



RIVER HEADS REVIEW

OCTOBER 2020

Issue 265



*Photo courtesy of
Darran Leal*

BASKING ON OUR MUD FLATS AT RIVER HEADS



MELBOURNE CUP LUNCHEON TUES 3 NOVEMBER – \$25 PP
NUMBERS LIMITED DUE TO COVID SO BOOK NOW 0499 992 442



INSIDE THIS ISSUE

President's Report	3-4	Fraser Coast RV Park News	11-12
Councillor Division 7 News	4	Activities	17-19
Thanks, from Ted & Jenny Sorensen	6	This Month's Calendar	20
Empowering Communities	7	Contact List	21
RH Fishing Club Report	8	River Heads Property Sales	22
RH Food Forest Plant List	9-10		

DISCLAIMER: *The views expressed in articles in the River Heads Review are not necessarily those of the River Heads Progress Association.*

RHPA MEMBERSHIP BENEFITS

Membership is \$20, and you get all these fantastic benefits, PLUS much more:

- Discount member's meal prices at Rivers Bistro
- Birthday meal at Rivers Bistro to the value of \$15
- Free entry to any functions at the Community Hall where an entry fee is applicable
- Automatic entry in membership draw each Friday evening
- Reduced rate for Community Hall hire
- Reduced rate for advertising in the River Heads Review

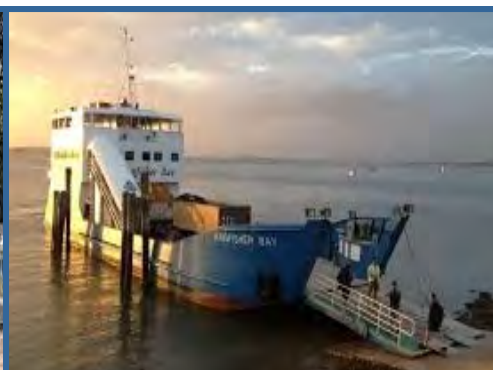
JOIN TODAY!

Friday Night Member's Draw

Every Friday night at 7pm if your Member Number is drawn and you are there, you win the jackpot!

If the member is not present, then the prize will jackpot \$10 each week.

You must be present to win the draw - don't miss out!



The *River Heads Review* is proudly sponsored by River Heads Property Sales

PRESIDENT'S REPORT - OCTOBER 2020

MELBOURNE CUP LUNCHEON TUES 3 NOVEMBER \$25 PP – Numbers limited due to Covid so book now 0499 992 442



The Annual General Meeting of the River Heads Progress Assn Inc was held at the Community Hall at 6.00pm on Tuesday, 8 September, 2020. It was a very pleasing attendance and updates were given on the Turtle Cove Development, the Wilkins Street Development and a new proposed development near Lauderdale. Our special thanks go to Returning Officer, Cr Darren Everard who gives up his valuable time to perform this role for us. A very big welcome back to returning committee members and a big thank you to those not standing for re-election. Your Management Committee for 2020/21 is as follows:

President – Billie Rustin
Vice President – Vacant
Secretary – Susan Kearton
Treasurer – Jeanne Wilson
Registrar – Joan Taylor
Food & Beverage Manager – Margaret Reynolds
Bar Coordinator – Mark Hensel
Event Coordinator – Keran Smee
Roster Coordinator – Wendy Wong
Key Registrar – Reg Pearson
Webmaster – Adam Cork
General Committee (Reserve) – Neville Watson
General Committee (Fishing Club Delegate) – Lyn Althaus
General Committee (Kitchen) – Elizabeth Stewart (Liz has since relinquished this position due to work overload).

Non-committee positions are: Sue Church (Assistant Treasurer); Karen Hensel (Hall Booking Coordinator); Carola Herbert (Review Editor); Phyllis Jacobsen (Assistant Registrar).

And a special thank you to all our Sub-Committee members who give up countless hours to keep the services and facilities provided by the Association ticking along. Thank you one and all!

I must also thank our retiring Chef, Liz Stewart, who has done a brilliant job cooking up a storm for us over the last year or so. Liz will finish on 16 October. Thanks so much Liz. However, there is always light at the end of the tunnel in a wonderful community like ours! Whilst we are losing Liz, we are welcoming back Chef Damien Symes on a part-time basis and our new-to-the-area Chef, Jackie Tidmarsh, who will cover the nights Damien is not available. Welcome back Damo and welcome to River Heads Jackie!

As reported at the AGM, the Developer of Wilkins Street Development, Peter Chen, has advised us he has had health problems during the year requiring hospitalisation. However, he is currently seeking a partner to joint venture with so that they can go ahead with the development. The response so far has been very poor, especially in view of COVID-19 that restricts travel. However, at present they do have one joint venture party undertaking due diligence on the pros and cons of the market demand for park residential blocks in River Heads. More on this later.

Cr Everard reported that no further progress had been made on the proposed carpark in Ariadne Street.

Stay tuned for the Open Mic Night 4pm to 9pm 10 October at the hall. The idea is that anyone can attend for a gold coin donation which will go to the Just for Kids Charity. Suzanne and Paul from the RV Park are organising this in conjunction with RHPA. It will be a chance for any musos out there to register on the day and perform live so dust off the old keyboard, tune up the guitar and come along for what will be heaps of fun and music. All welcome! Lyle from BackRoad will also be involved and we all know how great Lyle is on the guitar! Rivers Bistro and Bar at the hall will be open serving a variety of burgers, chips etc and ice cold beverages from the bar, so see you there!!

Notice to all hall activities: We are now required to fill in separate forms for all people attending the hall. Blank forms will be on the front desk – they should be completed by each person and placed in the box provided at the desk rather than taking a list. This is a requirement of Qld Health for privacy reasons.

More volunteers are needed for a shift once a month in order to keep Rivers Bistro & Bar ticking along. Preppers 2.00-3.30pm Fridays; Platers/servers 5.30-7.30pm, Till/cashier 5.30-7.30pm; Bartenders 5.30pm to around 8.30pm - Friday nights. With everyone doing just a little bit our wonderful community will continue to prosper. Phone **0499 992 442** if you can help. A big thank you to all those who are already volunteering their services. You are the lifeblood of our community!

PRESIDENT'S REPORT - OCTOBER 2020 (Continued)

Sporting Teams for River Heads: Anyone interested in forming a team should phone **0499 992 442**. It is high time River Heads was on the sporting map. We have a wealth of sporting talent in our community plus a fantastic playing field and canteen at the Reserve in Seafarer Avenue, so let's get mobilised!! A big thank you to all the guys working on the canteen. They are doing a fantastic job – Nev Watson, Mark Hensel, Nick Burgess and anyone else who has helped.

That's all folks! Take care, **stay well** and enjoy life.

Billie Rustin



COUNCILLOR Division 7 NEWS

Well October is with us already, 2020 is really flying by (some may say thank God).

I will start with a reminder about the road works on Main Street for the new roundabout. Please allow a little extra time for your trip if you are using this entry into Hervey Bay. The project is well and truly underway and we apologise for any disruption these works may cause during construction.

As we enter the lead up to Christmas (I know, but I am getting in early) I will remind all about our month-long Storm Season Clean Up during Get Ready Month (October).

Get Ready Month encourages residents to prepare for the coming storm and cyclone season by cleaning up around your house. More information on how to Get Ready is available on the website at <https://www.frasercoast.qld.gov.au/storm-season-clean/>

While we are talking about Storm Season, we have updated our Disaster Dashboard. I ask that you please visit the site at <http://disaster.frasercoast.qld.gov.au/> and sign up for the Opt-in Notifications so you have all the latest information sent to you as it is released. The notifications will give you the latest, up-to-date information rather than second-hand news and rumours.

Thank you to Christel and the team for their work at the River Heads Food Forest. It is great to see their plant list included on the Council website. I must say it is a very impressive list. Please take the time to have a look what is being grown <https://www.frasercoast.qld.gov.au/downloads/file/2675/river-heads-food-forest-plant-list-2020-2021>

Community Chat:

My October Community Chat will be at 10.30am on Tuesday, October 27 at the Hall.

As we are all aware we are dealing with COVID-19, so if adjustments are required to the process to ensure compliance in this new normal we will do them on the day. I will be complying with the requirements around recording attendees.

If you can't make it, I am happy to visit you at home. To make an appointment, please contact me on 0448 045 041 or email: darren.everard@frasercoast.qld.gov.au

Council Information:

Feel free to like my <https://www.facebook.com/darreneverardfrasercoast/> for updates on what is going on in the Region. I do try and update it as information comes to hand.

Council Contact:

Just a reminder that if you have any matters which require urgent Council attention please contact the Council Call Centre on 1300 794 929 and we will do our best to attend to your needs.

Take care and stay well.

Darren



STAY CONNECTED



Find us on Facebook
www.facebook.com/FraserCoastCouncil



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



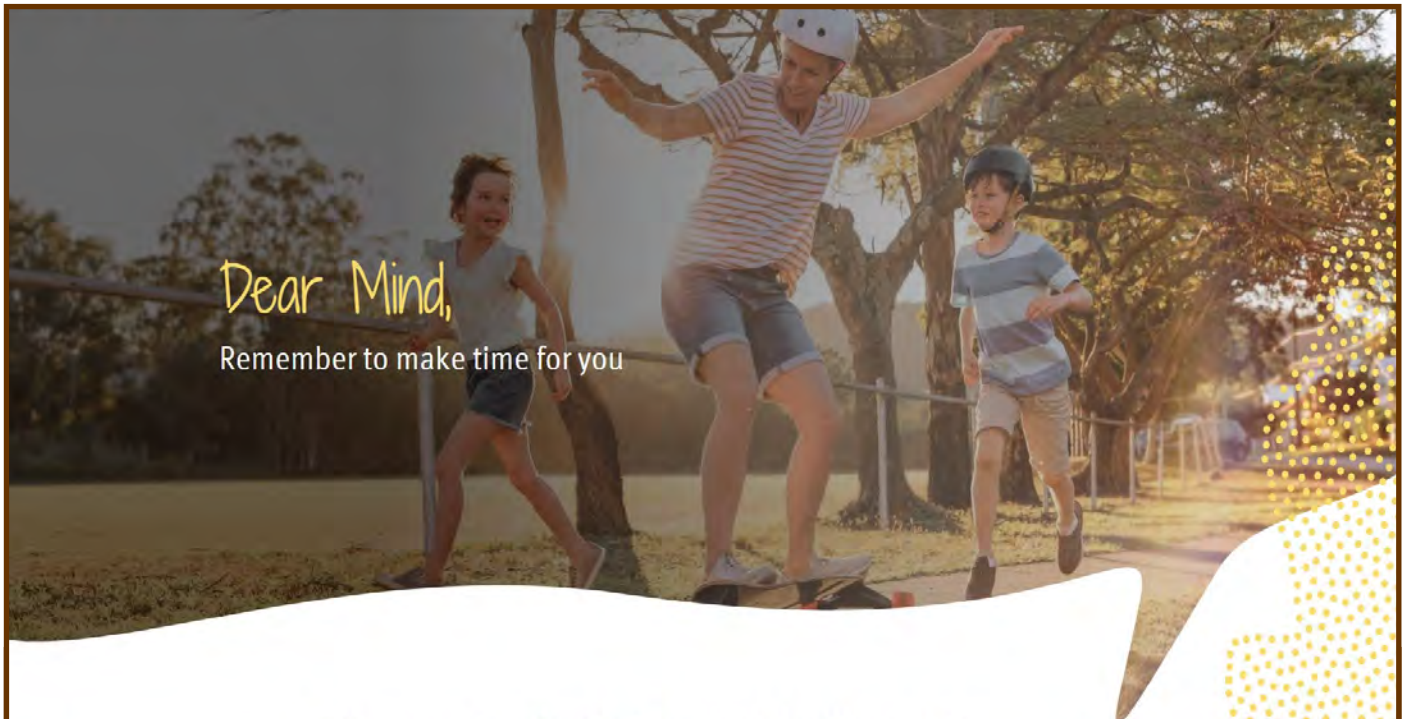
Follow us on Twitter
www.twitter.com/frasercoastrc



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



Fraser Coast
REGIONAL COUNCIL



You deserve the best possible you!

'Dear Mind' is Queensland's first positive mental health and wellbeing campaign, encouraging Queenslanders to make time for themselves and prioritise their mental wellbeing.

<https://mentalwellbeing.initiatives.qld.gov.au/>

THANKS, FROM TED & JENNY SORENSEN



A message from

Ted Sorensen MP
MEMBER FOR HERVEY BAY

🏠 3/357 Esplanade, Scarness Qld 4655 ☎ (07) 4183 8100
@ hervey.bay@parliament.qld.gov.au

Thanks, from Ted & Jenny Sorensen.

There hasn't been a day in my 26 years of public life, that I didn't want to go to work. I'm well aware of how lucky I have been, to do something that I have enjoyed so much. I could not have done any of this without the loving support of my wife Jenny, and the people of Hervey Bay who returned me with trust, at each election. It really has been the most humbling experience. The most enjoyable aspect of my career, by far, was meeting some really wonderful people. River Heads Progress Association over the last 30 years or so has proudly held an honourable reputation of being the respected voice of the community. The Association has always advocated for an excellent lifestyle for the people that chose to live at River Heads. It's been a true pleasure working with and assisting organisations such as RHPA, as they promote the specific needs of their community. River Heads will always hold special memories for me, as a local councillor, mayor and state politician, and the work that we have done together over the years.

New and developing communities do come with some significant challenges and while the challenges at River Heads have changed considerably in the last 30 years, there is always a need to '*progress*' and be the '*best you can be*'. There are so many people who have contributed wholeheartedly to River Heads and its growth. Upon my retirement, and in fear of missing anyone in particular I would just like to mention two kind personalities, who gave their all and really started things happening out at River Heads, Cliffy & Dulcie Callaghan. God bless Dulcie.

Their tireless efforts of having sausage sizzles and block parties (because there were not many houses out there), meetings in someone's shed with fundraisers, in an aim to build the community hall that we all enjoy today. I look back with fondness because there was lots of community participation and heaps of excitement of what '*could be*' at '*the Heads*'.

A community hall, with less mozzies and midges and better access to wonderful Fraser Island (K'gari). I remember we got \$500,000 from the Borbidge government to upgrade the River Heads boat ramp areas. They used to be gravel back in the day...!

Jenny and I really do look forward to having a break from the busy diary of commitments, a trip without a deadline, not having to get up and get going each and every day and replacing it with leisurely week days and week-ends, catching up with grandchildren and great grandchildren. Thanks everyone, for your support throughout my career.

We will see you out at *the Heads*!

Ted & Jenny Sorensen



Empowering Communities

By Sue Watson

Humans are hard wired to connect with one another, to our families and to our communities. Without these connections our ability to function well socially, emotionally, economically and spiritually is weakened.

Social isolation is the poverty of the Western world and can bring misery to people's lives, and this current pandemic has not helped our situation. I want to bring to your attention some great new movements that are being implemented locally to address this.

COACH – Creating Opportunities And Casting Hope

This program aims to see people in rough places flourish through mentoring. Volunteer mentors are equipped with skills, knowledge and strength to support participants in reaching their full potential, emotionally, socially, educationally and spiritually. It is an early intervention program that targets individuals, families and young people and enables them to face the challenges life presents. It facilitates the building of connections and relationships for individuals, families and the community.

If you would like to know more about COACH or know of someone who would benefit from this program and would like to be referred to it, they can phone me on 0448 609 899 or email hovetosue@gmail.com and I can pass them on to the local co-ordinator.

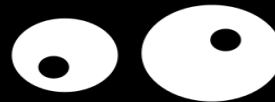
CITY WOMEN HERVEY BAY

This movement consists of women from churches and other community groups working together in meeting the real needs of women and girls within our city. This may mean supporting a single mum, standing beside young girls as mentors, supporting pregnant women and new mums in their journey, being a friend to a widow. This group meets monthly at the Neighbourhood Centre, Pialba and are connected with BAY FAMILIES and HOPE IN A SUITCASE supporting children being placed into care.

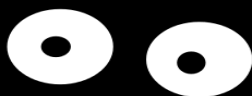
Jess Amos is the local co-ordinator and I can put you in contact with her for further information.

True story that happened at the River Heads Progress Association's AGM recently:

Just as elections were about to take place the power went off ...?!!



All those present were not kept in the dark for too long...



Mobile phones came to the rescue to shine light on the elections and the rest of the meeting...



The story has a happy ending:

Thankfully, almost the full Management Committee returned to keep the wheels of our community turning for 2020/21!



Welcome from the Fishing Club.

The state election is close now so some interesting times ahead with all candidates looking for our vote. The club is non political but I am sure many members will support whoever promises to remove commercial nets from the yellow conservation zone in the Great Sandy Marine Park.

September Monthly Fish Meet had 14 members weigh in their catches with some good fish recorded. Most Outstanding Fish was awarded to Darryl Smith for his 83cm Blue Salmon just 1 cm shy of the current club record. Congratulations Darryl.



The annual club trip away is on 17th and 18th October to Burrum Heads. It is a long way to travel but I am certain it will be worth the drive for the 20+ members and partners going. The editor will be interested in receiving feedback on those who misbehave, especially if photographic evidence is supplied.

The social fish meet last month to Power Island area was enjoyable with a few edible fish and plenty of catfish caught. The sausage sizzle and drinks afterwards was also a good time.

The pizza night at the River Heads Café and Takeaway was well supported and everyone enjoyed the excellent pizzas. One member was suitably embarrassed with the average rendition of Happy Birthday.

A couple of isolation observations....

When I grow up, I would like to be a retired lottery winner.

Try to remember, the greener grass across the fence may be due to a septic tank issue.

When you're dead, you don't know your dead. The pain is only felt by others. The same thing happens when you're stupid.

May your lines be tight, hooks sharp and knots strong.



MELBOURNE CUP LUNCHEON

TUESDAY 3 NOVEMBER 2020

DOORS OPEN 11AM

**\$25 PER PERSON – INCLUDES 2 COURSE BUFFET
LUNCH & PRIZES FOR BEST HAT & BEST OUTFIT**

(Social distancing measures will be in place)



River Heads Food Forest Plant List

Situated adjoining the River Heads Community Hall and outside the fenced Community Garden at 45 Ariadne Street, River Heads, the Food Forest is open all hours. Use this list to enjoy a self-guided walk through the small public demonstration garden which was established in 2014 - many plants will be labelled for the annual RiverFest in September (excluding 2020). With an adjoining BBQ shelter, public toilets and children's playground, it is an inviting spot to visit during a day trip to River Heads or on your way to Fraser Island. Coffee and food are available from the River Heads Café and supermarket across the road. When taking seed or cuttings, please use care not to damage the plants and make sure to leave some for others, thank you.

Enquiries, comments, feedback and photos can be directed to the River Heads Food Forest Facebook group. Plant notations for this plant list: **B**-bee, butterfly & bird friendly, **E**-edible, **M**-Medicinal/cosmetic/insect repelling, **U**-useful as animal feed/dynamic accumulator/groundcover/ornamental/scented, **W**-weed or has weed potential.

Use of plants is at your own risk.

Bush Tucker/Natives: **Atherton Raspberries** *Rubus probus*-from north Qld, E (bears delicious red fruit in winter & spring); **Bottlebrush** *Callistemon sp.*, B/E (leaf tea); **Celerywood** *Polyscias elegans*, U; **Dianella** B/E; **Forest Grape** (Pepper Vine, Small-leaf Water Vine) *Clematicissus opaca*, E (berries & tubers edible, self-seeded from birds); **Giant Pepper Vine** *Piper hederaceum var. hederaceum*, E/M (edible seeds, leaves used as bush medicine); **Kurrajong** *Brachychiton sp.*, E (roast seeds for coffee, young seedling roots are tender); **Lomandra**, E (white stem base tastes like peas); **Midgen Berry** (Midyim) *Austromyrtus dulcis*, E (similar to blueberries in autumn); **Native Basil** *Plectranthus graveolens*, E (easily confused with Dog Bane); **Native Ginger** – purple leaf form *Alpinia caerulea*, E (seeds and tubers); **Pandanus** tectorius, E/U; **Pennywort** (Gotu kola, Arthritis herb) *Centella asiatica*, E/U/W; **Pigface** *Carpobrotus glaucescens*, E (leaves and fruit); **Plum pine** (Brown pine) *Podocarpus elatus*, E (dioecious plant with edible fruit); **Scrambling Lily** *Geitonoplesium cymosom*, E (asparagus flavoured shoots & young leaves); **Shepherd's Crook Orchid** (Pink Nodding Orchid) *Geodorum densiflorum*, B/U; **Tea Tree** *Leptospermum polygalifolium*, E/B (leaf tea); **Warrigal Greens** (New Zealand spinach) *Tetragonia tetragoniodes*, E (leaves & young shoots must be cooked).

Fruit & Nuts - Coffee *Coffea arabica*—from tropical Africa (planted 2014, red cherries can be eaten to reveal raw beans); **Dragon Fruit** (Pitaya) *Hylocereus sp.* from the Americas (planted 2014, delicious red fruit in summer-winter, white variety planted on fenceline); **Grape vine** (unknown variety planted 10/18); **Hickson Mandarin** (transplanted 2015); **Jaboticaba** *Myrciaria cauliflora* from South America, E (planted 2014, bears fruit on the trunk); **Kaffir Lime** (planted 9/18); **Native Finger Lime** (planted 9/18); **Passionfruit** (self-seeded, growing over bottlebrush); **Pawpaw** (Papaya) *Carica papaya* (green fruit can be eaten raw as a vegetable); **Peanut Butter Tree** *Bunchosia argentea*—from South America (planted 2017); **Pineapples** *Ananas comosus*; **Saba Nut** (Malabar Chestnut) *Pachira glabra*—from Southern America, E/U (planted on fenceline 5/18, edible nuts, young leaves & flowers).

Perennial Lettuce & Spinaches - Aibika (Tree spinach, Hibiscus spinach, Qld salad greens, Island cabbage, Bush okra) *Abelmoschus manihot*—from SE Asia (keep pruned to reach new leaves); **Betel Leaf** (Wild pepper) *Piper sarmentosum*—from Asia (spicy leaves can be used as food wrappers or eaten raw or cooked, spreads if grown as a groundcover); **Brazilian Spinach** (Samba spinach, Sambu lettuce, Poorman's spinach, Sissoo spinach) *Alternanthera sissoo*—from South America, U; **Ceylon Spinach** (Malabar spinach) *Basella rubra & B. alba*—from Asia (climber or creeper, leaves, berries can be used as food colouring); **Okinawa Spinach** (Hawaiian lettuce) *Gynura bicolor*—from Hawaii, B (flowers attract butterflies in winter); **Sambung** (Leaf of the Gods, Life Extender) *Gynura procumbens*; **Surinam Spinach** (Leaf ginseng, Water leaf, Surinam purslane, Philippine spinach, Sweetheart) *Talinum triangulare*—from Central America; **Sweet Leaf** (Katuk, Tropical asparagus, Bush vegetable, Sweet bush) *Sauropus androgynous*—from Asia (pea flavoured young leaves & shoots; small quantities safe to eat fresh, large quantities should be cooked before eating; prune regularly to reach fresh growth).

Permaculture Plants – Qld Arrowroot (Edible canna) *Canna edulis*—from South America, E (tubers; young leaves & shoots can be cooked as a green vegetable) & **Indian Shot Canna** *C. indica*—from India, U/W (animal feed, mulch plant & seed was used as shot pellets); **Blue Butterfly Vine** (Asian pigeon wings) *Clitoria ternatea*—from SE Asia, E (flowers are edible, for tea or used as food colouring, young seed pods edible); **Cassava**—variegated ornamental & edible varieties (Tapioca) *Manihot esculenta*—from southern America, E/U (cooked leaves & tubers can be eaten); **Comfrey** *Symphytum officinale*, E/U; **Daylily** *Hemerocallis fulva*—from Asia, E/U (flower buds, fleshy roots & young leaves); **Elderberry** *Sambucus nigra*—from Mediterranean, B/E/W (flowers & berries used to make cordial, wine, champagne, jams, jellies & flower fritters); **Lab Lab Bean** (Poorman's bean, 7 year bean, Hyacinth bean) *Dolichos lablab*, E/U (young shoots, flowers & pods); **Lucerne** *Medicago sativa*, B/E/U (flowers); **Pigeon Pea** (Tree pea, Bush pea) *Cajanus cajan*—from India, B/E/U (eat peas fresh or dried, flowers attract native bees); **Sweet Potato** *Ipomoea batatas*—from central America, E (young leaves & tips can also be cooked); **Winged Bean** (Asparagus pea) *Psophocarpus tetragonolobus*—from Asia, E (perennial climber, emerges Oct, shoots & leaves, flowers & young beans all edible); **Purple Yam** (Ube) *Dioscorea alata*—from Asia, Africa & America, E/W (emerges Oct, climbing vines with tubers & aerial bulbils); **Sugar Cane- Badilla Black & Purple Dwarf** varieties *Saccharum officinarum*, E/U (split stems can be chewed & used as skewers, useful for hedging/screen); **Vegetable Hummingbird** (Agati) *Sesbania grandiflora*—from NE Asia, E/U (flowers, young leaves & pods edible, planted on fenceline 5/18).

FROM THE FOOD FOREST (Continued)

Herbs & Spices – **Aloe Vera** *A. barbadensis* (orange & yellow flower varieties)-from Mediterranean & north Africa, B/E/M (leaves edible); **Baby Sun Rose** (Salty Lettuce) *Aptenia cordifolia*, E/U; **BASIL - Bush Basil** *Ocimum obovatum*, B/E; **East Indian Clove Basil** (Tree basil, Toothache herb, Camphor basil) *O. gratissimum*, B/E/M/U/W; **Holy Basil-red form** (Tulsi, Sacred basil) *O. tenuiflorum* syn. *O. sanctum*, B/E/M & **Thai Basil** *O. basilicum*, B/E (self-seeding, all basil attract bees all year round); **CHILLIES - Habanero & Bird's Eye varieties** *Capsicum* sp.-from Central & South America, E/W; **Curry Leaf Tree** (Sweet neem) *Bergera koenigii*-from India, E/W (berries also edible but seed toxic); **Cardamom Leaf Ginger** (False cardamom, Dwarf cardamom) *Alpinia nutans*, E/U/W (fragrant leaves used for food flavouring, frog habitat); **Five Seasons Herb** (3-in-1 herb, Cuban oregano, Mother of herbs) *Plectranthus amboinicus* variegated form from SE Asia, E/B/M/U (seasoning herb & insomnia infusion); **Galangal** (Thai ginger, Greater galangal) *Alpinia galanga*-from China, E/M/U (rhizomes, young shoots, leaves & flower buds can be steamed or stir fried); **Garlic Chives** *Allium tuberosum*, B/E; **LEMON GRASS** – **West Indian** *Cymbopogon citratus*, E (swollen stem base used mainly for cooking) & **East Indian** *C. flexuosus*-from India & SE Asia, E/U (larger flowering plant, rust-resistant, with narrow stem bases for commercial teas & oil), E/M; **Marjoram** *Oregano* sp; **Mint**; **Perennial Rocket** (Wild or Wall rocket, Sand mustard, Lincoln weed) *Diplotaxis tenuifolia*, E/B/W (perennial with stronger flavour & richer in nutrients than annual rocket, self-seeding); **ROSEMARY**-from the Mediterranean, B/E/M/U; **Pepper Vine** *Piper nigrum*-from India E (planted on fence 5/19); **Sweet Tarragon** (Winter tarragon, Mexican tarragon, Sweet mace) *Tagetes lucida*-from Mexico, B/E (leaves & flowers with aniseed flavour used in salads or teas); **Tree Mugwort** *Artemisia. verlotiorum*-from Eurasia, B/M (insect repellent); **Turmeric** *Curcuma longa*-from India, E/M (edible tubers, emerges Oct, young leaves can be used as flavouring, dies back in winter).

Self-Seeding Annuals – **Chinese Lettuce** (Celtuce, Tree lettuce, Asparagus lettuce) *Lactuca sativa* var. *asparagine* B/E, **Compost Tomatoes & Pumpkins**; **Cosmos** *C. sulphureus* & *C. cordatus* (flowers are bright orange or yellow & mauve), B/E/M; **Dill**; **Egyptian Spinach** (Malokhia, Salad mallow, Vegetable jute) *Corchorus olitorius* (summer growing), E; **Lagos Spinach** (Cockscomb) *Celosia spicata* Syn. *C. argentea*, E; **Lettuce**; **Nasturtiums**, B/E; **Sweet Peas**, U.

Useful Plants - **Agave** *A. americana* (Century plant); **Annatto** (Lipstick tree, Poor man's saffron) *Bixa orellana*-from Central & South America, B/E/M (small tree, seeds source of food & cosmetic colouring); **Citronella** *Pelargonium* sp.-from South Africa, M (along fenceline, insect repellent); **Cranberry Hibiscus** (False roselle, African rose mallow) *Hibiscus acetosella*-from Africa, B/E/W (self-seeding, leaves, flowers & calyxes for teas & salads); **Cycad** (Sago palm) *Cycad revoluta*, E (the trunk is processed to extract starch); **Dog Bane** *Plectranthus ornatus* (syn. *Coleus caninus*)-from South Africa, B (dog & cat repellent); **Dragon's Blood Tree** *Draceana draco*-from the Canary Islands, M (planted 2014 first flower spike in 2019, 20 million year old living fossil - endangered species, plant can live to 500 years, source of varnish & dye, used in cosmetics); **Dwarf Pandanus** *Pandanus baptistii* (lacks spines & spikes, does not flower or fruit, slightly larger than the edible Pandan); **Fire Spike** (Red justicia) *Odontonema* sp.-from central America, B; **Insulin Plant** (Step ladder, Spiral flag) *Costus pictus* syn. *C. igneus*, E/M; **Jade Plant** *Portulaca afra*, E; **Neem Trees** *Azadirachta indica*-from India, M (mature trees at carpark entrance path); **Nutmeg Bush** (Misty plume bush, Ginger bush) *Tetradenia riparia*-female plant, from Africa, B; **Passionfruit Marigold** (perennial with scented foliage) *Tagetes lemonii*, B; **Popcorn Cassia** (Candelabra tree, African senna) *Senna didymobotrya* - from India, M (scented leaves; poisonous); **Torch Ginger** *Etlingera elatior*-from the tropics, E (flower buds eaten raw or cooked, stem & fruits also edible); **Tropical Smoke Bush** (Purple smoke bush, Caribbean copperleaf, Mexican shrubby spurge) *Euphorbia cotinifolia*-from Central America, M (source of poison); **White Shrimp Plant** *Justicia betonica* sp from Africa, B/M/W; **Yukka**, B/E (the flowers are prized in cooking).

Weeds – **AMARANTH** - **Green** *Amaranthus viridis* & **Red Root** *A. retroflexus*, E; **Chickweed** *Stellaria media*, E; **Cobbler's Pegs** *Bidens pilosa*, E; **Creeping Cinderella** *Calypocarpus vialis*; **Creeping Inch Plant** *Callisia repens*, U; **Creeping Indigo** *Indigofera spicata*, U; **Creeping Oxalis** (Yellow wood sorrel) *Oxalis corniculata*, E; **Cupid's Shaving Brush** *Emilia sonchifolia*, B/E/M; **Cat's Ears** (Flatweed, False dandelion) *Hypochaeris radicata*, E; **Dandelion** *Taraxacum officinale*, E; **Milk Thistle** (Sow thistle, Puha) *Sonchus oleraceus*, E; **Nutgrass**; **Purslane** (Pigweed) *Portulaca oleracea*, E; **Quaking Grass** *Briza maxima*; **Ribwort** (Narrow-leaf plantain, Lamb's tongue) *Plantago lanceolata*, E/M (young leaves are edible & seeds can be used like Metamucil); **Slender Celery** (Marsh celery, Wild parsley) *Cyclospermum leptophyllum* (in the celery family), E; **Tropical Chickweed** *Drymaria cordata*, E.



Find us on:
facebook®

The Food Forest commenced in March 2014 to utilise a small, vacant space outside the fenced community garden to demonstrate a range of alternative perennial edible and useful plants that can be readily grown in our sub-tropical climate. The garden is a Fraser Coast Regional Council Individual CEP project
www.frasercoast.qld.gov.au/community-environment-program.

For more information, photos and fact sheets about the Food Forest visit the River Heads Progress Association's webpage <http://new.riverheads.org.au/projects/gardens/public-demonstration-garden/>. Use of plants is at your own risk.

Please like the River Heads Food Forest page and join the group on Facebook and post a review after you've visited!

Plant list current for 2020-2021

Christel Schrank

MUSIC IS LIFE



LIFE IS MUSIC

RIVER HEADS ROCKS OPEN MIC NIGHT

2ND SATURDAY of EVERY MONTH
Commencing 10 OCTOBER 2020

Get ready to enjoy yourself, whether you are a budding musician or simply enjoy listening to music, come along and enjoy an afternoon and evening of musical treats from local talents.

The first Open Mic event kicks off at 4pm at the River Heads Hall opposite the River Heads Shopping Village. Entry is by gold coin donation with all proceeds going to Just 4 Kids Children's Charity.

The bar will be open from 4pm with reasonably priced drinks and tea/coffee available for gold coin donation. Home made treats to enjoy until 5.30pm then the kitchen cooks up a storm with gourmet burgers & chips – rib fillet steak \$12, chicken fillet, fish or beef \$10 or sausage, onion, sauce on bread for just \$3.

Ganggajang



Our talented Musical Director, Lyle Goschnick will set the stage with his expertise as a sound engineer. Lyle has over 50 years experience in rock bands doing his first paid gig on New Years Eve in 1969. Lyle has continued to enhance his musical experience with a 12 year stint in "Rip Van Winkel" a professional band from Brisbane and he has many years of experience performing having opened for "Little River Band".



Little River Band



Troy Cassar Daley



Mirusia Louwerse

FRASER COAST RV PARK NEWS (Continued)

Ganggajang, Troy Cassar Daley and Mirusia Louwerse (Australian Soprano Star) are just some of the Performers he has engineered sound for. Lyle's experience encompasses all aspects of sound and equipment having owned a music store and sound hire business in Brisbane.

Lyle also has a long list of large events under his belt, including the Brisbane Lord Mayor's Special Children's Christmas Party at the Brisbane Convention Centre, the Moreton Bay Seafood Festival, the Stradbroke Island Festival and the famous Redlands Spring Festival with 7 stages, to name a few. Lyle has been performing at the River Heads Hall since 2007 with various bands Jake & Backroad and also in a duo with Ronnie-J.

The piano will be amplified for any budding pianists, bring your microphone socks if you want to sing and your dancing shoes if you want to dance. Just bring your instruments – all leads, mics, amps supplied.

There will be music trivia competitions in between sets. Kazoo "name that tune" competition with prize giveaways donated by Ultra Music and limited edition 2020 River Heads Rocks T-shirts.

Further details as they come to hand will be on the website at <https://www.frasercoastrvpark.com.au/openmic> or join the Facebook Group by searching for *River Heads Open Mic*.

This event is proudly sponsored by:



To report orphaned or injured wildlife phone: 1300 ANIMAL

Could residents please check any dead kangaroos for joeys.

**For dead animals people should phone Council on:
1300 794 929**



**Rose Wright - Wildlife Carer -
Licence No. 54849111
Registered as Macropod Carer (Kangaroos and
Wallabies, Native Birds and Possums)
with ANARRA and DERM
Phone: 4120 8777 or 0427 971 020**



Editor's Note



SUBMISSIONS FOR THE REVIEW

All members are welcome to contribute articles of interest, photos or a story in our newsletter. RHPA Management Committee reserves the right to refuse to publish any items deemed unsuitable.

Please email the Editor, Carola Herbert: revieweditor@riverheads.org.au

PLEASE NOTE: The pharmacy is closed for the Queen's Birthday - Monday October 5th

OCTOBER 2020

Spring Pharmacy Specials



Apo health antihistamine tablets (brand equivalent to Telfast, Claratyne and Zyrtec)
EARN DOUBLE MEMBERSHIP POINTS FOR SEPTEMBER

Azep Hayfever Nasal Spray



\$12

CHEAPER THAN THE WAREHOUSE

3 Tips to Jump Start Your Health Post COVID

Now that we are learning to live with the new normal, we should start to think about how to be at our best health with the current situation. Most of us have probably gone through a phase of lower exercise and not so healthy eating than normal (my hips don't lie either). So here are some tips to get your health back:

SMELL THE ROSES: The climate now hasn't been better to GET OUT and walk while the fresh spring flowers are in bloom. Some sun may also help get the vitamin D in you for bone and immunity health

BUY FRESH: Treat yourself again by visiting the local market and support the local farmers. The fresh food in our area is some of the best in the world! Your gut health and taste buds will thank you

HEALTHY COMPETITION: Now is time to set a spring challenge for you and a group of friends. A challenge between friends get everyone motivated and you all benefit with better health and more energy for summer!

KEEP AN EYE OUT FOR FACEBOOK ONLY SPECIALS & FLASH SALES
Press "LIKE" on the pharmacy page

FACEBOOK.COM/ RIVERHEADSPHARMACY

Shop 4, 54 Ariadne St RIVER HEADS - 4125 8132



taking off at Hervey Bay Airport

blue sky dental care

put your mouth in our hands

☎ 07 4128 9276

🌐 www.blueskydental.com.au

We promise

- ✔ A focus on good customer service from the moment of entry until departure
- ✔ To provide you with the highest standard of dental care in a safe and healthy environment
- ✔ To strive for pain-free and positive treatment outcomes
- ✔ A fair and competitive pricing structure
- ✔ To make every effort to run on time; our aim is to see you within fifteen minutes of your appointed time
- ✔ Flexible treatment plans
- ✔ To make every endeavour to ensure that you are seen on that day in cases of emergency
- ✔ All information collected by the practice remains strictly confidential
- ✔ We will refer you to appropriate specialists according to your needs



Dr Imogen Foster

Imogen is our Principal Dentist and graduated from the University of Birmingham (UK) Dental School in 1988. Her husband Mark and the family decided to move to Australia in 2006 with their three

sons. Four years ago they made the move to Queensland where the family readily adapted to the new warmer climate and outdoor lifestyle of Hervey Bay. "Now we are living in paradise!"

Location

Airport Service Centre Shopping Complex
1 William Dean Drive, Hervey Bay, QLD 4655

Practice Hours:

Monday - Thursday 8.30am - 5.00pm

Friday 8.30am - 2.00pm

Outside hours appointments are available by prior arrangement.



LIFT THE BAR TUTORING

Let me help you to
be the best you can be!

EXPERT TUTORING IN:

ENGLISH
MODERN HISTORY
ANCIENT HISTORY
STUDY OF RELIGION

Phone Margaret on 0404 469 426 or email
lifthebartutoring@gmail.com

Web Site <http://www.lifthebartutoring.com>

Shed 3 - 73 Booral Rd
Urangan, Qld 4655

HERVEY BAY

MECHANICAL

4124 9419

www.herveybaymechanical.com.au

DES LEE

COMPLETE HOME/BUSINESS
MAINTENANCE & REPAIRS

EST 1989 Q.S.B.A 063667

PH: 4125 7145

MOB: 0403 195 385



HERVEY BAY BRAKE & EXHAUST

FOR YOUR ONE STOP MECHANICAL REPAIR SHOP

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

Ph: 4124 3166
Fax: 4124 4431

www.hbbe.com.au info@hbbe.com.au

Shop 7/101 Beach Rd. PIALUA QLD 4655.

LOOK FOR THE BIG YELLOW MUFFLER ON BEACH RD.

First Class Move Every Move

Fraser Island Removals

Hervey Bay

Email: move@fraserislandremovals.com.au
 Website: www.fraserislandremovals.com.au

Sharyn & Phil Fairman
 50 Sandrabarbara Drive Booral Qld 4655
 Phone 07 4125 8351 Mobile 0400 083 077
 ABN 16 477 665 947

Greg's Grass & Glass

Lawn mowing & window cleaning

GREG THOMPSON/Owner Operator.

MOBILE NUMBER: 0436 412 580.
FULLY INSURED.
ABN:15 808 463 463
EMAIL: shamrock00@live.com.au



A GOOD PLUMBER PTY LTD

Specialist Maintenance Plumbing
 • Blocked Drains • Dripping Taps • Hot Water Units

PO Box 5294 Torquay Qld. 4655

0412 628 192

admin@agoodplumber.com.au






Professional Tree Care

Active Tree Fellas Pty Ltd *Ivan Mellor Tree Arborist*

Tree Removal | 18" Wood Chipper with Winch | Stump Grinding
 Tree Pruning | 14m Cherry Picker for Hire | Fully Insured


0407 817 190
4125 7629

Fax: 4125 7616
 River Heads Hervey Bay QLD





Servicing Hervey Bay, Maryborough, Gympie & Surrounding Areas



Wide Bay Antenna Installations

Hervey Bay
 ABN 93 430 819 851

Craig Olsen
 Proprietor

Mobile: 0414 503 534 Ph: 4194 0268
Austel Lic. 00490431929

RIVER HEADS SLASHING & MOWING



Dale Wise

Phone 0428 777 336

A Beauty Path

For Relaxation and Beauty Treatments

River Heads Ph: 0421 621 300

I would like to inform everyone that I have brought my business back home to Tern Court, River Heads. I will be taking bookings only.

Plus we will be bringing "A Beauty Path" to you in the comfort of your own home.

I will be organising a Mobile Tanning Service for River Heads, Hervey Bay Area.

Chantel will be doing a Mobile Facial Waxing for the River Heads & Hervey Bay area. You can contact her on 0401 394 277 for any information.

Thank you,
Kathi Saal

MOBILE COMPUTER REPAIRS & WEBSITES

- Booral - Croignish - Eli Waters - Hervey Bay - Pialba - Point Vernon -

Cork iT



0400 260 130

[HTTP://WWW.CORKiT.COM.AU](http://www.CORKiT.COM.AU)

- River Heads - Scarness - Toogoom - Torquay - Urangan - Urraween -

Only  
\$39/H

Margaret Horlock

Commercial & Succession (Wills & Estates) Lawyer



0409 413 943

margaret.horlock@me.com

Based in River Heads,
I will come to you.

**DUNLOP**
SUPER DEALER

YOUR COMPLETE UNDERCAR SPECIALISTS
Garry & Adrian Smith
Ph: 4128 2882
• Batteries
• Suspensions
0408 778 611
Fax: 4194 0077

**CARLINE**
MUFFLERS and more!
Ph: 4128 3131
• Wheel Alignments
• Brakes

PIALBA TYRE & BATTERY
188 Boat Harbour Drive, Pialba, Q, 4655

**BDB** Bell Dixon Butler
LAWYERS

CALL 4125 1611

45 Torquay Road, Pialba, Hervey Bay
www.bdblawyers.com.au

CON SOUVLIS
THE GOOD HOME MAKERS

Betta
ELECTRICAL®

Phone: (07) 4125 2555

Fax: (07) 4125 6682

138 Freshwater Street
Torquay
Hervey Bay Q 4655

This business is independently owned and operated by the proprietor.

APEX SCAFFOLDING PTY LTD
Apex Guard

Shane Kittle

Scaffolding Systems Hire
and Installation Service

Mobile: 0432 562 511

Office: (07) 41914930

Fax: (07) 4191 4806

P O Box 3143

Hervey Bay DC Qld 4655

Email: shane.kittle@apexscaffolding.com.au

Now on the Air



**Our Own Local Station in
Co-operation with RHPA**

Covering River Heads - Turtle Cove & Booral

88.0 & 87.8 FM

Now Streaming Online !!!

Listen via our Website or on your Smartphone
Download your free app from



For more details please look at our website at

www.touristfm.org.au



Want to place an ad?

The Review is published from February to December each year. Our current rates are:

SIZE	PER YEAR
Business Card	\$55
1/4 Page	\$129
1/2 Page	\$249
Full Page	\$459

For more information please call us
0499 992 442

or email

info@riverheads.org.au

Rivers Bistro & Bar

*Open 5.30pm every Friday
Now with Takeaways available*



*Bar open & Bistro orders taken from 5.30pm
Members draw @ 7pm, Pool Table,
Big Screen TV, Free Wi-fi available
Raffle drawn every Friday with
meat trays, hampers, dinner for 2, & more*

Every 2nd Friday night of the month:

RIVER HEADS FISHING CLUB

*Spin the
CHOCOLATE WHEEL
CHOOK RAFFLES*



YOGA

Commencing 17 October

When: Saturdays 8.30—10am
Where: River Heads Community Hall
Cost: \$12 or \$10 concession



Indoor Bowls

WEDNESDAY, 1.30pm - 3.30pm

Cost: \$3.50
(includes a cuppa and a biscuit)



For information contact
Michael or Robyn Allam
on 4125 7683 or email:

indoorbowls@riverheads.org.au



Open Hours

Monday	10am - 2pm
Tuesday	9.30am - 11am
Wednesday	1.30pm - 3pm
Friday	5.30pm - 8pm

For Information
Phone 0499 992 442



Volunteers needed

Join the Black Apron Crew

We always need more volunteers for the Black Apron Crew to help out at Rivers Bistro on Fridays

If you have some spare time and would like to help

Phone 0499 992 442 or
info@riverheads.org.au

Patchwork & Quilting

Monday 10am - 2pm, only \$5.00



BYO Lunch - Tea & Coffee provided

Projects to suit all types of sewing machines

**For more information contact Judy on
4125 7726 or 0427 000 982**

SOCIAL POOL NIGHT



**EVERYONE IS WELCOME TO COME ALONG
AND JOIN OUR FRIENDLY GROUP TO PLAY
POOL ON WEDNESDAY EVENINGS
AT 6.30PM**

THE BAR WILL BE OPEN

ANYONE INTERESTED

**PLEASE PHONE
JOHN ON 4125 8362**



**Hervey Bay
Neighbourhood Centre**
The Heart Of Our Community

PLAY WITH YOUR KIDS!
Early Year Family Hub

The Play with your kids Family Hub at the Hervey Bay Neighbourhood Centre provides a mobile playgroup to River Heads.

Our FREE playgroup runs on the 1st Thursday of every month at the River Heads Hall, Ariadne Street. The group runs from 9.30am - 11.30am and is open to all families with children 0-8 years of age.

Come along, bring a friend and have some fun with your kids! Our friendly staff, Helen and Maree will look forward to meeting you there!

For more information please phone the Hervey Bay Neighbourhood Centre on 4194 3000. Please also like and follow our Facebook Page 'Play with your kids' for more information, updates or cancellations.

Tuesday Garden Club

*Come along and help make our
beautiful garden grow and enjoy some
healthy outdoor activity!*












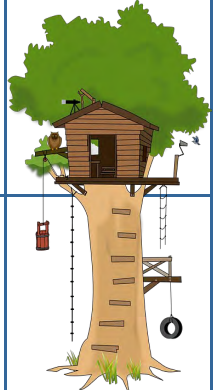

All Welcome

Contact 0499 992 442

OCTOBER 2020

"Home is a shelter from storms - all sorts of storms"

William J Bennett

MON	TUE	WED	THU	FRI	SAT	SUN
PATCHWORK & QUILTING 10am-2pm	GARDEN CLUB 9am MORNING TEA (free) 10am	INDOOR BOWLS 1.30-3.30pm SOCIAL POOL NIGHT 6.30pm		RIVERS BISTRO open every Friday from 5.30pm Now with Takeaways	YOGA 8.30-10am (commencing 17 October)	→ THESE ACTIVITIES on every week at your local River Heads Community Hall
	H	O	1 ○	2 M	3 E	4 Birthday Judy Jameson
5 	6 Birthday Don Anderson	7 	8 Birthday Brian De Villiers	9 	10 ☾ Birthday Stan Flack	11 Birthday Darryl Smith
12	13 	14	15 	16 ●	17 Birthday Sylvia Reitano	18 
19 S	20 W	21 E	22 E	23 ☾	24 Birthday Suzanne Taylor Cy Sadleir	25 T
26 	27	28 	29	30 Birthday Janelle McLeod	31 ○ Birthday Greig Pullinger	
Full Moon Last Quarter New Moon First Quarter	○ ☾ ● ☾ H	O	M		E	

Happy Anniversary and Congratulations to:

2/10 - Carola & Malcolm Herbert

26/10 - Fay & Reville Schoermer

River Heads Progress Association Executive Committee

President	Billie Rustin	president@riverheads.org.au
Vice President	Vacant	vicepresident@riverheads.org.au
Secretary	Susan Kearton	secretary@riverheads.org.au
Treasurer	Jeanne Wilson	treasurer@riverheads.org.au

River Heads Progress Association Management Committee

Registrar	Joan Taylor	registrar@riverheads.org.au
Events Coordinator	Keran Smee	events@riverheads.org.au
Key Registrar/Gen Committee	Reg Pearson	keyregistrar@riverheads.org.au
Food & Beverage Manager	Margaret Reynolds	cafemanager@riverheads.org.au
Bar Co-ordinator	Mark Hensel	bar@riverheads.org.au
Roster Coordinator	Wendy Wong	roster@riverheads.org.au
Webmaster	Adam Cork	www@riverheads.org.au
Emergency Coordinator	Mark Hensel	emergency@riverheads.org.au
Fishing Club Delegate/		
General Committee	Lyn Althaus	rhfc@riverheads.org.au
General Committee (Reserve)	Neville Watson	reserve@riverheads.org.au

River Heads Progress Association Non-Committee Positions

Assistant Registrar	Phyllis Jacobsen	registrar@riverheads.org.au
Assistant Treasurer	Sue Church	treasurer@riverheads.org.au
Hall Booking Coordinator	Karen Hensel	bookings@riverheads.org.au
Review Editor	Carola Herbert	revieweditor@riverheads.org.au


River Heads Progress Association Sub-Committees

Rivers Bistro & Bar	Bookings	info@riverheads.org.au
<i>Rivers Bistro Takeaway Orders</i>	<i>Fri: 5.30-7.30pm</i>	info@riverheads.org.au
River Heads Fishing Club	Huxley Althaus, President	rhfc@riverheads.org.au
Reserve Sub-Committee	Neville Watson	reserve@riverheads.org.au
Publicity/Tourism Sub-Committee	Billie Rustin	info@riverheads.org.au
River Heads Action Group	Malcolm Herbert	rhag@riverheads.org.au
Fraser Coast Tourist Radio	Alan Baxter	fctr@riverheads.org.au

FM 88.0 R/Heads & FM 87.8 - Streaming on www.touristfm.org.au

River Heads Progress Association - Activities

Patchwork & Quilting	Judy Smith	4125 7726 or 0427 000 982
Wednesday Social Pool Night	John Bridge	4125 8362
Indoor Bowls	Mike or Robyn Allam	4125 7683 or email: indoorbowls@riverheads.org.au

Tuesday Garden Club	Billie Rustin	} For information call 0499 992 442
Librarian	Keran Smee	
Tuesday morning tea and activities	Margaret Reynolds	
Food Forest/Public Demonstration Garden	Christel Schrank	
	 <i>River Heads Food Forest</i>	

River Heads Kingfisher Rural Fire Brigade

Fire Emergencies	000
River Heads Kingfisher Brigade	0409 076 916 / 07 4125 7897

Community Services

J.P. (Qual)	Billie Rustin	0499 992 442
J.P. (Qual)	Jacqui Rein	0419 740 647
Wildlife Carer	Rose Wright	0427 971 020

Breathtaking Water Views

River Heads • Turtle Cove • Booral

Now is the time to sell!

If you have been considering selling your home or investment property then now is the time!

We have so many buyers still looking to buy in the area and prices are back to boom times just like back in 2007.

Our stock is running extremely low and we are now desperately needing more listings for all of the new sales enquiries coming in. So if you want your place sold then why not use the local experts. We sell more property in this area than any other agency!

Even the new Lauderdale estate is all but sold out until they release new blocks and new houses are popping up everywhere!

The rental market has remained extremely strong with very few houses available to rent across River Heads. This is continuing to push rental prices up as the demand continues to increase.

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@rhps.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

RIVER HEADS PROPERTY SALES

P 07 4125 7777 F 07 4125 7775 E info@rhps.com.au W www.rhps.com.au

...tranquility living by the sea