

# River Heads Review

Community news

## River Heads Progress Association



The River Heads Progress Association acknowledges 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.

## Building a bigger indoor bowls club



## Rivers Bistro & Bar – Friday nights @ 5.30pm

**1st Friday**  
Foodie Friday  
with Wendy &  
live music

**2nd Friday**  
Aussie BBQ &  
Fishing Club Raffles

**3rd Friday**  
Bistro & raffles

**4th Friday**  
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On the 5th Friday  
we rest



Get involved,  
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your ideas or  
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incredible  
volunteers at the  
community hall

0487 097 700

45 Ariadne Street (opposite the shops)



## Results of the 2025 River Heads Progress Association AGM

*President* – Keith Morrison  
(returning)

*Vice President* – Ian Marsden

*Treasurer* – Jenny Gordon

*Secretary* – Karen Hensel  
(returning)

*Assistant Treasurer* – Geoff Mealing

*Assistant Secretary* – Alison McGarry

*Membership & key registrar* – Cheryl Morrison (returning)

*Event Coordinator* – Suzanne Taylor

*Bar Coordinator, Emergency coordinator, FC delegate* – Mark Hensel (returning)

*Website administrator* – Sheree Henley (returning)

*Social media coordinator* – Coral Albrecht (returning)

*Review editor* – Tracey Morton (returning)

### Still vacant

Bistro manager

Roster coordinator

*If you are able to fill either position please call*

**0487 097 700** or  
email  
[info@riverheads.org.au](mailto:info@riverheads.org.au)

## RHPA contact information

<b>Executive committee</b>	President Vice president Treasurer Secretary	Keith Morrison Ian Marsden Jenny Gordon Karen Hensel	president@riverheads.org.au vicepresident@riverheads.org.au treasurer@riverheads.org.au secretary@riverheads.org.au
<b>Management committee</b>	Assistant treasurer Assistant secretary Membership & key registrar Events coordinator Bistro manager Bar coordinator Roster coordinator Website content manager Website administrator Emergency coordinator Social media coordinator Review editor	Geoff Mealing Alison McGarry Cheryl Morrison Suzanne Taylor <b>VACANT</b> Mark Hensel <b>VACANT</b> Sheree Henley Total Website Management Mark Hensel Coral Albrecht Tracey Morton	treasurer@riverheads.org.au secretary@riverheads.org.au secretary@riverheads.org.au events@riverheads.org.au secretary@riverheads.org.au bar@riverheads.org.au webmaster@riverheads.org.au emergency@riverheads.org.au info@riverheads.org.au review@riverheads.org.au
<b>NC positions</b>	Historian	<b>VACANT</b>	
<b>Sub committees</b>	Fraser Radio Reserve	Ed Martin Mark Hensel	info@frasserradio.com.au info@riverheads.org.au
<b>Hall activities &amp; services</b>	<b>Day</b>	<b>Name</b>	<b>Contact</b>
Hall bookings & takeaway	Fri only	Keith Morrison	0487 097 700
River Heads Fishing Club Inc		Ben Flanders	riverheadsfishingclub@gmail.com
Patchwork & quilting	Mon am	Judy Smith	4125 7726/ 0427 000 982
Library	When hall is open		0487 097 700
Garden Club	<b>Needs new committee</b>		0487 097 700 or info@riverheads.org.au
Indoor bowls	Wed 1pm	Mike/Robyn Allam	4125 7683 or Michaelallam@hotmail.com
Social pool & bar night	Wed 6pm	Mark Hensel	info@riverheads.org.au
Fire emergencies		RH Kingfisher Fire S	000 or 0499 987 147
Justices of the Peace		Jacquie Rein JP	0419 740 647
Wildlife carer		Rose Wright	0427 971 020
Wildlife Rescue FC		EC Exotic Haven	0499 453 674
First responders		Matthew Steer	0487 097 700

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do good, feel good

Bring your talent, bring your smile and  
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Call 0487 097 700



**A Heartfelt Thank You  
TO ALL OF OUR  
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We couldn't do it without you!

That welcoming smile  
when you walk in the  
hall is what makes  
Mark Hensel such a  
great volunteer.

Our Bar Manager and  
Emergency coordinator  
can be seen opening up for pool nights,  
helping at special  
events and generally  
saying yes whenever  
a job needs doing.



Thank you  
**Mark Hensel**

# A message from the Pres - Keith



Welcome to spring. The time of year when the weather warms up, the birds are full of song, and the grass grows faster than you can mow it, but where else would you rather be than this fabulous part of the world. So as the sun shines brightly, let me be first to say welcome to the new committee that will take the association through to its next chapter.

A good number of the community was present at our AGM to hear the reports. We would like to thank Councilor John Weiland, who gave up his evening to facilitate our elections. While the new committee remains very similar, we welcome on board Ian Marsden, vice president, Suzanne Taylor events coordinator, Jenny Gordon treasurer and Alison McGarry assistant secretary. We look forward to their ideas and input as we move forward.

On a sadder note, our beloved LIZ has decided it is time to take a well-earned break from her continuous volunteering at the hall and her committee duties, to concentrate on some "me" time. And she absolutely deserves it. Liz has been an integral part of this association for well over a decade, starting off as a kitchen hand and then taking on roles that included the organizing of the River Heads Markets, Melbourne Cup, the annual Christmas dinners to name a few. She was our bistro manager for quite a number of years, and we could always count on her being there week after week putting dinner on our plates. So from all of us, we thank you Liz and wish you well. (I do believe we may be able to entice her back occasionally for a guest appearance. Fingers crossed.)



As announced at the AGM, the Progress Association is currently sitting

in a reasonably comfortable financial position to continue with our usual activities with just a little left over to continue our hall improvements. There have been some great ideas over the past 12 months which hit some stumbling blocks before they could get off the ground. However, with the very hard and persistent work by the committee, most of those blocks have now been removed and we can now revisit them.

Finally, as I always do, I wish to thank our volunteers who give up their time to make our events, such as the Friday night bistro, something for everyone in our community to enjoy. If you feel you could spare one evening a month or every second month, we would love to have you on board to ease the load. Just tap one of the committee members on the shoulder when you're at the hall or drop us a line and we can see how you could fit in.

## David Lee MP



### Primary Industries Prosper 2050 (25-year blueprint).

The Crisafulli Government has delivered the roadmap for a prosperous future for primary industries, following a six-month collaboration between government, industry and primary producers from all corners of Queensland. Primary Industries Prosper 2050 is the result of the largest sector-wide consultation ever undertaken with Queensland's food, fibre and foliage producers.

This bold long-term vision is set to supercharge the sector and unleash new and exciting opportunities for Queensland primary producers.

Link

here: <https://www.dpi.qld.gov.au/about/publications/blueprint>

### Principal Petitioner Helen Schmidt calls for an MRI machine

Mrs Schmidt highlights the urgent need of an MRI machine at the Hervey Bay Hospital in the below petition. MRIs are needed for urgent diagnostic health reviews.

Please sign the petition via the QR code below.

Until next time, take care.



# Community news

## Building a bigger indoor bowls club cont...

In 2003, the foundation members of the River Heads Progress Association (RHPA) bought some mats and bowls and commenced playing indoor bowls.

The original indoor bowls club had 10 local members from River Heads. Now our regular

players are made up of just four from River Heads and the others from Hervey Bay and Dundowran.

The game we play is based on the *Rules of Indoor Bowls* however we have socialised the game. No penalties, team draws usually from a hat and other small changes to make the game a



much more social event. Laughter and good-natured teasing are common as is recognition of good shots from either side.

Indoor bowls is an all-weather game, starting at 1.30pm, breaking at 2.30pm for tea and biscuits, then from 3 to 3.30pm for the final session.

We are always welcoming new members. If you have spare time on a Wednesday afternoon and feel like meeting people and having fun, come down to the hall at 1pm for a welcome and a few warmup bowls.

Even if you have never played bowls before it is a very easy game to learn, and the relaxed rules make for an enjoyable experience.

RHPA members play for free while non members pay \$3. Everybody puts in \$1 for tea and biscuits.

As we have more Hervey Bay members than local, we are particularly reaching out to River Heads locals to get involved and enjoy this friendly social game weekly at the River Heads Community Hall.



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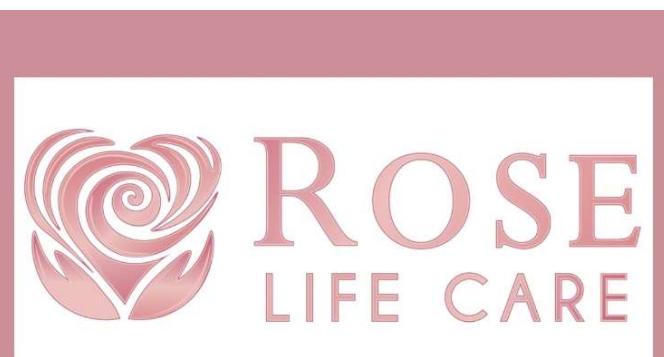
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# Community news – Texas BBQ night at the hall



**Packed out night:** The sticky fingers and messy grins say it all.

There were a lot of new faces at the hall over August. More people moving to town and enjoying the local bistro.



# Fishing Club news

## Windy Warriors Edition

The westerlies were howling across the Bay, blowing lures clean off the lines and fish off the brag mats – but that didn't stop our die-hard RHFC crew from turning up and making it one for the books.

### Big catch winners

- Ladies: Amanda – 61cm Blackall, cracker catch
- Men's: Richard – 95cm Mulloway, absolute beast
- Juniors: No entries this round – even our young guns couldn't outsmart the wild winds

### Special categories

- Secret length: Bert – 51cm Cod
- Secret code word: Mark – "Ozzy Osbourne" (aka "John")
- Members draw: Ryan – on a roll, cleaned up again

### Meat tray madness

Lando and Rick scored some tasty trays, but Darryl walked away with the mega meat tray thanks to our mates at Kawungan Quality Meats – legends! Fire up the BBQ, fellas!



### Sausage sizzle

Big shout out to The Meat Station for keeping our windswept fishos fed with snags straight off the grill, and to Bakehouse 13 for the fresh bread – unbeatable combo!

### Sponsor shout out

Thanks to our generous sponsors: Fisho's Tackle World Hervey Bay, BCF, Anaconda Stores Hervey Bay, and Daiwa Australia. Your prizes and vouchers had our winners stoked – we really appreciate your ongoing support.

### FishTrivia showdown

Kristin delivered another cracking round of FishTrivia. After a tense sudden death, it was Team Barrabarians who took the win – and celebrated with a well-earned beer at the bar.

### Massive gratitude

To every behind-the-scenes legend: BBQ kings, raffle wranglers and quiet achievers keeping things smooth, thank you. You're the heart and soul of RHFC.

### Tomato growing competition

Entries are looking fantastic. Be sure to get yours in before the September showdown.

### Dates to remember

- September Fish Meet: September 5-6
- Interclub: October 3-6 (eligible species list and rules attached)
- Monduran Barra Classic: October 17-19 (not a club sanctioned event)
- Club trip away: October 31 – November 2.

# Wildlife matters – Great views from Mt Doongul

A walk to Mt Doongul was the challenge and enjoyment offered by the Wildlife Preservation Society of Queensland Fraser Coast Branch's August walk for members and the wider community. Just 12 people completed the nine kilometre circuit from Musket Flat to the summit of Mt Doongul return. Looming bad weather and moderate fitness deterred many of our usual walkers. But the rain held off and the day was pleasant for walking.

Mt Doongul is a 238 metre peak located in Wongi State Forest around three kilometres from Musket Flat. At one time the summit had a fire tower and some evidence of this remains. It is hard to imagine that Musket Flat, 40 kilometres west of Maryborough, with just 35 people was, 150 years ago, a bustling community with a blacksmith shop, butcher shop, general store and two hotels servicing the bullock drivers as they passed through. At the time the town was on the well-travelled route between Gayndah and the port of Maryborough.

Then there is the story of the elusive treasure, so often seen European history. "There's a kettle filled with sovereigns...." Oh, and in a cave.

Unfortunately, we didn't find a cave, let alone a kettle.

Walkers made their ascent of Mt Doongul mostly trekking switch back-style alongside the steep and eroded old fire track, full of gaping holes and loose rocks and quite unsuitable to walk on. At the peak views to the west took in Mount Woohoonga and the Seaview Range, to the east the Wongi National Park toward the coastal plains of the Fraser Coast.

Part of the walk takes in sections of the National Trail – a trail stretching 5,330 kilometres from North Queensland to Victoria winding along our eastern seaboard through fairly remote wilderness. Created in 1988 as a horse trail, it is also enjoyed by cyclists and walkers and is generally in good condition.

After the exhausting climb it was a relief to walk on the gently sloping National Trail. This gave us time to take in the vegetation and wildlife around us.

The forest is an open woodland of ironbark, swamp box, spotted gum and bloodwoods. Botanists were delighted in finding delicate Pink Fairy Orchids and the birdwatchers sighted Dusky Woodswallow, Yellow-tufted Honeyeater and Jacky Winter being the most exciting.

Our September Nature Walk is in the wet wallum heathland in Poona National Park just 10 minutes from Maryborough. There is a planned seven kilometre circuit, but this can be shortened.



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# Library talk



Beth Ellefson Senior Natural Environment Officer

Fraser Coast Branch of Wildlife has chosen Beth Ellefson, Senior Natural Environment Officer for the Fraser Coast Regional Council, for the September Wildlife Library talk.

The current coordinator of the bush care component of the FCRC's Community Environment Program, Beth is responsible for the regeneration of native parkland and gardens around the Fraser Coast.

At the presentation, you will learn about the wonderful work volunteers do in local reserves and see results of bush regeneration techniques.

Beth has a background in bush regeneration, horticulture and environmental education. Her goal is to empower members of the public with knowledge and to provide opportunities to positively impact the local natural environment.

After three years working overseas and Queensland as a secondary science teacher, Beth moved to a career in horticulture and bush regeneration for seven years, working for local government and contractors before she took up her current position.

The Hervey Bay talk is on September 19, Maryborough, September 26, both at 1pm to 2 pm.

Phone the Library on 4194 4220 or book online by going to Eventbrite. Bookings are essential.

An advertisement for MAX AIR Conditioning and Electrical. The logo features a white circular icon with a stylized plug and a blue wave-like shape inside. To the right, the word "MAX AIR" is written in large, bold, blue letters, with "Conditioning and Electrical" in white letters below it. Below the main text are four small circular icons representing different services: a central air conditioning unit, a wavy line, a snowflake, and a power symbol. On the far right, a vertical blue bar displays the phone number "0468 332 155". At the bottom left, the text "QLD Lic. No. 88881 • NSW Lic. No. 400048c" is shown. The entire advertisement is set against a black background.

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

# Fraser Radio – your local tourist information radio station

By Ed Martin, station manager

Welcome to our August update for Fraser Radio, a sub-committee of River Heads Progress Association and operated by volunteers who keenly promote our local region for tourists.

Christmas is four months away, and it's time to start preparing for the activities that come with it.

August sees my second year as station manager completed and I wish to take this opportunity to thank the many individuals I have worked with that keep Fraser Radio operating.

Firstly our advertisers and listeners without whom we could not function. My colleagues Fay Pearson and Barry Barwick who work tirelessly to keep Fraser Radio on air. Between us we administer all facets from accounts, administration, compliance, technical, promotional media, production, interviews, scripts, voiceovers, web authoring, programming and more.

Acknowledgement to long-time supporter Nick Shultz, providing a site for our Booral transmitter for nearly eight years. Nick owns Urangan Fisheries and we truly thank him for his generous support.



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Adam Cork has provided support by hosting the Fraser Radio website and mail services, we acknowledge his contribution.

The RHPA committee for management support. We wish to acknowledge Keith Morrison for his leadership and assistance through the past twelve months along with Tracey Morton, Karen Hensel, Sheree Henley and Geoff Mealing.

We have collectively addressed many challenges through community grants, such as upgraded computer equipment, enabling us to deliver information and entertainment for years to come.

Fraser Radio is a unique feature of the RHPA. Our commitment is to continue to service the local region in its focus on tourism. We invite our local community to support us by listening on FM radio or via the streaming service. We would also value your feedback; let us know what you think, email to [manager@fraserradio.com.au](mailto:manager@fraserradio.com.au).

We are focused on promoting the Fraser Coast to tourists, visitors and locals. These include KGari (Fraser Is), whale watching, Urangan Pier, botanic gardens, water park, historical museum and more.

Information on advertising with Fraser Radio is available on our website <https://www.fraserradio.com.au/Advertisers%20Index.html>.

Advertising includes: starter, annual, interview and special event packages for local business and organisations. These include basic production works to get your message to air and streamed.

Our region offers great opportunities to interact with tourists through services, products and venues. Enquire at [info@fraserradio.com.au](mailto:info@fraserradio.com.au) and learn more.

Fraser Radio has two transmitters, one at Booral on 87.8FM and the other at River Heads 88.0FM. It is streamed Australia wide on the internet, accessed via <https://webplayer.fastcast4u.com/tourist/>

Our website offers a range of updated information and provides a stream link.

We provide a mix of music ranging from the 60s, 70s, 80s through to the present day through our FM radio broadcasts or via the on-line stream

Fraser Radio wishes to thank our supporters for their highly valued assistance and contributions including: Urangan Fisheries, FCRC, Hervey Bay RSL and RHPA. We also wish to thank our advertisers for their continued support.

## Council news

# Senior stars wanted for 2025 Talent Quest



Can you carry a tune, crack a joke or steal the spotlight on the dancefloor? Entries are open for the Fraser Coast Seniors Talent Quest, taking centre stage during Seniors Month on Sunday, October 19.

Fraser Coast Regional Council Seniors Liaison Officer Juls de Waard is encouraging anyone aged 50 and over to get involved in the much-loved event, a highlight of Seniors Month celebrations in October.

Competition categories include: best musical act, best group, best vocalist, most unusual, best overall performer, bob campbell encouragement award.

## Entries open for 2025 Seniors' Photographic Competition

Local photographers aged 50 and over are invited to capture the joy of retirement in this year's Seniors Photographic Competition, part of the 2025 Seniors Month celebrations on the Fraser Coast.

Fraser Coast Regional Council Seniors Liaison Officer Juls de Waard said the competition was a popular part of the region's annual Seniors Month, which runs October 1 to 31.

"The theme for this year's competition is 'Enjoying Retirement on the Fraser Coast', so we're looking for photos that celebrate retirement – whether that's spending time with family, enjoying a favourite hobby, or embracing a new adventure," she said.

There are two categories to enter: Family & Friends and Hobbies & Interests

Ms de Waard said each photo must be in colour (no black and white), submitted digitally, and must include at least one person over the age of 50. The photographer must also be 50 or older.

"All entries will be displayed at the Over 50's Lifestyle Expo on Friday 3 October, with prizes awarded for 1st and 2nd place in each category, along with an Encouragement Award."

Ms de Waard said more than 20 fantastic acts took to the stage last year, and she was hoping to see even more incredible talent join us in October.

The 2025 Fraser Coast Seniors Talent Quest will be held at the Hervey Bay RSL Club, with doors opening at 3pm and the show kicking off at 3.30pm.

"The event follows a format similar to Australia's Got Talent, with a panel of judges awarding prizes across each category," said Ms De Waard.

"Tickets are \$5 for performers and \$5 for spectators, which includes afternoon tea. Tickets can be purchased in advance from the Halcro Street Community Centre, 30 Halcro Street, Pialba or bought at the door on the day.

Entries close on Saturday 18 October. To enter, contact the Halcro Street Community Centre on 4194 2441 or email [juls.dewaard@frasercoast.qld.gov.au](mailto:juls.dewaard@frasercoast.qld.gov.au) for a form.

The full Seniors Month program is available online at [frasercoast.qld.gov.au/seniors](http://frasercoast.qld.gov.au/seniors), and in hard copy at Council Customer Service Centres, Libraries and local seniors' service providers.

## Over 50's Lifestyle Expo

Email [juls.dewaard@frasercoast.qld.gov.au](mailto:juls.dewaard@frasercoast.qld.gov.au) for entry forms. Completed entries can be emailed with digital files to [juls.dewaard@frasercoast.qld.gov.au](mailto:juls.dewaard@frasercoast.qld.gov.au), or delivering a USB to Halcro Street Community Centre, 30 Halcro Street, Pialba.

For more information about the competition or other Seniors Month activities, visit [frasercoast.qld.gov.au/seniors](http://frasercoast.qld.gov.au/seniors) or contact the Halcro Street Community Centre on 4194 2441.



# Council news

## Nominations open for Fraser Coast Australia Day Awards

Outstanding volunteers, cultural contributors, sporting mentors and community groups can now be put forward for the 2026 Fraser Coast Australia Day Awards, with nominations open from today.

Recognising individuals and groups making a positive impact in the region – from passionate volunteers and inspiring young leaders to not-for-profit organisations that go above and beyond.

Fraser Coast Mayor George Seymour encouraged residents to get involved and nominate a local legend.



"The Fraser Coast Australia Day Awards are all about recognising the everyday champions in our community - those who lead with compassion, inspire change, and make a real difference in the lives of others," he said.

"In 2025, we received nominations across five categories, celebrating powerful values like reconciliation, leadership, creativity, inspiration and compassion.

### Award categories for 2026 include:

- Citizen of the Year – Individuals 26 years & over
- Young Citizen of the Year – Individuals under 26
- Sport & Wellbeing Award – Individuals or groups of any age making significant contributions to sport, recreation, health or wellbeing
- Arts & Culture Award – Outstanding artistic or cultural achievements by individuals of any age
- Community Group or Organisation – Not-for-profit local groups making a real difference

Nominations close December 5, 2025. Nominees recognised at a ceremony in January, with award winners presented on Australia Day at the Brolga.

Visit [www.frasercoast.qld.gov.au/australia-day](http://www.frasercoast.qld.gov.au/australia-day)

### Grants for festive & Australia Day events

Fraser Coast community groups and not-for-profit organisations can now apply for Council funding to support local 2025 festive season events and 2026 Australia Day events.

Community's spokesman Cr Phil Truscott said applications were now open via Council's grants webpage - [www.frasercoast.qld.gov.au/grants](http://www.frasercoast.qld.gov.au/grants) - and close September 15.

"Funding of \$500 to \$2,000 is available per event, with a focus on safe, inclusive activities that showcase local spirit and support our cities and towns."

Community groups can apply for:

- Festive Events grants – total pool \$15,000 for Christmas/New Year events November 15 to January 1; \$500 to \$2,000 per event.
- Australia Day Events grants – total pool \$4,000 for community-led; \$500 to \$2,000 per event.

Cr Truscott said the program was designed to be practical and flexible.

### Are you getting through?



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**Email:**  
**[info@riverheads.org.au](mailto:info@riverheads.org.au) or call**  
**0487 097 700**



## *The Cheeky Home Cook creates - Thai peanut noodle salad*

### **Ingredients**

Packet rice noodles

1 cup red cabbage

1 cup carrots

1 red capsicum

½ cup edamame

¼ cup coriander

¼ cup spring onions

¼ cup crushed peanuts

1 tbsp sesame seeds



### **Dressing**

¼ cup creamy peanut butter

2 tbsp soy sauce

1 tbsp rice vinegar

1 tbsp sesame oil

Juice of 1 lime

1 tsp grated ginger

1 clove garlic, minced

1 tbsp honey or maple syrup

¼ tsp chilli flakes (adjust to taste)

2-3 tbsp water



### **Method**

- Boil or soak noodles in hot water as directed.  
Rinse under cold water
- Mix all dressing ingredients until smooth
- Finely slice cabbage, carrots and capsicums
- Finely chop spring onions and coriander
- Combine noodles, vegetables and dressing
- Sprinkle with peanuts and sesame seed  
before serving.





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# Breathtaking Water Views

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## We are #1 in River Heads!

Despite the big agencies pushing out here, River Heads Property Sales has remained the #1 agency in River Heads winning the 2024 Rate My Agent "Agency of the year" for River Heads.

To cap this off, our star agent Kaleena Bracken took out the coveted "Agent of the year" for the suburb of River Heads for her commitment to both her sellers and buyers.

We pride ourselves on being the local agent with better knowledge of the local market to get you the best price possible.

After a huge couple of months we have sold just about everything on the market and have buyers lining up to buy land in the \$270,000 to \$370,000 range and homes in all price ranges.

Visit us today at River Heads Shopping Village



### Contact Us

Kaleena Bracken 0429 405 109  
Shane Logan 0409 796 249  
Margaret Berrell 0421 819 124  
Mark Holmes 0417 555 296



**RIVER HEADS PROPERTY SALES**

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