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GLADSTONE NEWS

TAKE ME, I'M FREE!

ISSUE 324
19th February, 2026



GCLA

BEYOND ORDINARY

Caring for Gladstone

Supporting Our Community Through Allied Health Services

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Gladstone Area Water Board



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FISH OF THE MONTH WINNER

Congratulations Jake Barker on catching a Queen Fish!

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

DID YOU KNOW?

Queenfish are lightning fast hunters! They can burst through the water at incredible speeds to chase down baitfish and they're known for launching themselves in to the air when hooked!



WHAT'S ON IN *Gladstone*

From 5th March 2026



Vinyasa Yoga in the Park

7TH MARCH 2026

Join the free 45min session with Rituwell Club, bring a mat and come as you are.

Each attendee will receive a free coffee from local food vendor Dejabrew.

BYO Mat and water. Bookings essential.

When: Saturday 7th March, 8:00am – 9:00am

Where: Millennium Esplanade, Tannum Sands, 4680

Cost: FREE, Bookings required



Gladstone Field Archers - Come and Try Day

8TH MARCH 2026

All equipment is provided with a free sausage sizzle. Come and try day, \$10 pp or \$20 family.

8-8.30am for a 9am start.

When: Sunday 8th March 8:30am to 12:00pm

Where: Gladstone Field Archers, Awoonga Dam Road, Benaraby, 4680



Vibe and Stride (Community walking group)

15TH MARCH 2026

Join us for a free Sunday afternoon community walking group.

Hosted by the Gladstone Region's Neighbourhood Centre Connected Youth Group, this initiative aims to create safe, relaxed spaces where young people can walk it out, talk it out, or enjoy good vibes in great company.

Register for the Vibe and Stride walking group via the Heart Foundation.

When: Sunday 15th March 4:00pm – 5:00pm

Where: Meet at the waterfall at East Shores. East Shores, Flinders Parade, Gladstone Central, 4680

Bella THE *Brave*

Run for a Cure

Sunday, 19 Apr 2026, 6am - 11am
Millenium Esplanade, Tannum Sands

This is a family friendly event that aims to cater for all ages and abilities with four distances to choose from: 2.5km, 5km, 10km and 21.1km.

Scan the QR code
now to register!



Proudly supported by



CARING FOR GLADSTONE

Supporting Our Community Through Allied Health Services

Providing Care Since 1977!

Gladstone Community Linking Agency is a not-for-profit organisation and a registered NDIS provider and approved aged care provider, delivering quality aged care and disability services. Established in 1977, we have proudly served the local community for 49 years. We are dedicated to empowering the lives of people with disabilities and seniors, walking alongside our customers to provide the support and opportunities they need to live life their way.

Our priority is ensuring individuals and families have access to the right support, at the right time, and in the right way. We don't just offer services; we create opportunities for people to thrive in an environment of inclusion, respect, and dignity.

At GCLA, we believe in innovation and continuous improvement. We are always looking ahead, exploring new ways to enhance quality of life, and ensuring every service we provide reflects the needs, goals, and choices of the people we support.



Commitment to Growing

Building on this commitment to innovation and person-centred care, Gladstone Community Linking Agency is proud to expand its support for the region through the introduction of new Allied Health services. These services have been introduced in response to identified community needs, bringing essential supports already available in other areas - such as speech pathology - directly to our local region. Below is an overview of the new Allied Health services now available to NDIS participants and Aged Care clients in our community.



Exercise Physiology:

Offers a range of engaging group classes to help seniors stay active, improve strength, balance, and mobility, and enhance overall wellbeing. Programs include Aquafit, a low-impact water exercise class in a heated hydrotherapy pool; Forever Fit, a fun, circuit-based class to boost strength, balance, and bone density; and Chair Fit, a gentle seated and standing exercise program suitable for all fitness levels. Classes are designed to be adaptable and supportive, helping participants enjoy exercise safely while promoting independence and confidence.



Speech Pathology:

Our Speech Pathology is now available via Telehealth, with quarterly face-to-face visits, providing convenient, flexible, and accessible care for all ages. Our evidence-based sessions support communication and swallowing needs in real time via a secure video platform, offering the same professional outcomes as in-person appointments. Telehealth ensures consistent care, saves travel time, and includes personalised therapy plans with regular progress updates.



Our team at GCLA can support you in connecting with government funded services, either through My Aged Care or NDIS.

Our dedicated intake team is ready to assist, providing guidance to navigate the process and assess your potential eligibility.



Personal Care



Nursing Services



Support at Home Program



Social Support



Supported Independent Living (SIL)



Daily Living



Occupational Therapy

What is Occupational Therapy?

Occupational Therapy (OT) supports people to participate in the everyday activities that matter most to them.

Our OT service works collaboratively with you to:

- Set meaningful, personalised goals
- Overcome physical, emotional, and environmental barriers
- Build confidence, safety, and independence in daily life

We provide client-centred, evidence-based, and holistic care across the lifespan.

Our Occupational Therapy is now available both face-to-face and online via Telehealth, making quality care more convenient, flexible, and accessible for all ages. Our evidence-based sessions support daily living skills, motor development, sensory and emotional regulation, school and work participation, and building confidence and independence. Delivered in real time via a secure video platform, Telehealth OT allows clients to access expert support from home, saving time and travel costs, maintaining consistent care, and providing personalised therapy plans with regular progress updates.



Areas of Practice

Our Occupational Therapists support a wide range of needs, including:

- ✓ Autism Spectrum Disorder (ASD), ADHD & neurodiversity-affirming practice
- ✓ Psychosocial therapy
- ✓ Mental health support
- ✓ Sexual health education & psychosexual therapy
- ✓ Paediatrics and aged care services
- ✓ Occupational and vocational rehabilitation
- ✓ Capacity-building for physical conditions
- ✓ Physical, neurological, and cognitive rehabilitation
- ✓ Hand therapy



Telehealth Services

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Respite: Day, In Home or Overnight Care



NDIS Support Coordination



NDIS Plan Management



Reablement



CHSP



Fee For Service



Proposed Gladstone SDA Energy Hub

UPDATE PRESENTED TO COUNCIL

Representatives from Private Energy Partners have provided Gladstone Regional Council with an update on plans for the ambitious Gladstone SDA Energy Hub, outlining key milestones and the project's emerging role in supporting local energy infrastructure.

The presentation, delivered at the Council's 17 February 2026 meeting, offered a detailed look at the proposed multi-stage facility, which aims to combine energy generation and storage technologies within the Gladstone State Development Area (SDA). The proposed hub includes open cycle gas turbines, synchronous condensers and large-scale battery storage capable of stabilising the network, helping ensure reliable power supply for industry and supporting future growth in the region.

Private Energy Partners senior representatives explained that the project's planning and design phases are well underway, with the SDA application lodged with the Queensland Coordinator-General in December 2025 and confirmed as properly made in January 2026. Federal approvals are also progressing, and the development is expected to come before Council later in the year as part of the local assessment process.

According to the presentation, Stage 1 construction is targeted to begin in mid-2027, with operations planned to start by early 2029. Future stages will be phased over subsequent years, contingent on transmission upgrades and continued approvals.

The hub is planned for appropriately zoned land within the SDA, strategically positioned near existing gas, electricity and road infrastructure. Organisers say careful site selection minimises impacts to nearby residential areas while maximising integration with the state's energy network.

Private Energy Partners also highlighted ongoing community and stakeholder engagement, including voluntary social impact assessments and local information sessions. A community information session is scheduled for 12 March 2026, aimed at sharing project details and listening to local feedback.

The Energy Hub is pitched as a long-term, dispatchable energy solution that could support Gladstone's existing industrial base and future development, integrating gas generation with large-capacity battery storage to strengthen grid stability.

As planning progresses, both Council and the developer emphasise community involvement and careful consideration of environmental and economic impacts, with further updates expected as the application moves through assessment and approvals.



2026 Combined Schools Musical

Disney and CAMERON MACKINTOSH's

MARY POPPINS

THE BROADWAY MUSICAL

©Disney/CML



2-15 MARCH

NEW SHOW ADDED - 13 MARCH

Everyone's favourite practically perfect nanny takes the stage in this supercalifragilisticexpialidocious musical adventure.

Adapted from the beloved stories by PL Travers and the original film; the world's favourite nanny comes to life on stage in the 2026 Combined Schools Musical.

At its heart MARY POPPINS is a story about family and the infinite possibilities that lie within us all. It's time to rediscover the undeniable magic of one of the world's most loved tales and show new generations that anything can happen... if you let it.



Book Now

FAST FUN FACTS

165 AUDITIONED ACROSS TWO DAYS

72 SUCCESSFUL CAST MEMBERS

8 LEAD ROLES
15 MINOR LEADS

14 49

SCHOOLS ENSEMBLES

OUR MUSICAL DIRECTOR

HAS BEEN INVOLVED IN TWELVE COMMUNITY AND COMBINED SCHOOLS MUSICALS



New Modular Hospital

TO DELIVER MAJOR HEALTH BOOST FOR GLADSTONE



Central Queensland Health has confirmed a major boost for Gladstone’s healthcare services, with a new modular hospital to be built on the Gladstone Hospital campus.

The purpose-built facility will expand clinical capacity and deliver modern treatment spaces designed to meet the region’s growing health demands. It will be constructed adjacent to the West Wing (former Mater Hospital) and will connect directly to the existing hospital.

Central Queensland Health Chief Executive Lisa Blackler said the project reflects the State’s commitment to ensuring Gladstone residents can continue to access high-quality care close to home.

“This facility will ensure the community continues to access safe, high-quality care in environments designed for modern healthcare delivery,” Ms Blackler said.

The development is aimed at addressing pressures linked to ageing infrastructure, while also supporting long-term planning for the hospital’s future.

The modular hospital will feature:

- 40 inpatient beds, including palliative care, bariatric and isolation rooms
- A five-bed high dependency unit



- Six renal dialysis chairs
- Dedicated staff and administration areas
- Family lounges and a rehabilitation gym
- Space for future expansion

Gladstone Hospital General Manager Anita Pierantozzi said the additional infrastructure would significantly strengthen frontline services.

“This development strengthens our ability to deliver high-quality care in modern facilities while long-term planning continues,” she said.

Once complete, the project will deliver more than 2,500 square metres of additional clinical space. Construction is expected to be finalised by mid-2027.

Health authorities say any future changes on the campus will be carefully planned and communicated with staff and the wider community as the project progresses.

Gladstone Tourism Operators

SECURE MAJOR FUNDING BOOST

Two Gladstone Region tourism operators are celebrating a significant win after being successful in the first round of the Queensland Government's Regional Tourism Infrastructure Fund, delivering a welcome boost for the local visitor economy.

Local operators 1770reef and Traveller's Rest 1770 have both secured funding to support the development of their tourism projects, helping to strengthen the region's appeal and enhance the overall visitor experience in the Southern Great Barrier Reef.

The successful applications place the Gladstone Region firmly on the map as a growing tourism destination, with investment flowing into experiences and infrastructure that support sustainable growth and long-term benefits for local businesses and communities.

As part of the first funding round, more than \$7.6 million was awarded to 30 regional tourism projects across Queensland from the \$20 million Regional Tourism Infrastructure Fund. The program is designed to support new and upgraded tourism experiences that encourage visitation, create jobs, and help tourism operators expand and improve their offerings.



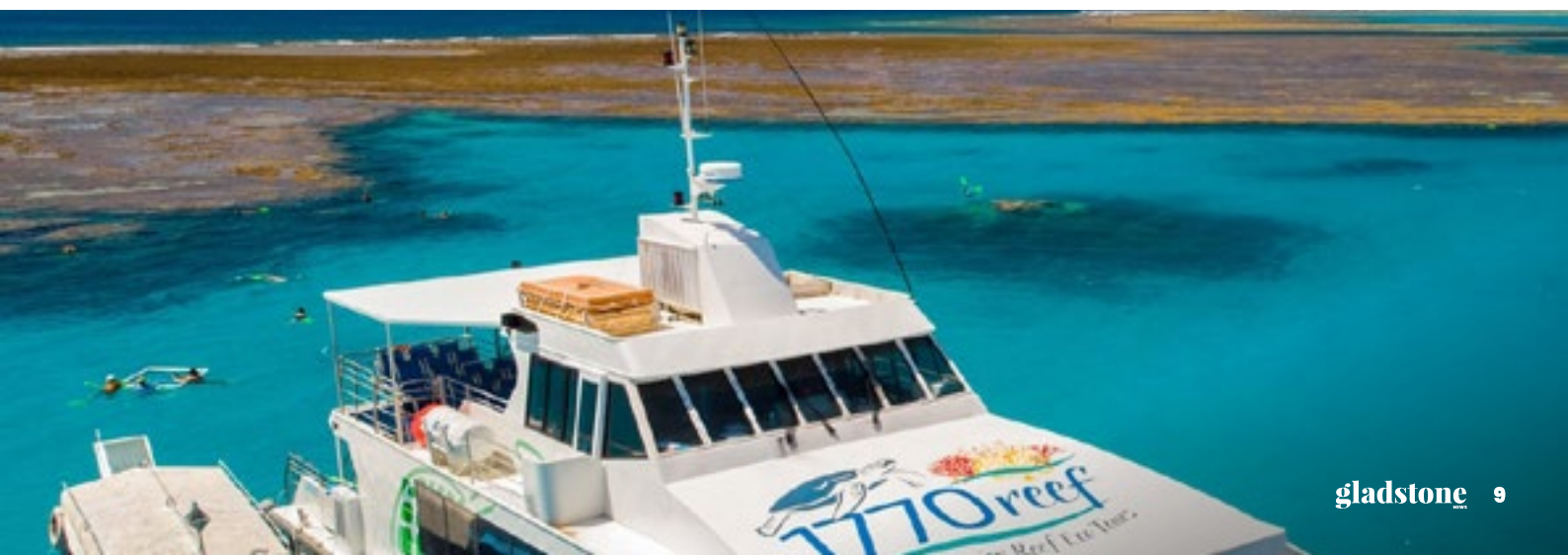
The funding supports a wide range of initiatives, from accommodation upgrades and nature-based tourism experiences to infrastructure improvements that enhance accessibility and visitor comfort. For regions like Gladstone, these investments play a vital role in attracting travellers, extending visitor stays, and increasing local spending.

The Regional Tourism Infrastructure Fund forms part of the Queensland Government's long-term Destination 2045 tourism plan, which focuses on growing the state's tourism industry while delivering world-class experiences across regional and remote areas. The plan recognises tourism as a key economic driver and prioritises investment that supports both industry growth and community outcomes.

With the Southern Great Barrier Reef continuing to attract interest from domestic and international travellers, funding outcomes like these are expected to generate flow-on benefits for accommodation providers, tour operators, hospitality businesses and local suppliers throughout the Gladstone Region.

Tourism operators are also being encouraged to prepare for future opportunities, with the next round of the Regional Tourism Infrastructure Fund expected to open later this year. Further details will be shared once applications officially open, offering more local businesses the chance to access funding and contribute to the region's growing tourism story.

More information about the fund and upcoming rounds is available through the Queensland Government.



Gladstone Mum Proves It's Never Too Late

TO START A TRADE



“If you ever catch yourself thinking, ‘that’s a man’s job,’ rethink it and just reach for it.”

In a region built on industry, resilience and rolling up your sleeves, one Gladstone mum is showing that it’s never too late to back yourself.

At 35, with four sons and a career spanning roles across both the private and public sectors, Maddison Beahan has stepped into a new chapter starting an apprenticeship as a Gas Transmission Technician right here in Gladstone.

For Maddison, the decision wasn’t impulsive. It was something that had been sitting in the background for years.

Learning a trade had always been on her radar, but like many women of her generation, it never felt like a visible option during her school years. Trades were male-dominated, rarely promoted to girls and seldom presented as an equal pathway alongside university or administrative careers.

“When I was at school, trades just weren’t marketed to girls in the same way,” she said. “You didn’t really see women being encouraged into those pathways, so it never felt like a real option.”

Ironically, it was working alongside apprentices at one of Gladstone’s gas plants that reignited the idea. Having supported trainees through their journeys in previous roles, she gained a front-row seat to what an apprenticeship could offer.

“It’s a full circle moment,” she said. “I’ve helped others through their apprenticeships, and now I’m doing one myself. When I saw the role advertised, I thought, if I don’t try now, I probably never will.”

Her leap into the trade comes at a time when the landscape is clearly shifting. Women now make up 32 per cent of the 2026 apprentice intake, a notable increase on the previous year, and this year’s gas apprentice intake is entirely female.

For a region like Gladstone, long known as a powerhouse of heavy industry and energy production, that shift matters. It reflects not only changing attitudes but growing opportunities for local women to see themselves in roles that once felt out of reach.

“To see other women starting at the same time is fantastic,” Maddison said. “It really shows that things are changing. There’s a genuine opportunity there now, and it feels like the door is finally open.”

Maddison isn’t stepping into unfamiliar territory. She has worked across all three of Gladstone’s gas plants, as well as in stores and logistics roles handling tools and equipment. That experience, she says, has given her confidence and perspective.

“I don’t feel like I’m walking in blind. I’ve seen how apprenticeships run from the other side and I’ve worked around gas plants and tools before. That makes it less daunting.”

She is drawn to the hands-on nature of the work and the variety each day brings. In a region at the forefront of gas production and emerging energy technologies, the opportunity to learn on the ground in Gladstone carries particular significance.

“Every day is different, and you’re learning skills you’ll have for life,” she said. “Gladstone is such a hub for gas and emerging energy technologies, so to be learning here, where new processes and technologies are being tested, feels pretty special.”

As a mother of four boys, Maddison is also quietly reshaping what the next generation sees as possible. Her decision sends a powerful message, not just to her sons, but to the broader community that careers are not confined by age, gender or expectation.

In a town that prides itself on hard work and opportunity, her story is a reminder that it’s never too late to change direction, take a chance or pursue something that once felt out of reach.

And in Gladstone, that door is more open than ever.

Community Investment Program

CONNECT COMMUNITIES FUND

Gladstone Regional Council is set to consider funding recommendations for the Connected Communities Fund as part of its Community Investment Program.

Under Round 1 of the 2025/26 funding stream, Council received six applications seeking support for a range of community-focused projects across the region. Following a detailed assessment process, the Community Investment Panel had recommended that funding be awarded to the Gladstone Tennis and Squash Association for a major infrastructure upgrade.

The panel has recommended \$77,000 in funding to support the upgrade of Courts 12-14 for dual-purpose use, a project aimed at improving facilities and increasing community access. If endorsed, Council will also authorise the Chief Executive Officer, or delegate, to finalise and execute the funding agreement with the successful applicant.

The Connected Communities Fund is designed to support higher-cost, higher-risk projects that align with Council's Community Development Strategy and deliver strong community outcomes. Projects must demonstrate clear need, strong planning, and a minimum 30 per cent co-contribution from applicants.

Applications were assessed by a panel comprising a Councillor representative and two Council officers,

moderated by the Manager Community Partnerships. Proposals were measured against key criteria including community impact, demonstrated need, evidence-based practice, collaboration, financial sustainability and capacity to deliver.

Of the six applications received, three were deemed ineligible due to not meeting funding guidelines. Three eligible applications progressed to assessment, with two shortlisted to present directly to the panel. One proposal was not progressed due to insufficient project readiness and was encouraged to reapply in a future round.

Council officers noted that the assessment process aligns with Council policy, manages reputational and financial risk, and ensures funding decisions support long-term community benefit.

The Connected Communities Fund supports Council's broader corporate goals of strengthening local communities and delivering value for ratepayers, with a strong focus on collaboration, accountability and sustainable outcomes.

A final decision on the funding recommendation will be made by Gladstone Regional Council at its February meeting.

PROUD OF GLADSTONE

Part of the Gladstone community, now and into the future



Since 2010, we have been a part of the Gladstone community and are proud to stand behind initiatives that make a real difference, like the Capricorn Helicopter Rescue Service.

In FY2025 alone, the CapRescue team:

- Flew 977 hours
- Rescued 432 people
- Completed 15% of total Central Queensland rescues in the Gladstone region

Together, we are helping keep our region safe.

ConocoPhillips is the largest shareholder in Australia Pacific LNG (APLNG), and operates the APLNG facility on Curtis Island. We value our trusted relationship with the local community.

www.conocophillips.com.au



Annual Gladstone News Easter Colouring Competition

Easter fun is back, and Gladstone News is inviting local kiddies to get creative with our much-loved Easter Colouring Competition.

Designed to celebrate imagination and creativity, the annual competition gives young artists the chance to show off their colouring skills while going in the draw to win some yummy prizes.

The competition opens on Thursday 6th March and runs until Thursday 26th March, with winners announced on Thursday 2nd April.

Entry is easy, simply collect a colouring sheet, fill in the required details, and drop the completed colouring page back to Gladstone News at Shop 12, 100 Goonoon Street, Gladstone.

To ensure everyone has a fair chance, entries will be judged across two age categories:

0-8 years

9+ years

With prizes awarded for 1st, 2nd, 3rd and 4th place in each category, there are plenty of opportunities for participants to take home a special Easter surprise.

Families are encouraged to grab the crayons, pencils or markers and enjoy a fun, creative activity. For updates, key dates and announcements, locals can visit the Gladstone News office or keep an eye on our social media pages.

Happy colouring and good luck!

Paint the Port Art Competition 2026

Calling all creatives!

Gladstone Ports Corporation is calling for participants in the annual Paint the Port Art Competition and Exhibition.

ARTWORK SUBMISSION

Artwork must be submitted in person on Friday, 8 May or Saturday, 9 May 2026. Submit directly to the ARTmatters Gallery.

EXHIBITION

Artwork will be exhibited from Thursday, 21 May to Thursday, 19 June 2026 at the ARTmatters Gallery, 3 Pitt Street, Gladstone.

For further information scan the QR code or visit gpcl.com.au



COLOURING COMPETITION! 0 - 8 YEARS OLD

NAME:

AGE:

PARENTS NAME & CONTACT NUMBER:



COLOURING COMPETITION! 9+ YEARS OLD

NAME:

AGE:

PARENTS NAME & CONTACT NUMBER:



Finding Joy Close to Home:

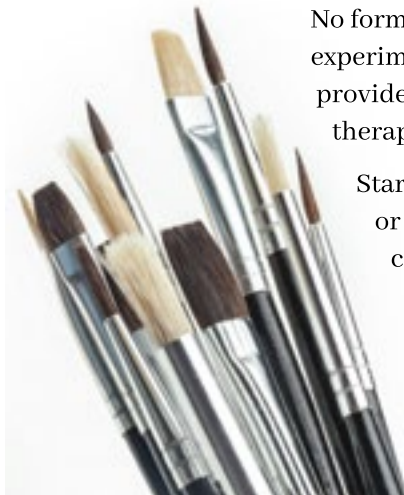
OUR GUIDE TO STARTING A NEW HOBBY

Amid the busyness of work, family, and daily life, it's easy to forget the importance of making time for ourselves. Hobbies are more than just pastimes, they keep our minds active, reduce stress, and strengthen community connections.

Across Gladstone, more residents are discovering the simple pleasure of learning something new, often close to home and without spending a fortune. Supporting local businesses and community groups while exploring a hobby benefits both personal wellbeing and our regional economy.

JOURNALING

Journaling is one of the easiest and most affordable ways to start. A notebook and pen, readily available from local suppliers are all you need. Beyond recording daily events, journaling helps clarify goals, process thoughts, and spark creativity. Many turn their journals into personal keepsakes with sketches, photographs, or decorative touches.



PHOTOGRAPHY

Gladstone's stunning coastline, parklands, and sunsets make photography a perfect hobby. Most smartphones are more than capable of capturing breathtaking images, letting you explore your surroundings with fresh eyes. From community events to waterfront sunrises, photography encourages mindfulness while preserving memories.

PAINTING

Painting is a creative outlet growing in popularity. No formal training is required, just a willingness to experiment. Local art supplies and community classes provide spaces to learn, meet others, and enjoy the therapeutic act of putting brush to canvas.

Starting a new hobby doesn't need to be complicated or costly. It can begin with a notebook, a brush, or a camera. By exploring new interests, you invest in your wellbeing while supporting the businesses and groups that make our region thrive. Who knows, the hobby you try today might become your favourite way to unwind tomorrow.

GLADSTONE PICTURE FRAMING AND ART MATERIALS

Did you know we do more than just framing?

We also stock a wide range of art supplies to support all your creative projects, including:

- Watercolours
- Acrylic paints
- Oil paints
- Paint brushes
- Painting mediums
- And so much more!

Shop local, support local, and invest in your own creative talent.



Contact us today!

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Sales of New Homes

JUMP IN JANUARY

Australia's new home market has started 2026 on a strong note, with sales rising sharply in January and signalling continued momentum in detached housing construction.

According to the latest New Home Sales report from the Housing Industry Association, sales of new homes increased by 19.3 per cent in January 2026, reinforcing the steady recovery seen throughout the past year.

HIA Senior Economist Maurice Tapang said the result confirmed that demand for detached housing remains broad-based and resilient across the country.

While sales over the three months to January were relatively flat compared to the previous quarter, they were still 26.2 per cent higher than the same period a year earlier. Mr Tapang said this growth reflects the combined impact of interest rate cuts delivered through 2025, rising established home prices, low unemployment and ongoing population growth.

Importantly, the January figures were recorded before the February 2026 interest rate increase and do not yet reflect any direct impact from that decision. While the latest rate rise has introduced some uncertainty for the months ahead, borrowing

capacity remains stronger than it was a year ago, and current sales levels suggest new home construction is likely to continue increasing.

Demand pressures remain strong, driven by population growth and tight labour market conditions, which continue to push up established home prices and encourage buyers to consider building new homes instead.

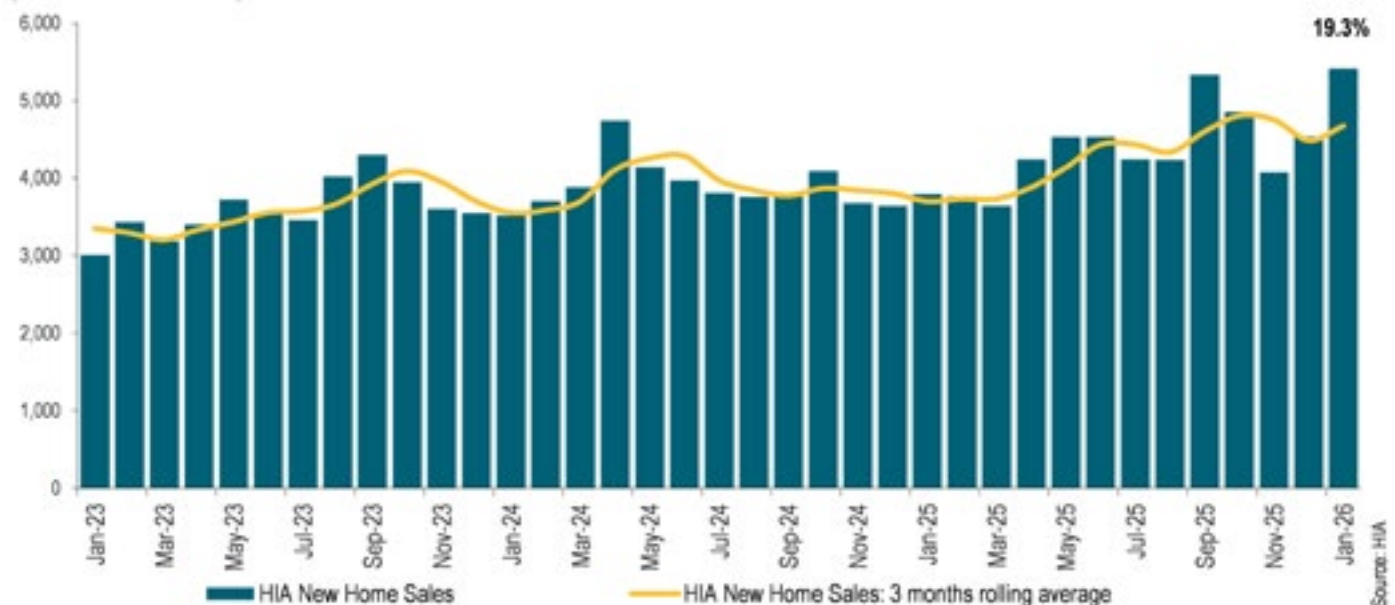
Over the past 12 months, new home sales have increased across all five major states. Queensland and South Australia continue to show solid growth, while Western Australia is beginning to experience some easing in capacity. Meanwhile, New South Wales and Victoria, which have lagged earlier in the cycle are now contributing more strongly to national growth.

Victoria recorded the largest monthly increase in January, with sales up 33.2 per cent. South Australia followed with a 22.9 per cent rise, ahead of Queensland at 18.2 per cent, Western Australia at 6.9 per cent and New South Wales at 2.6 per cent.

Mr Tapang said the data points to a housing market that, while facing new challenges, continues to show underlying strength as 2026 gets underway.

Private new home sales - Australia

(SEASONALLY ADJUSTED)



Information & graph from: <https://hia.com.au/our-industry/newsroom/economic-research-and-forecasting/2026/02/sales-of-new-homes-jump-in-january>



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Two New Reflection Seats

UNVEILED AT ANZAC PARK



A meaningful addition has been made to ANZAC Park, with the installation of two new reflection seats honouring Australia's armed forces, past, present and future.

The seats, donated by the local club, provide a dedicated place for quiet reflection and remembrance. Positioned near the cenotaph, they will be used during commemorative services and ANZAC events, while also remaining available year-round for community members wishing to pause and reflect on the service and sacrifice of Australia's brave men and women.

The project was made possible through the collaboration of several local contributors.

Plasma Art was acknowledged for its high-quality workmanship and the safe delivery of the seats, while club members Len and Graeme volunteered their time to complete the installation.

Support from Gladstone Regional Council was also instrumental, working closely with the club to approve the placement and assist with laying the concrete foundations.

The reflection seats are intended not only as functional seating but as a lasting symbol of respect, gratitude and remembrance within the heart of Gladstone. Community members are encouraged to visit ANZAC Park, see the new installation for themselves and share their thoughts on this thoughtful tribute.

Meet the Team



We have updated our office hours:

Monday: 9:30am – 5:00pm **Tuesday to Friday:** 9:30am – 4:00pm

We remain committed to providing timely, friendly and reliable support for all your banking needs. Thank you for your continued trust — our team looks forward to assisting you during these updated hours.



Services available

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- ▶ Mobile banker (we come to you)



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Here in History

HORSES BEING EXPORTED FROM

GLADSTONE FOR THE INDIAN TRADE

Photo from Prizeman Family:
A ship exporting horses from Gladstone in the 1890's.

The breeding of horses for export to India and the Islands was a feature of development in the early years of Central Queensland and the district adjacent to Gladstone.

This trade developed to the extent that tens of thousands of horses from the far west and central districts were exported from this area. At times, horses were driven from Clermont right through to the yards at Auckland Point. The first shipment of horses from Gladstone was O'Connell's, and some of these perished on the ill-fated Sapphire in 1859.

Horses were also bred on Curtis Island for export in these early days and as no wharf existed in Gladstone prior to 1862, how these horses were loaded must remain a mystery.

The crush, which had previously been erected in Auckland Creek by the Queensland Government for the export of fat bullocks for London in 1895, was then employed in the loading of horses. The government undertook the financing of the provisions of a second crush, this time along the northern side of the wharf approach.

This allowed horses to be driven along two mobile crushes across the wharf and onto the ship. The horses were then stabled below and on deck. Horse yards were erected across the road leading to the wharf.

By *Betty Laver*

Honey-Butter Pork Chops With Rhubarb Sauce & Herby Peas

INGREDIENTS

2 cup roughly chopped rhubarb
1/3 cup plus 2 tablespoons sugar
½ stick cinnamon
4 tablespoon butter, softened
2 tablespoon honey
4 pieces bone-in pork chops
Salt and pepper
1 tablespoon canola oil
1 bag frozen peas
1/4 cup chopped herbs (I like a mix
of dill, mint, and chives)
Flaky sea salt, for topping

METHOD

1. Combine rhubarb, sugar and cinnamon in a small saucepan. Bring to a gentle bubble, then cook on medium for about 15 minutes, stirring occasionally, until broken down and thickened.
2. Mix butter and honey in a small bowl and set aside.
3. Heat a cast-iron pan over medium-high. Season pork chops with salt and pepper, add oil, and sear for about 6 minutes per side until cooked to 145°F (63°C). Stand on the fat edge for 1 minute, then remove, spread with half the honey butter and rest.
4. Add peas to the same pan and warm in the drippings for 2 minutes. Stir through herbs and season if needed.
5. Slice pork, top with remaining honey butter and flaky salt. Serve with rhubarb sauce and herby peas.

A happy mouth is a happy life

Every day, our mouths help us connect, express, and enjoy life's simplest joys. From sharing a meal to chatting with friends or laughing with loved ones, a healthy mouth makes every moment brighter. Every stage of life is brighter with a healthy smile, as it is strongly connected to overall well-being.

ORAL HEALTH FOR BABIES AND TODDLERS

A baby's mouth is where smiles, giggles, and first words begin. Keeping it healthy helps them grow, connect and explore the world with joy.

- Gently wipe your baby's gums after each feed using a clean, moist gauze pad or soft cloth.
- Use bottles only for breast milk, formula, milk, or water—never sugary drinks, including sweetened milk or water.
- Discourage thumb sucking, pacifier use, and sippy cups to protect oral development.
- Avoid putting your baby to bed with a bottle, as it can harm their teeth and gums.
- Begin regular dental visits as soon as the first tooth appears.
- Brush for two minutes, twice a day, using a smear of fluoride toothpaste (about the size of a grain of rice). Make sure one of those brushings is before bedtime.

ORAL HEALTH FOR CHILDREN AND TEENS

Strong healthy teeth help children and teens eat well, speak clearly, discover new tastes, and shine with confidence as they grow.

- Reinforce good oral health habits every day.
- Supervise toothbrushing twice a day with fluoride toothpaste until your child can brush properly on their own. Brushing before bedtime is especially important. Make sure children aged 3–6 use only a pea-sized amount of toothpaste.
- Make sure they clean between their teeth at least once a day using floss or interdental brushes, or as recommended by their dentist.
- Visit the dentist regularly to monitor tooth growth and alignment.
- Encourage healthy foods and limit sugary snack and drinks, especially in-between meals.
- Ensure that a properly fitted mouthguard is worn during contact sports and cycling.

ORAL HEALTH FOR CHILDREN AND TEENS

Your smile is a part of who you are. A healthy mouth supports your whole body and makes everyday moments brighter whether sharing a meal, chatting with a friend, or laughing with loved ones.

- Maintain good oral hygiene and visit the dentist regularly. Regular check-ups allow dentists to detect and treat problems early.
- Protect your smile by avoiding tobacco, limiting alcohol, reducing sugar, and following a healthy lifestyle.
- Eat well-balanced meals and replace sugary drinks with water. Frequent consumption of sugar throughout the day increases the risk of tooth decay.
- Wear a properly fitted mouthguard during contact sports and cycling.
- Take extra care when pregnant, as hormonal changes can affect oral health. It is important to schedule a dental check-up during pregnancy.



ORAL HEALTH FOR SENIORS

Healthy teeth and gums help you stay well, enjoy the foods you love, and keep your independence so you can live life to the fullest, with a smile.

- Preventive care is key to ageing well.
- Learn about oral health risks that come with ageing, such as dry mouth, and take steps to prevent them. Be aware that some medications and systemic conditions can also affect the mouth – discuss any changes with your dentist or doctor.
- Good oral hygiene, adequate nutrition, and regular visits to your dentist will help you: avoid pain and infections; avoid falls; enjoy healthy and diverse foods; avoid dry mouth.

At SV Dental, our team is committed to delivering high-quality, compassionate dental care to the Gladstone community. Each of our experienced clinicians brings a unique blend of skill, dedication, and patient-focused values, working together to create a welcoming and comfortable environment for every visit.

Get to know the professionals behind your smile and discover the expertise and care that set SV Dental apart.



**DR STEVIE DILLEY BDS,
FRACDS (GPD)**

Dr Stevie Dilley is a dedicated family dentist committed to evidence-based, compassionate care in Gladstone. A graduate of James Cook University, she has achieved Membership and Fellowship in General Dentistry with the Royal Australasian College of Dental Surgeons and is currently undertaking a Masters in Public Health and Health Care Leadership. She also works as an Associate Lecturer, maintaining strong ties to current research and best practice.

Dr Dilley provides a calm, supportive environment and follows a prevention-focused philosophy centred on long-term oral health. Proud to call Gladstone home, she values caring for local families with integrity and kindness.



DR SHAILY SHARMA BDS

Dr Shaily Sharma has over eight years' experience practising dentistry in Gladstone, providing gentle, patient-centred care to families in the community. After completing her dental training in India in 2009, she successfully passed the Australian Dental Council (ADC) examinations in 2017 and has since proudly practised in Australia.

Dr Sharma enjoys all aspects of general dentistry, with a special interest in treating children and supporting anxious patients. Known for her warm, compassionate chair-side manner, she takes time to listen and explain options clearly. A strong advocate for preventative care, she focuses on education and early diagnosis to support lifelong oral health.

BEYOND THE SMILE: YOUR HEALTH STARTS HERE

**YOUR ORAL HEALTH IS
MORE IMPORTANT THAN
YOU MIGHT REALISE.**

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Destiny Takes the Next Step

TOWARD NRLW DREAM

Chanel College is celebrating a major sporting milestone, with Year 11 student Destiny M signing a contract with the Brisbane Broncos Pathways Academy, marking her as one of the region's rising stars in women's rugby league.

Destiny is believed to be the only female regional athlete selected for the 2026 Pathways intake, with the majority of signings traditionally coming from metropolitan areas. Her achievement is the result of years of commitment, discipline and standout performances, having first laced up her boots at just six years old.

The contract will see Destiny travel to Brisbane once a month for elite training sessions and development programs, with opportunities to take part in future trial matches against other female academy squads, including the North Queensland Cowboys. Signed through until she turns 18 next year, the pathway provides a crucial stepping stone toward a potential career in the NRL Women's Premiership.

Closer to home, Destiny is already making her mark as a key member of the Central Queensland Capras Harvey Norman Under 17 squad, where she has been selected in the front row. Known for her versatility, she is equally comfortable playing halfback, fullback and centre, making her a valuable asset on the field.

Her signing is not only a proud moment for Chanel College, but also for the wider Central Queensland sporting community, highlighting the depth of female rugby league talent emerging from regional areas.

With her sights firmly set on the future, Destiny's journey is just beginning. As she continues to balance school, representative football and academy commitments, her latest achievement stands as an inspiration to young athletes across the region.

Congratulations Destiny, and best wishes as you chase your dream of pulling on a Broncos jersey in the NRLW.



Step into rhythm with Fiesta Loca Dance School!

For the month of March, our Thursday night lineup is turning up the heat:

Thursdays

6:00pm – East Coast Swing

7:00pm – Salsa

But that's not all! Don't forget our weekly favourites:

Wednesdays

5:00pm – Line Dancing

Mondays (School Term Only)

5:00pm – Ballroom

All levels welcome. Come along, learn new moves, and enjoy the rhythm!

CLASS BOOKINGS ONLINE www.fiestaloca.com.au  Fiesta Loca

Dolphin Cub Scout

EARNs GREY WOLF AWARD

Dolphin Scouts recently celebrated a significant milestone, with Cub Scout Charlise being presented with the Grey Wolf Award, the highest achievement in the Cub Section, at Dolphin Sea Scouts Den.

The Grey Wolf Award recognises sustained commitment, personal growth, and perseverance. Over the past year, Charlise demonstrated these qualities through her dedication to Cub activities, challenging herself and embracing new experiences.

"Scouts means having fun, friendship and doing lots of bushcraft," Charlise said. "I feel so happy that I finally achieved this award because I was scared it would never come."

As part of her journey, Charlise went above and beyond expectations, planning a four-hour hike at the Boyne Valley Rail Trails starting from Kalpower Camp Grounds, as well as organising a two-day camp as an extra challenge. "I chose this adventure because there are a lot of things to do there and a lot to explore," she said.

Port Curtis Scouts District Commissioner Jeff 'Buck' Wilkinson congratulated Charlise, saying her "dedication and effort throughout her time at Cubs has been evident, and this accomplishment reflects her commitment to excellence."

Cub Leader Trevor 'Echo' Emerson said Charlise has "consistently shown determination, resilience, and a willingness to challenge herself."



Scouting is a proud family tradition for Charlise. Her dad and great-grandad were Scouts, along with other family members, and her grandma was a Girl Guide. Her great-grandad achieved the King's Scout Award, the highest youth award in Scouting, and Charlise says she hopes to follow in his footsteps one day.

Charlise's mum, Michelle 'Shere Khan' Williams, reflected on the achievement, saying she "didn't just earn the badge, but grew into it," noting the confidence and independence she developed along the way. She also shared that Charlise's goal is to continue her Scouting journey and work towards earning every award available to her.

Looking ahead, Charlise is already setting her sights on the Scouts Peak Award, beginning with a Special Interest Badge in roller skating and riding her hoverboard.

"I want to thank my leaders, Shere Khan, Rikki, and Echo for pushing me, and my dad for helping me," she said. "It was very fun working towards and achieving this award."



Saturday 21st March, 2026 9:00am
Main Surf Beach, Agnes Water, QLD

More Volunteers will be needed... Our event is growing!
We require lots of support in the surf.

If you are an experienced 'Waterman' or are a confident surfer, we would really appreciate your help.

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OR check out our website for more information
www.disabledsurfers.org/qld-discovery-coast

Disabled Surfers Day



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