid, it can be interesting.”

These conversations are important and according to Lisa it is time to take our heads out of the sand as a society and stop doing our families a disservice by not telling them what we want.

“One of the pages is about organ donation, you can register with Medicare and say you want to donate your organs but your family still has the right to veto your wishes,” she explained.

“In the bottom drawer book there is a page which asks “do you want to donate your organs, yes or no and if yes, why”.

“You can write down why you want to do it, so perhaps in those final moments when your family doesn’t want to let you go and they want to change their mind and say no to organ donation you can tell them in your own words why organ donation is so important and



A book for the bottom drawer.

hopefully that will sway their decision.

“It’s all about communication, if you can have that conversation now, when the time finally does come, which may not be any time soon, at least they have something to hang their hat on and they can say oh hang on Margaret didn’t want anyone wearing black. It gives them some solace at the funeral to be able to fulfill those wishes.”

So why call it the bottom drawer book?

“That was a no brainer for me, I wanted these books to be easily found when the time comes and I receive many emails from people

saying we didn’t know my mum had this book, but we found it when we were going through her things looking for her will,” Lisa said.

“And here it was everything she wanted in these pages. Once people fill it in, my advice on the last page is let people know you’ve done this book, that you’ve filled it in so when the time comes look in your bottom drawer.

“So quite simply The Bottom Drawer – After Death Action Plan is what it says on the box.”

For more information head to thebottomdrawerbook.com.au

Australia Day in Killarney

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BY TANIA PHILLIPS

Australia Day in Killarney is always a bit of a big deal thanks to the volunteers from the local Killarney Lions Club.

However, this year's event at Pat Bush Bicentennial Park in Killarney (aka Lions Park), is shaping up to be one of the biggest years yet according to club member Rod Peterson.

According to Rod KMAC - Killarney Memorial Aged Care has managed to secure funding for bigger and better Australia Day celebrations and have asked the Lions Club to organise the event on their behalf. With the funding only coming through late last year it has been all hands to the pump as the group look to turn their usual breakfast event into more of a half-day celebration.

"We're going to make it a longer event, starting at breakfast and then probably lunch as well," he said.

"Breakfast is going to consist of bacon and eggs, probably sausages and billy tea and damper and we are looking at hamburgers and if the damper cooks are still going their will still be damper.

"We hope to have a coffee machine there and also donuts - yet to be confirmed. We proposed to not only have local entertainers but also a couple of well-known entertainers from around the region.

"We are looking to have a few novelty events throughout the day as well as the entertainment that might be a gumboot throwing competition,



You can almost smell the damper already.



Australia Day bigger and better in Killarney.

being confirmed."

One of the big events of the day will stay the same - the announcement of the local citizenship awards for Killarney. The awards, announced on the day, include:- Killarney Citizens Award, Junior Citizens Award, Senior Sports Award, Junior Sports Award, Coach/Official Award and Community Event Award.

Nominations are still open for these awards later this month. Nomination Forms are available from the Killarney Newsagency, Warwick Credit Union - Killarney Branch or by phoning John on 0419 785900.

Nominations are accepted from the Killarney area as well as from Legume area across the border and outlying areas of Killarney including Emu Vale, Murrays Bridge etc.



Who will be this year's Killarney citizen of the year?

It's the little touches

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WEDDINGS



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A wedding in the clouds

Shannon and Jonathon "Jon" Stewart had the perfect place to have their wedding – Jester Hill Wines - because when your dad and stepmother own a winery where else would you want to get married?

Shannon is the youngest daughter of Jester Hill owners Michael and Ann (stepmum) Bourke and Marion Bourke and Phil Marsden (stepdad) and one of nine in a big blended family.

Jon is the oldest son of Karen Arnett and one of 10 siblings (split families).

The wedding was held at the beautiful Jester Hill Winery on 12 November with Katrina Visentin doing the make up and hair by bridesmaid Rhianna Smith.

"Dad left no stone unturned in the vineyard it was just so picturesque," Shannon said.

"Stanthorpe events hire did a superb job of the set-up of the reception and it turned out better than imagined.

"The ceremony was performed on the hill with all guests watching from below, they had the full view and it literally looked like we were in the clouds, the celebrant Katie McGuren is actually Ann's niece from Sydney so having the family touch made it even more perfect."

It was a true family affair with the couple's son Jaxon and Shannon's nephew Reuben Ellem as page boys and Shannon's nieces Amari Ellem and Mia Papadopoulos acting as the flowergirls while other family members also added their expertise to the day. Even Shannon's horse Myshadowandi aka Kevin was part of the wedding.

"He knew he had a job to do and boy he did it well," the bride laughed.

"He was such a poser!"

"It was absolutely one of the best days of our lives (aside from the birth of our son Jaxon of course) the weather was spectacular, just one of those dream weddings where unusually nothing went wrong!"

"Having 80 of our nearest and dearest



Winery wedding a family affair.

celebrate with us, from near and far (from four states actually QLD, NSW, VIC and NT).

"Having Jon's family from Grafton do the photography was so wonderful and definitely reduced stress levels C and S Blanchard photography did a great job!" Monypennymedia travelled to do the videography.

"That was absolutely one of the best highlights, having a video to watch to relive our day is so special, tears flow every time we watch it.

"The highlight (literally) of the day was definitely the spectacular granite belt sunset just put on a show! Everyone raved about the food from Giorgio's mobile chef (Jason Costanzo)"

The pair were attended by a large bridal party of friends and family.

Shannon was attended by Maid of honour was Cera Ellem (Shannon's sister) while the bridesmaids, Rhianna Smith, Ashleigh Green, Claudia Haddock and Tayla Dachs.

While Jon had Bryce Howson as his best man along with groomsmen, Tyson Keating,

Rhys McDonald, Mackenzie Davies and Justin Ellem.

"The bridal party played a pivotal role in making the day as perfect as it was," Shannon said.

"Many laughs were had.

"In all there were so many highlights of the day it is very hard to list them all and we wouldn't change a thing. We are so blessed to have so many people help make our day so special."



Happy couple Jon and Shannon during their wedding in the vines.



Lots of laughs for the happy couple.



The beautiful skies and views were another star of the day.



Beautiful bride Shannon and the other man in her life "Kevin" aka Myshadowandi.

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Summer holiday fun at the library

Are you wondering what fun, free things there are to do during the school holidays?

The library can help. Southern Downs Regional Libraries are filled with all sorts of opportunities to find fun, free activities to keep the whole family engaged this January.

HOLIDAY FUN @ SDRC LIBRARIES

Summer holidays are a great time to get outdoors for play and adventure, but on those days when it's just too hot and sticky, there's a great range of activities and online services provided by SDRC libraries to keep kids and teens entertained, whether at home or in the library.

Holiday activities

Holiday activities and competitions will run through January, with treasure hunts, self-paced activities, and group craft activities. Contact your nearest branch or go to the library online catalogue for further details.

Summer Reading Club

December-January also sees the popular Summer Reading Club (SRC) program return, with SRC passports being stamped for every three hours of time spent reading. Go into the draw to win some great prizes in the New Year.

Hoopla

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To access all these great services, visit the SDRC online library catalogue and follow the links. Services can be accessed 24/7 via your smart phone, iPad or home computer, but only if you are a library member. For further information about membership and services contact your nearest library on 4661 0342 (Warwick), 4681 2141 (Stanthorpe) or 4666 3742 (Allora).








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10 SOUTHERN LIVING & Real Estate

JANUARY 2023

Superpowered on Tour

BY KARINA DEVINE

'Superpowered on Tour', four fun and engaging interactive projects for kids, developed by First Nations Australian artists in collaboration with the Queensland Art Gallery | Gallery of Modern Art (QAGOMA), will be presented at Warwick Art Gallery January, 10, 11, 17 and 18.

Tony Albert (Girramay/Yidinyji/Kuku Yalanji peoples), Gordon Hookey (Waanyi people), Vincent Namatjira (Western Aranda people) and Kaylene Whiskey (Yankunytjatjara people) are leading Indigenous Australian artists who use their voice and their art to empower Aboriginal people and create inspirational imagery for all children.

QAGOMA Director Chris Saines said 'Superpowered on Tour' would be presented from December 2022 to July 2023 in more than 180 art galleries, libraries and schools across remote and regional Queensland.

"These artists have created interactives that focus on strong empowering messages and humour. They will invite young audiences into a world full of amusing and courageous characters," Mr Saines said.

"Since 1998, QAGOMA has collaborated with more than 300 Australian and international contemporary artists and the Gallery's Children's Art Centre is a leader in developing interactive projects, activities and publications that engage children with contemporary cultures, artists and ideas. QAGOMA's annual 'Kids on Tour' program provides this content free of charge to communities throughout Queensland," he said.

Tony Albert often works closely with other artists, communities and organisations. He believes that one of the best ways to learn from and connect with people is to live and work together. Albert's activity for 'Superpowered on Tour' is Warakurna Warriors. It invites children to create their own superhero identity and they can design their own costume using a template and trace a selection of outfits adding details and colour. This activity was inspired by Albert's photographic series Warakurna Superheroes 2017, made in collaboration with children from Warakurna in Western Australia.

Kaylene Whiskey's colourful, humorous paintings celebrate strong kungkas (women). Whiskey often paints images of herself and her heroes – pop culture icons such as Dolly Parton and Wonder Woman – having fun in her remote community or engaging in traditional activities like collecting bush tucker. In 'Superpowered on Tour' Whiskey invites children to draw a Super Party picture, a scene featuring their



Visitors at Kaylene Whiskey's Super Party 2022 in 'Superpowered', Children's Art Centre, Gallery of Modern Art, Brisbane, 2022 / © Kaylene Whiskey / Photograph: Katie Bennett © QAGOMA.



Visitors at Kaylene Whiskey's Super Party 2022 in 'Superpowered', Children's Art Centre, Gallery of Modern Art, Brisbane, 2022 / © Kaylene Whiskey / Photograph: Katie Bennett © QAGOMA



Visitor at 'Superpowered', Children's Art Centre, Gallery of Modern Art, Brisbane, 2022 / Photograph: Katie Bennett © QAGOMA

own heroes using coloured pencils and cut out pictures from a collage sheet.

For more information about 'Superpowered

on Tour' visit www.qagoma.qld.gov.au

Warwick Art Gallery will guide students through a different activity on January 10, 11, 17

and 18. No bookings needed and the activities and materials are free. Starting at 11am and finishing at noon.



Possibilities Leah Kelly

REPAIR IS NOT ALWAYS NEAT AND TIDY *by Leah Kelly*

The title of the body of work, Repair is not always neat and tidy captures moments of trauma and destruction but also captures the beauty in the strength it takes to repair. The trauma referenced throughout this work is that of domestic violence survival, the beauty that is found in that hope and the strength that it takes to survive.

12 JANUARY - 25 FEBRUARY 2023

49 Albion Street Warwick Queensland
07 4589 5207 Tuesday - Saturday 10am to 4pm





Tomatoes for days. The Perkins family’s tomatoes.

Fresh tomatoes on the Granite Belt

BY TANIA PHILLIPS

It’s summertime when Granite Belt and Southern Downs cooks and chefs wait patiently for the best, flavourful local tomatoes coming fresh from local farms.

Stanthorpe and Ballandean farmer Lewis Perkins knows a bit about that process – he should do, he grows enough of them.

Five generations of the Perkins family have been farming around the region and for more than forty years Lewis has been producing tomatoes for the East Coast market.

In what is a family affair Lewis, wife Donna, cousin Mark and adult sons Brendan and Dale (both farming since they were 15) have more than 15-18 hectares of tomatoes and produce a couple of hundred pallets a week from December through to June. The boys are in their 30s and are the driving force behind the farm now.

So how long has Lewis been a tomato farmer?

“Far too long,” he deadpans before adding, “Forty odd years. I haven’t even had long leave

service leave yet – haven’t worked out what sort of long service leave a grower gets but I’m working on it,” he chuckles.

It’s a long time in the farming game, though it was probably inevitable that he’d become at least a farmer if not a tomato farmer.

“My parents grew tomatoes first,” he explained.

“My great grandfather started a farm at Glen Aplin in the 1800s, then my grandfather farmed there, I grew up on that farm with my parents and my uncle and aunt and cousin Mark Perkins.

“Mark and I started growing tomatoes when we were going to high school – just on the weekends, we’d pick them and send them away and make a little bit money.”

The family farm grew many different crops including grapes, apple, tomatoes, so why did he decide to concentrate on tomatoes?

“Tomatoes are probably the highest production per hectare out of the vegies you can grow,” Lewis explained.

“The potential for earning is very good on them if everything goes right. Of course, if you

get bad weather events or over supply in the marketplace but generally they’re fine.

“We just grow the one type of tomato, just the gourmet’s that sells in big numbers in the stores.

“They end up anywhere along the East Coast from North Queensland to Sydney, Melbourne and we distribute from Brisbane all over the country.”

It’s a long season – longer than you might suspect.

“We start planting in September for the early blocks and we finish planting in January for the later blocks.

“We start to harvest, well we’re a couple of weeks later this year they are ready to start harvesting now, but normally we start in the second week in December and we run through to the first or second week in June.”

He said the tomatoes are a bit later this year due to the cold and wet spring which meant the plants have taken longer to mature.

So does he eat tomatoes or is it a case of too much of a good thing?

“Every day, winter and summer,” he laughs.

“You gotta buy them in the winter, cause you can’t grow them here. But I eat them every day, I love them.

“I love them in sandwiches, in salad, but I don’t like them cooked I just like them raw.”

He says there’s nothing better than very fresh white bread, butter, just a bit of salt, ham cheese and tomatoes warm off the vine.

“All our tomatoes are colour-picked, there is no gasing nothing like that, they are all colour picked off the vine, grown out in the natural sunlight in the paddocks,” Lewis said.

So his tip is to eat them fresh and it’s something he tries to ensure happens for his customers where every they are.

“All our product, we harvest it today, pack today, put it on the truck tonight, in the stores in the morning in Brisbane or South or north are in the stores the following morning, fresh,” he said.

“They don’t improve in cold storage, they only go backwards, they lose their intensity of flavour.”

Bella’s business burns bright

BY TANIA PHILLIPS

This year promises to be a big year for Warwick creative Bella Clegg and her small business as she ventures online.

The soy candle business, Aroma Bella, has become well-known around the local area, popping up at markets and even at Jingle and Mingle late last year and Bella herself has become a well-known face about town with her beautiful candles in bright colourful jars.

But with a little help from her family Bella is taking the next step and going on-line as well with a new Instagram site that has just launched aptly named Aroma Bella_Candles.

“I’ve been doing this for 12 months now with my sister at her beauty shop in the salon,” Bella explained.

“I started to make them and everyone was saying how good they are and so now I own my own business.”

It really is a family affair with Bella saying her

mum had been very supportive in getting the word out about the business while she had originally made the candles for her sister and actually makes them at her older sister’s salon Beauty By Georgia Marie in Kings Street, Warwick. And to top it off her father was the one that came up with the business name.

“I started at her shop,” Bella said of how the business came about.

“I make a lot of candles -about 50 flavours. It takes a few hours to make a candle but I love making them. I’ve always been crafty since I was little.

“They smell so good and I love the flavours so I thought why not just start making them.”

So, with the support of her older sister that is just what Bella started doing and it’s been a big success with Christmas proving particularly successful this time around. She sold out of her candles at the markets before Christmas and has been busy preparing more for her new Instagram which has launched at the start of the year.



Bella Clegg and her products.



REAL ESTATE FOCUS

Opportunity to buy or invest

Fifteen Daniel Drive is a wonderful location and positioned on a large 1122sqm block in a reputable cul-de-sac neighborhood. no through traffic, wide street frontage, surrounded by quality neighboring homes.

This four-bedroom home with two-way bathroom features a separate toilet and decent storage cupboards for that linen space.

This property offers a separate lounge room with an office space off to the side with access to the large kitchen area. Overlooking from the kitchen, is the large open plan dining / family room and all with a great outlook and access to the large 9m x 5.5m covered outdoor entertaining area.

The main bedroom is of decent size, complete with split system air conditioning and ceiling fans, and walk in wardrobe. While the other three good size bedrooms are also complete with ceiling fans and built ins.

Outside you have a 6m x 6m powered shed for your car accommodation. There is exposed aggregate concrete paths around the home. A large and quiet private back yard.

This home offers opportunity for its next new owners, a chance to put their own mark on this attractive property.



Address: 15 Daniel Drive, WARWICK Description: 4 bedrooms, 1 bath, 2 car Price: \$450,000 Contact: Mandy Steketee 0400 592 463 mandy@waderealestate.com.au, Wade Real Estate

LISTINGS WANTED

We have motivated buyers looking purchase, homes, land and rural acreage in the Warwick, Allora, Clifton and surrounding areas.

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waderealestate.com.au



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Property Guide

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Speak to your agent today about advertising in the

Warwick and Stanthorpe Today Property Guide!

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BETTER PRICE



higher price for your home¹

EXPECT
MORE BUYERS



MORE buyers at an open home²

EXPECT **MORE**
FROM **PRINT**



MORE page impressions on the online listing²

WARWICK AND STANTHORPE TODAY PROPERTY GUIDE: 4661 9800

Warwick**Today** Stanthorpe**Today**

A new home for a new year

.....

This very neat and tidy unit with its own back courtyard and front sunny verandah is a perfect home for buyer looking to downsize but yet still have their independence.

It is in a quiet location, close to Warwick CBD and all its amenities and features two bedrooms both with built in wardrobes.

There is one bathroom and a single garage with electric door opener and internal access to unit.

The kitchen has wall oven, stove top, rangehood and plenty of cupboards with semi open-plan living area.

The unit features a clean and neutral interior while outside is a manageable size, fully fenced private courtyard with rotary clothesline.

The agent believes this is a fantastic unit in such a prime location and it won't last long, so be sure to organise an inspection now.



Address: Unit 6, 18 Stacey St, WARWICK Description: 2 bedrooms, 1 bath, 1 car Price: \$245,000 Inspection: By appointment Contact: Alex Dwan 0476 196 296 alex@waderealestate.com.au, Wade Real Estate



Workin Wear Warwick

Workin Wear Warwick is situated in Warwick's main street of Palmerin Street. Selling workwear, work boots, safety supplies and a myriad of other products that are always in demand. Agent Helen Harm said the business has a solid customer and account base and is open five and a half days each week. Helen said the business has been

experiencing steady growth since 2008 and could be easily run by the owner with one or two employees or by a couple. For further information and to arrange inspection for a better look of this well-known Warwick business contact Helen Harm on 0408 457 496. Go to www.helenharm.com for more photos



Address: 155 Palmerin Street, WARWICK Price: \$210,000 + Stock Inspection: By appointment Contact: Helen Harm 0408 457 496, Helen Harm Real Estate



Helen Harm

Real Estate

for Property in Warwick



On a Creek

- GREYMARE – 2251 m² (.55 Acres)
- On the banks of Greymare Creek
 - Level block, slopes gently to the creek
 - Bitumen road frontage
 - Ideal spot, privacy, relaxed country lifestyle
 - Escape the hustle & bustle of city
 - Live in picturesque Southern Down Region
 - Direct access to main highway
 - 20 Mins west of Warwick

\$ 150,000+



Rental Investment

- 3 Bedroom
- Aircon in lounge living
- Good kitchen/ dining
- Bath, separate shower, vanity,
- Laundry utility, separate toilet
- Fenced 506 m² yard
- Single garage in backyard
- Storage

INVESTORS: Rent appraisal \$300 p.w.

\$ 300,000 +



Versatile Investor

- Modern 3 built-in bed, 2 bath, 1 car
 - Atrium windows above kitchen, electric appliances
 - Open plan living
 - Undercover entertaining
 - laundry in garage
 - Enclosed courtyard, rainwater tank
 - Allotment is 274 m²
- INVESTORS: Rent is \$275 (Lease 11-02-2023)

\$ 300,000+

- BUSINESS OWNERS -

No rental vacancies?

Have you considered housing as part of your employment package?

CALL HELEN TODAY!



Good Building Block

- ALLORA
- Larger 917 m² block
 - In the CBD
 - Road frontage 24.1 m
 - Sealed road
 - Town water
 - Power available
- Be quick – won't last

\$ 125,000



HENDON Half Acre

Investors opportunity!!

- 2023 m² (½ Acre) with rural views
- Power in Street
- 23K (20 mins) North of Warwick

Half Acre Lot

\$ 65,000

For Rent: 4661 3663

- 3 Brm, 1 bath, lounge, kitchen, 1+ car, shed **\$ 320 p.w.**
4 Brm, 1 bath, lounge, kitchen, 2+ car, shed **\$ 420 p.w.**

- FURNISHED - 2 Brm, 2 bath, lounge, kitchen, 1 car **\$ 520 p.w.**
FURNISHED - 5 Brm, 3 bath, lounge, kitchen, 2+ car **\$ 1000 p.w.**

URGENT !! WE NEED RENTALS IN GOOD REPAIR



On Leslie Dam

- On Leslie Dam Shoreline
- Rustic open plan timber cottage
 - Basic kitchen & bathroom
 - Deck on the North overlooks Leslie Dam
 - Fenced boundary to 3.2 Ha
 - Riparian rights are part of the title
 - Private road to the property from Glenvale Rd
 - Great family getaway with lots on offer
 - Fishing, boating, swimming ...

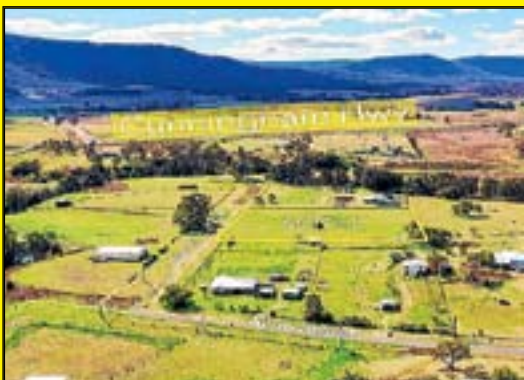
\$ 500,000+



2 Street Frontages

- Great opportunity for a light industry venture, establish new business or upgrade to higher profile site near Black Toyota, Top Two Motorcycles, Beta Storage.
- Corner of Murphy Street & Ogilvie Road. Both are bitumen roads with 300m or more frontage.
 - Power, water sewerage nearby.
 - Zoning is Specialised Centre
 - 2.6 Ha off Cunningham Highway.

\$ 2,210,000



Scenic Views

- MARYVALE – 6637 m² (1.6 Acres)
- Views of valley back to Great Dividing Range
 - Flood Free and gently sloping
 - Ideal spot, privacy, relaxed country lifestyle
 - Escape the hustle & bustle of city
 - Nestled in the mountains
 - Direct access to main highway
 - 20 Mins east of Warwick
 - Well maintained acreage

\$ 300,000



Multi-Million Views

- On QLD/NSW border, 20 mis to Warwick Training centre, retreat, glamping, paintball park
- 3 Bed • 2 Bath • Fully furnished
 - Air conditioning in living
 - Kitchen dining with woodfire
 - Bar setup for entertaining
 - Deck overlook dam & play area
 - 64.77 Ha • 3 bay Shed • 2 Dams
 - Solar + Mains Power • Rain Water Tanks

\$ 900,000+



40 Wood Street

- Business Office with reception & rest room, concrete storage yard.
- Zoning is "Mixed Use" which permits – Residential, Low Impact Industry, Commercial Office, Childcare
- Home – 4 Bed, 1 Bath, carport
- General Development Requirements please contact our office
- Land Size is 1897 m²

\$ 1,250,000

www.helenharm.com

0408 457 496

Helen Harm
Licenced Principal



High on a hill

Enjoy the relaxed ease of country town living at Maryvale.

This neat two bedroom home, with built ins, is on an elevated 2023 m² (1/2 acre) block with panoramic mountain views.

The large main bedroom has good flow through ventilation and plenty of natural light.

There is air conditioning and woodfire in the open plan living area as well as a functional electric kitchen.

The bathroom has a shower, toilet and is combined with the laundry.

Two bay shed has been converted to a studio with attached outdoor area and double carport.

Trees on the lot add an extra country feel to the property.

A large 92,000 ltr plus 5000 gal rain water tanks plus two galvanised tanks on the sheds supply ample water and the septic system.

The owner will also include ride-on mower, hedge trimmer, chainsaw, fridge/freezer, washing machine and more for successful buyer

Contact Helen Harm on 0408 457 496.

Home Features:- Air conditioning, carpeted bedrooms, ceiling fans, electric hot plates/oven, entertaining area, fully fenced, private courtyard, rangehood, tiled bathroom/laundry and vinyl in living areas community.

Features:- Playground/park, primary school, secondary school bus, hotel/motel.

Contact Helen Harm on 0408 457 496 to arrange inspection. Go to www.helenharm.com for more photos.



Address: 32 Slade Street, MARYVALE Description: 2+ bedrooms, 1 bath, 2 car Price: \$375,000 Inspection: By appointment Contact: Helen Harm 0408 457 496, Helen Harm Real Estate

Family friendly

This Rosenthal Heights home is designed for family living.

With four bedrooms, two bathrooms and a two-car garage it has plenty of room for a growing family.

The main bed has an ensuite and walk-in robe while the family bathroom features a separate show and vanity and the house also has a separate toilet.

Out in the living areas, it is all about modern open plan living with a galley kitchen and large pantry.

There is a separate laundry and outside there is an undercover entertaining area, a full fenced yard and vehicle access to the backyard.

Contact Helen Harm on 0408 457 496 to arrange inspection. Go to www.helenharm.com for more photos.



Address: 32 Peace Street, ROSENTHAL HEIGHTS Description: 4 bedrooms, 2 bath, 2 car Price: \$450,000 Offers Over Inspection: By appointment Contact: Helen Harm 0408 457 496, Helen Harm Real Estate



New Year, New Bank!
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Helen Harm

Real Estate

for Property in Warwick



On Leslie Dam

- On Leslie Dam Shoreline
- Rustic open plan timber cottage
 - Basic kitchen & bathroom
 - Deck on the North overlooks Leslie Dam
 - Fenced boundary to 3.2 Ha
 - Riparian rights are part of the title
 - Private road to the property from Glenvale Rd
 - Great family getaway with lots on offer
 - Fishing, boating, swimming ...

\$ 500,000+



Country Chic

- Renovated with country charm.
- 3 Bed, 2 built-in • Air con + wood fire
 - Open Living areas • Polished Timber floors
 - Shower over bath, vanity & separate toilet
 - Separate laundry utility off the rumpus
 - Double lock up garage, carport and shed
 - Fully fenced 956 m² yard
 - Room for a vegie patch

INVESTORS: Rent appraisal \$330 p.w.

\$ 325,000+



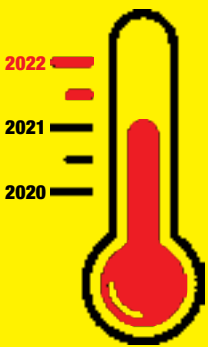
Art Deco Designer

- STANTHORPE
- Rendered 3 bed in Amosfield Rd
 - Fireplace in lounge living
 - Kitchen has slow combustion & electric stove
 - Dining has timber windows
 - Shower, vanity & toilet
 - Laundry & Storage
 - Single garage in fenced 625 m² yard
 - Artist studio with fireplace in backyard

\$ 300,000 +

TEMPERATURE RISING

AND SO IS THE MARKET PRICES
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As New Duplex

- Each Unit has:-
- 3 Large built in bedrooms
 - 2 bath, master has en suite
 - Living dining off the kitchen
 - Lounge with aircon • Enclosed courtyards
 - Laundry • Storage cupboards
 - Solar power • Rain Water tank
 - 2 bay garage • 997 m² yard

INVESTORS: Current rent is \$900 p.w.

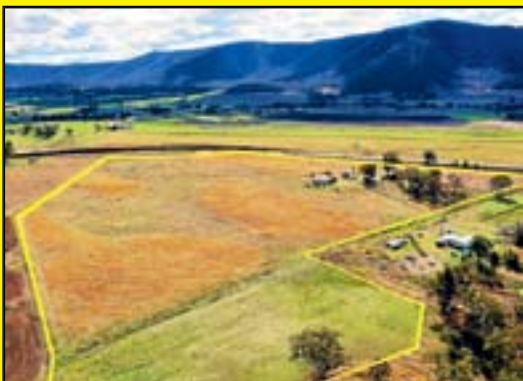
\$ 795,000



Family Friendly

- Designed for family living.
- 4 Bed, 2 bath, 2 car
 - Main bed has en suite, walk-in robe
 - Bathroom has separate shower, vanity
 - Separate toilet • Separate laundry
 - Modern open plan living
 - Galley kitchen, large pantry
 - Undercover entertaining
 - Fully fenced 845 m² with Vehicle access

\$ 450,000+



Multi Titled Acreage

- MARYVALE
- 6 Separate Titles
 - 3 bed, Clad to save painting
 - Separate shower, separate toilet
 - Kitchen/Dining - storage, electric appliances
 - Open plan living
 - Rain water
 - Old sheds, chook run
 - Highway frontage • Boundary fenced

\$ 650,000 +



Rental Investment

- 3 Bedroom
- Aircon in lounge living
- Good kitchen/ dining
- Bath, separate shower, vanity,
- Laundry utility, separate toilet • Storage
- Fenced 506 m² yard
- Single garage in backyard

INVESTORS: Rent appraisal \$300 p.w.

\$ 300,000 +



This could be
advertising for
your property
Call Helen Today!



Workin Wear

- Workin Wear WARWICK
- Sell products always in demand
 - Main Street location
 - Workwear, work boots, safety supplies & more
 - Solid customer & account base
 - Open 5 1/2 days
 - Steady growth since 2008
 - Easily run by Owner + 1 or 2

Plus STOCK on Hand

\$ 210,000 +



ARATULA Markets

- Ideally suited to owner operator, possibly with young family
- Highway corner frontage established 30 yrs
 - 2 Satellite liquor licences
 - 18 products on consignment
 - Coffee, smoothie, juice, crepe & waffle bar
 - Extensive product instore beside fruit & veg
 - Cold rooms, refrigeration, display units
 - Delivery truck & Forklift

\$ 250,000

LAND

WARWICK - 25930 m², High profile, 2 street frontage, Zoned specialised \$ 2,210,000

ALLORA - 917 m², town water, power at road, sealed road frontage \$ 125,000

MARYVALE - 6637 m², power next door, level block, mountain VIEWS \$ 300,000 O/A

HENDON - 2023 m², power next door, rural fence \$ 65,000

See www.helenharm.com for more listing

www.helenharm.com

0408 457 496

Helen Harm
Licenced Principal

