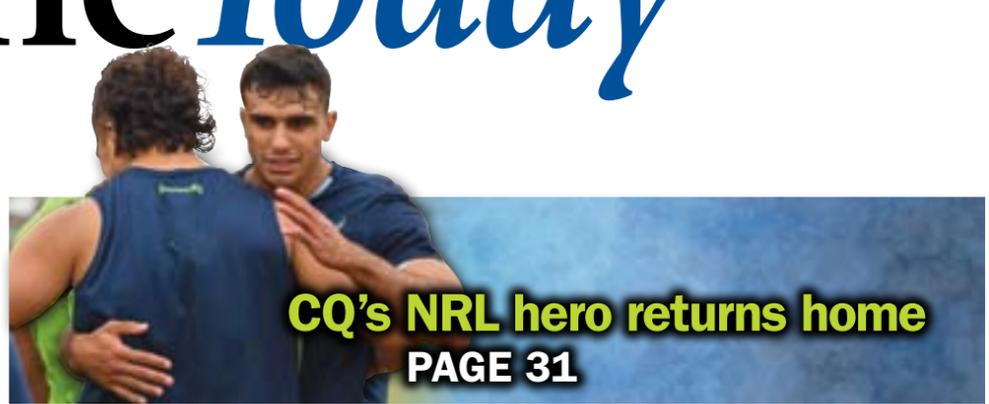


Gladstone Today



What's on in the region
PAGE 19



CQ's NRL hero returns home
PAGE 31

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New gated community

Seniors in the Gladstone region now have a new gated community to call home.

Good Life Retirement Villages purchased the former Palm Valley Motel on Beach Avenue in Tannum Sands a month ago, turning the facility into a seniors rental community.

Story page 7

Investigation into blaze

Investigations are continuing into what police believe to be a deliberately lit fire which claimed two South Gladstone homes on Sunday.

Emergency services were called to Agnes Street about 6.20am, after a concerned neighbour reported two houses 'well alight'.

It took 30 firefighters to bring the fire under control but unfortunately both dwellings could not be saved.

Full story page 5



Retailers vent frustrations

Frustrated shop owners have criticised Gladstone Regional Council for the way it handled consultation on Goondoon Street, with some

council workers allegedly telling retailers it was 'bad luck' if the construction work affected their business.

Full story page 6

Gladstone Newsagency owner Sonya Sims and manager Nicky Hoseit

Funds on the rail

By Duncan Evans

Deputy Prime Minister Barnaby Joyce has secured \$10 million for a business case looking into an extension of the federal government's mammoth Inland Rail infrastructure project to Gladstone.

Mr Joyce made the announcement during a speech to the National Press Club in Canberra last Friday and the commitment follows a long campaign of rhetorical support from the Nationals leader for an additional link into Central Queensland.

Inland Rail is a multi-billion dollar rail line, measuring some 1700km in length, linking the

port cities of Melbourne and Brisbane. It traverses the interior, or inland, portions of the country and is designed to improve the nation's freight network.

The Queensland section of the route is not fixed and the business case will investigate the viability of a line branching off from Toowoomba and running to the Port of Gladstone.

In a press release following the announcement, Mr Joyce further expanded on his reasons for supporting a business case into the extension.

"Extending the line to Gladstone would ensure the benefits of this nation-building piece of infrastructure are felt farther and wider,

creating more jobs during construction, supporting existing jobs in the region, and better connecting our resources industries and agricultural producers to another major export gateway," he said.

"The connection to Gladstone would be in addition to our existing commitment to take Inland Rail to Brisbane."

Following Mr Joyce's announcement, Gladstone Mayor Matt Burnett said the possibility of Inland Rail extending to Gladstone was one step closer to reality.

"It's great to see the Inland Rail wheels are in motion and this will open up opportunities not only for Gladstone but for Central

Queensland as a whole," Mr Burnett said.

It is unclear when the business case will begin or which consulting firm will undertake the analysis.

A spokesperson for the deputy prime minister told Gladstone Today:

"The Australian Government will work with the Queensland Government to progress our commitment to undertake a business case into extending Inland Rail from Toowoomba to the Port of Gladstone. This includes engaging an experienced firm to undertake the business case."

For the full story, turn to page 3

17 September-4 October

These holidays beat the boredom and explore, create and play.

For a full list of what's on these holidays visit www.gladstone.qld.gov.au

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WEATHER

-  **TODAY**
 Mostly sunny
 Min 14°C Max 25°C
 Chance of any rain: 10%
-  **FRIDAY**
 Sunny
 Min 14°C Max 26°C
 Chance of any rain: 5%
-  **SATURDAY**
 Sunny
 Min 13°C Max 26°C
 Chance of any rain: 5%
-  **SUNDAY**
 Partly cloudy
 Min 15°C Max 26°C
 Chance of any rain: 10%
-  **MONDAY**
 Mostly sunny
 Min 16°C Max 27°C
 Chance of any rain: 20%
-  **TUESDAY**
 Partly cloudy
 Min 17°C Max 26°C

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EF CEO David Blower with Tim Griffin and Glenn Butcher MP

Upgraded facilities deliver opportunity

By Eilish Massie

People living with disability in Gladstone will have new opportunities to learn important life skills with the opening of upgraded facilities at Endeavour Foundation.

Endeavour Foundation's South Gladstone paper shredding service recently underwent a \$675,000 upgrade and expansion, in order to provide extensive employment opportunities for locals.

The upgrades included a new secure shed, installation of 24-hour CCTV security monitoring, sectioned walkways, secure areas and a brand new 2021 Transit 430E Van.

Part of the expansion also repurposed existing spaces to incorporate a first aid room, an administration office, and a new training centre with an interactive Virtual Reality (VR) learning hub.

The upgrade was made possible by a generous \$350,000 grant from the Gladstone Foundation paired with an additional \$325,000 investment by Endeavour Foundation.

Endeavour Foundation interim CEO David Blower said the development would scale up operations on site while providing a sustainable future for people with disability.

"We recognised an opportunity to make paper shredding and recycling a standard practice for Queensland businesses which are going green," Mr Blower said.

"It's part of a bigger picture for us. Our goal is to support Central Queensland shred their paper waste so that it's recyclable, reusable, or compostable."

Daniel Jessen is among 26 locals with disability employed by Endeavour Foundation's Gladstone Business Solutions.

For Daniel, the improved document destruction service gave him the opportunity to interact with his local community.

He drives the van to collect confidential information document bins and brings them back to site to have their contents shredded.

"I collect up to 15 document destruction bins in a day – some of them weighing 80 kilograms each – and I load them into the van," Daniel said.

Daniel's enthusiasm to work matched his ability to quickly pick up new skills.

"I've also started using the forklift to load the bails of shredded paper.

"It feels really good to know that the work I do is good for our environment," Mr Jessen said. "I think it's great that I can keep working, and there's more work coming."

Mr Blower said that with the expansion and upgrade, Endeavour Foundation had been able to provide continued employment opportunities for people with disability, some of whom had been working there for more than 30 years.

"More importantly, we can expand our Gladstone operations to provide ongoing supported employment to more people with disability so that they can gain greater confidence, self-esteem, engagement and wellbe-



Endeavour Foundation's Gladstone Business Solutions workers



ing through employment."

Independent Chairperson of the Gladstone Foundation, Mr Tim Griffin, said the grant was an investment in the future social infrastructure and would help meet the growing community needs of the Gladstone region.

"I am really impressed by this new site and commend the staff at Endeavour Foundation who have continued to operate through this time.

"This addition provides more than just economic benefits; it also supports employment for locals with disability and we hope it gives people a boost during what's been a really challenging year," Mr Griffin said.

"It's great for businesses to have total peace of mind about their documents being confidentially destroyed and 100 percent recycled. That's the best possible paper waste solution and which you can witness first-hand," Mr Blower said.

"We're looking forward to working with local businesses and give them an opportunity to have a long term impact on the environment while providing meaning employment opportunities for people with disability."

Call on 1800 117 247 or go to endeavour.com.au to find out more and get a quote for your business needs.



GladstoneToday

The editor's desk

It was nice to hear some of our region's elderly will have a roof over their head, with a new seniors rental community opening in Tannum.

This week I spoke to Kevin Humphreys who recently bought the old Palm Valley Motel on Beach Avenue.

Mr Humphreys and his wife Mika have won multiple awards for their rental homes across Queensland.

With the ongoing rental crisis happening everywhere at the moment, it was fantastic to know some relief is coming for our seniors.

I'll look forward to seeing the facility when it is all revamped.

- Eilish Massie



Barnaby is on the case for Inland Rail

By Duncan Evans

Deputy Prime Minister Barnaby Joyce has secured \$10 million for a business case looking into an extension of the Federal Government's mammoth Inland Rail infrastructure project to Gladstone.

Mr Joyce made the announcement during a speech to the National Press Club in Canberra last Friday and the commitment follows a long campaign of rhetorical support from the Nationals leader for an additional link into Central Queensland.

Inland Rail is a multi-billion dollar rail line, measuring some 1700km in length, linking the port cities of Melbourne and Brisbane. It traverses the interior, or inland, portions of the country and is designed to improve the nation's freight network.

The Queensland section of the route is not fixed and the business case will investigate the viability of a line branching off from Toowoomba and running to the Port of Gladstone.

Mr Joyce made his support for such a line clear in an interview with CQ Today in mid-July on a visit to Gladstone to attend the campaign launch of Colin Boyce, who will contest the federal seat of Flynn against Gladstone Mayor and Labor candidate Matt Burnett.

"My view is, once we get to Toowoomba, we start driving for the bulk commodities to go into Gladstone, because in the long term, it's not going to work taking (them) through the centre of Brisbane. And your container traffic will probably still be coming out of Brisbane," he said on the night.

"So my first discussions, it's not about either/or, it's 'and', it's both."

"Your container traffic will go into Brisbane, but your bulk commodities are better suited for Gladstone," he clarified.

In his speech on Friday, Mr Joyce made the connection between infrastructure investments and social and economic development across regional Australia, using the example of Central Highlands town Emerald and its spectacular growth following the construction of the Fairbairn Dam to argue that investment precedes expansion rather than the other way around.

"We must borrow from Emerald's example and plant the seed infrastructure that broadens the economy, spreads the population, and lifts living standards," he said.

"Inland Rail is a further part of the decentralisation, sorry Bridget, regionalisation plan," he continued.

"Today I've announced the business plan to continue the Inland Rail a further 646 km, from Toowoomba to the industrial city of Gladstone."

In a press release following the announcement, Mr Joyce further expanded on his reasons for supporting a business case into the extension.

"Extending the line to Gladstone would en-



Working on Inland Rail.

Picture: ARTC

sure the benefits of this nation-building piece of infrastructure are felt farther and wider, creating more jobs during construction, supporting existing jobs in the region, and better connecting our resources industries and agricultural producers to another major export gateway," he said.

"The connection to Gladstone would be in addition to our existing commitment to take Inland Rail to Brisbane."

The announcement comes on the back of an extensive Senate inquiry into the project.

The inquiry drilled into the history and progress of Inland Rail to offer critiques of its implementation to date and recommendations for development moving forward.

Labor, LNP, One Nation and Greens Senators on the committee coalesced around a recommendation to further investigate extending the line from Toowoomba to the Port of Gladstone.

Mr Boyce is a keen supporter of the line and in a press release from Friday, said he had personally relayed to the deputy prime minister the importance of the project.

"When Deputy Prime Minister Barnaby Joyce visited Gladstone in July, I really impressed upon him the importance of this project to our region. This is a vital first step towards seeing Inland Rail help Central Queensland reach its full economic potential," he said.

Mr Burnett, meanwhile, in his capacity as both Gladstone mayor and Labor candidate, has advocated for an extension on multiple occasions.

In a press release following Mr Joyce's announcement, Mr Burnett said the possibility of Inland Rail extending to Gladstone was one step closer to reality.

"It's great to see the Inland Rail wheels are in motion and this will open up opportunities not only for Gladstone but for Central Queensland as a whole."

It is unclear when the business case will

begin or which consulting firm will undertake the analysis.

A spokesperson for the deputy prime minister told CQ Today:

"The Australian Government will work with the Queensland Government to progress our commitment to undertake a business case into extending Inland Rail from Toowoomba to the Port of Gladstone. This includes engaging an experienced firm to undertake the business case."

The \$10 million business case will not be the first study to consider an Inland Rail link to Gladstone.

An earlier pre-feasibility study undertaken by engineering firm AECOM in 2017 deemed an extension to Gladstone unviable in the short and medium term.

"An extension to Gladstone would not be economically viable, with potential demand for the connection not sufficient to warrant the significant capital cost of the extension," the report reads.

Even as the government gears up to produce another study, the possibility of private enterprise financing a link to Gladstone may be gathering steam.

John Abbott, the chairman of Inter-Port Global Consolidated Holdings Proprietary Limited (IPGH), a proponent company, told CQ Today in August that he was in negotiations with private parties to secure the capital necessary to build out a Gladstone line.

"All we want from Inland Rail is a connection point," he said.

Mr Abbott said his enterprise would not require government funding to complete the extension.

"It is our intention at this stage to fund it ourselves. However, if the government wants to become an equity participant in it, they are more than welcome to do so and I don't see why we would have any objection to that," he said.

Workplace incident

A man was taken to hospital after he fell four metres from a crane platform at Boyne Smelter on Thursday night, 2 September.

Emergency services were called to Handley Drive at 7.12pm.

A Rio Tinto spokesperson confirmed the worker had fallen off a crane at the worksite and was resting in hospital after treatment for his injuries.

"Nothing is more important to Rio Tinto than the safety of our employees and we are focussed on providing support for the worker and his family, as we work with authorities to investigate this incident," they said.

The man was taken to Gladstone Hospital in a stable condition with back pain.

Police hunt

Gladstone Police are seeking assistance to help identify two males who may be able to assist Police with their inquiries in relation to a stealing offence at Dan Murphy's Gladstone on the 4th September 2021 at approximately 7.25pm.

If you have any information, please contact Policelink on 131 444 or Crime Stoppers on 1800 333 000 and quote reference number QP2101654746.

\$50 power bonus

More than 150,000 Central Queensland householders will receive \$50 as the state's publicly-owned power assets deliver their fifth dividend in four years.

State Labor member for Keppel Brittany Lauga said the \$100 million in dividends was part of more than \$350 million in rebates and dividends to help Queensland households and businesses with the cost of their utilities this financial year.

Grim mental health report

Mental health service ReachOut has released a new report which provides vital insights into the mental health of young people living in regional, rural and remote areas across Australia, tracked over a five year period. The report includes indications that the mental health of young people in these areas is worsening, alongside more positive findings such as improvements in rural young peoples' mental health literacy.

From 2017–2021 the report found an increase in probable serious mental illness amongst rural young people from 20.9 per cent to 27 per cent. The data from 2021, in particular, showed that of all age groups included in the research, 18 to 19-year-olds were the group most likely impacted by mental ill health. The report also found a significant increase in the proportion of rural young people concerned about the future, from over 15 per cent in 2017 to over 33 per cent in 2021.



Gladstone Police are seeking assistance to help identify two males.

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Centre making a splash

Upgrades to Gladstone Aquatic Centre are continuing with another exciting piece of the puzzle, an upgrade to the aquatic playpark Splash Zone, reopening on the first day of spring.

Gladstone Aquatic Centre facility managers, BlueFit, have reopened the Splash Zone to the public today to coincide with the new swimming season.

The journey to upgrade Splash Zone began in December 2020 via a piece of community engagement regarding the upgraded playpark's colour scheme.

Three colour options were offered – Orange, Yellow and Blue – with blue the most popular choice, receiving 73 per cent of the vote via Council's online Conversations platform.

Gladstone Region Mayor Matt Burnett said once the onsite works commenced, floor grinding and concrete surface preparation of the Splash Zone site took place first, followed by surface coating and installation of the activity tower that was complemented by a state-of-the-art tiling system.

"The upgraded Splash Zone features two innovative products – Tuffcoat and CombiTile – that are used for surface coating and fall protection respectively," Councillor Burnett said.

"The company tasked with the design and construction of the upgraded Splash Zone, Playscape Creations, selected these products as their properties allow for a safe and durable non-slip surface with the added benefit of reduced ongoing maintenance."

Gladstone Aquatic Centre's upgraded Splash Zone is one of several upgrades that took place at the facility funded under the COVID Works for Queensland program.

The \$1.2m COVID Works for Queensland upgrade – the first of three stages to upgrade Gladstone Aquatic Centre – also included the installation of a 230m boundary fence, installation of a new main electrical switchboard and upgrades to the filtration and chemical dosing plant.

Member for Gladstone and Minister for Regional Development and Manufacturing and Minister for Water Glenn Butcher said the enormously successful Works for Queensland program is designed to help our Council deliver infrastructure that will not only create jobs, but continue to make Gladstone the best place to live, work and play in Australia.

"So far, \$26.01 million in funding has supported nearly 400 jobs in Gladstone through Works for Queensland," Minister Butcher said.

"It's works like this that is all part of Queensland's plan for economic recovery, delivering jobs in Central Queensland by partnering with local councils.

"I'm proud to be part of the Palaszczuk Labor Government that has invested \$1.2 million in this project alone, as part of our COVID Works for Queensland program

"While it might have been a bit cold during winter to make the most of it, we're now ready to go for the next season of aquatic adventures for the kids.

"We also have a new round of funding of \$7.79 million that Council estimates will sup-



Aquatic Centre Splash Zone



Gladstone Region Mayor Matt Burnett and Member for Gladstone Glenn Butcher

port 47 jobs in our region."

BlueFit Group CEO Todd McHardy thanked the Queensland Government and Gladstone Regional Council for delivering Stage 1 of the Gladstone Aquatic Centre upgrade.

"Upgrades will improve the leisure and recreational experience for many local families and allow us to continue to provide local youth employment pathways," Mr McHardy said.

"Providing valuable water skills is often

about learn-to-swim classes but starts with confidence around water, and the new splash pad activities provide the colour and fun that make our job of inspiring community activity much easier.

"Our local team is very much looking forward to summer and seeing the smiles on kids' faces when they see their upgraded Splash Zone."

More works at the Gladstone Aquatic Centre are in the pipeline for the coming months, with Stage 2 works set to be funded under the Federal Government's Local Roads and Community Infrastructure Program (LRCI).

The LRCI Program will fund \$1.6m in upgrades including building renovations to the 25m pool amenities, building renovations to the 50m pool amenities and external pool lighting upgrade.

Stage 3 works, funded to the tune of \$2.4m under the 2021-24 Works for Queensland program will include 25m pool tile replacement, 25m pool heating system upgrade, 25m pool enclosure upgrade, 50m pool tile replacement, 50m pool heating system and grandstand and shade sail upgrades.

These works are forecast to commence next year and will be completed in stages in order to minimise disruption to Gladstone Aquatic Centre patrons.

The Gladstone Aquatic Centre stage 1 upgrade has been supported by the Queensland Government through the COVID Works for Queensland program.

Voluntary Assisted Dying bill set to take centre stage

By Duncan Evans

Parliamentarians from across the state will likely begin debating the controversial Voluntary Assisted Dying Act 2021 next week.

The notice paper for the Tuesday, September 14 sitting day has the bill slated for debate alongside other government business.

If passed, the bill would permit eligible Queenslanders to access voluntary assisted dying (VAD) from 2023 onwards.

In order to be eligible for VAD, a person must have a terminal illness which is expected to cause death within 12 months. Furthermore, the person must consider his or her suffering intolerable, possess decision-making capacity in relation to VAD and act voluntarily and without coercion.

Parliament's Health and Environment Committee scrutinised the bill, designed by the Queensland Law Reform Commission,

for three months and handed down its report in late August.

The committee recommended that parliament pass the bill in its present form without amendments.

However, committee members Stephen Andrew, the state One Nation member for Mirani, and Dr Mark Robinson, the state LNP member for Oodgeroo, dissented from this conclusion and hope to see the bill amended or voted down.

Parliament is made up of 93 members, and in order for the bill to pass, 47 members must vote 'yes'.

The bill was introduced by Premier Anastacia Palaszczuk earlier this year, fulfilling a campaign pledge to bring the issue to the forefront of state politics.

Members will be given a conscience vote, which means they don't have to conform to a party line when they vote.



Glenn Butcher, state member for Gladstone.

The Labor Party holds 52 seats in parliament, while the LNP holds 34 seats. Katter's Australian Party holds three seats, the Greens hold 2, One Nation holds the seat of Mirani, and Sandy Bolton, an Independent, holds the seat of Noosa.

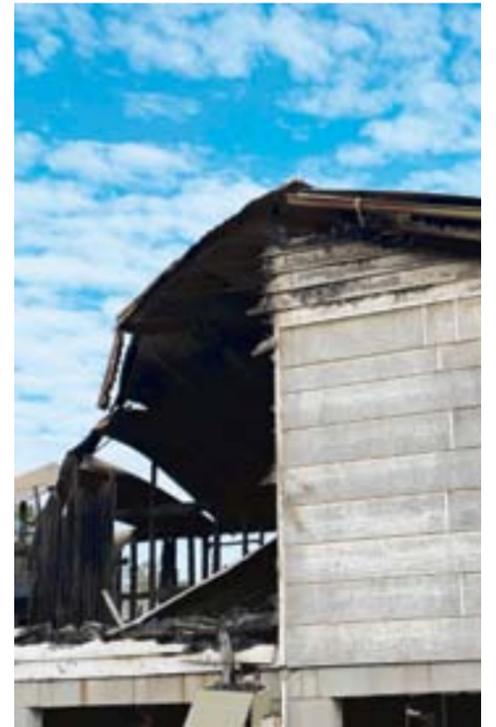
The issue of VAD generates a considerable amount of sound and fury, and can claim

both adamant supporters and fierce opponents.

Though the debate is not settled, at the time this paper went to print Gladstone Today understands that within Central Queensland, the breakdown of support is as follows:

- Brittany Lauga, the state Labor member for Keppel, Glenn Butcher, the state Labor member for Gladstone, and Barry O'Rourke, the state Labor member for Rockhampton, will likely vote yes.
- Meanwhile, Stephen Andrew, the state One Nation member for Mirani, and Colin Boyce, the state LNP member for Callide, will likely vote no.

The position of Lachlan Millar, the state LNP member for Gregory, is unknown to CQ Today. Mr Millar has said he will not make any public comment on the vote until he hears the debates next week.



Blaze engulfs two houses

By Eilish Massie

Investigations are continuing into a deliberately lit fire which claimed two South Gladstone homes on Sunday.

Emergency services were called to Agnes Street about 6.20am, after a concerned neighbour reported two houses 'well alight'.

It took 30 firefighters to bring the fire under control but unfortunately both dwellings could not be saved.

The home's occupants, a couple in their 50s, watched in horror with their neighbours as the homes were gutted by fire.

The family was safely evacuated from one house, the other was vacant.

Rhiannon Kent, whose family owned the properties, and lived in one, said it was hard to see the house she grew up in burnt to nothing.

"But what's even harder is seeing the parents that worked so hard in their life for the both of those houses to be just taken away from them in a blink of an eye.

"And to see my little brother just lose everything too ... I just want to be able to take the pain away."

A Queensland Fire and Emergency Services spokeswoman said in total, eight crews of four firefighters each responded, with most arriving between 6.30am and 8am.

She said it took almost two hours for the crews to bring the fire under control, with firefighters remaining on scene until 1.30pm Sunday dampening down the area.

Neighbour Diane Comadira-Smith said her dogs had alerted her early Sunday morning to the commotion.

"I got up to let my two dogs out at 5.10am and they were barking, but will bark at anything so I didn't think anything of it," she said.

"I had trouble getting back to sleep, but I



didn't hear anything until the first siren around 6.20am.

"I looked out my bedroom window and all I saw was fire engines and flames and that is the first I knew about it."

Mrs Comadira-Smith said the homes took 'no time at all' to be completely engulfed in flames.

"I have lived in this house for about 20 years and it was quite upsetting to see actually," she said.



"When we moved here, the people who owned those houses were already here and had the only two houses on that side of the street.

"It was really upsetting and I really felt for them, the house has been completely gutted and it's really sad to see."

Gladstone Detective Senior Sergeant Tony Anderson said it appeared the fires were deliberately lit.

A crime scene has since been declared.

"At this stage we don't have any suspects," he said.

"Anyone in the area at the time who haven't spoken to police are urged to let us know what they saw."

A GoFundMe was established on Sunday afternoon by the victim's niece Tayla Davis, who shared a statement about the family's anguish.

"My family's home was burnt down this morning in a tragic fire," Ms Davis said.

"Everyone is safe and well, unfortunately their childhood family home is not.

"Photos, clothes, shelter, and toiletries are all destroyed.

"If we could please help out and raise funds towards rebuilding their new home and a fresh start it would be greatly appreciated. Any donation is appreciated. Thank you all for your support."

Detectives are appealing for dashcam footage or CCTV to help with investigations.

Police wish to speak to anyone who may have observed suspicious activity in the area overnight and Sunday morning.

Homeowners and motorists are asked to review CCTV and dashcam footage capturing vehicles coming and going, or persons on foot between 5.30am and 6.30am this morning (September 5).

If you have information for police, contact Policelink by providing information using the online suspicious activity form 24hrs per day at www.police.qld.gov.au/reporting.

Report crime information anonymously via Crime Stoppers. Call 1800 333 000 or report online at www.crimestoppersqld.com.au.

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OH WHAT A FEELING





Gladstone Newsagency owner Sonya Sims and manager Nicky Hoseit say their business was affected by the closure of Goondoon Street.



Frustrated shop owners have criticised Gladstone Regional Council for the way it handled consultation on Goondoon Street.

Retailers voice concerns

By Eilish Massie

Frustrated shop owners have criticised Gladstone Regional Council for the way it handled consultation on Goondoon Street, with some council workers allegedly telling retailers it was 'bad luck' if the construction work affected their business.

In March this year, Goondoon Street underwent a \$1.28 million overhaul where road pavements, sewerage infrastructure and footpath work were restored or replaced in order to encourage more people to Gladstone's main street.

It took seven months for the works to be completed after unforeseen infrastructure works put additional time pressure on work crews, which resulted in the project timeline to be extended until August 27.

In that time, shop owners claimed their businesses collectively lost more than one million dollars in revenue due to the construction work closing off the main drag.

Gladstone Newsagency owner Sonya Sims said her business was heavily impacted by the street's closure, as her business relied on foot traffic.

Ms Sims said the council had no consideration for businesses before construction started and it was only until owners started making noise that Council undertook community consultation.

"There was no communication at all, even to the point where you try to talk to them and they just fob you off," Ms Sims said.

"I was told at one point (by a council worker) that the assets belonged to the council and they can do anything they want with it and if it affects us, it was bad luck.

"I had another one tell me we didn't need Goondoon Street as we had back access."

Ms Sims claimed any shop owner who tried to ask questions during quarterly meetings were shut down.

"We weren't allowed to ask questions, we weren't allowed to voice opinions, they told us they were not here for that they were just tell-



In March this year, Goondoon Street underwent a \$1.28 million overhaul where road pavements, sewerage infrastructure and footpath work were restored or replaced in order to encourage more people to Gladstone's main street.



In order to support CBD retailers, council launched a shopping competition in May as part of a marketing campaign to encourage the community to support retailers during construction.

GRC purchased \$100 worth of gift vouchers from each of the retailers to form the winning prize of a CBD shopping spree worth more than \$1000.

Council said it received nearly 2000 entries, and has since crowned a winner.

Gladstone Region Mayor Matt Burnett said Goondoon Street would now attract more people to the city centre.

"The CBD Civic Precinct Footpath Renewal Project will generate greater levels of amenity and will support increased movement along Goondoon Street," he said.

"The project will also provide further benefits in the form of updated and improved major infrastructure.

"The underground infrastructure improvements including replacement of water mains and electrical cabling, while not visible from the surface, will provide a greater deal of reliability into the future."

While Mrs Groen-int-woud and Ms Sims had seen regular customers return, they said it would take months, possibly years, for them to recover financial losses.

ing us what was happening," she said.

"It was only towards the end that they realised they might have been hurting us."

Resident Tess Groen-int-woud was another shop owner who was affected by the works.

Mrs Groen-int-woud, who owns GIW Designs, said the project was not managed well from the start.

"I think in terms of revenue lost and our mental health, we really struggled for seven months," she said.

"It wasn't until we started making noise, there wasn't a whole lot of communication from the council which was the disappointing part."

"We got there in the end though, that's the main part."

Previously in July, Gladstone Regional

Council told the Gladstone Observer it had held various face-to-face meetings with affected Goondoon Street business owners, with many of those taking place outside of business hours.

"These meetings allowed business owners and council staff to openly communicate with each other, with any concerns of business owners heard," GRC said.

GRC said arrangements were made with individual shops regarding the best time for works to occur and to ensure safe and direct access was available to individual premises.

Mrs Groen-int-woud said GRC financial advisors had since visited her to work out some sort of compensation, however other retailers said they had not seen or heard from the council.

Foundation donation making a difference for locals

During Queensland's philanthropic community week QCF celebrations for 2021 (6-10 September) and in conjunction with National R U Ok? Day, Gladstone residents are seeing the physical benefits of \$3 million in grant funding provided by the Gladstone Foundation, supporting health, breaking addictions, wellbeing services and jobs for locals.

The \$3 million grant from the Gladstone Foundation awarded to the Salvation Army to build two integrated buildings (Gumar - Byellee language for "Shield" and Maxine Brushe Community Buildings) within the Philip Street Communities and Families Precinct, West Gladstone - Central Queensland which will provide families, health, and wellbeing services.

Funding for road infrastructure and services headworks of the project was also provided by the Australian Government, via the Regional Jobs and Investment Package, and Gladstone Regional Council (GRC).

The Gladstone Foundation (GF) financially supported by the natural gas companies ConocoPhillips (Australia Pacific LNG), QGC Pty Limited and Santos (Gladstone LNG) are pleased for this legacy social infrastructure to service the needs of the citizens of the Gladstone Region.

Gladstone Foundation independent chairman, Tim Griffin OAM, said seeing the Philip Street Communities and Families Precinct operational was the effort of many during the past decade, and now is a one stop precinct for people requiring community assistance and a helping hand.

"This is a World Class integrated families precinct and a first of its type for regional Australia", Mr. Griffin said.

Queensland's Public Trustee and CEO, Samay Zhouand, said he was proud to support the Gladstone Foundation as the Trustee and that the grant fulfilled the Foundation's charter of funding social infrastructure in the re-

gion, from voluntary contributions made by LNG Gas companies involved in major projects in the region.

"We know that residents benefit from grouping community facilities and human and social services together, improving access and connection".

"This largest individual \$3million funding grant from the Gladstone Foundation has ensured the city's community support system will be fully integrated, providing connectivity for residents. I congratulate the Salvation Army on developing this much-needed precinct and social infrastructure strategic vision of the Gladstone Foundation Board," Mr. Zhouand said.

The Gladstone Foundation Board members, Gladstone Regional Council Mayor Cr Matt Burnett and Salvation Army State Commander Mr. Gavin Simms & local team members undertook a walk-through inspection of the precinct earlier in September 2021.



Gladstone Foundation independent chairman, Tim Griffin OAM, said seeing the Philip Street Communities and Families Precinct operational was the effort of many during the past decade, and now is a one stop precinct for people requiring community assistance and a helping hand.

New seniors community

By Eilish Massie

Seniors in the Gladstone region now have a new gated community to call home.

Good Life Retirement Villages purchased the former Palm Valley Motel on Beach Avenue in Tannum Sands a month ago, and has turned the facility into a seniors rental community.

Good Life Retirement Villages business development manager Kevin Humphreys and operations manager Mika Humphreys said they were very excited to offer a 'resort style' rental community for seniors in Tannum Sands.

"There's a major shortage in rentals but especially for seniors," Mr Humphreys said.

"We went to public housing a week ago and they said they have a three week wait.

"It's a bit different for seniors so we wanted to create an environment where it was a safe community for them."

The safe-gated community offers 24 fully self-contained one bedroom rental units, undercover parking, boat parking, saltwater pool and BBQ area.

Mr Humphreys said the units were designed for maximum comfort, functionality and safety and were also affordable and pet friendly.

"Seniors can enjoy independent living in self contained units surrounded by lovely gardens," he said.

"Each unit has a private courtyard or garden."

Mr Humphrey said a lot of changes would happen at the facility in the coming weeks, including installing a safeguarded fence and new signage.

Good Life Retirement Village is located on 22 Beach Avenue, Tannum Sands.

The facility is having an opening special where residents can have two weeks free rent until the end of October. Conditions apply. If you are interested, contact Kevin on 4973 7512



Good Life retirement villages business development manager Kevin Humphreys and operations manager Mika Humphreys with their daughter Rhianna, 4.



The facility offers 24 self-contained rental units



The facility's barbecue area

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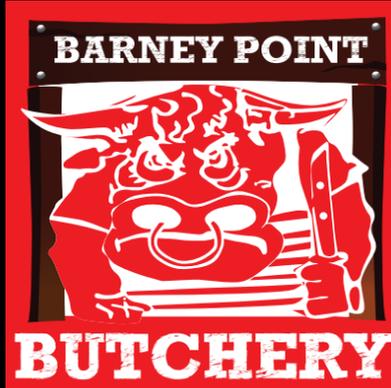
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Lionheart roaring for all

By Duncan Evans

Gladstone business Lionheart is in the infancy of its enterprise, but its ambitions are vast and honourable.

Founded by husband-and-wife team Brett and Ellie Muggeridge in 2020, the company offers disability support services to clients across the region, regardless of how severe or challenging a client's circumstances or requirements might be.

This drive to offer unqualified support was inspired by the arrival of their second child, a daughter, in 2017.

Their daughter was born with a complex undiagnosed genetic condition, and though the Muggeridge's received a funding package from the National Disability Insurance Scheme, they were unable to source the kind of support they wanted for their daughter.

"Because our daughter had such high care complex needs, we weren't able to find anywhere in our town and regionally that was able to support her in the way that she had funding for," Ellie told Gladstone Today in a telephone call.

"So our situation was that we had funding and we had money to spend, and then no one really able to help us and support us in the way that we felt that we needed."

Lionheart has emerged to fill these lacunas in the disability sector and offer Australians in difficult situations a pathway to the kind of stability and growth that an adequate support web can provide.

"Our experience has very much informed the way we operate at the moment," she said.

"So we'll take on any client and we have some of the more difficult clients that maybe struggle to get support in other areas. Because our experience is that living with disability and having a family member with a disability is a really hard thing. And sometimes agencies may not have the capacity to support."

What's more, the form of support that Lionheart envisions for its clients is long-term, or even familial, a model of business based in part on the support system Brett and Ellie built up for their own daughter.

"It really got us thinking about what creates a good team around the client, and how do we keep employees engaged in work and wanting to stay long-term, because at the end of the day, when you support someone, you almost become like a member of their family. So the one thing you don't want is just different people checking in and checking out over time," she said.

"And we always had kind of the dream of expanding that and contributing positively to our community and thinking of ways that we could improve the lives of people with disability and what we think about is, our daughter is growing up in this world and what type of world is she going to grow up in?"

Though support is at the centre of the Lionheart enterprise, there are two other pillars, or branches, which inform the overall vision of the business, namely inclusion and training.

The company is working towards becoming a registered training organisation (RTO), with the goal of training disability support workers into the future.

Lionheart will meet with a large RTO in mid-September to discuss a possible partnership for the region.

It is also committed to disability inclusion, or working to ensure that spaces and work-



Ellie and Brett with their daughter Florence.

places are re-assessed to enable disabled Australians to participate fully in life.

"Our vision for that is taking on initiatives to create a more inclusive community on the ground. So a project that's quite dear to my heart that I'm working on is putting together packages to go in and educate all sorts of people from primary schools right up to companies on inclusive practices and what that means in different settings in the community," Ellie said.

Lionheart has been guided in its ambitions by Rio Tinto's Here for Business program, a series of modules designed to offer entrepreneurs the business know-how they need to transform dreams into tangible business success.

Ellie speaks highly of the program and says it has been instrumental in propelling Lionheart.

"That really was the kickstart," she said.

"We kind of, from just pure need on ourselves, set up a little business model for our daughter, and in the back of our heads, we were like, 'wouldn't that be great to turn it into something bigger?' And when we learned about the Here for Business model, and we got accepted into that, that's really what gave us the knowledge and the confidence to go

out and turn it into something bigger. Understanding how this could be turned into something that can maybe be profitable, that can sustain itself and grow and also furthers the community."

"I just think it is really incredible," she added.

"Just to have access to the people that we've had access to, like the marketing experts, the HR experts, that can really come in and give you a perspective that you hadn't thought of before or let you know what you need to be considerate of when you're in this stage of setting up a business is just so invaluable."

And though the business is new, it can already boast an employee base of 17 people, including registered nurses, enrolled nurses and support workers. Ellie credits the team she and Brett have managed to build up as the central element that keeps her inspired.

"Something that keeps me going is our support workers and who we've been able to employ in our business. The way that we really wanted to differentiate ourselves is the quality of our support workers and we're not marketing on the basis of being cheaper than anyone else. We want to be known for having the best quality support, and whatever that looks like, we're willing to work with clients," she said.

As our conversation nosed towards its completion, CQ Today asked Ellie what her life had taught her about disability, and what those of us on the outside of this particular field of experience needed to know about it.

Ellie responded by emphasising the fundamental normality of disability and argued that we should neither glamourise nor pity the disabled, but simply recognise in them our mutual humanity.

"I just wish we had more exposure of how normal disability is," she said.

"If we look at it statistically, one in 10 people in our society are disabled, that's 10 per cent of our population. It's a normal part of life. Sometimes people become disabled later in life, sometimes people are born with disability, and I just wish people knew that sometimes it's sad, sometimes it's inspiring, but mostly it's just a normal part of life. And everyone who has a disability has a right to participate in their community and be accepted in the same way we all do. And that's what disability support is about. It's not about being charitable and helping unlucky people, and it's not about promoting these people as amazing and inspirational. It's about recognizing that we have a role in society to accept everyone and give everyone the same chance."

Rookwood Weir moves one step closer to completion

Federal Member for Flynn Ken O'Dowd and Federal Member for Capricornia Michelle Landry have welcomed the start of concrete pouring at Rookwood Weir this week.

This is following the Federal Government's \$183.6 million investment into the 76,000 megalitres project.

Mr O'Dowd said once complete, the over-16-metre-high weir would enable a transition to higher value agricultural land use and facilitate new industrial business opportunities in the region.

"On top of this, the 18-metre-high concrete Riverslea Bridge upgrade has been

completed, replacing the existing crossing with a single 3.5-metre-wide road lane," he said.

"This will connect the approaches to the bridge with the existing road, including passing bays at both ends, and demolishing the existing culvert crossing.

"The Capricorn Highway intersection upgrade at Gogango and the upgrade and widening of Thirsty Creek Road have already been completed as well as the workers' accommodation camp. This project is the real deal delivering nation building infrastructure that will be utilised for generations to come.

"The first water from Rookwood Weir will be available in 2023 and I look forward to when this fantastic day occurs."

Ms Landry said she had been fighting for the project since before she was elected.

"Rookwood Weir will deliver 200 jobs and expand irrigated agricultural production in the lower Fitzroy River region by providing an additional 76,000 megalitres," she said.

"In April of this year, I welcomed the start of construction of Rookwood Weir to a height of 76,000 megalitres to conclude my North Queensland Water Tour.

"I was pleased to see 50 excavators push-

ing dirt around with 100 of 200 high-vis workers building what will be a 202-metre wide, five-storey high weir on the Fitzroy River."

She said the Rookwood Weir project had faced challenges.

"The State Labor Government wanted the Rookwood Weir downsized to 54,000 megalitres but I, like the farmers and all interested parties wanted it built once and built properly," she said. "Graziers, landowners and farmers stood with me during the real Rookwood Weir rally in September 2019 and protested the blatant disregard the Labor Party has for regional areas."



Gladstone experienced four of the five worst days for air pollution in the state this year, prompting a warning from a respiratory doctor.

Worry over air quality

By Eilish Massie

Gladstone experienced four of the five worst days for air pollution in the state this year, prompting a warning from a respiratory doctor.

Asthma Australia has pointed to the air quality data publicly available from government sources to show that Gladstone had the worst air quality in the state.

Department and Environmental Science data shows all five of the worst air pollution peaks in 2021 were in Central Queensland.

The worst two were in the Gladstone region areas of Targinnie and Fisherman's Landing, sitting at 485.2 µg/m³ and 346.3 µg/m³ respectively on March 26.

Both were a result of smoke hazard burns.

Following that was 298.2 µg/m³ in Clinton on May 15, which was also due to controlled burns.

Fourth was 178.9 µg/m³ in Emerald on June 11 and then Gladstone's Boat Creek with 178.9 µg/m³ on the same day.

The worst hourly peak recorded at the monitoring station in Targinnie on March 26 reached PM2.5 levels of 485.2 µg/m³.

This rating was considered 'extremely poor', compared to the 'good' rating of 25µg/m³.

According to DES, most PM2.5 emissions were from elevated sources in Gladstone.

DES says the dilution and dispersion takes effect before emissions reach the ground, meaning that often the ground level PM2.5 concentrations are within guidelines.

While COVID-19 restrictions have led to reports of reductions in some sources of air pollution, levels of woodfire heater smoke, hazard reduction smoke, dust and industry emissions have continued to tip the scale in normally 'clean' areas.

Asthma Australia Medical Advisor and Respiratory Physician Dr John Blakey said if you care about what you drink, you should care about what you breathe.

"Australians know where to get decent coffee, or a good wine. They spend almost a billion dollars a year on bottled water," Dr Blakey said.

"Many people are choosy about the thousand litres they'll drink each year, but probably

don't pay much attention to the millions of litres of air they'll breathe. If there were chemicals in tap water that caused disease, they would want to know about it.

"In contrast, we know that the chemicals and particulates in the air can cause asthma, infections, and cancer. We need to do more about that."

According to Asthma Australia, some communities across Queensland have experienced high levels of air pollution (PM2.5) this year alone.

Asthma Week is being proudly supported by parliamentarian and paediatrician Dr Mike Frelander MP, Co-Chair of the Federal Parliament's Parliamentary Friends of Asthma.

"With one in nine Australians affected by asthma, it is critical to raise awareness of the symptoms and implications for this condition," Dr Frelander said.

"Air pollution is a growing concern among the health community. As a paediatrician, over the years I have seen countless patients who suffer with asthma – and I have also seen the benefits of an appropriately managed Asthma Action Plan."

Fellow parliamentarian and Federal Parliament's Parliamentary Friends of Asthma Co-Chair Mr Tony Pasin MP is also backing the campaign.

"Around 2.7 million Australians live with asthma with many of them suffering from severe

symptoms, and as someone who has suffered with severe asthma most of my adult life, I understand how debilitating the condition can be," Mr Pasin said.

"We may consider ourselves to have clean and healthy air, but this is not always the case. Consistent exposure can lead to the development of serious long term health conditions like asthma, heart and lung disease, stroke, and cancer. That's why reducing daily exposure can have immediate and lifelong benefits for all of us.

"Raising awareness of respiratory diseases like asthma and the need for cautious practices and prevention measures is vital, especially at this challenging time."

For more information on Asthma Week and Air Nutrition, please visit www.asthmaweek.org.au.

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The Purcell Family.



Improved access to services

By Sean Fox

Theodore's expecting mothers will now receive better access to family-friendly and affordable accommodations.

As part of a raft of improvements to local maternity services which were recommended following a clinical review, unplanned birthing services will continue to be provided while the Theodore Multipurpose Health Service will remain open.

The report also highlighted that numbers did not support safe and sustainable planned birthing services under the national Australian Rural Birthing Index framework.

CQ Health's Executive Director Nursing, Midwifery and Quality and Safety Sue Foyle said the health service was committed to work with clinicians and the community to continue to deliver the best possible maternity service.

"We always try to provide as many services as close to home when it is safe and sustainable to do so," she said.

"Maternity services in Theodore include outpatient antenatal care with a midwife, shared care antenatal appointments with general practitioners and postnatal care.

"Midwife-supported telehealth appointments and continuity of midwifery care with the Midwifery Group Practice for the Banana shire (located in Biloela) are also available."

Additionally, the report identified a series of opportunities to further strengthen local maternity services to be delivered over the next six to nine months.

These recommendations were as follows:

- Improved access to antenatal education and support for women and families;
- Address gaps in specialist maternity, allied health and nursing care;
- Use telehealth infrastructure to reduce the need for travel;
- Improve communication and information sharing between local health providers and other maternity services;
- Work with Aboriginal and Torres Strait Islander women to make maternity services more culturally appropriate;
- Provide greater access to family friendly, affordable accommodation;
- Improve transport for women and families.

The report was prepared by an independent health expert for Clinical Excellence Queensland when Theodore was announced as one of four pilot sites for the implementation of the Rural Maternity Services Assessment and Planning Framework.

This assessment tool was developed by Queensland's Rural maternity Taskforce to examine the accessibility and provision of safe and sustainable maternity care, to gain an understanding of maternity issues and expectations in communities, and develop recommendations to support improvements where possible to give good outcomes for mothers and babies in rural and remote communities.

Community members were consulted as part of the process.

Afterwards, it was concluded that women value and prefer the continuity of midwifery care.

They also acknowledged the progress made in improving both antenatal care and postnatal support.

The report can be found at www.health.qld.gov.au.

Most precious gift

Tannum Sands father Mitchell Purcell was able to spend Father's Day with his family on Sunday after they were separated for the past five months.

His wife Carissa has been cared for at the Mater Mothers' Hospital Brisbane since April after developing complications while pregnant with their second child Tommy.

After trying to fall pregnant for four years Ms Purcell was diagnosed with placenta praevia, a serious pregnancy complication where the placenta grows on the left side which is very rare.

"I expected her to be admitted for two weeks when she was 30 weeks pregnant but she wound up being there for a total of eight weeks where she was monitored closely," Mr Purcell said.

"Tommy was born on 21 July at 32 weeks

gestation, weighing only 1.7kg, he was whisked away to the neonatal critical care unit. He was so small and fragile; I was scared to touch him.

"Due to the complications from the pregnancy Carissa had to have a full hysterectomy and could not even see Tommy until he was 30 hours old, I had to keep rushing between floors to check they were both OK."

Mr Purcell explains Tommy was kept in the neonatal critical care unit for six weeks until he had gained enough weight to go home which has been tough on the whole family.

"Our elder daughter Lily who is five-and-a-half years old has stayed in Brisbane with her mother, she has been going to school at the Queensland Children's School here at Mater which she has loved," Mr Purcell said.

"I run my own engineering company and

have been going back and forth between Gladstone and Brisbane trying to spend as much time with the family as possible.

"Tommy has done exceptionally well in the unit and has been allowed to go home early which we are thrilled about."

Tommy was discharged before Father's Day which made the day more special for Mr Purcell and his family.

"We are planning on having a relaxing family lunch together and settling into life as a family of four," Mr Purcell said.

"I wanted to thank our obstetrician Dr David Moore, paediatrician Joy Domingo-Bates and everyone who took care of us through our journey, we could not fault the experience and the care we have received has been phenomenal."

Talking about GP shortage in the regions

By Eilish Massie

Queensland Labor Senator Nita Green hosted a community meeting in Moura on Wednesday, 8 September about the shortage of GPs and specialists.

Senator Green last month called for a Senate inquiry to explore the doctor shortage facing communities across rural and regional Australia. The inquiry has been established and is currently accepting submissions.

"I hear it all the time – people can't get in to see a doctor when they really need it. They're waiting weeks and months, and are sometimes driving hours to see a specialist," Ms Green said.

"Labor pushed for this inquiry because regional communities need practical solutions to fix this problem which is only getting worse.

"We're experiencing a shortage of GPs, and meanwhile in the middle of a pandemic, Scott Morrison is making cuts to Medicare and undermining our health response.

"I look forward to catching up with local residents to hear their stories and will be encouraging them to make sure their voices are heard by making a submission to the inquiry. Because we should all have access to quality health care regardless of our postcode."

Labor candidate for Flynn, Matt Burnett, said the GP shortage impacted a lot of Central Queensland families.

"I had a Moura local tell me that she had to move away from the town because she couldn't get the care she needed locally," Mr Burnett said.

"Another told me that not only are the patient's missing out on much needed services, but the health professionals are struggling as well.

"Together, we need a positive plan for our region's future, so I asked Senator Green to come to Moura to host the 'Moura GP and Rural Health Forum'.



Labor candidate for Flynn, Matt Burnett and Queensland Labor Senator Nita Green

"It is a great chance for local residents, as well as local doctors, health workers, and allied associations to tell their stories.

"Our local GPs and other health providers in the region work incredibly hard. We've all seen their efforts during the pandemic, and I want to put on record my thanks to them."

The Senate Inquiry will examine the Government's current geographical classification system, the stronger Rural Health Strategy, GP training reforms, and the effects of the Medi-

care rebate freeze. The Inquiry will also assess the impact of the COVID-19 pandemic on doctor shortages in outer metropolitan, rural, and regional Australia.

People can make a submission to the inquiry to https://www.aph.gov.au/Parliamentary_Business/Committees/Senate/Community_Affairs/PrimaryHealthServices/Terms_of_Reference

Federal Member for Flynn Ken O'Dowd was approached for comment.

CONNECT

A Gladstone Regional Council publication



The tours recognise and celebrate our shared history and our Traditional Owners deep connection to country.



Annie Johnson, Gooreng Gooreng Representative

Free community tours deepen connection to country

Focusing on our social, cultural and spiritual significance, our region's shared history was recognised and celebrated at a series of free Cultural Awareness tours recently.

The free tours, facilitated by Gooreng Gooreng representative Annie Johnson, were held in Agnes Water, Baffle Creek, Mount Larcom, Taunton and the Boyne Valley area and attended by more than 100 people.

Annie said it was empowering to see people genuinely engaged and interested in learning about our history.

Tour attendees Pat and Brad Roberts said they were so pleased to have taken the tour.

“The tours were relevant to the law of the land; they showed our connection to country and taught people of our kinship structures and how it relates to living on the land.”

“We gained a much better awareness of the Indigenous history and heritage of the land and the deep connections of our First Nations people to the land.

It was amazing to discover what is actually hidden in plain sight around us, for example scar trees and the medicinal properties of many local trees and plants.

Council should be commended for this initiative, as the tours allowed participants to broaden their knowledge and understanding of their shared heritage and surroundings in a very relaxed, educational and non-confrontational manner.”



Ethan Smith, Apprentice Mechanical Fitter

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Applications for our 2022 Apprenticeship and Traineeship Program are now open.

We have 24 diverse roles available across the region including Agnes Water/Seventeen Seventy, Benaraby, Calliope and Gladstone.

Council provides apprenticeships and traineeships, for people of all ages, with on-the-job training and support to develop employability skills, knowledge and experience.

Applications close on Friday 17 September. Visit www.gladstone.qld.gov.au/apprenticeships-traineeships for more information.

“I’ve had a great experience with my traineeship. It has been challenging at times, but this has helped me develop personally and professionally. The best part about working with Council is the great team I work with, contributing to the community and the learning opportunities. If you’re thinking about applying for a traineeship at Council, I strongly recommend that you do.”

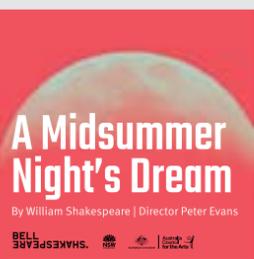
- Shania Bailey



Shania Bailey, Waste Management Trainee

What's On

Council is proud to provide the Gladstone Region community and visitors to the region with access to a variety of events and activities.



Bell Shakespeare's A Midsummer Night's Dream
7.30pm, Thursday, 16 September
Gladstone Entertainment Convention Centre
Shakespeare's classic comedy, A Midsummer Night's Dream, is reawakened in this breathless production brimming with magic, mirth and mayhem.



School Holiday Program
17 September – 4 October
Various Council locations
The school holiday program is a collaborative program which features events and activities, targeted at children from Prep to Year 12, across all Council facilities.



The 46th Rio Tinto Martin Hanson Memorial Art Awards
Call for submissions, 28 September – 2 October
Exhibition open, 16 October
Gladstone Regional Art Gallery & Museum
Visit one of Queensland's most prestigious regional art events.



Gladstone PopCon
11am-7pm
Saturday, 30 October
Goondoon Street Entertainment Precinct
Just like Superman, PopCon 2021 is set to fly across the region this year with pop culture enthusiasts treated to a range of fun activities.

Wear glasses and a hat to block the attack

Stay safe this swooping bird season



Asking one simple question: R U OK?

By Matthew Pearce

Thursday, 9 September is R U OK? Day and this year it's more important than ever for Central Queenslanders to consider how the people in their world are really going.

R U OK? is a harm prevention charity that encourages people to stay connected and have conversations that can help others through difficult times in their lives.

Roseberry Qld youth and community engagement officer Lauren Bull said one in four young people experienced a mental health issue each year.

"More than 75 percent of mental health issues develop before a person turns 25," she said.

"It's that time of your life when your brain is developing, your body's changing - a time when it's important not just to check in with your mates but also to check in with yourself, to make sure you're OK."

Lauren said the most important thing was not just to ask if someone was OK, but to actually listen.

"So many people will ask at the checkout, 'how are you going today', but they're not really interested in your answer," she said.

"If you're actually asking someone if they're okay, you've got to take the time to sit and listen and be open to what they have to say.

"You might find that they're not okay but you don't have the capacity to help them. You might find that you're not okay as well.

"But there's lots of people who can help in the community as well as nationwide, whether its a hotline like Kids Helpline or Lifeline or organisations on the ground like Headspace," she said.

"They can provide that support and give people in the community, especially young people, the opportunity to seek help with whatever they're dealing with."

Justin Geange works as a field officer for suicide prevention charity Mates in Construction and has been an R U OK? Community Ambassador since 2015.

He is also an ex-plumber, ex-NRL mascot,



R U OK? Community Ambassador Justin Geange says it's important to look out for your mates.

Australia's Got Talent semi-finalist, Holey Moley entrant and a husband and father.

"The RU OK? message is an important one - and one that has transcended over the years into a real meaningful conversation about checking in with the people in your world - your mates or family members, to seek if they're doing okay or not," he said.

"It's about connection in disconnected times. With border closures and lockdowns you don't always get to see people in person, so it's super important to let them know you are thinking of them."

"I've got most of my family back in New Zealand and I'll FaceTime Mum and Dad once a week, it's a simple way of keeping in touch while they're in lockdown."

Justin is passionate about R U OK? because of his own lived experience of suicide and mental health challenges.

"Everyone's got a story and I've had my own journey. There was a time when I was really doing it tough, I started doing things differently

and saying things differently.

"I was fortunate back in the day that I had a boss who noticed and asked 'are you OK?'"

"That 10 seconds of courage that it took for him to ask me that question was instrumental in me getting help when I was going tough that tough time."

Justin said you 'don't have to be a psychologist, a social worker or a counsellor' to care about a mate, friend or a family member.

"It's a simple matter of saying, 'Hey mate, what's going on, are you OK?'"

"But be ready for the answer, which in my case was, 'No mate, I'm not'."

"My boss didn't know what to do himself, but said we should make a call. And I was lucky enough that he made that call for me and got me the help I needed."

"Some people could genuinely be okay and that's cool, but by asking the question it lets someone know that you're thinking of them, that you care about them."

"It could be someone at work, someone at home or someone in your community - the bottom line is taking that moment to check in on someone, to be genuine about it and ask the question."

Justin said there were four steps in the RU OK? conversation - Ask, Listen, Encourage Action and Check In.

"The final step, Checking In, is an important one. If you've helped someone access a support service, give them a call the next day and ask if it worked."

"Not every service or councilor is the right fit for everyone, but if I have a bad pizza I don't stop eating pizza I go to a different pizza shop."

"Who will you check in on today - it could be a text, it could be a phone call, it could be walking next door to your neighbour, it's a about that genuine question - are you really OK?'"

If you, or someone you know are in distress, please call: Lifeline: 131 114; Beyond Blue: 1300 224 636; Mental Health Hotline: 1300 642 255; Kids Helpline on 1800 551 800; Suicide Call Back Service on 1300 659 467; Emergency Services: please call 000.

\$70m in funding for water projects

The next phase of Palaszczuk Government's hugely successful Building Our Regions program has taken a step forward with details of the \$70 million for regional water infrastructure projects revealed.

Regional local governments will soon be able to apply for a share of the \$70 million Building Our Regions Round 6 fund for priority water and sewage infrastructure and planning projects.

Minister for Regional Development, Manufacturing and Water, Glenn Butcher, said the funding provided vital support to councils who need financial help to get critical works completed.

"These projects aren't just critical right now as we deliver our economic plan to recover from the global COVID-19 pandemic and create jobs, but also for the long-term growth of regional communities around the state," Mr Butcher said.

"For some of our smaller councils, raising the funds for projects such as sewage infrastructure or water pipeline repairs can be challenging.

"That's where the Palaszczuk Government is making a real difference for regional communities, by providing funding to get these essential but 'unsexy' projects completed.

Mr Butcher said guidelines for Round 6 were being provided to regional councils so they could assess potential projects to submit for funding when applications open in the coming weeks.

"Councils can apply for up to \$2 million in funding to support a range of eligible construction and works projects over three years," he said.

"Small and very small councils will also be able to apply for funding of up to \$300,000 for planning of projects that will help determine the right solution to address a water or sewerage service issue."

The Building Our Regions program has a long and successful history of supporting Queensland's local governments to invest in essential regional infrastructure and create flow-on economic development opportunities and jobs.

Previous rounds of Building Our Regions have seen more than \$348 million of funding approved towards 271 projects across 67 council areas.

Local Government Association of Queensland (LGAQ) President and Sunshine Coast Council Mayor Mark Jamieson welcomed the focus on water and wastewater infrastructure of the latest round of the program.

"We have been working closely with the Queensland Government on behalf of our member councils, to find ways to address the infrastructure cliff many rural towns are facing due to ageing water and wastewater infrastructure," Mr Jamieson said.

"This funding represents an important first step in what will be needed to deliver critical water and sewerage upgrades for these communities."

Registrations open for adventure race

By Eilish Massie

Registrations are now open for the 2021 Lake Awoonga Adventure Race.

Hosted by Gladstone Area Water Board and Benaraby Progression Association, Lake Awoonga Adventure Race offers a creative twist on a regular triathlon.

The race features three legs - a trail bike ride, trail run and kayaking.

LAAR Event Coordinator Andrea Ruppik said organisers were expecting a good number of participants after last year's race proved successful.

"It's a day for everyone, kids, family and friends," Ms Ruppik said.

"The Lake Awoonga Adventure Race reflects GAWB's vision to make Lake Awoonga a place for community, for every person to experience and enjoy its beauty."

Lake Awoonga Adventure Race will be held at Lake Awoonga on October 23, from 6am.

Participants can register at <http://www.laar.com.au/adventurerace/>



Favourites on the menu

By Eilish Massie

East Shores welcomed a new restaurant on Tuesday.

Family-owned and operated business Familia Restaurant Cafe Gelati moved into the space at Flinders Parade where the former The Dock restaurant used to be.

A family of five were one of the first people to enjoy the new menu of quality Italian food, gelato and coffee.

Owner Zac said the team were so excited to showcase what they had to offer.

Residents can look forward to Italian food such as Caprese, Caponata, Gnocchi and Spaghetti Bolognese.

But if classic pub food is more your style, the restaurant also offers chicken parmigiana, flame grilled steak and fish and chips as well as breakfast.

"We can't wait to see you all there," he said.

Familia Restaurant Cafe Gelati is located at East Shores, on Flinders Parade.

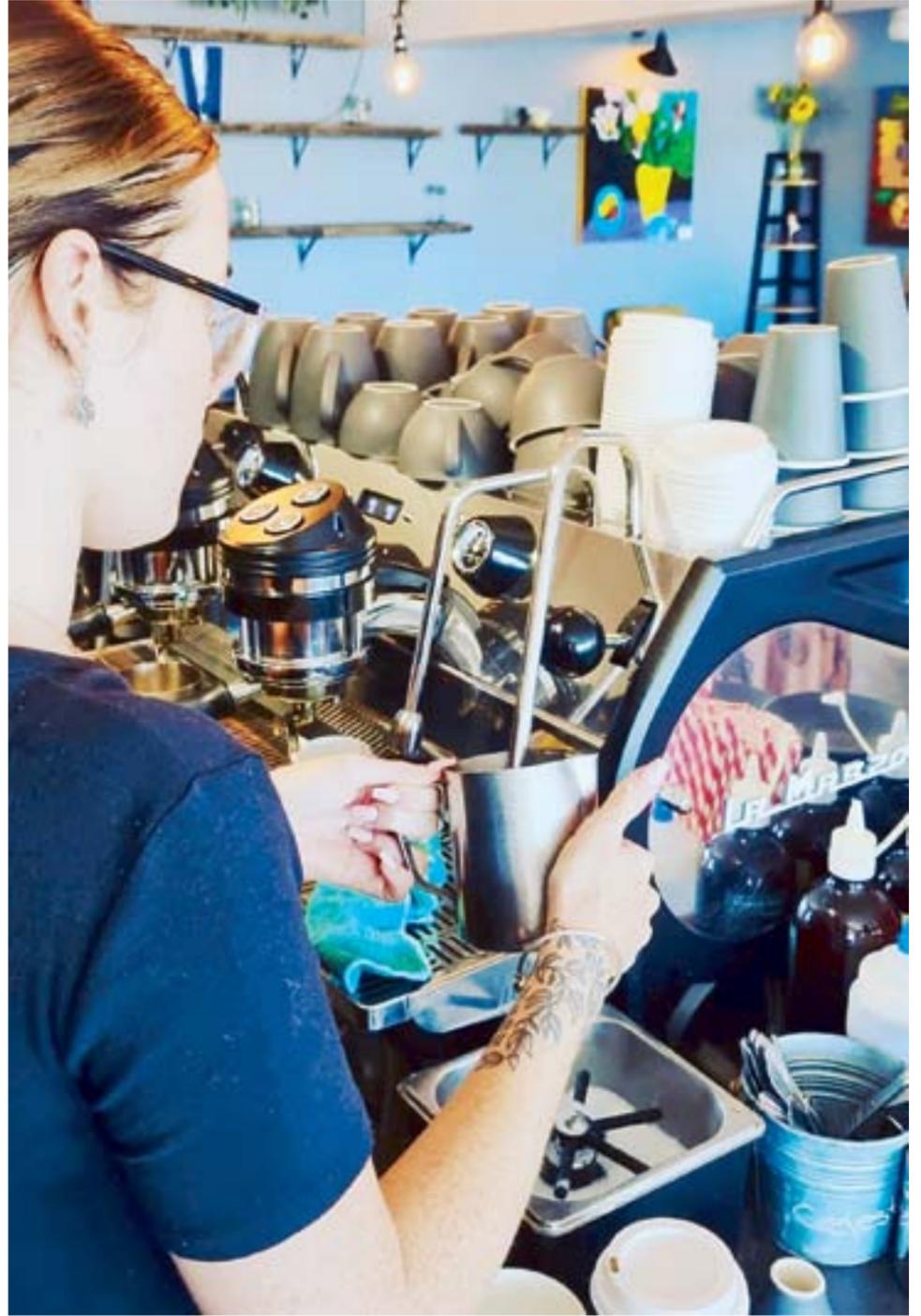
The restaurant is open Tuesday to Thursday from 7am to 5pm, and Friday to Saturday from 7am to 10pm and Sunday 7am to 5pm.



A family of five were one of the first to try out the new restaurant.



Family-owned and operated business Familia Restaurant Café Gelati opened on Tuesday.



The new restaurant offers quality Italian food, gelato and coffee.

Time for women to put their health first

The Royal Australian College of General Practitioners (RACGP) is urging women to put their health first and book an appointment with their general practitioner.

The RACGP has partnered with Jean Hailes for Women's Health Week, running from 6 to 10 September, and is asking women and their general practitioners to use the week to check in and consider their mental health.

It comes after a newsGP survey of over 1400 GPs found mental health was the most common concern for female patients.

The survey asked respondents to nominate the most common reason women book a consultation with their general practitioner at the moment. Mental health was by far the most common at 65 per cent, followed by questions about COVID-19 vaccination 21 per cent, screenings and preventative care at eight per cent, and alcohol and other drugs at four per cent.

RACGP President Dr Karen Price urged women to think of their own health and wellbeing.

"It's very concerning, but not surprising, that GPs are seeing many women with mental health concerns – the COVID-19 pandemic has seen a dramatic rise in all people presenting with mental health issues," Dr Price said.

"We know women have been disproportionately impacted by the pandemic. Research has shown women have lost more jobs than men, they're shouldering more of the increase in unpaid work, including caring for kids and vulnerable relatives, supporting homeschooling, and they're less likely to receive government support.

"As a general practitioner myself, I've seen many women who are feeling very stressed and anxious, they might not have booked an appointment to discuss their mental health, but the topic comes up. A good GP can spot the signs and start a discussion with their patient if they have concerns.



The Royal Australian College of General Practitioners (RACGP) is urging women to put their health first and book an appointment with their general practitioner.

"Unfortunately, we know women tend to put their loved ones' health and wellbeing before their own. Women's Health Week is a timely reminder for women to think of their own health, particularly mental health, during this challenging time.

"My message to women is simple: if you've been putting your health last, now's the time to get back on track.

"It's important to be aware of your own mental health and wellbeing, and practice self-care. And if you need more support, please don't hesitate to turn to your GP, we are here to help, and there are telehealth and telephone consultations available for those who need them.

"The pandemic and restrictions have also impacted screening and early diagnosis for

many health conditions. Preventive health care and early diagnosis can be life saving so don't neglect or delay your own health needs at this time."

Held annually in September, Women's Health Week is the biggest week in Australia focusing on good health for all women and girls in Australia.

Janet Michelmore, Jean Hailes for Women's Health Acting CEO and Patron, said "for the second year we are seeing COVID-19 have a significant impact on health and wellbeing. We want to urge women not to forget their own health while busy caring for others."

"Jean Hailes Women's Health Week is a timely reminder to women to look after themselves, both in body and mind; there is help and support out there, so please use it."



Banana Shire Mayor, Nev Ferrier cuts the ribbon.

New courts for school

By Sean Fox

Banana Shire Mayor Nev Ferrier has officially opened the multi-purpose court at Mt Murchison State School on Wednesday, 1 September. The project's completion was made possible through funding from the Department of Education Queensland.

Additionally, CS Energy provided funding for the purchase of new sporting equipment to be used in the new facility.

"The new multi-purpose court at Mt Murchison State School will enable students to learn and participate in new sports," said Banana Shire Council Mayor, Nev Ferrier.

"It also provides the sporting staff the facilities they need to bring out the best in their students."

Students have since embraced the court and have been actively participating in new sports such as Netball, Volleyball, Basketball and Tennis to name a few.



An increasingly uncertain regulatory and financial environment has likely depressed expenditure on coal exploration.

Exploration shifts focus

By Duncan Evans

Expenditure on coal exploration throughout Queensland declined by some 20 per cent across 2020-2021 compared to 2019-2020, data from the Australian Bureau of Statistics has revealed.

Over the same period, expenditure on exploration for critical minerals rose dramatically, hinting at a possible shift in the future of the state's resources exploration landscape as companies look to ramp up expenditure in the critical minerals sector, incentivised by the state and federal governments, while the coal industry moves towards brownfields exploration, or the search for additional reserves near existing projects.

In 2019-2020, expenditure on coal exploration reached \$222.4 million. Across 2020-2021, expenditure fell to just \$178.2 million, a decline of 19.8 per cent, or \$44.2 million.

By contrast, expenditure on copper exploration across 2019-2020 reached \$72.7 million and escalated throughout 2020-2021 to hit \$86.9 million, a rise of 19.5 per cent.

Expenditure on exploration for nickel and cobalt, meanwhile, has exploded, albeit from a small base.

In 2019-2020, expenditure on these minerals reached \$3.6 million. Across 2020-2021, expenditure levels hit \$6.4 million, an in-

crease of 77 per cent. Darren Walker, Deputy Chair of the Queensland Exploration Council (QEC), told CQ Today that an increasingly uncertain regulatory and financial environment had likely depressed expenditure on coal exploration.

"In Queensland, it's becoming very difficult, just through regulation and the finance industry," he said.

"So a lot of the exploration in coal that's continuing is what they call brownfields exploration, which is a new mine in existing projects. There's been very little exploration on greenfields exploration, simply because the government, and the current sway against coal, makes it very unappetising to warrant putting the investment in to build new projects in that area."

In recent months, Australia's major banks have pledged to reduce their support for thermal coal businesses as part of a broader commitment to combat climate change.

In its Climate Change Position Statement and 2023 Action Plan, Westpac Bank states that it will reduce its exposure to thermal coal to zero by 2030, and in the interim, will:

"Not establish relationships with new thermal coal mining customers, limit support for thermal coal mines or projects to existing basins, and maintain strict quality criteria."

In the same document, Westpac states that

it will continue to finance metallurgical coal mining.

Thermal coal is burned to generate electricity, while metallurgical coal is used in the steel-making process.

"The government's also pushing grants, expenditure and support for critical minerals. So if you've got investment dollars in greenfields, you're much better placed to move towards critical minerals and copper and metals," Mr Walker added.

A more challenging regulatory and financial landscape confronting potential investors in coal exploration has arrived concurrently with a dramatic upswing in coal prices in recent months.

Benchmark September contracts for thermal coal have hit US\$174.25 per tonne free-on-board (FOB), while metallurgical coal is roughly US\$232 per tonne FOB.

Whether or not these remarkable prices will hold, Mr Walker believes demand for coal will remain in place for the long-term.

"The demand for coal is still there, the prices are still there, the World Energy Agency and other bodies are quite clear that there's going to be a role for coal certainly after 2050 or longer. It's just impossible to replace the existing capacity, particularly for electricity generation let alone steel making, that quickly," he said.

Mr Walker emphasised that moving forward, companies would likely target brownfields exploration and existing operations.

"With the coal industry, what's happening now is a lot of the juniors (smaller companies), instead of picking up exploration tenements, they're picking up projects that have already been proven up. Projects that already have resources on them, had exploration work in the past. You can pick them up from other proponents for probably a cheaper price. And that's a much better opportunity, because a lot of that investment and risk has been de-risked essentially, and you can just focus on the development phase rather than the discovery," he said.

"There's still activity happening, but what you'll find is they're (explorers and developers) just keeping quiet. Quietly beaver away rather than being loud and proud."

QEC Chair Kim Wainwright, meanwhile, has said that the recent surge in metallurgical and thermal coal prices and a two per cent increase in the June quarter exploration expenditure are signs of better news to come.

Overall expenditure levels on minerals exploration across 2019-2020 and 2020-2021 have held steady.

In 2019-2020, expenditure hit \$405.5 million. In 2020-2021, expenditure reached \$411.6 million, a rise of 1.5 per cent.

Payments to support local governments across Flynn

Local governments in Flynn have received their first 2021-22 quarterly payment through the Federal Government's Financial Assistance Grant program.

Federal Member for Flynn, Ken O'Dowd said the funding is untied, allowing councils to spend the grant according to their own local priorities.

"Local governments are vital to building safer and stronger communities," Mr O'Dowd said.

"They are an important delivery partner for the Federal Government's economic stimulus

packages and play a critical role in our response to the COVID-19 pandemic."

Councils in Flynn will receive the following quarterly payment:

- Banana Shire Council - \$930,876
- Bundaberg Regional Council - \$1,221,866
- Central Highlands Regional Council - \$1,357,943
- Gladstone Regional Council - \$1,095,484
- North Burnett Regional Council - \$1,583,799
- Rockhampton Regional Council - \$1,139,366
- South Burnett Regional Council - \$920,732

▪ Woorabinda Aboriginal Council - \$83,721

Assistant Minister for Local Government Kevin Hogan said a total of \$2.7 billion in untied Federal funding was allocated for local governments in 2021-22.

"The Federal Government prepaid around half of the allocated funding in June 2021, the remainder will be paid through these quarterly payments across the year," Mr Hogan said.

"We know the early payment is a valued support to councils, particularly in regions that have faced the combined impacts of bushfire, drought, floods and COVID-19."

"Across the nation, local governments employ around 194,000 people and deliver a wide range of services in the cities, regional towns and remote areas of Australia. This support will continue to bolster Australia's economic recovery."

Since 1974-75, the Australian Government has provided local governments with almost \$60 billion in untied funding through the Financial Assistance Grants program.

For more information, visit <https://www.regional.gov.au/local/assistance/index.aspx>

Lots to see and do at Gladstone community open day

The RACQ CapRescue helicopter will touch down in Gladstone this Sunday for its Community Open Day.

Residents are invited to come to the Marina Parklands from 9.30am to 12pm.

Hosted by RACQ CapRescue, with displays from local Emergency Service

crews, this family fun day is one not to be missed. The event will showcase the local Emergency Service crews including RACQ CapRescue, QFES, Rural Fire, QLD Police, QLD Ambulance, SES Gladstone, and more.

The community will have an opportunity to get 'up close and personal', experiencing

the rescue aircraft from inside with prime photo opportunities.

There will be photos with the helicopter and crew, fun activities for the kids, face painting, ice cream and more.

The fun, energetic and educational day will aim to display the great work the

Emergency Services do in our region.

This event is presented by Australia Pacific LNG downstream operator ConocoPhillips and proudly supported by Gladstone Regional Council's Community Investment Program - Community Celebration Fund.

OPINION

Letters: Editorial@TodayGladstone.com.au
Text: 0456 749 126

Poor state leadership

Eight weeks ago the chief medical officer said on national TV she would not let under 18s get vaccinated in Queensland.

Fast forward to 30 August, the Premier said in parliament she won't open the border until the 12s and under are vaccinated.

Seeing as there is no vaccine for that age group in the world, the WHO has said no problem for under 12s if the parents are vaccinated.

What is she talking about? Did she forget that the NRL came into the state, all 400 of them with all the kids on Sunday even although we were told we had no rooms left for isolation in Queensland. But then lo and behold Steven Miles PhD stated that ScoMo wants to open the border to inflict the virus on the under 12s.

What have we done to deserve this mob?

The rest of the world has moved on getting vaccinated travelling everywhere, but not here in Queensland, or Western Australia.

We are a great state but now we are the laughing stock of the world, overseas think we are hillbillies not very educated, and with these three getting on TV only to prove them right. Get with the program or move aside.

Keith

Unaccountable corporations

A 'corporation' comes from Latin referring to "a body of people, or joint company."

The structure of a corporation consists of an executive administrative committee and investors referred to as shareholders, the executive administrative committee is accountable and answerable to the shareholders.

Australia and government bodies are corporations registered with the US Security and



Keith from Koongal writes this week to criticise Steven Miles and the broader leadership class in place in Queensland.

Exchange Commission. Those that have been elected for governance, under corporation laws, have become executive administrators. Australian taxpayers have become investing shareholders in this corporation by investing their taxes in this corporation, but this is where the corporate structure is out of kilt.

The executive administration of the Australian Corporation remain unaccountable and answerable to the taxpayer shareholders of this corporation.

This is all due to the abuse of this country's constitutional system by politicians and bureaucrats.

NWH Timms

Are we all in this together?

The Queensland LNP has made some recent serious changes to the constitution to ensure all Queenslanders get a voice in government.

A new LNP government that will listen to everyone and continue values such as:

a) Freedom of conscience, freedom of religion, freedom of expression and freedom of association as the building blocks of a robust and fair society.

b) The family as the indispensable forum where children are raised and nurtured, and the foundation of resilient communities and a cohesive society.

c) Government with a sustainable level of debt which does not impose an unfair burden on future generations.

d) The worth and dignity of every individual, the priority of helping the marginalised, and public and personal integrity, in underpinning a society in which people of different beliefs and cultures live in peace and harmony with each other, contributing to the common good, respecting others and taking seriously their obligations as citizens of Australia.

I believe that Queensland needs a pathway out of our Covid crisis and that we should follow scientific advice to a point where our people have minimum risk and can continue with their lives without lockdowns.

I believe that we are not all in this together as government employees have no cuts in their pay whereas some businesses that have been shut down through restrictions have closed, putting union workers into unemployment, wondering where their next pay check is coming from. How is this a fair deal and are we all in this together?

Leyland Barnett



Lynch's Jokes of the Week

1. Young Timmy was out visiting his Nan and Pop at their property out Alton Downs way.

It was getting late in the day and Timmy was outside chasing the chooks around when he noticed his Pop dressed to the nines wearing his finest suit, a tea towel over his right arm and holding a candle holder with a red candle in it.

He was headed for the barn.

Timmy was inquisitive of what was going on.

He peeped through the barn door and saw a table with a satin tablecloth and the finest cutlery and crockery placed on the table.

Pop brought in his tractor and shone the lights on the table.

Little Timmy was curious what was going on so he walked through the barn door and said to his grandfather, "Pop, what are you doing?"

Pop replied, "Well Timmy, your grandmother and I had not been getting on very well and not seeing eye to eye. We had made an appointment to see a person to help us straighten things out with our marriage.

"This person suggested to me that what might work was to try a little romance to a tractor."

2. There were two cowboys lost out in the desert.

They have been wandering around aimlessly for days.

This particular day, one of the cowboys had yelled to his mate, looked and pointed into space, "A tree draped with bacon."

The other cowboy knew his mate was hallucinating.

The starving cowboy took off, yelling, "We are saved, we are saved." Just then he was peppered with gunfire, killing him.

It wasn't actually a bacon tree, it was a ham bush.

VOX POP

WE TAKE IT TO THE STREETS

What are you most looking forward to the school holidays?



Parks. - **Archie Preston, 2**



Soccer and going to Hervey Bay. - **Noah Sloan, 6**



I'm most looking forward to having my summer soccer matches and birthday. - **Charlie Beresford, 8**



Singing lots of music. - **Erica Preston, 8**



Drawing and playing at the water park. - **Indie Preston, 5**



I'm most looking forward to go to my mama and poppy's place in Buxton. - **Flynn Haidle, 8**



Arts and lots of fun. - **Gracie Preston, 10**



Writing and going to Woodgate. - **Regan Lindeberg, 6**

ON THIS DAY

Thursday, 9 September is recognised as Wonderful Weirdos Day.

On this day in history:

1000: Battle of Svolder, Baltic Sea: King Olaf on board the Long Serpent defeated in one of the greatest naval battles of the Viking Age. He leaps to his death overboard.

1776: Congress officially renames the country as the United States of America (from the United Colonies).

1817: Alexander Twilight, probably first African American to graduate from a US college, receives BA degree at Middlebury College.

1914: First fully mechanized unit in the British Army created - the Canadian Automobile Machine Gun Brigade (WWI).

1993: Israel and the Palestine Liberation Organization exchange letters of mutual recognition.

2015: Queen Elizabeth II becomes Great Britain's longest-reigning monarch at 63 years and seven months, beating the previous record set by her great-great-grandmother, Queen Victoria.

OPINION

Matt Canavan



120 years of our flag

Last week was our flag's birthday. On 3 September, 1901, the Australian flag was flown for the first time, over the Royal Exhibition Building in Melbourne. Thus beginning the great Australian tradition of denigrating our flag. As *The Bulletin* magazine then described it:

"... a staled rechauffe of the British flag, with no artistic virtue, no national significance... Australia is still Britain's little boy. What more natural than that he should accept his father's cut-down garments ... That bastard flag is a true symbol of the bastard state of Australian opinion."

Now 120 years later our "bastard flag" has survived. Australian troops have defeated fascism, communism and Islamic terrorism fighting behind it, and, while there are plenty that still cringe at it, there are more that wear it proudly on hats, t-shirts and now face masks too.

Despite its derivative nature our flag's creation had an intriguing development that is little taught today.

The Southern Cross is the uniquely Australian part of our flag. It was first placed on the National Colonial Flag by Captains John Nicholson and John Bingle in 1823, just 35 years after the arrival of the First Fleet. However, their Southern Cross arrangement was just four stars, all arranged in a cross, rather than the formation we see in the sky.

Their flag was probably the inspiration for the Eureka flag that is still used today. The Eureka rebels dubbed it the 'Australia flag' and took an oath under it saying, "We swear by the Southern Cross to stand truly by each other and fight to defend our rights and liberties."

While the rebels were defeated by redcoats in 1854, their cause ultimately succeeded in delivering greater democratic rights and the abolition of the mining licence system. Mark Twain called the Eureka rebellion "the finest thing in Australasian history".

The first flag to represent the southern cross in the arrangement on our flag was made five years before Eureka, and was the flag of Australasian Anti-Transportation League.

The stars on this flag are yellow, and it has no Federation star under the Union Jack, but it looks remarkably similar to ours. The Anti-Transportation League campaigned to end the transportation of convicts to Australia.

A battle they won when the last convict ship arrived at Fremantle in 1868.

The Federation star on our flag was added to reflect the unification of the six colonies into one nation - it originally had six points and



Senator Matt Canavan says the Australian flag represents our nation's history.

was given a seventh when we acquired Papua New Guinea in 1906.

We beat ourselves up too much on our flag. All flags represent a nation's history as does ours. That history is one in which we argued to end convict transportation, fought for greater

democracy and unified as one nation. Our flag represents all of these important developments.

And our flag today has new resonance when Australians are locked up in their own homes, and locked out from seeing families and loved ones. We are probably back to being closer to a

penal colony today than we have been for 150 years.

I don't believe Australians wish to stay in these prison-like conditions.

Once again, we can look to our flag for inspiration to establish freedom and liberty.

Job Seekers in driver's seat

The Liberal Nationals Government will make support available to fund assistance for job seekers across the country to get a driver's licence in a move that will help address a significant barrier to many entering the workforce.

Job seekers participating in employment services through a jobactive provider will be eligible to access increased support for driving lessons to help them complete the required hours to get their driver's licence. In addition to the increased assistance for driving lessons, jobactive employment services providers can also support job seekers with other travel costs such as public transport and fuel.

With nearly one third of job seekers on the jobactive caseload indicating they do not currently hold a driver's licence, around 330,000 individuals may be eligible for the support nationally.

Minister for Employment, Workforce, Skills, Small and Family Business, Stuart Robert said the assistance would be particularly helpful for people living in outer-suburban and regional areas who need to travel greater distances to get to their place of employment or training.

'A critical part of succeeding at an interview or at a new job is being able to travel to and from work easily—which is why I have directed

this change to ensure job seekers are able to more easily travel safely to training, interviews or to start a new job or apprenticeship,' he said.

'As we continue to suppress the virus, getting as many Australians into work as possible is critical to securing our economic recovery, and helping job seekers get a driver's licence will increase their independence and mobility as well as boosting their prospects for getting into work.'

Member for Flynn, Ken O'Dowd said this would help job seekers across Flynn who were facing barriers to getting into a job.

'Our jobs plan, outlined in the recent Budget, is to connect people with jobs today and upskill our workforce for the jobs of tomorrow—today's change contributes to the Liberal Nationals Government's plan to get all Australians who should be working into a job,' Mr O'Dowd said.

Driving lessons in Australia can be cost prohibitive for many Australians generally costing between \$55 and \$70 an hour. Driver's licence fees vary by state and by licence level. This change supports all Australians, regardless of where they live.

For more information on the range of support available to job seekers, visit: www.jobsearch.gov.au

Kids to Farm roadshow takes its message west

The CQUniversity Agri-tech Education and Extension team will travel to Westwood on Friday as part of the Kids to Farm project delivered in collaboration with the Ag-Force Schools to Industry Partnership Program and funded by the Commonwealth Department of Agriculture, Water and the Environment.

Sixteen students from Westwood State School and four students from Gorango State School will participate in the activity which aims to increase primary school aged children's understanding of agriculture and its importance to Australia's way of life.

The program engages children in this concept through the delivery of interactive activities and farm visits to meet with real-life farmers and agricultural industry professionals.

Aimee Snowden from CQUniversity will lead this week's program in Central Queensland and hopes to inspire a new generation into agriculture by showing them how important the industry is to Australia and the world.

Students will participate in interactive 'Harvest Time' activities and will also visit the Luck's Cereal and Hay Farm at Dululu.

"Engaging the students through interactive activities and excursions to farms allows them to understand the agriculture lifecycle and the paddock to plate journey of their favourite foods.

"Along with this, students can also experience the many job roles in addition to farmers that are involved in the agriculture industry and develop a greater awareness of the career opportunities available to them," Ms Snowden said.

Bells, Broilgas, Sun-shots

It's Brisbane City Hall's beautiful Main Auditorium. More than 1000 people sit listening to an economist say that one of two things could happen: we could keep our climate manageable if we make careful choices, or it becomes unmanageable because we didn't take the necessary action in time.

A hand goes up in the audience and a lady asked this question: "Governments won't let it get to that point of being out of control. Will they? I mean, voters won't let them."

The economist said, "Politicians seeking election may just pat voters on the head, tell them it's nothing they should be concerned with. You just go back to sleep."

I've heard it said that when someone mentions Hitler it means they've lost an argument. I'm going to mention Hitler. I can, because I am not arguing. I am only asking.

I like reading, mainly about history and science. I'd be quite happy spending my time reading and not bothering anyone about climate policies. I'm not a 'reaching out' kind of person. Now I'm reaching out to Rocky and region's readers with a question (below) and one more story about a Rocky-born man, a solar pioneer, in another column to come next time if the editors have room for it.

I struggle with the rules of grammar. I'm pretty sure I just broke a rule right there. Also, I struggle with imagination. At Rockhampton's Berserker Primary School, my Year 6 teacher, Mr Flamenc, called me over to have a word.

Mr Flamenc was direct yet gently spoken.

"What kind of answer is this? You were asked for a creative story, and you give me one line?"

He had called the class to attention. We all had to put a sheet of paper before us. Then he'd said, "Just let your imagination run free and just write. Forget the rules." At my table, we looked at each other as if to say, "What rules, again? It seems that won't be a problem for us, Sir."

"Just write," Mr Flamenc said in a wistful kind of way.

Right. So, just write.

But it's 2pm. It's Rockhampton. On the Tropic of Capricorn. It's 37-degrees-Celsius. No air conditioning. Any bare skin stuck, with yet more sweat welling, to any available plastic, such as the chair. Brain melting out ear lobes. Vast sheet of white paper. Empty. Empty I tell you.

I glance at Mr Flamenc. I glance at the windows. It's so hot. The sheet of paper is like a desert. I'll never make it across that. My pencil, weak and withered, ekes out:

"Will the wind blow that curtain again; will that curtain – ever – move again?"

That's all. I couldn't think beyond the curtain, let alone the window and the world beyond. Or another world beyond that.

Mr Flamenc, a great teacher, was understanding when I explained. And he rocked short shorts and knee-high socks like no other teacher before or since, in my humble opinion.

Back to the question from the lady at Brisbane City Hall. She asked a good question, don't you think? "Politicians and voters wouldn't let it get that bad."

But too many politicians kept ignoring climate change, kept pushing the fossil fuel-based economy and the media and citizens allowed that. We all just played to our audiences, if lucky enough to have one. The constituents need jobs. And who was providing them? And there's our need to be accepted, to be popular, to fit in. Or risk being unloved.

We didn't want to upset each other. So, we'd just be stoic and just accept the status quo. Plus, in business, in politics, in civil life, we'll make money so long as we just play to our audience.

Ignore the advice that decarbonisation – of energy, transport, food systems and buildings – is required urgently for our healthy, lasting future, to sustain organised civilisation as we've known it, this time powered by pollution-free energy and by making goods and providing services with recycled materials or materials made without damaging impacts.

But now that change has begun. The audience shifted. Voices have been heard. Actions have been noted. Voices including those of our scientists, of Sir David Attenborough, of Greta and the kids and their families, of Bill Gates, of Al Gore, of Extinction Rebellion, of many finance and business leaders, including



The future of our world is in your hands.

a former oil-and-gas executive saying he made a mistake not describing climate years ago as a "crisis" requiring an emergency-response mindset and policy action. Voices and actions including those expressed by Queenslanders in their adoption of roof-top solar that led the nation. Good for you, Central Queensland, because you're playing a key and growing role in decarbonisation. We need to speed it up now, to pick up the pace.

Covid has shown to us the benefits of heeding expert scientific advice, of cooperating, of playing your role in a bigger effort to ensure a safe home.

But Covid also causes fear and vulnerability which can make us want to retreat into our shells without the right support.

For example, Spandau Ballet singer-songwriter Gary Kemp recently spoke about feeling a need to retreat into the shell of your own little world because that's where you find your loved ones or whatever security that sustains you and makes you feel safe, able to cope. I understand that. I ask, though, can we go further? Can we see our shell, or our pearl, as one on a string, a necklace, and we're all connected in a circle?

Our loved ones love us for who we are. For our smiles and our tears, moving together through our losses, our victories, and just being.

Here's my ask.

Can you take some time to read an 11-page report, to which Australian scientific work contributed? The report is "The Final Warning Bell" by the Climate Crisis Advisory Group.

Because the question that the lady asked in Brisbane City Hall that day – which was more than a decade ago – still hangs in the air. So does the answer.

We – all of us – are providing the answer.

The "Warning Bell" report just tells you the truth about the choice we have, to have a manageable world to give our young. Or not. It's right now that matters.

And we've been called on before to pull together to protect the here and now and the future. British historian John Roberts has said that the last century was defined by the horror of Hitler. However, he said, it also was defined by the response to that. And by the moon landing.

We can be, and we can support and select for senior decision-making roles, leaders who



Journalist Kerrie Sinclair.

do not seek to bury our heads in the sand, but who lift our heads to show us what we're capable of achieving in this decarbonisation race of our lives.

My favourite movie is *The Dish*, about Australia's role in the moon landing. I love how the community gets behind the vision and gets so much out of it in so many ways.

That was the moon-shot. We landed that one. Well, we're lucky, CQ. We've got so much heart and so much talent.

We've now got on our hands a 'sun-shot' moment.

That's Prof Ross Garnaut's expression and we can set the terms. Queensland's broilgas is our bird emblem on our state's Coat of Arms with our motto "Bold But Faithful". Tap our heat (and our hearts and our heads) and we can provide decarbonised power and products to the world, securing lasting industries,

healthy growth. That can fly!

Rupert Murdoch columnist Terry McCrann tried to damn renewable energy by always writing, "But what happens when the wind don't blow?". Battery tech and smart grid tech puts his old way of thinking to bed. He can sleep if he wants to. I'd rather wake up and grasp great solutions.

Thanks for reading and here are some songs: from *The Dish*, Edmund Choi and the Melbourne Symphony Orchestra, "The World Waits", "Happy Birthday Cliff"; a song for Mr Flamenc, "Galaxia" Chico and the Gypsies; and a song for Queensland, John Williams "Fawkes the Phoenix".

- Kerrie Sinclair
a Central Queensland-born
journalist writing about
climate and business news

Q&A

RYAN has volunteered with VMR Gladstone for 2.5 years where he has worked through and studied for his Certificate II in Maritime Operations and has recently been promoted to VMR Gladstone's newest skipper. When not volunteering with VMR, Ryan is a Boilermaker with Rio Tinto and spends time with his wife and their 3 children who share a passion for the water and are involved in Navy Cadets and Scouts. Having been involved in many activities and clubs including sailing and racing yachts during his late teens. Flying Gliders and becoming a Gliding instructor, and travelling the East Coast on Dirt Bikes, Ryan now enjoys supporting his family with their interests as well as his own by getting out on his mountain bike, enjoying a hike, camping and boating both personal and with VMR.

What is the best advice you've ever received?
When I was learning to fly gliders at 21, there was one particular aspect I was having difficulty with.

An instructor suggested I fly with and learn from as many other instructors as I could. Everyone has a different way of teaching and passing on experience and knowledge.

I have never forgotten this piece of advice and by following it then and now I have managed to learn and appreciate things more thoroughly.

What is something you do in your spare time?

Spare time???? Cars to service, lawns to mow, school drop and pick up, full time job, 3 kids, project boat restoration, VMR, but if I do find myself with a spare couple of hours I enjoy a good movie at the cinemas.

What is something most people don't know about you?

HOLDEN not Ford, TOYOTA not Nissan and STAR TREK and not Star Wars.

What's your favourite spot in the Gladstone region?

There are quite a few but I particularly enjoy escaping to Curtis Island to enjoy the mountain bike / hiking tracks and take some time out to enjoy the outstanding views from Black-head.

What would be your last meal if you could choose?

Fresh seafood platter most definitely.

Which celebrity guests (dead or alive) would you invite to a dinner party?

With my current endeavours and passions being around the water I guess sitting down and listening to old sea stories from some of the greatest adventurers who discovered our coast lines and reefs would be a great night. (As long as they do not eat my fresh seafood platter lol).

Who is your favourite movie star and what do you admire about him or her?

Who can only really pick one favourite, there are so many. At the moment Tom Hardy would be right up there.

A really good down to earth actor who plays the part incredibly well.

What is one of your greatest achievements?

Life is short so I really enjoy having a go at everything and try to inspire my family to do so as well.

My greatest personal challenge would have to be a solo climb up the eastern side to the summit of Mt Bartle Frere and down the western side in one day about three years ago. One tough day at the office, but one I will not forget.

If you had to choose three items to take with you on a trip to a deserted island, which would they be?

Very hard question to answer and the response can change at any tick of the clock. Right now a comfy chair, a good book, and a Do Not Disturb Sign. Ask me again in a few hours.

with VMR skipper Ryan



Ryan has volunteered with VMR Gladstone for 2.5 years where he has worked through and studied for his Certificate II in Maritime Operations and has recently been promoted to VMR Gladstone's newest skipper.

THREE ...

ways to help a friend in need

A conversation could change a life and for this year's R U OK Day, Thursday 9 September, we are encouraging our readers to embrace meaningful conversations with our loved ones.

We've compiled a list of three ways you can check up on someone to see how they are going beyond asking the question.

- 1 **Offer to grab a coffee or meal together**
Inviting your loved ones to a more intimate setting could help to open up the conversation and make them more comfortable to share.
- 2 **Make regular phone calls or organise a regular catch-up**
Checking in regularly can help people know that others are thinking of them. It may time a few times until someone opens up about how they are feeling so it's important to stay consistent and let them know you are there if they need.
- 3 **Offer to help them with a task or chore to lessen their workload**
Sometimes asking for help can be one of the hardest things, but something as simple as picking up some groceries or offering to mind the kids for a few hours could make the world of difference to someone.

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Entertainment

WHAT'S ON IN GLADSTONE

Gigs, events in the region

By Gladstone Today staff

Here's our list of most exciting events coming to your region.

Are you ready to check these entertainment offerings out with your family and friends?

In the Spotlight: 3 Legends in Concert - Normie Rowe, Dinah Lee and Jade Hurley.

■ **NORMIE ROWE** was Australia's first King of Pop with hits including "Shakin' All Over", "Ohh La La", and, "It Ain't Necessarily So" and starred in a myriad of stage shows including "Annie", "Chess", "Evita" and as Jean Valjean in "Les Miserable". He has done it all.

■ **DINAH LEE** (the Queen of the mods) is a New Zealand born singer with hits including "Don't You Know Yockomo", "Reet Petite" and "Do The Blue Beat" and is acknowledged as New Zealand's greatest musical import to Australia.

■ **JADE HURLEY** dubbed by Johnny O'Keefe as Australia's King of Country Rock is Australia's very own Piano Man with the unique record that every record he has released has achieved gold, platinum and double platinum status.

■ **When:** Saturday 16 October from 8pm.

■ **Where:** Gladstone Entertainment Convention Centre, Goondoon Street.

■ **Ticket Prices:** Adult \$69.50, concession \$64.50 and students \$40.

In the spotlight: The World of Musicals

The World of Musicals brings the very best of



Discover an array of activities to participate in across the region.

Musical theatre to life.

This incredible production with the wonderful revue of all your favourite musical theatre hits which include such classics as , The Lion King, Fiddler on the roof , Mamma Mia, We Will Rock You, The Mikado, The Pirates of Penzance, HMS Pinafore, The Phantom of the Opera, West Side Story, Cats, Evita, Wicked, The Rocky Horror Picture show, Jesus Christ Superstar, The Greatest Showman, Jersey Boys, Oklahoma, South Pacific , Miss Saigon, The Boy from OZ, Hairspray, Les Miserables, The Blues Brothers.

The World of Musicals is colourful, inspiring and memorable musical classics, all performed by an International star-studded cast,

presenting the audience with nightly entertainment at the highest level.

Whether a soloist – duet or the entire ensemble, the performers of this musical event will inspire in this Musical Whirlwind.

"All the hits in one show" that is the motto of this musical gala, full of highlights – the emotional and varied journey into the World of Musicals will delight the audience. The World of the Musicals is a show for the entire family, so get ready to be enthralled and sing along to all your favourite and much-loved musicals in one unforgettable evening.

For more information, visit www.theworldofmusicalsshow.com.

■ **When:** Tuesday 5 October from 7.30pm

■ **Where:** Gladstone Entertainment Convention Centre, Goondoon Street.

■ **Ticket Prices:** Adults \$79.90, concessions \$74.90.

Other Events

■ **Rainbow in the Gardens.** Tondoon Botanic Gardens, Gladstone. Sunday, 12 September from 10am. Celebrating pride in self and diversity.

■ **Discovery Coast Rotary Markets.** Sunday, 12 September from 8am. 1770 SES Grounds, Captain Cook Drive. Phone 0488 087 622.

■ **The Chats.** Live music. Harvey Road Tavern. Thursday, 9 September from 7.30pm.

■ **Queen: It's a Kinda Magic,** Friday 10 September from 8pm, Gladstone Entertainment Convention Centre, Adults \$74, children (un-

der 13 years of age) cost \$38.50.

■ **Velocity.** Live music. Yaralla Sports Club. Saturday, 11 September from 8pm.

■ **Gladstone Community Open Day.** Gladstone Marina, 98 Bryan Jordan Drive. Sunday, 12 September from 9.30am.

■ **Kevin Bloody Wilson,** 19 February from 7.30pm, Harvey Road Tavern, Visit oztix.com.au for tickets.

■ **Agnes Water Triathlon.** Saturday, 3 October. Tom Jeffery Park, Agnes Water. Competitors can check in from 6am.

■ **Baffle Creek Family Fishing Festival.** Monday, 20 September from 8.30am. Baffle Creek Men's Shed, 569 Coast Rd Baffle Creek.

■ **Gladstone Central State School Concert.** Gladstone Entertainment Convention Centre, 56 Goondoon St Gladstone. Thursday, 9 September from 6pm. Tickets cost \$15.

■ **Boyne Valley Showcase.** Nagoorin Hall, Gladstone Monto Rd. To be officially opened at 6pm on Friday, 13 September. Open from 9am to 4pm on Saturday, 14 September and 9am to 3pm on Sunday, 15 September. Free entry.

■ **Mastering Compost Workshop.** 14 September from 5.30pm. Tondoon Botanic Gardens, Gladstone. Cost: free. Phone 4971 4444. Email tondoon@gladstone.qld.gov.au.

■ **Bell Shakespeare's A Midsummer Night's Dream.** 16 September from 7.30pm. Gladstone Entertainment Convention Centre.



Nominate now for a place on the RADF committee

By Eilish Massie

The Gladstone Regional Council Regional Arts Development Fund (RADF) is seeking nominations from interested community members during the 2021 Annual General Meeting (AGM).

The AGM will be held at the Gladstone Regional Art Gallery & Museum at 5pm on Wednesday 15 September.

RADF is a strong and vital partnership between the Queensland Government and Gladstone Regional Council to support local arts and culture in regional Queensland.

Each year, Council lodges an official application for funding from Arts Queensland, and together with an allocation from Council and through locally determined policy and assessment procedures, RADF funds the development of arts and cultural activities throughout the community.

Gladstone Regional Council will receive \$54,500 in funding for the 2021/22 RADF year.

Gladstone Region Councillor and RADF chair Glenn Churchill said the 2021/22 RADF year proposes two community funding rounds, as well as two strategic projects

for the region, including a collaborative artist project and training opportunities.

"When groups and individuals make an application to be funded for specific activities each round, it is the role of the Committee to decide, in accordance with the RADF Guidelines, if the application meets the criteria and is eligible to recommend for funding," Councillor Churchill said.

"The role of a RADF Committee member is of vital importance, but prospective members should not feel daunted by this as the role includes mentoring and members also participate in RADF Committee training.

"This is a fantastic way to make a real difference in advancing the arts in the Gladstone Region, surrounded by many like-minded individuals.

"RADF Committee nominations close on Tuesday 14 September prior to the AGM and the current sitting committee members have prepared an informative video for potential nominees to consider."

Visit <http://gragm.qld.gov.au/radf/radf-committee> to view the informative video and download the nomination kit.

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present

LEGENDS

in concert

normie **ROWE**

dinah **LEE**

jade **HURLEY**

Don't miss the chance to relive all the great memories and all the great songs when these three music legends come together for one show only!

Saturday 16 October, 2021 – 8pm



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Participants take part in shovelling coal during a competition at the festival.



There was great enthusiasm during the event.

Thousands flock to Moura

By Sean Fox

This year's Moura Coal and Country Festival attracted large crowds to converge on the town's recreational grounds over the weekend.

Large attendance numbers carried through on both days of the festival, with 900 people there on Friday before 1400 visitors attended on Saturday.

There over 40 stall holders including markets and food vendors provided their services to all of the guests while they enjoyed the entertainment offerings.

While there were plenty of highlights, much excitement came from the performances of Busby Marou, a bullarama, Queensland Coal shovelling titles, a Dog High Jump and a biking night.

Ashlea Fitzpatrick, Social Performance Specialist from Anglo American said she was thrilled the festival was a hit.

"With a new committee passionate about preserving the history but also making changes to ensure long-term sustainability of the festival," she said.

Ms Fitzpatrick said the key changes in 2021 included a professional rebrand, the new event and function facility, fencing, website and on-line ticket sales and a program of new events and entertainment to attract bigger audiences to the local community.

"We have had our share of challenges along the way including enforced adjustments due to the ongoing COVID-19 pandemic, liquor licensing and insurance," she said.

Ms Fitzpatrick revealed the event was planned over eight months with a "very lean committee".



There was a wide range of markets and food vendors at the event.



Busby Marou perform for crowds in Moura over the weekend.

Making your home renovations less of a stress with development fact sheets

Gladstone Regional Council has produced a series of development fact sheets to assist residents in navigating their way around State and Local Government compliance policies.

The fact sheets are designed to guide residents through buying, renovating and upgrading their home and property.

Fact sheets are available on:

- Swimming pools and spas
- Fences and retaining walls
- Driveways
- Septic tanks and on-site sewerage
- Rates, water and development searches
- Zones and overlays
- Shed, carports and shipping containers

- Home-based businesses
- Advertising devices
- Roles and responsibilities.

Gladstone Region Councillor Chris Cameron said development rules and requirements can often be difficult to understand.

"That's why we've simplified the information to help make it easier for residents," Councillor Cameron said.

"These easy to follow guides provide residents with important information to help them get started on home improvements, additions, extensions or renovations, and what steps you need to take to before you start.

"The guides will also make sure your project is compliant with building, plumbing and development regulations."

Council has produced these development fact sheets courtesy of funding from the Queensland Government through the Department of State Development, Manufacturing, Infrastructure and Planning.

Please visit www.gladstone.qld.gov.au/buying-building-renovation to access the development fact sheets.

If you have further enquiries about development at your property, please contact Gladstone Regional Council on 4970 0700, email info@gladstone.qld.gov.au or visit a Council office or Rural Transaction Centre.

CQ rescue

A woman aged in her 50s was airlifted from a property near Moura on Friday, 3 September after being caught between a vehicle and a fence post.

Tasked by Queensland Health, RACQ CapRescue's aircraft left their base in Rockhampton at 8.50am carrying an onboard doctor and critical care paramedic.

The woman suffered back and hip injuries and was treated at the scene by Queensland Ambulance paramedics prior to the arrival of the Rescue300 craft.

She was transported to Rockhampton Base Hospital in stable condition for further treatment.

The Guide

TOP PICKS OF THE WEEK



FRIDAY
TOO SOON: COMEDY AFTER 9/11
SBS, 9.30pm

The idiom that "comedy equals tragedy plus time" is challenged in this introspective and funny documentary. A raft of stars, including David Cross (pictured left), Nathan Lane, Janeane Garofalo, Marc Maron, Matthew Broderick, Cedric the Entertainer and Rob Riggle, share their thoughts in the soul-searching special grappling with the aftermath of the September 11 terrorist attacks. On the 20th anniversary of the attacks, it's a profound and insightful exploration.

SATURDAY
RUSSELL HOWARD STANDS UP TO THE WORLD
ABC TV PLUS, 8.30pm

Take one stand-up comedian, add travel, and there you have it: perfect pandemic viewing. Englishman Russell Howard (pictured right) packed his bags and left COVID-ravaged Britain last year to film this three-part series in Australia and New Zealand which, at the time, could boast being a COVID-free zone. Alas, while we grapple with a new wave of infections, it's a fun diversion to witness the *Mock The Week* star appreciate kiwi humour. He has a go at sheep-shearing, and chats with Urzila Carlson. Next week, he's in our neck of the woods, experiencing our beautiful coast and enjoying a barbecue with writer, musician and comedian Tim Minchin.



SUNDAY
AUSTRALIA UNCOVERED: STRONG FEMALE LEAD
SBS, 8.30pm

There are moments in this piercing feature that will give you goosebumps in disbelief, anger and despair. This excellent documentary series, which features eight standalone stories, kicks off tonight focusing on Julia Gillard (pictured), the first and only female prime minister of Australia. Examining the entrenched sexism and misogyny in Australian society, the plight of Gillard is now more auspicious than ever. The reaction of the media, the public and parliament to Gillard's leadership is examined, with some gobsmacking instances. You might ask yourself: what has changed since Gillard led the nation almost a decade ago?



TUESDAY
THE BLOCK
NINE, 7.30pm

It's a common but rarely spoken fact that once you tune in for *The Block* for a little light entertainment to wile away one evening, you're glued for the mammoth full run of the show, which eats up something ridiculous like three months of your life. Not that fans are complaining: what else is there to do these days? This year, the fans versus faves setup is foolproof, with old favourites declaring house-decorating war on some fresh faces, including savvy twins Josh and Luke. Tonight, guest bedroom and redo week kicks off, but not before we are treated to the contestants' reactions to the ensuites, with one unimpressed couple even having a tape measure handy. Amusing stuff.

Twins Josh and Luke are competing on *The Block*.

Friday, September 10

<p>ABC TV (2) 6.00 News Breakfast. 9.00 ABC News Mornings. 10.00 Q+A. (R) 11.05 Grand Designs: The Street. (PG, R) 12.00 ABC News At Noon. 1.00 Foreign Correspondent. (R) 1.30 That Pacific Sports Show. (R) 2.00 The Capture. (M, V, R) 3.00 ABC News Afternoons. 4.00 Escape From The City. (R) 4.55 Anh's Brush With Fame. (PG, R) 5.25 Hard Quiz. (PG, R)</p>	<p>SBS (3) 6.00 WorldWatch. 6.30 Al Jazeera English News. 7.00 BBC News. 7.30 Italian News. 8.10 Filipino News. 8.40 French News. 9.00 Tennis. US Open. Women's semi-finals. 2.00 Destination Flavour China Bitesize. (R) 2.05 Going Places With Ernie Dingo. (R) 3.05 NITV News: Nula. 3.35 The Cook Up With Adam Liaw. (PG, R) 4.05 Inside Hitler's Bunker: The Last Archives. (PGa, R) 5.05 Jeopardy! (PG) 5.30 Letters And Numbers. (R)</p>	<p>SEVEN (7) 6.00 Sunrise. 9.00 The Morning Show. (PG) 11.30 Seven Morning News. 12.00 MOVIE: Flower Shop Mystery: Dearly Depotted. (2016, M, V) 2.00 House Of Wellness. (PG) 3.00 The Chase. (R) 4.00 Seven News At 4. 5.00 The Chase Australia. Hosted by Larry Emdur.</p>	<p>NINE (8, 9) 6.00 Today. 9.00 Today Extra. (PG) 11.30 Morning News. 12.00 Garden Gurus Moments. (R) 12.15 MOVIE: A Murderer Upstairs. (2017, M, V) 2.00 Pointless. (PG) 3.00 Tipping Point. (PG) 4.00 Afternoon News. 4.30 Millionaire Hot Seat. (R) 5.30 WIN News.</p>	<p>TEN (5, 1) 6.00 Entertainment Tonight. (R) 6.30 Everyday Gourmet With Justine Schofield. (R) 7.00 Judge Judy. (PG, R) 7.30 The Bold And The Beautiful. (PG, R) 8.00 Studio 10. (PG) 12.00 Dr Phil. (PGa) 1.00 To Be Advised. (In) 2.30 Entertainment Tonight. 3.00 Judge Judy. (PG) 3.30 My Market Kitchen. (R) 4.00 Everyday Gourmet With Justine Schofield. 4.30 The Bold And The Beautiful. (PGa) 5.00 10 News First.</p>
<p>6.00 The Drum. Analysis of the day's news. 7.00 ABC News. Takes a look at today's top stories. 7.30 Gardening Australia. Advice for the home gardener. 8.30 Midsomer Murders. (M, V, R) DCI Barnaby and DS Winter investigate the murder of a girl found dressed in period attire. 10.00 The Capture. (M, V, R) Carey develops a theory. 11.00 ABC Late News. Detailed coverage of the day's events. 11.15 The Vaccine. (R) 11.30 Question Everything. (R) 12.00 Rosehaven. (PG, R) 12.30 Rage. (MA15+adhl, ns, v)</p>	<p>6.00 Mastermind Australia. (R) 6.30 SBS World News. 7.35 Ramses The Great Empire Builder. (PG) A look at Pharaoh Ramses II's success. 8.30 World's Most Extraordinary Homes: Spain. (PG) Piers Taylor and Caroline Quentin travel to Spain, a country with a tradition of flamboyant architecture. 9.30 Too Soon: Comedy After 9/11. (MA15+av) Comedians talk about comedy after 9/11. 11.30 SBS World News Late. 12.00 Miniseries: The Miniaturist. (Mas, R) 3.00 Tom Cruise: Body And Soul. (Mal, R) 4.00 Peter Kuruvita's Coastal Kitchen. (R) 5.00 Tennis. US Open. Men's semi-finals.</p>	<p>6.00 Seven Local News. 6.30 Seven News. 7.00 Better Homes And Gardens. Hosted by Johanna Griggs. 8.30 MOVIE: Something's Gotta Give. (2003, M, s, R) An ageing bachelor with a taste for young women finds himself falling for a woman his own age. Jack Nicholson, Diane Keaton, Keanu Reeves. 11.05 To Be Advised. (In) 12.05 Marvel's Agents Of S.H.I.E.L.D. (M, V, R) 1.05 Air Crash Investigation. (PG, R) 2.00 Home Shopping. (R) 4.00 My Greek Odyssey. (PGI, R) 5.00 NBC Today.</p>	<p>6.00 Nine News. 7.00 Rugby League. NRL. First qualifying final. 9.45 NRL Finals Footy Post-Match. A post-match NRL wrap up of the first qualifying final, with expert analysis and player interviews. 10.35 MOVIE: Criminal. (2016, MA15+lv, R) A CIA operative's consciousness is transferred. Kevin Costner, Ryan Reynolds. 12.40 Tipping Point. (PG, R) Hosted by Ben Shephard. 1.30 TV Shop: Home Shopping. (R) 4.00 Global Shop. (R) 4.30 TV Shop: Home Shopping. (R) 5.30 A Current Affair.</p>	<p>6.30 The Project. A look at the day's news and events. 7.30 The Living Room. Barry transforms a childhood home. 8.30 To Be Advised. (In) 9.30 The Graham Norton Show. (Ma, R) Guests include Jimmy Fallon, David Mitchell, Robert Webb, Regina King, Anya Taylor-Joy, Mel Giedroyc and Olly Alexander. 11.30 The Project. (R) 12.30 The Late Show With Stephen Colbert. (PG) 1.30 Home Shopping. (R) 2.30 Infomercials. (PG, R) 3.00 Home Shopping. (R) 5.30 Infomercials. (PG, R)</p>
<p>ABC TV PLUS (22) 6am Children's Programs. 6.40pm Andy's Aquatic Adventures. 7.00 Grace's Amazing Machines. 7.15 Odd Squad. 7.30 Spicks And Specks. 8.00 Hard Quiz. 8.30 Beethoven Celebration Berlin. (Premiere) 10.15 Gruen. 10.55 Doctor Who. 11.45 Art Works. 12.15am Brush With Fame. 12.45 Live At The Apollo. 1.30 QI. 2.00 Would I Lie To You? 2.30 30 Rock. 2.55 Reno 911! 3.15 Friday Night Dinner. 3.40 News Update. 3.45 Close. 5.00 Rainbow Chicks. 5.05 Miffy's Adventures Big And Small. 5.15 The Furchester Hotel. 5.25 Hoot Hoot Go! 5.30 Wallykazam! 5.55 Late Programs.</p>	<p>SBS VICELAND (31) 6am WorldWatch. Noon RockWiz. 12.50 Black South Rising. 1.45 Yulubidiyi - Until The End. 2.00 Yokoyai Footy. 2.35 Over The Black Dot. 3.35 WorldWatch. 5.00 Joy Of Painting. 5.30 Shortland Street. 6.00 Forged In Fire. 6.55 Jeopardy! 7.30 8 Out Of 10 Cats Does Countdown. 8.30 Hoarders. 9.25 Love And Sex In India. 10.35 Reset. 11.35 9/11: Escape From The Towers. 1.10am News. 1.35 The Ceremony: Dominatrix Of France. 2.40 NHK World English News. 3.00 Thai News. 3.30 Bangla News. 4.00 Punjabi News. 4.30 Sri Lankan Sinhalese News. 5.00 Korean News. 5.30 Indonesian News.</p>	<p>7TWO (72) 6am Home Shopping. 6.30 Room For Improvement. 7.00 Auction Squad. 8.00 Harry's Practice. 8.30 Million Dollar Minute. 9.30 NBC Today. Noon House Of Wellness. 1.00 Million Dollar Minute. 2.00 Better Homes And Gardens. 3.30 Medical Emergency. 4.30 M*A*S*H. 5.30 Escape To The Country. 6.30 Bargain Hunt. 7.30 Border Security: International. 8.30 My Impossible House. 10.30 Charlie Luxton's Homes By The Sea. 11.30 Home Rescue. Midnight Before And After. 12.30 M*A*S*H. 1.30 The Fine Art Auction. 4.30 Escape To The Country. 5.30 Home Shopping.</p>	<p>9GEM (81, 92) 6am TV Shop: Home Shopping. 7.00 Creflo Dollar Ministries. 7.30 TV Shop: Home Shopping. 10.30 Pointless. 11.30 My Favorite Martian. Noon Animal Tales. 1.00 Days Of Our Lives. 1.55 The Young And The Restless. 2.55 Antiques Roadshow. 3.25 MOVIE: Confession. (1955, PG) 5.20 Quincy M.E. 6.30 Antiques Roadshow. 7.30 Country House Hunters Australia. 8.30 MOVIE: Bridget Jones: The Edge Of Reason. (2004, M) 10.45 MOVIE: The Break-Up. (2006, M) 1am TV Shop: Home Shopping.</p>	<p>10 PEACH (52, 11) 6am The Middle. 7.00 Seinfeld. 8.00 The King Of Queens. 9.00 Becker. 10.00 Frasier. 11.00 The Big Bang Theory. Noon Charmed. 1.00 2 Broke Girls. 1.30 Seinfeld. 2.30 The Unicorn. 3.00 The King Of Queens. 4.00 Becker. 5.00 Frasier. 6.00 Friends. 8.00 The Big Bang Theory. 9.30 Friends. 11.30 MOVIE: Rock Of Ages. (2012, M) 2am Charmed. 3.00 The King Of Queens. 3.30 The Late Show With Stephen Colbert. 4.30 Home Shopping. 5.30 Infomercials.</p>
<p>NITV (34) 6am Morning Programs. 8.45 Wapos Bay. 9.05 Kagagi. 9.30 Bushwhacked! 10.00 From The Heart Of Our Nation: The Sunset Concert. 2.00 On The Road. 3.00 Wapos Bay. 3.25 Bushwhacked! 3.50 Bino And Fino. 4.00 Mustangs FC. 4.30 Grace Beside Me. 5.00 Shortland Street. 5.30 Chefs' Line. 6.00 Cooking Hawaiian Style. 6.30 Red Chef Revival. 7.00 NITV News: Nula. 7.30 Red Dirt Riders. 7.45 MOVIE: Lord Of The Flies. (1963, PG) 9.20 First Nations Bedtime Stories. 9.30 Returning Our Ancestors. 10.05 Etched In Bone. 11.30 Late Programs.</p>	<p>SBS WORLD MOVIES (32) 6am Florence Foster Jenkins. (2016, PG) 8.05 Black Narcissus. (1947, PG) 10.00 Watership Down. (1978, PG) 11.40 Aligarh. (2015, M, Hindi) 1.50pm Martian Child. (2007) 3.50 Storm Boy. (1976, PG) 5.30 The Well-Digger's Daughter. (2011, PG, French) 7.30 Only Lovers Left Alive. (2013, M) 9.45 Girl With A Pearl Earring. (2003, PG) 11.35 Madame Bovary. (2014, M) 1.50am I Am Love. (2009, MA15+, Italian) 4.00 Lola And Her Brothers. (2018, M, French)</p>	<p>7MATE (73) 6am Fishing And Adventure. 6.30 The Fishing Show. 7.30 Creek To Coast. 8.00 American Pickers. 9.00 Pawn Stars. 10.00 A Football Life. 11.00 America's Game: The Super Bowl Champions. Noon Storage Wars Canada. 12.30 American Restoration. 2.00 Alaska's Ultimate Bush Pilots. 3.00 Pawnography. 4.00 Timbersports. 4.30 Graveyard Carz. 5.30 Storage Wars. 6.00 American Pickers. 7.00 Friday Night Countdown. 7.30 Football. AFL Finals Series. First preliminary final. 10.30 AFL Post-Game Show. 11.00 Armchair Experts. 11.30 Hardcore Pawn. Midnight Late Programs.</p>	<p>9GO! (82, 93) 6am Children's Programs. 11.00 Auction Hunters. Noon Parenthood. 2.00 Big Fat Gypsy Weddings. 3.00 Malcolm. 3.30 The Nanny. 4.00 3rd Rock From The Sun. 4.30 That '70s Show. 5.00 Malcolm In The Middle. 6.00 MOVIE: Jimmy Neutron: Boy Genius. (2001) 7.40 MOVIE: The Croods. (2013, PG) 9.35 MOVIE: Tower Heist. (2011, M) 11.40 MOVIE: I Spy. (2002, M) 1.30am Auction Hunters. 2.30 Surfing Australia TV. 3.00 Adventure Time. 3.30 Jurassic World: Double Trouble. 4.00 Pokémon The Series: Sun & Moon. 4.30 Beyblade Burst Turbo. 4.50 Bakugan: Battle Planet. 5.10 Yu-Gi-Oh! Arc-V. 5.30 Yu-Gi-Oh! Classic.</p>	<p>10 BOLD (53, 12) 6am Home Shopping. 7.00 Infomercials. 8.00 Motor Racing. Formula 1. Race 13. Dutch Grand Prix. Highlights. 9.00 Diagnosis Murder. 10.00 JAG. Noon Walker, Texas Ranger. 1.00 NCIS. 2.00 CSI: Crime Scene Investigation. 3.00 Diagnosis Murder. 5.00 JAG. 7.00 Bondi Rescue. 7.30 NCIS. 8.30 Law & Order: SVU. 11.30 CSI: Crime Scene Investigation. 12.30am Home Shopping. 1.00 Infomercials. 1.30 Home Shopping. 2.00 Walker, Texas Ranger. 3.00 JAG. 4.00 NCIS. 5.00 Diagnosis Murder.</p>

Saturday, September 11

<p>ABC TV (2) 6.00 Rage. (PG) 7.00 Weekend Breakfast. 10.00 Rage. (PG) 12.00 ABC News At Noon. 12.30 Grand Designs: The Street. (PG, R) 1.20 Restoration Australia. (R) 2.30 Designing A Legacy. (PG, R) 3.30 Further Back In Time For Dinner. (PG, R) 4.40 Landline. 5.10 Rick Stein's Road To Mexico. (PG, R)</p> <p>6.15 The Repair Shop. (R) Matthew restores a ceremonial helmet. 7.00 ABC News. Takes a look at today's top stories. 7.30 The Durrells. (PG) With the house guests getting more rowdy, Louisa worries about the villa's reputation. 8.20 The Trial Of Christine Keeler. (Mals) As Christine's fame grows, pressure mounts on John Profumo. With the establishment fearing another scandal, the police open an investigation into Stephen Ward. Christine's stalker case goes to trial. 9.20 The Newsreader. (Ml, R) A bomb goes off on Russell Street, in the heart of Melbourne, right where Dale has been shooting. 10.15 Miniseries: Roadkill. (Madls, R) Part 2 of 4. 11.15 Rage. (MA15+adhlsv) Music video clips.</p>	<p>SBS (3) 6.00 Tennis. US Open. Men's semi-finals. Continued. 2.00 Motorcycle Racing. FIM Superbike World Championship. Round 8. 2.55 Gymnastics. FIG Rhythmic World Cup. From Sofia, Bulgaria. 4.30 Destination Flavour China Bitesize. (R) 4.45 QE2: The World's Most Luxurious Hotel. (R) 5.40 9/11: Control The Skies. (Ma, R)</p> <p>6.30 SBS World News. 7.30 Castles: Secrets, Mysteries And Legends: Spain. (PG) Part 3 of 4. 8.30 Celebrity Mastermind. (PG) Celebrity guests include Murray Cook, Dilruk Jayasinha, Pettifleur Berenger and Ben Lee. 9.30 9/11: 102 Minutes That Changed America. (Mal, R) Documents eyewitness accounts of 9/11 through the images and sounds captured by New Yorkers. 11.25 MOVIE: Spotlight. (2015, Mal, R) Journalists investigate claims of abuse. Michael Keaton. 1.45 MOVIE: Man On Wire. (2008, PGn, R) 3.30 Going Places With Ernie Dingo. (R) 4.00 Poh & Co. Best Bites. (R) 5.00 France 24 Feature. 5.15 NHK World English News. 5.30 Deutsche Welle English News.</p>	<p>SEVEN (7) 6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 The Morning Show: Weekend. (PG) Highlights from the past week. 12.00 Horse Racing. Girls' Day Out and Run To The Rose Day. 5.00 Seven News At 5. 5.30 Creek To Coast. A look at the latest in outdoor activities.</p> <p>6.00 Seven News. 7.00 MOVIE: Spider-Man: Into The Spider-Verse. (2018, PGalv) Superheroes from different dimensions who all use the Spider-Man identity come together. Shameik Moore, Jake Johnson. 9.30 MOVIE: X-Men Origins: Wolverine. (2009, Mlv, R) After his attempt to live a normal life ends in tragedy, a former special forces soldier and mutant sets out to avenge the death of his girlfriend by becoming part of a secret military weapons program. Hugh Jackman, Liev Schreiber, Ryan Reynolds. 11.45 To Be Advised. (In) 12.45 Marvel's Agents Of S.H.I.E.L.D. (Mv, R) Deke and Enoch prepare to open the time portal. 2.00 Home Shopping. (R) 4.00 Get Clever. (R) 5.00 House Of Wellness. (PG, R)</p>	<p>NINE (8, 9) 6.00 Animal Tales. (PG, R) 7.00 Weekend Today. 10.00 Today Extra: Saturday. (PG) 12.00 Rivals. (PGI) 12.30 Destination WA. 1.00 Explore. (R) 1.10 The Block. (PGI, R) 2.30 Travel Guides. (PGI, R) 3.30 The Garden Gurus. 4.00 Getaway. (PG) 4.30 Nine News Saturday. 5.00 Rugby League. NRL. First elimination final.</p> <p>7.30 Rugby League. NRL. Second qualifying final. 9.45 NRL Finals Footy Post-Match. A post-match NRL wrap up of the second qualifying final, with expert analysis and player interviews. 10.30 MOVIE: American Made. (2017, MA15+alsv, R) A pilot is recruited by the CIA to carry out one of the largest covert operations in history. Tom Cruise, Domhnall Gleeson. 12.45 Australia's Top Ten Of Everything. (PGads, R) A countdown of the top 10 music men. 1.45 Explore: Wellington. (R) The team explores Wellington. 2.00 TV Shop: Home Shopping. (R) 4.30 Global Shop. (R) Home shopping. 5.00 TV Shop: Home Shopping. (R) 5.30 Wesley Impact With Stu Cameron. (PG)</p>	<p>TEN (5, 1) 6am Morning Programs. 7.30 Seafood Escape. (R) 8.00 4x4 Adventures. (R) 9.00 Taste Of Australia. (R) 9.30 St10. (PG) 12.00 Left Off The Map. (R) 12.30 Everyday Gourmet. (R) 1.00 The Living Room. (R) 2.00 The Dog House. (PG, R) 3.00 Jamie's Easy Meals For Every Day. (R) 3.30 Roads Less Travelled. (PGI, R) 4.00 Farm To Fork. (PG, R) 4.30 Taste Of Australia. (R) 5.00 News.</p> <p>6.00 In The Shadow Of The Towers. Looks at a diverse group of Australians and their experiences on September 11, 2001. 7.00 The Dog House. (PG, R) Follows a team of devoted matchmakers as they pair homeless dogs with hopeful companions. 8.00 Ambulance. The pandemic continues to take its toll as staff fall ill and emergency services are stretched. A call from a child whose mother is not responding leaves the call handler feeling overwhelmed. 9.00 To Be Advised. (In) 11.00 Blue Bloods. (Mv, R) After Danny's arch nemesis Luis Delgado's wife is killed, the pair team up to take down the murderer. 1.00 Home Shopping. (R) 1.30 Infomercials. (PG, R) 2.30 Home Shopping. (R) 5.00 Hour Of Power. Religious program.</p>
<p>ABC TV PLUS (22) 6am Children's Programs. 7.15pm Sir Mouse. 7.30 Spicks And Specks. 8.00 QI. 8.30 Russell Howard Stands Up To The World. 9.15 Live At The Apollo. 10.35 Sammy J. 10.40 Whose Line Is It Anyway? 11.00 Penn & Teller: Fool Us. 11.45 Would I Lie To You? 12.15am Everything's Gonna Be Okay. 12.35 Bliss. 1.05 Would I Lie To You? 1.35 Escape From The City. 2.30 News Update. 2.35 Close. 5.00 Late Programs.</p>	<p>SBS VICELAND (31) 6am WorldWatch. Noon Letterkenny. 2.55 Australia's War On Feral Cats. 3.25 WorldWatch. 4.50 Seconds From Disaster. 6.40 American Runestone: A Viking Mystery. 7.30 Forsaken Places. 8.30 The X-Files. 11.00 Dateline. 11.30 Insight. 12.30am MOVIE: The Gambler. (1974, M) 2.35 France 24. 3.00 Thai News. 3.30 Bangla News. 4.00 Punjabi News. 4.30 Sri Lankan Sinhalese News. 5.00 Late Programs.</p>	<p>7TWO (72) 6am Home Shopping. 8.30 Travel Oz. 10.00 NBC Today. 12.30pm Our Town. 1.00 Weekender. 1.30 Creek To Coast. 2.00 Sydney Weekender. 2.30 RSPCA Animal Rescue. 3.00 MOVIE: Arthur. (1981, PG) 5.00 Horse Racing. Girls' Day Out and Run To The Rose Day. 5.30 Charlie Luxton's Homes By The Sea. 6.30 Dr Harry's Animal Encounters. 7.30 The Yorkshire Vet. 8.30 Escape To The Country. 11.30 Late Programs.</p>	<p>9GEM (81, 92) 6am Newstyle Direct. 6.30 TV Shop: Home Shopping. 10.00 The Avengers. 11.00 MOVIE: Wherever She Goes. (1951) 12.35pm MOVIE: Golden Ivory. (1954, PG) 2.25 MOVIE: Agatha Christie's Death On The Nile. (1978, PG) 5.20 MOVIE: Sabata. (1969, PG) 7.30 9/11: Minute By Minute. 9.00 MOVIE: World Trade Center. (2006, M) 11.30 Embarrassing Bodies. 12.30am My Favorite Martian. 1.00 TV Shop: Home Shopping.</p>	<p>10 PEACH (52, 11) 6am The Late Show With Stephen Colbert. 7.00 The King Of Queens. 8.00 Becker. 9.00 The Middle. 10.00 Frasier. 11.00 Australian Survivor. 1.30pm The King Of Queens. 2.00 Frasier. 3.00 Friends. 6.00 The Big Bang Theory. 9.45 2 Broke Girls. 10.45 The Conners. 11.45 The Big Bang Theory. 12.10am Home Shopping. 1.10 Infomercials. 1.40 Crazy Ex-Girlfriend. 3.30 Charmed. 4.30 Home Shopping.</p>
<p>NITV (34) 6am Morning Programs. 12.25pm Tayamangajirri. 12.55 Rugby Union. SA Premier Grade. 2.25 Rugby Union. WA Premier Grade. 3.55 Rugby League. NRL NT. Replay. 4.55 Indian Country Today. 5.25 News. 5.55 NITV News: Nula. 6.25 Going Places. 6.55 Yokoyai Footy. 7.30 NITV News Update. 7.40 Through The Wormhole With Morgan Freeman. 8.30 Bruce Lee: Be Water. 10.15 9/11 Kids. 11.45 Late Programs.</p>	<p>SBS WORLD MOVIES (32) 6am Martian Child. (2007) 8.00 Storm Boy. (1976, PG) 9.40 Girl With A Pearl Earring. (2003, PG) 11.35 Black Narcissus. (1947, PG) 1.30pm The Well-Digger's Daughter. (2011, PG, French) 3.30 Watership Down. (1978, PG) 5.10 Robinson Crusoe. (2016) 6.50 Satellite Boy. (2012, PG) 8.30 The Hunt. (2012, MA15+, Danish) 10.40 School's Out. (2018, MA15+, French) 12.35am Late Programs.</p>	<p>7MATE (73) 6am Morning Programs. 11.30 Your 4x4. Noon Storage Wars. 12.30 Timbersports. 1.00 Blokesworld. 1.30 Boating. UIM Class 1 World Powerboat Championship. 2.30 Motor Racing. Australian Off Road Championship. Finke Desert Race. 4.30 Pawnography. 5.00 Storage Wars. 6.00 American Restoration. 7.00 Football. AFL Finals Series. Second preliminary final. 10.30 AFL Post-Game. 11.00 Late Programs.</p>	<p>9GO! (82, 93) 6am Children's Programs. 1.45pm Auction Hunters. 5.15 MOVIE: Turbo. (2013) 7.00 MOVIE: How To Train Your Dragon. (2010, PG) 9.00 MOVIE: Star Trek. (2009, M) 11.30 MOVIE: Pork Pie. (2017, M) 1.30am Auction Hunters. 3.00 Power Rangers Dino Fury. 3.30 Thunderbirds. 4.30 Transformers: Rescue Bots Academy. 4.50 LEGO Friends: Girls On A Mission. 5.10 Late Programs.</p>	<p>10 BOLD (53, 12) 6am Home Shopping. 6.30 Infomercials. 8.00 Home Shopping. 9.00 Soccer. FIFA World Cup Qualifier. AFC Third Round. Vietnam v Australia. Noon JAG. 2.00 The Doctors. 3.00 Pat Callinan's 4x4 Adventures. 4.00 iFish. 4.30 WhichCar. 5.00 Reel Action. 5.30 Scorpion. 7.30 NCIS. 8.30 NCIS: New Orleans. 10.20 Blue Bloods. 11.20 CSI. 1.10am 48 Hours. 2.10 Late Programs.</p>

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12503221-AV28-21

Sunday, September 12

<p>ABC TV (2) 6.00 Rage. (PG) 7.00 Weekend Breakfast. 9.00 Insiders. 10.00 Offsiders. 10.30 World This Week. (R) 11.00 Compass. (PG, R) 11.30 Praise. (R) 12.00 ABC News At Noon. 12.30 Landline. 1.30 Gardening Aust. (R) 2.30 Shakespeare And Hathaway. (Final, PG, R) 3.30 Rick Stein's Road To Mexico. (PG, R) 4.30 Yom Kippur In Lockdown. (R) 5.00 Art Works. (PG, R) 5.30 Antiques Roadshow.</p> <p>6.30 Compass: The Piano Tuner. (Final, R) 7.00 ABC News Sunday. 7.40 David Attenborough's Global Adventure: The Rise Of Nature. Part 3 of 3. 8.30 The Newsreader. (Mal) Dale's career and his relationship with Helen are attracting more attention. 9.25 Traces. (Madls) Emma's accusation against Phil drives a wedge between her and Daniel. 10.15 Les Norton. (Mdlsv, R) 11.05 Silent Witness. (Mav, R) 12.05 Hokusai: Old Man Crazy To Paint. (R) 1.05 Rage. (MA15+adhlsv) 4.10 Shakespeare And Hathaway. (Final, Mv, R) 5.00 Insiders. (R)</p>	<p>SBS (3) 6.00 Tennis. US Open. Women's final. 9.00 WorldWatch. 11.30 Turkish News. 12.00 Arabic News F24. 12.30 ABC America: World News Tonight. 1.00 Speedweek. 3.00 The AusMoto Show. 3.30 FIFA World Cup 2022 Magazine. 4.00 Motor Racing. W Series. Round 6. Highlights. 4.30 Destination Flavour China Bitesize. (R) 4.40 Mission Galapagos. (R) 5.35 The Blitz: Britain On Fire. (PGa, R)</p> <p>6.30 SBS World News. 7.30 Inside Central Station: Sydney Harbour Bridge Closure. (Premiere, M) Narrated by Shane Jacobson. 8.30 Australia Uncovered: Strong Female Lead. (M) Explores the gender politics during Julia Gillard's term as Australia's first, and still only, female prime minister. 9.55 Vaccine: The Inside Story. (Ma) Documents the efforts to create a vaccine. 11.40 The Surrogates. (Mas, R) 12.35 24 Hours In Emergency. (Mals, R) 1.30 How To Lose Weight Well. (PGI, R) 3.20 Sinkholes: Deadly Drops. (PG, R) 4.10 VICE Guide To Film. (Mln, R) 4.40 Destination Flavour Down Under Bitesize. (R) 5.00 France 24 Feature. 5.15 NHK World English News. 5.30 Deutsche Welle English News.</p>	<p>SEVEN (7) 6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 The Morning Show: Weekend. (PG) 12.00 House Of Wellness. (PG, R) 1.00 To Be Advised. (In) 3.00 Gold Coast Medical. (PGaln, R) 4.00 Better Homes And Gardens. (R) 5.00 Seven News At 5. 5.30 Weekender.</p> <p>6.00 Seven News. 7.00 The Voice. (Final, PG) Hosted by Sonia Kruger. 9.00 Homicide: With Ron Iddles: Gina Rossato. (M) Former police detective Ron Iddles takes a look at the 1982 murder of Gina Rossato. 10.00 Surviving 9/11. (Mal) The experiences of 13 ordinary people. 12.00 Ant Middleton & Rebel Wilson: Straight Talking. (Mal, R) 1.00 RSPCA Animal Rescue. (R) 1.30 The Real Seachange. (R) 2.00 Home Shopping. (R) 3.30 Million Dollar Minute. (R) 4.00 NBC Today. 5.00 Seven Early News. 5.30 Sunrise.</p>	<p>NINE (8, 9) 6.00 Animal Tales. (PG, R) 7.00 Weekend Today. 10.00 Sports Sunday. (PG) 11.00 NRL Sunday Footy Show. (PG) 1.00 The Xtreme CollXtion. (PG, R) 1.30 Explore. (PG, R) 1.45 The Block. (PGI, R) 3.00 Rugby League. NRL. Second elimination final.</p> <p>6.00 Nine News. 7.00 The Block. (PGI) Hosted by Scott Cam. 8.30 60 Minutes. Current affairs program, investigating, analysing and uncovering the issues affecting all Australians. 9.30 Nine News Late. Takes a look at the latest news and events from Australia and around the world. 10.00 The First 48: Blood Lust. (Ma) Detective David Quinn tracks a killer. 11.00 Prison Girls: Life Inside. (MA15+adlsv, R) 11.50 Dr Christian Jessen Will See You Now: Chronic. (Ma) 12.40 The Garden Gurus. (R) 1.05 The Xtreme CollXtion. (PG, R) 1.30 TV Shop: Home Shopping. 4.00 Take Two. (R) 5.00 News Early Edition. 5.30 Today.</p>	<p>TEN (5, 1) 6am Morning Programs. 9.00 Australia By Design: Interiors. (R) 9.30 St10. (PG) 12.00 Australian Survivor. (PGI, R) 1.10 Farm To Fork. (PG, R) 1.30 Three Veg And Meat. (R) 2.00 Close Encounters Of The Animal Kind. (R) 2.30 Everyday Gourmet. (R) 3.00 My Market Kitchen. (R) 3.30 Roads Less Travelled. 4.00 Waltzing Jimmieo. (PG) 4.30 Taste Of Australia. 5.00 News.</p> <p>6.30 The Sunday Project. A look at the day's news. 7.30 Australian Survivor. (Final, PGI) The castaways conclude their adventure as the winner of the title of Sole Survivor is revealed. 9.15 FBI. (Final, Mv) When five prominent men are killed playing poker, the investigation leads to a member of a drug cartel. 10.15 FBI: Most Wanted. (Mdv, R) Two gunmen go on a rampage. 11.15 FBI. (Mv, R) The daughter of a wealthy family is kidnapped. 12.00 The Sunday Project. (R) A look at the day's news. 1.00 Home Shopping. (R) 1.30 Infomercials. (PG, R) 3.00 Home Shopping. (R) 4.30 CBS Mornings.</p>
<p>ABC TV PLUS (22) 6am Children's Programs. 7.15pm Sir Mouse. 7.30 Spicks And Specks. 8.00 Compass. 8.30 Louis Theroux: Law And Disorder In Lagos. 9.30 Shaun Micallef's On The Sauce. 10.30 Beyond The Towers. 11.25 To Be Advised. 1.05am George Clarke's Amazing Spaces. 1.55 Live At The Apollo. 2.40 News Update. 2.45 Close. 5.00 Rainbow Chicks. 5.05 Miffy's Adventures Big And Small. 5.15 Late Programs.</p>	<p>SBS VICELAND (31) 6am WorldWatch. Noon Miniseries: Deep Water. 1.00 First Contact. 2.00 Vogue Williams: Dating A Sugar Daddy. 3.00 The A350: Star Of The Skies. 4.00 WorldWatch. 4.25 The Point. 4.55 The Orville. 6.45 Planet Expedition. 7.40 The UnXplained With William Shatner. 8.30 Life And Death Row. 9.30 Locked Up In America. 10.20 I Was A Teenage Felon. Midnight Late Programs.</p>	<p>7TWO (72) 6am Morning Programs. 11.00 The Great Australian Doorstep. 11.30 My Road To Adventure. Noon Dr Harry's Animal Encounters. 1.00 Reno Rookie. 1.30 DVine Living. 2.00 The Bowls Show. 3.15 To Be Advised. 3.45 Escape To The Country. 4.45 MOVIE: The Wizard Of Oz. (1939) 7.00 Border Security. 8.30 Air Crash Investigation. 10.30 Air Crash Investigation: Special Report. 11.30 Late Programs.</p>	<p>9GEM (81, 92) 6am Morning Programs. 10.00 The AFL Sunday Footy Show. Noon My Favorite Martian. 12.30 Getaway. 1.00 MOVIE: Private's Progress. (1956) 3.05 MOVIE: Orders To Kill. (1958, PG) 5.20 MOVIE: The Kentuckian. (1955, PG) 7.30 Rugby Union. Rugby Championship. Round 3. South Africa v Australia. 10.00 The Rugby Championship 2021 Post-Match. 10.30 MOVIE: Major League. (1989, M) 12.35am Late Programs.</p>	<p>10 PEACH (52, 11) 6am The Big Bang Theory. 7.00 The Neighborhood. 8.00 The Middle. 9.00 Neighbours. 11.00 To Be Advised. 2pm The Dog House. 3.00 Friends. 6.00 The Big Bang Theory. 8.30 The Neighborhood. 9.30 MOVIE: Cooped Up. (2016, M) 11.30 Mom. Midnight Home Shopping. 12.30 Infomercials. 1.00 Home Shopping. 1.30 Charmed. (Final) 2.30 Seatbelt Psychic. 3.30 Crazy Ex-Girlfriend. 4.30 Shopping.</p>
<p>NITV (34) 6am Morning Programs. 10.00 Football. WKFL Women's. 11.15 Football. QAFI. 1pm Rugby League. NRL NT. Replay. 2.30 Football. NT Women's Premier League. 4.30 Ice Hockey. SA Premier League. 5.45 African News. 6.00 NITV News: Nula. 6.30 Art + Soul. 7.30 NITV News Update. 7.40 First Footprints. 8.40 Pariah: The Lives And Deaths Of Sonny Liston. 10.20 Going Places. 11.20 Late Programs.</p>	<p>SBS WORLD MOVIES (32) 6am Watership Down. (1978, PG) 7.40 The Well-Digger's Daughter. (2011, PG, French) 9.40 Robinson Crusoe. (2016, PG) 11.20 Storm Boy. (1976, PG) 1pm Satellite Boy. (2012, PG) 2.40 Heidi. (2015, PG, German) 4.45 Girl With A Pearl Earring. (2003, PG) 6.40 Sun Children. (2020, PG, Farsi) 8.30 The Light Between Oceans. (2016, M) 10.55 Borg Vs McEnroe. (2017, M) 12.55am Late Programs.</p>	<p>7MATE (73) 6am Morning Programs. 10.00 Fishing. Australian Championships. AFC IX. Replay. 11.00 River To Reef: Retro. 11.30 Step Outside. Noon The Fishing Show By AFN. 1.00 Fish'n With Mates. 1.30 Hook, Line And Sinkers. 2.30 Merv Hughes Fishing. 3.15 Ultimate Fishing. 4.15 MOVIE: Ocean's 11. (1960, PG) 7.00 MOVIE: The Fast And The Furious. (2001, PG) 9.10 MOVIE: 2 Fast 2 Furious. (2003, M) 11.25 Late Programs.</p>	<p>9GO! (82, 93) 6am Children's Programs. 1.30pm Rivals. 2.00 Peaking. 2.30 Soapbox Racing. Red Bull Series. Replay. 3.30 Road Trick. 4.00 Race Across The World. 5.15 To Be Advised. 7.00 MOVIE: Kung Fu Panda 3. (2016, PG) 9.00 MOVIE: 47 Ronin. (2013, M) 11.15 Outlaw. 12.15am Race Across The World. 1.30 Road Trick. 2.00 Surfing Australia TV. 2.30 Rivals. 3.00 Power Rangers Dino Fury. 3.30 Late Programs.</p>	<p>10 BOLD (53, 12) 6am Morning Programs. 8.30 Reel Action. 9.00 Snap Happy. 9.30 Escape Fishing. 10.00 Roads Less Travelled. 10.30 The Doctors. 11.30 Scorpion. 1.30pm Bondi Rescue. 2.00 The Offroad Adventure Show. 3.00 All 4 Adventure. 4.00 WhichCar. 5.00 iFish Summer. 5.30 Bondi Rescue. 6.00 JAG. 7.00 Bondi Rescue. 7.30 NCIS. 9.30 Motorcycle Racing. MotoGP. Race 13. Aragon Grand Prix. 11.15 Late Programs.</p>

PUZZLES

SUDOKU

No. 045

To solve a Sudoku puzzle, every number from 1 to 9 must appear in: each of the nine vertical columns, each of the nine horizontal rows and each of the nine 3 x 3 boxes. Remember, no number can occur more than once in any row, column or box.

easy

2			8					9
				9	1	6		3
		7		6				5
		9	1		6			2
	2	3					9	1
6			9		7	4		
8				5		3		
3		5	4	7				
	7				8			4

medium

	5		9			3		
				2		5	1	
2	3	8	1					4
3				9	5			
	1						4	
		5	7					9
4				8	9	2	5	
5	6		2					
		9		1		6		

hard

		6	3					9
	3						7	
2	7			1		3		
		3		5				7
	8			7			4	
7				9		6		
	2		6				8	1
	9							2
1					8	9		

easy

9	7	2	2	3	1	8	5	6	4
3	6	5	4	7	9	2	2	8	1
8	1	4	9	5	2	2	3	7	6
6	8	5	7	2	4	4	3	9	8
1	7	2	3	3	3	5	4	4	9
3	4	2	8	1	9	5	6	7	5
2	8	9	1	3	6	7	6	7	5
1	9	7	2	2	6	3	3	8	4
7	9	6	4	8	7	9	1	6	2
1	5	4	4	8	4	5	1	9	7

medium

3	8	2	2	7	4	1	7	6	3
5	9	5	6	7	7	4	1	8	
4	7	1	4	9	8	9	8	9	3
6	8	5	7	2	4	4	3	9	8
1	7	2	3	3	3	5	4	4	9
3	4	2	8	1	9	5	6	7	5
2	8	9	1	3	6	7	6	7	5
1	9	7	2	2	6	3	3	8	4
7	9	6	4	8	7	9	1	6	2
1	5	4	4	8	4	5	1	9	7

hard

5	9	6	8	3	8	2	2	1	4	7	2	2	4
9	9	8	7	1	5	3	2	2	4				
3	2	5	8	4	6	7	8	1					
8	8	6	5	8	3	6	3	6	5	8			
5	8	9	1	7	7	6	9	7	2	4	3		
4	6	3	8	5	2	1	9	7					
2	7	4	9	8	1	5	3	6					
9	3	1	5	6	4	8	7	2					
8	5	6	3	2	7	4	1	9					

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QUICK CROSSWORD

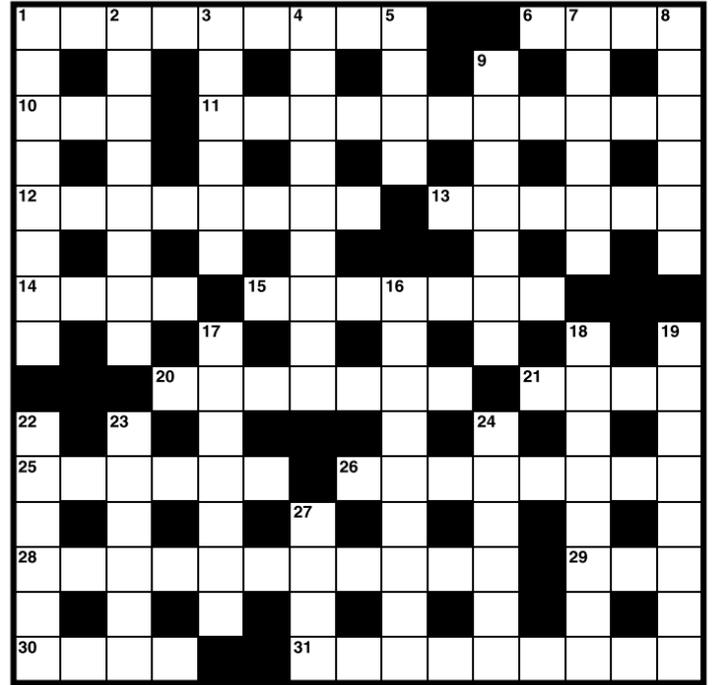
No. 045

ACROSS

- 1 Constable (9)
- 6 Matures (4)
- 10 Eggs (3)
- 11 Booking (11)
- 12 Pseudonyms (3-5)
- 13 Project (6)
- 14 Wildcat (4)
- 15 Teased (7)
- 20 Expresses disapproval (7)
- 21 Tract (4)
- 25 Come back (6)
- 26 NY theatre district (8)
- 28 Bases (11)
- 29 Bedridden (3)
- 30 Artist, — Ono (4)
- 31 Adorn with glitter (9)

DOWN

- 1 Punctually (8)
- 2 Studying (8)
- 3 Grain (6)
- 4 Be naughty (9)
- 5 Benchmark (4)
- 7 Ushered (6)
- 8 Did wrong (6)
- 9 Axe (7)
- 16 Infamous (9)
- 17 Gatecrash (7)
- 18 Surfing (the web) (8)
- 19 Colour (4,4)
- 22 Sly (6)
- 23 Hit (6)
- 24 R & R spot (3,3)
- 27 Wound with a knife (4)



DECODER

No. 045

1	13	23	8	5		J	23	2	10	9	22	17
10		17		8		5		9		5		22
2	9	3	10	5	15	15		19	9	24	2	14
21		5				14		20		14		13
6	22	9		J	23	5	12	5	1	2	14	5
17					10		10			9		
5	12	23	14	19	1		22	15	15	5	15	15
		10		11		20		22			7	
Q	2	19	9	19	9	5		17	17	22	21	22
2		18		9		17				21		10
19	6	19	16	22		20	19	6	10	22	9	14
14		1		14		5		5		16		13
5	17	5	21	5	9	14		5	9	5	21	4

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26
											Q	J

T	S	Z	L	F	I	V	M	A	O	P	O	J
14	15	16	17	18	19	20	21	22	23	24	25	26
H	X	G	R	K	N	B	W	E	Y	D	C	U
1	2	3	4	5	6	7	8	9	10	11	12	13

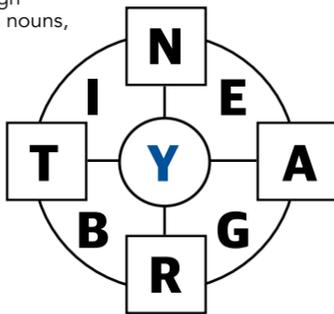
9-LETTER WORD

Using the nine letters in the grid, how many words of four letters or more can you list? The centre letter must be included and each letter may only be used once.

No colloquial or foreign words. No capitalised nouns, apostrophes or plural words ending in "s".

Today's Aim:

- 20 words: **Good**
- 30 words: **Very good**
- 40 words: **Excellent**



airly, angry, bayning, betray, binary, brainy, Bray, braying, briny, byre, byte, entry, eving, galey, gantry, gayer, gentry, gray, gyle, gyrate, gyre, hairy, nearby, rainy, rayling, retying, teary, tiny, tray, troy, trying, tyre, yam, year, yearn, yet

WORDFIT

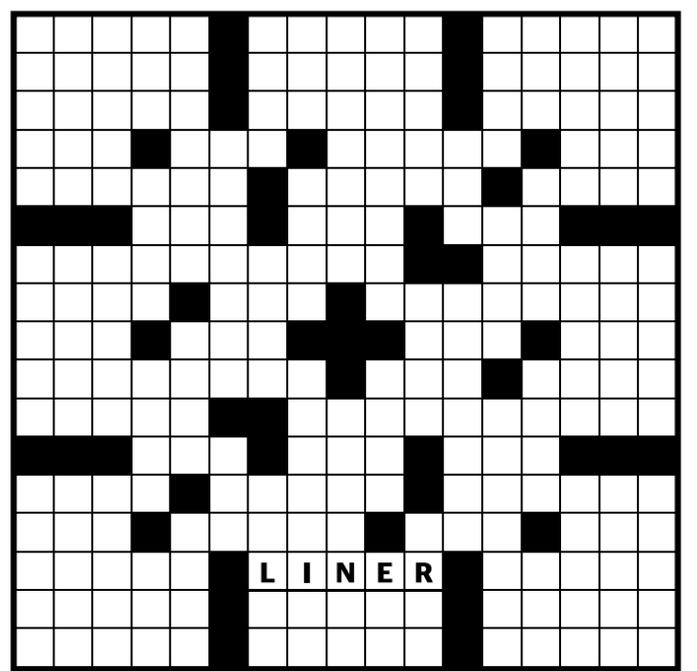
No. 045

3 LETTERS

- ACE
- ADO
- ADS
- AGE
- ALE
- ARE
- ATE
- AXE
- BOA
- COO
- DIE
- DOE
- EEL
- ERA
- EWE
- HER
- NIP
- ODE
- OLD
- RAM
- RUM
- SAC
- SAT
- TEE
- TEN
- VIP

4 LETTERS

- ARTS
- BABE
- CAPE
- DYES
- FAME
- GATE
- HERO
- INNS
- LADS
- ONCE
- ONES
- RIDE
- ROOK
- SARI
- SECT



- SOME
- TALC
- VAST

- IDIOM
- IDLER
- INLET
- LADEN
- LINER
- MANOR
- METRE
- MULTI

- STONE
- TEASE
- TERSE
- TILDE
- VEILS
- VILLA
- YESES

- FALSITY
- LATTICE
- ORDERED
- TYPESET

5 LETTERS

- ADULT
- ALLAH
- ALONE
- ASSET
- AWAIT
- CAMPS
- DELTA
- DEPTH
- EDICT
- ENSUE
- ERODE
- FELTS
- GASES
- GASPS
- HEELS
- IDEAL

- PLIED
- PLODS
- POLIO
- RADIO
- SAVER
- SEEMS
- SLIDE
- SMITE
- SOLAR
- SORRY
- STEAL

- 6 LETTERS
- ELEVEN
- ENTITY

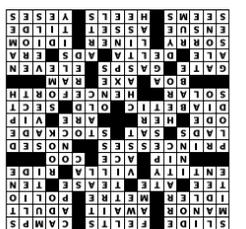
8 LETTERS

- CHASTISE
- DIABETIC
- STOCKADE
- TIRELESS

- 7 LETTERS
- ERRATIC
- EXPANSE

10 LETTERS

- HENCEFORTH
- PRINCESSES



5x5

No. 045

Y		A		S
	N		A	
C		A		E
	O		E	
A		E		T

Insert the missing letters to make 10 words – five reading across the grid and five reading down.

NOTE: more than one solution may be possible

A	L	E	R	T
N	Z	O	C	
R	A	Z	E	
U	N	A	P	
E	A	R	S	

QUICK QUIZ



- 1 'Two houses, both alike in dignity' is the opening to what play?
- 2 For approximately how many hours per day do sloths sleep?
- 3 In what year was the first Stella Prize awarded?
- 4 Which social media platform was founded first: Twitter, Tumblr or Instagram?
- 5 To what continent is the succulent vine string-of-pearls native?
- 6 With which medium does street artist Chinagirl Tile predominately work?
- 7 Approximately how many points (pts) are there in a millimetre: 1.83, 2.83 or 3.83?
- 8 Which 2020 film directed by Spike Lee stars Detroy Lindo, Clarke Peters and Chadwick Boseman (pictured)?
- 9 Who won the 2020 Hugo Award for Best Novel?
- 10 Suzy Wilson is the founder of which Australian charity?

ANSWERS: 1. Romeo and Juliet, by William Shakespeare 2. 15 3. 2013 4. Twitter 5. Africa 6. Ceramics 7. 2.83 8. Da 5 Bloods 9. Arkady Martyn, for A Memory Called Empire 10. Indigenous Literacy Foundation

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Federal Member for Flynn

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RESULTS – ROUND 25

RAIDERS	16	ROOSTERS	40
SHARKS	16	STORM	28
EELS	6	PANTHERS	40
BRONCOS	35	KNIGHTS	22
COWBOYS	18	SEA EAGLES	46
RABBITOHS	20	DRAGONS	16
TITANS	44	WARRIORS	0
TIGERS	0	BULLDOGS	38

COMPETITION GladstoneToday



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PANTHERS

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PANTHERS

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PANTHERS

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LEADERBOARD

Ken O'Dowd MP	148
Steve Scott	145
Peter Hunt	140
Grant Perry	139
Gerard Watts	136
Don & Bronwyn Atfield	135
Bev Smith	133
Remo Fanelli	131
Natalie Cummings & Miles Goudie	128
Sam Moller	127
Jess Dinneen	126
Dean Lill	124
Shaun Pobar	121
Shannon Kime	113

GAME DRAW • FINALS WEEK 1

STORM V SEA EAGLES

ROOSTERS V TITANS

PANTHERS V RABBITOHS

EELS V KNIGHTS

Your year ahead

If you were hoping for a gentler year ahead, you may be disappointed. Still, you will be needed and despite your quiet protests, this is just the way you like it. When you're in demand, you know you're appreciated. Plus, you're clocking up some serious karmic brownie points - so keep a good tally. An inclination for taking risks may surface after November. Pay attention to detail, including listening to good advice. Hold on to your heartstrings in December. If you started the year single, you could be very much in love by the end of it.



ARIES

(Mar 21 - Apr 20)

Ariens are fond of fresh starts, and this week you'll either feel the urge to expand your living quarters or throw out some of the accumulated mess. Or you may decide to take a quick break. Suddenly too, everyone's unusually cooperative - to the point of making you wonder where the catch lies. Perhaps your relaxed mood is contagious. **Best Day: Sunday 12th**



TAURUS

(Apr 21 - May 20)

With this week's tetchy Mars, it's definitely not the time to flirt with danger, make important decisions or try to reconcile relationship issues. The week ahead requires decisive handling as cosmic forces close the gates on unviable projects. There may be disappointments, arguments or financial setbacks. If so, just let go. **Best Day: Saturday 18th**



GEMINI

(May 21 - Jun 21)

It's time to put down some home-loving roots, Gemini. Family numbers may grow - perhaps through marriage or a partner, a new flatmate, birth or even a new pet. You're also likely to draw closer to immediate family and, if need be, turn to them for assistance. Parents could offer help - be it financial or otherwise. **Best Day: Friday 17th**



CANCER

(Jun 22 - Jul 22)

For some time now, you've suffered upheaval. Still, the experience hasn't been all bad, as you've gained the gifts of wisdom, tenacity and compassion. The planets now announce a change in pace and growing confidence. Romance wins a generous time slot, with enough allure to conjure up an enigmatic new love. **Best Day: Monday 13th**



LEO

(Jul 23 - Aug 23)

As you undoubtedly know, absolute power corrupts. That is, of course, until you decide it's your week to even the odds. Harsh words may be spoken, and decisive action could be taken. But it's high time you responded to someone else's bullying. If this someone threatens to out a secret, call their bluff. You've nothing to fear. **Best Day: Tuesday 14th**



LIBRA

(Sep 23 - Oct 23)

Get your head out of the clouds Libra and take a long, hard look at where your life is really headed. Only then will you be aware of what is and what isn't possible. To make matters worse, it could feel as if the laws of resistance have been applied to any plan you try to put in motion. Slow down, and keep life simple. **Best Day: Wednesday 15th**



SAGITTARIUS

(Nov 23 - Dec 21)

If trouble flares, act with diplomacy. The trick lies in distancing yourself from this week's emotional inferno, rather than getting caught up in it. As soon as Sagittarians buy into any over-hyped drama, you lose your natural objectivity. Without it, you could make some ill-considered decisions, and this isn't the time for that. Don't overreact. **Best Day: Monday 13th**



CAPRICORN

(Dec 22 - Jan 20)

Routine has become a way of life for many. If life has become too predictable, it's time to try something new - even if you're stuck at home. Start by making one small change every day or so. Initially, the choice may not feel comfortable, but it's important to realise how long old patterns have been fixed in place. Be bold, Capricorn. **Best Day: Friday 17th**



AQUARIUS

(Jan 21 - Feb 18)

If given a second chance at ventures that previously didn't go so well, figure out who's best at what, and drum up a solid sense of teamwork - even if it has to be networking via the internet. Should love or money come your way, accept with gratitude. In the same spirit, give openly. Best news: perhaps, a gentle stroll down memory lane. **Best Day: Saturday 18th**



PISCES

(Feb 19 - Mar 20)

Your eyes are set on a special prize this week. While you can occasionally be a tad scattered, now's the time to strategise long-term goals and prioritise your routines. Pisceans are usually okay with not being a triple-threat sensation overnight. A surprise offer could also tie in with the luck you're already enjoying. **Best Day: Sunday 12th**



VIRGO

(Aug 24 - Sep 22)

This birthday week coincides with an important turning point - a time when you're free to attract whatever, or whoever, you please. For some, new work unfolds. Others enjoy the pleasures of requited romance. Just be wary of overly dependent companions, particularly those who would happily fritter away your hard-earned cash. **Best Day: Thursday 16th**



SCORPIO

(Oct 24 - Nov 22)

Networking is an excellent way to share your talents, and this week you might find yourself in the right place at the right time. Similarly, it's knowledge that creates success - so impress others with your intellect. If love's on your mind, it shouldn't be too difficult to deliver a knockout sales pitch. After all, it's a commodity you believe in. **Best Day: Tuesday 14th**

ARROW WORDS									
	Permit to enter a country	Lazy	Source of distress	Set of furniture	Day, month, year	Highway	Back		
					Solitary				
	Kirsten Dunst, US actress (pictured)					Jot	Flat		
	Fib			Duck known for its soft feathers					
Veracious	Voted in again	Ocean Animal fat		Which person?	Noah's ship	Jockey	River mouth		
			Health resort	Hair-dressers	Loathing Encounter				
Harden	Donkey			Glacial debris School group					
		Speed			Front of the neck	Was seated	Basement		
Cot	Purse					Cult			
		Chamber	Solemn promise Spoken			Region			
Aquatic mammal	Negatives				In support of	Bind	Fear and wonder	Look at	
				Speck			Beer		
Pastoral poem	Country's rules			Train network					
				Ballot			Before		

SOLUTION									
E	R	E	E	T	O	A	T	L	D
Y	M	L	I	R	M	A	T	E	
E	L	A	V	E	S	P	O	T	
L	L	T	R	S	N	O	C		
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D	E	H	A	T	H	E			
A	O	M	T	S	U	E			
R	E	I	E	I	L				
V	A	V	S	T	N	D			
E	N	O	L	V	A	L			
R	R	D	B						

Monday, September 13

<p>ABC TV (2) 6.00 News Breakfast. 9.00 ABC News Mornings. 10.00 Landline. (R) 11.00 David Attenborough's Global Adventure. (Final, R) 12.00 ABC News At Noon. 1.00 The Durrells. (PG, R) 2.00 Death In Paradise. (Mv, R) 3.00 ABC News Afternoons. 4.00 Escape From The City. (Final, R) 5.00 Anh's Brush With Fame. (Final, PG, R) 5.25 Hard Quiz. (Final, PG, R)</p>	<p>SBS (3) 6.00 Tennis. US Open. Men's final. 10.00 WorldWatch. 12.00 Arabic News F24. 12.30 ABC America: World News Tonight. 1.00 Al Jazeera News. 2.00 The Rise Of The Clans. (Mav, R) 3.00 Going Places With Ernie Dingo. (Pga, R) 3.30 Destination Flavour China Bitesize. (R) 3.35 The Cook Up With Adam Liaw. 4.05 The Supervet. (Return, PG) 5.00 Jeopardy! (PG) 5.30 Letters And Numbers. (R)</p>	<p>SEVEN (7) 6.00 Sunrise. 9.00 The Morning Show. (PG) 11.30 Seven Morning News. 12.00 MOVIE: Psycho In-Law. (2017, Mv, R) 2.00 What The Killer Did Next: Sian Roberts. (Mav, R) 3.00 The Chase. 4.00 Seven News At 4. 5.00 The Chase Australia.</p>	<p>NINE (8, 9) 6.00 Today. 9.00 Today Extra. (PG) 11.30 Morning News. 12.00 Getaway. (PG, R) 12.30 The Block. (PGI, R) 2.00 Pointless. (PG) 3.00 Tipping Point. (PG) 4.00 Afternoon News. 4.30 Millionaire Hot Seat. 5.30 WIN News.</p>	<p>TEN (5, 1) 6.00 Ent. Tonight. (R) 6.30 Everyday Gourmet. (R) 7.00 Judge Judy. (PG, R) 7.30 Bold. (Pga, R) 8.00 Studio 10. (PG) 12.00 Dr Phil. (Pga, R) 1.00 To Be Advised. (In) 2.45 Entertainment Tonight. 3.00 Judge Judy. (Pg) 3.30 Left Off The Map. (R) 4.00 Everyday Gourmet With Justine Schofield. 4.30 The Bold And The Beautiful. (PG) 5.00 10 News First.</p>
<p>6.00 The Drum. 7.00 ABC News. 7.30 7.30. Presented by Leigh Sales. 8.00 Australian Story. Australians tell personal stories. 8.30 Four Corners. Investigative journalism program that leads national debate and confronting issues that matter. 9.15 Media Watch. (PG) Hosted by Paul Barry. 9.35 China Tonight. (Return) A look at current affairs from China. 10.05 Road To Now: Age Of Conflict. (Mav, R) Hosted by Chris Bath. 11.00 ABC Late News. 11.15 The Business. (R) 11.35 Juanita: A Family Mystery. (PG, R) 12.30 Traces. (Madls, R) 1.15 Miniseries: Roadkill. (Madls, R) 2.15 Death In Paradise. (Mv, R) 3.15 Rage. (MA15+adhlsv) 4.25 The Drum. (R) 5.25 7.30. (R)</p>	<p>6.00 Mastermind Australia. (R) 6.30 SBS World News. 7.30 10 Mistakes That Sank The Titanic. (Pga, R) A look at the sinking of the <i>Titanic</i>. 8.30 Secret Scotland: The Central Belt. (PG) Susan Calman visits Edinburgh's Royal Botanic Garden and the country's busiest train station in Glasgow Central. 9.20 24 Hours In Emergency: Lead By Example. (M) An elderly man is rushed to St George's. 10.15 SBS World News Late. 10.45 Outlier. (Mal) 11.35 Reprisal. (MA15+v, R) 1.40 The Secret Life Of Peter The Great. (Mav, R) 2.30 The Crown Prince Of Saudi Arabia. (Mav, R) 4.35 VICE Guide To Film. (Malv, R) 5.00 France 24 Feature. 5.15 NHK World English News. 5.30 Deutsche Welle English News.</p>	<p>6.00 Seven Local News. 6.30 Seven News. 7.00 Home And Away. (PG) 7.30 SAS Australia. (Return, Maln) Eighteen celebrity recruits undertake physical and psychological tasks to strip them of their egos. 9.10 Miniseries: Australian Gangster. (MA15+dslv) Part 1 of 2. A Sydney gangster navigates a life of crime while trying to manage the pressures of family. 10.50 The Latest: Seven News. 11.20 Station 19. (Mav) Vic's love-life becomes complicated. 12.20 The Passage. (MA15+h, R) Tensions are high with Winston on the loose. 1.20 RSPCA Animal Rescue. (R) 2.00 Home Shopping. (R) 4.00 NBC Today. 5.00 Seven Early News. 5.30 Sunrise.</p>	<p>6.00 Nine News. 7.00 A Current Affair. 7.30 The Block. (PGI) Hosted by Scott Cam. 8.40 Under Investigation: Murder Island. (Mv) Takes a look at the brutal murder of 23-year-old Elizabeth "Beth" Barnard in 1986. 9.40 100% Footy. (M) Features the latest rugby league news, with exclusive insights from an expert panel. 10.40 Nine News Late. A look at the latest news and events. 11.10 The Arrangement. (Malsv) Kyle confronts a dark time in his past. 12.05 Tipping Point. (PG, R) 1.00 A Current Affair. (R) 1.30 TV Shop: Home Shopping. (R) 2.30 Global Shop. (R) 3.00 TV Shop: Home Shopping. (R) 4.00 Take Two. (R) 5.00 News Early Edition. 5.30 Today.</p>	<p>6.30 The Project. A look at the day's news. 7.30 The Masked Singer Australia. (Return) Dannii Minogue, Urzula Carlson, Jackie O and Dave Hughes try to guess a celebrity singer's identity. 8.45 Have You Been Paying Attention? (Mals) Celebrity panelists compete to see who can remember the most about events of the week. 9.45 The Montreal Comedy Festival. (MA15+s, R) Stand-up comedy from Danny Bhoj, Dylan Moran, Orny Adams, Wanda Sykes and Michael Che. 10.45 The Project. (R) A look at the day's news. 11.45 The Late Show With Stephen Colbert. (PG) 12.30 Home Shopping. (R) 2.30 Infomercials. (PG, R) 3.00 Home Shopping. (R) 4.30 CBS Mornings.</p>
<p>ABC TV PLUS (22) 6am Children's Programs. 7.15pm Odd Squad. 7.30 Spicks And Specks. 8.00 QI. 8.30 David Attenborough's Micro Monsters. 9.25 George Clarke's Amazing Spaces. 10.10 Doctor Who. 11.00 Decoding Danger. 11.55 Escape From The City. 12.55am QI. 1.25 30 Rock. 1.50 Reno 911! 2.10 Friday Night Dinner. 2.35 Upper Middle Bogan. 3.05 News Update. 3.10 Close. 5.00 Rainbow Chicks. 5.05 Late Programs.</p>	<p>SBS VICELAND (31) 6am WorldWatch. Noon Counter Space. 1.00 Black Lives Matter: A Global Reckoning. 1.50 The Story Of. 2.20 The Therapist. 2.45 New Girl. 3.35 WorldWatch. 5.00 Joy Of Painting. 5.30 Shortland Street. 6.00 Forged In Fire. 6.55 Jeopardy! 7.30 8 Out Of 10 Cats Does Countdown. 8.30 Hypothetical. 9.25 Taskmaster. 10.20 MOVIE: Black Snake Moan. (2006, MA15+) 12.30am Late Programs.</p>	<p>7TWO (72) 6am Morning Programs. 10.30 My Road To Adventure. 11.00 The Bowls Show. Noon House Of Wellness. 1.00 Million Dollar Minute. 2.00 Miniseries: Flesh And Blood. 3.00 Sydney Weekender. 3.30 Medical Emergency. 4.30 M*A*S*H. 5.30 Escape To The Country. 6.30 Bargain Hunt. 7.30 Doc Martin. 8.30 The Inspector Lynley Mysteries. 10.30 Mafia's Greatest Hits. 11.30 Late Programs.</p>	<p>9GEM (81, 92) 6am TV Shop. 7.00 Creflo. 7.30 TV Shop. 9.30 Newstyle Direct. 10.00 Danoz. 10.30 Pointless. 11.30 My Favorite Martian. Noon Quincy M.E. 1.10 Days Of Our Lives. 2.05 The Young And The Restless. 3.00 Antiques Roadshow. 3.30 MOVIE: The Queen Of Spades. (1949, PG) 5.30 Attenborough's Natural Curiosities. 6.30 Antiques Roadshow. 7.30 Poirot. 8.40 Agatha Christie's Marple. 10.40 Late Programs.</p>	<p>10 PEACH (52, 11) 6am The Big Bang Theory. 7.00 Friends. 9.00 The Middle. 10.00 2021 MTV Video Music Awards. Hosted by Doja Cat. 12.30pm The Unicorn. 1.00 Charmed. 3.00 The King Of Queens. 4.00 Becker. 5.00 Frasier. 6.00 Friends. 6.30 Neighbours. 7.00 Friends. 8.00 The Big Bang Theory. 9.30 Seinfeld. 11.00 The Unicorn. 11.30 The Conners. Midnight Shopping. 12.30 Infomercials. 1.30 Charmed. 2.30 Late Programs.</p>
<p>NITV (34) 6am Morning Programs. 1.40pm Art + Soul. 2.40 Bamay. 3.00 Jarjums. 5.00 Shortland Street. 5.30 Chefs' Line. 6.00 The 77 Percent. 6.30 Red Chef Revival. 7.00 Our Stories. 7.20 News. 7.30 Hand Talk. 7.40 Through The Wormhole With Morgan Freeman. 8.30 Karla Grant Presents. 9.00 Covid Nations. 9.25 Nyami Ngaarlugundi Woman Of The Water. 9.55 News. 10.05 Te Ao With Moana. 10.35 Late Programs.</p>	<p>SBS WORLD MOVIES (32) 6am Sun Children. Continued. (2020, PG, Farsi) 6.50 Satellite Boy. (2012, PG) 8.30 This Beautiful Fantastic. (2016, PG) 10.10 Heidi. (2015, PG, German) 12.15pm The Light Between Oceans. (2016, M) 2.40 Robinson Crusoe. (2016, PG) 4.20 Chalet Girl. (2011, PG) 6.15 Ottolenghi And The Cakes Of Versailles. (2020) 7.40 Phoenix. (2014, M, German) 9.30 Don't Look Now. (1973, MA15+) 11.35 Late Programs.</p>	<p>7MATE (73) 6am Morning Programs. 10.00 Sound FX: Best Of. 11.00 A Football Life. Noon American Restoration. 1.30 Storage Wars Canada. 2.00 Alaska's Ultimate Bush Pilots. 3.00 Motor Racing. Extreme E. Arctic X-Priz. 4.00 American Restoration. 4.30 Graveyard Carz. 5.30 Storage Wars. 6.00 American Pickers. 7.00 Pawn Stars. 7.30 American Pickers. 8.30 MOVIE: Dirty Harry. (1971, M) 10.40 Late Programs.</p>	<p>9GO! (82, 93) 6am Children's Programs. 11.00 Auction Hunters. Noon Parenthood. 2.00 Big Fat Gypsy Weddings. 3.00 Malcolm. 4.00 The Incredible Hulk. 5.00 Malcolm. 6.00 The Nanny. 6.30 3rd Rock From The Sun. 7.00 That '70s Show. 7.30 RBT. 8.30 MOVIE: The Punisher. (2004, MA15+) 11.00 Paranormal Caught On Camera. Midnight Love Island USA. 1.00 Big Fat Gypsy Weddings. 2.00 The Bi Life. 3.00 Late Programs.</p>	<p>10 BOLD (53, 12) 6am Infomercials. 7.30 Home Shopping. 8.00 The Doctors. 9.00 Diagnosis Murder. 10.00 JAG. Noon Walker, Texas Ranger. 1.00 NCIS. 2.00 CSI: Crime Scene Investigation. 3.00 Diagnosis Murder. 5.00 JAG. 7.00 Bondi Rescue. 7.30 NCIS. 10.20 Motor Racing. Formula 1. Italian Grand Prix. Highlights. 11.20 Blue Bloods. 12.15am Infomercials. 12.45 Shopping. 2.15 Late Programs.</p>



Do you have an event coming up?

We want to know!

Send the details to editorial@todaygladstone.com.au and we'll publish it in our weekly Events Calendar.

Tuesday, September 14

<p>ABC TV (2) 6.00 News Breakfast. 9.00 ABC News Mornings. 10.00 Four Corners. (R) 11.00 Antiques Roadshow. (R) 12.00 ABC News At Noon. 1.00 The Trial Of Christine Keeler. (Mals, R) 2.00 Death In Paradise. (Final, Mv, R) 3.00 ABC News Afternoons. 4.00 The Twist. (PG, R) 4.05 The Repair Shop. (R) 4.50 Chopsticks Or Fork? (R) 5.10 Grand Designs Australia. (PG, R)</p>	<p>SBS (3) 6.00 WorldWatch. 11.00 Spanish News. 11.30 Turkish News. 12.00 Arabic News F24. 12.30 ABC America: World News Tonight. 1.00 PBS NewsHour. 2.00 The Rise Of The Clans. (Mav, R) 3.00 Going Places With Ernie Dingo. (R) 3.30 Destination Flavour China Bitesize. (R) 3.40 The Cook Up With Adam Liaw. 4.10 Britain's Most Historic Towns. (R) 5.05 Jeopardy! (PG) 5.30 Letters And Numbers. (R)</p>	<p>SEVEN (7) 6.00 Sunrise. 9.00 The Morning Show. (PG) 11.30 Seven Morning News. 12.00 MOVIE: The Lover In The Attic: A True Story. (2018, Mnsv, R) 2.00 What The Killer Did Next: Norma Bell. (Mav, R) 3.00 The Chase. 4.00 Seven News At 4. 5.00 The Chase Australia.</p>	<p>NINE (8, 9) 6.00 Today. 9.00 Today Extra. (PG) 11.30 Morning News. 12.00 Desperate Housewives. (Mas) 1.00 The Block. (PGI, R) 2.00 Pointless. (PG) 3.00 Tipping Point. (PG) 4.00 Afternoon News. 4.30 Millionaire Hot Seat. 5.30 WIN News.</p>	<p>TEN (5, 1) 6.00 Ent. Tonight. (R) 6.30 Everyday Gourmet. (R) 7.00 Judge Judy. (PG, R) 7.30 Bold. (PG, R) 8.00 Studio 10. (PG) 12.00 Dr Phil. (a, R) 1.00 To Be Advised. (In) 2.15 Entertainment Tonight. 2.30 Farm To Fork. (PG, R) 3.00 Judge Judy. (PG) 3.30 Left Off The Map. (R) 4.00 Everyday Gourmet With Justine Schofield. 4.30 The Bold And The Beautiful. 5.00 10 News First.</p>
<p>6.00 The Drum. 7.00 ABC News. 7.30 7.30. Presented by Leigh Sales. 8.00 Back To Nature: Rainforest And Rock. Aaron and Holly visit Otways-Gadubanud country. 8.30 Juanita: A Family Mystery. (Pga) Part 2 of 2. Keiran McGee and Pip Rey continue their investigation into the disappearance of Juanita Nielsen. 9.30 Decoding Danger: Firestorm. (PG) Part 3 of 3. 10.25 ABC Late News. 10.40 The Business. (R) 11.00 Q+A. (R) 12.05 China Tonight. (R) 12.35 9/11: Life Under Attack. (Mal, R) 2.00 Death In Paradise. (Final, Mv, R) 3.00 Rage. (MA15+adhlsv) 4.25 The Drum. (R) 5.25 7.30. (R)</p>	<p>6.00 Mastermind Australia. (R) 6.30 SBS World News. 7.30 Who Do You Think You Are? Julie Bishop. (Pga, R) 8.30 Insight. Presented by Kumi Taguchi. 9.30 Dateline. Looks at the turmoil in Kabul. 10.00 The Feed. 10.30 SBS World News Late. 11.00 The Point. (R) 11.30 Cacciatore: The Hunter. (MA15+alsv) 12.30 The Pier. (Mlms, R) 4.15 VICE Guide To Film. (MA15+sv, R) 4.45 Destination Flavour Down Under Bitesize. (R) 5.00 France 24 Feature. 5.15 NHK World English News. 5.30 Deutsche Welle English News.</p>	<p>6.00 Seven Local News. 6.30 Seven News. 7.00 Home And Away. (PG) 7.30 SAS Australia. (Mal) The recruits face tests of courage. 9.00 Miniseries: Australian Gangster. (MA15+dlv) Part 2 of 2. Pasquale struggles to maintain control over his home life and his position in Sydney's criminal underworld. 11.00 The Latest: Seven News. 11.30 Station 19. (Mad) 12.30 Temptation Island USA. (MA15+als, R) 1.30 The Real Seachange. (R) 2.00 Home Shopping. (R) 4.00 NBC Today. 5.00 Seven Early News. 5.30 Sunrise.</p>	<p>6.00 Nine News. 7.00 A Current Affair. 7.30 The Block. (PGI) Hosted by Scott Cam. 8.40 The Hundred With Andy Lee. Andy Lee is joined by a panel of comedians and 100 Aussies to explore the fun behind the facts. 9.40 Travel Guides. (PG, R) Ordinary Australians become travel critics, experiencing a week-long holiday in Israel. 10.40 Nine News Late. A look at the latest news and events. 11.10 Reverie. (Mav) Monica seeks help after a bombing. 12.05 Tipping Point. (PG, R) 1.00 A Current Affair. (R) 1.30 TV Shop: Home Shopping. (R) 4.00 Take Two. (R) 5.00 News Early Edition. 5.30 Today.</p>	<p>6.30 The Project. A look at the day's news. 7.30 The Masked Singer Australia. Hosted by Osher Günsberg. 8.45 The Cheap Seats. (Mal) Presenters Melanie Bracewell and Tim McDonald take a look at the week that was. 9.40 Best Of The Sydney Comedy Festival. (MA15+ls, R) Stand-up performances by Nick Cody, Stephen K. Amos and Aaron Chen from the Sydney Comedy Festival. 11.10 The Project. (R) A look at the day's news. 12.10 The Late Show With Stephen Colbert. (PG) 1.00 Home Shopping. (R) 3.00 Infomercials. (PG, R) 3.30 Home Shopping. (R) 4.30 CBS Mornings.</p>
<p>ABC TV PLUS (22) 6am Children's Programs. 7.15pm Odd Squad. 7.30 Spicks And Specks. 8.30 Whose Line Is It Anyway? 8.50 Everything's Gonna Be Okay. 9.15 Bliss. (Final) 9.40 Rosehaven. 10.10 All My Friends Are Racist. 10.25 Doctor Who. 11.10 The Games. 11.40 Superwog. 12.05am WIA. 12.35 Live At The Apollo. (Final) 1.05 30 Rock. 1.30 Reno 911! 1.50 Adam Hills: The Last Leg. 2.35 Friday Night Dinner. 3.00 Late Programs.</p>	<p>SBS VICELAND (31) 6am Basketball. WNBA. Las Vegas Aces v Dallas Wings. Continued. 7.00 WorldWatch. Noon Counter Space. 1.00 What Makes A Woman. 1.55 When The Wind Changes. 2.15 The Therapist. 2.45 New Girl. 3.35 WorldWatch. 5.00 Joy Of Painting. 5.30 Shortland Street. 6.00 Forged In Fire. 6.55 Jeopardy! 7.30 8 Out Of 10 Cats Does Countdown. 8.30 Alone. 9.45 Unknown Amazon. 10.35 Late Programs.</p>	<p>7TWO (72) 6am Home Shopping. 6.30 Room For Improvement. 7.00 Auction Squad. 8.00 Harry's Practice. 8.30 Million Dollar Minute. 9.30 NBC Today. Noon House Of Wellness. 1.00 Million Dollar Minute. 2.00 Miniseries: Flesh And Blood. 3.00 Creek To Coast. 3.30 Medical Emergency. 4.30 M*A*S*H. 5.30 Escape To The Country. 6.30 Bargain Hunt. 7.30 Pie In The Sky. 8.30 Lewis. 10.30 One Lane Bridge. 11.30 Late Programs.</p>	<p>9GEM (81, 92) 6am TV Shop. 7.00 Creflo. 7.30 TV Shop. 9.30 Newstyle Direct. 10.00 Danoz. 10.30 Pointless. 11.30 My Favorite Martian. Noon Quincy M.E. 1.10 Days Of Our Lives. 2.05 The Young And The Restless. 3.00 Antiques Roadshow. 3.30 MOVIE: The Bridal Path. (1959) 5.30 Attenborough's Natural Curiosities. 6.30 Antiques Roadshow. 7.30 New Tricks. 8.40 The Closer. 9.40 Rizzoli & Isles. 10.40 Late Programs.</p>	<p>10 PEACH (52, 11) 6am The Late Show With Stephen Colbert. 7.00 Seinfeld. 8.00 Becker. 9.00 The Middle. 10.00 Frasier. 11.00 Friends. Noon Charmed. 1.00 2 Broke Girls. 1.30 Seinfeld. 3.00 The King Of Queens. 4.00 Becker. 5.00 Frasier. 6.00 Friends. 6.30 Neighbours. 7.00 Friends. 8.00 The Big Bang Theory. 9.30 Mom. 11.35 Frasier. Midnight Shopping. 12.30 Infomercials. 1.30 Charmed. 2.30 Late Programs.</p>
<p>NITV (34) 6am Morning Programs. 1pm Message From Mungo. 2.10 Urban Native Girl. 3.00 Wapos Bay. 3.25 Bushwhacked! 3.50 Bino And Fino. 4.00 Mustangs FC. 4.30 Grace Beside Me. 5.00 Shortland Street. 5.30 Chefs' Line. 6.00 Cooking Hawaiian Style. 6.30 African American: Many Rivers To Cross. 7.30 The Point. 8.00 Living Black. 8.30 Dwayne Wade: Life Unexpected. 10.15 Jackie Robinson. 11.15 Late Programs.</p>	<p>SBS WORLD MOVIES (32) 6am Morning Programs. 7.05 Chalet Girl. (2011, PG) 9.00 Lassie. (2005, PG) 10.55 Phoenix. (2014, M, German) 12.45pm Ottolenghi And The Cakes Of Versailles. (2020) 2.10 Sun Children. (2020, PG, Farsi) 4.00 Belle Aced Sebastian. (2013, PG, French) 5.50 This Beautiful Fantastic. (2016, PG) 7.30 The Song Of Names. (2019, M) 9.35 Tess. (1979, M) 12.45am Late Programs.</p>	<p>7MATE (73) 6am Morning Programs. 11.00 A Football Life. Noon American Restoration. 12.55 To Be Advised. 2.35 Alaska's Ultimate Bush Pilots. 3.00 Big Australia. 4.00 Al McGlashan's Fish'n With Mates. 4.30 The Mike & Cole Show. 5.00 American Restoration. 5.30 Storage Wars. 6.00 American Pickers. 7.00 Pawn Stars. 7.30 Highway Patrol. 8.30 Aussie Salvage Squad. 10.30 Aussie Lobster Men. 11.30 Late Programs.</p>	<p>9GO! (82, 93) 6am Children's Programs. 11.00 Auction Hunters. Noon Parenthood. 2.00 Big Fat Gypsy Weddings. 3.00 Malcolm. 3.30 The Nanny. 4.00 3rd Rock From The Sun. 4.30 That '70s Show. 5.00 Malcolm. 6.00 The Nanny. 6.30 3rd Rock From The Sun. 7.00 That '70s Show. 7.30 MOVIE: Eagle Eye. (2008, M) 9.45 MOVIE: Money Monster. (2016, M) 11.40 3rd Rock From The Sun. 12.10am Love Island USA. 1.10 Late Programs.</p>	<p>10 BOLD (53, 12) 6am Home Shopping. 7.00 Infomercials. 8.00 Diagnosis Murder. 10.00 JAG. Noon Walker, Texas Ranger. 1.00 NCIS. 3.00 Diagnosis Murder. 5.00 JAG. 7.00 Bondi Rescue. 7.30 NCIS. 8.30 Blue Bloods. 10.25 NCIS: New Orleans. 12.15am Home Shopping. 12.45 Infomercials. 1.15 Home Shopping. 2.15 MOVIE: Crimson Tide. (1995, M) 4.30 Reel Action. 5.00 JAG.</p>

Wednesday, September 15

ABC TV (2) 6.00 News Breakfast. 9.00 ABC News Mornings. 10.00 The Recording Studio. (PG, R) 11.00 The Repair Shop. (R) 12.00 ABC News At Noon. 12.30 National Press Club Address. 1.35 Media Watch. (PG, R) 2.00 Victoria. (PG, R) 3.00 ABC News Afternoons. 4.00 The Twist. (PG, R) 4.05 The Repair Shop. (R) 4.50 Chopsticks Or Fork? (R) 5.10 Grand Designs Australia. (PG, R)	SBS (3) 6.00 WorldWatch. 10.30 German News. 11.00 Spanish News. 11.30 Turkish News. 12.00 Arabic News F24. 12.30 ABC America: World News Tonight. 1.00 PBS NewsHour. 2.00 Insight. (R) 3.00 Living Black. 3.30 Destination Flavour China Bitesize. (R) 3.40 The Cook Up With Adam Liaw. 4.10 Britain's Most Historic Towns. (PG, R) 5.05 Jeopardy! (PG) 5.30 Letters And Numbers. (R)	SEVEN (7) 6.00 Sunrise. 9.00 The Morning Show. (PG) 11.30 Seven Morning News. 12.00 MOVIE: The Wrong House. (2016, Mv, R) 2.00 What The Killer Did Next: Kate Prout. (Mav, R) 3.00 The Chase. (R) 4.00 Seven News At 4. 5.00 The Chase Australia.	NINE (8, 9) 6.00 Today. 9.00 Today Extra. (PG) 11.30 Morning News. 12.00 Desperate Housewives. (Mas) 1.00 The Block. (PGI, R) 2.00 Pointless. (PG) 3.00 Tipping Point. (PG) 4.00 Afternoon News. 4.30 Millionaire Hot Seat. 5.30 WIN News.	TEN (5, 1) 6.00 The Talk. (Return, PGa) 7.00 Judge Judy. (PG, R) 7.30 The Bold And The Beautiful. (R) 8.00 Studio 10. (PG) 12.00 Dr Phil. (R) 1.00 To Be Advised. (In) 2.15 Entertainment Tonight. 2.30 Farm To Fork. (PG, R) 3.00 Judge Judy. (PG) 3.30 Left Off The Map. (R) 4.00 Everyday Gourmet With Justine Schofield. 4.30 The Bold And The Beautiful. 5.00 10 News First.
6.00 The Drum. 7.00 ABC News. 7.30 7.30. 8.00 Hard Quiz. (PG) Presented by Tom Gleeson. 8.30 Question Everything. Presented by Wil Anderson and Jan Fran. 9.00 Rosehaven. (PG) It is time for Barbara to choose a successor. 9.30 Would I Lie To You? (PG, R) Hosted by Rob Brydon. 10.00 Staged. (Final, MI, R) 10.25 ABC Late News. 10.40 The Business. (R) 10.55 Four Corners. (R) 11.40 Media Watch. (PG, R) 12.00 Yom Kippur In Lockdown. (R) 12.30 Silent Witness. (Mav, R) 1.30 Victoria. (PG, R) 2.20 Rage. (MA15+adhlsv) 4.25 The Drum. (R) 5.25 7.30. (R)	6.00 Mastermind Australia. (R) Presented by Jennifer Byrne. 6.30 SBS World News. 7.35 Tony Robinson's World By Rail: Russia. (PG, R) Sir Tony Robinson heads to Russia. 8.30 Looking For Life On Mars. (PG) Follows NASA's Mars 2020 mission, one of the most ambitious hunts ever for signs of life on Mars. 9.30 War Of The Worlds. (MA15+) Bill explains his plan to infect the aliens with a virus to Ethan, Dominic and Michael. 10.25 SBS World News Late. 10.55 Hunters: Ethiopia. (M) 11.45 The Killing. (Mal, R) 4.15 VICE Guide To Film. (MA15+ahv, R) 4.45 Destination Flavour Down Under Bitesize. (R) 5.00 France 24 Feature. 5.15 NHK World English News. 5.30 Deutsche Welle English News.	6.00 Seven Local News. 6.30 Seven News. 7.00 Home And Away. (PG) 7.30 SAS Australia. (Mal) Emotions run high as a harrowing drowning exercise leads one recruit to quit. 9.05 RFDS. (Mal) When a catastrophic explosion at an underground mine creates a mass-casualty incident, the RFDS are called. 10.05 The Rookie. (Mv) Nolan guards a professor's house overnight. 11.05 The Latest: Seven News. 11.35 Chicago Fire. (Ma) Gallo makes a split-second decision. 12.35 First Dates Australia. (PGIs, R) 1.40 Harry's Practice. (R) 2.00 Home Shopping. (R) 4.00 NBC Today. 5.00 Seven Early News. 5.30 Sunrise.	6.00 Nine News. 7.00 A Current Affair. 7.30 The Block. (PGI) Hosted by Scott Cam. 8.40 Paramedics. (Ma) Cullen faces every parent's nightmare as a six-year-old child is hit by a car. 9.40 Kings Cross ER. (PGm, R) A look at the emergency department of St Vincent's Hospital in Sydney's Kings Cross. 10.40 Nine News Late. A look at the latest news and events. 11.10 BTK: A Killer Among Us. (MA15+asv, R) Part 2 of 2. 12.00 Bluff City Law. (Ma, R) 12.50 Explore: Paddock. (R) 1.00 A Current Affair. (R) 1.30 TV Shop: Home Shopping. (R) 2.30 Global Shop. (R) 3.00 TV Shop: Home Shopping. (R) 5.00 News Early Edition. 5.30 Today.	6.30 The Project. Join the hosts for a look at the day's news, events and hot topics. 7.30 Making It Australia. (Premiere, PG) Hosted by Susie Youssef and Harley Breen, with judges Benja Harney and Deborah Riley. 9.00 Bull. (Mav, R) Bull worries he will not be able to convince a jury that his religious leader client did not kill his wife, after a major secret the pastor is hiding about the marriage is revealed, damaging his credibility in court. 12.00 The Project. (R) A look at the day's news. 1.00 The Late Show With Stephen Colbert. (PG) Late night talk show. 2.00 Home Shopping. (R) 2.30 Infomercials. (PG, R) 3.00 Home Shopping. (R) 4.30 CBS Mornings. Morning news and talk show.
ABC TV PLUS (22) 6am Children's Programs. 7.15pm Odd Squad. 7.30 Spicks And Specks. 8.00 Would I Lie To You? 8.30 Art Works. 9.00 A-ha: The Movie. 10.00 Doctor Who. 10.50 Louis Theroux: Law And Disorder In Lagos. 11.50 MOVIE: Human Flow. (2017, M) 2.05am 30 Rock. 2.25 Reno 911! 2.50 Friday Night Dinner. 3.15 Upper Middle Bogan. 3.45 News Update. 3.50 Close. 5.00 Rainbow Chicks. 5.05 Late Programs.	SBS VICELAND (31) 6am WorldWatch. Noon Counter Space. 1.00 VICE. 2.10 The Therapist. 2.40 New Girl. 3.30 WorldWatch. 5.00 Joy Of Painting. 5.30 Shortland Street. 6.00 Forged In Fire. 6.55 Jeopardy! 7.30 8 Out Of 10 Cats Does Countdown. 8.30 Too Soon: Comedy After 9/11. 10.00 Australia Uncovered: Strong Female Lead. 11.25 MOVIE: Gone Are The Days. (2018, M) 1.15am Late Programs.	7TWO (72) 6am Home Shopping. 6.30 Room For Improvement. 7.00 Auction Squad. 8.00 Harry's Practice. 8.30 Million Dollar Minute. 9.30 NBC Today. Noon House Of Wellness. 1.00 Million Dollar Minute. 2.00 Miniseries: Flesh And Blood. 3.00 DVine Living. 3.30 Medical Emergency. 4.30 M*A*S*H. 5.30 Escape To The Country. 6.30 Bargain Hunt. 7.30 The Coroner. 8.30 A Touch Of Frost. 10.50 Bones. 11.50 Late Programs.	9GEM (81, 92) 6am TV Shop. 7.00 Creflo. 7.30 TV Shop. 10.30 Pointless. 11.30 My Favorite Martian. Noon Quincy M.E. 1.10 Days Of Our Lives. 2.05 The Young And The Restless. 3.00 Antiques Roadshow. 3.30 MOVIE: Seven Days To Noon. (1950, PG) 5.30 David Attenborough's Natural Curiosities. 6.30 Antiques Roadshow. 7.30 As Time Goes By. 8.50 Midsomer Murders. 10.50 An Unexpected Killer. 11.50 Late Programs.	10 PEACH (52, 11) 6am The Late Show With Stephen Colbert. 7.00 The King Of Queens. 8.00 Becker. 9.00 The Middle. 10.00 Frasier. 11.00 Friends. Noon Charmed. 1.00 2 Broke Girls. 2.00 Mom. 3.00 The King Of Queens. 4.00 Becker. 5.00 Frasier. 6.00 Friends. 6.30 Neighbours. 7.00 Friends. 8.00 The Big Bang Theory. 9.20 2 Broke Girls. 11.35 King Of Queens. Midnight Shopping. 12.30 Infomercials. 1.00 Late Programs.
NITV (34) 6am Morning Programs. 1.45pm Songlines On Screen. 2.00 Bamay. 3.00 Jarjums. 4.00 Mustangs FC. 4.30 Grace Beside Me. 5.00 Shortland Street. 5.30 Chefs' Line. 6.00 Cooking Hawaiian Style. 6.30 Red Chef Revival. 7.00 Our Stories. 7.20 News. 7.30 The South Sydney Story. 8.00 Yokayai Footy. 8.35 Over The Black Dot. 9.35 NITV News Update. 9.45 Rugby League. NRL. WA Premiership. 11.00 Late Programs.	SBS WORLD MOVIES (32) 6am Ottolenghi And The Cakes Of Versailles. Continued. (2020) 7.20 Kirikou And The Sorceress. (1998) 8.40 Belle And Sebastian. (2013, PG, French) 10.35 The Song Of Names. (2019, M) 12.40pm Chalet Girl. (2011, PG) 2.35 Lassie. (2005, PG) 4.30 Operation Arctic. (2014, PG, Norwegian) 6.10 Rosie. (2018, PG) 7.50 After Love. (2020, M) 9.30 Fist Of Fury. (1972, M, Cantonese) 11.35 Late Programs.	7MATE (73) 6am Morning Programs. 1pm To Be Advised. 2.30 Alaska's Ultimate Bush Pilots. 3.00 Big Australia. 4.00 Fish'n With Mates. 4.30 Graveyard Carz. 5.30 Storage Wars. 6.00 American Pickers. 7.00 Pawn Stars. 8.00 Surveillance Oz Dashcam. 8.30 Beach Cops. 9.00 Fat Pizza: Back In Business. 9.40 Australia's Sexiest Tradie. 10.20 MOVIE: Get Hard. (2015, MA15+) 12.30am Late Programs.	9GO! (82, 93) 6am Children's Programs. Noon Parenthood. 2.00 Big Fat Gypsy Weddings. 3.00 Malcolm. 3.30 The Nanny. 4.00 3rd Rock From The Sun. 4.30 That '70s Show. 5.00 Malcolm. 6.00 The Nanny. 6.30 3rd Rock From The Sun. 7.00 That '70s Show. 7.30 MOVIE: Waterworld. (1995, M) 10.10 MOVIE: Cop Land. (1997, MA15+) 12.15am Love Island USA. 2.00 The Bi Life. 3.00 Adv Time. 3.30 Regular Show. 4.00 Late Programs.	10 BOLD (53, 12) 6am Infomercials. 8.00 Destination Dessert. 8.30 Snap Happy. 9.00 Diagnosis Murder. 10.00 JAG. Noon Walker, Texas Ranger. 1.00 NCIS. 3.00 Diagnosis Murder. 5.00 JAG. 7.00 Bondi Rescue. 7.30 NCIS. 8.30 NCIS: Los Angeles. 11.15 SEAL Team. 12.10am Home Shopping. 1.40 Infomercials. 2.10 Motor Racing. Formula 1. Italian Grand Prix. Highlights. 3.10 48 Hours. 4.05 Diagnosis Murder. 5.00 The Doctors.

HAVE YOUR SAY WITH OUR LETTERS TO THE EDITOR

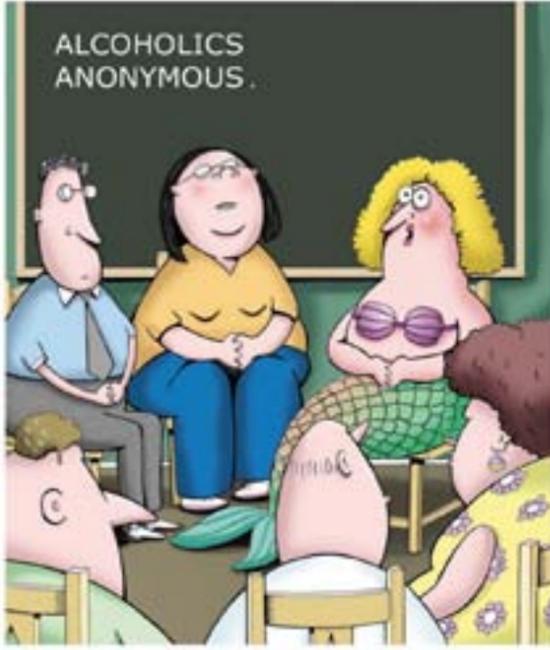
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Thursday, September 16

ABC TV (2) 6.00 News Breakfast. 9.00 ABC News Mornings. 10.00 Australian Story. (R) 10.30 Back To Nature. (R) 11.00 Decoding Danger. (PG, R) 12.00 ABC News At Noon. 1.00 Hard Quiz. (PG, R) 1.30 Question Everything. (R) 2.00 Victoria. (R) 3.00 ABC News Afternoons. 4.00 The Twist. (PG, R) 4.05 The Repair Shop. (R) 4.50 Chopsticks Or Fork? (R) 5.05 Grand Designs Australia. (R)	SBS (3) 6.00 WorldWatch. 11.00 Spanish News. 11.30 Turkish News. 12.00 Arabic News F24. 12.30 ABC America: World News Tonight. 1.00 PBS NewsHour. 2.00 The Rise Of The Clans. (Mav, R) 3.00 Going Places With Ernie Dingo. (R) 3.30 Destination Flavour China Bitesize. (PGa, R) 3.40 The Cook Up With Adam Liaw. 4.10 Britain's Most Historic Towns. (PG, R) 5.05 Jeopardy! (PG) 5.30 Letters And Numbers. (R)	SEVEN (7) 6.00 Sunrise. 9.00 The Morning Show. (PG) 11.30 Seven Morning News. 12.00 MOVIE: Hannah's Law. (2012, Mv, R) 2.00 Kochie's Business Builders. 2.30 Coastwatch Oz. (PG, R) 3.00 The Chase. (R) 4.00 Seven News At 4. 5.00 The Chase Australia.	NINE (8, 9) 6.00 Today. 9.00 Today Extra. (PG) 11.30 Morning News. 12.00 Desperate Housewives. (Mas) 1.00 The Block. (PGI, R) 2.00 Pointless. (PG) 3.00 Tipping Point. (PG) 4.00 Afternoon News. 4.30 Millionaire Hot Seat. (R) 5.30 WIN News.	TEN (5, 1) 6.00 The Talk. (PGa) 7.00 Judge Judy. (PG, R) 7.30 The Bold And The Beautiful. (R) 8.00 Studio 10. (PG) 12.00 Dr Phil. (a, R) 1.00 To Be Advised. (In) 2.30 Entertainment Tonight. 3.00 Judge Judy. (PG) 3.30 Left Off The Map. (R) 4.00 Everyday Gourmet With Justine Schofield. 4.30 The Bold And The Beautiful. 5.00 10 News First.
6.00 The Drum. 6.55 Sammy J. (PG) 7.00 ABC News. 7.30 7.30. Presented by Leigh Sales. 8.00 Foreign Correspondent. International affairs program. 8.30 Q+A. Interactive public affairs program featuring a panel of experts and commentators answering questions. 9.35 A Life In Ten Pictures: Amy Winehouse. (Return, MadI) Takes a look at the life of Amy Winehouse. 10.30 ABC Late News. 10.45 The Business. (R) 11.00 The Cult Of The Family. (Mad, R) 12.00 Midsomer Murders. (Mv, R) 1.30 Victoria. (R) 2.20 Rage. (MA15+adhlsv) 4.25 The Drum. (R) 5.20 Sammy J. (PG, R) 5.25 7.30. (R)	6.00 Mastermind Australia. (R) 6.30 SBS World News. 7.35 Walking Britain's Lost Railways: Cornwall. (PG) Presented by Rob Bell. 8.30 Back To The Titanic. Follows experts as they revisit the wreck of the RMS Titanic for the first time in almost 15 years. 9.30 Miniseries: The Victim. (MA15+) Part 1 of 4. 10.35 SBS World News Late. 11.05 Criminal Planet: The Art World's Biggest Feud. (MA15+dv) 11.55 Mr Mercedes. (MA15+av, R) 12.55 Taken Down. (MA15+a, R) 4.00 VICE Guide To Film. (Madlv, R) 4.55 Destination Flavour Down Under Bitesize. (R) 5.00 France 24 Feature. 5.15 NHK World English News. 5.30 Deutsche Welle English News.	6.00 Seven Local News. 6.30 Seven News. 7.00 Home And Away. (PG) 8.30 MOVIE: 27 Dresses. (2008, PGIs, R) A woman is conflicted when she is invited to be in her sister's wedding party because she is in love with the groom. However, she finds herself distracted by a reporter who is covering the event for the society pages. Katherine Heigl, James Marsden, Malin Akerman. 10.45 The Latest: Seven News. 11.15 The Front Bar. (M) Takes a lighter look at all things AFL. 12.15 The Jonathan Ross Show. (Ms, R) 1.15 Harry's Practice. (R) 2.00 Home Shopping. (R) 4.00 NBC Today. 5.00 Seven Early News. 5.30 Sunrise.	6.00 Nine News. 7.00 A Current Affair. 7.30 RBT. (PGdI) Follows the activities of police units. 8.30 Epstein's Shadow: Ghislaine Maxwell. (Mas) Looks at Ghislaine Maxwell's difficult past growing up under her tyrant father, wealthy media tycoon Robert Maxwell. 10.00 Reported Missing: Jean. (Ma, R) Police search for a 77-year-old woman. 11.15 Nine News Late. 11.45 Chicago Med. (MA15+a, R) 12.35 World's Worst Flights: Extreme Weather. (M, R) 1.30 TV Shop: Home Shopping. (R) 2.30 Global Shop. (R) 3.00 TV Shop: Home Shopping. (R) 5.00 News Early Edition. 5.30 Today.	6.30 The Project. A look at the day's news. 7.30 Making It Australia. Hosted by Susie Youssef and Harley Breen. 8.40 Gogglebox. (alsv) TV fanatics open up their living rooms to reveal their reactions to popular and topical TV shows. 9.40 Law & Order: SVU. (Mav, R) The squad spends New Year's Eve dealing with a child abduction emergency. 10.40 Blue Bloods. (Mv, R) Frank and Erin are at odds. 11.30 The Project. (R) 12.30 The Late Show With Stephen Colbert. (PG) 1.30 Home Shopping. (R) 3.00 Infomercials. (PG, R) 3.30 Home Shopping. (R) 4.30 CBS Mornings.
ABC TV PLUS (22) 6am Children's Programs. 7.15pm Odd Squad. 7.30 Spicks And Specks. 8.30 Penn & Teller: Fool Us. 9.10 Hard Quiz. 9.40 Question Everything. 10.10 Doctor Who. 10.55 That Pacific Sports Show. 11.30 You Can't Ask That. Midnight Micro Monsters. 12.50 Russell Howard Stands Up To The World. 1.35 30 Rock. 2.00 Reno 911! 2.20 Friday Night Dinner. 2.45 Upper Middle Bogan. 3.10 Late Programs.	SBS VICELAND (31) 6am WorldWatch. Noon After The Shootings. 12.55 Animal Takeover. 1.50 Oh Lucy! 2.15 The Therapist. 2.45 New Girl. 3.35 WorldWatch. 5.00 Joy Of Painting. 5.30 Shortland Street. 6.00 Forged In Fire. 6.55 Jeopardy! 7.30 8 Out Of 10 Cats Does Countdown. 8.30 The Curse Of Oak Island. 10.10 Dave Gorman: Modern Life Is Goodish. (Return) 11.00 The Feed. 11.30 Late Programs.	7TWO (72) 6am Home Shopping. 6.30 Room For Improvement. 7.00 Auction Squad. 8.00 Harry's Practice. 8.30 Million Dollar Minute. 9.30 NBC Today. Noon House Of Wellness. 1.00 Million Dollar Minute. 2.00 Miniseries: Flesh And Blood. 3.00 Weekender. 3.30 Medical Emergency. 4.30 M*A*S*H. 5.30 Escape To The Country. 6.30 Bargain Hunt. 7.30 Father Brown. 8.30 Inspector Morse. 10.50 Murdoch Mysteries. 11.50 Late Programs.	9GEM (81, 92) 6am TV Shop. 7.00 Creflo. 7.30 TV Shop. 10.30 Pointless. 11.30 My Favorite Martian. Noon As Time Goes By. 1.10 Days Of Our Lives. 2.05 The Young And The Restless. 3.00 Antiques Roadshow. 3.30 MOVIE: The Count Of Monte-Cristo. (1975, PG) 5.30 Attenborough's Natural Curiosities. 6.30 Antiques Roadshow. 7.30 Tipping Point. 8.30 To Be Advised. 11.00 Late Programs.	10 PEACH (52, 11) 6am The Late Show With Stephen Colbert. 7.00 Frasier. 8.00 Becker. 9.00 The Middle. 10.00 Frasier. 11.00 The Big Bang Theory. Noon Charmed. 1.00 2 Broke Girls. 2.00 Mom. 3.00 The King Of Queens. 4.00 Becker. 5.00 Frasier. 6.00 Friends. 6.30 Neighbours. 7.00 Friends. 8.00 The Big Bang Theory. 9.30 The Unicorn. 10.00 Seinfeld. 11.00 The Neighborhood. Midnight Shopping. 12.30 Late Programs.
NITV (34) 6am Morning Programs. 2.20pm Bamay. 3.00 Wapos Bay. 3.25 Bushwhacked! 3.50 Bino And Fino. 4.00 Mustangs FC. 4.30 Grace Beside Me. 5.00 Shortland Street. 5.30 Chefs' Line. 6.00 Cooking Hawaiian Style. 6.30 Red Chef Revival. 7.00 Our Stories. 7.15 Nulla Nulla. 7.20 NITV News Update. 7.30 Going Places With Ernie Dingo. 8.30 MOVIE: Resurrecting The Champ. (2007) 10.30 The Point. 11.00 Late Programs.	SBS WORLD MOVIES (32) 6am Lassie. Continued. (2005, PG) 6.55 Rosie. (2018, PG) 8.35 Operation Arctic. (2014, PG, Norwegian) 10.15 Tess. (1979, M) 1.25pm Belle And Sebastian. (2013, PG, French) 3.15 Kirikou And The Sorceress. (1998) 4.40 The Red Balloon. (1956, French) 5.20 Lion. (2016, PG) 7.30 Sing Street. (2015, M) 9.30 Drunken Master. (1978, M, Cantonese) 11.35 Late Programs.	7MATE (73) 6am Morning Programs. 9.00 American Pickers. 10.00 America's Game. 11.00 A Football Life. Noon Storage Wars Canada. 1.00 To Be Advised. 2.35 Alaska's Ultimate Bush Pilots. 3.00 Big Australia. 4.00 Fish'n With Mates. 4.30 Graveyard Carz. 5.30 Storage Wars. 6.00 American Pickers. 7.00 Pawn Stars. 8.30 MOVIE: Rambo: First Blood. (1982, MA15+) 10.35 MOVIE: Assassins. (1995, M) 1.20am Late Programs.	9GO! (82, 93) 6am Children's Programs. Noon Parenthood. 2.00 Big Fat Gypsy Weddings. 3.00 Malcolm. 3.30 The Nanny. 4.00 3rd Rock From The Sun. 4.30 That '70s Show. 5.00 Malcolm. 6.00 The Nanny. 6.30 3rd Rock From The Sun. 7.00 That '70s Show. 7.30 Young Sheldon. 8.30 MOVIE: Downsizing. (2017, M) 11.10 America's Top Dog. 12.30am Love Island USA. 1.30 The Bi Life. 2.30 3rd Rock From The Sun. 3.00 Late Programs.	10 BOLD (53, 12) 6am Home Shopping. 6.30 Infomercials. 8.00 Motorcycle Racing. MotoGP. Race 13. Aragon Grand Prix. Replay. 9.30 iFish Summer Series. 10.00 JAG. Noon Walker, Texas Ranger. 1.00 NCIS. 3.00 Diagnosis Murder. 5.00 JAG. 7.00 Bondi Rescue. 7.30 NCIS. 8.30 Hawaii Five-O. 10.30 SEAL Team. 11.30 To Be Advised. 12.30am Infomercials. 1.00 Shopping. 2.00 Late Programs.

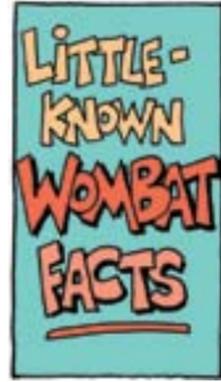
COMICS

Bottled Fruit



"I'm here because I drink like a fish."

Bushy Tales



DID YOU KNOW?...
WOMBATS ARE VERY GOOD DIGGERS AND THEIR BURROWS CAN BE SURPRISINGLY LONG.

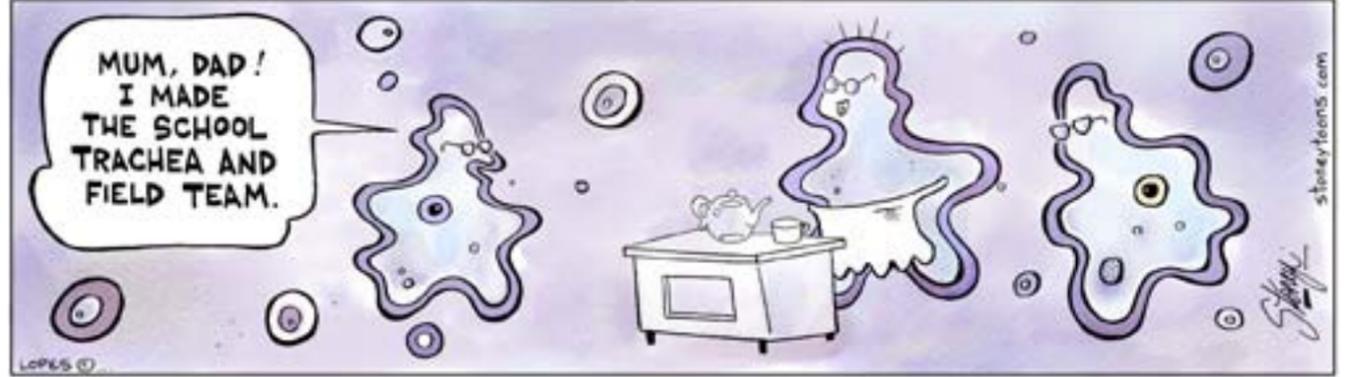
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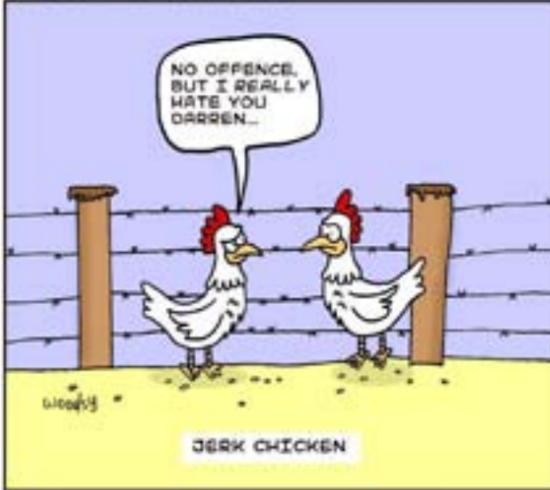
Swamp



Insanity Streak



Insert Brain Here



Doodley Squat



WuMo



Against the Grain



Ballard Street



Thunder can only hope this new relationship doesn't last.

Grin Bin





Clients from the Family Wellbeing Program are set to benefit from a donation of beds and furniture from the redeveloped Highpoint International Hotel, thanks to the generosity of Gidarjil Development Corporation.

Furniture donations to benefit families

Clients from the Family Wellbeing Program are set to benefit from a donation of beds and furniture, thanks to the generosity of Gidarjil Development Corporation.

The Highpoint International Hotel, previously known as the Metro Hotel and Apartments, recently underwent a major refurbishment by new owners Irene and James Skenderis, which included upgrading the

existing furniture. Gidarjil Development Corporation made a financial contribution to the Highpoint International Hotel for the furniture, which was then donated to Nhulundu Health Service for distribution.

Nhulundu Health Service CEO, Matthew Cooke, said the furniture would be allocated to clients requiring assistance within the Family Wellbeing Program.

“Our staff will work with other program managers and various stakeholders including Child Safety to ensure the items are justly distributed,” he said.

“We greatly appreciate the generosity of Gidarjil and Highpoint International Hotel; their kind donation is a great example of community-mindedness.”

Lifesavers educate the bush

Volunteer surf lifesavers hit the road on Monday, 6 September, travelling thousands of kilometres to visit 86 schools across Queensland for Surf Life Saving Queensland's annual Beach to Bush Program.

Over the week, the program sees surf lifesavers deliver surf and water safety messaging to more than 8,000 students across the state.

Some of the locations the lifesavers visited included Normanton, Julia Creek, Mt Isa, Cloncurry, Biloela and Chinchilla.

SLSQ Community Awareness Manager Helen Hallett said the program enabled lifesavers to educate students who were largely unfamiliar with surf hazards or the potential dangers of inland waterways such as dams and creeks.

“We are excited to hit the road again for the 2021 Beach to Bush Program. This year we will be visiting nearly double the amount of schools we did in 2020,” she said.

“Our program is essential for children in regional areas who typically haven't had a great deal of exposure to the beach. We aim to ensure that when they do visit our coastline, they are equipped with the basic skills and knowledge to have fun and stay safe.

“The Queensland Health presentation will teach students how to identify safe places to swim at the beach, how to look for and interpret warning signs, and how to recognise risks when swimming in their local waterway.

“Ultimately, the visits allow us to reinforce the importance of swimming at patrolled beaches – between the red and yellow flags – when students and their families visit the coast.”

Ms Hallett said the longevity of the Beach to Bush program was due to its ability to reach those considered ‘high risk’, given their lack of surf and water safety knowledge.

“We want to help educate as many children as possible, because no matter where they go swimming, there are ways they can do it safely and with confidence. By following our advice, children can potentially avoid putting themselves in dangerous situations.”

Free electrical training to make our workplaces safer

This Electrical Safety Week rural workplaces are being urged to take advantage of free electrical safety and awareness training from TAFE Queensland.

Minister for Training and Skills Development Di Farmer said TAFE Queensland had worked closely with leading agricultural industry groups, the Queensland Farmers' Federation (QFF) and CANEGROWERS, to design the Rural Electrical Safety Awareness micro-credential.

“The Palaszczuk Government has put investing in skills at the heart of our \$14.2 billion COVID-19 Economic Recovery Plan, and this is just another example of how we're delivering on that,” Minister Farmer said.

“This free Rural Electrical Safety Awareness micro-credential is an online introductory course providing foundation skills in how to work safely with electrical equipment in rural workplaces.

“Our Agriculture industry is growing, and it's important to make sure people are aware of important electrical safety issues.

“In March 2021, the National Skills Commission predicted that employment in Australia's Agriculture industry will increase by 2.2 per cent in the next four years to November 2025 – from 309,000 to 315,800 workers.

“This free training product can help with the induction of the predicted 6,800 new work-



ers, as well as refreshing the skills and knowledge of existing workers in the sector across Queensland.”

Queensland Farmers' Federation Chief Executive Officer Dr Georgina Davis said the training would provide valuable workplace health and safety skills for those working around electrical hazards on farms.

“Agriculture is one of the most dangerous sectors to work in due to the combination of hazards. This training aims to raise awareness of electrical safety issues and ensure that farmers, workers and other people on farms are not exposed to health and safety risks,” Dr Davis said.

“Upholding electrical safety and awareness on Queensland farms is a serious issue and must be a priority. QFF encourages workers

across Queensland's agriculture sector to take advantage of the opportunity and complete this training fee free.”

CANEGROWERS Chief Executive Officer Dan Galligan said every year there are incidents on and near sugarcane farms involving machinery and power lines.

“This harvest season there have been six incidents already, compared to 10 for the whole season last year,” Mr Galligan said.

“This short, free training course is designed to improve awareness of the dangers and risks. It is very important for employees new to the sugarcane industry this season and for many growers and contractors, with years of experience, it will be an hour well spent to reinforce their knowledge of the safety issues around power lines.

“The aim is to keep people safe and the harvest on track.”

TAFE Queensland Chief Executive Officer Mary Campbell said TAFE Queensland is committed to providing training to support employers with skills to keep people safe at work.

“TAFE Queensland is a ‘safety-first’ organisation and in the same way we work to ensure our staff are safe at work, we want to ensure that people working in rural workplaces have the awareness and skills they need to also stay safe at work so they too can return home safe to their families,” Mrs Campbell said.

Ergon Energy Community Safety Specialist Glen Cook said the training also features the successful free lookupandlive.com powerline safety app that enables businesses across a range of industries to adequately plan work near powerlines to adhere to their Workplace Health and Electrical Safety obligations, raising the awareness of electrical safety in their workplace, and appropriately train their workers in electrical safety.

“Electrical Safety laws are in place for a very important reason - electricity can be fatal if not identified and suitably controlled on work-sites,” Mr Cook said.

“Knowledge is the best defence against electrical hazards in the workplace and this training will be important for people who work with electricity to understand how electricity works and how to manage risk in the workplace.

“All industries that have powerlines on their properties can benefit from this training as it raises overall electrical awareness and is fee free.”

To enrol in TAFE Queensland's Rural Electrical Safety Awareness Micro-credential visit [tafeqld.edu.au](https://www.worksafe.qld.gov.au/resources/campaigns/electricity-safety-week) today and see where TAFE can take you.

Find out more about Electrical Safety Week here: <https://www.worksafe.qld.gov.au/resources/campaigns/electricity-safety-week>

Contributed

NRL star returns home

EXCLUSIVE
By Sean Fox

Homegrown rugby league talent, Elijah Anderson has returned to his family members in Central Queensland following a memorable arrival into the 2021 NRL Premiership.

The former Mount Morgan man proved hard work had paid off as he reflected on his first professional A-Grade appearances for the side.

Anderson was kept on the bench as the 18th man during the team's final performance for the 2021 season on Thursday, 2 August.

He watched as they were defeated by the Newcastle Knights 40 points to 16 at Suncorp Stadium in Brisbane.

More recently, Anderson spoke to CQ Today on Monday after his return to the region when he revealed his proudest moments during the season.

"Coming to the realisation that I was about to live out my childhood dream and knowing that all of the sacrifices my family and community have made for me are finally paying off," he said.

"It was unreal just running out there with the boys and the support from everyone was incredible."

As he reflected on his rise within the sporting code, Anderson explained his on and off-field chemistry with his fellow teammates which had been a positive influence on him.

"It's been unreal meeting these blokes, I could really tell that they will have my back and always help me out anyway they can, the Canberra Raiders really are a family team," he said.

Not only has the inner sanctum of the team been a great support, but so has his loved ones.

"It's been massive especially having my girlfriend down here with me, it really has helped out with being in a bubble and stuck in your room, not being allowed to go out," he said.



Canberra Raiders' Elijah Anderson returns to visit his family during the off-season.

"Also, having my family back home sending beautiful messages every week really does help out, and makes me keep going and push harder each day at training."

Now on a short hiatus, he can relax and focus on his next season with the team in 2022.

"I'll now be spending as much time as I can

with the family - I have my sister's wedding this weekend so I can't wait to see all of my family," he said.

"Also, I'll probably just try to stay fit as much as I can as well."

While he was not sure what date he would arrive back in Canberra to prepare for the next

season, he predicted it would be in early November.

There he will then be involved in a lot of fitness training and running, but it is the camaradery he looks forward to the most.

"I'm really excited to see the boys again and learn more skills to better my game."

TodayGladstone.com.au **STYLES**

Style with H

By Helena Sant

Facebook: Helena Sant Personal Stylist

Instagram: @helenasant_stylist

Ph: 0400 964 366



Ready for a spring clean

This week I interviewed Rhiannon Kirwan from Monarch Domestic Services who is a Professional Organiser to provide tips and tricks just in time for spring cleaning! Spring is a great season to conduct a wardrobe audit as not only is it a season change for fashion but a time to prepare for the hotter months ahead. Here's what we spoke about.

What do you love about being a Professional Organiser?

I absolutely love helping people! I love supporting my clients to improve their home environment and lifestyle, through the process of decluttering and organising.

How should we tackle a "Spring Clean", what areas should we start with in the home?

Create a list of the areas you want to improve. Focus on where you frequently experience undue stress. For many this will be the functional spaces of the home. To avoid becoming overwhelmed, start small. Work on one surface, draw or cupboard at a time, and celebrate your efforts along the way to build your confidence and momentum.

Do you have any space saving tips for the wardrobe?

You can maximise your wardrobe space by:

- Letting go of ill-fitting and/or irreparable items
- Storing seasonal items in other areas when not in use.
- Hanging items – a slim designed flocked hanger is slip resistant and saves space.
- Folding items ... so they can be easily

grouped and stacked together in draws, baskets or on shelves.

- Adjusting the height of the hanging rail. This can allow space for additional storage above or below.

What advice can you give on how to declutter?

My number one advice is to look after your wellbeing. Ensure you are well rested, have eaten before you start and have water to drink along the way and wear comfortable clothing. Decluttering involves making a lot of decisions and has the potential to be mentally and emotionally draining, as well as physically tiring from moving items around.

Some creative ways to help you declutter include:

- Remove one item a day for a month
- For every item you bring into your home, remove two.
- Refine your belongings by asking yourself if you need, use or love each item
- Say no to unwanted freebies and donations before they enter your home.
- Ask for help

Check out her socials for more information!

Helena Sant chatted with Rhiannon Kirwan about the best way to organise your wardrobe this week.



Best mates put on show

By Rockhampton Dog Obedience Club

The weekend of 28-29 August saw 25 handlers and 27 dogs from around the state at Duthie Park for the August Rockhampton Dog Obedience Club trial. The weather was perfect and the weekend was enjoyed by all competitors – handlers and dogs.

This was the first time the Rockhampton Dog Obedience club has hosted a trial running four disciplines; Obedience, Rally, Tricks and Agility/Jumping. With the recent lockdown in Brisbane and the limited number of Queensland judges it was no small feat that the trial was able to go ahead. Local judges Naomi Shaw (Rockhampton) and Ron Diamond (Gladstone) were joined by Brisbane judge Barb Murfet to coordinate the running of three rings on Saturday and three rings on Sunday.

To say it was busy would be an understatement but thanks to the support of volunteer officials Jaime Manning, Clint Wehmeier and Glynis Hendricks and all of the competitors who also helped with scoring or stewarding or course setup the weekend was a huge success.

Dog Sports require a good rapport between dog and Handler, which results in perfect teamwork. This weekend saw the annual Bill Munster memorial Obedience trial held along with 3 other disciplines at Duthie Park.

“Our Bill Munster Memorial trial is extra special for our club, named in memory of one of our founding members,” said Rockhampton Dog Obedience Club president, Jaime Manning.

It also meant a lot to Sherri Lilley with Ryzylva Three Wishes, the 2021 recipient of the Bill Munster Memorial Trophy, who knew Bill, describing him as “dedicated and passionate dog owner”.

Obedience is one of the toughest disciplines for both dog and handler. Obedience Trials demonstrate the dog and handler's ability to work together with precision and publicly showcase the training that has been undertaken to achieve this. Classes are designed to be progressive, allowing the dog and handler to grow in skill and experience as titles are earned. The performance of the dog and handler in the ring must be accurate and correct according to these rules and regulations. It is also essential that the dog demonstrates willingness and enjoyment while it is working and that the handler demonstrates smooth and natural handling without using harsh commands.

The discipline of Rally is to provide a fast-moving and motivational sport for both Handler and dog that demonstrates competency in basic Obedience exercises without the precision of formal Obedience. Dogs in Rally events should demonstrate willingness and enjoyment.

The aim of an agility competition is to encourage an increased level of fitness for dog and Handler and to work as a team. The handler will direct their dog around a course of different obstacles which must be performed in



Bill Munster Memorial Trophy Winner: Ms Sherri Lilley with Ryzylva Three Wishes.

a set order, a specific direction and within an allocated amount of time. Whilst speed of the dog is important, steadiness of work is essential to a faultless performance of the course.

Jumping competitions are very similar to agility trials except they don't include contact obstacles such as the A Frame, boardwalk, see-saw and the weave poles. Jumping is an ideal place for new competitors to start as the course consists of obstacles that are only jumps (4 types) and tunnels.

Qualifying certificates are only awarded to those competitors who complete the course without a fault, in the correct sequence and within the Standard Course Time.

Tricks is the newest discipline to be added to the dog trial world and encourage handlers to teach their dogs skills in a positive and fun environment. The objective in Trick Dog training and competition is for the dog and handler to perform tricks that demonstrate the obvious cooperation between a willing and working dog and its supportive handler. The rules are designed in such a way that handlers and dogs of all abilities are able to compete on an equal footing. Tricks allow us to improve communication and thereby increase our bond with our dogs.

The last trial for Rockhampton Dog Obedience club for the year will be held on the 25th (4:00pm onwards) and 26th (7:30am onwards)

of September at Duthie Park. If you are interested in coming along to see what its all about, please leave your dog at home and come and watch and talk to our friendly members.

Results Saturday 28/08/2021 (Qualifying Certificates)

- Obedience Trial 1 Placings (Points) – Judge Ms Barbara Murfet
- UDX Utility Dog Excellent – 1st Denise with Farleighstud Gerda (182.00)
- CD Companion Dog – 1st Sherri with Ryzylva Three Wishes (199.00)
- CCD Community Companion – 1st Melanie with Geeno (85.00)
- Obedience Trial 2 Placings (Points) – Judge Ms Barbara Murfet
- CD Companion Dog – 1st Sherri with Ryzylva Three Wishes (195.00)
- Jumping Trial 1 Placings (time : s) – Judge Ms Naomi Shaw
- Open Jumping – 1st Renay with Archer (21.91s)
- Masters Jumping – 1st Renay with Archer (39.15s)
- Novice Jumping – 1st Gail with Woofame Live Long N Prosper (AI) (18.45s),
- 2nd Leah with Scruffy (23.92s), 3rd Maxine with Rowesdale Bailey's Image (24.06s)
- Jumping Trial 2 Placings (time : s) – Judge Ms Naomi Shaw

- Masters Jumping – 1st Gail with Woofame Live Long N Prosper (AI) (30.74s)
- Excellent Jumping – 1st Cathy with Luna (26.99s)
- Novice Jumping – 1st Sandra with Auscylwik Stryker (16.93s), 2nd Leah with Scruffy (25.05s)

Results Sunday 29/08/2021 (Qualifying Certificates)

- Tricks Trial 1 Placings (Points) – Judge Ms Barbara Murfet
- Trick Dog Intermediate – 1st Gabrielle with Otland Tarantalla (75.50)
- Trick Dog Novice – 1st Sandra with Turbotango (72.50), 2nd Leonie with Callicoma Wildflower (71.50)
- Trick Dog Starter – 1st Sandra with Auscylwik Stryker (54.50), 2nd Lynn Laskus with YoYo (50.00), 3rd Melanie with Jenni (49.50)
- Tricks Trial 2 Placings (Points) – Judge Ms Barbara Murfet
- Trick Dog Intermediate – 1st Gabrielle with Otland Tarantalla (79.00), 2nd Corinna with Agislepaws Unstoppable Aika (77.00)
- Trick Dog Novice – 1st Leonie with Callicoma Wildflower (73.00), 2nd Christine with Bellababes Tilly (69.00), Sandra with Turbotango (61.50)
- Trick Dog Starter – 1st Sandra with Auscylwik Stryker (55.00), 2nd Lynn with YoYo (54.00)
- Rally Trial 1 Placings (Points) – Judge Ms Naomi Shaw
- Rally Master – Sherri with Ryzylva Three Wishes (91.00)
- Rally Excellent – 1st Denise with Glenloy Play With Th Devil (98.00), 2nd Denise with Farleighstud Gerda (97.00), 3rd Rachel with Avoka Nesslae (87.00)
- Rally Advanced – 1st Denise with Farleighstud Gerda (98.00), Denise with Glenloy Play With Th Devil (96.00), 3rd B Gilhooly with Aljudan Zeta Fame (93.00)
- Rally Trial 2 Placings (Points) – Judge Ms Naomi Shaw
- Rally Master – 1st Corinna with Agislepaws Unstoppable Aika (96.00), 2nd Leonie with Callicoma Wildflower (95.00), 3rd S Lilley with Ryzylva Three Wishes (92.00), 4th Christine with Bellababes Tilly (88.00)
- Rally Excellent – 1st Denise with Glenloy Play With Th Devil (98.00), 2nd Denise with Farleighstud Gerda (95.00)
- Rally Advanced – 1st Denise with Farleighstud Gerda (100.00), Denise with Glenloy Play With Th Devil (99.00), 3rd B Gilhooly with Aljudan Zeta Fame (94.00)
- Agility Trial 1 Placings (Time : s) – Judge Mr Ron Diamond
- Masters Agility – 1st Lynn with YoYo (66.92)
- Novice Agility – 1st Renay with Archer (42.21)
- Agility Trial 2 Placings (Time : s) – Judge Mr Ron Diamond
- Open Agility – 1st Renay with Archer (43.69)

Council alerting motorists of roundabout changes

Motorists will soon notice a change to traffic flow at the Agnes Street/French Street roundabout, commonly referred to as the QAL roundabout, with line-marking changes to take place from next week.

Gladstone Regional Council will have crews at the site on Wednesday 15 September and Thursday 16 September to undertake the works.

The works will include line-marking changes and installation of warning signs.

Gladstone Region Deputy Mayor Kahn Goodluck said the most notable change will be for inbound traffic heading towards Toooloa Street and eventually through to Gladstone City.

“The roundabout intersection has been identified as being close to the entry of a nearby service station with short stopping distances required for motorists entering the service station,” Councillor Goodluck said.

“This situation had the potential to be problematic for motorists who may have been required to slow down or stop behind vehicles entering the service station.

“As a result, the approach to the roundabout for motorists will change from the current two lanes of through traffic to a left turn only for traffic in the left lane, with the right lane for through traffic or for a right turn.

“Being a high-traffic area, Council wants to inform the public regarding these changes so motorists can make adjustments to this change.”

Council advises that traffic management will be in place on September 15-16 while these works are carried out and to adhere to any changed road conditions and speed limits.

Please visit www.gladstone.qld.gov.au/public-notices-outages#roads to keep up to date with this project.



Motorists will soon notice a change to traffic flow at the Agnes Street/French Street roundabout.

Delightful degustation

By RACQ CapRescue

RACQ CapRescue takes pride in delivering quality events that bring the community together and ultimately keep the rescue service flying.

It is with great delight tickets to the highly anticipated RACQ CapRescue Degustation, presented by QMAG are almost at capacity. In its eighth year, great support of the event has been shown by the community. Great support has been shown by the community in this the eighth year of the event.

The annual RACQ CapRescue Degustation aims to raise funds and awareness of the Service, as well as provide an opportunity to celebrate our sponsors and supporters. Guests of the evening will be treated to a fantastic night with a menu crafted by chef and Regional Food ambassador Matt Golinski and guest chef Glen Barratt from the Wild Canary.

Matt Golinski is a highly regarded, professional chef with a passion for creating cuisine using fresh, seasonal and local ingredients. RACQ CapRescue offers the deepest appreciation to Matt Golinski, 2021 Degustation Celebrity Chef.

RACQ CapRescue is pleased to offer sincere gratitude to the supporters of the 2021 Degustation, in particular QMAG who have once again become Naming Rights Sponsor of the event.

DC Motors have also continued their commitment as Celebrity Chef Sponsor and Babcock Australasia are the fantastic Entertainment Partner. This year's Main Course Sponsor is Moore Australia and Coco Brew have provided accommodation for our celebrity chefs.

Other sponsors joining us on the night are Hutchinson Builders, Blackwoods, Chris Warren Homes and ATL Equipment Maintenance.

Capricorn Distillery will be presenting matched beverages with two courses. RACQ CapRescue would too like to thank the committee of the Capricorn Food and Wine Festival for their ongoing support of the event.

If you wish to secure your seat to this premium, local event, tickets sales close Friday, 3 September. Contact the RACQ CapRescue office on (07) 4922 9093 to purchase a ticket today.



Tickets to the RACQ CapRescue Degustation are almost at capacity.



WineBill says interest in wine events has continued to grow.

Website essential in event promotion

As interest in my wine events started to grow. I hit a stumbling block, when a local resort told me straight up, that yes they would be interested in employing me to host wine tastings there.

But first I had to have a website! This was my introduction to setting up and managing a small business – having a website is essential, especially if your offering a service.

So, I started my research by contacting my friend Tracy Sheen, who is my go to person for tech advice. Tracy, has written book called: 'The End of Technophobia' so she knows her stuff. As usual, Tracy was more than willing to assist me. When I explained my need for a website was because I had just set up a wine events company.

Tracy very quickly confirmed the need for a website. "Bill the single most important piece of digital real estate your business will ever own is a website. If your serious about being



a business owner you need to have a website. Think of it as your 'home base'. It's the place you'll direct people to for information. It needs to be tended regularly like a garden. So make sure you keep it up to date with your events and fill it with valuable information for your current clients and to attract future clients".

Next step was to secure my chosen domain name, WineBill. I was shocked to find that winebill.com had been taken but I could purchase it for \$2,795US. But my actual first

choice, www.winebill.com.au was available.

Mike Hillsdon has attended a couple of wine events I've hosted. He has extensive digital experience spanning over 30 years. Therefore, he was my obvious choice to develop my website. Mike knows how I operate, how I host wine events and like Tracy Sheen, wants to assist me in going to the next level. I owe him one, because his expertise is; he is a Chatbot Builder through Chatbot Agency All -In-One Business, which he kindly explained what that is. For those of you like me, have never heard of it.

Chatbot Agency is a Messenger Marketing service and software provider of all things digital inside Facebook. "Bill I'll put your Facebook Business Page on Turbo!" (Note to self, set up Facebook Business Page, by the end of September). For now Mike, I just need to a website that explains what I do – Wine Events. And that he has done. Thanks Mike.

Here for

Gladstone

RioTinto

Boyne Smelters

QUEENSLAND ALUMINA LIMITED

Here for Gladstone represents the community contributions of Rio Tinto Yarwun, Boyne Smelters Limited and Queensland Alumina Limited. Growing Gladstone, together.



 Here for Gladstone

Turning to my faith during a dark time

Importance of knowing your limits

ROADS IN THE SKY

SIR GRAHAM MCCAMLEY



This week Gladstone Today continues looking at cattleman **SIR GRAHAM MCCAMLEY'S** recollections from his book, *Roads in the Sky*.

In our 34rd excerpt, Graham recalls how faith and natural medicine led to his recovery from cancer, following the appearance of yet another lump, this time on his face.

"The doctors said because this cancer was in such a difficult position on my cheek, so near a main nerve, they were duty bound to warn me of what could happen if they operated," he said.

"If any nerve damage occurred I may have to have plastic surgery, and worst case scenario, my eyelid might not function properly, causing my eye to remain open all the time."

After turning to prayer, Graham sat down and listed all the bad points about going through a big operation.

"I put the time frame down and made lists under several headings, like 'pain'. I looked at going natural or going with the system. It came out only one or two points ahead - natural."

Graham had made his decision. "I told Adrian, my naturopath, what I was going to do - we were going to put the black salve (cansema) on the cancer.

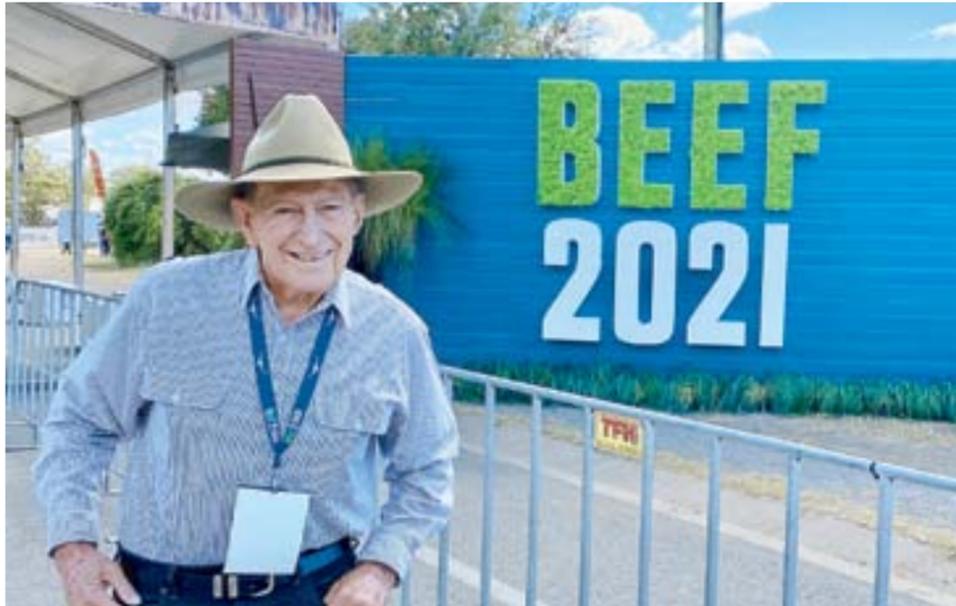
"After you put it on, you cover it. And because it was such a dreadful cancer, that whole side of my face swelled up.

"I couldn't hear, my head was sore, my eye was closed and swollen and you'd swear the whole thing was infected. It was awful! Shocking pain!

"Then all of a sudden the pain just stopped - instantly! The cansema had finished its job, destroying all the cancer area.

"A couple of days later I was having a shower and a whole big lump just dropped out in the shower. And I was left with a hole in my face big enough to fit your thumb in.

"But it wasn't bleeding and within two weeks it was healed, closed over. The black salve took the cancer from over the nerve without touching the nerve. That's God's medicine,



Happy and healthy again, Sir Graham McCamley is pictured at Beef Australia.

not doctors'. And ever since then, God is my doctor and I take the medicine He put on earth for us to use."

For a while, the cancers kept coming - there were four more, including two big ones on Graham's leg. He treated them all with the black salve.

Graham is certain that the series of cancers came about through grief and stress - "the grief when I lost Shirley and the stress which followed on from this, caused by many things including my family business matters."

He described himself as being 'dreadfully down and out' at this time.

"First my accountant, then lawyers, had to take over the running of my business and then the forced sales in 2013 of Hopevale, Tartrus, my half share of Royles 2 and Glenprairie. Oakleigh and Stoodleigh were sold in 2014 and then Tanderra in 2015.

"I believe I was similar to Job, in the Bible, where the Devil said to God, 'I will take your best believer from you.' And God replied, 'Well, you can try but you won't kill him'.

"I was very weak from cancer and not expected to live and I didn't think I would be able to keep running my own business. I was so down and out and finished that I handed everything over. I said, 'Please God, take over everything for me, it doesn't matter what it is.

"After that night I prayed to Jesus, Jesus did not wait. He acted immediately and from that day on He strengthened my faith.

"Next day, everything seemed to change. The absolute impossible started to happen. He cured those cancers and stopped any further cancers and I have been well now for (at the time of writing) three years.

"He took over everything - my faith, health, business matters and bankers - and left me with no debt (nothing owed to the money lenders), but sufficient funds to complete the plan God has always had for my life - that is, to bear witness to what God can do and what He will do for those who trust Him completely.

"Those close to me know I have not worried or been concerned about anything since that time - it is a very wonderful feeling."

Sir Graham's book *Roads in the Sky*, is available for a generous donation to The Lady McCamley Memorial Foundation from his office at 87 Bolsover Street, Rockhampton or Georges Menswear in William Street, Rockhampton.

The Lady McCamley Memorial Foundation is an ATO registered charity whose focus is on suicide prevention. Receipts are issued for all donations received.

The foundation is run by a diverse board of dedicated volunteers united in a desire to support rural Queensland families.

THIS WEEK WITH JORDIE



I have been reminded recently of the importance of being aware of my limits.

As my uni term was drawing to a close, there were deadlines everywhere and too much going on in my head. I was in survival mode running off whatever adrenaline I had remaining to get through and swigging copious cups of coffee like nobody's business to give me a boost.

I was headed for burn-out, deep down I knew it, and yet the need to feel a sense of accomplishment overpowered the subtle hints to slow down. Sometimes the juggling act becomes difficult to keep up, the brave face begins to slip and suddenly, it's time to face the damage that's been done along the way.

So this week, I am going to attempt to redesign my routine, regain my balance, feel grounded again and get specific about the goals I have set for myself with realistic timelines to achieve them.

I crumbled under pressure that I had placed upon myself. Between my inner-perfectionist nit-picking at every little thing I do and my desire to fill every minute of every day with ticking something off a to-do list, I have grown tired and I don't feel as present.

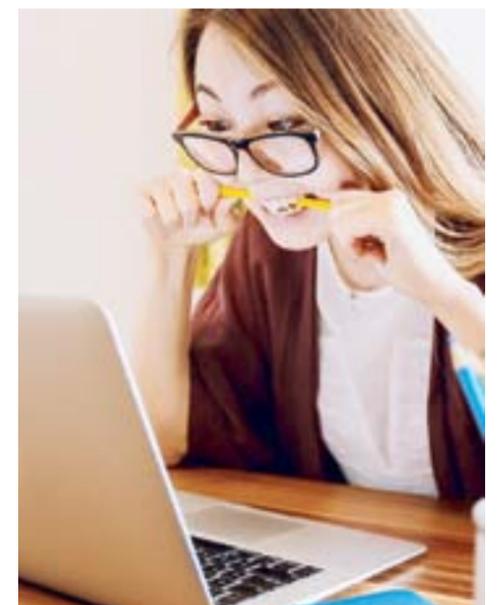
Now that the cloud of study-induced stress has lifted from around me, I'm seeing a clearer picture of my unsustainable routine and how I can tweak it to get it to work with me instead of against me.

I can still lead a busy life without burning out. I can still achieve my goals without running myself into the ground.

Healthy boundaries are a necessary part of the formula for success and moving forward, I am excited to start fresh with a new mindset that better supports the self and a more rewarding life.

I feel like there are many of us that are guilty of this, maybe not all the time but still too often. We are all different and need to create unique routines for ourselves to live our lives to the fullest, be productive and feel genuinely content. As long as we know our limits, set our boundaries, stay focused and are gentle with ourselves in pursuit of what we want out of life, I don't think we can go wrong.

I am excited for a rejuvenated routine, an overhauled outlook and a schedule that can better support success as well as my health and wellbeing. If anyone else has been feeling a similar way, it may only take a slight amendment to what the everyday looks like to do us a world of good, make us feel empowered and better prepare us for anything.



Don't stress... You can still achieve your goals without running myself into the ground.

BIRDS OF BOYNE & TANNUM

BOB TRASK



Heard but seldom seen

There is a small bird often heard but seldom seen by most people, the Striated Pardalote.

It mostly stays out of sight, foraging for insects in the trees and may be identified by its repeated little 'witta, witta' calls.

The male and females are very similar in colouring and make their nests by burrowing into sandy banks.

This one is busy gathering nest building materials.

A Striated Pardalote gathers nesting materials.



Gladstone *Today*

PROPERTY

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STUNNING 7 BEDROOM FAMILY HOME



22 HAVEN Road is simply spectacular! Not often do homes of this size and calibre come on to the market. Offering an expansive 341.9m² floor plan, this huge family home offers so much potential for a large family to enjoy as well as the extended family too when they come to stay. You are sure to get lots of visitors living here, as you are only a short easy stroll from Ritamada and Fisherman's Beach, what an incredible lifestyle.

Featuring a private fully fenced façade from the street, enter through the gates to discover the contemporary resort style pool that is beautifully designed to encapsulate a tropical lifestyle and entertaining friends in casual relaxed style. Choose to entertain around the pool or upstairs on the deck overlooking the incredible ocean and island views that are truly spectacular.

There is so much to love about this home, with 7 huge bedrooms (5x air-conditioned) and 2 bathrooms, there are high ceilings on both levels that add to the sense of spaciousness with the light and airy interiors. The main living area upstairs is the hub of the home with gorgeous warm timber floors accompanied by the kitchen featuring timber bench tops, 2 pac cabinetry, a 6 gas burner stove, dishwasher, so much space and even an impressive view from the kitchen sink.

Upstairs the master bedroom is a tranquil haven that can easily fit a king size bedroom

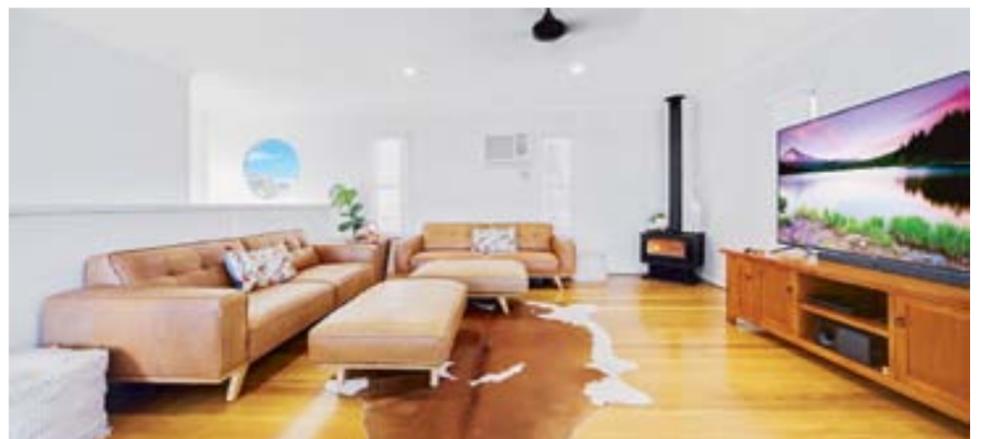


suite, has a walk in robe, and a private balcony with an ocean view, the perfect spot for a quiet drink at the end of the day.

Downstairs you will find the enormous rumpus room, perfect for the kids to spread out & have their own space to play with friends. Plenty of options for entertaining for all the family!

Outside there is a low maintenance yard, set on a 720m² block, plus a 2 bay 6x6m shed, a great place to tinker around.

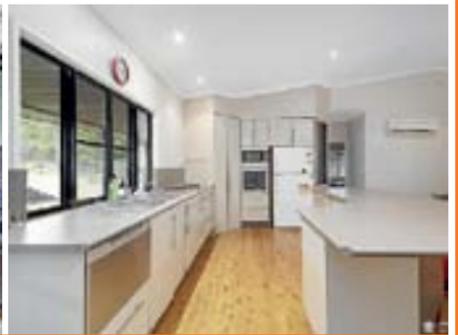
Living this close to the beach offers such a wonderfully relaxed lifestyle that we know you'll enjoy. Not only this but it is an easy walk or bike into the centre of Emu Park for lunch or a coffee, plus the school bus stop is just metres away for the kids. This fabulous home has everything a family could want and won't last long, so book your private inspection now! ●



HOME ESSENTIALS

Address: 22 Haven Road, EMU PARK **Description:** 7 bedrooms, 2 bathrooms, 2 garage **Price:** Offers over \$899,000 considered

Inspect: By appointment **Contact:** Esme Coren, 0423 877 414 or Claudia Coren, 0438 336 861, YEPPOON REAL ESTATE, 4938 3777



30 acres between Yeppoon & Rocky 4 | 2 | 3

- Large colourbond clad homestead
- Four spacious bedrooms plus office or nursery
- Huge open plan living areas
- Front verandah overlooking front yard
- 3 bay colourbond shed & room for a pool
- Good bore and fully fenced block
- Established lawns & gardens
- 14 kms to Yeppoon

12 Dobooola Road
Bondoola
\$1,200,000
Andrew Dowie
0429 391 379



INCREDIBLE INVESTMENT OPPORTUNITY 9 | 6 | 3

- 3x 3 bedroom, 2 bathroom 2 level townhouses
- Small walk to Yeppoon Main Beach & CBD
- Air-conditioned, security screened,
- Spacious master with W.I.R, air-con& ensuite
- Ample storage & polished timber floors downstairs
- Generous kitchens w/ Island bench
- Rent out permanently, Air B & B or move in
- This is an investment opportunity of a lifetime!

69 Whitman Street
Yeppoon
Offers over \$1,000,000 considered
Lisa Wilson
0418 247 020



Jaw Dropping Ocean Views 4 | 2 | 2

- Overlooking the beach & coastline
- Fully fenced 991m2 block
- 4 generous bedrooms, main w/ ensuite
- Open plan living, original timber floors
- Coastal vibes, walk to the beach
- Short drive to Emu Park School & CBD
- Located in a quiet neighbourhood
- Easy commute to Rockhampton and Yeppoon

5 Pacific Street
Zilzie
\$950,000
Esme & Claudia Coren
0423877414
0438336861



Massive family home metres to beach 6 | 4 | 7

- 3 story family home with 5 bed, office & 3 bath
- 2 kitchens in the main house
- Living on each level with air-conditioning
- Plantation shutters & security screens
- 5 garages with double carport
- Wide driveway with auto gate
- Separate granny flat w/ kitchen, bath & laundry
- 4 mins to Farnborough State School

19 Mirraweena Avenue
Bangalee
Offers over \$989,000 considered
Leisa Richardson
0427 251 008





**2A Golf View Drive,
Boyne Island**

FOR SALE

- Spacious open plan kitchen with breakfast bar, dishwasher, electric oven & gas stove top.
- Ample floor area perfect for any size furniture with 3 spacious lounge's.
- Master bedroom with ducted aircon, ceiling fan, walk in robe, & ensuite
- Double remote garage to house & single lockup shed.
- Beautiful main bathroom with separate bath, shower and toilet.
- 4496 M2 block

Price \$649,000.00
View 11/09/2021
9:00am - 9:30am

Deardrie Keleher
0408566127

DESIGNER LIVING



**2 Owttrim Circuit,
O'Connell, Gladstone**

FOR SALE

- Kingsize Master bedroom with aircon, fan, walk in robe and ensuite
- 2nd bedroom with built-in robes, fan and ensuite
- Open plan dining, lounge & kitchen
- 2nd separate lounge
- Spacious modern kitchen with electric appliances & pantry
- Built on 769M2 of Land

Price \$420,000.00
View 11/09/2021
11:00am - 11:30am

Deardrie Keleher
0408 566 127

SPACIOUS MODERN FAMILY HOME!



**5 Roe Street,
Miriam Vale**

FOR SALE

- 4 good size bedrooms with fans, 2 are fitted with built in robes
- 2 lounge's with fans, 1 with aircon
- Bathroom with bath and shower
- Large dining area separate to the kitchen, with hand off area
- Kitchen with plenty of cupboard space, and electric oven and stove top
- Big 4 Bay Shed
- Built on 2074 m2 of land.

Price \$294,000.00
View 11/09/2021
9:30am - 10:00am

Deardrie Keleher
0408566127

UNLEASH THE POTENTIAL- PERFECT INVESTMENT



URGENTLY SEEKING RENTAL AND SALES LISTINGS!

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Deardrie Keleher
Principal, Sales Consultant
Auctioneer

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E: deardriekeler@prdtannum.com.au
W: PRD.com.au/tannumsands

Scan me to book an appraisal today!

SPACIOUS FAMILY HOME

THIS home has an open plan kitchen, dining and lounge fitted with a ceiling fan and air-conditioning downstairs perfect to keep the loud chef away from the bedrooms upstairs.

Featuring kitchen with electric stove top, oven and breakfast bar.

Entertainment area has ample floor space plus private study room. Internal laundry with wash basin and hot water system, room for upstanding washer and dryer with closed off bathroom. Timber flooring throughout upstairs area of the house.

Main bedroom has air-conditioning, ceiling fan and built-in robes, Three bedrooms fitted with ceiling fans and built-in robes

There is a glass sliding door exiting to back tiled patio and concrete area which provides for spacious entertainment area for a large family or friend get together for a pool party or backyard fire.

The property has a fenced back yard area with two garden sheds and woodchip filled gardens, another fence surrounding inground pool.

This property is perfectly located to the Boyne River & Boyne Boat ramp, quiet cul de sac. ●



HOME ESSENTIALS

Address: 9 Fitzroy Court, BOYNE ISLAND **Description:** 4 bedrooms, 4 bathrooms, pool **Price:** \$410,000 **Inspect:** Saturday, 11 September, 9.45am-10.15am

Contact: Deardrie Keleher, 0408 566 127 – deardriekeler@prdtannum.com.au, PRD

REAL ESTATE VISION GROUP



BLACKWATER 07 4982 6055 14 Mackenzie Street
EMERALD 07 4987 7055 Shop 2, 2-8 Mayfair Drive



3 BEDROOMS

\$129,000

8 Mangrove Street, Blackwater
3 bed 1 bath 1 car



3 BEDROOMS

\$150,000

10 Mangrove Street, Blackwater
3 bed 1 bath 1 car



3 BEDROOMS

\$175,000

26 Long Street, Blackwater
3 bed 1 bath 1 car 1 shed



4 BEDROOMS

\$285,000

6 Talbot Street, Blackwater
4 bed 2 bath 4 car 1 shed



3 BEDROOMS

\$137,500

1 Lucie Street, Bluff
3 bed 1 bath 2 car



3 BEDROOMS

\$129,000

25 Mangrove Street, Blackwater
3 bed 1 bath 1 car

Your Family Agency in the Central Highlands



HIGHSET HOME

PRESENTING this three bedroom highset home with large back yard to the sales market.

The home features a lounge with refrigerated box air-conditioner and fan.

Good kitchen with ample bench and cupboard space.

Carpeted master bedroom with air-conditioning and fan.

Bathroom with tub and separate shower.

Downstairs laundry with lock-up storage

space under house including parking.

Double garden shed to back yard

Call now to enquire. ●

HOME ESSENTIALS

Address: 12 Acacia Street, BLACKWATER **Price:** \$135,000

Description: 3 bedrooms, 1 bathroom, 1 garage **Inspect:** By appointment

Contact: Dee 0428 770 557, REAL ESTATE VISION GROUP

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NEED TO UPGRADE?

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HOW YOU CAN ADVERTISE YOUR PROPERTY HERE.
Or call Gladstone Today (07) 4863 5050

Gladstone*Today*

Gardening

Neil Fisher



Wattle Day in full bloom

A drive around any part of Central Queensland over the last few months would show the beauty of one of the most Australian of flowering plants. I believe July and August this year produced the best floral displays I have seen in years.

I thought it would be appropriate today to write about a significant piece of Australian horticultural history. Did you know that last Wednesday is National Wattle Day?

Wattle Day had humble beginnings in Hobart, Tasmania, in 1838 and culminated 150 years later in Canberra. In 1988 *Acacia pycnantha* was officially proclaimed the Australian floral emblem and four years later the first of September was proclaimed as Wattle Day. Not surprisingly it was sentiments of national pride, patriotism, environmental appreciation and what it meant to be a 'decent' Australian, that characterised the Wattle Day movement in its formative years around the beginning of the 20th century. This was around the time that Australia attained nationhood through the federation of its six States, which occurred in 1901.

From September 1, 1910 Wattle Day was used to raise funds for the war effort and sprigs of wattle sold on that day. In Sydney, Melbourne and Adelaide. Boxes of wattle sprigs were also sent to soldiers in hospitals overseas and it became a custom to enclose a sprig of wattle with each letter to remind our soldiers of home.

The wattle is ideally suited to withstand Australia's droughts, winds and bushfires. It is this resilience of the wattle that represents the spirit of the Australian people.

Wattles are part of a spectacular group of plants, which botanically are Acacias, boast more than 650 known species throughout the Australian continent. Wattles also occur in a number of other countries but in a more limited extent.

Here in the Rockhampton Region something you may not have realised is that a Wattle native to Mount Morgan can be found all around the world. The Mount Morgan Silver Wattle or *Acacia podalyriifolia* could be found in nurseries today in Dubai, Italy, South Africa and US States like California, Florida and Arizona. The Mount Morgan Silver Wattle is a delightful, fast growing small tree 3-4m x 2 to 3m with rounded silvery grey foliage and gold ball-type flowers massed over the plant in winter. The one thing this does prefer is a sunny well-drained position.

While the Mount Morgan Silver Wattle or *Acacia podalyriifolia* is the most well known local Wattle. The following are also great local Wattles.

Acacia bancroftii or Bancrofts Wattle is an attractive Central Queensland Wattle that



Acacia bancroftii.



Acacia podalyriifolia.



Acacia fimbriata.



Acacia holosericea.

grows between 3.5m and 6m high in well-drained soil. During this time of year it is in full bloom, the bright yellow balls of flowers contrast beautifully with this shrub silver foliage and grey trunk.

Acacia fimbriata or Fringed Wattle is a medium to tall shrub growing to about 5m high with a graceful weeping habit. This shrub will become covered in masses of yellow scented ball-like flowers during winter and spring.

Acacia holosericea or Velvet Wattle is an attractive silvery-foliaged shrub growing up to 5m high. Bright yellow lambs-tail flowers will cover the plant from early winter. It will require a warm well-drained position, and will

respond to yearly pruning and shaping unlike most wattles.

Acacia macradenia or Zig Zag Wattle is a local native, decorative shrub with zigzagging branchlets, with weeping habit. It grows to 3-4m in most soils and during late winter or early spring it will produce yellow flowers that will hang on the plant like bunches of grapes.

But would you believe the name *Acacia* was almost lost to all Australian Wattles. The International Botanical Congress has been debating the use of the name *Acacia* for Australian Wattles or for Acacias native to Africa, the Middle East, India and the Americas. Most people would only believe that the nameless

faceless people that make all the silly arguments are only found in government offices in The International Botanical Congress meeting in July decided that Australia could keep the name *Acacia* for its Wattles.

This Sunday at Mount Morgan's Historic Rail Station MMPAD (Mount Morgan Promotion and Development Inc) is hosting the Mount Morgan Wattle Day Festival.

This free event will live music, market stalls, rides for the kids and even Wattle Seedlings will be given away courtesy of Murray Hare's Golden Mount Nursery. The Mount Morgan Wattle Day Festival starts at 9.00am and concluded at 2.00pm.

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Ph: (07) 4972 3737



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- Top dresser
- Lawn aerator
- Dethatcher

Rural Matters

Cattle from wide area

CQLX Market Report

CQLX Gracemere agents had an increased yarding of 3,054 head on Wednesday, September 1.

Cattle were drawn from local areas along with a larger than normal number from Mackay and Nebo, north to Bowen and Mount Coolon.

Quality was very mixed through most categories however, there were several quality lines in the heavy feeder steers and light weaner steer and heifer classes.

HIGHLIGHTS OF THE DAY

Dalawai Holdings, South Yaamba Sold Droughtmaster Weaner Steers for 634c/kg weighing 217kg to return \$1,376/hd

Sam Kime, Nebo Sold Brahman Cross Steers for 488c/kg weighing 424kg to return \$2,071/hd

E Grahman, Wowan Sold Charbray Steers for 640c/kg weighing 256kg to return \$1,641/hd

B & L Winn, Stanwell Sold Charbray Steers for 640c/kg weighing 252kg to return \$1,616/hd

Frank Ellrott, Nankin Sold Droughtmaster Cross Weaner Steers for 638c/kg weighing 251kg to return \$1,603/hd

S.A Debois, Seaforth Sold Brangus Cross Steers for 504c/kg weighing 309kg to return \$1,560/hd

Wotonga Grazing, Middlemount Sold a run of 376 No.9/0 Droughtmaster Steers, topping at 468c/kg. Total run averaged 440c/kg weighing 530kg to return \$2,331/hd

L McKinlay, Gogango Sold Charbray Weaner Steers for 558c/kg weighing 297kg to return \$1,657/hd

G & A Bishop, Kalapa Sold Droughtmaster Cows for 330c/kg weighing 685kg to return \$2,261/hd

S.A Debois, Seaforth Sold Brangus Cows for 331c/kg weighing 520kg to return \$1,724/hd

Granite Vale, St Lawrence Sold Brahman Cows for 336c/kg weighing 549kg to return \$1,846/hd

Noel Taylor, Boyne Valley Sold Brangus Heifers for 510c/kg weighing 211kg to return \$1,076/hd

S.A Debois, Seaforth Sold No.0 Brangus Cross Heifers for 526c/kg weighing 267kg to return \$1,406/hd

M, M & M Hanrahan, Wycarbah Sold EU Droughtmaster Cross Weaner Heifers for 514c/kg weighing 237kg to return \$1,220/hd



Every crossing is being checked and every crossing requires a mountain of paperwork.

Plan well and let calm heads prevail when crossing

**AgForce General President
Georgie Somerset**

Every crossing is being checked and every crossing requires a mountain of paperwork – that's the current reality when it comes to navigating the Queensland-New South Wales border.

AgForce has led the way for agriculture, spending hours lobbying government for border exemptions to remain for industry, keeping our members updated about every change to this complex situation.

And while we have ensured agricultural activities remain recognised as essential, the very strong stance from Queensland Health, and the new border directive acknowledging the border as our last line of defence against

the highly transmissible Delta strain, must be complied with.

Perhaps most importantly – especially for producers with properties that straddle the border and for people who are used to freely crossing it – is remaining calm when you feel the frustration and confusion start to build, and preparing well in advance if you do plan to cross.

As of writing, Queensland Health's main edict to agriculture is: If the activity you want to perform can already be carried out by someone living on that side of the Queensland-New South Wales border, then you shouldn't be looking to cross.

That's not to say crossings can't be made – far from it.

There's a potential billion-dollar grain harvest about to get underway and AgForce is doing everything it can to reduce the pressure on Queensland farmers crippled by Covid-19 workforce shortages.

Operation Grain Harvest Assist launched nationwide recently and this bold plan will see Aussie veterans stationed on dozens of grain farms throughout the State.

Harvesters from down south will also be allowed to enter Queensland provided producers can demonstrate to Queensland Health that their activities will not put anyone in the community at risk.

And what better way to protect Queenslanders AND reap the full rewards of this economic boon than isolating in a tractor or header cab.

The leadership shown by AgForce has already resulted in opportunities that would not have otherwise been available, and we will continue to work closely with Queensland Health and the State Government to ensure agriculture remains at the forefront of all decision making on borders, enabling you to do what you do best – produce for the rest of us.

For the most up to date government information on crossing the Queensland-New South Wales border,

including information on freight and border passes, visit: www.business.qld.gov.au/industries/farms-fishing-forestry/agriculture/coronavirus-support/border-restrictions-agriculture or call the DAF hotline: 13 25 23.

WEATHER

FORECAST

Warnings

See www.bom.gov.au/australia/warnings

Gladstone:

Mostly sunny. Winds south to southeasterly 15 to 20 km/h tending east to southeasterly 25 to 35 km/h in the late morning then becoming southeasterly and light in the late evening. Friday. Sunny.

Rockhampton:

Partly cloudy. Winds southeasterly 15 to 25 km/h tending easterly 20 to 25 km/h in the middle of the day then becoming light in the evening. Friday. Sunny.

Capricornia:

Mostly sunny. Slight (20%) chance of a shower near the coast. Winds southeasterly 15 to 25 km/h tending easterly 20 to 30 km/h in the middle of the day then becoming light in the late evening. Friday. Sunny. Winds southeasterly 15 to 20 km/h turning east to northeasterly 15 to 25 km/h during the day.

Central Highlands and Coalfields:

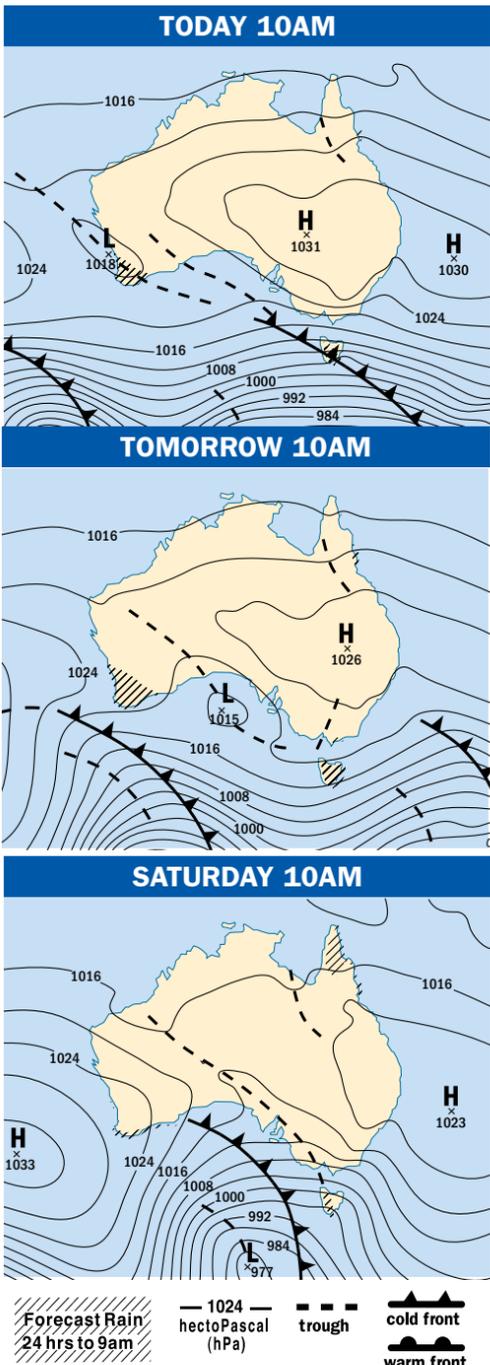
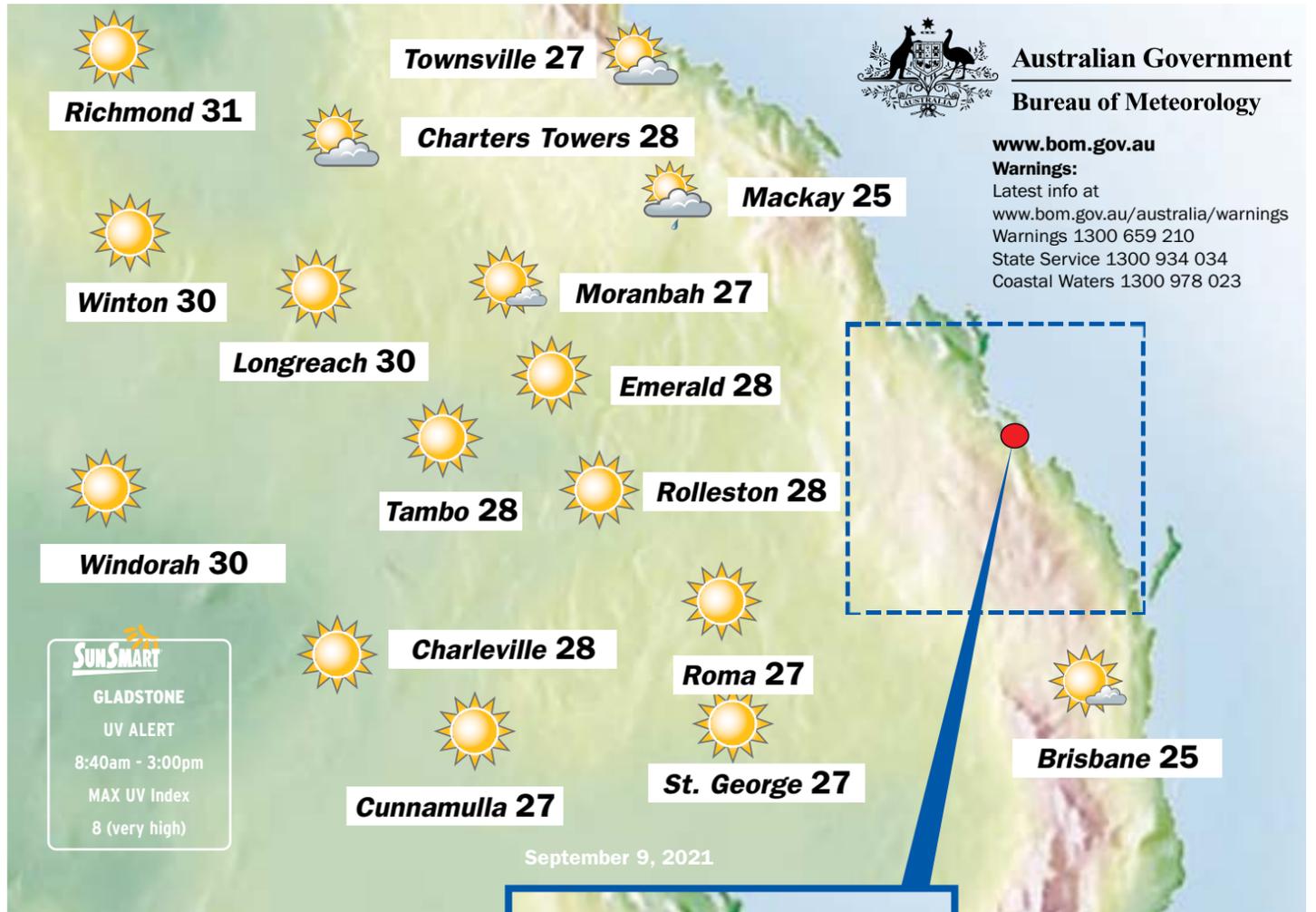
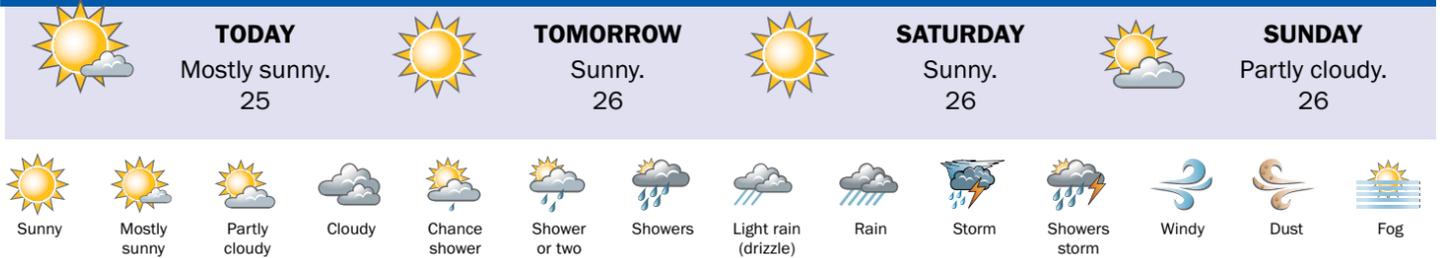
Sunny. Winds easterly 15 to 20 km/h becoming light before dawn then becoming easterly 20 to 30 km/h in the morning.

Queensland:

A large high over southeast Australia will move into the northern Tasman Sea, maintaining a firm ridge across most of the state. A slight to medium chance of showers about the east coast north of Fraser Island, increasing to a high to very high chance about the North Tropical Coast. Mostly sunny elsewhere, with the risk of morning frost about the Granite Belt. A chance of morning fog in the southeast. Temperatures near or below average.

Friday. A weakening high in the northern Tasman Sea will maintain a firm ridge across most of the state. A slight to medium chance of showers about the east coast north of Rockhampton and over northern Cape York Peninsula, increasing to a high to very high chance about the North Tropical Coast. Mostly sunny elsewhere, with a chance of morning fog in the southeast. Temperatures near or above average in the afternoon south of Hughenden.

GLADSTONE FORECAST



COASTAL WATERS

St. Lawrence to Burnett Heads:

Winds: East to southeasterly 15 to 20 knots decreasing to 10 to 15 knots in the evening. Seas: 1 to 1.5 metres, decreasing to 1 metre during the afternoon. 1st Swell: East to southeasterly below 1 metre inshore, increasing to 1 to 2 metres offshore. 2nd Swell: South to southeasterly 1.5 to 2.5 metres offshore east of Sandy Cape, decreasing to 1 to 1.5 metres in the evening. Weather: Partly cloudy. Friday. Winds: East to southeasterly 10 to 15 knots turning east to northeasterly in the afternoon. Seas: Below 1 metre. 1st Swell: East to northeasterly below 1 metre inshore, increasing to 1 to 2 metres offshore. 2nd Swell: Southerly 1 to 1.5 metres offshore east of Sandy Cape, decreasing to around 1 metre in the morning. Weather: Mostly sunny.

Bowen to St. Lawrence:

Winds: East to southeasterly 15 to 25 knots. Inshore winds south of Sarina decreasing to 15 to 20 knots, then decreasing to 10 to 15 knots in the evening. Seas: 1 to 1.5 metres, increasing to 1 to 2 metres offshore north of Hamilton Island. Swell: Easterly below 1 metre inshore, increasing to 1 to 1.5 metres offshore. Weather: Partly cloudy.

Harvey Bay:

Winds: East to southeasterly 10 to 15 knots. Seas: Around 1 metre. Swell: Northeasterly below 1 metre in the northern bay. Weather: Partly cloudy.

Fraser Island Coast:

Winds: East to southeasterly 15 to 20 knots decreasing to 10 to 15 knots in the morning. Winds turning east to northeasterly in the evening. Seas: 1 to 1.5 metres, decreasing below 1 metre around midday. 1st Swell: Easterly 1 to 1.5 metres. 2nd Swell: South to southeasterly around 1 metre, increasing to 1.5 to 2.5 metres offshore then decreasing to 1 to 1.5 metres in the afternoon. Weather: Partly cloudy.

CAPITAL CITIES

City	Condition	Max
Adelaide	Sunny.	25
Brisbane	Mostly sunny.	25
Canberra	Mostly sunny.	19
Darwin	Sunny.	35
Hobart	Showers. Wind easing.	18
Melbourne	Mostly sunny.	23
Perth	Rain.	18
Sydney	Sunny.	26

SUNRISE SUNSET

Today:	Sunrise 5:57 am	Sunset 5:46 pm
	Moonrise 7:26 am	Moonset 7:58 pm
Tomorrow:	Sunrise 5:56 am	Sunset 5:47 pm
	Moonrise 8:03 am	Moonset 8:59 pm

Rockhampton 26

Gladstone 25

Biloela 28

Bundaberg 25

Hervey Bay 24

Gayndah 27

TIDES

Gladstone

Today:	L:	H:	L:	H:	Tomorrow:	L:	H:	L:	H:	Saturday:	L:	H:	L:
	4:34am	10:38am	4:45pm	10:50pm		5:09am	11:18am	5:26pm	11:29pm		5:45am	12:03pm	6:11pm
	0.4m	3.9m	0.6m	4.2m		0.5m	3.9m	0.8m	3.9m		0.7m	3.8m	1.0m

Sunday:

H:	12:13am	3.5m
L:	6:23am	0.9m
H:	12:56pm	3.6m
L:	7:08pm	1.3m

Monday:

H:	1:07am	3.2m
L:	7:12am	1.2m
H:	2:04pm	3.5m
L:	8:34pm	1.5m

Tuesday:

H:	2:24am	2.9m
L:	8:29am	1.4m
H:	3:31pm	3.5m
L:	10:18pm	1.5m

Port Alma

Today:	L:	H:	L:	H:	Tomorrow:	L:	H:	L:	H:	Saturday:	L:	H:	L:
	4:40am	10:30am	4:50pm	10:45pm		5:15am	11:12am	5:30pm	11:26pm		5:52am	12:00pm	6:18pm
	0.6m	4.8m	0.8m	5.1m		0.7m	4.8m	1.0m	4.8m		0.9m	4.6m	1.4m

Sunday:

H:	12:14am	4.4m
L:	6:36am	1.2m
H:	1:04pm	4.5m
L:	7:29pm	1.7m

Monday:

H:	1:19am	3.9m
L:	7:40am	1.6m
H:	2:25pm	4.3m
L:	9:11pm	1.9m

Tuesday:

H:	2:52am	3.6m
L:	9:16am	1.8m
H:	3:52pm	4.4m
L:	10:43pm	1.8m

THE WORLD

World conditions today

City	Weather	Max	Min
Athens	fine	25	19
Bangkok	storms	34	26
Beijing	cloudy	27	19
Berlin	fine	26	12
Christchurch	windy	19	-1
Denpasar	cloudy	32	26
Dublin	showers	21	14
Hong Kong	fine	34	28
Honolulu	showers	29	24
Jakarta	fine	33	25
Johannesburg	fine	22	10
Kuala Lumpur	storms	33	24
London	cloudy	23	18
Los Angeles	sunny	33	19
Madrid	fine	27	16
Moscow	mist	12	8
New Delhi	rain	33	26
New York	showers	26	21
Paris	showers	26	19
Rome	rain	30	18
Seoul	fine	29	19
Singapore	storms	32	24
Suva	storms	29	22
Tel Aviv	fine	31	24
Tokyo	rain	28	21
Vancouver	showers	21	16
Wellington	windy	15	5



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12455964-SN31-20

Announcements

Deaths

GREGORY Neville Brian

Late of Wyara Close, Gladstone, and formerly of Illawong Court, Glen Eden.

Passed away peacefully at home, surrounded by his loving family, Wednesday 1st September, 2021, aged 87 years.

Beloved Husband of Patricia. Dearly loved Father of Karen, Jacqueline and Mark. Adored Poppy to Fiona, Tracie, Maree and Great Poppy to Hunter.

Relatives and Friends are respectfully invited to attend Neville's Funeral Service, to be held at the Boyne Tannum Memorial Parklands Chapel, Pioneer Drive, Boyne Island, Thursday 9th September, 2021, commencing 10.00am.

In the care of

Gladstone Valley FUNERALS

Ph: 07 4972 0800

"Gladstone's Local Funeral Home"

Condolences:

GladstoneValleyFunerals.com.au

12512216-M37-21

LILLINGSTONE, Kaylene Diane

Late of Gladstone. Passed away peacefully at the Gladstone Hospital, Thursday 2nd September, 2021, aged 69 years.

A private cremation service will be held.

In the care of

Gladstone Valley FUNERALS

Ph: 07 4972 0800

"Gladstone's Local Funeral Home"

Condolences:

GladstoneValleyFunerals.com.au

12512348-DJ37-21

Funeral Services

ENGWICHT, Ivy Amelia

Passed peacefully on Sunday 29th August 2021

The family and friends of John and Kathy are invited to a Memorial at Tannum Sands Surf Life Saving Club at 2:30pm, Friday 10/09/21.

Donations to SLSC in lieu of flowers please. RSVP: kathyjpapas@bigpond.com

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Public Notices and Event

Queensland Alumina Limited (QAL) would like to advise that McConnell Dowell Contracting will be conducting pipeline works across the South Trees inlet.

This will mean operating vessels in the waterway. The pipework will be carried out as part of QAL's ongoing 5 Year Environmental strategy. 9.5km of pipeline is being upgraded. This important work will ensure our pipelines are safe well into the future.

It is expected that works will be ongoing from July - December 2021. The exact time and date will be dependent on favourable conditions.

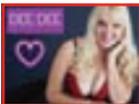
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Fishing with Allstars Insalt's Joe McGuire



Ryan Stimson's 121cm Salmon caught off Gladstone.



This brilliant 110cm Barramundi reeled in by Ryan Stimson near Gladstone.

Bucket loads of fisheries

The Gladstone Region is known as the engine room of the Queensland economy with some of the biggest heavy industry processing plants in the world.

But for those of us shift-working keen anglers that work in industry; we know the best kept secret about the place we choose to work and play is obvious - it's the fishing!

Did you know according to national recreational fishing data (Source: www.agriculture.gov.au) and Infofish Australia (Source: www.infofishaustralia.com.au) catch statistics report that the Gladstone Region has the highest effort to yield ratio for an angler in the nation?

The reason for this is we have the most diverse range of fish species and locations to fish...from freshwater impoundment, lakes and creeks, to saltwater estuaries, rivers, harbour, islands, and the Southern Great Barrier Reef locations.

We've got bucket loads of options.

This provides us with the opportunity to catch a wide range of fish species; from freshwater Barramundi and Mangrove Jack to estuary species like Grunter and Flathead, harbour and inshore saltwater Barramundi and Bream, the pelagic species like Tuna, Trevally and Mackerel.

Then there's the offshore reef varieties that the southern states aren't fortunate enough to have like Red Emperor and Coral Trout.

The options are outstanding, and this leads to Gladstone boasting the highest per capita recreational boat registrations and licences in Queensland.

Townsville ranks second and the Sunshine Coast third. (Source: www.bia.org.au and Queensland Department Main Roads 2016 Recreational Vessel Statistics)

The Boyne Tannum HookUp has developed to be Australia's biggest family fishing competition because of this natural asset for the Gladstone region of diverse fish species and catch locations on offer.

People travel from all over Queensland and interstate to join in on the family fishing fun of the HookUp.

This natural offering has also led to two entrants in my new online fishing competition 'Allstars Insalt' delivering stand out performances.

For the first eight-months of the 'Allstars' competition local angler Ryan Stimson has won four different fish categories.

He's taken home \$1,200 cash for landing the longest Salmon 121cm, Coral Trout 71cm, Tuna 96cm and Barramundi 110cm - and all from the closest Port of Gladstone.

So, I took the opportunity to talk to Ryan about fishing around the Gladstone region. It turns out that Ryan also values the huge diversity in fish species and locations to fish that our region boasts; because he can change the species he's targeting to suit the weather conditions.



96cm Tuna caught by Ryan Stimson off Gladstone.

His favourite fishing is up the estuaries chasing Barramundi, Mangrove Jack, and Fingermark, and of late he has appreciated the skill of sight cast fishing.

Ryan performs so well across so many fish species in the 'Allstars' competition because he's a shift worker so he has lots of days off.

So, the flexible format of an online fishing competition operated from a website that's open 24 hours suits his lifestyle.

He likes to do his research on a species, follow other successful anglers in that species for the latest tips, techniques and then he locates areas he thinks the species could be found. He likes to continue to be learning and improving his fishing skills through experience.

I had to pose him the question that every other angler is thinking - Does he think he can beat the Greatest of All Time Salmon angler the other Ryan (Ryan Paterson) at the longest Salmon again?

He's done it once; so, can he do it again?

Unfortunately, people...seeing he's the diverse angler that he is... he's now busy chasing other species, but hopefully with me just putting the challenge out there he might make a last part of the year play on the Salmon G.O.A.T.

Ryan finished his chat with me praising the 'Allstars' competition. He absolutely loves the online competition format; because he's not doing the usual stuff. For example, he was off chasing a Tuna the other day which he normally wouldn't do.

He thinks the competition fish species selection is great because it caters for every kind

of angler; both inshore and offshore, fresh and saltwater, and you can vary your day on the water depending on the weather. Ryan suggests that all anyone has to do is target and catch one PB (personal best) and they are well and truly in front.

He's very grateful to have won a few prizes because he uses quite a bit of fuel and fishing gear getting out and about targeting different species; and fortunately the cash prizes cover these expenses plus more.

'Allstars Insalt' has also been dominated by a Bundaberg based entrant, who has secured most of his winning catches from the closest Port of Gladstone.

In the first eight-months of competition Wayne Baldry has taken home \$2,400 for the longest Red Emperor 74cm, Mackerel 150cm, 148cm, Cobia 122cm, Nannygai 74cm and Coral Trouts at 70, 74 and 77cm all from the closest Port of Gladstone.

For anyone following 'Allstars' or Wayne, I'm not including his Port of Bundaberg wins in this list.

Based on these inspirational anglers' performances I hope you're now feeling encouraged to enter the upcoming Gladstone Region's Baffle Creek Family Fishing Festival from 20-25 September.

The Baffle Creek Fishing Festival is organised by the Baffle Creek Fishing Club and is hosted from the Baffle Creek Community Grounds.

It's a week-long event fishing the nearby Baffle Creek waters, and is purely "Catch, Snap and Release" for great prizes.



A Coral Trout caught by Ryan Stimson measuring at 71cm, caught near Gladstone.

Some of the prizes include a boat package, fishing gear and sunglasses. There's also live music to entertain you and the family.

My online fishing competition 'Allstars Insalt' has months of competition still to occur and stories to share. I have decades of fishing tips and will interview many successful commercial and recreational anglers to share their suggestions too.

As much as I like to write about fishing, I'd also like to hear from you. So please email me at info@allstarsinsalt.com.au to share your fishing trips, fishing tips, fishing stories and photos.

A day on the water is better than a day at work.

RJC report with Ian Mill

By Rockhampton Jockey Club CEO Ian Mill

Hello again readers welcome to another column on horse racing in Rockhampton.

I'm very pleased to report that the major renovation works on the grass course proper at Callaghan Park are well underway and progressing expediently.

As I previously said the course proper is undergoing a total revamp and full-on maintenance face lift which will take up the majority of September.

During this month there will be an absence of race meetings for four weeks at the track.

It is timely to mention that our Rocky race meeting which was scheduled for next Tuesday, 14 September has been transferred to Keppel Park, Yeppoon.

The annual spring revamp of the Callaghan Park turf track is ideally timed for Spring which is a perfect growing period for the turf.

Our trainers are co-operating well by having their horses off the training track on the sand by 8am each morning.

This of course allows the works on the grass track to go ahead unimpeded while preventing dangers from the machinery working on the course.

On a racecourse, working horses and rider safety are of paramount concern.

Akin with all connected with racing in Rockhampton I am really looking forward to seeing the grass track blossom over the next month.

It should always be remembered that the most crucial product of a race club is its track.

The Rockhampton Jockey Club is very appreciative of the co-operation from the Yeppoon Turf Club which has allowed us to relocate our meeting to that track next Tuesday.

This invaluable goodwill has been a long standing reciprocal arrangement working to the favourable progression of the local racing industry.

If you haven't been to a Keppel Park race meeting I urge you to take the opportunity of next Tuesday's date as it is a superb venue surrounded by natural bushland.

Assuredly some of Queensland best jockeys will be an action at Keppel Park next Tuesday.

Just a further reminder to members of the Rockhampton Jockey Club that the Annual General Meeting (AGM) will be held at Callaghan Park racecourse commencing at 5:30 pm on Wednesday, 29 September in the Members Lounge.

Among the items being tabled will be a report of the Committee, the Treasurer's balance sheet and statement of receipts and expenditure for the preceding financial year.

Secondly the hearing of the Chairman's declaration of the officers of the Association for the insuring year.

Furthermore, voting on a special resolution of Members of the RJC will be called to approve the sale of part of the land at Callaghan Park.

This consists of 1.19 ha to the Rockhampton Regional Council for the purpose of the North Rockhampton Sewage Treatment Plant Augmentation.

Further details of this motion may be obtained from the administration offices of the



Association at Callaghan Park.

All financial club members are urged to complete their ballot papers and forward them to the RJC.

Considerable interest has been aroused in the Rockhampton area with two Central Queensland owned horses figuring very prominently at the upcoming Queensland Racing Awards night ceremony.

This gala ceremony will be held at the Brisbane City Hall on Sunday, 19 September with racing industry players assembling from throughout Queensland.

In the two-year-old category the Rockhampton owned and trained brilliant filly Sweet Dolly is in line with three other contenders.

These include Alpine Edge, which is raced by former Rockhampton Jockey Club chairman Bill Ousten and his wife Di.

In many ways during the last season Sweet Dolly has really put Rockhampton racing on the map during her sensational two-year-old season.

She is trained by Kevin Hansen at Callaghan Park and owned by the Capricorn Coast's Michelle and Ken Walker.

Therefore she is immediately recognised as a Rockhamptonite.

Purchased for just \$1500 (yes you read correctly) as a weanling, Sweet Dolly is unbeaten in four starts for \$477,000 in prize money.

Her wins have been in features at Townsville, Brisbane, Sunshine Coast and the Gold Coast.

She has never raced at Callaghan Park only trained and trialled there.

Alpine Edge is trained on the Gold Coast by Toby and Trent Edmonds and is an outstanding young horse having been placed in the Magic Millions.

By the way Sweet Dolly, which sustained an injury after her Gold Coast win in March, has been nursed back by the Hansen team and should be back in training in the coming months.

Sweet Dolly and Alpine Edge are in the running for the two-year-old of the year category.

Going on memory, Paradise Imperial was the last major award winner to come from Rockhampton racing some seasons ago.

A magnificent grey filly she won the QTIS Horse of the Year category for the 2016/17 racing season when incredibly she won more juvenile races than any other horse in Australia.

By the way last week Paradise Imperial produced her first foal, a gorgeous filly by the champion stallion Power at Oaklands Stud outside Toowoomba.

The Rockhampton Jockey Club wishes the connections of Sweet Dolly and Alpine Edge the very best of luck at the upcoming awards evening in Brisbane.

In these days where large stables proliferate and dominate racing throughout Australia it is always pleasing to see the little trainer win a race.

At last Tuesday week's Callaghan Park races, in which many surprises were sprung, it was great to see trainer Laurie Clem score with Bornees Lad.

Laurie usually has only one or two horses at the most in training at his Gracemere stables so he and his partner Jeanette Darveniza would have taken great pleasure from the win of Bornees Lad.

That's because they not only bred the Carara three-years-old but also raised its mother Born To Survive.

Bornees Lad was ridden by James Baker and started at the long odds of \$41.

It led all of the way under a very good ride from Baker who cheekily poked his tongue at the cameraman adjacent the winning post.

This was done 'tongue in cheek' by Baker who has shed an amazing amount of weight to make a successful riding comeback.

Photographer Matt Harris captured the moment perfectly and if it is well worth looking up on the Callaghan Park Facebook page.

It is a beaut pic...Matt Harris is the proprietor of the quirkily named Caught In The Act Photography.

He is the RJC's official on-course photographer and captures all the race finishes.

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Superstar Max Marsh with a great mark on Saturday.



The BITS under 15's celebrating a goal.



Archie Tennant reaches high at the opening bounce.

Building BITS and pieces

By Liam Emerton

It's been a mixed season for the Boyne Island Tannum Sands Saints but it certainly ended on a high.

The BITS built into two grand finals on Saturday with the under 13 and under 15 squads preparing for the biggest game of their young careers.

The under 13's opened the day against a tough Yeppoon Swans team and subsequently suffered a defeat in the final game of the season.

The Swans were just too strong for our youngest competitive Saints squad winning 13.9 (87) to 2.1 (13).

A high note for our young guns were the goals that came from Charlie Locker and Milan Turnbull, who will forever keep grand final goals in their memories.

After the completion of that contest, the BITS Saints under 15 team took to the Rockhampton Cricket Ground with an undefeated streak to keep alive and a premiership to win.

And with a dominant display over the Brothers Kangaroos, the Saints marched home with a 15.9 (99) to 0.1 (1) victory.

That grand final victory completed a 17-game winning streak, combined with an undefeated season last year, making the under 15's one of the most dominant sides in the region.

BITS Saints president Tony Everitt was incredibly pleased by the season and said he was so happy to see both junior sides in the grand final.

"It was a good year, we had our ups and downs this year but to get the under 15's to win the grand final, back-to-back too, and the under 13's to reach a grand final is a fantastic effort," he said.

"We fell a little bit short with the senior teams and the 17's but it was a fantastic year.

"That's footy, we live and we learn and keep coming back, and we will get back up next year



BITS Saints Under 15's premiers celebrating their title.

and have another go.

"Our youth program is really starting to come together, led by Timmy Boston and the

other coaches in the junior ranks as well.

"We blooded a fair few young kids through some of the senior grades this year as well

which will come into good stead in coming years.

"It bodes well for the future of the club."

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The Newcastle Knights will be ready for a tough task at Browne Park this weekend.



Clint Gutherson will be one player to watch on Sunday.

NRL finals fever hits CQ

By Liam Emerton

Central Queensland is rumbling with excitement as it prepares to host its first ever National Rugby League (NRL) finals contest this Sunday.

When the Newcastle Knights and Parramatta Eels come face-to-face at Rockhampton's Browne Park at 4.05pm, these two proud clubs will create history in what is sure to be an intense and invigorating elimination final.

Parramatta will come into the match as favourite, however the Knights should not be written off - especially considering the star power they possess.

And as if the finals contest wasn't a big enough treat for local and travelling Central Queenslanders - some of the best players in the NRL will match up on either side.

A guaranteed fan favourite, Kalyn Ponga, will face off against 'King Gutho', Clint Gutherson, in the battle of the fullbacks.

Steering their teams around the park will be quality halfbacks Mitchell Pearce and Mitchell Moses, with their ability to control the tempo crucial to progressing through this year's finals series.

And looking towards the front row, Parramatta's Junior Paulo and the Knights' returning forward Daniel Saifiti will be a welcomed battle of the big boppas

Another player who will be worth keeping an eye on is Newcastle's lock and utility Connor Watson who said he's excited to get up to Rockhampton for the game.

"I'm pumped, hey," Watson said. "It has a real country football style and feel to it, something that I grew up playing with on the coast.

"You look at grounds like Wyong or The Entrance and it's got a similar set up.

"I've never actually been up to Rockhampton. I heard it's going to be hot, which is not a bad thing for a little bloke like me.

"I'm looking forward to it, I'm expecting that there's going to be a real atmosphere.

"It's cool, you've seen all the games that have been played up in Rockhampton have all been pretty full.

"To play semi-finals there is something that the NRL didn't think they'd be doing but I'm pumped."

One of the superstars of our game, Clint

Gutherson, is looking forward to the challenge of playing finals football at Browne Park this weekend.

And looking forward to a shot at redemption.

"The last few years haven't gone the way we wanted them to go," Gutherson said.

"You've got to go into every finals series with the same mentality of winning the whole thing.

"We're preparing as best we can. We started our prep yesterday for Newcastle and that's all we're focused on this week.

"We're in do-or-die now so we have to make sure we're switched on every single week.

"Everyone's looking like they're ready to go."

His superstar match-up against Ponga on Saturday has many local fans intrigued but it seems that the young Knights number one is focused solely on his game.

"We will start looking at them, looking at us, and how we stop them and how we get better," said Ponga.

"Right now I'm just enjoying this media stuff and waking up on finals week and all that comes with it.

"We need to be better, we need to get better, and that happens through working hard through the week, which since we've been up here has been the mentality.

"I'm excited to get the boys back and build throughout the week, enjoy it and get out there and play."

NRL ELIMINATION FINAL TEAM LISTS

Parramatta Eels

1. Clinton Gutherson 2. Haze Dunster 3. Viliani Penisini 4. Waqa Blake 5. Blake Ferguson 6. Dylan Brown 7. Mitchell Moses 8. Reagan Campbell-Gillard 9. Ray Stone 10. Junior Paulo 11. Shaiah Lane 12. Marata Niukore 13. Nathan Brown

Substitutes: 14. Will Smith 15. Bryce Cartwright 16. Isaiah Papali'i 17. Makahesi Makatoa

Newcastle Knights

1. Kalyn Ponga 2. Enari Tuala 3. Kurt Mann 4. Bradman Best 5. Hymel Hunt 6. Jake Clifford 7. Mitchell Pearce 8. Jacob Saifiti 9. Jayden Brailey 10. Daniel Saifiti 11. Tyson Frizell 12. Mitchell Barnett 13. Connor Watson

Substitutes: 14. Sauaso Sue 15. David Klemmer 16. Josh King 17. Brodie Jones

Capras looking to finish a tough season on a high note

By Liam Emerton

The Rockhampton Leagues Club Central Queensland Capras will play their final game of the 2021 season this weekend and would like to finish how they started.

Back in February the CQ Capras hosted a trial game against the Sunshine Coast Falcons and won by 22 points to kick start our season.

But clearly the season hasn't gone as planned for our local side and this Sunday will see our team attempt to climb from the bottom of the ladder.

That will be the Capras main goal, ending a tough season on a high, however the Sunshine Coast Falcons will be looking to swoop in on finals footy.

The Falcons, who currently sit in ninth position, are one point outside the top eight and just a win away from sneaking up to sixth place.

Sunshine Coast will be full of intensity knowing a win will likely see them progress, as the three teams above them face stiff opposition in the final round of the season.

Central Queensland is coming off a tight loss to the PNG Hunters, in a game that saw our side lose 22-20 despite the Capras scoring two late tries.

Centre Caleb Tull scored on the bell, but



The CQ Capras will play their last game of the season this weekend. 242461

was unable to convert his own shot at goal, giving the Hunters a two-point victory.

A win or draw for our team would have

been a huge momentum boost heading into this match however with nothing except a potential 13th place position to play for, it

could be a tough afternoon for our lads.

For our younger Capras, they have one last chance to make the top eight however it will be a near-impossible task.

The under-21 team will take on the SC Falcons as well this weekend, but will need to make up a point differential of 120 - and hope the two teams directly above them lose this weekend.

Our Colts will need the Burleigh Bears to lose by 50 plus and the Mackay Cutters to lose by 60 or more to have any chance of qualifying for the top eight.

The Capras will then need to win by 60 or more against the Falcons, which is a tall task in itself!

Anything is possible in rugby league but it would be a miracle if we get to watch our young guns in the finals series.

Our boys will at least be looking to win and - after coming off a 32-22 victory over the Mustangs - a strong result is certainly in the realm of possibility.

Centre Coby Williamson's late double helped seal that contest for the young Capras squad, handing them the slimmest chance of finals footy.

Those games are set to take place at the Sunshine Coast Stadium on Sunday afternoon.



The Capricorn Coast Eagles will line up for one more chance at grand final glory on Friday night.



Clinton has one last chance to clutch a grand final berth.

Rivals in do-or-die battles

By **Liam Emerton**

Old rivalries will be renewed when the elimination finals of the CQ Premier League men's and women's competitions take place on the weekend.

The first match of the do-or-die finals series will take place in the men's competition when Clinton FC take on the Capricorn Coast Eagles on Friday night.

Clinton progressed through to the qualifying final with a 5-3 win over a tough Bluebirds United outfit.

Bluebirds held a 3-0 lead, five minutes into the second half of the contest, with Nicholas Kirkpatrick's first-half strike and teammates' Liam McLean and Campbell Miller's early second-half goals giving United a handy lead in the elimination final.

But an incredible fightback from the Glad-

stone-based Clinton saw them score five unanswered goals through Liam Stephen's brace, Scott Rouse, Anthony Cobb, and an own goal to send them on their way to the semi-final.

Capricorn Coast will be keen to make amends this week after losing 1-0 to the Frenchville Roos in the qualifying final, thanks to a 70th-minute winner scored by Ryan Hawken.

The Eagles and Clinton last played two months ago where the Cap Coast lads soared above, scoring a 3-1 win over their opposition.

Nathan Norris will be one to watch for the team in orange this weekend whereas the aforementioned Liam Stephen will be a key to Clinton's success.

In the women's preliminary final, Central FC will have to rebound from only its second loss of the season when it battles the ever-dangerous Bluebirds United White.

Central suffered a devastating 6-2 loss at the hands of their Gladstone rivals Clinton FC thanks to Skye Alexander, who took her season goal tally up to 80 after scoring a crucial hat-trick.

Despite being up 2-1 in the first half, Central dropped that lead forcing them into a play-off against Bluebirds.

In good news for Central, its star goal-scorer Kallie Peurifoy is still in fine form, scoring a brace in that qualifying final.

Bluebirds United has been solid this season, finishing third and earning their spot in the semi-final by winning 3-1 in extra time against Cap Coast.

The Eagles dug in deep, scoring through Bia Neves McAlister with Tiana Richards notching up her first goal in regular time for the Bluebirds.

Locked at 1-1 at the final whistle the sides were forced into extra time where Richards grabbed a second, and teammate Eilish-Kay Hume scored to end the finals hopes for the Eagles.

Bluebirds are yet to beat Central this season, losing 6-3 and 3-1, before earning a 3-3 draw in the most recent clash between the two teams.

The steady improvement from United could be concerning for Central but the side from Gladstone will be tough to beat, as they have been all season.

Both squads have plenty of finals experience, having won the women's competitions in Gladstone and Rockhampton last year.

The crowd will have their eyes glued on Peurifoy and Richards this week as the grand final beckons for both top sides.

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