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hands
Physiotherapy on

Gladstone Hands On Physiotherapy CELEBRATES 10 YEARS

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FISH OF THE MONTH WINNER

Congratulations Brock Harding on catching this Sweetlip!
Please contact Gladstone News to arrange collection of your \$50 voucher.

DID YOU KNOW?

Sweetlip can grow up to 90 centimetres in length and 9.6 kg in weight!



what's on

1 JULY 2021

5 JUNE – 31 JULY

NAIDOC Exhibition

When: 10am – 5pm, Monday to Saturday

Where: Gladstone Regional Art Gallery & Museum

GRAGM's 2021 NAIDOC Exhibition profiles art of First Nations Peoples, heritage works, as well as local voices, memories, images and cultural connections from their collection.

3 JULY

Beach Arts Music (BAM) Markets

When: 2-7pm

Where: Millennium Esplanade, Tannum Sands

Featuring food stalls, live entertainment, art, handmade stalls, and more - this event is an awesome family friendly outing. Bring your own chairs or rugs. For more information check out the Beach Arts Music Facebook Page.

3 JULY

Run in the Sun

When: 1-5pm

Where: Calliope Historical Village

Cost: \$5 – kids under 12 free

Roll back the years and motor on out to Calliope to check out the Hot Rods, Customs, American Muscle and classic cars pre-78. Enjoy trade stalls, hot food and live music. Contact John on 0418 714 903 for more information.

6 JULY

NAIDOC Week inspired Playtime in the Park

When: 9:30 – 11:30am

Where: Barney Point Park

Cost: Free

Enjoy painting, storytelling, sensory play, puzzles and more thanks to GAPDL's Communities for Children and Here for Gladstone.

16 – 17 JULY

LUMINOUS

When: 5:30-9pm • Cost: Free

Where: Tondoon Botanic Gardens

Gladstone is set to glow as the Tondoon Botanic Gardens lights up in a kaleidoscope of colour! The award-winning LUMINOUS is a mesmerising visual event which features impressive lighting displays, illuminated art, live music, roving entertainment, workshops and children's activities.

18 JULY

Rotary Charity Markets

When: 7am – 12noon

Where: Tondoon Botanic Gardens

The Tondoon Botanic Gardens come alive on the third Sunday of every month with the Rotary Club of Gladstone Midday's Charity Markets. Shop for all your fresh fruit and veggies, plants, art and craft, and handmade products, or grab a coffee and breakfast (or lunch) from one of the food vendors.

The Great Rio Tinto

Yarwun Valley Rally

Saturday, July 31 2021 at 1 pm
CQ Uni Carpark at the Marina

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

Prizes will be drawn at 7pm live
on our Facebook page
and winners will be notified by phone
Tickets can be purchased on
the day or via Facebook



The Great 'Rio Tinto' Yarwun Valley Rally

With many thanks to our major sponsors





Gladstone Hands On Physiotherapy CELEBRATES 10 YEARS

WITH LONGER APPOINTMENT TIMES, HANDS-ON TREATMENT AND ADVICE ON HOW TO PREVENT FUTURE ISSUES, THE TEAM AT HANDS ON PHYSIOTHERAPY ARE FOCUSED ON PROVING THEIR CLIENTS WITH UNRIVALLED SERVICE.

"To me, client satisfaction and phenomenal service deliver is the driving force, not money," owner Anita Van der Westhuizen said.

"You cannot run an allied health practice like a normal business, where turnover and profit are your main focus.

"You lose track of your client's needs and lose your passion which made you want to be a clinician in the first place."

Anita and her husband Corrie took over Hands on Physiotherapy in 2013,

and they have grown the business from a single clinic to now having multiple sites, as well as an aged-care facility that they service on a full-time basis.

"We were blessed with the opportunity to join Gladstone GP Super Clinic and Calliope Medical Centre earlier this year," Anita said.

"This was a wonderful opportunity to provide our exceptional service to the clients of these well-respected clinics.

"We've also worked with New Auckland Place Aged Care Facility for the last two years, and it has been a privilege to look after the treasured older people of our community."

As with any small business there have been ups and downs over the past 10 years, but according to Anita God has been there every step of the way, opening doors and creating opportunities for them to grow.

"We are so blessed to have such wonderful and dedicated staff," she said.

"And our vision for the future is to continue delivering exceptional service to our clients and providing a phenomenal workplace for our team to grow and thrive.

"We are and will remain the most trusted allied health practice in the Gladstone Region."

Gladstone Hands On Physiotherapy have 10 staff members, including five physiotherapists and two accredited exercise physiologists.





Our services

- Neurological rehabilitation
- Rehabilitation after surgery
- Functional strength training
- Massage/Trigger point therapy
- Joint mobilisations
- Dry Needling
- Shockwave
- Laser
- Exercise physiology
- Group fitness classes
- Group rehabilitation classes
- Lifestyle management
- Weight loss through graduated exercise programs
- Occupational health and rehabilitation
- Pre-employment screening

Some of the conditions we treat

- Osteoarthritis
- Back pain
- Neck pain
- Shoulder problems
- Knee conditions
- Hip pain
- Headaches
- Tennis elbow
- Runner's knee
- Osgood Schlatter
- Severs disease
- Vertigo
- Rotator cuff shoulder issues
- Strokes
- Fibromyalgia
- Parkinson's
- Chronic conditions like diabetes and COPD

Meet our team



Anita Van der Westhuizen

Director/Senior Physiotherapist



Jonty Brooks

Clinic Manager Gladstone GP
Superclinic/Senior Physiotherapist



Brandon Mckinnon

Senior Physiotherapist/Sports
Representative



Lyndle Snaith

Senior Physiotherapist



Priya Menon

Aged Care Physiotherapist



Brooke Dines

Occupational Rehabilitation
Consultant/Accredited Exercise
Physiologist



Tiffany Dean

Accredited Exercise Physiologist



GLADSTONE REGIONAL COUNCIL

2021/2022 BUDGET REVIEW

THE AVERAGE RATEPAYER WILL SEE A 1.7 PER CENT INCREASE IN THEIR NEXT GENERAL RATES UNDER GLADSTONE REGIONAL COUNCIL'S 2021/22 BUDGET.

Presented at a special meeting earlier this month, the \$273.2 million budget, will deliver \$73.4 million in capital works projects including \$2 million for sewerage mains replacement to Gladstone Waste Water Treatment Plant and \$1.4 million for bridge replacements at Gorge Road and John Clifford Way, near Lowmead.

Funds have also been allocated in the budget to continue strategic projects including \$482,000 for planning for the Boyne Tannum Aquatic Recreation Centre and \$300,000 to develop a master plan for the Gladstone Coal Exporters Sports Complex (Marley Brown Oval).

Gladstone Region Mayor Matt Burnett said he was confident the budget will "renew, rebuild and maintain our cost-effective delivery of services to our region, while navigating our way beyond the impacts of COVID-19".

"The theme of this year's budget is Collective Delivery," he said.

"It focuses on working collectively to deliver the services our communities

need, and it focuses on building community capacity and supporting the economic development and growth of the Gladstone Region."

Rates make up 80 per cent of GRC's income, and last year's rates' freeze cost Council about \$4 million.

While the total average general rate will increase by CPI, the impact on each ratepayer will be different, depending on several factors including land valuations, issued by the Valuer General in March this year.

"An increase or reduction in your land valuation does not necessarily result in an increase or reduction in the cost to providing our services," he said.

Under the budget, with no new borrowings planned for a ninth consecutive year, GRC's interest bearing debt will reduce to \$102.7 million by June 2022.

As part of one of the COVID-19 recovery measures offered by the State Government, GRC refinanced their debt and, with low rates and extending the loan term, their interest will reduce from \$4.3 million to \$700,000 per year.

Visit www.gladstone.qld.gov.au/budget to view the full 2021/22 GRC Operational Plan and Budget.

A snapshot of Key Services for the 2021/22 Financial Year

- \$77.1 million for roads, bridges, footpaths, and drainage
- \$44 million for water services
- \$37.3 million for sewerage services
- \$22.4 million for waste services
- \$20.9 million for parks and environment
- \$6.6 million for arts and culture
- \$3.7 million for library services

Quick Facts

- The general rate for the average ratepayer will increase 1.7 per cent (in line with CPI)
- Service charges will increase by 4.9 per cent
- Sewerage services for domestic services will increase by 2 per cent
- Water network access costs will increase by 5 per cent
- Lake Awoonga Water Scheme users will pay \$2.17 per kilolitre for all water consumed (an increase of 1.7 per cent)

Local volunteer driving program HELPS BRAKE THE CYCLE

GETTING HIS P'S ALLOWED JOSH WHITTINGHAM TO RE-START HIS LIFE.

The 19-year-old local said without the help of the Gladstone PCYC's Braking the Cycle (BTC) Program he wouldn't have been able to get his provisional licence at the end of last year.

"I didn't have anyone to teach me, so without the BTC mentors I would still be unable to drive," he said.

"The program has changed my life by helping me gain some independence.

"I'm grateful to everyone who supported me and drove with me over the years and would like to encourage anyone in a position to mentor to do so as there are lots of people out there like me who don't have family who can teach them how to drive."

BTC is a volunteer driver mentor program, designed to support learner drivers without access to a supervisor

or registered vehicle to complete their logbook hours.

Program Coordinator Lauren Coles said the BTC, which had been operating in Gladstone for over three years, had seen dozens of young people through to obtaining their provisional licence.

"Demand for the program is always increasing, so we need more volunteers," she said.

"We have a waitlist of young people to join the program, so the more volunteers we have the more young people we can help.

"With just an hour and a half a week, which is one driving lesson, we can change the lives of local youth like Josh."

BTC volunteers receive online and practical training before they are placed with matched participants, and the driving hours are flexible to meet the mentor's availability.

Lauren said the program was essential, especially in regional areas such as the

Gladstone Region.

"With limited public transport, our young people are finding looking for work and holding a job, getting to places of study, and even everyday family life, very challenging," she said.

"Being a regional town, having a licence is paramount to moving forward in life, and it isn't just about getting in the 100 hours. The confidence and self-worth that these young people gain, and the skills they get through them being a program participant, helps to make them safer on the roads."

If you are interested in becoming a driver mentor, or becoming a BTC participant, contact Lauren on btcgladstone@pcyc.org.au or call the PCYC Gladstone on 4972 3122.



it's tax time

BOOK YOUR TAX RETURN APPOINTMENT!

**KAREN WINDRESS, REGISTERED TAX AGENT,
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SCHOOL HOLIDAY FUN

The Gladstone News Team hope students (and parents) around the Gladstone Region have a relaxing winter break. We've pulled together a couple of baking and crafting ideas that should help keep the holiday boredom blues away.

SCHOOL HOLIDAY CRAFT Tin Can Windsocks

Supplies needed:

- Clean recycled cans (any size will work)
- Acrylic paint and paintbrushes
- Glue (we prefer Elmer's craft bond glue or a low-temp glue gun)
- Assorted ribbons (you could also use wool, coloured paper etc.)
- Optional embellishments like glitter, stickers, gemstones, sequins etc.
- Masking tape or duct tape

Instructions:

- Start by lining the inside rim of the cans with a layer or two of thick masking or duct tape to avoid sharp edges.
- Paint the can in the colour or colours of choice.
- After the paint is dry use glue to attach colourful ribbons to the bottom rim of the can and one to the top for hanging.
- Decorate as desired with glitter, stickers, and gemstones.

Craft idea and photo courtesy of MomsCraftySpace.com



SCHOOL HOLIDAY RECIPE Chocolate Pinwheels

Enjoy this chocolate pinwheel recipe as a simple treat for your kids to create (with or without your supervision) these school holidays.

The recipe is quick, and they taste delicious, especially fresh out of the oven with a lovely cup of tea or warm milk.

Ingredients

- 1 sheet puff pastry (defrosted)
- 1/4 cup Nutella or chocolate hazelnut spread
- 1/2 cup icing sugar

Method

1. Preheat oven to 190C.
2. Spread Nutella over pastry.
3. Roll-up pastry and cut into eight pieces.
4. Place on a greased oven tray and bake for approximately 20 minutes, or until golden and puffed.
5. Remove from oven and allow to cool.
6. Once cooled, sift icing sugar over the top of pinwheels.
7. Enjoy with a glass of warm milk.

Recipe and photo courtesy of taste.com.au



Eligible employers will receive a **wage subsidy of up to 50%** of any qualification above a Cert II.

Thinking of putting on an apprentice or trainee on? Did you know there is a **wage subsidy of up to \$28,000** for a cert II or above?

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CELEBRATING NAIDOC WEEK AT PORT CITY KIDS



NAIDOC week provides a great opportunity for us to provoke learning in our children about the long Aboriginal Australian history, the beautiful culture and the amazing achievements of Indigenous Australians.



27 GARDEN ST, GLADSTONE QLD 4680
07 4972 2344 • OPEN FROM 6AM - 6PM

LOCAL INDIGENOUS ARTIST

new showcase highlight's region's beauty

LOCAL INDIGENOUS ARTIST PATRICIA COLEMAN USES HER INTRICATE DOT AND LINE WORK TO SHOWCASE THE BEAUTY OF THINGS IMPORTANT TO HER AND THE BYELLEE NATION.

Patricia, who is self-taught and has been creating art for nearly 30 years, specialises in vibrant designs and depictions of the natural environment, specifically our region's animals and plants.

Her exhibition, *Gladstone My Home, My Byellee Country*, of about 30 new works on canvas and birch is currently on display at the Gladstone Regional Art Gallery & Museum and expresses Patricia's interpretation of the Kardabai Region (Gladstone).

"I've done a lot of work with a linguist who has developed a word list of the Byellee language, and this has influenced my work," she said.

Patricia said while having her exhibition on display during NAIDOC Week was a great opportunity to help educate the local community on Byellee Nation culture and history, more needed to be done.

"Aboriginal people are mainly recognised

during Reconciliation Week and NAIDOC Week, and while that is great, there are 52 weeks in the year," she said.

"We don't hibernate during the other 50 weeks, and we should be highlighted every day of the year."

To help grow respect for diversity and understanding of cultural difference, Patricia has worked with community organisations like Roseberry Qld and Headspace.

"I also go into local schools, primary and high schools, and do art workshops with students to start those conversations at an early age," she said.

Patricia's exhibition is on display at GRAGM until July 31.

To keep up to date with her art journey follow the Patricia Coleman Artworks Facebook Page.



NAIDOC Week celebrations are held across Australia each July 4 -11 to celebrate the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples.

NAIDOC is celebrated not only in Indigenous communities, but by all Australians.

The week is a great opportunity to participate in a range of activities, and to support our local Aboriginal and Torres Strait Islander community.

The NAIDOC 2021 theme – Heal Country! – calls for all of us to continue to seek greater protections for our lands, our waters, our sacred sites and our cultural heritage from exploitation, desecration, and destruction.

Country is more than a place and inherent to Aboriginal and Torres Strait Islander identity.

Gladstone Regional Council is holding several NAIDOC week activities during the school holidays, including craft creation, workshops with Byellee artist Patricia Coleman and Indigenous Story Time sessions.

For a full list of council events visit www.gladstone.qld.gov.au.

"Heal Country, heal our nation!"

Gladstone Ports Corporation (GPC) is proud to support the oldest continuous culture on the planet.

We acknowledge and pay our respect to our First Nations peoples - Byellee, Gurang, Gooreng Gooreng and Taribelang Bunda and pay our respect to their Elders past, present and emerging.

This year's theme "Heal Country". Country is the communities, the people, the landscape and the spirit that connects with us all and keeps us safe.

All Australians, Indigenous and non-Indigenous, must work together to heal Country by having those courageous conversations about our past and work together for a better and united Australia for all generations of today, tomorrow and in the future.

www.gpcl.com.au | 1800 243 GPC



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Locally connected to culture

Nhulundu Health Service is committed to improving the health and wellbeing of Aboriginal and Torres Strait Islander people by providing the highest quality culturally appropriate, comprehensive Primary Health Care in Gladstone and the surrounding region.

We are proud to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander Peoples this NAIDOC Week.



**HEAL
COUNTRY!**
4-11 JULY 2021



NHULUNDU
HEALTH SERVICE



Gladstone Region Aboriginal and Islander Community Controlled Health Service Ltd
27-29 Goondoon St, Gladstone | Ph. 4979 0992 | www.nhulundu.com.au



HEAL COUNTRY!

4-11 JULY 2021

The NAIDOC 2021 theme – Heal Country!

ConocoPhillips Australia is proud to support NAIDOC Week 2021 and celebrate the achievements of Aboriginal and Torres Strait Island peoples across Australia.



Operated by

ConocoPhillips

www.conocophillips.com.au

Gladstone Regional Council is committed to working with our community to greater understand Country, to protect, recognise and maintain our culture and heritage.

Through our Reconciliation Action Plan we will continue to strengthen our community partnerships and celebrate our region's rich history.

We will ensure lasting acknowledgement of our connection to Country.

During NAIDOC Week, Council is hosting various activities and events across our facilities and invites the community to participate.

Experience the beauty of our First Nations people through local art at the Gladstone Regional Art Gallery and Museums NAIDOC collection.

Learn about the oldest continuing culture on the planet through story time and craft at the Gladstone Regional Libraries.

Explore the Tondoon Botanic Gardens and find the hidden totems and native plants.

For more information on Council's NAIDOC Week celebrations, visit www.gladstone.qld.gov.au



Busking competition coming to entertain you

MUSICIANS FROM AROUND CENTRAL QUEENSLAND WILL TAKE TO THE STREETS LATER THIS MONTH TO ENTERTAIN YOU AS PART OF THE AUSTRALIAN NATIONAL BUSKING CHAMPIONSHIPS'™ (ANBC) FIRST GLADSTONE BUSKING CHAMPIONSHIPS.

Local nursing student Jacinta Bradley, whose music is country with a bit of rock thrown in, said the July 24 event will be an amazing opportunity for the Gladstone Region community.

"I have competed in many music competitions, but never a busking competition, so I am super excited," she said.

"I think it is an amazing opportunity for regional artists such as myself to get out there and share our love of music with the community.

"It will be a great day for all ages, so I really encourage everyone to come along and support your local musicians and performers."

A first for our region, the ANBC is a unique opportunity for all street performers, and not just musicians, to showcase their talents.

Competition categories include Open, Primary and Secondary School,

Indigenous and the all-important People's Choice Awards, the winner of which will be determined by the number of Busking Tokens they receive.

Gladstone Area Promotion & Development Limited (GAPDL) CEO Gus Stedman said the group was thrilled to be able to bring the ANBC to the Gladstone Region.

"There is a wealth of talent in the region and this competition will give an opportunity for these performers to shine," he said.

"We're thrilled to have the opportunity to host buskers from around Central Queensland, as well as three highly-regarded ANBC judges, Allan Spencer, Oz Bayldon and Gladstone's own Jeannine Butler."

Each ANBC category winner will perform in the same-day Regional Finals & Awards Ceremony at GPC's East Shores' performance stage, located next to Auckland House, from 5pm.

Winners will also be invited to play at the ANBC National Grand Final in Cooma, NSW, on November 13.

20-year-old Kailee, who performs under the stage-name "Alternative Flute", said Gladstone had a wealth of musical talent, and she can't wait to discover her new favourite local

musician at the Regional Final.

"It's so important to support local talent, especially after the live music industry has been so shaken up by the pandemic," she said.

"Competitions like this are invaluable in giving performers a chance, an avenue to show off their talents and do what they love in front of a live audience, maybe for the first time.

"I encourage everyone to come out, for what is sure to be an amazing day."

Be sure to check out the ANBC Gladstone Busking Championships Facebook Page for event updates including a timetable and map of the Busking Stations.

ALL THE DETAILS

When: July 24

Time: 9am – 7pm

Where: Busking Stations along Goondoon Street and GPC's East Shores

Cost: Free – although you can buy Busker Tokens for \$1 from volunteers to tip the buskers

For more: Visit www.gladstoneregion.info

AWOONGA DAM TEMPORARILY SHUTDOWN FOR MAINTENANCE WORKS

AWOONG DAM HAS BEEN SHUTDOWN THIS PAST WEEK AS PART OF GLADSTONE AREA WATER BOARD'S (GAWB) LONG-TERM DAM SAFETY MANAGEMENT PROGRAM.

GAWB CEO Darren Barlow said there was no need for customers to be concerned about their water during the shutdown thanks to the construction of a \$29 million Offline Storage Facility, which provides an alternative raw



water supply when the dam must be taken offline.

"Our storage facility ensures our ability to continue providing safe and reliable water services to our customers and broader community while safely undertaking these critical maintenance works at the same time," he said.

"We have an aging infrastructure network that requires a high degree of maintenance and inspection.

"This shutdown allows us to isolate and inspect the pipeline in the dam wall (known as conduit), identify any potential structural failure risks and prepare to repair them.

"Our team continues to work hard to ensure minimal disruption and as much alignment with our customers as possible.

"There is no need for customers to be concerned about their water supply

during the shutdown, however, as always, it's important to be mindful of our water use and water-wise practices are strongly encouraged at all times."

Under Queensland's Dam Safety Management Guidelines, GAWB is required to inspect its Awoonga Dam conduit infrastructure regularly.

During the six-day shut, specialised maintenance teams have undertaken critical inspection works that will ensure the effective operation, safety and longevity of the dam.

GAWB will spend more than \$170 million on critical infrastructure upgrades and capital projects at Awoonga Dam over the next four years.

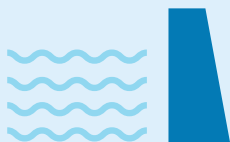
A second major shutdown is planned for September 2021.

The Lake Awoonga Recreational Area has remained accessible to the public during the shutdown.

Lake Awoonga **DAM LEVELS**



52% DAM CAPACITY



33M HEIGHT



404,525ML VOLUME

Readings recorded 25/6/21

Mt Larcom Show brings huge crowds to the region



RECORD CROWDS FLOCKED TO THE MOUNT LARCOM LAST MONTH FOR THE ANNUAL MT LARCOM SHOW.

President Michael Wallace said given last year's event was cancelled due to COVID-19 it was great to have the community's support.

"Everyone was saying how much they enjoyed this year's show, and that they have never seen a crowd like it before," he said.

"On behalf of the organising committee, I would like to thank everyone who visited the show, took part in the show and supported the show whether that be as a volunteer or a sponsor.

"We certainly couldn't put on the region's favourite family-friendly agricultural show without the community's support."

Michael's highlights from the weekend include the wood cutting competitions, which this year hosted 2021 STIHL Timbersports Australian Trophy third place Laurance O'Toole, and the Matherson Crane Hire \$40,000 Ball Drop.

No one was lucky enough to take out the cash prize, with one competitor coming within 30cm of the goal, but \$3000, including a \$500 from Gladstone Battery World, was raised for charity, with half going to the Gladstone Hospital Auxiliary Service and half to the Royal Flying Doctor Service.

The Mount Larcom & District Show has been running continuously since 1919, except for a break during the war years, and last year due to COVID-19.

The show committee is now enjoying a well-deserved break, but said they will be back, planning for a huge 2022 event soon.

If you would like to get involved email them at president@mtlarcomshow.com.au.

WE PUT THE CALL OUT FOR YOUR MT LARCOM SHOW PHOTOS AND WE WERE COMPLETELY BLOWN AWAY BY THE RESPONSE.

Thank you to everyone who submitted a photo, here are some of our personal favourites!



CENTRAL LANE HOTEL

a new entertainment precinct for the whole community

CENTRAL LANE HOTEL HAS BEEN A PART OF THE GLADSTONE COMMUNITY SINCE THE MID TO LATE -19TH CENTURY.

Over those 145+ years the hotel has changed its name and appearance several times, but a new multi-million-dollar redevelopment is set to make the venue a true entertainment precinct.

Owner Rick Adams has overhauled the hotel by redesigning its ground floor level, including the existing gaming area, creating a new outdoor bar area, re-fitting upstairs and adding four AMF bowling lanes.

The idea for the redevelopment took shape when Rick was on a motorcycling trip with friends, and while it has taken four years to bring it to life, he has been committed to his vision of creating a social gathering space for the whole community to enjoy.

"The venue is now a social hub for both adults and families, and it's important for us that it becomes a place for the locals to go," Rick said.

"As an adult you will be able to come here and play Keno and have a beverage and watch the horses or the football, while as a family you could come for dinner and bowl, play pool or use the karaoke room."

Rick said while Central Lane Bowling has only opened this week, his team has been commissioning the lanes for the past month.

"The feedback from everyone has been amazing," he said.

"We've had a few groups come through and everyone gets so excited, especially when we drop the UV lighting, and their shoes start to glow."

"We can't wait for the rest of the

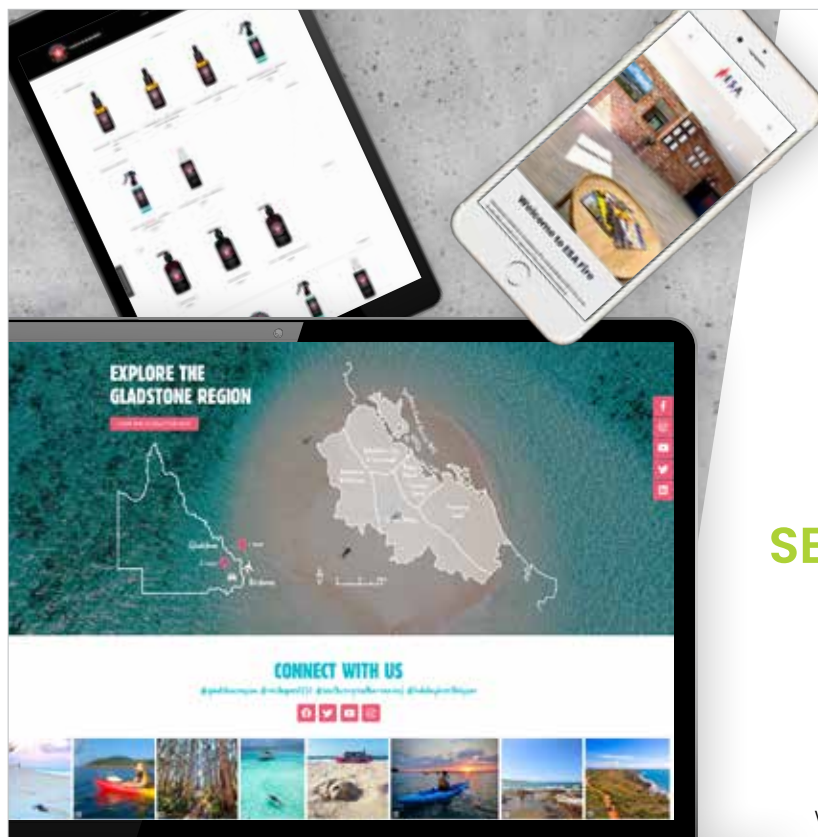
community to now come on down and see what the Central Lane Hotel has to offer."

The Central Lane Hotel includes a restaurant, beer garden, TAB, Keno, and gaming, and is open 12pm - 10pm Monday - Friday and 10am - 10pm Saturday & Sunday.

Central Lane Bowling is available for bookings and walk-ins, contact the hotel on 4972 2166 for more information.

Follow them on Facebook to keep up to date with their latest specials and events.

*Central Lane Hotel
circa the 1930s when
it was known as the
Blue Bell Hotel.*



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NEW AUCKLAND

Inspection: Saturday 3rd July from 11:30am - 12:00pm
Auction On-Site 3rd July, 12pm

NEAT LOWSET BRICK STARTER WITH SIDE ACCESS TO DOUBLE BAY SHED!

This perfect entry level home would make the perfect first home or ideal investment property in Gladstone's quickly rising market!

- Open plan living and dining room. Dining/living room opens out to TWO undercover patios which span the length of the house front and back!
- Kitchen is of good size with electric oven/cooktop, overlooks patio & backyard
- 2 way bathroom with separate shower & bath. Toilet is also separate.
- 3 carpeted bedrooms, main with walk through robe to bathroom
- Front yard is fenced and private with both a flat grassy area and paved sitting area. With low maintenance gardens & front patio this area is ready to be utilised!
- The cemented driveway leads down to a large double bay shed. The shed boasts a mezzanine floor for additional storage!
- The backyard is super family friendly with great fencing and large lawn.

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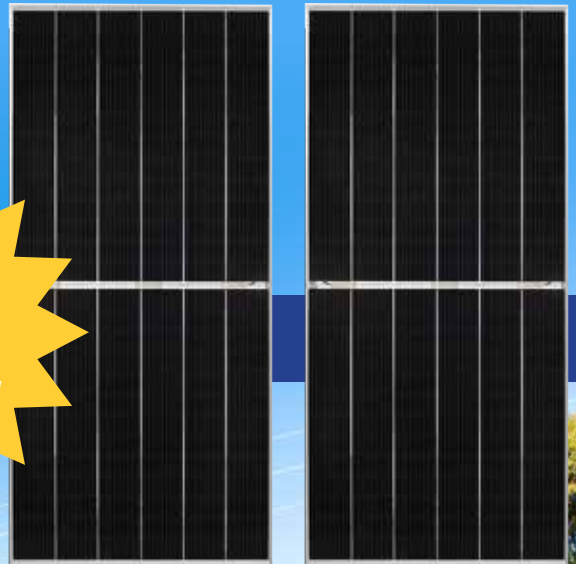


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BUDGET 2021

SECURING AUSTRALIA'S RECOVERY

While COVID-19 is still far from over, Australia is on the road to recovery.

The 2021 Budget is the next stage of the Morrison Government's economic recovery plan. It includes:

- Further income tax relief;
- Incentives for investments and jobs;
- New apprenticeships and skills training;
- More infrastructure; and
- Substantial new investments in aged care, health, mental health, and the NDIS.



ECONOMIC RECOVERY

Australia was the first advanced economy to have more people employed than pre-COVID.

Last year, Australia's economy contracted by 2.5% – compared to 5% for Canada and Japan and over 8% for the UK, France and Italy.

Housing starts are at the highest level in 20 years. There's more to be done, but our plan is working.



TAX RELIEF

Over 10 million low and middle-income earners are getting additional tax relief this year – up to \$1,080 for individuals or \$2,160 for couples. This **rewards hard work and generates activity**, which helps local businesses and creates jobs.



SKILLS AND TRAINING

The Morrison Government is supporting 450,000 new training places through the JobTrainer Fund. 50% wage subsidies will **support more than 170,000 new apprenticeships and traineeships**.



INVESTMENT FOR JOBS

Over 99% of businesses, employing 11 million workers, can write off the full value of eligible assets purchased. For example, this encourages a tradie or farmer to buy a vehicle or harvester or helps a manufacturer expand their production line.



SUPPORTING CHILDCARE

The Government will increase the Child Care Subsidy for families with more than one child up to five in childcare. **This will benefit around 250,000 families.**

The Government will also remove the \$10,560 cap on the Child Care Subsidy.



HEALTH AND MENTAL HEALTH

The Budget includes **new medicines listed on the PBS** to treat breast cancer, lung cancer, severe osteoporosis, severe asthma and chronic migraines.

Further mental health funding will provide more headspace centres, a new network of 40 Head to Health centres and more services through Medicare.



HOME OWNERSHIP

The Morrison Government is encouraging home ownership by: expanding the First Home Super Saver Scheme; helping 10,000 more first home buyers build a home with a 5% deposit; and helping 10,000 single parents purchase a home with a 2% deposit.



IMPROVED AGED CARE

A further \$17.7 billion is being committed to significantly improve the aged care system. This includes another **80,000 new home care packages** (bringing the total to 275,000).

It also includes supporting 33,000 new training places for personal carers, higher payments for residential care, upgrading care in regional areas and stronger regulation.



WOMEN'S SAFETY

This Budget invests a further \$1.1 billion in women's safety, including: more emergency accommodation; more legal assistance; more counselling; and more financial support for those escaping abusive relationships.



BUILDING FOR OUR FUTURE

The Morrison Government is investing in a 10-year, \$110 billion infrastructure pipeline to ease congestion, improve safety and build our economic future.

The Budget includes **substantial measures to encourage more R&D and onshore manufacturing.**

The Budget also includes further investment in dams and irrigation projects and technologies to reduce greenhouse emissions.



KEEPING AUSTRALIANS SAFE

The Government is providing an additional \$1.9 billion over the decade to **strengthen our national security**, law enforcement and intelligence agencies.

To be prepared for a world that is less stable and more contested, the Government is also investing \$270 billion over 10 years in our defence capability.



PROTECTING OUR ENVIRONMENT

Australia's emissions are now 19% lower than in 2005 and are at their lowest level since 1995. We have the world's highest uptake of rooftop solar.

In this Budget we are investing a further \$1.6 billion to fund priority technologies, including clean hydrogen and energy storage.

The Morrison Government is also investing in upgrading recycling capabilities. The Budget includes \$100 million in additional funding to protect our oceans.



BUDGET BENEFITS FOR FLYNN



Further tax relief this year for 53,200 local taxpayers



2,500 local apprentices already supported by wage subsidies



19,300 local businesses can benefit from investment incentives



A further \$2 billion for Queensland infrastructure, including Bruce Highway upgrades



880 local families will benefit from more Child Care Subsidy



201,143 local telehealth services through Medicare, since start of pandemic



Ken O'DOWD MP
Federal Member for Flynn

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kenodowd.com.au KODowdMPFlynn



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



Gladstone Central State School CELEBRATES 160 YEARS

WHEN GLADSTONE CENTRAL STATE SCHOOL (GCSS) FIRST OPENED IN 1861 THE TOWN HAD A POPULATION OF JUST 215 PEOPLE.

By the time the school's first building was completed in 1863 there were 69 children enrolled, although attendance was low as parents had to pay school fees because education was not compulsory under the National Schools System.

Fast forward 160 years and GCSS has grown to a vibrant, multi-cultural community of over 350 students.

Principal Leanne Martin said while GCSS, which is the third-oldest state primary school in Queensland that is still open today, was built on tradition it was focused on ensuring that students are ready for the future.

"At Gladstone Central dedication to academic excellence goes hand-in-hand with individual care for each student," she said.

"History and tradition meets innovation and creativity, with our values of caring community underpinning an education of the whole person – intellectual, emotional, physical, cultural and social.

"We are proud of our reputation as a great school, but we are even prouder of our children, and it's a privilege to teach and nurture them in concert with

their families.

"We feel intensely fortunate to be involved in their lives, in this our 160th year, and look forward to many more in the future beyond."

As part of the 160-year celebrations in Term 2, students got to dress in period clothes and take part in traditional activities such as story writing using a slate or nib and ink.

"We thank the Calliope Historical Society for the loan of traditional student desks and antique teaching resources," Leanne said.

"Students thoroughly enjoyed the opportunity to learn what it would have been like to be a student in the late 19th century."

Gladstone Central State School is holding a Prep 2022 Morning on July 29 for those interested in learning more about the school.

Book your place by emailing admin@gladstonecentralss.eq.edu.au or phoning 4979 7222.



Rules for Teachers (1879)

1. Teachers each day will fill lamps and clean the chimneys before beginning work.
2. Each teacher will bring a bucket of water and a scuttle of coal for the day's session.
3. Make your pens carefully. You may whittle nibs to the individual taste of the children.
4. Men teachers may take one evening a week for courting purposes or two evenings a week to attend church regularly.
5. After ten hours in school, you may spend the remaining time reading the Bible or other good books.
6. Women teachers who marry or engage in unseemly conduct will be dismissed.
7. Every teacher should lay aside, from each day, a goodly sum for his benefit during his declining years so that he will not become a burden on society.
8. Any teacher who smokes, uses liquor in any form, frequents pool and public halls, or gets shaved in a barbershop, will give good reason to suspect his worth, intention, integrity, and honesty.

LOCAL AUTHOR BOOK NOOK

The Sock Monster by Jay Lee

THE MYSTERY OF THE MISSING SOCK IS NO MORE IN THIS COMPELLING ADVENTURE FOR LITTLE ONES AND THEIR PARENTS.

Beautifully illustrated, join Stuart on his first adventure through the washing machine!

A great book for young readers, but a fun story for all.

Detailed illustrations that capsule the imagination of the reader, allowing something new to be found during every read.

The Sock Monster is the first in a series of picture books called Adventures of Stuart the Sock, and is available for purchase from Gladstone City Library, or for loan from any of any Gladstone Regional Library.

"Such a relatable story of the sock monster. Paired with creative illustrations, it makes such a great children's book" – what the readers say.



HERE IN HISTORY *Gladstone Harbour's Tug Boats*

by Betty Laver

THE ADVENT OF THE ALUMINA REFINERY BOUGHT DEVELOPMENT TO THE PORT AND THE DEPARTMENT OF HARBOURS AND MARINE WAS INSISTENT THAT THERE BE ADEQUATE TOWAGE FOR SHIPS USING THE HARBOUR.

Tugs were named after local important places and could undergo a name change so as not to be confused with the names of ships entering the harbour.

There were two companies who stationed tugs in the Gladstone Harbour, and these were the tug construction company of Stannard Brothers and Howard Smith Industries.

Stannard Brothers constructed two tugs, the "Gladstone" and "Milton" by 1966, and they were both put into service, being a marked improvement on the small tug owned by the Harbour Board. The Australian Towage Services, operating for the Stannard Brothers, upgraded their fleet by adding the "Yarwun" in 1969, although the "Milton" was then transferred to Mackay.

Howard Smith Industries had been in the towage business since 1875 and, late in 1967, the newly launched tug "William R Golding" arrived in Gladstone.

This was the largest tug in operation in Australia at this time.

In September 1971, it towed the fully loaded 45,000-ton, disabled tanker "Tank Rex" from the Torres Strait to Gladstone. The crew of this tug was Bill Richardson, Derek Brown, Ron Read, Dave McLure, Des Smith and George Thompson.

The fleet increased when the Howard Smith Company bought the "Tom Tough". They were the largest operator in Gladstone and HR Hornibrook built a tug berth on Macfarlan Drive, near Barney Point, for them.

The Australian Towage Services kept their tugs at a berth at the rear of Auckland Point Wharf, but the tug operations were pooled in 1971.

Howard Smith Industries acquired the Stannard Brothers operations thus securing the monopoly on the tug service in the Gladstone Harbour.

Another large tug of 27 tonne pull, the "Rodds Bay" arrived in 1971 and the "Yarwun" was then transferred to Mackay.

In 1974 the even larger, 33 tonne pull, twin screw, "Wistari" replaced the "Tom Tough". In 1977 the "Polmaise", a tug with power and flexibility, was approved and the "Biloela" joined the fleet in the early 1980's.

With the harbour capacity increasing over the years so has the size and number of tugs to control the massive volume of shipping in the Gladstone Harbour.

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Gladstone local Natalya Diehm's OLYMPIC JOURNEY



FREESTYLE BMX IS THE GYMNASTICS OF EXTREME SPORTS, AND TOKYO 2020 MARKS ITS FIRST EVER APPEARANCE AT THE OLYMPIC GAMES.

"If you can imagine a gymnast doing somersaults and spins, then that's exactly what we do, but with a bike, and generating speed from 7-12ft ramps," is how Gladstone local and Olympic hopeful Natalya Diehm describes it.

Natalya, who started in the sport at age eight at a local skatepark on her ride home from school, is the first and only Australian woman to compete in an Olympic Freestyle BMX event.

"It is such an honour to represent not only Australia, but the sport of Freestyle BMX," she said.

"Getting the opportunity to showcase our sport to the world on the biggest platform is something I never thought possible.

"There are so many ways I can try and describe my feelings toward earning my spot for Tokyo. I am so proud, honoured,

excited, nervous, overly-happy, grateful, but also some sense of relief or calmness in knowing that all my hard work, bad days and struggles have paid off."

Natalya's journey to the Olympics hasn't always been smooth sailing and didn't begin until the end of 2018 while she was recovering from her fourth ACL surgery to her right knee.

"I always strived to turn my dream into a reality of riding my bike professionally, but with many broken bones and knee operations it was hard to make that happen," she said.

"There are no major contests for Freestyle BMX here in Australia, so you have to travel internationally to be able to compete.

"Trying to juggle working full-time to try to save the money and train wasn't easy, I was working nights at The Young Australian Hotel just to be able to ride during the day.

"Without the support from my family I wouldn't have even made it to my first Olympic qualifying contest, and from there I was able to use the prize money, and my tax return, to make the next.

"Trying to qualify for Tokyo wasn't easy, and I couldn't have done it alone, but I wouldn't change it for the world.

"This isn't just my Olympic journey though, it's my family's too, they have all sacrificed so much that I will never be able to repay them."

Natalya soared in 2019, firstly winning the 2019 Vans BMX Pro Cup, which featured events in USA, Australia, Germany and Mexico.

Later the same year, while on her Australian Team debut at the Urban World Championships in China she finished sixth.

In November 2019 she won the inaugural

Oceania Championships, before adding a maiden Australian National title to her resume.

BMX freestyle cycling competitors will compete in the Park discipline, which sees riders execute tricks on obstacles such as walls, box jumps and spines, at the Tokyo Games.

Competitors will be given 60 seconds to perform acrobatic tricks and skills, with tricks scored on multiple aspects, including difficulty, originality, execution, height and creativity.

The competition will take place over July 31 and August 1 and will be screened here in Australia on Channel 7.

Be sure to follow Natalya on Instagram to keep up-to-date with her Olympic journey.





CENTRAL FC *need your support*

CENTRAL FC PREMIER LEAGUE WOMEN'S TEAM ARE THE FIRST GLADSTONE TEAM TO MAKE IT TO THE QUARTER-FINALS OF A STATE-LEVEL FOOTBALL COMPETITION – FOOTBALL QUEENSLAND'S KAPPA WOMEN'S SUPER CUP.

The draw sees them face the Townsville Brothers FC in Townsville on July 17, and the team of 16 dedicated women need your support to make that happen.

"It is estimated that the cost of travel to Townsville and accommodation will cost the team about \$10,000," Club Secretary Julie Porter said.

"The ladies have been working extremely hard to raise the funds necessary, but we would be extremely grateful if any local businesses would like to come onboard as sponsors.

"Support means the ladies can participate in this competition, which will give Central Queensland representation at a state level, and support Football Queensland's Kappa Women's Super Cup for future generations of women in football."

Most of the Central FC Premier League Women's Team, which is made up of women aged 17-40+, played together last year in the Local Division 1 Women's Competition.

"After they won the Premiership last year they made the decision to step up to the Premier League Competition this year," Julie said.

"Their awesome results in the Kappa Women's Cup is a direct result of the hard work they have put in at training this season under the guidance of Coach Marty Emerson.

"Marty has concentrated on bringing the team's fitness up to the standard needed this year, and has been working diligently on a number of set moves which has resulted in a very effective attacking style of football."

For more information on how you can support the Central FC Premier League Women's Team contact the club on centralfcgladstone@gmail.com.

Local gymnastics coach heading to Tokyo Olympics

LOCAL GYMNASTICS COACH KYM DOWDELL IS HEADING TO JAPAN THIS MONTH TO TAKE PART IN HER NINTH OLYMPIC GAMES.

The Gladstone Gymnastics Club (GGC) TED (Technical/ Education/ Development) Manager will be a member of the Superior Technical Jury for the Women's Artistic Gymnastic Competition and will oversee the judging on all apparatus at the Tokyo event.

"I am very excited that the games are proceeding, and that all the athletes will get the opportunity to perform," Kym, who was the Competition Manager for Gymnastics for the 2000 Sydney Olympics, said.

Kym, and her husband Peter, have been working with the team at Gladstone Gymnastics Club for the past 11 months, which has seen huge success for local gymnasts across all levels.

GCSS Business Manager Amy Dew said Kym's extensive knowledge, experience and love for the sport of gymnastics makes her the perfect coach to mentor young gymnasts.

"Kym grew up as an athlete before moving into coaching, to running events, to being the CEO of Gymnastics

Queensland and a member of the Federation of International Gymnastics Committee judging at Olympic Games," she said.

"She wants nothing but the best for our gymnasts, the club and the sport, and her eagerness to pass down her knowledge and experience is to be commended.

"She is a true ambassador for the sport of gymnastics and we're so fortunate to have her as a part of our team."

The Summer Olympics will take part in Tokyo, Japan from July 23 to August 8, and will be streamed in Australia on Channel 7.

The Gladstone Gymnastics Club has grown from humble beginnings, established in 1977 by Anna Turetschek with just 12 budding females, to the largest gymnastics club in Central Queensland with over 700 members.

For more information visit www.gladstonegymnastics.org.au





Tasty and healthy food choices for our communities

For over three years the Tucka-Time Program has been teaching Aboriginal and Torres Strait Islander students and youth that meal preparation and cooking can be fun!

Aimed at increasing knowledge and skills around a healthy lifestyle, the program encourages improved nutrition through better food choices in the home, increased physical activity and general wellbeing.

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