



HIBISCUS HERALD

Hibiscus Coast Progress & Sports Assn **PRESIDENT'S REPORT**

It has been an incredibly hectic period the past couple of months so I will keep this short. We have had the Australia Day party, Mega Markets, planning for the Car Show and getting ready for our AGM. The Committee this past year has been working hard to continue with the good work that previous committees have started. I will say a lot more about that at the AGM.

We are waiting on news from Mackay Regional Council in relation to the walkway project. The Car Show and Mega Market will be the biggest event the Progress Association has organized so far and that only happens with help from the community.

There was fair bit of traffic on Facebook recently about the lack of facilities in the area and how there is nothing for young people to do. I would like to highlight that the Association has provided several facilities and will continue to work towards getting other facilities in the area.

We are a very small community in the big scheme of things. Governments from all levels will support our efforts but no government will just give facilities to communities because a couple of people are demanding it happen and unless the community show a willingness to help themselves.

The most important aspect of any community is that it will only function and continue to grow if the residents put the effort in.

It is incredibly rewarding to see something you have worked for reach its conclusion and I encourage everybody to look at what you can do for your community.

Please contact any of the new Committee to ask how you can help.

I wish you all a safe and very Happy Easter.

*Israel Vogiatzis
President*



Tai Chi for Health Classes

FRIDAYS: 9am to 10am
Seaforth School - Cost: \$5.00
For more information please contact



Carol on
49590 755

NO BOOKINGS
REQUIRED

Join the fun and get fit with

AQUA AEROBICS

CAPE HILLSBOROUGH NATURE RESORT POOL

TUESDAYS: 9am to 10am

\$5.00/class

Enquiries to Sandy on 4959 0821

FITNESS can be FUN !!!

Weekly sessions at the
SEAFORTH COMMUNITY HALL
WEDNESDAYS - 9am to 10am

with Qualified Instructors

Cost is only \$10 per session - the FIRST CLASS is FREE !!

New Members (regardless of age or ability)
are always made welcome by this very friendly group.

More info from Narelle on 0428 135 759
or just turn up at 8.45am any Wednesday.

SEAFORTH POLICE BEAT NEWS

Non urgent service: 131 444 In an emergency please call 000
Police Beat 4959 0056 Crime Stoppers 1800 333 000

(Provided by Officer in Charge—Senior Constable Adam McLoughlin)

Easter is here again which means a large increase in people attending the area. This is your reminder to lock and secure your property. As I've said before "criminals take holidays too". Even though I mention this regularly, recently I have been to some houses to make inquiries and have found houses wide open, valuables sitting around and no one home. This is making it just too easy for criminals to take advantage of you. Please lock up your houses, vehicles and sheds.

As usual the Queensland Police Service will be running the Easter Road Safety campaign. The aim is to minimise traffic crashes that occur on the roads and to make travelling on the roads safer for everybody. Expect to see a large police presence on the roads wherever you are travelling. I have requested that the Mackay Road Policing Unit also conduct patrols of the Seaforth area utilising their numerous unmarked vehicles. So don't think if you see my vehicle parked at the Police Beat that you won't be intercepted by police.

I have also been receiving complaints in relation to dogs and cats not being secured in yards and other Council offences. These are not police matters and are matters covered under Council By-Laws. Police do not have powers to commence proceedings under the Council By-Laws.

If you have any complaints in relation to Council related offences you should contact the Mackay City Council on 1300 Mackay (1300 622 529). There you can make your complaint and you will receive a report number where you can then follow the progress of your complaint.

Until next month—stay safe,

Adam



The suspect fatal crocodile attack on a Far North Queensland spear fisherman will certainly be of great interest to people around Seaforth.



Costo's Corner



After all, most locals around here love their fishing, crabbing and swimming and it's no secret that we have some big crocs lurking in our waterways including Murray Creek, Victor Creek and Seaforth Creek... just ask the locals. Of course, that wasn't always the case after crocs in Queensland were almost shot out of existence and hence, four decades ago, the State Government legislated to protect the species and rightly so.

As kids, we loved swimming at the beach and fishing in the creeks and whilst we were always very wary of sharks, stingers and stonefish, especially in our estuaries, we never really contemplated an attack by a crocodile. In fact, growing up in town on the northside,

I remember meeting local identity Paul Hocken who had a hideaway in the mangroves on Turkey Island in Vines Creek which I once visited with this man who used to be a regular 'letters' contributor to the "Daily Mercury". Back then, there was talk of an old croc somewhere behind what was Walker's Foundry but that was about it, not forgetting those stories from yesteryear involving crocodiles in the Pioneer River and Blackrock Creek.

Unfortunately, times have changed and we have seen a huge spike in the crocodile population. Admittedly, I haven't counted them and nor will I but you don't have to be a data collector for the ABS to establish the fact the croc population has ballooned since my childhood, running up as down Seaforth beach in the holidays.

As I offer my deepest sympathies to the family of the man who was taken, I must also push on in my quest to bring in a scientific-based culling program in the interests of public safety. We cull the sharks, so why not crocs too?

Community Organisations/Clubs Contact List

Police/Fire/Ambulance

Emergencies	000
Non-Urgent	131 444
Police Beat	4959 0056
Crime Stoppers	1800 333 000

Fire Wardens

Seaforth Town—Bert Benson	4959 0669
Seaforth District—Steve Smith	0417 731 569
Chris Fredrickson 4959 0886	0429 067 134

Emergency Liaison Officers

Charlie Symons (Seaforth Town)	0408 776 564
Jessica Newton (School area)	0409 587 128
Dwayne Shea (Cape Hillsborough Rd, Ball Bay & Haliday Bay)	0407 647 166

Hibiscus Coast Progress & Sports Assn

- Israel Vogiatzis (President) presidenthcpsa@gmail.com
- Beth Benson (Vice President) vicepresidenthcpsa@gmail.com
- Len Turvey (Secretary) [0429 897 045](mailto:secretaryhcpsa@gmail.com) secretaryhcpsa@gmail.com
- Frank Cowley (Treasurer) [0428 386 621](mailto:treasurerhcpsa@gmail.com) treasurerhcpsa@gmail.com
- Market Co-ordinator [0400 446 876](mailto:seaforthmarkets@gmail.com) seaforthmarkets@gmail.com
- Carolyn Martin (Editor Hibiscus Herald) [0409 400249](mailto:editor.hibiscusherald@gmail.com) editor.hibiscusherald@gmail.com

Community Hall/Sports Ground Enquiries

Maralyn Ross	0407 640 135
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Mackay & District Bowmen

Mike Beard (President)	0439 677 293
Debbie Lamb (Secretary)	0407 022 906

QCWA Seaforth

Mary Vassallo (President)	4954 0961
pres.qcwaseaforth@gmail.com	
Cottage Convenor	0476 394 849
bookings.qcwaseaforth@gmail.com	

Red Hatters

Queen Joan	0401 208 003
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Seaforth Boating Club

Cuneyt Fiyen (President)

Seaforth Bowls Club

Clubhouse	4959 0201
seaforthbowlsclub@bigpond.com	
Paul Foot (President)	0419 658 576
Linda Nicolai (Ladies Pres)	0437 239 950

Seaforth Ladies Tennis Assn

Hayley Windsor (President)	0419 404 082
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If you would like to add your Club/Organisation contact details to this list, please phone Carolyn 0409 400249 or send details to editor.hibiscusherald@gmail.com

CALENDAR OF UPCOMING EVENTS 2017

Month	Date	Event
APR	1-2 Sat & Sun	Seaforth Car Show (See Page 1) Phone 0497 773 247 for queries.
	2 Sun	HCPSA Mega Market
	5 Wed	QCWA Country Kitchens Workshop #2 (see Page 7)
	16 Sun	Eat Street —Seaforth Bowls Club on Easter Sunday from 4.00pm



THE OLD STATION TEAHOUSE

Delicious Devonshire Teas—Espresso Coffee
Light Lunches

**** NOW OPEN 7 DAYS A WEEK ****
from 9am to 3.30pm

Closed some public holidays
CAPE HILLSBOROUGH ROAD

Friday is Pizza Night Out

Enjoy Soup, Wood Fired Pizza, Salad & Sweets
\$35.00 per person (BYO Alcohol welcome)

Bookings are essential (before 5pm on the Friday)

ALSO AVAILABLE...

Yummy Wood Fired Pizza for

SATURDAY & SUNDAY LUNCH TIME

Bookings advised - 49590 528

Seaforth Town Rural Fire Brigade



Remember, if you report a fire, ring 000. In about 40% of call outs, we are given the wrong street and house number. This is because the people who ring 000 don't give correct details. Always give correct street names, this is better than a house number. When we arrive at that street we will spot the fire.

In bush fires it becomes more difficult to report - creeks and roads names can be given. Fire Com in Rockhampton, will quickly refer to a computer map, and give a better location.

Please change your smoke alarm batteries on April 1, don't become an April fool!

HAVE A FIRE PLAN - IF ITS ON FIRE, GET OUT, AND STAY OUT

John Byrne

REGULAR HAPPENINGS in the COMMUNITY

Day	Time	Event	Contact	Contact No	
MON	9.00am	Hibiscus Dieters Club	Shirley	4959 0452	*
	9.00am	Monday Munchkins Community Playgroup at Seaforth State School 9-11am	Sarah	4959 0133	*
TUE	9.00am	QCWA Activity/Craft morning every Tuesday at "The Shed"	Carol Josie	0427 800 324 4959 0108	*
	9.00am	Aqua Aerobics (<i>except during winter and school holidays</i>)	Sandy	4959 0821	*
	1.00pm	QCWA Monthly Meeting 2nd Tuesday every month at "The Shed" after Craft	Mary	4954 0961	*
WED	9.00am	"Fitness can be Fun" Exercise Class (<i>with a qualified Instructor</i>) (<i>except during school holidays</i>)	Narelle	0428 135 759	1
THU	9.30am	Health & Welfare Group (every second Thursday) 13th no morning tea at the hall instead lunch at Kuttabul Hotel; 27th Morning Tea & Bingo at the Community Hall; May 11th Morning Tea & Cent Sale	Maralyn	4959 0332	1
FRI	9.00am	Tai Chi at Seaforth School (<i>does not operate during school holidays</i>)	Carol	4959 0755	*
		Free Women's Health Services—Mackay Base Hospital Women's Clinic every Friday—phone to book		4885 7200	*
SAT	8.30am	Seaforth Town Rural Brigade	Ross	4959 0298 0439 352 266	*
	8.30am	Ball Bay/Holiday Bay Fire Brigade (<i>Training 1st Sat each month</i>)	Gary	4959 0039	*
	4.00pm	Seaforth District Rural Fire Brigade (<i>Members' Training 1st Saturday each month</i>)	Wade	0419 510 198	*
SUN	8.30am	Seaforth Markets	Market Co-ord	0400 446 876	*
	9.00am	Mky & District Bowmen Shoot (<i>1st & 3rd Sunday each month</i>)	Mick	0439 677 293	*
	2.00pm	Garden Club (Last Sunday each month)	Sandy	4959 0821	*
	3.00pm	Mackay Home Grown Trading event at Kuttabul Hotel— <i>anyone can swap home grown food, jams, garden equip, etc</i>	Naomi	0416 247 218	*

1. Community Hall

* Contact the individual for venue information

LOCAL SERVICES**MOBILE LIBRARY**

WED Apr 5 & 19

Ball Bay

10:30 am-11:30 am

Seaforth School

12:30-2:00 pm

Seaforth Beach

2:30 pm- 4:15 pm

RECYCLE BIN DAYS

MON Apr 10 & 24

**SEA FORTH
WASTE TRANSFER
STATION (The Tip)**Open
Thursday, Friday,
Saturday, Sunday
7am to 5pm**Seaforth
CHURCH SERVICES****Uniting Church – 9.00 am**

1st & 3rd Sunday each month

**Star of the Sea Catholic Church - 7.00 am**

every Sunday

Wood Chip For Sale

The Hibiscus Coast Progress & Sports Assn has wood chip available for sale.

Cost is \$10.00 per trailer load
and you must be able to collect yourself.

Pay at the HCPSA Book Stall at the Markets.

For enquires phone
Len Turvey on 0429 897 045

Do you need the services of a JP ?

We thank the following Commissioner for Declarations and/or Justices of the Peace who have made their names available for this newsletter. Please phone them to arrange a convenient time.

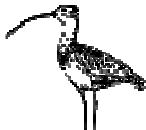
Debbie Roberts	Seaforth	4959 0229
Doug Scells JP (Qual)	Haliday Bay	4959 0241
Adele Roulston JP (Qual)	Haliday Bay	0458 164 825
Vicki McGuren JP (Qual)	Ball Bay	4959 0074
Jennifer Borg	Kuttabul area	4954 0487
Mavis Gibson JP (Qual)	Mt Jukes area	4959 0447

Some of the above volunteers work during the day and may not be available at the time of your choosing. Please show some consideration when arranging a time suitable to both parties to avail yourself of this service.

Should you be new to our area and have these qualifications and would like to be included on the list, please contact editor.hibiscusherald@gmail.com.

Vale Julie Worldon - with fond

memories of former Redcliff Avenue resident, Julie Worldon, who passed away on 16th March 2017.

**LOCAL NEWS & NOTICES****Position Vacant at the Seaforth Boating Club**
Management Committee Club Secretary - Voluntary Position

This position is responsible for taking the minutes of the meetings and distributing them to the committee members and other general administration duties. Applicants must have basic administration and computer skills. Full training provided. Would suit a person wanting to expand their skills in office administration. Must be available for a 2 hour meeting once a month. Enjoy working in a small team environment with other community minded people.

To apply please send your resume to alison67@live.com.au or call Alison on **0403 899 989**.

**Seaforth Ladies Bowling Club
Annual Cent Sale**

Sunday 9th April, 2017

Seaforth Bowls Club

Tickets on sale from 2pm

Draw starts at 3pm



"Egg"cellent Prizes and Raffles

Come and enjoy lunch in our Bistro from 12 noon

RED HATTERS

Red Hatters' lunch will be held at Phoenix Coral Sea Restaurant at the Harbour on **20th April, 2017** at 11.30am
New ladies welcome

Please RSVP by 13th April to **Queen Joan 0401 208 003**

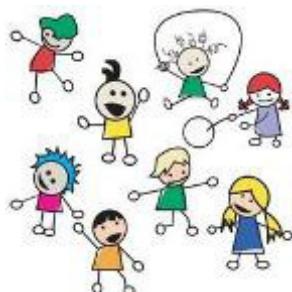
LOCAL COMMUNITY PLAYGROUP**Monday Munchkins**

Calling all children under school age - Come and join our playgroup on **Monday mornings from 9am - 11am at Seaforth State School** — Cost \$2.00 each week

Playgroup helps children

Playgroup helps adults

Hope to see many new and old faces and all those happy munchkins! For any further information please call **49 590133** during office hours (Seaforth State School).



LOCAL SERVICES

SEAFORTH BOWLS CLUB
for BISTRO BOOKINGS & *COURTESY BUS BOOKINGS
Phone 49590 201
*Courtesy Bus available from
5.30pm FRIDAYS and 6.00pm SATURDAYS

EVERY WEEK

- FRIDAYS:** 5.00pm until sold Raffles
7.00pm to 7.30pm Membership Draw (must be a financial member & in attendance to win)
- SATURDAYS:** Goose Club drawn at 3.00pm (tickets avail all week)
FREE Sausage Sizzle at 3.00pm
FREE Jukebox nights
- Available from the bar every day..
Pizzas - \$12.00 (Members) / \$14.00 (non-members)
Homemade Chunky Beef Pies by Chef Stacey - \$6.00

ENTERTAINMENT from 7.30pm

- | | |
|------------|---|
| Fri 7 Apr | Camera Shy |
| Fri 29 May | Annette Worthington |
| Fri 16 Jun | Nathan Kennedy |
| Fri 14 Jul | Significant Other "Rock and Roll Night" |

"Eat Street" on Easter Sunday 16th April

Entertainment by Mango Junction and Julius Dator at 4.00pm under the paperbark tree. Lots of market stalls and FOOD ... FOOD ... FOOD!

BOWLS PLAYING DAYS:

- WEDNESDAY:** Ladies Competition & Mixed Social - 1pm start (*Dress: Club or neat casual & footwear*)
New Players on Wednesday most welcome!!!
Phone Wendy 49590 641
- FRIDAY:** Mixed Medley Pairs - 1.30pm start (*Dress: Mufti/shoes preferred*)
Names on the board by 1.00pm
- SATURDAY:** Men's Competition and/or Social - 1.30pm
Names on the board by 1.00pm
- FIRST SUNDAY** EVERY MONTH: Mixed Social - 1.30pm start.
Names on the board by 1.00pm

NEW PLAYERS ARE ALWAYS WELCOME !

Very Social Barefoot Bowls starting up Friday Nights
Come along and have some fun on the following dates starting at 6.45pm until 9pm. Names down by 6.00pm.

Friday 28th April

Seaforth Boating Club

At the time of writing there are boats moving around everywhere! Patches of great weather falling on neap tides have boating activity at fever pitch with vehicles and trailers spilling out of the Victor Creek parking area down the sides of the road toward the compound. Hopefully all have had a great time and return safely to home. Whether you are diving, fishing or just enjoying the ocean, take care and stay cool.

We have retained a new caretaker at the compound and the place is showing the TLC John has given in the last month. Pop down and say hello to John when you have the time.

Several boats have come adrift from moorings in the creek over the past months, and although the club continues to give the boating community assistance with this, these "rescues" or retrievals are not the responsibility of the club. Maritime Safety QLD control are responsible for the moorings and if you see a vessel in trouble you can contact them on 49 443 700 or after hours/ emergency only on 49 563 489. We are not open 24/7 and will not always have the personnel and or equipment to assist.

Obviously if life and limb are in danger, VMR Mackay is the local and reliable agency to contact. VHF channel 16 or 49 555 448.

Thank you again VMR Mackay for your services to the boating community.

Along with other organisations on alert during cyclone season, can I ask boat owners to please check vessels in the yard with regards to a cyclone zooming down on us? Simple precautions and sensible checks could save yours and your neighbour's vessel from damage in the event of a low hitting us. ALFRED has thankfully turned west and diffused. The club building suffered a lightning strike already which fortunately did only minor damage, easily repaired, to our systems.

Cuneyt Fiyen (President)

SEAFORTH COMMUNITY HALL, SPORTS GROUND AREA & EVENING COURT HIRE

For bookings and enquiries contact
Maralyn Ross 49590 332 or 0407 640 135

**HAPPY
EASTER**

**COUNCILLOR REPRESENTATIVES
FOR OUR AREA**

These councillors are the contact point for any council related concerns:-

Cr. Laurence Bonaventura 0427 638 673
Cr. Ross Gee 0438 549 002

or you can lodge a Council Customer Request by phoning **1300 622 529**





Mackay: 07 4944 0662 Canberra: 02 6277 4539



Eimeo Surf Life Saving Club vice president Duncan Sandford and president Bill Landsbury provide an update on construction plans to build a first aid room and training facility at their premises on Eimeo Esplanade.

Rats of Tobruk veterans, celebrated the milestone with family, friends, RSL representatives, local MPs and school children representing Rats of Tobruk schools. I took the opportunity to present him a copy of the speech I gave to parliament, paying tribute to Allan for his service to our country. On hearing the call to arms in 1939, Allan was among the first Australian volunteers and served in Sierra Leone and Giarabub, where he was wounded, before he was sent to Tobruk. According to the Australian War Memorial, all that stopped the Germans' march on Egypt was the defiant garrison at Tobruk. Allan returned to Australia and married Hilda, whom he had met before the war. Family and friends celebrated Allan's 100 years of golf, fossicking, gem cutting, orchid growing, gardening and writing – he is the author of seven books. But North Queenslanders paid special tribute to Allan for his service and the very great honour of being a Rat of Tobruk.

Bring school lessons to life at home - I encourage Whitsunday region parents and families to take a look at a new website launched to help school children with their learning and homework. The Learning Potential Resources site is filled with hundreds of ideas, activities, games and videos to help parents of primary school children get involved in their child's learning. It shows parents how to turn everyday activities like cooking, watering the garden or walking the dog into a fun and interactive learning opportunity. The resources are in line with the Australian Curriculum, so they complement and link in with school learning. Research shows the most important things parents can do include having high aspirations for their children, reading together, talking with their children, exploring things their children have learned at school, and demonstrating that they value education, and these online resources help parents in their endeavours. For more information, visit www.learningpotential.edu.au.

More doctors for North Queensland - It's fantastic to see more of our young people are choosing to pursue careers in health and train in regional locations. Through new funding, medical students will receive even greater opportunities to train in our region. We are providing \$31 million to James Cook University (JCU) under the Rural Health Multidisciplinary Training program up until December 2018 to support rural training for health and medical students. We know Australians who live in the bush generally experience poorer health outcomes compared to Australians who live in the city areas. To address these issues we need to ensure we have the right number of health professionals in the right areas, but first and foremost, we need to invest in our future workforce. And that's exactly what the JCU has done here – by encouraging its students to undertake their training in the areas where their skills are needed the most, enabling students to see the unique health challenges faced by Australians living in these areas.

Authorised by Federal Member for Dawson George Christensen
2/21 Milton St, Mackay Qld 4740. PH: 4944 0662 www.georgechristensen.com.au

Training room under way - Work will get under way soon on another election commitment - \$100,000 for the Eimeo Surf Life Saving Club's first aid and training room. The club's president Bill Landsbury and vice president Duncan Sandford told me they hope to have it up and running by the end of April. The plan for the first aid room and training facility has been approved by the Department of Regional Development, and the Eimeo Surf Life Saving Club is in the final stages of preparation. The club had raised \$25,000 themselves, which is quite an effort for a small club, and they have now received \$100,000 in Australian Government funding so they can provide the best facilities possible to train up their nippers and cadets. Everyone understands our lifesaving clubs provide a vital service, and I salute their huge volunteer effort of training up young people who make sure our beaches are safe places to be.

Helping women into work - We are focussing on helping women of the Whitsundays region get into the workforce through a new pre-employment training program, coupled with a reduction in childcare costs. UnitingCare will deliver the 'Launch into Work' program, starting later this year. We have seen from past projects that for many women, being out of work had impacted on their confidence, however, the transformation from these pilot programs is remarkable. We will also be assisting women through more investment in child care and early learning. Families in the Whitsundays earning \$65,000 or less will have 85 per cent of their childcare costs refunded and will only pay around \$15 a day. We will abolish the \$7500 cap for families earning less than \$185,000 and introduce an hourly rate cap, to curb fee increases.

Celebrating a courageous centenarian - It was a pleasure to celebrate with Allan Skerman on the occasion of his 100th birthday recently. Allan, one of our remaining



One of our remaining Rats of Tobruk, Allan Skerman, celebrated his 100th birthday recently. I presented him with a copy of the speech I gave to parliament in February, paying tribute to Allan for his service to our nation.

Continued from Page 2—We must also consider the implications for our tourism industry which underpins the economy of Airlie Beach and the Whitsunday Islands in my own electorate where croc sightings have become common place. In my electorate, from Blacks Beach to Airlie Beach, they are being seen almost everywhere now and readers would remember that incident a few months ago when a large croc was photographed whilst crossing the Bruce Highway at Goorganga Plains. Amazingly, Labor's Environment Minister announced on March 14 in Cairns that the State Government would be adopting a new policy whereby problem crocs would be "moved on". Is this bloke serious? What's next? Asking the police to book them for loitering? In conclusion, I want to again put it on the record that I don't want to see the species wiped out.

I respect crocodiles, the role they play in our natural environment and the fact that tourists do pay money to see them in the wild on tours like we have up on the Proserpine River. However, public safety should be paramount and therefore we need to act to protect our citizens and tourists, as well as our tourism industry, which is so critical to the Whitsundays.

Until next time, best wishes

Costo

JASON COSTIGAN MP Member for Whitsunday | Shadow Assistant Minister for North Queensland

"Your strong LOCAL voice for Mackay & the Whitsundays"

Electorate Office 2/20 Chapman Street,
Proserpine Qld 4800 | PH 07 4845 3100 | whitsunday@parliament.qld.gov.au



Hi all, We had a good roll up for our first QCWA Country Kitchens workshop and we hope that the next one which is on the 5th April will be well attended. These workshops are very informative about how we can change our eating habits. Even if we can change one item a week and make it a habit, it's a change. We still have room to fit in a few more people, and people attending the workshops do get hands on and cook a recipe - that means weighing, chopping, cooking, etc and you get to eat and taste all the recipes. It was lovely to have two gentleman attend our workshop and all that attended said they thoroughly enjoyed coming .

Seaforth QCWA sends out a welcome to our community and all new residents living in Seaforth and surrounding area. We are a Branch of the QCWA and we are part of and accountable to Pioneer Division and Qld State Office.

Our meetings are held every second Tuesday of the month at 1.00pm. We currently have 17 members but there is always room for more. Come over to our shed at 3 Margaret Street and meet some lovely chatty ladies on any Tuesday morning (from 9.00am) for our craft session.

Do your own craft or we can teach you if you want to learn a new one. We have on hand a sewing machine and overlocker if you are interested in sewing. If you are not interested in craft come and enjoy a cuppa and have a chat. Time is free but all we ask for is \$3.00 to cover essentials and morning tea.

If you would like any information about our Branch and the QCWA you can contact Mary Vassallo (President) on 4954 0961 or Carol Tandridge (Vice President) on 0427 800 324.

Wishing you all a happy day and a very Happy Easter.



Healthier. Happier.



Join us at the **QCWA Shed, Seaforth on Wednesday 9.30am to 1.30pm**
Workshop 1 - 08/03/17
Workshop 2 - 05/04/17
Workshop 3 - 03/05/17

Cost \$50 including morning tea, lunch, nutrition information, shopping bag, apron, tea towel and foodie journal)

For further information, please send an email to
Mary Vassallo pres.qcwaseaforth@gmail.com
or Carol Tandridge carolnco@hotmail.com or
countrykitchens@qcwa.org.au



Ladies and gents taking part in the first Country Kitchens workshop held at the Seaforth QCWA Shed on 8th March

The Country Kitchens program is a \$2.5 million Queensland Government funded initiative targeted at improving the health of those living in rural and remote Queensland. The program is being run by the QCWA.

Over the next few months you have the opportunity to participate in Healthy Eating Workshops which are being hosted by the QCWA Seaforth Branch in our green QCWA Shed in Margaret Street, Seaforth.

The \$50 cost covers you for the three workshops, morning tea, lunch and other goodies handed out at the Workshop. There is limited capacity so please make a booking so you don't miss out.

Phone Mary on 4954 0961 or Carol on 0427 800 324 to book

The Management Committee of the Hibiscus Coast Progress & Sports Assn is most appreciative of the support received from



4957 4288
6 Turner Street,
South Mackay
www.payneprint.com.a

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 arkticaircon@gmail.com

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 food van (*no hot food*)
every Friday at the Leap Hotel
 2pm to 6pm
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 4951 1353 for orders

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Susan Riley Gee 4966 4390

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