

ISSUE 174

February 27, 2020



# hello world

## CENTRAL QLD TRAVEL EXPO

Sunday 8 March 2020 | 9am - 1pm | Yaralla Sports Club

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# what's on

FROM FEBRUARY 27

## 5 MARCH

### Parkinson's Support Group

The Parkinson's Support Group is open to People with Parkinson's, their family, friends or Carers. Come along and learn a little more about Parkinson's Disease. Contact Norma on 0409 781 976. Gladstone Library meeting room | 10am

## EVERY THURSDAY

### Gladstone Life Drawing

Come to Crow Street Creative and get your creative fix with some life drawing. All levels of experience welcome! Check out the Life Drawing Gladstone page. Crow Street Creative | 6-9pm | \$10

## 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

## 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, contact Gladstone Women's Health Centre on 4979 1456 or email [info@gladstonewomenshealth.org.au](mailto:info@gladstonewomenshealth.org.au). Gladstone Women's Health Centre, 20 Tank St | 9am-10:30am | FREE (must register)

## 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

## 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

## 28 & 29 MARCH

**Boyne Tannum Orchid & Foliage Show 2020** With plant sales, guest speakers, raffles, refreshments and more, you won't want to miss out on the show! Visit the Boyne Tannum Orchid & Foliage Society for more information.

Saturday 28th March - 8.00am-4.00pm • Sunday 29th March - 9.30am - 1.30pm  
St Francis Catholic Primary School, Tannum Sands | Admission \$3.00 (children under 16 FREE)

# Celebrate PARKS WEEK

Join Gladstone Regional Council in celebrating Parks Week 2020. This year's focus is on how spending time in our parks and open spaces positively influences our wellbeing. Tondoon Botanic Gardens and various parks around our region will host an array of exciting activities.

For the full line-up of events visit [gladstone.qld.gov.au/parksweek](http://gladstone.qld.gov.au/parksweek)

## CURATOR GUIDED TOUR

Be treated to the best of Tondoon Botanic Gardens with a guided tour led by Curator Brent Braddick.

9am-11.30am  
Wednesday, 11 March  
Free | Bookings Required

## OPEN HERBARIUM MORNING

Visit the Tondoon Botanic Garden's Herbarium and see the wonderful work the Volunteers do to maintain it. Morning Tea provided.

9am-11am  
Thursday, 12 March  
Free | Bookings Required

## FUN ACTIVITY MORNING

Enjoy a fun morning in the park at Tondoon Botanic Gardens, with kids rides and food vendors.

8.30am-12.30pm  
Sunday, 8 March | Free

## BOTANY BASICS WORKSHOP

An introduction to the world of Botany, the science of plant life. Botany field guide supplied.

9am-noon  
Saturday, 14 March  
\$10 | Bookings Required



## CANOE POINT WALK

9am-11am, Tuesday, 10 March  
Free | Bookings Required

Join us for a guided tour and learn about the flora and fauna at the Canoe Point Reserve, Tannum Sands.





# helloworld

## CENTRAL QLD TRAVEL EXPO

*Sunday 8 March 2020 | 9am - 1pm | Yaralla Sports Club*



FREE ENTRY + GREAT PRIZES TO BE WON

PLEASE JOIN US AND BE PART OF OUR

HELLOWORLD TRAVEL  
ROCKHAMPTON AND GLADSTONE  
TRAVEL EXPOS 2020

Special Guest Johnathan Thurston

### THE HELLOWORLD TRAVEL EXPO IS CELEBRATING ITS FIFTH YEAR IN GLADSTONE!

This year's Travel Expo will feature over 30 travel suppliers, including airlines, river and ocean cruise lines, adventure travel specialists, escorted holiday companies, and more. The expo is a great way to kick off your travel planning for the year.

Attend one of the many information sessions offered throughout the day, take advantage of the opportunity to speak one on one with the knowledgeable staff from Helloworld Travel Gladstone, and book on the day to secure exclusive expo deals.





Special guest, NRL superstar Jonathan Thurston will also be in attendance throughout the expo for photo and autograph opportunities. Plus, just by attending, you could win a free holiday!

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Holiday Inn Brisbane Central  
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PO Cruises  
Princess Cruises  
Viva Holidays  
Royal Caribbean Cruiselines  
Topdeck  
Trafalgar  
Wendy Wu  
Virgin Australia

## information sessions

**9:30 – 9:55am** Intrepid  
**10am – 10:25am** APT/Travelmarvel  
**10:30 – 10:55am** Trafalgar  
**11 – 11:25am** Scenic  
**11:30 – 11:55am** Bunnik Tours  
**12 – 12:25pm** Adventure World

## say hello to our team



*Carmen Ward*



*Amanda Kavanagh*



*Jessica Driessen*



*Amelia Robinson*



*Kasia Jarzebak*



# CQUNIVERSITY GLADSTONE OFFICIALLY OPENS NEW FACILITIES



**ON FEBRUARY 20 MEMBER FOR FLYNN MR KEN O'DOWD MP, CQUNIVERSITY CHANCELLOR MR JOHN ABBOTT AM, VICE-CHANCELLOR AND PRESIDENT PROFESSOR NICK KLOMP OFFICIALLY OPENED CQUNIVERSITY GLADSTONE MARINA'S NEWEST FACILITIES.**

This meant students were able to take advantage of a Trades Training Centre, Hair and Beauty Training Salon and the Aged Care Training Room, which were all proudly supported by the Gladstone Foundation.

Funded by a \$10 million Australian Government grant with CQUniversity also investing \$2.5 million, the official opening marked an important milestone for the University and the local community. CQUniversity Chancellor Mr. John Abbott AM and Vice-Chancellor and President Professor Nick Klomp were joined by federal member

for Flynn Mr. Ken O'Dowd MP to officially open the facilities.

"CQUniversity is proud to have officially opened this fantastic facility at Gladstone's Marina campus today. These new buildings will revolutionise the delivery of education, training, and research in the region by allowing CQUniversity to deliver all of its offerings from the one central location," Mr. Abbott said.

The \$12.5 million Trades Training Centre will accommodate the delivery of vocational trades training in the region with workshop rooms, teaching spaces and the new Hair and Beauty Training Salon.

Federal Member for Flynn, Mr. Ken O'Dowd MP, who secured \$10 million in the federal funding for the facility, emphasised how the Centre would benefit communities in Gladstone and surrounding regions.

By providing the necessary training for undergraduate and postgraduate students in

Gladstone, the Centre will help to prevent them from having to move to capital cities.

"The state-of-the-art facility has finally come to fruition," Mr. O'Dowd said.

"Not only will it house many trades and be able to train locals to do local jobs, but the new facility will have the ability to attract new workers to the area, helping address the skills shortage. This is just another example of why Central Queensland, and Gladstone in a particular, is leading the way for regional towns all over the country," he said.

CQUniversity also opened its new Aged Care Training Room today, which is proudly supported by the Gladstone Foundation.

- The Gladstone Foundation contributed \$500,000 towards the provision of health and aged care training facilities which was officially opened by Independent Chair Mr. Tim Griffin OAM.
- State-of-the-art revitalised health and aged care social infrastructure facility will aid in training allied health professionals to service the needs of the Gladstone community via funding support from the Gladstone Foundations LNG Corporate Partners.
- In Building 604, the training space, fully funded through the Foundation's grant, includes four treatment beds and will predominantly be used by students enrolled in CQUniversity's Certificate III in Individual Support.

*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](mailto:ken.o'dowd.mp@aph.gov.au)







# GLADSTONE PORTS CORPORATION

## *launches fish of the month photo competition!*

**STARTING MARCH 2020 AND RUNNING UNTIL FEBRUARY 2021, GPC IS ENCOURAGING LOCAL ANGLERS TO SUBMIT THEIR FAVOURITE PERSONAL FISHING PHOTO TO GLADSTONE NEWS EACH MONTH FOR THE CHANCE TO WIN A \$50 GIFT VOUCHER TO SPEND AT SELECTED LOCAL FISHING SUPPLY STORES.**

The Port of Gladstone is located alongside the southern end of the Great Barrier Reef, making Gladstone Ports Corporation (GPC) a proud and responsible custodian of one of Queensland's most valuable assets.

GPC's Big6 program aims to educate and promote key iconic fauna species in the Gladstone Harbour. As a coastal town, the Port of Gladstone is known for its beautiful waterways and many keen anglers.

Fish are one of the iconic species under the Big6 and this initiative aims to spread awareness in the local community about the key fish species present in the Gladstone Harbour. GPC is an avid supporter of sustainable fishing, so to celebrate a much loved local past time and share information on one of Gladstone's Big6 we thought - photo comp!

Recreational fishers are an authentic source of information about the fish species present in the Gladstone Harbour. Through this competition, GPC wishes to educate the local

community about the species of fish in the Harbour.

This is a fun way to learn more about our local fish species and support local businesses with prizes from one of our three local fishing tackle stores, which include; LJs Compleat Angler, Pat's Bait & Tackle and Boyne Island Bait & Tackle.

Get snapping for your chance to win the first gift voucher of the promotion! Simply email your photo and details (name, address and contact number) to [sales@gladstonenews.com.au](mailto:sales@gladstonenews.com.au) before the last working day of the month!

For T&Cs please visit [www.gladstonenews.com.au/fish-of-the-month-competition-terms-and-conditions/](http://www.gladstonenews.com.au/fish-of-the-month-competition-terms-and-conditions/)

## FISH OF THE MONTH COMPETITION!!

### HOW TO ENTER?



Snap your latest catch



Email [sales@gladstonenews.com.au](mailto:sales@gladstonenews.com.au)



Follow Gladstone News and Gladstone Ports Corporation to see if you're the lucky winner!





# 2020 Combined Schools Musical

## 9-15 March

# THE WIZARD of OZ



## This March be whisked away to a land of Wizards, Witches, and Ruby Slippers

Gladstone Regional Council and Gladstone Entertainment Convention Centre present The Wizard of Oz which will again unite the students of the region.

Like so many girls her age, little Dorothy Gale of Kansas dreams of what lies over the rainbow. One day a twister hits her farm and carries her away over the rainbow to another world. Come join Dorothy, the Scarecrow, the Tinman, the Cowardly Lion and Toto as they travel the universe of Dorothy's imagination.

By L. Frank Baum

With Music and Lyrics of the MGM Motion Picture Score by Harold Arlen & E.Y. Harburg

Adapted for the Royal Shakespeare Company by John Kane.



## Thanks to our sponsors





# Schools and Students Involved

## Gladstone State High School

Abby Davies  
Alisa Coleborn  
Bethany Morrissey  
Ellie Thode  
Jake Lyle  
Jasmine Lonzon  
Kaitlyn Duckham  
Kamryn Langford  
Keira Gibson  
Nathan Turner  
Roianne Gulay  
Ryan Shanahan  
Teah Long  
Tehya Graham  
Werner Bierman  
William Pirie  
Kelsey Ingham  
Campbell Suter  
Isobelle Duckham  
Ismari van der Westhuizen  
Tahnee Walker  
Zachary Lonzon

## Mount Larcom State School

Ellie Emmerton

## Tannum Sands State High School

Zoe Walters  
Logan Nutley  
Lialize du Plessis  
Andrew Campbell  
Matthew Marriage  
Harry Patrick  
Jade Rankin

## Trinity

Annamonét Massey  
Bryah Kelly  
Jasmin Antoniou  
Kokoda Cadzow-Smith  
Lee Sharp  
Max Cadzow-Smith  
Sebastian Hurcum

## Kin Kora State School

Helena Donahoe  
Isaac Horsten  
Morgan Allen

## Calliope State School

Charlize Tims

## Chanel College

Charles Johansen  
Joseph Poli  
Marifeil Romero  
Nicola Bradshaw  
Nicholas Meiring  
Isabelle Asplet  
Sienna Maitland  
Caitlin Long  
Indiana Brown  
Lily Dykstra  
Raffaella Torsiello

## Tannum Sands State Primary School

Amberlily Myers  
Isaac Rankin

## Star of the Sea Catholic Primary School

Lily Dykstra  
Margoux Juyad  
Maxine Juyad

## Toooloa State High School

Ashley Cruz  
Brienne Ninness  
Jacinta Anger  
Jordan Lester  
Keona Valeroso  
Maddyson la Cioppa  
Rebecca Battye  
Sophia Ross  
Taneal Magic  
Tyrone Fernandes  
Mary Bambrick  
Mia Bye  
Zoe McDonald

## St John the Baptist Catholic Primary School

Hazel Watts  
Sianah Wheeler

## St Francis Catholic Primary School

Ava Allen  
Macy Smith

Special mention to schools involved in the production who's students have transitioned to high school

Gladstone Central State School, Gladstone West State School & Clinton State School





# AGNES BLUES, ROOTS & ROCK Festival Wrap Up!

**OVER 1000 PATRONS WERE PRESENT FOR THE 2020 #AGNESBLUESFEST. IN ADDITION THE VOLUNTEERS, PERFORMERS, SPONSORS AND MEDIA INCLUDED OVER 200 MORE PEOPLE THAT EXPERIENCED THIS YEAR'S STELLAR LINE UP.**

With tourism as the major industry, this festival in February provides a positive economic boost. Discovery Coast Tourism and Commerce are proud to organise the event as part of their annual volunteer marketing activity.

The majority of the festival patrons came from outside the Gladstone Region – some being first time visitors. The

festival is becoming more popular every year with interstate visitors and this year the event hosted internationals who scheduled their visit from Vienna, Austria to attend!

The Festival brings high calibre performers to the Gladstone Region. All performers from both the Marquee and Discovery stage were of a high quality.

Sharon Hare, Event Manager says that she was particularly excited to have seen Hat Fitz & Cara and Kristen Lee Morris and The Dirty Snakes as a part of the program on the Marquee Stage along with Tiny Houses and Lightviolet performing at the Discovery Stage, a new addition to the festival for 2020.

Discovery Coast Tourism & Commerce, the community group that organise the event will complete the post festival wrap up and assess the best way to use the profits within the community.

The entire #AgnesBluesFest team would like to thank all of our amazing sponsors who support this event each year, make sure you support them too!



## Printing Costs sending you broke?

# SAVE \$\$\$\$

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EACH FOR EQUAL

# *international women's day*

**SHOW YOUR APPRECIATION FOR WOMEN THIS INTERNATIONAL WOMEN'S DAY! THE CAMPAIGN THEME FOR THIS YEAR'S INTERNATIONAL WOMEN'S DAY IS #EACHFOREQUAL.**

To better enable our world we need it to be equal. Each of us are responsible for our own thoughts and actions - all day, every day. So it's up to us to actively choose to challenge stereotypes, fight bias, broaden perceptions, improve situations and celebrate women's achievements. Collectively, we're all responsible for building a gender-equal world!

Remember, gender equality isn't a woman's issue – it's a business issue. Gender equality is essential for economies and communities to thrive so you can be sure the race is on for a gender-equal boardroom, a gender-equal government, gender-equal media coverage, gender-equal workplaces, gender-equal sports coverage and more gender equality in health and wealth.

Let's create a gender-equal world by being #EachforEqual this International Women's Day!

THERE IS  
NO LIMIT TO  
WHAT WE, AS  
WOMEN, CAN  
ACCOMPLISH

**Michelle Obama**



**EMPOWERED WOMEN**  
**EMPOWER WOMEN**  
*We're strongest when we cheer each other on!*

**FOR ME, INTERNATIONAL WOMEN'S DAY IS A DAY TO REFLECT ON THE ACHIEVEMENTS, ACCOMPLISHMENTS AND OPPORTUNITIES WE AS WOMEN HAVE THE COURAGE TO EMBRACE.**

Elevate Media and Gladstone News are powered by a team of 6 local multi-skilled women with a diverse background of experience, cultures and beliefs.

Elevate Media is leading the way with innovative online, social and video content for local business and Gladstone News is Gladstone's favourite source of positive community stories and events, celebrating the Gladstone Region.

These women make up the teams I am proud to lead in the Print and Digital world and encourage young women to try something new, have the courage to excel and positively contribute to the community in which they live.

**ASHLEIGH KVIKTO**

*CEO of Gladstone News & Elevate Media*

**ELEVATE** | **gladstone**  
MEDIA NEWS



# CELEBRATING INTERNATIONAL WOMEN'S DAY



## Kerry Anger

My name is Kerry Anger and I joined the team in June 2018. I'm an Accountant and BAS Agent with over 15 years of experience helping and educating small business owners about their tax and bookkeeping obligations.

My passion for financial education is well met with H&R Block's culture of educating our clients.

## Sarah Hamilton

My name is Sarah and I've been a local in Gladstone for 19 years. I came to Gladstone in 2001 from the UK. I'm married with three children. I've worked at H&R Block Gladstone for three years and thoroughly enjoy my role as an office administrator.

I'm a loyal and trustworthy person who loves helping people. My passion in life is to make sure I can be the best person I can for my children and guide them as best I can.



## Karen Windress

I'm a born and bred Gladstone girl as well as a wife and mum of two children. I'm fascinated by numbers and strive to support small businesses and taxpayers.

I am especially passionate about tax, law, education and financial literacy with my clients. I'm an Accountant, Registered Tax Agent and the Practice Manager of H&R Block Gladstone and have been associated with the office for 11 years.

I love our Gladstone region and I volunteer around our community. I'm the Treasurer of the Boyne Tannum Hook Up Association Inc., Treasurer of the Gladstone Multicultural Association Inc. and a member of Women Connecting Women Gladstone Inc. I am also involved with GAPDL and Communities for Children.



## Elizabeth Rodwell

My name is Elizabeth, I'm the newest member at H&R Block Gladstone, joining in June 2019 as a Trainee in Business Administration. As the youngest member of the team I have learnt amazing things and have enjoyed every moment.

I wouldn't be where I am today without the amazing support from family and friends, but most of all the women I work with.



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Gladstone Ports Corporation - here for jobs,  
prosperity and equal opportunities.

#Eachforequal



CELEBRATE  
INTERNATIONAL  
WOMEN'S DAY  
WITH GEA AND  
OLYMPIAN  
AND STROKE  
SURVIVOR  
SALLY CALLIE

# INSPIRING *Resilient Women*

**SHELL'S QGC BUSINESS AND GLADSTONE  
ENGINEERING ALLIANCE (GEA) ARE  
HOSTING AN INTERNATIONAL WOMEN'S  
DAY EVENT ON MARCH 10.**

'Inspiring Resilient Women' will include a high-tea style lunch and a special guest speaker, triple Olympian and stroke survivor Sally Callie. Importantly, money raised through ticket sales and event raffle will assist Gladstone Women's Health Centre.

With over 130 tickets booked to date, you won't want to miss out on this beautiful International Women's Day celebration. Be sure to book today as tickets will not be available at the door.

Shell's QGC business LNG plant manager Peter Norman said: "We are exceptionally proud of our Gladstone team, the vast majority of whom are locals and many of whom are women, who work across a huge variety of roles in our operations, maintenance, engineering, warehousing, procurement, health and safety teams, to name a few."

Inspiring Resilient Women will take place at Yaralla Sports Club on Tuesday, March 10 between 11:00am and 1:30pm.



## INSPIRING RESILIENT WOMEN

**WHAT** Lunch, lucky door prizes & more!  
**DATE** March 10, 2020  
**TIME** 11am - 1:30pm  
**LOCATION** Yaralla Sports Club  
**TICKET** Price \$65



VISIT [GEA.ASN.AU](http://GEA.ASN.AU) TO BOOK YOUR TICKETS

## *the junction café*

**MELISSA SMART PURCHASED THE JUNCTION  
CAFÉ IN JULY 2018 AND HAS FIFTEEN LOCAL  
EMPLOYEES WORKING FOR HER, MOST OF  
WHICH ARE WOMEN. SHE'S ALSO TAKEN ON  
A NEW FEMALE APPRENTICE CHEF!**

Mel incidentally started as an apprentice chef at a young age too and believes it's very important that women are stepping up and becoming chefs as it's a male-dominated profession. She said her team is like a family and everyone works together to help out with rosters and shifts when they need flexibility, as most of the employees are mums with kids.



"Back in the day women were expected to stay at home and raise kids, nowadays we're more powerful – we can do what we want to do and although it can be a juggle at times it's good to be out achieving our goals and dreams," she said.

Mel encourages women to support each other to continue chasing their dreams without conforming to expectations of the past, "I'm grateful to be living in a time where I'm able to run my own business, there's definitely tough days but it's super rewarding!"

### BREAKFAST • LUNCH CATERING • FUNCTIONS



Meet me at **THE JUNCTION**  
7/97 HAMPTON DRIVE, TANNUM SANDS



[JUNCTIONCAFETS.COM.AU](http://JUNCTIONCAFETS.COM.AU)  
07 4973 7495





# INTERNATIONAL WOMEN'S DAY

## *Leading the way for health*



*Representing just some of the great leadership in healthcare roles at Gladstone Hospital are (from left) Dearne Dunks, Deb Cleary, Nicole Branch, Veronica Parsons, Sandy Munro, Linda Medlin, Donna Coleman and Dianne Guse.*

International Women's Day promotes gender equality and equal rights on a global scale, but it also gives us a great opportunity to celebrate the achievements of women in our local communities.

Gladstone Hospital, which is part of the Central Queensland Hospital and Health Service, is proud of its diverse community of strong women.

Sandy Munro said she was proud to have achieved her career goals in Central Queensland, including being Director of Nursing in Gladstone,

Executive Director Nursing and Midwifery (Quality and Safety) for CQHHS, and in 2018, taking on the operational Executive Director role for Gladstone-Banana.

"There are leadership opportunities for women

in all areas of our hospital, from operational, support and administrative roles; medical, technical and professional roles; nursing and midwifery; education and training; oral health; allied health; mental health and alcohol services; and the list goes on."

Director of Nursing Nicole Branch said skills and passion determined career paths for women in nursing and midwifery.

"Gladstone Hospital's Nursing and Midwifery Leadership Team comprises more than 17 women, supported by a highly-qualified team of men and women.

"The International Women's Day 2020 campaign theme is #EachforEqual.

"I feel fortunate to be surrounded by people who are equally committed to achieving our goal of great care for Central Queensland."

Senior Project Officer - Community Engagement, Aboriginal and Torres Strait Islander Health and Wellbeing, Linda Medlin said International Women's Day was inclusive of all cultures of the world.

***"We are all parts of a whole and never is this more evident than in healthcare."***

***- Nicole Branch***

"Here in Australia, for Aboriginal and Torres Strait Islander women, the world can be our oyster, and we can achieve anything we dream to be.

"This includes being Deputy Director General and Chief Aboriginal and Torres Strait Islander Health Officer of Queensland Health Branch (Haylene Grogan), being a Director of Aboriginal and Torres Strait Islander Health and Wellbeing (Sharni Tippet), a Pro-Vice Chancellor of Indigenous Engagement, University of Queensland (Professor Bronwyn Fredericks) and a Nurse Unit Manager (Roslyn Wharton-Boland and Teri Cunningham)."



# RACHEL HARDY

from Ken O'dowd's office

**INTERNATIONAL WOMEN'S DAY MEANS BEING ABLE TO CELEBRATE STRONG, RESILIENT AND COURAGEOUS WOMEN NOT ONLY IN OUR COMMUNITY BUT FROM ALL OVER THE WORLD.**

My daughter Tyler is the person I look up to most as she inspires me daily to be the best version of myself by showing me even though she is only 17 she is a well-rounded, caring and self-disciplined young woman. Besides my daughter, I have always admired Rosie Batty (Domestic Violence Campaigner). I too believe that the family law system is putting not only women and children at risk but it fails to protect the family unit all together. Family law professionals need to have a real understanding of family violence and child protection

along with child support.

After watching the movie Suffragette I realised at this time what a huge leap forward we have achieved by women who wanted to have a say and be involved in society. With the vote came the voice. Thanks to this, the modern-day woman has been given more freedom to follow her dreams and no longer has to be afraid to step outside her comfort zone.

Equality is certainly a barrier that is being broken down. Inequality often exists outside our conscious awareness and we often don't notice the effects. I have sometimes been labelled as bossy or even too direct when in fact the same qualities in a man may be strong and assertive. Inequality is a status position. Lawyers, doctors, engineers and politicians are no longer exclusively middle-aged men. Women are starting

to lead the way in these fields, but there is still room for improvement. We have seen equality in the work place come leaps and bounds. I believe that the attitude of the workplace is the key. Some companies have a great attitude towards equality while others still need some work.

The role of the traditional woman has changed for the better and has allowed so many more inspirational women to shine. May we be them, may we know them, may we raise them.



## INTERNATIONAL WOMEN'S DAY

**As we reflect on International Women's Day 2020, we celebrate the hard-working women responsible for delivering safe and reliable water services to the Gladstone region 24 hours a day, 7 days a week.**

At GAWB, we are all parts of a whole. We believe our unique experiences and diverse backgrounds all contribute to positive outcomes for our organisation, our customers and our community; providing safe and reliable water services that enhance the liveability of our region.







At Rio Tinto, we are a diverse team of enthusiastic individuals who foster a culture of inclusion.

No matter how we may differ, our people share one thing in common - a belief that work is more rewarding when we are accepted and valued for our differences.

We all have something to contribute, and it's this contribution that makes for a great organisation and fulfilling career.



#TogetherTowardsTomorrow



# LYNDAL HANSEN

## from Amarna



### What does International women's Day mean to you?

It means setting the time aside to reflect on achievements of women all over the world.

### Who's the female figure you look up to the most?

My mum; with my father working away she raised five children, but

most of all, she did things for herself as well. She learnt new hobbies and participated in things that brought her joy.

**If you could change one thing in the world to make it better for all women, what would it be?** Build the confidence of young women all over the world. I think that self-esteem is critical in everyone, not just women.

**What would you say to a woman struggling to break free from stereotypes?** If you are confident and love what you're doing it doesn't matter what anyone else thinks/says.

**Which women have had the biggest impact on you/your life over the last year?** Karen Auld who is a

practitioner within the Three Principles. She teaches how we need to be at peace with just being us. My current favourite saying is "don't create or be involved in the drama, just observe the drama and you will make better decisions."

### How does International Women's Day inspire you?

I love the thought of women from all over the world connecting and inspiring each other.

### What are you most grateful for in terms of opportunities as a modern-day woman?

I am now a great grandmother and am working on building a new organisation while still managing my consultancy company of eighteen years. I feel very useful to society and enjoy sharing babysitting duties. I'm not judged for my age or my somewhat eccentric-aged behaviour. I can do, and still, become anything I choose.

**What's been the biggest struggle for women that you've noticed throughout your life? What would you like to see change?** Women being supportive of other women still needs some work. We (women) need to compliment each other more. It's not done enough.

**What are some changes you'd like to see in the work environment in terms of equality? Have you got any ideas or anecdotes people may not have considered before?** It's about just supporting people to be the best they can be without bias or judgement.

## Celebrating International Women's Day with INNATEChiropractic

**INTERNATIONAL WOMEN'S DAY IS A TIME TO CELEBRATE WOMEN, EMPOWERMENT, STRENGTH, RESILIENCY AND OUR JOURNEYS, WHATEVER SHAPE THEY MAY TAKE.**

Particularly the movement from womanhood into motherhood. The strength that we gain from our woman posse is extraordinary. I love hearing about the resilience, journeys and choices that have brought women to where they are today.

If I could change one thing to make the world a better place for women it would be making sure all women have the ability and freedom to express their own version of awesomeness and self. I would also love for all

mothers to have excellent pre and post-partum healthcare with practitioners who will help them to see they have everything they need residing within themselves – they are perfect just as they are.

I am so grateful to be able to choose my direction in life, to be a business owner who gets to do a job that she loves, with a great tribe of people, and to much more easily gain the support from family and community to achieve those goals.

The toughest path of womanhood I've had to face is the movement of Motherhood to a 'business model'. We are encouraged to ignore our internal intuitive mothering instincts, and we are expected to tick all of the boxes and make it look insta perfect.

I love that workplaces are beginning



to embrace flexible working environments for our mothers, but in order to have a truly equal society, we need to allow our fathers the same rights.

Our mothers are now encouraged to return to the workforce, which for many of them is wonderful, yet they are still expected to do all of the load around the children. Some congruency between the genders would be an amazing change to the Australian Society as we currently see it.



# Coming to the Gallery

## Unique Ken Done Exhibition



Indian summer, Ken Done, 2011. Image: courtesy of The Ken Done Gallery.

The Gladstone Regional Art Gallery & Museum is proud to host a unique touring exhibition from one of Australia's best-known artists - Ken Done!

*'These paintings were all done since the year 2000. They are sometimes works done on location or sometimes in the studio. And some are just what was in my imagination.'*

**Ken Done, Paintings you probably haven't seen, 2017**

Presented by The Ken Done Gallery, this vibrant and playful exhibition brings together a vivid collection of recent and mostly unseen works featured in Ken Done's most recent publication of the same title. It represents many of the artist's favourite and best-loved subjects; the beach, the reef, and portraiture as well as his own personal environment – his garden and Cabin studio in Sydney.

The exhibition will be officially opened by Gladstone Region Mayor Matt Burnett on Friday, 6 March 2020. Everyone is welcome to attend and meet Ken Done.

"It is very exciting for us to be one of the selected venues hosting this exceptional exhibition", said Cameron Curd, Manager & Curator, Gladstone Regional Art Gallery & Museum.

"We are lucky to have Ken Done visit us and present an Artist Talk prior to the opening. Make sure you don't miss this amazing opportunity to hear from one of Australia's iconic artists", Mr Curd added.

### MARK YOUR CALENDAR

**Friday, 6 March**

**5pm - Ken Done: Artist Talk**

**6pm - Autumn Showcase: Official Launch**

Following the launch, the exhibition will be on show until 25th April 2020, then continue its tour to a select group of regional galleries throughout Queensland, New South Wales and Victoria.

Four more exhibitions will be officially opened, part of the Autumn Showcase celebrations: *Year of the Nurse and Midwife / Florence Nightingale 200* presented by local artist Katrina Elliott, *2020 Intercity Images Gladstone Saiki Photographic Exchange*, *2020 Celebrate Australia Primary School Art Competition*, *40th Anniversary of the Fremantle Class Patrol Boat*. With so much happening, this night is not to be missed!

**RSVP by 5pm, Wednesday, 4 March 2020.**

Above image: Ken Done. Photographer: Stuart Spence.



cnr Goondoon & Bramston Sts, Gladstone

4976 6766 | [gragm@gladstone.qld.gov.au](mailto:gragm@gladstone.qld.gov.au) | [gragm.qld.gov.au](http://gragm.qld.gov.au)

A community cultural initiative of the Gladstone Regional Council



# Trinity College

*receives generous donations from Anytime Fitness!*

**ANYTIME FITNESS RECENTLY DONATED TWO TREADMILLS AND THREE CROSS TRAINERS TO TRINITY COLLEGE TO PROVIDE MORE MACHINES FOR STUDENTS AND ENCOURAGE FITNESS AMONG THE YOUTH.**

Anytime Fitness replaces their machines every five years and instead of selling their second-hand machines they decided to donate them to Trinity College this year.



Anytime Fitness owner Paul Bates was happy to donate to Trinity College after all the support and guidance they had provided for his kids who attend the school. "They've got some really good teachers there that really helped out my kids so I wanted to do something for them," he said.

Paul was interested in helping schools in the area and Trinity College's dedicated gym made them the perfect candidate for the donations.

Trinity College also has a high performance unit which includes an individualised fitness plan for students who compete in sports at a Port Curtis or Capricorn level (or higher). The plan provides students with exercises to build their fitness level through training for sports as diverse as triathlons, mountain biking, rugby and basketball. Trinity College is very excited to put the donated exercise machines to good use with their high performance unit.

"This very generous donation by Anytime Fitness enables our students in the high performance unit to achieve individualised fitness goals," Principal of Trinity Stephen Babbage said.

Well done to Anytime Fitness for supporting our local schools and community.

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*Who better to care for your family than ours*



# CENTENARIAN JOSIE GEORGE CELEBRATES 100 YEARS

by Betty Laver

**CENTENARIAN, JOSIE GEORGE WAS HONoured ON HER 100TH BIRTHDAY AT A TREE-PLANTING AND PLAQUE CEREMONY AT THE GLADSTONE BOTANICAL GARDENS ON FRIDAY 21ST FEBRUARY 2020.**

The celebration was held by the Gladstone Branch of National Seniors and the Gladstone Regional Council. Josie is happy to be called a "Gladstonite" born and bred as she has spent almost all her life in our fair city.

JOSEPHINE MARY (Smith) GEORGE, daughter of John and Amelia (née Soppa) Smith was born in Gladstone on the 21st of February 1920. She was the youngest of four children - Myrtle, Teddo, Vince & Josie. John came to Australia from Scotland in 1885 at three years of age. Amelia's father was a linkman for the railway and was stationed at the 325½ Mile Gatehouse just south of Gladstone and her grandmother was the gatekeeper for the rail crossing.

These gates were extensively used for droving cattle to a holding paddock near the meatworks and was also where the main southern road crossed. Josie attended the Star of the Sea Primary School and as a youngster,



would help Sister Martine polish the brass candlesticks and clean the church every Saturday morning.

Her love of tennis began in those early years and she has fond memories of her brother Teddo teaching her to play. She would play at the Butter Factory, Railway & Mills tennis courts. Josie joined the Ladies Midweek Tennis Fixtures in 1969 where she made many friendships.

On 17th November 1941, Josie married

Arthur George and they raised their three children, Gary, Ian and Robyn.

Josie was an active member of the Catholic community and a supporter of the Yaralla Ladies Club (formerly QACS). She played indoor bowls, table tennis, floor and wall quoits and darts. Arthur sadly passed away in January 1996. Josie remained in her home with her son Gary looking after her. Josie enjoyed being surrounded by friends and members of the community for her 100th birthday.

## Have your say in Gladstone Regional Council's Community Development Strategy 2020-2025



**The plan will guide Council's priorities for community development across the Gladstone Region.**

*Have your say by:*

- Participating in the Community Reference Panel
- Attending a focus group
- Attending an information stall
- Completing a survey
- Participating online.

For more information visit [www.gladstone.qld.gov.au](http://www.gladstone.qld.gov.au)



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...*