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GLADSTONE NEWS

TAKE ME, I'M FREE

ISSUE 166

October 24, 2019



STAR OF THE SEA

CATHOLIC PRIMARY SCHOOL GLADSTONE

Finding creative solutions for Eco-challenges

GLADSTONE NEWS IS FREE THANKS TO OUR ADVERTISERS AND COMMUNITY PARTNERS



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Gladstone Area
Water Board

ELEVATE
MEDIA



STAR OF THE SEA

CATHOLIC PRIMARY SCHOOL GLADSTONE

AT STAR OF THE SEA CATHOLIC PRIMARY SCHOOL WE BELIEVE THAT CHILDREN ARE THE GREATEST TEACHERS WE HAVE. THEY HAVE A NATURAL SENSE OF WONDER THAT HELPS THEM TO BECOME GREAT INVESTIGATORS AND CREATORS. OUR CHILDREN TEACH US TO BE CURIOUS AND ASK QUESTIONS, TO LOOK AT THE WORLD IN NEW WAYS AND TO REVEL IN WHERE OUR IMAGINATION CAN TAKE US. MOST IMPORTANTLY, OUR CHILDREN TEACH US TO NOTICE AND APPRECIATE THE BEAUTY AND MYSTERY OF GOD'S CREATION.

Star of the Sea is a community that values learning and sets high expectations for learners, with staff working collaboratively together to ensure a consistent, whole school approach to teaching and learning.

We are privileged to partner with parents in the education of their children and love seeing their journey of growth. As a school we seek to provide meaningful learning experiences that cater to each student. We believe that children learn by doing and that our classrooms should be full of investigation and challenge, with students encouraged to be actively involved and responsible for their learning. Teachers aim to design programs with inquiry at their centre, urging our students to look at the world in creative ways and develop learning attributes that will set them on the path to a lifelong love of learning.

Our children are strongly encouraged to have a voice in their learning, and we love that we don't always have to have all the answers for them. Instead we seek to develop young people who are imbued with a lifelong love of learning and the determination and ingenuity to find the answers they seek.



FINDING CREATIVE SOLUTIONS FOR *Eco-challenges*



THERE IS A LOT IN OUR WORLD TO ASK QUESTIONS ABOUT AND FIND CREATIVE SOLUTIONS FOR AND WE LOVE THAT OUR STUDENTS CONSTANTLY CHALLENGE US ABOUT MANY OF THE THINGS THEY OBSERVE.

As a school committed to authentically living out our Christian faith, we encourage our children to show mercy and compassion for others. Our students work hard to do this in many ways at home, at school and in the wider community. They participate in a variety of

fundraising activities to support those in need and often reach out to give practical help such as visiting and caring for some of our older community members living in care facilities.

Our classroom learning often has a focus on looking for ways to give back and improve our world such as our Year 5 students who spent last term inquiring into a real life STEM problem that challenged them to design an affordable, sustainable light dispersal system using recyclable materials for people living in extreme poverty.

As a Reef Guardian School, we are committed to looking for ways to be better stewards of our waterways and our students are constantly challenging us to do more.

Several of our leaders were fortunate to participate in the Future Leaders Eco Challenge earlier this year. They participated in many activities that showed how to care and respect for our reef such as litter reduction, planting trees, picking up marine debris and learning

about key zoning areas in the Gladstone Region. They came back very enthusiastic about sharing what they had learnt and have spent time with the whole school educating them about the serious impact their waste has on our waterways, especially our single use plastics. They have been encouraging students to bring waste free lunches and have worked to make many of our school activities more environmentally friendly.

A very exciting whole school project this year has been our collaboration with Gladstone's Creative Recycling Centre. They have worked with our Leaders to create our Environment Pledges and worked with the whole school to create a beautiful artwork of recycled materials. They were valuable learning experiences for our students who learnt a lot about their role as Reef Guardians and the importance of Reducing, Reusing and Recycling.

Star of the Sea Catholic Primary School, Gladstone
181 Goondoon St GLADSTONE
0749721305



what's on

FROM 24 OCTOBER

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.

26 OCTOBER

LAKE AWOONGA ADVENTURE RACE AND PICNIC IN THE PARK – Don't miss the action as participants ride, kayak and run through the beautiful surrounds of Lake Awoonga. Not competing? Then join in the afternoon festivities of prize draws and entertainment in the park. More information @ www.laar.com.au

26 OCTOBER

GLADSTONE'S HALLOWEEN POOL PARTY - Celebrate Halloween with Gladstone Aquatic this year on Saturday 26th October! Gladstone Aquatic Centre's pool inflatable will be set up, with the party featuring the best Halloween games. \$8 per person \$25 per family. From 6pm @ Gladstone Aquatic Centre.

26 OCTOBER

HOT ROD'S FOR THE HOMELESS 2019 @ GLADSTONE SHOWGROUND – Hot Rod's for The Homeless organise Car Shows with all proceeds going to organisations who help the 'Homeless' in the city the event is held. Roseberry QLD will be the beneficiary of the Gladstone event. Food & drinks | Trade Stands & Entertainment.

31 OCTOBER

HALLOWEEN KIDS PARTY @ HARVEY ROAD TAVERN - Bring the kids to Harvey Road Tavern (HRT) for a safe night out. FREE popcorn, jumping castle, kids' entertainment & scary lolly bag for every kids' meal purchased. Prizes for best dressed.

2 NOVEMBER

GLADSTONE POPCON 2019 – From anime and sci-fi, to fantasy and gaming – there's something to suit everyone! From 9am @ Gladstone Entertainment & Convention Centre.

5 NOVEMBER

GLADSTONE ENTERTAINMENT & CONVENTION CENTRE PRESENTS GLADSTONE'S FINEST MELBOURNE CUP EVENT – A DAY AT THE RACES - Tickets \$65 available from GECC Box Officer or online. A Day at The Races' is a spring ritual and milestone in the Gladstone events calendar.

15 NOVEMBER

GLADSTONE SOURCE REDUCTION PLAN WORKSHOP – Join Reef Clean! The Tangaroa Blue Foundation invites you to join in on our 2019 Gladstone Marine Debris Source Reduction Plan Workshop. Gladstone City Library Meeting Room, 39 Goondoon St, Gladstone on Friday, Nov. 15th. For enquiries, please email info@tangaroablue.org

22 NOVEMBER

THE GLADSTONE MUSICAL SOCIETY is holding their Christmas Concert at the Senior Citizens Centre in Oaka Lane at 10am. Join in for a morning of traditional Christmas songs and fun. Bookings are essential. Contact Narelle 4972 7072.

Gladstone Tondoon Botanic Gardens *November Event Guide*

Cooking in the Gardens

Wednesday, November 13
10am to 11.30am
Cost - Free
Arboretum Shelter

Learn some tips and tricks in the kitchen and make something yummy with our resident cooks at Savour the Flavour Café. Spaces are limited call 4971 4444 to book.

Fundamentals Bonsai Class

Saturday, November 16
10am to 3pm
Cost - \$60
Administration Building

Get hands on and learn the ancient art and theory of Bonsai. Practice what you're taught on your own tree which will be provided. Call 4971 4444 to secure your spot.

Free Guided Garden Tours

Every Thursday
10am
Cost - Free
Meet at Café Steps

Explore the gardens with the Tondoon Botanic Gardens Volunteers who will share the history of Tondoon and discuss the various plants and animals which can be found throughout.

Explore, learn and enjoy all that Tondoon Botanic Gardens has to offer this month



GLADSTONE
ENTERTAINMENT
CONVENTION CENTRE



Kandy
COUTURE

WEBSITES WITH BRAINS AND BEAUTY

Elevate are proud to have designed over 100 websites for local business and can help you on the road to digital domination.

ELEVATE
MEDIA

07 4972 7648 • marketing@elevate.net.au
12/100 Goondoon St, Gladstone • elevate.net.au

1770 LARC! TOURS PHOTO COMPETITION

The competition is open to everyone, and all entries are eligible for **the grand prize package which includes two nights accommodation at the Agnes Water Beach Club**. There are also six minor prizes, so it's time to find the fabulous images you have from the Town of 1770 and Agnes Water, and consider entering one of the six categories:

1. Wildlife
2. Splashdown
3. Lighthouse
4. Sandboarding
5. LARC! In the Spotlight
6. Family Fun



Entries close on 20th November 2019 and winners will be announced on 29th November 2019.
Share and enter NOW LARCaolics!

For further information, conditions and requirements head to the website:
www.1770larc.com.au/1770-larc-tours-photo-competition/

Gladstone's Shop to Win 2019

GLADSTONE'S SHOP TO WIN \$10,000 IS BACK IN 2019, AND WE ARE SO EXCITED TO SHARE THESE FANTASTIC LOCAL BUSINESSES WITH YOU!

Officially kicking off on Monday, 4th November, Gladstone's Shop to Win gives local shoppers the chance to win \$10,000 to spend in participating local businesses, and this year's list is AMAZING! Gladstone News sales executive, Jane, said she was thrilled to see such a diverse range of businesses in this year's promotion. "From local tax agents, Joe Oram and Associates

to electrical retailers like Betta Home Living, we have a broad range business participating this year," Jane said. "The best bit is just by shopping locally at these participating businesses you can enter the draw to win \$10,000!

So, c'mon Gladstone, Shop to Win between 4th November and 19th December for your chance to win this grand prize right before Christmas!

For more information check out: www.shoptowin.com.au

**Starts
November
4th!**

Mystique Jewellers



What products/services does your business sell?

We sell diamonds, jewellery, watches, jewellery boxes custom jewellery designs & repairs.

Share a fun fact about your business?

Combinead, the Mystique Jewellers Gladstone stores staff has over 50yrs experience!

How could you spend \$10,000 in your business?

Our jeweller can create something special, taking you through the process from design to beautiful

custom-made pieces. The lucky winner can have a precious piece of jewellery made or choose from our exclusive & exquisite range of diamond pieces.

Top pick/s for Christmas presents this year?

Diamonds
Pandora
Olivia Burton Watches
Von Treskow Jewellery hand made in Australia

Joe Oram & Associates



What services does your business provide?

We are a local tax accounting firm, providing taxation services

and advice to the Gladstone region. We provide assistance with tax and accounting through creating tailored plans and structures that consider our clients' individual circumstances

and needs.

Share a fun fact about your business?

Some of my staff have been working in this business longer than I have! And, we are an office full of women with the business name of a man.

What does it mean to you when you see people supporting local businesses?

To me supporting the local

community is hugely important, we work with a wide range of local businesses and see the direct impact supporting local has on every kind of business, on a daily basis.

Top pick/s for Christmas presents this year?

A holiday! My partner and I are all about travel – creating new experiences, meeting new people and opening our eyes to different cultures and lifestyles are some of the best things in life, so each year that is our "present" to each other.

Mantis Sportswear



What products/services does your business sell?

We are a custom sportswear and apparel company. We specialise in sportswear for clubs, teams and

businesses, as well as custom signage, bags, sunglasses and gym towels. We've also started our own women's activewear line called MANTESS.

Share a fun fact about your business?

We started operating under our house nearly two years ago. We've moved into our own office and have added two more to the team; Linda Fleming and Iona Nahow.

What does it mean to you when you see people supporting local businesses?

It's great to see the community and other local businesses supporting each other. We're always filled with gratitude, and love to get involved and help where we can in promoting local events and businesses.

Top pick/s for Christmas presents this year?

Our top picks for Christmas presents this year would be for everyone to have a Merry Christmas and Happy New Year, or our high-quality gymwear and other accessories we have in store.

CQU TRADES TRAINING CENTRE CONSTRUCTION

On track

CONSTRUCTION ON CQUNIVERSITY'S NEW \$12.5 MILLION TRADES TRAINING CENTRE AT THE GLADSTONE MARINA CAMPUS IS ON TRACK FOR COMPLETION BY THE END OF 2019. ONCE COMPLETED, THE FACILITY WILL ACCOMMODATE THE DELIVERY OF VOCATIONAL TRADES TRAINING IN THE REGION WITH WORKSHOP ROOMS, TEACHING SPACES AND A HAIR AND BEAUTY SALON.

Associate Vice-Chancellor Gladstone Region Professor Owen Nevin said he was very much looking forward to the facility being completed and to officially open the Trades Training Centre. "The new facility will revolutionise the delivery of education, training and research in the region by allowing CQUniversity

to deliver all of its offerings from the one central location."

Local Member for Flynn, Ken O'Dowd who helped secure the funding for the facility, said the Centre would benefit communities in Gladstone and surrounding regions. "The progress that has been made since the beginning of the year is impressive. It is great to see they are on track to finish by the end on 2019," Mr O'Dowd said. "The new facilities will provide the necessary training for undergraduate and postgraduate students to further their training here in Gladstone without having to move to capital cities."

"It will help the University to deliver



courses that are accessible to local students. I believe in training locals for local jobs. This is especially important in rural areas like the Gladstone area and this will enhance a fuller community engagement in Gladstone. The new Trades Training Facility is being funded by a \$10 million Australian Government grant with CQUniversity also investing \$2.5 million," Mr O'Dowd said.

STATE AND FEDERAL MPS DEMAND "Dam answers"

LOCAL FEDERAL AND STATE MPS HAVE KICKED OFF A SOCIAL MEDIA CAMPAIGN TO ASK QUEENSLAND PREMIER ANNASTACIA PALASZCZUK: WHAT'S YOUR DAM PLAN?

Federal Member for Hinkler Keith Pitt, Federal Member for Flynn Ken O'Dowd, State Member for Callide Colin Boyce, State Member for Burnett Stephen Bennett and State Member for Bundaberg David Batt have banded together to demand answers from the State Government around Paradise Dam and current and future water security in the region.

Federal Member for Flynn Ken O'Dowd said the Paradise Dam crisis has hit home



again to farmers that the State Government does not really care about agriculture and farm viability or the livelihoods of farmers and their families, and farm workers.

"What will happen if we don't get a wet season? What will the farmers do then? The last thing the State Government should be doing in times of drought is reducing a dam's storage capacity," Mr O'Dowd said. "No matter if it is irrigators on the Boyne, Burnett, Barambah or Coalstoun Lakes and Wallaville

they need water security. We need water infrastructure and we needed it six years ago. If we can't obtain water from Paradise Dam, the State Government must work with the Commonwealth to achieve our goals for the agricultural industry which means better and sustainable water security and infrastructure," he said.

All five members of parliament want answers from the State Labour Government as to what their dam plan actually is.



Ken O'Dowd MP

Gladstone Office, 76 Goondoon St, Gladstone Q 4680 • (07) 4972 5465
Emerald Office, 2/115 Egerton St, Emerald Q 4720 • (07) 4982 4266
Ken O'Dowd MP • ken.o'dowd.mp@aph.gov.au

National WATER WEEK

21-27
OCTOBER
2019



IT'S TIME TO CHANGE THE WORLD, *So make a splash*

DIVE INTO NATIONAL WATER WEEK DURING THE THIRD WEEK OF OCTOBER, AND JOIN INDIVIDUALS, COMMUNITIES AND ORGANISATIONS IN RAISING AWARENESS AROUND THE VALUE OF WATER.

National Water Week encourages us do our best to preserve and protect our water environments and resources, and to use water wisely, as access to clean water is hugely important to every aspect of our lives.

IT'S TIME TO CHANGE THE WORLD is this year's theme for National Water Week, which has been influenced by the World's Largest Lesson on the UN's Sustainable Development Goals campaign.

HOW CAN I GET INVOLVED?

There are plenty of ways to get involved in National Water Week, including: colouring pages, books about water and how you can change the world, lesson plans for classrooms amongst other resources.



There is also a short film competition for primary and high school students, and a water science competition for high school students – The Australian Stockholm Junior Water Prize.

Check out the details on the Australian Water Association website:

www.awa.asn.au/AWA_MBRR/About_AWA/National_Water_Week.aspx

FIVE CLASSES FOR \$5 IN NOVEMBER

GROUP FITNESS

PCYC Gladstone
53 Yarroon Street
07 4972 3122

All classes from 5:30pm to 6:15pm

pcyc.org.au

<u>RIP</u>	<u>Fit Box</u>	<u>Power Step</u>
Mondays	Tuesdays	Thursdays
Strength training barbell workout to great music.	Fitness-based class utilising boxing techniques.	High intensity cardio workout to tone lower body.

FINAL FIELD TRIP FOR FOUR-YEAR

Turtle study

A FOUR-YEAR LONG STUDY ON GREEN TURTLES IN THE GLADSTONE HARBOUR IS COMING TO AN END, WITH TURTLE RESEARCHERS COMPLETING THEIR LAST ROUND OF FIELD WORK THIS WEEK.

Led by the Queensland Department of Environment and Science (DES) as part of the Gladstone Ports Corporation's Ecosystem Research and Monitoring Program (ERMP), the project has provided a wealth of information on green turtles in the area.

DES Chief Scientist and ERMP Advisory Panel member Dr Col Limpus said more than 1,500 green turtles had been assessed since 2016. "We have been conducting four field trips per year, tagging and assessing around 400 turtles during each trip," Dr Limpus said. "This has given us significant data to track the long-term health of green turtles, their habitat use and foraging behaviours in the Gladstone Harbour."

GPC Acting CEO Craig Walker said the monitoring program had helped provide an understanding of green turtle habitats within the port. "At GPC, we are committed to responsibly managing our port facilities in an environmentally sustainable manner," Mr Walker said. "That's why monitoring programs like this are so important in providing data for us to understand the ecosystems in which we operate so we can minimise environmental impacts."

The ERMP is a 10-year program, which commenced in 2011 and includes a variety of environmental monitoring programs on the health of Port Curtis and Port Alma ecosystems, overseen by a panel of marine experts who provide advice on the potential impacts of port activities.

ERMP Chairperson Chris Crossland said the information collated is used to monitor, manage and improve the marine environment and offset any impacts on listed threatened and migratory species and the values of the Great Barrier Reef World Heritage Area. "The ERMP projects are significantly improving our knowledge base on foraging green turtles, nesting flatback turtles, dolphins, dugongs, migratory shorebirds and tidal wetlands in the Port Curtis and Port Alma regions," Dr Crossland said.

The monitoring program involved participation from researchers, students, local turtle volunteers and the Gidarjil rangers.

The final research report with results from the four-year research program is set to be released in 2020.

National Water Week

21 – 27 October 2019

As custodians of the harbour, Gladstone Ports Corporation is committed to environmentally sustainable port operations to ensure the future prosperity of Gladstone harbour.

More information about our water quality and environmental monitoring programs is available at gpcl.com.au.



Gladstone Ports Corporation
Growth. Prosperity. Community.

gpcl.com.au

IT'S TIME TO EXPERIENCE LAKE AWOONGA LIKE NEVER BEFORE

Gladstone Area Water Board to sponsor Lake Awoonga Adventure Race



THE GLADSTONE AREA WATER BOARD (GAWB) WILL PLAY HOST TO A BRAND-NEW COMMUNITY EVENT ON SATURDAY 26 OCTOBER, WITH THE LAUNCH OF THE BENARABY PROGRESS ASSOCIATION'S LAKE AWOONGA ADVENTURE RACE AND PICNIC IN THE PARK.

Offering a creative twist on the more common triathlon, the Lake Awoonga Adventure Race will feature three legs - a trail bike ride, trail run and kayaking. It will include both novice and competitive categories.

GAWB Chief Executive Officer, Darren

Barlow, said the organisation was proud to support the launch of a new event for the Gladstone region. "Lake Awoonga is the ideal backdrop for what I'm sure will be a very exciting and challenging event. Do it for the thrill, do it for the fitness or just do it for the fun but don't miss your chance to ride, kayak and run through the beautiful surrounds of Lake Awoonga," Mr Barlow said. "We're very proud to partner with the Benaraby Progress Association and help them deliver an event that is the first of its kind for the Gladstone region."

GAWB has long been committed to supporting community initiatives that enhance the lifestyle of regional Queensland and looks forward to building its relationship with the Benaraby Progress Association.

Event Coordinator Andrea Ruppik was excited to welcome GAWB on board as an event partner.

"With the Gladstone Area Water Board's partnership, we have been able to turn our concept into reality and bring a unique and exciting event to our region,"

Ms Ruppik said.

"The Lake Awoonga Adventure Race reflects GAWB's vision to make Lake Awoonga a place for community, for every person to experience and enjoy its beauty. Community interest has been strong since launching the event, with more than 40 competitors already registered. We cannot wait to showcase Lake Awoonga and our community through this new annual event."

The day will also feature a 'Picnic in the Park' at the conclusion of the race that will include live entertainment, lawn games, food vendors and more.

About Lake Awoonga Adventure Race

Date: 26th October 2019

Location: Lake Awoonga, Awoonga Dam

Road, Benaraby Qld 4680

Race Registration Opens: 6am

Competitive Race Start: 7am Novice

Races Start 7:20am

Picnic in the Park: 11am to 3:30pm

For more information, visit the event website at www.laar.com.au

01

Gladstone's water supply comes from the beautiful catchment of

Lake Awoonga

and undergoes treatment and stringent testing before being delivered to your tap

02

Plastic bottles and lids are in the top 10 rubbish items collected on

Clean Up Australia Day

03

It takes 2L of water to produce a 1L plastic bottle



**Water Week
FUN FACTS**

brought to you by
Gladstone Area Water Board

04

60 % of plastic bottles go

straight to landfill!

05

Some popular brands of bottled water are nothing more than treated tap water!

06

2L tap water per day over one year

\$1.50 per year

2L bottled water per day over one year

\$2,800 per year

WORD SEARCH

Find the following words. Remember they can go up, down, backwards and diagonally.
Once you have found the words match them to the blank spaces below.

R	Y	W	L	R	C	R	U	N	C
E	E	T	C	E	L	L	O	C	M
S	U	T	H	T	A	I	T	T	A
O	G	N	A	A	E	K	L	E	N
U	N	E	A	W	L	K	I	R	I
R	I	I	M	Y	N	F	C	N	U
C	H	C	M	E	N	I	T	U	G
E	S	I	W	R	E	T	A	W	B
U	U	F	F	G	S	H	O	R	T
T	R	F	M	U	L	C	H	E	E
T	B	E	R	A	L	T	N	T	A

BUCKET
 SHORT
 WATERWISE
 COLLECT
 BRUSHING
 HALF
 GREYWATER
 EFFICIENT
 RESOURCE
 LEAKING
 MULCH
 RAINWATER

Water is a precious _____.

Be _____! There are many ways to conserve water around your home.

Reuse _____ from the bathroom and laundry in the garden.

Install a _____ tank.

Use the _____ flush on the toilet.

Take a _____ shower.

Use a _____ and sponge to wash the car.

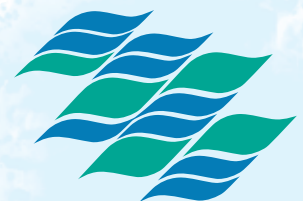
_____ warm-up water from the shower to use in the garden.

Fix _____ taps.

Use _____ on the garden to reduce evaporation.

Install a water _____ washing machine.

Turn off the tap when _____ your teeth.



**Gladstone Area
Water Board**



GLADSTONE
REGIONAL COUNCIL

WATER WISE
Every drop counts



We can't make it rain, but we can all use less water. Together we can make a difference.

For information on how to monitor your water use visit www.gladstone.qld.gov.au/water-wise



Children have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help them stay well.

Children's health starts with healthy communities. Where children live, play and go to school, can play a big part in how they grow up.

Over the last few years we have seen an increase in screen usage by all children. Particularly in primary school students, we now see the use of iPad's as a part of regular classroom activities.

This increase in screen time has considerably impacted on posture and spinal alignment in children. Take a mental picture of your child using a screen - how are they positioned? It's likely that they will be slumped forward in a chair with their neck bent all the way forward. We are seeing presentations as young as 3 and 4 years of age, with adverse postural changes attributable to lack of physical activity and excessive screen time usage. The World Health Organisation recommends no screen time for children younger than 1 year of age, less than one hour for 2-4 year olds, and no more than 2 hours per day until 12 years old.

If your child or teen is complaining of postural-related pain, then a comprehensive check-up at Innate Chiropractic may be worthwhile. Dr. Alison Young has completed her 5 year undergraduate Chiropractic Degree in Melbourne (2002), and has completed a further Masters in Chiropractic Paediatrics at the University of Wales in the UK (2011). She has 17 years of experience in working with children and families, and loves the opportunity to check kids, and help them thrive through their development, rather than just surviving it. She conducts a thorough neurological, orthopaedic, postural and chiropractic examination on all ages, and loves to connect brains to bodies to allow the innate ability of children to grow and develop, to be at its very best.

Technology overuse in our kids **impacts their posture**

May affect:

- Rounded shoulders**
- Poor balance**
- Fatigue**
- Body pains**
- Decreased self-esteem**

If you think your child may need a postural assessment then you can contact Innate Chiropractic on 49728787 to schedule their appointment time.



For reference please see our website

**COMPLIMENTARY
NEW PATIENT
ASSESSMENT**

*mention this ad and this visit will be complimentary, saving you \$95. We'd love to hear from you today.

INNATE Chiropractic

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hello@innatechirogladstone.com.au | 4972 8787 |
www.innatechirogladstone.com.au/

Bella The Brave

Have you heard about the brave little local girl Bella Bates?

Bella was diagnosed with an aggressive brain cancer, anaplastic ependymoma, in September 2016 at 13 months of age. Since her diagnosis, Bella has endured a total of 8 brain surgeries, multiple rounds of high dose chemotherapy, and spent a large part of her life in and out of Lady Cilento Children's Hospital. Bella had a re-occurrence of her cancer in August 2017, following which her family was advised was incurable. The family sought help from Dr. Charlie Teo, who operated on Bella in October 2017 and was able to remove the tumour successfully. Bella is currently a healthy, happy, and normal toddler, despite all she has been through.

Gladstone Region residents are invited to join Bella and her family at the inaugural Bella the Brave Fun Run on November 10. The event aims to raise money for the Charlie Teo Foundation and increase awareness about childhood brain cancer. Bella's mother and organiser of the event, Robin Berthelsen said Brain cancer kills more children than any other disease and the treatment options often offered are designed for adults, not children, with serious and significant short- and long-term side effects. "Better treatment options are needed for children suffering from brain cancer to improve the dismal statistics on long-term survival. To do this, there needs to be greater community awareness and increased funding for research. Bella the Brave aims to achieve both," she explained.

At the fun run, there will be face painting for the kids, a sausage sizzle and refreshments, as well a multi-draw raffle with some great prizes. T-shirts will also be available for purchase or come



dressed in yellow, which is the internationally recognised colour for childhood cancer. There will be a prize for best dressed - the crazier, the better, and tutus are encouraged! You can register for the event online @ Eventbrite. Participants over ten years of age will receive a finisher medal. Robin said that t-shirts are available for purchase at the event at \$25 each. The pre-purchase of these is encouraged as limited

stock will be available at the event. Please email r.berthelsen82@gmail.com with the order details.

Give your child the very best start in life

Working with your child to grow...

- ♥ Strong Teeth
- ♥ Beautiful Smiles
- ♥ Healthy Airways
- ♥ Balanced Faces
- ♥ Overall Wellness

Discover our
Amazing Kids Programs
DESIGNED FOR KIDS!

No Gap Child
Dental Benefit
Scheme

(07) 4972 1066

www.fanellidental.com.au

171 Goondoon St, Gladstone

Fanelli Dental - Excellence in Dental Care



**Fanelli Dental Kids Care setting a standard of
Excellence in Children's Dentistry**

Happy
Children's
Week!

THE MAGIC FORMULA TO DEVELOPING *confidence in kids*

THE KEY TO CONFIDENCE, IS FINDING A TRIBE THAT FOSTERS A CULTURE OF CARE AND SUPPORT, RATHER THAN HARSH COMPETITION AND COMPARISONS.

When selecting an activity for kids who struggle with confidence, it's important to ensure that the environment is creative and nurturing, helping them to feel supported as they step out of their comfort zone to try something new. Being in a 'bubble of positivity' will evoke feelings of trust and a sense of achievement as they take small steps towards independence.

In addition to this, kids who are encouraged to celebrate individuality in others sends a message to the 'tribe' that it's ok to be different. The key to confidence, is helping kids to identify their own set of strengths, and celebrating them!

So where does Dance come in? Dance is well known and scientifically proven to release good endorphins, which will naturally make your child happier! In addition to keeping your child's body and mind active, participating in dance classes

will allow your child to express themselves creatively, while also thriving with friends in class. Where the magic happens is when parents see this new found confidence in areas of life outside the dance studio!

Whether it be dance, soccer or swimming, when you find the right environment for your child, you've found more than just a sporting activity, you've found a family and friends for life!

Donna Hann

Creative Director of Dance Kix

***OFFER - CLAIM A 2 WEEK CLASS
PASS FOR \$20!
GO TO WWW.DANCEKIX.COM**



dance kix

Register today!

**2 week
class pass
for \$20**

Special offer
valid till 25/11/19

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AUTISM QUEENSLAND GLADSTONE HAS MOVED!



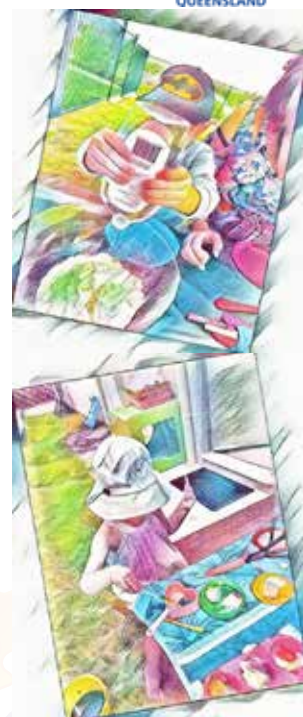
Our main office and therapy rooms are located at 5/281 J Hickey Ave, Gladstone.

Early childhood early intervention group programs are delivered elsewhere.

For all enquiries please visit us at our new office, call 4977 9600 or email - gladstone@autismqld.com.au

We look forward to welcoming you.

www.autismqld.com.au



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"SUMMER SESSIONS"

A great way to beat that early morning heat and start the day off right! Yummy real fruit smoothies, yoghurt and our popular snacks and goodies.

Only \$12 from 8am-10am daily coming November 28th!



GAME ON!

New party packs coming Nov 1st!



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The 44th

RioTinto

Martin Hanson Memorial Art Awards 2019

A crowd of hundreds arrived to the Gladstone Regional Art Gallery & Museum for the official launch and Awards presentation of 'The 44th Rio Tinto Martin Hanson Memorial Art Awards 2019' on Saturday evening, 19 October 2019.

Guest speakers included Juliri Ingra, Gooreng Gooreng Elder, Gladstone Region Councillor Rick Hansen, and Pine Pienaar, General Manager, Queensland Alumina Limited, who officially opened the exhibition.

This year's judge, Simon Elliott, delivered an exciting presentation highlighting the works he selected to receive the total of \$38,000 in prize money. If you missed the presentation, visit the Gladstone Regional Art Gallery & Museum's Facebook page to view the recording of the presentation.

The major winners include Kevin Duthie's *Ghungalu Land*

Blackdown Tableland, receiving **The Rio Tinto Martin Hanson Memorial Art Award**, and Ping Carlyon, receiving **The Inaugural Pamela Whitlock Memorial Acquisitive Award, Sponsored by Gladstone Regional Council**, for her work, *Apparently I'm Chinese Taipei*.

Full winners list is available on the Gladstone Regional Art Gallery & Museum's website.

The exhibition continues until Thursday, 5 December 2019. Visitors are invited to cast their vote for *The QAL People's Choice Awards* in each of the four sections of entry: Easel Paintings; Works on Paper; Three Dimensional & Fibre Works; and Digital Works. Voting closes 5pm, Thursday 28 November 2019, with the winners announced, Wednesday, 4 December 2019. For voting, visitors go in the draw to win a weekend getaway for two to Heron Island or Wilson Island.



2019 Judge Simon Elliott, with *The Rio Tinto Martin Hanson Memorial Art Award* winning work, *Ghungalu Land Blackdown Tableland* by Kevin Duthie. Photo: M. Richards



Recipient of *The Inaugural Pamela Whitlock Memorial Acquisitive Award, Sponsored by Gladstone Regional Council*, Ping Carlyon with, L-R, Gladstone Regional Council CEO Leisa Dowling, Cr Rick Hansen, Lydia Eggunike, Bella, Charlie, Reuben and Tricia Whitlock, gathered around Ping's winning work, *Apparently I'm Chinese Taipei*. Photo: M. Richards.



Gladstone Ports Corporation Chair, Peter Corones AM, with wife Kathy, and *The Gladstone Ports Corporation Award* winning work in Section 3: *Three-Dimensional & Fibre Works, Bob Fishing Outback*, by Gabrielle McDonald. Photo: M. Richards



A community cultural initiative of the Gladstone Regional Council

Gladstone Regional Art Gallery & Museum

Free Admission | Open: 10am - 5pm Monday to Saturday

Cnr Goondoon & Bramston Sts Gladstone, QLD 4680

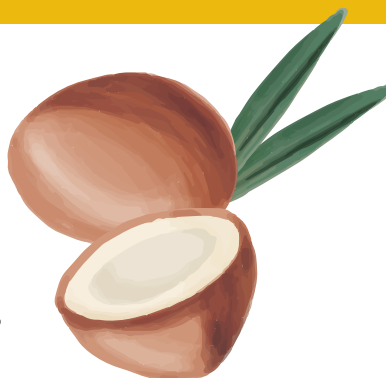
(07) 4976 6766 | gram@gladstone.qld.gov.au | gram.qld.gov.au



AUSSIE MANGO COCONUT BARS

INGREDIENTS:

1/3 cup desiccated coconut
1 x 400ml can coconut cream
1 tablespoon rice malt syrup
1 cup diced frozen mango



METHOD:

Blend the desiccated coconut, coconut cream and rice malt syrup in a blender or using hand held blender until well combined and pour into 4-6 popsicle moulds until 1/3 full. You will have coconut mixture remaining for the next step.

Freeze for 1 hour until just set. Add the mango to the remaining coconut mixture and blend until smooth.

Top up the popsicle moulds with the mango mixture, insert the sticks and freeze for at least 4 hours.

For some extra crunch add a sprinkle of chopped macadamia nuts after pouring in the mango mix.

This recipe comes from the Sarah Wilson 'I Quit Sugar', Kids cookbook, this book and many more recipe and health books are available in store.



FASHIONISTA FROCKS UP FOR FUNDRAISING

FROCKTOBER ENCOURAGES WOMEN ACROSS AUSTRALIA TO CHANNEL THEIR CREATIVE FLAIR BY DRESSING UP IN THEIR FAVOURITE FROCKS TO RAISE URGENTLY NEEDED FUNDS FOR OVARIAN CANCER RESEARCH PROJECTS.

Something as simple as the clothes we wear has the potential to spark important conversations, raise awareness and encourage us to discuss what we can do as a community to better support ovarian cancer research.

MEET OUR VERY OWN, LOCAL FROCKTOBER SUPERSTAR, MARILYN STEEL:

Marilyn has been raising funds for ovarian cancer research for several years and has helped to raise approximately \$50,000 over the last five years alone!

Marilyn decided Frocktober would be a fun way to continue her fundraising streak and was excited to incorporate her love for fashion into it. Marilyn told Gladstone News Frocktober is a great way to have fun with her wardrobe and involve friends, while raising awareness about ovarian cancer.

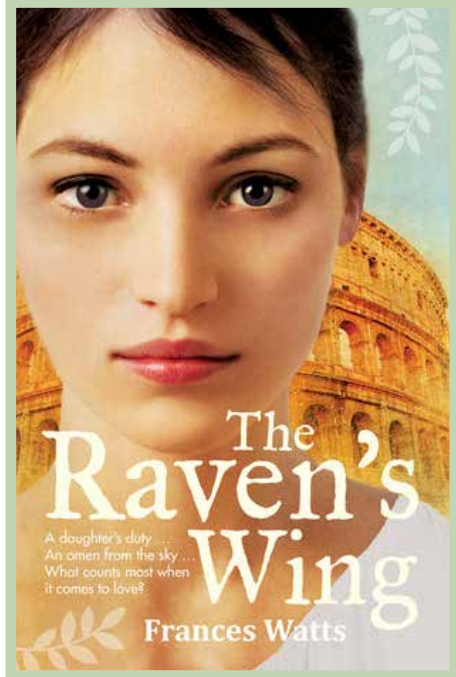


She believes Frocktober is also a great way to showcase all the lovely places in the Gladstone Region. Marilyn chooses a different theme and location for each day of Frocktober, showcasing her creative flair all around town.

You can join Marilyn and thousands of other women across Australia in the Frocktober challenge and help make a difference. Find out more at the Ovarian Cancer Research Foundation website:
<https://www.frocktober.org.au/>

*In Australia alone,
one woman dies
every eight hours
from ovarian cancer*





Recently, I read *The Raven's Wing* by Frances Watts. It is a young adult historical novel based around the main character Claudia finding her place in the world.

The story, set in Ancient Rome, is about teenager Claudia who is being raised by her Aunt and Uncle after her mother's death in the countryside. Claudia is happy and content with her simple country life, but her father sends for her to live with him, her stepmother, and her stepsisters in Rome. Later, she finds out she is being used by her father to help him gain power and prestige.

The Raven's Wing combines historical accuracy with fictional elements to create an engaging and entertaining story. It tells of the trials of growing up in Ancient Rome, of learning how to discover who you are, and how to become the person you want be.

Overall, I think anyone with an interest in historical novels would find this book is a good, quick, easy and relaxing read.

This book and others by the author can be borrowed from Gladstone Regional Libraries.

Thanks to Kiara from Gladstone Regional Libraries.



Joe Fitton's Garage

by Betty Laver

Joseph Fitton was over forty years of age when the family came to Australia. He spent much of his time on the mining fields surrounding Gladstone.

He didn't marry and after mining at Mt Rainbow and Targinnie, he also had a processing plant (battery) at the Tableland (or Barmundoo fields). This information is stated within the 1913 electoral roll.

After the war, Joseph opened a garage at the corner of Tank and Gondoon Streets in Gladstone where he was an agent for T Model Fords.

He suffered from rheumatism and died in Brisbane in 1922. He is buried in the Gladstone Cemetery. The garage closed down in the early 1930's.



CRAB CLASSIC GIVES BACK WITH *Scholarships worth \$20,000*

THE TENTH ANNIVERSARY TANNUM CRAB CLASSIC (TCC) EVENT WAS SUCCESSFULLY HELD EARLIER THIS YEAR. THE ANNUAL EVENT RAISES MUCH NEEDED FUNDS FOR LOCAL FAMILIES LIVING WITH A DISABILITY AND CONTINUES TO GROW EACH YEAR, WITH THIS YEAR BEING NO EXCEPTION!

Gladstone Community Linking Agency (GCLA) have endorsed the TCC Family Fun Day since 2017, in that time they have been able to facilitate equipment to children in the Gladstone region with a disability.

With funds raised from this year's event GCLA and TCC have been able to establish two \$10,000 Scholarships through CQUniversity; the CQUniCares Tannum Crab Classic 10th Anniversary Scholarships, enabling two people with a disability to pursue University studies. After careful consideration the panel has awarded the first of the two scholarships to Robert Kerr.

Robert said he was grateful to be the recipient of the CQUniCares

TCC Scholarship which will assist with costs associated with setting up his home office to complete his University studies. "Amongst the consumable costs to set up an ergonomic home office, I will now be able to purchase reference books with the Scholarship funds." Robert said.

Robert commenced his Bachelor of Laws in July 2012. But a life changing event back in 2009, with a repeat event in September 2014 saw him damage his lower back (L4 and L5). After a referral to a neurologist in February 2015, examinations and MRIs, he was advised it was inoperable. Since then he has had limited balance and has trouble walking any distance and must use an aid.

Robert is currently pursuing a PhD in the Law discipline. Once completed he intends to develop proposals to the Justice Department and the Attorney General.

CQUniversity's Associate Vice Chancellor for the Gladstone Region, Professor Owen Nevin, congratulated Robert for being presented the scholarship, and thanked TCC and GCLA for their generous support.

Application process will begin again in November to award the second of the two CQUniCares Tannum Crab Classic 10th Anniversary Scholarship. GCLA will advise when applications open in 2020, so keep up to date and like GCLA & TCC's Facebook pages, @gladstonecommunitylinking and @tannumcrabclassic.

Funds raised from the Tannum Crab Classic event programme doesn't just assist those families living with a disability, it also helps support local charity groups and organisations. Just under \$15,000 was raised for community organisations that help the TCC Family Fun Day run smoothly.

The funds were broken down in the following way \$960 to local SES; \$960 to Helicopter Rescue; \$2,000 to Boyne/Tannum Rotary and \$10,000 to Seagulls Junior Rugby League Club

These volunteer-based organisations give their valuable time to help grow the TCC event and invest in our community each year. Through the community's generosity in attending the event TCC are able to give something back to these valued organisations.

National **WATER WEEK**

21-27 OCTOBER 2019



DID YOU KNOW?

Gladstone Area Water Board offers school group tours of the Awoonga Dam wall and Gladstone Water Treatment Plant.

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(07) 4976 3000 | www.gawb.qld.gov.au



**Gladstone Area
Water Board**