

CQ Today

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Election preview



PAGE 4

Gladstone's job creator



PAGE 7

Darumbal backburning



PAGE 8

Women in Business



INSIDE

From the AFL Grand Final to Gladstone's Blain Park

They wowed crowds at the AFL Grand Final, and now Brisbane band Sheppard are on their way to Gladstone.

Sheppard stormed onto the Australian and international music scene in 2014 with number-one hit Geronimo from their debut album Bombs Away. But the band reached arguably the pinnacle of their career on Saturday, 24 October, when they played the first half-time grand final show since 2012.

The band is set to rock Gladstone's Blain Park on 20-21 November as the headline act of Air Beats, an open-air concert presented by Gladstone Regional Council.

Joining Sheppard will be Hayley Marsten, who returns home to Gladstone following the release of her 2019 debut album Spectacular Heartbreak, which has been streamed almost 500,000 times.

Other local musicians include Chris Bax Trio, Jason O'Hara, Nathan Bedford, Jack & Jacinta, Smiley n Wayno Duo, Thomo and Wal Duo and Chris Schofield.

Gladstone Region Mayor Matt Burnett said Air Beats would be an experience like no other with purpose built 'beat boxes' to

be constructed for concert goers.

"The beat boxes will provide social groups of up to five people an exclusive party space to enjoy the concert safely while being socially distant from other attendees," councillor Burnett said.

"We've seen similar Covid-safe events held successfully in England in recent months, although Gladstone's Air Beats will be the first of its kind in Queensland and possibly Australia.

"This event will continue to strengthen the Gladstone Region's profile as a recognised event destination for Queenslanders, while also providing a new and unique experience for our community.

"Council is well equipped to ensure Air Beats is not only a whole lot of fun, but also delivered in a safe way."

Running from 6pm-11pm across both nights, tickets for the all ages event will go on sale from 9am on Friday, 30 October, with prices starting from \$110 per beat box, ranging up to \$200 per box depending on location.

To secure your very own beat box, visit www.gladstoneentertainment.com



Brisbane band Sheppard is coming to Gladstone fresh off the AFL grand final.

Care for the mind

By Matthew Pearce

Work has started on the fit out of the new Gladstone Mindcare Hub, which will provide support to some of the city's most vulnerable residents.

Gladstone Mindcare is not for profit charity which formed following research into what was needed to improve the mental health and wellbeing of the Gladstone community.

The main need identified from this research was a central place to obtain information and help to access support.

Coordinator Dani Appleby said the Mindcare Hub, located at 147 Goondoon Street, would be a safe and inclusive community

gateway for the people of the Gladstone region to obtain information and referral to support for mental health, alcohol and other drug concerns as well as social connection and health promotion activities.

"With an estimated 10,678 people in the Gladstone region needing mental health support by 2021, Gladstone Mindcare aims to ensure those who require support are able to access the support that is relevant to them," Ms Appleby said.

"The hub is also a co-working space for service providers who provide mental health and wellbeing support to people and who collectively work to improve the wellbeing of the Gladstone community," she said.

Following community consultation and planning, works to refurbish the former Gladstone Area Water Board building started on Monday, 26 October.

"These works will see the building transform into a safe and inclusive community hub with space for social connection and health promotion activities, installation of disability accessible amenities and consult rooms and offices," Ms Appleby said.

"Initial work to tidy the carpark, clean external areas and top floor of building was undertaken during a working bee on 17 October by a wonderful crew of 31 volunteers who donated their time, effort and energy to make this community space clean and beautiful.

"Thanks to support from McCoskers Contracting and City Power and Air, works are well underway today and we look forward to welcoming the Gladstone community in the near future.

"The Gladstone Mindcare Hub will be a place where anyone can contribute."

Gladstone Mindcare's supporters include Here for Gladstone (QAL, Boyne Smelters Limited and Rio Tinto Yarwun) and McCoskers Contracting.

Gladstone Mindcare would also be grateful to any businesses who would like to support them with donations of goods and/or services.

Follow their Facebook page for updates.

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INSIDE

COMMUNITY HUB..... page 22
TV GUIDE.....pages 27-31
PROPERTYpages 40-45
GARDENING page 46
RURAL page 47
WEATHER page 48
SPORTpages 50-56

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Council's proud day

It was a proud day for the Gladstone Regional Council on Friday, 16 October after a major win at the Asset Management Excellence Awards.

The Asset Management Council's Asset Management Excellence Awards help recognise excellence in the management of physical assets, while also celebrating the successes of individuals or teams.

Six awards categories were presented at a virtual awards ceremony with the council winning the Asset Management Diversity Award.

The Diversity category recognises and promotes the positive contribution made by organisations that demonstrate a holistic and long-term commitment to diversity within the Asset Management community. This category also covered workforce diversity.

Gladstone Regional Council CEO Leisa Dowling said it was exciting to win the Asset Management Diversity Award given the calibre of competition on show at the awards.

"It was really pleasing to win this award and a fitting way to recognise the efforts put in by Gladstone Regional Council employees who have assisted in our journey towards diversity in asset management," Ms Dowling said.

"As one of only two local governments listed as finalists among a group featuring major companies and organisations, this award gives council employees great motivation and encouragement that their work in the asset management space is appreciated and recognised.

"Council's vision to Connect, Innovate and Diversify has helped position our organisation to achieve great outcomes and foster a culture that strives to connect with the community, promote innovation and celebrate diversity.

"At council we aim to make true connec-

tions with the community and our environment which are safe, ethical, responsive, visionary, inclusive, community centric and efficient.

"This award also demonstrates the positive progress council has made in asset management since redesigning the organisation in 2018, which has aligned business units in a way to encourage innovation and a different way of thinking."

The council's submission also highlighted its diverse portfolio of assets and range of internal and external stakeholders including community members, local businesses and organisations, sporting groups and industry.

Assessment criteria for the award included demonstrating leadership (40 per cent weighting), innovation (30 per cent), diversity benefits (25 per cent) and presentation of the award submission (five per cent).

Gladstone Region Mayor Matt Burnett said the award was a fantastic achievement and offered his congratulations to all employees involved in the process.

"Council employees should be extremely proud of what they have achieved, and I have no doubt this hard work and dedication will continue into the future," Cr Burnett said.

"I know our employees are continually seeking innovative opportunities that support smart infrastructure decisions and operational excellence.

"By focussing on diversification, we can help continue to grow the Gladstone region and expand opportunities for residents, businesses and organisations."

Visit www.amcouncil.com.au to learn more about the Asset Management Council.



The Asset Management Excellence Awards trophy.

CQToday

The editor's desk

Promoting all that's great

The news media landscape has changed, and the internet has brought the ability for real time updates of breaking news from around the world.

We can now get instant sports scores, election updates or unfolding natural disaster reports from anywhere in the world instantly if someone is there with a mobile phone to capture it.

This has brought mankind a new level of connectedness.

However, the internet has also brought the scourge of disinformation and anonymous sensationalism on social media that creates division and uncertainty. It cuts both ways.

As the digital information revolution rolls on, you're reading our second edition of a traditional weekly newspaper in Gladstone that is seeking to capture the essence of Central Queensland each week.

We won't be first or the most controversial. Our mission is to be the 'journal of record' for Central Queensland and to provide a balanced source of local independent news that puts the spotlight on all levels of government while working collaboratively to promote all that's great about our part of the world. news for our region.

- **Dominique Gleixner**



Gladstone Regional Council CEO Leisa Dowling, GRC manager of asset governance Tania Brown, GRC asset officer Marissa Cross and Gladstone Region Mayor Matt Burnett are excited by the council's win at the Asset Management Excellence Awards.

THIS SUNDAY

Sunday, 1st November 2020

Morning Session 8.30-11am

Afternoon Session 11.30am-1.30pm

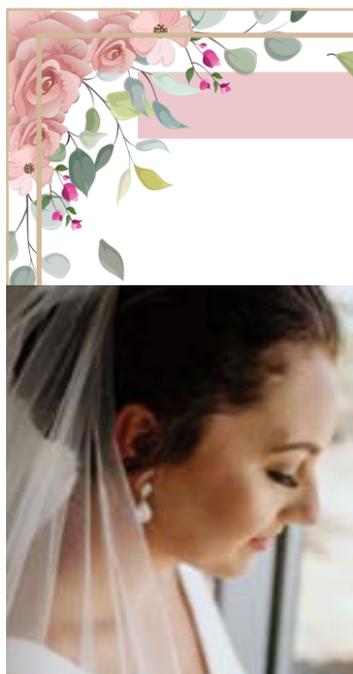
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CQ Wedding Expo

Rockhampton



Leave our suburbs alone

By Matthew Pearce

Livingstone Shire councillors want their Rockhampton counterparts to “leave Livingstone alone”.

Mayor Andy Ireland urged ratepayers and community members to have their say when surveyed on the proposed northern suburbs proposed boundary change.

The Queensland Electoral Commission is investigating the move which includes transferring the shire’s suburbs of Glenlee, Glendale and Rockyview to Rockhampton Regional Council.

Cr Ireland said the change could potentially result in higher rates, a reduction of services, or both.

“It’s an issue that impacts the entire shire, not just three suburbs, so it’s vital that all community members have the opportunity to have their say,” he said.

“Council values all areas of the shire equally and we will have a stronger economic future together.

“Keeping Glenlee, Glendale and Rockyview is key to the future prosperity of Livingstone and this has been emphasised to the Local Government Minister and the Local Government Change Commission as a matter of urgency.”

Cr Ireland said the surveys were not formal votes, but the results would help the council form its submission to the Local Government Change Commission which is expected to carry out its review in 2021.

“Council has considered the 2014 views of residents of these suburbs, but it has determined the overwhelming imperative now has to be the financial sustainability, capacity to deliver affordable services and ability to sup-



Livingstone councillors from left, Cr Tanya Lynch, Cr Glenda Mather, Mayor Andy Ireland, Deputy Mayor Adam Belot and Cr Andrea Friend at Glenlee Park to launch the shire-wide surveys on the boundary change issue.

port growth for the whole shire,” he said.

“A 2017 financial impact study clearly demonstrated that the change would further limit council’s capacity to minimise rates, maintain adequate service levels and raise funding for economic and community growth projects.

“The study found up to 70 per cent of council costs associated with these suburbs will remain following the potential transfer. In 2017, the net revenue loss was forecast to be over \$2 million annually.”

As a result, he said the council could have to

reduce services or increase rates and charges for remaining residents should the boundary be changed.

“We want the community to be aware that this has the potential to impact all of Livingstone Shire,” he said.

“It’s also important to note that other than the period of amalgamation from 2008, the northern suburbs have always been part of Livingstone Shire Council.”

Rockhampton Regional Council has asked candidates in the state election to show their

support for residents in the “Northern Suburbs”.

Mayor Margaret Strelow said polls conducted since de-amalgamation in 2013 had consistently shown these communities wished to be part of the Rockhampton Regional Council.

“Residents of Livingstone Shire have exercised in writing their free will to de-amalgamate. The residents of the Northern Suburbs are simply asking for the same privilege to choose where they want to call home,” she said.

“These residents are already part of our region in their everyday lives. Those living in Rockyview have the choice of driving around 10 minutes to the nearest supermarket in Parkhurst, or 30 minutes to a supermarket in Yeppoon.

“Likewise, parents in Glendale and Glenlee can drive less than 10 minutes to Parkhurst State School or triple that to get to a school within Livingstone Shire Council.

“This is not just about the financial impact on Livingstone Shire - It is about making it right for Rockhampton Region.”

Livingstone Shire Council formally declared its position against a potential boundary change at a council meeting in May this year.

Ratepayers with an email address registered with the council will receive one survey per household electronically in early November and those without a registered email address will get a printed survey in the mail.

A separate community survey will be available for all residents to complete at www.get-involved.livingstone.qld.gov.au from today or at any Livingstone Shire Library or Customer Support Centre.

Both surveys close on 20 November.

Students go pink to raise funds for breast cancer fight

By Matthew Pearce

Rockhampton Grammar School student Molly Cottam raised more than \$2000 at a fundraiser for Pink Ribbon Day on Monday.

Molly’s mum Tanya said after her success at The May 50k, where she raised over \$2000 for MS, 14-year-old Molly decided she’d love to participate in The National Breast Cancer Foundation Pink Ribbon Breakfast and raise funds to combat breast cancer.

“At the moment she’s sitting on just over \$2000 with a few more donations still coming in. Her goal was \$1000,” she said.

“The event was held at the Rockhampton Grammar School Rowing Club. It was a student free day, so it has worked out really well and quite a few students attended.

“Molly is very happy with how it went and all the girls had a good time raising awareness for young people.”

Local businesses who supported the event include Allenstown News, Chemist Warehouse, Brumby’s Allenstown, Woolworths



Rockhampton Grammar School and Cathedral College girls did their best to raise awareness for Pink Ribbon Day.

Allenstown, Donut King Stockland, Eat Graze Love and the Rockhampton Grammar School.

People can donate at fundraise.nbcf.org.au/fundraisers/mollycottam or at Allenstown News.



Lily Cottam, Taryn Roberts, Lilly Fraser, Shanelle James and Molly Cottam.



Ava Treggia and Molly Cottam.

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Member for Rockhampton Barry O'Rourke.



Member for Keppel Brittany Lauga.



Member for Mirani Stephen Andrew.



Member for Gladstone Glenn Butcher.

It's now time to vote, CQ

By Matthew Pearce

It's voting day on Saturday, October 31, and the question on everyone's lips is, will Labor's Annastacia Palaszczuk remain Premier of Queensland, or will she be dethroned by the LNP's Deb Frecklington?

In Central Queensland, the ALP's Brittany Lauga is running for a third term as Member for Keppel, with Barry O'Rourke (ALP) looking to secure his second term as Member for Rockhampton, Stephen Andrew (Pauline Hanson's One Nation Party) hoping to re-secure his seat in Mirani and Glenn Butcher (ALP) hoping to

regain his seat in Gladstone.

Candidates for Keppel, in ballot paper, order, are: Brittany Lauga (ALP), Adrian de Groot (LNP), Jimmy Dockery (Legalise Cannabis Qld), Nikki Smeltz (Clive Palmer's UAP), Wade Rothery (Pauline Hanson's One Nation), Paula Ganfield (Informed Medical Options Party), Clancy Mullbrick (Greens).

Candidates for Rockhampton, in ballot paper order, are: Dominic Doblo (Independent), Tony Hopkins (LNP), Mick Jones (Greens), Barry O'Rourke (ALP), Yvette Saxon (Informed Medical Options Party), Christian Shepherd (KAP), Torin O'Brien (Pauline Hanson's One

Nation), Paul Crangle (Clive Palmer's UAP), Laura Barnard (Legalise Cannabis Qld).

Candidates for Mirani, in ballot paper order, are: Stephen Andrew (Pauline Hanson's One Nation Party), Nick Byram (Civil Liberties & Motorists Party), Shane Hamilton (ALP), Tracie Newitt (LNP), Ben Watkin (Greens), Jason Borg (NQF), Tepepe Borg (Clive Palmer's UAP).

Candidates for Gladstone, in ballot paper order, are: Murray Peterson (Independent), Kevin Jorgensen (Pauline Hanson's One Nation), Ron Harding (LNP), Glenn Butcher (ALP), Emma Eastaughffe (Greens).

If you're voting before Saturday, early voting centres are located at Mount Morgan School of Arts, 33 Morgan St Mount Morgan; Gracemere Community Centre 6-9 Barry Street, Gracemere; Rockhampton Showgrounds, James Lawrence Pavilion, New Exhibition Rd Wandal; PCYC Hall, 170 Matthew Flinders Drive, Cooee Bay; Gladstone Office, 19 Toolooa Street Gladstone.

Don't forget, in a state election you must number all boxes on your ballot paper in order of your preference.

Search for your nearest polling booth location at <https://www.ecq.qld.gov.au/>.

Busy week for Coast Guard

By Arthur Hunt

Coast Guard update

Yeppoon Rescue One, with Skipper Rex Kirk and crew, departed Rosslyn Bay Harbour at 2.10pm on Wednesday 21 October to assist a nine-metre cruiser with one person on board reporting a fuel problem.

The vessel was towed safely from two nautical miles south of Miall Island to Rosslyn Bay Harbour arriving at 3.48pm. Another happy marine assist participant.

On Thursday 22 October, Yeppoon Rescue One, with skipper Kingsley Bartle and crew, were called out to assist two vessels, reported in trouble as a consequence of rough seas from the severe storm on Wednesday night.

Departing Rosslyn Bay Harbour at 7am, they first attended to a 9-metre power boat on the rocks at the southern end of Main Beach, Great Keppel Island.

It was decided to wait for the rising tide before attempting to tow the vessel. Attention was then turned to a 10-metre yacht with two persons on board drifting off Man and Wife Rocks.

The anchor line had fouled the boat propeller and the line had been cut. After the yacht was under tow, the owner of the vessel at Great Keppel Island reported it had floated free off its rocky perch and would not require any further assistance. Yeppoon Rescue One continued to tow the yacht safely to Rosslyn Bay Harbour arriving at 11.05am and a donation was received.

On Saturday 24 October, weather conditions reduced the number of boats out on the water. Both Coast Guard boats were involved with training. No calls for assistance were received until late afternoon when Yeppoon Rescue One, with skipper Rex Kirk and crew, transported one paramedic and four fire officers and equipment to Great Keppel Island to attend to a fire at the old, unoccupied Resort complex, departing Rosslyn Bay Harbour at 4.30pm and returning at 10pm.

On Sunday, new Coast Guard members were due to participate in shipboard safety skills training including workplace safety, fire fighting, survival at sea and use of a life raft, but it was cancelled due to rough sea conditions.



Smoke rising over Great Keppel Island from a resort fire as the Coast Guard delivers emergency services personnel.

Picture: REX KIRK

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Mining casualisation fight

By Matthew Pearce

CFMEU district vice-president Jeff Scales says the LNP needs to come out and accept that casualisation in coal mining, under their watch, has been allowed to grow out of control.

"Almost 1000 people have emailed Capricornia MP Michelle Landry to ask her to take a message to Canberra on behalf of affected coal miners, their families and communities for the LNP to end the government's involvement in the High Court challenge and allow the court to decide the matter without government interference," he said.

"MP Michelle Landry hasn't represented her concerned constituents' concerns by taking this message to Canberra. MP Michelle Landry has not responded to the almost 1000 people who expressed concerns about the LNP's involvement in the High Court challenge."

He said Senator Matt Canavan had spent the past week saying the LNP had "fixed" casualisation.

"They haven't, it is still rife in the mining industry. The government has and is spending hundreds of thousands of dollars on court challenges that may prevent affected coal miners receiving entitlements that they should have been entitled to for working regular, ongoing and systematic rosters," he said.

"It seems like the LNP are trying to take away coal miners rights in Canberra by supporting big business in the High Court challenge, but trying to win their votes in Central Queensland saying they have fixed casualisation."

"It would appear the LNP intends to fix casualisation for labour hire companies and



A recent protest outside the office of Member for Capricornia Michelle Landry.

mining multinationals not coal mine workers."

CFMEU Mining and Energy Queensland president Stephen Smyth said Queensland coal miners would be appalled to discover the Morrison government had spent over \$400,000 so far fighting a court victory giving rights to casual miners.

"In Senate Estimates in Canberra this week, IR officials said \$421,000 had so far been spent on the federal government's intervention in

WorkPac's High Court challenge against the Rossato decision," he said.

"The Rossato and prior Skene Federal Court decisions found that casual coal miners in regular hours on long-term advance rosters were not genuine casuals and were therefore entitled to paid leave."

Member for Capricornia Michelle Landry said last year, the federal government introduced The Fair Work Amendment (Right to

Request Casual Conversion) Bill 2019 with the intent of providing all eligible employees to request to convert to full-time or part-time employment.

"This right is intended to ensure that all employees in the national system will have access to a right to request casual conversion. Unfortunately, the Labor Party did not support this legislation," she said.

"The Liberal National government intends to introduce legislation to parliament which will allow casual miners doing de facto full-time work the right to convert to permanent employment, after Labor decided to vote it down last year."

Ms Landry said the Labor Party did their best to mislead people in Central Queensland and claim they were pro-coal, but their record in Canberra spoke for itself.

"Labor did not support legislation to end casualisation, and their policy platform is to establish a 'Just Transition' body to phase out mining jobs in Queensland," she said.

"The LNP strongly supports miners, their families and our communities. Our mining industry supports thousands of jobs and is critical for Central Queensland and our national economy."

"I believe workers should have the right to be rewarded for their efforts as permanent employees. My position, and the government's position, is that employers and employees need certainty about their legal entitlements and obligations."

"They also need to be fair. This is what builds the confidence that will be critical to help businesses emerge from the pandemic."

A new Rockhampton business for the 'new normal'

A new Rockhampton business is making it easier for family and friends to celebrate the life of a loved one in the age of coronavirus.

Facilitated through Rockhampton Regional Council's SmartHub, the business uses modern interactive technology, allowing it be accessed anywhere in the world where an internet connection exists.

Our Treasured Memories CEO Donna White said current social distancing restrictions have meant it's been difficult to console ailing loved ones during their final days or receive face-to-face support.

"Our Treasured Memories is a web-based platform that offers free advice on writing eulogies, mechanisms to cope with grief and step-by-step guidance to help you prepare, as best you can, to farewell a loved one," Ms White said.

"The website also offers professional and empathetic assistance with virtual memorial services, online memorial walls and developing everlasting video presentations."

Rockhampton Region Mayor Margaret Strelow lauded the idea that responds to the current challenges of saying goodbye to a loved one as a result of the pandemic.

"I commend Donna for identifying a need for this kind of support during these times where we are not able to come together to like we used to," Mayor Strelow said.

"Donna has sympathetically tailored a business to lift a load off your shoulders through every aspect of planning a farewell."

"This is an extremely useful service that understands what people need, and helps to bring real comfort to people during one of the most difficult times of their life."

"It's very encouraging to see the SmartHub continuing to support and help create the businesses of the future right here in the Rockhampton region."

The SmartHub is specifically geared at helping start-ups maximise their early stage business success by offering collaboration and learning opportunities, mentoring and affordable workspaces.

For further information on Our Treasured Memories go to www.ourtreasuredmemories.com

For more information contact the SmartHub on 4936 8444 or email smarthub@rrc.qld.gov.au



Elize Hattin from SmartHub, Donna White from Our Treasured Memories and Rockhampton Mayor Margaret Strelow.

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Wetlands funding pledge

The Fitzroy Basin Association will receive up to \$4 million in federal government funds to protect important wetlands along the Capricorn Coast.

Up to \$38 million in funding will be provided Queensland-wide under the Reef Trust to support six new on-ground projects designed to protect iconic species and improve the health and resilience of the Great Barrier Reef's ecosystems.

Member for Capricornia Michelle Landry said that works in the Capricornia area would see a range of practical and co-ordinated on-ground activities.

"Wetlands in the Fitzroy region protect shores from storms, reduce the impacts of floods, provide important habitats for migratory species, and provide nurseries for fish and other freshwater and marine species," she said.

"The proposed works will benefit the reef environment and our local community."

Fitzroy region initiatives include marine debris removal from the Great Barrier Reef region and islands, weed control in wetlands and EPBC-listed Threatened Ecological Communities, fox and feral pig control in Ramsar wetlands and training and engagement of traditional owners in low intensity burning to improve regional fire management.

"This on-ground project will help keep Fitzroy beaches pristine while reducing feral pests, protecting local species and supporting traditional owner engagement," Ms Landry said.

Minister for the Environment Sussan Ley said that these initiatives will be delivered by people who understand their region and have a proven track record of achieving environmental results.

"The projects are being led by six reef based

Natural Resource Management (NRM) groups through the National Landcare Program Regional Land Partnerships Program, ensuring local knowledge and practical outcomes that help protect on shore environments and the Great Barrier Reef," Minister Ley said.

"As part of its \$1.9 billion dollar investment in reef protection, the Morrison government is helping to deliver cleaner beaches, thriving habitats, healthier coastal ecosystems and species, and a more resilient Great Barrier Reef."

The new investment follows others made by the Australian Government to support regions and the environment such as the \$443.3 million Reef Trust Partnership with the Great Barrier Reef Foundation, the \$100 million Environment Restoration Fund and the \$1 billion investment under phase two of the National Landcare Program.



MP Michelle Landry.

Marine education made easy on Great Keppel Island

By Matthew Pearce

Marine awareness will become easier on Great Keppel Island thanks to a proposed Keppel Turtle Fund (KTF) Inc education trail.

KTO conducted a Marine Environmental Awareness Trail stakeholder site visit to Great Keppel Island on 15 October, with stakeholders arriving on the island via the Keppel Konnection ferry services.

They were met by KTF chairperson Denise Weisse, who spoke about the fund's background and proposed projects.

Denise said the Keppel Turtle Fund Inc became a 'not for profit' charity in June 2017.

"Our purpose is to enhance the natural environment of Australia by engaging with the community to protect our reef, marine life and the environment on Great Keppel Island and in Keppel Bay through education, appreciation, protection and rehabilitation, whilst working in conjunction with all current reef advisory groups," she said.

Denise said the KTF hoped to achieve its purpose through several projects.

"KTF's first project is to establish a Marine Environmental Awareness/Education Trail. This trail would have a series of interpretive signs with information on marine turtles, marine life, coral, reef, sea birds, shells, how to protect them, safe snorkelling and reef smart practices so that future generations can enjoy the reef as much as we do," she said.

This trail would be located within the grounds and boardwalk of the GKI Hideaway because of insurance issues faced in constructing signs on crown land.

The KTF has contracted Bill and Luke Gannon to provide project management and design work for the project, with all planning, design, fabrication and installation of the panels to be conducted by local companies.

"The graphic designer, Michelle Black, is well known in the region and has previously provided products for the Fitzroy Basin Asso-



Stakeholders discuss the proposed Marine Environmental Awareness/Education Trail on the GKI Hideaway boardwalk.

ciation," Denise said.

"The use of QR scan codes will be utilised and will provide references to further information."

After lunch, Bill Gannon and KTF secretary Mark Edmestone took the stakeholders on the proposed trail while explaining the information available at each of the proposed 13 locations.

The signage at the start of the trail would be free standing with an aluminium base in the shape of reef animals and an area of two A3 pages to illustrate the information.

The existing handrails will be used to sup-

port the signage that will be located on the boardwalk within the grounds of the GKI Hideaway.

Signage will be lit up at night by utilising the existing lighting scheme as well as being located near the proposed new lights that will provide additional lighting to the walkway.

The Keppel Turtle Fund wishes to thank all who attended the stakeholder site visit and hope they have a better understanding of the KTF and the proposed Marine Environmental Awareness Trail.

To donate to the project, email Mark at info@keppelturtlefund.com.au



Bill Gannon shows the signage exemplar.

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Larger container vessels are now able to berth at Auckland Point with the completion of a new mooring dolphin last month.

Dolphin to deliver jobs

A \$3.8 million mooring structure at Gladstone Ports Corporation's Auckland Point terminal is set to help transform the region into a containerised freight hub.

Larger container vessels are now able to berth at Auckland Point with the completion of a "mooring dolphin" last month.

A mooring dolphin provides a tie-off point for the ships lines to secure to during loading and unloading.

The new structure is set about 60 metres east of the wharf, enabling the bow of the ship to position itself safely beyond the existing wharf.

GPC acting CEO Craig Walker said the mooring dolphin is all part of a 50-year vision to diversify trade opportunities and stimulate jobs in the region.

"The mooring dolphin is just one of the strategies we've implemented to open up trade and stimulate jobs," Mr Walker said.

The mooring dolphin is one of several projects taking place at Auckland Point wharf to diversify trade.

A \$6 million tender upgrade is also set to future-proof the facility, while multi-million dol-

lar works are underway to develop a logistics staging area adjacent to the wharf.

"During a time like Covid-19, it's more important than ever to turn our focus to projects like these which will assist the Queensland economy," Mr Walker said.

This year GPC delivered a record dividend for Queensland for a second year in a row, with data from the 2019/20 annual report revealing GPC achieved a dividend of \$79.55 million.

"Our trade performance remains stable despite the challenging conditions of Covid-19, with our three port precincts handling 122.5 million tonnes of cargo," Mr Walker said.

"We are well aware of the enormous role we have at GPC to build a sustainable and prosperous future for Queensland and Australia," he said.

"We will continue to focus on diversifying trade opportunities at our three port precincts to help stimulate job opportunities and trade growth."

Trade through GPC's ports contributes to 111,000 jobs and \$40 billion in imports and exports.

Farewell to sports identity

By Matthew Pearce

Well known Gladstone sports identity Carmen Guivarra has passed away in Brisbane.

Coming from a Torres Strait Islander family, Carmen was born to Pedro and Gloria Guivarra on 16 April 1964 in Cairns and died in Brisbane on 21 September 2020 before being laid to rest in Cairns on October 1.

She was one of 12 siblings, including Peter, Maria, Wayne (dec'd), Ricardo, Leslie (dec'd), Tony, Carmen, Margo, Billy, Ronaldo, and Josephine.

The Guivarra family moved to Gladstone in 1966 and were the first Indigenous family to attend both Star of the Sea and Chanel College.

Carmen attended Star of the Sea Gladstone from 1970 to 1976, Gladstone Catholic High School from 1977 to 1979, Chanel College from 1978 to 1979 and was named Chanel College Athletic Champion in 1979. She was undefeated in the primary and high school 100m sprint.

On the local sporting scene she was involved in netball, touch football, softball, basketball, tennis and track and field, and she represented the region as a track and field champion, as well as in netball, touch football, softball and tennis.

Carmen's husband Tom Kirk said Carmen adored her very large extended family, playing sports and animals, in particular all her dogs. She also loved cooking and seafood.

"Her working life spanned from Thursday Island in the far north, to Canberra and Brisbane," he said.

"She dedicated her life to Indigenous



Carmen Guivarra at Chanel College in 1978.

communities and will be fondly remembered by all who knew her."

Carmen was Brisbane 100m sprint champion, Brisbane Crossfit champion and a state representative in netball, softball, touch football, track and field.

She was an Australian Eastern States Basketball representative and attended Indigenous All Black Carnivals for basketball, netball, touch and football.

Chanel College flags have been flown at half mast in honour of Carmen and as a celebration of her life.

"May God hold Carmen in his arms and may she rest in peace," Tom said.

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Youth caring for country

By Matthew Pearce

Darumbal elder Bill Mann couldn't be more proud to see indigenous youth learning how to look after their own land.

On Friday, October 24, members of the the Darumbal and Gangalu peoples undertook their final assessment in Certificate 2 Public Safety Firefighting Operations at Cawarral, giving them the ability to conduct hazard mitigation activities.

Darumbal People Aboriginal Corporation director Malcolm Mann said undertaking the controlled burn and managing their own country was a big step for indigenous youth.

"This is an historic and significant time for us for as Darumbal People and we couldn't do it without the leadership of our elders and funding from the Fitzroy Basin Association, particularly the Australian Government National Landcare Program," he said.

"This particular part of country is really significant for the Darumbal People, Gai-I (formerly Mt Wheeler) is named after an old warrior and there are other stories associated with this area.

"That's a part of our identity and we want to look after this country so we can pass on our values and stories."

Rural Fire Service area director Chris Spencer said recent wet weather meant CQ had an "amazing opportunity" to prepare for the fire season, delivering more fire mitigation than ever before.

"Last year and the year before we were hit by a really intense fire season, but this year's rain means we've been able to undertake a fair number of activities as well as deliver a number of opportunities such as this training," he said.

"Reduced fuel load around the region gives landholders ample opportunity to undertake those burnings they need to do on their land to get their grasses, seedings as stock put in pace for the season."

He said the final assessment was all about the participants putting into practice what they had learnt about fire management.

"We've set targets for the day but if we achieve them or not it doesn't matter, it's about looking at what's been undertaken and the outcomes that will benefit the traditional landholders and this portion on land.

"This is a learning curve for us as well, we're also learning about specific cultures to this area so it's not just a one-way street, it opens us up for the future to be able to work collaboratively with the traditional landowners and use each other in the time of need."

Environment leader with the Fitzroy Basin



Rural Fire Service area director Chris Spencer and Darumbal elder Bill Mann with indigenous youth taking part in a fire mitigation burn.

Association Shannon van Nunen said traditional owners were arguably the best custodians in history to look after country.

"Working with traditional custodians is not something that happens overnight, it requires mutual respect and understanding," he said.

"The Fitzroy Basin Association has been lucky to work with the Darumbal People over the last decade or more. When it comes to knowledge, history and understanding, working with them has provided us with the best possible outcome for the sustainability of our resources.

"This is really well kept and looked after country and not by chance, it's through the effort and care that the Darumbal People have put into this place."



Darumbal and Gangalu peoples undertake their final assessment in Certificate 2 Public Safety Firefighting Operations at Cawarral.

Sweet but simple change for Halloween is pure gold

Capricorn Coast business Pure Gold Pineapples has challenged Aussies to drop the American tradition of carving pumpkins and support the local pineapple industry this Halloween.

Sales and operations manager Mark Bennett said the limited edition Spooky Pines would be available on major supermarket shelves across Australia until the end of October.

"After battling drought, fire and hailstorms, as well as the challenges Covid-19 have presented this year, the team at Pure Gold have found a novel way people can support the industry and for families to start a fun new Aussie tradition," he said.

"Best of all, carving pineapples there is no wastage, simply use the flesh of the pine in your favourite recipe or enjoy it fresh."

For ideas on how to use the flesh of your tasty pineapple, visit www.puregoldpineapples.com.au/

Share photos of your pineapple lanterns to Pure Gold's Facebook and Instagram pages: www.facebook.com/PureGold-Pineapples/ and www.instagram.com/puregoldpineapples/?hl=en

Pure Gold Pineapples have launched a sweet alternative to the traditional Halloween pumpkin.





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Dominic Doblo

How To Vote



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LNP

9 JONES, Mick
THE GREENS

8 O'ROURKE, Barry
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5 SAXON, Yvette
INFORMED MEDICAL OPTIONS PARTY (IMOP)

3 SHEPHERD, Christian
KAP

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Poll promise for hospital

By Jackie Dobson

If re-elected, the Palaszczuk government will invest \$31 million in two important projects at the Rockhampton Hospital.

The funding includes \$18.2 million for a new cardiac hybrid theatre and \$12.8 million for an expansion and refurbishment of the mental health ward.

Deputy Premier and Minister for Health and Ambulance Services Steven Miles said locals will have better access to health services, closer to home.

"Right now approximately 1500 people each year, 30 people each week and six people each day, travel to Brisbane for specialist car-

diac treatment," he said.

"The theatre will attract the best clinicians, allow us to train more students, and most importantly, decrease the number of patient transfers.

"The state-of-the-art theatre will avoid delays in treatment which will also deliver better patient outcomes."

The new cardiac hybrid theatre will establish diagnostic and interventional cardiac services at the hospital to support a wide range of procedures.

"The hybrid theatre will combine a surgical operating theatre with advanced medical imaging devices to improve patient outcomes and survival," he said.

The second project is a much-needed upgrade, refurbishment and expansion of the mental health unit at the Rockhampton Hospital.

The \$12.8 million will facilitate a recovery-focused service and a contemporary, evidence-based mental health model of care.

"It will deliver a therapeutic environment which will enhance client and staff safety and improve consumer success, engagement and satisfaction," he said. Keppel MP Brittany Lauga said this is something that she is pleased they have been able to commit to ahead of the state election.

"About 1500 people fly to Brisbane every year because they need to have cardiac treat-

ment that they cannot get here," Ms Lauga said.

"I think one of the most important things I can do as an MP is reduce the number of people from our region who have to travel for health care.

"We did that when we committed to and opened the Cancer Care Unit here in Rockhampton, saving thousands of trips to Brisbane each year.

"We did that again when we upgraded and expanded the Intensive Care Unit and now we will intercept more travel with the new cardiac theatre."

Mr Miles said both projects are included in the funding envelope that has been outlined by the treasurer and will flow into the budget.

"These are projects that we can get started very quickly so we can create jobs in construction as well as the additional clinical jobs that we need to operate," he said.

"Staff at the hospital do a fantastic job, they are faced with population growth, an aging population, a decline in bulk bill GPs and the number of people with private health insurance.

"This is driving a large growth in demand, particularly during the pandemic - this is exactly why we are continuing to invest in greater budgets, more services and the full range clinical staff."

The premier said that, since coming into government in 2015, Labor has hired 114 more doctors, 265 more nurses and midwives, 37 more health professionals and 29 more paramedics across Central Queensland.



If re-elected, the Palaszczuk Government will invest \$31 million to expand Rockhampton Hospital.



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Police seek woman

Police are seeking a woman over a break and enter to a residence in Alexandra Street, Park Avenue, between October 25 and 26, where a quantity of food was stolen.

The woman is described as Caucasian, about 38 years of age, obese with brown curly hair and lip and chin piercings.

In a separate incident, unknown offender/s entered a shed at a residence in Gable Street, Koongal between October 25 and 26.

A large number of tools, sporting equipment and money was stolen. Unknown offenders entered a carport and stole one bicycle and slashed tyres on another.

They also threw a brick through the front glass windowpane next to the front door.

Police believe this would have caused substantial noise and are encouraging members of the public who may have seen or heard this offence to come forward.

Contact Policelink by providing information using the online suspicious activity form 24hrs per day at www.police.qld.gov.au/reporting.

Some lessons for pollies

State politics has never really drawn my interest, however I respect the work our state members put into supporting the community.

Higher up the chain though, there is a festering of all sorts of muck.

In Victoria for example, Daniel Andrews is essentially holding his state's population captive, unable or unwilling to target sections of the community whose activities and beliefs are facilitating the spread of Covid-19.

In Western Australia (WA), Mark McGowan has closed all his borders, with the WA Chief Medical Officer admitting that the primary reason for this is to keep residents at home where they will spend more.

In Queensland the same attitude prevails, with many businesses suffering greatly from the lack of tourist inflows. These Labor lockdowns fit nicely with newly invigorated socialist beliefs, that the government always knows best.

While Labor leads the charge in locking down citizens, we shouldn't ignore Jackie Trad's real estate deals or Eddie Obeid's wheeling and dealing. On the political right, we've got the Ruby Princess circus and the activities of Daryl Maguire, now under investigation. Notwithstanding the massive wealth generated by the opening of coal mines, we should also not forget the bad old days of Bjelke-Peterson, when for a long time Queenslanders were essentially cut off from the rest of the world and the retirement life of some politicians involved jail.

About half of state spending is paid for by the federal government, most of the rest being inefficient, unfair and damaging imposts such as payroll tax and stamp duty. Despite massive reform, duplication across states is still rampant and parochial grandstanding is the standard modus operandi.

So here we are, on the eve of a state election. Labor is dissing the LNP and the LNP is dissing Labor. One Nation attempts to trash Brittany Lauga's reputation. Clive says he hates Labor.

SPEAKING FRENCH

DAVID FRENCH
THE INVESTMENT COLLECTIVE



Across social media, hatred has drowned out policy.

What of policy? Labor says it cares about workers' rights but backs policy that actually costs jobs and sides with the barefoot Greens to shackle the mining industry. The LNP, meanwhile, dust off the gramophone and wind the handle on the old election '78 to play crackly tunes of new dams and crime clamp-downs. Is it any wonder people are jaded with politics? Where are the new ideas?

Where is the leadership?

The inexplicable shortage of ideas to benefit our region can only be put down to people having to hold the party line. Here are some policy tips to get the voters interested. Candidates can use these words verbatim:

- "I will see to the relinquishment of the lease on Great Keppel Island. The current leasee and successive aspirants have failed to make good on their ambition. That has cost the community dearly and there is no chance that the development will ever go ahead in its current form. My government will work with local councils to fund the establishment and construction of a comprehensive facility comprising camping, glamping and accommodation units, all-solar powered and complete with roll-on-roll off access ramp. This facility will be relatively low cost and popular with locals, grey nomads and international tourists alike. It will integrate without undermining the excellent work of existing businesses and once established it can be offered



Columnist David French says Victorian Premier Daniel Andrews is holding his constituents prisoner.

to the private sector for lease or sale on commercial terms."

- "Family violence is a scourge on our community. The outrage expressed after someone is hurt, or indeed dies, is little more than an emotional outlet. My government will put in place early intervention measures such that people involved are provided with not only care, but a compulsory program of professionally administered, disciplined support carried out far away from family and other influences to ensure that attitudes to relationships meet acceptable standards."
- "Youth crime is often a function of family breakdown and poor social structure. My government will provide well-organised, professionally run camps for wayward youth, along the lines of several excellent examples that already exist. Attendance will be compulsory and attendees will emerge without a criminal record and with experience and a certificate of completion for at least one of

a number of immediately useful vocation alternatives. Attending camp more than twice will mean an automatic jail term of at least three years."

- "Businesses have an obligation to pay superannuation and to pay their tax. Well run businesses have record keeping procedures that support business viability and assist in meeting these obligations. My government will insist that to be able to operate in Queensland, all businesses keep formal records which must be submitted no later than 31 October. All businesses must undergo a streamlined special purpose audit to ensure tax and superannuation payments are up to date. Businesses that don't pass audit cannot trade in Queensland."

There you go, something interesting to take to the electorate over the next two days. Federal candidates, I'll have something for you in a while.

Walk to raise awareness for extremely rare disease

By Liam Emerton

On Sunday morning, a group of about 35 local Central Queenslanders gathered to support a wonderful cause.

A walk for awareness organised by MDS foundation in the United States is usually held in all of the states in America, however this year it branched out globally.

Central Queenslander Fiona McWhirter helped put together what she believes was the only MDS awareness day walk in Australia, which was held on Sunday in Rockhampton.

MDS is a group of diseases which all affect the production of normal blood cells in the bone marrow.

In Australia, only 1600 people were diagnosed with the disease and worldwide it was only 87,000 people who were diagnosed.

It usually is diagnosed in those over 65-years of age, however organiser of the Rockhampton walk Mrs McWhirter is one of the unfortunate few who have been diagnosed with it, despite being much younger than 65.

Mrs McWhirter said it was great to be able to raise awareness for the rare bone-marrow condition.

"As far as I know our team was the only one registered in Australia," she said.

"I was diagnosed in May.

"It's very isolating, nobody knows about it and nobody has heard of it.

"You live regionally and you're walking around looking normal but you've got all these things happening inside and your bone marrow isn't doing what it's meant to be doing.

"Just to raise awareness is important to me so that if there's anyone else out there we can have some sort of connection or people know that they're not alone."

Mrs McWhirter said it was a really great day and it helps her a lot knowing so many people are supporting it.



Fiona McWhirter front and centre with a majority of the Central Queensland locals who turned up for the MDS Awareness walk on Sunday morning.

"I was very happy that I had people doing it with us," she said.

"I did the 'light the night' event a few weeks prior and this one was a little bit more personal because it was about the disease I have.

"I was rapt that so many people joined me."

Mrs McWhirter's risk of a Covid-19 infection is extremely high due to the disease, something that affected her immediately after her diagnosis.

"My risk of infection is a lot higher than most people," she said.

"I'm a nurse so I'm pretty savvy with looking after myself and wearing masks if I need too and washing my hands.

"Initially I didn't go anywhere until we had a really good handle of everything going on.

"The risk of infection is so high that if I was to have any kind of infection I would be forced to the emergency department and put on IV and antibiotics straight away.

"That's my route of action."

Mrs McWhirter said that the best way to help doesn't have to be through monetary donations.

"A lot of people, especially in today's climate, have uncertainty with wages," she said.

"If you can't donate money to the Leukaemia Foundation and that kind of place - donate life is free, and if you're under 45 you can sign up to be a stem cell donor.

"That sort of thing helps prolong life and saves lives and it doesn't cost you anything."

Road shut

Lakes Creek Road will be temporarily closed to all vehicles and pedestrians at Frenchmans Creek from 7am, Friday, 30 October, to 7am Monday, 2 November for the replacement of Frenchman's Creek bridge.

The work is part of the Type 1 Road Train Access to North Rockhampton Abattoirs project. During this time, traffic will be diverted as per the detour map. Road trains will not be operating during the closure.

All b-doubles and vehicles over 4.3 metres will be diverted via Rockhampton-Yeppoon Road and Tanby Road. The heavy vehicle detour ends at St Christophers Chapel Road due to Queensland Rail work at Dorly Street rail crossing from 6am Saturday 31, October to 7am Monday, 2 November.

Road users are reminded to exercise caution and observe all road direction signs, speed restrictions and traffic controller directions during the works.

For the safety of pedestrians, the pedestrian access was closed on Wednesday, 21 October and will remain closed until Monday 9 November.

For information on the latest traffic conditions call the Traffic and Travel Information line on 13 19 40 or visit www.qldtraffic.qld.gov.au



New juice cafe is supporting locals

By Liam Emerton

It's the 'Smooth' new business which has opened in Rockhampton, here to serve and support local Central Queenslanders.

Smooth Juice Cafe is a modern twist on the old juice bars which have lingered untouched for years.

Smooth Juice Cafe was created to service locals with fresh juice combinations and brilliant smoothies.

And it's much more than juice, the business has a complete cafe with coffee, treats and salad rolls at the ready.

The juice cafe is a healthier alternative than other takeaway establishments and has caused a buzz in the local community already.

People have supported the store, which opened last week, which in turn helps owner and Rockhampton local Sandra Rowcliffe.

Mrs Rowcliffe has been sourcing the majority of the produce from local farmers and people which helps them continue working through the pandemic.

The inspiration came from Mrs Rowcliffe's want for healthier and natural lifestyle options in town.

"We want to help support local growers," said Mrs Rowcliffe.

"We're getting the bulk of our produce locally."

The staff at Smooth Juice are all locals too, making the local connection to the new shop stronger.

The shop is located in the Yaamba Road Central shopping precinct and is open seven days a week.

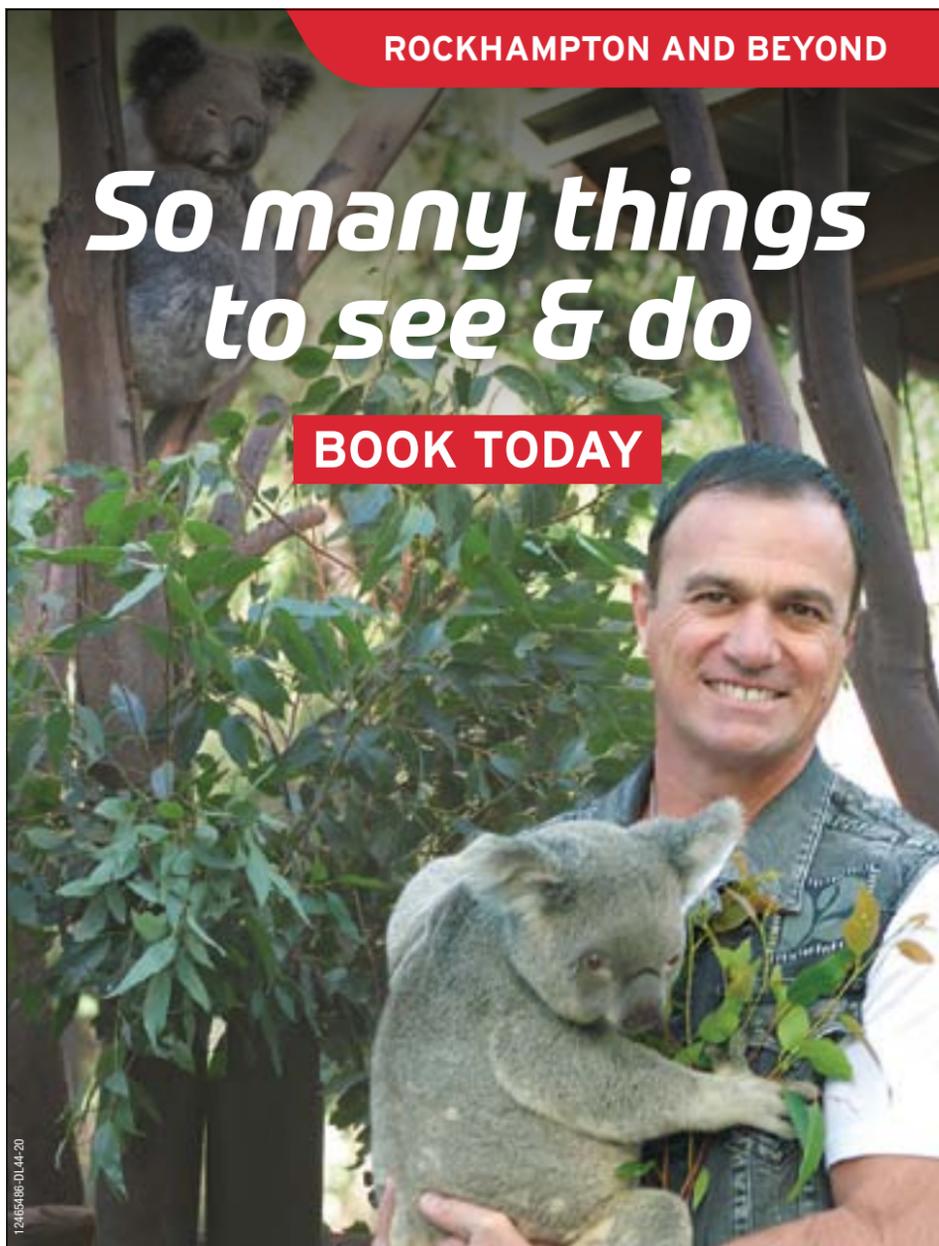


Smooth Juice Cafe owner Sandra Rowcliffe out the front of her brand new business.

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Landry hits out at Watt

By Matthew Pearce

Member for Capricornia Michelle Landry has hit out at Senator Murray Watt, saying he owes Central Queenslanders answers on his involvement in selling the railyards in Rockhampton.

Ms Landry's calls follow the state government's announcement on 15 October that they had entered negotiations to purchase land at the old Aurizon workshops in Rockhampton and planned to use that land to support a rail maintenance, manufacturing and logistics centre.

"Senator Watt has previously stated he does not recall being personally involved in the decision. This is a strange admission as he was Premier Bligh's chief of staff," she said.

"Was he off sick on the day they made the decision, or did he simply shut his ears when they discussed it around him?"

"His previous statement is even more confusing when it is reported he seconded the motion in supporting the sale of assets at the 2009 Annual State Conference of the Australian Labor Party - Queensland Branch."

Ms Landry said workers and small businesses in Rockhampton had expressed uncertainty about the election commitment.

"Workers who worked at the railyards and small businesses who relied on the railyards to earn a living are once bitten and twice shy when it comes to Labor."

"No one knows how much the purchase of land is going to be, nor, a timeline of when it's going happen."

Senator Watt said the federal Labor and the Palaszczuk government were committed to seeing a strong rail manufacturing industry in



Murray Watt.

Queensland into the future.

"The Palaszczuk government's commitment to rail in Rockhampton is an important part of Labor's economy recovery plan," he said.

"It stands in stark contrast to Campbell Newman, Deb Frecklington and the LNP buying trains from India, at the expense of Queensland manufacturers."

No stranger to challenge

BCF Concreting Solutions owner and proud Torres Strait Islander man Mick Davis is no stranger to overcoming challenges.

During his early 20s, Mick invented his first tool while living in housing commission.

Today, his award-winning innovations and successful family business service civil and civic concrete constructions projects, as well as supply and construct feedlots for Australian cattle and sheep industries.

October is Indigenous Business Month - an opportunity to celebrate achievements of Aboriginal and Torres Strait Islander communities, families and individuals in business.

Mick said honesty, commitment, integrity and professionalism were among the old-fashioned values BCF Concreting Solutions bases its growth and success on.

"Adopting this approach helps us to deliver products and services to meet the unique needs of the clients and a community as a whole," Mr Davis said.

"It is an exciting time in Central Queensland with many major projects in the area providing great opportunities for First Nations businesses."

Mr Davis said the business was determined to survive and thrive beyond Covid-19.

BCF Concreting Solutions has worked with the Department of Aboriginal and Torres Strait Islander Partnerships' Rockhampton office to facilitate training, business development and recruitment opportunities, including engaging local young people in on-the-job training, mentoring and career opportunities.

The business employs a workforce of 85 per cent Aboriginal and Torres Strait Islander staff.



BCF Concreting Solutions owner Mick Davis is a proud supporter of Indigenous Business Month.

For more information about BCF Concreting Solutions visit bcfconcreting.com.au

This year's Indigenous Business Month theme is Invigorate, Build, Maintain: Keeping Our Sector Strong. A practical call to action, it acknowledges that businesses across all sectors have experienced challenging times in 2020, and that everyone has a role to play in keeping Aboriginal and Torres Strait Islander owned businesses strong.

Leave Livingstone Alone

HAVE YOUR SAY ON LIVINGSTONE SHIRE COUNCIL'S BOUNDARY CHANGE ISSUE

What's happening?

The Local Government Change Commission (LGCC) is reviewing the merits of transferring the localities of Glenlee, Glendale and Rockyview from Livingstone Shire Council to Rockhampton Regional Council.

Why am I impacted?

Council opposes the move and believes there will be significant financial implications for all ratepayers if a boundary change is approved. Potentially, this change could see a significant increase in rates, a reduction in services, or both.

How can I have a say?

There will be two surveys conducted by Council in November 2020 which will be used to support our submission to the LGCC.

Who can have a say?

Livingstone ratepayers/households will get the survey via email or post. There is also a separate online Community Survey that all residents are encouraged to complete.

When is the survey?

There will be two surveys conducted by Council late October and early November 2020 which will be used to support our submission to the Electoral Commission. The surveys close on 20 November 2020.

HEAD TO GETINVOLVED.LIVINGSTONE.QLD.GOV.AU FOR MORE DETAILED INFORMATION AND TO PARTICIPATE IN THE COMMUNITY SURVEY.



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Agtech welcomes expert

There's another expert pair of hands on deck to deliver the next phase of a Central Highlands agtech program.

Cassie Turner is the new Agtech community officer for AgFrontier's Regional Agtech Catalyst, an initiative of the Central Highlands Development Corporation (CHDC).

She will work with Agtech program manager Sonya Comiskey to deliver the program, which follows on from the successful AgFrontier Regional Agtech Incubator.

Ms Turner has significant experience as an agronomist with CQ Ag Services in Emerald and tertiary qualifications in agriculture and business.

"Cassie's expertise and experience make her a great match for the role," Ms Comiskey said.

"It's also fantastic to have someone on board who's a brilliant communicator and organiser, strongly community-minded, and passionate about the Central Highlands and our agriculture industry."

The role ticks all the right boxes for Ms Turner.

"Agriculture technology is undergoing monumental growth in Australia so I'm really looking forward to playing a role in supporting the Central Highlands' efforts to become a solid player in that space," she said.

"AgFrontier is a special program because it's giving start-ups and entrepreneurs in regional and rural areas access to the same tools, knowledge and connections as those in the city."

AgFrontier Regional Agtech Catalyst is a three-year program which aims to create a world-leading ag and food tech community in Central Queensland.

Its first project is next month's Agtech Innovation Mission to Brisbane, supported by the Local Buying Foundation. It will involve a select group of start-ups and agricultural entrepreneurs from across Central Queensland and



Cassie Turner will work with Sonya Comiskey to deliver the new AgFrontier Regional Agtech Catalyst, an initiative of the Central Highlands Development Corporation.

alumni from the initial AgFrontier Regional Agtech Incubator.

"Cassie's input has been valuable in connecting with potential applicants for our subsidised program places across Isaac, Central Highlands and Woorabinda, as we schedule a jam-packed program to help participants take their ideas to the next level," Ms Comiskey said.

Planning is also underway for BeefTech 2020, an innovation and technology event for the Central Queensland beef community. It will be delivered by Agfrontier in Emerald on Tuesday, 24 November 2020, as part of Queensland Agtech Month.

Ms Turner grew up on a farm at Dalby, then moved to Brisbane where she spent 10 years before being drawn back out west eight years

ago. The 30-year-old has lived in Emerald since 2017 and plans to stay indefinitely.

"I have made many lifelong friends here, my weekends are constantly full, and I have everything I need close by," she said.

"Everyone here is extremely friendly and very supportive so I'm really looking forward to giving back to the community in this new role."

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Turning 100 is very lucky

By Jackie Dobson

Turning 100 years old is “all in the luck of the draw” according to Beryl Howe, who celebrated her birthday with family and friends at Kanangra Heights Restaurant on Sunday, 25 October.

“I think it’s so wonderful to have all my friends and loved ones around me, that was the best present of all, I am just overwhelmed,” Ms Howe said.

Ms Howe was born in London and lived through The Blitz, a London bombing campaign against the United Kingdom between 1940 and 1941.

During the World War II Blitz, 32,000 civilians were killed and 87,000 were seriously injured. Two million (or 60 per cent) of houses were destroyed.

“When I was 19 a bomb went right through our house. Fortunately, we had a big cellar that was reinforced with 22 steel pillars and a steel roof,” Ms Howe said.

“All of our neighbours were in the shelter with us because they didn’t have proper shelters. When the bomb hit, the wall caved in, the water main burst and I nearly drowned.

“The wardens who supervised the air raid precautions during the blackout knew we were in there and they came and moved the rubble ... and here I am today.”

The strategic bombing campaign conducted by the Germans against London targeted populated areas, factories and dockyards, a ‘lighting war’ that lasted 57 consecutive nights.

“We were lucky that no-one was hurt. I re-

“I am so thankful I have reached this age and I still have my marbles”

call my father playing the gramophone every night while the raids were on to try to drown out the sounds of the bombs.

“I relocated from England to New Zealand when I was 34, where I lived for 50 years exactly,” she said.

Ms Howe said she married twice and had two children.

“I was very lucky, I had a second chance.

“We were barely married for eight years when my second husband suddenly had a heart attack, it has been 43 years since my husband died.

“When my daughter came to visit from Australia she said she wasn’t going back to Oz without me, so I followed her to Australia and I have been here ever since.”

Ms Howe said she has been in Australia for 16 years and currently resides in Taranganba with her daughter, Miriam.

“I am so thankful I have reached this age and I still have my marbles, that’s the most important thing,” Ms Howe said.

Miriam Julius said it was wonderful to celebrate her mother’s 100th birthday.

“We have only been here a short time and it was very lovely that everyone could come today,” she said. “She deserves to have a lovely party because she is very special.”



Beryl Howe celebrated her birthday with family and friends at Kanangra Heights Restaurant on Sunday, 25 October.

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MAKE A DIFFERENCE THIS FESTIVE SEASON

Adopt-A-Family Christmas Appeal

2020 has been a tough year for many Central Queenslanders, and Christmas can be a difficult time for families doing it tough.

This year you can make a difference and brighten the lives of local families by sharing in the spirit of the season! Support the Adopt-A-Family for Christmas Appeal, and you will have the chance to make a real difference to a local family facing financial hardship or social dislocation.

Who Can Help

- Individuals
- Families
- Businesses
- Clubs
- Schools
- Workplaces

How to Help

Keep an eye out each week in CQ Today for an update of family list.

Then get in touch with the charity that nominated them to find out what you can do to make their Christmas truly memorable.



Key: M - Mum; **D** - Dad; **GM** - Grandmother; **GD** - Grandfather; **AM** - Adult Male; **AF** - Adult Female; **B** - Boy & **G** - Girl

Anglicare Rockhampton

Contact Joan Peters 4926 0173 or 0412 452 641

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|----------------------------------|-----------------------------------|--------------------------------------|
| 1. GM, GD, G16, G15, B10 | 24. M, D, G10, B8, B6, B3 | 47. M, D, G15, B14, G8, B5, G2 |
| 2. GM, GD, G17, G14, G10, G9 | 25. M, G13, B11, G4mths | 48. M, G16, B15, G13, B7, B5, B3, G2 |
| 3. D, G9, G6 | 26. M, D, G5, B5mths | 49. M, D, B9, B8 |
| 4. AM, G4 | 27. M, B14, G6 | 50. M, D, G15, B14, B12, G9 |
| 5. GM, G6 | 28. M, G4mths | 51. M, D, G16, G3 |
| 6. M, D, G10, G6, B5, newborn | 29. M, B4, G2 | 52. M AF, G8, B7 |
| 7. M, B12, G9, G4 | 30. M, B17, B16, B14, G3 | 53. M, B6 |
| 8. M, D, AM, G15, G11, B3 | 31. M, B6, G4 | 54. M, B8, G5 |
| 9. D, AF | 32. M, GM, G14 | 55. AF, G15, B15 |
| 10. D, B15 | 33. M, D, B5 | 56. M, B2 |
| 11. M, G13, B6mths | 34. M, G14, G13, B9, G5, G3 | 57. M, B11 |
| 12. M, B1 | 35. M, B13 | 58. M, G10, G3, B18mths |
| 13. M, B1 | 36. M, B17, G8 | 59. M, AF, B3 |
| 14. M, G6, G11mths | 37. M, D, G12, B6 | 60. M, G5, B6mths |
| 15. M, D, G3, newborn | 38. M, D, G15, B9, G6, B5 | 61. GM, B4 |
| 16. M, G15, B14, B6 | 39. M, G12, B8, G2 | 62. M, B2 |
| 17. M, G3 | 40. GM, GD, B14, G13, G10, B9, G8 | 63. M, B4 |
| 18. M, D, B5 | 41. GM, G11 | 64. M, AF, G2, B2 |
| 19. M, newborn | 42. GM, GD, B4 | 65. M, B5, B2 |
| 20. M, G12, G11, G9, G8, G18mths | 43. M, D, GM, B9 | 66. M, B4 |
| 21. M, B9, B8, B5, G2 | 44. M B11, G10, B5, G4, B3 | 67. M, B1 |
| 22. M, B10, B8 | 45. M, GD, G15, G15, B8, B7, B5 | 68. M, G2, B3mths |
| 23. M, B7, G5, G3 | 46. M, B8, G8, B6, G4, B3, B3 | |

St Vincent De Paul

Contact for Adoption is: 0438 178 284

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| 1. M, B7, G3 | 5. M, G15, G12, G11, G8 | 9. M, G6 |
| 2. M, B4, G13, G10, G newborn | 6. M, 2x AM | 10. M, AM |
| 3. M, G13 | 7. AM | |
| 4. 4D, B11, G8 | 8. AF | |

CQToday

Current Affairs

Matt Canavan



State needs some doers

I agree with Annastacia Palaszczuk. The last thing Queensland needs is a change of direction, but it is the Labor party that is trying to change the direction of Queensland.

The Brisbane-centric, Labor-Greens Queensland government has been trying to conduct radical surgery to change Queensland's identity. Labor has spent five years denigrating our coal industry, imposing massive new regulations on farmers and letting crime spiral out of control.

Our identity as Queenslanders is entwined with what we produce. We are banana benders, we watch lightning crack over cane fields, it was a Queensland shearer that grabbed the jumbuck and our national airline starts with the letter 'Q'. We mine coal, copper, gas, and bauxite. We make aluminium and zinc. And we grow cattle, cotton, grains and sheep. The lights would go out if it was not for the surplus of coal-fired power we create in Queensland.

Queensland is a producing state. Over our storied history, we have paid the bills for the nation, not racked them up.

We are proud of the jobs and wealth we create. Queenslanders don't sit on the couch watching Netflix, we get up and clear Brigalow to create more farms, we build rail lines to open up new mines and we build power stations that are now providing power to the nation.

When future historians write about the last five years of the Palaszczuk-Trad government they may call it the "great pause". It has been a period that we have stopped building things. A period in which we have stopped playing our role as builders for our great nation.

The Palaszczuk-Trad government tried to lead the Adani project to a political dead end. Who remembers the Calley Valley wetlands? It is an man-made swamp near Adani's port at Bowen, built in the 1960s to attract ducks for shooters. That was the reason Labor wouldn't approve Adani in 2015. Remember the black-throated finch? You can buy them for \$20 on gumtree but that was the reason Labor held up Adani last year.

Labor only approved Adani after they were



Senator Matt Canavan says Labor has spent five years denigrating the coal industry.

thumped in last year's federal election. As it turns out, Adani is on track to complete their mine and rail line in a quicker time than it took Labor to approve Adani's black throated finch management plan.

This Labor-Green government still refuses to approve the New Acland Mine after 13 years of consideration. You can put a child through primary and secondary school quicker than this mob can make a decision. There are 500 coal miners and their families facing an uncertain Christmas because this so-called Labor government won't look after labourers.

Over the past year, the Labor government

has destroyed the Paradise Dam, reducing its size by more than half. Family farmers now have to survive with less water and there will be fewer farming jobs because Labor can't build a dam to basic safety standards.

To recover from the coronavirus we have to get back to building things. The LNP is proposing to rediscover Queenslanders' natural building and producing instincts. We will build a series of dams as part of the New Bradfield scheme.

We will build a four-lane highway from Brisbane to Cairns to open up our state. And we will open up the Galilee Basin creating a

new coal and gas basin to create thousands of Queensland jobs.

When the Joh Government wanted to open up the Central Queensland coal fields by building rail lines, the CSIRO advised against it because they were worried we would run out of coal. Lucky Joh ignored them and built them anyway, creating an industry that is now one of our top exports.

There are always people willing to give in to those who find reasons not to do something. It is time for Queensland to have some doers back in charge. To rediscover Queensland's spirit we have to kick this government out.

Current Affairs

Robert Schwarten



Govern with confidence

Having spent nearly all my political life depending on election day to determine whether or not I had a job, I am fascinated by the new normal fortnight election day.

I've done a bit of time on the booth with my political, albeit political rival supporters like Leyland Barnett and told our old family friend Tony Hopkins I'll put him number 2.

There's no way I will put the far right, let alone those who reckon immunisation is deadly, anywhere but the bottom of the pile. The life member of the National Party now independent claiming the Whitlam mantra of IT'S TIME beggars reasonable belief.

The two party system in this nation has gifted us stable government. While I'd like to say my side is the best option, I accept that voters differ or indeed make some derogatory comments regarding my parentage, etc.

But the reality is someone has to govern, and govern with confidence that only comes with majority government. I served in a mi-

nority government for a brief time with supply support by the principled independent Peter Wellington. It worked because he was not mad left or right. Beattie made it work because that's his strength. Palaszczuk could do the same as she can get on with pretty much everyone. I have to say I'm not that good!

Back to my original point, I think a couple of weeks to voting allows those, who have the say in who gets to run the show, time to think things through and they may change their minds multiple times.

But when they make up their mind they now get the decision onto a ballot paper ASAP.

Think about other decisions we make. Like when you've saved up to buy a top TV - once you've made it you buy it.

So having done my bit on the booths, I've seen waves of people of convinced mind turn up reject how to vote cards.



Voting ... Robert Schwarten says the two party system has gifted us stable government.

They are the ones who will determine government. The old stagers like me will get yet another lesson on how, why and what cogs of

democracy will churn out. Ps: I was handing out for Barry O'Rourke - he's my pick just in case there's any doubt.

Q&A

with Joe Smith

JOE SMITH is the director of UHY Haines Norton Gladstone, a team of dedicated professionals available to help with your accounting needs. He is also the president of the Gladstone Chamber of Commerce and Industry.

What is the best advice you've ever received?
If you think you can or if you think you can't, you are correct!

What is something you do in your spare time?

What is spare time?
Between work, three young kids and Chamber of Commerce, spare time is scarce. However, I do enjoy a round of golf when I get the chance.

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

My claim to fame is that I beat the World Snooker Champion at pool two weeks before he won the title.

What do you do for work and what do you enjoy about it?

I am a chartered accountant and also President of Gladstone Chamber of Commerce and Industry. I love helping people achieve their goals in business and in life.

What is your favourite spot in the Gladstone region?

Heron island - I have been 10 or 11 times. It is what I imagined Australia would look like before I moved from Scotland and it's a little slice of paradise on our doorstep.

What would be your last meal if you could choose?

It would have to be a chicken tikka masala with naan bread and a nice pale ale to wash it down.



Joe Smith, the director of UHY Haines Norton Gladstone, enjoys a round of golf in his rare spare time.

What is something you think Gladstone needs?

I would like to see the inland rail line come to Gladstone as it would open up many opportunities for our region. And also the private hospital services operating again to make it easier for families and others who currently need to travel for some services.

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

Henrik Larsson - my favourite Celtic player of all time. George Lucas and Stan Lee - I'm a bit of a Star Wars and Marvel fan. Finally my parents as they are in Scotland so cannot travel to Australia due to Covid-19.

THREE ...

ways to have a good night's sleep

1 Set a regular bedtime
Try to have a consistent time you go to sleep every night, including weekends. Studies show people who had irregular sleep patterns and went to bed late had poor sleep. Figure out a time that works with your schedule and turn it into a habit.

2 Make your bedroom an oasis
Creating a healthy bedroom environment is essential for a great night's rest. Some of the things that factor into the room include temperature, noise levels and external lights. Minimise the external light in your room and noise. If you can't eliminate the sounds, try using ear buds as a way to block it out.

3 Relax before your head hits the pillow
Many people create a pre-bed routine that helps them wind down. Having a plan in place can help you relax after a long day. Some techniques to helping you relax include indulging in a hot bath, reading a book, journaling and deep breathing exercises.

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Michelle **LANDRY** MP

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OPINION

Letters: editorial@cqtoday.com.au

Text: 0487 024 124

Strong representation for Keppel

The last two terms of ALP in Keppel, has seen many promises from “sitting” member, ALP Brittany Lauga.

The development of Great Keppel Island to provide the region with economic growth and development, returning 1500 jobs is still being promised today by ALP Brittany Lauga. Will the promises ever turn into reality; enough is enough, time to stop “sitting” and time to start taking some action.

Could you imagine if this project was up and running today?

The wealth that 1500 new jobs could bring into the community that would assist local businesses to grow and expand, creating more jobs. If Brittany was serious about representing our community, this project should have been operating years ago. Adrian De Groot plans to find solutions towards fixing the failures of GKI development.

We need shakers and movers, not seat warmers offering no vision or direction for our region.

Adrian De Groot has had a lot of business experience including: director for 24 years of the Capricorn Helicopter Rescue Service; director of Deweld Engineering; director of Archer Spring Water; 206 Trade Centre and Defarm Rural Property. Adrian has also contributed over 16000 hours in community service towards various executive positions for Rotary Clubs and the Capricorn Helicopter Rescue Service.

Keppel needs a strong voice and I am backing Adrian De Groot LNP, to have a plan to get Keppel working again.

Leyland Barnett

North Rockhampton

Understanding preferences

When you are in the polling booth, it helps if you understand how preferential voting works.

At the first count, two candidates, generally Labor or LNP, emerge as first and second.

All other candidates are then eliminated, starting with the ones with the lowest vote.

If you strictly follow their How To Vote Card, your number two vote could go to the major party you don't want. In fact, the only reason some nominate is to make sure that their preference goes to the LNP.

Therefore, because it is entirely your choice, you might as well give your number two vote directly to the major party you want.

A. Bambrick

North Rockhampton

Question of loyalty, not race

A federal politician has caused an uproar and brought out the racist mantra by asking some of the Australian Chinese community to denounce the Chinese Communist Party.

With the intrusion by the CCP into Australia, the Australian Labor Party kowtowing to the CCP, the buying up by the CCP of our country, some questions needed to be asked.

The Australian Chinese community live here in a free society and are able to become affluent, they don't live under an oppressive regime in China. So the question asked is a fair question, it is not a question of race but a question of trying to gauge loyalty to our country.

Over the last several years we have allowed immigration to come to this country by people who openly are being offended by our culture, religious beliefs and want to force this country to adopt their ideologies that are not wanted in this country.

We have a legal right to ask these questions as a duty to protect our culture, religious beliefs and our country.

NWH Timms

Yeppoon

Growth town not a ghost town

I cannot understand why Rockhampton has fallen behind Brisbane in regards to industry and growth. Rockhampton used to be the second largest city in the state years ago, yet



Col Power says a “few extra parks” are a band-aid solution at Rosslyn Bay.

today towns like Mackay and Gladstone have overtaken us.

The crumbs that the ALP has spent in Rockhampton today are nothing like what gets spent in Brisbane (eg Cross River Rail Project).

The town had many industries including a tannery, brewery, soft drink factory, rail workshops that all created jobs and a future for our youth. These industries are gone today including a milk processing plant only recently a few months ago.

The selling off of Queensland Rail by the ALP government cost our region thousands of jobs not only from the day it was privatised but for generations of people into the future who will never have the opportunities to gain an apprenticeship and gain more skills.

The ALP have been in power in Rockhampton for over 30 years and what do we see today, shops and businesses shut down and what do we see in the south-east corner, millions of dollars being spent.

Rockhampton has always been taken for granted as being a safe Labor seat, and where is the support from the ALP to the traditional ALP voters when they have been aligned with the Greens for many years.

How long has it been since a dam has been built and why was the Adani coal mine was delayed for so long, was it Greens influence perhaps?

I believe it is time that Rockhampton voters bring the state ALP government to account for the situation we are in now and support industrial growth for our region.

Rockhampton region needs a strong voice and I am backing Tony Hopkins LNP, to have a plan to get Rockhampton working again and to be a “growth town and not a ghost town”.

Leyland Barnett

Nth Rockhampton

Island environment hit hard

Central Queensland residents can only sympathise with Altum Property Group regarding the scope of the waste and disturbance problems left behind by a 60-year span of rotating resort lessees on Great Keppel Island.

We mostly wish this company well, but there is also growing concern that government conditions and costs usually mean that the

disturbance footprint of this latest venture will necessarily multiply by several orders of magnitude.

The illustrative photograph in CQ Today (Thursday, 22 October, 2020) is one more small issue reflecting the greater problem. My understanding is that the swimming pool in front of the activity area at the old resort was illegally or accidentally constructed partially on a public esplanade. It is clear that Livingstone Shire was acting on such concerns over 40 years ago when there was lively discussion on mandatory esplanades of 100 metres minimum and a rejection by councillors of a Lands Department reduction of esplanade width on another intended LSC resort on Wild Duck Island (Morning Bulletin 23 February 1979).

Livingstone Shire, having experienced a destructive hit from Cyclone David several years before this policy discussion was fully aware of the damage costs to beach fringing communities along a very long coastline and many islands.

Today they are at least as aware of potential for even greater damage, from wind and sea events. Hopefully Council and Government Departments should also be aware that natural features such as beach dunes on Great Keppel Island and elsewhere, offer resilience and living space to wildlife and marine and terrestrial ecosystems; as well as the resident communities and visitors.

John McCabe

Zilzie

Parks are band-aid solutions

Thank-you for printing my letter re Rosslyn Bay last week. The point I was trying to make is Rosslyn Bay is full and congested.

Band-aid solutions like a few extra car parks and extensions to pontoons will not fix the problem, only add to it. The council say they have a 20-year plan to build a harbour at Rita Mata, which is great but it is needed now.

The land on which to build it is private property so it needs to be bought before you could build, but nothing is happening. And nothing will happen until the boating public starts complaining about the congestion at the harbour.

Col Power

Farnborough



Letter writer Leyland Barnett is a supporter of the LNP's Adrian de Groot.

Texts to Editor

BB D'HILL. Matt Canavan can u take up the push for funding for the Southside Levee Bank to protect 1500 homes, 2 schools, jobs. Every other politician says it's a no brainer but still no levee and we are all voters, that applies to all levels of government.

PP, F'VILLE. Hey Moose I never picked you for a whiner! You didn't really expect the levee to be built did you? Most “Swampies” I know are proud of their area and of their ability to cope with flood situations without complaint. (A fact which former Rocky mayor Rex Pilbeam often acknowledged).

RUTH. The fact remains - under the Labor government Qld now has the highest unemployment in Australia and with a state dept of \$120 billion and have added 36,000 to the already bloated public service and a sneaked legislature of abortion at full-term. Don't be misled by their advertising.

SZ, NORTH ROCKY. I see that the Baralaba South Coal Mine which will rip up thousands of hectares of prime agricultural land and be situated on a flood plain next to the Dawson River is still on the drawing board. 97% of locals are against this mine so it will be interesting to see what wins: Common sense, food production, the people and the environment or the almighty dollar. Which would be better for our future?

Bankruptcy laws changed

The government has temporarily changed bankruptcy law to help protect people who are facing unmanageable debt as a result of the economic impacts of Covid-19.

If you are in financial difficulty, application can be made for temporary debt protection, which prevents recovery action by unsecured creditors, for six months.

The threshold of debt that can trigger bankruptcy has also been increased from \$5,000 to \$20,000.

The body governing Australia's insolvency and bankruptcy regulations, the Australian Financial Security Authority, says being granted a temporary debt protection means enforcement

BUSINESS ADVICE

NAEEMA MCDONALD
PARTNER, KENNAS CHARTERED ACCOUNTANTS



action cannot be taken by unsecured creditors to recover money owed to them. This means they cannot garnish your wages, or have a bailiff or sheriff seize goods.

Note however that creditors that hold a se-

curity over an asset (such as a car, or a house under a mortgage arrangement) can still repossess that asset. These are known as secured creditors.

Also temporary debt protection does not apply to some types of debt, such as HELP debts, child support, and fines imposed by court order.

During the period under the protection order, which is six months but used to be 21 days before the Covid-19 changes, a person can seek advice from a free financial counsellor, negotiate a payment plan with creditors, or consider if any of the insolvency options available may be a viable choice.

Once you apply for a temporary debt protection order, you cannot apply again for a further 12 months. After the initial six months is up, the person who applied for the protection is not automatically made bankrupt. If you don't apply for bankruptcy, creditors can still pursue you for the debt.

Importantly however, a temporary debt protection is viewed by the courts as an 'act of bankruptcy' (formally known as a 'declaration of intention to lodge a debtor's petition'). This means that a creditor could use the fact that a person lodged a temporary debt protection as the basis for an application to a court to make that person bankrupt.

IN BRIEF

Upcoming events for Rocky 60 and Better program

Rockhampton 60 and Better Program invites existing and new members to their upcoming social events. Guest speakers from Relationship Australia and CQ Community Legal Centre will attend the Gracemere Luncheon on Monday 9 November.

Christmas celebrations will be held at the Allenstown Hotel on 2 December and at Gracemere RSL on 14 December. Please call the office to book: 4914 0065.

Exercise activities continue including tai chi, golf croquet, ten pin bowling, indoor bowls, easy yoga and cards. Dance Health has recommenced on Friday mornings in the activities room at 248 Quay Street. Friday Fun and Games at Gracemere Hall is on hold due to the election and will recommence on 6 November.

A newsletter highlighting what's on offer for the next few months is available at our office at 1/248 Quay Street, or telephone 4914 0065 for further information. Membership is free and is available to all those aged over 50 years.

Nutrition and ageing

The Capricornia Branch of the Association of Independent Retirees will hold its next meeting on Friday, 6 November in the Glass Room of the Frenchville Sports Club. This month the speaker is Chris Hughes, Principal of CQ Nutrition.

Chris will discuss topics such as:

- Dementia/Alzheimer's, including where the current evidence sits and what impact nutrition has- Sarcopaenia, which is age related muscle wastage that has a huge impact on quality of life as we age
- Cardiovascular Health, with a focus on the confusion around fats and carbs in relation to heart health
- Nutrigenomics, that is how our genes influence our health and what we can do to work with them

Members are invited to come along and listen to Chris and then join the group for a morning tea from 9.30am for a 10am start.

Photographers capture CQ birdlife



Local photographer Noel Sawtell sent in some photos of local birdlife, including the straited pardalote.



A black-fronted dotterel.



An Australian kestrel.

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Entertainment

WHAT'S ON IN CQ

Upcoming events in CQ

Every Saturday

- Yeppoon Community Markets, 6am to 10am, Park Street Yeppoon

The Yeppoon Community Market is held each Saturday morning at the Yeppoon Showgrounds from 6am to 10am.

Arrive early for your choice the freshest local fruit and vegetables the Capricorn Coast has to offer.

Every Sunday

- Kern Arcade Car Park Markets, 114 East Street, 7am to noon, Rockhampton

The Arcade Car Park Markets are held every Sunday and have a variety of stall, local fresh fruit and vegies, and good range of organic fruit and exotic fruits, locally made cakes and biscuits, chutneys and preserves, jewellery, bric-a-brac, ladies and children's fashions, collectable coins and notes, plants, timber craft and a recent addition to the markets is organic pork, beef and dairy products and for a relaxing change try reflexology.

There is plenty of free parking covered and uncovered in and around the market. There are also to other floors above the markets to park free of charge. The Kern Arcade shops are also open for trading Every Sunday.

Access to the Markets is via Bolsover Street or East Street, Rockhampton.

Saturday, 31 October

- Halloween Special Junior Sedans Piston Cup

The Speedway is back at the showgrounds this Saturday 31 October, with a Halloween Special Junior Sedans Piston Cup, with also supports from, Production Sedans, Modified Sedans, Super Stockers, Street Stocks and AMCA's, with 109 nominations across all divisions.

▪ BROADWAY & BEYOND

Featuring over 20 of the region's finest singers, dancers & musicians, BROADWAY & BEYOND is a celebration of musical theatre, cabaret, rock, pop and jazz; culminating in a two-hour high energy live show of dazzling song and dance!

Sunday, 1 November

- CQ Wedding Expo

CQ Wedding Expo is a free event but visitors MUST pre-book (free) entry online due to Covid-19 restrictions. Head to the Facebook event 'CQ Wedding Expo' for more information.

- Tram Rides at Archer Park Rail Museum

Sundays are made for rest and relaxation, so come into Archer Park Rail Museum for a relaxing ride on the Purrey Tram between 10am and 1pm.

- Oktoberfest

Dust off your lederhosen and dirndls and get ready to raise your glasses to good times, good mates and good beer at Oktoberfest presented by Capricorn Food and Wine Festival.

- Fig Tree Creek Markets, Ross Creek Roundabout, Yeppoon

Fig Tree Creek Markets are organised by Keppel Coast Arts and held on the first Sunday each month, adjacent to the Capricorn Coast Tourist Information Centre at Ross Creek Roundabout, Yeppoon.

Fig Tree Creek Markets stallholders display, demonstrate and sell unique, handmade, locally designed, home baked and home grown products. Celebrate the local creativity and enjoy live entertainment each month.

Proceeds from the stallholders fees collected also help KCA in other arts related activities within the community.

Friday, 13 November to Sunday, 15 November

- Country on Keppel, Great Keppel Island Hideaway, Great Keppel Island

They're very excited to welcome back two full days of country music on Great Keppel Island, Country on Keppel 2020! Accommodation packages available, both on the island and with accommodation partners on the mainland. Tickets are on sale now. This year, they're kicking off a night early, with a talent search on Friday 13 November with the winner joining their country star line-up on the main stage on Saturday 14 and Sunday 15, from 10am until late.

The 2020 line-up features Jasmine Rae, James Blundell, SaltbushSix, The Ayres Rocketts, Danny Phegan, Tony Cook, Brad Butcher, Jonny Taylor, Aaron Jurd and Anna Farquhar.

Sunday, 15 November

- Emu Park Markets, Bell Park, 8.30am until noon, Emu Park

Emu Park Picnic Markets are organised by the Emu Park Lions and held on the third Sunday of every month from 8.30am until noon at Bell Park. Emu Park Picnic Markets have over a hundred stalls providing a wide range of new and used goodies. Grab yourself some usual market bargains like fresh produce, plants, preserves, craft, novelty items, art, and woodwork.

Saturday, 21 November

- Daryl Braithwaite live on Great Keppel Island, Great Keppel Island Hideaway

Aussie music legend Daryl Braithwaite is coming to play on GKI! Save the date for Saturday 21 November. Live music from 3pm to midnight, the venue will be closed off for ticket holders only from 3pm.

Sunday, 22 November

- Causeway Lake Markets, Causeway Lake

The Causeway Lake Markets are held on the fourth Sunday of every month from 10am to 12pm at Causeway Lake, at the northern end of the causeway. The stalls have a variety of fresh fruit and vegetables and other home-made products.



CQ Wedding Expo

Rockhampton

THIS SUNDAY

Live music by the hello brothers and
A2Z Live Entertainment

Live models on stage every hour with thanks to Mason
Bridal and My Place Hair and Beauty.



Sunday,
1st November 2020

Morning Session
8.30-11am

Afternoon Session
11.30am-1.30pm



This event is FREE
Tickets must be pre-booked
<https://www.trybooking.com/BMIPJ>

Photo by Chapters by Jordie



The CQ Wedding Expo is on this weekend.



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Open 1st - Ashes to Ashes - Kerrie Wall.



B-Grade 1st - Pier into the Distance - Emma Baynton.



B-Grade 2nd - Boyd's Forest Dragon - Mark Collins.

A broad photo collection

The Rockhampton Photography Club recently held its last monthly photography competition for 2020.

There wasn't a set subject, so the judges had the difficult task of choosing the winners from photos with a broad range of subjects.

The winning photos from the B-Grade, Open and Masters sections are displayed here for your viewing pleasure.

And a heads-up - next month is our Champion Photo Night, where the champion photo from each section for 2020, as well as the 2020 Grand Champion Photo, are chosen by three discerning judges. Stay tuned!

You too can take photos like these! If you are interested in improving your photography by joining the Rocky Photo Club, please email info@rockyphotoclub.org.au



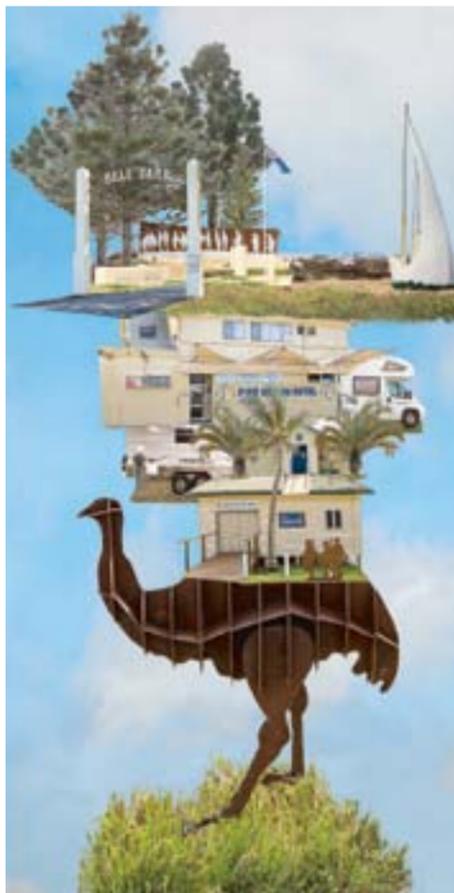
B-Grade 3rd - Blurring the Lines of Justice - Neil Malick.



Masters 3rd - Rain Approaching - Glenda Worley.



Open 3rd - Lured In - Scott Reynolds.



Masters 2nd - Emu Park - Sue Kraatz.



Masters 1st - Lake Louise with Canoes - Greg Tungate.



Open 2nd - The Look - Peter Illott.

The Guide

TOP PICKS OF THE WEEK



FRIDAY GLADIATOR

NINE, 8.30pm

Director Ridley Scott (*The Martian*) revitalises the sword and sandal epic, employing cutting-edge computer-generated images to recreate ancient Rome to stunning effect. Russell Crowe is magnificent as Maximus, the Roman general who is demoted to slave when he falls out of favour with Commodus (Joaquin Phoenix, pictured), who seizes power by murdering his emperor father (Richard Harris). Maximus finds himself as part of the gladiator circus – weapon-wielding brutes battling to the death before a stadium audience.

SATURDAY

ROSE MATAFEO: HORNDOG

ABC COMEDY, 8.30pm

Performed to sold-out crowds in Melbourne and New Zealand before winning Best Show at the prestigious Edinburgh Comedy Awards in 2018, this hour-long show from New Zealand comic Rose Matafeo (pictured) is a playful personal investigation of love and relationships as a millennial, filmed in London earlier this year. Matafeo wins audiences over instantly with her relatable recollections of teenage embarrassment and tales of passion. No, not that kind of passion – the 20-something comedian confesses that the show is misleadingly titled and perhaps not as raunchy as the title suggests. For her, it's about "loving anything passionately enough to devote your life to it".



FRIDAY BETTER HOMES AND GARDENS

SEVEN, 7pm

When renting or living in a share house it can be difficult to add personal flair to your space if you have any intention of seeing your bond again. Given that staying at home has never been more popular, interior design guru Tara Dennis has devised three stylish and easy fixes to make any house feel like home. Meanwhile, in the kitchen, it might seem like Melbourne's lockdown has got the best of chef Karen Martini. Her coffee and pepper-spiced chicken with pineapple and mint salad sounds like the result of a kitchen experiment gone wrong, but Martini assures us they make a surprisingly delicious combo.



FRIDAY GAME NIGHT

SEVEN, 8.30pm

Even if your own game nights have shifted to video calls this year, you'll get plenty of relatable laughs in this romp through misadventure from directors John Francis Daley and Jonathan Goldstein. Jason Bateman (pictured) and Rachel McAdams are Annie and Max, a competitive couple obsessed with board games. But when

Max's big-shot brother Brooks (Kyle Chandler) throws an all-too-real murder mystery party at their weekly games night, their usually sensible affair becomes a game of dangerous one-upmanship. The script is sharp and delivered with brilliant comedic timing by the enthusiastic ensemble cast including a hilariously creepy Jesse Plemons as a cop desperate for a party invite and *New Girls* Lamorne Morris.

Karen Martini cooks up a storm in *Better Homes And Gardens*.

Friday, October 30

<p>ABC (2) 6.00 News Breakfast. 9.00 ABC News Mornings. 10.00 Outback Ringer. (PG, R) 10.30 Scottish Vets Down Under. (PG, R) 11.00 Grand Designs Australia. (PG, R) 12.00 ABC News At Noon. 1.00 QI. (PG, R) 1.30 Cyber Dreaming. (R) 2.00 Unforgotten. (Mal, R) 3.00 ABC News Afternoons. 4.10 Think Tank. (Final, R) 5.10 Grand Designs Australia. (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. 2.00 The Point. (R) 3.00 NITV News: Nula. 3.30 Hidden Restaurants With Michel Roux Jnr. (R) 4.25 Great Irish Railway Journeys. (R) 5.00 Cycling. UCI World Tour. La Vuelta. Stage 9. Highlights. 5.30 Letters And Numbers. (R)</p>	<p>SEVEN (7) 6.00 Sunrise. 9.00 The Morning Show. (PG) 11.30 Seven Morning News. 12.00 MOVIE: Escaping The Madhouse: The Nellie Bly Story. (2019, Masv, R) 2.00 To Be Advised. 3.00 The Chase. (R) 4.00 Seven News At 4. 5.00 The Chase Australia.</p>	<p>NINE (5) 6.00 Today. 9.00 Today Extra. (PG) 11.30 Morning News. 12.00 The Ellen DeGeneres Show. (PG) 1.00 Desperate Housewives. (Msv, R) 2.00 The Block. (PGI, R) 3.00 Tipping Point. (PG) 4.00 Afternoon News. 4.30 Millionaire Hot Seat. (R) 5.30 Nine News Local.</p>	<p>WIN (8) 6.00 Headline News. 8.30 Studio 10. (PG) 12.00 Dr Phil. 2.00 The Living Room. (PGI, R) 3.00 Judge Judy. (PG) 3.30 Good Chef Bad Chef. (R) 4.00 Everyday Gourmet With Justine Schofield. 4.30 The Bold And The Beautiful. (PG) 5.00 10 News First.</p>
<p>6.00 The Drum. Analysis of the day's news. 7.00 ABC News. Takes a look at today's top stories. 7.30 Gardening Australia. Josh gets tips from a thriving family garden. 8.30 Vera. (Mv, R) DCI Vera Stanhope investigates the case of a murdered social worker. 10.00 Mum. (M, R) Jason has an interview for a job in Australia. 10.35 ABC Late News. Detailed coverage of the day's events. 10.50 Gruen. (R) Presented by Wil Anderson. 11.30 Rage. (MA15+adhlnsv)</p>	<p>6.00 Mastermind Australia. (R) 6.30 SBS World News. 7.30 Secrets Unearthed: Maya Pyramid. (PGa) A look at the El Castillo pyramid. 8.25 The World's Most Extraordinary Homes: Underground. Part 4 of 4. 9.35 8 Out Of 10 Cats. (Mals) Hosted by Jimmy Carr. 10.25 SBS World News Late. 10.55 Celebrity Mastermind. (PG, R) 12.00 The Killing. (Mlsv, R) 4.25 Great British Railway Journeys. (PG, R) 5.00 CGTN English News. 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 Better Homes And Gardens. Fast Ed prepares some Halloween-themed foods. 8.30 MOVIE: Game Night. (2018, MA15+v) A group of friends who meet regularly for game nights find themselves entangled in a real-life mystery. Jason Bateman, Rachel McAdams, Kyle Chandler. 10.40 To Be Advised. 11.45 Surveillance Oz. (PG, R) 12.15 Criminal Minds: Beyond Borders. (Mav, R) 1.15 The Zoo. (R) 2.00 Home Shopping. (R) 4.00 My Greek Odyssey. (PGI) 5.00 NBC Today.</p>	<p>6.00 Nine News. 7.00 A Current Affair. 7.30 Escape To The Chateau. (PG, R) Part 2 of 3. 8.30 MOVIE: Gladiator. (2000, Mav, R) After a successful Roman general is betrayed and his family murdered by the emperor's heir, he seeks revenge. Russell Crowe, Joaquin Phoenix, Connie Nielsen. 11.35 MOVIE: The Man With The Iron Fists. (2012, MA15+sv, R) RZA. 1.15 Garden Gurus Moments. 1.30 TV Shop: Home Shopping. (R) 4.00 Global Shop. 4.30 TV Shop: Home Shopping. (R) 5.30 A Current Affair. (R)</p>	<p>6.00 WIN News. 6.30 The Project. A look at the day's news. 7.30 The Living Room. (PG) The team helps a single mother with a six-year-old son start a new chapter in her life. 8.30 To Be Advised. 9.30 Have You Been Paying Attention? (Mals, R) Comedians include Ash London, Lloyd Langford, Tim McDonald, Urzila Carlson and Sam Pang. 10.30 To Be Advised. 11.00 WIN's All Australian News. 12.00 The Project. (R) A look at the day's news. 1.00 The Late Show With Stephen Colbert. (PG) 2.00 Home Shopping. (R)</p>
<p>ABC COMEDY (22) 6am Children's Programs. 6.45pm Andy's Aquatic Adventures. 7.00 Sir Mouse. 7.15 Odd Squad. 7.30 Spicks And Specks. 8.30 Gruen XL. 9.15 Absolutely Fabulous. 9.45 The IT Crowd. 10.15 The Catherine Tate Show. 10.45 The Inbetweeners. 11.10 Schitt's Creek. 11.30 Red Dwarf. Midnight Josh. 12.30 Chandon Pictures. 1.00 Archer. 1.20 Flowers. 1.50 Finding Joy. 2.15 Small Tales And True. 2.40 News Update. 2.45 Close. 5.00 Grandpa Honeyant. 5.05 Pocoyo. 5.15 Ping In The City. 5.25 Patchwork Pals. 5.30 Postman Pat Special Delivery Service. 5.45 Late Programs.</p>	<p>VICELAND (31) 6am WorldWatch. Noon Leah Remini: Scientology And The Aftermath. 1.40 Figure Skating. 2019 ISU World C'ships. Ice dancing. Replay. 3.15 VICE. 3.50 WorldWatch. 5.15 Motherboard. 5.45 The Joy Of Painting. 6.15 Alone. 7.05 Jeopardy! 7.35 8 Out Of 10 Cats Does Countdown. 8.30 Hoarders. 9.20 Wellington Paranormal. 10.10 Vagrant Queen. 11.00 The Feed. 11.30 Veni Vidi Vici. 12.05am Teen Exorcists. 12.35 Cycling. UCI World Tour. La Vuelta. Stage 10. 3.35 Bangla News. 4.00 Punjabi News. 4.30 Sri Lankan Sinhalese News. 5.00 Korean News. 5.30 Indonesian News.</p>	<p>7TWO (72) 6am Home Shopping. 7.00 Travel Oz. 8.30 Harry's Practice. 9.00 Million Dollar Minute. 9.30 NBC Today. Noon House Of Wellness. 1.00 Brit Cops. 2.00 Million Dollar Minute. 2.30 Fresh TV. 3.30 Air Crash Investigation. 4.30 Medical Emergency. 5.00 RSPCA Animal Rescue. 5.30 Escape To The Country. 6.30 Bargain Hunt. 7.30 The Hotel Inspector. 8.30 Escape To The Country. 9.30 Selling Houses Australia. 10.30 Australia's Amazing Homes. 11.30 Property Ladder UK. 12.45am The Fine Art Auction. 4.00 Escape To The Country.</p>	<p>9GEM (52) 6am TV Shop: Home Shopping. 7.00 Creflo Dollar Ministries. 7.30 TV Shop: Home Shopping. 10.30 The Ellen DeGeneres Show. 11.30 My Favorite Martian. Noon ER. 1.00 Agatha Christie's Partners In Crime. 2.10 Australia's Top Ten Of Everything. 3.10 MOVIE: Champagne Charlie. (1944) 5.20 Heartbeat. 6.30 Antiques Roadshow. 7.30 Poirot. 8.40 MOVIE: The English Patient. (1996, M) 11.55 Antiques Roadshow. 12.25am My Favorite Martian. 1.00 TV Shop: Home Shopping.</p>	<p>BOLD (81) 6am Home Shopping. 8.00 Motorcycle Racing. MotoGP. Race 12. Teruel Grand Prix. Replay. 9.30 Mighty Machines. 10.00 Jake And The Fatman. 11.00 MacGyver. Noon NCIS. 1.00 WIN's All Australian News. 2.00 Law & Order: SVU. 3.00 Bondi Rescue. 3.30 Diagnosis Murder. 4.30 Star Trek: The Next Generation. 5.30 Star Trek: Voyager. 6.30 Bondi Rescue. 7.30 NCIS. 8.30 Walker, Texas Ranger. 9.30 MOVIE: Gangster Squad. (2013, MA15+) 11.50 CSI: Miami. 12.45am Home Shopping. 2.15 NCIS. 4.05 Walker, Texas Ranger. 5.00 Jake And The Fatman.</p>
<p>NITV (34) 6am Morning Programs. 8.45 Wapos Bay. 9.10 The Dreaming. 9.35 Kagagi. 10.00 The Point. 11.00 Going Places. Noon The Best Of Yalukit Willam. 1.55 To The Point. 2.00 NITV On The Road: Barunga Festival. 3.00 Cities Of Gold. 3.25 Bushwhacked! 3.55 Raven's Quest. 4.05 Crazy Smart Science. 4.30 Grace Beside Me. 5.00 Fraggie Rock. 6.00 Taste Of The Territory. 6.25 To The Point. 6.30 Cooking Hawaiian Style. 7.00 NITV News: Nula. 7.30 Mustangs FC. 8.00 MOVIE: Watership Down. (1978, PG) 9.35 Bedtime Stories. 9.45 Ghosts In The Hood. 10.35 To The Point. 10.40 Late Programs.</p>	<p>SBS MOVIES (32) 6am Vai. (2019, PG) 7.35 Buggy Malone. (1976, PG) 9.15 Selkie. (2000, PG) 10.55 Little Nicolas. (2009, PG, French) 12.35pm Lassie. (1994, PG) 2.25 Tony Takitani. (2004, PG, Japanese) 3.55 The Finishers. (2013, PG, French) 5.35 The Assassin. (2015, PG, Mandarin) 7.35 The Fountain. (2006, M) 9.30 Once Upon A Time In America. (1984, MA15+) 1.45am [REC] 4: Apocalypse. (2014, MA15+, Spanish) 3.35 Departures. (2008, M, Japanese) 5.55 Selkie. (2000, PG)</p>	<p>7MATE (73) 6am Home Shopping. 6.30 Big Angry Fish. 7.30 Creek To Coast. 8.00 American Pickers. 9.00 Goldfathers. 10.00 America's Game: The Super Bowl Champions. 11.00 A Football Life. Noon Domsday Preppers. 1.00 Ax Men. 2.00 Dipper's Backyard BBQ Wars. 3.00 The Weekend Prospector. 3.30 Pawn Stars Australia. 4.00 Timbersports. 4.30 Pawn Stars. 5.00 MOVIE: Planet Of The Apes. (1968, PG) 7.30 MOVIE: X-Men. (2000, M) 9.35 MOVIE: X-Men 2. (2003, M) 12.15am Domsday Preppers. 1.30 Ax Men. 2.30 Sound FX: Best Of. 3.00 NFL. Week 7. Denver Broncos v Kansas City Chiefs. Replay.</p>	<p>9GO! (53) 6am Children's Programs. 10.30 Malcolm. 11.00 Dance Moms. Noon Quantum Leap. 1.00 Sliders. 2.00 Baywatch. 3.00 Children's Programs. 3.30 Ninjago. 4.00 Bakugan: Battle Planet. 4.30 Adv Time. 5.00 Teen Titans Go! 5.30 Clarence. 5.45 MOVIE: Monster House. (2006, PG) 7.30 MOVIE: Goosebumps. (2015, PG) 9.30 MOVIE: Hellboy. (2004, M) 11.55 Heroes. 12.50am Peaking. 2.00 Dance Moms. 2.50 Mike Tyson Mysteries. 3.00 Beyblade Burst Turbo. 3.30 Ninjago. 4.00 Pokémon. 4.30 Pokémon Journeys. 4.50 Polly Pocket. 5.10 Transformers: Rescue Bots Academy. 5.30 Yu-Gi-Oh!</p>	<p>PEACH (82) 6am Charmed. 7.00 Dr Quinn, Medicine Woman. 8.00 The King Of Queens. 8.30 Becker. 9.30 Everybody Loves Raymond. 10.30 Cheers. 11.30 The Big Bang Theory. Noon WIN's All Australian News. 1.00 Rules Of Engagement. 1.30 The King Of Queens. 2.00 Seinfeld. 3.00 Becker. 4.00 Everybody Loves Raymond. 5.00 Frasier. 6.00 Friends. 6.30 Neighbours. 7.00 Friends. 8.00 The Big Bang Theory. 9.30 Seinfeld. 10.30 Supernatural. 11.30 The Middle. Midnight Becker. 12.30 Home Shopping. 1.30 Charmed. 2.30 Supernatural. 4.30 Home Shopping.</p>

Saturday, October 31

<p>ABC (2) 6.00 Rage. (PG) 7.00 Weekend Breakfast. 10.00 Rage. (PG) 12.00 ABC News At Noon. 12.30 Pine Gap. (Mls, R) 1.25 Grantchester. (Final, Mv, R) 2.15 Ask The Doctor. (PG, R) 3.00 Julia Zemiro's Home Delivery. (PG, R) 3.30 Big Weather (And How To Survive It) (Final, PG, R) 4.30 Landline. (R) 5.00 ABC News: Queensland Votes. 5.30 QLD Votes: Election Night Live.</p> <p>8.00 QLD Votes: Election Results Live. Continued coverage of the Queensland State election, live from the ABC Election Centre. 10.00 Victoria. (PG) At Osborne House, Albert relishes the opportunity to instruct the family away from London, but Victoria is desperate to get back to the palace and the business of politics. 10.50 Shetland. (Ma, R) Tosh investigates Forst Energy in the hunt for Sally's killer. DNA testing in the Kilmuir case yields a surprising result. 11.50 Endeavour. (Mav, R) After a Danish au pair disappears, Thursday suspects the case is linked to an earlier crime. 1.20 Poldark. (Ma, R) Ross's tenacity in helping Ned bears fruit. Hanson's presence in Cornwall raises suspicions. 2.20 Rage. (MA15+adhlvns) Music video clips.</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. 2.00 Figure Skating. ISU Grand Prix. Round 1. Skate America. 4.05 The Last Day Of World War One. (PGal, R) 5.05 Cycling. UCI World Tour. La Vuelta. Stage 10. Highlights. 5.35 Hitler's World: The Post War Plan. (PG, R)</p> <p>6.30 SBS World News. 7.35 Trains That Changed The World. (PG) Part 3 of 4. 8.30 Portillo's Greatest Railway Journeys: Railways And Nationhood. (PG) Michael Portillo explores how railways have contributed to the creation of united countries. 9.30 MOVIE: Charlie Wilson's War. (2007, Mdlv, R) A Texas congressman, a socialite and a renegade CIA agent conspire to support Afghan rebels against the Soviets. Tom Hanks, Amy Adams. 11.20 Fourth Estate: The NY Times And Trump: The First 100 Days. (Ml, R) 4.00 Trafficked In America. (Ma, R) 5.00 CGTN English News. 5.15 NHK World English News. 5.30 Deutsche Welle English News.</p>	<p>SEVEN (7) 6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 The Morning Show: Weekend. (PG) 11.00 Horse Racing. Golden Eagle Race Day. Featuring the \$7.5 million Golden Eagle (1500m). From Rosehill Gardens, Sydney. 4.30 Border Security: Australia's Front Line. (PGd, R) 5.00 Seven News At 5. 5.30 Creek To Coast.</p> <p>6.00 Seven News. 7.00 7NEWS Special: Queensland 2020. Coverage of the Queensland state election, including instant results and expert predictions. 11.00 To Be Advised. 1.00 Criminal Minds: Beyond Borders. (Final, Mav, R) The team investigates the kidnapping of an American ballerina who had been performing in St Petersburg. However, they are only allowed into Russia unarmed and under strict supervision. Jack calls in a favour from an ex-KGB friend to track down the man responsible. 2.00 Home Shopping. (R) 4.00 My Greek Odyssey. (PGI) Peter and his wife Helen travel to Samos, a place that holds special memories for them. 5.00 House Of Wellness. (PG, R) Luke Darcy, Jo Stanley and Luke Hines look at locations that highlight living well.</p>	<p>NINE (5) 6.00 Global Roaming. (PG, R) 7.00 Weekend Today. 10.00 Today Extra: Saturday. (PG) 12.00 Rivals. 12.30 Award Winning Tasmania. 1.00 Driving Test. (PGI, R) 1.30 The Block. (PGI, R) 4.00 The Garden Gurus. 4.30 Getaway. (PG) 5.00 Election 2020: Qld Decides - Polls Close.</p> <p>6.00 Nine News Saturday. 6.30 Election 2020: Qld Decides - Live Results. Coverage of the Queensland election. 8.00 Election 2020: Qld Decides - Analysis. Melissa Downes and Andrew Lofthouse lead an expert Queensland election panel. 9.30 Election 2020: Qld Decides - Election Night Live. Melissa Downes and Andrew Lofthouse lead an expert Queensland election panel. 11.00 The Trump Show: A Dirty Business. (Ml, R) Part 2 of 3. 12.10 MOVIE: A Few Less Men. (2017, MA15+als, R) Travel plans go horribly wrong. Xavier Samuel. 2.00 TV Shop: Home Shopping. (R) 4.30 Global Shop. 5.00 TV Shop: Home Shopping. (R) 5.30 Wesley Impact. (PG)</p>	<p>WIN (8) 6.00 Reel Action. (R) 6.30 Entertainment Tonight. (PG, R) 7.00 Bondi Rescue. (PGal, R) Follows the work of elite lifeguards. 7.30 Studio 10: Saturday. (PG) Panel discussion. 10.00 Horse Racing. Melbourne Cup Carnival. Victoria Derby Day. 5.00 News First.</p> <p>6.00 Rugby Union. Tri-Nations. Round 1. Bledisloe Cup. Game 3. Australia v New Zealand. From ANZ Stadium, Sydney. 9.00 Ambulance Australia. (Ma, R) Follows dispatchers and paramedics working for NSW Ambulance's Sydney operations. Cases include a man whose hand is crushed by a forklift and a pregnant woman involved in a car accident. 10.10 999: What's Your Emergency? (MA15+al) A quick-thinking boy helps in a situation where his mum loses her memory while driving. 12.30 Law & Order: SVU. (Masv, R) When a teenager is found dead in the Hudson River, Benson suspects Rob Miller is behind the death. 1.30 Blue Bloods. (Mv, R) Erin and Frank clash over new legislation. 2.30 Home Shopping. (R) 5.00 Hour Of Power. Religious program.</p>
<p>ABC COMEDY (22) 6am Children's Programs. 7.05pm The Deep. 7.30 Spicks And Specks. 8.00 Would I Lie To You? 8.30 Rose Matafeo: Horndog. 9.30 QI. 10.30 Mock The Week. 11.00 Penn & Teller: Fool Us. 11.45 Would I Lie To You? 12.15am Staged. (Final) 12.35 Friday Night Dinner. 1.00 I'm Alan Partridge. 1.35 Absolutely Fabulous. 2.05 Live At The Apollo. 2.50 News Update. 2.55 Close. 5.00 Late Programs.</p>	<p>VICELAND (31) 6am WorldWatch. Noon Spookers. 1.30 Hunt For The Trump Tapes. 2.25 New Girl. 2.55 Jungletown. 3.45 WorldWatch. 5.10 Monty Python's Flying Circus. 6.20 Only Connect. 7.30 8 Out Of 10 Cats. 8.15 The X-Files. 10.00 Cycling. UCI World Tour. La Vuelta. Stage 11. 2.35am The X-Files. 3.35 Bangla News. 4.00 Punjabi News. 4.30 Sri Lankan Sinhalese News. 5.00 Korean News. 5.30 Indonesian News.</p>	<p>7TWO (72) 6am Home Shopping. 8.00 Travel Oz. 9.30 NBC Today. 11.30 Vasilis Garden. Noon The Bowls Show. 1.00 Fresh TV. 2.00 A Moveable Feast. 2.30 The Great Australian Doorstep. 3.00 Sydney Weekender. 3.30 Creek To Coast. 4.00 Weekender. 4.30 Building The Dream. 6.30 The Yorkshire Vet. 8.30 Escape To The Country. 11.30 Peter Andre's 60 Minute Makeover. 12.30am The Fine Art Auction. 3.30 Late Programs.</p>	<p>9GEM (52) 6am Newstyle Direct. 6.30 TV Shop: Home Shopping. 10.00 My Favorite Martian. 10.30 The Baron. 11.30 MOVIE: Saraband For Dead Lovers. (1948) 1.30pm MOVIE: Ski Party. (1965, PG) 3.30 MOVIE: Love Story. (1970, PG) 5.30 MOVIE: Foreign Intrigue. (1956, PG) 7.30 MOVIE: Johnny English. (2003, PG) 9.15 MOVIE: Mission: Impossible. (1996, M) 11.30 Silent Witness. 1am TV Shop: Home Shopping.</p>	<p>BOLD (81) 6am Home Shopping. 9.00 The Doctors. 10.00 MacGyver. 11.00 Diagnosis Murder. Noon Star Trek: Voyager. 1.00 Star Trek: The Next Generation. 2.00 MacGyver. 3.00 Mission: Impossible. 4.00 Judge Judy. 4.30 Mighty Machines. 5.00 Reel Action. 5.30 MacGyver. 7.30 NCIS. 8.30 NCIS: New Orleans. 10.20 Hawaii Five-0. 11.20 NCIS. 12.15am Law & Order: S.V.U. 1.10 48 Hours. 2.10 Late Programs.</p>
<p>NITV (34) 6am Morning Programs. 1.45pm Bamay. 2.30 Baseball. SA Super League. 4.00 Rugby League. Koori Knockout. Men's. Waterloo Storm v WAC. Replay. 5.00 The Point. 6.00 Going Places. 7.00 Red Earth Uncovered. 7.30 News. 7.35 Through The Wormhole With Morgan Freeman. 8.25 Four Faces Of The Moon. 8.35 Inside Human Zoos. 9.35 MOVIE: Dark Age. (1987, MA15+) 11.10 Late Programs.</p>	<p>SBS MOVIES (32) 6am Selkie. (2000, PG) 7.35 The Assassin. (2015, PG, Mandarin) 9.35 The Finishers. (2013, PG, French) 11.15 Vai. (2019, PG) 12.55pm Kiki's Delivery Service. (1989) 2.55 Little Nicolas. (2009, PG, French) 4.35 The Addams Family. (1991, PG) 6.30 Young Frankenstein. (1974, PG) 8.30 What We Do In The Shadows. (2014, M) 10.05 Sicilian Ghost Story. (2017, MA15+, Italian) 12.30am Late Programs.</p>	<p>7MATE (73) 6am Morning Programs. 9.00 Blokesworld. 9.30 The Weekend Prospector. 10.00 Life Off Road. 10.30 Timbersports. 11.00 Cricket. Women's Big Bash League. Game 9. Sydney Thunder v Adelaide Strikers. 2.30pm Cricket. Women's Big Bash League. Game 11. Brisbane Heat v Hobart Hurricanes. 6.00 Cricket. Women's Big Bash League. Game 12. Sydney Sixers v Melbourne Stars. 9.00 MOVIE: It. (2017, MA15+) 11.55 Late Programs.</p>	<p>9GO! (53) 6am Children's Programs. 2pm Soapbox Racing. Red Bull Series. Replay. 3.00 Xtreme Collxion. 3.30 Liquid Science. 4.00 BattleBots. 5.00 MOVIE: Casper. (1995, PG) 7.00 MOVIE: Hotel Transylvania. (2012, PG) 8.50 MOVIE: Addams Family Values. (1993, PG) 10.45 MOVIE: Get Out. (2017, MA15+) 12.45am Heroes. 1.40 The Horn. 2.40 Mike Tyson Mysteries. 3.00 Late Programs.</p>	<p>PEACH (82) 6am Charmed. 7.00 Dr Quinn, Medicine Woman. 8.00 Rules Of Engagement. 8.30 Becker. 9.30 Everybody Loves Raymond. 10.30 Cheers. 11.30 Charmed. 1.30pm Frasier. 2.00 Seinfeld. 3.00 Rules Of Engagement. 4.00 Carol's Second Act. 4.30 The Middle. 6.00 Columbo. 7.30 Kojak. 8.30 Spymorice. 9.30 The Big Bang Theory. 10.30 The Middle. Midnight The Flash. 2.00 Late Programs.</p>

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CQToday

Sunday, November 1

<p>ABC (2) 6.00 Rage. (PG) 7.00 Weekend Breakfast. 9.00 Insiders. 10.00 Offsiders. 10.30 The World This Week. (R) 11.00 Compass. (PG, R) 11.25 Songs Of Praise. (PG, R) 12.00 ABC News At Noon. 12.30 Landline. 1.30 Gardening Australia. (R) 2.30 Victoria. (PG, R) 3.30 Don't Stop The Music. (R) 4.30 The Mix. (R) 5.00 Antiques Roadshow. (R)</p> <p>6.00 The Sound. (Return) Music show. 7.00 ABC News Sunday. 7.40 Restoration Australia: Clydesdale. Stuart Harrison meets a carpenter and her mother who are restoring two old prospecting huts. 8.40 Miniseries: Roadkill. (Mdlv) Part 1 of 4. A forceful, charismatic politician's public and private life begins to fall apart. 9.40 Doc Martin. (PG, R) After Martin rushes a sick Buddy to the vet, he discovers that Angela is too sick to operate. 10.25 Killing Eve. (MA15+v, R) The situation in Moscow escalates. 11.10 Silent Witness. (Final, Mav, R) Jack's moral principles are put to the test. 12.10 Doctor Who. (PG, R) 4.00 Silent Witness. (Final, Mav, R) 5.00 Insiders. (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 France 24 English News Second Edition. 1.00 Speedweek. 3.00 E-Cigarettes: Welcome Back, Big Tobacco. (PG, R) 3.50 The Honesty Experiment. (PG, R) 5.00 Cycling. UCI World Tour. La Vuelta. Stage 11. Highlights. 5.30 Nazi Megastructures. (PG)</p> <p>6.30 SBS World News. 7.30 Rise Of Empires: Mayans. (PG) Part 2 of 3. 8.30 Biden V Trump: The Choice 2020. (M) An investigation into both of the major-party candidates in the upcoming US presidential election. 10.30 Page One: A Year Inside The New York Times. (Mal, R) A look at <i>The New York Times</i>. 12.10 Origins: The Journey Of Humankind: Spark Of Civilisation. (Ma, R) 3.50 The Doctor Who Took Kids Off Drugs. (PG, R) 5.00 CGTN English News. 5.15 NHK World English News. 5.30 Deutsche Welle English News.</p>	<p>SEVEN (7) 6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 The Morning Show: Weekend. (PG) 12.00 Border Security: America's Front Line. (PG, R) 12.30 Cricket. Women's Big Bash League. Game 15. Melbourne Renegades v Sydney Sixers. From Sydney Showground Stadium. 4.00 Better Homes And Gardens. (R) 5.00 Seven News At 5. 5.30 Weekender. (PG)</p> <p>6.00 Seven News. 7.00 Beat The Chasers. (Premiere, PG) Hosted by Andrew O'Keefe. 8.30 Crime Investigation Australia: Most Infamous: The Girls Who Knew Too Much - Sallie. (Madv) A look at the case of Sallie-Anne Huckstepp, who was murdered after turning whistleblower. 9.50 Killer Tapes: The Murder Of Rhys Jones. (Mav, R) Presented by Susanna Reid. 10.55 Autopsy USA: James Gandolfini. (Mad) 12.00 Medical Emergency. (PG, R) 1.00 A Moveable Feast. (PG, R) 1.30 The Real Seachange. (R) 2.00 Home Shopping. (R) 3.30 RSPCA Animal Rescue. (R) 4.00 NBC Today. 5.00 Seven Early News. 5.30 Sunrise.</p>	<p>NINE (5) 6.00 Global Roaming. (PG, R) 7.00 Weekend Today. 10.00 Sports Sunday. (PG) 11.00 Ultimate Rush. (PGI, R) 12.00 World's Greatest Man Made Wonders. (PGa, R) 1.00 MOVIE: Pontiac Moon. (1994, PGI, R) 3.00 The Block. (PGI, R) 5.00 News: First At Five. 5.30 My Way. (PG)</p> <p>6.00 Nine News. 7.00 The Block. (PGI) 8.30 60 Minutes. Current affairs program, investigating, analysing and uncovering the issues affecting all Australians. 9.30 Nine News Late. Takes a look at the latest news and events from Australia and around the world. 10.30 See No Evil: Fire Angel. (MA15+v) A look at the kidnapping of Diane Pranske. 11.30 Born To Kill? Class Of Evil: Graham Young - Mad For Murder. (Ma, R) 12.20 Grand Hotel. (Msv, R) 1.10 Rivals. (R) 1.35 TV Shop: Home Shopping. 4.00 Take Two. 5.00 News Early Edition. 5.30 Today.</p>	<p>WIN (8) 6.00 Mass For You At Home. 6.30 Hillsong. 7.00 Leading The Way With Dr Michael Youssef. (PG, R) 7.30 Fishing Australia. (R) 8.00 Pooches At Play. (R) 8.30 The Living Room. (PG, R) 9.30 Studio 10: Sunday. (PG) 12.00 To Be Advised. 2.20 Farm To Fork. (R) 2.40 To Be Advised. 5.00 10 News First.</p> <p>6.30 The Sunday Project. A look at the day's news. 7.30 Junior MasterChef Australia. Contestants tackle a two-round elimination challenge beginning with an ice-cream-themed taste test. 9.00 FBI. (Mav) Jess LaCroix and his team from the FBI's Most Wanted Unit help Omar Adom "OA" Zidan find a fugitive LaCroix arrested years ago after a bus with 26 students goes missing and he is the main suspect. 10.00 FBI: Most Wanted. LaCroix's daughter is taken away by ICE. 11.00 NCIS. (Mad, R) Fornell's daughter overdoses. 12.00 The Sunday Project. (R) 1.00 Home Shopping. (R) 4.30 CBS This Morning.</p>
<p>ABC COMEDY (22) 6am Children's Programs. 7.05pm The Deep. 7.30 Spicks And Specks. 8.00 Would I Lie To You? 8.30 Penn & Teller: Fool Us. 9.15 Live At The Apollo. 10.00 Gruen XL. 10.45 Sammy J. 10.50 Adam Hills: Happyism. 11.40 Rose Matafeo: Horndog. 12.40am Would I Lie To You? 1.10 Upstart Crow. (Final) 1.40 The Thick Of It. 2.10 News Update. 2.15 Close. 5.00 Five Minutes More. 5.05 Late Programs.</p>	<p>VICELAND (31) 6am WorldWatch. Noon John McCain: Maverick. 1.00 Does America. 1.25 Rise. 3.05 WorldWatch. 3.35 Trump's Law. 5.40 Takeshi's Castle Indonesia. 6.00 The A350: Star Of The Skies. 7.00 Brooklyn Nine-Nine. 7.30 8 Out Of 10 Cats. 8.20 Fake News: A True History. 9.35 How French Women Like It. 10.45 Cycling. UCI World Tour. La Vuelta. Stage 12. 2.35am Full Frontal. 3.05 Late Programs.</p>	<p>7TWO (72) 6am Home Shopping. 6.30 It Is Written. 7.00 Tomorrow's World. 7.30 Leading The Way. 8.00 David Jeremiah. 8.30 Mums At The Table. 9.00 Home Shopping. 9.30 Australia's Best Drives. 10.00 House Of Wellness. 11.00 NBC Today. Noon The Yorkshire Vet. 2.00 Vasilis Garden. 2.30 The Bowls Show. 3.30 Escape To The Country. 5.30 M*A*S*H. 7.30 To Be Advised. 11.30 Cold Feet. 1.30am Late Programs.</p>	<p>9GEM (52) 6am Morning Programs. 7.30 In Touch. 8.00 Beyond Today. 8.30 The Incredible Journey. 9.00 TV Shop. 10.00 Avengers. 11.00 Getaway. 11.30 MOVIE: Our Miss Fred. (1972, PG) 1.30pm MOVIE: Quiet Weekend. (1946) 3.25 MOVIE: Frankie And Johnny. (1966) 5.15 MOVIE: Donovan's Reef. (1963, PG) 7.30 Death In Paradise. 8.40 Chicago P.D. (Premiere) 9.40 Chicago Fire. 10.40 Late Programs.</p>	<p>BOLD (81) 6am Morning Programs. 11.00 Australia By Design: Architecture. 11.30 Australia By Design: Interiors. Noon Mission: Impossible. 1.00 MacGyver. 2.00 Escape Fishing. 3.00 Hotels By Design. 3.30 Healthy Homes Aust. 4.00 Fishing Edge. 5.00 I Fish. 5.30 ST: Voyager. 6.30 Bondi Rescue. 7.30 NCIS. 9.25 Law & Order: SVU. 10.20 48 Hours. 11.20 Late Programs.</p>
<p>NITV (34) 6am Morning Programs. 2.30pm NRL. Walters-Langer Cup. 4.00 Rugby Union. Ella 7s. Replay. 4.20 Gaelic Football. Ladies Association. H'lights. 4.30 Rugby Union. SA Premier Grade. 5.45 African News. 6.00 APTN National News. 6.30 Colour Theory: Underground. 7.00 Behind The Brush. 7.30 News. 7.35 The Colour Of Justice. 8.35 Hate Rising. 9.30 MOVIE: Burn Mother**ker, Burn! (2017, MA15+) 11.10 Late Programs.</p>	<p>SBS MOVIES (32) 6am The Addams Family. Continued. (1991, PG) 6.40 Little Nicolas. (2009, PG, French) 8.20 Lassie. (1994, PG) 10.10 Young Frankenstein. (1974, PG) 12.10pm Tony Takitani. (2004, PG, Japanese) 1.40 The Assassin. (2015, PG, Mandarin) 3.40 Maudie. (2016, PG) 5.50 Forever Enthralled. (2008, PG, Mandarin) 8.30 Gomorrah. 9.30 I Am Not Your Negro. 11.10 Late Programs.</p>	<p>7MATE (73) 6am Morning Programs. 9.00 Cricket. Women's Big Bash League. Game 14. Sydney Thunder v Brisbane Heat. 12.30pm World's Craziest Fools. 1.00 Creek To Coast. 1.30 Al McGlashan's Fish'n With Mates. 2.30 Step Outside. 3.00 The Yorkshire Vet. 4.00 World's Craziest Fools. 4.30 Counting Cars. 6.00 Last Stop Garage. (Premiere) 7.00 Border Security. 8.30 MOVIE: Lethal Weapon 3. (1992, M) 11.00 Late Programs.</p>	<p>9GO! (53) 6am Children's Programs. 1.30pm Rivals. 2.00 Surfing Australia TV. 2.30 Dance Moms. 3.30 Children's Programs. 3.45 MOVIE: Stormbreaker. (2006, PG) 5.30 MOVIE: The Phantom. (1996, PG) 7.30 MOVIE: G.I. Joe: The Rise Of Cobra. (2009, M) 9.50 MOVIE: The Expendables. (2010, MA15+) 11.50 Heroes. 12.50am MOVIE: Avengers Confidential: Black Widow & Punisher. (2014, M) 2.30 Late Programs.</p>	<p>PEACH (82) 6am Charmed. 7.00 Friends. 8.00 Rules Of Engagement. 9.00 Neighbours. 11.30 Charmed. 1.30pm The Neighborhood. 2.30 Man With A Plan. 3.30 The Middle. 5.00 Rules Of Engagement. 6.00 The Big Bang Theory. 9.00 Gogglebox. 10.00 Man With A Plan. 11.00 2 Broke Girls. Midnight Friends. 1.30 The Flash. 3.30 Charmed. 4.30 Home Shopping. 5.30 The Brady Bunch.</p>

Monday, November 2

<p>ABC (2) 6.00 News Breakfast. 9.00 ABC News Mornings. 10.00 Landline. (R) 11.00 Grand Designs Australia. (PG, R) 12.00 ABC News At Noon. 1.00 Gruen. (R) 1.35 Squinters. (Mls, R) 2.00 Unforgotten. (Malv, R) 3.00 ABC News Afternoons. 4.10 Classic Countdown. (R) 5.10 Grand Designs Australia. (R)</p> <p>6.00 The Drum. 7.00 ABC News. Takes a look at today's top stories. 7.30 7.30. Presented by Leigh Sales. 8.00 Australian Story. Australians tell personal stories. 8.30 Four Corners. Investigative journalism program exposing scandals, triggering inquiries, firing debate and confronting taboos. 9.15 Media Watch. (PG) Paul Barry takes a look at the latest issues affecting media consumers. 9.35 Q+A. Hosted by Hamish Macdonald. 10.40 ABC Late News. 11.10 Big Weather (And How To Survive It) Ready Together. (PG, R) 12.10 Cleverman. (Msv, R) 1.05 Doctor Who. (PG, R) 4.05 Rage. (MA15+adhlsv) 4.30 The Drum. (R) 5.30 7.30. (R)</p>	<p>SBS (3) 6.00 WorldWatch. 6.30 This Week. 7.30 WorldWatch. 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 WWII's Great Escapes: The Freedom Trails. (PGa, R) 2.55 Alex Polizzi: Chef For Hire. (R) 4.00 The Supervet. (PGa, R) 4.55 Cycling. UCI World Tour. La Vuelta. Stage 12. Highlights. 5.30 Letters And Numbers. (R)</p> <p>6.00 Mastermind Australia. (R) Presented by Jennifer Byrne. 6.30 SBS World News. 7.30 The Great House Revival. (PG) Presented by Hugh Wallace. 8.30 24 Hours In Emergency: The Extra Mile. (Ma, R) A woman is rushed to St George's Hospital after being flung from a go-kart at full speed. 10.20 SBS World News Late. 10.50 DNA. (Mav) Rolf and Claire seek out a witness. 11.35 The Bridge. (Malsv, R) 1.45 The Red Line. (Mav, R) 3.25 The Doctor Who Took Kids Off Drugs. (Ma, R) 4.30 Full Frontal With Samantha Bee. (Mals, R) 5.00 CGTN English News. 5.15 NHK World English News. 5.30 Deutsche Welle English News.</p>	<p>SEVEN (7) 6.00 Sunrise. 9.00 The Morning Show. (PG) 11.30 Seven Morning News. 12.00 MOVIE: Terror In The Woods. (2018, Mav) 2.00 Manhunt: The Porsche Kid. (Malv, R) 3.00 The Chase. 4.00 Seven News At 4. 5.00 The Chase Australia.</p> <p>6.00 Seven Local News. 6.30 Seven News. 7.00 Home And Away. (PG) 7.30 SAS Australia. (Mal) In a punishing day, the recruits must crawl across a jagged ravine on a single rope above the ocean. 8.30 The Rookie. (Madv) As part of their training, the rookies are asked to develop their first confidential informants. Officer Nolan soon discovers that no two informants are the same and struggles with his newest task. 10.30 The Latest: Seven News. 11.00 Chicago Fire. (Mv) Severide must make a tough decision. 12.00 MOVIE: Running Home. (1999, Mv, R) Claudia Christian. 2.00 Home Shopping. (R) 4.00 NBC Today. 5.00 Seven Early News. 5.30 Sunrise.</p>	<p>NINE (5) 6.00 Today. 9.00 Today Extra. (PG) 11.30 Morning News. 12.00 The Ellen DeGeneres Show. (PG) 1.00 Getaway. (PG, R) 1.30 The Block. (PGI, R) 3.00 Tipping Point. (PG) 4.00 Afternoon News. 4.30 Millionaire Hot Seat. 5.30 Nine News Local.</p> <p>6.00 Nine News. 7.00 A Current Affair. 7.30 The Block. (PGI) The teams start working on their biggest space yet, the studio and garage. 8.40 MOVIE: Casino Royale. (2006, Mv, R) James Bond is assigned to stop an evil banker from winning a high-stakes casino tournament. Daniel Craig, Eva Green, Judi Dench. 11.35 Nine News Late. A look at the latest news and events. 12.05 Lethal Weapon. (MA15+av, R) 1.00 A Current Affair. (R) 1.30 TV Shop: Home Shopping. (R) 2.30 Global Shop. 3.00 TV Shop: Home Shopping. (R) 4.00 Take Two. (R) 5.00 News Early Edition. 5.30 Today.</p>	<p>WIN (8) 6.00 Headline News. 8.30 Studio 10. (PG) 12.00 Dr Phil. 1.00 To Be Advised. 2.30 Entertainment Tonight. 3.00 Good Judge Judy. (PG) 3.30 Goo Chef Bad Chef. (R) 4.00 Everyday Gourmet With Justine Schofield. 4.30 The Bold And The Beautiful. 5.00 10 News First.</p> <p>6.00 WIN News. 6.30 The Project. A look at the day's news. 7.30 Junior MasterChef Australia. Contestants tackle a mystery box challenge. 8.30 Have You Been Paying Attention? Comedians include Cal Wilson, Hayley Sproull, Mick Molloy, Sam Pang and Ed Kavalee. 9.30 Melbourne Cup Preview Show. Takes a look at "the race that stops a nation", the upcoming Melbourne Cup. 10.30 The Project. (R) A look at the day's news. 11.30 WIN's All Australian News. 12.30 The Late Show With Stephen Colbert. (PG) 1.30 Home Shopping. (R) 3.30 CBS This Morning. 5.00 Headline News Early.</p>
<p>ABC COMEDY (22) 6am Children's Programs. 7.15pm Odd Squad. 7.30 Spicks And Specks. 8.30 Whose Line Is It Anyway? 8.50 Luke Warm Sex. 9.25 Detectorists. 9.55 Hang Ups. 10.20 The Inbetweeners. 10.45 Schitt's Creek. 11.10 Red Dwarf. 11.40 Josh. 12.10am Chandon Pictures. 12.40 The IT Crowd. 1.05 Please Like Me. 1.30 Alan Davies: As Yet Untitled. 2.15 News Update. 2.20 Close. 5.00 Five Minutes More. 5.05 Late Programs.</p>	<p>VICELAND (31) 6am WorldWatch. Noon Leah Remini: Scientology And The Aftermath. 12.50 Trump's First Year. 1.40 Figure Skating. ISU World C'ships. Men's. Replay. 3.10 Balls Deep. 4.00 WorldWatch. 4.25 This Week. 5.20 Woman With Gloria Steinem. 5.45 The Joy Of Painting. 6.15 Alone. 7.05 Jeopardy! 7.35 8 Out Of 10 Cats Does Countdown. 8.30 Taskmaster. 9.25 In Search Of... 10.15 Late Programs.</p>	<p>7TWO (72) 6am Home Shopping. 7.00 Travel Oz. 8.30 Harry's Practice. 9.00 Million Dollar Minute. 9.30 NBC Today. 10.30 Australia's Best Backyards. 11.00 Make It Yours. 11.30 Better Homes And Gardens. 1pm Cold Feet. 2.00 Million Dollar Minute. 2.30 Honey I Bought The House. 3.30 M*A*S*H. 5.30 Escape To The Country. 6.30 Bargain Hunt. 7.30 Doc Martin. 8.30 Foyle's War. 10.40 Criminal Confessions. 11.50 Late Programs.</p>	<p>9GEM (52) 6am TV Shop. 7.00 Creflo Dollar Ministries. 7.30 TV Shop: Home Shopping. 9.30 Danoz Direct. 10.30 The Ellen DeGeneres Show. 11.30 My Favorite Martian. Noon ER. 1.00 Death In Paradise. 2.10 Australia's Top Ten Of Everything. 3.15 Antiques Roadshow. 3.45 MOVIE: No Limit. (1935) 5.20 Heartbeat. 6.30 Antiques Roadshow. 7.30 Grantchester. 8.40 Midsomer Murders. 10.40 See No Evil. 11.40 Late Programs.</p>	<p>BOLD (81) 6am Shopping. 8.00 The Doctors. 9.00 Mission: Impossible. 10.00 Jake And The Fatman. 11.00 MacGyver. Noon NCIS. 1.00 WIN News. 2.00 Law & Order: S.V.U. 3.00 Bondi Rescue. 3.30 Diagnosis Murder. 4.30 ST: Next Gen. 5.30 ST: Voyager. 6.30 Bondi Rescue. 7.30 NCIS. 9.25 Law & Order: SVU. 10.20 Motor Racing. Formula 1. Race 13. Emilia Romagna Grand Prix. Highlights. 11.20 Late Programs.</p>
<p>NITV (34) 6am Morning Programs. 2.30pm APTN National News. 3.00 Jarjums. 3.55 Raven's Quest. 4.05 Musomagic. 4.30 Grace Beside Me. 5.00 Fraggie Rock. 6.00 Taste Of The Territory. 6.25 To The Point. 6.30 Cooking Hawaiian Style. 7.00 Our Stories. 7.20 News. 7.25 Woman Who Returns. 7.40 Through The Wormhole With Morgan Freeman. 8.30 Karla Grant Presents. 9.30 Trading Cultures. 10.30 News. 10.35 Late Programs.</p>	<p>SBS MOVIES (32) 6am Kiki's Delivery Service. Continued. (1989) 7.00 Forever Enthrall. (2008, PG, Mandarin) 9.40 Maudie. (2016, PG) 11.50 The Addams Family. (1991, PG) 1.40pm The Ash Lad. (2017, PG, Norwegian) 3.40 Young Frankenstein. (1974, PG) 5.40 One Role For Two. (2018, PG, French) 7.30 Made In Dagenham. (2010, M) 9.35 Do The Right Thing. (1989, MA15+) 11.45 Late Programs.</p>	<p>7MATE (73) 6am Morning Programs. 1pm Ax Men. 2.00 Last Stop Garage. 3.00 The Weekend Prospector. 3.30 Blokesworld. 4.00 World's Craziest Fools. 4.30 Goldfathers. 5.30 Storage Wars: Texas. 6.00 American Pickers. 7.00 Pawn Stars. 7.30 American Pickers. 8.30 Housos 2020. 9.05 Regular Old Bogan. 9.35 MOVIE: Austin Powers: The Spy Who Shagged Me. (1999, M) 11.40 Late Programs.</p>	<p>9GO! (53) 6am Children's Programs. 10.30 Malcolm. 11.00 Dance Moms. Noon Quantum Leap. 2.00 The A-Team. 3.00 Children's Programs. 4.00 Baywatch. 5.00 Knight Rider. 6.00 Malcolm. 7.00 The Nanny. 7.30 Kalgoolie Cops. 8.40 MOVIE: I Am Legend. (2007, M) 10.40 Paranormal Caught On Camera. 11.40 Tattoo Fixers. 12.35am Social Fabric. 1.40 Surfing Australia TV. 2.10 Dance Moms. 3.00 Late Programs.</p>	<p>PEACH (82) 6am Charmed. 7.00 Dr Quinn, Medicine Woman. 8.00 Friends. 10.30 Cheers. 11.30 The Big Bang Theory. Noon WIN's All Australian News. 1.00 Rules Of Engagement. 1.30 The King Of Queens. 2.30 Carol's Second Act. 3.00 Becker. 4.00 Everybody Loves Raymond. 5.00 Frasier. 6.00 Friends. 6.30 Neighbours. 7.00 Friends. 8.00 The Big Bang Theory. 9.30 Seinfeld. 10.00 Two And A Half Men. 11.00 Late Programs.</p>



Adopt-A-Family Christmas Appeal

Coming Soon!

Keep an eye out in CQ Today for family lists

Tuesday, November 3

<p>ABC (2) 6.00 News Breakfast. 9.00 ABC News Mornings. 10.00 Four Corners. (R) 11.00 Grand Designs Australia. (R) 12.00 ABC News At Noon. 1.00 Blue Water Empire. (Mav, R) 2.00 Unforgotten. (Malsv, R) 3.00 ABC News Afternoons. 4.10 Classic Countdown: 1976. (PG, R) 5.10 Grand Designs Australia. (PG, R)</p> <p>6.00 The Drum. 7.00 ABC News. 7.30 7.30. Presented by Leigh Sales. 8.00 Outback Ringer. (PG) Lach and his team set a frenetic pace. 8.30 Brock: Over The Top. (M) Chronicles the extraordinary life of one of Australia's greatest racing car drivers, Peter Brock. 9.30 Searching For Superhuman: Thinking Small. (PG) Explores how the human body changes. 10.25 Insert Name Here. (Ms, R) 10.55 ABC Late News. 11.30 Q+A. (R) 12.30 Cleverman. (Malv, R) 1.25 Doctor Who. (PG, R) 4.10 Rage. (MA15+adhlsv) 4.30 News Breakfast: USA Votes.</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 WWII's Great Escapes: The Freedom Trails. (PGa) 3.00 Secrets Of The Bermuda Triangle. (PGa, R) 3.55 Escalation Sensation. (PG) 4.25 Who Do You Think You Are? (PGa, R) 5.30 Letters And Numbers. (R)</p> <p>6.00 Mastermind Australia. (R) 6.30 SBS World News. 7.30 Great British Railway Journeys: Newcastle To County Durham. (PG) Presented by Michael Portillo. 8.35 Insight. (R) Jenny Brockie takes a look at why people are suffering from more food insecurities. 9.35 Dateline. A look at Asian American voters. 10.05 The Feed. A look at the cancelling of cancer screening. 10.35 SBS World News Late. 11.05 Cardinal. (MA15+av) 11.55 Bad Banks. (Ml, R) 1.55 The Day. (Malv, R) 4.30 Full Frontal With Samantha Bee. (Mals, R) 5.00 CGTN English News. 5.15 NHK World English News. 5.30 Deutsche Welle English News.</p>	<p>SEVEN (7) 6.00 Sunrise. 9.00 The Morning Show. (PG) 11.30 Seven Morning News. 12.00 MOVIE: Mommy Group Murder. (2018, Masv, R) 2.00 Manhunt: Nurse Killer. (Masv, R) 3.00 The Chase. 4.00 Seven News At 4. 5.00 The Chase Australia.</p> <p>6.00 Seven Local News. 6.30 Seven News. 7.00 Home And Away. (PGav) 7.30 SAS Australia. (Mal) Recruits are dropped from a helicopter. 8.30 MOVIE: Logan. (2017, MA15+v, R) In a dystopian future, Logan, better known as Wolverine, and one of the last mutants on Earth, returns from a self-imposed exile along with an ailing Professor X to guide a young fugitive to safety. Hugh Jackman, Dafne Keen, Patrick Stewart. 11.30 Blindspot. (Mav) 12.30 Grey's Anatomy. (Mas, R) 1.30 The Zoo. (R) 2.00 Home Shopping. (R) 4.00 NBC Today. 5.00 Seven Early News. 5.30 Sunrise.</p>	<p>NINE (5) 6.00 Today. 9.00 Today Extra. (PG) 11.30 Morning News. 12.00 The Ellen DeGeneres Show. (PG) 1.00 Desperate Housewives. (Msv, R) 2.00 The Block. (PGI, R) 3.00 Tipping Point. (PG) 4.00 Afternoon News. 4.30 Millionaire Hot Seat. 5.30 Nine News Local.</p> <p>6.00 Nine News. 7.00 A Current Affair. 7.30 The Block. (PGI) The teams continue to tackle the giant challenge posed by the studios and garages. 8.40 The Trump Show. Part 3 of 3. Trump dives deeper into controversies of his own making, and faces the biggest challenge yet. 9.50 To Be Advised. 10.50 Nine News Late. A look at the latest news and events. 11.20 The First 48: Teardrops And Almost Home. (Mav, R) Dallas detectives hunt a car thief. 12.10 Tipping Point. (PG, R) 1.05 A Current Affair. (R) 1.30 TV Shop: Home Shopping. (R) 4.00 News Early Edition. 4.30 Today.</p>	<p>WIN (8) 6.00 Headline News. News, weather and sport every 15 minutes. 7.30 Studio 10. (PG) Panel discussion. 9.00 Horse Racing. Melbourne Cup Day. 4.30 Best Of The Bold And The Beautiful. (PG, R) Dollar Bill basks in his success and envisions his beloved skyscraper with his evil scheme ablaze. 5.00 10 News First.</p> <p>6.00 WIN News. 6.30 The Project. A look at the day's news. 7.30 Junior MasterChef Australia. The junior cooks are told they have one last chance to secure a place in the semi-final. 8.30 Ambulance Australia: Ultimate Emergencies. (Mal, R) Follows dispatchers and paramedics working for NSW Ambulance's Sydney operations. 10.00 NCIS. (Mv, R) Ziva surprises Gibbs with a cryptic warning, prompting him to question why she remained underground. 12.00 WIN's All Australian News. 1.00 The Project. (R) A look at the day's news. 2.00 The Late Show With Stephen Colbert. (PG) 3.00 Home Shopping. (R) 4.30 CBS This Morning.</p>
<p>ABC COMEDY (22) 6am Children's Programs. 7.15pm Odd Squad. 7.30 Spicks And Specks. 8.30 Adam Hills: The Last Leg. (Return) 9.10 Ghosts. 9.40 I'm Alan Partridge. 10.10 Frontline. 10.40 The Inbetweeners. 11.05 Schitt's Creek. 11.30 Red Dwarf. Midnight Josh. 12.30 Chandon Pictures. 1.00 Small Tales And True. 1.25 Whose Line Is It Anyway? 1.45 Detectorists. 2.15 QI. 2.50 Late Programs.</p>	<p>VICELAND (31) 6am WorldWatch. Noon Leah Remini: Scientology And The Aftermath. 1.40 Does America. 3.50 WorldWatch. 5.15 Woman With Gloria Steinem. 5.45 The Joy Of Painting. 6.15 Alone. 7.05 Jeopardy! 7.35 8 Out Of 10 Cats Does Countdown. 8.30 Air Crash Investigation. 9.30 Medical Emergency. 5.00 Animal Rescue. 5.30 Escape To The Country. 6.30 Bargain Hunt. 7.30 Pie In The Sky. 8.30 Inspector Morse. 10.50 Late Programs.</p>	<p>7TWO (72) 6am Shopping. 7.00 Travel Oz. 8.30 Harry's Practice. 9.00 Million Dollar Minute. 9.30 NBC Today. Noon Sydney Weekender. 12.30 A Moveable Feast. 1.00 Cold Feet. 2.00 Million Dollar Minute. 2.30 Honey I Bought The House. 3.30 Air Crash Investigation. 4.30 Medical Emergency. 5.00 Animal Rescue. 5.30 Escape To The Country. 6.30 Bargain Hunt. 7.30 Pie In The Sky. 8.30 Inspector Morse. 10.50 Late Programs.</p>	<p>9GEM (52) 6am TV Shop. 7.00 Creflo Dollar Ministries. 7.30 TV Shop: Home Shopping. 9.30 Danoz Direct. 10.30 The Ellen DeGeneres Show. 11.30 My Favorite Martian. Noon ER. 1.00 Grantchester. 2.10 Australia's Top Ten Of Everything. 3.10 MOVIE: Mine Own Executioner. (1947, PG) 5.20 Heartbeat. 6.30 Antiques Roadshow. 7.30 New Tricks. 8.40 Halifax f.p. 10.40 Uncovered: Killed By Hate. 12.35am Late Programs.</p>	<p>BOLD (81) 6am Home Shopping. 8.00 Melbourne Cup Preview Show. 9.00 Mission: Impossible. 10.00 Jake And The Fatman. 11.00 MacGyver. Noon NCIS. 1.00 WIN's All Australian News. 2.00 Law & Order: SVU. 3.00 Bondi Rescue. 3.30 Diagnosis Murder. 4.30 Star Trek: The Next Generation. 5.30 Star Trek: Voyager. 6.30 Bondi Rescue. 7.30 NCIS. 8.30 MOVIE: Phar Lap. (1983) 10.55 CSI: Miami. 11.50 Late Programs.</p>
<p>NITV (34) 6am Morning Programs. 1.30pm Everyday Brave. 1.55 Woman Who Returns. 2.10 Bamay. 3.00 Jarjums. 6.00 Taste Of The Territory. 6.25 To The Point. 6.30 Cooking Hawaiian Style. 7.00 Our Stories. 7.20 Young, Strong & Proud. 7.25 News. 7.30 Wellington Paranormal. 8.00 Black As. 8.30 Trickster. 9.30 NITV News Update. 9.35 Hunting Aotearoa. 10.00 Football. NTFL. 11.30 Late Programs.</p>	<p>SBS MOVIES (32) 6am Morning Programs. 6.10 One Role For Two. (2018, PG, French) 8.00 The Lunchbox. (2013, PG, Hindi) 10.00 Amazonia. (2013, No dialogue) 11.30 Strings. (2004, PG) 1.10pm Forever Enthrall. (2008, PG, Mandarin) 3.50 Moonrise Kingdom. (2012, PG) 5.35 The Ash Lad. (2017, PG, Norwegian) 7.30 Sky Captain And The World Of Tomorrow. (2004, PG) 9.30 Precious. (2009, MA15+) 11.35 Late Programs.</p>	<p>7MATE (73) 6am Morning Programs. 10.00 America's Game. 11.00 A Football Life. Noon Domsday Preppers. 1.00 American Pickers. 2.00 Warden. 3.00 Pawn Stars Australia. 3.30 Life Off Road. 4.00 Al McGlashan's Fish'n With Mates. 4.30 Megasturges. 5.30 Storage Wars: Texas. 6.00 American Pickers. 7.00 Pawn Stars. 7.30 Highway Patrol. 8.30 Aussie Salvage Squad. 10.30 Big Easy Motors. 11.30 Late Programs.</p>	<p>9GO! (53) 6am Children's Programs. 10.30 Malcolm. 11.00 Dance Moms. Noon The Nanny. 12.30 Malcolm. 1.00 Xtreme Collxion. 2.00 The A-Team. 3.00 Children's Programs. 4.00 Baywatch. 5.00 Knight Rider. 6.00 Malcolm. 7.00 The Nanny. 7.30 MOVIE: Along Came Polly. (2004, M) 9.20 MOVIE: The Heartbreak Kid. (2007, MA15+) 11.35 The Nanny. 12.05am Miami Vice. 1.00 Ultimate Rush. 2.00 Late Programs.</p>	<p>PEACH (82) 6am Charmed. 7.00 Dr Quinn. 8.00 King Of Queens. 8.30 Becker. 9.30 Raymond. 10.30 Cheers. 11.30 The Big Bang Theory. Noon WIN News. 1.00 Rules Of Engagement. 1.30 King Of Queens. 2.30 Seinfeld. 3.00 Becker. 4.00 Raymond. 5.00 Frasier. 6.00 Friends. 6.30 Neighbours. 7.00 Friends. 8.00 The Big Bang Theory. 9.30 Seinfeld. 10.00 Mom. 11.00 Late Programs.</p>

Wednesday, November 4

<p>ABC (2) 6.00 News Breakfast: USA Votes. 9.00 USA Votes: Election Day Live. Coverage of the US election. 12.00 USA Votes: Election Results Live. Coverage of the US election. 3.00 USA Votes: Election Day Special Coverage. Coverage of the US election. 5.00 USA Votes: America's Decision. Coverage of the US election.</p> <p>6.00 To Be Advised. 7.00 ABC News. Takes a look at today's top stories. 8.00 Hard Quiz. (PG) Hosted by Tom Gleeson. 8.30 Gruen. Comedian Wil Anderson analyses the advertising industry and consumerism. 9.05 Reputation Rehab. (Mals) Kirsten Drysdale and Zoe Norton Lodge come to the aid of <i>The Bachelor's</i> Abbie Chatfield. 9.40 Planet America: USA Votes Special. John and Chas look at the election. 11.40 The World. 12.35 Adam Hills: The Last Leg. (R) 1.20 Four Corners. (R) 2.05 Media Watch. (PG, R) 2.20 Doc Martin. (PG, R) 3.05 Killing Eve. (MA15+v, R) 3.50 Rage. (MA15+adhlsv) 5.00 Gardening Australia. (R)</p>	<p>SBS (3) 6.00 France 24 English News First Edition. 6.30 Al Jazeera English News. 7.00 BBC News. 7.30 Italian News. 8.10 Filipino News. 8.40 French News. 9.30 Greek News. 10.00 SBS News Special: US Election 2020. 3.00 Dateline. (R) 3.30 Insight. (R) 4.30 Great Irish Railway Journeys. (R) 5.00 Cycling. UCI World Tour. La Vuelta. Stage 13. Highlights. 5.30 Letters And Numbers. (R)</p> <p>6.00 Mastermind Australia. (R) Presented by Jennifer Byrne. 6.30 SBS World News. 7.35 Walking Britain's Roman Roads: Ermin Way. (PG) Dan Jones travels the Ermin Way. 8.30 The Royals And The Tabloids. (Premiere, M) Explores the long and complicated relationship between the royal family and the tabloid press. 9.30 The Good Fight. (Final, M) The firm is hired to investigate the death of high-profile convicted sex offender Jeffrey Epstein. 10.30 SBS World News Late. 11.00 24 Hours In Emergency: Supporting Cast. (Mal, R) 12.00 MOVIE: Rodin. (2017, Mins, R, France) 2.10 Vikings. (MA15+av, R) 4.45 Food Safari Fire: Bitesize. (R) 5.00 CGTN English News. 5.15 NHK World English News. 5.30 Deutsche Welle English News.</p>	<p>SEVEN (7) 6.00 Sunrise. 9.00 The Morning Show. (PG) 11.30 Seven Morning News. 12.00 MOVIE: Who Killed Jon Benét? (2016, Masv, R) 2.00 Manhunt: Hollywood Murderer. (Mlv, R) 3.00 The Chase. 4.00 Seven News At 4. 5.00 The Chase Australia.</p> <p>6.00 Seven Local News. 6.30 Seven News. 7.00 Home And Away. (PGav) 7.30 My House And Other Animals. (PGI) Part 1 of 2. 8.30 MOVIE: Honour. (2020, Malv) Based on a true story. A British police officer investigates the disappearance of a 20-year-old Iraqi Kurdish woman. As she delves into the case, she become convinced she is dealing with a murder. Keeley Hawes, Alexa Davies, Mark Stanley. 10.30 The Latest: Seven News. 11.00 Surveillance Oz. (PG, R) 11.30 Blindspot. (Mv) 12.30 Code Black. (Mav, R) 1.30 The Zoo. (R) 2.00 Home Shopping. (R) 4.00 NBC Today. 5.00 Seven Early News. 5.30 Sunrise.</p>	<p>NINE (5) 6.00 Today. 10.00 Nine News Special: US Presidential Election 2020. Coverage of the US Presidential election. 4.00 Millionaire Hot Seat. Hosted by Eddie McGuire. 4.30 Nine News Local. The latest news, sport and weather. 5.00 Nine News.</p> <p>6.00 Rugby League. State of Origin. Game 1. Queensland v New South Wales. 9.10 State Of Origin Post-Match. A post-match wrap-up of Game 1 of the State of Origin between Queensland and New South Wales, along with expert panels analysis, player interviews as well as a look at Game 2 on the 11th November. 10.10 Nine News Late. A look at the latest news and events. 11.10 New Amsterdam. (Mamv, R) Sharpe tries to find a creative way to help Max. 12.00 World's Wildest Weather: Facing Down A Hurricane. (Ml, R) Takes a look at wild weather. 1.00 The Garden Guru. (R) 1.30 TV Shop: Home Shopping. (R) 2.30 Global Shop. 3.00 TV Shop: Home Shopping. (R) 5.00 News Early Edition. 5.30 Today.</p>	<p>WIN (8) 6.00 Headline News. 8.30 Studio 10. (PG) 12.00 Dr Phil. 1.00 To Be Advised. 2.00 Entertainment Tonight. 2.30 My Market Kitchen. 3.00 Judge Judy. (PG) 4.00 Everyday Gourmet With Justine Schofield. (R) 4.30 The Bold And The Beautiful. 5.00 10 News First.</p> <p>6.00 WIN News. 6.30 The Project. A look at the day's news. 7.30 The Bachelorette Australia. Hosted by Osher Günsberg. 8.30 The Masked Singer USA. Squiggly Monster, Whatchamacallit, Sun and Popcorn take to the stage as the competition continues. Hosted by Nick Cannon, with panelists Robin Thicke, Jenny McCarthy, Ken Jeong and Nicole Scherzinger. 9.30 Bull. (PGa, R) Bull helps a social media influencer take her father to court to overturn his legal guardianship over her empire. 11.30 WIN's All Australian News. 12.30 The Project. (R) 1.30 The Late Show With Stephen Colbert. (PG) 2.30 Home Shopping. (R) 3.30 CBS This Morning. 5.00 Headline News Early.</p>
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<p>ABC COMEDY (22) 6am Children's Programs. 7.15pm Odd Squad. 7.30 Spicks And Specks. 8.30 Friday Night Dinner. 8.55 Archer. (Final) 9.20 Rosehaven. 9.45 Frontline. 10.15 The Thick Of It. 10.45 The Inbetweeners. 11.10 Schitt's Creek. 11.35 Red Dwarf. 12.05am Josh. 12.35 Soul Mates. 1.05 QI. 1.35 The Catherine Tate Show. 2.05 Hang Ups. 2.30 News Update. 2.35 Close. 5.00 Five Minutes More. 5.05 Late Programs.</p>	<p>VICELAND (31) 6am WorldWatch. Noon Leah Remini: Scientology And The Aftermath. 1.40 Donkmaster. 2.55 The Ice Cream Show. 3.50 WorldWatch. 5.15 Woman With Gloria Steinem. 5.40 The Joy Of Painting. 6.10 Alone. 7.00 Jeopardy! 7.30 8 Out Of 10 Cats Does Countdown. 8.25 MOVIE: The Fifth Element. (1997, PG) 10.40 Stacey Dooley: Countdown To Armageddon. 11.35 Late Programs.</p>	<p>7TWO (72) 6am Morning Programs. 8.30 Harry's Practice. 9.00 Million Dollar Minute. 9.30 NBC Today. Noon Creek To Coast. 12.30 Weekender. 1.00 Cold Feet. 2.00 Million Dollar Minute. 2.30 Honey I Bought The House. 3.30 Air Crash Investigation. 4.30 Medical Emergency. 5.00 Animal Rescue. 5.30 Escape To The Country. 6.30 Bargain Hunt. 7.30 The Coroner. 8.30 Lewis. 10.30 Jonathan Creek. 11.40 Late Programs.</p>	<p>9GEM (52) 6am TV Shop: Home Shopping. 7.00 Creflo Dollar Ministries. 7.30 TV Shop: Home Shopping. 10.30 The Ellen DeGeneres Show. 11.30 My Favorite Martian. Noon ER. 1.00 New Tricks. 2.10 Australia's Top Ten Of Everything. 3.10 MOVIE: Fear Is The Key. (1972, PG) 5.20 Heartbeat. 6.30 Antiques Roadshow. 7.30 As Time Goes By. 8.50 Midsomer Murders. 11.00 Late Programs.</p>	<p>BOLD (81) 6am Home Shopping. 8.00 Diagnosis Murder. 9.00 Mission: Impossible. 10.00 Jake And The Fatman. 11.00 MacGyver. Noon NCIS. 1.00 WIN's All Australian News. 2.00 Law & Order: SVU. 3.00 Bondi Rescue. 3.30 Diagnosis Murder. 4.30 Star Trek: The Next Generation. 5.30 Star Trek: Voyager. 6.30 Bondi Rescue. 7.30 NCIS. 8.30 NCIS: Los Angeles. 9.25 MOVIE: Swing Vote. (2008, M) 11.50 Late Programs.</p>
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<p>NITV (34) 6am Morning Programs. 1.40pm Lil Boos. 2.00 On The Road. 3.00 Jarjums. 3.25 Bushwhacked! 3.55 Raven's Quest. 4.05 Musomagic. 4.30 Grace Beside Me. 5.00 Fraggie Rock. 6.00 Taste Of The Territory. 6.25 To The Point. 6.30 Cooking Hawaiian Style. 7.00 Our Stories. 7.20 Young, Strong & Proud. 7.25 NITV News Update. 7.30 The Wrestlers. 8.30 The Talk: Race In America. 10.30 News. 10.35 Late Programs.</p>	<p>SBS MOVIES (32) 6am The Lunchbox. Continued. (2013, PG, Hindi) 6.50 Strings. (2004, PG) 8.30 Moonrise Kingdom. (2012, PG) 10.15 The Ash Lad. (2017, PG, Norwegian) 12.10pm One Role For Two. (2018, PG, French) 2.00 Amazonia. (2013, No dialogue) 3.30 The Lunchbox. (2013, PG, Hindi) 5.30 Polina. (2016, PG, French) 7.30 Donnie Darko. (2001, M) 9.35 12 Years A Slave. (2013, MA15+) 12.05am Late Programs.</p>	<p>7MATE (73) 6am Morning Programs. 10.00 America's Game. 11.00 A Football Life. Noon Domsday Preppers. 1.00 Ax Men. 2.00 Wardens. 3.00 Pawn Stars Australia. 3.30 Life Off Road. 4.00 Al McGlashan's Fish'n With Mates. 4.30 Megastructures. 5.30 Storage Wars: Texas. 6.00 American Pickers. 7.00 Pawn Stars. 7.30 The Simpsons. 8.30 Family Guy. 9.30 American Dad! 10.30 Family Guy. 11.00 Late Programs.</p>	<p>9GO! (53) 6am Children's Programs. 10.30 Malcolm. 11.00 Dance Moms. Noon Quantum Leap. 1.00 Sliders. 2.00 Baywatch. 3.00 Children's Programs. 4.00 Baywatch. 5.00 Knight Rider. 6.00 Malcolm. 7.00 The Nanny. 7.30 Paranormal Caught On Camera. 8.30 MOVIE: End Of Days. (1999, M) 11.00 The Nanny. 11.30 Malcolm. Midnight Miami Vice. 1.00 Road Trick. 2.05 Dance Moms. 3.00 Late Programs.</p>	<p>PEACH (82) 6am Charmed. 7.00 Dr Quinn. 8.00 King Of Queens. 8.30 Becker. 9.30 Raymond. 10.30 Cheers. 11.30 Big Bang. Noon WIN News. 1.00 Rules Of Engagement. 1.30 King Of Queens. 2.30 Seinfeld. 3.00 Becker. 4.00 Raymond. 5.00 Frasier. 6.00 Friends. 6.30 Neighbours. 7.00 Friends. 8.00 The Big Bang Theory. 9.30 Seinfeld. 10.00 2 Broke Girls. 11.00 Late Programs.</p>
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Do you have an event coming up?

We want to know!

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

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Thursday, November 5

<p>ABC (2) 6.00 News Breakfast. 9.00 ABC News Mornings. 10.00 Planet America: USA Votes Special. (R) 12.00 ABC News At Noon. 1.00 Hard Quiz. (PG, R) 1.30 Reputation Rehab. (Mals, R) 2.00 Unforgotten. (Mals, R) 3.00 ABC News Afternoons. 4.10 Classic Countdown. (PG, R) 5.05 Grand Designs Australia. (R)</p> <p>6.00 The Drum. 6.55 Sammy J. (PG) 7.00 ABC News. 7.30 7.30. Presented by Leigh Sales. 8.00 Scottish Vets Down Under. (PG) Mike performs emergency surgery. 8.30 Joanna Lumley's Silk Road Adventure: Iran. (R) Part 3 of 4. Joanna continues her adventure following the Silk Road from Iran's capital Tehran. 9.20 Death In Paradise. (Mv, R) A zoo owner is poisoned by a dart. 10.20 Anh's Brush With Fame: Tim Minchin. (PG, R) 10.50 ABC Late News. 11.20 Louis Theroux: Savile. (Mal, R) 12.40 Louis Theroux: Dark States. (MA15+ad, R) 1.40 Rage. (MA15+adhlsv) 4.25 The Drum. (R) 5.25 Sammy J. (PG, R) 5.30 7.30. (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. 2.00 WWII's Great Escapes: The Freedom Trails. (PG, R) 3.55 Five Billion Pound Super Sewer. (R) 5.00 Cycling. UCI World Tour. La Vuelta. Stage 14. Highlights. 5.30 Letters And Numbers. (R)</p> <p>6.00 Mastermind Australia. (R) 6.30 SBS World News. 7.35 The Great Fire Of London: London Burns. (PG, R) Part 1 of 3. 8.30 Secrets Of The Tower Of London. (Final, PG) Takes a look at an archaeological dig near the Chapel on the grounds of the Tower of London. 9.25 Fargo. (MA15+) Josto makes a bold move. 10.30 SBS World News Late. 11.00 24 Hours In Police Custody: Too Close For Comfort. (Mal, R) 11.55 Whiskey Cavalier. (Mlv, R) 4.00 Great British Railway Journeys. (R) 4.35 Full Frontal With Samantha Bee. (Mals, R) 5.00 CGTN English News. 5.15 NHK World English News. 5.30 Deutsche Welle English News.</p>	<p>SEVEN (7) 6.00 Sunrise. 9.00 The Morning Show. (PG) 11.30 Seven Morning News. 12.00 MOVIE: The Tenth Circle. (2008, Masv, R) 2.00 Code Blue: Murder: The Murder Of Katherine Smith. (Malv, R) 3.00 The Chase. (R) 4.00 Seven News At 4. 5.00 The Chase Australia.</p> <p>6.00 Seven Local News. 6.30 Seven News. 7.00 Home And Away. (PGav) 8.30 Britain's Got Talent. (PG) The semi-finals begin as weird, wacky and wonderful acts compete in front of celebrity judges David Walliams, Alesha Dixon, Amanda Holden and series creator Simon Cowell. Hosted by Ant and Dec. 10.30 The Latest: Seven News. 11.00 The Amazing Race. (PG) Teams of two embark on a journey around the world covering more than 53,000km. 12.00 Blindspot. (Mv, R) The team races to thwart a terrorist plot. 2.00 Home Shopping. (R) 4.00 NBC Today. News and current affairs. 5.00 Seven Early News. 5.30 Sunrise.</p>	<p>NINE (5) 6.00 Today. 9.00 Today Extra. (PG) 11.30 Morning News. 12.00 The Ellen DeGeneres Show. (PG) 1.00 Desperate Housewives. (Msv, R) 2.00 The Block. (PGI, R) 3.00 Tipping Point. (PG) 4.00 Afternoon News. 4.30 Millionaire Hot Seat. (R) 5.30 Nine News Local.</p> <p>6.00 Nine News. 7.00 A Current Affair. 7.30 The Block. (PGI) Hosted by Scott Cam and Shelley Craft. 8.40 Paramedics. (Ma, R) A newlywed couple have come off their motorbike. Paramedics answer a dangerous callout. 9.40 Chicago Med. (MA15+am) Dr Marcel and April clash over how to handle a mysterious patient. Will questions Natalie's capabilities. 10.40 Nine News Late. 11.10 A+E After Dark. (Mlm) 12.05 Tipping Point. (PG, R) 1.00 A Current Affair. (R) 1.30 TV Shop: Home Shopping. (R) 2.30 Global Shop. 3.00 TV Shop: Home Shopping. (R) 5.00 News Early Edition. 5.30 Today.</p>	<p>WIN (8) 6.00 Headline News. News, weather and sport every 15 minutes. 7.30 Studio 10. (PG) Panel discussion, featuring Sarah Harris and Tristan MacManus, who tackle all manner of topics. 11.00 Horse Racing. Melbourne Cup Carnival. Oaks Day. 5.00 10 News First.</p> <p>6.00 WIN News. 6.30 The Project. A look at the day's news. 7.30 The Bachelorette Australia. Bachelorettes Elly and Becky reveal who they have chosen in the final rose ceremony. 9.30 Law & Order: SVU. (Ma, R) When an actor accuses a high-powered media mogul of attempted rape, Benson finds herself in a high-stakes game of cat and mouse. Changes in the squad room put Carisi between a rock and a hard place. 10.30 This Is Us. (PGas) Kevin spends the day with Rebecca. 12.30 WIN's All Australian News. 1.30 The Project. (R) 2.30 The Late Show With Stephen Colbert. (PG) 3.30 Home Shopping. (R) 4.30 CBS This Morning.</p>
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<p>ABC COMEDY (22) 6am Children's Programs. 7.15pm Odd Squad. 7.30 Spicks And Specks. 8.30 Hard Quiz. 9.00 Mock The Week. 9.30 Reputation Rehab. 10.00 Flowers. (Final) 10.30 Finding Joy. 10.55 Ghosts. 11.25 The Inbetweeners. 11.50 Schitt's Creek. 12.15am Red Dwarf. 12.45 Josh. (Final) 1.15 Soul Mates. 1.45 Alan Davies: As Yet Untitled. 2.30 News Update. 2.35 Close. 5.00 Five Minutes More. 5.05 Late Programs.</p>	<p>VICELAND (31) 6am WorldWatch. Noon Leah Remini: Scientology And The Aftermath. 1.45 Donkmaster. 3.00 The Ice Cream Show. 3.50 WorldWatch. 5.15 Woman With Gloria Steinem. 5.45 The Joy Of Painting. 6.15 Alone. 7.05 Jeopardy! 7.35 8 Out Of 10 Cats Does Countdown. 8.30 The Curse Of Oak Island. 9.20 Full Frontal: 2020 Election Special. 9.45 Brooklyn Nine-Nine. 10.35 Australia Come Fly With Me. 11.35 Late Programs.</p>	<p>7TWO (72) 6am Morning Programs. 9.00 Million Dollar Minute. 9.30 NBC Today. Noon Vasil's Garden. 12.30 The Great Australian Doorstep. 1.00 Cold Feet. 2.00 Million Dollar Minute. 2.30 Honey I Bought The House. 3.30 Air Crash Investigation. 4.30 Medical Emergency. 5.00 Animal Rescue. 5.30 Escape To The Country. 6.30 Bargain Hunt. 7.30 Father Brown. 8.30 Murdoch Mysteries. 11.30 Late Programs.</p>	<p>9GEM (52) 6am TV Shop. 7.00 Creflo Dollar Ministries. 7.30 TV Shop: Home Shopping. 10.30 The Ellen DeGeneres Show. 11.30 My Favorite Martian. Noon ER. 1.00 As Time Goes By. 2.20 Antiques Roadshow. 2.50 MOVIE: Lady Caroline Lamb. (1972, PG) 5.20 Heartbeat. 6.30 Antiques Roadshow. 7.30 Agatha Christie's Partners In Crime. 8.40 MOVIE: Agatha Christie's Evil Under The Sun. (1982, PG) 11.05 Late Programs.</p>	<p>BOLD (81) 6am Shopping. 8.00 Motor Racing. Formula 1. Race 13. Emilia Romagna Grand Prix. Highlights. 9.00 Mission: Impossible. 10.00 Jake And The Fatman. 11.00 MacGyver. Noon NCIS. 1.00 WIN News. 2.00 Law & Order: SVU. 3.00 Bondi Rescue. 3.30 Diagnosis Murder. 4.30 ST: Next Gen. 5.30 ST: Voyager. 6.30 Bondi Rescue. 7.30 NCIS. 8.30 Hawaii Five-0. 9.30 SEAL Team. 11.30 Late Programs.</p>
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<p>NITV (34) 6am Morning Programs. 2pm The Wrestlers. 3.00 Cities Of Gold. 3.25 Bushwhacked! 3.55 Raven's Quest. 4.05 Musomagic. 4.30 Grace Beside Me. 5.00 Fraggie Rock. 6.00 Taste Of The Territory. 6.25 To The Point. 6.30 Cooking Hawaiian Style. 7.00 Our Stories. 7.20 Young, Strong & Proud. 7.25 NITV News Update. 7.30 Black As. 7.40 American Soul. 8.30 The Point. 9.30 MOVIE: Black Cop. (2017, M) 11.05 Late Programs.</p>	<p>SBS MOVIES (32) 6am Amazonia. (2013, No dialogue) 7.15 Polina. (2016, PG, French) 9.15 The Bookshop. (2017, PG) 11.20 The Eagle Has Landed. (1976, PG) 1.50pm Moonrise Kingdom. (2012, PG) 3.35 Broken Hill. (2009, PG) 5.35 The Man Who Knew Infinity. (2015, PG) 7.35 Kung Fu Hustle. (2004, M, Cantonese) 9.30 Marshall. (2017, M) 11.40 Valley Of Shadows. (2017, M, Norwegian) 1.20am Late Programs.</p>	<p>7MATE (73) 6am Morning Programs. 1pm Ax Men. 2.00 Wardens. 2.30 Savage Wild. 3.00 Pawn Stars Australia. 3.30 Life Off Road. 4.00 Al McGlashan's Fish'n With Mates. 4.30 Megastructures. 5.30 Storage Wars: Texas. 6.00 American Pickers. 7.00 Pawn Stars. 7.30 MOVIE: Harry Potter And The Order Of The Phoenix. (2007, M) 10.15 MOVIE: Police Academy 5: Assignment Miami Beach. (1988, PG) 12.15am Late Programs.</p>	<p>9GO! (53) 6am Children's Programs. 10.30 Malcolm. 11.00 Dance Moms. Noon Quantum Leap. 1.00 Sliders. 2.00 The A-Team. 3.00 Children's Programs. 4.00 Baywatch. 5.00 Knight Rider. 6.00 Malcolm. 7.00 The Nanny. 7.30 MOVIE: Under Siege. (1992, M) 9.40 MOVIE: The Punisher. (2004, MA15+) 12.05am Miami Vice. 1.00 Xtreme ColXtion. 2.00 Dance Moms. 2.50 Late Programs.</p>	<p>PEACH (82) 6am Charmed. 7.00 Dr Quinn. 8.00 King Of Queens. 8.30 Becker. 9.30 Raymond. 10.30 Cheers. 11.30 Big Bang. Noon WIN News. 1.00 Rules Of Engagement. 1.30 King Of Queens. 2.30 Seinfeld. 3.00 Becker. 4.00 Raymond. 5.00 Frasier. 6.00 Friends. 6.30 Neighbours. 7.00 Friends. 8.00 The Big Bang Theory. 9.30 Seinfeld. 10.30 Carol's Second Act. 11.00 Late Programs.</p>
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Welcome to

parkhurst
TOWN CENTRE

Tavern gets a new look

Parkhurst Tavern venue manager Brendan Miller says Rockhampton residents have embraced the venue's new renovations.

The whole venue has a new look, including a new gaming room, new children's play area, new carpet and paintwork throughout the venue and new decor.

The current owners purchased the iconic pub back in 2007 from the Whitings and it was expanded back in 2009.

"The whole venue has been freshened up, some 11 years after the previous renovation we've given it another facelift," Brendan said.

"People have had some very, very positive comments on it which is great, and kids are loving the playground."

Brendan said the venue had coped well with the challenges of Covid-19.

"Pubs in general have had a fairly good response from the public since being able to reopen; the Covid regulations can be a little restrictive, especially in the dining room, but customers have been great and understanding throughout," Brendan said.

"To allow as many customers through as we can, we've had to stagger our evening booking times so everyone has the chance to enjoy our facilities. The bistro, for example, opens from 5.30pm to 8.30pm so there's



Parkhurst Tavern's new playground.

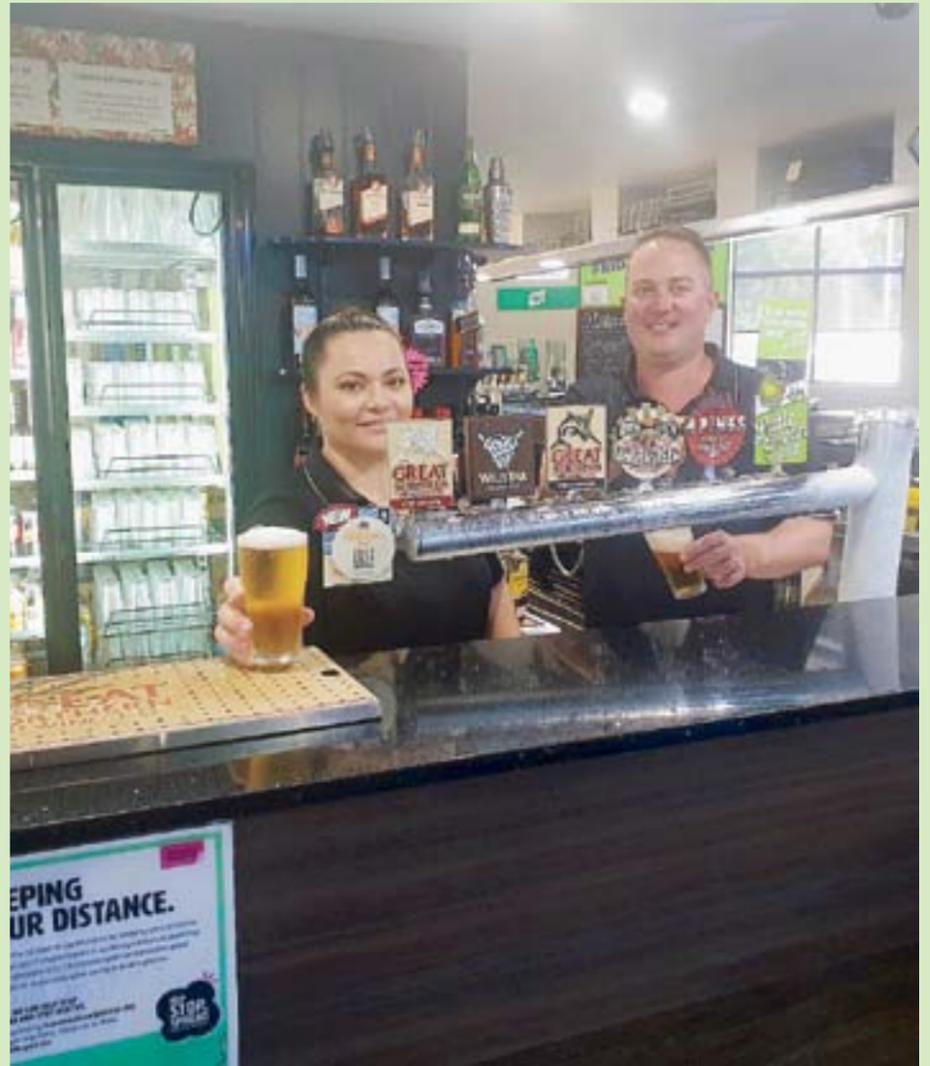
a good period of time for us to get through a couple of sittings so everyone has the chance to enjoy the new-look pub.

"We're also launching an exciting new menu soon and we're eager for people to try it out."

Despite the ongoing roadworks out the front, Parkhurst Tavern is still open seven days a week and there are guaranteed gaming hours from Tuesday to Saturday, 10am to 1am.

The venue features some of the newest gaming machines in Rockhampton, including the brand new Link Choy's Kingdom and the two new Dragon Link games.

Parkhurst Tavern is located at 800 Yaamba Rd, Parkhurst. For more information call 4936 1888.



Shantel Leahy and Brendan Miller from the Parkhurst Tavern are excited about the venue's new look.

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Fashionable alternatives

Fashion designer Oscar de la Renta once said that fashion is about dressing fashionably but that style is more about being yourself.

I think no one would agree more than Tegan Von Allmen, the owner of Rockhampton's eclectic boutique Atomic Vintage.

Tegan chooses clothes for her shop that are different but not too extreme, with vintage and pin-up styles alongside alternative looks like punk, emo and goth.

She says that her interest in non-mainstream style began years ago.

"Growing up in Rockhampton, I always felt a bit uncomfortable in my own skin and I just never felt that what was available in fashion was who I was. I used to do a lot of op-shopping, I used to get teased a lot, but I liked those odd pieces and things I could alter that had a really eclectic or interesting print and I could add buttons or a frill or whatever.

I moved away to Melbourne and it was a massive culture shock how free people felt to express themselves fashion wise, it was so bold and big. I guess when you feel comfortable in your own skin you become more confident and you become a better version of yourself, and that is what fashion does for me. Being able to be unique, I just like to express that on the outside, this makes me feel more me."

Over the last seven years, Tegan's built up a loyal clientele who love her selection of vintage, pin-up and rockabilly which she says "will never go out of fashion" because "it gives



Two outfits from Atomic Vintage.

you a lovely shape and it makes you feel like a million dollars".

She does admit that she doesn't wear vintage everyday because "it's less work" to wear grunge, but that she still feels empowered wearing it.

"I think clothes are armour, that's definitely how I perceive it for myself. If anything, this year has taught us that you only live once, so why be held back by other people's perception of what's pretty. The fashion of the now is so expressive, you are selecting the pieces that empower you and your taste."

You can find Atomic Vintage online, and at shop 1/43 Archer Street, Rockhampton.

If you'd like to know more about better expressing your style or finding out the colours that best suit you, contact me at Imagine You for a consultation.



Tegan Von Allmen is the owner of Rockhampton's eclectic boutique, Atomic Vintage.

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Women in Business



Get checked for cancer

By Member for Capricornia
Michelle Landry

October is Breast Cancer Awareness Month and I am urging all women in Central Queensland to go and get checked.

Breast cancer has affected the lives of thousands of women and their families. This horrible disease has shattered relationships and disrupted lifelong aspirations for all victims of breast cancer.

Breast cancer still remains the most common cancer among Australian women, excluding non-melanoma skin cancer. Survival rates continue to improve in Australia with 89 out of every 100 women diagnosed with invasive breast cancer now sur-

living five or more years beyond diagnosis.

You owe it to yourself and your family to have a good understanding of breast health. Mothers are very good at making sure everyone else gets the care they need, but sometimes they don't make time to look after their own health. As a mother myself, I recall caring after my own family when I was sick but each woman owes it to her family to look after themselves.

The Cancer Council's Pink Ribbon Day is a great opportunity to raise awareness of breast cancer, as well as raise funds for programs, support services and importantly, cancer research.

Please take the time to go and get a breast scan. It might save your life.

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Michelle LANDRY MP

Working Hard for Capricornia

Authorised by Michelle Landry MP, Liberal National Party of Queensland, 71-73 Denham St, Rockhampton QLD 4700. Ph 4922 6604

Right time for screen

Today is the perfect opportunity to ask your girlfriends, mother, grandmother, sister or daughter "have you had a breast screen in the last two years?"

If not, it's time to call 13 20 50 and 'make it happen'.

A screening mammogram can detect a breast cancer long before it can be felt or seen.

Queensland women aged 50-74 are eligible for a free mammogram every two years through BreastScreen Queensland. Women in their 40s and 75 years and over can also attend.

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Women in Business



Qualified lingerie consultant Carol Williams with Amoena swimwear, mastectomy bras and head scarves and introducing Adapt Air Light Breast Form.

Mastectomy confidence

Every two years the Australian government provides a reimbursement of up to \$400 for each new replacement external breast prosthesis for women who have had a mastectomy as a result of breast cancer.

There's nothing more inspiring than seeing a woman's confidence lifted after surviving a serious illness like breast cancer.

Stewarts Department Store carries a full range of Amoena post mastectomy products, including Amoena individual light prosthesis.

Amoena also has a range of headwear and flattering mastectomy swimwear.

Because Stewarts has provided this service for over 40 years, women have not need-

ed to go to Brisbane.

Through research and design, Amoena has been able to determine the needs of the wearer. Because no two women are alike, weighted silicone breast forms come in a variety of shapes and sizes and styles to accommodate different breast shapes.

There is a lot to consider in selecting the correct form for each individual and Stewarts staff always take time to discuss each customer's style choice and preference as well as their comfort.

Contact Stewarts Department Store for more information, or to make an appointment contact Carol on 4927 6344.

Seaside Embroidery started as a hobby

Seaside Embroidery started as a hobby from home and has now been in operation for over 18 years.

Successful business owner Lee-Anne Smith said they offer a range of embroidery services.

"We try to keep a broad range of stock on display at the store for our customers to view," she said.

"We look after a lot of local business, schools, sporting groups, clubs and the general public."

Seaside Embroidery will soon be branching out offering graphic design

services such as vinyl printing, signage for shop fronts and vehicles, business cards and more.

"We're in the process of sourcing a new printer and graphic designer so we can become a one stop shop."

Second-in-charge Ebony Jentjens has worked at Seaside Embroidery for about 10 years now.

Ebony said her role is the perfect fit for her as she adores sewing.

"This is my first job and will most likely be my last," she said.

"I love it."



Seaside Embroidery offers a range of embroidery services for local businesses.

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Women in Business

Devoted to pink cause

I'm Letisha Frenken, a devoted director of The Two Professors and a determined businesswoman for three years now.

The Two Professors has a range of tea and coffee on offer along with a vast variety of accessories for any aspiring baristas back home in their kitchen.

My talented team comprises of eight conscientious women who are customer service connoisseurs and proud passionistas who pour their hearts and souls into serving their coffee community.

Their diverse skillsets allow them to take on front-of-house and kitchen roles ranging from cashiers, baristas and waitresses to chefs and kitchenhands.

Women are crucial to our group as they expand on team performance capabilities,

offer new perspectives and experience, and maintain a balanced employee dynamic that will enhance the overall success of the business.

We have previously sold coffee in pink cups to honour Pink Ribbon Day and create vital awareness among our community.

This cause is especially close to my heart as I have personally had a four-year battle with cervical cancer. So professionally, I want my business to be involved in Pink Ribbon Day to promote the importance of getting checked.

As a business owner, being part of raising awareness for this cause is a great way I can show my support to my customers who support me and my business.



Ready for Pink Ribbon Day are Two Professors staff members Tamara Arthurs, Brooke Elton, Fiona Hare and director Letisha Frenken.

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♥ Celebrating women in Law! ♥

TeamFox currently has 6 wonderful women on our team. Above we have Stacey, Demi, Jess, Chloe and Brooke (just missing Amy). Amongst this group of talented ladies, there is a diverse set of skills and experience, which our clients enjoy the benefits of.

We love to contribute positively to our community. *We're proud supporters of breast cancer awareness and Pink Ribbon Day!*

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For more information, please visit www.foxlaw.com.au, or follow us:  @foxlawqld

12467511-NG44-20

Women in Business

A family law specialist

Paula Phelan established her own boutique law firm three years ago specialising in family law. The support from the public has been amazing. With 23 years in the law and specialist accreditation in family law from the Queensland Law Society, she is in a great position to help you during arguably the most difficult and stressful time of your life.

"Phelan Family Law only do family law. We don't practice in any other area," she said.

"This way we can focus on being the very best we can be. "We are not stuffy old school lawyers that use complex language and focus on legal process only. "We will explain the steps we need to follow to obtain a favourable outcome in simple but precise terms.

"Let us travel with you on this journey and together we will work towards a brighter and happier future."



Paula Phelan from Phelan Family Law.

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Strong team of women

Think Water Rockhampton and Wandal Feed and Seed have been proud supporters of Pink Ribbon Day for the past 10 years.

Manager and director Sharon Hunt, office manager Shannon Kime, Theresa West (admin) and Hayley Hopper (sales) said the importance of the day, which raises funds to support Australian women affected by breast and gynaecological cancers, couldn't be underestimated.

"Even if they're not affected themselves, everyone has family members impacted by cancer," Shannon said.

The four women play a vital role in the business. Without them, things just wouldn't get done.

Wandal Need N Feed is your one-stop shop for all your garden and stockfeed needs.

They stock a range of brands including Coolooa, Riverina, Rocky Point Mulching, Hygain and many more.

Established in 2010, Think Water Rockhampton is your locally owned and operated water expert. Servicing residential, industrial, commercial and agricultural clients, they pride themselves on delivering professional advice and premium quality pumping, irrigation and filtration products.

They stock the best brands including Grundfos, Philmac and Hunter and their water management team receive ongoing factory training from industry professionals.

Think Water Rockhampton are the local specialists in solar-powered pumping solutions for boreholes; dams and water harvesting storage tanks. The Lion Creek Road showroom has a wide range of products including pumps, irrigation and filtration systems, parts and accessories, hose, fittings, valves and pipes to suit all applications.

For more information call 4927 5700.



Theresa West (admin), office manager Shannon Kime, manager and director Sharon Hunt, and Hayley Hopper (sales) at Think Water are proud supporters of Pink Ribbon Day.

Women in Business

Let us help you build

GJ Gardner Homes Rockhampton/Yeppoon is a one-stop shop for those looking to build their new dream home.

Franchise owner and director Heather Abraham said GJ Gardner Homes is a new home build construction company.

"We build new homes, we deal with finance, the first home owners grant, the solicitor fees, conveyancing and more," she said.

"Our office is basically a one-stop shop and we make it very easy to go forward with clients," she said.

"We start with a GJ Gardner plan and then we sit down with the client and make any changes they request.

"We turn our existing plans into their personal design and home - it is uniquely theirs."

GJ Gardner Homes Rockhampton/Yeppoon has been operating for 18 years and they use local contractors.

"We use local contractors to build all of our homes and they have children who participate in sport, which we support.

"We proudly support all local sporting events and businesses."

Ms Abraham said the real estate industry in Yeppoon is currently "booming" at this point in time.

"Luckily, we were classed as essential services during Covid and we remained completely active.

"I don't know why but demand for our services have gone through the roof, par-

ticularly during Covid.

"At the moment there is a massive rental shortage with a waiting list of approximately 300 people."

GJ Gardner Homes Rockhampton/Yeppoon has a good build and construction name.

"Our reputation is very consistent in regards to what is happening in the area," she said.

Ms Abraham said she has an "awesome" and an "amazing" team and that's what makes her company so great.

Construction supervisor Gavin Simpson comes from a family of builders and has had his gumboots on since he was 14 years old.

"He has taught me a whole lot about the building and construction industry since I purchased the franchise seven years ago," Ms Abraham said.

I also work very closely with my colour consultant Angela Johnson and administrative officer Bianca Bertalli.

"The people who work with us and are consistent with us are a big, big asset to our company."

The Rockhampton/Yeppoon office is backed by 35 years of expertise and experience from building over 36,000 homes.

To find out more about building your dream home, visit: <https://www.gjgardner.com.au/home-builders/queensland/yeppoon-5348/>



Our team of solicitors in Yeppoon can help with a multitude of legal situations

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Paul Watts & Co
Solicitors

Paul Watts & Co Solicitors
Unit 1/1 Toos Cl, Yeppoon | Ph: 4939 8666
Email: reception@paulwattsco.com.au

12466158-DL44-20

Female staff are the real backbone of business

Paul Watts and Co Solicitors' five female staff are the backbone of the business, playing an integral role in daily operations.

Solicitor/director Maddie Watts' father ran the business for decades until he passed away in 2018.

Maddie worked with her father following her graduation in 2008 and later took over the practice.

"At Paul Watts and Co we strive to give young the opportunity and confidence they need to follow what they want to do and be able to go to work and be happy," she said.

"We are a Capricorn Coast legal firm who try to give everyone the opportunity to great legal services. We offer services for everyone not just women but wish to give everyone great legal services.

"We are strong supporters of anything cancer related and try to attend fundraisers/functions whenever and whatever is available as it is close to our heart as my father passed from cancer."



Solicitor/director Maddie Watts from Paul Watts and Co Solicitors.



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Featuring a well-appointed kitchen with heaps of cupboard space, two tiled living areas, air-conditioning and ceiling fans, internal laundry and security screens, it has everything you and your family need in a home. Plus there are also four spacious, carpeted bedrooms with the master including ensuite and walk-in robe so you all have the space you need.

Stepping out onto the patio you then see the sparkling spa and pool overlooking established gardens and you are imagining your family enjoying your new home.

Inspect now and be ready for summer. ●



HOME ESSENTIALS

Address: 2 Lilydale Close, NORMAN GARDENS **Description:** 4 bedrooms, 2 bathrooms, 2 garage, pool **Price:** \$509,000 **Inspect:** By appointment

Contact: Brit Wheeler, 0407 228 860, LJ HOOKER, ROCKHAMPTON



18 Lamb Avenue Gracemere



Situated in a quiet Gracemere street, this home is within walking distance to St Paul's Primary School and also school buses into Rockhampton. The kitchen is roomy with a breakfast bar and overlooks the tiled living and dining areas. The three bedrooms are serviced by a two-way bathroom. Security screens, ceiling fans and air conditioning are also features. A covered patio along the back of the house and a single bay shed with carport off the side make this home a very attractive package.
*** This property is currently tenanted

For Sale
\$339,000

View
By appointment
ljhooker.com.au/34SHVW

Contact
Jade Carr 0439 989 636

LJ Hooker Rockhampton 07 4922 2122



17/100 Victoria Place Berserker



This three bedroom unit has been lovingly cared for. On display here:

- * 3 bedrooms with built ins.
- * Combined living, dining and kitchen area with A/C
- * Spacious bathroom with separate shower
- * Single lock up car accommodation
- * Nice private spacious BBQ & entertaining area
- * Complex pool area

Positioned in a great location only minutes to shops, CQ University and primary & secondary schooling.

For Sale
\$199,000

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135 Berserker Street Berserker



This delightful double storey property has room for the whole family and more. The owners have taken this amazing property to the next level, creating a comfortable, modern and spacious lifestyle. Six bedrooms, 2 bathrooms, 2 kitchens & an office are at your disposal. There are bedrooms, bathrooms & a kitchen on both the upper and lower levels which are serviced by two sets of internal stairs allowing the family to enjoy their own space yet access both levels.

For Sale
\$319,000

View
By appointment
ljhooker.com.au/2Z2HVV

Contact
Trent Neven 0407 597 303

LJ Hooker Rockhampton 07 4922 2122



275 Berserker Street Berserker



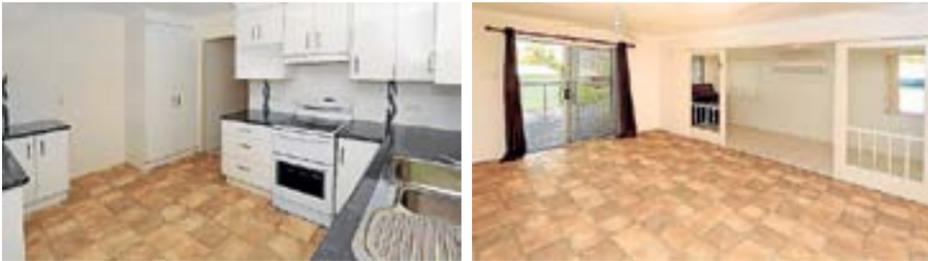
Step inside and be inspired by the transformation this home has received. The kitchen is the masterpiece and is sure to impress with its cupboards, bench space, soft closing drawers and stainless appliances. The bathroom offers a large shower, stand-alone bath and vanity. There is also a large open plan dining & kitchen area flowing through to the kitchen. Descend the internal stairs to a large lockable storage area & two more storage rooms.

For Sale
\$329,000

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Trent Neven 0407 597 303

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211 Houlihan Street Frenchville



Located in the ever popular Frenchville suburb you will find this large solid built highset family home.

- * 3 sizeable bedrooms / built ins / main with A/C
- * Spacious combined lounge and dining area with A/C
- * Modern kitchen with pantry and good bench space
- * Fully lockable under with great storage
- * Huge lockable 6x6 shed with one roller door plus 6x3 carport attached and side access

For Sale
NOW \$329,000

View
By appointment
ljhooker.com.au/350HVW

Contact
Gavin Jenkins 0419 761 300

LJ Hooker Rockhampton 07 4922 2122



2/374 Limpus Street Frenchville



You will be pleasantly surprised to find this highset brick three bedroom unit in a quiet and private location and also in walking distance to the Frenchville shopping precinct, Berserker Tavern and schooling.

- * 3 bedrooms/ 2 with built ins & a/c
- * Combined kitchen/ dining and living area with a/c
- * Bathroom with separate shower
- * Single lock up car accommodation
- * Currently leased at \$250 week

For Sale
\$249,000

View
By appointment
ljhooker.com.au/33THVW

Contact
Gavin Jenkins 0419 761 300

LJ Hooker Rockhampton 07 4922 2122



114 Haynes Street Kawana



This home is situated in the quiet end of Haynes Street and is just a stones throw to shops and sporting facilities. Including air-conditioning for comfort, three good size bedrooms, bright and sunny eat-in kitchen, polished floors, renovated bathroom, fully tiled rumpus room and single lock up car accommodation. The yard is also fenced for the kids and includes a garden shed. This property is tenanted until July 2021 and is currently returning \$280.00 per week.

For Sale
NOW \$209,000

View
By appointment
ljhooker.com.au/36DHVW

Contact
Brit Wheeler 0407 228 860

LJ Hooker Rockhampton 07 4922 2122



6-12/16 Elphinstone Street Berserker



Nestled at the Kershaw Gardens end of Elphinstone Street, in the gated Kershaw Parklands Community is this immaculate three bedroom home. The kitchen with a spacious breakfast bar looks out over the living/ dining area at the back of the house. The master bedroom & living/ dining area are A/C with the rest of the home having ceiling fans. Other features are a two way bathroom also servicing the master plus s/screens throughout including the back patio sliding door that leads out to a private and tranquil patio and backyard.

For Sale
\$305,000

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By appointment
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Brit Wheeler 0407 228 860

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LOT 3	3,545 m ²	\$217,500	LOT 106	4,001 m ²	\$242,500
LOT 4	3,509 m ²	\$217,500	LOT 112	4,326 m ²	\$197,500
LOT 5	8,069 m ²	\$237,500	LOT 113	4,334 m ²	\$237,500
LOT 6	17,210 m ²	\$267,500	LOT 114	4,037 m ²	\$197,500
LOT 7	21,510 m ²	\$202,500	LOT 909	4,442 m ²	\$227,500
LOT 10	4,062 m ²	\$227,500	LOT 910	4,050 m ²	\$232,500
LOT 12	4,075 m ²	\$240,000			
LOT 13	4,757 m ²	\$242,500			
LOT 14	4,980 m ²	\$207,500			
LOT 15	5,007 m ²	\$207,500			
LOT 84	4,033 m ²	\$217,500			
LOT 88	4,012 m ²	\$207,500			
LOT 96	4,132 m ²	\$145,000			



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‡While we've done our best to deliver you accurate information, we strongly advise you check the relevant Queensland and Australian Government websites and agencies for up-to-date information on grants and your eligibility.

Find Tanby Heights on

ARCHITECTURAL DESIGN WITH WOW FACTOR

A package of this caliber and distinction is rarely available. Upon entry you will be encompassed by the architectural design and use of materials throughout the home.

Four spacious bedrooms with built-in robes, the huge master includes large walk-through robe. 2 floor-to-ceiling bathrooms, the impressive ensuite features freestanding bathtub, dual shower and vanity.

The family bathroom includes separate wash closet and toilet. Impressive entry way with raised ceilings, which are featured throughout the home, large front door and exposed brick feature wall.

Huge galley-style kitchen with mosaic tile splash back, shaker doors, 2 pantries, breakfast bar, quality electric appliances including dishwasher and 40mm corian bench top. Massive open plan living and dining space with the ability to divide into many zones and featuring raked ceilings, stacker doors to the outdoors and blackbutt flooring as consistent throughout.

Separate media room with cavity slider. Bespoke office with built-in desk and its own outdoor access. Stunning private outdoor entertaining area with feature timber ceiling.

Oasis style, unground pool with water feature and pool cabana and pizza oven. 2 car garage with electric roller door and direct access into the house. At the back of the allotment, you will find the hidden gem that is the "granny flat" and additional car accommodation.

Features include: 1 bedroom with walk-in robe and built-in robe, modern bathroom with tub, open plan living and dining area,



functional corner kitchen with electric appliances, spacious front deck overlooking the private gardens. 3 bay Besser block workshop/shed with additional awning running the length of the dwelling. Situated in the highly sought after locality of Inverness, on a fully fenced acre allotment. As a whole, the property and landscaping is immaculately finished and you will be impressed with the grandeur the packages offers. ●



HOME ESSENTIALS

Address: 21 Vaughans Road, INVERNESS Description: 5 bedrooms, 3 bathrooms, 5 garage Price: On application Inspect: By appointment

Contact: Adam Cook, 0434 247 964 and Anna McPherson, 0437 217 701, YEPPON REAL ESTATE

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15 Kurrajong Street, Blackwater
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\$289,500

22 Lawless Street, Blackwater
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\$285,000

6 Talbot Street, Blackwater
4 bed 2 bath 4 car shed



\$99,000

36 Wattle Street, Blackwater
3 bed 1 bath 1 car



\$249,469

13 Stower Street, Blackwater
4 bed 1 bath 2 car

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GREAT PACKAGE

THIS is a three bedroom, one bathroom, low set home and has been painted throughout.

As you walk through the front door you can see the polished timber floors and the modern kitchen with matching timber benches.

The living areas are air-conditioned and have ceiling fans.

The three bedrooms all have polished timber flooring with air-conditioning and ceiling fans. The master has a built in robe.

This property is fully fenced with colorbond fencing.

The best feature is the powered double bay roller door shed which also has an awning to the side.

The home is close to school, shops, the Country Club, what more could you want call now to arrange an inspection. ●



HOME ESSENTIALS

Address: 57 Littlefield Street, BLACKWATER Price: \$249,000

Description: 3 bedrooms, 3 bathrooms, 3 garage Inspect: By appointment

Contact: Dee, 0428 770 557, REAL ESTATE VISION GROUP

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Gardening

Neil Fisher



Patterson House was the winning house at the RGGs gardening competition.



Smith House.



Downs House.



Williams House's special garden is a memorial to Liv (Olivia) Harwood.

Gardens should tell story

What sort of a story should a garden in 2020 tell?

When you think of Covid-19, lockdown - no international flights or even no flights to some other states - it is all quite depressing but gardening comes to the rescue. That's right, one of the best pursuits you can have during these Covid times is gardening.

As we start understand more about Covid, being outside in the garden is the best form of social distancing. The sun provides vitamin D and we have the added bonus of homegrown vegetables and colourful flowers.

Vitamin D forms in the skin when it is exposed to UV from sunlight. It can also be obtained from some foods. Our bodies need vitamin D to maintain good health and to keep bones and muscles strong and healthy.

Locally, there has been many positive gardening stories as well. Last week, I had the opportunity to judge gardens at Rockhampton Girls Grammar School.

The Rockhampton Girls Grammar School, like most other schools in our region, have not been able to conduct the annual school productions.

So Rockhampton Girls Grammar School decided to conduct a inter-house gardening competition this year. This was not a new activity for the school as it has had proud history student garden competitions.

This year the Rockhampton Girls Grammar School houses of Downs, Smith, Patterson and Williams all designed, constructed and maintained their garden. I had to applaud their effort. The winning house was Patterson House.

On 1 October 2018, Rockhampton Girls Grammar School Williams House Captain Liv (Olivia) Harwood, along with her mother Beverley, were tragically killed in a car accident on the Warrego Highway near Oakey. Liv was honoured by her house.

A SPECIAL GARDEN MESSAGE FROM WILLIAMS HOUSE STUDENTS

With the introduction of the inter-house gardening competition this year, Williams took this opportunity to remember and treasure a beautiful leader that led our house. As Liv's memorial stands tall in our garden, we ensured that it was our highlight.

Our theme is to 'stand tall, shine bright and spread seeds of happiness'. As these fitting words are on the plaque for Liv, we wanted to bring this statement to life. The Williams family came together to form each unique section of the garden.

Each year group was given an area of the garden and had the opportunity to plant their own way. The aim for our garden was to have a bright space, and so the yellow and orange marigolds that you see before you illustrate the delicacy and teamwork used by each group to ensure these plants flourished. In addition, the Year 11 cohort decorated Liv's memorial in honour of her bright and bubbly persona.

The purple petunias and lavender were used to not only make this area unique to the

memorial but also to incorporate our rich Williams history - the history of the once purple house. The nature of these flowers are to spread as they grow thus, 'spreading seeds of happiness'.

We hope that in the future our garden continues to grow and brings a bright and appealing aspect to the centre of our school whilst remembering the beautiful soul that was taken too soon. The house agreed that the yellow theme indicates our house colours but also the love that Liv had for sunflowers.

All the girls were asked to respond to the question "what does it mean to be a RGGs Williams girl?" Their answers are safely stored in the jar which we hope will be preserved for years to come so that future Girls Grammar girls can appreciate and understand the true meaning of this privilege.

We believe that this project gave us the perfect opportunity to honour Liv, celebrate our House and to beautify a unique space within our school.

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Rural Matters

Industry being destroyed

By AgForce Cane President Ricky Mio

I think it says everything about politics that the leaders of the major parties have spent more time in regional Queensland in the past eight weeks than they have in the previous four years.

Suddenly - at election time - regional Queensland is important to them. And only then.

Over the past few decades, I have watched one of Queensland's oldest, proudest and most valuable industries being slowly strangled by government red and green tape and a lack of vision. And the state government simply refuses to listen.

The sugarcane industry - the lifeblood of virtually every coastal city and town in Queensland - is being screwed.

It is only the resilience, commitment, and



AgForce cane president Ricky Mio.

belief of our farmers, many with sugarcane in their blood going back three and four generations, that keeps us going.

The report on ABC's Landline program on the weekend implying cane farmers are exiting a twilight industry was gutting.

With the world sugar price at times making farming operations unviable, many growers are diversifying to reduce the risk.

Not just diversity into alternate crops but a new bio-economy - fuel, plastics, power (electricity and ethanol) that are fully sustainable.

Cane is a hardy crop, compatible with coastal Queensland's tropical environment - it can withstand flood, fire, drought, and cyclone and still deliver a viable harvest.

Like other grasses, its complex root structure prevents soil erosion.

And farmers have been driving improved farm management practices to further reduce nutrient and chemical usage as well as farm runoff for decades.

However, there is an ideology-driven campaign by environmental groups to demonise our industry.

And this underpins the legislation that is strangling our industry and the communities it supports at a great personal cost to cane farmers and for negligible environmental improvement.

The opportunity to remedy this is one of the main reasons we joined with AgForce, a peak body representing many areas of agriculture.

AgForce has a new vision for cane, as it has for agriculture generally.

One that ensures the government completely rethinks and resets their environmental policies, secures public and private sector investment in game-changing R&D, and collaborates strongly with all parts of the supply chain to rebuild a strong industry.

Every cane farmer and resident of a cane community should add the power of their voice to our campaign. It's clear that votes are all the politicians listen to.

CQToday.com.au **NEWS**

Politicians and citizens discuss matters of life and death

By Erin Hutchinson, president of Cherish Life QLD Rockhampton Branch

Numerous politicians and political candidates were part of a group of concerned citizens 140 strong who met last month in Rockhampton to discuss issues of life and death.

On September 14, the Rockhampton Branch of Cherish Life Queensland held an information evening in conjunction with its annual general meeting. The guest speaker was Martyn Iles, the managing director of the Australian Christian Lobby.

The highly anticipated presentation, "Life and Death: A Tale of Two Societies" was delivered via Zoom - a sign of the times as Martyn was prevented from travelling from the ACT due to the Queensland border closure.

Adding to the impressive turnout was the attendance of sitting member, Stephen Andrew, One Nation MP for Mirani, and every LNP, One Nation and Katter's Australian Party candidate for the electorates of Rockhampton, Keppel and Mirani.

Also attending were several councillors from both Livingstone Shire and Rockhampton Regional Council, including the Livingstone Shire Mayor Andy Ireland and Deputy Mayor Adam Belot.

What was noticeable and commendable was the enthusiasm from all the political candidates for their party's commitment and poli-

cies regarding Queensland abortion laws. All three parties - LNP, ONP and KAP - have announced their commitment in varying degrees to reviewing or rolling back the Termination of Pregnancy Act (TOPA) 2018, introduced by the Queensland Labor government and which passed on October 17, 2018.

Prior to Labor passing this extreme law, abortion was only legal in Queensland for the preservation of the mother's health (McGuire ruling 1986). Labor decriminalised abortion up to 22 weeks, allowing termination for any reason. After 22 weeks an abortion can be obtained with the approval of two doctors under a wide range of criteria including for "social" reasons, so essentially for any reason.

All amendments to the bill were voted down, including cooling-off periods, mandatory counselling, protection against coercion, and pain relief for the baby.

Doctors who object for conscientious reasons must also refer. There is no gestational limit, meaning that a healthy, full-term baby of a physically healthy mother can be legally aborted in Queensland.

Many Queenslanders would have no idea that this legislation has passed. The common reaction to discovering that abortion to birth is legal in our state is of disbelief and disgust; quite naturally as the vast majority of people instinctively recoil at the suggestion of late-term abortion.

Understandably, many can't believe that a society and government could sanction the deliberate killing of a developing, or fully-formed baby in the womb.

By 12 weeks - 10 weeks post-conception - the unborn baby has all major organs in place and just has to grow.

Not surprisingly, support for late-term abortion is very low. A Queensland Galaxy poll conducted in 2016 found that 85 per cent of people are opposed to late-term abortion past 20 weeks. The support for abortion continues to drop the further along a woman is.

Supporters of this legislation make a number of naive, or deliberately misleading, claims about it.

The first assertion is that abortions after 22 weeks can only occur on medical grounds, but the criteria is actually much wider and encompasses all possible reasons by including "social circumstances".

To put it in the reverse, the legislation doesn't really leave any room for refusal.

The second assertion is that two doctors must approve of an abortion after 22 weeks. This claim is often rolled out triumphantly as though it gives the legislation credibility, and to make it more palatable to those who disapprove of late-term abortion, but the requirement is extremely loose as there are no further conditions that apply.

The two doctors could be two abortionists. There is no requirement for the second doctor to see a patient file, or the patient themselves. Basically all that is required is the tick of approval from two doctors who have no issue with late term abortion.

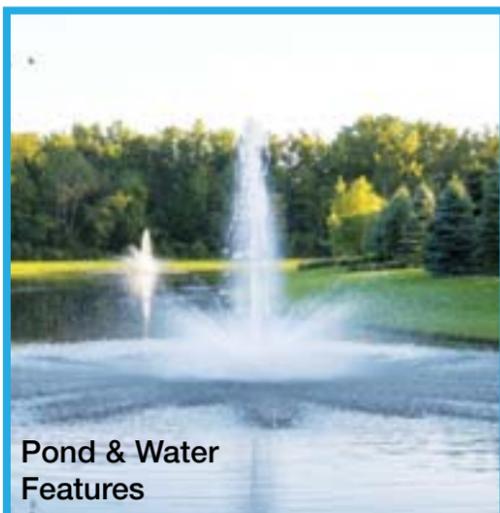
There is a shift happening in our social and political debate concerning life issues and it's getting louder.

Rockhampton Senator Matt Canavan is one such politician who has fearlessly voiced his steadfast support for pro-life initiatives, and his commitment from the Upper House to protecting the unborn has been unwavering.

Today's candidates are confronting these issues more boldly than before. They are as aghast as the rest of us at the current state Labor government's uncompromising attacks on life, and now their personal convictions on the intrinsic value of human life are beginning to be reflected in their parties' pro-life commitments.

Voters have long felt the disappointment in the past failures of their representatives to stand up for the unborn. They want to have confidence in candidates and trust that they use their votes in parliament to protect our children.

This is where things are changing. When it comes to life issues, for the first time in a long time, it could not be clearer as to which party we should not vote for in this state election.



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Heavens open for Rocky

By weather forecaster Mike Griffin

After two months of dry, the heavens opened with 21mm in as many minutes on Wednesday around 1pm in South Rocky.

Then another storm after midnight raged to around 2am, with a grand total of 66mm in Lamington and Jessie Streets, North Rocky. Brigg Street got 33mm and Parkhurst 31mm.

This turned Capricornia from a brown dry countryside into an emerald green. This was all due to a thick cloud band stretching from the Northern Territory west to the Gulf, then south to Central Queensland to Brisbane and eastern from NSW to Victoria.

Heavy to extreme rainfall was recorded at Wallis Lake near Newcastle, with 311mm in 36 hours causing flash flooding.

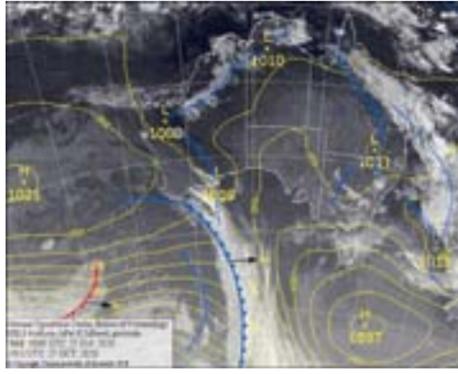
Storms with hail damaged Brisbane suburbs, with reports of 60mm in as many minutes. Not to mention the 38mm in half an hour at the Gabba before the start of the AFL Grand Final on Saturday. Plus the Storm, assisted by "storm" rain in Sydney, won the NRL Grand Final.

On Sunday, a large storm hit Tilpal Creek on the Stanage Bay Road. Local resident Ian reported flash flooding and trees down with an estimated 100mm of rainfall. There were also reports of hail at Farnborough and a total of 60mm for the week at Pacific Heights.

The trough that caused this started in a line from Mount Isa to Longreach last week, and moved slowly east causing mainly afternoon storms in its wake. Castle Creek, near Theodore, got 97mm, while Jambin received 32mm and Biloela copped 25mm over the weekend.

Other rainfall totals included 33mm at Springsure Junction, 40mm at Craigmere, 58mm at Fairbairn Dam and 50mm at Emerald Radar.

This created a rather small inflow for the Fairbairn Dam, which has been down to 8.5 per cent, over the weekend.



Then as the trough reached Capricornia, Westwood received 26mm, Melrose recorded 54mm, Hedlow got 60mm, Frenchville copped 38mm and Rocky Airport recorded 16mm.

By Wednesday it sat just east of the Capricorn Coast, with the last high based storm activity along the coast and adjacent ranges (see map).

FORECAST

As the trough moves offshore the winds lighten, which will be great for the boaties on Thursday/Friday.

There will be light NNW winds early tending NNE, with late afternoon gusts.

Winds will be rather strong on Saturday and Sunday afternoons, so boaties beware! These winds will allow the maximums inland to rise to a hot 36/37C (over 50C in the sun) for Emerald to Duarina, reaching Capricornia over the weekend. It could reach 35C in Rocky, while the coast should be six degrees cooler.

A low developing over NSW with storms will affect southern Queensland and tease southern Central Queensland. An isolated storm near Gladstone on Sunday may reach Mount Morgan and maybe Gracemere.

As the low weakens, isolated high based storms with 2-5km narrow rain shafts will de-



Weatherman Mike Griffin.

velop to the south and west mid to late week. If a large high develops in the Bight watch for a strong southeast trade wind surge on Friday/Saturday. If this is right storms may herald this.

The US are bracing for their fifth hurricane to hit, while the Vietnamese are bracing

for their third Typhoon this season. It's very promising for our coming monsoon. The SOI (Southern Oscillation Index) was +12 in early October. This seems to coincide with the good rainfalls about. Now it has fallen to +6; below the La Nina threshold.

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Announcements

Deaths

BAILEY, Barbara Rachel (nee Asher)

Late of Shalom.

Passed away peacefully on Friday 23rd October 2020.

Aged 82 years

Dearly Loved Wife of Keith (dec'd). Loved Mother and Mother-in-law of Josephine, Sharr and Gordon. Cherished Grandmother of Shannon, Michael, Jessica and Rachel and Great-grandmother of their families.

Relatives and Friends are respectfully invited to attend a Service to Celebrate the Life of Barbara to be held in the Tucker and Nankivell Chapel, 166 Alma Street, Rockhampton today Thursday 29th October 2020, commencing at 4:30pm



12468305-NG44-20

Deaths

GOODWIN Neil Victor 'Vic'



Late of Alpha.
Passed away peacefully on
Wednesday 14th October 2020.

Aged 90 years.

Beloved Husband of Enid.
Much Loved Father and Father-in-law of
Neil (dec'd) and Chanelle, David, Ian and Leisa,
Bernadette and Warren, Andrew and Cathy.
Cherished Grandfather of Shanna, Jordie, Corey,
Erin, Hannah, Clay, Claire, Amy and their
respective families.

A Private Service was held for Vic at the
East Chapel, Rockhampton Crematorium on
Thursday 22nd October 2020.



12468093-NG44-20

Deaths

SMALL, Marie Eva

of Alyssa Court, Norman Gardens and formerly of
Lake Lindsay Station Dingo
passed away peacefully surrounded by her loving
family and friends on Sunday, 25th October 2020

Aged 87 years.

Very much loved Mother and Mother-in-law of
Raymond and Frances, Greg and Kayleen, Brian
and Leigh, Kevin, Marcia and Wayne.
Loved Grandma and Great Grandma. Love Sister
of Terry and Doug Kelly and their families.

Relatives and friends are respectfully invited to
attend a Funeral Service for Marie to be
held in the East Chapel Rockhampton
Crematorium on Monday, 2nd November 2020
commencing at 12 noon



12467973-SN44-20

Funeral Services

DOUGAN, Graeme Arthur 'Darcy Dougan'

Of May Street North Rockhampton
Passed away peacefully on
Tuesday 13th October 2020

Aged 77 years.

Beloved Husband of Lorraine.

Much loved Father of Stephen.

Relative of the Dougan and Menzies
Families and friend to many.

Relatives and Friends are respectfully
invited to attend a Celebration of
Graeme's Life to be held in the East
Chapel Rockhampton Crematorium
on Monday 2nd November 2020
commencing at 10am.



12467819-LB44-20

Deaths

BALL, Pauline Lilian

of Sunset Ridge Zilzie
And formerly of Pine Street
North Rockhampton

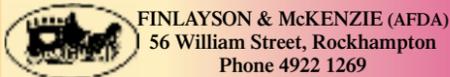
Passed away on
Friday 25th September 2020

Aged 95 years.

Loved Mother of Deborah Mylrea
and Myles Ball.

Grandmother and Great-Grandmother.

A Private Cremation Service was held
for Pauline on Tuesday 6th October 2020.



12467818-LB44-20

Deaths

HINCHLIFFE, John Kevin 'Kevin'

Late of Bouldercombe

Passed away peacefully on Friday 16th October 2020

Aged 89 years

Beloved Husband of Betty.

Much Loved Father and Father-in-law of Anne, Paul,
Leanne (dec'd), Gayle, Keith and Christine, Peter and
Kaylyn, Greg, Ian and Kaylene. Cherished Granddad,
Great-granddad and Great-great-granddad of their
families. Loved Brother of Helen, Gwen and Mary
(all dec'd) and Lois Stenhouse.

A Private Service was held for Kevin at the
St Joseph's Catholic Cathedral in Rockhampton
on Thursday 22nd October 2020



12468465-JW44-20

Deaths

SMITH, Sandra Kay

of Settlers Cottages Rockhampton
Passed away peacefully on
Saturday 24th October 2020.

Loved Daughter of Stewart
and Alma (both dec.).

Sister to Stewart and Families

A Funeral Service for Sandra will be
held Graveside at Gracemere Cemetery
on Wednesday 4th November 2020
commencing at 10.30am.



12468291-DL44-20

Deaths

LEWIS, Gloria 'Edna'

Of Flowers Avenue Frenchville
Passed away peacefully on
Monday 26th October 2020

Aged 84 years.

Beloved Wife of Allan.

Much loved Mother of Shirley and Rod.
Much loved Grandmother to Louisa, Kloe,
Hayden and Jacob.

Relatives and Friends are respectfully
invited to attend a celebration of Edna's Life
to be held in The East Chapel Rockhampton
Crematorium on Tuesday 3rd November
2020 commencing at 10am.



12468418-DL44-20

Deaths

DUNPHY, Roslyn Kay

Late of "Island Camp" Gogango

Passed away peacefully surrounded by family on
Sunday 25 October 2020.

Aged 56

Dearly Loved Wife of Owen.

Loved Mother and Mother-in-Law of Jessica
and Kieran, Kevin and Hayley, Rachel and Jason,
James and Kirsten.

Cherished Nanna of 9 grandchildren. Much
Loved Daughter of Roberta and Eddie (dec'd)
Rutherford. Loving Sister, Sister-in-law, Aunt
and Cousin of the Dunphy, Rutherford, Johnson
and Small families and all our extended family.

Family and Friends are respectfully invited to
attend a Service to Celebrate the Life of Roslyn
to be held in the East Chapel, Rockhampton
Crematorium Friday 30th October 2020,
commencing at 11am.



12468201-SG44-20

Deaths

McDONNELL, Thelma Ellen

Passed away peacefully on
Wednesday 30th September 2020.

Aged 94 years.

Beloved Wife and Mother of Ron (dec'd)
and Rolma Hamilton.

Much Loved Nanna of John, Karly, Michael,
Peter, Donna, Ashlei, Declan,
William and PJ (dec'd).

Loving Aunt of the McDonnell
and Parker families.

Thelma was laid to rest during a private funeral
on Wednesday 7th October 2020.

"Forever in our Hearts"



12468073-RC44-20

Deaths

WAGNER, Grahame Nils

of Philp Ave, Frenchville passed away peacefully
Thursday, 22nd October 2020

Aged 87 years.

Beloved Husband of Ronnie.

Much loved Father and Father-in-law to Drew and Jo,
Toni Maree, Scott and Nikki.

Loved Grandad Grahame to Matt, Kate, Rio, Dom. Loved
Brother of Dorothy, Alec, Jim, Frank and their families.

Relatives and friends are respectfully invited to attend
a Celebration of Grahame's life to be held in the East
Chapel of the Rockhampton Crematorium on Thursday,
29th October 2020 commencing at 11 am



12468167-SN44-20

Deaths

WARD, William Russell (Bill)

of North Rockhampton Nursing Home
and formerly of Nerimbera

Passed away peacefully
Thursday, 22nd October 2020

Aged 78 years.

Beloved Husband of Patsy.

Much loved Father and Father-in-law
of Eddie and Samantha.

Loved Grandad to Marley and Gav, Karl
and Travis, Patrick.

Great Grandad to Toby.

Loved Brother, Brother-in-law and Uncle
to the Ward and Trathen families.

Relatives and friends are respectfully
invited to attend a Funeral Service for Bill
to be held in St David's Anglican Church,
Simpson Street, North Rockhampton
today, Thursday, 29th October 2020
commencing at 10:30 am

Followed by Committal at
North Rockhampton Cemetery



12467847-LB44-2

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Rest in Peace

Facing those Gladiators

By Liam Emerton

The Liquid Energy competition was hosted by the Gladstone Gladiators on the weekend, with a great number of swimmers turning up for the event.

It was the first major race day that the Gladiators had hosted since the enforced Covid-19 break.

It was also the first carnival since the tragic loss of junior coach Terry Fellows, a true icon of the Gladstone club.

The day was the perfect time to celebrate Mr Fellows and his wonderful work within the club.

The Rockhampton, Yeppoon and Emu Park clubs produced strong numbers for the race meet.

Rocky City had eight athletes attend the event that helped remember the legacy that Gladstone Gladiator Terry Fellows had created.

The team members challenged themselves to beat their own previous best times and were able to capture some medals.

The Rocky City standouts were 13-year-old Oscar Wemmerslager, who captured two golds in the 200-metre IM and 100-metre butterfly, before securing two silvers and one bronze.

Jamie Rodgers also won gold in the 100-metre breaststroke, Renee Schluter received two silvers in the 100-metre freestyle and 100-metre fly events, and Elizabeth Moor won silver, while Emma Green and Ashton Rodgers earned a bronze medal.

The team members said they thoroughly enjoyed the Covid-friendly and highly-organised meet and looked forward to the next battle in the pool with the Gladiators.

Nine Yeppoon Sharks swimmers attended the Liquid Energy Meet, and for many it was their first chance to compete in nearly seven months due to various Covid restrictions at other events.

All sharks performed very well, with every



Rocky City Swimming Club's attendees Jamie Rodgers, Ashton Rodgers, Jack Lynch, Emma Green, Alex Rodgers, Elizabeth Moor, Thomas Bytheway, Oscar Wemmerslager and Rennee Schluter.

competitor attaining personal best times.

While there were no age champion awards on offer, the club said Indee Cossart (8 years girls) and Ashley Jones (9 years girls) were dominant competitors in their respective age groups.

Emu Park Swimming Club had five competitors enjoy the event, with all swimmers producing personal best swims in different races.

Caribae Swimming Club produced the

most numbers out of any of the travelling sides from the Rockhampton region, with 20 swimmers gracing the Gladstone-waters with a plethora of personal bests.

In other swimming news, the Queensland Open Water championships were held two weekends ago.

Rocky City Coach Shane Kingston and his team had a great day out at the Queensland Open Water Championships. Coolum turned on a beautiful spring day and RC produced

some awesome swims. A massive congratulations to Lachlan Kuss, Jack Lynch and Taryn Roberts, who all brought home a medal.

Emu Park had seven swimmers, while Caribae sent congratulations to their solo swimmer Alex Cumming.

Competing in the 5km event at the state Open Water Championships, Alex swam a three-minute and 48-second personal best on the day.

Announcements

Funeral Services

SMITH, Ruby Agnes
of Benevolent Home and formerly of Campbell Street, Rockhampton
Passed away peacefully
Wednesday, 21st October 2020
Aged 92 years.
Beloved Wife of Alf (dec).
Much loved Mother and Mother-in-law to Sherryl and Ron, Darlene and Harvey (dec).
Loved Nana to Amanda, Nichole.
Great Nana to Deklyn, Brodie, Jordyn.
A Funeral Service was held for Ruby on Tuesday, 27th October 2020.

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Food and Drink Outlet, Garden Centre, Community Use and Function Facility
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On: Lot 1 on RP607807 and Lot 5 on RP602359
Approval sought: Development Permit for Material Change of Use
Application ref: D/76-2020
You may obtain a copy of the application and make a submission to: Rockhampton Regional Council PO Box 1860 Rockhampton QLD 4700 enquiries@rrc.qld.gov.au **1300 225 577** www.rockhamptonregion.qld.gov.au
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CQ blows them away

By Liam Emerton

The Central Queensland representative cricket side has made a big impact in its first game of the 2020/21 North Queensland men's Open Zone Championships.

The CQ side picked up a strong victory over the Mackay-Whitsunday Cyclones, winning by 19 runs.

Central Queensland batted first and produced a solid 168 runs - which was made more impressive considering the side was three wickets down for just 38 runs at one stage.

The Seamers have a 71-run partnership between Steven Porta and Brent Hartley to thank for their final total.

Porta scored a game-high 66 runs, while Hartley contributed with 34 runs of his own.

The two together brought the total up to 109 before Hartley was dismissed.

The next two wickets fell for just nine runs before Cameron Keene took to the crease as the score read 6/118.

Keene survived while three partners fell, scoring 23 runs from 19 balls before being caught swinging, leaving the Centurions all out for 168 runs.

The home team's bowling attack was ferocious when it came out on the day, with four separate bowlers picking up five relatively fast wickets.

George Stacey picked up the first wicket after he caught Cyclone's Sam Vassallo in front of the stumps.

It was 20 runs later when Logan Whitfield dismissed Darryn Dyer, with Porta getting the assist with a good catch to take the score to 2/38.

It was at that point when Joe McGaham

secured the scalp of Jason Butterworth leg-before, before Whitfield doubled his wicket tally to make the score 4/43.

Harrison Rideout then picked up his first wicket of the day, dismissing Day for 15 runs.

Those five wickets had the score sitting on 5/62, but then Mackay-Whitsunday put together a great partnership.

Luke Pietzner and Lane Kohler scored a very strong 66-run partnership to drag their side back into the game.

And it was the in-form McGaham who broke the important union, catching Kohler swinging in, which Lowry's safe hands took the crucial wicket - meaning the scoreboard read 6/128.

Ten runs after that wicket Lowry's reflexes were called into action again when Porta delivered a peach - catching out Isaac Borg.

Then the Seamers finally got the man they needed to dismiss, as Whitfield knocked over Pietzner's stumps to make the score 8/139.

Porta then tripled his tally, picking up the final two wickets for Central Queensland - ending the Cyclones' chase with 149 runs - 19 runs short of the required total.

The teams then faced off in a Twenty20 contest the next day, in which Central Queensland opened the batting.

The local side scored 138 runs in 20 overs with Lowry the best with the bat with 38 from 26 balls.

However, the game was eventually abandoned due to unplayable weather conditions five overs into Mackay-Whitsundays' attempted run-chase.

Central Queensland's next match in that competition will be played on 7 November when the side travels to Far North Queensland.



Central Queensland captain Sam Lowry was the best with the bat in the abandoned Twenty20 contest on Sunday. Lowry also took an impressive four catches in Saturday's win over Mackay-Whitsunday.

Fishing with Hooked Fishing Charters



Matt McCann with a Red Emperor caught offshore.

From the deep blue seas

Despite the wild weather, our friends at Hooked Fishing Charters still were able to go and catch some great fish and terrific photos. CQ Today would like to thank Hooked Fishing for their continued support.



Hooked Fishing's Travis Lacey with a Barra caught in Fitzroy



Gary Jarman with a Barra caught in Fitzroy

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Vets hit down the fairway

By Liam Emerton

On Wednesday, 21 October the Capricorn Vets Open was held at the North Rockhampton Golf Club.

Male and female vets competed at the event, with Rockhampton's Trevor Johns taking out the men's title with a total of 73 and Capricornia's Gayle Mooney picking up the winner's trophy for the ladies.

The oldest player on the course on Wednesday was Ken Gillespie at 92-years-old, who had another great round.

President of the Capricorn Vets Golf, Mike Vidler, said the day was great even though it was different to previous years.

"We had 110 starters, with players from all the local clubs, which was pretty good," he said.

"It was a bit disjointed this year, (we) usually get a few more than that.

"Our carnival usually ties in with a run of carnivals all down the coast.

"But that couldn't happen this year - hopefully next year it all goes back to normal.

"I'd just like to thank Frenchville Sports Club for the continued support and sponsorship of the Vets Golf - they've been fantastic to us."

This Friday the Central Queensland District Veteran Golfers Association will be hosting its 4-Ball best ball Open Championship at North Rockhampton Golf Club.

The results for the event are as follows

Open Winner: Trevor Johns (Rockhampton) 73.

Nett Winner: John Berry (Capricornia) 66.

Division 1 Gross runner-up: Glen Watt (Rockhampton) 78.

Division 1 Nett winner: Dennis Manion (Yeppoon) 70.

Division 1 Nett runner-up: Mike Vidler (Capricornia) 71.

Division 2 Gross winner: Tony Taylor (Capricornia) 85.

Division 2 Nett winner: Peter Bugler (Capricornia) 69.

Division 2 Nett runner-up: Cliff Walker (Capricornia) 71.



Capricorn Veterans Golf president Mike Vidler flanked by ladies' Vets Championship winner Gayle Mooney and men's Vets Championship winner Trevor Johns. 219507

Division 3 Stableford winner: Spencer Bellis (Capricornia) 39 C/B.

Division 3 Stableford runner-up: Glen Chopping (Rockhampton) 39.

Division 3 Stableford 2nd runner-up: Paul Urquhart (Capricornia) 38.

Women's

Open Winner: Gayle Mooney (Capricornia) 87.

Nett Winner: Joy Willey (Emu Park) 71.

Division 1 Gross runner-up: Gayle Jackson (Capricornia) 94.

Division 1 Nett winner: Jean Breakspere (Yeppoon) 77.

Division 1 Nett runner-up: Colleen Hill (Capricornia) 78.

Division 2 Stableford winner: Jo-ann Knight (Capricornia) 37.

Division 2 Stableford runner-up: Peen Hua Bugler (Capricornia) 35.

Division 2 Stableford 2nd runner-up: Leonie Green (Capricornia) 32.

PIN SHOTS

Men

Hole 14 (H/Cap 0-15) (First Shot): John Berry (Capricornia) 6.15 metres.

2 (H/Cap 16-20) (First Shot): Cliff Walker (Capricornia) 108 centimetres.

6 (H/Cap 21-36) (First Shot): Ted Kay (Capricornia) 3.30m.

17 All Divisions (First Shot): David Williamson (Bargara) 6.48m.

7 All Divisions (Second Shot): Cliff Walker (Capricornia) 2.70m.

Captains Shot: Hole 15 (First Shot) - Mike Vidler (Capricornia) 1.78m.

Women

Hole 15 (H/Cap 0-22) (First Shot): Jean Breakspere (Yeppoon) 9.45m.

1 (H/Cap 23-45) (Second Shot): Leonie Green (Capricornia) 2.70m.

7 All Divisions (Second Shot): June Bulger (Yeppoon) 3.37m.

17 All Divisions (Second Shot): Helen Wastell (Rockhampton) 1.64m.

Captains Shot: Hole 6 (First Shot) - Deborah Carige (Capricornia) 3.44m.



Vick MacKay, Trudie Laws and Deb Carige.



Narelle Clark, Peen Hua Bugler, Judy Lindsay and Helen Wastell.



Peter Bugler, Mel Howe, John Currie and David Wilson.



Brian Hardy, Maurice Brown, John Mann and Dave Williamson.



Charlie Sutton, Teddy Kay, John Baly and Paul Diegutis.



Stan Ottaway, Wal Wilkes and Ray Kahl.



The Bluebirds United crowd celebrated after Dylan Hall's equalising goal on Saturday night. Hall is pictured (left) celebrating with Sam Skinner.

Wild scenes at Webber

By Liam Emerton

The Bluebirds United Soccer Club will be hosting four crucial games of soccer this weekend.

It all kicks off at Webber Park on Friday night, with the Bluebirds hosting the Rockhampton Women's League grand final, which will be fought out between United and Capricorn Coast Eagles FC at 6.15pm.

After that match, the Bluebirds' White side takes on the Frenchville Roos White in the community men's first division competition grand final.

Then, on Saturday night, the Central Queensland Premier League Division 1 and 2 preliminary finals will be hosted at Webber Park.

In the Division 2 preliminary final the Bluebirds will host the Berserker Bears FC, and in the marquee game of the weekend the CQ Premier League Division 1 Bluebirds United will clash with the Gladstone-based Central FC.

In the CQ Premier League Division 1 competition the Bluebirds are coming off a tough game against the Frenchville Roos.

In one of the most exciting and enthralling games of the year, Frenchville and United finished the game in extra time.

Bluebirds ultimately lost the match 5-3 but came from behind twice in the game after trailing 2-0 and 3-2.

With that win the Frenchville Roos secured their spot in the grand final, which will be held next weekend.

The Bluebirds and Central have played each other three times this season, with both sides sharing a 3-2 win and a draw.

The CQ Premier League Division 2 prelimi-

nary final will see the Bluebirds needing to overcome the Berserker Bears in what is set up as an epic encounter.

United had also battled the Frenchville Roos in their qualifying final, which went to extra time with scores level at 1-1.

The Bluebirds couldn't overcome the Roos' goal rush and ended the match 3-1 down.

Berserker pulled off an incredible 3-2 win over the Nerimbera Magpies last weekend in the elimination final to secure their spot in the preliminary final.

The women's Division 1 grand final will be a phenomenal clash, with the two top teams ending up in the grand final.

The two sides last met in the qualifying final, in which the Bluebirds won 2-1.

That forced Capricorn Coast into a preliminary final against Nerimbera, in which they won 2-0.

The Bluebirds are yet to lose to CCFC, winning that previously mentioned qualifying final and then winning two more as well as a 0-0 draw.

The grand final in the Community men's competition will put the Frenchville Roos White up against Bluebirds United White in what will be an intense clash.

The two teams last played in the qualifying final, where the Roos got the jump on Bluebirds - defeating them 2-1.

However, in the other two previous encounters between these sides, Bluebirds have won 3-2 and 4-3 - which sets up a coin-flip match.

All of the aforementioned matches will go to extra time if scores are leveled at the end of 90 minutes, and penalties if the game is still drawn at the end of extra time.

CQ is well and truly ready for the North Aussies

By Liam Emerton

Central Queensland surf life saving clubs are busy preparing for one of the biggest annual days of their competition calendar.

Emu Park, Yeppoon and Tannum Sands surf lifesaving clubs will be competing in the North Australian championships in Mackay this weekend, with all of the clubs finalising their squads this weekend.

Emu Park Surf Lifesaving Club will be taking about 40 lifesavers from both senior and junior grades.

That will be the biggest total the club has taken to the championship in several years.

Emu Park SLSC's largest team will also coincide with one of the biggest North Aussie titles in multiple years, with 500 competitors already scheduled for the weekend events.

"Everyone's really supporting it this year which is great," said Emu Park SLSC's surf sports officer, and team manager, Michelle McRea.

"I think everyone has missed going out and competing and getting amongst it, so they're going to take full advantage of it.

"It's going to be the biggest North Aussies they've had in at least five years and that's fantastic.

"The age groups for the competitions are from under-11s to masters, and we've got a couple of under-10s going up as well to compete in the under-11s team event.

"We've got about 40 going up for our club this year. Seven of those are for the masters, and that's the biggest group we've had going up for a few years."

The North Aussies weekend is also where the Queensland Country Surf Lifesaving team is chosen.

The competitions are designed to test all competitors, who can then be selected to represent the Queensland Country side.

They chose team members from the under-13s to under-17s age groups, and those who are chosen compete at the end of No-

vember for the inter-branch carnival, which is battled between Queensland Country, Sunshine Coast and Gold Coast teams.

McRea said that the Emu Park kids have done all the preparation in order to secure a spot in a Queensland Country team.

"The kids have really leapt at the chance to make a representative team," she said.

"There hasn't been too many of those competitions this year either.

"We've got kids who made the team last year who are looking to make it again this year.

"And we've got a few that didn't make it last year who really want to get in this year.

"All their winter training hopefully will pull through for them and those squads will be named on Sunday."

Yeppoon Surf Lifesaving Club's Surf Sports Director Hayley Ohl said the team at Yeppoon is ready for action this weekend.

"We've got quite a few kids going - my last count was about 38," Ohl said.

"(We've got a) really good team going, and we always tend to have a great time at North Aussies.

"It's actually the start of our season here and it's the end of the North Queensland season.

"The kids up there will probably be in better condition, but our kids have been training really hard for about eight weeks so they're ready to go.

"It's probably only a couple of numbers difference to last year, which I'm really happy with considering Covid and everything that's happened this year.

"We've even got a couple of masters competitors going up as well."

RIGHT: Mason Solly on Sunday preparing for the under-13s competition at North Aussies this weekend.



Emu Park Surf Life Saving competitors in training on Sunday morning.



Emu Park Surf Lifesaving Club captain Hayden Phelan on Sunday.

Come and Tri day shines

By Liam Emerton

The second annual Fitzroy Frogs Rockhampton Triathlon was a running, swimming and riding success.

The Fitzroy Frogs were out in force from 6.30am on Sunday with the senior women's triathlon, before jumping into the junior triathlons later in the morning.

The day was about giving triathlons a go and, while it was timed, the winners were everyone who competed.

The day itself, while a bit drizzly, was good weather for about 150 locals who came out to test themselves.

Event organiser and Fitzroy Frog Michelle Williamson was happy with how the day turned out.

"It was our second annual Rockhampton triathlon for women and children," she said.

"This year we had an all abilities event as well for the disability community, which was a pilot event to see how it went.

"The weather might have scared off a few people so our numbers were down a little bit, but we had around 140 to 150 participants in the morning.

"And I think all of them finished with a smile on their face.

"Covid probably had an impact on us as well.

"It was originally scheduled for March so this was a rescheduled date but the day was just fantastic."

Williamson said the feedback on the day was encouraging for future events.

"The women went first and I had a lot of them say to me that if it wasn't for the pool or the road closures and the women-only event that they'd never give something like that a go," she said.

"So to have such a safe and encouraging environment was great and they absolutely loved it.

"They broke out of their comfort zone and



Austin Wanchap riding down past the Rockhampton World War II Memorial Pool on Sunday.

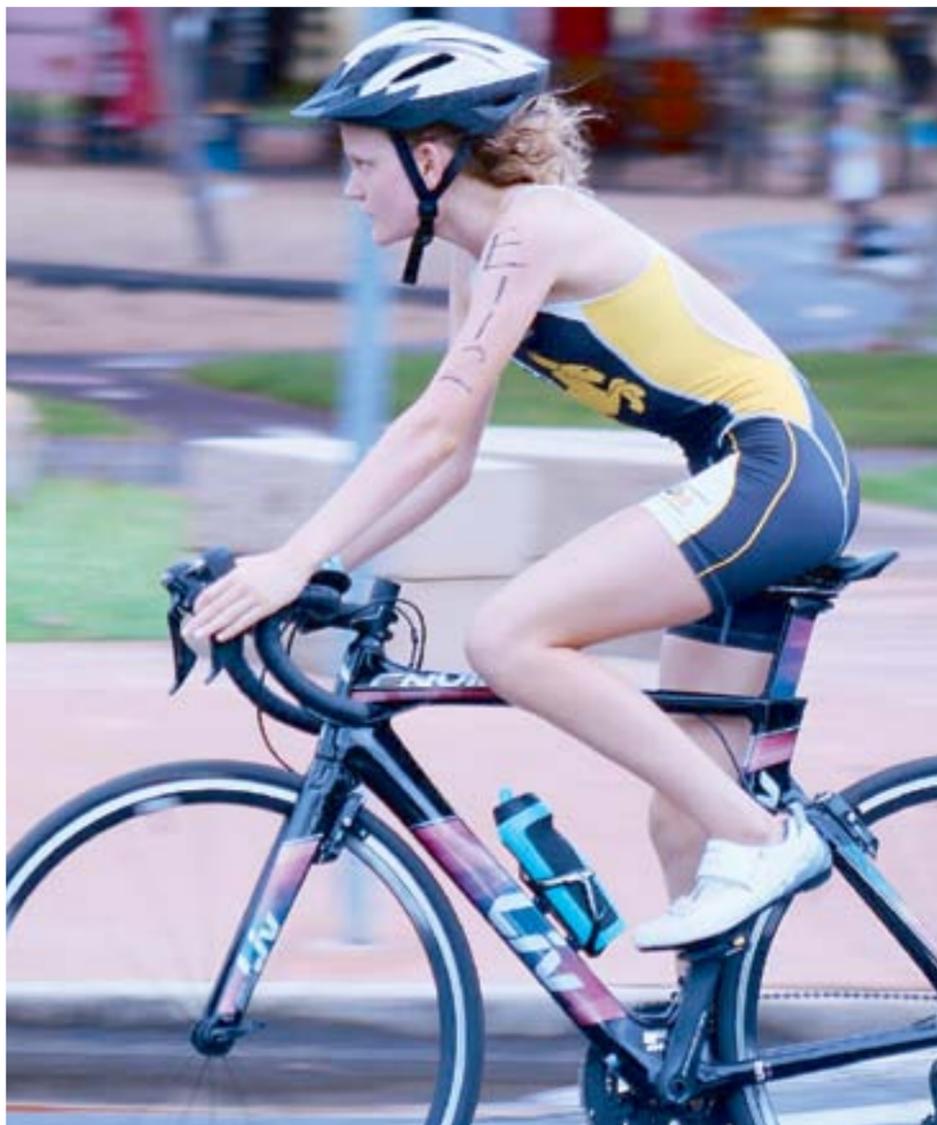
achieved something they never thought was possible.

"We then had the kids which is always a bit of organised chaos.

"They just got in and gave it a crack - it's just great to see their smiling faces."

The next local triathlon will be held on 7 November at the Fitzroy Frogs' traditional home of Emu Park.

Then the Frogs will be jumping over to Tanum Sands, where the club always seems to pull a massive crowd of people.



Sharnti Woodham speeding down the road at the Rocky triathlon.

An amazing 50 years of stellar inter-city competition

By Allan Clarke

The heat is on for the Rockhampton Table Tennis Association to assemble a squad of players across a range of age-groups and playing abilities for the annual contest with the Bundaberg Club that is being staged in the Rum City on Saturday, 7 November.

These two clubs have been engaging in team matches on an annual basis for half a century, and in the early 1970s the White Shield became the trophy of supremacy between the two cities and subsequently ran for 25 years before the Cree Shield became the spoils for the fixture. The White Shield was retired after 25 years and made way for the recognition of Eric Cree, who was a stalwart of the Bundy club and playing as a veteran at that time, with the trophy donated

in his name.

The White Shield was put in place to reflect the contribution of Trevor White, who was involved in administration at the Rockhampton association around that time. Last year Bundaberg commemorated the fact that its association actually turned 50 during 2019 and, back in the day, the sport's administrators at Rockhampton assisted their southern counterparts with developments and travelled to Bundy on many occasions to provide competitions when that club was forming.

As 2020 represents the 50th year that these two table tennis associations have engaged in competitions on an annual basis, this milestone will be celebrated at this year's event. Members of the local club are being asked to advise organisers of their availability

to attend this inter-city, which will be played during the evening of 7 November.

After the first two weeks of the new competition in open grade fixtures at the Leichhardt Park playing centre, the stage is set for a tight fixture with Matthew Steffen's team in the lead - only a solitary point to the good of six sides that are currently all tied up in second spot. In an unusual situation, another team is only one notch behind this group.

The format for this season sees teams of three players with each playing two doubles ties, and their only singles round is against the opposition's opposite number. In battles between some of the competition's front-runners, Joel Coughlan prevailed over improving youngster Matthew Steffen over four entertaining sets in the best of five encounters.

The evergreen Gerard Watts wound the clock back a few years when he staged an incredible fight-back victory over Dane Coughlan. With the humid conditions probably suiting the mainly defensive play of Watts, he crept home in the opening set 12-10 before losing the next two games to one and four points respectively and this put Coughlan strongly in the frame. Watts then won the remaining two sets 11-9 and 12-10 to create an excellent result.

In other close outcomes, Monica Deeth held out Craig Ottaway over five long games, Ann-Louise Stewart survived a scare provided by Eden Delamain to win over five close sets, and Allan Clarke squandered a two-nil lead to go down across five lengthy games to improving junior Nick Green.

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Tannum Sands to rip in

By Rebecca Devine

The North Australian Championships are being held this weekend and the Tannum Sands Surf Lifesaving Club (SLSC) will be eager to rip into the competition.

Last year, the Tannum Sands SLSC finished second to Cairns SLSC, which took out its 10th consecutive North Aussies win for the overall highest points.

And this year Tannum Sands wants the top spot.

Hosted at Harbour Beach in Mackay, athletes will compete in the full suite of surf sports events, including beach flags and sprints, board, ski, surf swim and ironman and iron-woman events as well as a pool rescue competition.

Tannum Sands SLSC coaches Mark Bryant and John Andrews are happy with the off-season training commitment by the members, and are confident of bringing back some medals.

"We really kicked off dedicated training about 10 weeks ago and the nippers are keen to race," Andrews said.

"There are a few who have put themselves out there at the Endurance Championships and Ironman Challenges at the Gold Coast a few weeks ago so I am really keen to see them do well in Mackay.

"For the under-13s to under-17s, there is additional pressure of performing for their chance to be selected to represent in the Queensland Country Team to compete at the State Interbranch Carnival at the end of November.

"This is a pretty big deal to be chosen for this team, as either a water or beach specialist, and the anticipation at the announcements at the end of the carnival is always intense."

The competition begins on Friday afternoon with the pool rescue competition.

Here, athletes take the skills they use on life saving patrols and transfer them to the pool in a competitive setting with events such as mannequin tow, mannequin carry and obstacle relay.

The action will continue at Harbour Beach on Saturday where athletes will compete in a full day of beach, board and ski events where they will battle it out for a spot in Sunday's finals.

The North Aussies is the most prestigious lifesaving event on the regional calendar each year, and in terms of competitor numbers it's the third largest carnival in the state behind Senior and Junior Queensland Championships.



Kane Martin and Taj Andrews (under-15s).

Pictures: REBECCA DEVINE



Jake Devine (under-17s)



Yasmin Witt (under-13s)



Camille Bebendorf and Oscar Wemmerslager (under-14s)



Abby-Rose Churchward (under-17s)

Sport



Making a splash in Rep cricket scene
PAGE 51

ISSN 2652-6689



The Gladstone Gladiators' Shianne Plunkett swimming at the Liquid Energy event. Plunkett is breaking all sorts of records in the butterfly.

Pictures: REBECCA DEVINE

Gladiators unite for Terry

By Rebecca Devine

The Gladstone Gladiators Swimming Club hosted the Liquid Energy race meet on the weekend in what was an emotional and triumphant day.

The Gladiators took to the water in memory of Terry Fellows, an icon of swimming in Gladstone, who tragically passed away last weekend.

Remembering Terry and his legacy was a key aspect to the meet and it seemed to boost the Gladiators, who swam phenomenally throughout the day.

Gladiators head coach Tom Fronek said it was a great all-around day and a perfect way to memorialise Terry.

"It's our first long-course meet that we've had since March, when we stopped swimming," he said.

"Our goal was to make sure that our swimmers were swimming on top of their times.

"We succeeded in that.

"We dominated in the meet I would say, (and) we won the meet by a fair margin in points score.

"Overall the performance was exactly how we'd like to have it.

"We had a memorial for Terry at the beginning of the meet, and some of us got a little bit emotional.

"They put a black band on their arm and a message on their backs.

"I think a lot of them swam with Terry on their mind, and they just did the best they possibly could."

With stellar performances from all swim-

mers, there were no standouts according to Fronek.

"They all performed like champions, and it's even better that they are really enjoying their racing," Fronek said.

"Today's Liquid Energy has been simply amazing; watching everyone going about their business, swimming as a team, supporting each other and getting the job done, it was fantastic to watch.

"I am really excited to see so many of the brand-new swimmers here taking part.

"Many of them only learned how to dive this week, and they are doing fantastic."

Gladstone Swimming Club president Corinne Wright observed great racing and sportsmanship on display from all clubs in attendance, and is appreciative of their continued support.

"This is the 13th year we have hosted Liquid Energy and probably the most challenging to work through the complexities of the Covid restrictions," said Wright.

"It takes many hands to run a meet like this - not just on the day, but behind the scenes before and after the event as well.

"70 events with multiple heats is a lot of marshalling, check starting, time keeping, recording, officiating, and other support roles, all of which are volunteers from our club with timekeeping support also provided by visiting clubs, but running the event as a 'closed' event (no spectators) due to Covid, the pool of volunteers allowed on the day was definitely more shallow than usual.

"But, without the help of those volunteers, it would not happen, so thank you to the vol-

unteers and chaperone parents from all clubs."

The Gladstone Gladiators are looking to continue their training cycle and preparations for the City of Charm meet in Bundaberg with their final opportunity to make qualifying times for the State Championships in December.

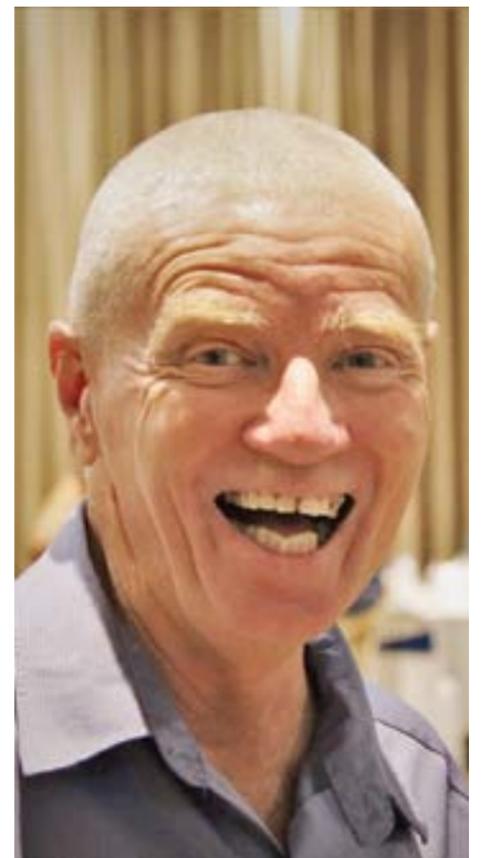
Wright said Terry epitomised an integral 'club volunteer and coach'. With his 25-plus years of service to the Gladstone Swimming Club, his guidance has been invaluable to many a swimmer and their family.

"His positive attitude for life, his megawatt smile and his cheeky banter will long be remembered in the hearts of all who have been a part of the Gladiator family," she said.

A consistent message from Terry to his swimmers was that hard work and persistence was the key to succeeding, and the Gladiators racing at this meet certainly demonstrated this in abundance by claiming the highest scoring club for the meet. But it was obvious that the biggest winner of the day was fun - another aspect Terry always encouraged.

With nine clubs in attendance from across the Central Queensland region, 12 meet records were broken including six from Gladiators swimmers.

Kane Martin claimed records in the boys' 14-and-over 200-metre backstroke, boys' 14-year-old 100-metre backstroke, boys' 10-and-over 400-metre freestyle, and boys' 14-year-old 50-metre backstroke; while Clara Furness broke the girls' 17-and-over 100-metre freestyle record, and Shianne Plunkett the girls' 13-year-old 100-metre butterfly, which had stood since 2008.



The Gladstone Gladiators' Liquid Energy Meet was the perfect place to memorialise Terry Fellows, an icon of Gladstone swimming.