

ISSUE 173

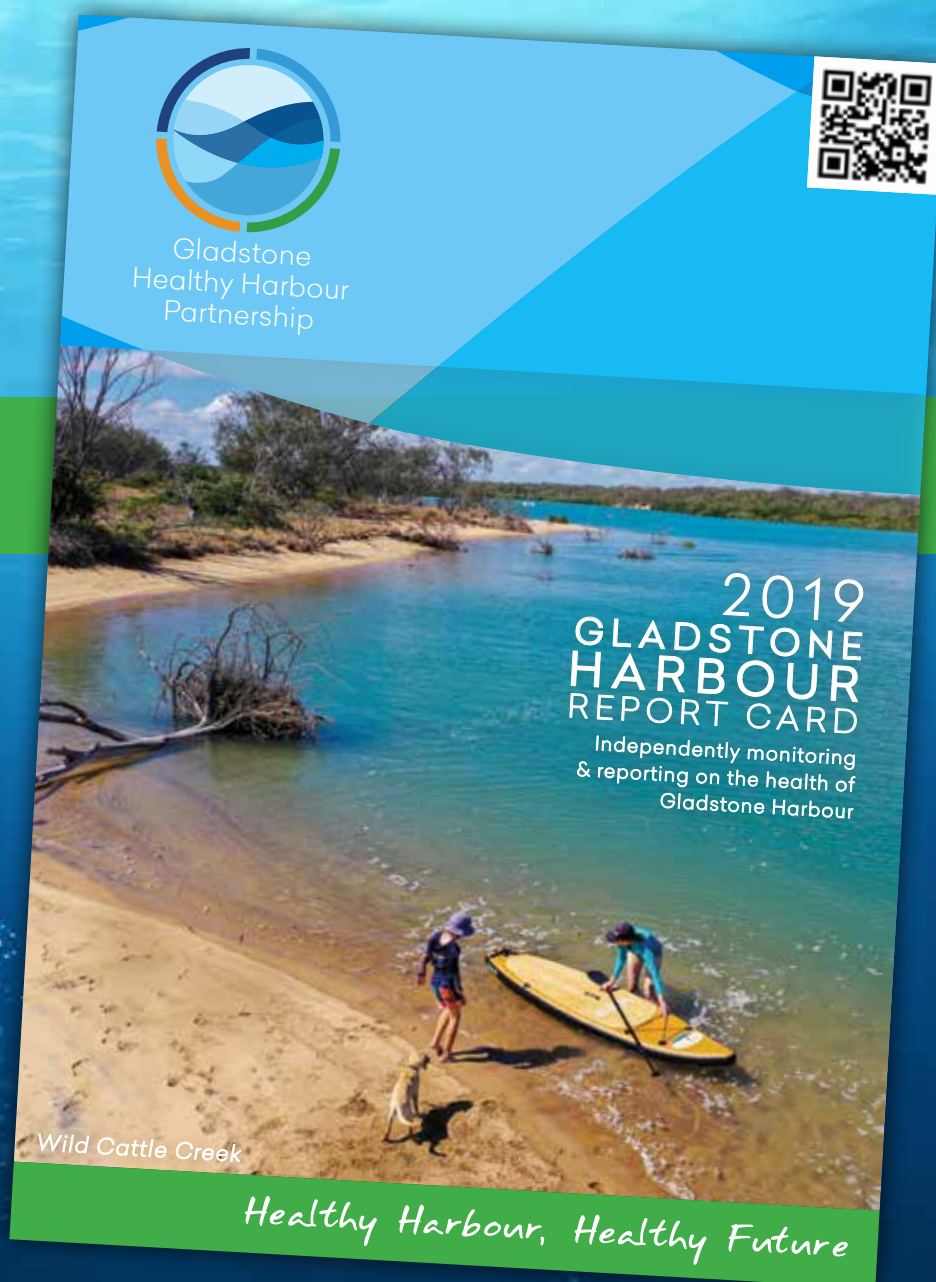
February 13, 2020

GLADSTONE HEALTHY HARBOUR PARTNERSHIP

*Gladstone Harbour Report
Card 2019 Release*



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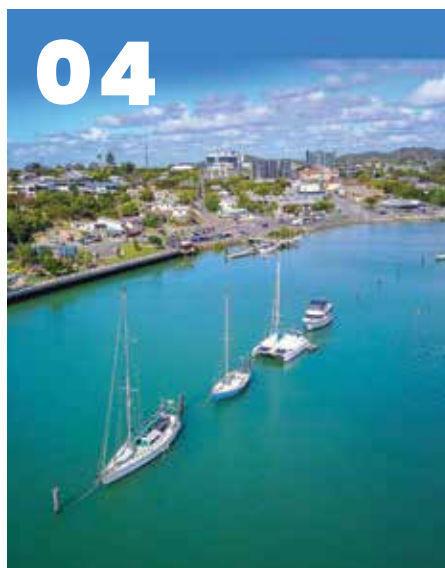
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what's on

FROM 13TH FEBRUARY

15 FEBRUARY

Photopia Portrait Days: Your 1st Family Portrait of the Decade

Celebrate the new decade with beautiful family portraits and help raise funds for wildlife carers, with \$50 from every shoot being donated to Gladstone Wildlife Carers! For more info check out the Photopia Studio Facebook Page, or for bookings go to www.photopia-shop.com/wpstudio/portrait-offer/ 8 Crow St, Gladstone | Book online | \$59

21-23 FEBRUARY

Agnes Blues, Roots & Rock Festival

Get ready to dance till you drop at the 2020 Agnes Blues, Root & Rock Festival with the Round Mountain Girls! With live music, bar, food vendors and markets you won't want to miss out! Jump onto agnesbluesandroots.com.au for more information and to secure your tickets! SES Grounds, Captain Cook Dr, Seventeen Seventy | Passes from \$154

EVERY THURSDAY

Gladstone Life Drawing

Come on down to Crow Street Creative and get your creative fix with some life drawing. All levels of experience welcome in a friendly, supportive and relaxed atmosphere! For more info check out the Life Drawing Gladstone page. Crow Street Creative | 6pm-9pm | \$10

EVERY THURSDAY

Social Connections Friendship Group

Make new friends and connect in a safe and friendly group that supports all women of the Gladstone Region. To register for this free group, please contact Gladstone Women's Health Centre on 4979 1456 or email info@gladstonewomenshealth.org.au Gladstone Women's Health Centre, 20 Tank St | 9am-10:30am | FREE (must register)

EVERY SATURDAY

FREE Boot Camp!

Kickstart your year with Beccfit's free boot camps every Saturday morning! No money for a gym membership? No excuses! For more information and to secure a place, contact Beccfit through Facebook or on the PT Minder app! Beccfit - Tannum Sands | 7.00am | FREE

EVERY SATURDAY

Fresh Produce Market

Come and visit the Fresh Produce Market in the Lightbox courtyard each Saturday for locally sourced fruit and vegetables as well as fresh floral blooms from Little Bloom Room! Lightbox Espresso + Wine Bar | 7am-12pm

10 MARCH

Inspiring Resilient Women

Celebrate International Women's Day with Gladstone Engineering Alliance and special guest speaker, triple Olympian and stroke survivor, Sally Callie! Yaralla Sports Club | 11am-1:30pm | \$65



21 MARCH

Family Movie Night

Join in the fun with the Gladstone Drought Appeal Fundraiser for a family movie night featuring a FREE screening of Abominable with kids entertainment, food and drink! Gladstone Ports Corporation Marina Stage | 5pm | Donations for the drought welcomed

JOIN THE GYM THAT GIVES BACK

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\$11.99
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GLADSTONE HEALTHY HARBOUR PARTNERSHIP

Gladstone Harbour Report Card 2019 Release



THE GLADSTONE HEALTHY HARBOUR PARTNERSHIP (GHHP) IS PROUD TO RELEASE THE GLADSTONE HARBOUR REPORT CARD 2019.

The Gladstone Harbour Report Card 2019 was produced with the support of 21 partners, representing community, traditional owners, industry, science, Government and harbour management.

Report cards are a globally recognised method of reporting on waterway health and monitoring changes over time. GHHP has been working for the past twelve months to produce the 2019 report card for the community and stakeholders, rating indicators from Very Poor (E) to Very Good (A).

This report card presents the results of environmental, social, cultural and economic monitoring within Gladstone Harbour and the Gladstone Local Government Area, between July 2018 and June 2019. Information and data used in the report card has been provided by scientific research organisations, universities and specialist consultants overseen by the GHHP Independent

Science Panel and the GHHP Science Team.

Overall, the 2019 results were similar to those reported in 2018. Environmental Health overall received a C (Satisfactory), Social and Economic Health both received B's (Good) and Cultural Health received a C (Satisfactory).

Within the Environment component, the grade for water and sediment quality remained very good (A). The overall score for habitats improved slightly from 2018 owing to an improvement in seagrass which went from a D to a C. The scores for mangroves (C) and coral (E) were similar to 2018. Fish and crabs received a D as a result of poor scores for fish recruitment and mud crabs, offset with fish health receiving a (B).

The Social component grade for 2019 was good (B). Results were consistent with the previous year with community perceptions of harbour usability staying as satisfactory (C), and harbour access and liveability/wellbeing both remaining good (B).

The overall grade for the Cultural component was satisfactory (C). The grade for sense of place remained good

(B). This score has changed little in five years and suggests that the community's expectations of the harbour area are being met. The 2019 score for place attachment was slightly higher than previous year's, suggesting an increased engagement with and appreciation of the harbour.

The overall Economic grade for 2019 was good (B). Economic performance remains an A, owing to the continued strength of shipping and tourism. However, commercial fishing received a poor score for the fourth consecutive year. Economic stimulus was satisfactory with socio-economic status remaining unchanged from 2018, although employment continued to score poorly. The score for economic value (recreation) was slightly higher than last year with an improved score for recreation fishing. The scores for the remaining Economic indicators were similar to last year.

GHHP Independent Science Panel Chair Professor John Rolfe said, "I'm proud to say that after six years, the 2019 Report Card now has a complete set of indicators and sub-indicators with the inclusion of Fish Health indicator this year." Professor Rolfe said that owing to the stability of the cultural heritage indicator no new monitoring was undertaken this

year and the scores were derived from 2018 data. "In following years to come, more monitoring will be staggered, so not every indicator will be measured each year. This will reduce costs of monitoring and assessing but also recognises that some indicators are very stable and do not require such regular assessment", Professor Rolfe said.

The Minister for Environment and the Great Barrier Reef Lianne Enoch congratulated the partnership on the release of the latest data and results.

"The Queensland Government is pleased to be the major contributor to this partnership, providing \$350,000 annually. This demonstrates our ongoing commitment to work with local communities, industry, research groups and business in the Gladstone region to ensure a sustainable harbour and a healthy Great Barrier Reef for future generations to enjoy," Lianne said.

The report card will provide more detailed fish health analysis this year. This is one of the longest established report card partnerships which has strong industry involvement.

The GHHP website and technical report contain further information on the grades presented in the 2019 Gladstone Healthy Harbour Report Card and the methods used to determine them. Visit www.ghhp.org.au for further information.

The Gladstone Healthy Harbour Partnership is seeking feedback from the community and stakeholders on the Gladstone Harbour Report Card 2019 to improve the reporting process for future years. Have your say by emailing info@ghhp.org.au or phone 1800 241 254.



REPORT CARD RESULTS 2019

SOCIAL



CULTURAL



ECONOMIC



ENVIRONMENTAL



OUT NOW READ HOW BARRY & JENNY VIEW THE 2019 RESULTS OF THE HARBOUR.

Gladstone Healthy Harbour Partnership (GHHP) presents its fourth story book, Barry & Jenny's Release (Gladstone Harbour Report Card 2019) which articulates the results of the 2019 Report Card.

Many local families now have the collection in their homes, with several story books being sent to relatives all over the world. Schools use these story books in their classrooms to teach students about scientific research that is taking place in their community. We hope you enjoy reading all about Barry, Jenny, Dougie and friends as they help GHHP present the process and results of monitoring Gladstone Harbour.



HAVE YOUR SAY

The Gladstone Healthy Harbour Partnership is seeking feedback from the community and stakeholders on the Gladstone Harbour Report Card 2019 to improve the reporting process for future years. Have your say by emailing info@ghhp.org.au or phone 1800 241 254.

ACKNOWLEDGEMENT OF PARTNERS



THANK YOU to our Councillors!

GET TO KNOW A LITTLE MORE ABOUT OUR COUNCILLORS
AS THEY SHARE THEIR FAVOURITE PARTS OF WORKING IN
COUNCIL OVER THE YEARS.

Matt Burnett

I enjoy working with all levels of government to build our local economy, by supporting development and encouraging investment in job-creating projects.

As well as being Mayor of our great region, I also represent Central Queensland on the LGAQ Policy Executive and represent all Queensland local governments at a national level on the ALGA Board. I believe by working together with neighbours across CQ and the Wide Bay/Burnett regions ultimately benefits our community.



At a local level, for me it's all about providing value for money, services and building a better lifestyle by providing family-friendly events and activities and building the infrastructure that a modern, vibrant community expects and deserves.

Khan Goodluck

My favourite part of working in the council is meeting lots of different people and hearing their stories. I've had the pleasure of meeting some really amazing people who've achieved amazing things.



Chris Trevor

It's great to be part of a team of approximately 650 people that strive for excellence in customer service, culture and diversity and who take pride in everything they say and do. Setting the long-term planning and strategic vision for our region whilst prioritising community needs is a favourite of mine as well as meeting and often helping old and new acquaintances with any questions, queries, issues, problems or concerns to do with our Council.



Rick Hansen

It's always been an honour to serve as a Councillor. Meeting people, groups and organisations and being able to represent their collective views and ideas at the Council table brings me great satisfaction.

It is rewarding when I can assist in managing community concerns and problems and obtaining a consensus on outcomes. Having an opportunity in a governance role to assist in making the organisation more efficient and cost-effective, effectively putting less pressure on the rate base.



Glenn Churchill

Being proud of what we have, fighting for what we need, advocating for what we deserve. I am excited about progress work being done for our City, regional and rural communities, cultures, arts, sports, developments, safety and well-being programs; making strategic decisions about debt reduction with wise long-term use of budgets and resources to ensure residents will have assets, services and infrastructure.

I am inspired by what is being proudly delivered to Connect, Innovate and Diversify by YOUR council workforce, volunteers and residents working together.



Peter Masters

I've thoroughly enjoyed working with the people of the Gladstone Region and meeting the diversity of characters who make up our communities.



I've tried to resolve issues during my time at Council and to improve the liveability of the Gladstone Region. I'm proud of the strategies surrounding projects, events and tourism that we've put in place during my time at Council. Some of the projects I've enjoyed working on include heavy vehicle access into the Port of Gladstone and working with rural producers.

Natalia Muszkat

I feel very lucky to represent the people of our diverse Region. I enjoy listening to our residents and understanding their challenges. I am proud to be able to empower our community groups and businesses to make the most of the opportunities our Region offers.



PJ Sobhanian

My time at Gladstone Regional Council representing the community and planning for the best future for our community has been a privilege.

Hopefully, people can look back at my legacy and say that the Council is in better shape in many ways because of the work that has been done in sustainability, supporting local business, promoting business opportunities and jobs and acting on environmental concerns and matters to create a better, healthier, more sustainable and prosperous region for current and future generations. Thank you community.



Desley O'Grady

Being an elected councillor over the last four years has taught me so much about our beautiful community, appreciation of the environment within the Gladstone Region and connecting with the residents and ratepayers with our community. Working together to balance our Region's lifestyle and opportunities has resonated with my role and responsibility as an elected member.



KYLE "OCKA" BEALE

2020 GLADSTONE REGIONAL COUNCIL CANDIDATE



I have now made a formal commitment to stand as Councillor in upcoming 2020 Gladstone Regional Council Elections.

This choice has been well discussed and not lightly thought through.

Given my current business interests predominately now in Land and Cattle after the sale of our company, MIPEC Pty Ltd in 2018. I now have the time, interest & support to pursue this pathway.

I've been very fortunate to be born and raised here, so to build a home and business here, was very clear. We have such a unique region from the Ranges to the Reef. We have 2 ½ million acres from the Forest country down to the Salt water, who else has that? Very few...

My history within the Gladstone region dates back 5 generations with also two of my forefathers acting as Councillors on the Calliope shire in 1905 and the Gladstone Town Council in 1933.

Our region offers the freedom for our children to live healthy and laugh loud. They have the opportunity to explore their ambitions and future endeavours. We as a community need to encourage this...

I encourage growth & prosperity in every shape & form. With a position on GRC, I'm truly confident I can further support, help direct and drive the Council team for the economic growth required and do this also in parallel with the workable environmental balance necessary.

During the month of March I will be attending the GRC arranged "Meet the Candidates" throughout the Region. Feel free to come along and have a chat.

Written & Authorized by Kyle (Ocka) Beale – 84 Morcom Street Calliope.



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Kick into gear this month with #febfit!

KICK INTO GEAR THIS MONTH WITH #FEBFIT!

Being fit and healthy isn't a trend, it's a way of life! #febfit is a Queensland-wide campaign for February that encourages healthier lifestyle choices with the incentive of joining thousands of others in sharing health and wellness activities throughout the month.

For #febfit it's important to make realistic fitness and health goals for the month, and then use the campaign to draw inspiration and motivation to achieve them! You can get involved with your friends, family and workplace and help each other to reach your goals by the end of February. It doesn't end there though, #febfit is there to start you off on a lifelong journey of health and fitness!

We have some #febfit inspiration for you right here, so check out the next couple of pages and pledge a healthy, long life to yourself! Join in the fun with the #febfit challenge on social media and share your health and fitness accomplishments!

Let's get started!

GET FIT4LIFE

IF YOU'RE LOOKING FOR FITNESS INSPIRATION AND TIPS WE'D LOVE TO INTRODUCE TO LEAH FROM FIT4LIFE TRAINING ACADEMY!

Leah originally started Fit4Life Training Academy back in December 2017. The idea came from her desire to reach out and help the community in her own way. "I wanted to take my personality and unique training styles and use them to guide others on their fitness journey," she said. Leah has since been offering bootcamps, fitness classes, personal training and junior training while providing the community with a friendly, health-focused fitness centre.

The best part of Fit4Life Training Academy for Leah is the people, "we are like a family and the support that happens in the studio between the members and trainers is special," she said. With an exceptionally welcoming and non-judgemental community, Fit4Life Training Academy is definitely a great source of motivation and encouragement when it comes to fitness.

Exercising is especially important for mental health, it releases chemicals in the body like endorphins and serotonin that can improve your mood and ability to cope with stress and other day-to-day challenges. Exercise can also help with social skills as in many cases it means you're out in the world meeting people, which can help reduce feelings of loneliness and isolation while boosting your confidence!

"If you exercise regularly, it can reduce your stress and symptoms of mental health conditions like depression and anxiety. It can also improve sleep which is so important in many different ways," Leah explained.

Leah's top three tips for incorporating exercise into your daily routine are:

1. Make it fun (if you're enjoying something you're more likely to want to do it)
 2. Write down your goals on paper or tell a friend (this may help you stick to it and make you more accountable)
 3. Start out with one or two smaller goals first. Don't overwhelm yourself!
- Leah reminds us that "the body is amazing, it will do whatever your mind tells it to. Train your mind, then your body."





EMPIRE NUTRITION LAUNCHES IN GLADSTONE!

THE NEW BRIGHT, YELLOW PAINT JOB AND SIGNAGE IS A SURE-FIRE WAY TO FIND THE REBRANDED LOCAL SUPPLEMENT AND NUTRITION SUPPLIER.

Replacing Mass Nutrition, Empire Nutrition is completely independent and local which means they're able to supply and stock local products without adhering to strict sourcing requirements.

Empire Nutrition owner Geoff Sorohan said, "We wanted to keep our brand and stock local so we can support more local businesses with apparel, shakers, and supplements. Even our new signage was completed through a local company. Being independent means we can also stock a larger range and cater to more of our customers."

Another aim with the rebrand is to switch to mainly Australian products and move away from the ones that don't contain adequate information on ingredients or are made with excess fillers. This was one of Geoff's primary concerns, as imported products have different standards of quality and available information on their products. Empire Nutrition currently stocks Australian brands including Reset Nutrition, Cyborg Sport, ATP and Switch Nutrition and are looking forward to increasing their range with more local brands.

Geoff and Jess designed their new brand together and are very proud of being able to have an independent store with their own personal touch. Be sure to pop down and visit them for all your nutrition needs!

CROSSFIT GLADSTONE

Teaching youth the importance of

HEALTH AND FITNESS

THE IDEA TO BEGIN RUNNING YOUTH CROSSFIT COURSES STEMMED FROM ADAM AND KRISTINE GIBSON'S OWN CHILDREN WANTING TO JOIN IN THEIR CROSSFIT WORKOUTS.

"We really enjoy that we can exercise as a family, and we have our workouts in common to talk about. We compare where we are sore, what's our favourite exercise, and share hints and tips with each other," Adam said. With four energetic kids keen to begin CrossFit, they decided to get qualifications so they could run kids and teens courses.

Parents have reported improved moods, better attitude towards eating and nutrition, improved self-confidence, improved internal motivation and resilience, and better concentration at school, since their youth began the course with CrossFit.

"We had a youth start with us who has ADHD, was in trouble at school a lot, and lost his temper regularly. He has now been attending for almost a year, and he has seen significant improvement in his concentration, he is more in control of himself, and has seen a big improvement with his behaviour at school. The workouts for the youth are tough. But by doing them regularly, they stretch and push the youth to their limits. Because it is tough they have to learn to push themselves rather than give up. They can then use these strategies in their normal daily life," Adam explained.

The kids and youth CrossFit classes provide the next generation with the skills and knowledge on the importance of being fit and healthy. "We don't care if they aren't CrossFitters later in life. But when they finish with us they know a range of stretches and warm-ups, all the basic movements of cardio, weightlifting and gymnastics. They also have received sound nutritional advice which can then help them know how to eat properly and avoid diet fads. Most importantly we help them know that fit and healthy is the right body image to pursue, not focusing on being really thin or super muscly. We really want to build up the community with kids and youth who care about their health and the health of those around them," Adam said.



Adam advises parents who are looking for ways to increase their children's amount of exercise to set an example. "What's the point of telling our kids to be more active when we sit around watching TV and playing on our phones and tablets?" Adam said. Parents set the standards in their homes, so it's important to look at what message you send with the activities you plan, the food you prepare, and the amount of time you spend being idle. Some tips for encouraging active time include turning off the Wi-Fi, going for a walk together, joining a sporting team or gym together, learning how to eat better, setting goals as a family, and most importantly becoming the healthy person you want your kids to be. If you're looking for extra help or want to join the CrossFit family, be sure to get in touch with the team.

2020 Combined Schools Musical

THE WIZARD of OZ

March 9-15 2020



Adult - \$30.00
Loyalty Member - \$25.00
Concession - \$28.00
Child/Student under 18 - \$16.00
Family (2A+2C) - \$75.00
GECC Loyalty Family (2A+2C) \$65

There's no place like home...

BACK TO SCHOOL

conversation starters

DO YOU GET THE SAME ONE-WORD RESPONSES FROM YOUR KIDS LIKE WE DO?

Do your conversations start with something like "How was your day?" and then promptly end with a reply like "Good."? If your kids are back at school you might've noticed conversations becoming shorter and less engaging, but not to worry – we've got some clever conversation starters to help you connect with your kids again!

Keep it to one or two questions to help start a conversation and be sure to take the time to listen before asking more questions. Be prepared to answer some questions too, remember to tell them about your day openly and honestly so you can both learn more about each other.

1. Who did you encourage today? How?
2. If you had a do-over button, which part of your day would you press on it?
3. If you could be any teacher at school, which one would you be? Why?
4. Name something you're good at now that you weren't good at last year?
5. What part of your day do you wish lasted longer?
6. Who do you admire in your class? What do you like about them?
7. Tell me something you did today that you're proud of.



Welcome Dr Lawrence and Dr Lauren

TO THE SV DENTAL SUN VALLEY TEAM

Feel free to drop in to SV Dental to say hello and give them a warm welcome as they have decided to make Gladstone their new home!

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The Health Nut

NOT JUST A HEALTH FOOD SHOP

THE HEALTH NUT ON TOOLOOA STREET IS NOT JUST A HEALTH FOOD SHOP - THEY'RE A ONE-STOP-SHOP FOR PLENTY OF OTHER SERVICES AS WELL!

Donna Ware

Donna is a counsellor and health and wellbeing coach who is highly experienced in assisting with pre-marriage, marriage and relationships, depression, anxiety, food and lifestyle. Donna's motto is Your Health is your Wealth. Call 0459546154 to book!



KLB Massage

KLB Massage provides restorative and calming remedial, sports, pregnancy and infant massages. Bookings are essential with a private health rebate available.

Kyra has a fantastic offer at the moment:

Book 1 Massage a month from February - November and receive your Xmas Massage on her! Conditions apply. Call 49723784 to book!



Jennifer Wylie

Jennifer is a naturopath who primarily works at Olea Health in Brisbane, but once a month she brings her expertise to Gladstone. Jennifer can help you with health testing including live blood screening, heart health, thyroid, pyrroles, pathology, allergy and food intolerance, wellness and stress reviews. Call 49723784 to book!



SUMMER berry smoothie

GIVE YOURSELF A BOOST OF NUTRIENTS WITH THIS RIDICULOUSLY EASY AND DELICIOUS BERRY SMOOTHIE!

You'll need:

- 1 banana
- ½ cup of frozen mixed berries
- 1 cup ice-cold water
- A drizzle of honey
- (optional) 2 tbsp thick vanilla yogurt for a creamier version
- (optional) 1 scoop of your favourite protein powder

Method:

Add all ingredients to a blender and blend until smooth. Serve immediately and enjoy the cool refreshing flavour!

If you want to take this smoothie to an even healthier level you can try adding ½ cup of spinach leaves or kale.

Do you have a fantastic recipe to share with the community? Submit your recipe to news@gladstonenews.com.au with a photo!



THE HEALTH NUT

Shop 2/117 Toolooa St, Gladstone

07 4972 3784

Find us on Facebook



Ulton Gladstone is on board for supporting Central Queensland Dairy Fresh!

ULTON GLADSTONE RECENTLY MADE THE SWITCH TO CENTRAL QUEENSLAND DAIRY FRESH MILK TO BETTER SUPPORT OUR LOCAL FARMERS.

The suggestion originally came from one of Ulton's Client Support Assistants, Clare Zunker, who attended the Bundy Flavours Festival and heard a spokesperson from Central Queensland Dairy Fresh talk about the milk crisis and what positive impacts buying local has on the local economy. From this point on, Ulton decided to show their support and buy local Central Queensland Dairy Fresh milk. The Gladstone office heard about what the Bundaberg office was doing and decided to join in to show their support by making the #dairyswitch.

Ulton Gladstone Partner, Trish Ilicic said "Our business is all about helping and supporting local businesses to become more profitable, to grow and achieve success. We buy milk for our offices, so we figured we should buy milk that will make a real difference to our local economy."

Buying local is not a new concept to Ulton, they have always supported local whenever they can. Whether it be for electrical services, stationery, client lunches, client gifts and office décor, they do our best to think local first.

"Many of us have felt the effects of local businesses closing their doors, and the flow-on effect of this is damaging for the community. Small businesses are vital to the local economy and we need to support them so they have the opportunity to grow. So next time you need to buy something – think local," Trish said.

Well done Ulton for supporting our local farmers! You can join the #dairyswitch by supporting the following businesses

that either stock or use Central Queensland Dairy Fresh milk: Bororen Hotel, Boyne Island Bakery, Caltex Boyne Island, Drakes Calliope & Sun Valley, Foodworks Gladstone, Fords Spar Express, Gladstone Newsagency, Miriam Vale Hotel, Mt Larcom News, The Deli Plate, Turkey Beach General Store, and many more!

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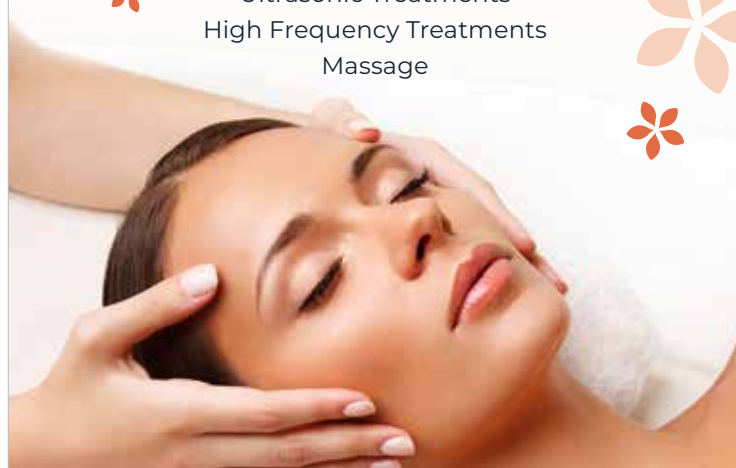
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PARENT TO PARENT QLD

GLADSTONE BRANCH IS ON THE MOVE WITH A

grand new location!

YOU CAN FIND THE SAME GREAT SERVICE IN THE STUNNING NEW OFFICE AT THE NEW LOCATION; 1 UNITING PLACE, TELINA.



The move was inspired by a desire to become more visible to the community and to enhance services overall. Parent to Parent will still be providing NDIS Support Coordination, NDIS Plan Management, PATH Future Planning and workshops for people with disabilities and their families.

Parent to Parent's staff have life experience with disabilities and are passionate about empowering families and participants to support choice.

Gladstone local Judy Young, was one of the original founders of Parent to Parent Qld and was also responsible for the setting up of the Gladstone branch in 2005 in partnership with Disability Services person Karen Leinster. They both worked tirelessly to support parents who had a family member with a disability to be accepted as equal members of society.

Come and join Parent to Parent for the grand opening day on February 14. You can drop in for a cuppa from 10am -2pm and say hello to the smiling faces of support coordinator Gaye Collins and plan manager Ann Leinster.

P2P appreciates the support offered by Shell in their donation of furnishings and financial assistance.

For enquiries, please call Parent to Parent Qld Gladstone on 4979 2777 or 0428 250 053.

State Office 1800 777 723
Website www.p2pqld.org.au



STEPS AUTISM TREEHOUSE EXPAND

their services into regional Queensland

MARYBOROUGH BUSINESSWOMAN AND FORMER FRASER COAST COUNCILLOR ANNE NIOA HAS BEEN APPOINTED CHARITY MANAGER OF THE SUNSHINE COAST-BASED STEPS AUTISM TREEHOUSE, AND HAS PLANS TO EXPAND THEIR SERVICES INTO REGIONAL QUEENSLAND, DELIVERING WORKSHOPS AND SUPPORT TO GLADSTONE LATER THIS YEAR.

Ms Nioa, who managed the Tourism, Events and Marketing portfolio as a member of the Fraser Coast Council from 2004 to 2012, brings years of experience running successful organisations to STEPS Autism Treehouse, which provides resources, education and social events to families, children and young people living with autism. Ms Nioa said she was excited to be joining such a respected and admired charity at a pivotal point in its life.

"My goal is to grow STEPS Autism Treehouse so that we can expand our reach and extend our services – not only to the Sunshine Coast and into the Bundaberg and Gladstone regions, but as far north as Cairns and even south all the way to Hobart. As a former councillor and business owner in the Wide Bay area, I have a deep understanding of and connection to the community, and I know that there is a real need for an organisation like ours in regional Qld," Ms Nioa said.

Ms Nioa said she also had a deeply personal connection to the STEPS Group.

"My daughter Ariana, who has Down Syndrome has been attending the STEPS Pathways College in Caloundra since 2017 and graduated last year," Ms Nioa said, "Raising a child with a disability presents such unique challenges to parents that it can sometimes feel like an all-consuming responsibility, I would like to help other families on their journey."

For more information visit www.stepsautismtreehouse.org.au



NEW CENTRAL QUEENSLAND HEADSPACE GETS THE GREEN LIGHT!

A NEW STAND-ALONE HEADSPACE CENTRE WILL BE CONSTRUCTED IN CENTRAL QUEENSLAND AS PART OF A \$64M LIBERAL NATIONALS GOVERNMENT PACKAGE FOR SUICIDE PREVENTION AND MENTAL HEALTH INITIATIVES.



The Federal Member for Flynn, Ken O'Dowd, said the headspace centre, which could be in operation as soon as the end of the year, will provide tailored and holistic mental health support to 12-25 year olds.

"There are more pressures on young people today than ever before and the establishment of this headspace is so important in providing needed services in our region," Mr O'Dowd said. "With fires, floods and drought crippling our rural communities, most of us think of this as just adult problems, however, this can affect the family unit as a whole.

"I want our young people to know they are not alone on their journey, and that headspace is there to deliver quality frontline support and coordinate the right interventions for people who are at risk.

"Early intervention is absolutely

critical to helping young people with mental health issues." More than 3,000 people died by suicide in 2018, with suicide accounting for over one-third of all deaths (38.4%) among those aged 15-24.

Pattie Hudson, CEO of Commonwealth-funded commissioning agency Central Queensland, Wide Bay, Sunshine Coast PHN, said the government's mental health package would provide a significant boost to vital service delivery in the region.

"The PHN's mental health team has been working hard to establish a satellite headspace in Central Queensland, and we're thrilled the funding has been made available to expand that to a full size, stand-alone headspace centre. Having a full-size centre means young people, and their families will be able to access support services in a space to call their own. It

also means headspace Emerald staff will be able to share their knowledge and skills amongst the wider Central Highlands community through outreach programs and offsite visits," Mrs Hudson said.

Jason Trethowan, CEO at headspace said he's pleased to see the response from the Government with the continued promise to make mental health a national priority.

"We know it's much harder for young people to access mental health services in rural and remote parts of Australia. Expanded headspace services like this one in Emerald will go a long way to ensure young people can get support, regardless of their location." Mr Trethowan said.

For more details on headspace visit headspace.org.au

Ken O'Dowd MP

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local history



FRIEND PARK

by Betty Laver

HENRY FRIEND BECAME MAYOR OF GLADSTONE IN 1866 AND AGAIN FROM 1869 TO 1870 AND WAS AN ALDERMAN FOR MANY YEARS.

He was on countless committees while still running his prosperous retail store. He bought land at Barney Point and this was a popular meeting place long before white-man came to the area as local Aborigines also found it an attractive place to meet and feast.

This became a favourite picnic spot for the citizens of Gladstone so Henry (Snr) donated it to the council for a park and it was named Friend Park.

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RAY'S SOUP KITCHEN Celebrates Five Years!

THE ANGLICAN PARISH OF GLADSTONE HAS BEEN OPERATING RAY'S SOUP KITCHEN FOR THE LAST FIVE YEARS PROVIDING MUCH-NEEDED MEALS TO THOSE WHO WOULD OTHERWISE GO WITHOUT.

Ray's Soup Kitchen started in 2016 and opened once a week on a Monday night. After a year of supplying meals to the community, the need for the soup kitchen grew so they began operating on Wednesday nights as well. In late 2018, Tuesday nights were introduced just to help families in need over the Christmas period. Since then, Ray's Soup Kitchen has been open three nights a week.

The Soup Kitchen was originally funded with a \$50 donation given by Merrill Ruback, which helped the temporary soup kitchen supply meals for two weeks. They then joined the Second Bite Group and started food rescue with Aldi every day of the week. This allowed Ray's Soup Kitchen to grow as the needs of the community increased.

Soup Kitchen coordinator Kerry Yates said "We have a volunteer group for each night and without this dedicated group we would not be able to carry on serving the community. We have had some really wonderful cooks over the last 5 years and appreciate the time they have spent with us. The meals that come out of the kitchen have always been hearty and healthy."

The Anglican Parish of Gladstone is blessed to be able to work in the community with people from all walks of life in this Program. Ray's Soup Kitchen was named in honour Ray Hall, one of our very dear past parishioners who worked tirelessly in the Parish and the community.

Over the last 5 years, Ray's Soup Kitchen has served 15,106 meals in the dining room.



Calliope River Village Festival

THE CALLIOPE RIVER HISTORICAL VILLAGE IS VERY EXCITED TO BRING A BRAND NEW MUSIC FESTIVAL TO GLADSTONE ON AUGUST 22ND!

Revel in the richness of our region's history while enjoying live music, local food and beverage vendors, workshops, local stalls and so much more! There will also be free camping available along the picturesque Calliope River.

The highly-talented Adam Harvey and Jack Viljoen are sure to delight you in the evening while you're exploring the event and enjoying the festivities. Walk-up musicians and those who would like to host workshops are invited to put their names down too.

The Calliope River Historical Village itself is known for being host to a wealth of wondrous history including

historical buildings and artefacts. Colin and Cheryl Druery took over management of the Calliope River Historical Village four years ago and have since been welcoming members of the community to explore local history with tours, markets and events.

"The village is here to promote local history. Families can come and learn about the history and actually see the displays. We have unique pieces here like nowhere else in Gladstone," Colin said.

"The music festival will help



to promote and encourage the community to take more of an interest in local history and help to preserve it for generations to come," Cheryl said.

So, those who are yet to venture down to the beautiful, historic grounds of the Calliope River Historical Village be sure to check out the incredible venue and have a tour of the area before the music festival!

If you would like to volunteer for the event or Calliope River Historical Village please contact the team on 4975 6764.



RIO TINTO EMPLOYS *nineteen first-year apprentices in Gladstone!*

NINETEEN NEW FIRST-YEAR APPRENTICES ARE READY TO BEGIN CAREERS IN THE ALUMINIUM INDUSTRY WITH RIO TINTO'S THREE GLADSTONE OPERATIONS - QAL, BOYNE SMELTERS AND YARWUN.

These new local apprentices will be joining 71 other apprentices studying electrical instrumentation, fitting and

turning and boilermaking across the three companies.

During their four or five-year trades, they will gain practical, on-the-job training and formal qualifications delivered through CQUniversity. The group will also be provided with mentors to assist them with challenges and inspire them throughout their training.

Rio Tinto Gladstone Communities &

Communications manager Kylie Devine-Hewitt said "Apprentices are a valued part of Rio Tinto's future in Gladstone and we are pleased to welcome these 19 enthusiastic team members to our business. Their eagerness, fresh ideas and different backgrounds will continue to help us to build diversity in the workplace that benefits our entire operation. We are pleased to be able to support local youth employment in our region and look forward to supporting their future career journeys."

A huge congratulations to:

Yarwun apprentices Jade Cassar, Issac Blackaby, Joshua Davison, Katie Rowe

QAL apprentices Sarah Cassidy, Sidney Stuart, Tameeka Burrows, Aidan Dunkovic, Kye O'reilly, Connor Dromgoole and Kaine Dredge.

Boyne Smelters apprentices Brock Guymer, Jet Cavanagh, Joshua Hurst, Mackenzie Guest, Jack Scott, Alex Pedwell, Max Woods and Jacob Lumsden.

We wish you all the best with your apprenticeships!



Calling for Entries

Intercity Images 2020 Gladstone Saiki Photographic Exchange



Early Morning at Boyndale Bush Camp by Keri Lockwood,
2019 Intercity Images Gladstone Saiki Photographic Exchange.

Have you snapped a memorable image of the Gladstone Region within the last 12 months? Don't leave them on your memory card or smartphone - enter them into the 2020 Intercity Images: Gladstone Saiki Photographic Exchange!

Intercity Images is an annual cultural exchange between the citizens of the Gladstone Region and Saiki City, Japan, celebrating the unique lifestyle, people and environment of the two Sister Cities.

There is only one week left to enter this wonderful community exhibition, open to local photographers of all ages and experience!

Entry forms are available at the Gladstone Regional Council's venues and offices, including Gladstone Regional Art Gallery & Museum. You can also download one from the Gallery & Museum's website.

Please check the terms and conditions carefully, then get your entries together! A maximum of two entries per person will be accepted.

Bring your entries in to the Gallery & Museum, corner Goodnoon & Bramston Streets, Gladstone! Submissions close 5pm, Saturday 22 February 2020.

All eligible entries will be displayed at the Gallery & Museum, from 7 March to 25 April 2020, as well as become part of the Gallery & Museum's permanent collection.

Thirty finalist images will be selected by a panel of judges and sent to Saiki City for display in June/July 2020.

The selected photographs will then return to the Gallery & Museum in August for the 2020 Intercity Images Gladstone Saiki Photographic Exchange Combined Images exhibition that will feature images from Saiki City citizens.

Now in its 18th year, Intercity Images is a Gladstone Saiki Sister City Advisory Committee initiative, supported by Gladstone Regional Council.

The Gallery & Museum is open Monday to Saturday, from 10am to 5pm, with free entry.



cnr Goondoon & Bramston Sts, Gladstone

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

A community cultural initiative of the Gladstone Regional Council

Book Review

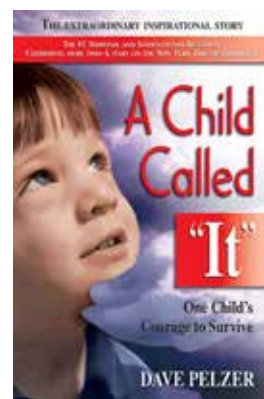
A CHILD CALLED IT BY DAVE PELZER



THIS IS THE STORY OF DAVE PELZER'S UPBRINGING IN AN ABUSIVE HOME.

He was brutally beaten and starved by his emotionally unstable, alcoholic mother, who played tortuous games with him that left him nearly dead. He had to learn how to play his mother's games in order to survive; she no longer used his name, she just called him "it".

Dave's bed was an old army cot in the basement and his clothes were rags, ripped and torn. When his mother allowed him to eat, it was nothing more than spoiled scraps that even the dogs refused. The outside world knew nothing of his living nightmare. He had nothing or no one to turn to, but his dreams kept him alive – dreams of someone taking care of him and loving him and calling him their son.



This was a hard book to read due to the pure amount of abuse this child was put through. However, it shows how strong people can be to overcome their childhood and go on to shine a light on abuse, and how we can help.

This book can be borrowed from Gladstone Regional Libraries.

Review by Stacey



The Friendship CORNER

THE FRIENDSHIP CORNER IS A NEW PROGRAM DESIGNED AND FACILITATED BY WELCOMING INTERCULTURAL NEIGHBOURS INC. (WIN) VOLUNTEERS WITH THE AIM TO SUPPORT NEW RESIDENTS OF GLADSTONE TO FIND NEW FRIENDS AND BUILD SUPPORTIVE CONNECTIONS.

The program offers information about the services and facilities available within the Gladstone Region too. The Friendship Corner encourages people from diverse backgrounds – including locals and new residents, to come together at the Gladstone Inclusion Centre for a wonderful morning tea where new friendships can be established.

Belen Sanchez, from Italy, arrived in the region in mid-January and attended the first Friendship Corner event last month. "I enjoyed coming to Friendship Corner because it is a safe space to meet people, talk and exchange ideas," she said.

Friendship Corner is a free event held on the last Tuesday of each month from 10am to 11.30am at the Gladstone Inclusion Centre at 21 Off Street, Gladstone. All local and new residents are encouraged to attend.

Welcoming Intercultural Neighbours Inc. (WIN) is a not-for-profit organisation that supports the culturally diverse Central Queensland population. WIN has been established to assist new residents and their families integrate confidently into their communities. The organisation provides support, information sessions, education and training, orientation programs, referrals, resources development and provision, and events planning and promotion.

To find out more about Welcoming Intercultural Neighbours check out their website or give the friendly team a call on 4903 1931.

RIDE4LIVES

Suicide Awareness Ride

RIDE4LIVES CONNECTS THE COMMUNITY WITH TRAINING AND SERVICE PROVIDERS TO HELP BECOME BETTER AT LISTENING AND SUPPORTING PEOPLE WHO MAY BE DIRECTLY OR INDIRECTLY AFFECTED BY SUICIDE.

Ride4Lives was established in September 2017 with the aim of ensuring all the funds raised in the region were used locally to help support people who were affected by suicide. Further to this, Ride4Lives helps reduce the stigma around suicide by giving the community a safe and supportive place to talk. President of Ride4Lives, Mark Brookes said, "Out of the rising suicide rates in the Gladstone region, particularly with men, the focus was to create a local support group with the aim of reducing these rates by social connection."

The Suicide Awareness Ride is a unique event that encourages community support groups for people to connect and communicate regarding suicide and its effects.

"Seeing the ride on route and locals supporting the event is amazing. We also support local businesses for our events which require catering and kids entertainment. We have supported the Calliope River Historical Village for the end of our ride for the last two years," Mark said.

Everyone is welcome to the Suicide Awareness Ride which invites all members of the community to come and ride regardless of your mode of transport. There will also be a family-friendly event at the Calliope River Historical Village from 2-5pm after the ride.



"The success of the event and true connection of community is about the way we come together around a cause that is close to all of our hearts. The main issue with the view of suicide is the stigma associated with it. A way to help reduce the suicide rates and stigma in our region is to be honest, open up and talk about it. Ride4Lives create events and in turn creates social connectedness, awareness, and raises funds for suicide prevention training and mentorship programs. The statistics have proven that talking about issues that come with suicide as well as intervention and postvention DO actually make a change. Suffering in silence or keeping secrets about suicide with family, friends, loved ones or people that reach out in our community can contribute to more deaths," Mark explained.

Ride4Lives events have a positive effect on the community through promoting mental health, social connection, fun, family and good community connections. The Suicide Awareness Ride is not about what you ride, but more about creating and honouring the importance of unity and connection.

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OH WHAT A FEELING

[D2] Recommended driveaway price (RDP) shown is applicable for Private customers, Bronze, and Silver Fleet customers, and primary producers, only at participating dealers. Offer available on new January 2019 to November 2019 built models purchased between 01/02/2020 and 29/02/2020 unless extended. RDP includes 12 months registration, 12 months compulsory third party insurance (CTP), a maximum dealer delivery charge, stamp duty and metallic/premium paint. Toyota reserves the right to extend or amend the offer at any stage. [D] Recommended driveaway price (RDP) shown is applicable for Private customers, Bronze, and Silver Fleet customers, and primary producers, only at participating dealers. Offer available on new January 2019 to December 2019 built models purchased between 01/02/2020 and 29/02/2020 unless extended. RDP includes 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 extend or amend the offer at any stage. [A] Recommended driveaway price (RDP) shown is applicable to Private customers, Bronze, and Silver Fleet customers, and primary producers, only at participating dealers. Offer available on new May 2019 to December 2019 built models purchased between 01/02/2020 and 29/02/2020 unless extended. RDP includes free automatic transmission, 12 months registration, 12 months compulsory third party insurance (CTP), a maximum dealer delivery charge and stamp duty. Metallic/Premium paint at extra cost. Toyota reserves the right to extend or amend the offer at any stage. [F1] 3.9% comparison rate available to approved applicants of Toyota Finance to finance all new & demo Corolla Hatch models (build dates from May 2018 - December 2019). Offer available for Private, Bronze & Silver Fleet customers only. Offer ends 29/02/2020. Maximum finance term of 48 months applies. Terms, conditions, fees and charges apply. Toyota Finance reserves the right to change, extend or withdraw an offer at any time. Ask your dealer for more information. Comparison rate is based on a 5 year secured consumer fixed rate loan of \$30,000. WARNING: This comparison rate is true only for the examples given and may not include all fees and charges. Different terms, fees or other loan amounts might result in a different comparison rate. Toyota Finance, a division of Toyota Finance Australia Limited ABN 48 002 435 181, AFSL and Australian Credit Licence 392536.