

# Canberra Weekly



thursday 27 july 2017

FREE

**WINTER  
GETAWAY**  
discover  
Ipswich

ROSS  
SOLLY  
fixed  
four-year  
terms a  
win-win

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Bongiorno  
REEF STRESS

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**WIN**  
LeapFrog  
educational toys  
**Wine**stains at  
**The Bower Birds**  
The Trip to  
Spain tickets



## From the editor

As a child growing up in Queensland, I used to love visiting my grandparents in Toowoomba, a city renowned for its garden festival and for being almost as cold in winter as Canbrrr...

I enjoyed Sunday lunch around the table, admiring my grandfather's artworks, and a trip to their loo. For there, behind the door, was a poster of the *Desiderata* – that inspiring prose poem by American writer Max Ehrmann – awaiting my eager eyes.

Amongst its many 'desired things' are some of my favourite gems: "Go placidly amidst the noise and haste, and remember what peace there may be in silence... Enjoy your achievements as well as your plans..."

"Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should..."

It's a masterpiece worth reading.

Magnets for gratitude this week include a shelter partner visit by Tammy and Josh from RSPCA ACT with Rufus – a teeny tiny puppy with a big personality (who has since happily been adopted by his furever family), and enjoying great hospitality, good times, a bellyful of laughs and delicious produce on the inaugural Cowra Wine & Forage Tour last weekend.

- Julie Samaras

# Canberra Weekly

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### on the cover

Canberra model Stefania Ferrario is on a mission to #droptheplus size. Photo by Eva Schroeder. See cover story, page 14.

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# Winter getaway: Ipswich, Queensland

flip the  
page for  
more

If it's time for a 'wintervention' to temperate SE Queensland, take time out to discover Ipswich – Queensland's oldest provincial city – only 30 minutes west of the Brisbane CBD. Julie Samaras did just that and was pleasantly surprised by what she found (and ticked off a few bucket list items, too).

Now a city of over 200,000, Ipswich is rich in heritage, surrounded by picturesque countryside and basks in winter maximums in the low to mid 20s. It's well worth a visit, especially to the Top of Town Heritage Precinct and the nearby countryside.

## WHAT TO DO

**Pterodactyl Helicopters:** For an exhilarating tour that gives you a bird's eye view of the Ipswich district and swift access to various locations, fly with the affable and knowledgeable Captain Mike Jarvis (aka 'the flying dinosaur') at speeds of up to 220 kmph. Choose from wine and food tours or a pub

crawl to historic hotels, arriving like a rock star in a chopper. Tours can be tailored to suit your interests, time and budget; [pterodactylhelicopters.com.au](http://pterodactylhelicopters.com.au)

**Watercress Creek Farm:** First stop on our helicopter tour was to this olive, lime and fig farm at Pine Mountain where Bernie offered generous samples of the delicious produce made on site, including mixed olives, bruschetta spread, caramelised figs and balsamic reductions. The annual olive festival in April is popular; [watercresscreekolivesandlimes.com.au](http://watercresscreekolivesandlimes.com.au)

**Ipswich Trike Tours:** Steve met us at a CBD helipad on his head-turning trike (fitted with Harley parts)

for a zippy trip around Ipswich taking in landmark historic buildings designed by prolific architect George Brockwell Gill (1857-1954). Over alfresco lunch at Nourish in the heritage precinct, Steve shared the city's interesting history. He also tailors tours to your requirements; [ipswichtriketours.com.au](http://ipswichtriketours.com.au)

**Ironbark Ridge Vineyard:** Back in the chopper for a quick flight to this picturesque winery at Purga. Take a seat at the original 1920s miners cottage and taste a selection of wines produced from the surrounding vines while enjoying stunning views across to the border ranges; [ironbarkridge.com.au](http://ironbarkridge.com.au)

(continued page 42)

A tour with Pterodactyl Helicopters is an exhilarating way to see what the Ipswich region has to offer.



# EXPO & prize & NIGHT

Please come along to our  
expo evening where you can hear  
and see why we love what we do!

Wednesday 2 August 7-9pm  
Hall Pavilion, Hall showground

- All members of the public most welcome to attend
- Demonstrations, veterinary advice, and many chances to win a load of prizes
- Register now to attend & receive more tickets to **win!**

No pets tonight please



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# CAPO

PATRONS FOR THE ARTS

## ART GRANTS OPEN 2017 7th July

APPLICATIONS CLOSE  
12PM FRIDAY  
1ST SEPTEMBER

CAPO grants to the arts cover all fields of creative endeavour for established and emerging artists. This includes singers, painters, sculptors illustrators, performers, dancers, jewellers, glass artists, photographers, publishers, poets, makers of films and video, digital artists, musicians and more. These grants are funded by CAPO through the auctioning of fine art gifted by artists and the financial support from business and the community.

APPLICATION  
FORMS & MORE INFORMATION AVAILABLE  
@ THE WEBSITE

[www.capo.org.au](http://www.capo.org.au)

Di Broomhall, Nomad's way 2014, oil on canvas 100x75cm CAPO 2016



### AFTER SCHOOL AUSKICK

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*time out*



Drift above the Ipswich countryside with Floating Images Hot Air Balloon Flights.

(from page 40)

### Burley Griffin Incinerator

**Theatre:** A must-see for Canberrans is the former refuse incinerator designed by Walter Burley Griffin in 1936, which has been repurposed into an intimate theatre. We were fortunate to catch a local production on Friday night; [ilt.org.au](http://ilt.org.au)

### Floating Images Hot Air

**Balloons:** At 5.55am Saturday, Graeme Day picked up nine passengers from the Metro Hotel and transported us to rural pastures near heritage-listed Woodlands at Marburg. We watched his striking blue and yellow balloon inflate before ascending over the picturesque Fassifern Valley. Graeme learnt his craft in the French Alps 26 years ago. It's a truly memorable experience to drift silently above scenic country and city landscapes, with views across to the Brisbane CBD and the Great Dividing Range in the distance. After landing in fields near Purga, it was back to the Metro for a nourishing breakfast; [floatingimages.com.au](http://floatingimages.com.au)

### Ipswich Antique Centre:

Located in an historic building, it boasts an impressive array of antiques – from furniture and tableware to jewellery

and clothing – dating from colonial times. *86 East Street; [ipswichantiquecentre.com.au](http://ipswichantiquecentre.com.au)*

### Workshops Railway Museum:

Train and history buffs of all ages will enjoy exploring the former railway workshops that employed around 3,000 people in their heyday. It's now a fascinating rail museum. The highlight for me was an encounter with a 'Wynnum' engine (built the year I was born in Brisbane) that I would have caught as a child; [theworkshops.qm.qld.gov.au](http://theworkshops.qm.qld.gov.au)

### WHERE TO EAT

**Pumpyard Bar & Brewery:** In the Top of Town Heritage Precinct, this funky boutique brewery is part of the restored Technical College dating from 1897. Try a selection of beers brewed on the premises and tasty pub fare, including moreish frickles. *88 Limestone Street.*

**Fourthchild:** Open from breakfast to dinner, this great café and restaurant owned by the lovely Williams family operates in an old bank building dating from 1879. Delicious food, Campos coffee and friendly service in a fabulous space. *126 Brisbane Street.*

**Rafter & Rose:** Friendly service and delicious food with an emphasis on local produce



Ipswich Trike Tours is a fun way to see the city's historic sites.





A stay at Spicers Hidden Vale is sure to refresh your spirits and nourish your soul.

in a very funky space with a hip Braddon vibe – and a native bee hotel in the alfresco area.

17 Ellenborough Street.

**Nourish:** A focus on organic, ethically sourced and sustainable produce, Nourish Real Food Café offers healthy alternatives as well as old-fashioned favourites. 160 Brisbane Street; [nourishrealfoodcafe.com](http://nourishrealfoodcafe.com)

**Colleges by the River:** With views across the Brisbane River and riverside parkland at Colleges Crossing, this is a stunning location for a coffee shop with delicious wholesome food to match. Best organic vanilla and turmeric latte ever. 408-492 Mt Crosby Road, Chuwar.

**Homage:** This first class restaurant at Spicers Hidden Vale has a paddock to place philosophy with an emphasis on top quality local produce, much of which is grown on the expansive estate or in the surrounding rich agricultural regions. Executive Chef Ash Martin's 10-hour baked apple dessert was tempting enough to be banished from the Garden of Eden for (except we were right there in paradise); [spicersretreats.com](http://spicersretreats.com)

#### WHERE TO STAY

##### Metro Hotel Ipswich

**International:** Conveniently located near the Top of Town Heritage Precinct and the meeting spot for our Floating Images Hot Air Balloon flight. 43 South Street; [metrohotels.com.au](http://metrohotels.com.au)

**Spicers Hidden Vale:** For a luxury overnight stay, take the Cobb & Co Tourist Drive out

of Ipswich towards historic Grandchester. The hospitality, location, rooms, food and amenities here are all first rate. As well as tennis courts, extensive walking and bike tracks, heated lap pool and spa, infinity pool, day spa and communal areas, guests are welcome to explore the impressive kitchen gardens and animal farmyard. You'll want to stay longer. 617 Grandchester Mount Mort Road, Grandchester; [spicersretreats.com](http://spicersretreats.com)

For more information, go to [discoveripswich.com.au](http://discoveripswich.com.au), email [info@discoveripswich.com.au](mailto:info@discoveripswich.com.au) or call (07) 3281 0555.

Canberra Weekly was a guest of Discover Ipswich, an Ipswich City Council initiative.



The Ipswich region offers a wealth of great places to eat, like Rafter & Rose in the Top of Town Heritage Precinct.

COWRA TOURISM INVITES YOU ON A

# WINE & FORAGE TOUR THIS SPRING

AUGUST & SEPTEMBER 2017 | 10AM - 2.30PM

HALF DAY GUIDED TOUR SHOWCASING COWRA WINE REGION

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Cowra Wine & Forage Tour

# 12 acts

# 2 stages

Presented by **Canberra Blues Society**

**Saturday 5 August 1:00 - 11.30pm**

**Pre-sales: \$30 / CBS \$20**

**Door: \$35 / CBS \$25**

**OWEN CAMPBELL BAND - SHANE PACEY TRIO**

**PJ O'BRIEN BAND - GENEVIEVE CHADWICK**

**KEVIN BENNETT & JEREMY EDWARDS DUO**

THE CROSSBONES – MARJI CURRAN BAND – MY DAD & I

DREW & DAVE DUO – QUEEN JUANITA & THE ZYDECO COWBOYS

THE MINGLEWOOD BLUES BAND – JARROD SHAW

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