

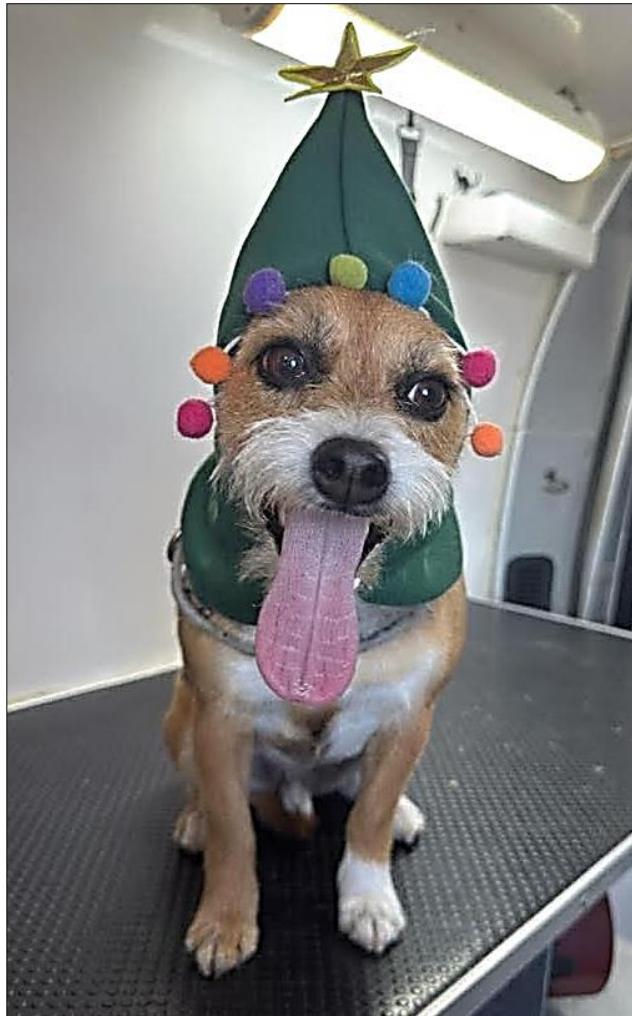
River Heads Review

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.



Are you ready for Christmas?

Well ready or not it's just around the corner.

River Heads is a hot spot for Christmas light displays and happy pets so let's showcase them in next month's Review.

Send your amazing Christmas photos to review@riverheads.org.au.

I'd like to wish our readers, contributors and advertisers a safe and happy Christmas and thank you all for your support of this publication during 2025. It's been a pleasure to read your stories.

Thanks Kristin and Bianca for these great shots.



Rivers Bistro & Bar – Closed until January 23, 2026

Australia Day
At the Reserve

Family Fun Day

January 26 from 9am

More information inside

0487 097 700

Merry Christmas
and a safe and
happy new year

River Heads
Progress
Association

45 Ariadne Street (opposite the shops)



Many thanks to our major prize sponsor for this year's Christmas raffle, Kingfisher Bay Resort. The lucky winner will receive a day out at the resort including lunch and transfers.

RHPA

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)
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1/8 page	65	-
1/4	135	55
1/2	260	80
Full page	500	120

Advertorial 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 Jayne Thompson	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 VACANT Suzanne Taylor VACANT Mark Hensel VACANT Sheree Henley Total Website Management Mark Hensel VACANT 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@fraserradio.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
Community Garden	Together We Grow		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			
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!

Liz has been a mainstay of the River Heads Community Hall and it's Bistro for many years.

She has been that smiling face behind the counter of the kitchen (and the occasional dancing demon when we let her out).

Liz has held many positions on the committee and organised functions like Christmas and Melbourne Cup with a cheerful efficiency that is so rare.

Liz is taking a well-deserved break from volunteering. We will miss her luscious desserts but we wish her all the best and look forward to enjoying a meal with her and Rob on the other side of the counter.

Thank you

Liz Stewart



Johns Weiland – Division 7 Councillor



It's hard to believe I'm already writing my second Christmas message as part of my term, the year has truly flown by!

As we head into the festive season, I'd like to wish everyone in the River Heads community a very Merry Christmas and a happy, safe New Year. Whether you're spending time out on the water, catching up with family and friends, or simply

taking a well-earned break at home, I hope this season brings you great times, laughter, and plenty of good memories and ice cold drinks to combat the heat.

I'm looking forward to seeing the town light up again with the wonderful Christmas light displays, they really do bring so much cheer and show the spirit that makes River Heads such a special place to call home.

David Lee MP



Small businesses have had enough of crime, and we're listening.

Round two of the Crisafulli Government's \$40 million Secure Communities Partnership Program is now open for eligible small and family businesses to install security upgrades like: alarms and keypad entry systems, CCTV and motion sensors, security lighting.

We're delivering on our key election commitment to create safer communities and an environment for small and family businesses to thrive. Apply now: business.qld.gov.au/securegrant.

The community chat at River Heads was a great opportunity to meet with locals and discuss local issues and concerns. I took the opportunity to inform

attendees on the progress of the River Heads Pontoon. Unlike my predecessor – who misled the River Heads community into thinking these works had been budgeted for – I am making sure works to the River Heads Pontoon are on the state government's agenda. Maritime Safety Queensland has progressed a feasibility study into different options for the River Heads Pontoon, and I will continue to update the community on any further developments.

Merry Christmas and Happy New Year!

This time of year gives us a chance to reflect and celebrate the things that matter to us most – our families, our friends and the wonderful community we share. Whether you're celebrating Christmas with loved ones at home or taking a well-earned rest on a holiday, I hope your Christmas is filled with joy, peace and kindness.

Please help!

You may have noticed the vacant committee positions on the previous page, or the tired faces each week at the bistro. The truth is, our volunteer crew has become pretty small, and the legends who are still here are running on fumes.

Ours is not the only group around Australia to suffer this sad trend which is shrinking "community".

Community doesn't magically happen and it's not something you can buy, it takes work, but it's ours and it's there when government isn't. It's there with a smile, a shared laugh or a helping hand.

And it's precious.

This week's Review is full of groups who rely on volunteers – the people who show up when you're frightened, who keep the fun going with events, or when you want a night out, a game of pool with a mate, a local fishing competition, your news on the radio or online...

Or this Review you are reading right now... volunteers bring you these things and we are tired.

Maybe you will replace us with a shiny new paid service, I don't know. It seems to me things we pay for are becoming less shiny and more costly. Some things just aren't that easy to replace.

So here is our big call-out: We want good people like you to join in. If you can give a few hours a week, a month, a year, take a position on the committee. Whatever you can do to help, we need you.

If you've got experience, great, if you don't, we help with training and we are grateful for any help. This is your chance to jump in. Please call 0487 097 700 or email info@riverheads.org.au

Community news – First Responders

River Heads First Responders seek volunteers



On-duty volunteers of the River Heads QAS First Responder group met with State MP David Lee recently, showcasing our community work and the support given to us by Queensland Ambulance Service.

The Queensland Ambulance Service River Heads First Responder group commenced around 3 years ago, under the leadership of Queensland Ambulance Service Office in Charge of Hervey Bay Station, Matthew Steer.

We are employed volunteers of the Queensland Ambulance Service (QAS) with a QAS supplied response vehicle. The unit is totally integrated into the QAS Medical Dispatch system, and we provide emergency medical response for our community covering River Heads and Booral.

Since our inception, we have dramatically reduced response time and delivered prehospital clinical care in partnership with the Queensland Ambulance Service. Since that time, QAS River Heads First Responder volunteers have attended hundreds of call outs, managed pain and prevented serious clinical consequences while awaiting arrival on scene of our fantastic local Paramedics. We also work in partnership with our QAS Paramedics,

assisting in the clinical care and extrication of our patients and on some occasions assisted ongoing clinical management enroute to the hospital.

We are looking for more physically able volunteers to join our group so that we can cover more shifts throughout each week and ensure that our community can receive timely QAS response.

No prior training is required – QAS provide us with excellent training (more than the normal First Aid and CPR courses undertaken by many people in the workplace) and the QAS provides us with uniforms, equipment (including oxygen, defibrillators, medical equipment, splints, and medical monitoring equipment). We are also covered through the QAS for Work Cover and Medical Indemnity Insurance.

We have our own response vehicle, a QAS marked up Hyundai Tucson (supplied from funds raised by our QAS Hervey Bay Local Ambulance Committee) that is equipped with QAS communications equipment, as well as a range of medications beyond first aid permitted scope of practice.

All you need is to be in good health, keen to learn, and have a willingness to commit even one day per week or fortnight – or even per month – to helping your community. When you start shifts, you'll be placed alongside one of our experienced First Responders to support you. You can work permanently with a partner if you wish.

To find out more about volunteering as a QAS First Responder, please contact Matthew Steer on 0428 894 539

Community Flights news

Take to the skies for a cause

Get ready for an unforgettable experience with Community Flights' upcoming Fundraising Joy Flight Event, taking off from Hervey Bay on January 9, 10 and 11, 2026.



This is your chance to enjoy the breathtaking views of our stunning Fraser Coast from above - all while helping keep our wings in the air. Every dollar raised goes directly toward supporting our mission to fly patients for free to essential medical appointments throughout South East Queensland. To book go to: communityflights.org.au/fundraising-flights

Looking for the perfect Christmas gift? Our Joy Flight Vouchers make an incredible present that's sure to be remembered - give someone the gift of adventure while supporting a meaningful cause.

Join us in the skies this January and help make a real difference in the lives of those who rely on Community Flights. Together, we can continue to connect patients to care they need - one flight at a time.

Three years, and a major win

Now in their third year of operation, Community Flights provides free, non-emergency air transport for patients in regional Queensland who need to access medical care in Brisbane and beyond. With a small team and a dedicated group of volunteers, the organisation fills a critical gap for those facing barriers due to distance, cost or health limitations.

Founder, Mark McMurtrie says winning the 2025 Queensland Volunteering Impact Award was a huge milestone for the growing not-for-profit.

"It's an incredible honour and a testament to our volunteers, sponsors, and supporters. Every flight we take helps change a life - and this award celebrates all the heart that goes into making that possible."

With demand steadily rising and more communities in need of their service, Community Flights continues to rely on donations and sponsorships to keep their wings in the air.

For more information or to support their work, visit www.communityflights.org.au.

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WEBSITE

www.communityflights.org.au

PRICE

15 MINUTE FLIGHT - \$150 PER PERSON
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PHONE

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Fishing Club news

Welcome to the November edition of the River Heads Fishing Club newsletter. The weather is warming, the bait is plentiful, and the fishing season is well underway.

Here's everything happening around our waters and within the club this month.

November has brought some fantastic conditions on the Great Sandy Strait, and we've seen plenty of quality catches. As summer approaches, remember to stay sunsafe and look out for each other on the water.

November big catch winners

Mens – Kasey Cook – cobia 124cm. Congratulations Kasey, great effort.



Just a reminder the leaderboard will not be sent out for December and final points will be announced at the presentation night.

Fishing report – what's biting?

Estuary and creeks

- Big flathead are still active around the drop offs near River Heads.
- Good numbers of grunter and the occasional threadfin salmon are showing up on the evening tides.
- Prawns starting to move – keep the cast net handy.

Strait and Mary River

- Solid snapper and grassy sweetlip around the deeper ledges.
- Mackeral sightings increasing – except a strong run as water temps rise.
- Mud crabs becoming more active; pots are coming up full in some systems.

Fraser Island side

- Tailor tapering off, but whiting and dart are still plentiful along the beaches.

Upcoming events

December fish meet at the River Heads Hall

Friday December 5-7. Lines in 5am Friday. Weigh in 3pm Sunday, bar open from 1.30pm.

Save the Date

Club Christmas party/presentation night

Saturday, December 13. More details to come, but expect food, raffles, prizes and a very fishy Secret Santa.

We ask that members bring a plate to share.

Club trip away – Broadwater Haven

Thanks to everyone who turned up for the last month's club trip away – great turn out, great food and great company.

Safety and reminders

Check your lifejackets before heading out – summer compliance checks are starting soon.

Remember local speed zones, especially around the boat ramp.

If you have a new boat or gear, consider bringing it for a pre-launch safety run with experienced members.

Tight lines

Thanks for being a part of River Heads Fishing Club. Here's to great weather, safe boating, and plenty of fish.

See you on the water



Fishing Club news

Garlic Butter Barbecue Prawns

Nothing says summer at River Heads like fresh simple prawns on the barbie.

Ingredients

1 kg fresh prawns, peeled and deveined

4 garlic cloves finely chopped

100g butter

2 tbsp olive oil

Juice of 1 lemon

1 tsp smoked paprika

Salt & pepper to taste

Fresh parsley to garnish

Method

- Pat prawns dry and place in a large bowl.
- In a saucepan, melt the butter with olive oil. Add garlic, smoked paprika, lemon juice, salt and pepper. Stir for 1-2 minutes until fragrant.
- Pour half the garlic butter mixture over the prawns. Toss well and let sit for 10-15 minutes.
- Heat the grill to medium/high. Cook prawns 2-3 minutes per side until pink and lightly charred.
- To serve, drizzle with remaining garlic butter, sprinkle with parsley and serve with crusty bread or salad.

Tip: For extra flavour, add a splash of white wine to the butter while it melts, or thread the prawns onto skewers for easy flipping.

Fishing Club weekend at Broadwater Haven

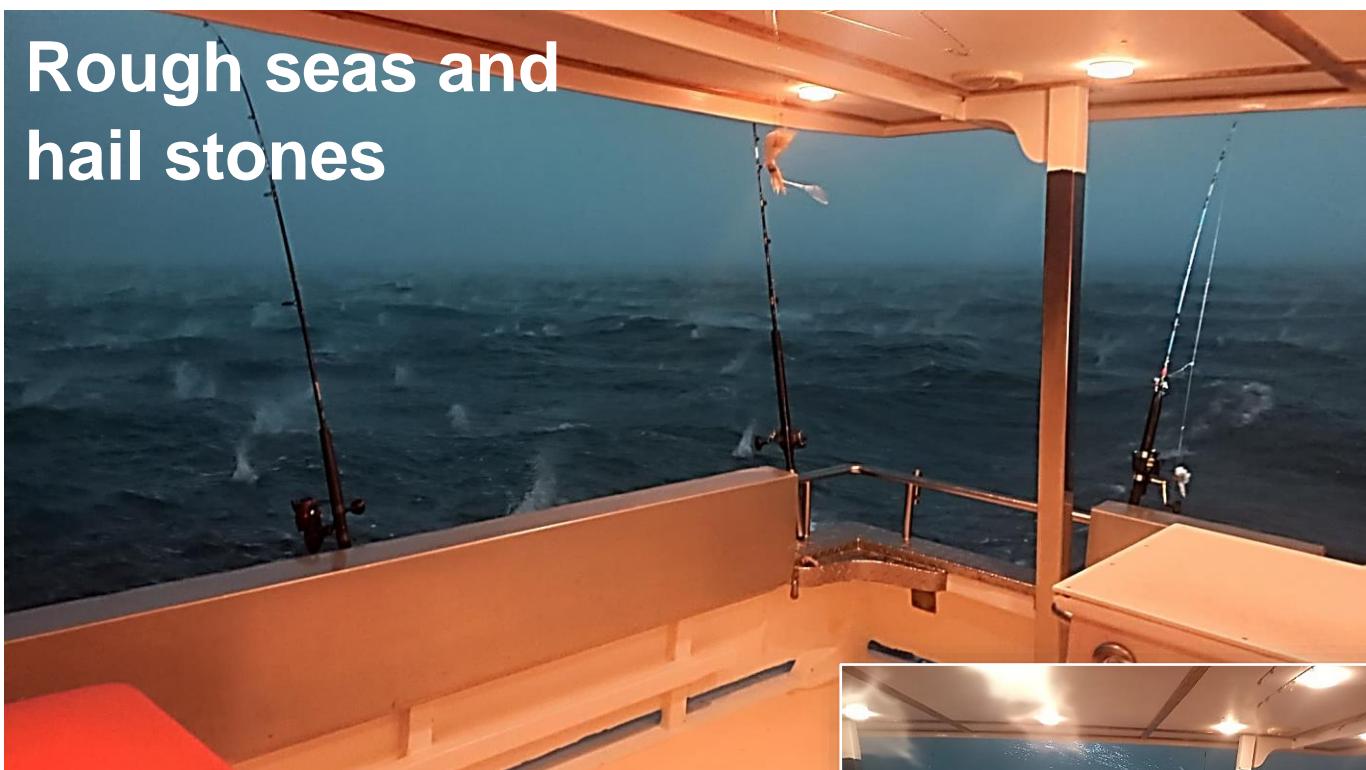
Kids, dogs, ghosties and Ghoulies all had a great weekend at Broadwater Haven camp ground for the Fishing Club's annual trip away.

If great food, fishing and fun was the plan then mission accomplished.



Community news

Rough seas and hail stones



Local fishers enjoying a charter off the island in November were taken by surprise by the sudden storms that hit the area. They enjoyed a spectacular show of lightening, rough seas and cricket ball size hail while anchored up. The trip has been rescheduled for a calmer time.





**RIVER HEADS
EXCAVATIONS**



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Australia Day 2026

Family fun day at the Reserve

The Booral v River Heads friendly grudge match at the Reserve for Australia Day is back on the calendar and tensions are already high.

We found the trophy and dusted it off so the battle is on.

The River Heads Australia Day celebrations will be held at the Reserve on January 26 starting at 9am.

Those who are keen for a game of cricket are encouraged to get there by 9am to sign up.

There will be live music with Hervey Bay City Musicians so make sure you bring your comfy camp chair and sunscreen.

The great Australian thong throwing competition will be held during the day so be sure to warm up.

The kids will be busy all day with free face painting from 11am to 1pm. There will be a dancing competition, a hoola hoop competition, balloon blowing, chalk drawing competition, a treasure hunt and loads more fun.

To ensure a proper celebration for Australia Day there will be prizes for best dressed.

The River Heads Progress Association will be putting on a free barbecue lunch at 12 noon.

Local businesses are encouraged to come along and share their information with locals at the channel 7 tent.

Get ready to hit a six for your home town or cheer on those brave players... a box of band aids and deep heat will be at the ready.



Fraser Radio – your local tourist information radio station

By Ed Martin, station manager

With Christmas nearly upon us, I'd like to wish you all a merry Christmas and a happy New Year.

Fraser Radio is focused on promoting tourism in the region. If you are affiliated with an organisation, group or business that relates to tourism and would like to have your story considered for inclusion please email: manager@fraserradio.com.au

Our region is poised to grow with more housing developments planned and Fraser Radio has the potential to reach that expanded audience in coming years - something worth noting.

River Heads has always been a social place and we want to provide information on activities in the area like: bistro, fishing and sporting events, tourist transport services and more.

These free one minute segments are recorded and produced locally by volunteers. Randomly placed in the program, they are aired for up to twelve weeks. If you would like to promote an activity or service contact us early as just a few slots are available.

Fraser Radio features these briefs on a range of topics including places to visit, things to do and

From the Crew at Fraser Radio



**River Heads
88.0 FM
SEASONS GREETINGS**

activities for both locals and visitors in the region. These include: K'Gari (Fraser Is), whale watching, the pier, botanic gardens, water park, Z-PAC Theatre, historical museum and more.

Advertising is our primary source of revenue to cover operating costs, like licences, maintenance, subscriptions and promotions. By advertising with Fraser Radio you support us while promoting your enterprise - check out our Advertisers Index on 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 updated website offers a range of information including a stream link on <https://webplayer.fastcast4u/touristf/>. Remember to press the play button once the player page appears. And don't forget to like our Facebook page.

Fraser Radio, on 88.0 FM River Heads and 87.8 FM Booral provides a range of music to the area.

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





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Wildlife matters – Fergusson State Forest at its best

By Jenni Watts

With the prediction of storms bringing lots of rain, the Wildlife Preservation Society of Queensland Fraser Coast Branch's last monthly walk for the year was almost cancelled. It wasn't and the morning was pleasant and dry, and the bush was fresh from recent rains for the early November walk.

The 4km walk was in the Fergusson State Forest, Yengarie, 10 minutes from Maryborough. It followed narrow dirt tracks, mostly flat and easy walking.

An impressive variety of trees in the open woodland. Queensland Blue Gum, ironbark, grey gum, spotted gum, swamp box, angophora and bloodwood.

Each species is attractive in its own right but at this time of year the peeling smooth bark of the angophoras exposing a lovely orange hue makes this tree very ornamental looking.

Likewise, the spotted gum provides aesthetic appeal with its smooth and dimpled trunk with subtle pink, blue and grey markings. Its bark is shed in small flakes giving it the overall mosaic look.

The clumping saw sedge looked stunning laden with huge clusters of shiny dark red fruit. Wildlife love this

plant with many birds such as Brush Turkeys attracted to its fruits. The rough and dense habit provides shelter for small wildlife, and it is a host plant for a number of butterflies.

Highlights for the birdwatchers were Variegated Fairy-Wren, Spectacled Monarch and Cicadabird. The latter more likely to be heard than seen as it generally sticks to the treetops.

With the recent rain there was the added ephemeral puddles and pools. And with that - frogs!

Stopping by a sizeable pool we saw and heard hundreds of small frogs, predominately the Green-thighed Frog, a chocolate brown frog with a dark strip from its snout to its flank and with a yellow abdomen.

Making the most of the seasonal water it was mating time. The loud male advertisement calls were like a series of quacks and as the bright yellow vocal sac inflated it became quite a spectacle.

This cacophony was interrupted periodically by the resonant bonk of the Scarlett-sided Banjo Frog, a much larger frog.



The Green-thighed Frog photo by Bridget Nurse

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Council news

Fraser Coast shines bright as Christmas festivities begin



carol events across Hervey Bay and Maryborough.

Fraser Coast Mayor George Seymour said lighting the Christmas tree is a cherished tradition that brings our community together and fills our shared spaces with joy, unity and festive cheer.

Cr Seymour said residents and visitors can enjoy several Carols by Candlelight celebrations and share in the festive spirit.

Upgrades to make Torquay roads safer and easier to use

A major upgrade is underway to make Denmans Camp Road and Totness Street safer, smoother and easier to use.

Fraser Coast Regional Council Roads and Transport spokesperson Cr Denis Chapman said the project would deliver lasting improvements for residents, local businesses and visitors.

Deputy Mayor Sara Diana Faraj said the new footpaths and upgraded crossing would make a real difference for everyday travel.

The works will include:

- Reconstructing Denmans Camp Road between Boat Harbour Drive and Torquay Terrace, Totness Street between Torquay Road and Denmans Camp Road;
- Replacing kerbs, stormwater drainage and water mains;
- New concrete footpaths and a raised pedestrian crossing at the Mary to Bay Rail Trail crossing;
- Angled parking bays near Arthur Proctor Park and Hervey Bay Girl Guides building; and
- One-lane, one-way traffic on Denmans Camp Road between Torquay Terrace and Totness Street, vehicles travelling south.

Community Christmas carol events include:

- Hervey Bay Historical Village and Museum Christmas Carols - Sat December 6, 5.30pm
- Maryborough Christmas Carols – Queens Park, Maryborough - Sunday, December 7, 5- 8pm
- Hervey Bay Carols by Candlelight – Seafront Oval, - Saturday, December 13 4-8pm

Community Christmas events happening across the Fraser Coast include festive bike rides and markets to the Christmas Read-a-Thon and more.

Explore the full list at: <https://events.visitfrasercoast.com/page/festive-fraser-coast>

If you'd like your special Christmas community event included, please email date, time, location and details to events@frasercoast.qld.gov.au.

Upgrades to make Torquay roads safer and easier to use

"There will be some short-term changes to traffic while work is happening, and we thank everyone for their patience," Cr Chapman said.

The project has been awarded to local contractor SGQ Pty Ltd and will be delivered in stages.

Water main works are expected to be completed by January 2026, raised pedestrian crossing and road reconstruction by mid-2026, weather permitting.

The \$5.2 million project is jointly funded by the Australian Government (\$1.28 million through the Roads to Recovery program), the Queensland Government (\$250,000 through the Cycle Network Local Government Grants program) and Fraser Coast Regional Council (\$3.7 million).



Council news

TreeClimb adventure coming to the Botanic Gardens

A new outdoor adventure attraction with high-ropes and zipline courses is set for the Hervey Bay Botanic Gardens, following Council's decision to progress negotiations with tourism operator TreeClimb.

Tourism spokesperson Cr Lachlan Cosgrove said the project supports Council's goal to grow nature-based tourism in the region and provide more activities for young people and families.

"This would be something unique for the Fraser Coast – an attraction that will challenge, educate and excite thrill-seekers, nature enthusiasts and curious adventurers," he said.

"It's also expected to create a number of local jobs, supporting young people to gain skills and experience in tourism and customer service."

TreeClimb operates a number of popular high-ropes courses and Zipline Canopy Tours in South Australia, Victoria and NSW, with new experiences due to open shortly in Hobart and Logan.

The Hervey Bay project will be fully funded, built and operated by TreeClimb under a commercial lease, with no ongoing operating costs to Council. The lease amount is to be negotiated.

The courses are low-impact, environmentally friendly and sensitive to the current environment. The proposed lease area will sit in the north western corridor, meaning users will still be able to enjoy the gardens without being disturbed.

TreeClimb has proposed a unique unguided Zipline Trail through the treetops and a range of family-friendly high ropes adventure courses suitable for all ages and abilities. A low-ropes course for the

youngest members of the family to build their confidence will also be constructed.

TreeClimb founder Seb Packer said: "We see the Hervey Bay TreeClimb as a unique attraction and importantly a great addition to the current offers for local families and tourist visitors to the area."



"The Zipline trails and family-focused high ropes experiences will be specifically designed to suit the climate and environment of Hervey Bay, with more ziplines than many of our existing sites around Australia" he said.

TreeClimbs' construction methods follow well-proven techniques that use non-invasive clamping systems, regularly checked and adjusted as the trees grow to ensure tree health and safety.

Independent arborists assess every tree on the site before any works can begin, ongoing tree health checks form part of TreeClimb's standard operating procedures. Wildlife and habitat considerations will be carefully considered during final planning stages.

Safety underpins every part of the model with all climbers secured to a continuous safety system for the entire experience while exploring the treetops.

The final contract and lease arrangements between Council and TreeClimb are subject to detailed design, planning and environmental assessments, and development approval.

Fraser Coast Gift Cards goes digital in time for Christmas

With Christmas one month away, Fraser Coast residents are being encouraged to support local businesses by choosing the new Fraser Coast Digital Gift Card - a simple, thoughtful and 100% local gift option now easier than ever to buy and use.

Fraser Coast Mayor George Seymour said the move to digital gift cards reflects how people shop today, with digital wallets like Apple Pay and Google Pay becoming increasingly popular.

"You can purchase a card online in seconds, send it instantly via SMS, and the recipient can add it straight to their digital wallet, ready to tap and spend at participating Fraser Coast stores." He said

A full list of participating businesses available at <https://www.frasercoast.qld.gov.au/open-business-buy-local-fraser-coast>.

Residents can still pick up physical gift cards from participating Load Up Stores, including the Maryborough and Hervey Bay Visitor Information Centres.

See the full list of Load Up Stores here: <https://www.frasercoast.qld.gov.au/Business-and-Tourism/Business/Buy-local-gift-card>

Local businesses interested in joining the program can register via the website or email economic.development@frasercoast.qld.gov.au



The Cheeky Home Cook creates – Crispy feta rolls with garlic honey

Ingredients

Feta Rolls

8 sheets phyllo pastry
225g block feta cut into 8 sticks
2 tbsp olive oil
1 tsp dried oregano
½ tsp black pepper

Garlic Honey

3 tbsp honey
1 small garlic clove, grated
1 tsp lemon juice
Pinch of chili flakes

To Garnish

Toasted sesame seeds
Fresh thyme



Method

- Lay out a sheet of pastry and brush lightly with oil then fold in half
- Place a feta stick at one end and sprinkle with oregano and pepper
- Roll tightly folding the sides in as you go
- Repeat with remaining feta pieces and brush tops with more olive oil.
- Bake for 15-18 mins until golden and crisp
- Mixing honey, grated garlic, lemon juice and chili flakes and warm slightly.
- To serve – drizzle warm garlic honey over the hot feta rolls and top with sesame.



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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.

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Contact Us

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