

GladstoneToday



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Fund furore

Gladstone Region Mayor Matt Burnett says a \$1.03m reduction in funding from the Queensland Local Government Grants Commission isn't acceptable. The council's Financial Assistance Grant will drop from \$8.59m to \$7.56m annually.

"While I acknowledge that the Commission's role in reviewing the distribution of grants was made in a challenging environment, this decision will impact on Gladstone Regional Council's budget," he said.

Full story on page 5

Dam pledge

In the lead up to a Federal Election, Queensland Premier Annastacia Palaszczuk has committed half the money to rebuild Paradise Dam to its original capacity, after her government reduced the dam wall by five metres in 2019, due to safety concerns after its original construction. The Premier has put half the money on the table and asked the Commonwealth to trump up the over \$600 million, months out from a federal election to be called.

Full story on page 11



Barnaby's rail link promise

Deputy Prime Minister Barnaby Joyce says a deal to make sleepers for the Inland Rail Project in CQ will be a vital step towards bringing the long-awaited rail link to Gladstone.

Read the full story on page 3

Deputy Prime Minister Barnaby Joyce (front) with interim chief executive of Inland Rail Rebecca Pickering, Member for Capricornia Michelle Landry, Austrak managing director Murray Adams, Senator Matt Canavan and candidate for Flynn Colin Boyce.

Shiploader ahoy

The state government has committed \$60 million in an investment to construct a new coal shiploader on the RG Tanna Coal Terminal.

The replacement of Shiploader 1 will be constructed within the Gladstone Ports Corporation's Port Central Precinct and is set to support more than 200 construction jobs in Gladstone and central Queensland.

Treasurer and Minister for Trade and Investment Cameron Dick said the investment in the new shiploader would support thousands of jobs in the resources and coal industries in the future.

"This investment will see the replacement of the oldest shiploader at the RG Tanna Coal Terminal, which has been operating for more than 40 years," he said.

"The new shiploader will secure the capacity of the RG Tanna terminal for another 25 years, ensuring this vital export port can continue to meet the needs of its customers.

"As the Port of Gladstone grows and diversifies to export the hydrogen electrolyzers that

Fortescue Future Industries will manufacture here, we know coal export will also be part of its future for decades to come.

"The 36 per cent rise in the value of Queensland coal exports from 2020 to 2021 played a significant role in the overall value of our exports, which rose to nearly \$80 billion for the year."

Workers in the resources and coal industry will benefit from the construction, including engineers, painters, plumbers and boiler makers.

Gladstone Ports Corporation Chair Dr Anthony Lynham said the replacement of the northernmost shiploader will be important asset to the port and Queensland exporting operations.

"This is a once-in-a-career opportunity for our team due to the sheer lifespan of these assets, and to see the shiploader being fabricated right here at the Port is a great achievement not just for the port but for the community and for the state - keeping jobs local," Dr Lynham said.

"Don't forget this port brings in \$500 million worth of revenue [and] \$2 billion worth of royalties through commodities.

"Our final design work is already underway. Work will start here in July and it will be finished mid-2024."

The 600-tonne new ship loader will have a capacity to shift 25 million tonne of material per year, and will assist the 2000 ships each year that pass through the Gladstone Port.

Dr Lynham said: "Traditionally, machines of this size are constructed overseas and imported into Australia, so to be able to build one right here at Auckland Point is a significant achievement and a boost for manufacturing in Queensland.

"Once complete, the shiploader will be loaded onto a heavy lift ship and taken to our export terminal."

Gladstone Mayor Matt Burnett welcomed the new investment in local jobs saying that this demonstrated the strong future the resources sector had in this community.

"I believe that Gladstone and Central Queensland have a bright future through more jobs in more industries; this investment is proof of that.

"There's some other exciting announcements happening ... with Shell announcing their new developments in the Western Downs. That's good for our LNG on Curtis Island.

"Our coal resources from right across Central Queensland mines will continue to come to Gladstone, through our train and rail network and of course export right through to the world.

"It's investments like this from the Palaszczuk Government that will continue to deliver more local jobs, in more local industries, for more local families.

"Whether that be in a coal mine or loader, a manufacturing shop floor, a gas oil or pipeline, in new energy generations and transmission, or through the thousands of jobs coming in the hydrogen industry."

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The editor's desk

What's one thing you would like to see in the region?

For me personally, it would be great to see more entertainment hubs for those in my age bracket, 20 to 25 years old.

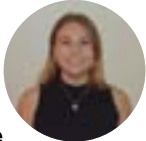
I would love a Top Golf, a trampoline park or even a bookshop here.

I was talking to a few friends the other day, some who have just moved up here from Brisbane and they were surprised about what was on offer.

It appears if you don't like going to the pub, or going to the beach... there isn't a lot to do.

Still, it's a pretty great place to live. I can't complain too much.

- Eilish Massie



INSIDE

OPINIONpages 14-16

ENTERTAINMENT page 19

TV GUIDEpages 21-28

RURAL page 36

CLASSIFIEDS page 41

SPORTpages 42-48

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Centre's new wave

By Eilish Massie

The next phase of upgrades to Gladstone Aquatic Centre were given the green light at a recent Gladstone Regional Council meeting.

In a general meeting on 1 February, councillors voted to enter into a \$1,517,240.95 contract with Young's Building Contractors for vital upgrades to the facility.

Works such as replacing heating systems, repairing the structure, retilling the 25m pool, fixing heat pump issues, installing a hoist and ramp, and covering the 50m pool will begin on 28 February and is expected to be completed

by 24 May.

During this time, the 25m pool will be closed for some time and swimming lessons will not be able to take place for six weeks.

It marks the third time the centre has undergone upgrades, with stage one and two taking place throughout 2021.

Councillor Glenn Churchill asked if this third stage would be the last.

General manager community development and Events Kylie Lee said the stages addressed issues raised from a report conducted in 2019.

Mayor Matt Burnett said funding had been

given for three stages, but didn't know when funding for a fourth stage would come.

Deputy mayor Kahn Goodluck asked if there were any plans for disability access to the 50m pool, with Ms Lee stating a hoist and ramp would be built on site.

Councillor Desley O'Grady asked if the 34C temperature, which the swim classes wanted, complied with Australian standards.

Ms Lee said the only way to get it higher would be to run a diesel generator, which would cause noise problems.

The councillors voted in favour of proceeding with the third stage.

The secret meaning of flowers and plants



Jaz has just been given a flowering pot of Petunias for Valentine's Day. Should she be worried about what this plant means?

Find out in Neil Fisher's garden column on Page 35





Deputy Prime Minister Barnaby Joyce announced last week that concrete sleepers for the Inland Rail project will be manufactured in central Queensland.

CQ's new link to Inland Rail

By Matthew Pearce

Barnaby Joyce says a deal to make sleepers for the Inland Rail Project in CQ will be a vital step towards bringing the long-awaited rail link to Gladstone.

The Deputy Prime Minister was on the campaign trail last week, announcing rail manufacturer Austrak would manufacture 1.3 million concrete sleepers needed to build Inland Rail at sites at Parkhurst and Wagga, creating 50 jobs across both locations.

Speaking at Parkhurst, Mr Joyce said deals such as this one were driving the progress of central Queensland, Gladstone and Rockhampton.

"Inland Rail is 1716km of rail line to Brisbane and a further 660km from Toowoomba to Gladstone and we are going to build that," he said.

"We are showing the people of central Queensland that we stand behind their industry, we stand behind the coal industry."

Last year, the Federal Government announced it would contribute \$10 million into a study to investigate the viability of the Toowoomba to Gladstone Inland Rail line (T2G).

Austrak managing director Murray Adams said Austrak had signed a \$143 million contract with the Australian Rail Track Corporation.

"We'll be manufacturing 1.3 million sleepers over the next five years, that's 50 jobs at our Rockhampton and Wagga Wagga sites, plus all the other jobs that are going to be created in the industries that supply us," he said.

Mr Adams said out of the 65 people working at Austrak at Parkhurst, 15 jobs would be dedicated to inland rail, as well as 35 jobs in Wagga.

Austrak has already provided around 225,000 sleepers for the Narrabri to North Star section of Inland Rail.

The 1.3 million sleepers under the new contract will be used to upgrade existing track and complete new sections of rail from Albury in New South Wales through to the Inland Rail end point in Queensland.

Mr Joyce said while Austrak was building sleepers, the ALP was reducing industries' limit for carbon emissions.

"The Coalition is making sure that people have jobs and believe in the future, we're making sure that Australia exists away from Sydney, Brisbane and Melbourne.

"We are proud of the city of Gladstone and the people who earn those export dollars that give us our standard of living and we are facilitating a greater expansion of that by the construction of the Inland Rail."

He said while Opposition Leader Anthony Albanese said he believed in these things too, "I wouldn't put your house on that one."

"I'm looking forward to Senator Penny



Deputy Prime Minister Barnaby Joyce (front) speaks at Austrak with interim chief executive of Inland Rail Rebecca Pickering, Member for Capricornia Michelle Landry, Austrak managing director Murray Adams, Senator Matt Canavan and candidate for Flynn Colin Boyce.

Wong coming up here, standing in a coal mine and endowing us all with her fervent belief in the coal industry," he said.

"If she can't make it here for the day, maybe Adam Bandt and the Greens can come up because the Labor Party are relying on green preferences."

He said voters should judge the LNP by their record and their actions.

"You can have trust in the LNP regarding what we will do in the future, but you're taking a hell of a punt on a Greens-Labor government, that's putting your house and career on the line."

Interim chief executive of Inland Rail Rebecca Pickering said the \$143 million contract with Austrak to supply sleepers for Inland Rail was a "great sign that Inland Rail was continuing to make fantastic progress".

"Connecting Melbourne to Brisbane and, importantly, to regional areas of Queensland is going to change the way we move freight around the country," she said.

"Inland Rail has already lent 700 different contracts to different businesses and a significant number of those are in regional areas of Australia, to a value so far of \$2.3 billion.

"We have more announcements that we will be making throughout the year, with more regional manufacturing and regional service companies coming into play.

"It's a really exciting time, I'm super excited for 2022."

State Member for Callide and LNP candidate for Flynn Colin Boyce said the LNP believed in inland rail.

"This is about the Morrison-Joyce Coalition government supporting major infrastructure builds - it's about supporting central Queensland," he said.

"It's our intention to bring this inland railway line all the way to Gladstone and that will open up huge opportunities for CQ into the future."

Gladstone angler reels in big catch with lotto win

A New Auckland angler doesn't have to worry about the one that got away after reeling in a \$200,000 Lucky Lotteries Mega Jackpot windfall.

The Gladstone player won the first prize of \$200,000 in Lucky Lotteries Mega Jackpot draw 1559, drawn 4 February 2022.

The euphoric man was completely oblivious to his good fortune until an official from The Lott made contact with him.

"Oh, that's very nice! Wow!" he laughed.

"I don't have access to a mobile phone, so your phone calls have been going to my wife's mobile. She was curious to why she had been receiving so many phone calls over the last few days.

"I'll have to tell her straight away. I won't be surprised if she starts jumping up and down.

"I was going to go fishing later, so this means I can buy even more bait.

"I like to purchase entries into Lucky Lotteries draws once or twice a week, so it's very exciting to see a major lottery win.

"Thank you! Thank you!"

With \$200,000 about to float into his bank account, the Central Queensland resident said he would purchase a new fishing boat.

"I love to go fishing, so this will definitely go towards a new fishing boat! It's been on the top of my wish list," he said.

"I'll have to celebrate with the family at some stage, but for now I'll celebrate at home with my dog!"

His winning entry of two random numbers was purchased at TSG Boyne Island, Shop 3, Boyne Plaza, 3 Centenary Drive, Boyne Island.

The TSG Boyne Island team is excited to have sold a first prize winning entry and wishes their customer all the best.

The Lucky Lotteries Mega Jackpot prize is now \$7.01 million for draw 1560, while the Lucky Lotteries Super Jackpot prize is now \$7.14 million for draw 10526.

In the 12 months to 30 June 2021, 136 Lucky Lotteries first prize and Jackpot winning entries across Australia won more than \$46.09 million.

During this time, the biggest Lucky Lotteries prize was won by a Coolangatta man who scored a Mega Jackpot prize of \$9.41 million in May 2021.

Lucky Lotteries Super Jackpot and Lucky Lotteries Mega Jackpot are raffle-style games, which means there is a set number of tickets in each draw. As each ticket number is unique there is no sharing of prizes.

Each game has two draws – one that determines the winning numbers and one that determines the jackpot number.

If the jackpot number matches one of the winning numbers, then the Jackpot Prize is won.

If the jackpot number does not match one of the winning numbers, the Jackpot Prize will climb for the next draw.

Tickets can be purchased at any licensed lottery outlet, online from thelott.com or via The Lott mobile app.



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NDIS support is available

By Eilish Massie

Indigenous families in the Gladstone region now have better access to National Disability Insurance Scheme (NDIS), thanks to a new role at Nhulundu Health Service.

The Indigenous health and social support service recently employed NDIS and Aged Care Community Connector Kerri Bates to help families navigate the ‘confusing’ system.

Ms Bates, who has worked in the disability sector for 15 years, said her role involved looking at what services were available to families, and what avenues they could do to achieve support.

Ms Bates said NDIS identified a number of cohorts who were not accessing the service to the same levels as metropolitan areas- one the cohorts being Indigenous Australians.

In turn, the disability support service placed ‘connectors’ to help those in regional and remote areas.

“Since a lot of offices are closed because of Covid, you can only apply online which makes it more difficult for people,” Ms Bates said.

“I do all the groundwork, and go through all the process as it takes a long time to access it.

“It’s a daunting thing and it’s difficult to navigate the system, so a lot of families put it in the too hard basket.”

Ms Bates said so far, the service had been ‘well received’ with many families benefiting from it, however, a number of families were still unable to access the service.

“NDIS is so complicated and people don’t know what they don’t know,” she said.

“The rules are constantly changing, the terminology also confuses people. If people fall through the cracks, I help them receive funding,” she said.

Ms Bates said more awareness was needed in Gladstone about what services were available.

Nhulundu Health Service Business Development and Corporate Services manager Jo Paringatai said client demand for NDIS assistance clearly demonstrated the importance of Kerri’s role.



NDIS and Aged Care Community Connector Kerri Bates.

“The NDIS Community Connector service ensures access to the information and support people need when applying for the NDIS,” Ms Paringatai said.

“This is a vital service for the Aboriginal and Torres Strait Islander community. Kerri

engages with her clients and helps step them through the NDIS process for best results.”

Ms Bates said she felt empowered in her role as she provided step forwards to those who needed it most.

“NDIS opens a lot of opportunities for peo-

ple, there’s a lot of services available to those who need it - it’s just a matter of accessing it,” she said.

Those seeking NDIS support can contact Kerri Bates via mobile 0400 482 170 or email Kerri.Bates@nhulundu.com.au

Data reveals skill shortages of key trades in Gladstone

By Eilish Massie

A Gladstone construction owner has claimed the local industry has experienced a sharp decline in skilled tradespeople.

Beta 1 Building Gladstone owner and manager Grant Taylor said Gladstone’s industry has experienced a skills shortage of key tradespeople for years.

“We’re very proud of our work but have had to turn down a lot of jobs because it’s hard to find enough people to fill the roles,” he said.

“We like to support locals and hire apprentices where we can – we have two on at the moment – but we could certainly take on more.”

“Absolutely, we’d welcome more investment in developing our young tradesmen and women; we could take on more work and give more young ones a start.”

Recent data from the National Centre for Vocational Education Research (NCVER) has revealed the Federal Government had cut more than 70,000 traineeships and apprenticeships nationwide.

The findings revealed the Flynn electorate has experienced a decline in apprenticeships by 25 per cent, with 3981 apprenticeships in 2013 compared to the 3006 available in 2022.

The Capricornia electorate experienced a decline by 18 per cent, with 4771 apprenticeships in 2013 compared to 3899 now.

Labor’s candidate for Flynn Matt Burnett said that even though the figures across Australia painted a shocking picture, it was worse in central Queensland.

“In the electorate of Flynn, we’ve had nearly 1000 places cut by the Federal Government, which is worse than anywhere else up and down the coast of Queensland,” he said.

“Scott Morrison and his government do not take this skills crisis seriously and clearly



Labor candidate for Flynn Matt Burnett and Beta 1 Gladstone owner Grant Taylor.

couldn’t give a stuff about regional and central Queensland.”

“The best we have come to expect from the Prime Minister is letting kids drive forklifts,” Mr Burnett said.

Quoting figures by electorate Mr Burnett said that since the LNP were elected nearly 10 years ago, there were 25 per cent less trainees and apprentices now than under Labor in 2013.

“Despite the Central Queensland popu-

lation growing and strong demand from the construction and resources sectors - the Coalition’s cuts to our apprentices and traineeships are some of the worst in Queensland,” he said.

“How on earth are we supposed to deliver more jobs in more industries across central Queensland if people in Canberra keep cutting the funding to our skills and training.”

Mr Burnett said Labor’s pledge for free TAFE would help boost this workforce.



LNP candidate for Flynn Colin Boyce.

LNP candidate for Flynn Colin Boyce said the ALP was “playing cheap” politics with an important local issue.

“The Covid pandemic has driven skills shortages across Australia and the world, which are a real concern for local industries,” Mr Boyce said.

“The government is taking action as part of the pandemic recovery to address these shortages.”

Mr Boyce said Queensland’s new apprentices and traineeships grew by more than 60 per cent last year.

“As we recover from Covid I’ll be working hard to help Flynn increase participation in skills training and address skill shortages,” he said.

“The greatest risk to local jobs is an Albanese Labor Government hell bent on scrapping the local industries that drive our economy.

“There is nothing wrong with children being given the opportunity to learn new skills if they are in an environment which is practical to do so. My children were all experienced machinery operators and competent welders before they left school.”



Gladstone Region Mayor Matt Burnett says a \$1.03m reduction in funding from the Queensland Local Government Grants Commission is unacceptable.

Cr: Cuts are not on

By Matthew Pearce

Gladstone Region Mayor Matt Burnett says a \$1.03m reduction in funding from the Queensland Local Government Grants Commission is an “unacceptable outcome” for the council.

Cr Burnett said he wrote to the Commission on 22 December 2021, outlining his concerns over a change in the council’s Financial Assistance Grant from \$8.59m to \$7.56m annually.

“This decision also affects many of our neighbouring councils and while I can’t speak on their behalf, I know they are just as unhappy as I am,” he said.

He said the Local Government Association of Queensland had also sought a formal briefing from the Local Government Grants Commission and had invited their chair to attend the upcoming February 2022 Policy Executive meeting.

“While I acknowledge that the Commission’s role in reviewing the distribution of grants was made in a challenging environment, this decision will impact on Gladstone Regional Council’s budget,” he said.

“Like many of our neighbours, we have struggled in the face of disaster, pandemics, regional inflation and job shortages that have resulted in minor operating deficits over the past three years.

“This decision is an unacceptable outcome for our council, and I have respectfully asked

the Commission to review the methodology and transparently show to all councils, as a collective, the results of their recommendations.”

Rockhampton Region Mayor Tony Williams spoke out last week, saying his council would face a funding cut from the commission from \$9 million to about \$2.2 million annually - a reduction of \$6.774 million a year.

Rockhampton Region deputy mayor Neil Fisher said he was frustrated by what he called a lack of transparency from the Queensland Local Government Grants Commission and called the decision a “kick in the guts”.

Following a review into the commission’s methodology last year, Rockhampton Regional Council has been reclassified as a minimum grant council, putting it in the same category as Brisbane, the Gold Coast, Sunshine Coast and Morton Bay.

Banana Shire Mayor Nev Ferrier said his council received a modest increase in Federal Assistance Grants as a result of the methodology review.

“The quantum of the increase has not been finalised at this stage but preliminary advice is that it is an increase of around 10 per cent,” he said.

“The increase reflects council’s unique circumstances and will in particular assist council in resourcing local facilities and services for the substantial non-resident population accessing facilities and services across the shire.”

A spokesperson for the Department of State Development, Infrastructure, Local Government and Planning said the Queensland Government was committed to advocating with the Commonwealth Government for a better funding deal for Queensland councils from the Financial Assistance Grant.

They said the responsibility for allocating the Commonwealth Government’s Financial Assistance Grant to Queensland councils fell with the independent Queensland Local Government Grants Commission.

“It has been approximately 10 years since the Commission’s last review of the methodology and decisions about changes to the methodology are the responsibility of the Commission.”

The spokesperson said the need for a review of the methodology was supported through feedback received by the Commission from Queensland councils.

“Consultation with councils was an important part of the methodology review, which included information sessions run by the Commission and the opportunity for councils to respond to a methodology review discussion paper,” they said.

“It’s also in line with a resolution of the 2020 Local Government Association of Queensland Annual Conference.

“The Commission’s review focused on considering if there is a more equitable distribution for the Financial Assistance Grant.”



Sporting legend Darren Lockyer was seen in Gladstone on Wednesday.

Darren Lockyer spotted

Former Brisbane Broncos player Darren Lockyer was spotted in Gladstone last week.

The rugby league legend was seen at Raine & Horne Gladstone on Wednesday, posing for a photo with one of the property managers.

Raine & Horne posted the photo on its social media.

“Lovely doing business with you Darren,” the real estate agency said.

Gladstone Today asked Raine & Horne whether Mr Lockyer was buying in the region to which the real estate agency declined to comment.



RACQ Capricorn Rescue was tasked to a ship off the Gladstone coast last Wednesday.

Rescue off ship

RACQ Capricorn Rescue was tasked to a ship off the Gladstone coast last Wednesday following reports a middle-aged man was suffering from possible internal infections.

Upon tasking, the Rescue300 crew reconfigured the aircraft and prepared for a stretcher winch.

Shortly after, the crew were airborne and tracking towards the ship, located approximately 110 kilometres off the coast.

Following arrival to the ship, the rescue crew officer (RCO) prepared for a stretcher winch.

In coordination with the air crew officer and pilot, the RCO and Queensland Ambulance Service critical care paramedic (CCP) and doctor were winched onto the ship’s deck.

The doctor and CCP assessed the patient for their suspected illness.

The patient was then prepared for winching into the aircraft by the RCO.

The patient was airlifted to Rockhampton Base Hospital in a stable condition where they received further treatment.

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Lunchboxes should contain a variety of foods from all five food groups.



Picture: SUPPLIED

Healthy school lunches

By Khrysti Balanay

The school holidays are over, and the term is upon us.

Aside from early morning wake-ups, after school activities, helping with homework, parents also look forward to the school lunches.

Gladstone Today has approached CQ Nutrition to get their top tips to assist parents with packing healthy lunches for their children.

For parents making their child's lunches, Gladstone dietitian Kristen Nugent advises that there are two main things to consider.

"We want to include a variety of foods from the five food groups to ensure we're ticking all the right boxes and giving our kids the energy and nutrients they need to learn and grow," she said.

"Planning and preparing ahead will help to ensure we're getting in this variety - and avoiding the early-morning panic.

"To ensure a healthy lunch box include these four components: the main item such as a sandwich, sushi, pasta, or a mini quiche.

"Two snacks with at least one being a piece of fruit or vegetables; the other could be reduced-fat yoghurt, wholemeal fruit muffin, or air-popped popcorn.

"Finally, don't forget a drink - tap water is best."

To keep food safe at school, choose an insulated lunch box and consider using ice bricks or a wrapped frozen water bottle.

Kristen recommends that a healthy lunch box should avoid items high in sugar, fat, and salt.

"Sweet drinks, dried fruit bars, muesli bars, biscuits, chocolate, and sweet spreads are all high in energy but can lead to weight gain and oral health problems," she said,

"If cost is an issue, aim for seasonal fruits and vegetables or visit your local farmer's market for cheaper fresh produce.

"Making your own snack packs and mixes from fresh ingredients you can buy in bulk is also a great way to try new combinations while avoiding the single-serve prices."

Understandably, some families may not have time to make homemade alternatives, so Kristen suggests when purchasing items look at the ingredients list.

"If sugar, salt or saturated fat is listed in the first three ingredients, it might not be the healthiest choice," she said.

"If you are including some packaged foods in your child's lunchbox, try looking for the option with the highest Health Star rating - this is

also a great way to get kids involved in making healthier choices.

"The most important thing is that their lunchboxes contain a variety of foods from all five food groups to give them the energy and nutrients they need to learn and grow - and of course, water to drink."

For many families, their children may struggle with trying different food options or eating a healthy balanced diet so Kristen recommends getting them involved in the process as much as possible.

"For children who are picking eaters, try keeping them involved with planning and preparing their own lunches as this helps give them a sense of independence and makes trying new foods seem voluntary and exciting," she said.

"During grocery shopping, let your child choose their own fruit and vegetables or make an easy lunchbox recipe to make together over the weekend.

"Kids also learn from what they see, so actively role-modelling healthy eating behaviours and trying new foods together can have a massive impact."

For more information on lunch box ideas, fussy eaters, or healthy eating advice, visit a CQ Nutrition office or call (07) 4911 4060.

WHAT ARE THE FIVE BEST NUTRITIONAL FOODS FOR LUNCHES?

- A piece of fruit**
Fresh crunchy vegetables - there are lots of great options that are finger-food sized, try cherry tomatoes, snow peas or small corn on the cob.
- Multigrain sandwich filled with salad, cheese and a slice of lean meat (e.g. roast beef, chicken)**
- Tub of reduced-fat yoghurt - this can be frozen overnight to stay cool during the day.**
- A bottle of water - try freezing a small amount and adding fresh water in the morning for a cool drink and ice pack!**

How to engage with children whilst WFH

By Eilish Massie

With some kids returning to school this week, a Gladstone early childhood teacher has shared tips on how to manage young children while working from home.

Community Kids Clinton Park educator Nikki Nietselt works with G8 Education, which delivers education strategies which support children through evidence-based early learning teaching methods.

Ms Nietselt said the best way for those navigating working from home whilst looking after their kids was to establish a routine.

"I understand what it's like working from home whilst having young children as you have to make sure you are getting your job done as well as engage with your children," Ms Nietselt said.

"If you can set aside some time, especially at the beginning of the day, they will often have that fulfilment earlier in the day and be able to engage more independently for the rest of the day."

Ms Nietselt said outdoor play and cooking were great avenues for parents to engage with their children.

Ms Nietselt said the benefits of outdoor play included developing children's physical strength, coordination, confidence, risk taking skills, and worked as a good stress reliever.

"Engaging in the outdoors is a great way to engage with your children when are you are home for a long time, or not in school care," she said



Educator Nikki Nietselt with Joe and Addison at Community Kids Clinton Park Early Education Centre.



Evelyn using her cooking skills at Community Kids Clinton Park Early Education Centre.



Joe and Addison.



Community Kids Clinton Park educator Nikki Nietselt.



New learning centre at Rosella Park School



Artist: Christopher Smith 2014

The Queensland Government is proud to be investing in state school infrastructure to give students the facilities they need for a bright future.

For more information visit: qld.gov.au/buildingeducation

Unite & Recover 

 Queensland Government

Slow down, kids around

By Brittney Manning

Motorists are reminded to slow down and pay extra attention to the roads as thousands of children returned to school this week following a two-week delay caused by the Omicron surge.

According to the Queensland road crash weekly report, 31 fatalities have been reported as a result of crashes which is an increase of 19.2 per cent for the period between 1 January and 6 February compared to the same time last year.

Two of these fatalities occurred in the Central Queensland Police Region.

A spokesperson from Queensland Police Service said fatality prevention measures are in action.

"Officers will be out in force, using a combination of high-visibility police patrols, speed and distracted driver detection, and parking compliance to ensure the safety of everyone, particularly our children and staff heading back to the classroom," the spokesperson said.

An RACQ spokesperson said roads are expected to be the busiest they've been in at least two months.

"Children are more excited than ever to see their friends and it's important to remember how unpredictable they can be around roads.

"The responsibility falls on drivers to make sure they're being extra vigilant in school zones, especially in pick-up and drop-off areas.

The start of the previous school year coincided with a 25 per cent increase in calls for help compared to an average week for road-



Drivers should pay attention to reduced speed limits around school zones. Picture: RACQ

side assistance crews.

Many calls of assistance were attributed to reduced use of vehicles during the holiday period, which meant drivers were less aware of issues, such as a flat battery.

During the first week of school in 2021, the RACQ Roadside Assistance team attended 584 call outs in Central Queensland.

Member for Gladstone Glenn Butcher said all schools are ready for a Covid-safe start.

"We need to ensure that when entering a school zone that you reduce your speed to 40kph, between 7am and 9am, and from 2pm to 4pm, each weekday," Mr Butcher said.

"Thank you again to our amazing teachers, school staff and school communities for all your hard work and resilience during these difficult times."

Inclusion training on offer

By Brittney Manning

Gladstone's LGBTQIA+ charity Rainbow on the Reef has partnered with Minus18 to offer the opportunity to attend free inclusion training for workplaces and the benefit of the wider community.

The training is facilitated in an online workshop by Minus18 and will provide professional development training to better inform workplaces about supporting members of the LGBTQIA+ community.

Rainbow on the Reef president Heather Richards said research shows workplaces have higher employee engagement and productivity when LGBTQIA+ people feel welcome and supported.

"No matter your team's current level of knowledge, this introductory inclusion training from Minus18 will help guide you to create LGBTQIA+ inclusion that makes your workplace better for everyone," Heather said.

"Minus18's training is backed by the latest Australian research and best practices."

Minus18 education team Leader alvi Ahmed said the training provides an essential service to the people of Central Queensland region where acceptance of the queer community is particularly poor.

"Only 37 per cent of LGBTQIA+ young people living regionally feel it would be safe to come out in their community (Queer Out Here Report, Minus18 Foundation, 2020)," Alvi said.

"The session will help create awareness of LGBTQIA+ identities, empathy for the experiences of the community and empower participants to support LGBTQIA+ people interpersonally and professionally."

Those wishing to take up the opportunity should register their interest as spaces are limited.

Rainbow on the Reef is preparing for its first PRIDE Festival in June 2022 and looks forward to offering the free training to local organisations, business and industry.

For more information or to register your interest in attending, contact Rainbow on the Reef at rainbowonthereef@gmail.com.



Inclusion training for the workplace will be held online on 23 March, free of charge.

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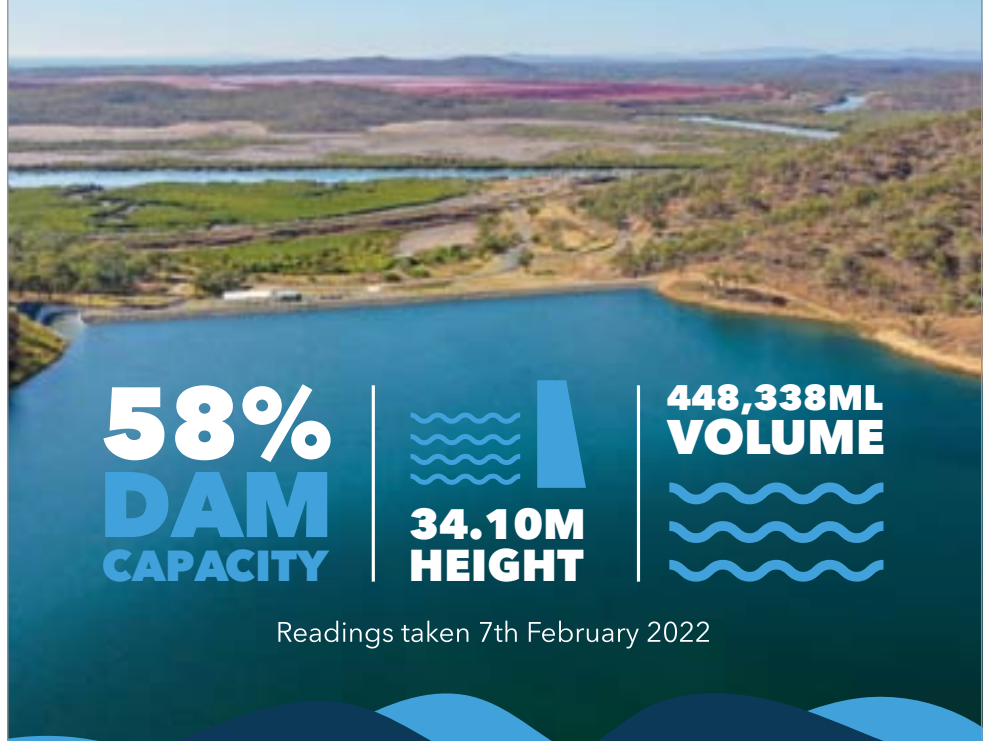
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Your Council Community Update



Gladstone Rugby Union juniors enjoying each other's company at the Queensland Reds v Melbourne Rebels game at Marley Brown Oval in January 2020.

Boost your fun and fitness with local sport

As we enter the final month of another hot Central Queensland summer, attention naturally turns towards the cooler months and with that options to stay fit, active and healthy once winter sets in.

Many traditional 'winter' sports are either approaching, or in the midst of, their sign-on days or registration periods for the 2022 season.

And there's no shortage of sports on offer throughout the region during winter – rugby league, rugby union, soccer, netball, basketball, hockey, golf, Aussie Rules and much more.

Whether you're a junior looking to play sport alongside your school mates, or a veteran looking to wind back the clock to your glory days, there's a multitude of sports or recreational activities to participate in.

Don't know who to contact about sign-on days? 'Facebooking' your favourite local club or sporting organisation is a start.

However, accessing Gladstone Regional Council's online Community Services Directory is your handy one-stop source for all things community in the Gladstone Region, including sport.

It also has handy information for youth and senior services, children's services, health services,

disability services, housing and accommodation, halls and facilities, special interest and recreation, crisis and emergency support, cultural diversity services and general community services.

Visit www.gladstonecommunitydirectory.com.au to find out more.

Existing groups can make updates to their directory entry at any time, which is handy if organisational changes have taken place since last season.

It also ensures that potential members or players know who to contact for sign-on information, ensuring that your club or group doesn't miss out on any unearthed talent.

Another initiative that could benefit your sporting club or organisation is Council's Community Investment Program.

There are many different funding streams that your club or an individual could potentially apply for, including the Gladstone and District Sports Foundation Fund set up by former Gladstone City Mayor Col Brown.

Visit www.gladstone.qld.gov.au/community-investment to find out more about these funding streams.

Learn more about this unique bird

As breeding season for the rainbow bee-eater draws to a close, here are a few fun facts about these strikingly colourful and social birds who are seasonal visitors to our region, including the SES Grounds at Seventeen Seventy.

The rainbow bee-eater (*Merops ornatus*) is a medium-sized bird and the only species of bee-eater in Australia.

Their breeding season runs from September to January, and the rainbow bee-eater are a ground nesting bird whose nests are located inside a chamber at the end of an excavated borrow.

These borrows can be found in flat or sloping ground, the banks of rivers, creeks or dams, or by the roadside.

They often form breeding colonies and the birds will work together to protect their nests from predators such as monitor lizards. Unfortunately, the birds are not well adapted to protecting their nests from introduced animals such as cane toads.

What can the public and Council do to protect these birds?

These birds are best watched from a distance to avoid disturbing them.

Council has since stopped offering bookings for events or festivals on the oval section of the SES Grounds at Seventeen Seventy during the rainbow bee-eater breeding season.

Council also reduced mowing of the oval area to avoid disturbing the birds during the breeding season. Regular monitoring will also be undertaken to assist with management of the area.

The rainbow bee-eater breeding season has now finished.
Image: Donovan Klein



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Birds Eye View was on display at the Gladstone Region Art Gallery.
Picture: RUBY LAWLER



Ruby used sand and sea shells found on Barney Point Beach for her turtle painting.
Picture: BRITTNEY MANNING

Making a splash with art

By Brittney Manning

Olympic swimmer Ruby Lawler is now making waves in the art scene after selling her first artwork at the Martin Hanson Memorial Art Awards.

Ms Lawler said she brings her own emotions to every painting and was beyond excited that a buyer had taken keen interest in her work, Birds Eye View.

“Originally I was keeping it,” Ms Lawler said.

“When I was told that it was sold I was like oh my gosh, oh my gosh! I was really excited and it triggered a confidence boost in me.”

The artwork was presented in the Gladstone Regional Art Gallery and Museum until last Saturday.

Birds Eye View was designed using the materials spray paint, acrylic paint and shells and realises a concept based on Ms Lawler’s personal experiences with local wildlife.

“Every time I went to the beach or even went to the marina, I’d get seagulls and even kookaburras stealing my fish and chips. It was frustrating.

“That’s why in the artist statement, I wrote



“The only seagull in Gladstone that will steal your fish and chips,” she said.

The artist is also an avid macrame key chain creator and found herself busy during the holi-

days while completing an order of 26 key rings prior to Christmas.

“Because I have a rare chromosome deletion I was born with, that’s in my DNA and it’s

triggered me to like that style of key ring,” she said.

Ms Lawler is well-known in the community as keen swimmer and has just been selected to compete in the National Special Olympics when she flies down to Tasmania in October.

On top of competing, Ms Lawler was appointed to the Special Olympics Board of Directors in 2016 and acts as a Athlete Representative as a voice on behalf of all athletes within Special Olympics.

She has also swum with the Gladstone Gladiators, Boyne Tannum Bullets and Masters Swimming.

At 27 years old, she is the only swimmer from Gladstone to appear at this year’s Olympics event and she said she believes she has worked hard to get where she is.

“Basically when I’m not swimming, I do art.”

While Ms Lawler does not yet know which events she will compete in, she said she has a knack for freestyle and long distance.

As the swim star finds new success in the art field, she hopes to gain new exposure of her work with plans to open up her own market stall and keep up with demand.

NAMED: Gladstone Regional Youth Council for 2022

By Eilish Massie

Eleven young people from the Gladstone region have been appointed as representatives on the Gladstone Region Youth Council for 2022.

In a general meeting on 1 February, Gladstone Regional Council officially welcomed 11 applicants, consisting of eight new members and three reappointments from the previous year.

Aaron Yea, Rommiel Malig, Gypsy Cantwell, Jessica Toms, Emma Roulston, Jie Xi Zang (Jessi), Chloe Sydes, Michael Vardy, Tayla Bullen, Alexander Hill and Stefani Seumanu have all been appointed.

As part of a review of the Terms of Reference, an amendment was proposed to change the age bracket from 15-24 to 15-25.

Deputy Mayor Kahn Goodluck asked if the minimum age of 15 was an intentional decision.

“I’ve spoken to some quite capable young people who weren’t quite 15 who were showing interest in being part of the youth council in previous years,” Cr Goodluck said.

All councillors voted in favour of the new Youth Councillors and changed the age bracket to 15-25.



Gladstone Regional Council has welcomed 11 members to its Youth Council.



Bundaberg MP Tom Smith said the \$600 million commitment is great for water security and community safety. Picture: SUPPLIED

Dam rebuild commitment

By Aaron Goodwin

In the lead up to a Federal Election, Queensland Premier Annastacia Palaszczuk has committed half the money to rebuild Paradise Dam to its original capacity, after her government reduced the dam wall by five metres in 2019, due to safety concerns after its original construction.

The Premier has put half the money on the table and asked the Commonwealth to trump up the over \$600 million, months out from a federal election to be called.

Hinkler MP and Federal Water Minister Keith Pitt in reply said in typical Labor fashion, they built it, broke it and have only committed enough money to fund half the repair job, pressuring the Commonwealth to match the offer.

"I welcome the funding commitment by the Queensland Government to fix Paradise Dam, which follows two years of delays and excuses about why they said it couldn't be done," Mr Pitt said.

"As the local federal member, I have heard first-hand the frustrations and fears from local growers as they waited for a decision on the dam, which took the State Government years to come to – 868 days in fact."

"Since the State Government made the decision to lower the dam wall back in September 2019 I have continually advocated for its restoration, anything less was not going to provide the water security this region needs."

"I have previously stated the Federal Coalition Government stands ready to provide financial assistance and we are now working through that process."

A detailed project timeframe is being developed, early works on the dam will commence in 2023, with an estimated construction timeline of three-four dry seasons.

The next stage of the project includes progressing the design and delivery methodology, early contractor engagement and procurement activities necessary before construction can commence.

The Queensland Government will commit to any funding shortfall to complete the project

"We're working closely with the Federal Government to secure funding for this project," the Premier said.

"But let me be clear – regardless of Federal support, I am fully committed to rebuilding Paradise Dam."

"The local Federal Member is the Federal Water Minister, so I can't understand why he

would not agree to this."

"We now want to see a matching commitment from the Federal Government."

The Queensland Government says investigations have shown, that a combination of buttressing the dam and significant improvements to the spillways, apron and new training walls will strengthen and stabilise the dam when it is restored to full capacity.

Queensland Water Minister Glenn Butcher said he's had fruitful conversations with the Deputy Prime Minister and is getting closer to hammering out a funding deal

"He (Deputy Prime Minister) said he would look to support it, that's up to him"

"I'm very hopeful they'll support this project, they'd be mad not to support it"

"This project is ready to go with early construction works starting as soon as next year."

"There's no reason to delay this project which is why we're kickstarting it with this injection of funds."

"I look forward to the Federal Government formalising their verbal commitments to financially support this project."

Mr Butcher added Sunwater as part of this project, will be looking at bottlenecks in the local water infrastructure network, in an effort to deliver more water to new properties.

Bundaberg Mayor Jack Dempsey joined the Premier's call to the Australian Government to match this commitment.

"I've said all along there should be a bipartisan approach to fixing Paradise, across party lines and between the state and federal governments," Mayor Dempsey said.

"I heard the Federal Water Minister on radio this week saying it's a state problem."

"It's Australia's problem."

"The dam wall had to be fixed for safety reasons."

"It now needs to be repaired as quickly as possible."

Bundaberg MP Tom Smith said this announcement is great for water security and community safety.

"It was only the end of last year that we released the options report and now to have the Premier and Minister here in Bundaberg with real funding already is a massive step forward," Mr Smith said.

"This commitment will not only ensure the safety of Paradise Dam, but ensure the water security needed for our growers to continue to invest in their industry and create the high-tech, high-skilled and high-waged jobs for locals."

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Apprentices clocking on

Gladstone Regional Council (GRC) has welcomed 24 apprentices and trainees for its 2022 intake at an induction ceremony held at the Boyne Tannum Community Centre on Monday.

The 24 eager recruits will fill a variety of roles across several business units at locations across the Gladstone Region including Agnes Water, Benaraby, Calliope and Gladstone.

These included 12 Cert III Business roles, two Cert III Parks and Gardens, two Cert III Water Industry Operations, a Cert III Waste Management Operations, a Cert III Civil Construction, a Cert III Conservation and Ecosystem Management, a Cert III Plumbing, a Cert III Automotive Mechanical (Heavy Road Transport), a Cert III Live Production and Services, a Cert III Financial Services and a Cert IV Business.

Gladstone Region Mayor Matt Burnett said it was fantastic to see so many new faces join an organisation that is committed to delivering outstanding service to the community.

“I’d like to thank everyone who took the time to apply and wish the successful applicants the best of luck on their GRC journey,” Cr Burnett said.

“Council is proud to serve close to 63,000 residents across 10,489 square kilometres and it’s great to see roles have been filled in a variety of different locations within the Gladstone Region.

“Our people services and learning and development teams took a different approach to finding suitable apprentices and trainees by strategically aligning the recruitment period with other key businesses and industries in our region, allowing us to reach a more competitive pool of applicants.

“This adjustment also meant that school leavers that were successful in joining our business, were able to get a vision on the beginning of their career path before finishing the year ensuring that we’re keeping our local talent, local.”

Council’s 2022 apprentices and trainee in-



take has been assisted by the First Start program under the Skilling Queenslanders for Work initiative.

First Start provides wage subsidies to local councils and community-based organisations to employ additional trainees.

The program offers opportunities to young people and disadvantaged job seekers to gain nationally recognised qualifications and 12 months employment by undertaking a traineeship or longer for apprenticeships.

First Start is one of seven programs that make up the Queensland Government’s Skill-

ing Queenslanders for Work initiative.

Visit gladstone.qld.gov.au/jobs-council to find out further information on how to apply for available positions within Gladstone Regional Council.

For more pictures from the day, see page 20

Rave reviews secure industry award for family business

By Brittney Manning

New owners of the Mt Larcom Tourist Park are already enjoying success after the park was awarded the Traveller Review Awards 2022 by an online booking platform.

Owners Teena and Geoff Severn, along with their four children, say they were simply super excited to have the park recognised after taking over the business on 20 January this year.

“We got a rating of 9.2 which is out of 10. That is really an achievement, it’s a really great result ... it’s [measured on] consistent great reviews,” Ms Severn said.

The owners said they were very grateful and owed some of their success to the park’s previous owners Del and Kev, who were at the park for just under five years.

“They’ve just given us a wonderful foundation. Hopefully we can keep up that and then improve it even more.”

The Severn family grew up in Longreach before hitting the road themselves to travel.

After several years taking in the views, the family thought it was time to realise their potential by combining Teena’s experience in the tourism industry and Geoff’s building and maintenance skills.

When the park came available, they took the chance to give the Mt Larcom park a good shot and work together in a family environment.

“As we started travelling, we just experienced different places and obviously staying in a lot of different caravan parks, we thought it would be something we’d both suit.

“So far it’s a lovely little community. It’s got that country feel but you’re also not remote because you’ve got Gladstone and Rockhampton just down the road.

“It’s beautiful and we’ve got a lot of things to offer that we’re just discovering.

“We’ve got a sunrise lookout and you can



The Severn family are keen travellers from Longreach.

Picture: SEVERN FAMILY



Travellers can enjoy the Mt Larcom climb nearby.

Picture: MT LARCOM TOURIST PARK

see the sunrise over Mount Larcom,” Ms Severn said.

The Mt Larcom Tourist Park was also a 2020 Gold Winner for the Best Grey Nomad

Small Caravan Park award and, in 2021, received a Travellers’ Choice award with Tripadvisor.

The family said their Booking.com Trav-

eller Review Award 2022 is owed to the park’s beautiful setting and gardens, relaxing atmosphere and comfortable, modern facilities.

Time to hit the books?

By Brittney Manning

There's rarely a poor time to improve your skills and learn something new during your career.

As border restrictions ease and students return to the books, opportunities for study and training are increasingly available in our region.

Those looking to qualify themselves for a job, enhance their career or learn what it takes to change careers may find these options below useful.

First Aid Training and CPR

First aid courses are administered by various training groups in our region. Despite not being a prerequisite for many jobs, first aid training imparts confidence to step up and take action when an emergency occurs. Training also



CQUniversity offers flexible study loads to accommodate working professionals.

Picture: SUPPLIED

reduces occupational hazards and improves responses times during an emergency in the workplace.

A trained first-aider makes a significant contribution to an ill or injured person's recovery, as early intervention following an incident can of-

ten mean life or death for those requiring medical treatment.

Find your nearest training provider at australiawidefirstaid.com.au

JobTrainer Fund

The government's JobTrainer Fund supports job seekers by subsidising a number of qualifications and short courses that are currently in demand.

Courses in industries, regional and remote locations where there are identified skill shortages are funded in areas including social welfare, health, transport, warehousing, postal, manufacturing, retail and wholesale trade.

Persons who are residents of Queensland, aged 17-24 or currently unemployed or are

receiving an income support payment are eligible. More information can be found online at desbt.qld.gov.au

Tertiary qualifications

Tertiary courses are increasingly available through many universities online and at the CQUniversity Gladstone Marina campus. Most university courses are offered to students with the option to study full-time or part-time.

This allows students to balance work, study and other life commitments during studies.

For those who are considering tertiary study but are not eligible for entry, most universities offer a Skills for Tertiary Education Preparatory Studies (STEPS) course. For more information, visit qld.gov.au/education

Medicine affordability struggles

New data has revealed women in the Flynn electorate were struggling to afford medicines for themselves and their families.

Research conducted by independent research firm Insightfully on behalf of the Pharmacy Guild of Australia has found that close to a third (31 per cent) of middle-income households (\$60,000 to \$100,000) without a concession card found it difficult to afford medications on the Pharmaceutical Benefits Scheme (PBS).

The study found 32 per cent of women between 35-54 years old said they found it difficult to pay for prescribed medicines without a concession card in the past three years, with women in the Flynn and Dobell electorate most affected.

The National President of the Pharmacy Guild of Australia, Professor Trent Twomey, said that many Australians were finding it harder to afford essential medicines.

"What that means is that people are increasingly finding themselves having to choose between buying the medicines they need and other non-discretionary purchases like rent, groceries and petrol," Prof Twomey said.

"This is disproportionately affecting women. They know exactly what a loaf of bread, a litre of milk and a rapid antigen test costs. And they know that it all adds up fast.

"I see mothers in my pharmacy forced to choose which child gets the medicines prescribed by the doctor or not filling their own scripts because there's nothing left in the budget.

"These are Australia's forgotten women.

"As community pharmacists, we are raising the alarm. When medicines become unaffordable, it means that there is no real universal access to the PBS which is the foundation of our health system."



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The health failures in CQ

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And good health depends on having access to free, quality health care. No matter who you are, where you live, or whether you're rich or poor.

Free, universal health care under Medicare has been an Australian birthright, ever since Bob Hawke and Labor created Medicare in the 1980s.

Unfortunately, close to a decade of LNP Government in Canberra means our birthright is under attack.

Nearly ten years of Medicare cuts by Scott Morrison, Barnaby Joyce and their local LNP MPs means health care in Central Queensland has got worse. And if they get a second decade in office, there will be more to come.

I'm not just talking about Scott Morrison's ongoing mistakes in managing COVID – the slow vaccine rollout, delays with booster shots, the failure to supply rapid antigen tests, or the elective surgery delays caused by COVID patients in hospitals.

I'm talking about the Central Queenslanders who are waiting for weeks to see their doctor, with some forced into emergency departments for GP type treatments because they simply can't book an appointment.

It's a scary reality in Gracemere with GP clinics refusing to take on new patients because they can't employ enough doctors.

In Emerald, it takes around 6 months to get an appointment with a psychologist.

Scott Morrison and the LNP's track record in health is shameful.

The electorate of Flynn – stretching from Gladstone to Emerald, Gracemere, Biloela and more – is second last in Queensland for the number of GPs to residents. The electorate of Capricornia, which runs from Rockhampton to Collinsville and Clermont isn't much better.

Rockhampton residents are forced to wait a month to see their GP. Specialist appointments are even harder to come by and more



expensive, with costs increasing by 62% under the LNP.

There's a reason for this.

In 2019, Scott Morrison cut regional Australia's access to bonded and overseas trained doctors, making GP shortages much worse.

For years, the LNP froze the Medicare rebate paid to GPs, making it unaffordable for them to bulk bill patients, and reducing access to bulk billing across the region.

And it's Central Queenslanders who pay the price for this neglect.

Access to a GP shouldn't be reserved for those that live in Brisbane, Sydney or Melbourne.

Now, on the eve of an election, Scott Morrison's team - Michelle Landry, Matt Canavan and Ken O'Dowd, want you to believe they finally care.

All sorts of band aids are being announced to cover up for nearly ten years of cuts and neglect.

On health care, COVID and more, the Morrison-Joyce always does too little, too late.

Central Queenslanders can trust Labor to protect Medicare – a system we created – and to put their health first.

An Albanese Labor Government will make it easier for thousands of Australians in outer

suburbs and regions to see a GP.

Labor will expand the overseas trained and bonded doctor access to Medicare, ensuring more GPs work in outer suburban and regional centres.

Gracemere, Mount Morgan and other local communities will be the first to benefit.

Central Queensland deserves to be represented by MPs who will deliver and fight for you in Canberra. MPs who believe that all Australians deserve good health care, no matter where they live.

The only way to do that is to change the government. It's time for a fresh start in CQ.

Council animal program to weed out unregistered pets

Gladstone Regional Council officers have commenced council's annual Animal Inspection Program, which will run until 30 July.

The program will target the premises of owners that had an animal registered in 2020/21 but have not made a registration renewal for the 2021/22 period.

It will also target any person who has failed to correctly register any new animal not previously registered.

Council will also ensure animal owners are fully complying with the microchipping requirements of the Animal Management (Cats and Dogs) Act 2008.

Council sends two reminder notices about registration, advising it is the animal owner's responsibility to notify council of any change of address or animal details.

Gladstone Region Councillor Glenn Churchill said council would always encourage residents to do the right thing around animal ownership.

"Our continued priority in this area is informing and educating people to be responsible for their pets," Cr Churchill said.

"However, we will enforce action if animals are not registered with an initial penalty of \$275.

"If owners continue to fail to register after this, Council will impose a further charge of \$689."

Gladstone suburbs would be the first ar-



reas to be inspected as well as animal owners whose dogs are required to be microchipped.

"House-to-house visits will be conducted to determine if animals are being kept and if

these animals are registered," Cr Churchill said.

"All council officers and workers, who need to enter a property, are required to display

identification and advise the property owner of the reason for the inspection.

"Council encourages all animal owners within the region to ensure all dogs and cats kept on their properties are always registered and microchipped in accordance with the Act.

"This is the easiest way to ensure any lost animal can be reunited with their owners.

"If your animals were born after 10 April 2009, they must be implanted with a Prescribed Permanent Identification Device (PPID), otherwise known as a microchip, with those details provided to council."

Inspections of properties and yards of properties will occur in the following urban and rural areas: Agnes Water, Aldoga, Ambrose, Baffle Creek, Bangalee, Barney Point, Beecher, Benaraby, Berajondo, Bororen, Boyne Island, Boyne Valley, Boyndale, Burua, Callemondah, Calliope, Captain Creek, Clinton, Colosseum, Darts Creek, Deepwater, Gladstone, Glen Eden, Iveragh, Kin Kora, Kirkwood, Lowmead, Miriam Vale, Mount Larcom, New Auckland, Raglan, River Ranch, Rodds Bay, Rosedale, Round Hill, Rules Beach, Seventeen Seventy, South Gladstone, South Trees, Sun Valley, Tablelands, Tannum Sands, Taragoola, Targinnie, Telina, The Narrows, Toolooa, Turkey beach, West Gladstone, Wooderson, Wurdong Heights and Yarwun.

Visit gladstone.qld.gov.au/registration or contact council on (07) 4970 0700 for more information.

OPINION

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



Is texting destroying the English language?

Text talk: it divides us

By Emma McBryde

Hi. How r u 2day? :D Yup – ur reading right... BAD spelling. POOR grammar. BUT, on purpose! Waaat? Y?!

ICYMI (in case you missed it), we recently received some horrifying news here at Gladstone Today.

We have been cut off from our favourite people, our BFFs (best friends forever) – you.

Gladstone Today's mobile phone has not been receiving text messages from readers. Pls 4give (forgive) us & pls txt us again. We miss u.

Some of you will be mortified by this news, or simply the way it has been communicated to you in this column by text message abbreviations.

TBH (to be honest), I get it. Text messaging, or simply the abbreviations, emoticons and emojis used, are not popular with everyone.

Many people feel it is destroying the English language.

It is Kryptonite in a technological device versus every language worldwide.

I will admit that, as a journalist, when I read the confusing abbreviations, misspellings and grammatical errors common in text messages, I feel less and less appalled and more and more saddened.

It does sometimes feel as though evil is triumphing against good. Then I remember how lucky I am to live in Australia, have my health, a roof over my head, a job and food, and I shelve my first-world-country thinking.

Or, I halt my judgmental footsteps when I receive a message that says 'I luv u' or 'c u soon

Today's View

xoxo'. I remember the person who is texting me does not care one letter, emoticon or emoji about their spelling or grammar.

Firstly, the person texting me can spell 'love', 'you' and 'see'. Secondly, a large-scale study found planning events in the future, relationships and general chatting were the top three reasons people use text messages.

At Gladstone Today we would like to hear a little of your general chatter. Whether you would like to praise a local hero, vent your spleen about a topic, highlight an upcoming event or simply share your view, we would love to receive a text from you.

Although the verdict is out on suggestions that text messaging might be wreaking havoc on our language, our posture, our thumbs, our eyesight, our interpersonal skills and our relationships, the verdict is definitely in when it comes to whether it can connect you to the Gladstone community.

It's a big thumbs up emoji.

Well, if you send a message to us at 0448 008 981. Hopefully we'll TTYL (talk to you later) via text message – with or without the abbreviations. ;P

VOX POP WE TAKE IT TO THE STREETS

Question:
What do you think of volunteering?

Jade: I think it's great and it's important to help each other out.

Jozef: It strengthens the sense of community, involvement and connection.



Jade.



Jozef.

ON THIS DAY

10 FEBRUARY IS NATIONAL UMBRELLA DAY

60: St Paul thought to have been shipwrecked at Malta

1720: Edmond Halley appointed as the second Astronomer Royal at the Greenwich Observatory

1763: Treaty of Paris ends French-Indian War, surrendering Canada to Britain

1824: Simón Bolívar named dictator by the

Congress of Peru

1879: Henry Morton Stanley departs for the Congo

1906: British battleship HMS Dreadnought launches after only 100 days, renders all other capital ships obsolete with its revolutionary design

1952: India holds its first general election: Prime Minister Jawaharlal Nehru remains in power

OPINION

Senator Matt Canavan



Protect parents' rights

The world is full of contradictions.

To live a truly free life, you need to show discipline to earn a living and provide for yourself. To get healthy you need to make your body feel pain through exercise. To deliver a nation peace and security, we are best to prepare for war.

And to live in a harmonious society that gets along we need to respect the right of people to discriminate about who they associate with. Ironically, a tolerance for division creates unity, or in other words, good fences make for good neighbours.

The debate around the religious discrimination bill has become connected to the emotional and high charged debates around sexuality, gender and morality. What is being missed is that at the heart of the debate is the protection of the basic freedom to associate with like minded people within a community.

This happens all the time in less emotionally charged fields. I can choose my friendship groups, whether I join a trade union or sporting club. In all of these cases these organisations can discriminate and exclude others that do not share the beliefs and values of others.

That is the same with religion as well. A long fought for freedom was the freedom to establish your own religion. In joining a religious group you are almost always excluding those that do not share the values and beliefs of that religion.

It was not that long ago that violent wars were fought in western countries about this right. The Thirty Years War of the 17th century began as conflict over whether people could freely choose to practice Catholic or Protestant religions. It was perhaps the most destructive war in human history with parts of Germany experiencing population declines of over 50 per cent.

The conclusion of this war led to the establishment of national sovereignty and ultimately the widely accepted doctrine of freedom of religion.

This freedom has served western nations well but we are sliding back to a period where we fail to respect the boundaries between different groups and that only exacerbates division in our community.

Last month a Christian School in Brisbane, the Citipointe Christian College, required parents to sign a "contract of enrolment". That contract required parents to agree to among other things that the school would recognise the gender of a child at birth and that "sexual



Supporters and members of the LGBTQI+ community protest against Citipointe Christian College during a protest march through the CBD in Brisbane.
Picture: AAP IMAGE/DARREN ENGLAND

immorality (including but not limited to adultery, fornication, homosexual acts, bisexual acts, bestiality, incest, paedophilia and pornography) is sinful and offensive to God and is destructive to human relationships and society."

This contract has caused outrage and has directly led to proposed amendments to the Sex Discrimination Act that would prevent a school from expelling a student based on their sexual orientation or gender identity.

While I do not believe that any school

should dismiss a student based on their sexuality or gender alone, I do believe that schools should have the right to set standards for their students. My wife and I send our children to local Catholic schools, in part, because the schools apply strict standards regarding dress, behaviour and conduct. If a child wantonly and repeatedly breaches these behavioural standards, the school should be free to expel them given the disruption misbehaviour creates for other students.

We must be careful any amendments to our discrimination acts still allow for discrimina-

tion on the behaviour of students at school. My view is that schools in general (although not the schools my kids attend) have become too lax on disciplining behaviour, and we fail young children by not setting enough strict boundaries and limits in modern life.

An "anything goes" approach to schooling does not properly prepare children for the hard realities of life where you cannot simply imagine your way to happiness. We should have laws to protect the rights of parents to send their children to schools that impose such discipline.

Well deserved wins the icing on the cake this Aus Open

I am over the moon to see Ash Barty and Rafael Nadal walk away as the winners of The Australian Open for 2022.

After a rocky start with certain events and conditions threatening to cast a grim shadow over the tournament, these two phenomenal figures shone brighter and emerged victorious with their title.

I can't begin to describe how happy this makes me.

Both players are two of the most resilient, hard-working, ambitious, and inspirational individuals; worthy winners who never gave up despite facing some of their toughest moments. They bring so much talent and tenacity to this sport and they are some of the best role models for their young fans far and wide.

Melbourne Park seemed a little different this year as the ongoing presence of the pandemic served up quite a few issues.

However, all players took everything in their stride, focused on their unconditional love for the game, and performed their best at every point.



The passion and persistence shown by competitors was out of this world and it put on a phenomenal show for audiences.

Ash and Rafa in particular proved that they were not afraid to make a comeback when their opponents started taking the lead in their finals matches. It was the perfect message to send to aspiring players watching on that if you really put your mind to something, never give up and invest the right amount of effort, you can turn the situation around to serve you – pardon the pun. For both of these champions to have continued to push on even when it may have been easier to give up, I think they are more than deserving of this brilliant final result.



Columnist Jordie Lynch is overjoyed by Rafael Nadal's Australian Open win.

Their matches were very engaging without having to put on a soap opera for the crowds because their tennis speaks for itself, they didn't throw tantrums or hurl unnecessary abuse at anyone when things weren't working in their favour, and they celebrated

the spectacular talents of their opponents. These are the types of individuals I want to continue to see do well, go far and become the guiding lights for future generations.

A perfect finish to this year's Australian Open, I believe.

Q&A

with Gladstone Regional Councillor **Natalia Muszkat**

What is the best advice you've ever received?

I am always looking for advice and feedback, different things resonate with me at different times.

In the last year, one piece of advice I kept repeating to myself was: 'Do not rush, you are where you need to be and you have nothing to prove'.

What is something you do in your spare time?

I do not call time 'spare'; I do not have spare time. For me, there is purpose in every hour. I love my work so working isn't what I do in my non spare time. I am always doing something I love, either working for people, community groups, my family, my friends or myself.

When I enjoy my family, we like to go out for the boys' favourite foods or have a few drinks and dance in the patio. When I enjoy myself, I like to do whatever craft I am into at the time. The last two I have been obsessing about in YouTube are; macrame and polishing semi-precious stones and wire wrapping them.

A few weeks ago, I went to Seventeen Seventy to learn to use old cutlery in jewellery making. I also like to read, mostly political personalities' biographies and history and books on emotional intelligence, social psychology and leadership. I am into audio books these days; I drive a lot, so it suits me perfectly. I love to travel to new places, nationally and internationally.

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

I work on my psychological and emotional side a lot. I have been seeing counsellors and psychologists on and off since I was 15 years old.

What's your favourite spot in the Gladstone region?

Many, top three: Rainforest area in Tondoon Botanic Gardens, Tannum's second beach and the Boyne Valley's peacefulness.

What would be your last meal if you could choose?

Asado (Argentinian BBQ) cooked by my dad. The food was great, but I would love to spend one last meal with him.



Natalia Muszkat.

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

My family, including my late grandparents and father.

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

I do not admire movie stars.

What is one of your greatest achievements?

Giving birth to my children and picking myself up every time I was knocked down.

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

Depends on how long I have to stay there!

THREE ...

Valentine's Day date ideas

1

Paint and sip

A hilarious way to bond with your significant other or friend is to take a virtual paint-and-sip class together, which involves—you guessed it—painting a masterpiece while sipping on wine or a cocktail. Plus, you'll have a memento you can cherish forever.

2

Themed Dinner and Movie Night at Home

Select a romantic movie and try to create a meal that matches its themes. If the movie is set in Italy consider some tasty Italian recipes for the main course. Don't forget to set the mood with candles or other soft lighting. Some movie ideas include 'About Time', 'Romeo and Juliet', and 'Titanic'.

3

A Walk in the Park

For those of you who love long strolls in the park, this one is for you. Grab a blanket, some cheese, and have a picnic in the field. To remember the day bring a polaroid camera that you can frame or put in a scrapbook.

Be prepared this wet season



Download the Sunwater App

Turn on push notifications to receive spill alerts and recreational updates at Callide Dam.



Apple Store



Google Play

sunwater

The power of networking

As a Director of UHY Haines Norton CQ and as President of the Gladstone Chamber of Commerce and Industry I cannot emphasise enough the importance of getting out there to networking and other events taking place in the region.

In recent times we have seen a reduction in numbers at networking events which is most likely due to the concerns of people regarding the Covid situation.

However, I also believe that business owners have also got out of the habit of networking after the gap in events while restrictions were in place.

Central Queensland has been booming for the past two years and the time pressures on business owners and managers have also been a factor.

Further to this I believe that there may also be an element of complacency involved as work just seems to be falling into the laps of businesses. However, it is always best practice to keep in mind that things may not always be this way, so it is important to keep getting out there to promote your business to ensure that the pipeline of work is still in place when the economy goes through a different part of the cycle.

GLADSTONE

CHAMBER OF COMMERCE
AND INDUSTRY UPDATE



JOE SMITH

Some people also don't like to network due to a number of reasons.

The best advice that I could give to these people would be to not think of it as networking and to think of it as building business relationships and connections. As with anything else in life it takes an effort to make something a success and a critical part of being in business it is building relationships and making connections.

To the people who may be a little shy and not keen on networking my advice to you would be to partner up with someone who is more outgoing and get along to an event. They can then do the initial introductions and then give you an opportunity to speak to people in a smaller group where you may feel more comfortable. And once you get out of you comfort zone you may actually enjoy it!



Networking is an important tool for business.



What are you going to sell: Part four: The nitty-gritty

Since Part Three of this series was published, we have had several people who are exploring the idea of starting their own business contact us with questions about how to apply the calculations we covered to their own situation.

We decided to add Part Four and use the startup idea of one of these people, Jane (not her real name), to create a worked example.

Jane is a painter who likes to paint landscapes. She has decided she is going to offer her paintings for sale through a website.

Jane has concluded that the best-sized canvas for her work is an 11" x 14" canvas and she knows she can buy these for \$15.98 with no postage cost if she buys them from the office supply store down the road.

Jane was previously curious about the cost of the paint that she uses so some time ago she started recording how much she spends on paint and how many canvases she paints before purchasing more paint.

She found that she used some colours faster than others, but on average she estimates that she can paint four canvases be-

YOUR BUSINESS
QUESTIONS
ANSWERED

WITH JAMES HARRIS
james@qsb-consulting.com



fore having to purchase new paint.

She can also purchase this locally, and the average cost of each purchase of paint is estimated to be \$20.

Jane now knows that the cost of raw material for each painting is:

COST OF THE CANVASS + (COST OF PAINT/4)
\$15.98 + (\$20/4)
\$15.98 + \$5
=\$20.98

Jane has been attending art shows for some time and knows the average price of landscapes of this size is sold for.

Jane has also started looking at art for sale

on competitors' websites and even through sites like eBay.

Jane has concluded that a fair, and viable price, for her artwork is \$250 per painting.

Taking into account the cost of her materials, Jane decides that the minimum amount she needs to earn per week to make this a viable business for her is \$500 (before tax).

Jane now believes she can sell each painting for \$250 and each painting will cost her \$20.98 in materials.

This means her profit per sale is \$229.02, given by:

PROFIT PER UNIT = SALE PRICE - (PURCHASE COST OF MATERIALS + SHIPPING OF MATERIALS)
250 - (20.98 + 0)
=\$229.02

Jane wants to earn at least \$500 per week, which means she needs to sell 2.18 paintings per week, or roughly alternate between two and three paintings each week.

This is given by:
NUMBER OF SALES NEEDED PER WEEK =

DESIRED INCOME PER WEEK / PROFIT PER UNIT

\$500.00 / \$229.02
=2.18

Jane feels confident that with the right marketing strategy, she can sell between two and three paintings per week.

She also feels confident that with the inventory of paintings she already has plus the number of paintings she can produce per week; she can have enough paintings available to fill up to three orders per week so stock will not be a problem in the short to medium term.

Consequently, Jane has decided to start her business!

If you have a question about starting a business or running your existing business, we'd love to hear from you because we'll select new questions to answer here every two weeks.

You can submit your question to james@qsb-consulting.com using the subject 'CQToday'.

Gladstone*Today* COMMUNITY EVENTS BILLBOARD

Friday 11 February

Gladstone Community Fete

Bringing the community together for fun filled sessions. There will be Dodgem Cars, Jumping Castles, Side Shows, Show Bags and more! Its free entry with the option to purchase armbands for unlimited rides. Single ride tickets will also be available.

Time: 5pm to 9pm

Location: Gladstone Show Grounds, Tank Street, Gladstone.

For more information see their Facebook page.

Saturday 12 February

Gladstone Community Fete

Bringing the community together for fun filled sessions. There will be Dodgem Cars, Jumping Castles, Side Shows, Show Bags and more! Its free entry with the option to purchase armbands for unlimited rides. Single ride tickets will also be available.

Saturday will also have fireworks.

Time: 10am to 2pm; 5pm to 9pm

Location: Gladstone Show Grounds, Tank Street, Gladstone.

For more information see their Facebook page.

Sunday 13 February

Gladstone Community Fete

Bringing the community together for fun filled sessions. There will be Dodgem Cars, Jumping Castles, Side Shows, Show Bags and more! Its free entry with the option to purchase armbands for unlimited rides. Single ride tickets will also be available.

Time: 5pm to 9pm

Location: Gladstone Show Grounds, Tank Street, Gladstone.

For more information see their Facebook page.

Tuesday 15 February

General Meeting of Council

This meeting will also be live-streamed on Council's Facebook and a recording of the meeting will be posted on social media.

Time: 9am

Location: Council Chambers - Civic Centre, 101 Goondoon Street, Gladstone.

For more information contact Council on 07 4970 0700.

Wednesday 16 February

Yoga for Pre-Teens (9-12)

On the mat our brain and body are finding ways to relax more, regulate and cope well with the experiences and obstacles of life. This ability then transfers into building positive wellbeing and resilience.

Time: 3.30pm to 4.30pm

Location Thrive Local, Shop 2, 65 Tank Street, West Gladstone.

For more information and to purchase tickets visit eventbrite.com.au/

Yoga for Teens (13+)

On the mat our brain and body are finding ways to relax more, regulate and cope well with the experiences and obstacles of life. This ability then transfers into building positive wellbeing and resilience.

Time: 4.30pm to 5.30pm

Location Thrive Local, Shop 2, 65 Tank Street, West Gladstone.

For more information and to purchase tickets visit eventbrite.com.au/

Saturday 19 February

Kevin Bloody Wilson

The Kevin Bloody Wilson Show is not just a concert performance, for most, it's a full on event and an opportunity to tick from your bucket-list a chance to see Australia's most unique International comedy legend. Kevin has become a national institution – a must see for any person wanting to see absolute original Australian comedy.

Time: 7:30pm

Location: Harvey Road Tavern, Gladstone.

For more information and tickets see liveatyourlocal.com.au/

Sunday 20 February

Rotary Charity Markets

Come along and see the beautiful Tondoon Botanic Gardens come alive with food, craft, fruit and vegetables and much more.

Time: 7am to 12pm

Location: Tondoon Botanic Gardens, 672 Glenlyon Road, Gladstone.

For more information, see the Gladstone Regional Council website.

Tuesday 22 February

The Andrews Sisters Tribute Show

Together the khaki-clad trio have a new stylish show and



The Andrews Sisters Tribute.

are bringing back the gorgeous three-party harmony and the toe-tapping tunes of the Andrews Sisters!

Time: 11am (morning tea from 10am)

Location: Gladstone Entertainment Convention Centre, 56 Goondoon Street, Gladstone.

For more information visit the Gladstone Entertainment Convention Centre website.

Mastering Compost Workshop

Turn your garden waste into garden gold. Tondoon's Mastering Compost Workshop will give you all the information you need to make compost at home.

Time: 5.30pm to 7.30pm

Location: Tondoon Botanic Gardens, 672 Glenlyon Road, Gladstone.

For more information or to book call 4971 4444 or email tondoon@gladstone.qld.gov.au.

Wednesday 23 February

Yoga for Pre-Teens (9-12)

On the mat our brain and body are finding ways to relax more, regulate and cope well with the experiences and obstacles of life. This ability then transfers into building positive wellbeing and resilience.

Time: 3.30pm to 4.30pm

Location Thrive Local, Shop 2, 65 Tank Street, West Gladstone.

For more information and to purchase tickets visit eventbrite.com.au/

Yoga for Teens (13+)

On the mat our brain and body are finding ways to relax more, regulate and cope well with the experiences and obstacles of life. This ability then transfers into building positive wellbeing and resilience.

Time: 4.30pm to 5.30pm

Location Thrive Local, Shop 2, 65 Tank Street, West Gladstone.

For more information and to purchase tickets visit eventbrite.com.au/

Saturday 26 February

Stafford Brothers

Acclaimed DJ and production duo The Stafford Brothers harness and apply endless energy to every aspect of their multi-faceted career, diverting it from the studio and the stage into extensive entrepreneurial pursuits and ancillary businesses. As a result, the brotherly pair of Chris and Matt count multiple platinum certifications, tens of millions of streams, three consecutive ITM Awards as "Number One DJ's," an ARIA nomination, and hundreds of sold out shows among their growing list of achievements.

Time: 8pm to 3pm

Location: Mieplace Niteclub, 6 Goondoon Street, Gladstone.

For more information see Mieplace Niteclub's Facebook page.

Sunday 27 February

Calliope Rotary Markets

Markets for everyone with entertainment and food.

Time: 8am to 12pm

Location: Chapman Park, 3 Taragoola Road, Calliope.

For more information call Susan on 0414 874 721.

MARCH

Tuesday 1 March

General Meeting of Council

This meeting will also be live-streamed on Council's Facebook and a recording of the meeting will be posted on social media.

Time: 9am

Location: Council Chambers - Civic Centre, 101 Goondoon Street, Gladstone.

For more information contact Council on 07 4970 0700.

Wednesday 2 March

Yoga for Pre-Teens (9-12)

On the mat our brain and body are finding ways to relax more, regulate and cope well with the experiences and obstacles of life. This ability then transfers into building positive wellbeing and resilience.

Time: 3.30pm to 4.30pm

Location Thrive Local, Shop 2, 65 Tank Street, West Gladstone.

For more information and to purchase tickets visit eventbrite.com.au/

Yoga for Teens (13+)

On the mat our brain and body are finding ways to relax more, regulate and cope well with the experiences and obstacles of life. This ability then transfers into building positive wellbeing and resilience.

Time: 4.30pm to 5.30pm

Location Thrive Local, Shop 2, 65 Tank Street, West Gladstone.

For more information and to purchase tickets visit eventbrite.com.au/

Friday 4 March

Drag Queen Bingo

Hold on to your balls! Miss Lady Saint Diva is back with her girls.

Time: 5.30pm to 9.30pm

Location: Club Gladstone at The Bowlo, 6A Ferris Street, Gladstone City.

For more information and tickets visit eventbrite.com.au/

Saturday 5 March

Beach Arts Music (BAM) Markets

Live entertainment, great food and a huge variety of market stalls. Bring a blanket and some chairs and make an afternoon of it.

Time: 2pm to 7pm

Location: Millennium Esplanade, Tannum Sands.

For more information visit btabc.com.au/bam/

Parks Week 2022

Join Gladstone Regional Council in celebrating Parks Week 2022. This year's focus is on how spending time in our parks and open spaces positively influence our wellbeing. Tondoon Botanic Gardens and various parks around our region will host an array of exciting activities.

Note this event is on until Sunday, 13 March.

Time: 8am to 5pm

Location: Tondoon Botanic Gardens, 672 Glenlyon Road, Gladstone.

For more information visit parks-week.org/

Sunday 6 March

Clean Up Australia Day

We are all part of the problem but you can be involved as part of the solution.

Get involved: Business Clean Up (Tuesday, 1 March), School Clean up (Friday, 4 March), and Step Up to Clean up as a Community (Sunday, 6 March).

Time: 6am to 5pm

Location: Various

To register online visit cleanupaustraliaday.org.au/

Wednesday 9 March

Yoga for Pre-Teens (9-12)

On the mat our brain and body are finding ways to relax

more, regulate and cope well with the experiences and obstacles of life. This ability then transfers into building positive wellbeing and resilience.

Time: 3.30pm to 4.30pm

Location Thrive Local, Shop 2, 65 Tank Street, West Gladstone.

For more information and to purchase tickets visit eventbrite.com.au/

Yoga for Teens (13+)

On the mat our brain and body are finding ways to relax more, regulate and cope well with the experiences and obstacles of life. This ability then transfers into building positive wellbeing and resilience.

Time: 4.30pm to 5.30pm

Location Thrive Local, Shop 2, 65 Tank Street, West Gladstone.

For more information and to purchase tickets visit eventbrite.com.au/

Sunday 13 March

Market Day

Historical Village Market is coming up again for the first market of 2022 and it'll be big. Bring your friends and family along for a wander around the huge variety of stalls.

Time: 8am to 12pm

Location: Calliope River Historical Village

Always looking for new stallholders so please book online at calliopehistoricalvillage.com

Wednesday 16 March

Yoga for Pre-Teens (9-12)

On the mat our brain and body are finding ways to relax more, regulate and cope well with the experiences and obstacles of life. This ability then transfers into building positive wellbeing and resilience.

Time: 3.30pm to 4.30pm

Location Thrive Local, Shop 2, 65 Tank Street, West Gladstone.

For more information and to purchase tickets visit eventbrite.com.au/

Yoga for Teens (13+)

On the mat our brain and body are finding ways to relax more, regulate and cope well with the experiences and obstacles of life.

This ability then transfers into building positive wellbeing and resilience.

Time: 4.30pm to 5.30pm

Location Thrive Local, Shop 2, 65 Tank Street, West Gladstone.

For more information and to purchase tickets visit eventbrite.com.au/

Sunday 20 March

Rotary Charity Markets

Come along and see the beautiful Tondoon Botanic Gardens come alive with food, craft, fruit and vegetables and much more.

Time: 7am to 12pm

Location: Tondoon Botanic Gardens, 672 Glenlyon Road, Gladstone.

For more information, see the Gladstone Regional Council website.

Sunday 27 March

Calliope Rotary Markets

Markets for everyone with entertainment and food.

Time: 8am to 12pm

Location: Chapman Park, 3 Taragoola Road, Calliope.

For more information call Susan on 0414 874 721.

KNOW OF AN EVENT HAPPENING IN OUR REGION?*

To add it to our Community Events
Billboard, contact
editorial@todaygladstone.com.au

*Event information correct at time of print.
Event details are subject to change at the discretion of the event organisation. While we endeavour to include as many events as we can, Gladstone Today cannot guarantee the inclusion of every event.



New recruits welcomed

Gladstone Regional Council (GRC) has welcomed 24 apprentices and trainees for its 2022 intake at an induction ceremony held at the Boyne Tannum Community Centre on Monday.

The 24 eager recruits will fill a variety of roles across several business units at locations across the Gladstone Region including Agnes Water, Benaraby, Calliope and Gladstone.

Gladstone Region Mayor Matt Burnett said it was fantastic to see so many new faces join an organisation that is committed to delivering outstanding service to the community.

“I’d like to thank everyone who took the time to apply and wish the successful applicants the best of luck on their GRC journey,” Cr Burnett said.



Gladstone Regional Council (GRC) has welcomed 24 apprentices and trainees for its 2022 intake at an induction ceremony held on Monday.

20 GLADSTONE TODAY Thursday, 10 February, 2022



TV
Today

MOVIE
GUIDE
INSIDE

Law and disorder
New crime show
Murderville blends
killer instincts
with improv
comedy

Game changer

MasterChef favourite Khanh Ong heats things
up on **Australian Survivor: Blood v Water**

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Recipe for success



The new season of *Australian Survivor* has kicked off – contestant and *MasterChef* favourite Khanh Ong tells **Danielle McGrane** why this time it's a family affair.

Khanh Ong is very choosy about which reality shows he agrees to take part in. Audiences were first introduced to him via *MasterChef* where he made it to the season 10 semi-finals, and he went back for more in 2020 on *MasterChef Australia: Back To Win*.

But aside from the reality cooking show, there was really only one other TV series he would consider.

"Last year I was offered multiple different shows and I was basically gunning for *Survivor*," Ong said.

"For me it's a bucket list moment. I've always wanted to do it. It looks hard and I wanted to challenge myself, that's why I really wanted to go."

The restaurateur had specific reasons for choosing *Survivor*.

"If I were to do any show it had to be a show that gave me something," he said.

"I didn't want to just be there on TV just to speak, I wanted to have a new experience in my life and *Survivor* is exactly that, it challenges you. So I was super keen to do it."

Ong was called up to take part in the latest season of the survival show, and this one has a bit of a twist.

"I thought it was going to be a solo season and then I was told that it's not a solo season and [asked], if I had someone in mind, who would I want to do this with?" he said.

It's titled *Australian Survivor: Blood v Water* so the contestants were encouraged to bring a family member. For Khanh, that

was his sister Amy, but she took a little bit of convincing.

"My little sister is my best friend," he said.

"Once I got the call that this could be happening they asked me who I'd like to do it with and I said 'Amy' and she said 'Absolutely not.'"

"My little sister doesn't like being in the public eye, she's a little bit more reserved than I am so she was really scared to be on camera. But I think it only took about a week for me to convince her. I said 'Amy, this is going to be a once-in-a-lifetime experience,' and she totally understood and realised she'd probably regret it if she didn't do it. I'm so proud of her for doing it because I knew it was out of her comfort zone."

It turns out, she enjoyed it more than she thought she would.

"Amy loved it," Ong said.

"She came off the show and said 'OK, this is addictive' and I said 'I told you'. You don't know the cameras are there. And she was so beautiful. A lot of people loved her. She's a ball of fun."

For Ong, taking part was a no-brainer, he has been a fan of the show from its inception.

"I like that it looks challenging, I like that it puts strain on the body, the conditions are hard," he said.

"There's challenges and then there's a mental game as well."



Family ties: *MasterChef Australia* contestant Khanh Ong is joined by sister Amy in the new season of *Australian Survivor*.

You're living on rations and that's really interesting to me, I want to know how far I can push myself."

With the Australian show taking place in the Queensland Outback, Ong's background in food, and interest in foraging, were something of an advantage.

"Before *MasterChef* I used to forage," he said.

"I would go away on weekends and look for mushrooms or herbs and different berries and things like that. So I was really keen to get dropped in a location where there was bush food around me."

"I'm no expert but I do know what I'm looking out for."

So while Khanh entered without a game plan, he was certainly going to take charge of the food.

"I know that you're supposed to go into *Survivor* with a strategy or some sort of play in your mind, but for me there were so many variables this season – I wasn't going in as someone who was unknown so that was going to be harder," he said.

"I was going in with a loved one so there's that emotional side that would make it really difficult but it was still an individual game. I thought 'There's nothing I can do here. I'm just going to go in and just be me'."

"So I definitely took charge of the cooking. I was up poking beans at 3am making sure they were ready for breakfast, then going back to bed and waking up again to dehydrate the rice."

The whole experience was more challenging than he could have ever imagined, even though he and Amy tried their best to prepare before they went in.

"We learned how to make fires using sticks and using flint – all different types of methods just so we were ready in case it had to happen," he recalled.

"Aside from that it was just more mentally getting ready to be cut off from the world."

While the experience was really challenging, Ong relished the break from the everyday grind.

"I didn't have to work, I wasn't flat out, I didn't have my phone to check emails all the time," he said.

"So it wasn't a holiday, but it was a nice little break to do something different where I could concentrate on one thing."

While he always wanted to be a contestant on *Survivor*, it's a very different prospect watching it on TV and then taking part in real life.

"Everything was so hard," he said.

"I knew it was going to be difficult but it was so much harder than I expected. But I don't do things by halves so I was there to work."

Khanh says that the experience has changed him. While the series unfolds, the audience might notice his evolution on screen.

"I think I've come off more appreciative of everything we have," he said.

"Being out there and having things restricted shows us that we have so much at our fingertips and sometimes you take that for granted because there's no struggle. But out there you're working for every meal."

■ *Australian Survivor: Blood v Water*, Sunday-Tuesday, 7.30pm, 10 and streaming, 10 Play

Movie Guide

PICK OF THE WEEK

THRILLER ONE TO REMEMBER

Friday
THE BOURNE SUPREMACY
Nine, 8.40pm, M (2004)

Amnesiac former assassin Jason Bourne (Matt Damon) is a man of very few words in this sequel to *The Bourne Identity*. Preferring to let his actions do the talking, Bourne has revenge on his mind after his peaceful life in hiding is disturbed by covert operatives of the CIA who have framed him for murder. A CIA agent (Joan Allen) insists on smoking Bourne out, despite the warnings of her boss (Brian Cox). Director Paul Greengrass (*Captain Phillips*) retains the look and feel of the original, although the hand-held camera work is a little nauseating. All in all, it beats the life out of most Bond films, Daniel Craig's effort notwithstanding. ★★★★★

Man on a mission:
Matt Damon as scorned assassin Jason Bourne.



CONCUSSION
Nine, Friday, 10.50pm, M (2015)

This watchable, informative and timely biopic packs an emotional punch with its tale of an ordinary man following his conscience, no matter the cost. Will Smith (pictured) stars as Dr Bennet Omalu, a Nigerian-born American neuropathologist who discovered the devastating effects of repeated concussions to the human brain. Dr Omalu takes his discovery to National Football League bigwigs, but is shocked to learn the lengths they will go to in order to protect the game. ★★★★★



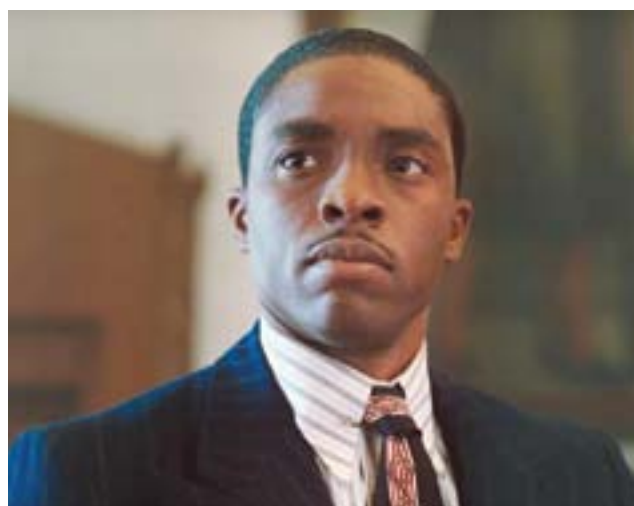
X-MEN: DARK PHOENIX
7Flix, Saturday, 8.30pm, M (2019)

There's no shortage of stars in this blockbuster superhero flick, with *Game of Thrones*' Sophie Turner (pictured) the centre of attention. It's Turner's second turn as mutant Jean Grey after 2016's *X-Men: Apocalypse*, but this time, we're introduced to her alter-ego Phoenix, and as the title might give away, Phoenix is a problem. Jennifer Lawrence, James McAvoy, Michael Fassbender, and Jessica Chastain are just some of the other big names along for the ride. ★★★★★



I, TONYA
10 Shake, Saturday, 8.30pm, MA15+ (2018)

I, Tonya charts the life and career of infamous figure skater Tonya Harding, which includes, of course, the bizarre attack orchestrated in 1994 by her ex-husband on Harding's rival Nancy Kerrigan. Directed by Australian Craig Gillespie, the film provides a platform that showcases Margot Robbie's (pictured) dynamite acting talent. Far from being just a movie about ice skating, the film explores issues of domestic abuse and mother-daughter relationships, presented as a black comedy. ★★★★★



MARSHALL
NITV, Sunday, 10.50pm, M (2017)

Before he became the first African American Supreme Court Justice or won the case that desegregated the country's schools, Thurgood Marshall was a civil rights lawyer. The late Chadwick Boseman (pictured) portrays the trailblazing attorney in this biopic that focuses on one of the early cases of his career, representing Joseph Spell (Sterling K. Brown), a chauffeur accused of rape by his wealthy white employer Eleanor Strubing (Kate Hudson). It's a very moving piece of cinema. ★★★★★



DIRTY HARRY
7mate, Monday, 8.30pm, MA15+ (1971)

Often imitated, never bettered, the highly influential *Dirty Harry* shot the "clean" image of cop films full of holes upon its release in 1971. Under the direction of long-time collaborator Don Siegel, Clint Eastwood's (pictured) "Dirty" Harry Callahan forged a cast-iron cinematic icon of renegade justice. Lalo Schiffrin's pulsating jazz score, spectacular on-location photography of San Francisco's Bay Area and an eccentric villain contributed to this sparkling specimen of '70s cinema. ★★★★★



X-MEN
7Flix, Tuesday, 8.30pm, M (2000)

The eponymous Marvel Comics heroes are dutifully vivified on film, presented with intelligence, wit and style. At the story's centre is the charismatic Wolverine (Hugh Jackman, pictured), who is inducted into a mysterious academy run by telepathic Professor Charles Xavier (Patrick Stewart) that benevolently harbours mutants. The narrative's driving issue is the dangers of persecution arising from the relationship between humans and mutants. It's a visually thrilling take on good versus evil. ★★★★★

The Guide



MIDSOMER MURDERS
ABC TV, Friday, 8.30pm

There are all sorts of players in detective dramas, from petty criminals, to untrustworthy relatives and dodgy businessmen. But when you're searching for the most entertaining type of murder mystery character, it's undoubtedly the psychic. This week, *Midsomer Murders* fans are probably inwardly tap-dancing in delight at the premise of the long-running series latest murder puzzle, "The Witches of Angel's Rise". Featuring psychics, occult followers and mediums, it has spooky covered. After a woman's body is found surrounded by ritual symbols on the eve of a psychic fair, DCI Barnaby (Neil Dudgeon, pictured) and DS Winter (Nick Hendrix) are plunged into the spiritual world.



RUGBY LEAGUE
Nine Network,
Saturday, from 4pm

Footy fans can rejoice; the game is back with a triple header to kick-off the 2022 season. After the pandemic played havoc with fixtures and venues last year, Sydney is for the first time hosting the showpiece All Stars event, with a men's contest, a women's clash and even a touch football game. Live from CommBank Stadium, the Indigenous All Stars (including South Sydney playmaker Cody Walker, pictured right) will take on the Maori All Stars (featuring Penrith prop James Fisher-Harris, pictured left) in a lively match, with spectators sure to be fired up and in good spirits. The event will hopefully mark the start of a season that returns some semblance of normalcy to passionate fans across the country.



MARRIED AT FIRST SIGHT
Nine, Monday, 7.30pm

You vowed and declared that you wouldn't be watching this latest series of melodramatic matrimony, but after one glimpse of the eye-catching cast your resolve miraculously dissolved like a wayward dose of botox. This season, the brides and grooms are as ambitious, outspoken and as game for a fight – and affair – as ever. It's sassy, superfluous TV at its lowbrow best. Resident sex therapist Alessandra Rampolla's (pictured) second-ever intimacy week begins with some couples blooming, while others struggle to connect, both physically and emotionally, with their partners. Whether you tune in for the slim chance of a love story, or the thrill of the petty squabbles and flirting, there's almost something for everyone.

PICK OF THE WEEK



FRAMED
SBS, Tuesday, 9.30pm

Sometimes, the truth really is much stranger than fiction. When award-winning journalist, presenter and podcaster Marc Fennell (pictured) learnt about the infamous theft of Picasso's *Weeping Woman* in 1986 from the National Gallery of Victoria, he was gobsmacked and, in true journalist style, needed to find out more. This four-part true-crime doco launched on SBS On Demand late last year and it's plain to see why it has become their most successful digital series ever: it's a larger-than-life riddle which is amazingly still yet to be solved. In tonight's first episode, the bizarre art theft, complete with outlandish ransom notes, is given the fine-tooth comb treatment.

Friday, February 11

ABC TV (2)
6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Q+A. (R) **11.10** George Clarke's Amazing Spaces. (R) **12.00** ABC News At Noon. **1.00** The Princes And The Press. (R) **2.00** Death In Paradise. (PG, R) **3.00** ABC News Afternoons. **4.00** Think Tank. (PG, R) **5.00** Courtney Act's One Plus One. (R) **5.25** Hard Quiz. (PG, R)

6.00 The Drum. Analysis of the day's news. **7.00** ABC News. Takes a look at today's top stories. **7.30** Monty Don's American Gardens. Part 3 of 3. **8.30** Midsomer Murders. (Final, Mav) After a body is found surrounded by ritual symbols, DCI John Barnaby and DS Winter investigate. **10.05** Mum. (Mls, R) Cathy decides to have her own bonfire. **10.35** ABC Late News. **10.50** Shaun Micallef's MAD AS HELL. (M, R) **11.20** QI. (Mls, R) **11.55** Killing Eve. (Ma, R) **12.35** Rage. (MA15+adhlvns)

ABC TV PLUS (22) **6am** Children's Programs. **5.10pm** The Wonder Gang. **5.20** Kangaroo Beach. **5.35** Luo Bao Bei. **5.50** Peppa Pig. **5.55** Circle Square. **6.05** Octonauts. **6.20** Bluey. **6.25** Peter Rabbit. **6.40** Andy's Aquatic Adventures. **7.00** Dino Dana. **7.15** Odd Squad. **7.30** Spicks And Specks. **8.00** Hard Quiz. **8.30** **MOVIE:** The Road. (2009, MA15+) **10.20** Doctor Who. **11.10** Brassic. **11.55** QI. **12.30am** Community. **12.50** Parks And Recreation. **1.15** Grand Designs: House Of The Year. **2.00** Close. **5.05** Little Princess. **5.15** Hoot Hoot Go! **5.20** Pingu In The City. **5.30** Wallykazam! **5.55** Late Programs.

NITV (34) **6am** Morning Programs. **9.10** Bushwhacked! **9.35** The Magic Canoe. **10.00** Undiscovered Vistas. **10.50** Road Open. **11.00** Going Places. **11.30** **MOVIE:** Arizona Dream. (1992) **2pm** Shortland Street. **2.30** Chefs' Line. **3.00** Bushwhacked! **3.25** The Magic Canoe. **3.50** Wolf Joe. **4.00** Aussie Bush Tales. **4.10** Grace Beside Me. **4.35** Mustangs FC. **5.00** Our Stories. **5.30** NITV News: Nula. **6.00** Bamay. **6.35** News. **6.40** Undiscovered Vistas. **7.30** Little J And Big Cuz. **7.45** **MOVIE:** Furry Vengeance. (2010) **9.25** Bedtime Stories. **9.35** Through The Wormhole With Morgan Freeman. **10.35** News. **10.40** Late Programs.

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. (R) **2.00** The Cook Up With Adam Liaw Bitesize. (R) **2.05** America In Colour. (PGavw, R) **3.00** NITV News: Nula. **3.30** Destination Flavour China Bitesize. (R) **3.40** Russia To Iran: Across The Wild Frontier. (PGal, R) **4.35** Jeopardy! (PG) **5.00** Letters And Numbers. (R) **5.30** Mastermind Australia. (R)

6.30 SBS World News. **7.35** Good With Wood. (Final, PG) Hosted by Mel Giedroyc. **8.30** Walking Britain's Roman Roads: Stane Street. (PGI, R) Dan Jones travels the Roman road of Stane Street, which runs around 107km from London to Chichester. **9.25** Rise Of Empires: Mayans. (Mav, R) Part 2 of 3. **10.25** SBS World News Late. **10.55** 8 Out Of 10 Cats Does Countdown. (Mals, R) **11.50** Agatha Christie's Criminal Games. (Mav, R) **1.30** The Killing. (Mal, R) **4.50** Destination Flavour: Singapore Bitesize. (R) **5.00** France 24 Feature. **5.15** NHK World English News. **5.30** Deutsche Welle English News.

SBS VICELAND (31) **6am** WorldWatch. **11.35** Hindi News. **Noon** American Boyband. **1.30** Flophouse. **2.10** Hunters. **3.00** Jungletown. **3.50** America: News. **4.15** PBS News. **5.15** Joy Of Painting. **5.45** Shortland Street. **6.15** Alone. **7.05** Jeopardy! **7.35** 8 Out Of 10 Cats Does Countdown. **8.30** Hoarders. **9.20** Sex Unlimited. **10.15** Mums Make Porn. **11.10** Narcos. **12.05am** VICE News Tonight. **1.00** The Trixie & Katya Show. **1.25** Epicly Later'd. **2.15** Twiz And Tuck. **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.

SBS WORLD MOVIES (32) **6am** Agatha Christie's Crooked House. Continued. (2017, PG) **7.10** Frantz. (2016, PG, French) **9.15** The Secret Of Kells. (2009, PG) **10.45** Monkey King: The Hero. (2016, PG, French) **5.45** Every Day. (2020, M, Vietnamese) **2.15** Kirikou And The Men And Women. (2012, PG, French) **3.55** Belle And Sebastian. (2013, PG, French) **5.45** Every Day. (2018, PG) **7.35** Charlie And Boots. (2009, M) **9.30** Frankie. (2019, M) **11.25** The Guard. (2011) **1.15am** Les Misérables. (2019, MA15+, French) **3.10** Our Struggles. (2018, M, French) **5.00** Kirikou And The Men And Women. (2012, PG, French)

SEVEN (7)
6.00 Sunrise. **9.00** The Morning Show. (PG) **11.00** Olympic Winter Games Beijing 2022. Day 7: Day session. **1.00** Olympic Winter Games Beijing 2022. Day 7: Afternoon session. **4.00** Olympic Winter Games Beijing 2022. Day 7: Evening session. **5.00** The Chase Australia. Hosted by Larry Emdur.

6.00 Seven Local News. **6.30** Seven News. **7.00** Better Homes And Gardens. Ed Halmagyi prepares a chocolate lovers cake. **8.30** Olympic Winter Games Beijing 2022. Day 7: Night session. Featuring a variety of events from the XXIV Olympic Winter Games. **9.00** Olympic Winter Games Beijing 2022. Day 7: Late session. **11.00** Olympic Winter Games Beijing 2022. Day 7: Overnight session. **1.30** The Zoo. (R) **2.00** Home Shopping. (R) **4.00** Million Dollar Minute. (R) **5.00** My Greek Odyssey. (PGn, R)

7TWO (72) **6am** Home Shopping. **6.30** Travel Oz. **8.00** Harry's Practice. **8.30** Million Dollar Minute. **9.30** The Great Australian Doorstep. **10.00** Charlie Luxton's Homes By The Sea. **11.00** Martin Clunes: Islands Of America. **Noon** Miniseries: The Pembrokeshire Murders. **1.00** Million Dollar Minute. **2.00** Last Chance Learners. **2.30** Sons And Daughters. **4.30** Border Security: International. **5.00** Escape To The Country. **6.00** Football. AFL Women's. Round 6. St Kilda v Brisbane Lions. **8.00** Border Security: International. **8.30** Selling Houses Australia. **11.45** The Great Outdoors: Greatest Escapes. **12.45am** Late Programs.

7MATE (73) **6am** ITM Fishing Show: Best Of The Best. **7.00** Fishing And Adventure. **7.30** Creek To Coast. **8.00** Picker Sisters. **9.00** Billy The Exterminator. **10.15** Sound FX: Best Of. **10.45** NFL: Road To The Super Bowl. **Noon** NFL Honors. **2.00** Shipping Wars. **3.00** Last Stop Garage. **4.00** Timbersports. **4.30** Olympic Winter Games Beijing 2022. Day 7: Evening session. **6.30** Olympic Winter Games Beijing 2022. Day 7: Night session. **8.30** **MOVIE:** Batman. (1989, PG) **11.10** **MOVIE:** Absolute Power. (1997, M) **1.50am** Last Stop Garage. **2.30** Sound FX: Best Of. **3.00** NFL. NFL. Pro Bowl. AFC v NFC. Replay.

NINE (8, 9)
6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** A Fire Inside. (M, R) **2.00** Pointless. (PG) **3.00** Tipping Point. (PG) **4.00** Afternoon News. **4.30** Millionaire Hot Seat. (R) Hosted by Eddie McGuire. **5.30** WIN News.

6.00 Nine News. **7.00** A Current Affair. **7.30** David Attenborough's Green Planet: Water Worlds. Part 2 of 5. **8.40** **MOVIE:** The Bourne Supremacy. (2004, Mlv, R) A former CIA agent, suffering from amnesia, tries to clear his name after being framed for a botched assassination. Matt Damon, Franka Potente, Brian Cox. **10.50** **MOVIE:** Concussion. (2015, Mal, R) Will Smith. **1.10** Country House Hunters Australia. (R) **1.30** TV Shop: Home Shopping. (R) **2.00** Take Two. (R) **4.30** Global Shop. (R) **5.00** TV Shop: Home Shopping. (R) **5.30** A Current Affair. (R)

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** Days Of Our Lives. **12.55** The Young And The Restless. **1.50** The Bill. **2.55** Antiques Roadshow. **3.25** **MOVIE:** Fear Is The Key. (1972, PG) **5.30** Murder, She Wrote. **6.30** Antiques Roadshow. **7.30** Saved & Remade. **8.30** **MOVIE:** A Time To Kill. (1996, M) **11.30** Memory Lane. **12.50am** Explore. **1.00** TV Shop: Home Shopping.

9GO! (82, 93) **6am** Children's Programs. **Noon** The Incredible Hulk. **1.00** SeaQuest DSV. **2.00** The A-Team. **3.00** The Nanny. **3.30** 3rd Rock From The Sun. **4.00** That '70s Show. **4.30** Raymond. **5.30** **MOVIE:** The Smurfs 2. (2013) **7.30** **MOVIE:** Kung Fu Panda. (2008, PG) **9.15** **MOVIE:** The 40-Year-Old Virgin. (2005, MA15+) **11.35** Weird Science. **12.05am** The Carrie Diaries. **1.00** Summer House. **2.00** Love Island USA. **2.50** Mike Tyson Mysteries. **3.00** Bakugan: Battle Planet. **3.30** Ninjago: Masters Of Spinjitzu. **4.00** TV Shop: Home Shopping. **5.00** Care Bears: Unlock The Magic. **5.30** Tom And Jerry.

TEN (5, 1)
6.00 The Talk. (PGa) **7.00** Judge Judy. (PG, R) **7.30** The Bold And The Beautiful. (PG, R) **8.00** Studio 10. (PG) **12.00** Dr Phil. (PGal) **1.00** Jamie's Ultimate Veg. (R) **2.00** Entertainment Tonight. **2.30** Everyday Gourmet With Justine Schofield. (R) **3.00** Judge Judy. (PG, R) **3.30** Left Off The Map. **4.00** Farm To Fork. (PG) **4.30** The Bold And The Beautiful. (PG) **5.00** 10 News First.

6.30 The Project. A look at the day's news and events. **7.30** The Graham Norton Show. Guests include Uma Thurman. **9.30** Jimeoin: Ramble On. (Mls, R) Stand-up comedy performance by Jimeoin featuring quirky observations on everyday suburban life. **10.50** Drunk History Australia. (Mdlis, R) Comedians retell iconic events. **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)

10 PEACH (52, 11) **6am** The Late Show With Stephen Colbert. **7.00** NBL Slam. **7.30** Seinfeld. **9.00** Becker. **10.00** The Middle. **11.00** Frasier. **Noon** This Is Us. **1.00** Mom. **1.30** Seinfeld. **3.00** The King Of Queens. **4.00** Becker. **5.00** Frasier. **6.00** Friends. **8.00** The Big Bang Theory. **9.30** Mom. **10.30** Nancy Drew. **11.30** Friends. **Midnight** Home Shopping. **12.30** Infomercials. **1.00** Home Shopping. **1.30** The Late Show With Stephen Colbert. **2.30** The Late Late Show With James Corden. **3.30** This Is Us. **4.30** Home Shopping. **5.30** Infomercials.

10 BOLD (53, 12) **6am** Home Shopping. **7.00** Infomercials. **8.00** Pat Callinan's 4x4 Adventures. **9.00** Jake And The Fatman. **10.00** Diagnosis Murder. **11.00** JAG. **Noon** NCIS. **1.00** Law & Order: SVU. **2.00** Walker, Texas Ranger. **3.00** Cheers. **3.30** Jake And The Fatman. **4.30** Diagnosis Murder. **5.30** JAG. **7.30** NCIS. **8.30** Law & Order: SVU. **10.30** CSI: Crime Scene Investigation. **12.30am** Home Shopping. **1.00** Infomercials. **1.30** Home Shopping. **2.00** JAG. **4.00** Walker, Texas Ranger. **5.00** Diagnosis Murder.

Saturday, February 12

<p>ABC TV (2) 6.00 Rage. (PG) 7.00 Weekend Breakfast. 9.00 Rage Goes Retro. (MA15+adlhnsv) 10.30 Rage. (PG) 12.00 ABC News At Noon. 12.30 Midsomer Murders. (Final, Mav, R) 2.15 Outback Ringer. (PG, R) 2.40 Landline Summer. (R) 3.10 Grand Designs. (PG, R) 4.00 Basketball. WNBL. Round 10. Bendigo Spirit v Perth Lynx.</p>	<p>SBS (3) 6.00 WorldWatch. 9.30 Greek News. 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. (R) 2.00 The Cook Up With Adam Liaw Bitesize. (R) 2.15 FIFA World Cup 2022 Magazine. 2.45 Royal Family: Scandals And Shame. (PGa, R) 5.10 Going Places With Ernie Dingo. (R) 5.40 Hitler's Secret Bomb.</p>	<p>SEVEN (7) 6.00 Better Homes And Gardens. (R) 7.00 Weekend Sunrise. The latest news, sport and weather. 10.00 Olympic Winter Games Beijing 2022. Day 8: Day session. 1.00 Olympic Winter Games Beijing 2022. Day 8: Afternoon session. 5.00 Olympic Winter Games Beijing 2022. Day 8: Evening session.</p>	<p>NINE (8, 9) 6.00 Easy Eats. (R) 7.00 Weekend Today. 10.00 Today Extra: Saturday. (PG) 12.00 Surfing Australia TV. 12.30 Delish. (Return) 1.00 My Way. (PGI, R) 1.30 MOVIE: Julie & Julia. (2009, PGI, R) Amy Adams, Meryl Streep, Chris Messina. 4.00 David Attenborough's Green Planet. (R) 5.00 News: First At Five. 5.30 Getaway. (Return, PG)</p>	<p>TEN (5, 1) 6am Morning Programs. 8.00 My Market Kitchen. (R) 8.30 Pooches At Play. (R) 9.00 Freshly Picked. (R) 9.30 St10. (PG) 12.00 4x4 Adventures. (R) 1.00 Left Off The Map. (R) 1.30 Everyday Gourmet. (R) 2.00 My Market Kitchen. (R) 2.30 Destination Dessert. (R) 3.00 What's Up Down Under. 3.30 Farm To Fork. (PG, R) 4.00 Taste Of Australia. (R) 4.30 Roads Less Travelled. (R) 5.00 News.</p>
<p>6.10 George Clarke's Amazing Spaces. (R) 7.00 ABC News. Takes a look at today's top stories. 7.30 Death In Paradise. (Ma) A nurse dies under suspicious circumstances. 8.30 All Creatures Great And Small. (PG) James is alarmed to receive a call from Mrs Pumphrey, who fears her beloved Tricky Woo is dying. As Tristan prepares to return to Edinburgh University, he asks Siegfried to write a cheque for board and lodgings. 9.15 Call The Midwife. (Ma, R) The midwives head to a Scottish island where residents are in desperate need of their services. 10.45 Father Brown. (Mv, R) Maeve's father is accused of murder. 11.35 Les Misérables. (Mv, R) 12.35 Rage Goes Retro. (MA15+adlhnsv) 5.00 Rage. (PG, R)</p>	<p>6.30 SBS World News. 7.35 Great Escapes With Morgan Freeman: Belfast Breakout. (M) A look at the escape Maze Prison escape. 8.30 Legendary Castles: Haut-Koenigsbourg. (PG) Part 2 of 2. 9.30 World's Most Beautiful Railway. (R) A look at Scotland's railway network. 10.25 8 Out Of 10 Cats Does Countdown. (Mals, R) 11.20 Dublin Murders. (MA15+av, R) 12.30 MOVIE: True Grit. (2010, Mv, R) Jeff Bridges, Hailee Steinfeld, Matt Damon. 2.30 MOVIE: Novitiate. (2017, Malnsv, R) Melissa Leo, Lisa Stewart Seals. 4.45 Destination Flavour: Singapore Bitesize. (R) 4.55 Destination Flavour Scandinavia Bitesize. (R) 5.00 France 24 Feature. 5.15 NHK World English News. 5.30 Deutsche Welle English News.</p>	<p>6.00 Seven News. 7.00 Olympic Winter Games Beijing 2022. Day 8: Night session. Events include: ice hockey, women's play-offs quarterfinals; speed skating, women's team pursuit quarterfinals, men's 500m gold medal event. 9.00 Olympic Winter Games Beijing 2022. Day 8: Late session. Featuring a variety of events from the XXIV Olympic Winter Games. 11.00 Olympic Winter Games Beijing 2022. Day 8: Overnight session. 1.30 Medical Emergency. (PG, R) A woman is injured in the snow. 2.00 Home Shopping. (R) 4.00 Get Clever. (R) Educational kids' program. 5.00 My Greek Odyssey. (PG, R) Peter continues his Spetses experience.</p>	<p>6.00 Nine News Saturday. 7.00 Rugby League. NRL. Men's All-Star Match. Indigenous All Stars v Maori All Stars. 9.30 MOVIE: Gemini Man. (2019, Mlv, R) After an ageing assassin finds himself being chased by someone with the ability to predict his moves, he discovers that the mysterious man pursuing him is his clone and sets out to discover his origin. Will Smith, Clive Owen, Mary Elizabeth Winstead. 11.40 MOVIE: Burn After Reading. (2008, MA15+lv, R) A former CIA analyst's memoirs are misplaced. John Malkovich. 1.30 Delish. (R) Chef Brendan Pang joins Trevor Cochrane. 2.00 TV Shop: Home Shopping. (R) 4.30 Global Shop. (R) 5.00 TV Shop: Home Shopping. (R) 5.30 Wesley Impact With Stu Cameron. (PG, R)</p>	<p>6.00 Soccer. A-League Men. Round 14. Sydney FC v Western United. From Netstrata Jubilee Stadium, Sydney. 9.00 Ambulance. (Mals, R) It is St Patrick's Day, one of the busiest nights on the calendar for the paramedics in Liverpool with incidents involving a fatal stabbing, alcohol poisoning, broken ankles, substance abuse and cardiac arrests. 11.00 FBI: Most Wanted. (Mv, R) The team hunts for a young man who used napalm-style bombs to attack his targets. With Tali away from home at boarding school, Jess and Sarah find themselves trying to adjust to life with an empty nest. 12.00 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. 7.05pm The Deep. 7.30 Spicks And Specks. 8.00 QI. 8.30 Live At The Apollo. 9.15 Whose Line Is It Anyway? 10.00 Gavin & Stacey. 10.35 Insert Name Here. (Final) 11.05 Schitt's Creek. 11.25 Archer. 11.50 Dead Pixels. 12.10am The Young Offenders. 12.45 Conquest Of The Skies. 1.35 Close. 5.05 Little Princess. 5.15 Hoot Hoot Go! 5.20 Pingu In The City. 5.30 Wallykazam! 5.55 Late Programs.</p>	<p>SBS VICELAND (31) 6am WorldWatch. 10.30 SBS Courtside. 11.00 Basketball. NBA. Chicago Bulls v Minnesota Timberwolves. 1.30pm WorldWatch. 2.00 Hunt For The Trump Tapes. 2.30 What Would Diplo Do? 3.00 The Pizza Show. 3.25 WorldWatch. 4.50 It's Suppertime! 5.20 RockWiz. 6.40 The Story Of The Songs. 7.35 Insomnia And Me. 8.30 Why Women Kill. 10.20 The X-Files. Midnight Late Programs.</p>	<p>7TWO (72) 6am Home Shopping. 8.30 Travel Oz. 10.00 Weekender. 10.30 Creek To Coast. 11.00 Horse Racing. CF Orr Stakes Day and Apollo Stakes Day. 4.30pm The Great Outdoors: Greatest Escapes. 5.30 Ed And Karen's Recipes For Success. 6.30 The Yorkshire Vet. 8.30 Escape To The Country. 11.30 The Great Outdoors: Greatest Escapes. 12.30am The Fine Art Auction. 3.30 Late Programs.</p>	<p>9GEM (81, 92) 6am Morning Programs. 11.40 MOVIE: Shalako. (1968, PG) 2pm Motor Racing. TCR Australia Touring Car Series. Round 1. Day 1. 4.00 Rugby League. NRL. Women's All-Stars. Indigenous All Stars v Maori All Stars. 6.05 Customs. 6.30 Rugby League. NRL. Men's All-Star Match. Indigenous All Stars v Maori All Stars. 7.00 MOVIE: The Notebook. (2004, PG) 9.30 MOVIE: Me Before You. (2016, PG) 11.45 Late Programs.</p>	<p>10 PEACH (52, 11) 6am The Late Show With Stephen Colbert. 6.55 The King Of Queens. 7.55 Frasier. 8.55 Becker. 9.45 The Middle. 10.45 Brides Of Beverly Hills. 11.45 To Be Advised. 3pm Friends. 6.00 The Big Bang Theory. 10.15 Friends. 12.10am Home Shopping. 1.10 Infomercials. 1.40 The Big Bang Theory. 2.05 Brides Of Beverly Hills. 2.35 Undercover Girlfriends. 3.30 Nancy Drew. 4.30 Home Shopping.</p>
<p>NITV (34) 6am Morning Programs. 12.45pm Bamay. 12.55 Gifts Of The Maarga. 1.40 Rugby Union. Ella 7s. 2.00 Ice Hockey. National Hockey Super League. 4.00 Soccer. Scottish Women's Premier League. 5.50 Away From Country. 6.50 News. 7.00 Chuck And The First People's Kitchen. 7.30 Rudeboy: The Story Of Trojan Records. 9.00 MOVIE: Spiders. (2013, MA15+) 10.35 American Boyband. 11.00 Late Programs.</p>	<p>SBS WORLD MOVIES (32) 6am Morning Programs. 10.20 Arthur And The Two Worlds War. (2010, PG) 12.15pm Our Struggles. (2018, M, French) 2.05 The Secret Of Kells. (2009, PG) 3.35 Land Of The Bears. (2014, French) 5.10 Monkey King: The Hero. (2016, PG) 6.45 Toast. (2010, PG) 8.30 Bleeding Steel. (2017, MA15+, Cantonese) 10.30 The Forbidden Kingdom. (2008, M) 12.25am Late Programs.</p>	<p>7MATE (73) 6am Morning Programs. 1pm Blokesworld. 1.30 Shipping Wars. 2.00 Last Stop Garage. 3.00 Rides Down Under: Workshop Wars. 4.00 Motor Racing. 2021 Velocity Invitational. H'lights. 5.00 Pawn Stars. 6.00 Olympic Winter Games Beijing 2022. Day 8: Night session. 7.00 MOVIE: Batman Returns. (1992, PG) 9.35 MOVIE: Batman Forever. (1995, PG) 12.05am Late Programs.</p>	<p>9GO! (82, 93) 6am Children's Programs. 1.30pm Peaking. 2.10 Race Across The World. 3.30 Ultimate Rush. 4.00 Red Bull Soapbox Race. 5.00 MOVIE: Big Momma's House. (2000, PG) 7.00 MOVIE: Despicable Me 2. (2013, PG) 9.00 MOVIE: The Divergent Series: Insurgent. (2015, M) 11.10 Weird Science. 12.10am The Carrie Diaries. 1.10 Summer House. 2.10 Below Deck Mediterranean. 3.00 Late Programs.</p>	<p>10 BOLD (53, 12) 6am Home Shopping. 6.30 Infomercials. 8.00 Home Shopping. 9.00 The Doctors. 10.00 Cheers. 10.30 Australia By Design: Architecture. 11.00 Jake And The Fatman. Noon JAG. 2.00 Diagnosis Murder. 3.00 Buy To Build. 3.30 Hotels By Design. 4.00 Bondi Rescue. 4.30 iFish Summer Series. 5.00 Escape Fishing With ET. 5.30 Scorpion. 7.30 NCIS. 8.30 Law & Order: SVU. 10.20 The FBI Declassified. 11.20 Late Programs.</p>

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HAVE YOUR SAY WITH OUR LETTERS TO THE EDITOR

GladstoneToday

Email: editorial@todaygladstone.com.au or text 0448 008 981

Sunday, February 13

<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. (PGa, R) 11.30 Praise. (R) 12.00 News. 12.30 Landline. 1.30 Mum. (Final, Mls, R) 2.00 Doc Martin. (Final, PG, R) 3.10 Aussie Inventions That Changed The World. (PG, R) 4.00 Monty Don's American Gardens. (R) 5.00 Dream Gardens. (PG, R) 5.35 Nigella At My Table. (R)</p>	<p>SBS (3) 6.00 WorldWatch. 9.30 Greek News. 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 Speedweek. 3.00 Sportswoman 2021. 4.00 Cycling. UCI Asia Tour. Saudi Tour. Highlights. 5.00 The Cook Up With Adam Liaw Bitesize. (R) 5.10 Going Places With Ernie Dingo. (R) 5.40 Hitler's Secret Bomb. (PG)</p>	<p>SEVEN (7) 6.00 Better Homes And Gardens. (R) 7.00 Weekend Sunrise. The latest news, sport and weather. 10.00 Olympic Winter Games Beijing 2022. Day 9: Day session. 1.00 Olympic Winter Games Beijing 2022. Day 9: Afternoon session. 5.00 Olympic Winter Games Beijing 2022. Day 9: Evening session.</p>	<p>NINE (8, 9) 6.00 Easy Eats. (R) 7.00 Weekend Today. 10.00 Drive TV. 10.30 The Xtreme CollXtion. (PG, R) 11.00 Women's Footy. (PG) 12.00 Golf. Jack Newton Celebrity Classic. 1.00 Bondi Lifeguard World Adventures. (PGI, R) 1.30 MOVIE: The Terminal. (2004, PGal, R) Tom Hanks, Catherine Zeta-Jones, Stanley Tucci. 4.00 Bondi Vet. (PGm) 5.00 News: First At Five. 5.30 My Way.</p>	<p>TEN (5, 1) 6am Morning Programs. 8.00 GCBC. (R) 8.30 Freshly Picked. (R) 9.00 Left Off The Map. (R) 9.30 St10. (PG) 12.00 To Be Advised. 1.45 My Market Kitchen. (R) 2.00 Everyday Gourmet. (R) 2.30 Australia By Design: Architecture. (PG) 3.00 Destination Dessert. (R) 3.30 Roads Less Travelled. (R) 4.00 Farm To Fork. (R) 4.30 Taste Of Australia. (R) 5.00 News.</p>
<p>6.05 Australia Remastered: Forces Of Nature: Fire. Part 3 of 4. 7.00 ABC News Sunday. 7.40 Muster Dogs. Part 4 of 4. The puppies have all gathered with their owners to complete their final 12-month assessment. 8.40 Vera. (Mv) Vera investigates a daring robbery, but uncovers a web of intrigue when it turns out to be an inside job. 10.10 Miniseries: Patrick Melrose. (MA15+d, R) Part 1 of 5. 11.10 Harrow. (Mav, R) Harrow recovers from a near-fatal shooting. 12.05 Midsomer Murders. (Mv, R) 1.35 Rage. (MA15+adlhnsv) 4.00 Keeping Australia Safe. (Mal, R) 5.00 Insiders. (R)</p>	<p>6.30 SBS World News. 7.35 Elizabeth I And II: The Golden Queens. (PG) Part 2 of 2. 8.30 Lost Treasure Tombs Of The Ancient Maya. (PG) Part 1 of 2. Follows archaeologists as they search for clues to how the Maya lived and what happened to them. 10.20 The Other Pompeii: Life And Death In Herculaneum. (Mas, R) A look at what became of Herculaneum. 11.30 I Am MLK Jr. (Malv, R) 1.15 Life And Birth. (PGan, R) 3.30 MOVIE: Alias Ruby Blade. (2012, Malvw, R) 5.00 France 24 Feature. 5.15 NHK World English News. 5.30 Deutsche Welle English News.</p>	<p>6.00 Seven News. 7.00 Olympic Winter Games Beijing 2022. Day 9: Night session. Featuring a variety of events from the XXIV Olympic Winter Games. 9.00 Olympic Winter Games Beijing 2022. Day 9: Late session. Featuring a variety of events from the XXIV Olympic Winter Games. 11.00 Olympic Winter Games Beijing 2022. Day 9: Overnight session. Featuring a variety of events from the XXIV Olympic Winter Games. 1.30 The Zoo. (R) Hosted by Melissa Doyle. 2.00 Home Shopping. (R) 3.30 Million Dollar Minute. (R) Hosted by Simon Reeve. 5.00 Seven Early News. 5.30 Sunrise. News, sport and weather.</p>	<p>6.00 Nine News Sunday. 7.00 Married At First Sight. (PGals) It is time for the first commitment ceremony. 8.40 60 Minutes. Current affairs program, investigating, analysing and uncovering the issues affecting all Australians. 9.40 Nine News Late. A look at the latest news and events. 10.10 Australian Crime Stories: The Money Of The Bomb. (M, R) Takes a look at the Qantas bomb hoax. 11.20 The First 48: Blood On Bourbon. (Mlv) 12.10 Shallow Grave. (Mv, R) 1.05 Drive TV. (R) 1.30 TV Shop: Home Shopping. (R) 4.00 Believer's Voice Of Victory. (PGa) 4.30 Take Two. (R) 5.00 News Early Edition. 5.30 Today.</p>	<p>6.30 The Sunday Project. Panellists dissect, digest and reconstitute the daily news, events and hottest topics. 7.30 Australian Survivor. The tribal swap arrives, and as the game heats up, the time has come for the castaways to truly play their own game. 9.15 FBI. (Mv) A new case opens old wounds for Maggie when she works undercover as a waitress to spy on an anti-government group that gathers at a bar and comprises several members suspected in a series of bombings. 11.00 The Sunday Project. (R) A look at the day's news. 12.00 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. 6.40pm Andy's Aquatic Adventures. 7.05 The Deep. 7.30 Compass. 8.00 You Can't Ask That. 8.30 Chicken People. 9.50 Catalyst. 10.50 Good Grief. 11.40 George Clarke's Amazing Spaces. 12.30am MOVIE: The Road. (2009, MA15+) 2.15 ABC News Update. 2.20 Close. 5.05 Little Princess. 5.15 Hoot Hoot Go! 5.20 Pingu In The City. 5.30 Wallykazam! 5.55 Late Programs.</p>	<p>SBS VICELAND (31) 6am WorldWatch. 7.30 SBS Courtside. 8.00 Basketball. NBA. Trail Blazers v Knicks. 10.30 WorldWatch. Noon Black Market: Dispatches. 1.30 Tattoo Age. 2.00 Stacey Dooley: Fashion's Dirty Secrets. 3.10 WorldWatch. 3.40 RockWiz. 4.20 RockWiz Rewind. 5.00 RockWiz. 7.40 When Big Things Go Wrong. (Final) 8.30 The Story Of Late Night. (Premiere) 9.20 Dark Side Of Football. (Premiere) 10.10 Late Programs.</p>	<p>7TWO (72) 6am Morning Programs. 7.30 Leading The Way. 8.00 David Jeremiah. 8.30 Shopping. 9.00 Out Of The Blue. 9.30 Jabba's Movies. 10.00 Ed And Karen's Recipes For Success. 11.00 Escape To The Country. Noon The Yorkshire Vet. 2.15 To Be Advised. 3.15 MOVIE: Superman III. (1983, PG) 6.00 Dog Patrol. 7.00 Border Security. 8.30 Railroad Australia. 9.30 Mighty Trains. 10.30 Great Scenic Railway Journeys. 11.10 Late Programs.</p>	<p>9GEM (81, 92) 6am Morning Programs. 8.30 The Incredible Journey. 9.00 TV Shop. 10.00 My Favorite Martian. 10.30 Edgar Wallace Mysteries. 11.50 Explore. Noon Motor Racing. TCR Australia Touring Car Series. Round 1. Day 2. 2.00 Getaway. 2.30 My Way. 3.00 Keeping Up Appearances. 4.30 MOVIE: Some Like It Hot. (1959, PG) 7.00 MOVIE: Clear And Present Danger. (1994, PG) 9.50 Chicago P.D. 10.50 Late Programs.</p>	<p>10 PEACH (52, 11) 6am Brides Of Beverly Hills. 7.00 The Big Bang Theory. 8.15 Neighbours. 10.30 To Be Advised. Noon Basketball. NBL. Round 11. South East Melbourne Phoenix v Tasmania JackJumpers. 2.00 Basketball. NBL. Round 11. Sydney Kings v Brisbane Bullets. 4.00 Carol's Second Act. 5.00 Friends. 6.00 The Big Bang Theory. 8.30 Friends. Midnight Shopping. 12.30 Infomercials. 1.00 Shopping. 1.30 Late Programs.</p>
<p>NITV (34) 6am Morning Programs. 11.10 Keep Calm And Decolonize. 11.15 Football. AFL. 12.45pm Motor Racing. W Series. Round 1. Highlights. 1.15 Soccer. Serie A Femminile. 3.00 Rugby Union. NT Monsoon Rugby Union. 4.30 Softball. SA Premier League. 6.00 Going Native. 6.30 News. 6.40 Animal Babies. 7.40 Outback Lockdown. 8.30 Muhammad Ali. 10.50 Late Programs.</p>	<p>SBS WORLD MOVIES (32) 6am Morning Programs. 8.55 Master Cheng: A Spice For Life. (2019, PG) 11.00 Frankie. (2019, M) 12.55pm Belle And Sebastian. (2013, PG, French) 2.45 Every Day. (2018, PG) 4.35 Arthur And The Two Worlds War. (2010, PG) 6.30 Date With An Angel. (1987, PG) 8.30 Armour Of God. (1986, M, Cantonese) 10.20 Operation Condor: Armour Of God II. (1991, M, Cantonese) 12.20am Late Programs.</p>	<p>7MATE (73) 6am Morning Programs. 1pm Fishing Addiction. 2.00 Football. AFL Women's. Adelaide v Western Bulldogs. 4.00 Football. AFL Women's. Gold Coast v Geelong. 6.00 Olympic Winter Games Beijing 2022. Day 9: Night session. 7.00 Pawn Stars. 7.30 MOVIE: Terminator 3: Rise Of The Machines. (2003, M) 9.45 MOVIE: Terminator Salvation. (2009, M) 12.05am Late Programs.</p>	<p>9GO! (82, 93) 6am Children's Programs. 1.30pm Surfing Australia TV. 2.00 Ultimate Rush. 3.00 MOVIE: The Adventures Of Sharkboy And Lavagirl. (2005) 5.00 MOVIE: Fletch. (1985) 7.00 MOVIE: Bill & Ted's Bogus Journey. (1991, PG) 8.55 MOVIE: Star Trek Into Darkness. (2013, M) 11.30 Weird Science. Midnight The Carrie Diaries. 1.00 Summer House. 2.00 Very Cavallari. 2.50 Late Programs.</p>	<p>10 BOLD (53, 12) 6am Morning Programs. 10.00 iFish Summer. 10.30 Reel Action. 11.00 Escape Fishing. 11.30 Australia By Design: Interiors. Noon Australia By Design: Architecture. 12.30 Scorpion. 2.30 Soccer. A-League Women. Round 11. Brisbane Roar v Adelaide United. 5.00 Snap Happy. 5.30 What's Up Down Under. 6.00 Bondi Rescue. 6.30 JAG. 7.30 NCIS. 9.25 NCIS: Los Angeles. 11.15 Late Programs.</p>

Monday, February 14

<p>ABC TV (2) 6.00 News Breakfast. 9.00 ABC News Mornings. 10.00 Landline. (R) 11.05 Australia Remastered: Forces Of Nature. (R) 12.00 ABC News At Noon. 1.00 Death In Paradise. (Ma, R) 2.00 Parliament Question Time. 3.15 ABC News Afternoons. 4.00 Think Tank. (R) 4.55 Courtney Act's One Plus One. (R) 5.25 Hard Quiz. (PG, R)</p>	<p>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 Al Jazeera News. 2.00 America In Colour. (PGav, R) 2.55 The Italians. (R) 3.10 The Last Journey Of The Vikings. (PGv, R) 4.10 Egypt With The World's Greatest Explorer. (PGalvw, R) 5.05 Jeopardy! (PG) 5.30 Letters And Numbers. (R)</p>	<p>SEVEN (7) 6.00 Sunrise. 9.00 NFL. Super Bowl LVI. Los Angeles Rams v Cincinnati Bengals. 3.00 Olympic Winter Games Beijing 2022. Day 10: Afternoon session. 4.00 Olympic Winter Games Beijing 2022. Day 10: Evening session. 5.00 The Chase Australia. (R) Hosted by Larry Emdur.</p>	<p>NINE (8, 9) 6.00 Today. 9.00 Today Extra. (PG) 11.30 Morning News. 12.00 Married At First Sight. (PGals, R) 1.45 Talking Honey: Princess Diana. (PG, 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 The Talk. (PGa) 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. 2.45 Entertainment Tonight. 3.00 Judge Judy. (PG, R) 3.30 Left Off The Map. 4.00 Farm To Fork. (PG) 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 Back Roads: Charleville, Queensland. (PGs) Kristy O'Brien visits Charleville, Queensland. 8.30 Four Corners. Part 2 of 2. Looks at the upcoming federal election, including a focus on Labor leader Anthony Albanese. 9.15 Media Watch. (PG) Paul Barry takes a look at the latest issues affecting media consumers. 9.35 Countdown To War. Part 2 of 3. 10.20 Ms Represented With Annabel Crabb: In The Room. (PG, R) 10.55 ABC Late News. 11.10 The Business. (R) 11.25 Q+A. (R) 12.30 Killing Eve. (MA15+v, R) 1.15 Vera. (Mv, R) 2.45 Rage. (MA15+adhlsv) 4.25 The Drum. (R) 5.25 7.30. (R)</p>	<p>6.00 Mastermind Australia. (R) Presented by Jennifer Byrne. 6.30 SBS World News. 7.35 Heritage Rescue: Eastnor Castle. (PG) Presented by Nick Knowles. 8.30 Royal History's Myths And Secrets. (Premiere, PG) Lucy Worsley travels across Britain and Europe visiting the locations important to royal history. 9.30 Sex And Sensibility. (M) Takes a look at the salacious activities of the aristocratic elite of the Georgian period. 10.25 SBS World News Late. 10.55 Paris Police 1900. (MA15+advb) 12.05 Wisting. (Mav, R) 1.00 Unit One. (Mal, R) 4.20 VICE Guide To Film. (Mln, R) 4.50 Destination Flavour Scandinavia 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. (PGa) 7.30 Olympic Winter Games Beijing 2022. Day 10: Night session. Featuring a variety of events from the XXIV Olympic Winter Games. 9.00 Olympic Winter Games Beijing 2022. Day 10: Late session. Featuring a variety of events from the XXIV Olympic Winter Games. 11.00 Olympic Winter Games Beijing 2022. Day 10: Overnight session. 1.30 Medical Emergency. (PG, R) A man battles life-threatening injuries. 2.00 Home Shopping. (R) 4.00 Million Dollar Minute. (R) Hosted by Simon Reeve. 5.00 Seven Early News. 5.30 Sunrise. News, sport and weather.</p>	<p>6.00 Nine News. 7.00 A Current Affair. 7.30 Married At First Sight. (Mls) Intimacy Week begins. 9.10 La Brea. (Mv) With Josh's life on the line, Eve traverses the dangerous wilderness back to the clearing to save him. 10.10 Nine News Late. A look at the latest news and events. 10.40 Botched. (Mmns, R) Paul comes to aid of an Italian woman. 11.40 To Be Advised. 12.30 Tipping Point. (PG, R) 1.30 TV Shop: Home Shopping. (R) 2.30 Global Shop. (R) 3.00 TV Shop: Home Shopping. (R) 4.00 Believer's Voice Of Victory. (PGa) 4.30 A Current Affair. (R) 5.00 News Early Edition. 5.30 Today.</p>	<p>6.30 The Project. The hosts and guest panellists take a look at the day's news, events and hot topics. 7.30 Australian Survivor. The most recent tribal council plays on the minds of quite a few castaways. 8.30 FBI: Most Wanted. (MA15+av) The Fugitive Task Force chases a killer who plays a twisted game of cat and mouse with his victims. Hana shares something personal about herself with her new roommate, Ortiz. 11.30 The Project. (R) A look at the day's news and events. 12.30 The Late Show With Stephen Colbert. (PG) Late night talk show. 1.30 Home Shopping. (R) 2.30 Infomercials. (PG, R) 3.00 Home Shopping. (R) 4.30 CBS Mornings. Morning news and talk show.</p>
<p>ABC TV PLUS (22) 6am Children's Programs. 7.15pm Odd Squad. 7.30 David Attenborough's Conquest Of The Skies. (Final) 8.25 George Clarke's Amazing Spaces. 9.10 Grand Designs: House Of The Year. (Final) 10.00 To Be Advised. 11.00 Adam Hills: The Last Leg. 11.45 QI. 12.15am Escape From The City. 1.15 Community. 1.35 Parks And Recreation. 2.00 Late Programs.</p>	<p>SBS VICELAND (31) 6am WorldWatch. Noon Basketball. NBA. Chicago Bulls v Minnesota Timberwolves. Replay. 2.00 Nirvana. 3.00 Inhuman Kind. 3.30 Dead Set On Life. 3.55 WorldWatch. 5.15 Joy Of Painting. 5.45 Shortland Street. 6.15 Alone. 7.05 Jeopardy! 7.35 8 Out Of 10 Cats Does Countdown. 8.30 Taskmaster. 9.25 Derry Girls. 10.25 VICE. 11.25 Sex Tape Germany. 12.35am Late Programs.</p>	<p>7TWO (72) 6am Home Shopping. 6.30 Travel Oz. 8.00 Harry's Practice. 8.30 Million Dollar Minute. 9.30 Mighty Trains. 10.30 Better Homes And Gardens. Noon Billy Connolly: Made In Scotland. 1.00 Million Dollar Minute. 2.00 Weekender. 2.30 Sons And Daughters. 4.30 RSPCA Animal Rescue. 5.30 Escape To The Country. 6.30 Bargain Hunt. 7.30 Doc Martin. 8.30 A Touch Of Frost. 10.50 Cold Case. 11.50 Late Programs.</p>	<p>9GEM (81, 92) 6am TV Shop. 7.00 Creflo Dollar Ministries. 7.30 TV Shop: Home Shopping. 9.30 Newstyle Direct. 10.00 Danoz Direct. 10.30 Pointless. 11.30 My Favorite Martian. Noon Days Of Our Lives. 12.55 The Young And The Restless. 1.50 The Bill. 2.50 Antiques Roadshow. 3.20 MOVIE: Murphy's War. (1971, PG) 5.30 Murder, She Wrote. 6.30 Antiques Roadshow. 7.30 Agatha Raisin. 8.30 Poirot. 10.45 Law & Order. 11.45 Late Programs.</p>	<p>10 PEACH (52, 11) 6am Basketball. NBL. Round 11. South East Melbourne Phoenix v Perth Wildcats. Replay. 8.00 Friends. 10.00 The Middle. 11.30 Seinfeld. Noon This Is Us. 1.00 Nancy Drew. 2.00 The Big Bang Theory. 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 Mom. Midnight Shopping. 12.30 Infomercials. 1.30 Late Programs.</p>
<p>NITV (34) 6am Morning Programs. 1.30pm Going Native. 2.00 Shortland Street. 2.30 Chefs' Line. 3.00 Bushwhacked! 3.25 The Magic Canoe. 3.50 Wolf Joe. 4.00 Aussie Bush Tales. 4.10 Grace Beside Me. 4.35 Mustangs FC. 5.00 Our Stories. 5.30 APTN National News. 6.00 Bamay. 6.40 News. 6.50 Undiscovered Vistas. 7.40 Through The Wormhole With Morgan Freeman. 8.30 Karla Grant Presents. 9.35 Colony. 11.15 Late Programs.</p>	<p>SBS WORLD MOVIES (32) 6am Date With An Angel. (1987, PG) 8.00 Land Of The Bears. (2014, French) 9.35 Toast. (2010, PG) 11.20 Armour Of God. (1986, M, Cantonese) 1.05pm The Forbidden Kingdom. (2008, M) 3.00 Wadjida. (2012, PG, Arabic) 4.45 Master Cheng: A Spice For Life. (2019, PG) 6.50 Last Chance Harvey. (2008, PG) 8.30 The Face Of Love. (2013, M) 10.15 White Tiger. (2012, M, Russian) 12.10am Late Programs.</p>	<p>7MATE (73) 6am Morning Programs. 11.00 Olympic Winter Games Beijing 2022. Day 10: Day session. 1pm Olympic Winter Games Beijing 2022. Day 10: Afternoon session. 3.00 Shipping Wars. 4.00 Pawn Stars. 4.30 Olympic Winter Games Beijing 2022. Day 10: Evening session. 6.30 Olympic Winter Games Beijing 2022. Day 10: Night session. 7.30 American Pickers. 8.30 MOVIE: Dirty Harry. (1971, MA15+) 10.40 Late Programs.</p>	<p>9GO! (82, 93) 6am Children's Programs. Noon The Incredible Hulk. 2.00 The A-Team. 3.00 Children's Programs. 3.30 Raymond. 5.30 The Nanny. 6.00 3rd Rock From The Sun. 6.30 That '70s Show. 7.00 Young Sheldon. 7.30 RBT. 8.00 Gold Coast Cops. 8.30 MOVIE: Limitless. (2011, M) 10.35 Resident Alien. 11.35 Young Sheldon. Midnight The Carrie Diaries. 1.00 The Sex Clinic. 2.00 Social Fabric. 3.00 Late Programs.</p>	<p>10 BOLD (53, 12) 6am Infomercials. 7.30 Home Shopping. 8.00 Soccer. A-League Men. Round 14. Melbourne Victory v Newcastle Jets. 10.30 Cheers. 11.00 JAG. Noon NCIS. 1.00 Law & Order: SVU. 2.00 Walker, Texas Ranger. 3.00 Cheers. 3.30 Jake And The Fatman. 4.30 Diagnosis Murder. 5.30 JAG. 7.30 NCIS. 10.20 A-League Highlights Show. 11.20 Blue Bloods. 12.15am Shopping. 12.45 Infomercials. 1.15 Late Programs.</p>

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Tuesday, February 15

<p>ABC TV (2) 6.00 News Breakfast. 9.00 ABC News Mornings. 10.00 Foreign Correspondent. (R) 10.30 Kurt Fearnley's One Plus One. (a, R) 11.00 Myster Dogs. (R) 12.00 ABC News At Noon. 1.00 All Creatures Great And Small. (PG, R) 2.00 Parliament Question Time. 3.15 ABC News Afternoons. 4.00 Think Tank. (PG, R) 4.55 Courtney Act's One Plus One. (R) 5.25 Hard Quiz. (PG, R)</p>	<p>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. (R) 2.00 Viking Murder Mystery. (Mav, R) 2.55 The Italians. (R) 3.10 The Last Journey Of The Vikings. (PGav, R) 4.10 Egypt With The World's Greatest Explorer. (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) 11.00 Olympic Winter Games Beijing 2022. Day 11: Day session. 1.00 Olympic Winter Games Beijing 2022. Day 11: Afternoon session. 4.00 Olympic Winter Games Beijing 2022. Day 11: Evening session. Featuring a variety of events from the XXIV Olympic Winter Games. 5.00 The Chase Australia. (R)</p>	<p>NINE (8, 9) 6.00 Today. 9.00 Today Extra. (PG) 11.30 Morning News. 12.00 Married At First Sight. (Mls, R) 1.30 Getaway. (PG, 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 The Talk. (PGa) 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. 2.00 Entertainment Tonight. 2.30 Everyday Gourmet With Justine Schofield. (R) 3.00 Judge Judy. (PG, R) 3.30 Left Off The Map. 4.00 Farm To Fork. (PG) 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 Outback Ringer. (PG) The Cooks buy a brand new helicopter. 8.30 Catalyst: Miracle Babies: Operation Hope. (PGm) Takes a look at the world of fetal surgery, including footage of a baby being operated on in utero. 9.30 Dementia And Us. (PG) Part 1 of 2. 10.35 ABC Late News. 10.50 The Business. (R) 11.05 Four Corners. (R) 11.50 Media Watch. (PG, R) 12.05 Killing Eve. (Mav, R) 12.50 Midsomer Murders. (PG, R) 2.20 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? UK: Jodie Whittaker. (Return, PG) Jodie Whittaker explores her roots. 8.30 Insight. (Return) Takes a look at how older Australians are bucking the trends of the previous generations. 9.30 Framed. (PGad) Part 1 of 4. 10.00 The Feed. (Return) 10.25 SBS World News Late. 11.00 The Point. (R) 11.30 Shadow Lines. (MA15+l) 12.20 The Night Manager. (Mav, R) 2.00 Box 21. (MA15+v, R) 3.50 7 Up And Me. (PG, R) 4.45 Destination Flavour Scandinavia 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. (PGa) 7.30 Olympic Winter Games Beijing 2022. Day 11: Night session. Events include: figure skating, women's single - short program. 9.00 Olympic Winter Games Beijing 2022. Day 11: Late session. Events include: bobsleigh, 2-man heat. 11.00 Olympic Winter Games Beijing 2022. Day 11: Overnight session. 1.30 Harry's Practice. (R) Information about pet care. 2.00 Home Shopping. (R) 4.00 Million Dollar Minute. (R) Hosted by Simon Reeve. 5.00 Seven Early News. 5.30 Sunrise.</p>	<p>6.00 Nine News. 7.00 A Current Affair. 7.30 Married At First Sight. (Mlns) Intimacy Week continues. 9.10 The Hundred With Andy Lee. Andy Lee is joined by a panel of comedians and 100 Aussies to explore the fun behind the facts. 10.10 Nine News Late. A look at the latest news and events. 10.40 True Story With Hamish & Andy: Sammie. (PGm, R) Hamish and Andy meet Sammie. 11.40 The Village. (Mas) 12.30 Tipping Point. (PG, R) 1.30 TV Shop: Home Shopping. (R) 4.00 Believer's Voice Of Victory. (PGa) 4.30 A Current Affair. (R) 5.00 News Early Edition. 5.30 Today.</p>	<p>6.30 The Project. A look at the day's news and events. 7.30 Australian Survivor. The game is well and truly underway with one castaway deciding the time is right to start playing alliances off one another. 9.00 NCIS. (Mv) A civilian research vessel rescues a small boat containing a group of men claiming to be US Navy SEALs. 11.00 The Project. (R) A look at the day's news and events. 12.00 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. 8.00 Would I Lie To You? 8.30 Adam Hills: The Last Leg. 9.15 Gavin & Stacey. 9.45 Brassic. 10.30 Schitt's Creek. 10.50 Doctor Who. 11.55 Whose Line Is It Anyway? 12.40am Plebs. 1.00 Community. 1.25 Parks And Recreation. 1.45 ABC News Update. 1.50 Close. 5.05 Little Princess. 5.15 Late Programs.</p>	<p>SBS VICELAND (31) 6am WorldWatch. Noon Basketball. NBA. Portland Trail Blazers v New York Knicks. Replay. 2.00 Rum: The Thirsty Road. 2.30 Woman With Gloria Steinem. 3.00 Go 8 Bit: The Video Game Show. 3.50 WorldWatch. 5.15 Joy Of Painting. 5.45 Shortland Street. 6.15 Alone. 7.05 Jeopardy! 7.35 8 Out Of 10 Cats Does Countdown. 8.30 Punk. 9.30 Secret World Of Las Vegas. 10.25 Late Programs.</p>	<p>7TWO (72) 6am Shopping. 6.30 Travel Oz. 8.00 Harry's Practice. 8.30 Million Dollar Minute. 9.30 The Great Australian Doorstep. 10.00 The Great Outdoors: Greatest Escapes. 11.00 Andrew Denton's Interview. Noon Wild Bill. 1.00 Million Dollar Minute. 2.00 Creek To Coast. 2.30 Sons And Daughters. 4.30 Animal Rescue. 5.30 Escape To The Country. 6.30 Bargain Hunt. 7.30 Pie In The Sky. 8.30 Foyle's War. 10.45 Late Programs.</p>	<p>9GEM (81, 92) 6am Morning Programs. 9.30 Newstyle Direct. 10.00 Danoz. 10.30 Pointless. 11.30 My Favorite Martian. Noon Days Of Our Lives. 12.55 The Young And The Restless. 1.50 The Bill. 3.00 Garden Gurus Moments. 3.05 Antiques Roadshow. 3.35 MOVIE: Went The Day Well? (1942, PG) 5.30 Murder, She Wrote. 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 The King Of Queens. 8.00 Seinfeld. 9.00 Becker. 10.00 The Middle. 11.00 Frasier. Noon This Is Us. 1.00 The Big Bang Theory. 1.30 Friends. 2.00 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. Midnight Shopping. 12.30 Infomercials. 1.30 Late Programs.</p>
<p>NITV (34) 6am Morning Programs. 2pm Shortland Street. 2.30 Chefs' Line. 3.00 Bushwhacked! 3.25 The Magic Canoe. 3.50 Wolf Joe. 4.00 Aussie Bush Tales. 4.10 Grace Beside Me. 4.35 Mustangs FC. 5.00 Our Stories. 5.30 Indian Country Today. 6.00 Bamay. 6.30 News. 6.40 Undiscovered Vistas. 7.30 The Point. 8.00 Rise Up. 8.50 The Beach. 9.20 NITV News Update. 9.30 The Night Manager. 11.10 Late Programs.</p>	<p>SBS WORLD MOVIES (32) 6am Morning Programs. 9.40 Wadjida. (2012, PG, Arabic) 11.25 Operation Condor: Armour Of God II. (1991, M, Cantonese) 1.30pm Boychoir. (2014, PG) 3.25 Date With An Angel. (1987, PG) 5.25 The Triplets Of Belleville. (2003, PG, French) 6.55 Little Men. (2016, PG) 8.30 First Love. (2019, MA15+, Japanese) 10.35 The Last Egg. (2016, M, Vietnamese) 12.20am Late Programs.</p>	<p>7MATE (73) 6am Morning Programs. 11.00 America's Game. Noon SAS: UK. 1.00 Highway Thru Hell. 2.00 Hellfire Heroes. 3.00 Big Easy Motors. 3.30 Last Stop Garage. 4.00 Al McGlashan's Fish'n With Mates. 4.30 Olympic Winter Games Beijing 2022. Day 11: Evening session. 6.30 Olympic Winter Games Beijing 2022. Day 11: Night session. 7.30 Highway Patrol. 8.30 MOVIE: Magnum Force. (1973, MA15+) 11.05 Late Programs.</p>	<p>9GO! (82, 93) 6am Children's Programs. Noon Xena. 2.00 Motor Racing. FIA Formula E C'ship. Mexico City ePrix. H'lights. 3.00 The Nanny. 3.30 3rd Rock From The Sun. 4.00 That '70s Show. 4.30 Raymond. 5.30 The Nanny. 6.00 3rd Rock From The Sun. 6.30 That '70s Show. 7.00 Young Sheldon. 7.30 RBT. 8.00 Gold Coast Cops. 8.30 MOVIE: The Mechanic. (2011, MA15+) 10.25 Resident Alien. 11.25 Late Programs.</p>	<p>10 BOLD (53, 12) 6am Home Shopping. 7.00 Infomercials. 8.00 A-League Highlights Show. 9.00 Jake And The Fatman. 10.00 Diagnosis Murder. 11.00 JAG. Noon NCIS. 1.00 Law & Order: SVU. 2.00 Walker, Texas Ranger. 3.00 Cheers. 3.30 Jake And The Fatman. 4.30 Diagnosis Murder. 5.30 JAG. 7.30 NCIS. 8.30 Blue Bloods. 10.25 Bull. 12.15am Shopping. 1.15 Infomercials. 1.45 Shopping. 2.15 Late Programs.</p>

Wednesday, February 16

<p>ABC TV (2) 6.00 News Breakfast. 9.00 ABC News Mornings. 10.00 Four Corners. (R) 11.00 Countdown To War. (R) 12.00 ABC News At Noon. 12.30 National Press Club Address. 1.40 Media Watch. (PG, R) 2.00 Parliament Question Time. 3.15 ABC News Afternoons. 4.00 Think Tank. (R) 4.55 Courtney Act's One Plus One. (R) 5.25 Hard Quiz. (PG, R)</p>	<p>SBS (3) 6.00 WorldWatch. 9.30 Greek News. 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. (R) 2.00 Insight. (R) 3.00 The Italians. (R) 3.15 The Last Journey Of The Vikings. (PGv, R) 4.15 Egypt With The World's Greatest Explorer. (PGal, R) 5.05 Jeopardy! (PG) 5.30 Letters And Numbers. (R)</p>	<p>SEVEN (7) 6.00 Sunrise. 9.00 The Morning Show. (PG) 11.00 Olympic Winter Games Beijing 2022. Day 12: Day session. Events include: alpine skiing, men's slalom run. 1.00 Olympic Winter Games Beijing 2022. Day 12: Afternoon session. 4.00 Olympic Winter Games Beijing 2022. Day 12: Evening session. 5.00 The Chase Australia.</p>	<p>NINE (8, 9) 6.00 Today. 9.00 Today Extra. (PG) 11.30 Morning News. 12.00 Married At First Sight. (Mlns, R) 1.30 My Way. 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 The Talk. (PGa) 7.00 Judge Judy. (PG, R) 7.30 The Bold And The Beautiful. (PG, R) 8.00 Studio 10. (PG) 12.00 Dr Phil. (PGadl) 1.00 To Be Advised. 2.30 Entertainment Tonight. 3.00 Judge Judy. (PG, R) 3.30 Left Off The Map. 4.00 Farm To Fork. (PG) 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 Hard Quiz. (PG) Presented by Tom Gleeson. 8.30 Shaun Micallef's MAD AS HELL. (M) Host Shaun Micallef presents a round-up of important news stories of the week. 9.00 Starstruck. (Return, Mls) Jessie and Tom spend the day in London. 9.25 QI. (PG) Hosted by Sandi Toksvig. 9.55 Adam Hills: The Last Leg. (R) UK-based panel show. 10.40 ABC Late News. 10.55 The Business. (R) 11.10 Killing Eve. (MA15+v, R) 11.55 Father Brown. (Mv, R) 12.40 Miniseries: Patrick Melrose. (MA15+d, R) 1.45 Adam Hills: The Last Leg. (R) 2.25 Rage. (MA15+adhlnsv) 4.25 The Drum. (R) 5.25 7.30. (R)</p>	<p>6.00 Mastermind Australia. (R) Presented by Jennifer Byrne. 6.30 SBS World News. 7.35 Tony Robinson: The Thames At Night. (PG) Part 2 of 4. 8.30 Inside Air Force One: Secrets Of The Presidential Plane. (PG) Charts the history of Air Force One, the aircraft that carries the US President. 9.30 Hidden Assets. (MA15+) Emer has Fionn Brannigan firmly in her sights. Bibi begins to feel the pressure. 10.30 SBS World News Late. 11.00 In Therapy. (Mas) 11.50 The Handmaid's Tale. (MA15+av, R) 12.50 The Good Fight. (Mals, R) 1.45 Cacciatore: The Hunter. (MA15+av, R) 4.00 Miniseries: The Hunting. (Malns, 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. (PGav) 7.30 Olympic Winter Games Beijing 2022. Day 12: Night session. Featuring a variety of events from the XXIV Olympic Winter Games. 9.00 Olympic Winter Games Beijing 2022. Day 12: Late session. Featuring a variety of events from the XXIV Olympic Winter Games. 11.00 Olympic Winter Games Beijing 2022. Day 12: Overnight session. 1.30 Medical Emergency. (PG, R) Doctors complete an elbow reconstruction. 2.00 Home Shopping. (R) 4.00 Million Dollar Minute. (R) Hosted by Simon Reeve. 5.00 Seven Early News. 5.30 Sunrise. News, sport and weather.</p>	<p>6.00 Nine News. 7.00 A Current Affair. 7.30 Married At First Sight. (Mls) Simmering tensions spill over. 9.00 Under Investigation: The Unidentified. (PGa) Experts investigate the mystery of unidentified objects and whether they pose a military threat. 10.10 Nine News Late. A look at the latest news and events. 10.40 Framed By The Killer: The Family Man And The Frame. (MA15+a) 11.35 Grand Hotel. (Msv, R) 12.30 Tipping Point. (PG, R) 1.30 TV Shop: Home Shopping. (R) 2.30 Global Shop. (R) 3.00 TV Shop: Home Shopping. (R) 4.00 Believer's Voice Of Victory. (PGa) 4.30 A Current Affair. (R) 5.00 News Early Edition. 5.30 Today.</p>	<p>6.30 The Project. The hosts and guest panellists take a look at the day's news, events and hot topics. 7.30 Ambulance Australia. (Madl) A man claims to have jumped off Brisbane's Story Bridge and the team races against time to save his life. 8.30 Bull. (Masv, R) Bull looks to select jurors who can empathise with an individual's need for privacy when he helps Marissa's friend sue a philanthropic businessman, who abused the friend when he was a child. 11.30 The Project. Join the hosts for a look at the day's news, events and hot topics. 12.30 Home Shopping. (R) 2.30 Infomercials. (PG, R) 3.00 Home Shopping. (R) 4.30 CBS Mornings. Morning news and talk show, covering breaking news, politics, health, money, lifestyle and pop culture.</p>
<p>ABC TV PLUS (22) 6am Children's Programs. 7pm Dino Dana. 7.15 Odd Squad. 7.30 Anh's Brush With Fame. 8.00 Art Works. 8.30 How To Paint The Mona Lisa. 9.20 The Romantics And Us. 10.20 Doctor Who. 11.25 Chicken People. 12.45am Community. 1.05 Parks And Recreation. 1.30 ABC News Update. 1.35 Close. 5.05 Little Princess. 5.15 Hoot Hoot Go! 5.20 Pingu In The City. 5.30 Wallykazam! 5.55 Late Programs.</p>	<p>SBS VICELAND (31) 6am WorldWatch. Noon Panic: Untold Story Of The 2008 Financial Crisis. 2.00 The Last Shot. 2.50 Lee Lin Chin's Fashionista. 3.00 Rise. 3.50 WorldWatch. 5.15 Joy Of Painting. 5.45 Shortland Street. 6.15 Alone. 7.05 Jeopardy! 7.35 8 Out Of 10 Cats Does Countdown. 8.30 Wellington Paranormal. (Return) 9.00 Letterkenny. 9.35 MOVIE: American Gangster. (2007, MA15+) 12.30am Late Programs.</p>	<p>7TWO (72) 6am Morning Programs. 9.30 The Great Australian Doorstep. 10.00 The Great Outdoors: Greatest Escapes. 11.00 Andrew Denton's Interview. Noon Wild Bill. 1.00 Million Dollar Minute. 2.00 My Road To Adventure. 2.30 Sons And Daughters. 4.30 Animal Rescue. 5.30 Escape To The Country. 6.30 Bargain Hunt. 7.30 The Coroner. 8.30 Miss Scarlet And The Duke. 9.30 Frankie Drake Mysteries. 11.30 Late Programs.</p>	<p>9GEM (81, 92) 6am TV Shop. 7.00 Creflo Dollar Ministries. 7.30 TV Shop: Home Shopping. 10.30 Pointless. 11.30 My Favorite Martian. Noon Days Of Our Lives. 12.55 The Young And The Restless. 1.50 The Bill. 3.00 Antiques Roadshow. 3.30 MOVIE: A Man About The House. (1947, PG) 5.30 Murder, She Wrote. 6.30 Antiques Roadshow. 7.30 As Time Goes By. 8.50 Midsomer Murders. 10.50 House. 11.50 Late Programs.</p>	<p>10 PEACH (52, 11) 6am The Late Show With Stephen Colbert. 7.00 Frasier. 8.00 The King Of Queens. 9.00 Becker. 10.00 The Middle. 11.00 Frasier. Noon This Is Us. 1.00 The Big Bang Theory. 1.30 Friends. 2.30 NBL Slam. 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. 10.10 Mom. Midnight Shopping. 12.30 Infomercials. 1.00 Shopping. 1.30 Late Programs.</p>
<p>NITV (34) 6am Morning Programs. 1.35pm Songlines On Screen. 2.00 Shortland Street. 2.30 Chefs' Line. 3.00 Bushwhacked! 3.25 The Magic Canoe. 3.50 Wolf Joe. 4.00 Aussie Bush Tales. 4.10 Grace Beside Me. 4.35 Mustangs FC. 5.00 Our Stories. 5.30 Te Ao With Moana. 6.00 Bamay. 6.30 News. 6.40 Undiscovered Vistas. 7.30 Country Music. 8.30 Going Native. 9.00 Hunting Aotearoa. 9.30 Muhammad Ali. 11.50 Late Programs.</p>	<p>SBS WORLD MOVIES (32) 6am Morning Programs. 8.20 Boychoir. (2014, PG) 10.15 The Triplets Of Belleville. (2003, PG, French) 11.45 Feel The Beat. (2018, M, Swedish) 1.25pm Last Chance Harvey. (2008, PG) 3.10 Believe. (2013, PG) 4.55 Binti. (2019, PG, Dutch) 6.40 Girl With A Pearl Earring. (2003, PG) 8.30 On Chesil Beach. (2017, M) 10.35 Rendition. (2007, MA15+) 12.50am Late Programs.</p>	<p>7MATE (73) 6am Morning Programs. 1pm Demolition NZ. 2.00 Hellfire Heroes. 3.00 Big Easy Motors. 3.30 Last Stop Garage. 4.00 Al McGlashan's Fish'n With Mates. 4.30 Olympic Winter Games Beijing 2022. Day 12: Evening session. 6.30 Olympic Winter Games Beijing 2022. Day 12: Night session. 7.30 Pawn Stars. 8.30 MOVIE: The Enforcer. (1976, MA15+) 10.35 MOVIE: Heartbreak Ridge. (1986, M) 1.20am Late Programs.</p>	<p>9GO! (82, 93) 6am Children's Programs. Noon Xena. 2.00 Hercules. 3.00 The Nanny. 3.30 3rd Rock From The Sun. 4.00 That '70s Show. 4.30 Raymond. 5.30 The Nanny. 6.00 3rd Rock From The Sun. 6.30 That '70s Show. 7.00 Young Sheldon. 7.30 RBT. 8.00 Gold Coast Cops. 8.30 MOVIE: Death Race. (2008, MA15+) 10.30 Resident Alien. 11.30 Young Sheldon. Midnight The Carrie Diaries. 1.00 Summer House. 2.00 Late Programs.</p>	<p>10 BOLD (53, 12) 6am Infomercials. 8.00 iFish Summer Series. 8.30 Cheers. 9.00 Jake And The Fatman. 10.00 Diagnosis Murder. 11.00 JAG. Noon NCIS. 1.00 Law & Order: SVU. 2.00 Walker, Texas Ranger. 3.00 Cheers. 3.30 Jake And The Fatman. 4.30 Diagnosis Murder. 5.30 JAG. 7.30 NCIS. 8.30 NCIS: Los Angeles. 10.20 FBI: Most Wanted. 11.15 SEAL Team. 12.10am Shopping. 1.40 Infomercials. 2.10 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.

12503220-JW28-21

Thursday, February 17

<p>ABC TV (2) 6.00 News Breakfast. 9.00 ABC News Mornings. 10.00 Back Roads. (PGs, R) 10.30 Nigella At My Table. (R) 11.00 Dementia And Us. (PG, R) 12.00 ABC News At Noon. 1.00 Hard Quiz. (PG, R) 1.30 Shaun Micallef's MAD AS HELL. (M, R) 2.00 Parliament Question Time. 3.15 ABC News Afternoons. 4.00 Think Tank. (PG, R) 5.00 Courtney Act's One Plus One. (R) 5.25 Hard Quiz. (PG, R)</p>	<p>SBS (3) 6.00 WorldWatch. 7.30 Italian News. 8.10 Filipino News. 8.40 French News. 9.30 Greek News. 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. (R) 2.00 The Last Journey Of The Vikings. (PGv, R) 3.00 Ethnic Business Awards. (PG) 5.05 Jeopardy! (PG) 5.30 Letters And Numbers. (R)</p>	<p>SEVEN (7) 6.00 Sunrise. 9.00 The Morning Show. (PG) 11.00 Olympic Winter Games Beijing 2022. Day 13: Day session. 1.00 Olympic Winter Games Beijing 2022. Day 13: Afternoon session. 4.00 Olympic Winter Games Beijing 2022. Day 13: Evening session. Events include: freestyle skiing, women's ski cross big final gold medal event. 5.00 The Chase Australia.</p>	<p>NINE (8, 9) 6.00 Today. 9.00 Today Extra. (PG) 11.30 Morning News. 12.00 Married At First Sight. (Mls, R) 1.30 Destination WA. (PG, 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 The Talk. (PGa) 7.00 Judge Judy. (PG, R) 7.30 The Bold And The Beautiful. (PG, R) 8.00 Studio 10. (PG) 12.00 Dr Phil. (PGal) 1.00 To Be Advised. 2.00 Entertainment Tonight. 2.30 Everyday Gourmet With Justine Schofield. (R) 3.00 Judge Judy. (PG, R) 3.30 Left Off The Map. 4.00 Farm To Fork. (PG) 4.30 The Bold And The Beautiful. (PG) 5.00 10 News First.</p>
<p>6.00 The Drum. 6.55 Sammy J. (Return, PG) 7.00 ABC News. 7.30 7.30. Presented by Leigh Sales. 8.00 Foreign Correspondent. International current affairs program. 8.30 Q+A. Public affairs program featuring a panel of experts and commentators answering questions. 9.35 To Be Advised. 10.30 How Extra: Wild. (PG, R) 11.00 ABC Late News. 11.15 The Business. (R) 11.30 Catalyst. (PGm, R) 12.30 Aussie Inventions That Changed The World. (Final, PG, R) 1.25 Killing Eve. (Mv, R) 2.10 Call The Midwife. (Ma, R) 3.35 Rage. (MA15+adhlnsv) 4.25 The Drum. (R) 5.20 Sammy J. (PG, R) 5.25 7.30. (R)</p>	<p>6.00 Mastermind Australia. (R) 6.30 SBS World News. 7.35 Scenic Coastal Walks With Kate Humble: Dorset. (PG) Kate Humble walks the South West Coast Path. 8.30 Miniseries: The Long Call. (M) Part 3 of 4. 9.25 Death On The Common My Mother's Murderer. (M) A look at the murder of Rachel Nickell. 10.20 SBS World News Late. 10.50 Gomorrah. (MA15+sv) 11.50 Partisan. (Malnsv) 12.45 Baghdad Central. (Malv, R) 3.30 Blinded. (MA15+s, R) 4.25 VICE Guide To Film. (MA15+alsv, R) 4.50 Destination Flavour Scandinavia 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. (PGa) 7.30 Olympic Winter Games Beijing 2022. Day 13: Night session. 9.00 Olympic Winter Games Beijing 2022. Day 13: Late session. Featuring a variety of events from the XXIV Olympic Winter Games. 11.00 Olympic Winter Games Beijing 2022. Day 13: Overnight session. 1.30 Harry's Practice. (R) 2.00 Home Shopping. (R) 4.00 Million Dollar Minute. (R) 5.00 Seven Early News. 5.30 Sunrise.</p>	<p>6.00 Nine News. 7.00 A Current Affair. 7.30 RBT. (PGdl) Follows the activities of police units. 8.30 Australia Behind Bars. (Malv) Takes a look at the 2020 Wellington Correctional Centre riot that saw prisoners run rampant. 9.40 A+E After Dark. (MA15+lm) A patient turns abusive. 10.40 Nine News Late. 11.10 Prison. (Mal) 12.10 New Amsterdam. (Mamv, R) 1.00 The Xtreme CollXtion. (PG, R) 1.30 TV Shop: Home Shopping. (R) 2.30 Global Shop. (R) 3.00 TV Shop: Home Shopping. (R) 4.00 Believer's Voice Of Victory. (PGa) 4.30 A Current Affair. (R) 5.00 News Early Edition. 5.30 Today.</p>	<p>6.30 The Project. A look at the day's news and events. 7.30 Bondi Rescue. (PGal, R) Lifeguards try to enforce social distancing. 8.00 Territory Cops. (PGalv, R) Takes a behind-the-scenes look at the Northern Territory Police. 8.30 Law & Order: SVU. (Msv) After a popular fighter does not show up for the biggest bout of the year, Rollins and Velasco investigate. 10.30 Blue Bloods. (Mv, R) Erin is forced to admit her wrongdoings. 11.30 The Project. (R) 12.30 The Late Show With Stephen Colbert. (PG) 1.30 Home Shopping. (R) 3.00 Infomercials. (PG) 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 Penn & Teller: Fool Us. 9.15 Hard Quiz. 9.45 Shaun Micallef's MAD AS HELL. 10.15 QI. 10.45 Doctor Who. 11.35 Live At The Apollo. 12.20am Would I Lie To You? 12.50 Community. 1.10 Parks And Recreation. 1.35 Plebs. 2.00 ABC News Update. 2.05 Close. 5.05 Little Princess. 5.15 Late Programs.</p>	<p>SBS VICELAND (31) 6am WorldWatch. Noon A World In Disarray. 1.30 Most Expensivest. 2.00 Gaycation. 2.50 Mr Tachyon On The Edge Of Science. 3.50 WorldWatch. 5.15 Joy Of Painting. 5.45 Shortland Street. 6.15 Alone. 7.05 Jeopardy! 7.35 8 Out Of 10 Cats Does Countdown. 8.30 The Curse Of Oak Island. 10.10 Chasing Famous. 11.00 The Feed. 11.30 Vikings. 12.25am News. 1.20 The Trixie & Katya Show. 1.45 Late Programs.</p>	<p>7TWO (72) 6am Morning Programs. 10.00 The Great Outdoors: Greatest Escapes. 11.00 Andrew Denton's Interview. Noon Wild Bill. 1.00 Million Dollar Minute. 2.00 To Be Advised. 2.30 Sons And Daughters. 4.30 Animal Rescue. 5.00 Australia's Deadliest. 5.30 Escape To The Country. 6.30 Bargain Hunt. 7.30 Father Brown. 8.30 Inspector George Gently. 10.30 Murdoch Mysteries. 11.30 Late Programs.</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 Days Of Our Lives. 12.55 The Young And The Restless. 1.50 The Bill. 3.00 Antiques Roadshow. 3.30 MOVIE: The Fallen Idol. (1948) 5.30 Murder, She Wrote. 6.30 Antiques Roadshow. 7.30 Death In Paradise. 8.40 Fawcety Towers. 10.40 House. 11.40 Late Programs.</p>	<p>10 PEACH (52, 11) 6am The Late Show With Stephen Colbert. 7.00 Frasier. 8.00 The King Of Queens. 9.00 Becker. 10.00 The Middle. 11.00 Frasier. Noon This Is Us. 1.00 The Big Bang Theory. 1.30 Friends. 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 Seinfeld. 11.00 Mom. Midnight Shopping. 12.30 Infomercials. 1.30 Late Programs.</p>
<p>NITV (34) 6am Morning Programs. 1.30pm Going Native. 2.00 Shortland Street. 2.30 Chefs' Line. 3.00 Jarjums. 3.50 Wolf Joe. 4.00 Aussie Bush Tales. 4.10 Grace Beside Me. 4.35 Mustangs FC. 5.00 Our Stories. 5.30 The 77 Percent. 6.00 Bamay. 6.30 News. 6.40 Undiscovered Vistas. 7.30 Going Places With Ernie Dingo. 8.30 Miniseries: New Gold Mountain. 9.30 MOVIE: Superfly. (2018, MA15+) 11.30 Late Programs.</p>	<p>SBS WORLD MOVIES (32) 6am The Triplets Of Belleville. Continued. (2003, PG, French) 6.30 Girl With A Pearl Earring. (2003, PG) 8.25 Believe. (2013, PG) 10.15 God Help The Girl. (2014, M) 12.20pm The Royal Bride. (2020, M, Vietnamese) 2.30 Little Men. (2016, PG) 4.05 Lion. (2016, PG) 6.15 Cutthroat Island. (1995, PG) 8.30 Finding Your Feet. (2017, M) 10.35 In Harmony. (2015, M, French) 12.10am Late Programs.</p>	<p>7MATE (73) 6am Morning Programs. Noon SAS: UK. 1.00 Demolition NZ. 2.00 Hellfire Heroes. 3.00 Big Easy Motors. 3.30 Last Stop Garage. 4.00 Al McGlashan's Fish'n With Mates. 4.30 Olympic Winter Games Beijing 2022. Day 13: Evening session. 6.30 Olympic Winter Games Beijing 2022. Day 13: Night session. 7.30 Pawn Stars. 8.30 MOVIE: Sudden Impact. (1983, MA15+) 11.00 Late Programs.</p>	<p>9GO! (82, 93) 6am Children's Programs. Noon Xena. 2.00 Hercules. 3.00 The Nanny. 3.30 3rd Rock From The Sun. 4.00 That '70s Show. 4.30 Raymond. 5.30 The Nanny. 6.00 3rd Rock From The Sun. 6.30 That '70s Show. 7.00 Young Sheldon. 7.30 MOVIE: Jaws. (1975, M) 10.00 MOVIE: Stripes. (1981, M) 12.10am The Carrie Diaries. 1.10 The Arrangement. 2.10 Below Deck Sailing Yacht. 3.00 Bakugan: Battle Planet. 3.30 Late Programs.</p>	<p>10 BOLD (53, 12) 6am Home Shopping. 6.30 Infomercials. 8.00 What's Up Down Under. 8.30 NBL Slam. 9.00 Jake And The Fatman. 10.00 Diagnosis Murder. 11.00 JAG. Noon NCIS. 1.00 Law & Order: SVU. 2.00 Walker, Texas Ranger. 3.00 Cheers. 3.30 Jake And The Fatman. 4.30 Diagnosis Murder. 5.30 JAG. 7.30 NCIS. 8.30 Bull. 10.30 SEAL Team. 11.30 NCIS. 12.30am Infomercials. 1.00 Shopping. 2.00 Late Programs.</p>

On Demand

LAW AND DISORDER

MURDERVILLE
Streaming, Netflix

NETFLIX

By now, we've all seen enough cop shows to know the script by heart. We've often predicted the culprit, killer or baddie by the second or third ad break – just look for the most famous name in the credits. But what if one of the actors in the piece didn't know their part?

Enter *Murderville* – a new crime-based improv series that throws celebrity guests in the deep end each episode, partnering with homicide detective Terry Seattle (Will Arnett) on his latest case. They step onto the set without a script, with no clue as to what the crime is, and learn the information as the audience does. The other players, from forensic investigators to suspects know their parts and help the action move along.

Arnett, as the noirish Seattle, spends his time bossing the stars around, commanding the likes of *The Hangover's* Ken Jeong, Sharon Stone, *Schitt's Creek's* Annie Murphy, Marshawn Lynch, Kumail Nanjiani and Conan O'Brien into hilariously compromising situations. Seeing their reactions to the bizarre material is the most delightful part of the series, and there's plenty for them to take in – guest detectives are responsible for deciphering all the clues, interrogating the suspects, and naming the killer.

An adaptation of the UK's *Murder in Successville* (streaming, Amazon Prime Video), which ran for three seasons and won a BAFTA Award, *Murderville* is the perfectly silly, ridiculous viewing we didn't know we needed.



Law of the land:
Will Arnett
as detective
Terry Seattle in
Murderville.



HOTEL PORTOFINO
Streaming, Bing

BiNGE

Set in 1920s Italy, this lavish period drama follows the fortunes of Bella Ainsworth (Natascha McElhone, pictured), the daughter of a wealthy industrialist who has set up a British hotel on the Italian Riviera. Her high-society English guests bring with them no shortage of romantic intrigue, societal scandal and rich subplots filled with mystery.



HOPE STREET
Streaming, BritBox

britbox

The sudden arrival of English detective Leila Hussain (Amara Karan, pictured) in Port Devine, on the Northern Ireland coast, sets tongues wagging in the picturesque seaside town. While the locals in this light-hearted police procedural try to work out what has brought her to Port Devine, Leila sets about solving the town's small-scale crimes.



SUSPICION
Streaming, Apple TV+

Apple TV+

After being identified as suspects in the New York kidnapping of the only son of an American businesswoman (Uma Thurman), four ordinary British citizens (Tom Rhys-Harries, Kunal Nayyar, Georgina Campbell and Elizabeth Henstridge, pictured from left) find themselves at the heart of an international mystery as they race to clear their names.



THE GIRL BEFORE
Streaming, Foxtel

FOXTEL

In search of a fresh start, PR executive Jane (Gugu Mbatha-Raw, pictured) moves into a beautiful minimalist home designed by enigmatic architect Edward (David Oyelowo). The extensive list of house rules is one thing, but a shocking discovery about the previous tenant causes Jane to question everything in her life.



REACHER
Streaming, Amazon Prime Video

prime video

Previously brought to the screen by Tom Cruise, Lee Child's ex-military investigator gets a new lease of life in this eight-part adaptation of *The Killing Floor*. Arrested for a crime he didn't commit in a small town, Jack Reacher (Alan Ritchson, pictured) becomes embroiled in a conspiracy and uses every weapon in his arsenal to fight for his innocence.

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Members in 2015.



Zonta Says No, 2018.

Three decades of Zonta

By Eilish Massie

Zonta Club of Gladstone recently celebrated its 30th birthday, with members, past and present, celebrating the belated occasion at Dimitri's Mediterranean Restaurant where the club had its first charter dinner.

Formed in 1991, Zonta Club of Gladstone supports a variety of international and local projects within the community, providing donations, awards and services that empower women of all ages to help them to improve their status and achieve their aspirations.

Zonta Club of Gladstone Inc president Natalie Petersen said 25 members, some who have been involved since the beginning, joined for the occasion on 27 January.

"We held a scaled down evening at Dimitri's Mediterranean Restaurant for just our Club members on our actual Charter, birthday date, 27 January," she said.

"Dimitri's is the location that the Charter Dinner took place in 30 years ago."

Ms Petersen, who has been involved in the club for four years, said the club had celebrated many milestones over the years.

"Relationships with the women in the club are so diverse," Ms Petersen said.

"The club makes a difference with its birthing kits available for women, 16 days of activism, fellowship of like minded people.

"Our involvement with the advancement and access to higher education through our CQUniversity Scholarship and Academic Award and also the Young Women in Public Affairs Award (Local, District and International Award) is also a highlight."

On an international level, the club is known for its advocacy of gender equality, ending child marriage, access to education and ending gender based violence.

While locally, the club has hosted many events including the Soft Room Project - providing soft furnishing, toys, and laptops for interview rooms at regional police stations, providing toiletries to local women's shelters, DV awareness activities, and 16 Days of Activism against Gender-Based Violence and more.

"30 Years have passed so quickly," Ms Petersen said.

"Exactly to the day both Gail Sellers and Irene Skenderis were at the Charter Dinner of the Zonta Club of Gladstone held in exactly the same location, at Dimitri's Mediterranean Restaurant."

Here are some of the projects the club has been involved with in the past three decades:

Internationally:

- Gender Equality
- Ending Gender Based Violence
- Ending Child Marriage
- Expanding Excess to Education
- International Service Projects:
- Birthing Kit Workshops
- Support Gladstone 'Days for Girls' group
- Jane M Klausman Women in Business Scholarships
- Amelia Earhart Fellowships

Locally:

- Soft Room Project – Providing soft furnishing, toys, and laptops for interview rooms at regional Police stations
- Essentials Drive – Provision of toiletries for



Zonta Club of Gladstone in 2021.



Zonta Club of Gladstone's Orange Walk in 2021.



Zonta Club of Gladstone 2017.



Zonta Club of Gladstone in 2015.



Zonta celebrating its 100th international birthday.

- local organisations, such as Roseberry Qld and the Women's Shelter
- Supporting various local organisations and programs such as 'Mentoring Mums' (Hopelink) and "Puberty Clues" (Women's Health Center)

- Breast Cushion Workshops
- Support Domestic and Family Violence month activities
- Support Domestic and Family Violence Remembrance Day
- Support Reclaim the Night



Zonta Says No display.

- Orange Breakfast for the International Day for the Elimination of Violence Against Women
- 16 Days of Activism Against Gender-Based Violence Campaign
- Annual International Women's Day Breakfast



WineBill says he worked as a freelance wine-waiter over the summer months.

Now, which wine?

During the summer months, I worked as a freelance wine-waiter. On the Gold Coast and Brisbane. I've always believed the best way to learn more about wine, is by communicating with others.

With wine, there are numerous talking points, most of the time, I'm asked which wine would I choose?

One part of the job, I really enjoy, is when the customer provides me with information about wine, that is new to me. Thanks, to one young surfy couple from Sydney, I was introduced to The Hidden Sea wine range.

They are known for their globally conscious ethos. 'For every one bottle of The Hidden Sea purchased, they commit to removing and recycling ten plastic bottles from the ocean'. Their incredible goal is to recycle one billion single-use plastic bottles from our world's oceans and rivers.

The next winery I was introduced to by a dining customer is called Ten Minutes by Tractor.

WINE WITH
FOOD TIPS

WineBill

Starting Wine Conversations

tor. In 1997, it was formed by three individuals that owned adjoining vineyards only ten minutes by tractor apart from each other, in Main Ridge, cool-climate, Mornington Peninsula.

In February 2004, Martin and Karen Spedding bought the company. Fast forward to today and it is now a world class vineyard with a world class restaurant. It is the restaurant that a customer, really wanted to tell me about. n

Dr Olga, a resident of the Gold Coast, explained it has a uniqueness, in that it has an elegant casual vibe, that enhances Sunday Lunch even more.

The only time of the week, she had the time to book. Their wine list is more than impressive, it obviously highlights the magnificent Pinot Noir and Chardonnay produced on the estate. It also promotes other producers on the Mornington Peninsula, plus other cool climate regions of Australia and the world.

Add this to superb food, Chef Adam Sanderson and his kitchen team creates.

As they only use the best of local produce that is then matched with the perfect wine. Floor staff are well trained in guiding and assisting customers to learn the delights of wine and food matching. Supervised by Head Sommelier, Xavier Vigier.

Each wine on the list is inspiring, that tells a story of the vineyard and people it's from.

This adds another dimension to the dining experience. As a student of matching wine and food, experiencing and dining at Ten Minutes by Tractor is now on my bucket list. Thank you, Dr Olga.

'Peaceful' name fits the bill



The Peaceful Dove must be one of the smallest of pigeons with an overall length of less than 20cm.

Other than their size, one distinctive feature they have is the light blue eye patch that extends down the bill.

'Peaceful' Dove seems to be a good name for them as they move around quietly feeding mainly on seeds of grasses and sedges.

At times, however, they will also feed on small insects.

Peaceful Doves build their relatively flimsy nests of twigs, grasses and roots in shrubs and trees.

Both parents feed the young, with what is called crop milk.

This appears to be contents of the adult's crop where food is stored prior to digestion.



The Peaceful Dove is one of the smallest members of the pigeon family.

A busy start to the year, and there is plenty to come

By Professor Nick Klomp, Vice-Chancellor and President, CQUniversity Australia

Well, here we are now in the second month of 2022, and plenty has already happened here at CQUniversity in the first month of the year.

One of the more exciting things to happen in the first month of the year, was the Queensland Government's announcement that the state would re-open its borders to international travellers and more specifically to international students.

This was welcome news for all universities, and the early signals for CQUniversity are promising, with international students accepting offers in the hundreds and surpassing our conservative predictions.

Last month I also made a quick trip to Indonesia where, in a major milestone for our university, I had the opportunity to attend our first graduation ceremony in the country where a cohort of Jakarta-based graduates crossed the stage to receive their dual degree of Master of Management and Master of Business Administration, co-delivered by our Australian lecturers and the team at Universitas Bakrie.

While on the topic of Indonesia, this year we will continue to work with the Indonesian government to establish our purpose-built campus in Medan, the capital of North Sumatra. The campus is set to deliver undergraduate, postgraduate, research and PhD programs in the North Sumatran agricultural hub and

FROM THE
LECTERN

forms an integral part of our future strategy and our vision to be a truly global university.

Back on home soil, CQUniversity recognises that the emergence of an Australian hydrogen industry has the potential to be a game-changer for Australia, and particularly for Central Queensland. So hydrogen will play a large part of our research focus in 2022 and beyond.

Gladstone has been identified as a focal point for hydrogen development in Queensland by both the Federal and State governments, and in response, CQUniversity has set-aside five hectares on our Gladstone Marina campus to accommodate a Gladstone Hydrogen and Renewable Energy Precinct.

We are committed to leading world-class research into the manufacture and application of industrial hydrogen and other renewable energies, right here in regional Queensland.

I am committed to growing the Centre as a focal point for collaboration and knowledge sharing, accelerating our understanding of key issues and problem solving, and maximising



The state reopening its borders to international travellers, including students, is welcome news to CQUniversity. Picture: AAP IMAGE/JAMES GOURLEY

opportunities for local and regional industry.

I know I am not alone in saying that I'm really looking forward to seeing the return of students to our campuses when Term 1 kicks off next month. To top off a great start to the year, we're thrilled to welcome our first cohort

of the Bachelor of Medical Science (Pathway to Medicine) degree. This is an exciting milestone for CQU and one that will make the entire CQ region very proud.

I look forward to sharing many more stories with you as the year progresses.

GladstoneToday

PROPERTY

realestate
view
.com.au



2.5 ACRES IN THE HEART OF BYFIELD

ARE you looking for a weekend getaway or relocating to Byfield? If so, check out this great property located next door to the Byfield General Store and opposite the primary school.

- Private 2.5 acre block with native bush
- Level house pad to build a new house
- Gated entrance with high wooden gate

- Possibility of re-zoning (STCA)
- Assortment of established fruit trees
- High school bus to Yeppoon
- Bitumen road frontage
- Partially fenced
- Power connected and water tanks
- Clean slate with many options ●



HOME ESSENTIALS

Address: 2240 Byfield Road, BYFIELD Price: \$475,000 Inspect: By appointment Contact: Andrew Dowie, 0429 391 379, YEPPOON REAL ESTATE, 4938 3777



6 units, 35 metres ocean view frontage 13 🏠 | 6 🚗 | 7 🚗

- 25 metres to beautiful Lammermoor beach
- Spectacular views of the ocean & Keppel Islands
- 6 units w/ long term tenants, returning \$1,830pw
- 5x2 bed units, 1x3 bed units, pool, 7 car parks
- Minutes to Rosslyn Bay harbour, schools & CBD
- Potential to run as a motel or Air BnB
- Low maintenance complex set on 1,778m2
- Expressions of Interest closing 28 February 2022

130 Scenic Highway
Lammermoor
Expressions of Interest
Esme & Claudia Coren
0423877414
0438336861



Massive family home metres to beach 6 🏠 | 4 🚗 | 7 🚗

- 3 storey family home w/ 5 bed, office & 3 baths
- 2 kitchen in main house, living on each level
- Plantation shutters & security screens
- Workshop w/ 3.6m ceiling, 3 phase power
- Separate granny flat w/ kitchen, bath & laundry
- Perfect for family home or Air BnB
- 5 garages, wide driveway & beach access
- 4 mins to Farnborough State School

19 Mirraweena Avenue
Bangalee
\$1,240,000
Leisa Richardson
0427 251 008



Queenslander, 1/4 Acre, In Town 4 🏠 | 1 🚗 | 3 🚗

- 1012m2 block w/ side access
- 4 bedrooms plus study & 2 living areas
- Family bathroom w/ separate toilet
- Cavernous master bedroom w/ WIR
- High clearance caravan or boat carport
- 9ft ceilings & polished timber floor boards
- Generous kitchen overlooking deck & gardens
- Walk to beach, shops, restaurants, clubs & CBD

6 Hutton Street
Yeppoon
Offers over \$650,000 considered
Lisa Wilson
0418 247 020



Charming Lowset Colonial Home 4 🏠 | 2 🚗 | 2 🚗

- Close to beaches, schools, shops & daycare
- 4 bedrooms, 3 w/ BIR & ensuite off main
- Open plan living area w/ separate a/c lounge
- Family size laundry & 5kw solar
- Verandah w/ outdoor entertainment area
- Bonus a/c office/gym room off garage
- Lock up car accommodation for 2 cars
- Fantastic family home or great investment

2 Daffcroft Street
Taranganba
Offers over \$475,000 considered
Troy Davis
0400 933 347



WHEN THE GOING GETS HOT

UPDATING your home’s backyard exterior into a poolside paradise, or a divine outdoor dining area that you won’t want to leave this summer can be simple with a mini makeover and a lick of paint.

Dulux colour expert Andrea Lucena-Orr says using lashings of pastels like salmon pinks and mint greens against core exterior neutrals – crisp whites, concrete greys and natural stone – can add a sense of playfulness and visual delight, and will have you feeling like you’ve been transported to an exotic tropical destination.

“When it comes to introducing colour into your backyard spaces, it pays to be adventurous, challenging any preconceived notions you may have about what’s right and wrong in this space. Even a small quantity of an unexpected colour through a geometric pattern on a retainer wall, or a vibrant accent wall in your pool house can make a bold statement,” Andrea says.

She advised using colours such as mint, dusty pinks combined with a vivid white in areas like the fence and pool house to create a striking backdrop - evoking a sense of modern glamour, fun and energy that can often be associated with being poolside at a luxury hotel.

“For a more nurturing, nature-inspired look, try pairing rich turquoise greens and deep blue-greys with warm whites, like Dulux Natural White, on your outdoor fireplace, dining area, furniture, or decorative accessories, such as mats and plant pots. These shades, while seemingly simple, will provide a sense of holiday-comfort we all crave in the summer months.”

Tackling a outdoor painting project like these can be completed in just one weekend – meaning you’ll still have plenty of time to host and toast this summer once the DIY makeover is complete.



Here are some painting tips and tricks to help you achieve these looks in your own home.

1. Sand all dressed timber.
2. For timber surfaces, fill nail holes with a

flexible, exterior wood-filler.

3. Ensure filled/putty surface is sound by conducting an adhesion test.
4. Test the adhesion on all previously painted surfaces by cutting a small ‘X’

through the existing paint with a sharp blade, press cellulose tape firmly across the cut and then rip off the tape. If the paint comes off, it is unsound and should be removed. ●



FAMILY HOME IN MARANDA HEIGHTS

NEW to the sales market is this stunning home located in Maranda Heights estate. Boasting four bedrooms with walk in robe to the master and built in cupboards to other rooms.

A beautiful crisp, white kitchen with quality stainless steel appliances within the oversized, tiled, open plan kitchen, living and dining area and separate carpeted formal lounge.

Comfort is key with centrally located ducted air conditioning. Backing off

the dining area is the large covered outdoor patio overlooking the established manicured lawns and gardens in the fully colour bond fenced yard with access gates either side.

You won’t want to risk missing out on this captivating property on Canterbury, which also comes with solar panels to help reduce the electricity account.

The property is currently rented till May this year, now is the time to buy, call today to arrange an inspection. ●

HOME ESSENTIALS

Address: 67 Canterbury Street, EMERALD **Price:** \$465,000
Description: 4 bedrooms, 2 bathrooms, 2 garage
Contact: Dee 0428 770 555, REAL ESTATE VISION GROUP

REAL ESTATE VISION GROUP
BLACKWATER 07 4982 6055 14 Mackenzie Street
EMERALD 07 4987 7055 Shop 2, 2-8 Mayfair Drive

3 BEDROOMS

\$110,000

44 Acacia Street, Blackwater
3 bed 1 bath 1 car

2 BEDROOMS

\$119,500

2 Main Street, Bluff
2 bed 2 bath 2 car

3 BEDROOMS

\$150,000

10 Mangrove Street, Blackwater
3 bed 1 bath 1 car

3 BEDROOMS

\$154,500

29 Boronia Street, Blackwater
3 bed 1 bath 1 car

4 BEDROOMS

\$369,000

8 Whitney Street, Emerald
4 bed 2 bath 2 car

2 BEDROOMS

Offers over \$90,000

Unit 3, 45 Baker Street, Emerald
2 bed 1 bath 1 car

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50%*
Off

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Gardening

Neil Fisher



Coreopsis - means always cheerful.



Orchid - means bell of my heart.



Plumbago - means holy wishes.



Caladium - means great joy and delight.

Giving the gift of flowers

Next Monday is Valentine's Day, a fun day of the year when it is cool to give a gift of plants or flowers to your loved one.

Valentine's Day is steeped in tradition, yet it could be said that in Australia that we have only participated in the spirit of the day in the last 25 years.

This year even Covid has even had an impact with Valentine's Day flower wholesalers warning they will not be able to meet the demand for Valentine's Day flowers because the pandemic has hit supplies from local growers and overseas imports.

Last weekend I visited the Taroom Hardware Mitre 10 and Nursery and what a fantastic little nursery I found there.

Their nursery had a great range healthy of trees and shrubs many perfect for a Valentine's Day gift. Some that even the most brown thumb gardener could grow.

Plants like blooming miniature Red Jewel Roses in bloom, flowering Geraniums, Blue flowering Plumbagos and a large range of Hibiscus many that are in full bloom. Also on display was the very hardy Gardenia grandiflora Star. This shrub can be grown either in the garden or in a large pot.

For those people who may have forgotten, or who are running a little late with their Valentine's gift or even for those looking for something out of the ordinary, the gift to please that will last for years is a plant. Why not select some plants for inside your home or the garden or maybe plants for a whole new garden?

So, maybe you can start a new tradition this Valentine's Day, and create a Valentine's garden for your loved one.

The Meaning Of Flowers

You have made the choice to purchase plants for your Valentine. Did you know that many plants have meanings? Has your loved one come home recently with a bunch of flowers? Has your friend given you a pot plant for a present lately?



Red Jewel Roses in stock at Taroom Hardware Mitre 10 and Nursery.

Did you wonder what the real meaning of these gifts were? I thought you might like an insight into these meanings, so that next time you are presented with a flower or plant, you will know what they are really trying to tell you!

Plants and flowers you want to receive:

- Acacia - means secret love.
- Aloe - means healing and protection.
- Azalea - means moderation, temperance, your blush has won me.

- Caladium - means great joy and delight.
- Camelia - means gratitude, good fortune, and loveliness.
- Carnation - means love and femininity.
- Coreopsis - means always cheerful.
- Daisy - means innocence, faith, cheer and simplicity.
- Euphorbia - means persistence.
- Fuschia - means good taste.
- Gardenia - means joy and refinement.

- Gerbera - means innocence and purity.
- Heliotrope - means devotion.
- Hibiscus - means delicate beauty.
- Honeysuckle - means fidelity and generosity.
- Iris - means faith, wisdom and health.
- Jasmine - means amiability.
- Kalanchoe - means eternal love and persistence.
- Maidenhair Fern - means health, luck and protection.
- Orchid - means bell of my heart.
- Palm - means victorious.
- Pansy - means pleasant thoughts.
- Plumbago - means holy wishes.
- Poppy (red) - means consolation.
- Pyrostegia - means fame.
- Rose (burgundy) - means unknown beauty.
- Rose (red) - means I love you.
- Rose (red bud) - means pure and lovely.
- Rose (white) - means innocent love.
- Rose (red and white together) - means unity.
- Rose (yellow) - means friendship.
- Rosemary - means commitment and fidelity.
- Stephanotis - means happiness in marriage.
- Strelitzia - means magnificence.
- Sunflower - means happiness, adoration and loyalty.
- Zygocactus - means vibrancy and celebration.

Plants and flowers you don't want to receive:

- Balsam - means impatience.
- Begonia - means beware.
- Clematis - means poverty
- Evening Primrose - means inconstancy.
- Fig - means secrets I keep.
- Geranium - means stupidity.
- Hyacinth (purple) - means jealousy.
- Hydrangea - means heartless.
- Hypericum - means animosity.
- Lavender - means distrust.
- Maidenhair - means discretion.

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- Qld Organics
- PCT

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- Insecticides
- Fungicides
- Sprayers

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(Across from Hockey Fields)
Ph: (07) 4972 3737



FOR HIRE

- Top dresser
- Lawn aerator
- Dethatcher

Rural Matters

Push towards zero harm

By AgForce Workforce and Safety Committee
Chair James Stinson

During the past two years Covid has thrown health and safety into the spotlight for many who previously took it for granted.

Agriculture, however, has long been aware of the importance of safety and wellbeing, with the sector holding the unwanted record of the highest fatality rate of any Australian industry.

It's why AgForce has reaffirmed its commitment to eliminate work-related injuries and illness within agriculture – releasing its Workplace Health and Safety Declaration to help establish a culture of 'Zero Harm on Farm'.

With mental health issues and often hazardous working conditions compounded by isolation and limited access to medical services, due to the remoteness of many properties, AgForce is looking to lead by example to ensure we set the standards for everyone else to follow.

Our Workforce and Safety Committee has identified a set of priorities and goals to help us achieve Zero Harm on Farm, including:

- Promoting health, safety, and wellbeing awareness and encouraging producers and their families, employees, and others in industry to participate in discussions about safety
- Advocating for appropriate training, education, and information to be made available for industry and its workers about health, safety, and wellbeing
- Emphasising the need for better reporting of health and safety performance by industry and setting measurable targets to allow continued improvement

To help maximise engagement with industry and producers, we have also joined forces with Farmsafe to highlight the potential dangers from vehicles, machinery, chemicals, and many other factors, in our efforts to raise awareness and overcome complacency – continual challenges for industry in improving its safety and wellbeing standards.

Zero Harm on Farm is a bold ambition, but if you've ever been affected personally by accident or illness in the workplace, you know the impacts can be all too devastating to not make this issue your number one priority.

Workforce and Safety Committee Chair James Stinson says AgForce is committed to Zero Harm on Farm.



Bustling day at the sale yards as cattle yield big dollars

Combined agents yarded 3908 head today, comprising of 1,963 steers, 1,357 heifers, 384 cows, 125 Cows & Calves and 79 bulls. Cattle came from Collinsville in the North, West to Alpha, South to Mt Larcom and the usual local areas. Condition was good for most with quality varying throughout the yard. The regular processors were present with additional feeders and re-stockers operating to improve prices for the best- bred lines- particularly in the heifer classes.

HIGHLIGHTS OF THE DAY

Unity Pastoral, Baralaba Sold 88 Brahman Steers to top at 534c/kg, weighing 470kgs to return \$2,478/hd

S & C Robertson, Dalma Sold Santa Steers to average 611c/kg, weighing 408kg to return \$2,493/hd

Bullrush Pastoral, Nebo Sold Brangus Steers for 544c/kg, weighing 503kg to return \$2,740/hd

Nullegai Grazing, Marlborough Sold Charbray Cross Steers for 834c/kg, weighing 247kg to return \$2,065/hd

JG & MA McCartney, Marlborough Sold No.0 Grey Brahman Steers for 548c/kg, to av-



Brian Dawson Auctions is based in Rockhampton and have been offering services to the Central Queensland region and beyond for over a decade.

erage 418kg to return \$2,290/hd

Legwood Pastoral Co, Theodore Sold Braford Steers for 600c/kg, weighing 407kg to return \$2,444/hd

EJ Woodard, Duaringa Sold Brangus Cross Steers for 820c/kg, weighing 290kg to return \$2,378/hd

S Hoare, Dingo Sold Brangus Steers for

850c/kg, weighing 241kg to return \$2,052/hd

L McKinlay, Gogango Sold Charbray Steers for 710c/kg, weighing 343kg to return \$2,441/hd

W baker, Goovigen Sold Droughtmaster Cows for 394c/kg, weighing 618kg to return \$2,437/hd

C & M Schmidt, Jambin Sold Droughtmas-

ter Cross Cows for 387c/kg, weighing 645kg to return \$2,497/hd

Beeblee Pastoral, Nebo Sold Brangus Cows for 392c/kg, weighing 578kg to return \$2,269/hd

Aberleigh Cattle, Alpha Sold 66 Brangus Cows for 399c/kg, weighing 531kgs to return \$2,121/hd

Bayfield Cattle Co, Biloela Sold PTIC Brangus/Charbray Cross Cows for \$2,800/hd

J Goudie, Baralaba Sold Brangus Heifers for 578c/kg, weighing 374kg to return \$2,166/hd

G & J Vella Family, Marlborough Sold Brangus Heifers for 738c/kg, weighing 231kg to return \$1,708/hd

LE & CD Stewart, Comet Sold EU Acc Speckle Park Heifers for 738c/kg, weighing 240kg to return \$1,776/hd

R & J Jacobsen, Marlborough Sold Brangus Heifers 568c/kg, weighing 349kg to return \$1,983/hd

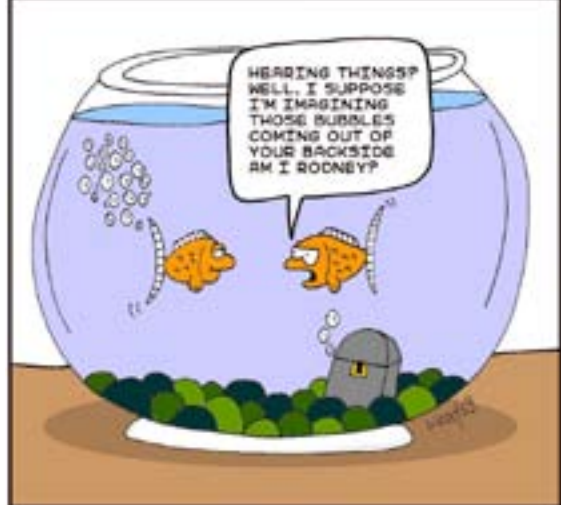
Bayfield Cattle Co, Biloela Sold Brangus/Charbray Cross Cows and Calves for \$4,300/unit

COMICS

Bottled Fruit



Insert Brain Here



Doodley Squat



WuMo



Against the Grain



Bushy Tales



Swamp



Insanity Streak



Ballard Street



Grin Bin



WEATHER

FORECAST

Warnings

See www.bom.gov.au/australia/warnings

Gladstone:

Sunny. Light winds becoming east to northeasterly 15 to 25 km/h in the early afternoon then turning southeasterly 15 to 20 km/h in the late evening. Friday. Sunny.

Rockhampton:

Sunny. Light winds becoming east to southeasterly 15 to 20 km/h in the early afternoon then becoming light in the evening. Friday. Sunny.

Capricornia:

Sunny. Light winds becoming south to southeasterly 15 to 20 km/h in the early afternoon then turning east to northeasterly in the afternoon.

Friday. Sunny. Light winds becoming south to southeasterly 15 to 20 km/h during the morning then tending east to southeasterly 20 to 30 km/h during the day.

Central Highlands and Coalfields:

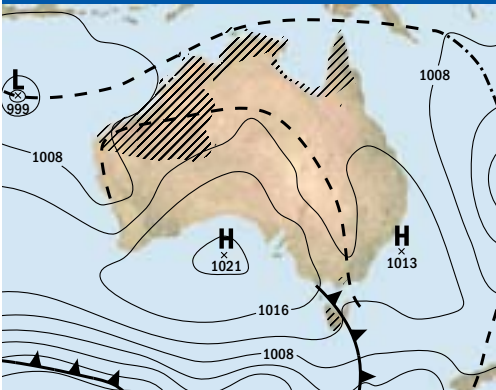
Sunny. Light winds becoming south to southeasterly 15 to 25 km/h in the early afternoon then becoming light in the evening.

Queensland:

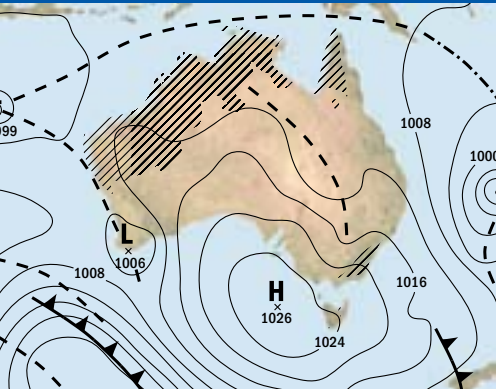
A weakening ridge will lie across much of the state, while a weak trough over the far northern Peninsula will contract northward over the Torres Strait. A another trough will move over the far southwest of the state. A slight chance of showers near the east coast north of Mackay. A slight chance of showers and storms about the north, increasing to a medium chance about the far northern Peninsula and Gulf coast. Mostly sunny elsewhere. Above average daytime temperatures expected across much of the state.

Friday. A weak ridge will linger across the eastern Queensland. A trough in the west is likely to push into the interior. However, a prevailing drier airflow is likely to limit any potential associated shower activity. A slight chance of showers and storms about the southeast coast and east coast north of Mackay, increasing to a medium chance about the North Tropical Coast. A slight chance of showers about the southeast coast, with the chance of a shower and storm about the southeastern interior near the New South Wales border, increasing to a medium chance over the far north. Temperatures near average about east coast, tend above average about he interior and well above average in the west.

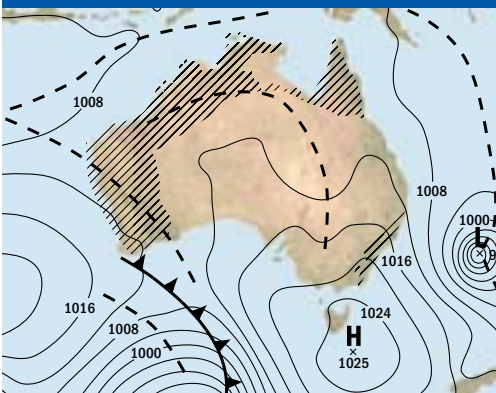
TODAY 10AM



TOMORROW 10AM



SATURDAY 10AM



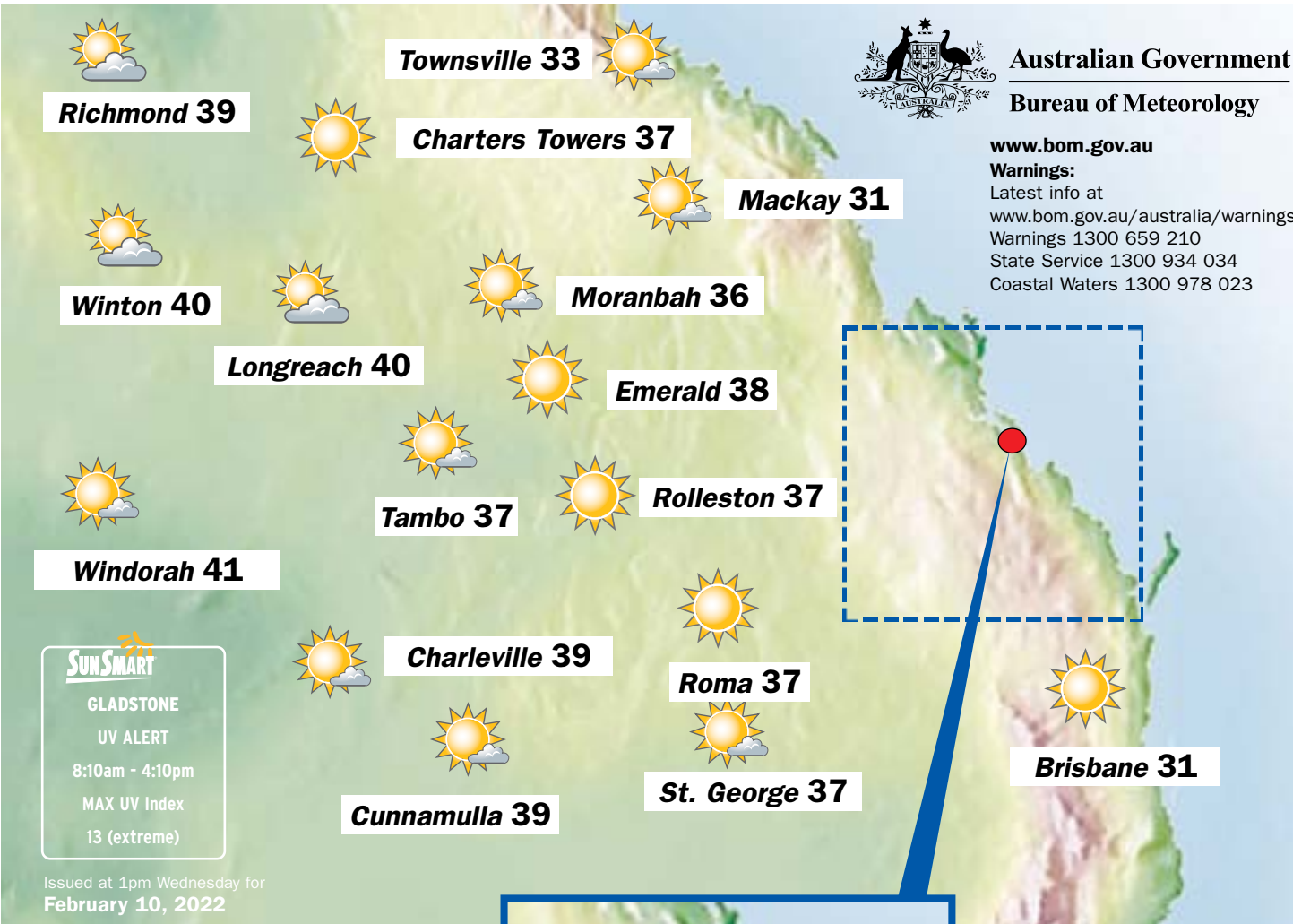
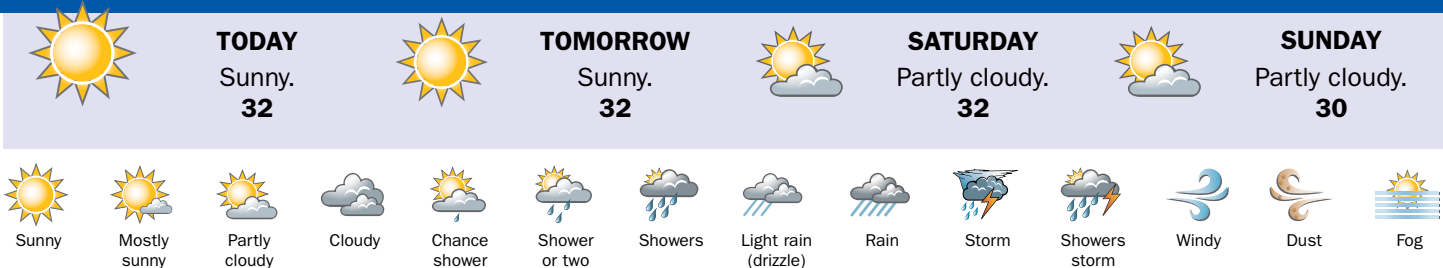
Forecast Rain
24 hrs to 9am

1024
hectoPascal
(hPa)

trough

cold front
warm front

GLADSTONE FORECAST



Australian Government

Bureau of Meteorology

www.bom.gov.au

Warnings:

Latest info at

www.bom.gov.au/australia/warnings

Warnings 1300 659 210

State Service 1300 934 034

Coastal Waters 1300 978 023

COASTAL WATERS

St. Lawrence to Burnett Heads:

Winds: South to southeasterly 10 to 15 knots tending east to southeasterly during the afternoon and increasing to 15 to 20 knots. Winds reaching up to 25 knots offshore south of Agnes Water during the evening. Inshore winds tending east to northeasterly in the afternoon. Seas: 1 to 1.5 metres, increasing to 1 to 2 metres during the afternoon. Swell: East to southeasterly below 1 metre inshore, increasing to 1 to 2 metres offshore. Weather: Sunny.

Friday. Winds: South to southeasterly 15 to 25 knots tending east to southeasterly 20 to 30 knots during the day. Seas: 1.5 to 2.5 metres. Swell: East to southeasterly below 1 metre inshore, increasing to 1 to 2 metres offshore. Weather: Mostly sunny.

Bowen to St. Lawrence:

Winds: Variable about 10 knots becoming south to southeasterly 10 to 15 knots in the morning then tending east to southeasterly in the early afternoon. Inshore winds tending east to northeasterly in the afternoon. Seas: Below 1 metre. Swell: Easterly around 1 metre, increasing to 1 to 1.5 metres during the morning. Weather: Sunny.

Hervey Bay:

Winds: Southeasterly 15 to 20 knots, reaching up to 25 knots in the northern bay in the evening. Seas: Below 1 metre, increasing to 1 to 1.5 metres during the afternoon. Swell: Northeasterly below 1 metre. Weather: Sunny.

Fraser Island Coast:

Winds: South to southeasterly 15 to 20 knots reaching up to 25 knots offshore during the evening. Seas: 1 to 1.5 metres, increasing to 1.5 to 2 metres during the afternoon. Swell: Southeasterly 1 to 1.5 metres inshore, increasing to 1.5 to 2 metres offshore. Weather: Sunny.

CAPITAL CITIES

City	Condition	Max
Adelaide	Partly cloudy.	26
Brisbane	Sunny.	31
Canberra	Partly cloudy.	30
Darwin	Shower or two. Storm.	31
Hobart	Partly cloudy.	22
Melbourne	Partly cloudy.	23
Perth	Very hot and sunny.	39
Sydney	Sunny.	31

SUN & MOON

	Sunrise	Sunset	Moonrise	Moonset
Thursday	5:39am	6:39pm	1:43pm	Nil
Friday	5:40am	6:38pm	2:37pm	12:36am
Saturday	5:41am	6:38pm	3:30pm	1:21am
Sunday	5:41am	6:37pm	4:21pm	2:10am
Monday	5:42am	6:36pm	5:09pm	3:03am
Tuesday	5:42am	6:36pm	5:54pm	3:58am

Rockhampton 35

Gladstone 32

Biloela 35

Bundaberg 32

Hervey Bay 31

Gayndah 35

THE WORLD

World conditions today

City	Weather	Max	Min
Athens	fine	15	4
Auckland	showers	28	21
Bangkok	storms	33	25
Beijing	fine	9	-5
Berlin	rain	10	7
Christchurch	showers	26	17
Denpasar	rain	32	26
Dublin	showers	7	-1
Hong Kong	sunny	19	16
Honolulu	showers	28	21
Jakarta	rain	30	25
Johannesburg	storms	27	16
Kuala Lumpur	storms	33	24
London	cloudy	8	6
Los Angeles	sunny	32	14
Madrid	sunny	19	4
Moscow	rain	1	0
New Delhi	fog	22	8
New York	showers	9	3
Noumea	rain	29	26
Paris	rain	8	4
Auckland	showers	28	21
Port Vila	showers	31	22
Seoul	cloudy	7	-3
Singapore	storms	32	24
Suva	storms	29	24
Tel Aviv	rain	14	10
Tokyo	snow	4	1
Vancouver	drizzle	7	5
Wellington	fine	24	19

TIDES

Gladstone

Today:

H:	4:54am	3.4m
L:	11:29am	1.9m
H:	5:21pm	2.9m
L:	11:04pm	1.7m

Tomorrow:

H:	6:00am	3.6m
L:	12:30pm	1.7m
H:	6:30pm	3.0m

Saturday:

L:	12:10am	1.6m
H:	6:48am	3.8m
L:	1:15pm	1.5m
H:	7:18pm	3.2m

Sunday:

L:	1:00am	1.4m
H:	7:29am	4.0m
L:	1:50pm	1.3m
H:	7:56pm	3.3m

Monday:

L:	1:40am	1.2m
H:	8:03am	4.1m
L:	2:24pm	1.2m
H:	8:29pm	3.4m

Tuesday:

L:	2:15am	1.1m
H:	8:37am	4.2m
L:	2:57pm	1.1m
H:	9:00pm	3.5m

Port Alma

Today:

H:	5:20am	4.2m
L:	11:58am	2.3m
H:	5:41pm	3.6m

Tomorrow:

L:	12:00am	2.0m
H:	6:18am	4.4m
L:	12:52pm	2.0m
H:	6:36pm	3.8m

Saturday:

L:	12:51am	1.8m
H:	7:03am	4.7m
L:	1:33pm	1.7m
H:	7:18pm	4.0m

Sunday:

L:	1:32am	1.5m
H:	7:42am	4.9m
L:	2:08pm	1.6m
H:	7:54pm	4.2m

Monday:

L:	2:07am	1.3m
H:	8:15am	5.1m
L:	2:39pm	1.4m
H:	8:25pm	4.3m

Tuesday:

L:	2:40am	1.2m
H:	8:46am	5.2m
L:	3:09pm	1.3m
H:	8:55pm	4.5m



Fiji's Koroi Amana puts on a lethal step that puts his opposition on his back.

The wonder of Waitangi

By Liam Emerton

Culture, tradition and heritage were at the forefront of the coast on Saturday for the annual Waitangi Day.

The Cap Coast Crocs Rugby Club put on another brilliant day of rugby action weaved in with the pride of one's lineage.

Joining the New Zealand team were the Australians, Fijians and for the first time, a Tongan squad was added to the mix.

Those four teams played in the men's competition while the women saw the Trans-Tasman clash between Australia and New Zealand.

The diverse culture across Central Queensland always adds to the day which helps players and spectators celebrate their heritage.

For Cap Coast president Paul Miller the day ran perfectly and it was the perfect way to kick off the pre-season of rugby.

"It was a wonderful day, it's a good chance for people to come down and share their culture," he said.

"We have a lot of New Zealanders who are with or have been with the club so we're glad to celebrate with them.

"We were a bit concerned about the impacts that Covid might have on it but it was a wonderful turnout and a great day of rugby.

"The rugby was of a really high standard and entertaining for the whole day. We were lucky enough to get four sides in the men's comp and a couple of women's sides playing.

"Those that were there for the culture had

fun and those who were there for the rugby were entertained."

The Fiji Barbarians, or Babas as they're affectionately known, took out the men's competition in a tight final.

The Babas shone, as they did last year, to take out the grand final and finish the day in the best way.

"They have some really good footballers amongst them. I think one of the best things is that you can see them having fun on the field," said Miller.

"They throw the ball around a bit, they really do enjoy the games where there's a bit of space.

"And all the games were pretty close, the Aussies didn't win a game but they were in everyone right up until the very end.

"It gets the guys running a bit earlier than they normally start running and it's really fun.

"There's a lot of guys who come across from all the clubs in CQ and they all join together and catch up and it's a really good way to start off the season for us."

Miller said the day will be back on again this year and thanked all of those who helped put the day together and keep it running smoothly.

"It's been quite a few years now that we've been running Waitangi Day and I think by the time it rolls around the players are keen to have a game of rugby and with so many New Zealanders around us it's great," he said.

"A big thank you to the guys who ran it, we had a few committee members get knocked around by Covid so we're happy that it went ahead and went so well."



Teams from across the Tasman came together for Waitangi Day.



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The opening of the Tannum Sands Triathlon.

Pictures: JOHN TODD



The final sign on and registration in the early morning.



Keen triathlon competitors line up for final instructions.



The bikes lined up for the second leg of the triathlon.



The triathlon competitors sprint out of the water.



The Fitzroy Frogs were in full force on Sunday.

Tannum Sands Triathlon

By John Todd

The Tannum Sands Triathlon, hosted by the Fitzroy Frogs, took place on Sunday morning. A fantastic event on the yearly triathlon calendar, this year's tri was no different with plenty of smiling faces and eager competitors. There were also a huge number of Fitzroy Frogs competing in their first triathlon for the year while some other sports, like local AFL, saw some players give it a crack for pre-season fitness. John Todd from Imagebox 4680 was down early in the morning for the start, and happily allowed Gladstone Today to show off his terrific pics. Gladstone Today would like to thank John Todd for his always brilliant contributions to the newspaper.



The cycling leg is always a tough one.



Cycling came second in the triathlon.



Athletes cycling down Millenium Esplanade.

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Juniors and the All-Stars

In this week's edition of Let's Talk Sport, 4RO's **AARON STEVENS** joins Gladstone Today and CQ Today journalist **LIAM EMERTON** to chat about junior soccer being left behind and the NRL All Stars contest.

Junior Soccer

There's been a lot of talk around Norbridge Park in Rockhampton this week, is junior soccer being left behind across CQ?

Aaron: I read your article in CQ Today on Wednesday and it's fantastic because you were able to talk to everyone who has their finger in this pie.

We've spoken about it before, we're going to get two stadiums in Rockhampton but on the other side of things, you have fields that have been left out.

You've got situations like the amazing facilities at Kalka Shades, one of the best in Queensland, and we've got a tennis club that has more courts than those down in the south-east corner.

The money has been poured into all these sports which are great, and all the best to the sports who have been able to get these facilities, but then you look at this park or Gladstone's fields on Palm Drive, and you have to feel for them.

I know when I was ready your article and it's something that is close to my heart and it's something I fought for when we first started talking about sports stadiums years ago, it's the sports precinct idea.

The sports precinct idea is fantastic, why it wasn't developed years ago I have no idea, but the perfect place is the showgrounds.

At the end of the day the showgrounds, cause a few issues because of where they are.

When the show comes around you can't get a park anywhere near the place.

Move the showgrounds out of town, set that up as the perfect sporting precinct.

You've got the netball just around the corner, the tennis there, the new stadium, you've got everything you'd possibly want and a stack of room.

The speedway can stay, you can have other things there too and it would just be the perfect stadium area.

The other side of it is, and I'm not saying this is true for Norbridge Park or Gladstone, but some sports become very attached to a patch of grass, and it becomes sentimental to them.

And despite all those issues you're attached to that patch of grass and that's where you want to be.

And that may be where the catch 22 comes in. I think it's time that everyone sits down and says, right this needs looking at, it's time to give junior soccer what it deserves.

Liam: There's also that lack of collaboration and there's a lack of communication between all the different parties.

Maybe there are people out there that are confused about what they want because like you said Aaron some people could be attached to those grounds.

I know touch footy in Rocky would never want to move, the Cyril Connell Grounds are iconic.

I just strongly believe that there's a lack of communication and that's nobody's fault in particular but it has already cost junior soccer around CQ.

This is 1000 kids at both grounds that we're talking about Aaron.

At Rocky they don't know if a king tide is going to wash out their game, it is extraordinary that it hasn't had a deep dive into it.

It is such a problem and eventually kids move away from junior soccer and go onto different sports which ultimately affects senior soccer.

We know how good the Central Queensland Premier League is and if that goes away and plays something else there's not going to be



Our junior soccer numbers could dwindle if there isn't a solution for CQ's aging grounds.

much soccer left in CQ and that's a sad thing to think of.

I grew up playing the sport so it's close to the heart and it hurts to see these poor kids suffer.

I think the multi-sport facility around the showgrounds in Rockhampton would be perfect.

Aaron: Well in your article you made the particular point that the kids running around in these parks now are the ones who will be looking at the 2032 Olympics.

It's important that we nurture this junior sport now and Barry O'Rourke has said it on my program The Sideline View and Michelle Landry has said it in the past they are trying to put money into junior sports now eyeing off those 2032 Olympics.

We've spoken about it so many times, the fact is that we have so many parks around CQ where we get a bit of rain during the week and it will be sunshine during the week and we can't use the grounds because they're waterlogged.

This is an issue right around the region and in particular Rockhampton that needs to be sorted out.

We need to make sure that we can get these kids on the park when the weekend comes around.

Norbridge Park is just one example of where we need to invest to make these grounds as floodproof as possible.

NRL All Stars game

It's going to be a phenomenal game this time around, what are you most looking forward to?

Aaron: Can I just tell you, Liam, that when you reminded me that the All-Stars game is this weekend I started to shake, the days started to be counted down, now we're counting down the hours until what has become that traditional first game of rugby league every year.

We wait for this wonderful trial to happen, it's very special to watch the Indigenous All Stars to go around against the Maori All-Stars, they're incredible games.

And let's not forget where we are in the competition, they've played three times so far, we've had a win each to each side which were pretty dominant in the first and second year and then last year we had a 10-all draw with Latrell Mitchell kicking a penalty goal to level



The NRL All Stars game honours were shared last year.

it up on the siren.

It's neck-and-neck, these teams are even coming into this year's game.

You can't get any closer than this, there is a lot at stake.

We're back into the league season, this starts us up and then we're into the trials and we're a month away from the season starting, this is where league starts.

This is the start of the NRL season and I'm excited can you tell!

Liam: I can certainly tell mate, it's a kickstarter and a game to get around because it's so exciting and energetic.

The pride that these boys display is almost unmatched, we see it in Origin, but it really has that level of passion.

They want to be there, they want to play for that badge for their culture and it's just terrific to watch.

Ado-Carr, named captain, loves this game and he's going to be having that honour of the captain's C next to his name.

I can't wait, Aaron, it's footy season, it's coming back just so quick and we wouldn't have it any other way.

Aaron: Some of the names to look out for, par-

ticularly in the Indigenous side are The Hammer from the Cowboys, David Fafita is playing, Katoni Staggs, we mentioned Josh Addo-Carr.

But I'll tell you who I'm looking forward to watching the most, and this is the Bronco fan coming out of me, that young kid Selwyn Cobbo who was just a star in the Queensland Cup.

He got a spot in the Broncos side, now he's made the Indigenous men's side, this is just a rise to fame for him.

Very much like Latrell Mitchell, who is out of this game suspended, very much in the style of Greg Inglis, they're talking this kid up and there's a bit of a fight happening over him between the Dolphins and the Broncos for the future.

Wait and see what he can do in this team with his level of talent and I'm just hoping that after we are sitting there thinking, let's watch Cobbo in 2022 playing for the Broncs because he's going to be amazing.

On the Maori men's side, Harris-Tavita, Dylan Walker, Kodi Nikorima, you've also got the Bromwich Brothers, Kevin Proctor, James Fisher-Harris, wonderful sides and it's going to be a great game of football.

Let's just turn it on now! Finish talking and let's go!



The Glen had a tough game go against them on the weekend.



Will Barwick hit the winning runs for Frenchville on Saturday afternoon in a gritty match against The Glen.

Glen drop points at home

By Liam Emerton

The Capricorn Challenge continued to be the most intriguing competition of the summer with Frenchville and Gracemere picking up monumental wins.

The first and third placed teams, Frenchville Falcons and The Glen, battled at Sun Valley Park in a crucial game for both clubs.

Frenchville won the toss and sent The Glen into bat, and after Callum McMahon skittled the stumps of Zane Robertson for naught, their choice was clearly correct.

A 50 run partnership between the incoming captain David Heymer and Justin Brown steadied the ship.

Brown hung in for 66 minutes before he was trapped in front for nine runs by Joe McGahan.

Runs were slow as the wicket played havoc with the batsmen but Waqar Yunus and Heymer chipped away at the scoreboard.

Heymer notched up 66 from 93 balls, just his second half-century this Cap Challenge campaign, before being caught out by McMahon from the bowling of Brent Hartley.

That left The Glen on three wickets down

for 88 but just five runs later Yunus suffered the same fate as his captain, being caught out for 10 runs.

Jason Seng, who came to the crease after Heymer's dismissal, saw four different batting partners as the bottom order started to be picked off by the experience of Joe McGahan (2/19), McMahon (4/23) and Hartley (3/26).

Seng, with a very handy 22 runs from 34 balls, was the final Gladstone batsman to score in the double digits as the tail collapsed for just 18 runs combined.

That meant the home side finished with 139 runs, a defensible total on a tricky wicket.

Similarly to The Glen, Frenchville's opening wicket fell early when Sam Chew (4) was caught by Bede Bouzaid from the bowling of Seng.

A 21 run partnership between opener Lachlan Hartley and Jack Harris seemed to be a stabilising force but that was again cracked by Seng, leaving Frenchville 2/27.

McMahon and Lachlan Hartley ticked the score up to 59 before he was caught from the bowling of Heymer, the assist going to Seng.

The Hartleys, Lachlan and Brent, were then

at the crease together, contributing a much-needed 38 run partnership before the opener Lachlan was finally cracked.

His wicket, which was snapped up by Jake Robertson, meant the Falcons were 4/97 with more than 15 overs left to play.

Brent was joined at the crease by his captain Joe McGahan with the pair able to bring to 122 runs before McGahan (14) was trapped in front by Heymer.

Needing 18 runs from 6.3 overs, it seemed that Frenchville would be able to sneak singles to victory however Brent Hartley's dismissal, which saw him bowled by Seng, gave The Glen some hope.

Fourteen runs from 3.5 overs were needed at the time when Joshua Driscoll walked to the middle, joining Will Barwick.

The Glen tightened the field and made every effort to contain the flow of runs but Driscoll (5*) and Barwick (11*) were able to see off Seng, Heymer and Yunus to win the match in the final over.

Barwick was the man who hit the winning runs, pushing a double to get the victory for Frenchville.

In the second match, the Rockhampton Brothers were taken down by the momentum-filled Gracemere Bulls.

Brothers opened the batting but after Zac Joyce (22) and Bow Connor (11) made a 34-run partnership, no other teammate made over double figures.

Adam Van Bael took a ridiculous four wickets for seven runs, including four maidens, in his eight-over spell.

The collapse saw Brothers finish the contest on just 68 runs which the Bulls had no problem chasing down.

Gracemere's Jarred Walsh (35 not out) and Mark O'Keeffe (27) almost made the total themselves before O'Keeffe was caught swinging from the bowling of Joyce.

Trent Acutt rounded off the win for the Bulls with an unbeaten three runs which saw the squad chase down the required total in just 11.4 overs.

This week Gracemere will be hoping for a similar performance when they battle the Capricorn Coast Parkana.

Frenchville will be taking on the Rockhampton Brothers in a local derby for round 11.



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Regional Fishing

Big bucks on the hook

By Shane Anderson

INSHORE REEFS

With the weather for this weekend looking unpredictable and not looking too good for off-shore, it's time for some maintenance on the boat or to get a few jobs that need attending to on the boat.

If you do venture out, ensure to check the latest weather report.

BURNETT RIVER

Over the last two months the Burnett has had a lot of fresh flow into it and has made fishing very tough.

Over the last two weeks the Burnett has been on fire with good numbers of bream, grunter, flathead and even a few barra have been caught.

With the amount of rain we have had over the last week and the fresh that has gone back in the river, I would be starting at the river mouth and working back up the river, as there may be a bit more salt mixed in with the fresh.

Put the crab pots in before heading out for a fish.

Good reports of big bucks being caught.

THE KOLAN RIVER AND BAFFLE CREEK

Good reports from the previous week of flat-

head, grunter, mangrove jacks and good-sized whiting coming from both systems.

Fresh bait is the best bait. Get the yabbie pump out and the cast net to get some fresh bait for your day's fishing.

If you're into lure fishing, get out and flick a few lures around and under the mangroves to pick yourself up a few mangrove jack or cast 3" - 4" soft plastics to pick up a feed of flatties.

Put the crab pots in before heading out for a fish as both of these systems have been producing the goods.

LAKE MONDURAN

With the storms about and warmer weather, the barra have been on the chew.

Trolling hard body lures that get around that 10ft to 15ft; like the classics Jackall Squirrel 115's, or even the Molix 140s have been producing those metre fish when fishing the deeper water.

Casting lures into the shallows in the back bays and off points early in the morning, has been working well also.

Lures like B52's, Jackall Squirrels, Live Mullet, Tilsan Barra and Molix 140's have been catching a lot of metre plus fish.

Perseverance, patience and persistence may catch that fish of a lifetime!



Mark Gold with a 95cm barra caught at Lake Monduran.



Jackson Howard, 28cm and 29cm bream caught from public jetty behind Bundaberg Zoo.
Pictures: CONTRIBUTED



Jody Williams with a 64cm flathead caught at Baffle Creek.

Fishing

with Allstars Insalt's
Joe McGuire



Kevin Creagh with a 99cm Barra off Gladstone.



Dylan Kreis' 120cm Barra caught off Hervey Bay.

Hot tips for barra season

Barramundi season is open again right throughout Queensland. Although in the ALL-STARS online fishing competition we never stopped weighing in freshwater Barra from Queensland's many impoundments.

Barra are one of the fish that most everyday people want to catch, and the hard-core angler wishes to target for the experience.

Most people have on their "bucket list" that they want to catch a Barramundi.

They have this iconic fish reputation due to their elusive nature; acrobatic antics and they taste delicious with their flesh being able to be cooked in multiple ways.

When I lived in Darwin and Barra fished all the time, my wife and I learnt to cook it in so many ways, which included just quickly whacking a fillet on the barbecue with some lemon and white wine, the traditional crumbed/fried fillet or including Barra fillet pieces in an Asian style stir fry – it truly is a universal eating fish.

Now that the Barra season is open, the keen anglers should have prepared themselves for day one of the opening season. This involves anything from reel servicing, line replacement, tying of doubles and leaders, hook and split ring upgrades, lure fabrication and so on.

Because a keen angler doesn't want to arrive at their fishing destination and when a hot bite starts and they're rigging up instead of fishing and consequently miss the small bite window.

There's plenty of people out there that are chomping at the bit ready for day one of the opening season and come hell or high water will be at secret spot X to fish for the elusive Barramundi the moment the season opens. But in reality, an angler is possibly better off waiting for the stars to align to provide a better chance of catching a Barramundi.

A couple of basic things to consider in planning your next Barra trip could be:

- Weather conditions - when are the next few days of stormy build up and afternoon north-easterly breezes?
- Moon phase - when is the next full moon and large tidal movement? Where has the rain been falling? Are there areas that have had more rainfall than others? Are there areas already firing? Social media is full of bragging anglers that let the cat out of the bag, so I encourage you to surf the internet looking for clues, you'll soon get an idea.

So, you've done your homework and have picked the optimum time to fish, will the fish bite straight away?

The answer is probably not. However, Barramundi have triggers to their bite/feeding windows.

Skilled anglers targeting Barramundi focus their attention on all the triggers that contribute to the bite windows.

This identification of the bite window allows the skilled angler to target Barramundi at precise predicted bite times.

Some of the triggers that should be observed and noted, particularly at the precise



110cm Barramundi caught by Ryan Stimson off Gladstone.

time when fish bite are as follows ... time of day/night, ambient and water temperature, wind speed and direction, moon phase and position, current flow, water clarity, tide size/time, cloud types and atmospheric pressure.

Also observe and note if there was a particular food source in the area at that time. What were the general weather conditions and did any conditions change before and after the bite? What part of the breeding cycle was the fish at?

Learning from these feeding windows is the key to success in the future. Taking mental notes at the time and gathering information post trip is recommended.

All this information once studied will eventually help identify optimum fishing times and behaviours.

Most of all be patient and learn from your experience. It's only going to make you a better angler eventually.

All of these Barramundi fishing tips are not rocket science for astrophysics. Everyone is capable of it, because it's a matter of using the skills that every human being has been provided – your observational senses. Some people pay a fortune to attend fishing master-



A 128cm Barra caught by Phil Myers off Gladstone.



105cm Barramundi snatched by Colby Lesko off Airlie Beach.

classes and in reality you've been provided all the tools...listen, watch, feel, observe, record and learn.

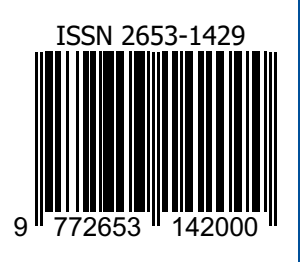
So, whether you're a novice or experienced Barramundi angler there is always learning outcomes from a trip on the water. The season is open so get off the couch and enjoy that learning experience.

ALLSTARS 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.



Upton becomes a Capra

By Liam Emerton

For the first time in her young career, local NRLW superstar Tamika Upton is a Capra.

It almost happened a couple of years back before the pandemic put it on hold however after a year recovering, playing and shining for the Burleigh Bears, Brisbane Broncos and Queensland Maroons Upton officially put pen to paper for her local club on Thursday.

"I'm super excited to have signed for the Capras this year," she said.

"I get to come back and play with friends and family and get back to where I'm from.

"I've never put on a Capras jersey, the first time I was going to Covid hit and I had to re-locate but this will be the first time this year.

"I always definitely wanted to come back home.

"Burleigh last year was more to get some extra training in. I just came off a fresh injury and I needed to be training four times a week.

"So Burleigh were really good with that, I rehabbed with Burleigh and got a good load in for the season but now that my body is ready to go I'm definitely back with the Capras.

Joining Upton in the Capras fold will be two ladies who have helped shape her career from juniors all the way into seniors.

"My mum [Tracy Upton] has come on the coaching team and Amanda [Ohl] who I grew up with as well so it's going to be a very fun team to say the least.

"We're ready to put in the work with the girls we have here, there's so much up and coming talent in our region and we can't wait to get to work."

First on the agenda for Upton this season is the All Stars match where she will be representing her Indigenous culture.

Upton headed into camp Monday and is looking forward to the week ahead before the big game.

From their Upton will go back into pre-season with her beloved Brisbane Broncos before finally making her home debut hopefully by round two of the QRLW season on 2 April.

"It's also the first time I'll be putting on that jersey so I'm really excited about that.

"For me It's probably less about the game and more about the week. We get to learn about the culture and connect with the girls.

"NRLW will kick off on the 27th of February and we're all excited. We're into week four of pre-season at the moment so we can't wait to get out there."

As a signing bonus major sponsor Reef City Motors presented Upton with a brand new Haval car, with Upton doubling as a brand ambassador for the Gladstone Car Superstore.



Tamika Upton with her brand new Haval from Reef City Motors after signing for the CQ Capras.

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