

TAKE ME, I'M FREE

gn

GLADSTONE NEWS

ISSUE 160
August 1, 2019



QUEENSLAND
CATHOLIC
EDUCATION WEEK

*Many Voices.
One Spirit.*

28 JULY – 3 AUGUST 2019

GLADSTONE NEWS IS FREE THANKS TO OUR ADVERTISERS AND COMMUNITY PARTNERS


QGC
 Gladstone Ports Corporation
Growth. Prosperity. Community.


**Gladstone Area
Water Board**

ELEVATE
 MEDIA

in this issue

03 What's On

04 Catholic Education Week



08 A Roaring Success

09 West Teams Reach National
Aerobics Comp

10 Dental Health Week

12 Local Business Profile

14 Record Registrations for 10th
Botanic to Bridge

15 Last Litter Program

16 Love Your Sister

17 Fossil Puzzle Plant Discovery
in Gladstone Region

18 Local History with Betty Laver



Call us on 07 4972 7648 | sales@gladstonenews.com.au | news@gladstonenews.com.au

Gladstone Tondoon Botanic Gardens *August Event Guide*

TONDOON TINY TOTS

Bring your baby or toddlers for a free morning out. There'll be swings, slides and playhouses too! Enjoy a coffee while meeting other parents.

9am - noon, 7 August | Free | Bookings not required | Below Savour the Flavour café, Gladstone Tondoon Botanic Gardens



SUSTAINABLE GARDEN SERIES WORKSHOP

The Sustainable Gardens Series will bring out your green thumb and provide hands-on information on designing a sustainable garden, gardening and growing Port Curtis plants and general turf care.

6pm-7pm, 6, 13, 20 & 27 August | Free Bookings Required | Administration Building, Gladstone Tondoon Botanic Gardens



FUNDAMENTALS BONSAI CLASS

You will learn the theory behind bonsai in the morning and be given your very own tree to work on in the afternoon. Lunch is provided.

10am-3pm, 10 August | \$60 Bookings required | Administration Building Gladstone Tondoon Botanic Gardens



BONSAI EXHIBITION AND PLANT FAIR

There will be exhibits by Friends of Bonsai Volunteers and demonstrations by visiting artists. Native plants available for purchase.

10am-8pm, 31 August & 8am-noon, 1 September | Free | Bookings required Gladstone Tondoon Botanic Gardens



672 Glenlyon Road, Gladstone | 4971 4444 | tondoon@gladstone.qld.gov.au

A business unit of Gladstone Regional Council

what's on

FROM 1 AUGUST

THURSDAY (EACH WEEK)

THURSDAY ARVIE BARBIE – 3:30pm to 6:00pm. Come down to the PCYC for a free sausage sizzle and pizza with PlayStation games, pool tables, Big Screen TV, board games, arts and craft, ping pong table and music. All ages welcome.

3 AUGUST

BEACH ARTS MUSIC @ Tannum Sands Esplanade is a free family friendly community event featuring food and market stalls, live entertainment, arts and creation stalls and lots more. From 2pm to 7pm.

4 AUGUST

The **BENARABY STATE SCHOOL COUNTRY FAIR** is a fantastic family day out. Rides, market stalls and plenty of fun. Gates open at 9am.

9 AUGUST

FRIDAY NIGHT @ Crow Street Gladstone's own art precinct presents an experience like no other. Exhibitions, performances, free art workshops for kids and adults, live music from 6.00 pm, Gold coin entry.

10 AUGUST

SEAGULLS JR RUGBY LEAGUE CLUB is hosting a Golf Day on August 10th to support the U9's Seagulls team to compete at the 2019 Paul Bowman Cup. Two ball Ambrose competition begins at 10am @ BITS Golf Course. 10am tee off. For more info call 0457 645 770.

16 & 17 AUGUST

Benaraby Progress Assoc presents their **SPRING DANCE WEEKEND**. Friday night from 7pm till Midnight. \$15pp, supper provided. Saturday from 11.30am. \$10pp. Lunch @ 12 and dancing from 1pm to 3pm. RSVP by August 9 to 4975 0292. Funds raised will go to Capricorn Helicopter Rescue.

18 AUGUST

Register NOW for the 10th Gladstone Ports Corporation's **BOTANIC TO BRIDGE**. Join the annual funD run from Toondoon Botanic Gardens to the Gladstone Marina. Register at www.botanic2bridge.com.au

21 SEPTEMBER

The **UNDER THE TREES FESTIVAL** returns to Boyne Island! Under the Trees is a laid-back music and art festival located 'under the trees' between the soccer fields and oval at Jacaranda Drive, Boyne Island. Sign up for festival details and ticket information at underthetrees.com.au

27 SEPTEMBER

MCCOSKERS CALLIOPE RODEO & SPECIALTY EVENTS – Save the date for a great night out at the Calliope Rodeo. More details to come...

21
AUGUST

GLADSTONE ENTERTAINMENT CONVENTION CENTRE
2019
CHILDREN'S THEATRE

SLINGSBY THEATRE'S THE YOUNG KING

This is Game of Thrones, The Never Ending Story and Pans Labyrinth rolled into one for families. The audience is fully immersed in the intimate production.

Journey in wonder, to a land of challenging choices and rich rewards.

A naïve boy raised by goatherds is discovered to be heir to the kingdom. Treasures and privileges are laid at his feet, but at what cost to others?

The achingly beautiful and tender language of Oscar Wilde joins the intimate and magical world of internationally acclaimed Adelaide theatre company, Slingsby.

A highly interactive and unique theatre experience. You're not just the audience, you are a member of cast.



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CELEBRATING
CATHOLIC
EDUCATION
IN QUEENSLAND

QUEENSLAND CATHOLIC EDUCATION WEEK

28 JULY – 3 AUGUST 2019

*Many Voices.
One Spirit.*

catholiceducationweek.com.au

#cewqld2019



Catholic Education
Diocese of Rockhampton

leading

CATHOLIC EDUCATION

CATHOLIC SCHOOLS IN THE DIOCESE OF ROCKHAMPTON HAVE BEEN INVITED TO HONOUR THE ELDERLY IN THEIR COMMUNITIES AS PART OF THIS YEAR'S CELEBRATION OF CATHOLIC EDUCATION WEEK WHICH RUNS FROM JULY 28 TO AUGUST 3.

"We need to hear their stories and know their past. They are our living treasures and valued and cherished members of our community," Rockhampton Catholic Education Director, Leesa Jeffcoat said.

Miss Jeffcoat said each year during Catholic Education Week schools aim to participate in a simultaneous act of kindness or outreach and this year schools will be part of a special effort to foster greater compassion and respect for the elderly in their communities.

"Our school communities participate in regular outreach to the elderly through visits to aged care homes, special invitations to school events for grandparents, great-grandparents and senior parishioners and during Catholic Education Week this year schools

will seek to deepen this experience to exemplify the high regard and honour owed our older citizens," Miss Jeffcoat said.

"As Catholic schools we share in the mission of the Catholic Church. Part of that mission is protecting the dignity of life in all forms and a greater respect and care for those in need, including the frail and elderly," Miss Jeffcoat said.

"The debate around end of life care and the periodic spotlight on euthanasia requires that we as Church continue to provide a perspective that upholds the value of life at all stages, and that the value of life does not diminish with age or physical or mental capability," Miss Jeffcoat said.

Miss Jeffcoat referenced comments from Pope Francis' about the Church's regard for the elderly where he states, "The Church regards the elderly with affection, gratitude, and high esteem. They are an essential part of the Christian community and of society: in particular they represent the roots and the memory of a people. You are an important presence, because your experience is a

precious treasure, which is essential if we would look to the future with hope and responsibility.'

"By engaging in dialogue, building relationships and deepening connections with our elderly we hope to honour their story and appropriately recognise their standing in our schools, parishes and wider community and heed with gratitude their wisdom and experience as we follow in footsteps already forged," Miss Jeffcoat said.

Catholic Education Week is celebrated by 20 000 staff and 149 000 students in Queensland's 306 Catholic schools and colleges to celebrate and promote their distinctive mission and ethos through a range of activities, liturgies, awards and celebrations.

This year's state launch will be held at St Joseph's Cathedral, Rockhampton, hosted by Catholic Education, Diocese of Rockhampton on Wednesday 31 July which will feature Mass and presentation of the 2019 Spirit of Catholic Education Awards.

award winning

CHANEL COLLEGE SSO RECEIVES SPIRIT OF CATHOLIC EDUCATION AWARD.

Kath Hore is a dedicated School Support Officer from Chanel College Gladstone who has spent more than twenty years sharing her passion and talents with students and staff. Mrs Hore is one of nine Queensland Recipients of this year's Spirit of Catholic Education Awards. The awards will be presented during the state launch of Catholic Education Week at St Joseph's Catholic Cathedral in Rockhampton on July 31.

Mrs Hore said she was honoured to receive acknowledgement for a role that she finds very rewarding. "My job gives me so much satisfaction, being able to help and support young people as they learn and grow," Mrs Hore said. "Young people have such open minds and often view the world from a different perspective to adults. My life has certainly been enriched, by both students and staff, while working at Chanel College."

Chanel College Principal Dr Susan Bunkum praised Mrs Hore for her long-serving dedication and generous spirit. "Kath gives of her talents and time selflessly and generously for others. She goes about her work quietly, respectfully and humbly and is the embodiment of Christian service. She is a living example to all members of the Chanel College community," Dr Bunkum said. "Our effectiveness as a Catholic College, our Catholic Ethos, our Mission activities are undoubtedly enhanced by this outstanding Christian woman who is a blessing to our community," Dr Bunkum added.

In 1996 Mrs Hore joined the Chanel community as a parent volunteer and member of the Parents & Friends. Following her acceptance of a position as School Assistant in 1998 Mrs Hore has been a member of staff ever since. In 2009 she commenced her current role as School Support Officer for Religious Education and Mission.

A multitude of social justice and

2019 SPIRIT OF CATHOLIC EDUCATION AWARDS



RECIPIENT

Kathleen Hore
Chanel College, Gladstone

catholiceducationweek.com.au
#cewqld2019 #soceawards

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spirituality programs and activities for both staff and students are co-ordinated and championed by Mrs Hore. Over the Christmas holiday break, she lovingly produces a stunning wall hanging which illustrates the college's theme for the coming year which is displayed in the school's main office.

As well as the presentation of the 2019 Spirit of Catholic Education Awards, the Catholic Education Week launch celebrations will also include Mass celebrated by Most Rev Mark Coleridge, Archbishop of Brisbane, and Most Rev Michael McCarthy, Bishop of Rockhampton.



Catholic Education
Diocese of Rockhampton

Many Voices.
One Spirit.

QUEENSLAND
**CATHOLIC
EDUCATION WEEK**
28 JULY - 3 AUGUST 2019

Enrolment enquiries welcome

Primary | Secondary

From Bundaberg to Mackay and west to Longreach

**Star of the Sea
Catholic Primary School**

Gladstone
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www.staroftheseagladstone.qld.edu.au

**St Francis
Catholic Primary School**

Tannum Sands
T: 07 4973 3600
www.stfrancis.qld.edu.au

**St John the Baptist
Catholic Primary School**

Gladstone
T: 07 4978 1799
www.sjgrok.catholic.edu.au

**Chanel College
Gladstone**

T: 07 4973 4700
www.chanelcollege.qld.edu.au

Catholic Education 1800 228 433 | www.rok.catholic.edu.au | Twitter @RockyCathEd



Existing not to be different, *but to make a difference*

RESPECT

Every person matters

CHANEL COLLEGE IS A CATHOLIC CO-EDUCATIONAL SECONDARY SCHOOL, CATERING FOR STUDENTS IN YEARS 7-12. CHANEL VALUES LEARNING, VALUES PEOPLE, AND VALUES DIVERSITY. AT CHANEL COLLEGE WE ARE COMMITTED TO PROMOTING THE DEVELOPMENT OF THE WHOLE PERSON AND TO EMPOWERING STUDENTS TO ENJOY LEARNING AND TO STRIVE TO ACHIEVE THEIR PERSONAL BEST.

Dr Susan Bunkum, College Principal, explains that in working together we are able to provide an educational environment in which students are both challenged and inspired to do their very best in all of their endeavours. Overall, our aim is to bring a sense of security and belonging, whilst creating a flexible learning environment that meets the needs of students of different abilities, needs, backgrounds and cultures.



With a committed, competent and an expert staff, excellent facilities, beautiful open spaces and expansive grounds, students at Chanel College have access to broad curriculum offerings and an array of learning opportunities. These include formal programs of study, co-curricular programs in the Arts, Music, cultural pursuits and sport, as well as opportunities to grow in the knowledge and understanding of what it means to be people of faith who are called to live out their College motto, "To Live Justly."



This year's theme for Catholic Education Week is "Many Voices. One Spirit." The "Many Voices" reminds us of all people who are connected to our school communities - students, teachers, families, parishes, social services and governments; while the "One Spirit" reminds us of our Catholic faith, our Catholic faith communities, our founding religious orders and our families. During this special week of the year, we take time to celebrate the work that is done in Catholic schools across our state and we reflect on our mission to nurture faith and to work to make a difference in our world.



CHANEL COLLEGE
Justice Respect Compassion

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St. John the Baptist

CATHOLIC PRIMARY SCHOOL

St John the Baptist Catholic Primary is a welcoming, forward-thinking and compassionate school. St John's has developed a strong academic tradition built on solid academic foundations while lighting the fires for future growth. We value each student, and their journey is based on Christian values; one full of energy and diversity; one that unearths interests and talents; and one we believe leaves students in great shape for the next leg in a challenging, exciting world.



"True before God, true before all."



St John's has developed a strong academic tradition and we believe in establishing solid academic foundations while lighting the fires for future growth. We provide comprehensive programs which deliver the Australian Curriculum through engaging and motivating experiences; with an aim to develop students who are successful learners, confident and creative individuals, and who are active and informed citizens.



We are fortunate with our extensive grounds, quality facilities and staff of real commitment who, in building relationships of trust and conviction, create the space for students to question, initiate and lead.

At St John the Baptist Catholic Primary School we value a full school life that sets the same expectations when pursuing academic goals, pulling on a football jumper, playing the flute, performing at assembly, preparing lines for a play or heading off to camp.



ST JOHN THE BAPTIST CATHOLIC PRIMARY SCHOOL

15 J HICKEY AVENUE, CLINTON, GLADSTONE 4680
PHONE: 07 4978 1799
EMAIL: SJGOFFICE@ROK.CATHOLIC.EDU.AU
WEBSITE: WWW.SJGROK.CATHOLIC.EDU.AU

ST FRANCIS CATHOLIC PRIMARY SCHOOL

Journey as Family in Peace through Love

Inspired by our Franciscan values of peace, love and acceptance, with Christ at our Centre, we encourage resilience, participation, diversity, a sense of belonging and a love of life-long learning.

St Francis Catholic Primary School opened in January 2005. A strong emphasis is placed on developing an ethos of compassion and care and an opportunity for educational excellence in a Christian environment. A Franciscan Spirituality is adopted with a culture also embracing the Indigenous heritage of this region.

OUR EDUCATIONAL ETHOS:

- Living Christ centred values
- Teaching the Australian Curriculum through contemporary teaching and learning opportunities
- Encouraging each child to reach their full potential
- Achieving ongoing outstanding results in National Testing
- Providing stimulating extra-curriculum opportunities in Sports, Technologies, 21st Century Learning, Languages other than English (Japanese) and the Arts

'Catholic Education promotes the Catholic values and morals to those within our school and wider community, as well as maintaining a focus on the academic, physical, emotional and social development of children. St Francis offers educational excellence where the needs of each child are catered for.'

- Mrs Kathleen Watt (Principal)



'St Francis provides a comprehensive education for my children, blending Australian curriculum subjects with Catholic morals and values in an inclusive environment. All of our children explore opportunities in science, technology, music/arts, environmental, and sporting fields. My children enjoy going to school every day, and the community feel at St Francis is warm and inviting.'

- Mr Mark Holmes (School Board Chairperson)

FRANCIS WAY | PO BOX 3506, TANNUM SANDS 4680 QLD | (07) 4973 3600
 INFO@SFTSROK.CATHOLIC.EDU.AU | WWW.STFRANCIS.QLD.EDU.AU



Catholic Education Week is the perfect opportunity to celebrate all that is great about Star of the Sea Catholic Primary School. Established in 1902, the school is proud of its long and vibrant history. It has a rich academic, sporting, cultural and spiritual focus, offering a wide

variety of quality teaching and learning programs in a caring, inclusive and inquiry-based environment.

Our school motto **"LET YOUR LIGHT SHINE"** permeates every aspect of our daily school life, encouraging us to gratefully acknowledge the gifts God has given us to help us reach our full potential.

This year's Catholic Education Week theme is Many Voices / One Spirit which reminds us of the diversity of people who are a part of Catholic Education who are all led by the same Spirit and Mission. This Catholic Education Week we seek to honour and 'tell the story' of the great gift that the elderly in our community are to us. Our Catholic Education Week celebrations begin with our Grandparents Day Assembly, Morning Tea and Grandparents Mass and our Family Fun Day.

Throughout the week our students will engage in a variety of classroom activities and we will finish with a whole school Catholic Education Week Liturgy.



STAR OF THE SEA CATHOLIC PRIMARY SCHOOL GLADSTONE

All who seek our values are welcome at Star of the Sea where open and honest communication is evident at all levels.

Enrolment enquiries for 2019 / 2020 are welcome for all year levels by contacting our School Office on 0749721305 or emailing sosg@rok.catholic.edu.au

181 Goondoon Street, Gladstone-City QLD 4680



national tree day grows

Bill Robertson Toyota along with their event partners, Gladstone Regional Council and Gladstone's Conservation Volunteers have hosted another successful National Tree Day event! Last Friday Toyota Australia's National Tree Day Ambassador, Libby Trickett visited Gladstone to celebrate Schools National Tree Day. Libby joined students at Rosella Park School to plant an edible garden and helped to plant a native garden at Clinton State School.

The community event held on Sunday celebrated with around 100 attendees who helped to plant trees at Joe Joseph Park off Blain Drive at Callemondah. Native vegetation experts also attended the community day along with the team from Gladstone & District Wildlife Carers Association Inc. who took along some very special visitors to say hello.



A ROARING SUCCESS

GLADSTONE'S SOCCER FANS ENJOYED A PICTURE-PERFECT DAY OUT RECENTLY WHEN QUEENSLAND'S A-LEAGUE TEAM BRISBANE ROAR TOOK ON GLADSTONE SELECT AT MARLEY BROWN OVAL. THE VISITING TEAM GAVE GLADSTONE SELECT A GREAT EXPERIENCE OF PLAYING AGAINST A PROFESSIONAL CLUB, HOWEVER, PROVED TOO GOOD FOR THE LOCALS WINNING WITH A SCORE OF 11-0.

The Gladstone Select team comprised of players selected from local clubs took on the Roar in front of an estimated crowd of 2500 people.

Brisbane Roar had spent a week conducting their pre-season training camp in Gladstone ahead of Saturday's exhibition match. Their busy schedule combined training with public appearances, a sportsman's dinner and unique training opportunities for Gladstone's up and coming soccer stars.



pcyc.org.au



Sign up and receive:

- gym equipment induction
- 6 week starter program

* conditions apply

MAKE A FRESH START WITH US



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53 Yarroon Street
074972 3122



west teams

REACH NATIONAL AEROBICS COMP

Gladstone West State School students have another reason to boast that West is Best! Since the introduction of the Sports Aerobics program at the school this year, students have been enjoying taking up their new challenge.

West School PE teacher and Aerobics team coach, Margaret-Mary Opstelten, affectionately known as Mrs O, said that Sports Aerobics offers a high-intensity dance and stunt performance in a team environment. "Sport Aerobics doesn't require any equipment – so it was very attractive to start up," Mrs O said. "We also got great support from FISAF (governing body on Australia – Federation of International Sport Aerobics and Fitness) with National development officers visiting the Gladstone region to promote the benefits of the sport."

Three teams from the school competed at the Queensland Championships in June, the very first competition for the students. Mrs O said as it was their first comp the teams did not expect to place, just compete and learn heaps. However, at the event, all the hard work and training paid off with all three teams qualifying to compete at the upcoming National Championships in August.

"Our three teams competing were Year 1 team West Wonders, Year 3/4 team Wild Westies and year 5/6 team West Warriors. All teams competed in the pre-choreographed category for their level," Mrs O explained. The Year 1 team achieved first place in their competition and the Year 3/4 team achieved 2nd place. The Year 5/6 West Warriors team achieved 4th and were fortunately granted automatic wildcard qualification to Nationals

Mrs O explained that the Nationals would be held from the 8th to 11th of August with all Gladstone West teams competing on 10 August. "Everyone is a bit overwhelmed that this has all happened so quickly – we never expected to do so well at a State level," Mrs O said.

"The three Gladstone West teams worked really hard to get where that have – before school training and sometimes missing their playtime to train. This is a credit to the children and their parents – without their work ethic these results would not have been possible," Mrs O added. "Along with the prestige of being selected to compete at the National level comes a financial burden, which has been lightened by generous sponsors. A huge thank you to Bill Robertson Toyota, Willy Ed's Music Accessories, GPS Realty Group and The Gladstone Regional Council for their financial support to enable these teams to represent the region and state."

The Gladstone News team wish the students the best of luck when they compete in the National Championships.



under the trees

MUSIC & ARTS FESTIVAL

21 SEPTEMBER 2019

BOYNE ISLAND

JACARANDA DRIVE • 11AM-10PM

Z-STAR TRINITY • FAT PICNIC • CHEAP FAKES
CLAUDE HAY • URBAN CHIEFS • THE FERGIES
SILKY FUZZ • THE LYRICAL • MERAKI CIRCUS + MORE!

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+ BOOKING FEE

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& EVENTS
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GLADSTONE
REGIONAL COUNCIL

DENTAL Health Week

5-11 AUGUST

Celebrate Dental Health Week with Gladstone News! Keep your teeth in optimum health with these top tips from the Australian Dental Association.



Brush twice a day.

This is the best protection against tooth decay and gum disease!



Clean between your teeth.

Brushing does not remove the plaque between your teeth – use floss or interdental brushes.



Visit your dentist!

Regular check ups do more than just check for tooth decay, they also check for oral cancer and gum disease.



Drink water.

Drink water after meals to help flush out left over food particles from your mouth.



Protect your pearly whites.

Play contact sports? Ask your dentist about custom-made mouthguards. They protect your teeth better than store bought varieties.



Spit, don't rinse.

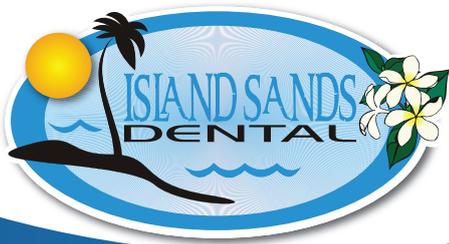
Spit out excess toothpaste after brushing, but don't rinse out your mouth. This washes away the fluoride that helps protect your teeth.



Limit your snacks.

Each time you eat foods containing sugar you feed the bacteria in your mouth that cause tooth decay.

FOR FURTHER INFORMATION ON YOUR DENTAL HEALTH VISIT ADA.ORG.AU



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Saturday: 8:15am - 1:30pm

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Tooth decay is Australia's most prevalent disease – and the culprit could be your choice of drink. It's the sugar and acid in beverages like soft drinks, energy drinks and fruit juices that's so harmful.

Instead, Island Sands Dental recommends that you quench your thirst with water. It's free from acid and sugar, and contains no kilojoules.

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TANNUM Dental

YOUR FAMILY DENTIST

DO YOU SNORE, OR SUSPECT YOU MIGHT EVEN SUFFER FROM SLEEP APNOEA?

Dentists are playing an increasing role in identifying patients with sleep disorders. Sleep disorders can range from mild snoring to life threatening obstructive sleep apnoea. Our dentist can identify patients suffering from sleep disorders and refer them to a sleep physician who can make the correct diagnosis.

For the more severe cases of sleep apnoea, CPAP is the usual treatment of choice. For patients with mild sleep apnoea and for people who snore with no other signs of apnoea, dentist can provide great relief from snoring by making a Mandibular advancements sleep appliance (MAS), which is worn in the mouth at night.

The diagnosis of sleep disorders requires a multi-disciplinary approach, with the Dentist being a critical member of the team.

DOES YOUR CHILD SNORE?
Children should not snore, unless they have a cold. Snoring may indicate an underlying breathing problem and should not be ignored. Our Dentists assess children's sleeping habits and will refer to a local ENT (Ear, Nose and Throat Specialist) if needed.

HERE AT TANNUM DENTAL WE TAKE CARE OF YOU IN A LOVING MANNER, CREATING A RELATIONSHIP OF TRUST TO HELP YOU ACHIEVE OPTIMAL DENTAL HEALTH AND A BEAUTIFUL SMILE.

The Team at Tannum Dental is all about providing you with an enjoyable and comfortable experience from the moment you step inside.

We currently have a wonderful team of two very gentle Senior Dentists. Dr. Stella Mueller & Dr. Carmel McErlain both with near 20 years experience.

Dr. Stella's main interest is in Orthodontics for children and adults, Smile Make Overs, Implants, Crowns & Bridges.

Dr. Carmel's main interest is in Sleep Dentistry, Oral Surgery, Children's Dentistry and General Dentistry.



PAYMENT PLANS AVAILABLE!

PAYMENT PLANS ARE AVAILABLE FOR ORTHODONTICS (BRACES, CLEAR ALIGNERS AND PLATES)

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CHILD DENTAL BENEFITS SCHEDULE BULK BILLING

We have three very caring experienced Dental Assistants, Sabrina, Sacha & Sarah, and our awesome Receptionist Chelsea.



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local business profile

MEGHAN DOYLE
WILDFLOWER AVENUE



What is your business?

Wildflower Avenue.

How long have you been in business for?

Since February 2018.

What products and or services does your business supply?

Wildflower Avenue is a unique service providing luxurious picnics, styled grazing and event styling within the Gladstone Region. Occasions big and small deserve festive and detailed attention and we offer the ideal backdrop for any celebration.

What would you say to someone considering launching their own business?

Thoroughly research the current marketplace for services already available. Consider how you will differ from those existing or what will you provide that is different. Know your target market and aim to provide services that meet their need. Follow your passion but be prepared to be

flexible as your business grows and evolves.

What is the highlight of your time as a business owner?

The highlight of my business is learning about each client's upcoming event and collaboratively creating an atmosphere that is memorable and brings their vision to life. Creating these lifelong memories and being a part of each client's occasion is truly a unique experience.

Tell us one thing people don't know about you or your business?

I am dog lover! I have one black Labrador Monty and a Labrador x Husky Maverick. How awesome would a dog picnic be?

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EQIP Senior School program applications Open Now!



AUTHENTIC WORKPLACE LEARNING

APPLICATIONS CLOSE ON FRIDAY 20TH SEPTEMBER



PROGRAMS AVAILABLE

EQIP Technical College Gladstone Region

- EQIP Engineering Skills
- EQIP Doorways to Civil Construction
- EQIP Health Support Services
- EQIP Business, Industry, Tourism Skills Centre
- EQIP Process Plant Operations
- PREQIP

IMPORTANT INFORMATION

- Available to year 10, 11 and 12 students from local State high schools
- Complete certificate qualifications in your chosen career pathway
- Gain work-ready skills and experience in authentic workplace environments
- Develop behavioural skills that are transferable across all jobs and industries
- Be part of an award-winning program that is supported by the Gladstone community
- Nationally recognised training that contributes toward Queensland Certificate of Education
- Delivered in partnership with local State high schools, industry and business

SCHOOLS



SPONSORS



**EQIP GLADSTONE INCORPORATED | 07 4976 6129
ADMIN@EQIPGLADSTONE.COM.AU | WWW.EQIPGLADSTONE.COM.AU**



RECORD REGISTRATIONS

For 10th Botanic to Bridge

THE PEOPLE OF GLADSTONE HAVE SPRINTED TO REGISTER FOR THE 10TH ANNIVERSARY BOTANIC TO BRIDGE (B2B) EVENT, WITH OVER 1000 KEEN PARTICIPANTS READY TO POUND THE PAVEMENT ON SUNDAY 18 AUGUST. WITH 10% MORE REGISTRATIONS THAN THIS TIME LAST YEAR, GLADSTONE PORTS CORPORATION (GPC) ARE PREPARING FOR THEIR BIGGEST EVENT YET.

GPC Acting CEO Craig Walker said with only four weeks left to register the B2B team are anticipating seeing a record number of feet at the start lines. "We have been blown away by the community's interest in the event to date, and it's great to see everyone registering early and supporting our community beneficiary, Give Me 5 for Kids and local schools," Mr Walker said. "The event is one for all ages and abilities, is family-friendly – anyone can take part, run, walk or shuffle!"

Local schools are being encouraged to rally their students to register for the event, with every step directing funds back to their school. Coined the easiest fundraiser of the year, there's not a pie drive or chocolate box in sight, every primary and high school student registration fee goes straight back to the nominated school.

Injecting \$214,264 back into the region's schools over the past nine years has allowed schools to greatly benefit with new resources and opportunities for

students.

Gladstone Ports Corporation's (GPC) People, Community & Sustainability General Manager, Rowen Winsor said that schools had purchased everything from books to sports equipment in the past nine years.

"The money raised has supplied new sporting equipment, supported health & fitness programs, class resources, shade covers and books - you name it, B2B has funded it," Ms Winsor said. "The event provides a fun, family-friendly way to raise funds for our community, and I can't wait to see how much the event invests back into the local schools this year."

Gladstone Region Mayor Matt Burnett said the Gladstone Regional Council and Gladstone Entertainment Convention Centre are proud to be a gold sponsor for the event. "We love to be a part of this event, and it's fantastic that together with local industries and businesses we can give so much back to our community," Cr Burnett said.

B2B participants can select their local school or community beneficiary, Give Me 5 for Kids during the registration process.

LESS THAN 4 WEEKS UNTIL GLADSTONE'S FAVOURITE FUND RUN!

Register today!

Sunday, 18 August 2019 | botanictobridge.com.au



Sponsored by





Last Litter PROGRAM

GLADSTONE ANIMAL RESCUE GROUP HAS RECENTLY LAUNCHED ITS LAST LITTER PROGRAM. THE LAST LITTER PROGRAM IS PART OF THE GROUP'S COMMITMENT TO PREVENTING UNWANTED LITTERS.

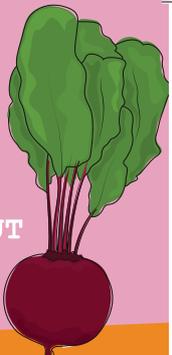
So how will the Last Litter Program work? Firstly, you will need to fill out a form to surrender your entire litter to the Gladstone Animal Rescue Group. When your puppies are around six weeks old, the group will take all the puppies into their care. The puppies will be de-sexed, microchipped, vaccinated, flea and worm treated and checked by a qualified vet before they find their forever homes. Last Litter program co-ordinators will also schedule an appointment time suitable to you, for you to take your dog to the vet for de-sexing at no cost to you.

Pet owners who currently have a pregnant dog or have puppies they want to find good homes for are encouraged to call Gladstone Animal Rescue Group on 0497 292 318.



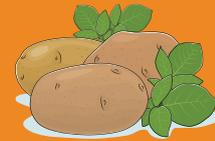
Healthy Lunch Box Snacks

WITH KATRINA FROM THE HEALTH NUT



Vegetable Crisps

When my children started school as a mum one of my biggest nightmares was packing the school lunchbox. I wanted to be sure that my children ate healthy foods at school as they would at home. I remember my son telling me one day how the home cooked popcorn I made was a great trading tool for Smith Crisps. So, here is a recipe that may stop that problem of the lunch box swap.



BETROOT CHIPS

- 2 Beetroot
- 2 Tbsp Coconut Oil Melted
- Sea salt

Preheat oven to 140 degrees Celsius or 120 degrees Celsius for fan forced oven.

Line 3 or 4 baking trays with baking paper.

To make the beetroot chips be sure to wear gloves to avoid staining your hands. Cut into 2mm thick slices. Place the beetroot slices in trays as a single layer and bake for 30 minutes.

Rotate the trays and bake for a further 20 minutes until the beetroot is crisp at the edges. Store in an airtight container for up to 2 weeks.

POTATO & PARSNIP CHIPS

- 500ml (2 cups coconut oil or good quality animal fat)
- 1 sweet potato - thinly sliced (about 240g)
- 1 large parsnip - thinly sliced (about 280g)
- Sea salt

Melt the oil or fat in a large saucepan over a medium - high heat until the temperature reaches about 160 degree Celsius, to test drop a sweet potato or parsnip slice into the hot oil, if it starts bubbling straight away it is ready.

Fry the sliced sweet potato and parsnip separately in batches for about 2 - 3 1/2 minutes until just starting to colour. Remove from the oil and drain on paper towel, season with salt. Store in an airtight container for up to 3 days.

kale chips

- 1 bunch Kale
- 1 tablespoon coconut oil (melted)
- 1/2 teaspoon favourite spice
- Sea salt

Pre heat oven to 120 degree Celsius or 100 degree Celsius for fan forced oven. Line with baking paper. Wash the kale thoroughly in cold water and pat dry. Remove and discard the tough central stems, then cut the leaves into smaller pieces.

In a large bowl, toss the kale with some coconut oil, spice (if using) and a little salt. Spread the kale on the baking tray in a single layer; do not overcrowd. Use more than one baking tray if required. Roast the kale for 35-40 minutes until crispy. Serve immediately or store in an airtight container for up to two weeks.



THE HEALTH NUT

Shop 2/117 Toolooa Street | 07 4972 3784





LOVE YOUR SISTER

SAMUEL JOHNSON IS WAGING A FORMIDABLE FIGHT AGAINST CANCER, WITH ADMIRABLE DEDICATION.

"We need personalised treatment for all cancer patients, no matter the Cancer or where they live. It's that simple," Samuel Johnson.

Gladstone News chatted with Sam recently when he brought the Love Your Sister national tour to town. While visiting Sam had a tight schedule which included school visits, meetings with health care providers and event appearances. With his Dancing with the Stars Mirror ball trophy, Gold Logie and tap shoes in tow, Sam was rattling the tin and taking the opportunity to 'cut sick on every available dancefloor!' - all for a good cause.

Love Your Sister was created seven years ago, by Sam and his beloved sister Connie's following her terminal breast cancer diagnosis. Connie initially dared Sam to raise \$1M by riding a unicycle around Australia. Upon his return, Connie reminded him that the fight wasn't over. From there, Sam upped the ante and set a new mission; to raise \$10M for research and tell every mum in the land to be breast aware! Sam explained that Connie had passed away around 18 months ago, and Sam is finishing their pledge in her name.

When Gladstone News spoke to Sam, the fundraising tally had reached \$9.6M just \$400K of his \$10M target. Sam began his latest tour in Queensland, with the big lap around the nation is a chance for Sam to say thanks! "I have been chasing this dream for seven years now, and the fact that it is so close is just beyond exciting," he said.

With the end in sight, Sam has shifted the goalposts yet again! The new goal; to raise more money for further research and the development of targeted treatments for cancers based on tumour

biology. "Every community in Australia has had its heartbroken by cancer," he said.

"So many people in every town are similarly affected. We are driven by a desire to kick Cancer in the pie hole once and for all. It is a strong connection we share because we want to stop the pain! I often say Cancer is the true terrorist, and I will die shouting about it."

The funds raised by Love Your Sister are going toward a uniform push for personalised medicine for all. "Our focus is heavily on personalised medicine," Sam explained. "We need to use the genome to individually treat each patient, and we need to stop with our hit and hope approach! It's costing lives and wasting millions in false lines of treatment."

Sam said the case for this treatment type is overwhelming. "It must happen soon. I see that as my role to accelerate the progress toward personalised medicine. At the last sitting week in parliament next year, I will present my case."

GPC is the gateway for Australian trade, jobs and prosperity.

Delivering record tonnage results in 2018/19, we remain committed to creating and facilitating prosperity for Queensland.



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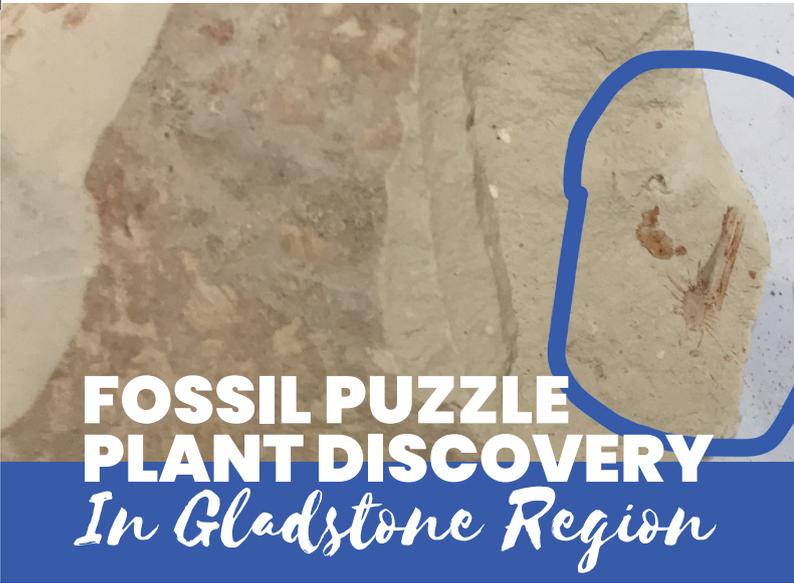


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FOSSIL PUZZLE PLANT DISCOVERY In Gladstone Region

SCIENTISTS FROM QUEENSLAND MUSEUM AND CENTRAL QUEENSLAND UNIVERSITY HAVE MADE AN EXCITING DISCOVERY OF A FOSSIL PLANT ON A SITE NEAR GLADSTONE.

The discovery of the horsetail or puzzle grass specimen is evidence that the plant has survived for at least another 50 million years after it was thought to be extinct in Australia. The tiny specimen was discovered by CQ University Associate Professor Anita Milroy. The fossil is the youngest evidence of the plant group from Australia, and its discovery will help understand the history and distribution of the plant.

The plant first appeared over 300 million years ago. It was commonly found in the Permian-aged coal mines of Central Queensland that are 240- 250 million years old. Before this discovery, the most recent records of these plants are about 90 million years old and come from the Winton area in western Queensland.

Horsetails are a distinctive group of plants that are related to ferns and have hollow stems and small leaves arranged in regular whorls on their stem. The modern horsetail plants are now widely distributed in the northern hemisphere, are recognised as being invasive weeds, and are banned in every state of Australia.

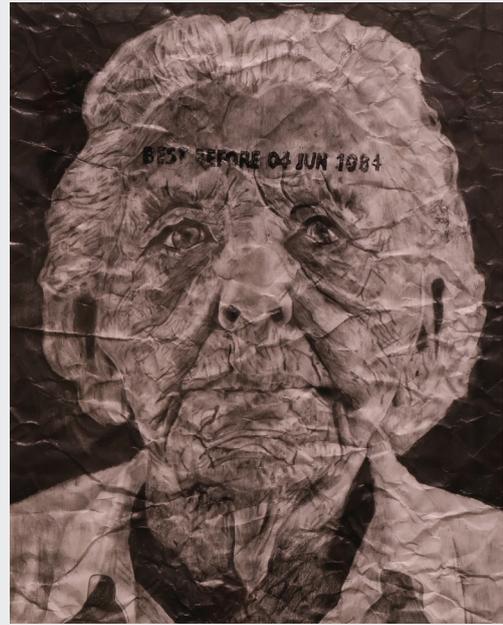
Queensland Museum Acting Head of Biodiversity and Geosciences Dr Andrew Rozefelds said the discovery indicates the plants were still growing here 40 million years ago. "The challenge is to assemble and characterise the traits of these living and fossil plants to better understand the origins and history of this remarkable group," Dr Rozefelds said. Although the horsetails discovery was unexpected, in the future, more intensive field studies and research will provide additional insights into the history of modern Australian flora.

Queensland Museum Network CEO, Dr Jim Thompson said the discovery would provide an opportunity to piece together Queensland's role in the evolution of fossil plants. "It's exciting to be a part of this fascinating and unique story, and we look forward to sharing more research findings in the future."

Future Makers provided support to undertake this initial fieldwork, a partnership between Queensland Museum and Shell's QGC business as part of the World Science Festival Brisbane 2018 with further fieldwork planned with additional support from QGC.

Calling for Entries

for The 26th Golding Showcase
Port Curtis Callide Valley Youth Art Exhibition



Lydia Hewitt (Year 12 Trinity College Gladstone), *Expired*, graphite and ink on paper, 412 x 297 mm. Photo: E. Korotkaia

The Gladstone Regional Art Gallery & Museum is calling for local artists aged 15 - 18 years old to enter their works into *The 26th Golding Showcase Port Curtis Callide Valley Youth Art Exhibition*.

This is a unique opportunity for local youth to be exhibited in a professional gallery space, alongside other emerging artists. Not only is their talent seen by the local community and their peers, but state, national and international visitors as well.

Works in all media and techniques are encouraged, including computer manipulated or digital art. Submissions must be the original work of the participant and created within 12 months prior to submission. Up to two submissions by each artist will be accepted.

As in previous years, visitors to the exhibition will have the opportunity to vote for their favourite work. The votes will be counted at the exhibition's conclusion, to determine the 2019 *People's Choice* winner. The winning work will then be featured in all publicity materials for the 2020 *Golding Showcase*.

Visit the Gladstone Regional Art Gallery & Museum's website at <http://gragm.qld.gov.au> to get a copy of the entry form including the terms & conditions.

Put your finishing touches and deliver your works between 10am and 4.45pm, Thursday, 8, Friday, 9 and Saturday, 10 August 2019, to the Gallery & Museum, corner Goondoon & Bramston Streets, Gladstone.

Don't forget to mark your calendar and bring your family and friends to the official launch of the 2019 *Golding Showcase*, 6pm, Friday, 23 August 2019.

The Golding Showcase: Port Curtis Callide Valley Youth Art Exhibition is an annual display and an initiative of the Gladstone Regional Art Gallery & Museum Society, supported by the late society patron, Mr Cyril Golding (1920 - 2012).

Each year a local secondary school is invited to assist with the installation of the exhibition and opening event. The Art Gallery & Museum is pleased to announce Chanel College is the partnering school this year.

For further information phone 4976 6766 or email gragm@gladstone.qld.gov.au.

The Art Gallery & Museum will be closed on Monday, 12 August 2019, for the Gladstone Show Public Holiday.



GLADSTONE
REGIONAL COUNCIL



GLADSTONE REGIONAL
art gallery
museum

cnr Goondoon & Bramston Sts, Gladstone

4976 6766 | gragm@gladstone.qld.gov.au | gragm.qld.gov.au

A community cultural initiative of the Gladstone Regional Council



DO YOU HAVE AN IDEA OR INITIATIVE THAT WILL

IMPROVE OUR LOCAL ENVIRONMENT?

You could be eligible for up to \$1,500 through GAWB's Environmental Micro Grants program to get your project off the ground!

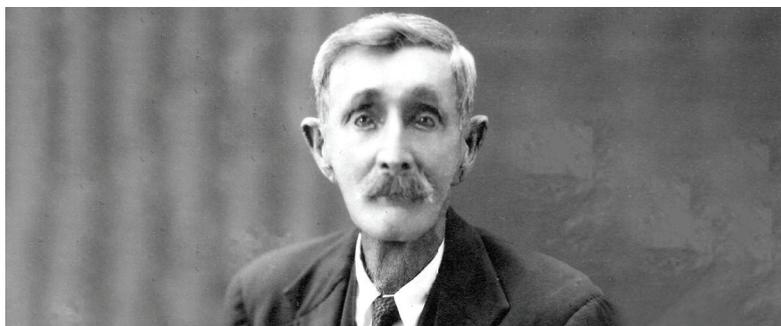
Find out more and download the Environmental Micro Grants application form at www.gawb.qld.gov.au

Round Two applications due 31 September



 Gladstone Area
Water Board

136 Goondoon St, Gladstone QLD 4680 | P: (07) 4976 3000



The History of James Boles (Snr)

by Betty Laver

James Boles (Snr) was born in 1816 in Curragh in Kildare, Ireland. He joined the 15th Hussars in the British Army when he was only twelve years of age. He was sent to India, where he spent the next fifteen years. James married Maria Ainley in Bangalore. Two children were born at Madras while they lived in India, James (Jnr) (1848) and Jason (1850).

In 1852, James left the army, and the family immigrated to Australia. They arrived in Sydney on April 1853. After a short holiday, James was engaged as an orderly with Captain Maurice O'Connell, the Commissioner for Lands for the Burnett District stationed in Gayndah.

The Boles family settled in Gayndah. While James (Snr) working as an orderly for Captain O'Connell, the Captain received an appointment to become the Resident Governor of Port Curtis. This posting saw the Boles family travel to live in Gladstone, which was being surveyed, and there were only a couple of

settlers in the area.

The journey from Gayndah to Gladstone took thirty-two days. They reached their destination 1st April 1854 and pitched their tent at Barney Point.

James and Maria Boles had two more children while in Gladstone. James obtained an appointment with the native police and at the time worked at The Rocks (Rockhampton). This was in the stirring days of the Canoona gold rush.

James retired as a policeman in 1861 and became gold commissioner in 1868. In 1873 the family returned to Gladstone, and during 1875 they opened a boarding house in the lower end of Goondoon Street. The family lived here until James died in 1879 at sixty-three years of age and Maria in 1898 at sixty-eight years. They are both buried in the Gladstone Cemetery.



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FLYNN'S FARMERS TO BENEFIT FROM DROUGHT FUND

DROUGHT AFFECTED FARMERS FROM RURAL AND REGIONAL COMMUNITIES THROUGHOUT AUSTRALIA, WHICH HAVE BEEN STRUGGLING THROUGH GENERATIONS OF UNRELENTING DROUGHT WILL BENEFIT FROM PROJECTS FUNDED BY THE COALITION'S FUTURE DROUGHT FUND. THE FUND WILL NOW GIVE FARMERS ACCESS TO THE TOOLS THEY NEED TO PREPARE FOR, MANAGE, AND SUSTAIN THEIR BUSINESSES DURING DROUGHT-AFFECTED SEASONS. THE LANDMARK FUNDING WAS PASSED THROUGH PARLIAMENT RECENTLY AND DELIVERED ON A KEY ELECTION PROMISE MADE BY THE COALITION.

Over the next decade, The Future Drought Fund will grow from \$3.9 billion to \$5 billion, while facilitating a \$100 million a year additional investment into drought resilience and preparedness from 1 July 2020.

Member for Flynn Ken O'Dowd said the Coalition had delivered on its election promise. "The Future Drought Fund will deliver investment into drought preparedness and resilience projects every year, starting next July," Mr O'Dowd said. "This could include funding for climate adaptation, extension work, or region-wide projects such as pest and weed control."

"The Coalition is backing in our farmers, and we will always stand up and support our drought-affected communities. The Future Drought Fund

is about more than just money - it is about giving our farmers the best possible tools to face drought, now and into the future," Mr O'Dowd added.

Mr O'Dowd explained that he had seen the effect that the drought had had on communities throughout Flynn, and the Drought Relief Fund further supports our Farmers. "This investment into the Drought Relief Fund is on top of the \$2 billion we've already invested in Farm Household Allowance, Rural Financial Counselling, mental health funding, low-interest loans and more," he said.

The Government will work quickly to establish the Future Drought Fund Consultative Committee, who will work to engage with farmers and rural and regional communities to put in place rigorous governance arrangements for the appropriate selection and prioritisation of projects.

Minister for Drought and Rural Finance David Littleproud said the

Coalition was proud to deliver this legislation for our farmers and regional and rural Australia. "Australian drought policy now has a centrepiece and a guaranteed investment of \$100 million a year that no Minister can take away." Australians, Education, Government Services, Security, Foreign Policy, Energy, Climate Change, Education and online crime and safety also planned for reform.



Ken O'Dowd MP

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Emerald Office, 2/115 Egerton St, Emerald Q 4720 • (07) 4982 4266
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