

# gn

GLADSTONE NEWS

TAKE ME, I'M FREE

ISSUE 197

January 28, 2021

## Sport & ACTIVE LIVING Expo

10am-2pm,  
6 February



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REGIONAL COUNCIL

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# what's on

FROM 28TH JANUARY 2021

## 30 JANUARY

### **Illuminate Luxury Candle Co. VIP Opening Event**

When: Saturday January 30 | 4 - 7 PM

Where: Shop 1/90 Goondoon Street  
Gladstone Central

Cost: FREE

Celebrate our exclusive VIP opening event! There will be a complimentary glass of champagne or wine on arrival, grazing platters and 15% off storewide.

## 30 JANUARY

Live Music - Graeme Jensen

When: Saturday January 30 |  
8 PM - 11:30 PM

Where: Yaralla Sports Club

Cost: FREE

Graeme performs a variety of music - from Country to modern Country, Country Rock to R&R, as well as serving up his own fresh original songs.

## 6 FEBRUARY

### **CQ Beer + Cider Festival**

When: Saturday February 6 | 2 PM - Late

Where: GPC Parklands 30 Lord St, Gladstone

Cost: GA \$35

Grab your mates and enjoy the festival's handpicked selection of frosty brews and crisp ciders poured straight from the brewers themselves. With over 50 different varieties of beers and ciders, street food, live music, festival vibes and good times the CQ Beer and Cider Festival is an event not to be missed! 18+ only event. The event will be cashless with Eftpos facilities available.

## 30 JANUARY

Caity's Greatest Shave Family Fun Day

When: Saturday January 30 |  
10 AM - 2 PM

Where: 45 Gladstone Benaraby Rd,  
Toolooa

Cost: FREE

Caity is putting together a Family Fun Day with a sausage sizzle, live music and cold treats in hopes of raising money and awareness for the Leukaemia Foundation!

## 2 FEBRUARY

### **MindCare Launch**

When: Tuesday February 2 | 10 AM

Where: 147 Goondoon Street

Cost: FREE

The MindCare Hub is a safe and inclusive community space for the people of Gladstone to obtain information and referral to mental health, alcohol and other drug support as well as social connection and health promotion activities. You will always be welcome. Drop-in and see what we are about.

## FROM 25 FEBRUARY

Legally Blonde The Musical

When: February 25 - March 6

Where: Gladstone Entertainment  
Convention Centre

Cost: \$35

Legally Blonde The Musical is a fabulously fun award-winning musical based on the adored movie.

# YOU ASKED FOR IT... NOW HERE IT IS.

## 6.6 Solar System with 5 kW Inverter for under \$5000 from a local.

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# Ready Set Go!



Get Out, Get Active And Connect At The

# SPORT & ACTIVE LIVING EXPO



**SATURDAY 6 FEBRUARY FROM 10AM – 2PM AT GECC**

**Gladstone Regional Council's Sport and Active Living Expo – the place to be for all things health, fitness and wellbeing in the Gladstone Region – will return next month offering residents information on how to get involved in sports like mountain biking, netball, tennis, squash, hockey, yoga, sailing, group fitness and more!**

This year's event is taking a holistic approach to improve the health and wellbeing of the community through raising awareness and encouraging healthy and active lifestyles while promoting participation in sport, recreation and health activities.

The inaugural Expo was held in October 2019 as part of the Sport and Active Living Festival. Its community value was recognised by being awarded the Community Health, Wellbeing and

Interest Award at the 2020 Sustainable Communities Tidy Towns Awards.

Gladstone Regional Council's Sport and Active Living Expo will be held 10am-2pm on Saturday, 6 February 2021 at the Gladstone Entertainment Convention Centre.

Gladstone Regional Council is committed to supporting the health and wellbeing of Gladstone Region residents.

**Visit [www.gladstone.qld.gov.au](http://www.gladstone.qld.gov.au) for more information on Gladstone Regional Council's Sport and Active Living Expo.**



## SPORT AND ACTIVE LIVING EXPO

**WHEN:** 10am – 2pm, Saturday 6 February

**WHERE:** Gladstone Entertainment Convention Centre

**COST:** Entry is FREE – no booking required.





## STALLHOLDERS:

Australian Sports Nutrition Gladstone  
Canoe Point Outriggers  
Dance Kix  
Football CQ  
Girl Guides Gladstone  
Gladstone Australian Football Club Inc (AFL)  
Gladstone Croquet Club  
Gladstone District Dirttriders Club  
Gladstone Gymnastics  
Gladstone Hockey Association  
Gladstone MTB Club  
Gladstone Netball Association Inc  
Gladstone Rugby Union Football GRUFC  
Gladstone Tennis and Squash Association  
Gladstone Amateur Basketball Association

IMMY Yoga  
Just Rock Gladstone – Rock N Roll  
Dance & Nostalgic Memorabilia Club Inc  
Morgan Mathison (Hockey)  
My Health for Life  
Pinnacle Fitness Coaching  
Port Curtis Sailing Club  
Raw Creative Studios  
Scout Association of Australia  
(Port Curtis District Scouts)  
Softball Gladstone Inc  
Special Olympics  
The Mindful Soul Room  
Training for Warriors  
Vibe Fitness Studios Gladstone



## PRIZES AND GIVEAWAYS:

Lucky Door Prize: 4 x \$250 vouchers to  
sporting/gym club membership  
1 x ASN hamper  
1 x six-week Pinnacle Fitness membership  
100 x free granola bowls  
100 x free GRC goodie bags.

# CQToday presents LEGALLY BLONDE The Musical

25-27 FEBRUARY 2021 | 5-6 MARCH 2021

## GET READY TO BEND AND SNAP!

# TICKETS ON SALE NOW





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## WE'VE MOVED!

**SHOP 6, 85 SUNVALLEY RD  
GLADSTONE**



## GET INTO FITNESS & FUN WITH HOCKEY

### SIGN ON DAY

**Saturday 13th February  
from 1pm-4pm  
at Rigby Park, Dawson Rd**



Come and try hockey on an artificial surface.  
Free sausage sizzle! All hockey clubs represented taking on all ages - junior and senior from 5 years upwards

## Fun, Fitness Friends!

### Netball Sign On Day 6th February

11-2pm at the Netball Clubhouse  
(Memorial Park, Side Street, Gladstone)

Netball is a fun sport for girls and boys - from 5 year olds to seniors! Registrations now open - email [gnasecretary@hotmail.com](mailto:gnasecretary@hotmail.com) or message us on Facebook.



**Gladstone Netball Association**





# QLD REDS INSPIRE *the next generation*

**TWO QUEENSLAND REDS PLAYERS, MAC GREALY & ILASIA DROASESE, VISITED GLADSTONE ON WEDNESDAY, JANUARY 20, THANKS TO THEIR MAJOR SPONSOR SANTOS. HOLDING A COACHING CLINIC FOR BOTH THE JUNIOR AND SENIOR GRUFC GOATS AS WELL AS A PUBLIC MEET AND GREET AT THE GLADSTONE YACHT CLUB.**

The tour is part of the clubs 'Reds to Regions' program which saw 35 players and various team and QRU administrative staff visiting a total of 28 regional Queensland hubs across three days.

The key focus of the regional tour was for the players to connect with the wider Queensland community.

The players stayed with local families and were also allocated time for 'work experience' as they participated in manual labour on their billet family's farm or property.

Club president Aubre Harmes said, "The players are here to spread the word about football and promote footy in such a way that we can get the junior players involved because that's where we all start, which is great to see!"



"It's not every day where little kids can rub their shoulders with professional football players, hopefully, it will inspire them to pursue a career in football or something like that."

"I hope it gives the kids some excitement and keeps them interested in the game."

"I just want to thank Valleys Rugby League Club for letting us use their field for the day, The Gladstone Yacht Club for hosting the meet and greet, Hub Total Fitness for putting the boys up to do a gym session there and of course the Queensland Reds and their staff for making all this possible!"

18-year-old Queensland Reds player Mac Greal was picked up by the squad this year playing full-back and this was his first time visiting Gladstone, despite his mum going to primary school here.

"I think it's great to be able to work and connect with local communities, especially with the young kids. We have a few out here today and it's quite exciting, we went through QAL this morning to see a few of the sponsor's sites which was quite an eye-opening experience." Mac said.

When asked about their training regiment leading up to the new season Mac said, "Training has ramped up leading into the new season, we've been training essentially every day including gym sessions so it's been good, we had the Wallabies come back this week so the intensity stepped up again. We have had a lot of competitions going on we play a lot of games against each other, so it's looking good we've got a good squad mentality heading into next week."

If you missed out meeting your favourite QLD Reds players this year don't worry, the 'Reds to Regions' tour will return in 2022.

## ARE YOU INTERESTED IN RUGBY UNION?

COME DOWN AND HAVE A CHAT WITH SOME OF THE GRUFS TEAM MEMBERS AT THE SPORTS & ACTIVE LIVING EXPO  
6TH FEBRUARY AT GECC FROM 10 AM -2 PM

We are the local Gladstone Rugby club that plays in the Central Queensland Rugby Union competition. We accommodate Juniors, Seniors, Golden Oldies and Women's Teams!

No matter what your background, experience or inexperience with Rugby Union, we would love to have you join our GRUFS community.



FOLLOW US  GLADSTONE RUGBY UNION - GRUFC GOATS OR SEND US AN EMAIL ON GRUFCRUGBY@HOTMAIL.COM





# MANTIS SPORTSWEAR GRAND OPENING

## LAUNCHING MANTESS ACTIVEWEAR FOR LADIES

**MANTIS SPORTSWEAR HAS MOVED INTO A BRAND NEW LOCATION, 4B/10 SIDE STREET GLADSTONE!**

Owners and power couple Fabian and Ruby have been supplying sports teams, businesses, schools, clubs and community groups with comfortable high-quality sportswear for over 3 years.

The business employees 7 Gladstone locals including Iona Nahow an Indigenous Graphic Designer who was trained from the ground up.

"As business owners, it's all about trial and error, and we feel that we grow

stronger each year that we are here," Ruby said.

And now the team are proud to announce the launch of their new line Mantess Activewear for Ladies.

Ruby decided to design her own female activewear line after noticing a lack of larger sizes amongst the popular activewear brands. Mantess Activewear for Ladies is high quality, stylish with funky patterns and most of all affordable.

"One of the reasons I wanted to open the shop is that I want locals to be able to come in and try on sizes to make sure it fits, feel the fabric and be able to talk to

someone face-to-face instead of ordering online. I know how hard ordering online can be if it's not done right. You end up with the wrong size or even worse wrong design."

"I want women to feel confident and comfortable in our activewear, I found a lot of the materials used by other brands were too thick."

Mantis Sportswear will host the grand opening event at the new shopfront on February 20 with a range of competitions and prizes to be won. The launch of Mantess Activewear for Ladies will coincide with the grand opening and will be available online and instore.

**MANTIS SPORTSWEAR**

*Mantess*  
— BE YOU —

ACTIVEWEAR RELEASE

**FREE BBQ**

**FACE PAINTING**

**GIVEAWAYS**

**GRAND OPENING**

**20 FEB 9AM 4B/10 SIDE ST/GLADSTONE**

LIVE STREAM **TOMMY DREAMER.**



*Sharing his excitement about the start of the 2021 school year is Year 1 student from St John the Baptist Catholic Primary School, Blake Trevor, with Principal James Emerick.*

# BACK TO SCHOOL 2021

## *for Catholic Education Diocese of Rockhampton*

**OVER 3000 STAFF WILL WELCOME BACK AROUND 17000 STUDENTS ENROLLED IN CATHOLIC EDUCATION DIOCESE OF ROCKHAMPTON (CEDR) KINDERGARTENS, PRIMARY SCHOOLS, AND COLLEGES TO COMMENCE THE 2021 SCHOOL YEAR THIS WEEK.**

CEDR Diocesan Director Leesa Jeffcoat AM said there was a great sense of excitement and anticipation heading into the first week back at school.

"Our teachers and staff are refreshed by the Christmas holiday period after a very challenging 2020 and are very much looking forward to welcoming students and families back to our school communities," Miss Jeffcoat said.

"Everyone is very positive about the year

ahead and eager to get teaching and learning underway," Miss Jeffcoat said.

This year Catholic Education celebrates 200 years in Australia marking the bicentenary of the first Catholic school which opened in Parramatta in greater western Sydney.

"It's quite a significant milestone and we are very excited to join with Catholic school communities around the nation to celebrate the great story of Catholic Education in Australia," Miss Jeffcoat said.

Under the theme Faith in our Future, national celebrations include an official launch in each state, territory and diocese in the week commencing February 22, and a National Mass celebrated simultaneously on the Feast of Our Lady Help of Christians on May 24.

"There are many great inspirational stories of sacrifice, dedication and commitment that have contributed to the continued growth and development of Catholic Education in Australia and in our own diocese which has led to Catholic Education becoming the single largest non-government school sector," Miss Jeffcoat said.

"As we reflect on the achievements of the past, we will also look to the future for ways we can continually improve our delivery of an excellent faith-based education that serves the needs of families in our communities," Miss Jeffcoat said.

Catholic Education Diocese of Rockhampton comprises 10 kindergartens, 31 primary schools and 8 colleges in regional and rural centres from Mackay to Bundaberg and west to Longreach.

**ENROLMENT ENQUIRIES  
WELCOME**



Catholic Education  
Diocese of Rockhampton

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VALENTINE'S DAY

# giveaway

Thanks to SALTWater, Illuminate Luxury Candle Co and Jan's Flower Shoppe we have this amazing Valentine's Giveaway valued at over \$250:

- ✕ First Kiss Red Rose from Jan's Flower Shoppe
- ✕ Love Is Sweet Candle & Love Heart Bath Bomb by Illuminate Luxury Candle Co
- ✕ SALTWater romantic picnic basket hire and snack grazing box for 2

✕ Check out the Gladstone News giveaway post on Facebook for your chance to win.



ACTIVITIES TO TRY THIS

# valentine's day

ARE YOU STUCK FOR IDEAS ON WHAT TO DO THIS VALENTINE'S DAY? WELL, LEAVE THIS PAGE OPEN ON YOUR COFFEE TABLE FOR YOUR PARTNER TO SEE BECAUSE WE'VE NARROWED DOWN SOME OF THE TOP ACTIVITIES TO DO THIS VALENTINE'S DAY.

## Send your partner on a treasure hunt

This one takes a bit of preparation but if gift-giving is your love language send your significant other on a scavenger hunt dotted with trails of rose petals and handwritten clues to find their Valentine's Day gift.



## Make a scrapbook of your relationship

Even partners who have no interest in arts and crafts will enjoy this fun activity. Gather up all the photos you have together, old tickets, meaningful receipts and make a beautiful book you'll both treasure!



ELEGANT & ROMANTIC GIFTS  
TO IMPRESS THIS

# Valentine's Day

\$100



\$95



\$125



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## Take a romantic getaway

With so many beautiful and romantic destinations in the Gladstone Region, why not take a day or even an entire weekend and venture to a destination neither of you has been before. You'll get out of your comfort zone and have a fabulous time doing it!



## Cook a breakfast to enjoy in bed

If you have ever woken up to the smell of cooking bacon only to have it brought to you while you're still waking up, you'll know how special breakfast in bed can make someone feel.

# Festival of Summer 2021

**FESTIVAL OF SUMMER 2021 HAS WRAPPED UP FOR ANOTHER YEAR.**

The week-long festival was a huge success with over a thousand attendees across four major events.

Following the success of the inaugural Festival of Summer early last year, the event was specially designed for 11 to 17-year-olds and ran from the 10th-15th of January.

The week was kicked off by a free Opening Festival at the Gladstone Aquatic Centre which came alive with live music, an inflatable watercourse and an array of food options that pleased the entire family.

The week continued with 12 action-packed activities over four days such as slacklining, gel blasting, go-karting, a drone flying course, a filmmaking course, an Agnes Water/Seventeen Seventy beach day which included surf lessons and a LARC tour, a recycled art workshop, a floral art workshop and a two-day deportment, etiquette and modelling boot camp.

The festival concluded with the Festival of Summer Sounds an indoor music concert that featured a stacked lineup of unearthed performers such as Jacinta Bradley, SHAW and Nathan Bedford along with national headline acts Jack Botts and The Dreggs.

Adults didn't miss out on the action this year either, with the successful debut of the new Festival of Summer Sounds 18+ event.



# Australia Day Award Winners

## CONGRATULATIONS TO ALL THE AUSTRALIA DAY AWARD WINNERS FOR 2021!

### Citizen of the Year **Liz Cunningham**

Liz has committed her time to the community for many years across a variety of community groups including Calliope Rotary Club, Gladstone Central Committee of the Aging, Boyne Tannum Artscape Committee, Rio Tinto Here for Gladstone, Qld Retired Police - Gladstone Branch, National Serviceman's Association - Gladstone Branch, Gladstone Cancer Council - Relay for Life, Port Curtis Historical Society, Gladstone Chaplaincy.

It is this dedication to multiple groups (and her ability to make a great cake!) which have found her nominated.



### Arts and Culture Award **Robyn Addison**

Robyn is the current vocal coach for the community musical, Legally Blonde, and was the vocal coach for the 2020 Combined Schools Musical, Wizard of Oz – managing to get more than 80 students to sing in a seven-part harmony.

Robyn has shown great commitment to musicals being involved in the orchestra pit for community and combined schools' musicals for over 15 years. There are many in our community whose musical lives are enriched from their interactions with Robyn.



### Mayor's Young Citizen of the Year **Abbi Willis**

Abbi is an inspiring young citizen with a passion for reducing the stigma of mental health and who champions our Region's Youth.

She has been a Gladstone Region Youth Council member for the past two years and this year she holds the position of Deputy Chair.

Abbi has participated in Council's shared initiative with Headspace – the Avenue to Awareness project – for two years in a row and is a Volunteer Leader for the Youth of the CCRDFV (Coordinated Community Response to Domestic and Family Violence).



### Sports Official Award **Deborah Creighton**

Deb is currently in the role of Administrator at Gladstone and District Hockey Association.

She has been in this role for several years but has also done a lot of work in other areas, such as coaching, managing representative teams, running and helping in the canteen and much more. In 2020, Deb was awarded a Queensland Hockey Community Award for her outstanding contribution to the positive culture of hockey.



### Young Sportsperson Award **Nicholas Crane**

Nick is an all-round sports star as well as an inspirational role model for others. Nick performs at the highest level in many sports such as tennis, volleyball, touch football and athletics. In 2020, Nick made the Queensland team for tennis.



### Community Volunteer Award **Bob Pailthorpe**

Bobby has been a volunteer since leaving school more than 50 years ago. Bobby supports our community by offering his services to speak and announce at events, cleaning up after community activities and by supporting Gladstone News with the delivery of their fortnightly corflutes around the region.



### Community Event or Initiative Award **Gladstone Hospital Auxiliary Association Inc.**

The Gladstone Hospital Auxiliary has been working in the Gladstone community raising funds for Gladstone Hospital since 1958.

In that time, they have worked within the hospital environment working with the staff assisting in doing nonclinical, but highly time-consuming jobs that take front line staff away from their roles.

They have also been working within the community, raising funds to purchase essential equipment that is used here in Gladstone. Since 2011, the Auxiliary has purchased equipment for the hospital valued in excess of \$212,000.





# GLADSTONE PORTS CORPORATION

## *joins Brisbane to Gladstone Yacht Race*

**GLADSTONE PORTS CORPORATION (GPC) IS HELPING ONE OF AUSTRALIA'S MOST ICONIC EVENTS SET SAIL THIS EASTER BY PICKING UP THE BATON OF THE BRISBANE TO GLADSTONE YACHT RACE AS THE NEW NAMING RIGHT OF EVENT RACE FOR THE NEXT THREE YEARS.**

This year will celebrate the 73rd anniversary of the race, after the event took a hiatus in 2020 due to COVID-19 restrictions.

Acting CEO Craig Walker announced the agreement between GPC and the Queensland Cruising Yacht Club.

"I'm delighted to see one of Queensland's most treasured races back on the calendar in 2021," Mr Walker said.

"GPC has supported the B2G for many years, assisting with the set-up of a temporary pontoon for yacht arrivals and providing complimentary berths within our Gladstone Marina for all the participating yachts," he said.

"The naming right will also support our Marina, our wonderful harbour and all the local businesses which operate along our foreshores.

"We're honoured to pick up the baton from Qantas as the new naming rights sponsor to ensure the iconic B2G sails on well into the future."

Gladstone will certainly be the place to be this Easter with Gladstone Ports Corporation also proudly hosting and supporting the Gladstone Harbour Festival and B2G Village.

GPC is celebrating its 107-birthday

this March and has a long history of supporting the community.

"We are excited to play a role in ensuring the viability and continuance of this treasured and historic Queensland race," Mr Walker said. "The event is second only in stature to the Sydney to Hobart and an opportunity to sponsor the event as a naming right doesn't come around often."

Mr Walker said supporting the event this year was more important than ever.



**Gladstone Ports Corporation**

Growth, prosperity, community.



**Celebrate Easter in Gladstone with the iconic Gladstone Ports Corporation Brisbane to Gladstone Yacht Race**

# PRIME MINISTER SCOTT MORRISON VISITS THE GLADSTONE REGION

**THIS WEEK IT WAS GREAT TO BE ABLE TO SHOW OUR PRIME MINISTER SCOTT MORRISON SOME OF THE GREAT SIGHTS GLADSTONE HAS TO OFFER.**

We took a trip to Northern Oil which is leading the way in oil recycling. Here the Prime Minister made an important announcement on a new Heads of Agreement with major LNG exporters.

This is another part of our plan that will help ensure more gas is offered to the domestic market, more often, and on more competitive terms.

The Agreement, signed by Prime Minister Scott Morrison and LNG exporters, Australia Pacific LNG, Queensland Curtis LNG and Gladstone LNG, is a key part of the Government's Gas-Fired Recovery measures announced on 15 September, 2020.

"This new HoA will require LNG exporters to offer gas domestically at all times, not just in the event of a shortfall in the east coast gas market," Prime Minister Scott Morrison said.

"Along with the Australian Domestic Gas Security Mechanism, the agreement is directly aimed at securing gas supplies for the Australian domestic gas market.

Member for Flynn Ken O'Dowd said the Agreement highlights the key role gas plays in our local industries.

"The gas industry drives significant



local exports and is also a big employer in the Gladstone region and the agreement will lay the foundation for future growth aiding the COVID recovery," Mr O'Dowd said.

Prime Minister Scott Morrison also helped to usher in a new era of advanced manufacturing education, training and research in Central Queensland, with a visit to CQUniversity's Gladstone Marina campus.

The Prime Minister joined Federal Member for Flynn, Ken O'Dowd and CQUniversity Vice-Chancellor and President Professor Nick Klomp to turn the sod on the University's \$13.5 million School of Advanced Manufacturing building, a Commonwealth Government-funded project that seeks to turbocharge advanced manufacturing capability in the region

Mr O'Dowd said the construction of both schools would provide a

major economic boost to the region with hundreds of jobs to be created during the construction of both projects.

"Construction of the CQUniversity Schools of Mining and Advanced Manufacturing will create an estimated 311 local jobs in Central Queensland, including 114 in Gladstone, and inject millions of dollars into the local economy," Mr O'Dowd said.

"Manufacturing supports thousands of jobs in the region and in the longer term, this new facility in Gladstone will further support Queenslanders to get an education that leads to a career in the manufacturing industry.

"This is a major win for Gladstone, Rockhampton and the broader Central Queensland region, with both Schools to deliver world class facilities, resources, and technology to support the education of the workforces of tomorrow."

*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](http://www.kenodowd.com.au)

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







## QAL apprentices honoured in Apprentice of the Year Awards

**LAST MONTH, QUEENSLAND ALUMINA LIMITED (QAL) OFFICIALLY WELCOMED FIVE FIRST-YEAR APPRENTICES INTO THE BUSINESS AND CELEBRATED TWO OUTSTANDING APPRENTICE GRADUATES AT THE QAL APPRENTICE OF THE YEAR AWARDS EVENT.**

Attended by the Honourable Glenn Butcher, Member for Gladstone, and Councillor Rick Hansen, Gladstone Regional Council, the event formally welcomed our 2020 first-year apprentices by gifting them a new,

fully-equipped toolbox and recognised QAL's top-performing apprentice graduates across its Electrical and Instrumentation (E&I) and Mechanical trade disciplines.

QAL general manager, Pine Pienaar said; "We're delighted to welcome the next generation of apprentices into our business, at the same time honouring our two top-performing graduating apprentices for the year.

"Our aim is to develop skilled tradespeople whose practical experience and focus on safety sets themselves up for success as future leaders within QAL or beyond.

"I'm therefore extremely proud to acknowledge the winners of our 2020 Apprentice of the Year Awards: Shianne Sprecher, Electrical and Instrumentation Apprentice; and Benn Richardson, Mechanical Apprentice."

Both graduates have been awarded ongoing roles at QAL, as well as receiving an engraved trophy and \$1000 to kick-start the next phase of their career.

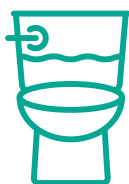
QAL's longstanding apprenticeship program is highly regarded and offers hands-on, on-the-job training, along with formal qualifications from CQUniversity.

QAL's annual Apprentice of the Year Awards is an important calendar event that celebrates the talent and career potential within the business.

## EVERY DROP COUNTS

**WITH CAPACITY AT AWOONGA DAM NOW BELOW 60%, IT'S MORE IMPORTANT THAN EVER TO THINK ABOUT OUR RELATIONSHIP WITH WATER AND HOW WE USE IT IN DAILY LIFE.**

We all have a role to play. Choose positive water saving behaviours by following these easy tips today.



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



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



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



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



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

# REGIONAL QUEENSLAND'S CHEAPEST BEACHSIDE SUBURBS

## AFTER A TURBULENT YEAR RIFE WITH LOCKDOWNS AND RESTRICTIONS MANY CITY SLICKERS ARE RECONSIDERING LIVING IN A CROWDED METROPOLITAN AREA.

This has sparked significant buyer interest in regional areas across the country in particular beachside suburbs.

But if you've looked at the median house prices in bustling beachside suburbs such as Byron Bay, the price of \$1,870,000 is way out of reach for most homebuyers.

So a new report conducted by realestate.com.au has found for you Regional Queensland's cheapest beachside suburbs with Gladstone's very own Barney Point coming in at number 1!

With the median house price at a low \$142,000, there is a wide range of houses located at Barney Point to suit any budget. Barney Point wasn't the only beachside suburb in Gladstone to make the list with Gladstone Central coming in at number 6 with a median house price of \$260,000. With industry analysts being optimistic that Gladstone's housing market will continue to rise in value there has never been a better time to snap up a beachside bargain.

### Cheapest house prices

1. Barney Point - \$142,000
2. East Innisfail - \$157,500
3. Forrest Beach - \$220,000
4. Cardwell - \$227,500
5. Balgal Beach - \$249,500
6. Gladstone Central - \$260,000
7. Bowen - \$275,000
8. Mackay - \$282,500
9. Wonga Beach - \$288,750
10. North Mackay - \$297,500

Source: realestate.com.au



## AUCTION



### 92 Monaco Dr, Zilzie

Lakeside Vacant Block

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- Ready to build on level block located in a great neighborhood surrounded by modern homes
- Enjoy lake views from your very own backyard
- All amenities available: sewerage, water & phone
- Emu Park's CBD is only a short drive away offering shops, school and beautiful beaches
- For the fishing lovers the Coorooman Creek boat ramp is close by

### AUCTION - ON SITE

Saturday 6th February at 11am

Contact Kevin Doolan: 0408 192 883

Website [www.professionalsemupark.com.au](http://www.professionalsemupark.com.au)

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Emu Park





# Top Interior Design Trends of 2021



**WITH NEARLY 650,000 MONTHLY GOOGLE SEARCHES FOR 'INTERIOR DESIGN' IN AUSTRALIA AND NEW ZEALAND, OUR DESIRE FOR A STYLISH HOUSE IS EVIDENTLY ON THE RISE.**

Fueling our interior design hunger, many of us spent more time in our homes during 2020 than ever before, in addition to our constant exposure to visuals on social media.

## RUSTIC

The top interior design trend of 2021 is 'Rustic'. Rustic interiors are defined by ruggedness and letting natural beauty shine. The focus is to create a relaxing atmosphere by highlighting the use of wood, stone, leaves, and other organic elements. Rather than worry about perfect lines, rustic allows the character of each piece to stand out. From knots in the wood to rust on metal, this style celebrates character in a big way.



**TANNUM SANDS 6/6 Hampton Drive** 🏠 2 🚗 1 🚗 1  
**Inspections: By Appointment Price: \$149,000**

**LOOKING FOR AFFORDABLE LIVING CLOSE TO THE BEACH?  
 6/6 HAMPTON DRIVE HAS JUST HIT THE MARKET.**

Be impressed with its central position within walking distance to Beaches, Schools, Shops, Walking Tracks and more! But be quick, this property will not remain available for long!

- Tiled living area
- Spacious kitchen with loads of bench space
- Bathroom on upper level with separate 2nd toilet on Ground level
- 2 carpeted bedrooms both with built-in-robies
- Main bedroom has its own private balcony
- Dedicated carport and ample street side parking
- Private Courtyard

**Luke Watts 0407 899 110**  
**Luke.Watts@eldersrealestate.com.au**  
**3/19 Tank Street Gladstone Central QLD 4680**



## COTTAGECORE

The second most popular design trend in 2021 is 'Cottagecore'. Cottagecore (also known under the name Farmcore or Countrycore) is inspired by a romanticized interpretation of western agricultural life.

With the year we've had, it's no surprise that spa interior designs rank third. For a home-spa design style, wooden textures like reclaimed wood in bathrooms, big candles and low shelving will invite a more relaxing 2021 in your rooms.

The home office interior style claims fourth place. This house design became massive in 2020 and is expected to continue to grow within the next few years. Feature walls, accent lamps and colourful storage are a few ways of bringing your workspace to life.

# FIRE UP THE HARLEY

*for the Ride4Lives Suicide Awareness Ride*

## GLADSTONE'S RIDE4LIVES SUICIDE AWARENESS RIDE IS BACK AGAIN IN 2021!

Kicking off at the Gladstone Marina Stage the Ride4Lives will finish at the Captain Creek Community Sport & Recreation Club (just 20km from the community of Agnes Water/1770) where riders are invited to camp overnight.

Ride4Lives connects the community with training and service providers to help them become better at listening and supporting people who may be directly or indirectly affected by suicide.

Recognising the need for a safe and supportive place where people affected by mental health or suicide can come together, Ride4Lives aims to reduce

the stigma that surrounds suicide by educating the Gladstone community. Ride4Lives Australia Inc was established in 2017 aiming to ensure all funds raised in the region were used locally. The ride events help foster social connectedness, awareness and raise funds for suicide prevention training and mentorship programs.

The ride will take place at 8:00 am on Saturday, February 27 and will cost \$50 per person. Participants will be awarded: a long-sleeve collectors shirt, a poker run entry, morning tea, lunch, a burger & drink, and the option to camp overnight at the final destination. A courtesy bus will also be running oneway trips to Agnes.

To register head to [www.ride4lives.org/](http://www.ride4lives.org/) and help raise suicide awareness.



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# BAHAY KUBO RESTO BAR

## *A New Resto In Town!*

**A NEW RESTAURANT HAS OPENED IN GLADSTONE CENTRAL OFFERING A NEW TWIST ON ASIAN FOOD, AUTHENTIC FILIPINO CUISINE.**

The newly opened restaurant named 'BAHAY KUBO RESTO BAR' is located in the newly refurbished Gladstone Central Plaza on Goondoon Street. BAHAY KUBO RESTO BAR is offering the best Filipino dishes that are known among Filipino communities around the world.

The Philippines is a small country located in Southeast Asia with approximately 7,100 islands and has a very dynamic and rich cultural history. The land area of the country is so small that Australia's land area is over 26 times the size! Despite this, their population has reached over 108.1 million which is about 5 times the population of Australia. The Filipino community are known around the world for their exceptional professionalism and dedicated hard work.

Bahay Kubo will be bringing some of their cultural and Filipino experiences

into the restaurant. They are the first in town to introducee Filipino dishes and their own local beer, the San Miguel beer products, with their popular brands, San MIG light, pale Pilsen and soon the great RED HORSE beer.

Among the top food on the list are as follows. 1. ADOBO. 2. CRISPY PATA, 3. BULALO, 4. KALDERETA 5. SINIGANG BANGUS, 6. KARE-KARE, 7. HALO-HALO (dessert) and others.

The idea for Bahay Kubo was conceptualized during a casual gathering of family and friends living in Gladstone. A spokesperson for the restaurant, Fernando Castillo said, "Everybody agreed to the idea of bringing Filipino food to Gladstone by opening an authentic Filipino restaurant."

The new restaurant is operated by the local Castillo family headed by Cristina and her two sons Anthony and Nathaniel, followed by Glen Macalino and his partner Rio Ramos and Jaylyn Obillos with the help and support from others members of the families.

Bahay Kubo invited a limited number of guests to attend a soft opening on

the 20th of January and hosted a grand opening on the 23rd.

The team at Bahay Kubo is excited to welcome the Gladstone community to taste authentic Filipino cuisine and experience their traditional culture. When restrictions ease, Bahay Kubo is planning a cultural sharing presentation, demonstrating Filipino traditions such as costumes, dances, 'budol fight' dining and the Lechon Festival, making it a perfect and wholesome dining experience for the whole family.







## AVOCADO, PROSCIUTTO & PECAN SALAD

**A super-easy and intricate side salad packed with luxurious flavour and texture. If you're planning to transport this dish for a bring-a-plate meal, check out our notes for pack and travel tips.**

### Ingredients:

8 slices prosciutto, thin  
3 avocados  
1 tablespoon lime rind, finely grated  
1/3 cup lime juice  
1/4 cup extra virgin olive oil  
1 cup fresh coriander leaves  
1 cup fresh flat-leaf parsley leaves  
2/3 cup pecans, toasted, roughly chopped  
2 long red chillies, seeded, finely chopped

### Method:

Heat a large frying pan over high heat. Add prosciutto. Cook for 2 minutes each side or until golden and crisp. Drain on paper towel. Break up into pieces. Peel and quarter avocados. Place in a bowl. Add lime rind, juice and oil. Season with salt and pepper. Toss gently to coat. Arrange avocado in a serving bowl. Sprinkle with prosciutto, coriander, parsley, pecans and chilli. Serve.

### Recipe Credit:

<https://www.taste.com.au/recipes/avocado-prosciutto-pecan-salad/c250eae-4001-4e45-88ce-aed15f2b771d?r=recipes/ketorecipes&c=x9pyvq1v/Keto%20recipes>



## PROS & CONS OF THE

# *keto diet*

### IT SEEMS LIKE EVERYONE IS TALKING ABOUT THE KETOGENIC (KETO) DIET.

With many people boasting it's benefits, it can sound like an exciting train to jump on. Before beginning a new diet plan, however, it's always a good idea to weigh up the pros and cons.

The keto diet requires a rigorous limitation of carbohydrates while allowing a liberal ingestion of fats (including saturated fats).

So what are the pros? The keto diet induces a rapid weight loss. It is not entirely clear, however, if the loss is due to water loss, a special effect of the diet itself (i.e. fat burning) or a reduction in total calorie intake. The keto diet helps reduce seizures in pediatric patients with epilepsy.

The keto diet can have a direct impact on glucose concentrations, lowering them over time and improving insulin sensitivity for patients with diabetes.

There are, however, a number of cons that may outway the potential benefits. Being so restrictive keto diet adopters may experience nutrient deficiencies as they are not receiving the nutrients -

vitamins, minerals, fibres - from fruits, legumes, vegetables and whole grains.

This can lead to increased constipation. During the diet transition, many people experience uncomfortable side effects such as hunger, headaches, nausea, fatigue, irritability and brain fog that may last days. This is referred to as 'Keto Flu'.

The increased consumption of fats, specifically saturated fats on the keto diet, can increase cardiovascular disease risk.

Patients with kidney disease have an increased risk of requiring dialysis on the keto diet due to the additional ketones that their renal system has to process.

With so much fat to metabolize, the diet may make any existing liver conditions worse.

The keto diet may harm bone health in the long term, increasing bone breakdown and a reduction of bone formation (osteoporosis).

Many people have trouble sticking with such a restrictive diet. For others, its rigid nature can lead to obsessive and disordered eating.



# ROAD TRIPPING COMEDIANS

## *bringing LOLs to the Gladstone region*

**EIGHT SHOWS. FOUR COMEDIANS (AND SOME RING-INS). ONE SLIGHTLY DODGY CAR. LIMITLESS LAUGHS.**

Four Queensland comedians - Matt Ford, Anna Brennan, Ryan Anderson and Brendon Beltame - are hitting the road in a slightly knackered Prius to bring fresh jokes to everyone who needs a giggle.

The tour includes shows at Codie's Place in Agnes Water on Saturday, January 30 and at The Precinct in Gladstone on Sunday, January 31.

Tour organiser Anna Brennan says Road Trippers is a welcome return to live performing.

"Coming out of a year where almost everything was cancelled, it's great to be back on the road," Anna said.

"Cancelling gigs isn't just about lack of income, it's also about lack of momentum. It's hard to develop new material when you don't have an audience to perform to. I'm so freaking excited to disgrace some stages up north."

"We're bringing some top comedy talent to regional Queensland, plus your first chance to see some new and emerging talent, and inviting local comics along for a guest spot at some gigs too."

Road Trippers kicks off in Gympie on Friday, January 29 and will gather speed up the Queensland coast with gigs in Agnes Water, Gladstone, Yeppoon, Rockhampton, Blackwater and Bundaberg before heading to the big smoke for the finale at Birdees in Fortitude Valley.

All shows start at 7:30 pm, tickets \$25. For tickets visit [events.humanitix.com](https://events.humanitix.com) and search for 'Road Trippers'.



**Gladstone Ports Corporation**

Growth, prosperity, community.

## Paint the Port

### Art Competition 2021

### REGISTRATIONS ARE NOW OPEN!

Registration form and further information can be found on our Website.

Online registrations close 4pm Friday 5 March and artwork is due Friday 12 March.

Further details regarding the exhibition will be released soon.



## Lucky Duck Derby

**WOULD YOU LIKE TO WIN A \$1,000 CASH PRIZE WHILE SUPPORTING A GOOD CAUSE?**

Gladstone Seafarers Centre and community partners The Boyne Tannum HookUp are excited to announce that their famous duck race the 'Lucky Duck Derby' will be back in 2021!

Taking place at Bray Park, Boyne Island at 12 PM on Sunday the 2nd of May 2021, the Lucky Duck Derby has \$2,000 in cash prizes to be won. All you have to do to go into the draw is purchase a \$4 duck and you will have a 1 in 5000 chance of winning one of the cash prizes.

In addition to the public Lucky Duck Derby, there will also be a Corporate Duck Derby 'Release The Quaken'. Prices start at \$100 per duck and prizes include a 25 seater bus and driver for the winners next company event, a Perpetual Trophy with an engraving of winning company's name, a \$1000 donation to a charity of the winners choice and a 'Quacken Rum Package'.

Ducks are available for purchase from the Gladstone Seafarers Centre anytime between 8:30 AM - 3 PM Monday to Friday, so don't miss out!



## country stars waltz into Gladstone

**FANNY LUMSDEN HAS BEEN GEARING UP TO BRING HER AWARD-WINNING ALBUM 'FALLOW' TO GLADSTONE WITH A BUNCH OF SHOWS SCHEDULED ACROSS QUEENSLAND!**

2020 was a whirlwind year for the country artist from recording her new album in her stone hut while fighting the enormous bush fires surrounding her small Snowy Mountains community, to releasing the album on the day everything came to a standstill with COVID-19 (March 13), and subsequently having to reschedule her East Tour three times.

The year wasn't all bad for the self-managed artist and mum, taking home her first ARIA for 'Best Country Album' at the 2020 ARIA Awards. When the announcement was made a thrilled Fanny said,

"I am completely overwhelmed. We have been DIY since the very beginning and for every song, every KM, every email, to have lead to this is astounding to me. And then to receive it here from the valley where I wrote the songs, recorded the album and then in turn after the fires ripped through it, released it from here as we went into lockdown, was a beautiful circle."

Fanny won't be alone on her tour, bringing with her local Gladstone sensation Hayley Marsten and folk singer-songwriter Timothy James Bowen for the Childers and Gladstone leg.

You can catch Fanny Lumsden, Hayley Marsten and Timothy James Bowen at Crow Street Creative on Saturday, February 6, with tickets available for purchase through her website [fannylumsden.net](http://fannylumsden.net)





# A PASSENGER TRAIN ARRIVING ON AUCKLAND POINT WHARF

by Betty Laver

**TO CONVEY THE MAIL TRAIN WAGONS TO THE SHIP'S SIDE, A TURNTABLE WAS CONSTRUCTED IN 1899 AND A RAIL LINK TO THE JETTY WAS BUILT.**

Mail vans were placed in front of the passenger train at the railway station and when the train approached the wharf the mail vans were individually placed on the turntable. From there, waterside workers pushed the vans onto the wharf proper and loaded them onto the ship, while return vans had already been unloaded from the vessel. Likewise, the passengers would alight from the train and continue their journey by ship, or they would disembark from the ship and continue their journey by train.

The timetables of the trains and the vessel usually required the southern train travellers to cool their heels around Gladstone for some twenty-four hours before the ship was again ready to travel. The mail service continued no matter



how rough the seas became and, although this caused delays, it always got through. Many fine ships were employed on the service and no vessel was better than the Bingara, which was small graceful and dependable. In 1909 the approach was extended so that the mail and passengers would continue completely onto the wharf proper.

This famous service became known to thousands of people throughout Australia and continued for twenty-six years. It was not until the line was built to Mackay that the service became redundant in February 1924.

*Photo from the Calliope River Historical Village*

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 **GLADSTONE**  
REGIONAL COUNCIL



# Valentine's Day Sorted!

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