

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.

Interclub win for River Heads



The excitement built with each individual River Heads win at this year's Interclub presentation held at the Hervey Bay RSL. Finally the results were in and River Heads Fishing Club was named the 2025 competition winners.

A great result for all competitors and organisers. Next year's competition will be held by the Toogoom Fishing Club.

Rivers Bistro & Bar – Friday nights @ 5.30pm

1st Friday
BBQ &
Live Music

2nd Friday
Bistro & raffles +
Fishing Club Raffles

3rd Friday
Bistro & raffles

4th Friday
Foodie Friday
with Wendy

5th Friday we rest

0487 097 700

RHPA Christmas Dinner

December 5 @ 5.30pm

\$30 pp & \$10 for kids under 10



Bookings are essential
So call 0487 097 700 or
go to the RHPA website



45 Ariadne Street (opposite the shops)



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

volunteer
do good, feel good

Bring your talent, bring your smile and bring your amazing self to volunteer at the River Heads Community Hall.

Call 0487 097 700



Advertising in the Review

The Review is published monthly. Print copies are distributed among local businesses, digital copies emailed to RHPA members and available on the RHPA website. A separate digital advertisement is also uploaded to the website.

Costs:	Annual \$ (for 12 ads)	Single \$ (for one ad)
1/8 page	65	-
1/4	135	55
1/2	260	80
Full page	500	120

Advertisorial spread (single)

1/4 page ad + 1/4 editorial	70
1/2 page ed + 1/2 editorial	95

Advertising and photographs to be contributed as jpeg. Editorial as a word document, no formatting.

RHPA contact information

Executive committee	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
Management committee	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 VACANT Mark Hensel VACANT 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
NC positions	Historian	VACANT	
Sub committees	Fraser Radio Reserve	Ed Martin Mark Hensel	info@frasserradio.com.au info@riverheads.org.au
Hall activities & services	Day	Name	Contact
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	Needs new committee		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

**A Heartfelt Thank You
TO ALL OF OUR
AMAZING VOLUNTEERS!**

We couldn't do it without you!

Wearing many hats is our own Karen Hensel.

Returning to the RHPA Committee a couple of years ago, Karen is now our hard working Secretary.

Amazingly when we needed someone to step in as Bistro Manager until a willing replacement can be found she volunteered for that as well. And she still finds time to proof read your Review each month!

Here's cheers and well done Karen, we appreciate all you do.



Thank you

**Karen
Hensel**

A message from the Pres - Keith



Are those sleigh bells I hear in the distance?

It won't be long until the festive season is here and our team is already planning our Christmas dinner night for Friday, December 5. We will have all the trimmings, good food and music, prizes galore and lots of fun. All we need now is you.

As usual this is a ticketed event and sales have already started, so get in quick as there is a limited number we can cater for. Tickets are available at the front desk on Friday nights or jump on our web site for banking details.

A free rock and roll dance with lessons in October was the start of what we hope will be a few music events at the hall in 2026. A large crowd turned out to enjoy the music, get their hips swaying and enjoy the friendship of likeminded community members. They gathered on the deck to feast on hamburgers expertly flipped by Paul Taylor. From all reports, it was a very successful day.

Our Events Coordinator Suzanne, has big plans for the new year so keep an eye out for upcoming events and show some community support by way of your attendance.

David Lee MP



Queensland Veterans and Veterans' Families Strategy

We thank our Veterans and their families for their commitment to defending our wonderful country.

The LNP Government is delivering Queensland's first ever Veterans and Veterans' Families Strategy. Queensland, including the Fraser Coast is home to the largest population of veterans in Australia, yet we are the only jurisdiction without a dedicated whole of government veterans' strategy.

The LNP Government is committed to honouring and supporting our veterans, that's why the Premier and Minister for Veterans has announced consultation for our state's first ever Veterans and Veterans' Family Strategy. The LNP Government is inviting all Queenslanders to have their say and help shape the Strategy.

The insights, experiences, and perspectives of veterans, their families, and stakeholders, are

Councilor John Weiland has come to our assistance again and requested the parks guys to help clean up the back of the hall. They did a great job which now makes sitting on the back deck during our warmer months much more pleasant with a nicer view and hopefully, less of those dreaded midges. Make sure you venture out there on our next barbecue night and give John a big thank you when you see him.

The fishing club has a busy October with the Inter-club followed by their fish meet, a club trip away and preparation for their AGM. We wish all anglers the best at the Inter-club. That trophy would look fantastic up on the wall of fame.

STOP PRESS! They won!

Congratulations to all the members and organisers of the River Heads Fishing Club. Great team work

Finally, as usual, we continue to search for volunteers to keep our community hall up and running and in particular our Friday night bistro. Once a month, once every two months, every extra person helps share the load.

See you at the hall.



essential to shape the strategy. We want to ensure we capture the views of the people it's designed to support. We're proud to stand alongside our veterans, and we are committed to providing the right support which honours their service and improves the future for them and their families.

Please note the survey closes on November 14: www.qld.gov.au/veterans

Until next time, take care.

Community news – Rock'n'Roll dance and BBQ



Around 80 people attended the first Rock'n'Roll dance and barbecue event at the hall in September. The event was a huge success and everyone went away well fed with a few new steps to practice.

This is set to become a regular event at the hall so keep your eyes peeled for dates.

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Concession card holders and children
below 16 are bulk-billed



Community news – BBQ and Fishing Club raffles



Fishing Club news

The monthly fish meet recap? Wild weather and even wilder catches!

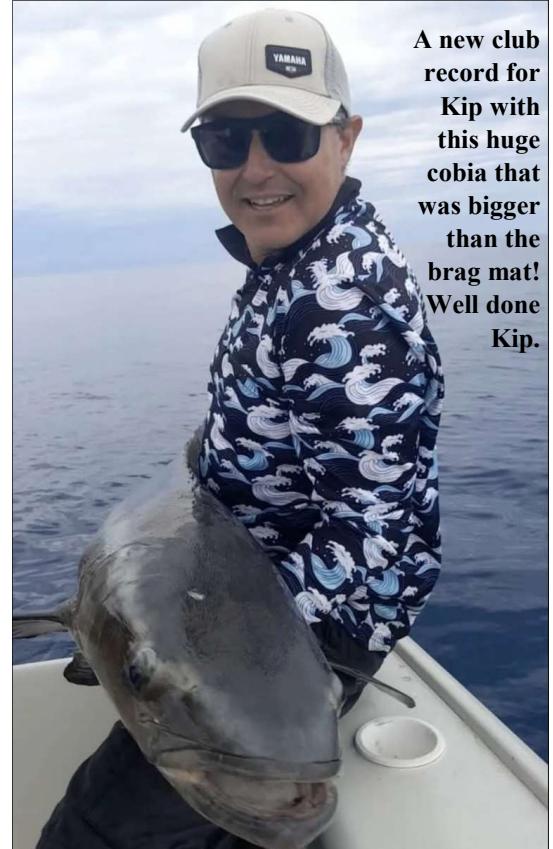
Big catch winners

Our fishos weren't scared off by September's winds bringing in some awesome results at weigh-in.

Ladies: Amanda – 73cm cod

Mens: Kip – 145cm cobia.

Junior: Ari Moody – 35cm dart



A new club record for Kip with this huge cobia that was bigger than the brag mat! Well done Kip.

Special categories

Secret length: Rick – 63cm flathead

Members draw: Huxley

Code word: Latini – no winner. Antonio Latini wrote the first recorded tomato sauce recipe.

Meat tray legends

Morty and Neil – winners of the classic trays.

Kristin – took home the mega meat tray.

Thanks Kawungan Quality Meats.

Tomato comp results

Best in show - Simon Warren

Club Champions - Nikki, Bear and kids

Special draws

Father's Day draw - Peter Clarke

Sponsor shout outs

The Meat Station, Fisho's Tackle World Hervey Bay, Anaconda HB, BCF HB, Bakehouse 13.

Special shout outs

To our volunteers, BBQ crew, raffle runners, and behind-the-scenes helpers, you're the real MVPs.

A huge thanks to Gary, Des and Richard for hosting the Friday night raffles, and to Peter for organising the brekky trays.

Finally, sending our love to Richard and Tracey — wishing Richard a speedy recovery and hope he is back up and fishing soon.

Coming up

Friday night raffle – October 10

RHFC fish meet – October 10-12

Mondy Classic – October 17-19

Club trip away – Oct 31-Nov 2

November fish meet – November 7-9

AGM at fish meet – November 9

River Heads Fishing Club - AGM – November 9

All positions will be vacated. Nomination forms to be sent out soon to submit via email on the day if you are interested in becoming a committee member.

Interclub Fishing Competition

What an amazing effort from our River Heads Fishing Club team — and it's paid off big time, with a win at the 2025 Hervey Bay and Districts Interclub Fishing Competition!

A huge congratulations to all of our anglers who represented the club with skill, spirit, and sportsmanship.

Top effort from our young guns. Well done Zane Stowers for a flathead and bream, Harley Sayers for a school mackerel, and Emil McCleod for a cod.

Our seniors also absolutely delivered: Ben Flanders landed both a bar tail flathead and a Trevally, Bert Flierman a club record blue salmon, Brendon Yetman tusk fish, Darryl Smith grunter, Jake Kenyon snapper, Kip Sayers king threadfin salmon, Peter Ferris flathead, and Peter Miller tailor.

This win is a credit to everyone's hard work, passion, and dedication to the sport. It was an all-round team effort — rods bent, lines tight, and spirits even higher. Big thanks to everyone who came along cheered us on.

Fishing Club – Interclub



Wildlife matters – Spring Wallum Walk

By Jenni Watts

Fraser Coast is known for its diverse natural habitats of rainforests, woodlands, coast and heathlands. Supporting a diversity in flora and fauna it makes for different and interesting nature experiences for all.

The last monthly walk was a hike to Mt Doongul in the St Mary State Forest. October's walk will savour the delights of the Point Vernon mudflats with migratory and resident shorebirds.

The Wildlife Preservation Society of Qld Fraser Coast Branch September nature walk celebrated Spring and the wildflowers. While we usually go to Poona or Tinnanbar to take in the beautiful floral displays, this time we only went 10 minutes down the Cooloola Coast Road from Maryborough to walk through the Poona National Park.

What is known as the Boonaroo Plains is Fraser Coast's part of a large coastal band, stretching from Bundaberg to north eastern NSW, of deep, acidic, nutrient poor, sandy soils supporting low growing plants. In SE QLD and Northern NSW we call this wallum country, or wallum sand heaths.

It is generally accepted that the name wallum comes from the indigenous Kabi Kabi People's word for banksia. Several species grow in the wallum, an ecosystem considered particularly biologically rich. For our First Nations People the wallum was a valuable source of food, medicine and materials.

Wallum country proved unsuitable for European farming, however it has not escaped soft pine plantations and housing. Housing and fragmentation threaten this ecosystem, which is why places like Poona National Park and even our roadsides are so valuable in conserving biodiversity.

The Poona National Park walk was a 7.6km circuit, on dirt tracks through wallum heathland, woodland and some wetland. In sunny areas along the side of the track wildflowers were pretty and colourful. There were yellow pea flowers, purple native iris, mauve westringia, delicate pink grevilleas, cream smoke bush, white milkmaids and so on.

In the wetter areas the lush green swamp banksia and saw sedge was refreshing. Banksias generally flower in Autumn so we saw the fruits – old man banksia cones. Taller paperbarks had also finished flowering. The attractive woody fruits of the Wallum Hakea and the Woody Pear delighted the botanists.

For more spectacular Spring wallum flowers head further south. Slashed areas such as under the powerlines at the entrance to Poona, in the right conditions will yield a colourful field of peas, lilies, boronias and at times sun orchids.

Along roadsides are flower laden Wedding Bushes (white), Parrot Peas (yellow) and Prhebaliums (white). In the swamps are white heaths and flowering sedges, rushes and native grasses.

Yellow Pea and
Wedding Bush.
Photos courtesy of
Jenni Watts



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Business profile – River Heads Excavation

Hello River Heads community, I'm Dougie Albrecht, owner of River Heads Excavation Pty Ltd. Yes! Those red and yellow signs you've seen around the traps... that's me!

My wife Coral and I settled in this beautiful place in 2018, after navigating some of the North East Coast for a good part of that year.

You may have seen me down at the local community hall playing pool or lending a hand volunteering.

I also enjoy bragging about my latest mud crab catch so check this one out!

The River Heads Excavations' 1.7 ton machine has been out and about working in your neighbourhood for quite some time. From drainage, post holes, driveways, yard clean ups, footings and more I pride myself on being that friendly, reliable contractor who gets the job done.

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DOUG ALBRECHT
0412178339
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The logo features a stylized red and black graphic element on the left, consisting of a red swoosh and a black shape, set against a yellow background. The company name 'RIVER HEADS EXCAVATIONS' is written in a bold, sans-serif font. 'RIVER HEADS' is in black, and 'EXCAVATIONS' is in red. Below the name, the contact information is provided: 'DOUG ALBRECHT' and the phone number '0412178339'. At the bottom, the text 'Fully insured' is written in a smaller, black, sans-serif font. To the right of the text, there is a small image of a red excavator with a black cab and tracks, parked on a dirt surface with trees in the background.

Library talk

We have finally reached a point where we have experienced the undeniable fact that the climate is changing dramatically.

Over the last five years, Australia has endured the catastrophic events of unprecedented fires and floods destroying lives, properties, livestock and wildlife. Scientists are telling us we have to replace our dependence on fossil fuels if we want to save our planet. It's a no-brainer. Like an angry god, the climate is venting its fury and telling us to "clean up our act" if we value life on earth as we know it.

In October, the Wildlife Library talk will focus on this topic. This is the second year the Fraser Coast Branch of Wildlife Queensland has invited Rob Loveday to speak. He will investigate how we have come to such an insidious position and what can be done to mitigate a seemingly catastrophic future by changing to renewable energy sources.

Rob's talk will be at the Hervey Bay Library on October 17 starting at noon and in the Maryborough Library on October 31 at 1pm. They will run for approximately 45 minutes. To book, phone the Library on 41 974220 or go online to Eventbrite.

Photo courtesy of the CSIRO



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Fraser Radio – your local tourist information radio station

By Ed Martin, station manager

Welcome to our September update for Fraser Radio, a sub-committee of River Heads Progress Association. We are purely operated by volunteers who are passionate about our local region.

Commencing my third year as station manager at Fraser Radio, I would like thank all of the RHPA management committee for their continued support and to my radio colleagues Fay Pearson and Barry Barwick as we proceed towards our tenth year of operation. We extend a warm welcome and congratulations to the new and continuing members on the RHPA committee as we look forward to working with you through the next year and beyond. Fraser Radio (Formerly Bay City Gold and Fraser Coast Tourist Radio) is now in its ninth year of operation with an association with RHPA that covers much of this time. We will continue to develop our programming to provide service to our local community and region by providing a mix of entertainment and information.

In the next month and beyond we are introducing a new series of tourist briefs, providing some suggestions of places to visit that extend to

surrounding regions from Bundaberg in the north to Rainbow Beach in the south. Segments will include information about places to visit, things to do and the history of the area. Lady Elliot and K'Gari (Fraser Island) are included in our new series, so tune in and get some ideas for your next regional adventure.

The year is passing by rapidly and as the whale tourist season nears its end, you may wish to consider booking a whale watching tour before then. From reports it has been a big season and if you would love to see these wonderful gracious giants of the sea for yourself, you need to book soon.

If you wish to include your tourist related venture of interest to our listeners, please contact us.

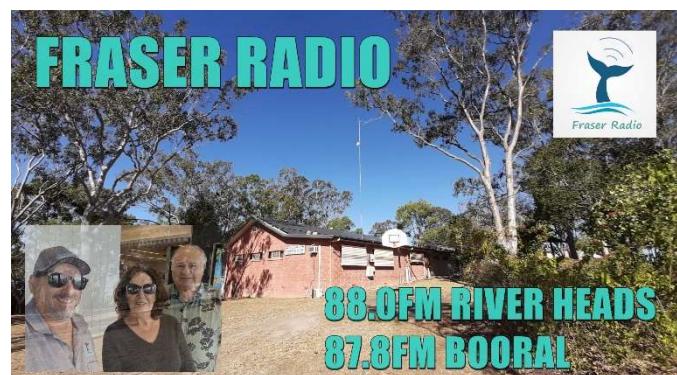
If you want to advertise your business or activity why not consider Fraser Radio. We include a basic script and audio production at no additional fee. If you are a local business consider advertising on the air 24/7, 365 days a year and stream Australia wide.

We provide a mix of music offerings ranging from the 60s, 70s, 80s through to the present day.

New to the area or maybe just visiting, we look forward to informing and entertaining our listeners through FM radio or via on-line streaming. Tune us on 88FM (River Heads) or 87.8FM (Booral) or listen via our stream link listed below.

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.

Fraser Radio is always keen to promote information about the Fraser Coast that will be of interest to tourists, visitors and locals. If you have something to communicate, please email at info@fraserradio.com.au



The logo for GK-Tech Pty Ltd features a blue square with a white stylized 'IT' and a blue line-art computer icon. Below the logo, the text 'INTUITIVE TECHNOLOGY' is written in small blue capital letters. To the right of the logo, the company name 'GK-Tech Pty Ltd' is written in a large, black, serif font. To the left of the company name, a list of services is provided in a black serif font:

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

A cartoon illustration of a laptop with a face, wearing a red beret. The laptop has a thermometer in its mouth, indicating it is sick or experiencing technical difficulties.

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.

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Council news

Join the Garage Sale Trail on the Fraser Coast

Fraser Coast residents are being encouraged to clear out, cash in and join Australia's biggest second-hand treasure hunt - the Garage Sale Trail.

Two huge weekends of bargains and pre-loved gems are coming to the Fraser Coast this November, giving locals the chance to make money, meet their neighbours and keep good stuff out of landfill.

Council Resource Recovery spokesperson Cr Michelle Byrne said the Fraser Coast ranked among the top five regions in the country last year, with more than 90 local sellers and groups hosting 169 sales and stalls.

"Council is proud to support the Garage Sale Trail campaign again this year, which highlights the circular economy and the benefits of reuse," she said.

"Held over 8–9 and 15–16 November, the Garage Sale Trail will see more than 15,000 garage sales and markets pop up across the country, with Fraser Coast locals joining over 400,000 Australians taking part.

Cr Byrne said on average sellers make \$500 - proof that selling second-hand is as good for the wallet as it is for the planet.

"In 2024, almost 300,000 Australians joined the Garage Sale Trail, helping to reuse more than 755,000 items and save 2,540 tonnes of carbon emissions, 96 megalitres of water and 1,870 hectares of land," she said.

"There will be something for everyone: fashion, furniture, cookware, kids' stuff, tools and more. Whatever you fancy, you'll find pre-loved gems that last longer and cost less."

To find a sale near you on the online map visit: <https://www.garagesaletrail.com.au/fraser-coast>

For more information and to register your sale for free, go to www.garagesaletrail.com.au



Get Ready Month: Weather doesn't plan, but you can

October is Get Ready Month, and Fraser Coast residents are being urged to prepare for extreme weather and protect what matters most.

Fraser Coast Mayor & Local Disaster engagement Group chair George Seymour said the message was clear: weather doesn't plan, but you can.

"Planning for extreme weather is important. Research shows people who prepare recover faster than those who rely only on outside help," he said.

Get Ready Queensland highlights three key steps:

- **Know your risk** - learn what severe weather could affect where you live and what it could mean for your household.
- **Make a plan** - write a simple emergency plan so everyone knows what to do and who to contact.
- **Pack a kit** - grab a few extra items from the supermarket to make an emergency kit.

As part of 'Get Ready Month', residents are invited to two special Food n Groove events:

- City Park, Pialba, Friday 17 October, 4 – 9pm
- Brolga Theatre Riverstage, Maryborough, Friday 24 October, 4 – 9pm

"Get Ready Food n Groove is always a fantastic night out. It's about community – good food, great music and practical tips," Cr Seymour said.

"Come along, see the emergency services vehicles and crews, and pick up some ideas on how to keep your family safe this storm season." Council's Disaster Dashboard – <https://disaster.frasercoast.qld.gov.au> – is your go-to resource for information during severe weather events, including road closures, weather warnings, flood cameras and more, with options to sign up for email and SMS notifications.

For more information on preparing for extreme weather, visit www.frasercoast.qld.gov.au/storm-season-clean-up or <https://www.getready.qld.gov.au/>

Council news

Spend your Fraser Coast Buy Local Gift Card before it expires

Local residents with unspent Fraser Coast Buy Local Gift Cards are being encouraged to use them soon and keep their dollars working locally, with some older cards now reaching their expiry dates.

Fraser Coast Mayor George Seymour said more than \$48,700 in unredeemed funds is waiting to be spent at participating local businesses.

“The Fraser Coast Buy Local Gift Card is designed to keep money circulating in our region, supporting jobs and strengthening local businesses,” Cr Seymour said.

“Buying local is the best way to support businesses on the Fraser Coast; it’s great for employment, communities, and the economy. Every \$100 spent locally provides up to \$180 benefit to the local economy through the multiplier effect.

“If you have a card in your wallet or drawer, now is the time to use it or lose it and enjoy the wide range of shops, cafés, salons and services that accept it.”

Gift card balances expire three years after the funds are loaded. If a balance expires, about 75 per cent of the funds are returned to Council to help expand and promote the Buy Local program, while the remaining 25 per cent covers the card provider’s processing costs.

Council can, in some cases, help residents who discover an expired card, particularly if it has a significant balance.

“If someone finds an old card with a large amount left, Council may be able to issue a replacement card,” Cr Seymour said. “But the best way to keep every dollar locally is to spend the balance before the three-year limit.”

More than 200 Fraser Coast businesses are part of the program, which was first launched during the COVID-19 pandemic as a key Buy Local initiative.

Cr Seymour said Council is also preparing to launch a digital version of the gift card in the coming weeks, just in time for the fast-approaching festive season.

“The digital card will give shoppers more flexibility and convenience, and will allow even more local businesses – including those using Square and other EFTPOS systems – to take part,” he said.

“The Fraser Coast Buy Local Gift Card is a great gift for those who are hard to buy for, and it’s the kind of gift that keeps on giving, because every time a card is purchased, the money stays local.”

The Fraser Coast Buy Local Gift Card can be purchased and used at a wide variety of local retailers and service providers. For details and a full list of participating businesses, visit www.frasercoastgiftcard.com



Are you getting through?



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The Review covers all the bases

Email:
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The Cheeky Home Cook creates – Tray baked salmon with asparagus and zucchini

Ingredients

2 salmon fillets – skin off and boned

2 bunches of asparagus

2 zucchini

Parmesan

Olive oil

Salt and pepper



Method

- Heat oven to 180c
- Line a baking tray with baking paper
- Trim two bunches of asparagus of the woody ends, lay on tray in a row
- Slice two zucchini in half crossways and then half lengthways
- Slice two battens from each half – giving you 16 battens, lay them on the tray
- Sprinkle the vegetables with olive oil, salt, pepper and a grating of parmesan cheese and lemon zest
- Bake for 15 minutes
- Remove tray from oven and lay two skin off, boned, salmon fillets on top of the vegetables
- Again sprinkle with olive oil, parmesan, salt and pepper and lemon zest
- Place tray back in the oven and bake for 10 minutes
- Serve and enjoy!





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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



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