

# gn

GLADSTONE NEWS

ISSUE 176

March 26, 2020

TAKE ME, I'M FREE



GLADSTONE  
REGIONAL COUNCIL

**Access Council  
anytime, anywhere**



GLADSTONE NEWS IS FREE THANKS TO OUR ADVERTISERS AND COMMUNITY PARTNERS



**QGC**



**Gladstone Ports  
Corporation**  
Growth, prosperity, community.



**Gladstone Area  
Water Board**

**ELEVATE**  
MEDIA



## connect



### WANT TO ADVERTISE IN GLADSTONE NEWS?

Contact Jane  
sales@gladstonenews.com.au



### HAVE A FEEL-GOOD STORY TO TELL?

Contact Luke  
news@gladstonenews.com.au



Call us on 07 4972 7648

# in this issue



**03** Glenn Churchill -  
Experience, Common Sense,  
Energy

**04** Access Council Anytime,  
Anywhere



**06** Excitement is brewing

**07** From Little Things Big  
Things Grow At City Library's  
Community Garden

**08** Markets Make Move To  
Virtual

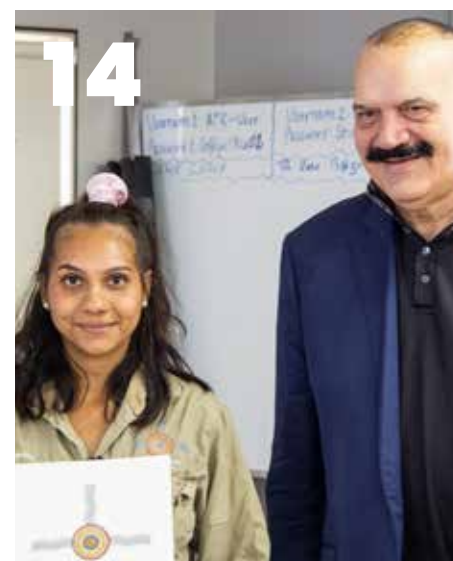
**09** Perfect Day Out At Tannum  
Sands

**10** 10 Indoor Activities To Keep  
Kids Busy During The Coronavi-  
rus Crisis

**11** Colour In To Win

**12** Coronavirus (COVID-19)  
Health Alert

**13** World Health Day



**14** Gidarjil Trainees Graduate

**15** DIY Hand Sanitizer

**16** Staff and Student Wellbeing  
at GSHS



**COMMON SENSE  
EXPERIENCE  
ENERGY**

*Your Choice as  
Your Voice on Council*

"I have been an active, loyal and proud resident of the greater Gladstone Region for nearly 30 years; serving our communities and delivering results.

I have been and will continue to be a strong voice for our Region; ensuring and enhancing the wellbeing, safety, livability, community spirit and balanced lifestyle of our City, towns and country areas.

I will ensure that our residents have the assets, services and vital infrastructure they need to meet their needs now, and for the many future generations to come."

"I was so happy to develop the *Southern Great Barrier Reef* Campaign, as we have beautiful coral cays literally on our doorstep!

Head to Agnes Water/1770 for day trips to *Lady Musgrave Island* and tours on the *LARC*! The protected pockets of water are like swimming in an ocean aquarium, and its calm waters are perfect for families and swimmers of all abilities to snorkel and explore the colourful reef."

# GLENN Churchill

**With COVID-19 gripping the whole world, it's more important than ever to support local and regional businesses.**

From Raglan to Rosedale and the Reef to the Ranges, let me share my local tips on how to get the most out of our beautifully diverse backyard.



Scan the QR code with your phone's camera app to hear more.



*PCYC Gladstone Region* offers a range of sports and recreation activities, facilities and youth programs aimed at building Gladstone Region into a safer, stronger and healthier community.

Sign up to membership to get all the exclusive benefits of the facility, while helping us to develop the Region's youth and prevent crime.



"Our Region is full of great fish! Check out *Iron Joy Charters* who take me and a group of mates to Swains Reef every year.

For something closer to home, celebrate 25 years of the *Boyne Tannum HookUp* next month!"

"I love getting outdoors, challenging myself to climb our famous *Mount Larcom*. There are helpful trail maps online; but be sure to carry plenty of water, snacks and know your limits.

It'll take you a couple of hours to get up to 632 metres above sea level. If you can time it to hit the views at sunrise, they are just stunning!"



"The mighty *Boyne Valley* is made up of four small communities (*Nagoorin, Ubobo, Builyan and Many Peaks*) which have withstood the test of time.

If you're looking to get off the usual touring route, enjoy some authentic country hospitality and learn about the hard work and determination of early settlers back to the 1880s.

Pack a picnic to check out the many *National Parks, State Forests* and follow along the famous *Boyne River* upstream.





## Council welcomes 20 new apprentices and trainees in latest intake

Gladstone Regional Council has welcomed 20 new apprentices and trainees as part of its annual intake.

The enthusiastic new starters joined Council's General Manager for People Culture and Safety, Theunis Mienie on the front steps of Council's Goondoon Street office to mark their first official day of work.

Gladstone Region Mayor Matt Burnett said the 2020 intake of apprentices and trainees covered a wide variety of roles.

"We have 11 business trainees, two apprentice mechanical fitters, an apprentice diesel fitter, waste management trainee, warehousing trainee, process operator trainee, conservation and land management trainee, apprentice plumber and an apprentice electrician," Councillor Burnett said.

"We received 1115 applications across the 20 positions, so Council would like to thank those who took the

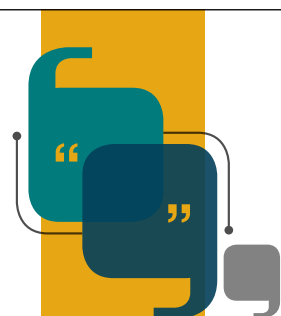
time to apply and wish the successful applicants the best of luck on their journey.

"Apprenticeships and traineeships can last anywhere between one and four years, and Council encourages these applicants to seek employment with GRC closer to the end of their training.

"Council takes pride in helping facilitate the upskilling of the hard-working people in our region across a diverse range of roles at a variety of locations."

Gladstone Area Group Apprentices Ltd (GAGAL) were engaged during the recruitment process, helping provide aptitude testing for apprentices and trainees, and an assessment centre for the 11 business trainees.

Visit [www.gladstone.qld.gov.au/current-vacancies](http://www.gladstone.qld.gov.au/current-vacancies) to find out about available positions with Gladstone Regional Council.



## Help shape our Region

Gladstone Regional Council's e-services include our new engagement platform 'Conversations', where community members can help to shape our region by interacting and engaging on various projects and initiatives.

Sign up and join the conversation at  
[conversations.gladstone.gov.au](http://conversations.gladstone.gov.au)



[gladstone.qld.gov.au](http://gladstone.qld.gov.au) | 4970 0700   

## Council creates innovative connection

Gladstone Regional Council is committed to continuing to provide the community with access to arts and cultural activities and resources.

While the Novel Coronavirus (COVID-19) has impacted standard events and activities Council is currently reviewing its cancelled public programs to understand what can be transformed into a virtual experience.

Council is very aware of the important role these regular programs and activities play in people's social lives.

We are excited to announce that program favourites Baby Bounce and Tuesday Art Play will become digital resources for parents and caregivers and Gardening workshops will become virtual DIY programs.

This will be offered through Council's social media and YouTube channels to provide this content directly to the community as we navigate these uncertain times.

The community are asked to keep an eye out for these resources in the coming weeks.

# Connect with us online



@GladstoneRegionalCouncil



@GladstoneRegionalCouncil



gladstonerc/videos



gladstone.qld.gov.au



## It's storytime, anytime!

Did you know that as a member of Gladstone Regional Libraries you have free access to a wide range of materials online?

E-books, e-audiobooks, and e-magazines, movies, tv series, and magazines are all accessible online.

Use the time at home to read a new book or learn something new with the free online courses.

The online service offers something for everyone with the newest eResources including story books, National Geographic publications, and Haynes motor manuals.

To access these digital resources visit [www.gladstonelibraries.qld.gov.au](http://www.gladstonelibraries.qld.gov.au)

## Council Facility Closures

Customer Service Centres, Rural Transaction Centres and Arts and Culture facilities are closed until further notice.

Council is taking a proactive approach to the ongoing Novel Coronavirus (COVID-19) situation, which is being monitored daily, and is acting on the advice of Queensland Health and the Queensland and Australian Governments.

Council will maintain essential services with customer service resources including online services and call lines remaining open.

For the latest updates regarding closures and event cancellations visit [www.gladstone.qld.gov.au](http://www.gladstone.qld.gov.au) or follow us on social media.



# Excitement Is *Brewing*

**EXCITEMENT IS BREWING AS GLADSTONE PORTS CORPORATION (GPC) ANNOUNCED 'LIGHT GROUP' AS THE SUCCESSFUL TENDERER TO OPERATE THE NEW WATERFRONT CAFÉ AT EAST SHORES 1B.**

Peter Hawkins and Benito Zussino, the dynamic duo behind Gladstone's iconic Lightbox Espresso & Wine Bar and Rockhampton venues Boathouse and Headricks Lane, will run the new café and micro-brewery 'Auckland House' opening in the mid-year.

GPC Acting CEO Craig Walker said GPC was delighted to have a local Central Queensland business operate the café.

"Light Group's proposal for the venue was innovative and unique, and will bring an exciting, new dining experience to Gladstone," Mr Walker said.

"We know just how popular Light Group's restaurants are and we're thrilled to have a local operator for the café. Set just metres

from the harbour's edge and our new cruise ship passenger terminal, Auckland House will offer spectacular views of the Gladstone harbour and surrounding parklands. The venue will provide the ideal setting for events or a casual catch up with friends for coffee, and features a microbrewery, waterfront bar and restaurant, which can cater to 250 people for cocktail events."

Light Group's Peter Hawkins said the group is looking forward to opening the new venue.

"Light Group is excited to be part of the continued enhancement of the beautiful East Shores precinct," Mr Hawkins said. "In addition to offering 50 new job opportunities for locals, we're excited to bring world-class brewing to this iconic waterfront location."

Offering a unique line-up of beers including the Auckland Point American Pale Ale and Lady Elliot IPA, Auckland House is set to become the region's hottest dining and drinking destination. The venue, which offers guests a 360-degree look at brewers in action, will feature unique event spaces and be open for breakfast, lunch and dinner, 7 days a week.

Assistant Minister for Treasury and Member



for Gladstone, Glenn Butcher said he was thrilled to see more waterfront dining in the region.

"We have spectacular views across our harbour and it is fantastic to see a waterfront dining experience as part of the East Shores redevelopment," Mr Butcher said. "It's the icing on the cake that the tender has been awarded to Light Group, a couple of local guys with a proven track record in delivering premier hospitality and generating local jobs."

The café is among a range of new entertainment, fitness and parkland facilities coming to the award-winning recreational hub including an amphitheatre, boot camp, big-screen outdoor theatre and cruise ship passenger terminal.

Gladstone Ports Corporation's

## Paint the Port Art Exhibition 2020

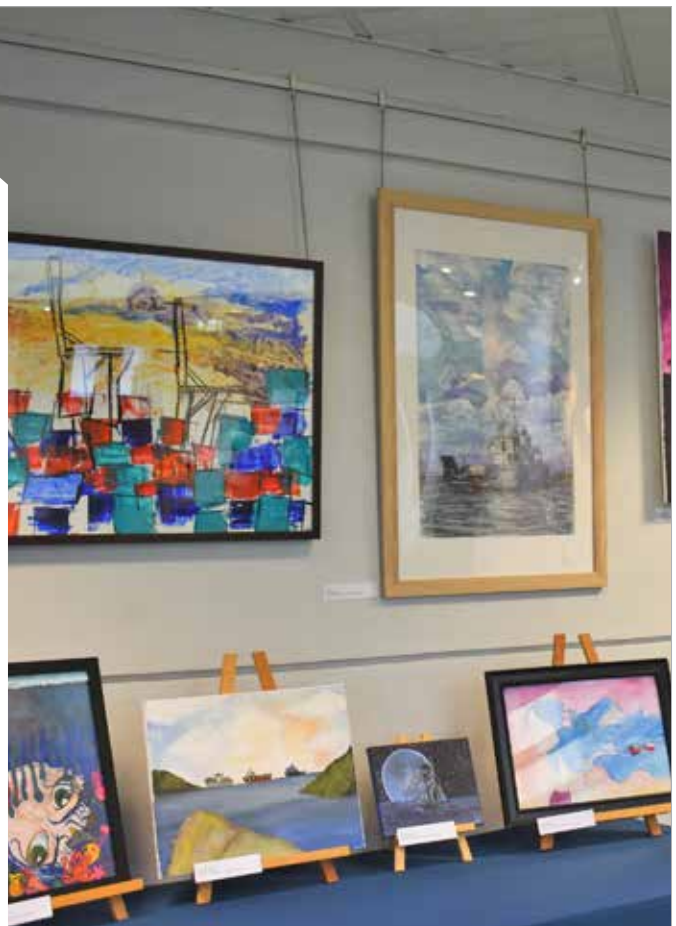
All artwork will be on display for public viewing at:

ART Matters Gallery (3 Pitt Street)

Dates: 31 March - 19 April

Days: Tuesday - Sunday

Time: 10:00am - 2:00pm



# QGC

## International Women's Day Lunch

**SHELL'S QGC BUSINESS IN ASSOCIATION WITH GLADSTONE ENGINEERING ALLIANCE (GEA) HOSTED A LUNCH FUNDRAISER TO CELEBRATE INTERNATIONAL WOMEN'S DAY.**

Inspiring Resilient Women included a high-tea style lunch and talk from special guest speaker, triple Olympian and stroke survivor Sally Callie. The fundraiser was a huge success, raising \$3,000 to support the invaluable work of the Gladstone Women's Health Centre.

The event presented a great opportunity for women all over the region to connect with friends and colleagues over a high tea-style lunch and hear from the wonderfully inspirational Sally Callie.



Photo credit- lucanna photography



## FROM LITTLE THINGS BIG THINGS GROW

*at city library's community garden*

**GLADSTONE CITY LIBRARY RECENTLY LAUNCHED A NEW COMMUNITY GARDEN ON SATURDAY 7 MARCH AS PART OF PARKS WEEK EVENTS IN THE GLADSTONE REGION.**

Thanks to Friends of the Gladstone Library, the Gladstone City Library Community Garden will offer a peaceful space to learn about growing and caring for different plants, and how to care for a worm farm.

Gladstone Region Mayor Matt Burnett said in addition to caring for and feeding the garden and worm farm, community users can also take home fruits and vegetables harvested from the garden.

"The Community Garden aims to educate users around the growing of plants, vegetables, fruit and worms by providing an opportunity for the community to be 'hands on' in caring for a garden and worm farm," Councillor Burnett said.

"The Community Garden also provides an enjoyable space to relax alone, or with friends, in the fresh air. Parks Week celebrates the vital role that parks and open community spaces play in creating liveable cities and thriving communities."

Parks Week just wrapped up last week and focussed on how open spaces can positively influence our wellbeing. Community members are encouraged to be involved in the community garden by:

- Helping to water the plants (watering cans provided)
- Picking fruit and vegetables when ready
- Taking home fruit and vegetables that have been picked
- Bring in food for the worms – they love eating dry leaves, vegetable and fruit scraps (not onions), bread, pasta, coffee and tea grounds and shredded paper.

Meanwhile, Gladstone City Library will join the Agnes Water, Boyne Island and Calliope Libraries in offering a seed library alongside their Community Garden. Members of Gladstone Regional Libraries can borrow seeds for free, plant them, tend to them, collect the seeds and then deliver fresh seeds back to the library to enable the process to continue.



# MARKETS MAKE MOVE TO *Virtual*

**GLADSTONE PLAYED HOST TO THE REGION'S FIRST EVER VIRTUAL MARKET ON THE WEEKEND, WITH OVER A THOUSAND TENACIOUS 'MARKET GOERS' REFUSING TO BE DETERRED BY THE CANCELLATION OF THE PHYSICAL MARKET EVENTS.**

The Facebook group Online Markets GLADSTONE 4680 was created by local business owner Hannah Jackson of 'Ammy Lou Boutique' with the help of Joanna O'Regan from 'Raphael St Candle Co.'.

Hannah recently created the group with



the hope that it will provide assistance to small and local businesses across the Gladstone region. With many events being postponed or cancelled due to the outbreak of COVID-19, small and local businesses are beginning to suffer significant financial burden.

"Just knowing the troubles I myself will face due to event cancelling, having to self-isolate, I know I am not alone in the fear for my small business facing closure. That motivated me to brainstorm outside of the box to help our locals who would be feeling the same fear I do," Hannah said.

The page has garnered tremendous community support with over 1,400 active members or 'buyers' and over 60 'stalls' or sellers pre-registering a week before the event had even kicked off.

"The community response has been amazing, I never expected it to be such a positive overwhelming response! But I am so glad it is. Now that we have a large amount of confirmed and verified

local stalls on board, my next aim is to extend our customer base so this (the page) is able to help out our small businesses even more."

Although Hannah admits that this might not be the magic answer to all the problems currently affecting regional businesses, she prays it will provide some temporary relief from the financial strain being felt. Hannah plans to run the virtual market every Saturday and Sunday for the foreseeable future with an enthusiastic aspiration to take it further.

"To be honest with this amount of positive response it has opened my mind to what more I could do and how much further we could go. I mean the potential for even a brick and mortar store for our small businesses to stock their products, and an official website would be an amazing goal we could look into."

To join the group search Online Markets GLADSTONE 4680 on Facebook or go to [www.facebook.com/groups/274260426898879/](https://www.facebook.com/groups/274260426898879/)

## MANAGING RISKS *to your business with GTC Financial*

**As the COVID-19 situation continues to evolve, it's important for small and medium businesses to have a plan to deal with the fallout from the virus.**

GTC Financial has put together some tips to help you manage the risks to your business.

You are not alone, GTC is here to help. Call us now to book your strategic planning session.

- **Review cash flow budgets.** You need to know in advance what impact a reduction in sales will have on your ability to meet your obligations e.g. paying suppliers, employees and debt.
- **Develop a continuity plan** for your business with the help of GTC Financial
- **Keep up to date with information** from a reliable source like the World Health Organisation (WHO) and Australian Government websites.
- **Working with your trusted advisor**, such as GTC Financial is vital in creating the best strategy to see your business through the coming months.



**GTC FINANCIAL**  
*Total Financial Care*

[www.gtcfinancial.com.au](https://www.gtcfinancial.com.au) • 07 4972 5177  
29 Roseberry Street, Gladstone QLD 4680



# PERFECT DAY OUT AT *Tannum Sands*

**NO MATTER WHAT YOU'RE CRAVING  
PACIFIC AVE AT TANNUM SANDS HAS YOU  
COVERED.**

Catch up with friends over a barista-made brew at Beach Bums Coffee, while you're there view a wide range of clothing and lifestyle products at their companion store Sole Seeker. If you're craving something more refreshing for a hot summers day head next door for a cold juice at FitLife Smoothie & Snackbar who also specialise in an array healthy snacks.

Or if you're on your way to the beach grab some takeout from Tannum Beach Fish N Chips - with easy beach access Pacific Avenue is the perfect spot to enjoy your day out at Tannum Sands.



## **FIT LIFE** smoothie & snack bar



dairy free smoothies  
cold press juices  
acai bowls  
frozen yoghurt **sushi**  
rice paper rolls  
**protein balls** salad wraps  
toasted sandwiches

shop 4, 1 pacific avenue, tannum sands 



Tannum Beach  
Fish & Chips

**Shop 1, 1 Pacific Ave, Tannum Sands**



**Local family owned business  
serving fish & chips, delicious  
burgers, gelato and cold drinks**

**Phone 4973 7013 to order ahead!**



**LIFESTYLE AND  
LEISURE SHOP**  
*Freestyle equipment,  
sportswear, casual wear  
and lifestyle products.*



*Grab a delicious hot drink  
at Beach Bums Coffee  
while you browse!*







Shop 3/1 Pacific Ave, Tannum Sands • 0406 969 122 

# 10 Indoor Activities

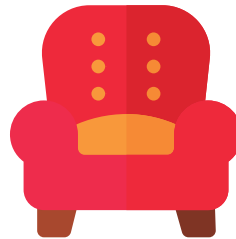
## TO KEEP KIDS BUSY DURING THE CORONAVIRUS CRISIS

**THE LAST FEW DAYS AND WEEKS HAVE BEEN STRESSFUL FOR THE ENTIRE COUNTRY. IT SEEMS EVERY TIME THE NEWS IS WATCHED THERE IS AN OVERWHELMING AMOUNT OF UPDATES AND REGULATION CHANGES.**

With the latest string of government enforced restrictions to travel and public gatherings, social isolation is set to become the new norm. Amongst these restrictions it's getting harder and harder to keep the kids entertained with indoor activities. If you're stuck for ideas amidst current social distancing, we put together a list of 10 easy indoor activities to keep kids busy during the Coronavirus Crisis. From a family game day to make-your-own slime, these options will keep the entire crew entertained and most of all safe.



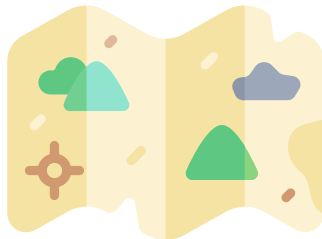
**Have an indoor picnic.**  
Let your kids choose the menu, pack a basket and set up a blanket on your living room floor.



**Create an indoor obstacle course.** Put away the breakables and turn your living room or playroom into the set of Ninja Warrior. (Or simply grab some tennis balls and have your kids toss them into a toy bin while climbing over the couch.)

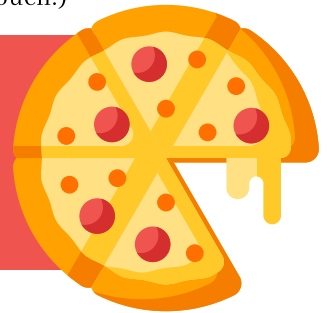
### Create a scavenger hunt.

Give the kids the first clue, which will lead them to the next clue and so on. At the end have some sort of "treasure" for them to find, or a treat such as a coupon for an ice cream sundae, which they can cash in that evening.



### Make pizza.

Make your own dough and then let everyone choose their own toppings. Then declare it Pizza Night!



### Go bowling.

Set up a makeshift one in your basement by lining up empty plastic bottles and using a tennis ball to knock them down.



### Make friendship bracelets.

Whether you use beads, embroidery floss or soft drink can tabs, friendship bracelets are super fun (and time-consuming) to make.

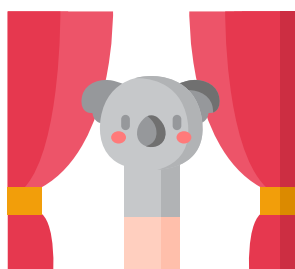
### Write a story.

Have older kids pen a tale, then ask them to illustrate it. Younger kids can draw a picture of their favourite thing to do.



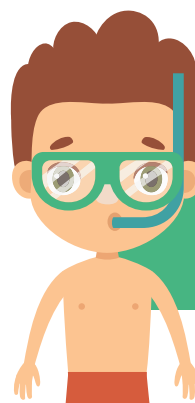
### Look at old photographs.

Get out your old photo albums and have fun reminiscing with your kids. Or if most of your photos are digital, let your kids help you organize them into photo books.



### Make a movie.

Let your kids use your phone (for filming purposes only) and have them act out a story with their toys (dolls or Lego people make especially good characters.) Send the finished product to your family and friends.



### Let them go swimming.

In the bathtub that is. Put on cozzies, fill up the tub, toss in some toys and let them splash around.



# COLOUR IN TO WIN!

*with Gladstone News and Gladstone Cinema*

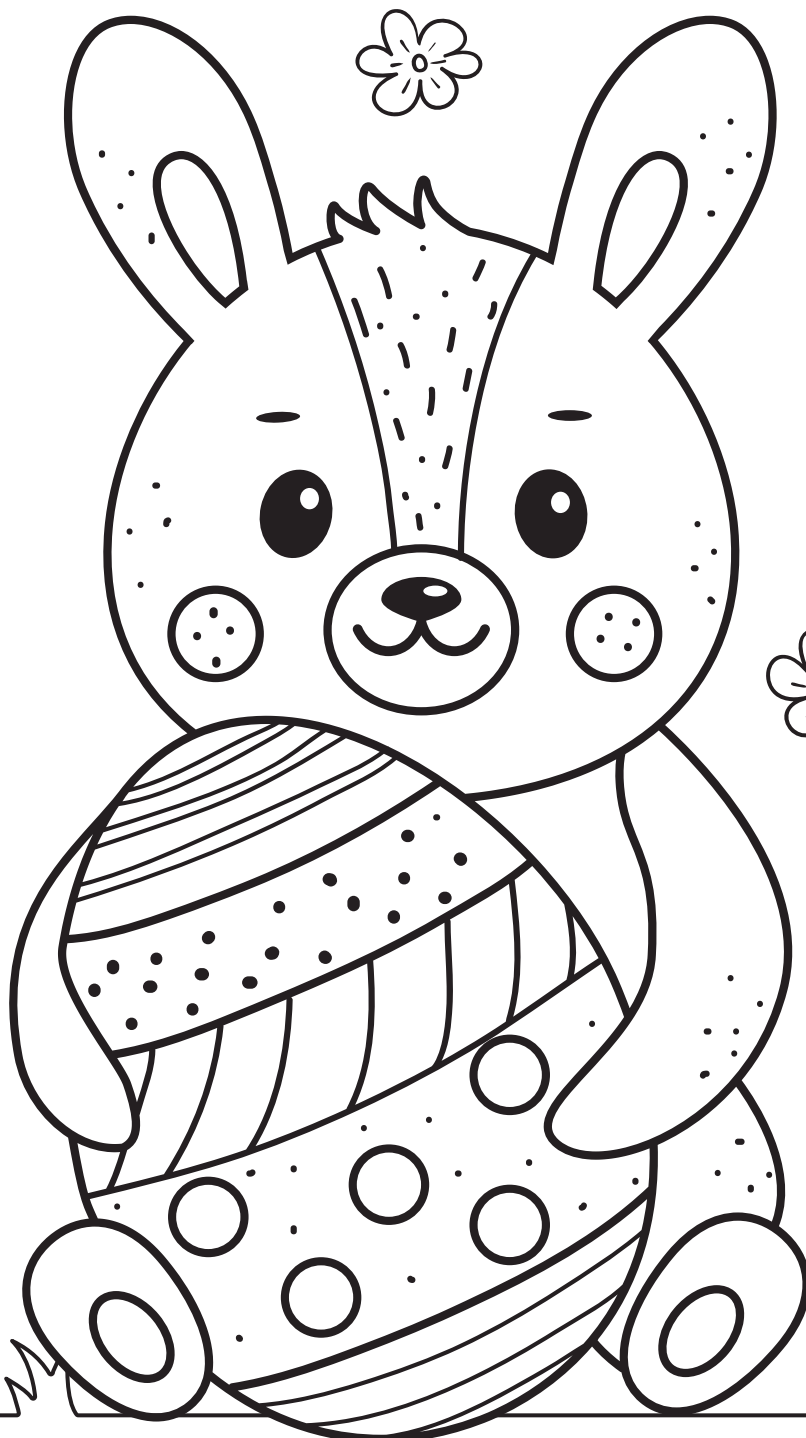
**1st Prize** will win a Family Pass to Gladstone Cinema & Chocolate Easter pack.

**2nd & 3rd Prize** double passes to the Gladstone Cinemas.

For your chance to win, please fill in your name, age and phone number and drop or post your entry into Gladstone News (Shop 12/100 Goondoon St, Gladstone).

Entries close 2/4/2020.

**gladstone**  
NEWS



# HAPPY EASTER

**Name** \_\_\_\_\_

**Age** \_\_\_\_\_

**Carer's Phone No** \_\_\_\_\_





## WORLD HEALTH DAY

*Supporting nurses and midwives*

**APRIL 7 OF EACH YEAR MARKS THE CELEBRATION OF WORLD HEALTH DAY.**

From its inception at the First Health Assembly in 1948 and since taking effect in 1950, the celebration has aimed to create awareness of a specific health theme to highlight a priority area of concern for the World Health Organization.

World Health Day 2020 will shine a light on the vital role played by nurses and midwives in providing health care around the world, and call for a strengthening of the nursing and midwifery workforce. With many events being held around the world to mark the occasion, one of the most important events will be the launch of the first ever 'State of the World's Nursing Report 2020'. The report will provide a global picture of the nursing workforce and support evidence-based planning to optimize the contributions of this workforce to improve health and wellbeing for all.

The goals for the day include:

- Trigger a wave of public appreciation for the work of nurses and midwives and the part they play in delivering health care
- Raise the profile of nurses and midwives within the health workforce
- Catalyse support and investment in nurses and midwives

You can participate by showing nurses and midwives an appreciation for their work and thank them for what they do to keep us healthy. You can also call on local leaders to do more to support nurses and midwives and make investments that enable them to work to their full potential.

# 30-REP

## HOME WORKOUT

*(no equipment necessary!)*

**STUCK AT HOME WITH NO GYM EQUIPMENT? TRY THIS 30-REP HOME WORKOUT TO HELP YOU STAY ACTIVE AND HEALTHY!**



1. 30 crunches
2. 30 high knees
3. 30 jumping jacks



4. 30 squats
5. 30 mountain climbers
6. 30 Step-ups



7. 30 forward lunges
8. 30 V floor jumps



9. 30 push-ups
10. 30 wide push-ups



11. 30 side lunges
12. 30 tricep push-ups
13. 30 bicycle crunches



14. 30 second plank
15. 15 second side plank
16. 15 second other side plank
17. 30 second plank

*Repeat!*



# CORONAVIRUS (COVID-19) HEALTH ALERT



**WITH THE WORLD HEALTH ORGANIZATION RECENTLY DECLARING COVID-19 AS A PANDEMIC, IT IS IMPERATIVE THAT EVERY AUSTRALIAN MAKES A CONSIDERABLE EFFORT TO HELP SLOW DOWN THE SPREAD OF COVID-19 THROUGHOUT OUR NATION.**

Viruses like flu and Coronavirus spread when tiny droplets from coughs and sneezes are inhaled or land on surfaces that others touch. So what can you do to help stop the spread of viruses – like flu and coronavirus? It is absolutely

essential that every Australian adopts good hygiene practises.

The Centers for Disease Control and Prevention (CDC) recommends washing hands with soap and water whenever possible because handwashing reduces the amounts of all types of germs and chemicals on hands. But if soap and water are not available, using a hand sanitizer with at least 60% alcohol can help you avoid getting sick and spreading germs to others. That means washing your hands with soap and water for at a minimum of 20 seconds whenever you:

- Cough, sneeze or blow your nose
- Prepare food or eat
- Care for someone sick
- Touch your face
- Use the toilet

You can further help reduce this risk by coughing or sneezing into your elbow or upper arm. Or, use a tissue, and put the tissue in the bin straight after. Then wash your hands with soap and water for at least 20 seconds.

As the coronavirus outbreak continues, it's important to stay well informed. A national plan has been activated to manage the virus and support our community. As more is learned about the virus and the way it spreads, the plan will be adapted and we will let you know about the latest advice. As Prime Minister Scott Morrison said last Wednesday;

"There's a lot of misinformation out there. There's a lot of ridiculous stuff circulating on text messages and the internet about lockdowns and all of this and sadly, there's even been cases of wilful fraud and misrepresentation and fraudulent preparation of documents, even recordings, alleging to represent Cabinet meetings and things of this nature. Don't believe it, it's rubbish. Go to [health.gov.au](http://health.gov.au) - Go to the relevant state health websites to get your information on what's happening. Avoid all that nonsense that you're seeing on social media."

To receive the most up-to-date information visit:

- [health.gov.au](http://health.gov.au)
- [australia.gov.au](http://australia.gov.au)
- [treasury.gov.au](http://treasury.gov.au)

And together, we can help stop the spread and stay healthy.

*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)



# Gidarjil Trainees

*Graduate In Conservation And Land Management*

**LAST FRIDAY TEN NEW INDIGENOUS TRAINEES HAVE GRADUATED FROM THE GIDARJIL DEVELOPMENT CORPORATION, ACHIEVING CERTIFICATES (CERT) IN CONSERVATION AND LAND MANAGEMENT.**

The graduates had support from family and friends who were in attendance alongside Gladstone Regional Mayor Matt Burnett - who stressed the importance of the program.



"I have been very supportive of this program over many years, it's fantastic and very important as it provides a foundation for certificates which are required for people to move onto full time work."

For some of the graduates, the program presented them with their first opportunity for full-time employment, one graduate Stanley Mason saying, "I saw it as the perfect opportunity to just go for it, and I went for it and took the job, I'm happy with myself and where I've come and I'd love to continue to do more training and more Cert's. I want to do a Cert III in Conservation and Security."

The next round of intake has opened this week, with many of the previous graduates encouraging their friends and other members of the indigenous community to apply and just 'give it a go'.



## Gladstone Regional Council Online Services

Did you know Gladstone Regional Council's website offers a range of services and information online?

Pay your rates, apply for permits or applications, and report issues with councils' online services. You can even find out what day your bin gets collected, update your animal's registration details and view your rates information!

To find out more about Councils online services and to register an account, visit [Gladstone.qld.gov.au](http://Gladstone.qld.gov.au).



**[www.gladstone.qld.gov.au](http://www.gladstone.qld.gov.au) | (07) 4970 0700**



# WATER WISE

*Every drop counts*



When washing your hands and lathering soap, turn off the tap.

For more water wise tips visit [www.gladstone.qld.gov.au/water-wise](http://www.gladstone.qld.gov.au/water-wise)



# DIY HAND SANITIZER

by Rachel Hardy

**WITH THE RECENT OUTBREAK OF COVID-19 (NOVEL CORONAVIRUS) IT HAS NEVER BEEN MORE IMPORTANT TO PREVENT THE SPREAD OF INFECTIOUS DISEASES.**

The best way to do this is through meticulous hand-washing with soap and water for at least 20 seconds. But what if running water and soap isn't available? The next best option, according to the Centers for Disease Control and Prevention (CDC), is to use an alcohol-based hand sanitizer.

With the rapid spread of coronavirus and panic buying from the public most retailers are struggling to keep up with the demand for hand sanitizer. The good news is, however, making hand sanitizer at home is extremely easy and only requires three ingredients.

## Hand sanitizer recipe

### What you'll need:

- ¾ cup of isopropyl or rubbing alcohol (99 percent) such as Isocol
- ¼ cup of aloe vera gel (as it is a natural moisturiser and will stop the alcohol from burning)
- 10 drops of essential oil (for fragrance)

### Directions:


1. Pour all ingredients in a bowl
2. Mix with a spoon and then beat with a whisk to turn the sanitizer into a gel
3. Pour the ingredients into an empty bottle for easy, and be sure to label it

Rachel Hardy says if you are making hand sanitizer at home it is important to use clean space, wipe down countertops with a diluted bleach solution beforehand. Wash your hands thoroughly before making the hand sanitizer. Use a clean spoon and whisk. Wash these items thoroughly before

using them. Make sure the alcohol used for the hand sanitizer is not diluted. Mix all the ingredients thoroughly until they are well blended and do not touch the mixture with your hands until it is ready for use.

This hand sanitizer recipe will kill 99.9% of germs after 60 seconds. If you are a business that is interested in producing large quantities of hand sanitizer the World Health Organization has released a comprehensive guide to local production.






**WEBSITES WITH  
BRAINS & *Beauty***

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

**ELEVATE**  
MEDIA



07 4972 7648 • [marketing@elevate.net.au](mailto:marketing@elevate.net.au)  
12/100 Goondoon St, Gladstone • [elevate.net.au](http://elevate.net.au)

# STAFF AND STUDENT WELLBEING AT GSHS



GLADSTONE STATE HIGH SCHOOL WOULD LIKE TO ACKNOWLEDGE THE CONTRIBUTION OF OUR STAFF AND STUDENTS IN THE PROMOTION OF GOOD HEALTH AND WELLBEING ACROSS OUR SCHOOL AND THE WIDER COMMUNITY.

We look forward to continuing our participation in school and community events across the social, sporting, academic and arts fields in 2020.



## INTRODUCING OUR SCHOOL WELFARE TEAM



**Chaplains:** Yvonne Kahmoltz, Jarek Reah **Guidance Officers:** Ashley Burn, Luke Jackson, Katrina Dalton



**GLADSTONE**  
State High School

**SAFE ★ RESPONSIBLE ★ RESPECTFUL ★ ENGAGED**