



River Heads Review— Community News

The River Heads Progress Association acknowledge the Butchulla people - the Traditional Owners of the land we live, work and play on, and pay our respects to their Elders, past, present and emerging.

Welcome to Winter

Well, here we are in the first month of winter 2023 at beautiful River Heads. What a great time of year for that backyard fire to keep us warm and cosy through the coming winter months, not to mention to snuggle up into a nice warm doona or blanket. It's also a perfect time of year to hop in the car, caravan or motorhome and head for parts unknown in this great country.

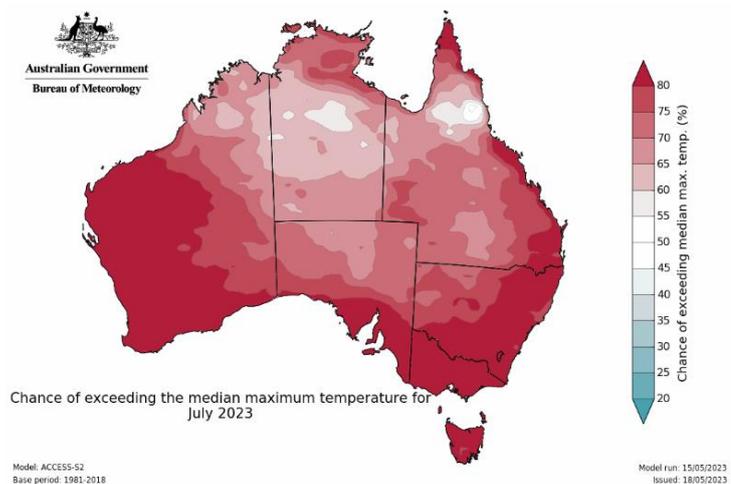
So, what can we expect as far as the weather is concerned?

The link below to the Bureau of Meteorology will provide a more accurate forecast.

<http://www.bom.gov.au/places/qld/river-heads/>

Below median rainfall is very likely with maximum temperatures likely to be warmer than the median.

Minimum temperatures seem likely to be above median for most of the country except for some inland regions.



RHPA President's Report

Sue and I went to the Oval on Sunday 21 May to watch the annual River Heads cricket match.

The walk up to the stadium took a while with chair and esky in hand but to my surprise what met me was not quite 'the Oval' in London as pictured to the right.

I was instead met with the Riverheads Shed as pictured below.



What a grand structure it is – built by volunteers under the supervision and guidance of Mark Hensel. The kitchen is almost complete, and the dining area would be the envy of any visiting cricket team to the Oval in London.



The menu for the day was.

A gourmet beef sausage sliced and seared to retain the juices within, arranged in a freshly baked slice of white bread while being caressed with sauteed golden brown onions. A choice of sauces was available to delight the palate of any well deserving cricket player.

The other choice on offer was a rissole on bread with onions.

Back to the day – There were 28 players and a larger group of spectators enjoying each other's company on a glorious sunny Autumn Day. Rather than protecting the wickets almost all players chose to defend the beer can placed behind the stumps. On occasions the can was snapped up before the brisk walk between stumps. "Why are they not running between wickets" was heard by one of the spectators, "they don't want to spill their drink" was the reply.

The umpire who was recording each run and over was seated on his chair at what he thought was at silly point but was later informed it to have been cow corner.

(Apparently it is a position where it is safe for cows to graze on because very few batsmen would hit the ball there). Well from his position almost the entire field could have been considered cow paddock!

Two teams were picked at random from the start of the game. There were rules and some players seemed to take the game more seriously than others. Fours were given if the fielders had to run to chase the ball. Sixers were never going to happen. There were some star bats people – most of those were the younger members of each team with a top score of 23 and 5 others with 20 each. There were a few ducks and from all accounts many bruises in need of attention after the game.

The winning team was Team B with 133 runs while Team A, who batted second, nearly caught them with a runner up score of 126.

Thanks must go to the helpers at the BBQ and Mark and Liz who brought the gourmet food to the venue as well as the drinks and cricket gear.

Thanks to John and Mark for organising the match it was a great day enjoyed by all those families who attended.

RHPA Contacts

Enquiries should be emailed to info@riverheads.org.au or phone 048 709 7700

Please remember the committee is comprised of volunteers – they are unpaid and volunteer their time for the community.

Executive Committee		
President	Greg Wood	president@riverheads.org.au
Vice President	Greig Pullinger	vicepresident@riverheads.org.au
Secretary	Susan Wood	secretary@riverheads.org.au
Treasurer	Barbara Marsden	treasurer@riverheads.org.au
Management Committee		
Assistant Treasurer	<vacant>	assistanttreasurer@riverheads.org.au
Assistant Secretary	<vacant>	assistantsecretary@riverheads.org.au
Registrar	Susan Wood	registrar@riverheads.org.au
Events Coordinator	Liz Stewart	events@riverheads.org.au
Key Register	Susan Wood	keyregister@riverheads.org.au
Bistro Manager	Liz Stewart	bistro@riverheads.org.au
Bar Coordinator	Mark Hensel	bar@riverheads.org.au
Markets Coordinator	Liz Stewart	markets@riverheads.org.au
Roster Coordinator	Liz Stewart	roster@riverheads.org.au
Webmaster	Tane Winiana	webmaster@riverheads.org.au
Emergency Coordinator	Mark Hensel	emergency@riverheads.org.au
Social Media Coordinator	<vacant>	
Review Editor	<vacant>	review@riverheads.org.au
Fishing Club Delegate	Mark Hensel	
Non-Committee Positions		
Hall bookings & Bistro Takeaway	Susan Wood	0487 097 700 info@riverheads.org.au
Patchwork & Quilting – Monday morning	Judy Smith	0427 000 982
Library - Tuesday and when hall is open	Debbie Berrill	0487 097 700 info@riverheads.org.au
Garden Club – Tuesday 9:00am	Marilyn Benbow or Jackie Wilson	0487 097 700 info@riverheads.org.au
She Shed – Tuesday 9:00am	Tracey Morton	0487 097 700 info@riverheads.org.au
Indoor Bowls – Wednesday 1:00pm	Mike or Robyn Allam	4125 8362 info@riverheads.org.au
Social Pool and Bar night – Wednesday 6:00pm	John Bridge	41257683
Fire emergencies	River Heads Kingfisher Fire Service	000 or 0499 987 147
Justices of the Peace	Billie Rustin JP	0480 449 687
	Jacque Rein JP	0419 740 647
Wildlife Carer	Rose Wright	0427 971 020
First Responders	Matthew Steer	0487 097 700



Welcome to winter!

June already and I do trust you are all preparing for the savage Fraser Coast Winter!

We do have lots going on right across the region with ongoing roadworks and interruptions to traffic expected. Please allow a little extra time when you are travelling right around the region just in case.

Council apologises for the inconvenience caused by the detours or disruptions that may result and thanks residents for their co-operation during these times.

Hervey Bay Library services will be provided from a temporary pop-up facility beside the Hervey Bay Regional Gallery for up to four months while the library roof is replaced.

A temporary portable building will be set up beside the Hervey Bay Regional Gallery, with the toilets and spaces within the gallery available to library visitors.

A small borrowing collection will be available in the portable building, with customers encouraged to reserve items, use online resources or visit other library branches which will remain open.

Limited public computers, printing and Wi-Fi will be housed in the art gallery café space, while adult and children's programs will be offered at alternative venues such as the art gallery, parks and the University of Sunshine Coast campus.

The library building will be closed from the close of business **Wednesday 14 June** until up to 16 weeks.

The temporary library building will open on **Tuesday 20 June**.

Opening hours will be like the Hervey Bay Regional Gallery opening hours, with the temporary library building to be open 10am to 4pm on Tuesdays to Fridays and 10am to 2pm on Saturdays.

We thank the Queensland Government for providing \$1.5 million through the Works for Queensland program to help us with this project.

Council thanks residents in advance for their patience and understanding while this important work is underway.

Just like that we are all preparing for our winter on the Fraser Coast and this in many cases will mean the odd fire with friends. It also means the odd extra interaction Council in relation to smoke complaints to council. Please take the time to visit the council website and understand our local law's on the topic

<https://www.frasercoast.qld.gov.au/downloads/file/1867/backyard-burning>

Get your tickets now for Relish Fraser Coast.

Our 2023 Winter events season is nearly upon us and preparations are ramping up for Maryborough's big day out in the Portside Precinct and Queens Park!

The 10th annual **Relish Food & Wine Festival** is returning to the heritage city on Saturday 3 June, with Maryborough's streetscapes and riverside parks, the perfect setting to feast on local cuisine served up by celebrity and local chefs, gourmet tastings, cooking demonstrations, live music and much more.

Special Relish guests this year include Celebrity chef and television star Alastair McLeod and Dan and Steph who will be performing live cooking demonstrations and much more during the one-day gala event!

General Admission – Adult \$19 / Child \$10.

For more information or to secure your ticket visit the site: visit:

www.relishfrasercoast.com.au

Discover your new career – and find the pathway to get there.

The Fraser Coast Industry & Careers Showcase isn't just any jobs expo – it's a one-stop employment shop connecting employers and trainers with the jobseekers of today and the workforce of tomorrow.

Participating employers come from diverse sectors including trades and manufacturing, health and aged care, timber and agriculture, defence and emergency services, hospitality, education and more.

[For more information please visit https://jobsfrasercoast.com.au/industry-showcase/](https://jobsfrasercoast.com.au/industry-showcase/)

Community Chat:

I'm still looking at few changes in the Community Chat department this year. I hope to host a few more across the Division with a few pop-up sessions sprinkled in for good measure. I will be looking at a few more Saturdays when time allows as well (I hope)

I am working on the June schedule as we speak and try to find a spare day due to a clash on the last Tuesday in June.

Thank you to all who have supported my Community Chats over the past 11 years!

Council Information:

Feel free to like my Facebook page <https://www.facebook.com/darreneverardfrasercoast/> to stay abreast of updates on what is going on in the region. I update the page as information comes hand.

Kind Regards

Darren P Everard

MAICD

Councillor Division 7

T 1300 794929 | **M** 0448 045 041 | **E** darren.everard@frasercoast.qld.gov.au

Community News

Did you notice?

There have been two changes to traffic conditions on River Heads Road.

There is now **60km/hr** Sign on River Heads Road on the approach to Booral Road as a result of numerous requests from local residents.

The relocation of the existing **80km/h** further south of Maddever Road has been completed, after many requests from East Booral residents.

[Fraser Coast Wildlife Sanctuary](#) ·

Have you ever thought about doing some volunteering? At the FCWS we're always looking for new volunteers to help out.

And it's not just about caring for the animals. We also need people to help with gardening, general maintenance, reception and cleaning. Of course, being greeted each morning by friendly kangaroos and wallabies is not a bad way to start the day 😊
So, if you'd like to know more about what's involved, please contact the sanctuary.

[#frasercoastwildlifesanctuary](#) [#wildlifeencounters](#)



VOLUNTEERS WANTED
Centrelink Approved

The poster features several small images showing volunteers engaged in various activities: one person working at a reception desk, another working with kangaroos in an enclosure, a person gardening, and others working in a kitchen or food preparation area.



[Fraser Coast Disaster Education and Resilience](#)

We will be seeing more cool burns happening over the cooler months so if bushfire smoke affects you or your family's health, these links may assist..

📍 View the current air quality in your area here - <https://apps.des.qld.gov.au/air-quality/> 📍 Anyone having trouble breathing or experiencing chest pain should seek urgent medical assistance by phoning 000. 📍 Action levels explained - <https://apps.des.qld.gov.au/air-quality/health/about/> or disaster.frasercoast.qld.gov.au

Adrian TANTARI MP

Building a better Hervey Bay



SCAN NOW
TO FIND OUT WHAT
ASSISTANCE MAY BE
AVAILABLE TO YOU



A Message from Adrian,

Cost of living is biting hard on our home budgets, so I have added a number of QR Codes above that you can scan with your phone to access information on what subsidies and rebates you may be eligible to receive. Visit my website to see what other assistance may be available.

Kind Regards,

Adrian



07 4183 8100
3/357 Esplanade Scarness 4655
hervey.bay@parliament.qld.gov.au



Vision – Sue Watson

Where there is no vision, the people perish.'

Proverbs 29:18 KJV

God has a plan for your life, one that will help you see what's truly important. When God gives you a vision, you begin to see things as *He* sees them. Otherwise, things get blurred, and you end up not knowing where you're supposed to go. Committing to your vision sometimes means sacrificing relationships, pastimes, and pleasures.

'Where there is no revelation, people cast off restraint; but blessed is the one who heeds wisdom's instruction.' (Proverbs 29:18 NIV)

Moses saw the promised land while everybody around him only saw a wilderness and wanted to give up and return to Egypt. (see Numbers 14:1–3). Moses understood that he would get there on God's schedule, according to God's plan, one step at a time.

Sometimes your vision can feel overwhelming. That's when you break it down into small steps and visualise yourself taking the next one. You will be surprised at your progress. But until you take the first step, a vision is just a daydream.

What do you see in your future? Do you think God is just going to drop success into your lap? No, you must energise your vision with faith and give it momentum through hard work.

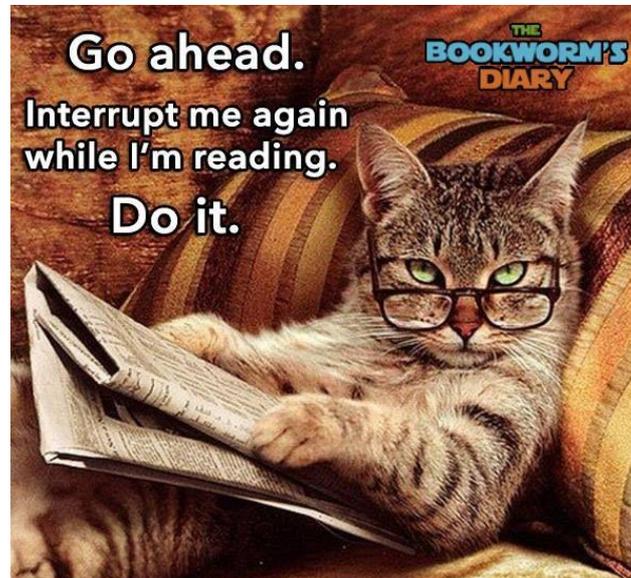
After working all night and catching no fish, Jesus told His disciples, *'Launch out into the deep.'* (Luke 5:4 NKJV) When they obeyed, they caught their biggest catch ever.

Bottom line: **the world doesn't control your supply; God does!**



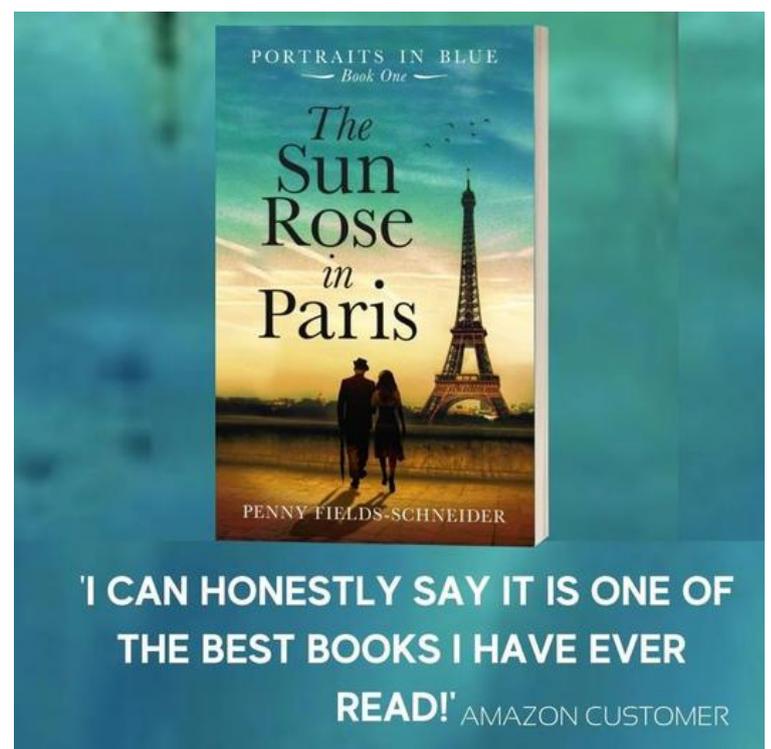
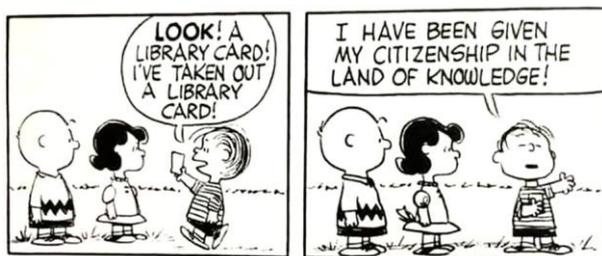
Book Bits by The Bookworm

A bookworm is happiest when they're surrounded by books old and new!



What readers are saying about this one!

'The writing is excellent. Descriptions - breathtaking. The characters are richly described. Many are famous. Recommended to readers of historical fiction, art and romance.'





River Heads Fishing Club News

Hi all.

This month we had our fishing comp on the 5th 6th and 7th of May, 19 members weighed in a total of 63 fish excellent result for River Heads. Just to let you know a lot of these fish are just photographed and then released.

Our next fish meet will be on Fri 2nd Sat 3rd and Sunday the 4th with a well-earned barbecue on the Sunday. As always if you don't have a boat and want to join in, please contact the riverheads fishing club via email to (riverheadsfishingclub@gmail.com) or ring our illustrious president Trevor Gordon on 0400 377 466 who will only be so happy to help.

Our chook raffle night will be on the 9th of July with 3 draws and 5 prizes in each draw.

Our social fish unfortunately coincided with the annual river heads cricket match so we didn't have much of a turn out for fishers, but it was a good cricket match.

Our next social will be on the 18th of June

Don't forget about our Tin Can Bay trip 21 and 22 July. Details for caravan park are Kingfisher Caravan Park, Tin Can Bay ph. 07 5486 4189.

Also don't forget if anyone has any containers that meet the "Containers for Change Criteria" and would like to donate them to the fishing club, just drop them off at the club in the undercover area any time or hall on a Friday night and they will be processed by the club.

Well, that's it for this month, so tight lines





The Biggest Morning Tea was held at **Fraser Views B&B**. Hosted by Liz and Robert Stewart, 55 guests from the River Heads and Hervey Bay Communities were served platters of savouries and cakes.

It was great to meet friends from the River Heads Peninsula all with the same reason for being present, to help raise much needed

funds for the Cancer Council.

It is no surprise that money was freely given today for such a worthy cause.

Arriving at the event, guests were greeted by our hosts and escorted to a table setup with bone china cups and plate.

Our balcony table had views across the water towards the Island. Discussions on all manners of topics were the order of the day while our hosts and designated helpers made light work of selling raffle tickets.

The funds raised today totalled \$2201.00 WOW – Thankyou Liz and Robert, also Bryar and Michelle Whiteman, Adrienne Piercy and Karen Hensel, by helping out with setup, raffles, plating and serving.

This is the third year Liz has opened her home to the Biggest Morning Tea and all Hightea Style. Total raised since the very first morning tea at Fraser Views is \$5544.22

A very big thank-you to all that came along and donated to this very worthy cause and for all the businesses in River Heads and Hervey Bay that donated there amazing goods for the raffles.

Each year the Cancer Council Queensland works towards reducing the burden of cancer through research, prevention programs and support services. Every year 100,000 bed nights are offered through five accommodation lodges across Queensland. Approximately 7800 contacts are made with Cancer Council's 131120 support services. Over 2600 wigs and turbans are provided to individuals experiencing hair loss because of their cancer treatment.

One in two Australian men and women will be diagnosed with cancer by the age of 85.

Investing in cancer research to reduce the burden of cancer provides a better understanding of how to prevent cancer, how to diagnose earlier and how to best support patients and their families.

At least one third of all cancer cases can be prevented through healthy lifestyle choices.

Cancer Council Queensland offers a range of programs and resources, and anyone seeking information on screening programs and early detection can link to cancerqld.org.au/cancer-prevention

Wildlife Matters *by Diane Christensen*

TAKURA ENVIRONMENTAL PARK WALK

by Frank Ekin

A superb sunny morning lit up the myriad green hues at Takura Environmental Park for the Wildlife Preservation Society Walkers' May outing. After welcoming the 23 walkers, guest speaker John Abbott gave a history of his time raising Clydesdale horses on the property before it was bought by the Fraser Coast Regional Council.

John Abbott has a long history of horse breeding. He is a significant expert as evidenced by breeding prize winning Clydesdale horses. Like so many pursuits, Clydesdale horse shows are intense affairs and are followed with enormous commitment by a surprising number of enthusiasts. By a fortunate coincidence, the neighboring property to Takura Environmental Park had a Clydesdale mare which gave John the opportunity to describe more about these magnificent beasts.

Marlene, the leader for the day, led off on the walk through a former meadow. This was rife with weeds, but as found from earlier visits, it is habitat for a wide range of seed-eating small birds such as Double-barred and Red-browed Finches, Cisticolas and Tawney Grassbirds. The dense undergrowth is a favored habitat for birds such as quails.

The route ran up beside and then entered the large rain forest area. The council has made a graded walking track through the rainforest. The group really spread out as interest in plant life captured everyone's attention. The vines entangling mature trees caused so many surprising formations. Marlene pointed out vines encircled trees predominantly clockwise but less commonly anticlockwise. The astonishing size of some of the Bloodwood and Ironbark trees gives an impression of how native forests used to appear before the timber for housing led to near total deforestation.

Within the rainforest section of the park are several educational notices. These are aimed at introducing the public to the wonders and mysteries of the rainforest. The author and the artist involved in designing and producing these notices did a wonderful job. A couple of our walks team were so enthusiastic about the notices that they had brought water and old clothes to clean in preparation for the walk.

There have been several surveys of the Conservation Park by the Birdwatchers of Hervey Bay. Remarkably, 105 species of birdlife have been identified. This diversity varies with season. Some species are resident, others transient visitors and others temporary migrants. The Adult red browed finch and silver eye are two species that can be seen on this walk.





There are several plant habitats: open, sun-exposed areas, wild regrowth of former meadow, and rainforest edges with sun exposure as opposed to dense rainforest with reduced sun exposure. Furthermore, there are ground cover plants, middle story, and upper-story plant habitats. To date, 100 plant species have been identified by a local botany group, predominately in sun-exposed understory forest edge. So, there is a huge number of plants yet to be documented.

Such was the interest in all the features of this walk it took hours longer than planned. But still, the giggle and chatter index were high indicating a very rewarding walk.

The next walk on 4th June is an exploration of the valley of Clifton Creek Right Road.

Wildlife Queensland June Library Talk – Lindsay Titmarsh

Wildlife Queensland's Fraser Coast Branch is very pleased to present one of its most captivating speakers, Lindsay Titmarsh, as the presenter for the **June Wildlife Library talks**. As third generation owner of the property Tandora and author of three books - *Tandora: A Pioneer's Dream*, *Mary and Susan Sister Rivers of the Fraser Coast* and *Walking with History* - Lindsay has become a well-known local author, grazier, and conservationist, illuminating his property's history and its riverine ecosystems.

In Lindsay's words: "Imagine visiting a place on this overcrowded planet of ours, where no other person has ever been. So, it is when I venture out into the largely unexplored wilderness of the combined estuary of the Mary and Susan Rivers, viewing what marine experts claim is Australia's oldest mangrove tree, or watching a Maroon Mangrove Crab munch on a ripe mangrove leaf it has been given, is just magic.

A large 105-acre wetland on my home property Tandora, is a paradise for birds. The largest stand of grasstrees in the district, can be seen in a 1050-acre Nature Refuge at Tandora. Rare and endangered water mice have built nests at many locations on tidal areas bordering the property. It has very recently been confirmed that a large unidentified tree recently discovered on Tandora, is a species not seen before south of Rosedale. That must mean it is the most southerly example of its kind in the country."

Because the Hervey Bay Library is undergoing repairs in June, there will be a slight change to the usual dates.

The **Maryborough talk** will be held first on **June 23** and the **Hervey Bay talk** on **June 30**. Talks run from 1pm to approximately to 2pm (often running overtime with a curious audience).

You can book for either of Lindsay's talks by phoning the library on 41974220 or by booking online at Eventbrite on the Fraser Coast Regional Council's website.

Stay Connected—click on icons to go to Fraser Coast Regional Council sites



Find us on Facebook
<https://www.facebook.com/>



Check out our YouTube Channel
www.youtube.com/frasercoastrc



Visit our Website
www.frasercoast.qld.gov.au



Follow us on Twitter
www.twitter.com/frasercoastrc



Opt in to our Disaster Dashboard
<https://disaster.frasercoast.qld.gov.au/>



COVID-19 Information for Business
<https://www.frasercoast.qld.gov.au/coronavirus-information-businesses>

Contact Fraser Coast Council via
phone or email.

[1300 79 49 29](tel:1300794929)

enquiry@frasercoast.qld.gov.au

Opening Hours

Monday	8:15am - 4:30pm
Tuesday	8:15am - 4:30pm
Wednesday	8:15am - 4:30pm
Thursday	8:15am - 4:30pm
Friday	8:15am - 4:30pm



Stay Connected—click on icons above to go to Fraser Coast Regional Council sites



Fire, Storm and Cyclone Seasons

Be prepared for the fire, storm and cyclone seasons - NOW is the time to check your property and clean up around your house. More information on how to get ready is available via the following links on the Council website:

<https://www.frasercoast.qld.gov.au/storm-season-clean-up>

<http://disaster.frasercoast.qld.gov.au/>

Sign up for the **Opt-in Notifications** to receive all the latest information as it is released. The notifications will give you the latest, up-to-date information.

Are you available to help your community?

There are still vacancies on the committee.

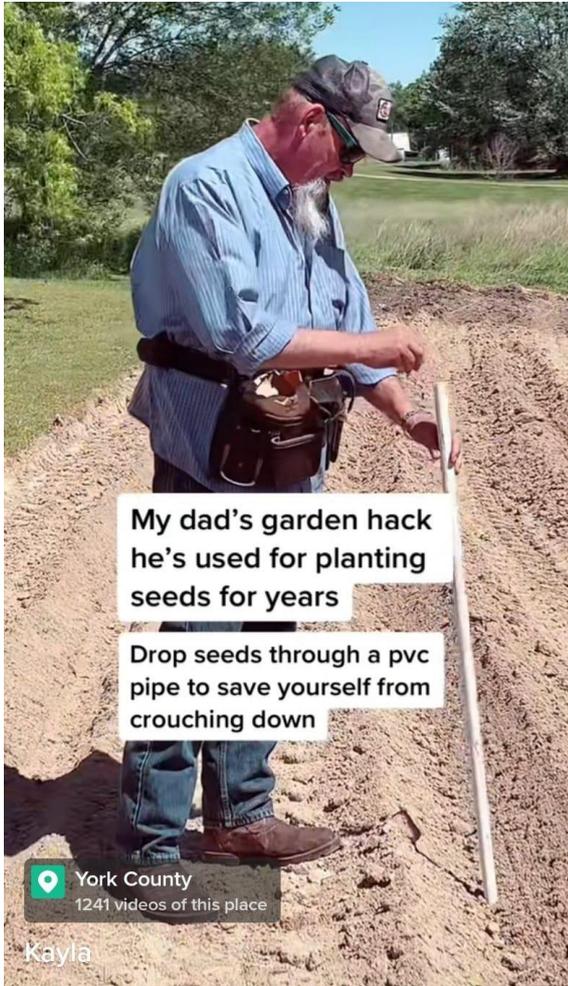
1. Social Media Coordinator
2. River Heads Review Editor
3. Assistant Treasurer
4. Assistant Secretary

Role descriptions are available www.riverheads.org.au/about/governance
Please email Sue by email at info@riverheads.org.au for information



Green Thumb Gardening

Do you love planting but find the bending tiresome? Then try this natty, cheap and simple little invention!



TIPS ON GROWING PASSIONFRUIT

Passionfruit vines are an incredible plant to [grow in any garden](#). Not only do they produce mouth-wateringly delicious fruit, their vine can also serve as a stunning camouflage over unsightly walls and fences. There are over 50 [varieties of passionfruit](#) vine including Banana, Hawaiian, Norfolk Island, Yellow Giant, Panama Gold, Panama Red and Nellie Kelly. Cultivars can differ in cold tolerance, so always check the label before buying. The kind you'll most commonly find in Aussie backyards is the Nellie Kelly – a cultivar that has been bred to withstand cooler temperatures and [resist pests and diseases](#). In more tropical regions, Panamas grow best. Position your passionfruit vine in full sun with protection from strong winds. In colder climates, choose a spot in front of north facing wall to utilise radiated heat.

Passionfruit vines grow extensive root systems so ensure the spot you choose to plant has plenty of space, free from weeds, competing plants and grass. They will also spread up to 10 metres squared so choose or build a structure that can accommodate it. Passionfruit vines can be trained to grow along your fence, on a wooden or [wire trellis](#), or over an arbour. Just install some wire or mesh to support its tendrils.

Soil - The best soil for passionfruit vines is rich in organic matter and well-drained with a pH of 5.5 to 6.5. Feed your passionfruit vine with well-watered-in Citrus food or a chicken manure twice a year, in spring and autumn. Ensure you [spread the fertiliser](#) over the entire root system. Avoid over-feeding or using fertilisers that are high in nitrogen, this will encourage leaf growth at the expense of flowers and fruits.



What's on at Community Hall – Monthly Market

River Heads Markets are back!

Sunday 11 June 2023

Sunday 9 July 2023

Sunday 13 August 2023

Saturday 9 September 2023 (Riverfest)

Sunday 8 October 2023

Sunday 12 November 2023

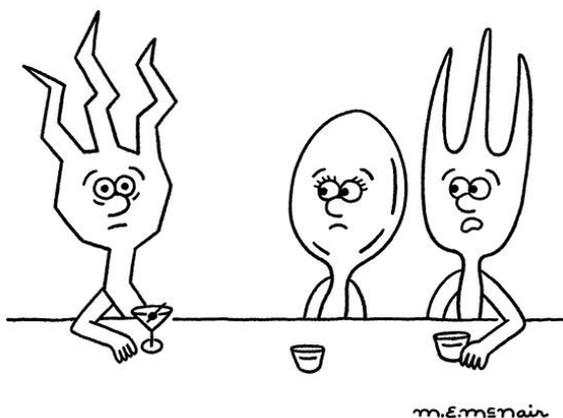
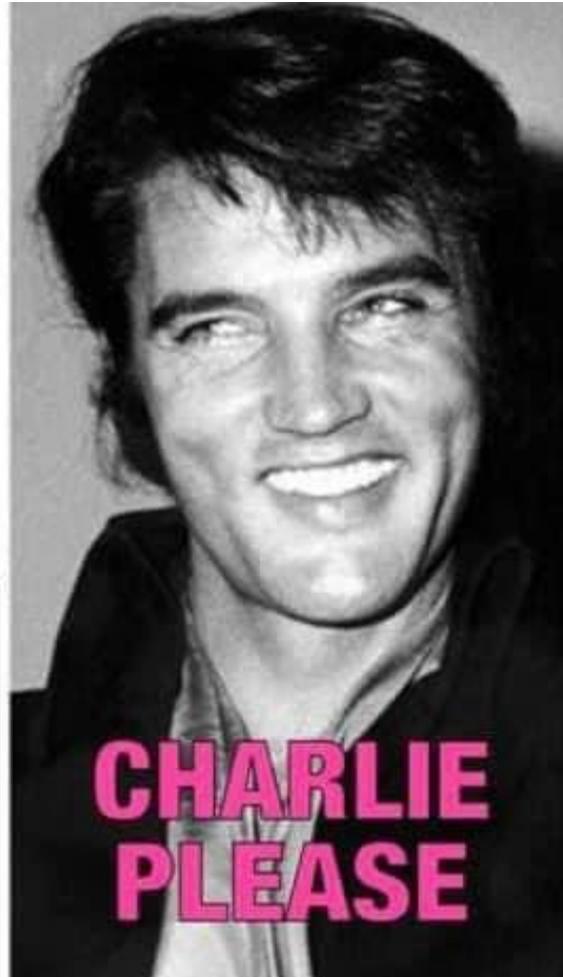
Sunday 10 December 2023

Anyone wishing to book a stall site should contact the Markets Coordinator, at markets@riverheads.org.au. We will be happy to assist you. Sites are \$10 for RHPA members and \$15 for non-members and there are approximately 50 sites available with a limited number of powered sites.

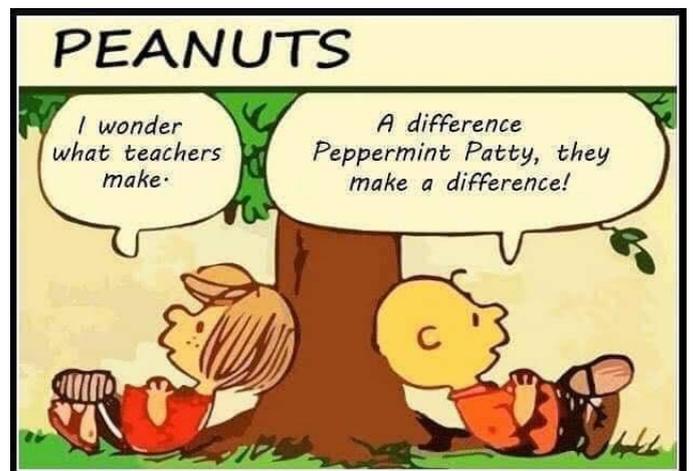
Jotform is available for bookings so log onto markets@riverheads.org.au to book your spot.



A Bit of Comic Relief



"He once fell into the garbage disposal and doesn't like to talk about it."



What's on at Community Hall – Friday Bistro

Rivers Bistro Menu v2.0

0487 097 700 for Take-Aways
Friday's 5:30 - 7:15 pm (except public holidays)

	Members	Non Members
Chefs Selections		
Special of the day	\$ 18.00	\$ 20.00
See specials board		
Roast of the Day	\$ 15.00	\$ 17.00
Served with roast vege, steamed greens and gravy		
Chicken		
Chicken Schnitzel	\$ 16.00	\$ 18.00
lightly crumbed fresh breast fillet		
Chicken Parmy	\$ 18.00	\$ 20.00
lightly crumbed freshbreast fillet topped with ham, napolitana sauce and mozzarella cheese		
Chicken Kiev	\$ 19.00	\$ 21.00
fresh chicken breast crumbed and filled with homemade garlic butter		
Seafood		
Beer Battered Flathead- 3 pieces	\$ 15.00	\$ 17.00
Crumbed calamari- 6 pieces	\$ 15.00	\$ 17.00
Breaded Prawns-6 pieces	\$ 17.00	\$ 19.00
Seafood basket	\$ 19.00	\$ 21.00
2 flathead, 3 calamari, 2 scallops, 2 crumbed prawns Seafood above served with lemon, tartare, and chips		
Prawns with Creamy Garlic Sauce	\$ 19.00	\$ 21.00
served with steamed coconut rice		
Kids meals		
Beefburger and chips	\$ 8.00	\$ 9.00
Toasted bun, 100g beef patty, cheese, tomato sauce		
Crumbed chicken and chips	\$ 8.00	\$ 10.00
Fresh chicken tenders		
Kids Fish and chips	\$ 8.00	\$ 10.00
Crumber fingers of Barra		
roast of the day 1/2 serve	\$ 10.00	\$ 12.00
Dessert		
Cake of the day	\$ 8.00	\$ 10.00
Ask the chef		
Ice cream with topping	\$ 5.00	\$ 7.00
chocolate, strawberry or caramel topping		

Rivers Bistro Menu v2.0

0487 097 700 for Take-Aways
Friday's 5:30 - 7:15 pm (except public holidays)

All meals served with mash potato and steamed vege, or Roast Vege or Chips and Salad		
	Members	Non Members
From the Grill		
Rib Fillet-200g	\$ 21.00	\$ 23.00
Porterhouse 250g	\$ 24.00	\$ 26.00
Barra 200g	\$ 21.00	\$ 23.00
Atlantic Salmon 200g	\$ 21.00	\$ 23.00
Burgers		
Angus Beef Burger	\$ 13.00	\$ 15.00
Toasted bun, 200g beef patty, caramalised onion lettuce, tomato, beetroot, BBQ sauce		
Tropical Chicken Burger	\$ 13.00	\$ 15.00
Toasted bun, fresh breast chicken schnitzel, bacon, pineapple, lettuce, tomato, cheese, mayo		
Feeling extra hungry?		
Crumb Calamari x 3	\$ 6.00	\$ 8.00
Breaded prawns x 3	\$ 6.00	\$ 8.00
Onion Rings x 5	\$ 5.00	\$ 7.00
Prawn Skewers x 2	\$ 6.00	\$ 8.00
Bowl of Chips	\$ 4.00	\$ 5.00
Sauces and Gravy		
Gravy	\$ -	
Creamy mushroom	\$ 4.00	
Pepper	\$ 4.00	
Garlic herb butter	\$ 4.00	
Tomato / Barbecue	\$ 1.00	

We encourage all patrons to join in with others at the Bistro so please stretch your legs and go visit that friend at the other table or make a new friend.

Chat to our new chef, Ben and his assistant Bryar. Make your way over to an icy cold bevvie.

If you have enjoyed your evening, please let others in the community know by liking us on Facebook.

Your feedback about any aspect of your visit is most welcome.

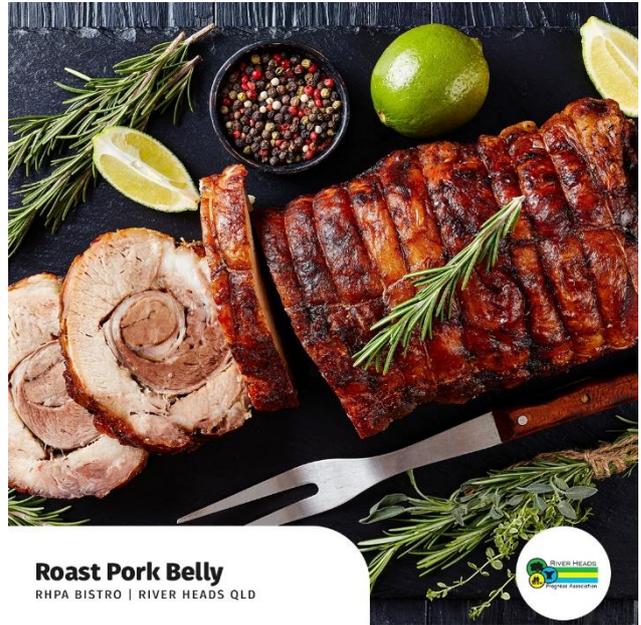
Cheers in any language - Prost! Salud! Sante! Skall! Cin Cin! Serefe! Saude! Slainte

\$20 Single Membership available on entry for 18+ - benefits include reduced meal and beverage prices.

What's on at Community Hall – Friday Bistro



Thai Pumpkin Soup
RHBA BISTRO | RIVER HEADS QLD

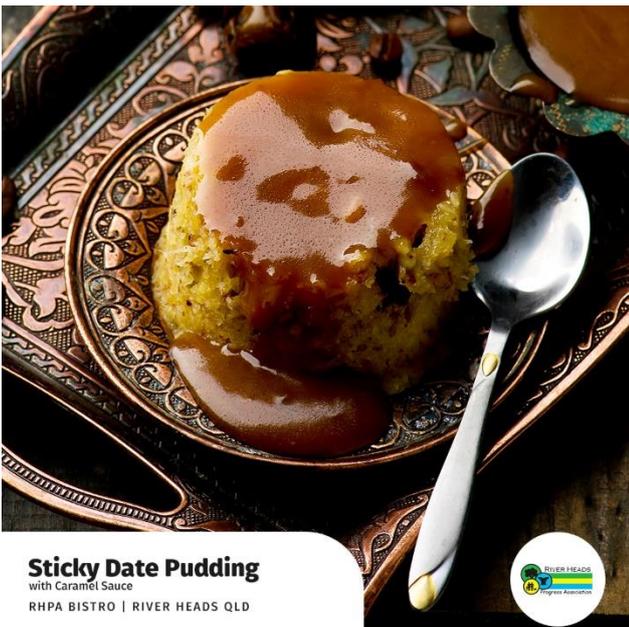


Roast Pork Belly
RHBA BISTRO | RIVER HEADS QLD



Our amazing Bistro Staff – Ben and Briar delight each week with these delicious meals.

Liz Stewart prepares the desserts that deliver the perfect accompaniment to the meal.



Sticky Date Pudding
with Caramel Sauce
RHBA BISTRO | RIVER HEADS QLD



Triple Choc Brownie
RHBA BISTRO | RIVER HEADS QLD



What's on at Community Hall

Patchwork and Quilting

Held at Community Hall—Mondays, February through to December, 09:30am-2pm

BYO Lunch and drinks please.

Projects to suit all types of sewing machines.

For more information contact Judy—4125 7726 or 0427 000 982



Wednesday Pool Night

Numbers continue to grow in the Community Hall on Wednesday Night Pool Night. There is great comradery amongst all players—women and men and we are starting to see younger people come to learn the skills of playing pool from older players. Pool kicks off at 6pm and ends when the last players are ready to leave, usually around 8:30pm. And sometimes its 11pm—when the bar closes!

There are two tables with overhead lighting. Write your name on the board & you will be partnered for a game or two. The Bar is open for patrons over 18 years of age.

Pool Players only stop if the Wednesday night falls on Christmas day or New Years Eve/Day. The Pool Players work this out between themselves. Come along and see if you can pocket the ball!

“Make every easy shot, and make every shot easy”

Call John 0741258362 or 0419 663 100 to check if pool night is on



What's on at Community Hall

The 'She said She' Community Group

The 'She said She' Community Group is held at the Community Hall at 45 Ariadne Street River Heads on Tuesday mornings from 9:30-11:30am.

Current activities are anything the attendees want them to be. If you are new to the area, and want to meet like-minded ladies, and start the momentum to perhaps get a 'She Shed' built where activities might include repairing furniture, changing a tyre, and anything that requires a hammer and nail, then be part of this newish group and bring your ideas. Bring a share plate for morning tea. Bring your enthusiasm. Bring your girlfriends. This group can grow with you to what you and its members want it to be. Exciting times lay ahead.

Contact is Sarah Mortimer – 0413 805 749 or join the *RH social group for women* – community chat on Messenger/Facebook.

Social Indoor Bowls

Social Indoor Bowls was first formed in January 2003. As the hall was not big enough to accommodate a proper game of indoor bowls, the first group invented what we now still play, a game which is part Indoor bowls and part outdoor bowls.



The rules we play are slightly different to other indoor bowls groups - more social and fun! Presently we have between 8 and 16 players.

It is a fun social game held every Wednesday from 1.30pm to 3.30 pm with a break halfway for a cuppa and biscuits. Anyone is welcome to come on down and play and you need not have any experience.

Should you need any more information, please call either Mike or Robyn.

Regards Mike and Robyn Allam— 07 41257683



FRASER RADIO - ON AIR

FM 87.8 AND FM 88.0

BRINGING LOCAL RADIO TO YOU

ENERTAINING, INFORMING,
LOCAL ADVICE, FEATURES, LOCAL ACTIVITIES

SUPPORTING LOCAL BUSINESSES

HOW DO WE DO THIS?

Fraser Radio is a small group of likeminded locals with an interest in communication, making things happen and sharing stories of local features and natural delights.

We meet monthly at the Riverheads Community Hall

We review broadcast material and work on current projects and plan broadcast improvements.

We sell advertising space to local businesses and plan campaigns by writing advertising scripts.

We develop material presentations and pre- record program material.

WE NEED SOME HELP – SEVERAL HOURS A MONTH

CONTACT US – info@fraserradio.com

phone 0487 097 700

River Heads Rocks is an annual music, art & camping weekend in a boutique setting at Fraser Coast RV Park. The music, camping & art weekend will showcase 26 performers and 4 live artists with a monster raffle with all proceeds going to support Community Flights.

This year the weekend is being held from 21-23 July. The good news for locals is they have the opportunity to attend on Saturday by purchasing a day pass for \$60.

Community Flights provide a flexible, safe and free service to transport patients from the nearest regional airport to their medical treatment or services. Last year River Heads Rocks raised \$4000 to support this worthwhile cause and we are hoping to break that record this year with the monster raffle. \$5 per ticket or 4 for \$20 – As your number is drawn you can select your prize - **LINK TO RAFFLE TICKETS HERE**



The Caricature Queen will be there painting the scene from the day and this unique piece will be auctioned off. Created by Kat will also be painting Boomer with signatures from all the performers on the day. Last year, Kat's live art raised \$1000 for Community Flights.



4 Live Artists will be showcasing their talent



Win a joy flight over Fraser Island & Hervey Bay

This event is proudly presented by Triple M on the Fraser Coast and ticket sales have been limited to 300. On site catering available and BYO drinks.

Full details on the ticket sales, the line-up and raffle prizes can be found on the website at <https://www.frasercoastrvpark.com.au/river-heads-rocks>



Cook's Corner

Cook's Corner

French Apple Cake – Sure to be a Favourite



Ingredients

150G (1 cup) plain flour

1 tsp baking powder

125g butter, at room temperature chopped

100g (1/2 cup) caster sugar

2 eggs

1 tsp vanilla extract

60ml (1/4 cup) milk

3 large pink lady [apples](#), peeled, cut into 2-3cm pieces

Icing sugar, to dust

Method

Step 1

Preheat oven to 180C/160C fan forced. Grease a 21cm springform pan and line the base with baking paper.

Step 2

Sift the flour and baking powder into a bowl. Use electric beaters to beat the butter and sugar in a separate bowl until pale and creamy. Add the eggs, one at a time, beating well after each addition. Beat in the vanilla.

Step 3

Fold the flour mixture and milk into the butter mixture, then fold through the apple. Transfer to prepared pan and smooth the surface. Bake for 35 to 40 minutes or until a skewer inserted into the centre of the cake comes out clean. Set aside in the pan for 10 minutes, before transferring to a wire rack to cool completely.

Step 4

Serve the cake dusted with icing sugar.

Support Local Business

1



Shed 3 - 73 Booral Rd
Urangan, Qld 4655

HERVEY BAY
MECHANICAL
4124 9419
www.herveybaymechanical.com.au



**Green Slashing Service
& River Heads Slashing**
Dale Wise

70 Panorama Drive
Dundowran Beach QLD 4655
greenslashing@bigpond.com
riverheadsmow@bigpond.com

Phone
0429 809 760

Servicing Hervey Bay and Surrounding Areas
Acreage and Town Allotments



ACE MOBILE DOG HYDROBATH
— HERVEY BAY —

BRUSH NAILS EARS
DEODOURISING DRYING TREAT

BOOKINGS:

0433 031 815 or 0416 061 787 FIND US ON Google

Your Special Dog Deserves the "Ace Treatment"



**Prestige Stainless
Fraser Coast**

- * Fabrication- Stainless, Aluminium and Steel
- * Installation and Repairs
- * Balustrades
- * On Site Welding
- * Boat Repairs
- * Custom Pieces
- * Metal Polishing

Murray Piefke
0411329277
prestigestainlesscc@hotmail.com



The Gateway To Fraser Island

RIVER HEADS
Café

River Heads Shopping Village
Ariadne Street, River Heads

07 4125 7555

Breakfast, Lunch & Dinner
Enjoy a coffee on the deck

Breakfast & Lunch 8am-2pm Every Day
Dinner 5pm-7pm Thursday, Friday & Saturday



H-B-E
**HERVEY BAY
BRAKE & EXHAUST**

FOR YOUR ONE STOP MECHANICAL REPAIR SHOP

- ◆ All Mechanical Repairs
- ◆ Roadworthy Certificates
- ◆ Brake Checks & Repairs
- ◆ Logbook Servicing
- ◆ Exhaust Systems

www.hbbe.com.au **Ph: 4124 3166** info@hbbe.com.au
Fax: 4124 4431

Shop 7/101 Beach Rd. PIALBA QLD 4655.

LOOK FOR THE BIG YELLOW MUFFLER ON BEACH RD.

Support Local Business

2



THE Home Loan Broker

Nicole Beattie
E: nicole@thebroker.net.au M: 0408 200 540

F: 1300 55 45 75 www.thebroker.net.au

Choice
Access to hundreds of home loans from over 30 leading lenders - including the major banks.

Free of charge
We can offer our home loan service to you free of charge because the lenders pay us a commission.

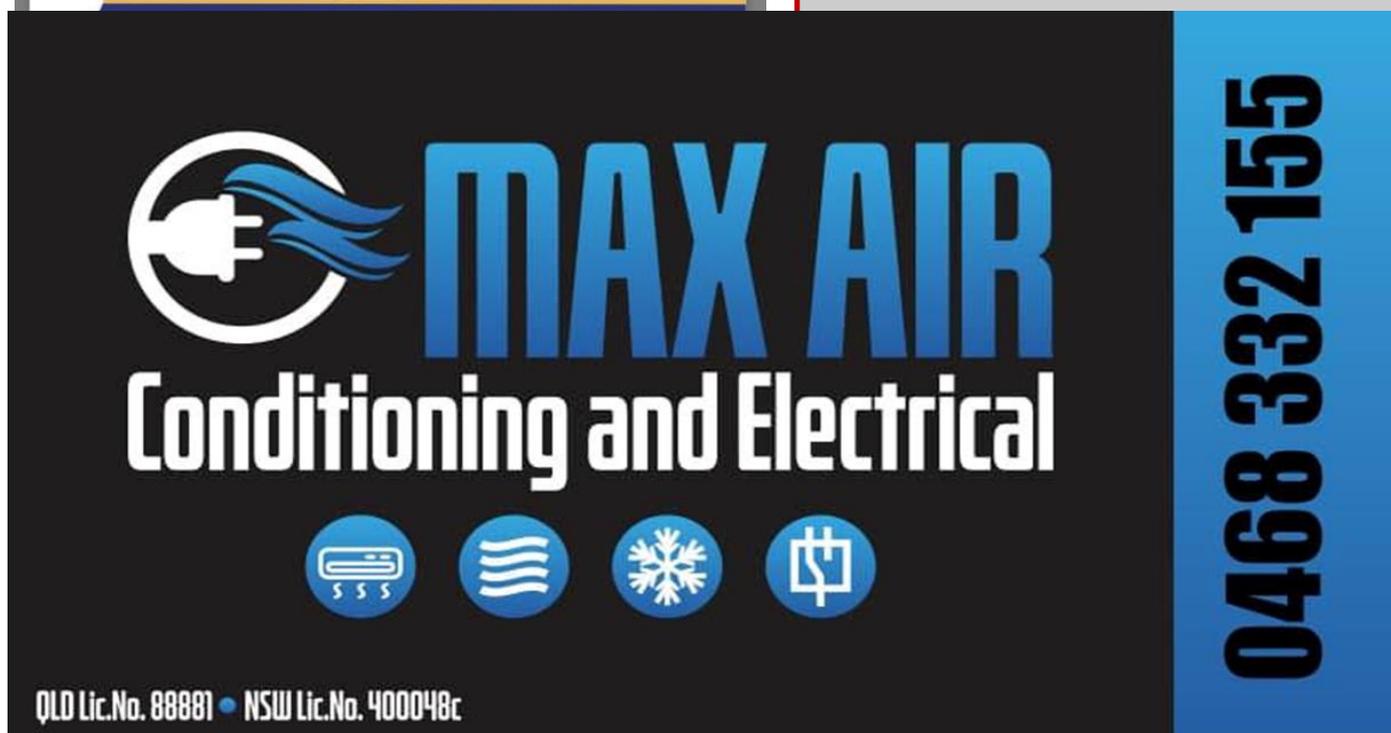
Convenience
We offer appointments at a time and place that suits you - including after work hours.

After Sales Service
Comparing home loans, preparing paperwork and support through to settlement are just the beginning. We'll be your contact for the life of the loan.

?

Want to place an ad here that reaches an estimated 1000 or more readers?

Business Card size—\$55 per year
1/4 page size—\$129 per year
1/2 page—\$249 per year
full page size—\$500 per year



MAX AIR
Conditioning and Electrical

0468 332 155

QLD Lic.No. 88881 • NSW Lic.No. 400048c

Icons: Plug, Waves, Snowflake, Electrical plug

Here at MAX AIR Conditioning and Electrical, our Team offers a 24/7 electrical service including installation of quality air conditioners.

Support Local Business

Margaret Horlock

Commercial & Succession (Wills & Estates) Lawyer

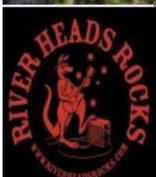


0409 413 943
margaret.horlock@me.com

Based in River Heads,
I will come to you.



10% discount for locals when you quote RHR23



For all types of camping
21-23 July 2023



GK-Tech Pty Ltd

INTUITIVE TECHNOLOGY

Onsite/Mobile Service
Computer Repairs and
Troubleshooting
Printer Troubleshooting
Phone & Tablet Support
Internet & Wifi Setup



We provide onsite support in the Hervey Bay area for computers, laptops, printers, NBN, Internet, WiFi, phones and tablets. We also provide remote support, virus and malware recovery and cleaning, backup and recovery services and one on one training. At GK-Tech, we are dedicated to transforming our customers experience with technology and to create an enduring and trusted business in the Hervey Bay area that is respected and dedicated to getting the job done.

0437 407 219

Support@gk-tech.com.au www.gk-tech.com.au

House of Tupps By Skye

Find me on Facebook at 'House of Tupps by Skye'
Join & Like my page to get the latest Tupperware offers.

I have an ONLINE SHOP where you can get your order delivered direct to your door

📦 If you would also like discounted postage charges, book through my online shop. 📦

📞 Call/Text me direct on 0458267406 to arrange for me to send through the Shop Link to place your own order or can meet to place a bulk order for a group of family or friends.

Support Local Business

4



RENEW RIVER HEADS!

With energy prices increasing over 50% on average last year, there's never been a better time to install solar.

Book an appointment with one of our Solar Stars today who will demonstrate just how much you could save using our fully backed premium only products.

CALL DEB TODAY!

0412

708

042

35 Years electrical experience

15 Years in the solar industry

Free system checks

Savings guaranteed in writing

25 year warranties

CEC accredited installation teams

Intelligent monitoring and support



What's your likely savings? Scan to find out!



 idealsolar.com.au

*Conditions Apply



Breathtaking Water Views

River Heads • Turtle Cove • Booral

Market conditions have continued to be fairly stable over the summertime and whilst the amount of sales happening is not on par with 12 months ago we have not seen a big drop in prices across our area.

Land sales are still strong with smaller block with views selling for between \$250,000 and \$290,000 and half acre block selling for between \$300,000 and \$450,000 despite the difficulty of getting a home built straight away.

House prices are also holding steady with 3-4 bedroom homes on smaller blocks selling for between \$500,000 and \$750,000 meanwhile homes on half acre blocks are getting a minimum of \$750,000 up to \$1.2m

We are seeing a lot of agencies pushing out here to River Heads but none can offer the unmatched local knowledge and personal service we can offer.

If you are thinking of selling and would like an obligation free market appraisal please contact us and talk to one of our experienced sales staff.

Kaleena Bracken - 0429 405 109
Laurie McDonald - 0413 518 299

Visit us today at River
Heads Shopping Village

find us online



Contact Us

Office 07 4125 7777

Shane Logan 0409 796 249

Margaret Berrell 0421 819 124

RENTALS

Wanting a relaxed lifestyle with great views and great fishing?

Come and see us in River Heads! We have permanent rentals and holiday rentals available

Contact our office on

(07) 4125 7777

or email rentals@rhp.com.au

HEADING TO
FRASER ISLAND?

FROM
\$15
per night



Contact our office on (07) 4125 7777
or after hours on 0409 796 249 to arrange a booking