

Welcome to the

Wallumbilla Women's Wellness Weekend

25th February 2023

The Barn @ Wallumbilla

Doors open 8am

*Celebrating the
Women of the West*



This event is possible thanks to our sponsors and funders

Grants - Maranoa Regional Council RADF; Maranoa Regional Council
Community Grant; Origin Energy Community Grant

Sponsorship - Maranoa Regional Council; QHealth TRACC; Hartley Grazing; Southern
Queensland Landscapes; Westpac; Shamar Earthworks; Dave Lee Transport
TBC - Golders, Lifeline, Santos, NEMA Maranoa Vet, Westec Electrical
Auspiced by Zonta Roma



SHAMAR EARTHWORKS PTY LTD



The Regional Arts Development Fund is a partnership between the Queensland Government and Maranoa Regional Council to support local arts and culture in regional Queensland. This event is also supported by Maranoa Regional Council through funding from Queensland Health's Tackling Regional Adversity through Connected Communities program.

Choose your adventure



Time		
8am-9am	Our Day of Fun Begins	
9am-10am	Keynote speaker <i>Julie "Sparkles" Cross</i>	everyone
10am-10.30am	Morning tea	everyone
10.30am-12.30pm*	Your workshop options: A) Sandy McLean - Sip'n'Paint (2 hr) B) Vanessa Miller - Welcome floral sign (2 hr) C) Lorraine Irwin - Macrame (2 hr) D) Cathy Drummond - Voice Training (1 hr) E) Sally Rigney - Social Media (1 hr) F) Ree & Sandra - Diamond Art (1 hr) G) Jane Hanley - Road to Succession Planning (30 min) H) Sharon - Nipples to knees (30 min) I) SQ Landscapes -Veggie Patch & Borewater (30 min) J) Grishma - Fun dance session (1 hour)	
12.30pm-1.30pm	Lunch	everyone
1.30pm-2pm	Seated yoga	everyone
2pm-4pm*	Your workshop options: A) Sandy McLean - Sip'n'Paint (2 hr) B) Vanessa Miller - Welcome floral sign (2 hr) C) Lorraine Irwin - Macrame (2 hr) D) Cathy Drummond - Voice Training (1 hr) E) Sally Rigney - Social Media (1 hr) F) Ree & Sandra - Diamond Art (1 hr) G) Sharon Young - Womens Health (30 min) H) SQ Landscapes -Veggie Patch & Bore Water (30 min) I) Grishma - Fun Dance Session (1 hr)	
4pm-4.30pm	Afternoon tea	everyone
4.30pm-5pm	Refresh (free time)	everyone
5pm-6pm	Cocktail hour	everyone
6.30pm 'til late	Dinner <i>Dinner Speaker - Julie Cross</i> <i>Entertainment - Cathy Drummond</i>	everyone



* more workshop details following pages

<i>Workshop code</i>	<i>Your expert</i>	<i>Activity or topic</i>
A 2 hour block	<i>Sandy McLean Outback Artist</i>	<i>Sip'n'Paint. Create a masterpiece with step-by-step instructions</i>
B 2 hour block	<i>Vanessa Miller Timeless Wooden Roses</i>	<i>Create a Welcome Floral Sign</i>
C 2 hour block	<i>Lorraine Irwin Macrame</i>	<i>Macrame Hat Saver</i>
D 1 hour block	<i>Cathy Drummond</i>	<i>Voice Training</i>
E 1 hour block	<i>Sally Rigney</i>	<i>Making your social media content POP!</i>
F 1 hour block	<i>Ree & Sandra</i>	<i>Diamond Art</i>
G 30 minute block	<i>Jane Hanley</i>	<i>Navigating the Road to Succession Planning</i>
H 30 minute block	<i>Sharon</i>	<i>Nipples to the Knees</i>
I 30 minute block	<i>SQ Landscapes</i>	<i>Gardens & Borewater</i>
J 30 minute block	<i>SQ Landscapes</i>	<i>Lawn Envy</i>
K 30 minute block	<i>Grishma</i>	<i>Seated Dance Moves</i>



A

Sandy McLean - Outback Artist

Internationally celebrated artist Sandy McLean, The Outback Artist, brings to life the beauty and splendour of the Australian outback with her unique use of bright and bold colours...reflected in her paintings and products.



B

Vanessa Miller

Timeless Wooden Roses



C

Lorraine Irwin

Lorraine is no stranger to all things craft in the Bush. Lorraine has a variety of interests, and today, she will share the craft of macrame with us today. She has been a long term past resident of the region, and these days finds her travelling the length and breadth of the country, sharing and learning as she goes.



D

Cathy Drummond

Cathy Drummond is a renowned singer and entertainer throughout Queensland. Cathy's professional singing career spans over 25 years. She is also known and respected as a singing teacher with 35 years' experience. Cathy loves to share the joy of music wherever she travels and is looking forward to inspiring aspiring singers at the Wallumbilla Women's Wellness Weekend.





Sally Rigney

E

*Making your social media content POP!
How to make your brand stand out.
Visual storytelling tools and tricks
Do's and Don'ts
Basics for Business Branding Success
Valuing your networks*



Ree & Sandra

F

*Long time friends who share a passion for all things "Bling".
Join them to see what has caught their eye and how this
pair have been spending their spare minutes.....You will
decorate a cute tote bag with a selection of different designs*



Jane Hanley

G

Navigating the Road to Succession Planning



Lisa
McGrath Breast Care Nurse

H

*Lisa isn't presenting but she is happy to arrange a small group or
one-on-one chats during our day. Please make an appointment by
calling Lisa on 0429 360 853.*

*Lisa grew up in a rural environment, on cattle property west of Charleville.
Did her nursing training at Toowoomba Hospital, Midwifery and Child Health
nurse training in Brisbane and has worked in various rural hospitals including
Quilpie. Her career has spanned more than 25 years with Queensland Health
mainly working in the Community Sector. The last 6 years has been spent working
as a McGrath Breast Care nurse offering 5 days a fortnight service to South West
Hospital Health District.*



I
&
J

Southern Queensland Landscapes

Water Quality and Gardening

Ren Holz, a Project Delivery Officer, supporting both the Roma and Charleville offices, will introduce us to some basic water quality information with electrical conductivity and pH meters and discussing some of the implications for your vegie patch. Bring along a bottle with your water so we can get an idea of what should and might not grow well if you use it to irrigate your vegies.

Watertight Bores

Paul Webb, is a Knowledge and Information Support Officer with SQL supporting sustainable catchment management with a focus on water and wetlands. Paul will share with us information on how evolving science and regulations impact Great Artesian Bore owners. Knowing that all artesian bores need to have watertight delivery systems by 2027. Bores must be capped and bore drains replaced with pipes, tanks and troughs.



K

Sharon Young

Sexual and Womens Health Nurse Practioner

Sharon comes to us with a wealth of experience gained from working not only in Australia but the UK, USA, Cambodia, Vanuatu and Laos PDR. She currently provides a mobile service to support the sexual and reproductive health of the men and

women (young and mature) of the South West Hospital and health service..

Sharon will be available for appointments throughout the day when she is not presenting. You can make an appointment by phoning her direct on 0437 334980

Mobile Sexual Health and Women's Health Clinic



L

Grishma

Fun Dance Session

Reinvigorate, move, celebrate life and living!



KEYNOTE SPEAKER

Julie "Sparkles" Cross

Julie is one of the industry's most sought-after speakers thanks to her unique style and commitment to empowering her audiences. Julie has taken responsibility for her own personal development while coping with personal and professional challenges, many of which she shares during her powerful and moving presentations.



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