

Speak Out Loud:

Stories of Strength from the Southern Downs

EPISODE: CONNECTION TO YOUR COMMUNITY

GUEST: Marco Gliori, Councillor for Southern Downs Regional Council; Performance Poet

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SUMMARY OF EPISODE

Today's episode is a really fun one with Marco Gliori, chatting all about the things he loves most- the arts, culture and connection to family and community. Marco has a wonderful knack for inspiring others by sharing his optimism and enthusiasm. Regarded as one of Australia's premier performers of bush verse, Marco is also a councillor for the Southern Downs Regional Council.

Listen to the podcast conversation to hear Marco share:

- his original bush poetry
- the story of his life-long connection to the Southern Downs
- why he chose a career in the police force and then changed careers again to become a performance poet and then 30 years later stood for election as a councillor in the Local Government elections
- the importance of volunteering in our culture
- how individuals and communities can get through tough times by connecting with opportunities to volunteer as well as opportunities to get involved with creative activities including galleries, libraries, music, theatre, workshops
- the opportunities to develop empathy and collaboratively problem-solve when you share your stories and experiences
- the possibilities to improve your own and other people's mental health and well-being when you make the effort to get involved with your community
- local options to get creative by participating in groups or choose to get creative at home or in your neighbourhood
- the value of developing a sense of identity based on where you come from, a pride in where you live through connecting with the natural landscape, volunteering groups and festivals and events
- how we can learn from past generations about tackling tough times
- practical things you can do to recover, build resilience and inspire hope after natural disasters and the COVID-19 pandemic
- how you can inspire hopefulness by volunteering, connecting with others and getting involved with the arts
- local opportunities to get involved with the arts and volunteering groups

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- what we can learn from farmers about how to deal with things out of our control (like the weather) by accepting, adapting and looking at each situation as an opportunity
- how he stays optimistic by focusing on family, friends and volunteers who are willing to have a go at something little that can build into something big
- how you can create your own event or project by developing a plan, connecting with others, asking for information and support, and backing yourself
- how you can add value to your life by being part of something rather than nothing, whether it's in your own home or in the wider community
- communities are strengthened by community groups who bring people together for mateship

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RESOURCES MENTIONED IN THE PODCAST

Australia's Biggest Morning Tea <https://www.biggestmorningtea.com.au/>

Country Women's Association (CWA) <https://www.cwaa.org.au/>

Lions <https://lionsclubs.org.au/>

Rotary <https://rotary9640.org/clubinfo/warwick-sunrise>

Apex <https://www.apex.org.au/>

Festival of Small Halls <https://festivalofsmallhalls.com/>

Stanthorpe Regional Art Gallery <https://www.srag.org.au/>

Warwick Regional Art Gallery <http://www.warwickartgallery.com.au/>

headspace Warwick <https://headspace.org.au/headspace-centres/warwick/>

Artworks <https://www.artworksgranitebelt.org.au/>

Stanthorpe Little Theatre <https://www.stanthorpelittletheatre.org.au/>

Sam's Farm Fresh Fruit and Veg <https://www.facebook.com/Sams-Farm-Fresh-Fruit-and-Veg-1442669752636455/>

“By The Condamine” by Central State School and Marco Gliori
<https://www.youtube.com/watch?v=noqfkApnMsQ>

Condamine Headwaters Landcare Group <https://www.facebook.com/CHLandcare/>

Jumpers and Jazz in July Festival <https://www.jumpersandjazz.com.au/>

Snowflakes in Stanthorpe Festival <https://www.snowflakesinstanthorpe.com.au/>

Apple and Grape Festival <https://appleandgrape.org/>

Killarney Story Weekend <https://www.facebook.com/KillarneyStoryTellers/>

Granite Belt Art Trail <https://www.gbart.org.au/site/index.html>

Condamine Country Art & Open Studio Trail <https://www.ccarttrail.com/about>

St Vincent De Paul <https://www.vinnies.org.au/>

Red Cross <https://www.redcross.org.au/>

Men’s Shed <https://mensshed.org/>



The Speak Out Loud: Stories of Strength podcast has been produced by Kathryn Walton Consulting www.kathrynwalton.com.au



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The information shared in the podcast and handouts is intended for general information only. To the best of our knowledge, this information was correct at the time of publishing. Please consult with your doctor or health provider for support based on your individual needs.

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