

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.

The way the water moves around River Heads



Peter Dore

Another great shot from local photographer, Peter Dore. The clouds rolled in during February with up to 120mm of much-needed rain falling on Valentine's Day alone.

River Heads Community Hall & Bistro — What's On



Riverheads.org.au

- ⇒ Hall & Bistro Happenings
- ⇒ Calendar of Local Events
 - ⇒ Local Businesses
- ⇒ Subscribe to your Review



0487 097 700

E: info@riverheads.org.au

45 Ariadne Street (opposite the



Volunteer coordinator

Good with people and organising?
Help build a volunteer pool, keep a register and organise rosters.

Bistro manager

If you know your way around a working kitchen and hospitality then this is for you.

Ensure the smooth running of the bistro, its people and goods.

Cook or food prep

Love to cook and make people happy?

Definitely talk to us about a job in the kitchen.

Washing up

If you're happy with your hands in the sink and helping out where you can, we need you.

RHPA contact information

Executive committee	President	Ian Marsden	president@riverheads.org.au
	Vice president	Neil Shardlow	vicepresident@riverheads.org.au
	Treasurer	Jenny Gordon	treasurer@riverheads.org.au
	Secretary	Des Cornwall	secretary@riverheads.org.au
Management committee	Assistant treasurer	Geoff Mealing	treasurer@riverheads.org.au
	Assistant secretary	Alison McGarry	secretary@riverheads.org.au
	Membership & key registrar	Alison McGarry	secretary@riverheads.org.au
	Events coordinator	VACANT	events@riverheads.org.au
	Bistro manager	VACANT	secretary@riverheads.org.au
	Bar coordinator	Mark Hensel	bar@riverheads.org.au
	Roster coordinator	VACANT	
	Website content manager	Trevor Gordon	webmaster@riverheads.org.au
	Website administrator	Total Website Management	
	Emergency coordinator	Mark Hensel	emergency@riverheads.org.au
	Social media coordinator	J Gordon & A McGarry	info@riverheads.org.au
Review editor	Tracey Morton	review@riverheads.org.au	
NC positions	Historian	VACANT	
Sub committees	Fraser Radio	Ed Martin	info@fraserradio.com.au
	Reserve	Mark Hensel	info@riverheads.org.au
Hall activities & services	Day	Name	Contact
Hall bookings & takeaway	Fri only		0487 097 700
River Heads Fishing Club Inc		Ben Flanders	riverheads fishing club@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

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

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.

Friends of the
River Heads Hall

There's a
Volunteer form on page 10

See you all at the Hall

David Lee MP



Manufacturing grants to help business advance operations

Applications are open for our Transforming QLD Manufacturing Grants, backing manufacturers to grow, hire & upgrade equipment.

The LNP government has opened the \$79.1 million Transforming Queensland Manufacturing Grant Program to help small and medium manufacturing businesses advance their operations, ensuring the sector's long-term growth and sustainability.

A total of \$12.5 million is available in round one, with eligible businesses able to apply for up to \$1.5 million in matched grants. For the first time, half of all funding will be exclusively available to

manufacturers in regional Queensland, ensuring regional businesses receive their fair share of support.

The program supports the future of Queensland's manufacturing sector, which contributes \$29 billion to the economy and supports more than 171,000 jobs, including 76,700 jobs in regional Queensland.

Apply

<https://www.business.qld.gov.au/industries/manufacturing-retail/manufacturing/grant-programs/transforming>

In other news, you will see me out at River Heads, for Clean-up Australia Day 01 March, 2026.

Until next time, take care.

Touching Hearts Animal Rescue

More than Rescue — A Commitment to Every Life

There is something deeply personal about animal rescue.

Touching Hearts Animal Rescue is a small, volunteer-run, not-for-profit organisation dedicated to giving animals a second chance. Our rescue animals are cared for in loving foster homes across Southeast Queensland — particularly on the Fraser Coast and Sunshine Coast — where they are given the time, safety and compassion they need to heal.

We rescue abandoned and neglected animals from local and rural pounds, and we support owners who are no longer able to care for their pets. Many of the animals who come into our care are frightened, unwell, heavily pregnant or simply overlooked. They need patience and commitment — and that is exactly what we provide.

Rescue is not glamorous. It is late-night vet visits, bottle-feeding newborns, socialising scared animals and coordinating fosters and adoptions behind the scenes. It is paperwork, transport runs, fundraising and constant advocacy. But above all, it is transformation.

We have watched trembling animals learn to trust. We have seen malnourished kittens grow into confident companions. We have seen families find not just a pet, but a missing piece of their home.

Every animal in our care receives the veterinary support they need — including desexing, vaccinations and microchipping — before finding their forever home. We believe education saves lives, which is why we actively promote responsible pet ownership and run initiatives such as our discounted cat desexing program on the Fraser



Coast and Last Litter programs across Southeast Queensland.

As we continue to grow, our vision includes expanding into a dedicated sanctuary space — a safe haven for animals needing longer-term care or rehabilitation while they wait for permanent homes.

Touching Hearts Animal Rescue is more than a name. It reflects what we witness every day — animals touching hearts, and hearts choosing compassion.

Because every life matters and 'Hope lives here', at Touching Hearts Animal Rescue.

Follow our journey and see the lives you're helping change:

Facebook: <https://www.facebook.com/TouchingHeartsAnimalRescue>

Website:

<https://www.touchingheartsanimalrescueinc.com/>

Community Flights

Our Next Fundraising Joy Flight Weekend is Almost Here

As we move further into 2026, we're not just looking ahead - we're building momentum. And one of the most exciting ways we do that is through our Fundraising Joy Flight Weekends.

On March 28 and 29, Community Flights will be taking to the skies again - not for patient transport this time, but to help make those life-changing flights possible.

These joy flight events are a special part of what we do. They give our community the chance to experience the beauty of our region from above, while directly supporting patients who need to travel for vital medical care.

Every seat booked helps fund future patient flights - flights for treatment, for care, and for hope. It's community supporting community, quite literally lifting people when they need it most.

What to Expect

Passengers will enjoy stunning aerial views of the Fraser Coast and surrounds, guided by our incredible volunteer pilots.

Flights available

- 15-minute scenic flight – \$150 per person
Soak in breathtaking views over Hervey Bay.
- 30-minute scenic flight – \$250 per person
Enjoy an extended experience with routes reaching out toward K'gari (Fraser Island).

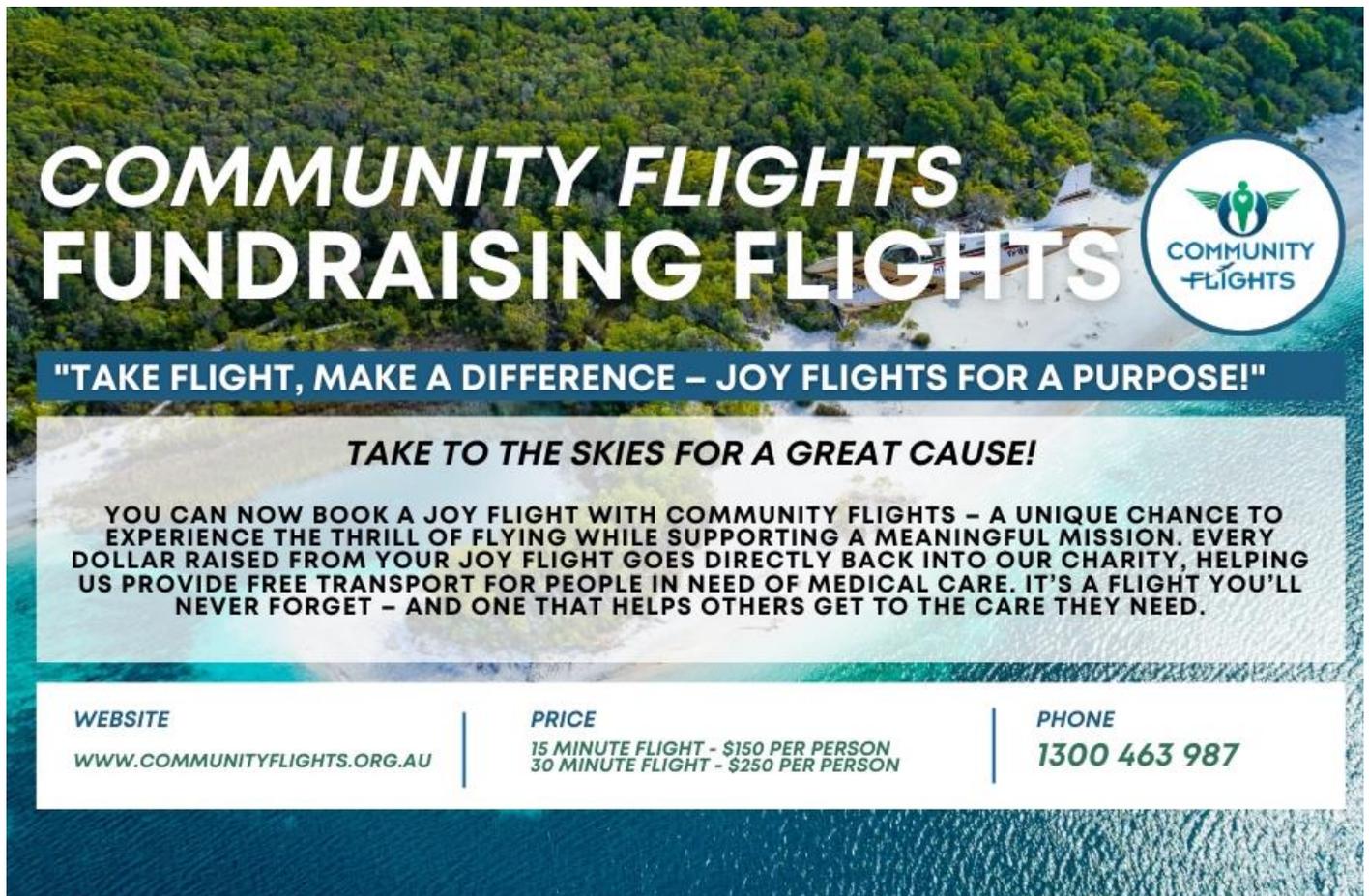
Whether it's a gift, a bucket list moment, or just something a little different, these flights are a beautiful way to support a meaningful cause.

Why It Matters

Behind every Community Flights patient journey is a person who simply needs to get to medical care, without the stress of distance or cost standing in the way. Fundraising events like this keep our service in the air and ensure we can continue saying "yes" to those who need us.

We'd love to see you there. Bookings are open now via our website <https://communityflights.org.au/fundraising-flights/>

Thank you for being part of our community and helping us keep hope in the air.



**COMMUNITY FLIGHTS
FUNDRAISING FLIGHTS**



"TAKE FLIGHT, MAKE A DIFFERENCE – JOY FLIGHTS FOR A PURPOSE!"

TAKE TO THE SKIES FOR A GREAT CAUSE!

YOU CAN NOW BOOK A JOY FLIGHT WITH COMMUNITY FLIGHTS – A UNIQUE CHANCE TO EXPERIENCE THE THRILL OF FLYING WHILE SUPPORTING A MEANINGFUL MISSION. EVERY DOLLAR RAISED FROM YOUR JOY FLIGHT GOES DIRECTLY BACK INTO OUR CHARITY, HELPING US PROVIDE FREE TRANSPORT FOR PEOPLE IN NEED OF MEDICAL CARE. IT'S A FLIGHT YOU'LL NEVER FORGET – AND ONE THAT HELPS OTHERS GET TO THE CARE THEY NEED.

WEBSITE WWW.COMMUNITYFLIGHTS.ORG.AU	PRICE 15 MINUTE FLIGHT - \$150 PER PERSON 30 MINUTE FLIGHT - \$250 PER PERSON	PHONE 1300 463 987
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Community news

Turning 60 with tie dye and afros

Trev and Jenny Gordon celebrated turning 60 with a sixties themed party that included the renewing of their vows with family and friends.



Isaac helping out in the community gardens

When Isaac Peel isn't lending a hand in the River Heads Hall Library he is often seen in the community gardens helping to bring it back to life.

If you would like to get involved with the community gardens call 0487 097 700



Fishing Club news

What a cracking way to open the 2026 competition.

Our first fish meet of the season delivered the goods, with anglers lighting up the big screen and setting the tone for a massive year ahead.

Members were treated to an epic variety of catches — from Whiting to Mulloway, Coral Trout to Slatey's, Bartail Flathead to Cobia, Salmon to Mangrove Jack and just about everything in between.

It was unreal to see returning legends and brand-new members fishing their hearts out all weekend. The talent and dedication was on full display.

We also welcomed a stack of new members into the RHFC family Sunday arvo — thank you for signing up and jumping into our fishy tribe. You're officially one of us now. You should know though... we're like Hotel California - "you can check out anytime you like, but you can never leave"

BBQ, banter and good times

As always, the club turned it on with an epic barbecue spread for our anglers and members - thanks Richard for keeping us fed.



Huge thanks to The Meat Station for your consistent support and top-tier snags and SPAR Express River Heads for keeping us sorted with bread, sauces and condiments — because let's be honest... a snag without sauce is just unfinished business.

Shout out to our February Winners

Men's: Bobby — a thumping 105cm Cobia that put up one hell of a fight

Ladies': Nikki — a respectable 40cm Grassy

Junior: No entries (we're coming for you in March)

Secret Length: Richard — an impressive 51cm Mangrove Jack



Members Draw: Roxy

Code Word: Tracey and Peter

Congrats to these lucky legends — let us know when dinner's ready, we'll bring dessert.

•\$50 Meat Tray: Bobby & Bianca

•\$25 Meat Tray: Bear & Nik

•\$25 Meat Tray: Trish

All thanks to the legends at Kawungan Quality Meats. We so appreciate you.

Massive shout-out again to The Meat Station and River Heads SPAR — absolute champions for feeding the club

Sponsor love

Our monthly fish meets wouldn't be the same without the ongoing support of our amazing sponsors ~ Fisho's Tackle World Hervey Bay, BCF - Boating, Camping, Fishing, Anaconda Stores, Road Tech Marine - RTM, Daiwa Australia, Kawungan Quality Meats, The Meat Station and now Domino's Australia!

From rods and lures to gift vouchers, hot pizzas and meat trays, our members are seriously spoiled and rewarded for their angling prowess.

We're incredibly grateful for your continued support of our fishing community - thank you all so much.

Behind the scenes, none of this magic happens without our hard-working committee, partners and volunteer legends ~ MC duties, sponsor wrangling, welcoming members, raffle tickets, merch, mountains of admin, weigh-ins, photo collating, and a million other things you never even see.

We do it because we love fishing just as much as you do.

Fishing Club News

This meet also featured a ripper Soft Plastics Lure tutorial with Ben and Greg — super informative, heaps of fun, and plenty learned.

Soft plastic lure making tutorial

On Sunday arvo, after our monthly fish meet and weigh-in, our crew put on a fish activity for our members – and it was a cracker.

Our members watched on as Ben and Greg, showed them how to make their very own soft plastics.

We watched as they melted down their chosen goo, to create a hot translucent blend – before adding colours and glitter for the ultimate visual fish attractant. The boys showed us how to get it done.

The crowd watched on as they skilfully poured their customised formula into their lure moulds – making their own curly tails, paddle tails, and fork tails ... that was pretty cool.

After waiting a few minutes for them to set, the lures were carefully released from their moulds, and turned out into cool water to finish developing.

A few little snips with the scissors, later and they were ready to go.

A few members took these custom made lures home and once brought to life with jig heads, will give them a flick and see what eats them.

You better believe we will update you here if they catch anything.

Thanks a lot boys. This was fun and fascinating to watch.



If you think this fish meet activity was good – wait till March!

The March fish meet activity is always an annual highlight for the club – more to come on that later.

Until March... may your lines be tight and your fish alright!



Wildlife Matters

From Creek to Coast: How Council Protects Water Quality on the Fraser Coast

The Fraser Coast Branch of Wildlife Queensland is honoured to have Annie Newbery from the Fraser Coast Regional Council speak on water quality in our district. Knowledge of this topic is beneficial to our residents in two ways: from an educational aspect and also as a means of developing more conservation awareness. The Council works to protect our waterways, from drinking water catchments and local creeks to the ocean and the Great Barrier Reef.

As a Reef Guardian Council, the Council focuses on restoring and protecting natural systems so they can function as they should, using nature-based solutions wherever possible. This talk will explore how Council manages water across the region, including recycling wastewater, restoring oyster reefs, improving stormwater quality, and planning for long-term water security.

Annie Newbery is an Environmental Scientist with the Sustainability Team at Fraser Coast Regional Council. She has over 20 years' experience in environmental management and is passionate



about sustainability, healthy waterways and practical solutions that protect the environment for future generations.

Hear Annie's talk from 1 to 2 pm at the Hervey Bay Library on March 20 and in the Maryborough Library on March 27.

An advertisement for River Heads Excavations. The background is yellow. On the left, there is a large, stylized logo of a red excavator arm and bucket. The text "RIVER HEADS" is in black, and "EXCAVATIONS" is in red. Below the logo, the name "DOUG ALBRECHT" and the phone number "0412178339" are written in black. Underneath the phone number, it says "Fully insured". On the right side, there is a small inset photograph of a red tracked excavator parked on a dirt area with trees in the background.

Community Groups

Get hooked on yarn with Sheree



I learned to crochet when I was about 10 years old. A family friend showed me how to make a granny square that looked vaguely square and I was very proud of myself. I didn't touch a crochet hook again for 45 years.

Recently another friend introduced me to mosaic crochet. Suddenly I was making colourful, modern-

looking patterns that appear impressively complicated — but are actually quite easy (don't tell anyone). It looks like you know what you're doing.

Now I've decided I'd like to learn amigurumi to make cute little toys for my grandchildren — assuming I can master crocheting something that has legs.

I'd forgotten how good crochet is for the brain. It's oddly calming and at the end of it, you have something useful.

So it got me thinking - surely I'm not the only one in River Heads with a half-finished project in a cupboard somewhere?

I'd like to start a relaxed social crochet group at the community hall — no skills required, nothing fancy, no pressure, just yarn and conversation.

- Learn the basics
- Help someone currently tying yarn in knots
- Bring your own project

We're considering two possible time slots:

- Thursday mornings, 10am–12pm
- Tuesday afternoons, 1pm–3pm

Just \$2 per session for our tea and coffee. Use of the hall is free for RHPA members and \$5 per session for non-members.

Before we launch, we need to know if there are enough fellow yarn enthusiasts (or curious beginners) to make it worthwhile.

Go to our Facebook group where updates and start dates will be shared and vote for a day that suits <https://www.facebook.com/groups/crochetatthehall>

If Facebook isn't your thing, please email sheree@theband.org.au and let me know.

Looking forward to seeing you, hook in hand, at the hall. Sheree Henley

River Heads
SOCIAL CROCHET GROUP
We Want Your Input!

Thursday Mornings
10am - 12pm

Tuesday Afternoons
1pm - 3pm

Bring Your Project
Try Crochet
Teach a Newbie
Chat & Cuppa

Cast Your Vote & Get Stitching!

Do you know who's looking?

Be sure your business is seen by locals and visitors each month in the *River Heads Review*

Just \$60 a year

Friends of the River Heads Hall

It's all hands on deck at the River Heads Community Hall. All you need is a little community spirit and a few hours to spare. If you can give lots of time or just a little every bit helps.

Our lovely Mark from River Heads Pharmacy and our fabulous Shane from River Heads Property Sales have offered to take your forms at their shops if that makes things easier. Shane also said if they are closed to put it in the mail slot number 3 at the shop.

We are so lucky in River Heads to have such amazing people!



River Heads Progress Association

45 Ariadne Street

River Heads Q 4655

Phone: 0487 097 700

Volunteer Application Form

Let us know what you're interested in and remember these are volunteer roles, we appreciate all you can do and for however much time you can spare.

Bistro work – Food prep or cooking (certificates required) – Taking food orders and manning the till – manning the front desk and selling raffle tickets – set up and pack up – laundry.

Bar – RSA certificate required.

MC – If you're good in front of a crowd then we have a spot for you

Special events – Help organise, set up or take down eg Anzac Day

Working bees – cleaning, painting, maintenance, whatever

Committee member – Put your hand up at the AGM or ask what positions are vacant now

My details:

Name: _____

Email: _____

Phone: _____

Date: _____

How often could you help) (weekly, monthly or other): _____

Please email this completed form to the Roster Co-ordinator at secretary@riverheads.org.au or hand in at the front desk on a bistro night between 5.30 and 7.30pm

Fraser Radio – your local tourist information and entertainment

By Ed Martin, station manager

Hello, this month I thought I'd take the opportunity to provide an overview on how Fraser Radio operates.

There is constant activity to provide our on-air content and it is all done by a team of dedicated volunteers. Our pre-recorded content is temporarily stored on disc and updated. The programming cycle ranges in duration but is generally 6 to 8 weeks, using a looped playlist repeated over that period. Our music generally covers 60's, 70's, '80's '90's, up to the present.

There are a range of tasks carried out to get this content on the disc and eventually on the air. Music tracks are placed in the broadcast software and formed into a playlist.

Advertising content starts with finding advertisers, creating voice scripts, production works and the final recorded advertisement. Why do we require advertisers? In short the reason is to cover annual fees for licencing and maintenance costs. We could not continue this service without our advertisers.

Along with the advertisements and music we also produce a range of information briefs on places to

visit, historical information and general information for locals and tourists. Some local attractions featured include K'Gari (Fraser Is), whale watching, Urangan Pier, Hervey Bay Botanic Gardens, Water Park, Z-PAC Theatre, Historical Museum and more.

Besides the audio works, we undertake administration, maintenance, technical works, promotion works and compliance tasks. All combined our tasks provide a constant but rewarding challenge for the radio team. We also provide a web site and limited social media to compliment the radio service. As such we provide streaming of our content so that we can be heard beyond the limits of our coverage area via the web site. The radio team works tirelessly to maintain the service along with assistance from the RHPA Management Team.

This month we will be upgrading the housing for the equipment we have at River Heads and will mount selected equipment into a singular 19" rack providing some space saving advantages.



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Fraser Radio

Your local tourist information
& entertainment

Discover Hervey Bay & it's many attractions while listening to your favourite music on the Bay's local, volunteer-run radio station



FM 88.0 River Heads	FM 87.8 Booral
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For your advertising needs or to livestream content
visit www.fraseradio.com.au



Follow us on facebook

Grow it local campaign takes root



Council will officially launch the *Grow It Local* campaign in April, encouraging residents to attend hands-on gardening events, meet gardening experts Paul West and Darryl Nichols, and register for the *Grow It Local* online program.

Mayor George Seymour said the *Grow It Local* team will visit the Fraser Coast on Wednesday, April 1 to help kick-start the 2026 program focused on home-grown food, sustainability and waste minimisation.

“*Grow It Local* is a national online program designed to help people feel confident to grow their own food, reduce waste and connect with others who share a love of gardening,” Cr Seymour said.

“Nationwide, the website already has more than 46,000 members, with its information helping divert 62,831 kilograms of food from landfill each week and avoiding more than 125,000 kilograms of emissions.

“Locally, more than 100 Fraser Coast residents have already signed up, and we encourage anyone

interested in gardening, sustainability or reducing food waste to get involved.”

Residents who sign up to the program can access:

- Free online resources: guides, articles, advice.
- Workshops: monthly online sessions featuring legends like Costa Georgiadis and Paul West.
- Seed service: eligible residents free heirloom seeds delivered twice a year, limited quantities.
- Community events: Maryborough/ Hervey Bay.

Community Event Details:

Lupton Park Community Garden, Maryborough
Wednesday, April 1 | 8.30-10.30am
Hands-on workshop, meet the team including Paul West and Darryl Nichols, and a light morning tea.

Places are limited – register here:
<https://www.eventbrite.com.au/e/grow-it-local-day-lupton-park-community-garden-tickets-1982142854636>

Halcro Street Community Garden, Hervey Bay
Wednesday, April 1 | 1–3pm
Sausage sizzle, kids’ nature craft, garden tours and meet-and-greet with Paul West and Darryl Nichols.

<https://www.eventbrite.com.au/e/grow-it-local-day-halcro-street-community-garden-tickets-1981913634031?>

For more information about *Grow It Local* and to register, visit:
<https://www.frasercoast.qld.gov.au/grow-it-local>

Help reach 100,000 trees with planting days



Fraser Coast residents are invited to roll up their sleeves and help grow a greener region, with three community tree-planting days scheduled across Maryborough, Booral and Takura from March.

The Community Tree Planting events include:

Saturday, March 21 – World Planting Day: E B Uhr Park, Corner Edward and Tanner Streets, Maryborough (8–10am)

Saturday, June 6 – World Environment Day: Possum Park, Booral (8–10am)

Saturday, July 25 – National Tree Day: Takura Environmental Reserve (8–10am)

“Council will provide trees, tools, gloves and a BBQ breakfast. Participants are asked to wear enclosed shoes and bring a hat, sunscreen and a water bottle,” Cr O’Keefe said.

Residents can register for the events:
<https://www.frasercoast.qld.gov.au/environmental-events>

Council news

Improving accessibility through online mobility maps

Navigating local footpaths is now easier for people with a disability, parents with prams and older residents, with new mobility maps available online.

“These maps are about removing uncertainty and helping people plan outings that suit their mobility needs,” Cr Seymour said.

“They show which paths are easier to navigate and how to access important places, giving people the confidence to take trips they may not have previously considered.

The project surveyed 108 kilometres of footpaths in Hervey Bay and Maryborough, and assessed access to more than 700 locations, including:

- bus stops and public transport connections
- accessible toilets and parking bays
- council facilities and community venues
- shopping centres, food outlets, accommodation and tourist attraction

Cr Seymour said in Hervey Bay, mapped areas include the Boat Harbour Marina, the Esplanade coastal paths to Point Vernon, Main Street and surrounding shopping precincts, extending to Eli Waters Shopping Centre.



“In Maryborough, mapping covers routes from the Railway Station through the town centre to Richmond Street, along Lennox Street to Woodstock Street and out to Aldridge State High School,” he said.

Maps are now available on Council’s website: <https://www.frasercoast.qld.gov.au/Accessibility>

Free training to support people in crisis

Would you know what to say if someone close to you was overwhelmed, struggling or grieving after a traumatic event?

Council is offering free Psychological First Aid (PFA) training to residents aged 15 and over, helping build practical skills to support people experiencing crisis.

“Many people want to help when someone is going through a tough time, but they’re often unsure what to say or do,” Mayor George Seymour said.

“This training provides practical tools to check in with someone, respond calmly and compassionately, and help them feel supported.

“Delivered by Lifeline Training, with funding from the Community Recovery Program, this course takes a whole-person approach, acknowledging that crisis can affect people emotionally, socially, physically, spiritually and psychologically.

The course covers:

- An introduction to Psychological First Aid
- Recognise when someone has been affected
- How to respond with appropriate care
- When and how to refer for additional support
- Looking after your own wellbeing

To register visit Council’s website: www.frasercoast.qld.gov.au/psychological-first-aid

This initiative is delivered as part of the Community Recovery Program, which is jointly funded by the Commonwealth-State Disaster Recovery Funding Arrangements (DRFA).

Be there when someone needs support

FREE Psychological First Aid Training

Learn practical skills to support yourself and others during difficult times.

- Self-paced, around 2 hours
- FREE for Fraser Coast residents aged 15+
- Online - register at frasercoast.qld.gov.au

Australian Government | Queensland Government | Fraser Coast REGIONAL COUNCIL

This initiative is delivered as part of the Community Recovery Program, which is jointly funded by the Commonwealth-State Disaster Recovery Funding Arrangements (DRFA).



The Cheeky Home Cook creates – Greek beef wraps with feta sauce

Ingredients

500g beef mince
1 tspn each – olive oil, dried oregano & paprika
½ tspn cumin
2 cloves garlic minced
Salt and pepper
4 pita bread
Shredded lettuce, diced tomato & cucumber

Feta sauce

1 cup crumbled feta
½ cup plain Greek yogurt
1 tbspn each - olive oil, lemon juice and chopped
fresh parsley
1 tspn dried dill
1 clove garlic minced
Pepper



Method

- Fry mince until brown
- Stir in oregano, paprika, cumin, garlic, salt and pepper and cook for a further three minutes. Remove from heat.
- For the sauce mix the feta, yogurt, olive oil, lemon juice, parsley, dill, garlic and pepper in a bowl and stir until creamy.
- Warm the pita breads in a pan or oven.
- Fill each pita with mince, lettuce, tomato and cucumber.
- Drizzle generously with the feta sauce, and serve.

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greenslashing@bigpond.com
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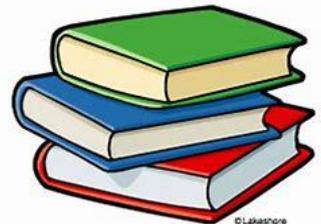
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