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GLADSTONE NEWS

ISSUE 182
June 18, 2020



CHANEL COLLEGE
Justice Respect Compassion

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in this issue

- 03** Active August
- 04** Chanel College:
Justice, Respect,
Compassion
- 06** 55 Locals Land A Job
- 07** Girdarjil Leads Coral
Monitoring Project
- 08** Men's Health Week
2020
- 09** The Burden of Back
Pain
- 10** Four Things To Do
Outdoors During The
School Holidays
- 11** BSL Banner
Competition
- 12** \$5.5 Million Boost
For Six New Projects In
Flynn
- 13** The Gladstone
Meatworks
- 14** License to
independence
- 15** In memory of Reg
Tanna
- 16** Butter Chicken
- 18** Community
Bands Together



VIRTUAL EVENT



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JULY 2020



Active August

GLADSTONE PORTS CORPORATION (GPC) IS CALLING FOR A COMMUNITY BENEFICIARY AS PART OF THEIR 2020 ACTIVE AUGUST CAMPAIGN, WITH AN IMPRESSIVE \$20,000 UP FOR GRABS FOR THE SUCCESSFUL INITIATIVE.

'Active August' was announced by GPC in May in the wake of COVID-19 restrictions and the realisation that the iconic Botanic to Bridge (B2B) FunD run would not be possible.

Acting CEO Craig Walker was pleased to announce that GPC will be looking for a community beneficiary for 2020, while also ensuring funds will be donated back to local schools, as has been GPC's B2B tradition for the past 10 years.

"This year it is more important than ever to support our community, which

is why GPC will be still looking for a community beneficiary for our 2020 campaign," Mr Walker said.

"With COVID-19 restrictions thrown upon us, we realised we wouldn't be able to hold B2B in its usual format so went back to the origins of why we introduced B2B in the first place.

"Our Active August campaign will embrace healthy lifestyles and community spirit while still financially supporting local schools and a community beneficiary.

"GPC remains committed to our community, and will look to support wherever we can as we all embrace our new normal."

GPC are now calling for Community Beneficiary applications via www.gpcl.com.au/active-august, with further information on how to apply

on the website.

Applications will close at 4pm on Wednesday 24 June 2020.

Previous Community Beneficiaries have included the Gladstone Hospital Children's Ward, Roseberry House, the Gladstone PCYC and Give Me 5 for Kids.

GPC will release event details, prize structures and information on how you can be involved in Active August in the coming weeks – please go to GPC's Facebook page or follow @gladstoneportscorporation on Instagram.



Active August

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

Community Beneficiary Applications!

Applications are now open for our 2020 community beneficiary.

If you think your organisation's project or initiative could benefit from receiving a one-off payment of up to \$20,000 then jump online to gpcl.com.au, view the eligibility guidelines and apply to be our 2020 Active August Community Beneficiary!

Applications close on Wednesday 24 June 2020!

APPLY NOW | gpcl.com.au



CHANEL COLLEGE

Justice Respect Compassion



Catholic Education
Diocese of Rockhampton

Ever wondered what it's like to be in Year 7 at Chanel College?

Libby Huth

Chanel is an amazing school that has opportunities for everyone. Some of these opportunities are experienced through the twenty-six different co-curricular activities. Of these activities, I am involved in Drumline, Choir and Strings Ensemble.

The staff and teachers at the College are encouraging and help students strive for academic excellence. They also inspire students to follow their talents,

During the recent pandemic, learning has been a challenge. However, the College made schooling from home an incredible new experience, instead of a chore. One of the things I loved was how I was still able to interact with my teachers and peers.

Chanel College has a wonderful sense of community. It is a place that welcomes and excites students. It is a place that staff and students will remember and love. Chanel College is a great school to be a part of.

*Some of our Year 7 students have taken
the time to tell you exactly how it is!*

Tabitha Ryan-Salter

Life at Chanel College is enjoyable and there is never a dull moment. Since starting, I have participated in Chapter Chatters, Chess Club, Robotics, Concert Band, Choir, Drumline and Eco Warriors. Needless to say, I am never bored and there is always something to do. As a Year 7 student at Chanel College, I particularly enjoy the rotations as we change every six weeks and I also enjoy having a different teacher for every lesson.



Ethan Ricciardi

My first term at Chanel College has been amazing. I have made new mates and have made awesome new memories, that I will remember for ever. Chanel College has been a great adventure so far and every day has new things waiting for us students to discover.

Ella Whitaker

Even though I have only been at Chanel College for around six months I have already learnt that it is an encouraging school filled with wonderful teachers and staff. As soon as you step through the gate you can instantly tell that Chanel has a very welcoming environment and there is definitely a lot of respect between teacher, staff and students.

One of the things that I have really enjoyed at Chanel so far is the variety of subjects we get to do in Year 7. This is when, for six weeks, we get the chance to do two extra electives. This may include learning how to cook, sew, dance and a lot more. This also gives everyone a chance to make new friends and a chance to meet new teachers.

Another thing that I have enjoyed is the Homeroom system, at the beginning and end of each day. This consists of students from every year level; but they are all in the same House. I've really enjoyed this because whenever I was lost and didn't know what to do I could go to someone from one of the older grades in my Homeroom and ask them where to find my class or where to sit for lunch. Overall Chanel College is an AMAZING school with fabulous people and I feel very privileged to be a part of this school and its community.

CHANEL COLLEGE

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Enrolment Applications for Year 7 in 2021, Round 2 CLOSES Fri 17 July



Principal Dr Susan Bunkum

As Principal of Chanel College, it makes me immensely proud when I read these wonderful stories from our Year 7 students. Their journey through their first year of high school has been a very interesting one!

When the Covid Pandemic changed our world, our students transitioned to Learning at Home as though it was second nature. Their return to school was seamless and they have continued to excel in their learning.

Our teachers who are dedicated subject specialists, are constantly working to improve the learning opportunities available to the young people in their care, ensuring they have access to a quality education.

With enrolment deadlines looming for 2021, we understand that choosing the right school for your child is an extremely important decision. At Chanel College we will do our best to make that transition a smooth process for your family.

Annaliese Adamson

The school spirit at Chanel College is everything I'd imagined... and more! I was warmly welcomed by a College Community that inspires me to improve my learning and foster my spirituality. I particularly enjoy conducting science experiments in the lab, engaging in Inter-House challenges, and engaging in extracurricular activities such as the girls only gym morning and the Photography Club. With so much on offer, I'm proud to be a student at Chanel.

Lauren Conley

Chanel College is a welcoming school that always makes people feel like they belong from the moment they walk in. When I first arrived at Chanel, I was nervous that I wouldn't fit in, but everyone was so kind that I felt like I had been at the school for a long time. I made new friends in the first few weeks of the term because of the many different experiences I received. Throughout the global pandemic when we were learning from home the teachers made sure we could still get the same opportunities we would get at school. All the teachers contribute to our education helping us achieve our goals by giving us the best attention and experiences we need. Also, we can get involved in extra curricular activities and clubs that meet our interests. Whether it be in the classroom or out of the school grounds, Chanel College will always make you feel that you fit in. and belong.



Liam Rippingale

I love being a Year 7 student at Chanel because there is always something to look forward to. There are many activities for everyone's interests. I am in the Robotics Club and Chess Club. There are also many sporting activities. I love the Instrumental Music Program and I have been learning the trumpet since Grade 3 and I was so happy that I could continue to do that here. I am also part of the College Band and the Drumline.

Every afternoon I always look forward to coming back to school the next day. The resources in the Library are great and I have spent many break times in there. The community is very supportive, and the teachers are always ready to help us with anything. Chanel is an amazing school and I love being a part of the community.

Sidney Crawshaw

In my first week at Chanel College, I was feeling nervous because it was a whole new school. I had a funny and supportive Homeroom Teacher who would check in on me and the rest of the Year Seven's to make sure that we were getting used to life at Chanel. Pretty quickly, I felt comfortable with the process of how everything worked at Chanel and made some really great friends. When COVID 19 hit and we were learning from home my teachers made the transition easy for us and kept in touch every day to make sure we were handling this new learning style. I am really glad to be a student at Chanel College.

**Enrolment Packages Available
on our Website or from the College Office**

55 LOCALS LAND A JOB

GLADSTONE'S ECONOMY RECEIVED A BOOST IN APRIL WITH 55 GLADSTONE LOCALS EMPLOYED ON GLADSTONE PORTS CORPORATION'S (GPC) CLINTON VESSEL INTERACTION PROJECT (CVIP).

Another 21 Gladstone businesses secured work, providing services such as local fuel supply, local equipment maintenance and hire and local transport and delivery.



GPC's Acting CEO Craig Walker said the project was a good boost for the area in uncertain times.

"The CVIP project is forecast to employ an average of 37 locals over the six-month project; April being a busy month meant jobs for 55 locals and work for many local businesses," Mr Walker said.

"This project is providing jobs and employment security for Gladstone locals and businesses while ensuring our Port remains strong and safe."

The project will improve safety by widening the Clinton Channel by approximately 100 metres, with work expected to reach completion in the second half of 2020.

The project is managed under stringent environmental guidelines and its schedule has been extended to allow for a slower and more precise delivery methodology to further protect GPC's

operating environment.

Cameron Hall, CEO of Queensland-based dredging and civil construction business Hall Contracting – the company undertaking the works – said he was pleased to be contributing to local employment at a time when so many Australian workers were experiencing the economic impacts of COVID-19.

"Having been deemed an essential service, we have a very important role to play throughout the global pandemic and we're proud to be supporting local jobs and helping to keep the economy afloat during these challenging times," Mr Hall said.

"This project will not only benefit the Gladstone region, but also Queensland as a whole."

Shipping between WICET and RG Tanna Coal Terminal is not affected while works are undertaken.



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GIRDARJIL LEADS *coral monitoring project*



THE GIDARJIL SEA RANGERS HAVE RECENTLY RECEIVED \$95,000 IN STATE GOVERNMENT FUNDING TO LEAD A CORAL MONITORING PROJECT ON THE SOUTHERN END OF THE GREAT BARRIER REEF.

Gidarjil Development Corporation is an indigenous owned enterprise run by a Board of eight Directors made up of

representatives from the Gurang and the Gooreng Gooreng peoples.

The initial project, Belbendimin Wulgun Djau (Caring for Sea Country), was originally funded by the partnership between the Australian Government's Reef Trust and the Great Barrier Reef Foundation to engage Indigenous sea rangers to monitor inshore corals.

The Queensland Government's Reef Water Quality Program is building on this work by funding Gidarjil sea rangers to undertake coral monitoring at additional sites in the region along with marine water quality monitoring and sampling.

The data generated through the new monitoring of coral and water quality in the southern Great Barrier Reef by Traditional Owners project will inform the Paddock to Reef Monitoring,

Modelling and Reporting Program. Saranne Giudice, manager of the project said,

"This project is very important to Traditional Owners. The Port Curtis Coral Coast (PCCC) traditional sea country extends over 26,600 km2 and Traditional Owners from the saltwater groups in the PCCC region have a deep and ancient connection to sea country and their identity is strongly tied to it.

It is vital that Traditional Owners have greater involvement in management of their land and sea country at both a decision-making level and on-ground to care for country and culture."



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Men's Health Week 2020

MEN'S HEALTH WEEK IS AN ANNUAL AWARENESS PERIOD SHINING A MUCH NEEDED SPOTLIGHT ON THE POOR HEALTH STATUS OF MALES.

The health status of males in most countries, including Australia, is generally poorer than that of females. More males die at every stages through the life course, more males have accidents, more males take their own lives and more males suffer from lifestyle-related health conditions than females at the same age.

On top of that, men are less frequent visitors to general practitioners, and the perception is that they don't care about health or that health services are not well-prepared to interact with men effectively.

Dr. Jean Bonhomme, MD, MPH, Founder and Chairman, National Black Men's Health Network, stated,

"There needs to be greater recognition of the fact that the health of men and boys is not exclusively a men's issue. Unfortunately men's health outcomes negatively impact the stability of entire families as well as the economic productivity of society as a whole." He continued,

"Men's health, women's, children's health and minority health need to be viewed as coequal partners in optimizing the health of communities as well as the overall health of the nation."

A key part of the continued momentum is the social media campaign, including the #ShowUsYourBlue campaign: People all over the world take pictures of themselves and others wearing blue to increase awareness for men's health. The #ShowUsYourBlue social media storm is on Wear Blue Friday, June 19, the Friday of Men's Health Week.



Image supplied by GAPDL



A CLIMB *You'll never forget*

THE PROMINENT AND DISTINCTIVE PEAK OF MOUNT LARCOM IS VISIBLE TO THE NORTH-WEST FROM MOST POINTS IN GLADSTONE, WITH THE SUMMIT RISING AN IMPRESSIVE 632M ABOVE SEA LEVEL.

Mt Larcom is of volcanic origin, and is covered by a beautiful eucalypt forest and stunning grass trees.

The rugged landmark provides a medium to difficult ascent of two hours or more, subject to the hikers fitness, with a total competition time of approximately 4-5 hours.

Once you reach the top, you won't forget the breathtaking 360-degree view of the Gladstone area, rural lands and the harbour. If you're lucky enough to climb on a clear day, you might be able to see reef islands to the east and Rockhampton to the north.

The hike can be quite challenging to the inexperienced, so it is highly recommended to climb in the colder months, with an early start to capture the best views. Preparation is key, be sure to bring plenty of water and possibly a snack to enjoy at the top.

The track is marked out by blue paint which is dotted frequently along rocks and other landmarks, so be sure to allow enough time in the afternoon to descend. The walk and climb can be steep in places and is not recommended for younger children. It is also advisable to check the local weather conditions on the day as the peak might be shrouded in clouds.

CLIMBING FACTS



Distance:
7km return



Elevation:
632m



Dog
friendly



Duration: 4-5
hours subject
to fitness



Difficulty:
medium-hard



Ages: 8 plus

THE BURDEN OF BACK PAIN

ESTIMATES FROM THE AUSTRALIAN BUREAU OF STATISTICS 2017–18 NATIONAL HEALTH SURVEY REPORT APPROXIMATELY 4 MILLION AUSTRALIANS (16% OF THE POPULATION) HAVE CONSISTENT BACK PROBLEMS.

This makes back problems the 2nd leading cause of disease burden overall in Australia, accounting for 4.1% of Australia's total disease burden. Looking after your spine is absolutely crucial as it is estimated that 70–90% of people will suffer from some form of lower back pain at some point in their lives.

Dr. Joseph Perese, a chiropractor from Platinum Chiropractic Centre, said the most common problem he sees in patients is back pain, neck pain and headaches. And people are

treating these issues with strong drugs, injections and surgery. These methods aren't very effective for persistent pain. Chiropractors are experts in spinal care, they diagnose and treat conditions or problems associated with the spine.

Dr. Perese went on to say that movement and exercise is the key to preventing back pain and improving the health of your spine.

A variety of exercise and movement is an effective treatment for back pain and great for spinal health. Some pain is normal when you start to move or exercise, but usually settles as you get more active. So move it or lose it!

If you're stuck behind a desk all day, make sure to assess the ergonomics of your set up. Get up from your desk and take regular breaks to move and stretch at a frequency of about every hour. But if pain and problems persist, it is best

to have it assessed by a professional, so it can be accurately diagnosed and the treatment can be tailored specifically for that individual.



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FOUR THINGS TO DO OUTDOORS DURING THE SCHOOL HOLIDAYS

THERE REALLY IS SO MUCH TO SEE AND DO IN THE GLADSTONE REGION. GRAB YOUR HAT, PACK A PICNIC AND A WATER BOTTLE, SLAP ON SOME SUNSCREEN AND CHECK OUT THESE GREAT OUTDOOR ACTIVITIES FOR THE WHOLE FAMILY!

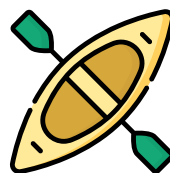
Kroombit Tops National Park

Take a scenic drive to Kroombit Tops National Park, 85km south-west of Gladstone. Standing above surrounding farmlands the sandstone escarpments, gorges, creeks and waterfalls of Kroombit Tops provide a cool retreat. Explore natural and cultural wonders hidden among a woodlands, rainforests and scrublands. Take a bushwalk and explore forests on 4WD roads.



Lake Awoonga

Whether you're looking for a place to splash, fish or relax Lake Awoonga is a nature lover's paradise. The Lake is stocked with Barra, Saratoga and Sea Mullet. If you happen to reel in a Mangrove Jack consider yourself lucky as they're a rare find. There are a range of ways to experience this environmental gem just 30 kilometres from Gladstone, bring your own boat, or hire a boat or kayak from Lake Awoonga Boating and Leisure Hire.



Agnes Water

If you are an ocean lover, you probably already know that Agnes Water is the most northerly surf beach on the east coast of Australia. Head down to Agnes for a day trip to enjoy the casual beach vibe. Local surf schools Lazy Lizard and Reef to Beach can help you hone your skills and find out the local tips. While you're there stroll along the Paperbark Forest Boardwalk with its stepping stones and tall picturesque trees; or take in the vista of the 1770 Headland and walk through Sir Joseph Banks Conservation Reserve.



Gladstone Ports Corporation Marina or East Shores Parklands

Spend some quality time with family or friends enjoying the picturesque parklands at Gladstone Marina. Cool off at East Shores Water Park or pack a picnic to enjoy over at Spinnaker Park and count the ships waiting to load or unload at the Port.



These school holidays don't travel too far, reconnect with everything right at your doorstep.



Get in touch with your creative side and visit the Gladstone Region Art Gallery and Museum. Lose yourself in a novel from one of the Gladstone Regional Libraries. Explore the natural wonders of the Tondoon Botanic Gardens. Run freely and see how high you can swing at one of the Regions parks. Spend the night camping under the stars or enjoy the exclusivity of our secluded beaches.

Support local businesses these school holidays, stay home and enjoy what's on offer in the Gladstone Region.

For the safety of the community continue to practice social distancing and good personal hygiene and if you're unwell, stay home.



BSL banner competition

BOYNE SMELTERS LIMITED RECENTLY HELD A COVID-19 THEMED KIDS BANNER ART CAMPAIGN FOR CHILDREN AND GRANDCHILDREN OF EMPLOYEES.

An incredible forty-two creative and unique pieces of art were received. Of those forty-two, only twelve winners were selected and were lucky enough to have their drawings displayed on banners around the site.

The runners-up didn't go home empty handed though, with their drawings being displayed on posters around the site.

All the kids that entered received certificates for their participation and a bag of goodies!

Boyne Smelters Limited (BSL) employee, Jason Sawtell (left) with son Fynn Sawtell (right). Fynn was one of

the twelve winners in the company's recent COVID-19 themed kids banner art competition.

Two COVID-19 themed banners created by Charlee Maheno and Danielle Cooper, winners of the BSL kids banner art competition, on display at BSL.



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\$5.5 MILLION BOOST FOR SIX NEW PROJECTS IN FLYNN

DROUGHT-AFFECTED REGIONAL COMMUNITIES IN FLYNN INCLUDING GLADSTONE, EMERALD, MONTO, MUNDUBBERA AND GIN GIN WILL RECEIVE A FUNDING BOOST OF MORE THAN \$5.5 MILLION FOR NEW LOCAL INFRASTRUCTURE AND COMMUNITY PROJECTS.

It's part of a \$207 million investment under Round 4 of the Federal Liberal and Nationals Government's highly successful Building Better Regions Fund (BBRF).

Federal Member for Flynn Ken O'Dowd said the community-based projects were a positive investment in the region's future.

"It's a fantastic outcome for Flynn, with 6 projects receiving a share in \$5.5 million under this latest round of funding," Mr O'Dowd said.

"These include a new waste disposal for Beneraby, a new freight route for Glencore road, expanding an Emerald kindergarten, new light display for the annual Luminous event, Agricultural strategy for Mundubbera and community arts



projects in Gin Gin," he said.

"These projects will drive economic growth and local jobs at a time we need them most.

"Communities in Flynn are continuing to show spirit and strength as they support each other through these tough times and I am glad to see this latest round of BBRF will provide much-needed support at such a crucial time."

Mr O'Dowd said the game-changing projects will transform communities and help ensure the region remains productive and vibrant in the long term.

"I look forward to seeing these

projects boost economic prosperity right across Flynn."

Deputy Prime Minister and Minister for Infrastructure, Transport and Regional Development Michael McCormack said this funding injection to support 163 new infrastructure and community projects across drought-affected regional Australia came at a critical time for communities.

"Regional Australians have endured devastating effects of a prolonged drought which has affected communities across the country for many years," Mr McCormack said. For a full list of successful projects, please visit www.business.gov.au/bbrf

LOCATION	GRANT AMOUNT	PROJECT
Eidsvold/Mundubbera	\$97,500	Agricultural Strategy for the Western Burnett
Gin Gin	\$19,562	Artist-led workshop series for the community
Gladstone	\$75,000	Luminous 2021-Heritage
Gladstone	\$3,186,418	Waste Facility Infrastructure Expansion Cell 3A
Monto	\$777,058	Extension of North Burnett's Heavy Vehicle Network (Stage 2)
Emerald	\$1,400,000	Emerald Retro Kindy Redevelopment

Ken O'Dowd MP

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Come visit us

Gladstone Regional Art Gallery & Museum



Gladstone Regional Art Gallery & Museum (GRAGM) have reopened with several exhibitions on display, including one from iconic Australian artist Ken Done. GRAGM was closed in March following advice from the Queensland and Australian Governments in relation to the Novel Coronavirus (COVID-19) health emergency.

Recent updates to the Queensland Government's Roadmap to Easing COVID-19 Restrictions has allowed GRAGM to open sooner than expected. The facility's opening hours will remain from 10am to 5pm Monday to Saturday, and Council asks that visitors adhere to social distancing guidelines while inside the building. Cleaning measures are in place and restrictions on the amount of people (up to 20 at one time) allowed inside the venue have also be implemented.

Following the shortened exhibition time due to COVID-19, visitors will have another opportunity to view Ken Done's Paintings You Probably Haven't Seen: Selected Works 2000 - 2017 alongside Ping Carlyon: Our Shining Stars and Communications Through Time.

Visit www.gragm.qld.gov.au for more information about the exhibitions on display.



cnr Goondoon & Bramston Sts, Gladstone

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

A community cultural initiative of the Gladstone Regional Council



THE GLADSTONE MEATWORKS

by Betty Laver

THE OPENING OF THE LAKES CREEK MEATWORKS IN ROCKHAMPTON IN 1871 ESTABLISHED A MARKET FOR CATTLE IN THE IMMEDIATE CENTRAL QUEENSLAND AREA.

The passing by parliament of the Meat and Dairying Encouragement Act was an incentive to those who saw the possibilities of development in the pastoral industry.

By the 1890's the livestock industry in Maryborough investigated the possibility of a meatworks being built in their vicinity but concluded that the river was too shallow for larger ships to navigate. This caused the Wide Bay and Burnett Districts to heartily co-operate with the establishment of a meatworks at Gladstone, led by William Foster McCord of Coonambula (Burnett). (McCord entered parliament in 1896 but died two years later).

Soon enterprising men, who were already in favour of a Gladstone meatworks, like William Barker Shaw of Rawbelle (Monto), James Bell of Stowe (Calliope), William Parker Bayne of Riverston (Calliope) and William Wilson Watt, a Gladstone butcher, were quick to capitalise on this undertaking. These men were incorporated as directors and with effective canvassing of the Central Queensland squatters, many of the district cattlemen and local businessmen were amongst the first 300 shareholders to back the venture.

The chosen site for the meatworks was two hundred and two acres at Parsons Point, almost two-mile south east of Auckland Point and the Queensland Government advanced a 22,000-pound loan. Shaw and Bayne travelled to Rockhampton to arrange finances for the erection of the buildings.

PIE WORLD

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LICENCE TO *independence*

FIGURES SHOW PEOPLE UNDER THE AGE OF 25 ARE BECOMING LESS LIKELY TO ACQUIRE A DRIVER'S LICENCE, CITING COST AS THE MOST SIGNIFICANT FACTOR.

The trend is not only exclusive to Australia, but it's also happening overseas in the US, Canada, UK, and a lot of Europe as well.

Roseberry is doing their bit in helping to solve this growing problem, offering a free program for their young clients to help get them a learner drivers licence.

The program helps young people by offering financial assistance, covering the cost of the sign up fee for the PrepL test, the cost of the learner drivers licence card and three driving lessons with a local accredited instructor. Roseberry also assists the young people by providing them with access to youth workers who help to keep them more engaged.

Tommy Agnew, a youth support worker from Roseberry said,

"I think it's really important for young people to get their licence, especially the young people we work with. When they are applying for jobs or an apprenticeship the first thing an employer looks for is an ID and a learner licence, as it allows the young people to get their driving hours up through employment."

The program has been running for five weeks and currently six young Gladstone locals are enrolled with two of them already passing the PrepL test.

MEN'S SHEDS

IMPROVES WELLBEING OF MEN ACROSS OUR REGION

by Rachel Hardy

LIFE HAS BEEN TURNED UPSIDE BY COVID-19 AND MANY AUSSIES ARE FEELING THE STRAIN.

During Men's Health Week beyond blue urges all men to take stock of their health which includes their mental health. Sometimes men don't like to talk about their feelings which is why I feel it is so important to raise awareness to a website I was privileged to be at the launch of in June 2013 in Parliament House, Man Therapy - A Man's World. Man Therapy is an interactive mental health campaign targeting working age men that employs humour to cut through the stigma and tackle issues like depression, divorce and anxiety. I was so impressed with the passion of the presenter's yet at the same time very alarmed at the suicide statistics in Australia. One in eight men will experience depression in their lifetime and over 40 men take their life every week in Australia.

The Australian Men's Shed Association is funded by the Federal Department of Health to provide practical support to Men's Sheds and deliver a wide range of services. It aims to improve the health and wellbeing of members and reduce the number of men who are at risk from preventable health issues that may stem from isolation. A most satisfying part of my job is to assist the Men's sheds in our electorate of Flynn with securing funding for these sheds. We have 19 Men's sheds in Flynn.

I have visited most of these shed's across Flynn and I must say I always get a little jealous that we don't have Women's Sheds. The comradery and mateship expressed in these sheds surpass anything I have every experienced. Young, old and of all nationalities and walks of life they come together. Meeting normally once a week on a Tuesday to swap stories, make really cool stuff for the markets and eat yummy morning teas, these groups are the often the support needed by "blokes". Gone are the days where Men think they have to suffer in silence.

As mothers, wives, partners or family and friends, it is always hard to see that our loved ones are struggling with emotions and day to day living. We as a community are slowly braking down the stigma that is it ok to feel sad and to need help. A bloke is also a man with a heart that sometimes hurts and that is ok.

A simple R U OK? Is often all that is needed.





CQ CINEMATOGRAPHY WORKSHOP

GLADSTONE REGIONAL COUNCIL & REGIONAL ARTS DEVELOPMENT FUND IN PARTNERSHIP WITH CAPRICORN FILM FESTIVAL PRESENT 'THE CINEMATOGRAPHY WORKSHOP' WITH INDUSTRY PROFESSIONALS, PETER SZILVESZTER AND SHING FUNG CHEUNG.

Tutor, Peter Szilveszter is an international award-winning Cinematographer and Colourist. His first feature *The Legend of Ben Hall* was released in 2016 to rave reviews and received multi-awards for its cinematography.

Tutor, Shing 'Fung' Cheung works regularly between the Philippines and Australia. Commercial clients include Mitsubishi, Ford and Pepsi. He has shot music videos for Delta Goodrem, Guy Sebastian, Silverchair, and Jessica Mauboy. Fung have also created award winning short films, feature films and documentaries.

Fung said, "I look forward providing an exciting and educational online course for Australia's up and coming Cinematographers, Camera operators and those interested in understanding more about the field."

The Cinematography Workshop is aimed at first time and emerging Cinematographers, camera operators, Director and photographers. The workshop is a fully immersive program that provides attendees with the knowledge, tools, and experience, essential to move towards a working professional in the film industry. It will expose you to fundamental film theory, top-tier industry equipment, and the tools and knowledge to get to the next level in your career.

The workshop is available to any individual, though Gladstone region residents will have the opportunity to take their learnings from the first day and film the regions, "landscape". This footage will be reviewed by the tutors and after will be screened at Gladstone Regional Art Gallery.

The workshop will be held via ZOOM over 2 days, July 4th and July 11th, 10:00am to 1:00pm each day.

There are only 20 spaces to the workshop and tickets can be purchased via the festival's website or Facebook page.

In memory of REG TANNA

GLADSTONE PORTS CORPORATION (GPC) IS CELEBRATING THE LIFE OF MR REG TANNA TODAY, A MAN THAT NOT ONLY DID EXTRAORDINARY THINGS FOR THE PORT, BUT THE WIDER GLADSTONE COMMUNITY.

With his motto, 'there is no I in team', Reg is remembered as a humble man that was the driving force behind the powerhouse that has today become the Port of Gladstone. Acting CEO Craig Walker said that Reg was a much loved and respected member of the GPC family, being the name sake of the RG Tanna Coal Terminal.

"In 1994 the terminal was named after Reg for his outstanding visionary leadership and commitment to the port's growth," Mr Walker said.



"Reg was integral in the establishment and expansion of the facility and in the planning and execution of the harbour deepening project, which dramatically increased our exporting capacity, opening up Gladstone to the world.

"He was the General Manager of the Gladstone Harbour Board and Port Authority as we were known then, for over 34 years.

"Under Reg's leadership, GPC completed the earthworks for nearly every school oval and sporting field in the Gladstone region, with the employees of the day even maintaining those fields.

"It is an honour to be part of GPC today as we celebrate Reg's life work.

"I know every member of the GPC family, whether they personally knew Reg or only of his legacy, will feel a sense of pride as we continue to carry out his dream for the port – remembering today more than ever it is a privilege to work at and be part of our GPC family."

GPC observed a moments silence at 11am on Friday June 12, with the three shiploaders at the RG Tanna Coal Terminal Wharf rising in a guard of honour, celebrating Reg's legacy. Reg is survived by his wife Norma and children Catherine, Michael and Anthony.



BUTTER CHICKEN

Murgh Makhani Recipe

STAY IN AND KEEP WARM THIS WINTER WITH THIS BUTTER CHICKEN RECIPE!

Ingredients

- 6 tablespoons butter, divided
- 2 lbs boneless/skinless chicken thighs, cut into 1" chunks
- 1 yellow onion, diced
- 3 garlic cloves, minced
- 1 Tbsp. garam masala
- 1 Tbsp. fresh grated ginger
- 1 tsp chili powder
- 1 tsp ground cumin
- 1/2 tsp cayenne pepper
- 1 1/2 cups tomato puree
- 2 cups cream
- salt & pepper
- lime & cilantro, for garnish
- naan & rice for serving

Instructions

1. Using 2 tbsp. of butter in a large skillet over medium-high heat, brown the pieces of the chicken so each side is browned. They do not need to be fully cooked all the way through. Work in batches, and set aside when you're done.
2. Melt another 2 tbsp. of butter in the pan over medium heat. Add the onion, and cook until beginning to soften — about three minutes. Add the garlic, garam masala, ginger, chili powder, cumin, and cayenne. Stir to combine, and cook for about 45 seconds before adding the tomato puree.
3. Bring the mixture to a simmer and let cook for five minutes before adding the cream. Bring the mixture back to a simmer, add the browned chicken, and let simmer for 10-15 minutes. Keep the heat low here — not a rolling boil.
4. Stir in the remaining 2 tbsp. of butter, and season with salt and pepper, to taste.
5. Serve garnished with lime and coriander, alongside rice and naan.

QUICK NAAN

without yeast

THIS QUICK NAAN RECIPE REQUIRES NO YEAST — SO YOU DON'T NEED TO LET IT RISE, AND CAN HAVE NAAN IN A JIFFY TO GO WITH YOUR BUTTER CHICKEN. EASY, AND TASTY!

Ingredients

- 1 3/4 cups all-purpose flour
- 2 tsp sugar
- 1 tsp salt
- 3/4 tsp baking powder
- 2 tsp oil
- 1/2 cup milk
- butter + herbs for seasoning

Instructions

1. Combine all dry ingredients, and whisk together.
2. Create a well in the middle of the dry ingredients, and add the oil and milk. Mix everything together until it forms a ball. Turn out on the counter and knead until very smooth and elastic — at least 5 minutes — adding more flour as necessary.
3. Let the dough rest for 10 minutes. Divide into 8-10 equal pieces.
4. Heat a skillet over medium-high heat. Roll one piece of dough until very thin (less than 1/8"). If the skillet isn't non-stick, melt some butter before each piece. One at a time, cook the naan for about 90 seconds or until parts are blackening, on each side. When they are done, you can brush them with butter and add seasonings (coriander, garlic, etc), if you want.



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book reviews

THE OTHER WIFE

BY MICHAEL ROBOTHAM

MICHAEL ROBOTHAM IS ONE OF MY FAVOURITE AUTHORS.

The Other Wife is number nine in the Joe O'Loughlin series and it's as captivating as each of the others. I highly recommend reading the series in order but it's certainly not essential to enjoying any of the novels.

Robotham has a way of creating characters so that you feel you have met them, yet his talent is such that he doesn't resort to lengthy prose full of description. His fast paced writing will keep you interested from start to finish; the twists will keep you wondering so that even if you're sure you've worked it out you'll doubt yourself several times again before you reach the end!

The Other Wife is another psychological thriller with clinical psychologist Joe O'Loughlin undertaking an investigation but this time it involves his parents. Lives are in danger and Joe is forced to accept that sometimes people aren't as they seem, no matter how much you think you know them.

Michael Robotham is a natural storyteller, which is evident in his novels and during his author talks. I find Michael Robotham is one of the few authors whose books stop me doing much else until I've finished the story because I need to know how it will end!

Reviewed by Dawn



Books by Michael Robotham can be borrowed from Gladstone Regional Libraries.

community bands together

GLADSTONE LOCALS HAVE SHOWN THEIR LOVE AND SENSE OF COMMUNITY SPIRIT AFTER BANDING TOGETHER TO HELP CLEAN-UP A LOCAL HIGH SCHOOL.

In the early hours of the morning, on Saturday June 6, Tannum Sands State High School became an unfortunate victim of vandalism.

This sad story quickly turned around, however, when 60 members of the community showed up on the same afternoon to assist with the cleaning.

The group made up of students from past and present, teachers and alumni, helped keep the school operational, without them students wouldn't have been able to attend school on Monday.

The cleaning was not easy, with the attackers removing plants from the garden, breaking multiple windows across different parts of the school, covering the walls and floor with paint, destroying computer equipment, and using rubbish from the bins to litter the school.

Staff at Tannum Sands State High School were extremely grateful, posting this to the schools Facebook page, "A huge thank you to students (past and present) staff, parents and community who answered our call for help after our fabulous school was vandalised overnight. Thank you doesn't seem enough."

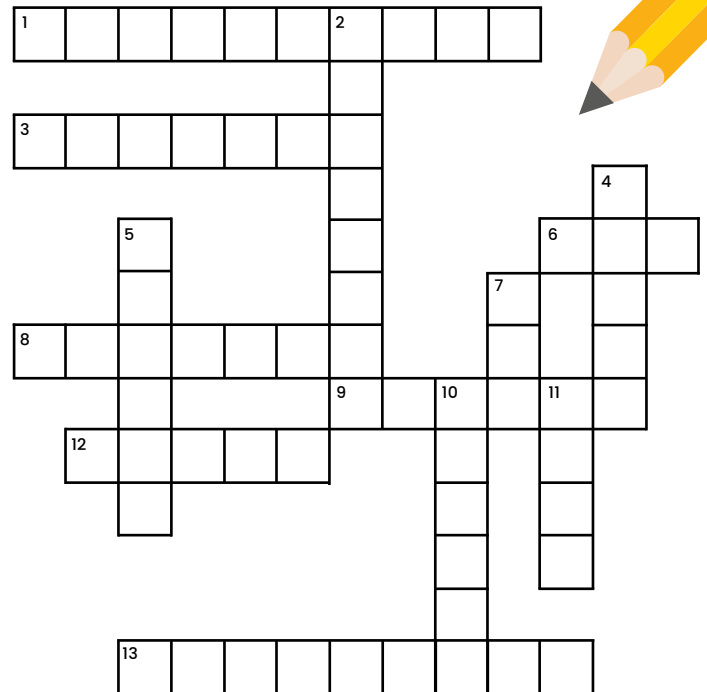


BUST HOLIDAY BOREDOM

SCHOOL MIGHT BE OUT BUT THAT DOESN'T MEAN YOU CAN'T USE YOUR BRAIN! IMPROVE YOUR PROBLEM SOLVING ABILITIES WHILE HAVING FUN AT THE SAME TIME WITH THIS SUDOKU AND CROSS WORD PUZZLE DESIGN ESPECIALLY FOR KIDS!

5			4	6	7	3		9
9		3	8	1		4	2	7
1	7	4	2		3			
2	3	1	9	7	6	8	5	4
8	5	7	1	2	4		9	
4	9	6	3		8	1	7	2
				8	9	2	6	
7	8	2	6	4	1			5
	1					7		8

Fill the grid with the numbers 1 to 9 so that each number is only used once in each row, column and square.



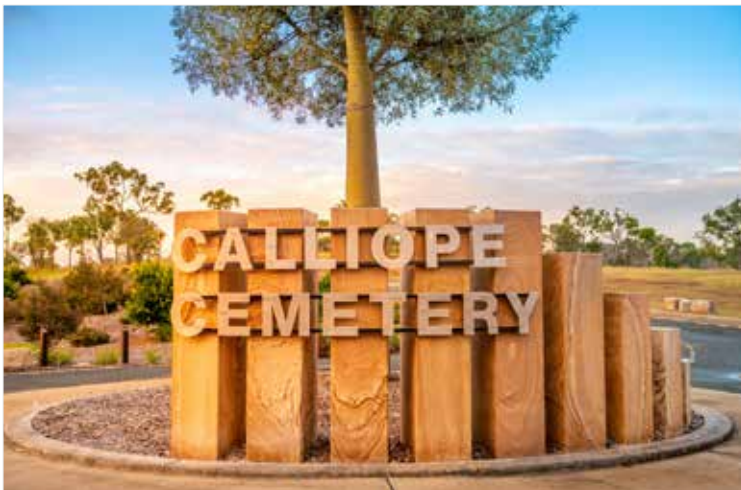
Use the clues below to fill out this animal themed crossword!

ACROSS

- 1 A large animal with a horn, native to Africa or Asia
- 3 This animal has a long neck
- 6 Man's best friend
- 8 Loves cold and waddles
- 9 Slow moving and has a shell
- 12 Striped animal that looks like a horse
- 13 Can swim underwater, walk on land and has a big bite!

DOWN

- 2 This animal has a long trunk
- 4 This animal loves to eat carrots and sugar cubes
- 5 This animal loves bananas
- 7 Some say this animal has nine lives!
- 10 Has big ears and loves to hop
- 11 The king of the jungle



Gladstone Regional Council wishes to advise of works currently being undertaken at the Calliope Cemetery.

These works include the installation of 200 metres of fencing along the western boundary of Herbertson Road. There will be no interruption to public access, burials or services during these works.

For further updates or changes to the construction schedule, please view the 'Parks Scheduled Works' section of our Public Notices and Outages webpage or call 4970 0700.



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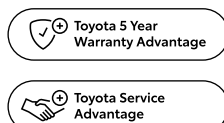
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OH WHAT A FEELING

[D1]Recommended driveaway price (RDP) shown is applicable for Private customers, Bronze, and Silver Fleet customers, and primary producers, only at participating dealers. Offer available on new January 2020 to April 2020 built models purchased between 01/05/2020 and 30/06/2020 unless extended. RDP includes 12 months registration, 12 months compulsory third party insurance (CTP), a maximum dealer delivery charge and stamp duty. Metallic/Premium paint at additional cost. Toyota reserves the right to extend or amend the offer at any stage. [D2]Recommended driveaway price (RDP) shown is applicable for Private customers, Bronze, and Silver Fleet customers, and primary producers, only at participating dealers. Offer available on new January 2019 to November 2019 built models purchased between 01/05/2020 and 30/06/2020 unless extended. RDP includes 12 months registration, 12 months compulsory third party insurance (CTP), a maximum dealer delivery charge, stamp duty and metallic/premium paint. Toyota reserves the right to extend or amend the offer at any stage. [F1]3.9% comparison rate available to approved applicants of Toyota Finance to finance all new & demo Corolla Hatch models (build dates from May 2018 - June 2020). Offer available for Private, Bronze & Silver Fleet customers only. Offer ends 30/06/2020. Maximum finance term of 48 months applies. Terms, conditions, fees and charges apply. Toyota Finance reserves the right to change, extend or withdraw an offer at any time. Ask your dealer for more information. Comparison rate is based on a 5 year secured consumer fixed rate loan of \$30,000. WARNING: This comparison rate is true only for the examples given and may not include all fees and charges. Different terms, fees or other loan amounts might result in a different comparison rate. Toyota Finance, a division of Toyota Finance Australia Limited ABN 48 002 435 181, AFSL and Australian Credit Licence 392536. [D]Recommended driveaway price (RDP) shown is applicable for Private customers, Bronze, and Silver Fleet customers, and primary producers, only at participating dealers. Offer available on new January 2020 to June 2020 built models purchased between 01/05/2020 and 30/06/2020 unless extended. RDP includes 12 months registration, 12 months compulsory third party insurance (CTP), a maximum dealer delivery charge and stamp duty. Metallic/premium paint at additional cost. Toyota reserves the right to extend or amend the offer at any stage.