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GLADSTONE NEWS

ISSUE 183
July 2, 2020

TAKE ME, I'M FREE

**Gladstone Ports
Corporation**

**embraces healthy
lifestyles and
community spirit**



Active August



**Gladstone Ports
Corporation**

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FISH OF THE MONTH WINNER

Congratulations Denise Clow on catching this giant Trevally!

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

DID YOU KNOW?

Sharks can have 5, 6 and 7 gill slits that they use to breathe.



Name: Denise Clow
Fish Species: Trevally

what's on

FROM 2ND JULY

4 JULY

Family Fun Day

When: Saturday 4th of July from 10 am – 4 pm

Where: Gladstone Cinemas

Frozen drinks, popcorn and treats available for purchase. Free games to play and hourly Spot Prizes.

7 JULY

Artful Yoga

When: Tuesday 7th July 4:30 pm

Where: Gladstone Regional Art Gallery (GRAGM)

Cost: FREE

Set amongst Ken Done's Paintings You Probably Haven't Seen:

Selected Works 2000 – 2017

exhibition, Artful Yoga will be

hosted by Gladstone-based yoga instructor Anita Rienks. Bookings essential call GRAGM on 4976

6766 to reserve your place in Artful Yoga.

10 JULY

Thriving Teens Workshop

When: Friday 10th of July 9 am – 12 pm

Where: Rydges Gladstone

Cost: \$87.60

Use movement, breath work, human science and modern psychology to create integrated and interactive experiences for teens to explore, learn life skills and gain new resources that they can start using straight away to create more ease, calm and empowerment in their own way.

29 AUGUST

Killer Queen Experience

When: Saturday 29th of August 8 pm – 12 am

Where: The Rocky Glen Hotel Motel

Cost: \$20 pre-sale or \$25 at the door

This is one show you don't want to miss!

29 AUGUST

Music Bingo

When: Every Friday 7 – 8:30 pm

Where: The Precinct Gladstone

Cost: FREE

Get ready to laugh, sing and dance at Music Bingo with prizes to give away

25 JULY

The Great Rio Tinto Yarwun Valley Rally

When: Saturday July 25 from 1pm – 4pm at CQ University Carpark at the Marina

Come along to a drive through "Scavenger Hunt" car rally around the Gladstone Region. You will be given clues and activities to do for the whole family. Dress up and get involved in some family fun activities which will have you laughing and enjoying a lovely Saturday afternoon. Purchase your tickets via Facebook.

GLADSTONE CINEMAS

FAMILY FUN DAY!

4TH JULY FROM 10AM - 4PM

- Frozen drinks, popcorn and treats available for purchase
- Party Box available for purchase
- Buy a gift voucher to go in the draw to win a double pass gold room voucher
- Free games to play
- Hourly Spot Prizes



GLADSTONECINEMAS.COM.AU



**Gladstone Ports
Corporation**

Growth, prosperity, community.



On your marks, get set ... GO!

Gladstone Ports Corporation is getting ready to celebrate Active August next month and is encouraging the community to get out and get active!

Our newest waterfront parkland - East Shores 1B - will open in August, providing the perfect location to run, play and be active.

 **Active August**

As restrictions continue to ease, more locals are taking advantage of our beautiful waterfront parklands and soaking up the winter sun.

With three brand new playgrounds at the Marina and the unveiling of East Shores 1B just around the corner, there is certainly a lot to look forward to.

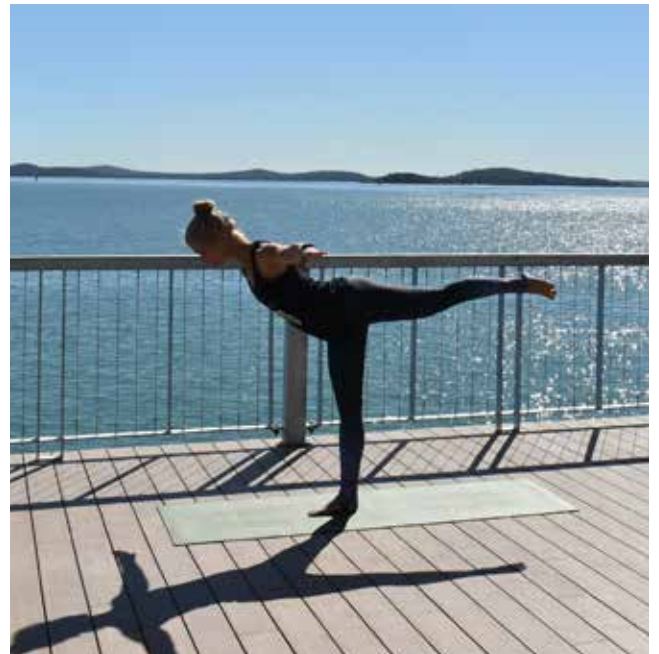
We would like to take this opportunity to remind park users to play fair and be considerate of others within the parklands. Always keep your dog on a leash and share the pathways with other users.

EAST SHORES 1B OPENING IN AUGUST

East Shores 1B is an exciting new addition to Gladstone Ports Corporation's foreshore parklands and will offer:

- 1km of new pathways
- outdoor bootcamp facility
- swing play area
- * 28,000m² of new green open spaces
- waterfront café
- big screen outdoor cinema
- revamped Patsy Lee Place fishing platform
- artwork and artefacts that give a nod to the site's maritime and industrial history.

Keep up to date with all the details regarding East Shores 1B's opening, our Active August Community Beneficiary announcement and how you can get involved in Active August by following Gladstone Ports Corporation on Facebook and Instagram.



The Great Rio Tinto



Yarwun Valley Rally

Saturday 25th July, 2020 at 1pm
CQU carpark, Gladstone Marina

SPECIAL COVID-19 EDITION

- Drive thru start at CQ Uni
- Drive thru finish at Yarwun State School
- Meal pack for 4 included with ticket

Prizes will be drawn at 7pm live on our Facebook page
and winners will be notified by phone

Tickets can be purchased on the day or via Facebook

 The Great 'Rio Tinto' Yarwun Valley Rally

With many thanks to our major sponsors





Last year's Yarwun Valley Rally



THE GREAT RIO TINTO YARWUN VALLEY RALLY

YARWUN STATE SCHOOL IN PARTNERSHIP WITH RIO TINTO ARE HOSTING THEIR ANNUAL YARWUN VALLEY RALLY ON SATURDAY JULY 25.

Yarwun State School is quite a small school with only 37 students enrolled, and 3 full time teachers on staff.

This is the 7th year the school has run the Rally and during this time the school has raised over \$50 with the support of the Gladstone Community.

Money raised from previous year's funds has contributed towards facilities such as the library and a student cubby house. The funds also assisted in the

purchasing of computers and other technology for the students as well as the hiring of specialised teaching staff resulting in some of the Best NAPLAN results in Australia.

Rio Tino has been the main sponsor of the event throughout its 7 year operation along with many other repeat sponsors such as: WICET, Isenring, Turfworks, Cement Australia, QER, NRG, Earth Commodities, Homeground, Rockys Own, Chris Trevor, Foxheat, Rayment Excavations, and Robinsons Engineering Surveys.

Suzy McKenzie P & C President of Yarwun State School said,

"Our participants have always loved the

creative ideas our team come up with, some of the favourite activities have been; throwing a plunger into the toilet, surveying our harbour, Bunnings craft, retrieve a piece of jewellery out of fish guts, walk the local BMX club, 'how fit are you?' with our local gyms, tree planting, dinosaur fossil digging and furry friend walks with the RSPCA."

Unfortunately this year's event will look a little different due to COVID-19 restrictions there will be no Fete and the prizes will be announced online via Gladstone Regional Council's Facebook page. Despite the changes Suzie said,

"Our dedicated team was determined to find a safe way to continue our Rally this year to support our local businesses."

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OF YEAR
FUNCTION
& LAWN
BOWLS**



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CALLIOPE HIGH

holds first cross country

ON TUESDAY LAST WEEK, CALLIOPE STATE HIGH SCHOOL HELD IT'S FIRST EVER CROSS COUNTRY!

The race was held at the school, with the school house the 'Awonga Red Claws' taking home the trophy at this years event.

Deputy Principal James Morely said, "Being a new school this is the first cross country we've ever had, we cooked a pancake breakfast for the students and it was the first time that our students got to experience what it was like to be part of their houses and a competition like environment."

"It was really good to see the students demonstrate pride in their houses," Due to COVID restrictions the cross country looked very different from your standard event, being pushed back

by a term. The event was originally scheduled for the final week of term one, however the term was cut short and turned into a student free week. Parents were not allowed to attend the event so the school flew a drone over the race to ensure that no one missed out on the action!

"We had hygiene stations all around

the course, we encouraged the students to abide by social distancing while participating in the event, and if you have a look at the drone footage they did a good job of it." James continued.

"This sort of physical activity is really important for kids. In the build up to this event our P.E teacher Ms Jade organised a running club to get the kids prepared for. There was a big change in the attitude of the students when they came back from running club and when they finished cross country. It gave them a great opportunity to get rid of their energy."



HOLIDAY HERE THIS YEAR AND PAY A VISIT TO LAKE AWOONGA!



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**Gladstone Area
Water Board**

local engineering company

SECURE DEFENCE FUND

LOCALLY OWNED AND OPERATED COMPANY UPTON ENGINEERING AND MANUFACTURING (UEM) WERE RECENTLY ANNOUNCED AS ONE OF THE SUCCESSFUL RECIPIENTS OF THE QUEENSLAND GOVERNMENT'S DEFENCE AND AEROSPACE INDUSTRY DEVELOPMENT FUND.

Established in 2017 UEM specialises in CNC Turning and Milling, Mechanical Overhauls and fabrication. UEM service everything from Motorsport and Performance, Rail, Maritime, Alumina Refineries, Oil and Gas, Coal, Agriculture and Power Generation. UEM was one of 18 businesses across Queensland that share in more than \$250,000 under Round 1 of funding.

The Defence and Aerospace Industry Development Fund assists small-to-medium enterprises in Queensland by: enabling them to develop their capabilities and compete for national and international defence and aerospace industry contracts, increasing their exposure and access to defence and aerospace industry supply chains, and by facilitating the acquisition of internationally recognised industry certification.

The fund also provides support for successful applicants to participate in targeted international trade shows to engage with national and international companies in the defence and aerospace industries.

State Development Minister Kate Jones said Queensland's defence and aircraft manufacturing and repair industries

were major employers throughout the state, generating around \$7.5 billion in revenue per year.

"Our state is home to 14 significant defence bases with more than 23,000 uniformed and civilian workers," she said.

"It makes sense to boost our defence manufacturing and aerospace industries. We've got a strategy in place to help local companies scale up in this sector and start exporting globally."

As Queensland's small-to-medium enterprises secure greater representation and exposure in the international defence and aerospace sectors, demand for the state's products and services is predicted to grow and create new high-skilled job opportunities.

RioTinto

NFP HOUSE
Not-For-Profit House

How are we helping our community?

No matter where you live, not-for-profits are the heart of every community. That's why Rio Tinto is funding Not-For-Profit House in Gladstone to deliver a support program to help the wider community recover from the impacts of COVID-19.

To apply visit facebook.com/nfphouse before 15 July 2020.

Boyne
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LIMITED

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Partnership
for Progress

CMM26085RTS

HOLIDAY
here **THIS YEAR**



WITH COVID-19 TRAVEL RESTRICTIONS EASING, MANY OF US CAN'T WAIT TO GET OUT OF THE HOUSE AND TRAVEL.

With the previous restrictions on travel the travel industry has arguably suffered the most through this disaster. Taking a vacation or a holiday within Australia this year is incredibly important as it will provide a much needed boost to the local economy.

To help assist with the COVID-19 and the national bushfire recovery effort, Tourism Australia has kicked off a new domestic campaign, Holiday Here This Year. The campaign encourages Australians to get out there and see their own backyard. Whether it be a weekend away near home, a trip to another state or discovering somewhere in Australia they've always wanted to visit. Every Australian should do their little bit to help stimulate Australia's economy.

To stimulate economic growth money must be spent on goods and services. To maximise your dollar's economic benefit, it's important to think outside the box when spending. Traveling to regional or rural areas who's economy rely heavily on tourism will help them immensely with softening the blow they've felt from these disasters.

Another out of the box idea is to book your next escape through a travel agent. Helloworld Travel is a leading Australian based travel company with a widespread and knowledgeable network of travel specialists. Using a travel agent is a great way to book holiday as they know how to tailor the perfect holiday for every individual and can provide important assistance while you're overseas.

Get out and explore AGNES WATER

AGNES WATER IS A STUNNING COASTAL GETAWAY LOCATED JUST AN HOUR AND A HALF SOUTH-EAST OF GLADSTONE.

It is home to Queensland's most northerly surf beach while simultaneously providing access to the best of what the Great Barrier Reef has to offer.

With a wide arrange of accommodation options, there is place to stay for everyone in Agnes no matter the budget. Agnes Water Beach Holidays offers beautiful beachfront accommodation, from bungalows to unpowered camp sites. Our personal favourite is the 'glamping experience' which is in fully contained Safari Tents that are raised up on timber decking in the hillsides to take advantage of the spectacular ocean views.

Being just a stones throw from the Southern Great Barrier Reef there are plenty of activities to keep you entertained. If the South Easterly wind is moderately strong, the Agnes water can produce quite a decent swell and it's a great place to learn to surf for the first time. 'Lazy Lizard Surf School' specialise in a personalised method of teaching that caters towards people of all ages, abilities and experience.

Get out and explore the region with the family friendly '1770 LARC! Tours' a fun and unique amphibious tour aboard the famous pink LARC!'s, exploring beautiful secluded beaches in the Southern Great Barrier Reef Region and visiting remote National Parks.

The Paperbark Trail is a must do activity, only 400 metres long, it's an exciting walk with stepping stones, boardwalk sections and water crossings. Get the kids to play park ranger on this fun walk and try to spot the friarbirds, flying foxes and lorikeets in this enchanted paperbark forest.



Image supplied by GAPDL

\$3.84 MILLION FOR GLADSTONE – MONTOR RD

AS PART OF \$1.5 BILLION INFRASTRUCTURE STIMULUS



FEDERAL MEMBER FOR FLYNN, KEN O'DOWD, IS PROUD TO ANNOUNCE \$3.84 MILLION FOR THE GLADSTONE- MONTOR ROAD AS PART OF A \$1.5 BILLION AUSTRALIAN GOVERNMENT INFRASTRUCTURE PACKAGE.

This will provide an immediate injection into the economy and bring jobs back online to help stem the impact of COVID-19.

"Getting shovels in the ground on local construction projects is crucial for maintaining jobs and economic growth within Flynn." Mr Ken O'Dowd said.

"Every single job that we support makes a huge difference in our local communities – now and as we navigate out of the pandemic,"

"Projects benefitting our regions include upgrading of three floodways of the Gladstone – Monto

road worth \$3.84 million of a total cost of \$4.8 million."

"These types of infrastructure projects will be also particularly crucial for helping us bounce back after the COVID-19 crisis has ended by ensuring we have the safe transport connections needed for all Australians to keep moving."

Deputy Prime Minister and Minister for Infrastructure, Transport and Regional Development Michael McCormack said the new package would fund shovel-ready infrastructure projects that can support local jobs immediately.

"This funding will deliver critical infrastructure projects right across the country to help keep construction businesses running and people in jobs," the Deputy Prime Minister said.

Minister for Population, Cities and Urban Infrastructure Alan Tudge said

the \$1.5 billion package, combined with the additional funding to local governments, is expected to support up to 12,000 direct and indirect jobs by creating new local opportunities and securing existing positions.

"This package will support thousands of jobs across our national construction sector, which we know is facing many challenges due to the ongoing COVID-19 crisis," Mr Tudge said.

"This includes local governments as well, who will receive funding to deliver targeted projects in their area."

"We will continue to work across governments and in partnership with industry to ensure the safety of all Australians while they deliver our pipeline of critical infrastructure projects."

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 • www.kenodowd.com.au

Authorised and printed by K. O'Dowd, Liberal National Party of Queensland, 76 Goondoon Street, Gladstone QLD, 4680



local industry

provides a helping hand for students returning to school

BOYNE SMELTERS LIMITED (BSL), QUEENSLAND ALUMINA LIMITED (QAL) AND RIO TINTO YARWUN HAVE DONATED \$24,000 TO ASSIST LOCAL STUDENTS RETURNING TO THE CLASSROOM AFTER MANY WEEKS LEARNING AT HOME DUE TO COVID-19 ISOLATION MEASURES.

The three Rio Tinto sites have partnered with neighbouring schools to support important initiatives that assist school students and families with the challenges and adjustments following COVID-19.

These include a sound system to support children with hearing impairments, the purchase of additional lockers to assist social distancing measures, and learning material to help students transition and re-integrate back into a group environment.

At Toolooa State High School, the funds have gone towards preparing and distributing winter care packs for families that are struggling financially. The packs include necessary items for returning to school, such as school jumpers, books, pens and more.

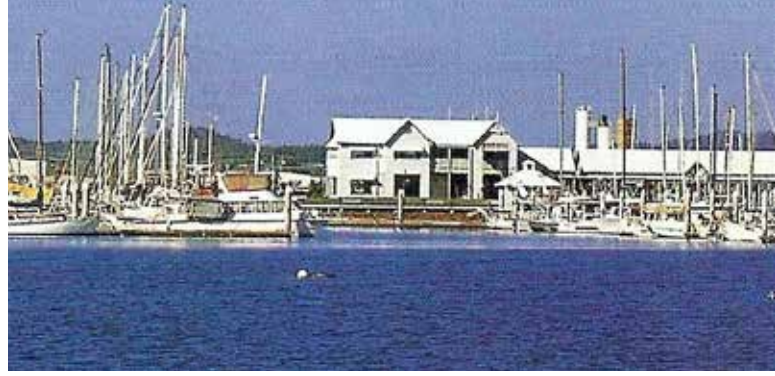
Toolooa State High School Principal, Justin Harrison said "The return to school after remote learning can be difficult for some students and these uncertain times can bring unwanted pressure on families.

"The donation provided by QAL and Rio Tinto has allowed the school to help students and families who are experiencing financial hardship as a result of COVID-19. With their help, Toolooa State High School has been able to provide identified students with the necessary resources to allow them every possible chance of success."

QAL general manager, Pine Pienaar said, "These unprecedented times have presented many challenges for Gladstone's community, which has highlighted the importance of community collaboration.

"QAL is pleased to be able to support our local schools to deliver these initiatives and assist local students and families during the COVID-19 isolation measures."

The school investments are part of Rio Tinto's Partnering for Progress program, which includes a \$US25 million commitment to support communities around the globe during the COVID-19 pandemic and recovery.



THE GLADSTONE MARINA

by Betty Laver

WITH THE EVER-INCREASING EMPHASIS ON LEISURE BOATING IN GLADSTONE, THE AUTHORITIES RECLAIMED THE SALT-FLATS WEST OF THE MOUTH OF AUCLAND CREEK IN THE 1970'S.

It took over ten years for building of the first stage of the massive marina project in 1987. The buildings on the shores of the marina were soon let to shops restaurants and charter offices.

Much of the foreshores are set on acres of rolling lawns and well-planned natural gardens, becoming one of the most popular picnic spots for residents and an increasing number of tourists. The floating marina system utilise concrete encased styrene pontoons and allows generous mooring and manoeuvring space within each of the pens. A main wharf was built on the Auckland Creek side of the marina pens, which added great potential for tourism to the region when the terminal for the Heron Island and other charter boats was built there. The land adjacent to Auckland Creek on the marina shores then became the setting for Gladstone Easter Festival with the outdoor stage area ideal for both day and night entertainment.

In 1990 the Port Authority initiated the construction of a Fisherman's Base Wharf. This was established on the western bank of the marina basin to service Gladstone's fishing and charter industry.

PIE WORLD

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Steak & Cheese
Butter Chicken
... and Mushy Peas!**



Visit us at 9 Dawson Rd, Gladstone from 7am - 5pm



School Holiday Activities

By Rachel Hardy

WITH WEEK ONE OF SCHOOL HOLIDAY'S ALMOST OVER, IT'S EASY TO RUN OUT OF IDEAS AND ACTIVITIES TO KEEP THE KIDS ENTERTAINED. HERE ARE 4 IDEAS TO KEEP THE FAMILY BUSY THESE SCHOOL HOLIDAYS.

Bake cupcakes or cookies

A cupcake or cookie decorating competition is the perfect way to keep the kids amused for a few hours and sort afternoon tea. Get the kids involved in baking a batch of cupcakes or cookies, then set them loose with a rainbow of icing colours, bowls of sprinkles and lollies and their imaginations to come up with the most amazingly decorated cupcake of the day.



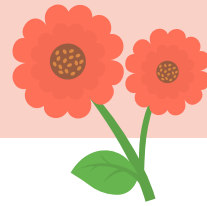
Rock Painting

Rock painting is growing in popularity in Gladstone with adults and children of all ages putting down their screens and tablets and picking up a paintbrush before releasing their painted rocks into the universe, hiding them and hoping that someone will find them – to keep or to relocate.



Gardening

Herbs are fun to grow and the kids will love having their own garden to tend. They're easy to grow from seed, requiring little patience as some herbs, like cress and rocket, should start to sprout in as little as two days!



Visit East Shores or Gladstone Marina

With three new playgrounds being built and plenty of wide open space, the Gladstone Marina is sure to keep the kids entertained until they wear themselves out. With BBQ's and picnic tables, East Shores and the Marina are the perfect spot for an afternoon out with the family.



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More than just a vitamin store



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Martin Hanson

MEMORIAL ART AWARDS

SET TO DRAW A CROWD IN 2020

GLADSTONE REGIONAL ART GALLERY & MUSEUM (GRAGM) IS PROUD TO ANNOUNCE THE MARTIN HANSON MEMORIAL ART AWARDS WILL GO AHEAD AGAIN THIS YEAR, MARKING THE 45TH ANNIVERSARY OF THESE HIGHLY ANTICIPATED AWARDS.

Launch and presentation of prizes will be held on Saturday 17 October, following the sponsors' preview on Friday 16 October. Due to the ongoing COVID-19 health directives, social distancing rules may still apply, and may also limit the amount of people who can attend these events. Gladstone Regional Councillor Glenn Churchill said he was thrilled the Awards would go ahead in 2020.

"Given recent events, we are proud to be able to once again provide our community with this fantastic showcase of artists' works from near and far," he said. Cr Churchill confirmed Tracy

Puklowski will be the judge at the 45th Awards.

"Tracy is the general manager and director of the Queen Victoria Museum and Art Gallery in Launceston and she's expected to bring an exciting insight and interpretation of our region's most prestigious art awards," he said.

Since its inauguration in 1976, the Awards have become one of Queensland's most prestigious regional art events and are eagerly anticipated each year. The 2019 Awards attracted 372 entries from established, emerging and amateur artists from across the country, with almost 4500 visitors attending the exhibition and supporting public programs.

The awards' namesake, Martin Hanson (1923-1976) was a popular and highly respected local businessman who was Member for Legislative Assembly (MLA) for Port Curtis 1963-1976, and patron to the Gladstone Artists' Club. As a tribute to his patronage and in conjunction with the family, the Gladstone Artists' Club held the first Martin Hanson Memorial Art Awards and Exhibition in 1976.

The Gladstone Regional Art Gallery & Museum became the custodian of the Awards in 1993. From 1976, until her passing in 1998, Mary Hanson, Martin Hanson's wife, officially opened the exhibition and presented the prizes in memory of her late husband.

Their daughter, Elizabeth Zussino, has continued their family's commitment through sponsorship of The Local Murri Artist Award. The Awards were renamed in 2007 in recognition of Rio Tinto's generous support, which continues today.

In 2014, the format of the Awards changed with the addition of a fourth section of entry, Digital Works, adding to the other three existing sections of entry being Easel Paintings, Works on Paper and Three Dimensional and Fibre Works. That year, Queensland Alumina Limited also supported the inauguration of The QAL People's Choice Awards, inviting the general public to vote for their favourite works on display.

The Rio Tinto Martin Hanson Memorial Art Awards are only possible each year due to the ongoing and generous support from Council, local individuals, businesses and industry.

The Gladstone Regional Art Gallery & Museum is thankful to have positive sponsor relationships and strives hard every year to ensure the Awards are unforgettable.

CORFIELD'S ELECTRICAL *celebrate 37 years!*

ONE OF CENTRAL QUEENSLAND'S MOST RENOWNED ELECTRICAL CONTRACTORS, CORFIELD'S ELECTRICAL, RECENTLY CELEBRATED 37 YEARS OF SERVICING THE GLADSTONE REGION.

Corfield's Electrical Service was established in June 1983 by Ken Corfield, and has since grown to be one of the largest Electrical Contractors in the Central Queensland region. The first workshop was originally located on Little Bramston Street.

The company's ongoing growth has seen the establishment of a main office and workshop on Hanson Road in the year 2000.

Inez Corfield, Finance Manager, said, "For dad, a big milestone was acquiring the workshop on Hanson road, he is really proud of having this office and workshop."

Corfield's Electrical has worked with many large Gladstone companies during this time, including: Boyne Smelters Limited, Queensland Alumina Limited, Gladstone Ports Corporation and Gladstone Area Water Board.

Inez believes the secret to the businesses 37 year success is a consistent positive relationship with the companies clients.

"Gladstone is unique, because of the industry we have here. It's about maintaining a good relationship with our clients, delivering projects on time and to specification. We provide our clients with a safe and trustworthy service." Inez said.

One of the key milestones for Corfield's Electrical was acquiring contracts during the construction of GLNG. "When GLNG was going we did some of our biggest jobs during that time which was a highlight. It took us from a small business to quite a large/medium business."

Running a successful business for such a long period of time is no easy task, and Inez said, "37 years is something we are very proud of."



TINKERING AWAY

MR TINKER HANDYMAN SERVICES IS A BRAND NEW LOCALLY OWNED HANDYMAN BUSINESS LAUNCHING THIS WEEK TO SERVICE THE GLADSTONE REGION.

Michael McHugh or Mick is the owner of Mr Tinker Handyman Services, he is a boilermaker by trade and has spent the last 15 years in the construction industry doing fly in – fly out work. Mick made the decision this year to spend more time at home with his family,

"I'm back at home now with my family, so that's a big thing for me at the moment being with my family. That's why I'm kicking this off. I have always loved working with my hands and building new creations and hence the start of Mr Tinker."

Mr Tinker Handyman Services will operate from Mt Larcom to Tannum Sands and will fix, repair, install, assemble or build more or less everything.

Michael McHugh said, "It's a bit of everything, I'm not a normal handy man, I have a wide range. I have a rural background, so I can do fencing, build gates, I even built a horse float and a tray for my Ute! I can do a lot with timber I love hardwood, my old man actually owns a sawmill and when I was a young fellow i worked at the local sawmill. I also did a owner builder renovation on a house of ours down in Brisbane a few years back were I built a large deck, a 12x6 shed, a big concrete driveway and also landscaped the block."

If you have a DIY job gone wrong or want to do some renovations around the house, call Mr Tinker for a quote today!



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RIO TINTO PROVIDES FREE MENTAL HEALTH SERVICES

RIO TINTO IS OFFERING FREE MENTAL HEALTH SERVICES TO RESIDENTS OF THE GLADSTONE REGION FOR THE NEXT SIX MONTHS AS PART OF THEIR COVID-19 RELIEF PACKAGE IN AUSTRALIA.

The service is provided by BSS Corporate Psychology Services a West Perth based organisation that works across Australia, New Zealand and Internationally, to assist organisations manage their Fitness for Work / Fitness for Duty requirements.

The service while provide free counselling sessions to Gladstone residents experiencing a diverse range of mental health issues such as: depression, anxiety, stress, alcohol and drug addiction, relationship issues,

sleep and fatigue problems, conflict & anger management, parenting, family issues & domestic violence, redundancy, critical incident stress, loss & grief, and unresolved trauma.

BSS provides 24/7 emergency assistance (critical incident support and urgent counselling). The service is provided via the freecall 1800 number to an after-hours service and is monitored by multiple counsellors.

BSS is one of the most progressive EAP providers in Australia, providing online "e-Therapy" services. BSS appointments can also be made via email or via smartphone app. The app also includes Self-help tips guide covering a range of topics (these include sleep, stress, conflict, relationships, anger management, etc.), automatic send appointment request and booking facility that can be operated 24/7. This

facility also allows clients to change and cancel appointments, and an emergency Contact facility.

To access the free counselling service contact BSS on 1800 303 090, or visit their website www.bsspsych.com.au, or via the BSS EAP app.



CQ PROPERTY GUIDE ROCKHAMPTON YEPPOON GLADSTONE

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FORTNIGHTLY PROPERTY GUIDE

LAUNCHING JULY 9

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smoothie bowl

THIS 5 MINUTE SMOOTHIE BOWL WITH JUST 3 INGREDIENTS IS SATISFYING, NUTRIENT-RICH, AND NATURALLY SWEET! A HEALTHY, PLANT-BASED BREAKFAST OR SNACK.

Ingredients

- 1 heaping cup organic frozen mixed berries
- 1 small ripe banana (sliced and frozen)
- 2-3 Tbsp light coconut or almond milk (plus more as needed)
- 1 scoop plain or vanilla protein powder of choice* (optional)
- Toppings
- 1 Tbsp shredded unsweetened coconut (desiccated)
- 1 Tbsp chia seeds
- 1 Tbsp hemp seeds
- Granola (optional)
- Fruit (optional)

Method

1. Add frozen berries and banana to a blender and blend on low until small bits remain.
2. Add a bit of coconut or almond milk and protein powder (optional), and blend on low again, scraping down sides as needed, until the mixture reaches a soft serve consistency.
3. Scoop into 1-2 serving bowls and top with desired toppings (optional). You can use chia seeds, hemp seeds, and coconut, but strawberries, granola, and a nut or seed butter would be great here, too!
4. Best when fresh, though leftovers keep in the freezer for 1-2 weeks. Let thaw before enjoying.

By Minimalist Baker



easy

mini quiche

Ingredients

- 3 eggs
- 4 rashers of bacon, diced
- 1 small onion or 1/2 large - diced (You can use red onion for extra colour instead of a brown onion)
- 2 tablespoons of tasty cheese, grated
- salt and pepper, to taste
- dash of thickened cream, optional
- sprinkle of fresh or dried parsley, optional
- 3-4 pre-made frozen puff pastry squares

Instructions

1. Preheat your oven to 180 degrees C.
2. Lightly grease 2 patty cake pans (12 cup) with cooking spray or butter.
3. In a bowl, mix the eggs, bacon, onion, cheese, salt, pepper, cream and parsley (optional) with a fork until mixed together well.
4. Using an egg ring, glass or pastry cutter, cut circles out of the defrosted puff pastry and place into the greased patty cake trays (you can use muffin trays but the patty cake ones fit better).
5. Spoon the mixture into the pastry.
6. Bake in the oven for 15 - 20 minutes or until golden brown.

Other Ideas

These can also be made in a 24 mini muffin baking pan. These are great for parties, or for school lunch boxes.

Apply for Gladstone Ports Corporation's Talent Today - Talent Tomorrow Bursary

Applications for GPC's Talent Today - Talent Tomorrow Bursary Program for Aboriginal, Torres Strait Islander and Australian South Sea Islander secondary school students are now open!

The bursary program recognises and rewards students' efforts at school and encourages them to continue their education journey.

GPC is proud to commit to the Talent Today, Talent Tomorrow Bursary Program, as part of its Stretch Reconciliation Action Plan 2019 - 2022.

The bursary is awarded annually to one Junior (\$500) and one Senior (\$750) Aboriginal, Torres Strait Islander and Australian South Sea Islander student from each secondary school in Gladstone and Bundaberg.

For more information visit gpcl.com.au and to apply contact your school. Applications close 4pm on Friday 31 July 2020.

STAMPS

sticking around

GLADSTONE AND DISTRICT PHILATELIC SOCIETY INC. (GDPS) RECENTLY CELEBRATED THEIR 40TH BIRTHDAY!

Philately is defined as the collection and study of postage stamps.

The GDPS was formed on the 9th May 1980 by a small group of Gladstone locals who harboured a keen interest in stamps. As part of this charter the society has held 'Stamp Days' since 1985 and became an incorporated body in Queensland in 1988.

GDPS aims to promote philately and the study of postage stamps and postal history while facilitating the exchange of stamps and ideas among members.

To celebrate the special occasion the society has produced a commemorative cover featuring a beautiful photo of the Gladstone Harbour and a unique stamp with the society's logo.

The back of the envelope details the aims of the society as well as providing further information on their history.

A GDPS spokesperson noted that they, "Believe this could be the first Philatelic use of the new Australia Post service 'MyStamps' in Australia."

The society holds regular Stamp Meetings at 7:30 PM on the 2nd Wednesday of each month with the next one falling on July 8 at the Neighbourhood Centre on 105 Toolooa Street Gladstone. Each stamp meeting GDPS brings out their Circuit Books and discuss all things philately, with the occasional display or quiz. Visitors and new members are all welcome to attend the stamp meetings.

The covers are an absolute must have for any cover collector and are available for purchase from the society for \$5.50 each plus \$2 postage and handling. To place an order simply mail The Secretary at PO Box 1089 Gladstone, 4680 QLD or email secretary@gdps.org.au.



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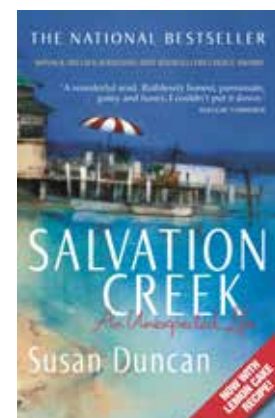
book review

SALVATION CREEK: AN UNEXPECTED LIFE BY SUSAN DUNCAN

I WAS LOOKING FOR AN INTERESTING TRAVELOGUE OR MEMOIR TO LISTEN TO WHEN I FOUND SALVATION CREEK BY SUSAN DUNCAN.

At times I've found audiobooks to be a challenge to focus on, but only a short way into Salvation Creek I was hooked! The author's description of Pittwater, a place I've never visited but now feel like I have many times, is captivating. Before I was halfway through the book, I borrowed the others in the series (The House at Salvation Creek and The House on the Hill) so I could continue without interruption.

Susan Duncan moved to Pittwater, and later wrote the Salvation Creek series, after some life-changing events. Giving up her career as a magazine editor she embarked on a journey of self-discovery and embraced a lifestyle unlike any she had known before. Listening to the books, narrated by the author, you can feel her indecision, sadness, joy, and amazement throughout her tales of life around Pittwater.



The mesmerising storytelling encourages you to consider what you would do in such circumstances and triggers a desire to live a simpler life. I found Salvation Creek to be uplifting, despite the sad parts; as well as calming, listening to tales of the relaxed lifestyle and entertaining characters of the tight-knit community.

Reviewed by Dawn



The series of audiobooks can be borrowed from Gladstone Regional Libraries via BorrowBox.

Gladstone Region

20 Things To Tick Off In 2020

#gladstoneregion #visitagnes1770 #southerngreatbarrierreef #holidayherethisyear

Try your skills at kayak surfing with 1770 Liquid Adventures – keep an eye out for dolphins, turtles and other friendly wildlife.

Glamping you say? Spend a night (or three) at Agnes Water Beach Holidays for the ultimate glamping experience.

Hop aboard the iconic pink amphibious vehicle with 1770 LARC! Tours and visit Queensland's only operating Lighthouse.

Jump in your 4WD, pack the swag and discover the magic of Deepwater and Eurimbula National Parks.

Experience the Great Barrier Reef with a day trip to Lady Musgrave Island on board 1770reef Great Barrier Reef Eco Tours.

Make lasting memories on a guided tour or explore at your own leisure with Kanga Tours and Scooter - EBike Hire.

Get active on over 15kms of pathway, known as the 'Turtleway Bikeway', which winds along the Tannum Sands coastline.

Get away for a weekend and go camping at Lilley's Beach (permit required).

Take a trip out to Kroombit Tops National Park and visit the remains of a World War II Liberator Bomber aircraft 'Beautiful Betsy'.

Pack the esky, fishing rod and go on an adventure to Boynedale Bush Camp...there's even the possibility of spotting a platypus!

Wander through the impressive Tondoon Botanic Gardens and stop in for a cuppa at the local café.

Enjoy some exercise or simply relax in the parklands of East Shores Precinct or the Gladstone Marina.

Have dinner with a view under the magical fig tree at Spinnaker Park. Trust us, it looks like something out of a fairy-tale book.

Be entertained and informed as you discover the Gladstone Region on board a tour with Gladstone Region Tours.

Watch turtle hatchlings erupt from their nest and wiggle their way to the water at Heron Island in turtle season.

Depart the Marina with Curtis Ferry Services and spend the day at one of the islands that wait off the Gladstone coastline.

Visit Wilson Island... An adult-only private hideaway on the Great Barrier Reef to experience the tranquil life of a castaway in style.

Try your luck at catching the famed Barramundi, Mullet or Mangrove Jack at Lake Awoonga.

Grab your hiking gear, climb Mount Larcom and be rewarded with a spectacular 360-degree view of the Gladstone Region.

Step back in time and relive the history of Calliope at the Historical Village.