

# Speak Out Loud:

## Stories of Strength from the Southern Downs

**EPISODE:** Get Creative with Stanthorpe Regional Art Gallery

**GUEST:** Mary Findlay, Director Stanthorpe Regional Art Gallery

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### SUMMARY OF EPISODE

Mary Findlay is my guest on the podcast today. Mary is the director of the Stanthorpe Regional Art Gallery and her enthusiasm for connecting people to the creative arts is incredibly contagious. As Mary says, the arts are a wonderful connector that brings people together as well as being a valuable way to express your own voice or story.

Listen to the podcast conversation to hear Mary share:

- the story of her connection to the Southern Downs
- how connection with your community can be strengthened slowly over time
- the history of the Stanthorpe Regional Art Gallery
- her transition from theatre and teaching to gallery director
- information about the many events, collections and art prizes at the gallery
- the gallery's focus which supports local artists
- art as a form of self-expression and story-telling throughout history and today
- the Hope and Growth Photography Exhibition acknowledges the difficulties and celebrates the community as it recovers from drought and bushfire
- how locals and visitors can get involved with arts projects and pursuits in the region including workshops, groups, clubs and special events
- creative arts are for everyone no matter your level of skill or experience
- art helps people connect with each other and to share skills
- everyone is creative in different ways and can include activities such as gardening and cooking
- suggestions on how to get started if you'd like to get creative
- 10-15 minutes of time is all you need to get creative and give yourself a bit of time during your day
- follow your heart and be creative in whatever way brings you a sense of peace, connection to yourself and connection to others
- art transcends differences and helps people find peace

## CONTACT MARY FINDLAY, STANTHORPE REGIONAL ART GALLERY

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## RESOURCES MENTIONED IN THE PODCAST

Art on the Granite Belt Directory <https://www.srag.org.au/art-on-the-granite-belt>

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

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

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

Stanthorpe Agricultural Society <https://www.stanthorpeshowgrounds.com.au/society>

Borderline Art <https://borderlineregionalarts.com.au/about-us/>

Stanthorpe Pottery Club <https://mysd.com.au/stanthorpepotteryclub/>

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

Jamworks <https://jamworks.com.au/>

Vincenzo's Cafe <https://www.vincenzoscafe.com.au/>

Southern Downs Steam Railway Association Inc / The 'Downs Explorer'  
<https://downsexplorer.org.au/>

Queensland Rural Fire Service  
<https://www.qfes.qld.gov.au/about-us/frontline-services/rural-fire-service>

Southern Downs Regional Council <https://www.sdrc.qld.gov.au/>



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The Speak Out Loud: Stories of Strength podcast has been produced by Kathryn Walton Consulting [www.kathrynwalton.com.au](http://www.kathrynwalton.com.au)



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