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GLADSTONE NEWS

ISSUE 177

April 09, 2020

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HOME ABOUT SHOP WHOLESALE CART CONTACT US



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CART



Midi Cake - RAW.VEG.D.F.G.F

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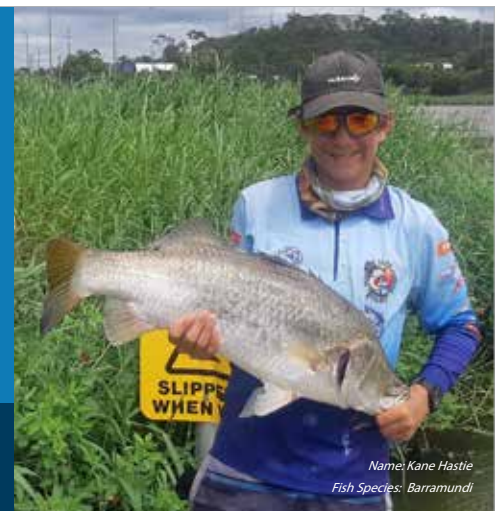
## FISH OF THE MONTH WINNER

**Congratulations Kane Hastie!**

Please contact Gladstone News to arrange collection of your \$50 voucher.

**DID YOU KNOW?**

Pufferfish live in reefs, lagoons and estuaries in the Gladstone region. If threatened, they use their highly elastic stomachs to quickly ingest huge amounts of water (and even air) to turn themselves into an inedible ball several times their normal size!



Name: Kane Hastie  
Fish Species: Barramundi



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1990

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Delivering a range of unique and specialised services for all sized businesses on the daily.

From one local creative genius to another, Elevate Media was established in 2009 and taken over in 2018 by current Managing Director, Ashleigh Kvitko. Ashleigh saw the need for a Central Queensland based creative agency with common sense and a commitment to work harder, smarter and whole lot brighter than other agencies. We're big enough to handle your national campaign but small enough to personally deliver it.

Whether it be website development, graphic design, video, social media marketing, Google Ads, re-targeting or a full marketing strategy our team of creatives will plan, design, roll out and wrap up your needs in one neat package so you can focus on running your business. We'll keep your customers engaged while offering budget conscious tailored

support and services.

Using a full-service marketing agency like Elevate Media minimises time spent in meetings and time spent worrying about strategy. We specialise in navigating new media through social channels to search-term sensitive specific advertising, finding the customers who are actively looking for you or your product. Our team were born digitally savvy and are intuitively creative thinkers with our fingers on the pulse.

Elevate Media currently services over 50 unique businesses across a broad spectrum of industries and have designed, developed and launched over 150 successful websites in Australia. We aim to exceed expectations every time, on time and burn the midnight oil so you don't have to.

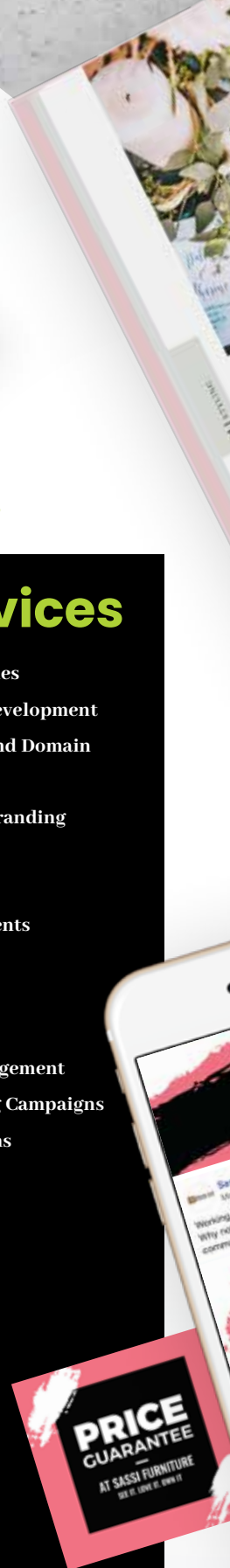
When you visit our HQ off Goondoon Street, Gladstone you'll understand the energy, buzz and kick-ass work ethic that has made Elevate Media the go to agency in Central Queensland.

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# We're all in this together

*Supporting local businesses during the coronavirus crisis*

## IT'S NO SURPRISE THAT BUSINESSES BIG AND SMALL ARE FEELING THE STRAIN DURING THIS PERIOD OF UNCERTAINTY.

Although the government is doing what it can in terms of financial initiatives to keep businesses afloat, we as individuals can also play our part in helping them. Here are a few ways we can support local Gladstone businesses.

### Shop Online or Phone In

Many businesses have adapted to cater for social distancing regulations. Places such as cafes and produce stores are now offering click and collect services, home delivery, drive through and takeaway so that you can either stay at home or minimise your exposure to the public. Check in with your favourite businesses to see what they have to offer and shop online or phone in with your order!

### Take online classes

Many yoga studios and personal trainers are now offering subscriptions to online classes. Tune in online at a designated time with the rest of the class, or steam a pre-recorded class at your own leisure. It's a great way to keep fit and support your local fitness business at the same time.

### Online Reviews

If there's not much cash flow coming in at the moment, there are many ways you can support local businesses without spending a cent! Leaving your favourite business a review on their website, Facebook or on Google, and sharing or commenting on their posts on social media are positive ways to promote their services and help them to be seen by more potential customers.

### Create a Facebook group

Create an online community for businesses to share their products or services. Add all your friends and family and encourage them to do the same – a larger group means more eyes on their business! Gladstone Takeaway and Deliveries on Facebook is a perfect example of this.

### Buy gift cards

Whether you buy a gift card for yourself or as a present for a family member or friend, it's a great way to give a local business a cash injection. Friends and family can use it to purchase something online or you can use it later on down the track at the other end of the pandemic!

# WE'RE STILL OPEN!

*Gladstone businesses switch to take away or delivery only*

## ON MARCH 23RD, THE FEDERAL GOVERNMENT RESTRICTED RESTAURANTS AND CAFES NATIONWIDE TO TAKEAWAY AND HOME DELIVERY ONLY TO HELP COMBAT THE CORONAVIRUS OUTBREAK.

Many savvy Gladstone businesses in the food industry have risen to the challenge to keep the community both healthy and fed. Some are even offering nutritious, ready-made freezer meals for you to have another day! Here are a list of businesses who are open for takeaway or home delivery. Call in with your order and support local!

### Ban Thai Bar and Restaurant

Barney Point Butcher

### Blend Café Tannum Sands

Boy Espresso

### Burger Urge

CCC Takeaway -  
Callemondah Cafe Corner  
& Takeaway

### CJ's Convenience & Takeaway

Coffee Club (Night Owl &  
Gladstone Central)

### Cotton Mill

Dacey's Pub and Restaurant

### The Dock

Domino's

### Edda 47 Authentic Wood Fired Pizza

Fit Life Smoothie & Snack  
Bar

### Fresh Fix

Fordy's Seafood

### The Gladstone Fish Market

Gladstone Fruit Shop

### Gladstone Reef Hotel

Golden Chicken

### Guzman Y Gomez

Hog's Breath Café

### Hook N Chook

Hungry Jacks

### Incredible Edibles

Jham Bar Espresso

### The Junction Café

Kin Coffee

### KFC

McDonald's (Glenlyon St,  
Dawson Hwy, Kirkwood Rd,  
Wyndham Ave)

### Miss India

The Mix

### MJ's on Boyne

Muffin Break

### Pizza Hut

Port City Meats

### Rocksalt

Red Rooster

### SALTWater Coffee and Taco Bar

Schnitz

### Subway

Sunvalley Seafoods

### Swains Best Fish & Chips

T3 on Wyndham

### Tannum Beach Fish & Chips

Tannum Meats & Kin Kora  
Meats

### Thai Basement

Thai Classic

### Truffle Pig Tannum Sands



# Here to help

## *manage stress & mental health*

### THE OUTBREAK OF CORONAVIRUS DISEASE 2020 (COVID-19) MAY BE STRESSFUL FOR PEOPLE.

Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

#### People who may respond more strongly to the stress of a crisis include:

- Older people and people with chronic diseases who are at higher risk for COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors and other health care providers
- People who have mental health conditions including problems with substance use.

#### Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns

- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs.

#### Things to help:

- Nourish yourself with whole foods and minimise processed foods. Don't forget to include fermented foods
- Move your body and practice mindfulness
- Get a daily dose of nature
- Sleep like your life depends on it (because it does)
- Practice pleasure – do enjoyable activities
- Above all, cultivate patience.

Need help? Please phone local psychologist Sylvia at Integrative Wellbeing Solutions today on 0400 739 489

*Integrative Wellbeing Solutions*

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*Psychologist Sylvia Smith*

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# PROTECTING OUR VULNERABLE

by Rachel Hardy

**OUR HIGHEST PRIORITY MUST BE PROTECTING THE HEALTH OF THE MOST VULNERABLE IN OUR COMMUNITY AND EASING THE EFFECTS OF THE DISRUPTION TO FOOD SUPPLIES AND OTHER ESSENTIAL SERVICES TO THEM.**

The major supermarkets have announced the introduction of special shopping hours for the elderly and disabled. Retailers have been swamped by home delivery requests, as well as having their shelves stripped of items; they're putting on a reserve army of casuals to cope. This is an opportunity for neighbours to step up and help isolated people. It may have sounded stale a few weeks ago when Mr Morrison suggested to take around a curry to rural folks who don't have access to Uber Eats. But his advice to drop off a casserole to those in need, as an act of kindness, suits the times.



Protecting our most vulnerable people always requires harsher restrictions on movement and services, as well as more dedicated resources. But it will also call for displays of Australian spirit, acts of kindness to strangers, self-control and patience. The way we interact with our family, for instance, may change for the next several months: less face time and more FaceTime.

Try to look out for the elderly. As the Prime

Minister has said, our job in the coming days, weeks and months is to work together to slow the spread of the virus. For those of us who are more healthy, we have a duty to protect the most vulnerable.

I would like to urge everyone that can spare some time contact the Community Recovery Hotline on 1800 173 349, or get in touch with the following charities: Hopelink, Food Centre, Salvation Army or St Vincent de Paul.

## COMMUNITY COMES TOGETHER to provide care packages for seafarers

**THE GLADSTONE SEAFARERS CENTRE MAY BE CLOSED FOR THE DURATION OF THE COVID-19 THREAT, BUT THAT WILL NOT STOP MISSION TO SEAFARERS GLADSTONE FROM CONTINUING TO SUPPORT THE PHYSICAL, EMOTIONAL AND SPIRITUAL NEEDS OF THE SEAMEN THAT PASS THROUGH OUR TOWN WITH CARE PACKAGES PROVIDED FREE OF CHARGE.**

Mission to Seafarers Gladstone is a local charity that provides a friendly smile and a listening ear to the men and women aboard the ships that dock at the Gladstone Port, who are often away from their loved ones for months at a time. Free cups of coffee, counselling, wi-fi,

library services and transport to shops and recreational facilities are just a few of the face to face services that Mission to Seafarers Gladstone usually provides. These face to face services are now limited to protect the health of both the team and the seafarers.

The care package initiative is important in ensuring the crew on board these ships do not feel isolated, especially in the current climate where they may not be able to leave their vessel due to quarantine restrictions. Local businesses including ConocoPhillips and Fanelli Dental have donated items such as Vegemite, DVDs, books, soft drink, toiletries, snacks, SIM cards, phone credit, games, beanies and bibles, which will help lift their spirits and show our appreciation for their hard work in transporting essential goods to Australia.

Mission to Seafarers Gladstone will also

offer virtual services such as online counselling, video links to church services and assistance in sending postcards to family in order to support the mental health of the seafarers.

If your business is able to donate any goods to the care package initiative, contact Mission to Seafarers Gladstone on (07) 4972 0022 or [manager@gladstonemts.org.au](mailto:manager@gladstonemts.org.au).





# Congratulations to our *Gladstone News Easter Colouring Competition Winners!*

**THANK YOU TO  
EVERYONE WHO  
ENTERED OUR  
EASTER COLOURING  
COMPETITION!**

1st Prize goes to 7 year old Pippa Lindley, who wins a family pass to the Gladstone Cinemas & chocolate Easter egg pack!

2nd & 3rd Prize goes to Camille Krebs and Aspen Thetford, who both win double passes to the Gladstone Cinemas.

Congratulations Pippa, Camille and Aspen for your beautiful creations!



## Suspension Of Activity & Gym

**To our valued PCYC Gladstone members and community,**

In line with the recent announcement by Prime Minister Scott Morrison several PCYC Queensland activities have temporarily been suspended except for the provision of essential services, some of which have been modified in their service delivery to ensure adherence to the increased social distancing recommendations.

**Essential services at Gladstone PCYC include:**

• Outside School Hours Care • Vacation Care • Braking the Cycle

**All other programs, fitness classes, gym and activities are suspended until further notice.**

Our PCYC Queensland family is very important to us and we recognise that it is more important than ever to stay fit and

connected to your community. To keep you motivated and enable you to continue to stay fit and healthy we will be launching Activ8@home this week. Activ8@home is an online fitness program with optional nutrition plan.

We have also set up an Activ8@home Facebook group which we encourage you to join. We recognise that many of our members may be facing financial hardship now and we are offering this service free of charge.

We thank you for your continued understanding and support and look forward to welcoming all our members back in the future, in the meantime we will keep you updated via our Facebook pages.



**Gladstone PCYC**

P 0409 893 966 W [pcyc.org.au](http://pcyc.org.au) E [gladstonesac@pcyc.org.au](mailto:gladstonesac@pcyc.org.au)

# CELEBRATING EASTER

## at home while social distancing

**EASTER WILL UNDOUBTEDLY LOOK A LITTLE DIFFERENT THIS YEAR DUE TO THE RESTRICTIONS PLACED ON US DUE TO THE CORONAVIRUS PANDEMIC.**

You might be wondering how to celebrate when the usual traditions such as gathering with family and friends and having egg hunts outdoors with a large group of children are off limits. The team at Gladstone News have gotten creative to rethink our holiday customs to make Easter magical and fun for the kids whilst in self-isolation!

### Easter Egg Cookie Decorating

Decorating Milk Arrowroot biscuits (which are conveniently shaped like Easter eggs!) is an affordable and fun Easter activity. Mix icing sugar with a dash of milk and mix with food colouring to make a selection of different coloured icing. Use a knife to spread over the biscuits and decorate with sprinkles and lollies to make your Easter egg cookies!



### Easter Bunny Coupon

EGG-CHANGE THIS COUPON FOR:

SKIPPING  
A CHORE

Happy Easter!

### Printable Easter Egg-Change Coupons

If you're strapped for cash and/or you would prefer to limit your trips to the shops, printable Easter themed coupons are a great way to give a gift of time or an experience. Each coupon can be exchanged for the ability to choose what to have for dinner or what movie to watch, staying up past their bedtime, playing a game with mum or dad, skipping a chore – get creative and tailor it to whatever your kids enjoy!

To put these together either find a template online, or make your own on your computer. Print and cut out for the kids to redeem whenever they want!

Office  
National

## ACTIVITY PACKS

\$50 delivered to your door to keep the kids busy!

Phone 4972 4255 to order yours today!

### PACK 1 - FOR 5 - 8 YEAR OLDS

- 1 x Grow Your Own Garden
- 1 x Maths Or English Activity Book
- 1 x Pencil Case Stationery Set
- 1 x Battery Free Toy – spins and balances on the cone or finger ring

INCLUDES  
2 MYSTERY  
ITEMS!



### PACK 2 - FOR 8 -12 YEAR OLDS

- 1 x Grow Your Own Garden
- 1 x English Activity Book
- 1 x Pack of 10 Textas
- 1 x French Knitter Set
- 1 x Magnetic Art Dress Up
- 1 x Sew Your Own Piggie Onesie



SUPPORT  
LOCAL  
BUSINESS





### Neighbourhood Easter Egg Hunt

With social distancing regulations in place, it's time to reinvent the Easter egg hunt that you would usually have surrounded by hordes of excitable children. Print out some Easter egg templates onto white card and get the kids to colour them in. Or if you're feeling creative, why not colour one in yourself? Cut out the eggs and stick them on your front window for the kids in your neighbourhood to spot when they are out on their daily walk.

How about taking it to the next level by involving your community? Do a letterbox drop around the neighbourhood with instructions on how to get involved and watch the Easter Eggs pop up everywhere!

### Easter baskets filled with boredom busting activities

Puzzles, sticker books, board games, cookie mix in a jar and craft supplies are just a few items you could pop in to keep the kids' occupied for days. Don't forget to throw in a few sneaky chocolate eggs too!



### Drop off a home made Easter hamper for your extended family

If your kids (or even you) are feeling disappointed about not being able to see family or friends during Easter, why not get the kids to help you create an Easter card and some baked Easter treats for a loved one. Hop into the car and drop the hamper off at their front door. It's a great way to include the extended family in your Easter celebrations whilst following the social distancing regulations.

# holiday — AT — HOME

#ourgladstoneregion



**Whether you're choosing to self-quarantine due to Coronavirus or simply enjoy being at home, you might be looking for some fun ideas for things to do with the kids that doesn't involve screens.. well we have you sorted!**



Jigsaw puzzles have been around since the 1700s and have evolved from hand-cut wooden educational tools to a huge industry targeting both children and adults. Did you know doing puzzles reinforces the existing connections between our brain cells - and even creates new ones?

Go back to basics and spend quality time with loved ones while exercising our brain. Sometimes we all need a little reminder to slow down and enjoy conversation and connection.



Whether it's playing in the wheelbarrow or turning an old log into a pirate ship, playing outdoors is helpful for encouraging creative thinking through imagination. Playing games like 'Hide and Seek' are fun and important for your child's development as they assist with language skills and social and emotional learning.

Make use of the beautiful Central Queensland sunshine and explore your own backyard, who knows what you could end up finding!



Introduce your kids to cooking by bringing your kids into the kitchen. Teaching your kids how to cook is a lesson in culture, math and self-reliance. Although it might be messy, it will be a whole lot of fun! Even if it's not edible, combing ingredients to form different textures and smells can be enjoyable for everyone.



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# ECONOMIC RESPONSE TO THE CORONAVIRUS ASSISTANCE TO BUSINESS TO KEEP PEOPLE IN A JOB

## THE GOVERNMENT IS PROVIDING UP TO \$100,000 TO ELIGIBLE SMALL AND MEDIUM-SIZED BUSINESSES, AND NOT-FOR-PROFITS (INCLUDING CHARITIES) THAT EMPLOY PEOPLE, WITH A MINIMUM PAYMENT OF \$20,000.

These payments will help businesses' and not-for-profits' cash flow so they can keep operating, pay their rent, electricity and other bills and retain staff.

Under the enhanced scheme, employers will receive a payment equal to 100 per cent of their salary and wages withheld (up from 50 per cent), with the maximum payment being increased from \$25,000 to \$50,000.

The minimum payment will increase from \$2,000 to \$10,000 and be available from 28 April 2020. By linking the payments to business to staff wage tax withholdings, businesses will be incentivised to hold on to more of their workers. The payments are tax free, there will be no new forms and payments will flow automatically.

This measure will benefit around 690,000 businesses employing around 7.8 million people, and around 30,000 not-for-profits (including charities).

Small and medium business entities with aggregated annual turnover under \$50 million and that employ workers are eligible. NFP entities, including charities, with aggregated annual turnover under \$50 million and that employ workers will now also be eligible.

An additional payment is also being made from 28 July 2020. Eligible entities will receive an additional payment equal to the total of all of the Boosting Cash Flow for Employers payments received.

### Regulatory protection and financial support for businesses to stay in business

The Government will establish the Coronavirus SME Guarantee Scheme which will support small and medium enterprises (SMEs) and guarantee 50% of new loans issued by eligible lenders to SMEs.

The Government's support will enhance lenders' willingness and ability to provide credit to SMEs. The Scheme will support \$40 billion of lending to SMEs and complements the Government's work to allow them to get access to credit faster.

This builds on the investment the Government is making to enable smaller lenders to continue supporting Australian consumers and small businesses, through providing the AOFM an investment capacity of \$15 billion to invest in

wholesale funding markets used by small authorised deposit-taking institutions (ADI) and non-ADI lenders.

It further supports the Reserve Bank of Australia's announcement of a \$90 billion term funding facility for ADIs that will reduce the cost of lending, with incentives to lend to small and medium enterprises. A total of \$189 billion is being injected in to the economy to support Australians to get through the impact of the coronavirus.

### Providing temporary relief for financially distressed businesses

The Government is temporarily increasing the threshold at which creditors can issue a statutory demand on a company and the time companies have to respond to statutory demands they receive. The package also includes temporary relief for directors from any personal liability for trading while insolvent. The Corporations Act 2001 will be amended to provide temporary and targeted relief for companies to deal with unforeseen events that arise as a result of the Coronavirus.

This builds on the support for business investment provided in our first economic support package, which included:

- increasing the instant asset write-off;
- backing business investment by providing accelerated depreciation deductions;
- supporting apprentices and trainees; and
- targeted support for Coronavirus-affected regions and communities.



*Ken O'Dowd MP*

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Ken O'Dowd MP • [ken.o'dowd.mp@aph.gov.au](mailto:ken.o'dowd.mp@aph.gov.au)





# Rio Tinto welcomes *fifteen new Graduate Engineers to Gladstone*

## **RIO TINTO HAS WELCOMED 15 NEW GRADUATE ENGINEERS TO ITS GLADSTONE OPERATIONS.**

The Graduate Engineers are working across various areas of the business and in fields of engineering including automation, electrical, information systems, mechanical, mechatronics, and process/chemical.

Eight of the graduates are based at Queensland Alumina Refinery (QAL), five at Yarwun Alumina Refinery (Yarwun), and two at Boyne Smelters Limited (BSL). They join 12 other Rio Tinto Graduate Engineers already working at Gladstone.

Rio Tinto Master Coach and former BSL General Manager Joe Rea said, "We are delighted to welcome these 15 talented graduate engineers and look forward to seeing them make significant contributions

to the future of our business and local community."

Rio Tinto's two-year Graduate Programme gives exceptional graduates an opportunity to immediately experience real work, develop technical expertise, learn from industry-leading professionals and start a career in an industry that improves life for millions globally.

Rio Tinto congratulates and warmly welcomes its 2020 intake of Graduate Engineers:



QAL - Aidan Hankinson, Cameron Burt, Duta Adyatma, Jack Hendy, Katie Genn, Lucia Mora, Michael Genn, and William Lambre

Yarwun - Adam Rankin, Amy Zander, Bede Bouzaid, Gerald Chan, and Katherine Collyer

BSL - Gabrielle Bennett, and Zixuan Wang.



## **WE ARE OPEN**

**Your Health and Safety  
is our Priority**

- Sanitisation & regular cleaning of our facility and vehicles
- Contactless transaction options available including buying online
- Protective measures taken on vehicles bought in for service
- Social distancing practices in place

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# 2020 PAINT THE PORT WINNERS ANNOUNCED

**GLADSTONE PORTS CORPORATION'S (GPC) PAINT THE PORT ART COMPETITIONS HAS GONE ONLINE, WITH ARTISTS ADAPTING FOR THIS YEAR'S EVENT.**

Over 60 artists from a range of age groups entered across the four categories, portraying their interpretations of port operations.

GPC People, Community and Sustainability General Manager Rowen Winsor said she was extremely impressed with the talent in the local region.

"The quality of works in the competition this year was outstanding," Ms Winsor said. "Our open category winner, Ping Carlyon, has done an outstanding piece, a stunning use of colour and it touches our hearts here at GPC with one of our very own employees depicted with her girls.

"We were so pleased we could adapt the competition this year to ensure that it could still go ahead.

"I would like to thank ARTmatters Gallery for their support leading in to the competition, and I would encourage everyone to visit the online gallery we have been able to create on our website."

Gladstone Regional Art Gallery and Museum Curator and this year's guest judge, Cameron Curd said he was thrilled by this year's entries. "From the quality and depth of expression shown in the artworks, Gladstone has some fantastic artistic talent from young students to adults," Mr Curd said.



"They have captured the beautiful Port in all its glory for this unique community engagement competition," Mr Curd said.

GPC are pleased to announce the following winners:

## **Open Category**

- Winner – Ping Carlyon
- Highly Commended – Shay Thetford, Marja Shamier and Christine Ward

## **High School Category**

- Winner – Kya West
- Highly Commended – Indigo Cadzow-Smith, Nyah Loosmore, Khushi Patel, Cloe Putland and Flynn Ramage

## **Upper Primary School**

- Winner – Raven-Lily Bickle-Wallace
- Highly Commended – Hanshikaa Gree saravanan, Milla Lamberton, Pahal Patel, Saanvi Patel and Olive Perrott

## **Lower Primary School**

- Winner – Amarni Thetford
- Highly Commended – Rut Patel and Alexis Yeoman

Community members can view the 2020 Paint the Port Art Exhibition by visiting [www.gpcl.com.au/paint-the-port](http://www.gpcl.com.au/paint-the-port).

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# THE GREAT DEPRESSION IN GLADSTONE

by Betty Laver

## AFTER WWI, GLADSTONE FOUND THE 1920'S THE HARD YEARS LEADING UP TO THE GREAT DEPRESSION.

Both the beef and dairy industries struggled throughout this decade, with low prices and the devastating 1925-6 drought taking their toll. The population of Gladstone only just exceeded 2000, only 500 more than the 1890's. Lifestyle was affected very little, as a lot of the population were descendants of the original pioneers.

Many lived at Parsons Point in simple cottages that were rent free, and all were self-sufficient with a vegetable garden, chooks, goats and perhaps a pig or two. Most supplemented their diet with the marine life from the harbour. Construction began on the Many Peaks to Monto rail link connecting the Burnett region. This line again brought much work to the local region and opened more of the country area. This line finally reached the destination of Monto in 1931. Two excursion trains ran day returns to Monto to celebrate the occasion.

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# Grandma's slow cooked beef stew

**WARM AND COMFORTING, THIS FAMILY CLASSIC IS A PERFECT RECIPE TO TRY WHILST STAYING AT HOME.**

## Ingredients

- 2 tablespoons wholemeal plain flour
- 500g lean beef, diced
- 2 tablespoons olive oil
- 1 cloves garlic, crushed
- 1 leek, thinly sliced
- 1 medium onion, diced
- 2 large carrots, peeled, sliced into thin rounds
- 1 small sweet potato, peeled and diced
- ½ small swede, peeled and diced
- 4 sticks celery, diced
- 400mL salt reduced beef stock\*
- 200mL water
- 400g can no added salt diced tomato
- 3 tablespoons parsley, roughly chopped
- 1 tablespoon Worcestershire sauce
- 2 tablespoons parsley, roughly chopped, to garnish

## Method

1. Place beef and plain flour into a large bowl and toss to coat.
2. Place a large heavy based pan over medium heat and add 1 tablespoon olive oil. Add meat and cook for 2-3 minutes or until meat is brown. Remove meat from the pot and set aside.
3. Add remaining olive oil to the pan and cook onions, garlic and leek for 1-2 minutes, or until just softened. Add carrots, sweet potato, swede, celery, beef stock, water, diced tomato, parsley, Worcestershire sauce and beef to the pot and bring to the boil.
4. Reduce heat, cover and cook on low heat for approximately 2 hours, stirring approximately every 20/25 minutes.
5. Garnish fresh parsley on top of beef stew.





# WATER WISE TIPS

## FOR STAYING AT HOME

**WITH LOUNGE ROOMS TURNING INTO CLASSROOMS AND SPARE ROOMS CONVERTED INTO A REMOTE WORK OFFICE, WE'RE SPENDING MORE TIME AT HOME THAN EVER BEFORE.**

So, it's only natural for our water usage to increase at times like this. There's plenty of ways we can save water and make wise choices around the home during this time. Here are our top five water wise tips to get you started.

What do you do to help save water at home? #inthistogether



A continuously running toilet can leak up to 60,000L of water per year. Check your toilet every now and then for leaks so you can avoid any loss of water.



Only use the dishwasher when it's full and use short wash cycles for everything but the dirtiest dishes. Use the same approach for the washing machine.



A leaking tap can waste between 30-200 litres of water a day. That's like having another person living in your home! Check your taps regularly.



Install a water saving showerhead and aim for a 4-minute shower or the length of your favourite song!



A running tap can waste more than a bucket per minute! So, collect your greywater and use it in the garden.

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**Gladstone Area  
Water Board**

# 1264KMS ON A TANK.<sup>1</sup> YOU READ THAT RIGHT.



Usually when things sound too good to be true, they are. Introducing the exception, Toyota Hybrid. With outstanding fuel economy, you can go unbelievably far without needing to stop to fill up. And there's absolutely no need to plug it in – the battery charges as you drive, using the engine or energy captured when decelerating or braking. That means the only thing you need to worry about for 1264kms<sup>1</sup> are directions.

Search 'TOYOTA HYBRID'

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**OH WHAT A FEELING**

<sup>1</sup> Estimated distance of 1264kms based on combined ADR fuel consumption rate of 3.4L/100km. Achieved in test conditions. Actual fuel consumption may vary depending on driving conditions/style, vehicle condition and options/accessories fitted. Fuel consumption data provided for comparison purposes only. Source: ADR81/102 for Toyota Prius model.