



GSHS 2020/2021 SCHOOL CAPTAINS



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**Gladstone Area
Water Board**

ELEVATE
MEDIA

FROM 19TH NOVEMBER 2020



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HAVE A FEEL-GOOD STORY TO TELL?

Contact Luke
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Call us on 07 4972 7648

19 NOVEMBER

Artful Yoga

When: Thursday November 19, 5 – 6 PM
Where: Gladstone Regional Art Gallery and Museum
Cost: FREE Spaces limited, booking essential

Enjoy Yoga in the Gallery amongst this year's Rio Tinto Martin Hanson Memorial Art Award Exhibition. Yoga Instructor Anita Rienks (Owner and Instructor, Railway Shala – Yoga Studio) will provide two more free 'Artful Yoga' sessions this year.

22 NOVEMBER

Great Barrier Reef Clean-up, Tannum Sands Main Beach
When: Sunday November 22, 8:30 AM – 11:30 AM
Where: Main Beach Tannum Sands
Cost: FREE

Come on down and help clean-up Tannum Sands beach! There will be a display on marine debris display to educate participants on marine debris and the work of Tangaroa Blue Foundation. Team Turtle CQ will also have a display about marine turtle conservation.

28 NOVEMBER

Twilight Markets
When: Saturday November 28, 4 PM – 9 PM
Where: ARTmatters at Creative Gladstone Region Inc.
Cost: Gold Coin Donation
Live Music, Open Bar, Multi Draw, Stalls, Food Van, Sausage Sizzle, Visit from Santa, Christmas Gift Ideas, Gallery

28 NOVEMBER

Junior & Parent fun Golf Afternoon

When: Saturday November 28, 1 PM – 5 PM
Where: Gladstone Golf Club
Cost: N/A
An afternoon of fun on the golf course with the Juniors followed by a BBQ and AGM.

1 DECEMBER

Give My Regards to Broadway
When: Tuesday December 1, 11 AM
Where: Gladstone Entertainment Convention Centre
Cost: \$5
Give My Regards to Broadway is the history of Broadway told through song and dance—this is not your usual Broadway show.



BOOKLISTS MADE EASY!

Hassle free back to school – online – delivery – competitive – stress free



OFFICE NATIONAL 163 Auckland St, Gladstone | booklist.officebrands.com.au/aucklandst



STUDENTS CRACK CODE FOR ROBOT BATTLES

CENTRAL QUEENSLAND STUDENTS HAVE PUT THEIR DESIGN AND CODING SKILLS TO THE TEST, AS CQUNIVERSITY GLADSTONE HOSTED THE ANNUAL FIRST LEGO LEAGUE (FLL) TOURNAMENT.

The energetic and exciting science, technology, engineering and maths (STEM) challenge is part of a global competition for primary and secondary students, with 11 schools represented in Central Queensland.

Organiser and Gladstone West State School deputy principal Sarah Jacob said 140 students were excited to show off their skills at the Gladstone event on October 31.

"Our FLL event is always a highlight in the STEM calendar for our region's primary and secondary schools, this year more than ever," she said.

"Adhering to our COVID-safe plans, we were able to bring kids together from as far away as Emerald, to compete, challenge themselves and have fun at our Gladstone Regional Tournament."

The event challenged teams to solve scientific challenges, and code Lego robots to complete missions around a game table.

The Champion's Award was won by Chanel College's Chanel Crocs, who will proceed to the State Competition in Brisbane in December, along with Gladstone State High School's Rekin



Sharks and Calliope State School's RoboTRACKS.

Sarah thanked volunteers for making the big event happen. She also acknowledged the support of sponsors CQUniversity, Shell's QGC business and Gladstone West State School.

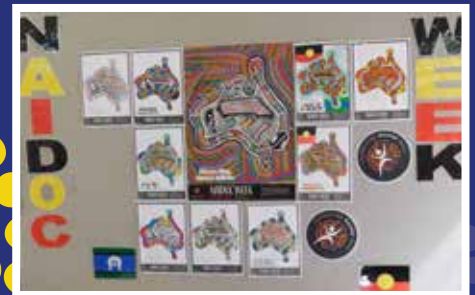
"We wish our local teams all the best for the State Competition, and we hope 2021 will be bigger and better than ever for our First Lego League!" she said.



GLADSTONE STATE HIGH SCHOOL CELEBRATES **NAIDOC WEEK 2020**

NAIDOC WEEK CELEBRATIONS AT GLADSTONE STATE HIGH SCHOOL KICKED OFF THIS WEEK WITH A RANGE OF ACTIVITIES FOR STUDENTS.

Over the course of the week students painted mural boards, played touch football, completed history challenge quizzes, had a sausage sizzle and entered competitions. With the theme focus of 'Always was, always will be' students learnt about the spiritual and cultural connection to the land. Thank you to the Elders and wider community members who supported our activities this week.



Introducing our Senior Leaders for 2020-2021

Gladstone State High School is proud to announce the Senior Student Leadership Team for 2020-2021.

Pictured on the front cover are School Captains Jake Lyle and Christian Villanueva, School Vice Captains Kate French and Stephanie Elliott and Indigenous Leader Savannah Power.



GLADSTONE
State High School

SAFE ★ RESPONSIBLE ★ RESPECTFUL ★ ENGAGED

WIN \$10,000 *just by going shopping!*

OVER THE NEXT FEW WEEKS GLADSTONE NEWS WE'VE BEEN GETTING TO KNOW THE LOCAL BUSINESSES TAKING PART IN SHOP TO WIN GLADSTONE! BY SHOPPING AT ANY OF THESE BUSINESSES FROM THE 2ND NOVEMBER – 18TH DECEMBER, YOU WILL GO IN TO THE DRAW TO WIN \$10,000 TO SPEND AT THE PARTICIPATING RETAILERS. JUST IN TIME FOR CHRISTMAS!



LITTLE BLOOM ROOM

SARAH MILLS

Tell us about the types of products and services that your business supplies or sells?

We are a florist, we make exquisite fresh flower bouquets, all of our flowers are fresh or dried, we don't sell any artificial arrangements.

What does supporting local businesses mean to you?

It's all about giving back to the community and keeping local people employed.

Can you share a fun fact about yourself or your business?

We only have 2 florists working in the shop, so we are always extremely busy!

What are your top pick/s for Christmas presents this year?

A funky pot with a dried flower arrangement.

How could the winner spend \$10,000 in your business?

You could keep your house stocked with a beautiful fresh flower arrangement every fortnight.



PK'S AUTOMOTIVE

NAOMI PATTERSON-KANE
AND DYLAN BOWSER

Tell us about the types of products and services that your business supplies or sells?

We are an automotive repair shop, we do everything mechanical, electrical and car airconditioning. We try do everything in house, but if not, we can sort it out for all our customers.

What does supporting local businesses mean to you?

It means everything! We wouldn't be here if people didn't support us, so it's important for us to pay it forward and support other businesses. We wouldn't have a town if we didn't have small businesses.

Can you share a fun fact about yourself or your business?

We are a female-owned business and she's not a mechanic!

What are your top pick/s for Christmas presents this year?

Air conditioning regassing for those hot summer days.

How could the winner spend \$10,000 in your business?

Depending on what toy they have! They could use it towards a full engine rebuild or upgrades.



FLOORING XTRA

JESS SHELVEY

Tell us about the types of products and services that your business supplies or sells?

We sell carpet, vinyl, planks, hybrid planks, rugs, tiles, wallpaper, commercial vinyl and window coverings.

What does supporting local businesses mean to you?

Supporting local business helps the local economy, helps Gladstone grow, Get support the local community business' and families.

Can you share a fun fact about yourself or your business?

We are a local family-owned business and we just had a new recruit born into the Flooring Xtra family Jonathan Matthew Connell born 22/10/20.

What are your top pick/s for Christmas presents this year?

A brand new Rug or a gift voucher!

How could the winner spend \$10,000 in your business?

The winner could get an entire house floor revamp.

WIN \$10,000 *just by going shopping!*

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CALLIOPE RURAL TRADERS

CHELSEA CHURCH

Tell us about the types of products and services that your business supplies or sells? We stock a wide range of animal, home, timber and hardware supplies, from laying hens to safety equipment.

What does supporting local businesses mean to you? Supporting local means supporting brick and mortar small business in your region, it means entering a shop front and saying hello to the proprietor. If you don't support your local businesses when your children want to get their first part-time job, where will they go?

Can you share a fun fact about yourself or your business? We are quite blessed to be trading in Calliope as the acronym CRT which is Calliope Rural Traders matches our buying group Combined Rural Traders and so CRT stands for both our shop in Calliope as well as the buying group we fall under.

What are your top pick/s for Christmas presents this year? A perfect Christmas gift this Christmas is any of our battery-powered Stihl landscape range.

How could the winner spend \$10,000 in your business? The winner can spend \$10,000.00 in our business very easily, a brand new state of the art toro mower costs anything from \$5,000.00 - \$30,000.00.

ASHLEIGH KVITKO

ELEVATE MEDIA

Tell us about the types of products and services that your business supplies or sells? We are a full-service creative agency, providing businesses, individuals and organisations with a one-stop-shop for all things media + marketing. We specialise in everything from social media to web development, videography, photography, content creation, graphic design + more!

What does supporting local businesses mean to you? Supporting local business is the best way to support our local community, especially during the times 2020 has faced. Keeping local people in jobs our number one focus.

Can you share a fun fact about yourself or your business? With the renovation of City Plaza (in front of our office), we have decided to renovate our workspace! So, get ready for a new look in 2021.

What are your top pick/s for Christmas presents this year? Décor, we are currently in the process of renovating our office, so I love a good home décor store.

How could the winner spend \$10,000 in your business? Ooo many ways! They could purchase a new website, do a full re-brand, re-vamp their building signage, stock up on promotional goodies or bring an element of fun with an animated video.



GLADSTONE NEWS LAUNCHES

Christmas Giving Tree

HERE AT GLADSTONE NEWS WE ARE EXTREMELY EXCITED TO ANNOUNCE THE 'GLADSTONE NEWS GIVING TREE' INITIATIVE.

The Gladstone News Giving Tree is an opportunity for our community to donate to those in the Gladstone Region who are doing it a little tough this Christmas. If you are like us here at Gladstone News and would like to pay it forward, join us in providing a family or pet with a meaningful Christmas that may otherwise be unattainable.

Each year Gladstone News will select up to 5 local Non For Profit organisations or Charities as beneficiaries to gift too just in time for Christmas.

This year's worthy beneficiaries are:

Boyne Tannum Mens Shed - Men 60+

Communities For Children - Children 0-12 and Families

Gladstone Mens Shed - Men 60+

Gladstone Paws - Puppies and Kittens

Gladstone Women's Health Centre - Women 18+

Simply drop off unwrapped gifts to the Gladstone News office located at Shop 12/100 Goondoon Street Monday to Friday between 9am - 4pm Residents are encouraged to donate gifts before Thursday, 17th December.

We ask that all gifts are new, unopened or sealed and are unwrapped. Gladstone News will supply Christmas gift bags and name tags to leave a Christmas wish.

GIFT IDEAS

Pre wrapped christmas hampers or non perishable foods

Colour in books, sticker books, colouring pencils

Hair ties and hair clips

Back to school, black shoes up to size 3, backpacks, water bottles, plain white socks

Kitten biscuits

Puppy biscuits

Puppy wet food

Kitten wet food

Kitty Litter

Toys

Tools

Baby Formula

Nappies

Supermarket Vouchers



GLADSTONE
Central News
& Gifts

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spiced gingerbread cookie bars

by Rachel Hardy

THESE SPICED GINGERBREAD COOKIE BARS WILL DEFINITELY FILL YOU WITH THE SPIRIT OF THE HOLIDAY SEASON. THEY ARE SLIGHTLY SPICY, TENDER AND SWEET AND JUST DELICIOUS.

You can top them with a basic white icing, or with a delicious cream cheese frosting or don't top them at all. I promise they are delicious any way you serve them.

Ingredients

- 1/2 cup butter melted
- 1/2 cup sugar
- 1 1/2 cups brown sugar
- 1/2 teaspoon vanilla
- 1/3 cup molasses
- 1 egg
- 2 teaspoons baking soda
- 2 cups flour
- 1 teaspoon cinnamon
- 1 teaspoon ground ginger
- 1/4 teaspoon allspice
- 1/4 teaspoon nutmeg
- 1/2 teaspoon salt

Instructions

1. Preheat oven to 350 degrees.
2. Spray a 9"x15" baking pan with non-stick cooking spray and set aside.
3. In a large bowl, combine butter, sugar, brown sugar, vanilla, and molasses and beat until creamy, about 1-2 minutes. *The batter does get thick, so a stand mixer works best if you have one.
4. Add the egg and stir until incorporated.
5. Add the dry ingredients and mix until dough is well combined. It will be thick, like cookie dough.
6. Spread the dough with a silicone spatula (or your fingers) evenly into the prepared baking pan.
7. Bake for 15-20 minutes and let cool.
8. Cool completely before frosting (optional) and cutting into squares.

Servings 15 squares



LUXURY CHRISTMAS HAMPERS & PLATTERS

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CHRISTMAS MEAT PACKS

Traditional Christmas Pack

\$150

Traditionally Smoked Ham
1 Whole Chicken
2kg Pork Roast-Bone in
1kg Thin Rib Fillet
1kg BBQ Pork Sausages
1kg PCM Bacon
Dozen Eggs
1 Turkey



Christmas Banquet Pack

\$250

Full Traditionally Smoked Ham
1 Whole Chicken
2kg Pork Roast - Bone in
1kg Beef Sausages
1kg PCM Bacon
Dozen Eggs
1 whole Turkey
1 whole Duck
1kg BBQ Pork Sausages
1kg Marinated Chicken Wings
1kg Mince
1kg Rissoles
1kg Thin Rib Fillet



(07) 4978 2820 • Shop 1/4 Ballantine St, Gladstone   **Port City Meats**

THE GCCI 2020 BEST IN BUSINESS AWARDS

BEST IN BUSINESS AWARDS *and Gala Dinner a huge success!*

ON BEHALF OF THE GCCI COMMITTEE I WOULD LIKE THAT THANK ALL THE NOMINEES, FINALISTS, AND WINNERS FROM THE GCCI 2020 BEST IN BUSINESS AWARDS.

2020 has been a challenging year for many businesses and it has been great to see so many of them deal with the situation admirably and some of the success stories that we heard when judging the finalists were great to hear. At the event we held a charity auction on 25 centrepieces donated by local businesses and raised a total of \$8,619.

We donated this to two local organisations – Gladstone Food Centre and Gladstone Men's Shed – who were very grateful and said this would be a

great benefit to the people who use their organisations.

I would also like to thank my fellow committee members for the amazing work that went into planning the whole process from the nominations through to the judging process and finally putting together the gala dinner. It was more difficult to plan the event this year in a shorter timeframe and we had to restrict numbers at the gala dinner. However, we have had great feedback about the event and the updated nomination process. However, we do realise that there is always room for improvement, and we will get to work in the new year to make 2021 even bigger and better.

I would also like to thank our sponsors and businesses who took out adverts in the special feature in Gladstone News

as without all of this we could have the awards.

And as I said at the event, I would ask that everyone be kind, not only to the GCCI committee who volunteered hundreds of hours to put everything together in a short time frame after taking it over, but also to the nominees, finalists and winners as there is a process to go through to select each winner and the finalists also put in a lot of effort in written submissions and in the judging process.

We look forward to 2021 being a better year for local businesses and organisations which we can celebrate at the GCCI 2021 Best in Business Awards!

Joe Smith
GCCI President



We are delighted to be the recipients of the prestigious Best in Business Industry Award for 2020.

We are very proud to have enjoyed a close partnership with our local community over our 38-year history, and extend our thanks and appreciation to our stakeholders and community partners for the nomination.

OPERATED BY

RioTinto



CMM26656BSL

PORT CITY MEATS WINS BEST IN BUSINESS IN RETAIL AND SALES

SCOTT, HANNAH, AND THE TEAM AT PORT CITY MEATS WOULD LIKE TO THANK EVERYONE IN THE COMMUNITY FOR THEIR VOTES AND CONTINUED SUPPORT IN THIS YEAR'S BEST IN BUSINESS AWARDS.

Last weekend Port City Meats was proud to accept the Best In Business Retail and Sales Award for 2020.

We are a family owned and operated retail Butcher Shop in Clinton and we pride ourselves on providing quality products at family friendly prices. We have lived within the Gladstone region for over 15 years and are very proud to call it home. We believe that it is very important to support the community that supports you and pride

ourselves on being an active part of our amazing Gladstone Community.

We began our business 2 years ago with one qualified Butcher and One apprentice butcher. The past 2 years has seen exponential growth within our business which in turn has enabled us to hire 3 new qualified butchers and engage 2 new Apprentice butchers- giving them the opportunity to begin a career in the Retail Meat Sector.

We have an amazing team and are very grateful for the time and effort every one of our staff members put into our business. They often treat it like their own business and are just as proud as we are. We could not do it without our team!



ENGINEERED MECHANICAL SOLUTIONS

The Mecha team are honoured to have won the 'Best in Business Award - Engineering' category for 2020.

We would like to acknowledge and thank our loyal clients and supporters for their nominations and continued support and the GCCI team for managing this fantastic event.

We are committed to ensuring our customers receive Best in Business service, innovation and quality workmanship for years to come.



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WOW. JUST WOW.

Dreamtilt won two awards at the GCCI 2020 Best In Business Awards recently, winning the **Professional Services** and **Amazing Individual Customer Service** categories.

We have to say that we are so thankful to our customers for nominating us and supporting us.

Without you guys, we just simply would not be able to grow, re-invest into our local area and provide the great services we apparently do!

Thank's Dreamtiltians...
it's very humbling.



dreamtilt
dreamtilt.com.au

BILL ROBERTSON TOYOTA NAMED BEST IN BUSINESS

ON SATURDAY NIGHT BILL ROBERTSON TOYOTA WAS THRILLED TO WIN THE BEST IN BUSINESS AWARD FOR AUTO & MARINE SERVICES AND THE OVERALL BEST IN BUSINESS AWARD AT THE GLADSTONE CHAMBER OF COMMERCE AND INDUSTRY'S 2020 BEST IN BUSINESS AWARDS.

The Dealer Principal, James Robertson also received the Business Leader Award.

Nominations for the Best in Business awards are by a public online voting system, with finalists completing a written submission and panel interview.

James Robertson said, "I was very humbled to receive the awards. I share the awards with my wife Erin and parents, Bill & Liz Robertson, who started our business 48 years ago, and most importantly our 50 staff."

"I see our team's dedication to providing our customers with exceptional service every day and I'm very grateful the Gladstone community has recognised their efforts. I would especially like to thank our customers. I appreciate them trusting us with their cars and enjoy waving them off onto our roads.

I will continue to strive to provide our customers with 'Best in Business' products and services."

"These awards are inspiring for us particularly given the historic disruptions of COVID-19 and the local economic downturn we've experienced in the years before that."

"I would like to congratulate the Gladstone Chamber of Commerce for a fantastic event. The awards are an important celebration of local business. They are an opportunity for local businesses to pitch their goods and services to a broader audience."

"The Chamber is a tireless 'Buy Local' campaigner because buying local is the best way of creating local jobs and enabling local investment."

"Let's challenge ourselves to better support all the many winners and nominees from last night. It will make us all stronger," Mr Robertson said.

James Robertson was

recognised as a local business leader in part for his community involvement including President of EQIP Gladstone, Board Member of the Rio Tinto Here for Gladstone Community Fund, Committee Member of the Creative Recycling Centre and Secretary for the Motor Traders Association of Queensland.



THANK YOU GLADSTONE

2020 BEST IN BUSINESS AWARD WINNER

Overall Best Business

Best Auto & Marine Services

Business Leader – James Robertson

Bill Robertson Toyota

84 Hanson Road, Gladstone

T: 07 4972 2766

1008737

billrobertsontoyota.com.au



OH WHAT A FEELING





out & about

THE GCCI 2020

BEST IN BUSINESS AWARDS

GALA DINNER



NAIDOC WEEK CELEBRATIONS

NAIDOC WEEK CELEBRATIONS WERE HELD FROM SUNDAY 8 NOVEMBER TO SUNDAY 15 NOVEMBER TO CELEBRATE THE HISTORY, CULTURE, AND ACHIEVEMENTS OF ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLES.

NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week provided a great opportunity to participate in a range of activities and to show support to your local Aboriginal and Torres Strait Islander community. NAIDOC Week is usually held in July each year, however, due to COVID-19, the National NAIDOC Committee postponed the festivities in the interest of safety for all communities.

On Thursday November 12, Gladstone's NAIDOC Committee hosted a Family

Day and Expo at Barney Point Park, which featured an array of food, music, and traditional dancing.

Yaleela Torrens a Counsellor and Play Therapist at the Gladstone's Women's Health Centre said,

"NAIDOC Week is a celebration of Aboriginal and Torres Strait Islander culture, it is incredibly important this year due to the theme 'Always Was, Always Will be' which recognizes and pays respect to the oldest living culture in the world."

"The theme to me, means that we are recognized, and we are embraced for continuing to survive in this country. We are still here, we are a very resilient people and we know that this was and always will be Aboriginal land."

The Gladstone Regional Art Gallery & Museum (GRAGM) will recognize the

week by highlighting a First Nation's cultural collection of items including drawings, prints, paintings, 3D digital works and engaging stories.

This exhibition, to be held in the gallery's Museum Room, will be open during NAIDOC Week and then for an extended period over the festive season.



NATIONAL WATER WEEK

Reimagining our water future

POSTER COMPETITION 2020



Your Challenge?

Help us spread the word about water and create a poster based on our theme of 'reimagining our water future'!

Your poster could:

- Share what you know about saving water.
- Tell us something new you've learnt about saving water
- Highlight how we can save water at home and in the garden
- Talk about how communities can save water together
- Show how your school helps save water

Your poster could win a prize for you and your school...and who knows what else we may achieve together!

Student & School Prizes

Winners in each category win a prize pack valued at more than \$100. Winning student's school will also win an additional \$150 grant. All participating schools go in a random draw to win a \$500 grant towards a sustainability project, purchase of water efficient products or educational materials.

For more information visit www.gawb.qld.gov.au/national-water-week



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- Good 9x6m shed with 2 roller doors, laundry and workshop
- Front courtyard
- 3 bedroom air conditioned home with open plan living, good size kitchen, family bathroom, separate toilet and study area.
- Full length back patio with children's cubby house
- Retained and gardened backyard

This property is ripe for you to stamp your own personal touches. Could it be yours?

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How to decorate your home on a budget this Christmas

Make Your Own Christmas Mantle Arrangement

An impressive living room decoration is a festive mantle arrangement. Using a large mirror with the snowflakes scattered around it accompanied by the icicles twinkling below the mantle. Snowflakes can be made of foam and would look lovely if you added some glitter to them.

Use DIY Mason Jar Candle Lights

Create your snowy candle jar using mason jars, Epsom salt and glitter for the snow. These are perfect touches for your mantle piece or dining table or bar to add a glow with warmth and cheer in the dark.



Make Festive and Nature-Inspired Candlesticks

These are just a few gorgeous ways to dress up a simple candle. These pieces are simple to create. You can use peppermint or cinnamon sticks, Pine cones, Ribbon or twine to glue around a jar or candle for a festive touch. Nature-inspired candles on the bottom. Just pick some greenery from bushes outside, arrange them in the container, and add a candle! It's recommended to use an electric candle with this one to make sure a fire doesn't spread to the branches.



6 Buchanan Street

Boyne Island

3 2 2

Auction

5th Dec 2020 – 1pm
On Site

View

Contact Agent
for Inspection Times

Agents

Bevan Rose 0417 602 150
Aimee Jeffery 0403 403 485

Website:

<https://bit.ly/3jUV909>

LJ Hooker Gladstone

Complete with three bedrooms, two bathrooms, contemporary kitchen, open plan living area, covered alfresco entertaining area, double lock up garage, this is a warm and inviting home. * Galley styled kitchen with stone bench tops, electric cooktop, electric oven * Open plan kitchen, living and dining area at the rear of the home with split system air conditioning * Family bathroom of good size with separate bath and shower, vanity and toilet * Covered patio area off the open plan living at the rear of the home

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Upgrade to Battery ready Hybrid Inverter for \$350

Yes! You Can Afford Solar!

6.6kW System With 5kW Inverter • 21 X 315 Watt Panels
Amortized over 10 years, the cost of solar works out at about 6.5c a kWh!
So how much are you paying from the grid? Tariff 11 is 24c including GST!
Putting it off is costing you big dollars every quarter.



Find out how solar power can help you. Servicing the Gladstone area since 2010.

Ring Murray, your solar power expert, on 0402 901 478



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www.gladstonesolarpower.com.au



Quota Club Gladstone

AS FROM 1ST OCTOBER 2020 IT WAS WITH MUCH SADNESS THAT THE GROUP KNOWN AS QUOTA INTERNATIONAL INC. WHICH SERVED COMMUNITIES WORLDWIDE FOR OVER 100 YEARS, CAME TO AN END.

However, the Gladstone Quota Club members have elected to carry on with our community involvement under the banner of Quota Club of Gladstone Inc. to tirelessly help the Gladstone Community under our new motto "We change Lives".

Gladstone Quota has been helping the Gladstone community since 1967. This is an amazing achievement for a group of dedicated women who have given tirelessly to assist local charities through many fundraising and hands-on activities.

Unfortunately, because of COVID-19, this year has been on hold, but we have great plans for 2021. Our huge Cent Sales for Mother's Day, 1 May, Father's Day, 28 August, and Christmas 27 November will be on again. Also, our Annual Fashion Parade has been set for 9 October at Yaralla.

All the money raised through generous community support goes to assist those in need in our local area. Pamper packs are given to "Step Up Step Down" and recently we presented 50 breast cushions to the McGrath Foundation for breast cancer patients.

Once again through our "Pencils Plus" program we will be providing backpacks to primary and secondary schools to get the year going for students who start school without the essentials e.g. pencils, ruler, rubber, glue, scissors, a lunch box and a drink bottle. We have had some generous donations from community towards this project and welcome all donations to help us fill the bags. For the 2021 start of the year we are expecting to donate around 200 backpacks.

Each Christmas we provide food vouchers and a Christmas Cake to Anglicare for distribution to their clients in need. Step Up Step Down will also receive a hamper for some Christmas cheer for their clients.

To add a bit of fun our Harbor Festival Window Dressing Competition has been a huge success and brings a festive atmosphere to the Gladstone shopping and business areas.

Quota membership offers fellowship and friendship. A chance to meet new people and help the Gladstone community through our many projects. We can be contacted via Facebook – Quota Gladstone.

Gladstone gets a float room!

THE MINDFUL SOUL ROOM IS A BRAND-NEW GLADSTONE BUSINESS OFFERING A WIDE RANGE OF HEALTH AND WELLNESS SERVICES.

Opening X, The Mindful Soul Room offers services including Float Therapy, Infrared Sauna, Remedial Massage, Dry Needling, and Sound and Art Therapy for children.

Owner Ashley Katrina is a born and bred Gladstone local, and has worked in the health, wellness, and fitness industry for the past 6 years.

"I'm most excited to launch my Float Therapy!"

Float Therapy involves the use of a float tank which can be thought of as being like a giant private spa bath, which contains a shallow Epsom-salt water solution (over 500kg Magnesium Sulphate). The water is heated to match the temperature of your skin and due to the density of the water, upon lying down, your body is able to float effortlessly, freed from gravity and tension and allowing your entire body to relax. Within minutes you experience the sensation of floating on a cloud, and the ability to perceive your physical body dissipates into the surrounding water.

"I also offer a range of products which I source locally, such as, Scented Soul, My Tiny Emporium, Aura Vibrations and Tiny Earth Elements."

"Our goal at The Mindful Soul Room, is to create a space that positively influences, healing, well-being, health, recovery, and positive mindsets."





Gladstone Men's Shed

ON TUESDAY NOVEMBER 10, THE MANAGEMENT TEAM FROM GLADSTONE PORTS CORPORATION (GPC) PAID A VISIT TO THE GLADSTONE MEN'S SHED AT 18 MOURA CRESCENT.

Members of the Gladstone Men's Shed wanted to show GPC their sincere thanks for the continued support of their Early Childhood Services Project.

GPC have been sponsoring the Early Childhood Services Project since 2015, President Ron Steen said,

"Since that time almost 2,000 items of furniture and toys have been made by our members and supplied at no cost to the early childhood centres in the region. We estimate that would have saved over \$200,000 to those centres if they had to buy the items themselves and of course it has also provided an activity to our members when they come to the Shed."



Despite the disruptions from the COVID limitations of 2020, the requests from the early childhood centres in the Gladstone region have continued to be received regularly throughout the year.

Ron continued,

"We always have items awaiting collection and more work in progress to be able to demonstrate the popularity of the project."

In addition, the shed has some other interesting projects under construction at the moment, ranging from building our own CNC Router to a 9-hole mini-golf course with highlights of the region, which of course includes East Shores.

New Central FC Soccer Star TAKES HOME GOLDEN BOOT

NEW CENTRAL FC SOCCER STAR KALLIE PEURIFOY HAS BEEN AWARDED WITH THE WOMEN'S GOLDEN BOOT AWARD FOR 2020.

The Golden Boot is an award presented at the end of the soccer season to the player who scores the most overall goals.

"I didn't officially find out that I had won the award until after we (Central FC) won the grand final.

Kallie Peurifoy grew up in Charleston, South Carolina and moved to Gladstone at the beginning of February this year to live with her partner.

All her life, Kallie has had a passion for soccer, kicking her first ball at age

"Whenever I play soccer, I try to give it my all, and I'm super competitive, so I think that has something to do with it.

Kallie came in first place scoring 61 goals in 15 games with second place scoring 49.

When asked how it felt to win the award

Kallie said,

"It's awesome! I love to be able to progress women's soccer in the region, I definitely want to be a role model to little girls and just being able to score that many goals shows them that it's possible. I think it's a cool honor."



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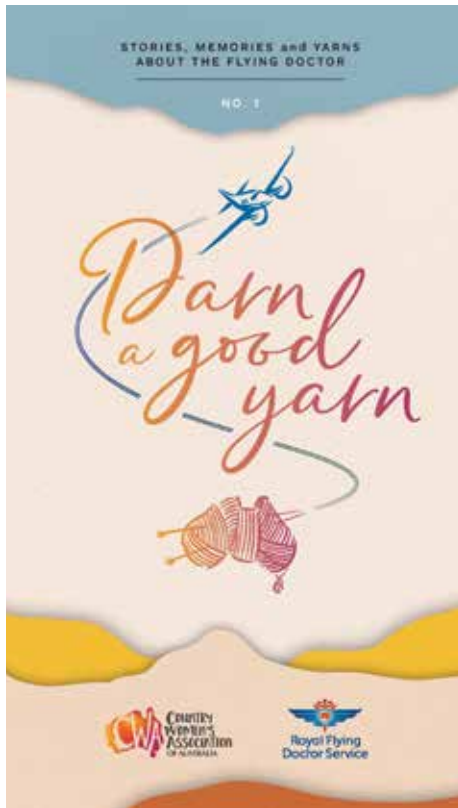
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Royal Flying Doctor Service & Country Women's Association DARN A GOOD YARN



THE ROYAL FLYING DOCTOR SERVICE (RFDS) & COUNTRY WOMEN'S ASSOCIATION (CWA) HAVE PUBLISHED A BOOK "DARN A GOOD YARN".

The RFDS and CWA have worked shoulder-to-shoulder for more than 9 decades and the synergies between the two organisations are obvious, as both work to improve life for those in the bush. Two years ago the RFDS decided to use their networks to call out for stories, memories, prose and yarns of the bush, with the view that they could use the resulting book to raise money for the RFDS and CWA. The RFDS and CWA wanted to capture those "Struth!" moments - both good and bad -- with real stories of how Aussies come together in times of need.

Unfortunately, an unrelenting drought had the project put on hold, twice –

but earlier this year, after fires, floods and then a health pandemic struck, the RFDS decided that if there was any year that needed a publication like Darn a Good Yarn, it is 2020!

This book will surprise you, make you laugh out loud, bring joy, and maybe shed a tear. It is a book about today as much as it is about historical events. And the wry sense of humour displayed, in sometimes very severe circumstances, well communicates our famous Aussie spirit.

More than 80 contributions made it into this volume, with the new book is on press over coming weeks. Booktopia is publisher and distributor and have assisted us to make it available immediately for pre- sales, at a discount. Proceeds go to both the RFDS and the CWA.



Foster Carers needed in Our Community

We are seeking foster carers across the Gladstone region to help children and teens. If you've ever thought about fostering, now is the time to act. Flexible options available.

Contact our local team to find out more.

Ph: 1300 395 005

Web: www.foundcare.org.au



INTERNATIONAL MEN'S DAY

BETTER HEALTH FOR MEN & BOYS

LAUNCHED IN 1999, AND NOW CELEBRATED IN MORE THAN 80 COUNTRIES WORLDWIDE, INTERNATIONAL MEN'S DAY IS GOING FROM STRENGTH TO STRENGTH. THE THEME FOR IMD 2020 IS "BETTER HEALTH FOR MEN AND BOYS."

The mission this year is to help individuals, families, churches, communities, small business and corporates, including NGOs and Government work towards better health for men and boys. We want to promote the need to value men and boys and help people make practical improvements in men and boy's health and well-being.

Member for Flynn, Mr Ken O'Dowd would like to bring everyone's attention to the Men's sheds in our region on this International Men's Day.

Like similar sheds across Australia, the Men's Sheds offer support to local men who need a bit of space and some friendly, easy-going company.

Men are often the last ones to make their health and wellbeing a priority. We must do what we can to ensure they get the support they need and deserve.

'Our Government sees the value of Men's Sheds all over the country and will introduce a new law that will make donations to Men's and Women's Sheds tax deductible.'



'Men are talking about their health more and more, and the men's shed provides a safe and friendly environment for them to do so. They are integral to the community and the benefits to men's health are widely acknowledged.'

Feeling part of a social group is important to our emotional and mental health. Everyday Men's Sheds in Flynn and across Australia provide men with an opportunity for companionship and support within their community.

International Men's Day encourages men to lead by example. Boys need positive male role models. Our broader community also needs positive male role models. The social science research shows that when men as fathers aspire to better health their children do the same.

"November is an important month

for the masculine soul because it celebrates several events that are important to men," said Warwick Marsh, Australian coordinator for internationalmensday.com.

The concept and themes of International Men's Day are designed to give hope to the depressed, faith to the lonely, comfort to the broken-hearted, transcend barriers, eliminate stereotypes, and create more caring humanity. The team at International Men's Day encourage you to plan to celebrate International Men's Day and to wish everyone a happy International Men's Day on 19 November."

**INTERNATIONAL
MENS DAY**
November 19

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



THE WAIT IS OVER!

The 2021 #AgnesBluesFest Announces Its First Artist

HE'S BACK! AUSTRALIAN-BORN, NASHVILLE, TENNESSEE-BASED, SINGER, SONGWRITER, SLIDE GUITAR PLAYER AND FESTIVAL FAVOURITE, 8 BALL AITKEN RETURNS TO GRACE THE #AGNESBLUESFEST MARQUEE STAGE WITH HIS SENSATIONAL LIVE SHOW.

For more than a decade, blues-rocker 8 Ball Aitken has toured the world, performing his swampy, slide guitar-driven songs at more than 200 gigs each year. His live shows have rocked music festivals across the US, Australia, Europe, Canada, and Asia. Since relocating to Nashville eight years ago from his native Australia, he has honed his songwriting, guitar playing and showmanship with some of the best in the business today.

Reaching #2 on the Australian Blues Chart this year, 8 Ball's 11th album "Swamp Blues 2" delves deeper into the Delta. Recorded at yellow DOG Studios in Texas, USA, it features the powerhouse rhythm section of legendary drummer JJ Johnson (Tedeschi Trucks Band/John Mayer) and Austin bass player extraordinaire Glenn Fukunaga (Robert Plant, Dr John, James Taylor, Bob Dylan, Dixie Chicks).

It's a groove-heavy, funkier follow-up to the success of 2018's Swamp Blues album that hit #2 in the Australian Blues Charts and produced the 2019 APRA Song of the Year Shortlisted "High Water."

The Agnes Blues, Roots & Rock Festival is a 3 Day Annual Event held in the Great Barrier Reef's Sensational Deep South. 3 Day Early Bird Tickets are now

on sale at \$132. Book your tickets & places to stay at www.agnesbluesandroots.com.au Be sure to follow @AgnesBluesFest on Facebook, Instagram and Twitter.



Agnes Blues, Roots & Rock Festival 2021

Festival Dates – Friday 19th to Sunday 21st February 2021

Venue – SES Grounds, Captain Cook Drive, Seventeen Seventy.

ENVIRONMENTAL PROTECTION ACT 1994 - Section 233

Application notice - Petroleum Facility Licence (PFL) 10

Resource Activity: Site-Specific Petroleum Activity

It is advised that Santos GLNG Pty Ltd, TOTAL GLNG Australia, PAPT (Downstream) Pty Limited and KGLNG Liquefaction Pty Ltd have lodged an application to amend environmental authority EPPG00712213 (EA) in accordance with the requirements of the Environmental Protection Act 1994 (Qld). The application relates to PFL 10, being the GLNG LNG Facility at Lot 1 on SP 235007, Lot 7 on SP 39683, Lot 1 on SP 228184, Lot 4 on SP 235936 and a portion of Lot 4 SP 235007 which covers an area of approximately 378 ha, and is located within the Curtis Island Industry Precinct of the Gladstone State Development Area.

The application seeks to amend Schedule B - Air emissions of the EA to include clear limits on the production of visible smoke from flaring during planned and unplanned plant maintenance (start-up/shutdown), plant upsets and plant emergencies. The proposed amendment seeks to establish a common standard for visible smoke from flaring at like LNG facilities in the region, ensuring consistency in regulation and community expectations.

The application documents consist of an EA amendment application form and supporting information. The application documents may be inspected or accessed at:

- <https://www.santos.com/about-us/corporate-governance/public-notice/>
- <https://environment.des.qld.gov.au/management/activities/non-mining/regulation/environmental-authority/current-ea-applications>
- copies of, or extracts from, the application may also be obtained at the Department of Environment and Science, Level 3, 400 George Street, Brisbane QLD 4000; or
- telephone 1300 130 372 for the Department of Environment and Science to discuss access to the application documents.

It is advised that any person may make a submission about the application during the submission period, which is from **20 November 2020 to 17 December 2020. Submissions must be received on or before 4.30pm on the last day of the submission period.** Submissions must be sent to:

Department of Environment and Science
Energy and Extractive Resources
GPO Box 2454
BRISBANE QLD 4001
palm@des.qld.gov.au

The Department of Environment and Science as administering authority shall accept all properly made submissions and may accept written submissions even if they are not properly made. A properly made submission must meet all of the following requirements:

- be written or made electronically;
- state the name and address of each submitter;
- be made to the administering authority stated above;
- be received on or before the last day of the submission period; and
- state the grounds of the submission and the facts and circumstances relied on in support of the grounds.

Enquiries about the application can be made directly to:

- the Applicant at community@santos.com or via the community hotline on 1800 761 113; or
- the Department of Environment and Science, GPO Box 2454 Brisbane QLD 4001 or via telephone 1300 130 372.

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OH WHAT A FEELING

[F1] 3.9% comparison rate available to approved applicants of Toyota Finance to finance new & demo: (1) Corolla Hatch Petrol & Hybrid models (build dates from May 2018 – November 2020); and (2) Corolla Sedan Petrol & Hybrid models (build dates from September 2019 – November 2020). Offer available for Private, Bronze & Silver customers only. Offer ends 30/11/2020. 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] Drive away price shown includes on road costs. For Brand New cars this includes 12 months registration, 12 months compulsory third party insurance (CTP), a maximum dealer delivery charge, stamp duty and metallic paint (where applicable). The drive away price shown is based on the dealership location's postcode, and on the owner being a 'rating one' driver aged 40 with a good driving record. Please note that your actual drive away price may differ depending on your individual circumstances (including, in NSW and QLD, your choice of insurer). Accordingly, please talk to your local Toyota Dealer to confirm the price that is specific to you. Statutory charges are current as of today. [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 May 2020 to December 2020 built models purchased between 01/10/2020 and 30/11/2020 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.