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GLADSTONE NEWS

TAKE ME, I'M FREE!

ISSUE 337
20th August 2026



PRIZM
— ENGINEERING —

**LOCAL KNOWLEDGE,
PRACTICAL SOLUTIONS:**

**HOW PRIZM ENGINEERING
SUPPORTS GLADSTONE**

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Milly returns as Queensland
State Champion

FISH OF THE MONTH WINNER

Congratulations Carter Wieland on catching a Grunter!

Please contact Gladstone News to arrange collection of your \$100 voucher.

DID YOU KNOW?

Did you know that Grunters are Omnivorous eaters? This means their diet is made up of aquatic insects, crustaceans, small fish, algae and plant matter.



Name: Carter Wieland
Fish Species: Grunter
Location: Gladstone Marina



21
AUG

Gladstone Boardgames Night

Join us at Gladstone's Thistle Pipe Band Hall for a night of board games and fun. There is a diverse range of games on offer, but feel free to bring your favourite game to play. BYO snacks, both cash and card are accepted and everyone's welcome!

When: Friday 21st August, 7 pm – 10 pm

Where: Gladstone Thistle Pipe Band Hall

Price: \$5



25
AUG

QDN Gladstone Peer Support Group

Queenslanders with Disability Network (QDN) is hosting a free monthly Peer Support Group in Gladstone for anyone who identifies as having a disability. Come along and connect with others who share similar experiences, with no need to RSVP or become a QDN member to participate. Taxi vouchers available for those who require transport assistance.

When: Tuesday 25th August, 12 pm – 2 pm

Where: McDonald's, 91 Dawson Highway, Kin Kora

Price: Free



28
AUG

Boyne Valley Showcase

Come to the beautiful Boyne Valley for a weekend of exhibitions, displays, performances and market stalls that highlight the talent of the region. The event starts Friday and continues onto Saturday, 9 am – 3 pm, and Sunday, 8 am – 2 pm, with additional information about events available on the Boyne Valley Showcase Facebook page.

When: Friday 28th August, 6 pm – 9 pm

Where: Nagoorin Hall, 26 Degalgil Street, Boyne Valley

Price: Free (Gold Coin donation appreciated)



30
AUG

Yarwun & West Stowe Community Garage Sale

Grab a bargain at the Community Garage Sale and check out the incredible items on offer, including locally grown plants, handcrafted crystal suncatchers, collectables, pre-loved items, vinyl records and more! Sausage sizzle and drinks available on the day.

When: Sunday 30th August, 8:00 am – 11:30 am

Where: Yarwun Hall, 35 Butler Street, Yarwun

Price: Varied Prices (Cash Only)



Local Knowledge, Practical Solutions: How Prizm Engineering supports Gladstone

From heavy industry and water infrastructure to council assets and essential services, Prizm Engineering is building its future around a simple idea: complex regional challenges are best solved by people who live in the region and understand the local challenges.

Gladstone is built around industry, infrastructure and essential services. Behind its process plants, port facilities and council assets are engineering challenges that rarely have simple answers.

For over 13 years, Prizm Engineering has been working from their Gladstone office to help solve those challenges.

Today, its team of 25 Gladstone based consultants, engineers and project managers deliver solutions that work in the real world, because they understand the environment their clients operate in and the challenges they face.

"The Prizm Vision, is to be the trusted local engineering consultancy that transforms complex challenges into

sustainable outcomes, enhancing the Australian way of life for our industries, communities and future generations."

WHO WE SERVE

Prizm works with the organisations that keep Gladstone and the surrounding region thriving, including heavy industries (Process, Smelting, Chemical, LNG, Power and Ports), local and regional councils, water authorities, and other critical infrastructure operators.

The challenges vary according to each industry. An industrial facility may need to upgrade ageing equipment while production continues. A water authority may need to improve a treatment process without compromising reliability or water quality. A council may be planning infrastructure that must serve the community for decades.

In each case, the technical solution is only part of the requirement. Existing assets, site conditions, operations, safety, constructability, schedules and stakeholders all shape the outcome. Being local allows Prizm to work closely with the people who operate these facilities and understand the practical realities behind the site needs.

It is not simply about proximity. Many of these projects take place in live operating environments where familiarity with local conditions, practical access to site and

strong working relationships can make a real difference to how complex issues are understood and resolved.

WHAT WE DO

At its core, Prizm combines consultancy, engineering and project management to help clients move from identifying a problem to delivering a practical solution.

Prizm can provide their service independently, but many of the challenges faced by operating plants, councils and water authorities requires assistance defining the scope, development of a sound technical solution and a disciplined pathway to deliver it.

Consultation. Prizm assist clients with independent specialist advice to support informed decision-making, improve asset performance, manage technical and operational risks, and ensure compliance with applicable standards, legislation, and industry best practices.

These services include technical advisory, feasibility assessments, due diligence, asset condition assessments, compliance and regulatory reviews, technical audits, inspections, procurement and tender evaluations, cost and lifecycle assessments, troubleshooting, failure investigations, and the preparation of technical reports and recommendations.

Engineering. Prizm provides multi-discipline engineering across the project and asset lifecycle, from concepts and feasibility through detailed design,

fabrication quality inspections, site execution support, commissioning and asset handover. Depending on the problem, this can bring together civil, structural, mechanical, electrical, instrumentation and control engineering, supported by drafting, specialist analysis and RPEQ review and certification. That breadth allows Prizm to draw on the specific disciplines a problem actually needs rather than approaching it from a single technical perspective.

For heavy and process industry clients, the work includes brownfield upgrades, process and reliability improvements, utilities, material handling, asset investigations and automation. For councils and water authorities, Prizm applies the same practical approach to water and sewerage infrastructure, treatment assets, control systems, SCADA and telemetry, and the integration of new technology into existing aged operations.

Project management. Prizm helps turn engineering into an executable project, supporting clients from scope definition and planning through procurement, construction, commissioning and close-out. Project managers maintain focus on cost, schedule, risk, contracts, quality and stakeholder requirements across sustaining capital, brownfield, shutdown and greenfield work. This includes coordinating technical interfaces, contractors and client stakeholders so that decisions made during delivery remain connected to the original project objectives and approved budgets and schedules.



The advantage is that engineering and delivery are not treated as separate conversations. Engineers consider constructability, operability and maintainability as solutions develop, while project managers maintain the technical context needed to coordinate disciplines and manage change. This integrated approach helps clients move from a defined need to a practical outcome with fewer gaps between design and delivery.

Prizm's Gladstone-based Automation Test Bench is one example of that

capability. It allows engineers to test and simulate control systems before they are introduced into operating plants, helping identify issues earlier, reduce commissioning risk and improve confidence in automation upgrades for industrial and water applications.

HOW WE DO IT

Complex engineering projects rarely arrive as a perfectly written scope of work. Often, a client knows there is a problem, a risk or an opportunity, but the best solution still needs to be defined.

"Prizm's Mission is to empower our people to combine specialist knowledge, multidisciplinary collaboration, and disciplined project delivery to create measurable value for our clients."

In practice, that starts with understanding the operating environment. What are operators experiencing? What is the asset actually doing? What constraints cannot be changed? What does success look like for the client? Answering those questions early helps distinguish the underlying problem from the first apparent solution.

A water treatment issue may involve process conditions, pumps, valves, electrical systems, instrumentation and control logic. An industrial upgrade may need to fit within an existing plant and be installed around production requirements, shutdown windows and future maintenance. Prizm's engineering and project management teams work together so these considerations are addressed as one problem rather than passed from one discipline to the next.

Prizm's values - Professionalism, Respect, Integrity, Collaboration and Accountability - are embedded in this way of working. The aim is to build teams who are aligned with Prizm's values and who can work effectively with clients that share expectations around open communication, safety, quality, accountability and practical problem-solving.

That alignment matters because successful projects rely on more than technical skill. It creates the trust to challenge assumptions, raise issues early, share information and take ownership when conditions change. Engineering decisions can then be made with delivery, operations and whole-of-life performance in mind, while project decisions remain grounded in the technical requirements of the solution.



Alignment does not mean avoiding difficult conversations; it means having a shared standard for how those conversations are handled and how decisions and responsibilities are owned.

For Prizm, measurable value is demonstrated by the outcome: a safer or more reliable asset, greater project certainty, infrastructure that is easier to operate and maintain, and a solution that provides better long-term value for the client.

LOOKING AHEAD AND PLANNING FOR GLADSTONE FUTURE.

Prizm's commitment to Gladstone extends beyond the projects it delivers today to deliberately investing in the people who will support the region's industries tomorrow.

Through school work-experience and university engineering placements, Prizm gives young people practical exposure to engineering, project environments and site experience, helping turn early curiosity into a clearer understanding of the profession and the career pathways available locally. This is a strategic investment in Gladstone's long-term capability: by creating meaningful opportunities for students to engage with engineering.

Prizm aims to sustain interest, build confidence and encourage talented young people to pursue technical careers, strengthening the pipeline of future engineers and helping secure the workforce the region will need as its industries and infrastructure continue to evolve.

This commitment is reinforced through Yr 12 engineering awards, career events and local school and sporting sponsorships. As assets are maintained and modernised and expectations around reliability, efficiency and sustainability continue to grow, Prizm will continue building specialist capability while remaining grounded in the local relationships that have shaped the business over the past 13 years and supporting the next generation who will carry that capability forward—creating lasting value for Gladstone's industries, infrastructure and the community we live in.

Powerlink Connecting The Community:

CENTRAL QUEENSLAND TRANSMISSION NETWORK FORUM

Held in the Gladstone Events Centre at the beginning of the month, Powerlink hosted its second annual Central Queensland Transmission Network Forum, discussing the significant investment opportunities being delivered to the local community.

The investment is one part of a wider package of benefits and investments being delivered through projects in the region, aimed at ensuring the region benefits from hosting critical infrastructure that will power Queensland's future, focusing on strengthening community resilience, supporting regional opportunity and delivering legacy outcomes for future generations. Banana Shire, Isaac, Rockhampton and Gladstone will benefit from the initial investment commitment, with additional funding to become available as the program of work in Central Queensland continues.

Powerlink's Gladstone Project will be delivered in two stages, with construction of a new transmission line between Calvale Substation and Calliope River Substation due to commence this month, with other projects including the Banana Range Wind Farm Connection Project, Calliope River Synchronous Condensers at Calliope River Substation, the Gladstone Hub, located in Gladstone and Callemondah, and the Lotus Creek Windfarm Connection Project, amongst others.

Powerlink Chief Executive Dr Seán McGoldrick said Powerlink's work is critical for the future of Queensland's power system and communities that are central to the company's work.

"It has been informed by extensive engagement with local communities since 2023, including our recently completed Social Impact Assessment, about what matters most to them," said Dr McGoldrick.

“We will continue to engage with councils and communities in the coming months to ensure investment supports initiatives that deliver tangible, lasting benefit for communities.”

Attendees were invited to network with major industry partners before the forum, with BMD, FNCCI, UGL, GEA, Coexistence Queensland, Consolidated Power Projects, Ventia, Yurika, Downer, Zinfra and the Queensland Government hosting stalls before light refreshments were served.

The forum opened with a Welcome to Country by Aunty Cecilia, followed by a message from Powerlink's Shareholding Ministers

David Janetzki MP and Ros Bates MP, Dr Seán McGoldrick's opening address, the CQ Update by Executive General Manager (Major Projects) Ian Lowry, and the panel discussion about maximising local and indigenous participation and benefits for CQ, which featured Matthew Cooke (Chairman of First Nations Chamber of Commerce and Industry), Andrew Johnson (CEO of Gladstone Ports Corporation), Denva Poyntz (General Manager - Energy of Rio Tinto), Patrick Hastings (CEO of Gladstone Engineering Alliance), and Ian Lowry (Powerlink).



As of July 2026, in Queensland, 40 generation connection projects have become operational with a combined maximum output of ~8,897MW, 14 generation connection projects are under construction with an output of ~4,075MW, and 110 connection applications are being processed, representing ~44GW. For Powerlink in Central Queensland, 57 works packages have been released with 1,498 registrations of interest; 806 registrations of which 18.8% were locally based businesses, 11% of businesses were indigenous owned, and 10 of which were locally based in Gladstone and the surrounds. Powerlink stated that local and indigenous participation was the key to the success of their projects moving forward.

Maximising local business participation and enhancing employment pathways is another way Powerlink is contributing to sustainable regions, with Dr McGoldrick reinforcing the idea that building capabilities of small businesses, tradies and apprentices is a core focus for the company.

"The economic benefits gained through major infrastructure builds is invaluable and provides a strong foundation long after our projects are complete.

“Central Queensland communities and businesses are helping make that future possible. We want to ensure they share in the opportunities and benefits that come with it.”



More than 100 people attended the 2026 National Tree Day planting event held last month at Curlew Park, Tannum Sands.

A tree-mendous time at this year's National Tree Day planting event

The world is home to approximately 3 trillion trees, and on Sunday 26 July community members added a further 300 trees at the 2026 National Tree Day planting event held at Curlew Park in Tannum Sands.

Families, individuals, Council employees, Councillors and various community groups united for a successful morning of tree planting with five planting sessions held throughout the morning.

Each participant contributed by planting two to three native trees each, breathing new life and biodiversity into an existing park space.

Gladstone Regional Council would like to thank Santos GLNG, Conservation Volunteers Australia, Gladstone & District Wildlife Carers Association, Melissa Peacock from A Country Arts Practice and everyone else who contributed to 2026 National Tree Day.

These newly planted native species will do far more than just beautify the park.

As they mature, city trees act as a vital shield against rising temperatures, noticeably cooling local areas during intense heatwaves.

Beyond providing essential shade, fresh greenery is proven to improve mental health, support local wildlife biodiversity and encourage outdoor recreation.

Since 2021, more than 1700 trees have been planted in our region at National Tree Day events, including 740 trees at Tannum Sands' Cashin Park from 2021 to 2023, and 1000 trees planted at Webb Park in West Gladstone at the 2024 and 2025 events.

Visit www.gladstone.qld.gov.au/Environment to learn more about Council's environmental initiatives.

Unsure about recycling? Ask a mate – Recycle Mate

New features make it even easier for Gladstone Region residents to stay on top of their waste and recycling.

Recycle Mate, which Gladstone Regional Council has partnered with to help residents find the best local recycling and waste disposal options, has recently been updated with customisable information specific to the region.

Residents can now set bin night reminders that send a notification directly to their phone, access other handy waste-related information and use a waste events calendar to stay informed about local initiatives.

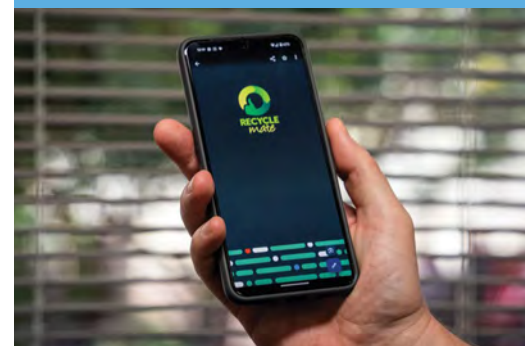
Recycle Mate has a directory of more than 7500 items, from common household items to the more obscure ones, and is available in 92 languages.

Using the app is simple – you can photograph, search or scan an item to find out where it can be recycled, reused, repurposed or safely disposed.

The app also has a community map that highlights local recovery options, including Council facilities including The ReUse Sheds, and at container deposit locations, professional recyclers, social enterprises, repair networks and local charities.

The app is free to download via the Apple App Store or Google Play Store.

You can also visit Council's website www.gladstone.qld.gov.au/recycle-mate to access Recycle Mate's features.



Recycle Mate now has new features.

We're for looking after the places we love



Major Delivery For Alpha HPA

STAGE TWO FACILITY

Industry giant Alpha HPA recently received a major delivery of 28 tanks and vessels through the Port of Gladstone, ready for installation on site as the construction of their Stage Two facility progresses.

The shipment, including around 220 tonnes of tanks and 119 tonnes of structural steel, skids, framework and break-bulk materials, will support the construction of 3D pipe racks, internal piping, walkways, platforms and a pipe bridge at Orica as part of the 10-hectare expansion.

"The scale of these deliveries is impressive, but what people don't always see is the amount of coordination that happens behind the scenes," said Alpha HPA Materials and Warehouse Coordinator Jon Felton.

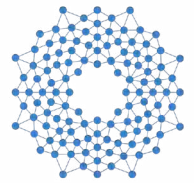
"From vessel arrivals and transport permits through to site logistics and construction schedules, there are a lot of moving parts. Seeing these components arrive is a great feeling for us all."

The expansion at Alpha HPA will enable the facility to become

the world's largest single site producer of high purity aluminium materials. The project is expected to create 120 ongoing local jobs, support around 420 jobs during the construction phase, and will operate using 100 per cent renewable electricity once complete, endorsing Queensland's transition to cleaner, advanced manufacturing.

Gladstone continues to attract significant industrial investment due to its established infrastructure, skilled workforce and access to renewable energy. The Alpha HPA expansion builds on these strengths, aiming to deliver high value jobs and supporting broader economic growth across the region.

This latest shipment is part of a steady flow of major equipment and materials arriving for the construction and coordination of the facility, and demonstrates that Queensland, particularly Gladstone, can attract world-scale, future-focused manufacturing and investment opportunities.



Alpha HPA

Gladstone Gains Conveyor Belt

RECYCLING INITIATIVE

Fenner Conveyors, in partnership with Tyrecycle, is delivering a first-of-its-kind conveyor belt recycling initiative for the Gladstone Ports Corporation (GPC), recovering end-of-life conveyors and repurposing them.

Coordinating the recovery and recycling pathway for decommissioned conveyor belts from the Port of Gladstone, Fenner's circular belting solution diverts the conveyor belts from landfill and transports them to Tyrecycle's Brisbane facility for processing and repurposing into new rubber products.

GPC operates 65 conveyor systems and more than 48 kilometres of installed conveyor belting, and in June six conveyor belts with a combined mass of 122 tonnes were removed from the Port of Gladstone and returned to Tyrecycle's Brisbane facility, before being sent to Tyrecycle Somerton for further processing into feedstock for local use.

Fenner Conveyors Sales and Marketing Executive General Manager Trevor Svenson said the project showed how the industry could turn conveyor belt waste into a local circular economy opportunity.

"Every organisation that begins recycling its belts is contributing to a growing circular economy, supporting local manufacturing, creating jobs and reducing waste," Mr Svenson said.

"GPC's involvement is an important step in proving this model can work at scale for major industrial sites. We are proud to help deliver a solution that is practical, efficient and genuinely circular."

Independent analysis commissioned by Tyrecycle estimated the recycling of these belts saved the equivalent of more than 190 tonnes of CO₂. The recovered material supports the development of Fenner's InfinitySeries conveyor belting, which incorporates recycled rubber materials, including reclaimed conveyor belts, into new belt construction.

"Our teams have been working through options for some time, so to have a genuine, data-backed recycling solution is a great step forward," a GPC spokesperson said, highlighting the long-sought-after recycling pathway for used conveyor belts in Queensland.



OPENING NEW OPPORTUNITIES FOR COMMUNITY SUPPORT

Santos GLNG has been part of the Gladstone Region since 2009 — working alongside the community to support local events, initiatives and organisations that deliver positive outcomes for our region.

In 2027, we're introducing the **Santos GLNG Small Grants Fund** as part of our Community Investment Program.

The fund will provide support to not-for-profit organisations operating within the Gladstone Regional Council Local Government Area to deliver initiatives, projects and events that create meaningful community benefit.

The Santos GLNG Small Grants Fund aligns with our Community Investment Framework, which focuses on building **Resilient Communities**, improving **Economic Pathways**, and the **Environment**.

Through a dedicated funding round, we hope to create greater opportunities for local organisations to access support for initiatives that make a positive impact across our region.

We're keen to hear from organisations looking to:

- Strengthen health and wellbeing.
- Support social inclusion and diversity.

- Increase community connection and participation.
- Improve skills and qualifications that support sustainable employment pathways.
- Protect and restore biodiversity.
- Deliver environmental research and education initiatives.

Expressions of Interest for the 2027 Santos GLNG Small Grants Fund open September 1 and close December 1, 2026.

Eligible organisations, whose proposed projects, initiatives, or events meet the criteria of the Santos GLNG Small Grants Fund, will be invited to submit a formal application in **January 2027**.

Applications between **\$500 and \$5,000** will be considered, and successful applicants will be notified March 2027, with funding to be utilised during the 2027 calendar year.

**FOR MORE INFORMATION, CONTACT
THE SANTOS GLNG COMMUNITY TEAM
AT GLNG.COMMUNITY@GLNG.COM.**

Submit your EO
online here until
December 1.



Reclaiming Independence

WITH COMMUNITY DECLUTTERING SERVICE

Watching household items and objects accumulate over time can be daunting, and the loss of independence can be paralysing for individuals and families who often have a wide range of support and care needs. Self-employed Independent NDIS and Aged Care Support Worker Gloria Wagner is tackling this community issue with her Land Cruiser, a trailer, local guidance and a passion for helping others.



Gloria has had the privilege of supporting many individuals and families throughout the Gladstone region, helping people reclaim their homes through compassionate home organisation and decluttering. Working alongside each person at their own pace without judgement, she respects their choices and treasured belongings to sort, organise, declutter, and, if the person is ready, prepare unwanted items for donation, recycling, or responsible disposal.

Focusing on creating a safe, functional, and comfortable living space in each home, she works tirelessly to promote independence and dignity while reducing clutter, improving accessibility and minimising fall risks for disabled and elderly clients. Gloria has assisted many families in sorting through accumulated household belongings over the past few months, including clothing, bed linen, blankets, kitchenware, containers and other personal items. With large amounts of belongings being removed from their homes, she requests permission from the families for all items to be donated to regional communities in need.

“It became my goal to see these donations go into the communities, where access to affordable clothing and essential household items can be far more limited, at no cost,” she said.

Reaching out to respected Gladstone community member Aunty Neola Savage, who has strong connections with the community in Woorabinda, Gloria was able to receive guidance on needs within the community and the types of essential items that are most beneficial to local families, and this ensured that donations were directed where they could make the greatest difference.



The generosity of the Gladstone community continues to grow, with the number of donations being received skyrocketing. The Gladstone Aboriginal & Islanders Co-operative Society kindly provided a room so that Gloria could organise and prepare to transport donations, and members Pam and Vera from the Woorabinda Aboriginal Council Women's Refuge welcomed the team and allowed them to unload the items. The provided storage room was filled with bags and boxes of donated items, as well as Gloria's shed building up with more generous donations from the Gladstone community.

With approximately 50 large storage bags, countless boxes, and the back of her Land Cruiser and trailer packed, Gloria and her team set off knowing these donations would soon be in the hands of people who needed them most.



Gloria's biggest wish for the community is for anyone struggling with clutter to reach out and take the next step in finding support and independence, starting in their home. And for anyone wanting to get in touch to donate or receive help, email her at gnwagner.ndis@gmail.com to change the lives of disadvantaged individuals in the Gladstone and surrounding communities.



“Strong Mob, Strong Futures”

AT DORRIE DAY 2026

Welcoming more than 1,000 students and 90 exhibitors from across the Gladstone region and surrounding areas, the Dorrie Day 2026 career expo focused on the theme of “Strong Mob, Strong Futures” as families, students, job seekers, businesses and industry leaders came together to celebrate the varied and valuable pathways on offer in the region for First Nations people.

Hosted by the First Nations Bailia Gurang Gooreng Gooreng Taribelang Bunda People Development Corporation and sponsored by major industry partners, the event took place on the CQU Gladstone campus and saw local businesses and organisations from surrounding areas such as Bundaberg, Calliope and Rockhampton come to offer educational experiences, job openings and industry information to inspire the next generation of Indigenous youth.

The day of networking and entertainment started with a Welcome to Country and cultural performances by the Djarparlagin Dancers and Pacific Pikininis, followed by inspiring stories and messages from guest speakers. Also on offer were interactive displays, career pathways guidance, cultural activities, drills and chats with football stars from the International Legends of League, prizes and a free BBQ lunch for attendees.

At the very heart of Dorrie Day, it's an opportunity for building cultural connections and setting up educational opportunities for First Nations students by offering various career pathways and improving educational outcomes through early career exploration. The event promotes First Nations culture and heritage, facilitates meaningful interactions between students and industry professionals, and encourages a sense of purpose and pride amongst younger participants.

By integrating cultural knowledge with modern career opportunities, the event strives to empower and bridge the gap in educational achievement and career readiness for Indigenous youth. This year, locals enjoyed coming together on Country to have a “sticky beak”, learn about career options tailored to them and what it means for their mob's future.

Headspace Welcomes

NEW CENTRE MANAGER

Announced last week, Roseberry QLD welcomed Renee Snyman as the new Centre Manager of headspace Gladstone, ready to bring her leadership experience and passion for community services to the facility.



With leadership roles spanning mental health, disability, aged care, family support and education, Renee brings extensive experience across the community services industry and joins headspace Gladstone with a strong commitment to supporting communities and building services that meet local needs.

Roseberry Qld Chief Executive Officer Jo Paringatai said Renee's appointment marks an exciting new chapter for headspace Gladstone.

“Renee brings strong leadership experience, a deep understanding of the community services sector and a genuine commitment to people. We are delighted to welcome her to the team.”

Ms. Snyman said she was looking forward to joining the service and working alongside staff, young people and community partners.

“I am honoured to join the headspace Gladstone team and continue the important work of supporting young people and their families,

Ms. Snyman said.

“headspace plays a vital role, and I look forward to building on the strong foundations established by Kerry and the team while working alongside local partners to continue delivering high-quality, accessible support for young people.”

Renee takes over the role from Kerry Myers, who recently accepted the position of Chief Executive Officer at Safe & Well CQ. “Kerry has made a significant contribution to headspace Gladstone and to the young people and families connected to our centre. Kerry has been an exceptional leader, advocate and champion for young people.

“The strong working relationship between Roseberry Qld and Safe & Well CQ has helped ensure a smooth leadership transition; we thank Kerry for her leadership and wish her every success in her new role,” Ms. Paringatai said.

Enhancing renewable innovation in Regional Queensland.



Join us for the Gladstone Regional Enablers Program: Ideas to impact network and pitch event.

Ideas to Impact:

Do you have an idea worth exploring with some expert advice?

Whether you've solved a problem, developed a new product found a better way to do something, you want to start up a business or take your business further, this session is for you.

Come along to test your thinking, understand the next steps, and build the confidence to launch, commercialise, start up, or grow.

Everyone is welcome! Bring your idea, your questions, or simply your curiosity to get help to launch.

Special guests:

- **Maddie Panther** – Head of Programs, BOP Industries
- **Trinity College students** – showcasing emerging ideas, perspectives, and innovation from the next generation
- **Jennifer McGuire** – Regional Manager, CQ, AusIndustry
- **Dr Samantha Horeseman** – HDR Innovation and Industry Lead, James Cook University

Event details:

Date: Thursday, 3 September

Time: 4.30pm – 6pm

Location: Building 3,
Leo Zussino Building,
CQUniversity Gladstone,
43 Bryan Jordan Drive

RSVP:



LEARN MORE



This event will be held on the traditional lands of the Bailai, Gurang, Gooreng Gooreng and Taribelang Bunda peoples. We pay our respects to their Elders past, present, and emerging and acknowledge their enduring connection to land, sea, and community.

STEM Meets Symphony Workshop

Local Year 5 instrumental music students were treated to a unique day of discovery, creativity and hands-on learning at the recent STEM Meets Symphony Workshop, presented by the Queensland Symphony Orchestra (QSO) in partnership with CQUniversity's STEM Central.

Students from Tannum Sands State School and Star of the Sea Catholic Primary School participated in the immersive workshop, which brought together the worlds of music, science, technology, engineering and mathematics engagingly and innovatively.

A highlight of the day was an energetic body percussion workshop led by Queensland Symphony Orchestra percussionists Jacob Enoka, Zach Brankovich and Fraser Descovich. Using claps, clicks, stomps and other body percussion techniques, students worked together to create and perform a rhythmic piece, developing skills in teamwork, listening and cooperation.

Workshop participants rotated through a range of STEM-inspired activity stations that challenged them to think creatively, solve problems and experiment with technology. Activities included domino energy cascades, coding Ozobots through musical notation, creating artwork inspired by

symphonic music, light painting photography, directing and coding robots to follow musical scores, perform loops and dance routines, and exploring molecular vibrations.

STEM Meets Symphony Program Coordinator

Max Braithwaite said the workshop offered students a rare opportunity to see the strong connections between artistic creativity and scientific thinking.

"People may see STEM and music as separate disciplines, but they are closely connected. Music is often described as a mathematical language and events like this help students discover those connections in an enjoyable and meaningful way."

For many of the young participants, the workshop was not only a chance to learn something new but also an opportunity to experience first-hand how science and music work together to shape the world around us, discovering that curiosity, creativity and innovation often go hand in hand.



Science in the Brewery returns to Decode Our Blue Backyard

Curious about the science happening right here in Central Queensland? Community members are invited to discover the people, projects and discoveries shaping our region at Science in the Brewery: Decoding Our Blue Backyard, returning to Ward's Brewery on Thursday, 27 August as part of National Science Week.

Hosted by the Gladstone Region STEM Hub Network and CQU's STEM Central, the free event will bring together local experts to explore the science behind our waterways, marine environments and wildlife in a relaxed and engaging setting. Attendees will hear from CQUniversity's Professor Emma Jackson, Gladstone Area Water Board Hatchery Manager Thomas Hayes, and Team Turtle CQ's Anyssa Mason before testing their knowledge in a fun science-themed trivia challenge with STEM-themed prizes.

Associate Professor Linda Pfeiffer said the event will offer something for everyone.

"Whether you're a scientist, a beer aficionado, or simply curious about the latest in science and technology, this event promises an evening of learning, tasting and networking."

STEM Project Officer Max Braithwaite said one of the most rewarding aspects of the event was helping people connect with local science.

"One of the things I find most inspiring about Science in the Brewery is seeing people discover the fascinating science happening right here in our own backyard."

The evening will feature complimentary finger food, while drinks will be available for purchase from the bar, including Ward's award-winning craft beers.

While attendance is free, organisers strongly encourage registrations through Humanitix to assist with catering and event planning.



LEARN MORE



Mother And Daughter Sailing

SIDE BY SIDE

Gladstone locals Jodie and Skye Broomham were spotted graduating together from the Royal Australian Navy (RAN) Recruit School recently, following the family footsteps of two daughters and a son currently serving, as they marched out together as part of GE447 Emms Division's graduation at HMAS Cerberus, making them possibly the first mother-daughter duo to graduate at the school in the same division.

SMN Jodie Broomham originally began her journey at the recruit school back in 2024 but returned home midway through training due to family circumstances. With the support of her husband, she was able to return and finish her training.

"I knew I enjoyed it," Jodie said. "My husband said, 'Why don't you go back and finish it off and do what you wanted to do?'"

At the same time, Jodie's daughter Skye was progressing through her own application to join the Navy, and after receiving their enlistment dates, they discovered they would be starting at the school together. While excited, Jodie admitted she was initially unsure how the experience would unfold.

"Out of all of our family, me and Skye were the ones who clashed the most, but we're very lucky to have gone through this experience together," Jodie said.

Recruit school challenged both women in different ways. For Skye, the initial adjustment to military life was a culture shock, with learning skills and adapting to the environment the biggest struggle, but making friends eased the challenges of her new life. Jodie initially had the unique challenge of separating her role as a recruit from her instincts as a mother and tried to keep away from her daughter as much as possible so that she could experience the school in her own way. While going through the same hardships in training, this was hard for her to switch off.



But despite the struggles and challenges of Navy life, giving each other space during training became a great asset to making their relationship stronger. Jodie stated that she had a huge amount of respect for her daughter, seeing her grow through challenges and comparing her journey from where she started to where she finished, and said that she couldn't be prouder. Skye agreed the experience had changed their relationship for the better.

“ I can open up to Mum a lot more now, ” she said.

“At the end of the day I'd go and tell her everything that had happened. At home we probably wouldn't have done that.”

Beginning the next stage of their Navy careers, the two sailors will serve in different locations, with Jodie posted to Cairns and Skye to Sydney. Looking forward to life at sea and the opportunities that lie ahead, Skye has said that she really enjoys the routine and is “very excited to get onto a ship and start doing my job.”

Reflecting on their shared experience, both women encouraged others considering a career in the Navy to take the next step in their career.

“Just do it,” Skye said.

“ I recommend it to anybody, young people or older people. ”

“Just be in the right rig, at the right place, at the right time, and be a good person.”

While their careers will take them both in different directions, the pair will always have something that is uniquely theirs and can be shared: the experience of graduating from the same division together, strengthening their relationship in the process and joining the family tradition of life in the Navy.



Manager of 22 Hair Lane, Ashlin, said that the new salon is now able to be accessible for all.

"We have moved into a much larger space in comparison to our old salon, which has given us the opportunity to make the whole space wheelchair accessible, which was really important to us to have.

“ We have a wheelchair accessible basin for clients to have their hair washed, and our beauty room is large enough to bring a chair into as well, ” she said.

22 Hair Lane is also proudly partnered with Sustainable Salons Australia to reach their environmental goals, with separate recycling bins for metals, paper, plastics, hair and hairdressing chemicals. They also only stock Australian-made products in the facility, supporting local businesses across the country.

With a strong focus on bringing knowledge to a younger generation, the salon hosts school-based apprenticeships which allow trainees to have the opportunity to finish school while getting their trade earlier in a supportive, hands-on environment.

The 22 Hair Lane team is excited to get to know their Gladstone clients and grow into their new salon as a devoted business in the local community, eager to bring chic, stylish cuts and beauty treatments to customers ready to rock a beautiful new look.

Making the move from Tannum to Gladstone, hair and beauty salon 22 Hair Lane is excited to grow in their new Kin Kora location, ready to make the cut as a trusted, sustainable Gladstone business offering local training and job opportunities.

Mother-daughter duo Leisa and Ashlin have operated in the Boyne-Tannum area since 2019 with a combined tenure of 20 years of service to the local community. Now located in the Sun Valley Marketplace, the team is excited about the opportunity to host more training and community-based events while building their dream salon.



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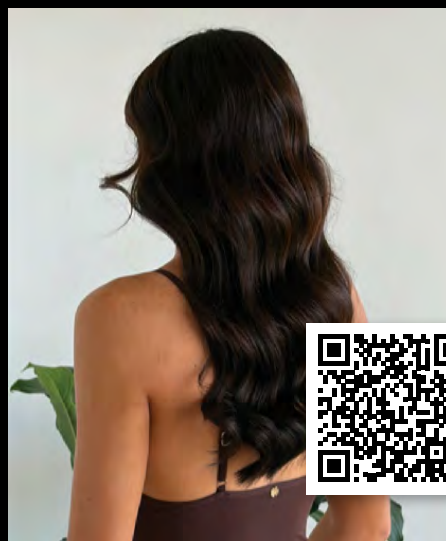
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Father's Day Gift Guide

Looking for the perfect gift to spoil Dad with this coming Father's Day?

Read our top picks to give him this September.

> For the foodie Dad

Treat Dad with some Moreish Menu Meringue Bites, Ploughman's Relish, Kokopod Caramelised Blond Macadamia Nuts, Hive and Harvest Maleny Honey or some Caramelised Onion Jam. He'll love experimenting with new flavours!

> For the pampered Dad

After a long day of work, spoil Dad with a Jack The Barber Traditional Shaving Kit, Beard Oil and Balm; Cinnamon, Honey & Almond Meal Handmade Soap, a natural linen/cotton loofah and a Kind Bod Oat Milk Bath Soak Tea Bag to wash his aches away.

> For the BBQ Dad

Grab Dad a Lane's BBQ Signature Cap and a jar of Signature Rub, Sweet Heat Co. Hot Honey, Kangaroo Island Garlic Salt Flakes, Lane's BBQ Lil Spicy Sauce 365ml, Gourmet Balsamic Vinegar, a Pure French Linen Tea Towel and a Gabel and Teller Serving Board to spice up his outdoor entertaining.

> For the new Dad

Welcome him into parenthood with Byron Bay Organic Espresso 500g for the sleepless nights, a Plush Soft Teddy Bear, Zip grow suits, Purebaby Leather Chelsea Booties, a Little Seeds Wooden Baby Book, Essentials Muslin Wrap and The Birth Space by Gabrielle Nancarrow to prepare for the excitement of having a precious newborn.

> For the "shaken, not stirred" Dad

For the classy man in your life, give Dad a Foxtails and Co Espresso Martini or Coconut Pine and Pear 110ml bottle, Premium Whisky Glass, Cupido Liqueur Whiskey Chocolates, Cling Cocktail Shaker, a bottle of wine (if that's more his style) and Port Willunga Fine Foods Salted Pistachios for his bar at home.



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Discover The Serenity

OF RIVERSTONE RISE

Located in the picturesque Boyne Island region, Riverstone Rise offers the perfect blend of urban living and natural surroundings. An established community created by the Devine Group, Gladstone's first truly master-planned community provides easy access to Tannum Sands beach and Awoonga Dam, with a focus on social connectivity, lifestyle amenities, and stunning homes.

Developed over 496 hectares in Boyne Island, QLD, Riverstone Rise is designed to include 2,900 homes, educational facilities, community centres, and retail spaces. With 26% dedicated to open space, 4.2 kilometres of Boyne River frontage, and preserved local wetlands, leading local builders such as Stroud Homes, Chris Warren Homes and Coastal Homes are already in the final stages of planning their latest homes for eager clients.

The estate offers the opportunity for those looking to purchase land and housing packages in a vibrant and well-connected

community. The development boasts a prime location, emphasising a strong sense of belonging and community spirit, with prospective buyers drawn to the variety of available lots, set within extensive open spaces suitable for growing families and a relaxed lifestyle. The development also features amenities designed to suit the Gladstone lifestyle, making Riverstone Rise a great destination to live in.

The block types available are the Premium Villa, suitable for a low-maintenance individual who enjoys entertaining; the Courtyard, for families who love outdoor entertaining with a small yard; the Traditional home, offering the adaptability of a single or double-storey home with a big backyard; and the Dress Circle, with enough room for a generous home, beautiful yard and additional room for a pool. There are also two villages - Lilyvale and Corimba- to choose from when picking your dream home.

Riverstone Rise isn't just convenient; it's an idyllic place for sustainable living.



Gladstone &
Tannum Sands

gladstoneandtannumsands.eldersrealestate.com.au



For Sale

14 Pioneer Drive, Kin Kora

For Auction

4 1 3

1229m² (approx.)

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- Covered outdoor entertaining area
- Three-bay shed with side access
- Inground swimming pool
- Fully fenced side and rear yards
- Large 1,229m² block (approx.)

Auction Date:

Thursday 27th August
2026 @ 4pm onsite at
14 Pioneer Drive, Kin Kora

Agents:

Bevan Rose
0417 602 150

Aimee Jeffery
0403 403 485



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Pop 'n' Pour Is Fizzing With Excitement

Parked on a strip of land next to Elite Repairs in Edward Street, Gladstone, is a small concession trailer that will soon be bright pink as business owner Lailah and her mother, Amber, put the finishing touches on Pop 'n' Pour and navigate the world of business ownership and the learning experiences that go along with the challenge.

Pop 'n' Pour, which sells loaded and “dirty” sodas in a variety of flavours, started from an idea young entrepreneur Lailah Henderson had when she ran out of Milo after craving a midnight snack. She decided instead to put cream and creaming soda into a cup to try and ended up loving it. The little experiment soon got her thinking about creating other fun and different drink combinations, and with some help from Amber, they discussed turning the idea into a fully-fledged business, creating something exciting together for people in the community. “It’s crazy to think that Pop 'n' Pour started because we ran out of Milo!” Lailah recalled.

“What really inspired us was our mum, our family and wanting to create something that we could do together and make memories from. We wanted to create something that was ours and that we could be proud of.”

The business, which has only been running for 5 weeks, was originally set up at the markets in a gazebo, before investing in a trailer within the last couple of weeks after seeing the amount of business received. The duo has said that in the time they’ve been open, there have been challenges, including working out equipment, suppliers, pricing, menus and setting everything up for markets, learning as they go to achieve their goals and improve as a business.

13-year-old Lailah said that one of the biggest achievements so far has been “having the news come and meet us, getting the opportunity to meet Glen Butcher, and being invited to attend different events around Gladstone.”



“Being able to take Pop 'n' Pour to different events and meet so many amazing people has been such an exciting experience. It’s been incredible seeing people enjoy our drinks and getting to share something we’ve worked so hard on with our community.”

Lailah and Amber are proud of how far Pop 'n' Pour has come already in the span of a month and are incredibly excited to see where the business can take them in the future. The outpouring of support from the



Gladstone community has been tremendous, encouraging Lailah to keep going as she navigates the life of a young business owner, selling her dirty sodas and loaded cookies at events and markets across the region.

For any other young people looking to take the next steps to creating their dream business, Lailah says to first and foremost believe in yourself, just give it a go, and don’t be afraid to start small.

“We started with an idea, a gazebo and a lot of trial and error, and we’re still learning every day.”

“Don’t let your age make you think you can’t start a business. Listen to your customers, learn from your mistakes, and keep improving. Most importantly, believe in your idea, because you never know where one small idea might take you!”

GIRLS Mentoring Program

OPENS PATHWAYS

Joining the Queensland Minerals and Energy Academy (QMEA) and Women in Mining and Resources Queensland (WMARQ), twenty Year 12 students from across Queensland gathered in Brisbane to celebrate their successful completion of the Girls in Resources Leadership Skills (GIRLS) mentoring program.

Gladstone student Shayla Hymus, among other students from the Mackay-Isaac, Fitzroy, North Queensland and Southeast Queensland regions, celebrated completing the program and met up with their industry mentors who have guided them through the program over the last six months.

Director Jen Hoyle (QMEA) said the students and their mentors had completed an intensive six-month program delivered with the expertise of organisational psychologists at Metisphere.

"Each student was expertly matched with a mentor based on the mentee's projected study or training pathways as well as the outcomes they were wishing to achieve. This program has given them valuable insights as well as the skills and confidence to pursue whatever their career goals may be," said Ms Hoyle.

Over 160 students have now graduated from the program in the eight years that it has been running, with many alumni going on to have successful trade and professional careers in the resources industry. Of the graduates from last year's program, 80 per cent of students are now working towards careers in the resources sector through university and apprenticeship pathways.

WMARQ Co-chair, Catherine Cook, said the GIRLS Mentoring Program supported students keen on both trade and professional roles.

"At WMARQ, we believe the future of our industry depends on the connections we create today. The QMEA plays a vital role in bringing young people, educators and industry together, broadening our community and helping more students see the opportunities available to them in Queensland's resources sector."



Fighting to Protect local jobs



Colin BOYCE
Federal Member for **Flynn**



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Here in History

AIR-RAID SHELTERS

Photo from Jimmy Harris

Jimmy Harris has some very interesting photos that he has gathered over the years. The photo we would like to cover today is of an Air-Raid shelter that was built in Anzac Park, Gladstone. During WW2 when the threat of Japanese attack seemed imminent, people commenced to dig shelters in their yards. All the schools were busily digging zig zag trenches, and they would carry out mock air raid exercises. This photo was taken during this time.

Old timers have told Jimmy of some of the above ground shelters that were constructed around Gladstone. The ones he remembers are the one in Anzac Park, near the railway station, behind the Court House, on the footpath near the corner of Scenery and Ormond Streets and another in Goondoon Street, halfway between

Yarroon and Roseberry Streets. There are possibly other shelters that Jimmy is not aware of but thankfully none were ever needed.

As well as this photo Jimmy has also been given a paper from Civil Defence Department which describes, along with diagrams, how to build a "Garden Trench Air-Raid Shelter for six people". Audrey Anderson kindly passed these on to Jimmy. She acquired these from her father who was an Air Raid Warden in Gladstone during the war. His job was to see lights were blacked out in houses and that blackout reflectors were put over car and bicycle headlights.

By *Betty Laver*

100 Years Of The Many Peaks

BARRIMOON RAILWAY LINE

Locals around the small town of Ubobo, Boyne Valley, excitedly celebrated the 100th anniversary of the Many Peaks to Barrimoon section of the Gladstone-Monto Railway Line on the 15th of August, marking a significant achievement in the history of the local region.

The first railway lines in Queensland opened from Ipswich to Bigge's Camp (Grandchester) in July 1865, followed by Rockhampton to Westwood in 1867. Eventually, three distinct, isolated railway networks would be opened – the Southern and Western Railway, the Central Railway and the Great Northern Railway, all of which would gradually be connected, but it wasn't until 1924 that passengers could travel solely by train from Brisbane to Cairns.

The original Boyne Valley Line was opened to traffic on Monday 25th of July 1910, with the official opening taking place the following month including a special train running from Brisbane to Many Peaks in connection with the opening ceremony. The Many Peaks to Barrimoon section of the tracks was estimated

to stretch about 45 km and consisted of a railway track, tunnels and a single loading platform.

The celebration, which was held at the Grand Hotel Many Peaks, in conjunction with the

Boyne Burnett Inland Rail Trail, featured great food, live music and refreshments, with camping and amenities offered nearby by the Boyne Valley Community Discovery Centre in Ubobo, a short 18-minute drive from Many Peaks. Commemorative merchandise was available, and the day also included a cake cutting, speeches, stories about the local region, a guided hike, the opening of two newly decked and railed bridges, and a BBQ from 5:30 pm with live music throughout.

The history of the Boyne Valley is strong, with many locals keeping the magic and legends of the area alive and instilling that passion into a new generation of avid historians.



Local Spotlight:

SANDY'S GOLF CAREER

From Central Queensland Junior to Australian Amateur Champion". These are the words that Sandy Davidson's coach wrote about her in a heartfelt message, highlighting her talent and lifelong passion for the game and the places that it's taken her since her beginning.

Bill Webb had the privilege of coaching Sandy from the age of 11, and he could see her talent from the start. Her father, Mark Grimshaw, provided support and encouragement throughout her developmental years as she progressed through her career. Both men realised the enormous potential Sandy Davidson (then Grimshaw) possessed, and the girl from Boyne-Tannum was ready to show off her exceptional golf ability.

When Sandy was 13 years old, she played in the Queensland Junior Jig, up against another exceptionally talented Queensland Golfer, Karrie Webb, who would then go on to become a World Golf Hall of Famer and one of Australia's best golfers. On this occasion, Sandy did however best Karrie and this helped Central Queensland to win the competition for the first time.

Sandy progressed through Queensland Junior and School-girls golf, winning the Queensland Schoolgirls Championship at Calliope before going on to become the Australian Schoolgirls Champion. She represented Queensland with excellence and continued developing into one of Australia's leading female amateurs.

In 2000, Sandy Grimshaw won the Australian Women's Amateur Championship at Mount Lawley in Western Australia, defeating Natalie Parkinson over 37 holes in the final. And then, more than three decades after her junior achievements, she won the 2025 Queensland Sand Green Championship, now playing scratch golf in 2026, proving that with good coaching, family support, the right opportunities and a willingness to practise and learn, anyone can succeed.

Sometimes talent doesn't come from the big cities or famous golf academies; sometimes it's born in a small town in Central Queensland.



<https://www.recipetineats.com/swiss-mushroom-burger/>

Prep: 10min
Cook: 40min
Serves 4

SWISS MUSHROOM BURGERS

INGREDIENTS

- 4+ BIG mushrooms – like portobello, BBQ flat mushrooms (20% larger than buns, or buy multiple per burger)
- 30g / 2 tbsp unsalted butter
- 2 garlic cloves, finely minced
- 1/2 tsp each salt and pepper
- 1/2 tbsp olive oil
- 4 slices Swiss cheese (or any other cheese slice of choice)
- Onions (or use raw red onions)
- 3 onions, cut into 0.7cm / 1/3" rings
- 1 tbsp olive oil
- 1/4 tsp each salt and pepper
- Pink Burger Sauce
- 2/3 cup mayonnaise (or sour cream + pinch of salt)
- 2 tbsp ketchup
- 1 – 3 tsp Sriracha (adjust spiciness to taste)
- Burgers (Note 2 for more options)
- 4 buns or rolls (I like brioche)
- 8 – 12 lettuce leaves
- 2 tomatoes

METHOD

1. Preheat oven to 220°C/450°F (200°F fan).
2. Garlic butter: Place butter, garlic, salt and pepper in a heatproof jug. Microwave to melt butter, then stir.
3. Brush with butter: Brush the mushroom cap with butter (smooth side), then place on a tray gill side up (ie stalk facing up). Brush remaining butter onto the rims and gills, being sure to scrape up all the garlic in the jug.
4. Drizzle with olive oil and roast for 25 minutes, then flip mushrooms. Brush with the juices, roast a further 10 minutes or until the centre of the mushrooms are tender. {Meanwhile, cook onion, mix Sauce}
6. Top with cheese: Place a slice of cheese on each mushroom, return to oven for 3 minutes just to melt the cheese.
7. Toast buns: Place split buns in the oven at the same time – to lightly toast.
8. Assemble burgers: Spread base of bun with a dollop of Pink Sauce. Top with lettuce, then tomato, then mushroom, then onion. Spread lid with a lesser smear of Pink Sauce, then place on burger. Devour!
9. Pink Sauce: Mix together; use per recipe.
10. Onion: Heat oil in a large skillet over high heat. Cook onion for 5 to 7 minutes until tinged with gold and floppy. Season with a pinch of salt and pepper.

Milly Returns As

QUEENSLAND STATE CHAMPION

Racing through the cool, foggy morning, Milly emerged into the sunshine as the Queensland State Open Half Marathon Champion, an impressive achievement from the Gladstone local who only had three weeks of preparation, a taper week, and refuelling issues during the race.

Competing in her very first half marathon, Milly led the race from start to finish over the challenging 21.1km course, taking out the State Champion title and showing outstanding composure, determination and strength to cross the finish line.

“ I was very nervous about stepping up to this distance, but my coach Shane Pearson and my parents assured me I could do it, ”

Milly Sharpe began her journey at the age of 5, becoming a member of the Gladstone Athletics Club, where she showed a natural talent for athletics. She has had the opportunity to compete in many races and events over her career, and in the past couple of years has made the journey to compete at the Oceania Athletics Championships 2024 held in Suva, Fiji, and represented Central Queensland at the 2024 Queensland Athletics 10,000m, among other competitions.

The young athlete has had an incredible 2025-26 season, becoming the Qld Schools 5,000m Champion (both All Schools and QRSS), winning the U18 National School 5,000m title in December after an injury, was given the Gladstone Regional Council Young Sportsperson of the Year Award the following month, won the Queensland Open 10,000m Race Walk Championship in February, finished 4th in Adelaide for the World Race Walking Team Championships trials, achieved the qualifying standard for World Athletics U20 Championships in another 5,000m race, represented the Regional Australian team at the Oceania Championships in Darwin, and headed to Canberra in June for the LBG carnival which is Australia's largest race walking carnival, winning gold in the U20 5km and U20 10km races on the same day

Milly spoke about her journey from the starting line to the finish, achieving success despite never completing the 21.1km distance before, even in training.

“ The race itself went smoothly for the first 12km, but I learnt some harsh lessons about refuelling properly for this distance and found the next 6km

really tough. I managed to finish strongly over the last few km and won Gold. It was also special in that second and third were my training squad members (Pheobe from Brisbane and Katya from Rockhampton). Big thank you to mum for manning the refreshment station and my coach and dad for helping officiate at the competition. ”



Milly is ready to race again in the upcoming Australian Athletics Cross Country Championships in Ballarat, running in her preferred 10km event on the 22nd of August, and the athletics community waits with bated breath to see if she'll take out yet another title.

Bullets Break Through At

SWIMMING CHAMPIONSHIPS

The Boyne Tannum Bullets delivered an outstanding performance at the Queensland Championships, with 15 swimmers qualifying for the event and 10 travelling to compete against some of the finest swimmers in Queensland.

A spokesperson for the swimming club said that they were incredibly proud to announce that Boyne Tannum Swim Club finished as the No. 1 swimming club in the Gladstone region at these Queensland Championships.

Achieving the fastest time for a 17-year-old in Queensland in several events and recording personal bests, swimming club member Kayden became Queensland Champion in the 17 years 200m Butterfly, breaking the two-minute barrier for the first time.

The following day, Kayden achieved another remarkable milestone by breaking the Queensland All Comers 17 years record in the 100m Butterfly, swimming a 52.85 that had stood since 2004. He also recorded the fastest 17-year-old times in Queensland in the 100m Freestyle and 400m Individual Medley, while winning silver in the Open 400m IM and bronze in the Open 100m Butterfly.

Across the three days, the athletes achieved multiple Top 10 finishes and several personal bests, including Jay finishing 5th in the 200m Butterfly, Liam 7th in the 50m Freestyle and later 6th in the 50m Backstroke, as well as Top 10 finishes from Abbey, Tylah and Hayden. The athletes possessed strong preparation, focus, determination and outstanding support for one another, which ultimately led to their incredible successes.

For small community clubs like Boyne Tannum Swim Club, competing at this level and finishing as the leading club in the Gladstone region is a fantastic achievement which reflects the commitment of the swimmers, coaches, families and volunteers, and highlights the strength and continued development of swimming in the local community.



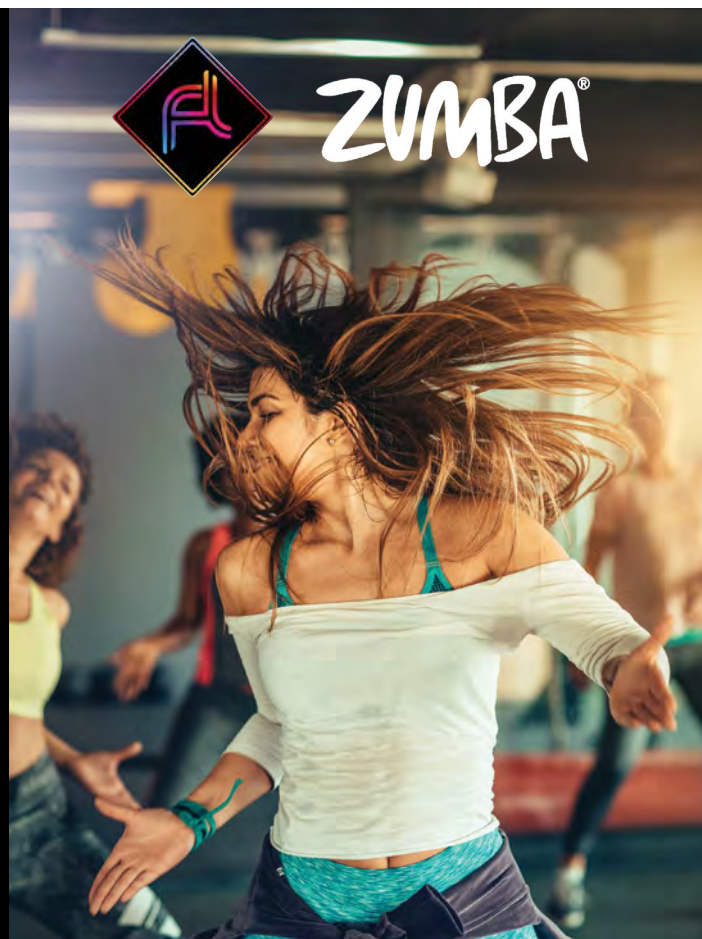
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Make prioritising your health and wellbeing fun! Join us for Zumba, the perfect fun, feel good way to get moving and boost your energy.

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