

ISSUE 167

November 7, 2019



SHOP TO WIN

\$10,000 Now On!

GLADSTONE NEWS IS FREE THANKS TO OUR ADVERTISERS AND COMMUNITY PARTNERS



QGC



Gladstone Area
Water Board

ELEVATE
MEDIA

THURSDAY (EACH WEEK)

THURSDAY ARVIE BARBIE - 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. Gladstone PCYC | 3:30pm – 6:30pm | All ages | FREE

7 NOVEMBER

INSIGHT WOMEN'S GLADSTONE

Connect with other local women in this wonderful support group. Come along to any of the groups to be supported or to support others. 19 Dalrymple Dr, Gladstone | 6:30pm – 9:30pm | Ages 18+ | Gold coin

8 NOVEMBER

FRIDAY NIGHT AT CROW STREET

Check out Gladstone's own art precinct for an experience like no other. Exhibitions, performances, free art workshops for kids and adults, kids' space: glow in the dark hula hoops and dress ups and so much more. 8 Crow St, Gladstone | From 6:00pm | All ages | Gold coin

10 NOVEMBER

EVOLVE DANCE PARTY – Come and join Evolve Dance Studio for a feel-good afternoon at the Gladstone Entertainment Convention Centre. Performances from all styles of dance and all age groups of dancers. There's something for everyone to enjoy. 58 Goondoon St, Gladstone | 2:00pm | All ages | From \$15

10 NOVEMBER

BELLA THE BRAVE FUN RUN - Head down to the beautiful Millennium Esplanade for a 2km or 5km walk / run to raise awareness for childhood brain cancer and some much-needed funds for research. All money raised will be donated to The Charlie Teo Foundation. Millennium Esplanade | 6:30am – 10:00am | All ages | Tickets available from eventbrite.com

16 NOVEMBER

BABES, BUBBLES & BUSINESS EVENT- Connect, engage and network in a positive, supportive and encouraging environment. Business owners or not, you're all welcome at the Babes, Bubbles and Business Event.

Grand Hotel Gladstone | From 6:30pm | Ages 18+ | Tickets available from eventbrite.com



Corrective Skin Rejuvenation Treatments \$100 Only
Limited Spots Available

Models required for treatment of acne, pigmentation, skin tags, fine lines, anti-aging, stretchmarks and acne scarring.

Treatments available:

- Skin needling
- Skin peels
- L.E.D.
- Ultrasound facial treatments

Training is one-on-one with trainer with 16 years' experience.

For more information and before and after photos please visit www.atsci.com.au

Full pricing of these treatments are \$400-\$600 per session

0450 490 977
Date 23-24 November



Australia Day Awards 2020

Nominate someone great

Nominations for the Australia Day Awards are now open and will close at midnight, Thursday, 7 November.

For more information and to nominate visit www.gladstone.qld.gov.au/australiadayawards.



Australia Day



GLADSTONE
REGIONAL COUNCIL

PRESENTS

CHRISTMAS street party



CELEBRATE THIS MASSIVE
COMMUNITY EVENT FEATURING:

TREE LIGHTING CEREMONY
AT 7PM

Visit From Santa

CHRISTMAS MARKET STALLS

Jumping Castles

CHRISTMAS CRAFT
ACTIVITIES

Roving Entertainment

LIBRARY ACTIVITIES

... and So Much More

SUNDAY
1 December
4pm - 8pm
Library Square,
Goondoon St



For more information visit www.gladstone.qld.gov.au

NYE Party

Finish the year with a bang!

For more information visit www.gladstone.qld.gov.au

This community event proudly presented by



GLADSTONE
REGIONAL COUNCIL

Winter Wonderland Christmas Photos @

STRONG
IMAGES

Book
now!

www.strongimages.com.au

OR VIA STRONG IMAGES FACEBOOK "WINTER WONDERLAND" EVENTS



Shop To Win \$10,000

WOULD YOU LIKE TO WIN \$10,000? GLADSTONE'S SHOP TO WIN CAMPAIGN IS IN FULL SWING AGAIN THIS YEAR, WITH ANOTHER FANTASTIC LINE-UP OF LOCAL BUSINESSES!

Shop to Win launched on November 4th giving shoppers the opportunity to win \$10,000 to spend at the participating businesses. With 25 local businesses involved this year, you'll have plenty of opportunities to spend a worthwhile dollar and go in the

draw to win \$10,000! Owner of Elevate Media and publisher of Gladstone News, Ashleigh Kvitko, said the Shop to Win promotion is such an exciting opportunity for local businesses to band together and promote their goods and services leading up to Christmas. "Shopping locally and supporting local businesses enhances the community in which we all live and ensures businesses can prosper and expand, providing everyone who lives here a better range of products and services readily available. Gladstone's Shop to Win competition is a WIN-WIN for everyone so make sure you pick up an entry form next time you

shop at any of the participating retailers, good luck!"

Remember there is no minimum spend to enter the Shop to Win campaign, so don't forget to enter when you are out and about shopping during the promotion.

So, c'mon Gladstone, Shop to Win and you could win this great prize right before Christmas! You have until Thursday 19th December to spend up, so fill in your entry form and pop it in one of the entry boxes at a participating retailer!

For more information visit www.shoptowin.com.au

Participating Retailers

Sassi Furniture & Beds 'R' Us

Kin Kora Meats

Elevate Media

Harbour City Tiles & Carpets

Joe Oram & Associates

Powerhouse Fitness Centre

Patricks Jewellers

Mantis Sportswear

Flooring Xtra

Mystique Jewellers

The Beerless Bar

Yaralla Sports Club

Mass Nutrition

Gladstone Cinemas

Sunvalley Dental

**Alicia Lowther Anti-aging
Cosmetic Nurse**

Port City Meats

**Strong Images & The Coffee
Window**

Donut King

Laser Clinics

Mister Minit

**E-Male Lifestyle & 3 Style
Clothing**

**Gladstone Entertainment
Convention Centre**

**Gladstone Garden &
Landscaping Supplies**

Betta Home Living

Now On!

SHOP TO WIN

Yaralla Sports Club

WHAT PRODUCTS/SERVICES DO YOU SELL?

We're really lucky with the amount of diversity we have – we do a little bit of everything. We have bars, restaurants, a gaming room, an events centre, a hotel, a golf club, fitness centres and host a heap of sporting sub clubs and community initiatives.

SHARE A FUN FACT ABOUT YOUR BUSINESS!

We're a not-for-profit, community-owned club. We have invested over \$6.5M into

the local community in the past 5 years. We became an independent club (formally QAL Sports Club) in 1992 and have a membership base of over 80,000 people.

WHAT DOES "SUPPORTING LOCAL" MEAN TO YOU?

It gives me a real sense of community and it's how our businesses are able to thrive and survive so it's heart-warming to know that other people care about that too.



HOW COULD THE WINNER SPEND \$10,000 IN YOUR BUSINESS?

They could really go wild here with \$10,000! Maybe throw an all-expenses-paid weekend for their nearest and dearest.

Gladstone Cinemas

WHAT PRODUCTS/SERVICES DO YOU SELL?

We're your local one-stop-shop for all your family entertainment needs. We have movies, games, food and drink, laser tag and the luxurious Gold Room.

SHARE A FUN FACT ABOUT YOUR BUSINESS!

My dad is an identical twin and also owns a cinema!

WHAT DOES "SUPPORTING LOCAL" MEAN TO YOU?

I'm a big believer in locals supporting locals. I always do everything I can to support local schools, businesses and charities because at the end of the day supporting our own community is what keeps us all going.

WHAT ARE YOUR TOP CHRISTMAS PRESENTS THIS YEAR?

A movie voucher is the perfect



gift for every occasion, and vouchers are perfect for Christmas stockings. I think our local businesses also offer great services and products that would make fantastic Christmas presents.

Harbour City Tiles & Carpets



WHAT PRODUCTS/SERVICES DO YOU SELL?

We sell floor, wall and feature tiles, glues, grouts and tools

for tiling. We supply and install carpet, vinyl, vinyl planking, bamboo, timber, and laminate.

SHARE A FUN FACT ABOUT YOUR BUSINESS!

We have been operating for 29 years and our 5 team members bring a combined 87 years of experience.

WHAT DOES "SUPPORTING LOCAL" MEAN TO YOU?

I think it's very important for people to spend their money locally as these people are the ones that spend their money

back into our community. They are also the ones that sponsor sporting teams and local charities.

HOW COULD THE WINNER SPEND \$10,000 IN YOUR BUSINESS?

New flooring and carpets. Update your bathroom, kitchen splashback, add a feature wall – the options are endless. We are happy to help spend the \$10,000 most effectively.

Patrick Jewellers



WHAT PRODUCTS DO YOU SELL?

We sell diamonds, jewellery, watches and giftware.

SHARE A FUN FACT ABOUT YOUR BUSINESS!

We're Gladstone's stockist for Kookaburra shells – a charm found in Gladstone's harbour.

WHAT DOES "SUPPORTING LOCAL" MEAN TO YOU?

It's fantastic – we've been here for one hundred years because of local support.

WHAT ARE YOUR TOP CHRISTMAS PRESENTS THIS YEAR?

We have quite a large range here, but I would recommend some diamond stud earrings as a top pick.

3 Style Clothing



WHAT PRODUCTS DO YOU SELL?

3 Style Clothing is a retail store that sells women's clothing, shoes and accessories.

SHARE A FUN FACT ABOUT YOUR BUSINESS!

3 Style Clothing has been in business for 14 years.

WHAT DOES "SUPPORTING LOCAL" MEAN TO YOU?

It means a lot when people shop

locally – you feel supported and just knowing they are wanting to wear your clothes makes you feel very happy.

HOW COULD THE WINNER SPEND \$10,000 IN YOUR BUSINESS?

They could buy a whole outfit for themselves – a new dress, shoes, sunnies, clutch, earrings and a hat!

SV Dental Sun Valley

WHAT PRODUCTS/SERVICES DO YOU SELL?

General, Cosmetic & Paediatric Dentistry

SHARE A FUN FACT ABOUT YOUR BUSINESS!

Everyone's favourite

appointment time is 200th-thirty! We love a good Dad joke!

WHAT DOES "SUPPORTING LOCAL" MEAN TO YOU?

It lifts our spirits to see people supporting local businesses, as it will keep businesses open, increase jobs and bring a sense of community spirit.



WHAT ARE YOUR TOP CHRISTMAS PRESENTS THIS YEAR?

My extended family to be able to get together and celebrate the reason for the season with food and drinks.



WHAT PRODUCTS/SERVICES DO YOU SELL?

E-Male sells suits and lifestyle clothing for men; we also hire formal wear and alter suits and men's clothing.

SHARE A FUN FACT ABOUT YOUR BUSINESS!

E-Male is 20 years old this Christmas! We were originally going to call the store "The Boss" or "Boss Lifestyle".

HOW COULD THE WINNER SPEND \$10,000 IN YOUR BUSINESS?

A wedding or a ridiculous shopping spree!

WHAT ARE YOUR TOP CHRISTMAS PRESENTS THIS YEAR?

CK Underwear, Brixton Hip Flasks, Happy Socks, Nixon watches, Silk long ties and bow ties, cufflinks and lapel pins.

E-Male Lifestyle



GLADSTONE CINEMAS



**COMING
SOON**

Family sessions
in the Gold Room

LOCAL ART
on display
for purchase

**GIVE THE PERFECT GIFT OF ENTERTAINMENT
THIS CHRISTMAS**



FOR MORE INFORMATION PLEASE VISIT
GLADSTONECINEMAS.COM.AU OR CALL (07) 4972 0015

INTERNATIONAL MEN'S DAY

19 November

CELEBRATE THE POSITIVE VALUE THAT MEN BRING TO THE WORLD, THEIR FAMILIES AND THEIR COMMUNITIES, AND HELP RAISE AWARENESS OF MEN'S WELL-BEING, THIS INTERNATIONAL MEN'S DAY.

Celebrate the positive value that men bring to the world, their families and their communities, and help raise awareness of men's well-being, this International Men's Day.

International Men's Day encourages men to show the boys in their

lives the values, character and responsibilities of being a man. It's a day to praise and thank the positive male role models in our lives, and realise our responsibility as adults to lead by example.

The day also serves as a special time to honour the brave men who protect our communities in the defence force and emergency services, as these are the men that help create a fair and safe society for all.

Further to this, International Men's Day encourages us to raise

awareness of the challenges that men face in daily life, and remind them that they are loved and appreciated for all that they do.

So take the time on the 19th of November to appreciate and celebrate the men in your life, and the contribution they've made to the community and the world.

You can find out more about International Men's Day at www.internationalmensday.com

GLADSTONE ENTERTAINMENT CONVENTION CENTRE

Calls on expertise at Gladstone Men's Shed



THE VALUED RELATIONSHIP BETWEEN THE GLADSTONE ENTERTAINMENT CONVENTION CENTRE AND THE GLADSTONE MEN'S SHED CONTINUES WITH THE SHED BEING INVITED TO MAKE SEVERAL PROPS FOR GECC'S MELBOURNE CUP EVENT: A DAY AT THE RACES.

very different to the regular projects and it allows some members to use their creative talents."

This project was followed up with a further request from GECC to make 6 smaller horses for a horse racing game and of course Shed members were happy to oblige, having as much fun creating the props as they would attending the event.

An order was placed earlier in the year to cut out two life-sized horse props, plus some free-standing units to help publicise A Day at the Races at the GECC.

Ron, the president of Gladstone Men's Shed, told Gladstone News "This is a great activity for the Shed as they are

There has been previous horsing around the Shed in earlier years when decorations were made for themed events including the Melbourne Cup at the GLNG Construction Canteen on Curtis Island. The skilled members of the Gladstone Men's Shed have also contributed to making props for several musicals performed at GECC, and are about to commence building a hut for use in the Wizard of Oz in 2020. "These are all great examples of another organisation providing worthwhile activities for members of Men's Sheds, with the result of a benefit to be enjoyed by the greater community," Ron said.





QAL APPOINTS

A new General Manager
Pine Pienaar

FOLLOWING FORMER GENERAL MANAGER MIKE DUNSTAN'S RETIREMENT IN MAY, PINE PIENAAR HAS BEEN APPOINTED QUEENSLAND ALUMINA LIMITED'S (QAL) NEW GENERAL MANAGER.

Pine joined QAL in 2018 as Utilities Manager, bringing with him more than 20 years of experience in the aluminium industry across South Africa, Mozambique, Canada as well as locally at Boyne Smelters Limited and Yarwun.

Pine has already been representing QAL at local events such as the Rio Tinto Martin Hanson Art awards where QAL is the major sponsor.

"QAL has been historically known as being pioneers for community and industry collaboration. The partnerships between QAL and the local region have enabled the town to go from strength to strength. Since the opening of the refinery 52 years ago QAL helped shape the town with projects such as the development of the Boyne Bridge and the Green Belt scheme," Pine said.

The Green belt scheme included the duck ponds, swimming pool, tennis, netball and basketball courts plus the hockey fields that are located in the Gladstone CBD.

Pine recognises there is a lot of opportunities for QAL to improve QAL's environmental footprint within the community highlighting the 5 Year Environment Improvement program which includes an investment of over \$300 Million towards improvement projects onsite.

"Gladstone's make up of community, industry and tourism and the collaboration between each, is something I have not seen anywhere. Our community is fortunate to have all of these elements right here at our door steps. This is an aspect that I personally believe is extremely important and look forward to continuing in my new role."



PARMA

For a Farmer

LOCAL BUSINESSES ARE GETTING INTO THE FUNDRAISING SPIRIT WITH PARMA FOR A FARMER – ENCOURAGING LOCALS TO GRAB A PARMIGIANA TO SUPPORT FARMERS AND RURAL COMMUNITIES.

Local businesses ie cafe and the Club Hotel Gladstone are participating in this year's Parma for a Farmer, with funds going directly to Rural Aid's Buy a Bale Initiative. CEO of Gladstone Community Linking Agency, Tracey Alexander, said "as a Social Enterprise of GCLA we are always keen to support ie cafe's participation in such initiatives, like Parma for a Farmer. It's such a great way individuals can help out our farmers and get a delicious meal in the process."

"It's an incentive that is close to our hearts and something which we hope we are able to help raise some funds for those doing it tough out there," said Rebecca, from the Club Hotel Gladstone.

Parma for a Farmer sees a portion of every parmigiana sold at registered venues donated to Rural Aid's Buy a Bale initiative, which supports our farmers with much needed resources during these drought-affected times.

Help our local businesses support drought-affected farmers, grab a parmy and keep up to date by following them on Facebook @iecafetannumsands and @TheClubHotelGladstone.

So come on Gladstone, it's time to participate in the tastiest fundraising campaign in Australia!



Boyne Island Environmental Education Centre



**BOOK NOW
FOR 2020!**

ACCEPTING ROUND 2 APPLICATIONS. LIMITED SPACES AVAILABLE

Applications will be processed in order of receipt. Don't miss out, get in now!

Boyne Island Environmental Education Centre is a curriculum driven residential facility situated 20 minutes south of Gladstone.

The centre is staffed by educational professionals operated by the **Queensland Department of Education** with our mission to "add value to school based curriculum by delivering authentic, stimulating, real world learning experiences beyond the capacity of the classroom".

The centre promotes caring for self, others and the environment through programs that focus on Science, Geography, Environmental and Outdoor Education along with personal and social development, all explicitly aligned with the Australian Curriculum learning areas, general capabilities and cross curricula priorities.

Further details are available at the Boyne Island Environmental Education Centre including a full list of curriculum linked programs

Website: www.boyneislandeec.eq.edu.au

Bookings can be made electronically through our easy to use online booking applications forms on our website or via our PDF booking application form emailed to bookings@boyneislandeec.eq.edu.au.

For any further information please visit the BIEEC website or contact the centre on 07 4851 0333



NEW PROGRAMS AND EXCITING OPPORTUNITIES:

YR 4 CARING FOR CLOWNFISH – learn about life cycles of clownfish and assist in the aquarium care of our newest little friends

YR 5 MISSION POSSIBLE CAMP – students are immersed in an exciting and engaging leadership program based on elements of team work, resilience, managing emotions and communication

VIRTUAL REALITY – students are plunged into a world they may not normally be able to access through a guided virtual experience including access to the moon or the Great Barrier Reef

CITIZEN SCIENCE – students and community can contribute to local and global data bases across a range of marine based citizen science programs such as Harbour Watch, Mangrove Watch, Coral Watch, AUSMAP and Tangaroa Blue



local business profile

CORINNA KLEMM

SCENTED SOUL

What is your business?

Scented Soul – handmade skincare and bath products for sensitive skin.

How long have you been in business for?

I have had Scented Soul for over 8 years.

What products and or services does your business supply?

I handmake and create paraben-free skincare and bath products, including face masks, body scrubs, bath soaks and bath bombs.

What is the best thing about being in business in the Gladstone Region?

I would say the best thing about having a business in the Gladstone region is definitely the ongoing

support that I've had from the local community, and the friendships that I've made along the way.

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

To someone considering launching their own business; love what you do and follow your passion. It also helps to have a great support network around you, including family and friends, because sometimes it can be tough, and you will definitely need the support. Also, depending on what you are doing, learn as much about your product or business as possible. I have done a few courses in skincare and aromatherapy and continue to learn and keep up to date with everything.

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

The main highlight is when customers tell me how much my products have helped with their skin conditions. Having sensitive skin, I know firsthand what it's like, and it always makes me happy and very humbled to hear how my products have helped someone else too.



GORDON FLOORING HAS BEEN PROVIDING QUALITY FLOORING INSTALLATION, EPOXY FLOOR COATINGS AND REPAIR SERVICES IN THE GLADSTONE REGION SINCE 2015. WE SERVICE ALL OF THE GLADSTONE AND SURROUNDING REGION SUCH AS ROCKHAMPTON, TANNUM SANDS, BOYNE ISLAND, MIRIAM VALE, AGNES WATER AND BEYOND.

We're experts on the topics of Epoxy coatings, concrete grinding, seamless flooring, commercial vinyl sheeting and vinyl plank floors.

At Gordon Flooring we use only the highest quality products and equipment and use reliable methods that catch dust at the source and prevent it from becoming airborne.

Our equipment and machinery are all equipped with HEPA H13 filters (high efficiency particulate absorbing). To further compliment this we have also invested in the Husqvarna advanced air cleaning system on the market.

**25 YEARS
EXPERIENCE**
FREE MEASURE & QUOTE



CONTACT US FOR A FREE MEASURE AND QUOTE ON 0419543088

FOLLOW US ON FACEBOOK OR VISIT OUR WEBSITE: WWW.GORDONFLOORING.COM.AU

INFO@GORDONFLOORING.COM.AU

TOOLOOA STATE HIGH SCHOOL

2019 Awards' Evening



**I'M ALWAYS PROUD
TO BE THE PRINCIPAL
OF TOOLOOA STATE
HIGH SCHOOL,
BUT OUR ANNUAL
AWARDS' EVENING
IS A SPECIAL
OCCASION WHERE I
CAN REALLY REFLECT
ON JUST HOW
FANTASTIC OUR
STUDENTS ARE,**

and it makes me beam with pride each and every year seeing just how impressive our students really are.

I'd like to sincerely congratulate every single student who was recognised at our Awards' Evening this year, and acknowledge the hard work and dedication that you've put into your studies in 2019.

I give my thanks to those who were in attendance on the night and, in particular, our special invited guests – Mayor Matt Burnett, Mr Peter Corones, Dr Emma Jackson, Mr Brian Swart and Mr Bruce Hunt – all well-respected, upstanding members of our community who unwaveringly support our school. Additionally, I'd like to thank Amritesh Savnak, our 2018 school Dux, for taking time out of his studies (Bachelor of Medicine and Bachelor of Surgery) and for his inspiring and entertaining speech on the evening. We feel fortunate to have hosted you for the evening and I know that our students enjoyed the opportunity to hear your words of wisdom.

Such an impressive evening does not come together on its own. I thank my staff who assisted with the preparation of the evening, Rachael Hartwig, Jess Batey, Meghan Gwynne, Gerard Clark, Georgia Nicol and Georgia Milne, along with Carol Slape for the instrumental music.



It gives me great pleasure to welcome the 2020 School Captains – Jack Ryan and Heath Laner – along with the Vice Captains – Hannah Gorton and Hannah Ryan. I know that they will do a tremendous job and I look forward to working with them across the next 12 months.

As the school year draws to an end, I thank our entire school community for their contributions this year. Every member plays an integral part in making our school the incredible place that it is to work and learn.





CONGRATULATIONS TO OUR 2019 STUDENT OF THE YEAR, KYNAN ELLIOTT!

Kynan Elliott has been absolutely outstanding in every aspect of his learning since joining us on his very first day of high school in 2014, and was recently presented with the following at our 2019 Awards' Evening:

- Gladstone Ports Corporation Student of the Year
- Rotary Albert Mills Memorial Humanitarian Student of the Year



Thanks to our School Captains and Vice Captains for their service and dedication in the 2019 school year. We wish you all the best for 2020 and beyond.

- Toolooa All-Rounder
- Australian Defence Force Long Tan Team Leadership Award
- QAL Stem Bursary
- QAL Maths/Science Award

In addition, Kynan achieved VHAs in every single subject, and topped his cohort in:

- Mathematics B
- Mathematics C
- Chemistry
- Information Processing and Technology
- Physics

And received a Platinum Award for his incredible academic achievements.

Not only has Kynan been a model student, and achieved the pinnacle in academia, he has also been incredibly active with community involvement and participation in extra-curricular activities. Most notably, Kynan boasts the following:

- 1st place in three individual categories at this year's Gladstone Eisteddfod (playing guitar and saxophone)
- Engagement in the National Youth Science Forum

- Participant in University of Queensland's Youth Scholars' Program
- Active volunteer work with Toolooa SHS Interact Club, raising money through Relay for Life and Shelter Box
- Active member of Toolooa SHS Student Executive Team, raising money for The Smith Family

Kynan has already received and accepted a conditional offer through the Australian Defence Force as a Maritime Warfare Officer. In 2020, Kynan will engage in job training, and from 2021 onward, he will be based at ADFA in Canberra where he will complete his degree in conjunction with the University of New South Wales.

Kynan has an exceptionally bright future ahead of him. We are proud of not only his accomplishments, but the way that he has conducted himself as an ambassador of our great school for the past six years. Congratulations - Kynan – we wish you every success in your future.



Toolooa State High School
2 Philip Street, South Gladstone
toolooashs.eq.edu.au
(07) 4971 4333



HELP NOW WHERE IT'S NEEDED MOST

Backing our farmers now as part of our drought response

KEN O'DOWD HELPING TO PROVIDE DROUGHT ASSISTANCE WORTH OVER \$7 BILLION

HELP FOR FARMING FAMILIES

- Providing more than 12,700 farming families with over \$100,000 each to cope with the pressures of the drought.
- Plus an additional \$3,000 to eligible affected households experiencing hardship.
- Farmers and their partners have access to one-on-one meetings with their Farm Household Case Officer, a healthcare card, rent assistance, and pharmaceutical, telephone and remote area allowances.
- Permanently increased the Farm Household Allowance net asset threshold cap to help more farmers access payments.
- Access to \$1 billion in loans for farming families.

TAXATION MEASURES NOW

- Income tax averaging evens out farmers' income over time to help them better manage their cash flow.
- Immediate deductions on the purchase cost of new water facilities, fodder infrastructure and fencing.

- Until 30 June 2020, farm businesses with a turnover threshold of up to \$50 million are able to immediately deduct purchases of eligible assets costing up to \$30,000.

MENTAL HEALTH SERVICES

- The Morrison Government has committed \$29.4 million for community-led rural mental health services to help our communities through this drought.
- By removing barriers we're allowing more regional and rural Australians access to Telehealth services.

IMPROVING ACCESS TO WATER

- On-farm water infrastructure rebates to help farmers install emergency on-farm watering points, de-silting of dams, and drilling of new water bores to access water.
- \$27.6 million to improve the Great Artesian Basin.
- This funding helps to drought-proof farms and maximise the availability of water across drought-affected communities.

SUPPORT FOR COMMUNITIES IN DROUGHT

- Rural Financial Counselling Service to help farmers access additional support, particularly

when applying for Farm Household Allowance for the first time.

- Creating jobs in drought-affected communities by providing \$1 million for over 120 local councils through the Drought Communities Extension Program.
- Extensions to Grants for local business projects to provide employment and support for local businesses.

BUILDING A MORE DROUGHT RESILIENT AUSTRALIA

- The Morrison Government's \$5 billion Future Drought Fund is a permanent, long-term investment in drought resilience for communities.
- From July 1 2020, the Government will draw \$100 million per year to invest in drought resilience projects, in both the good and bad years. This funding will support research and development, infrastructure projects, and improved land management in agriculture.
- 21 major water projects already underway.
- National Water Grid Authority to harness and harvest water storage and supply systems across Australia for the future.
- \$3.5 billion to build dams, pipelines and weirs.



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 



QGC

THANK YOU FOR YOUR SUPPORT, GLADSTONE

SHELL'S QGC BUSINESS IS CELEBRATING THE DEPARTURE OF ITS 500TH LNG CARGO FROM ITS PLANT ON CURTIS ISLAND. A MAJOR MILESTONE WHICH WOULDN'T HAVE BEEN POSSIBLE WITHOUT THE SUPPORT OF THE GLADSTONE COMMUNITY, KEY STAKEHOLDERS, OUR LOCAL TEAM AND CONTRACTORS.

**THANK YOU FOR WELCOMING US AS PART OF THE COMMUNITY
AND ENABLING US TO OPERATE EFFECTIVELY.**



HERE'S A SNAPSHOT OF WHAT YOU HAVE HELPED US ACHIEVE SINCE OUR FIRST CARGO WAS DELIVERED IN JANUARY 2015:



**DELIVERY OF ENOUGH ENERGY TO POWER OVER 600
MILLION HOMES FOR A MONTH**



**95% LOCAL EMPLOYMENT OF 270 TEAM MEMBERS
WORKING AT OUR LNG PLANT**



**INVESTMENT OF APPROX. \$3.5 MILLION ON LOCAL
COMMUNITY INITIATIVES**



**SPEND OF \$160M WITH LOCAL SUPPLIERS & CONTRACTORS,
BIG & SMALL, WHO SUPPORT OUR OPERATIONS**



**THE CREATION OF 1000'S OF SHORT-TERM JOBS FOR
CONTRACTORS**

IF YOU HAVE QUESTIONS ABOUT SHELL'S QGC LNG PLANT ON CURTIS ISLAND

Visit our website: www.shell.com.au/qgc

Call our toll-free 24-hour information line 1800 030 443

Email qgccommunity@shell.com

Visit our Facebook page facebook.com/ShellQGC

LOCAL FITNESS INSPIRATION COMPETES IN *ICN World Championships*

LOCAL FITNESS PROFESSIONAL AND WELLNESS COACH, WHITNEY-RAE FREYLING TOOK TO MELBOURNE TO COMPETE IN THE ICOMPETE NATURAL CHAMPIONSHIPS EARLIER THIS MONTH.

Whitney-Rae Freyling told Gladstone News that she “sold her soul” when it came down to how intense her training was for the ICN World Championships.

“I always train really hard, but for the championship I was doing intense training for ten to twelve weeks with two to three hours of training per day.”

Whitney’s journey to the championship was especially challenging after suffering a torn gluteus medius during her training earlier this year. Advised by her coach not to continue for the championship, she was determined to make it after undergoing emergency surgery last year which left her unable to compete.

“After all the money and training I had put into last year, I was determined to make it this year. The injury forced me to be creative with my training, but being a personal trainer, I was aware of what I could do to continue training safely,” she said.

Despite her setbacks, Whitney made it to the ICN World Championships and scored an incredible second place!

She reminds us that “people often want a quick fix, but the human body takes longer to change than most people expect, so having a strong mindset is the key to success regardless of whether your goal is to compete in a pageant or just to become a little more fit.”

Whitney believes that no matter who you are, accountability is key when it comes to reaching any goals in life, “you have to be accountable to someone otherwise it becomes another new year’s goal that doesn’t go ahead.” She recommends a strong support network and to voice your goal to loved ones, so they understand what you’re doing and how important it is to you.

Whitney also runs boot camps where she sees clients of all ages and levels of fitness gain the benefit of completing the course, “as soon as they start eating better, drinking more water and exercising three times a week they have heaps more energy – at first they do feel a little tired but it quickly turns into better sleep and digestion, better hormone balance, and of course it provides noticeable stress relief.”

Whitney says the motto she lives by is “be patient, put the work in and your mindset is everything.”





recipe

ACAI BOWL RECIPE

INGREDIENTS

- 1 banana - sliced and frozen
- 1/2 cup blueberries - frozen
- 1/2 cup strawberries - frozen
- 3/4 cup milk or juice - use your favourite milk (dairy milk, soy, almond, etc) or juice (apple or grape)
- 1/2 cup plain yogurt - (substitute with milk or juice if desired)
- 200 grams (2 packets) frozen acai puree - broken into pieces
- assorted toppings - nuts, seeds, fresh fruit, granola, coconut, etc.

METHOD:

1. Blend. Once frozen, add the milk and yogurt to the bowl of a large, high-speed blender with a tamper (see tips and tricks). Add the frozen blueberries, strawberries, banana, and broken up acai. With the blender on low, use the tamper to push the frozen fruit down, mixing around as much as possible. Continue to blend on low until smooth, only adding additional liquid when needed.
2. Assemble. Divide the smoothie into two bowls and top with all your favourite toppings. Best enjoyed immediately (because it will melt).

Recipe courtesy of The Forked Spoon website

**TAG @GLADSTONE_NEWS
IN YOUR RECIPE PICTURES!**



GLADSTONE LOCAL TRIUMPHS *In New Zealand Squash Series*

GLADSTONE'S SUE DAVIS WAS ONE OF FIVE QUEENSLANDERS WHO PLAYED IN THE AUSTRALIAN SQUASH MASTERS TEAM THAT DEFENDED THE 2019 TRANS - TASMAN TEST SERIES.

The series was conducted on 14th, 15th & 17th October 2019 in Timaru, New Zealand and comprised of three tests. The team consisted of one representative from each country in Men's & Women's: Over 35, 40, 45, 50, 55, 60 & 65. Sue competed by defending the Women's Over 45 position. Playing in this position Sue came up against Nadine Cull from New Zealand. She accounted for herself very well by having wins in all three tests. Sue won the first and third matches, each in four games, but came from behind in the second contest, winning this in a close five games.

After finishing on a high with a successful team's series, the Australian players then participated in Squash New Zealand Masters Championship 2019. This is a three-day individual event and Sue played in the Women's 50 to 54 years. Sue won her early matches but had to pull out all stops when she came up against her Australian counterpart, Sarah Nelson from NSW. Sue was successful in unseating Sarah, by winning in four games. In the final Sue came up against Lisa Cowlard from New Zealand and this also proved to be a hard-fought match, with Sue coming out the victor, again, in four games.

**Gladstone Valley
Funerals
& Cremation Services**

For 24 hour service
Ph: 4972 0800

Who better to care for your family than ours

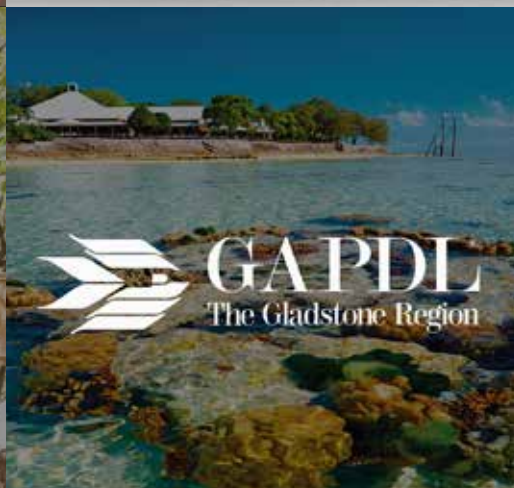
Kandy
COUTURE



sassi-j
FASHION



BTABC
BOYNE-TANNUM ARTS BUSINESS & COMMUNITY ASSOC. INC.



GLADSTONE
ENTERTAINMENT
CONVENTION CENTRE

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.

Design + Digital + Social
ELEVATE
MEDIA

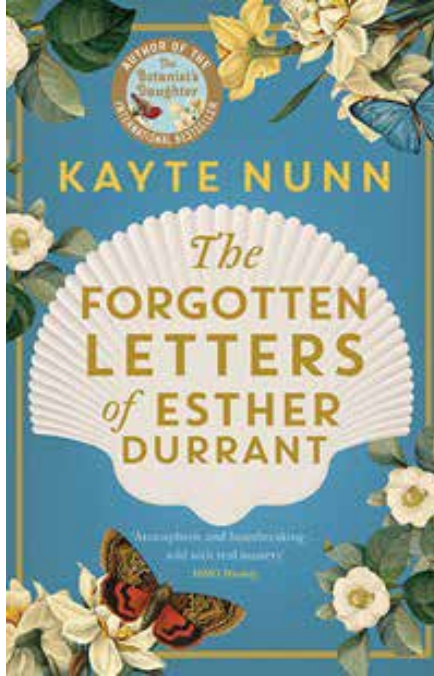
**FIND OUT HOW WEB CAN HELP YOUR
BUSINESS THRIVE IN 2018**

07 4972 7648 | 12/100 Goondoon St
www.elevate.net.au | ashleigh@elevate.net.au

book review

The Forgotten Letters of Esther Durrant by Kayte Nunn

I was first drawn to this book due to its stunning cover. It shows shells, butterflies and flowers set on an ocean blue background. The images are significant, as the book tells the stories of two women whose lives are intertwined on England's Scilly



Isles near Cornwall. In 1951, Esther Durrant is sent to one of these islands to recover from her depression, staying at a remote house with damaged ex-soldiers, under the guidance of revolutionary psychiatrist Dr Richard Creswell.

In 2018, Australian marine scientist Rachel Parker moves to the islands to research a rare clam. While there, she uncovers a suitcase containing mysterious love letters, and sets out to uncover the people behind the letters.

I'm not really a romance fan, but this story is more of an adventure than a romance. I'm also not a fan of books that are written in two different time periods, but the talented Kayte Nunn manages to maintain such a flow in her storytelling, that I was not confused at all. This book, and others by the author, can be borrowed from Gladstone Regional Libraries.

Kayte Nunn is the author of the bestselling Australian novel "The botanist's daughter" and others.

Thanks to librarian Sue Norris from Gladstone Regional Libraries.

Art Awards: Artist Talks

The 44th **Rio Tinto** Martin Hanson Memorial Art Awards 2019



Image: Ping Carlyon, recipient of The Inaugural Pamela Whitlock Memorial Acquisitive Award, sponsored by Gladstone Regional Council, with her winning work *Apparently I'm Chinese Taipei*. Photo: M. Richards.

Four award-winning artists will provide insight into their artistic works during, *Art Awards: Artist Talks*, at the Gladstone Regional Art Gallery & Museum, 10.30am, Saturday, 16 November 2019.

A unique opportunity for public to meet the artists and hear a personal account about their winning works and creative processes. *Artist Talks* provide interesting contextual information from the artists themselves, with each presenting a fascinating discussion about their art practice.

The free *Artist Talks* are held in conjunction with 'The 44th Rio Tinto Martin Hanson Memorial Art Awards 2019', currently on display at the Gallery & Museum until Thursday, 5 December 2019.

The guest speakers include:

- **Kevin Duthie**
Winner of *The Rio Tinto Martin Hanson Memorial Art Award*, Sponsored by Rio Tinto and QAL, for his work *Ghungalu Land Blackdown Tableland*
- **Ping Carlyon**
Winner of *The Inaugural Pamela Whitlock Memorial Acquisitive Award*, Sponsored by Gladstone Regional Council, for her work *Apparently I'm Chinese Taipei*
- **William Debois**
Winner of *The Gail Sellers Local Artist Award*, for his work *SHELVING – Part #1: Ancestry*
- **Leanne Cole**
Winner of *The Natalia Muszkat Photography Award* in Section 2: Works on Paper, for her work *The Family Zoo*

Everyone is welcome to come along to the *Art Awards: Artist Talks*, to connect with the artists and gain a greater appreciation of the influences behind their works. Questions from the audience are encouraged.



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

STILL FEELING IT



At Bill Robertson Toyota



HILUX 4X4 SR5
FREE ONROAD
COSTS^[V]

+\$1,000
OF GENUINE ACCESSORIES^[A1]
+\$1,000
TOWARDS A GENUINE ACCESSORY
LIFESTYLE PACK BONUS^[N3]



**KLUGER
RANGE** **\$1,000**
GIFT CARD^[N1]



**HILUX ROGUE,
RUGGED &
RUGGED X** **\$1,500**
GIFT CARD^[N2]



OH WHAT A FEELING

Bill Robertson Toyota

84 Hanson Road,
Gladstone
T: 07 4972 2766
1008737
billrobertsontoyota.com.au

[V] Offer applicable for Private customers, Bronze, and Silver Fleet customers, only at participating dealers. Offer available on new May 2019 to September 2019 built models purchased between 01/10/2019 and 30/11/2019 unless extended. Free onroad costs include 12 months registration, 12 months compulsory third party insurance (CTP), a maximum dealer delivery charge and stamp duty. Metallic/Premium paint at additional cost. Toyota reserves the right to amend the offer and terms at any stage. [A1] Genuine Accessories must be ordered at time of vehicle purchase. \$1,000 excludes cost of dealer accessory fitment. Not exchangeable for cash. No rainchecks. Toyota Genuine Accessories are not applicable to all models/grades. See your Toyota dealer to confirm Accessories suitable for your vehicle. Refer to Owners' Manual for gross vehicle mass limits. Colours depicted may vary from actual colour due to display process. Visit toyota.com.au/vehiclepayload. [N3] \$1,000 Genuine Accessory Lifestyle Pack Bonus offer is available on Hilux 4x4 SR5 purchased and delivered between 01/10/2019 and 30/11/2019, when purchasing the Tradie Pack, Urban Warrior or Weekend Getaway Genuine Accessories Lifestyle Pack, unless extended. Lifestyle Accessory Pack must be ordered at time of vehicle purchase. \$1,000 includes cost of dealer accessory fitment. Not exchangeable for cash. No rainchecks. Toyota reserves the right to amend the offer and terms at any stage. Toyota Genuine Accessories are not applicable to all models/grades. See your Toyota dealer to confirm Accessories suitable for your vehicle. Refer to Owners' Manual for gross vehicle mass. [N1] \$1,000 Gift Card available to Private customers at participating Toyota Dealers on range of new Kluger vehicles purchased and delivered between 01/10/2019 and 30/11/2019, unless extended. Toyota Australia is not responsible for loss or theft of Gift card. Valid for single activation only. Gift cards are not redeemable for cash. Gift Card offer excludes Government, Fleet and Rental Fleet purchasers. See toyota.com.au/stillfeelingit for full terms & conditions. [N2] \$1,500 Gift Card available to Private customers at participating Toyota Dealers on new Hilux Rogue, Rugged and Rugged X, purchased and delivered between 01/10/2019 and 30/11/2019, unless extended. Toyota Australia is not responsible for loss or theft of Gift card. Valid for single activation only. Gift cards are not redeemable for cash. Gift Card offer excludes Government, Fleet and Rental Fleet purchasers. See toyota.com.au/stillfeelingit for full terms & conditions.