

# THE Bundy LOCAL



plus ...

THE Bundy Book  
TOURIST GUIDE

ISSUE 2 / 2023

Bundaberg's Only FREE Newspaper

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## Parasols – symbols of the sun



Virginia Conte of Bargara doesn't like wearing a hat and why should she? With her beautiful collection of parasols for protection from our harsh sunlight she doesn't need one, nor does she wear any sunscreen.

(According to a study by scientists in Nagoya Japan, parasols can provide a 30% drop in the intensity of solar radiation.)

"Whenever I visit a store I check to see if they have parasols and if they have one I like, I buy it," said Virginia who was born in Rome; moved to Australia in 1959, living in Sydney, Mackay and for 12 years in Bundaberg.

The once little girl who remembers hiding during wartime in the mountains of Italy, is an accomplished belly dancer and

dress-maker – and her collection of parasols continues to grow.

The earliest parasol-like item is depicted in the art of Ancient Egyptians from the 5th Dynasty, 2450 BC.

In Buddhism the parasol symbolises "a canopy of the heavens' shelter and protection"; a symbol of the sun, whereas the umbrella is a symbol of rain.

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### Do you know these faces?



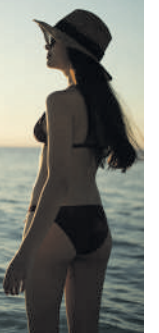
They are three local people who will be standing for a position on Bundaberg Regional Council in March.

Meet other candidates in this edition.

### Our own region abounds with superb beaches

We asked our readers, locals and visitors to nominate their favourite beach in the Bundy area.

What beaches take out the Top 3 places?



### Like reading?

We have 9 books to give away. Enter our Win a Book. Entry is free. Details inside.



# Helen BLACKBURN

For Mayor

## A BRIGHTER FUTURE FOR BUNDABERG

Authorised by Helen Blackburn, 62 Mt Perry Rd, Bundaberg QLD 4670.

# Colin BOYCE MP

Federal Member for **FLYNN**



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Authorised by Colin Boyce MP, Liberal National Party, 76 Goondoon Street, Gladstone QLD 4680.



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Saturday's 8am - 1pm



## From the Editor ...

Michael McRae  
- Editor / Publisher.



Welcome to the Bundy Local newspaper which is Bundaberg's only free newspaper. Inside this edition is the Bundy Book liftout for visitors.

We have published the Bundy Book Tourist Guide for 29 years and in that time over 2 million copies of the Bundy Book have been printed and distributed around the region.

Seen pictured below reading the Bundy Book is Tom Fremantle when he was on his walk from West to East Australia.



### CONTACT US



Coastline Newspaper Group  
Phone: 07 4153 1133

Email: [ads@coastlinews.com.au](mailto:ads@coastlinews.com.au)

Some photos in this edition kindly supplied by Tourism and Events Queensland.

We publish the Bundy Book with tourist news and happenings and the Bundy Local - Bundaberg's only free newspaper.

ADVERTISING BOOKINGS NOW OPEN FOR ALL EDITIONS

The towns of Fremantle, Cottesloe and Swanbourne in WA are all named after Tom's family and ancestors.

As we go to press Tom is walking across Iceland. He has clocked up 10,000 miles across Australia since started "Marching" (as Tom calls it) in September 2018.

He is now raising money for The Siobhan's Trust team which has continually offered support, encouragement, shelter, food and love to thousands and thousands of Ukrainians uprooted by Putin's violent invasion.

They are doing everything they can to help the Ukrainian people in their hour of need.

You can find all about his trek and how to donate on his website Tom's World Walk ([tomsworldwalk.com](http://tomsworldwalk.com))



Tom Fremantle taking a break at Ceduna in South Australia.

## Poetry is like a painting – only with words

By Sherry Barnes

Associate Professor Kees Nydam, Clinical Director Of Addiction Medicines Services at Bundaberg Hospital recently spent a week at UK's Oxford University at a Residential Master Class in Creative Writing.

He said most universities, including Cambridge and Harvard hold these classes in semester breaks with participants from all over the world.

"I chose Oxford due to Christ Church College featuring in the Harry Potter films which my children loved, also reading all the books", he said. "Some scenes were filmed directly at the College, others exact replicas including The Great Hall where the characters ate. I was hoping to see Professor Dumbledore but instead caught a glimpse of Snape."

Kees' Dutch parents had been denied education as teenagers during the wartime German occupation of Holland, and were determined their own children have the best chances possible.

"They made great sacrifices to ensure we had the higher education they'd been denied. My father asked what career I was interested in and I replied "A poet, musician or rock star" - the blood completely drained from his face," said Kees who had been attracted to the creative arts all his life.

Born in Sydney and spending early childhood in PNG Kees then attended elite, results driven Sydney's St Josephs, winning a Commonwealth Scholarship to the University of NSW, studying medicine.

*"Medicine is my lawful wife  
Literature, my mistress  
When I get tired of one  
I spend the night with the other."*

- Anton Chekhov

In 1999 he brought his own family to Bundaberg, having spent time here in 1977 as an Intern.

"I continued to write poetry and songs throughout my career; in medicine you see some ugly things, the worst and the best of humanity and writing gave me a sense of balance," he said. "To me poetry is like painting but using words; you have this blank page, you get an idea, throwing words at the canvas, it becomes a huge piece of clay you mould into shape - a very cathartic process."

For the past three years Kees has been working on *Shelagh, Warrior, Healer*, having written the narrative and song lyrics, currently in collaboration with Bundaberg multi-instrumentalist Jason Boving recording the musical numbers.

Kees said the Oxford Master Class was a tremendous help in writing the actual dialogue of the characters and song lyrics.

"The lyrics of a song are exactly the same as poetry - it's like falling in love with the lyrics."

His published work *Poems And Other Fairytales* can be found on the booktopia website.



Alas Poor Yorick, I knew him well

## My plan for a brighter future for the Bundaberg Region

### About Me

Bundy born and raised, I've served our nation in the Army, worked for well-known Australian businesses, started my own award-winning small business employing locals, served you as a Councillor (2016-20), and raised my family here. **I have the experience and passion to lead our region forward.**

### My Vision

As Mayor, I will deliver real cost of living relief by scrapping exorbitant levies and charges and bring back the early rates payment discount. We will do this by refocusing council's priorities on the basics, **not expensive distractions. This will help ease household bills for ratepayers and renters in our region.**



# Helen BLACKBURN

Authorised by Helen Blackburn, 62 Mt Perry Rd, Bundaberg QLD 4670.

# Palm Lake Care residents share 300 years between them

Three residents of Palm Lake Care have all reached their 100th birthday. Mavis Blackwood was 101 last September. She was born in Sydney and was in the WRANS for three years, working as a Wireless Telegrapher during the second World War; also a cryptographer and Braille Translator.

Mavis has been a resident of Palm Lake Care since 2019, has a great sense of humour and loves a chat.

Ron Vines was born in Newcastle in the UK, served in the British Royal Navy, turned 100 in October and celebrated with High Tea at Palm Lake Care (where he has been living for the past two years).

Jack Sulsters who came to Australia in 1961 is a former carpenter, joiner and shipwright, born in Amsterdam 104 years ago; and still enjoys playing the piano accordion.



Ron Vines, Mavis Blackwood, Jack Sulsters of Palm Lake Care, compare notes on being over 100 years old



Ros Blackwood helps her mother Mavis celebrate turning 101 last September.

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## Bowling twins' amazing careers began in Gin Gin

By Sherry Barnes

IT'S KNOWN to many as a sport for "older people" with twins Cassandra and Bolivia Millerick originally from Gin Gin proving that incorrect. The girls joined Gin Gin Bowls Club aged 10 and now aged 29, Cassandra was recently crowned Australian Open Women's Singles Champion, and been selected to represent Australia in November, as Bolivia has also done previously.

Both champs have moved over the years, to the Broadbeach Club on the Gold Coast; and from there Cassandra moving to Moama on the Victoria/New South Wales border to join her fiancé.

(Cassandra is engaged to former Scot-

tish International Bowler Kevin Anderson, Bowls Manager at Moama Bowls Club).

Cassandra played in the Bowls Premier League and Ultimate Bowls Championships with Alex Marshall, Aron Sherriff and Ryan Bester.

(Cassandra won the Victorian Championship Of Champion Singles in her first year.)

Dad to Bolivia and Cassandra, Frank Millerick of Gin Gin said while Lawn Bowls in not an Olympic sport, it is included in the Commonwealth Games, it is a game for "all people" and is understandably proud of the incredible success enjoyed by his twin daughters.

Bowls Australia has announced its disappointment that Victoria will not host the 2026 Commonwealth Games, which more



Cassandra Millerick, Champion Bowler from Gin Gin.

than any other was set to focus the spotlight on Australia's regional bowls community, highlighting athletes, officials and volunteers in what is a heartland for the sport. It remains hopeful of a resolution that will see the Games staged in Australia in the future.

**BUNDABERG REGIONAL COUNCIL**

**Healthy programs**  
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## Meals on Wheels need volunteers

PLEASE consider becoming a valued volunteer in either the delivery of meals or in kitchen preparation at the valuable Meals On Wheels, operating from Eastgate Street.

The numbers of clients who need the important service are growing steadily, due to our elderly population increasing and encouraged to stay living in their own homes as long as possible.

Service Manager Brendan Searle said delivery drivers (some going alone, or in pairs) work from 10am to about 1pm and kitchen workers from 7am to approximately 11am.

"Please contact us and drop in to discuss your preferences," he said. "Some volunteers may work on just one day a week, others for more, it's up to you what suits and any help you can offer is appreciated." If you can spare some time, phone 41 515 825.



A meal with a smile from long time delivery volunteer Sheryll Mansour.

# Ain't No Mountain High Enough

By Sherry Barnes

Like the old Marvin Gaye song says, Kelly Banno and Valda McLeod of Kelly's Coffee/Food/Juice Cafe at Burnett Heads who have conquered an impressive list of mountain peaks, say the higher the climb, the better the view.

They began climbing on December 28 2020 as a "spontaneous adventure".

We put some questions to the courageous climbers.

**Q. Which peaks have you climbed?**

A. Mt Walsh, Mt Coolum, Mt Ngungun, Mt Cooroora, Woowonga, Borumba, Wild Horse Mountain, Mt Coochin (east and west peaks) Beerburum, Tibrogargan, Mt Perry, Mt Tibberowuccum, Mt Larcom, Walshs Pyramid, Coongarra Rock, Mount Bartle Frere.

**Q. Hardest one so far?**

A. Valda explains "they all vary with degrees of incline and decline, terrain, weather, distance etc. I don't rate them as "hard"; we just push through, more a matter how we fare physically and mentally after each climb.

Beerwah descension did it for me; I nearly cried when we got down but wouldn't say it was physically hard. The 14 hours up and down Mt Bartle Frere, the highest in Queensland, caused us to lose our big toenails! The powerful force used by our boots in those 8 hours of descension had our nails saying "Had enough!"

**Q Do you have more planned and when?**

A. Always another adventure on the horizon, we don't have to drive far to get to climbs, definitely keen on the Scenic Rim, NSW border and Mt Warning - the list goes on.



"There's no time for fear, you just push through to get to the top and safely down. We rely on each other. If I'm too short Kel will boost me up and if she needs help I'll attach a rope somewhere so she gets the added assistance to get over a hurdle."

Valda moved to Bundaberg in 2009, joining Kelly in the Cafe in 2018.

"We've taken our children climbing a few times but they're not keen, let's hope they get the bug later as they grow.

I've taken other people up, including teens and their sense of achievement upon completion is unbelievable."

"We even took a 71 year old friend who

has emphysema up and down Walsh, taking 5 hours, stopping every few steps for him - so he was able to tick that off his bucket list".

The Golden Rule

Valda's advice for novice climbers - "always take plenty of water as you need it more for the ascension, take food to fuel your body as you'll be starving at the top. Travel with at least one other in case you slip or something -safety first, always!

And always have 3 points of contacts at all times - that's the golden rule."

**Like to see more of the Mountain Girls. Go to [www.coastlinenews.com.au](http://www.coastlinenews.com.au) for more pics from the top.**



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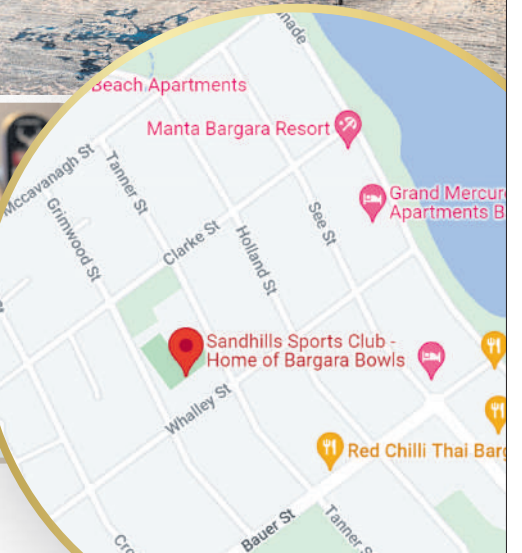
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# Who do you want to run our council?

Local government elections are held every four years and on the same date for all 77 councils across Queensland. The next elections will be held on Saturday, 16 March, 2024.

All local government elections are managed by Electoral Commission Queensland and you can keep up to date with information on the election by visiting their website, [www.ecq.qld.gov.au](http://www.ecq.qld.gov.au).

We asked candidates who had announced

their intentions to stand for their division at the Bundaberg Regional Council election in March, to introduce themselves to readers.

Here are the responses we had received as we went to print; unfortunately those who had not yet replied to the invitation could not be included.

Thank you to these candidates for taking this opportunity to let people in their particular division know more about themselves and plans for the future.



Bundaberg Regional Council building.



## Helen Blackburn

Mayor

Bundaberg born and raised, I've served our nation in the Army, started a small business, and served you on council. As Mayor, I will deliver real cost of living relief by scrapping exorbitant levies and charges and bring back the early rates payment discount.

We will do this by refocusing council's priorities on the basics, instead of expensive distractions.

I'm running for Mayor because I want to see a brighter future for the Bundaberg region.



## Cr Jason Bartels

Division 1

Division 1 and the entire Region has improved and advanced greatly since I was elected to Council in March 2016.

A lot has been done and there is even more planned to be done, in the future.

I want to see everything through and completed to ensure that my communities, Division 1 and the Region continues to improve and be looked after.

That is why, I will be standing for re-election in March 2024.



## Joe Zietsman

Division 1

My name is Johannes Zietsman and people call me "Joe". I come from South Africa, arriving in Australia in 2001.

When I lived in Berrigan in New South Wales I ran the local post office and was involved in the Lions' Club.

In 2005 I moved to Bendigo Victoria where I was involved with the CFA.

In 2020 I moved to Queensland and in 2021 started my own business (JAZ Authentic South African Food). I feel that I can do more for the community.



## Moe Turaga

Division 1

My Name is Moe Turaga and I was born in Suva, Fiji. I came to Australia in 1988 to work on a farm in Victoria and I have been living in Bundaberg for the last 30 years.

I am a parent and also an advocate for exploited workers to Modern Slavery.

My drive is to see changes that brings respect and comfort to our area, a place where our kids can bring their family back to and proudly call it home.



## Paul N Hudson B.Sc.

Division 2

Career politicians and unelected bureaucrats want MORE of your money to spend on their vanity projects!

We've seen disgraceful extravagances and waste of ratepayers' money by BRC in recent years.

It can be stopped by voting for people who will support honesty, responsibility and transparency in government.

We need to rein in the excesses and extravagances of BRC and give ratepayers a fair deal.

It is up to you to vote for change.



## Tracey McPhee

Division 4

Tracey McPhee is a proud Bundaberg local and currently the representative for Division 4.

Born and bred in Bundaberg, Tracey and her husband, have run successful businesses for the past 24 years, the most famous being Alowishus Delicious and Bert's Restaurant.

Choosing Bundaberg as the place to live, work, and raise her family, Tracey has deep community roots and an unwavering commitment to the entire region.

Tracey believes in serving and representing the community.



## Ian Ward

Division 4

I was born and bred in Bundaberg and spent 35 years at the NewsMail working pre-press for pages to press and involved with community and business.

Having done more than 45 years of community work I am very qualified to represent Division 4 with Bundaberg Region Council.

My forebears on both sides represented Bundaberg so very well including Bundaberg's longest serving Mayor Cliff Nielsen.

I am so proud of Bundaberg citizens and motivated to be keenly involved pursuing common sense and integrity.



## Greg Barnes

Division 5

Greg Barnes has been an enthusiastic and staunchly independent Councillor for some 24 years.

Supported by his wife Issy, his primary focus has been on protecting the coastal lifestyle and providing face-to-face consultation and transparency for the wider community.


His 10 years record of operating a weekly voluntary Consultation Desk stands in testimony.

He has never been afraid of asking the hard questions or challenging injustices.

To him, Integrity Matters.

Greg now seeks your support for his 7th term as your representative.

## RE-ELECT



**Councillor Vince Habermann** O.A.M.  
**FOR DIVISION 7**

- Lifetime Bundy Resident
- Hard Working
- Passionate
- Strong Advocate
- Proven Track Record
- Sports, Community, Church & Schools Champion

Authorised by V Habermann (Candidate) Walker Street, Bundaberg West.



## Andrea McPherson

Division 6

I have the background to be a decisive, knowledgeable and active representative for Division 6.

My work life has included roles in health-care, defence, agriculture, mining and retail. I'm a Town Planner, currently employed in state government with local government experience also.

I have four adult children who were raised while I worked and studied, so I know the meaning of busy. I thrive on it!

Community building and being active are my passions.



## Carmen McEneaney

Division 6

I'm a local mum, a small business owner, and I'm passionate about fighting for our community. I petitioned to get a set of lights installed at a dangerous intersection to improve road safety.

I've co-ordinated Bundaberg Boomerang Bags for the last six years, raising money for charity and reducing plastic in our local environment. And I lobbied the state government to reduce Learner License Fees. I know how to listen, act, and get things done.



## Vince Habermann

Division 7

My name is Vince Habermann, married to Donna and we have two adult children.

I am Bundaberg born and bred, have lived here all my life and love it.

I received an Order of Australia Medal for Service to Sport and the Bundaberg Community.

As sitting Councillor, I give my heart and soul every day to Division 7 and the whole Region.

I also volunteer for many Community, Sports, School and Church Organisations.



**Gary Kirk**

Division 7

The Principal of Norville State School (1992-2009), Chairperson / Board member of the Wide Bay Hospital and Health Service Board (2012-2017) and former, small business owner, is a candidate for Division 7.

Gary has been involved in community organisations, including being an Ambassadorial Speaker for P.C.F.A., a Rotarian and Board member of the Bundaberg Health Services Foundation. Gary, highly respected by his school community and staff for being trustworthy, forthright and responsive, will bring these characteristics to Bundaberg Regional Council.



**Steve Cooper**

Division 8

Steve has a thriving business career and a deep commitment to public service, evident in roles such as managing Cooper's Hardware and leading the Home Hardware group. He has lived in Bundaberg for more than 44 years and resided in Division 8 area for more than 20 years.

Currently serving on the Bundaberg Regional Council, he oversees Organisational Services.

Steve champions economic growth, fiscal responsibility, and successful project management. In Division 8, he has seen improved infrastructure, recreational spaces, and water treatment plants.



**Shorne Sanders**

Division 8

I'm passionate about making our community a better place.

In 2016 I walked from Rockhampton to Brisbane to raise money for local brain tumour charity, Orange Thumbs.

With a 25-year career working in small and large business, I know how important common-sense decision-making is.

I have the determination and can-do mindset to get to work for residents as your next Councillor.

Together, we'll work to see the Bundaberg region grow and flourish.



**John Learmonth**

Division 10

As the sitting councillor for Division 10, a true local, born and bred in Bundaberg, I am proud of my achievements both in business and as councillor. I have skills, being a former tradesperson, successful businessman and successful sportsman which enable me to communicate with my community.

From developing the well known landmark, Olsen's Corner with brother Graeme, established by my grandparents in 1935; to having roads upgraded parks, drainage and footpaths improved.

As a proven councillor, I wish to continue my role after the upcoming elections.

**Tanya McLoughlin leaves Council**



COUNCILLOR Tanya McLoughlin will not be standing for Division 6 in Bundaberg Regional Council in March.

She has served as a councillor since 2020 and she worked with the waste and recycling team and introduced a FOGO bin trail, free domestic green waste drop off at all council waste facilities, agricultural plastic recycling and reform of the portfolio that reduced costs and saved ratepayers money. Tanya said that she decided it was best for her family not to run again.

Tanya would also like to encourage people to be more positive about how they interact with their candidates and the councillors that do get elected.

**Councillor retires after 20 years**

WAYNE Honor is retiring as a councillor in Division 3 of the Bundaberg Regional Council after 20 years of service.

Towns in Division 3 which covers 3750 square kms, include Gin Gin, Wallaville, South Kolan, Pine Creek, Bullyard, Bucca, Yandaran, Boolbunda, Goodnight Scrub and Booyal.

Wayne spent his first term on Kolan Shire Council with Chairman Eddie Stone and after amalgamation with Bundaberg Regional Council Mayors Lorraine Pyefinch, Mal Forman and Jack Dempsey.

"I was very pleased to serve the people of Division Three, and grateful for their kindness to me and my wife Judith when she was diagnosed with cancer 30 years ago," he said.

He lists among his achievements, the new streetscape in Gin Gin's main street, water

treatment works for Wallaville and southern entrance upgrade on the highway into Gin Gin.

"In my retirement as a third-generation farmer I'll spend more time on my cattle property, with Judith and I planning a lot of holidays in our new motor home.

Retiring  
Division 3  
Councillor,  
Wayne Honor.



 **Education choices**

**Special milestone for St Luke's**

On Monday 16 October, St Luke's celebrated its Foundation Day - a day that recognises and emphasises what makes St Luke's Anglican School truly great.

Whilst the day was a special milestone, marking 30 years since the turning of the sod at St Luke's, it also marked the Official Opening and Blessing of the new Performance Centre.

At a special Worship Service, The Right Reverend Cameron Venables, Bishop Administrator and Bishop for the Western Region, blessed and officially opened the Centre.

Among the special guests were The Right Reverend Jeremy Greaves, Archbishop elect and Bishop for the Northern Region, and former Principal, Craig Merritt, whose vision for this Performance Centre was celebrated.

Tribute was paid to staff celebrating 10 and 20 years of service to St Luke's, including Miss Ferguson, Miss Rogers, Mr Whitelum, Mrs Orreal and Mrs Warren.

Director Communications and Development, Belinda Algie said

"It's our people, not our buildings, that make St Luke's special. However, this building brings with it so many beautiful possibilities for our community to gather, learn, celebrate and connect."



From left to right: Reverend Jeremy Greaves, Archbishop Elect and Bishop for Northern Region; Mrs Hermina Conradie, Chair of School Council; Rev. Cameron Venables, Bishop Administrator and Bishop Western Region and Mrs Virginia Warner, St Luke's Anglican School Principal.



**Queensland State School Term Dates 2024**

**Term 1:** Monday 22 January to Thursday 28 March (10 weeks)

**Term 2:** Monday 15 April to Friday 21 June (10 weeks)

**Term 3:** Monday 8 July to Friday 13 September (10 weeks)

**Term 4:** Monday 30 September to Friday 13 December (11 weeks for Years 10, 11 & 12)

# Bundaberg historian's new book – race relations in our region

“My generation was taught almost nothing about Australian history apart from convicts, explorers and ‘riding on the sheep’s back’ with never a mention of the role or fate of the original Australians, least of all those in my own district,” said Margaret Slocomb.

Margaret earned a Ph.D in history and as education specialist spent most of her professional career in the East and Southeast Asia, particularly Cambodia. She continues to research and write as an independent scholar.

“When the syllabus caught up a bit in the 70s teachers were only one step ahead of the students when it came to local history. Inevitably a small hand was raised one day ‘What happened to the Aborigines Miss?’ I told the truth – that I didn’t exactly know, but the question nagged me for years afterwards,” said Margaret.

*Double Vision* serves as a prequel to *Among Australian Pioneers* and the experience of Chinese indentured labourers from 1848 to 1880, a time of conflict.

Her latest book answers a call for more regional histories of earlier times so we can understand the diversity of reactions and responses.

Present Leader of the Opposition, Peter Dutton’s great-grandfather Charles Dutton, was a pastoralist and politician from Bauhinia Downs, and Member of the Legislative Assembly in Leichhardt, among numerous other government positions.

He was known to offer shelter and first aid to some badly wounded aborigines after a particularly gruesome reprisal massacre, gaining him the sarcastic title as one of the “Virtuous Colonists”.

The Brisbane suburb of Dutton Park was named after him.

The book examines the encounters between new societies seeking profit, and the traditional owners defending their land. It describes brutal affairs conducted beyond regular norms in a framework of conflicting, mutually incomprehensible and irreconcilable laws.

The Wide Bay and Burnett on the tribal lands of Kabi Kabi and Wakka Wakka nations represented that frontier from 1845 until Queensland formed a separate colony in 1859.

## “That Question”

In writing this book I tried to keep in mind what my young student asked. “What happened to the Aborigines?” I don’t know if I have answered her satisfactorily or with the full truth but as far as possible, kept to the facts as they are generally known”.

The cover design is an oil on paper work entitled “*Double Vision*” by Kylie Brislane, a Year 11 student of Kepnock State High School and used with her permission plus that of her teacher and the school.

**Cambodia remembered:** Other published works include *People’s Republic of Kampuchea – The Revolution After Pol Pot*; *An Economic history of Cambodia in the 20th century*; *Colon and Coolies -development of Cambodia’s rubber plantations*; *Among Australia’s Pioneers – Chinese*.

Margaret recently appeared on SBS production “Who The Bloody Hell Are We?” speaking about the early Chinese population of the Bundaberg region.

*Double Vision* published by Balboa Press, is available from Amazon and hopefully Bundaberg Library.

“*Hello Cocky*” An hilarious but unnerving experience Margaret recalls from visiting Madam Nuon Chea, (the widow of Pol Pot’s 2nd In Charge) in 2000. “She was living so



Margaret Slocomb holding a copy of her book ‘Double Vision.’

simply in a peasant style home while beautifully kind and welcoming to me and my friend who knew her.”

During a lull in conversation, Margaret was startled to hear a deeply masculine assertive voice, right behind her shoulder. It was the black parrot in a cage she had briefly noticed when she arrived.

“He speaks in an exact imitation of my husband’s voice,” explained Madam Nuon Chea.

## Kennedy Bridge’s prestigious award

BUNDABERG’S Kennedy Bridge has been awarded an Engineering Heritage Marker under the Heritage Recognition Program of Engineers Australia.

Did you know that by using Kennedy Bridge, which links East Bundaberg to the CBD you’re driving across an incredible achievement in Australian engineering in service for 124 years.

It was built to replace the former dilapidated timber bridge in 1878. Kennedy Bridge was assessed against several criteria including historical significance, historical individual association, creative and techni-

cal achievement, research potential, social, rarity, integrity and intactness.

Modelled on Brisbane’s Victoria Bridge, it’s now the oldest example of this type of steel bridge design in Queensland since the Victoria Bridge was demolished.

Constructed by John McCormick and Son, the total cost of the bridge’s construction was just under £7000.

The bridge was opened on 26 November 1899 by former Minister for Railways and Works, the Honourable J. Murray, who described it as “one of the finest works of its kind he had seen in Queensland”.



Kennedy Bridge during the 1942 flood.

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### Inside this Bundy Book

**O**ur own region abounds with superb beaches... for surfing, swimming, snorkeling, diving, some with beautifully expansive shores for long beach walks... something for everyone.

#### Favourite Beach in Bundy

We asked our readers, locals and visitors to nominate their favourite beach in the Bundaberg region. We announce the top 3.

#### Book Giveaway – enter now to win!

We have three beautiful book giveaways in this publication.

#### Tiny Turtle Tim Third Book

Author Cavin Staff has just released his third children's book, Tiny Tim and Tom - Life On The Reef which raises awareness of respecting and protecting the reef. We have three autographed copies to give away.

#### Caravanners ... this prize is for you!

We have three copies of *This Old Van* by The Block couple Carlene and Michael Duffy who have renovated 10 old vans and compile tips, tricks and plenty of photographs distilled into a helpful book providing all you need to know: Plan, Renovate and Style your own mobile dream home on wheels.

#### Kanaka Boats Is A Comin' ... win a copy of this new release

Another fascinating book by Paul Dillon a Sunshine Coast based writer. With the federation of Australian colonies in 1901 the South Sea Island trade came to an end and the exodus began for islanders still on the cane-fields.

## The Gateway to the Barrier Reef

WELCOME to the place the turtles call home, where beach meets reef, your plates are always filled with abundant local produce and the rum is always world-class.

Witness a miracle at Mon Repos as the mother turtles lumber all the way up the beach to lay, and their hatchlings burst forth and scurry to the sea

a couple of months later.

Just short boat ride or flight and you're on the Southern Great Barrier Reef.

Spend a night on Lady Musgrave or Lady Elliot Islands and swim with giant marine life in these plankton-rich waters.

Come and dine with us year round

with fresh abundant produce being grown, caught, brewed and distilled 12 months a year. Discover where great grows!

Yes Bundaberg has all the ingredients of the perfect holiday break, accessible reef, stunning beaches, delicious food and experiences you'll remember fondly for a long time.

### Turtle Timelines

MON REPOS BEACH is home to the largest concentration of nesting Loggerhead Turtles in the South Pacific and most accessible rookery on our east coast and here's the turtles' own calendar of events:

**December** – nesting season reaches its peak with tours running except for December 24, 25, 31.

**January** – Hatching Season starts as the hatchlings begin to appear and scurry to the ocean with only one in 1000 surviving to come back to Mon Repos to breed. Even though the first babies are hatching, other turtles are still laying their eggs in January.



All you want to know about turtles is at the Turtle Centre at Mon Repos Beach.

**February** – Hatching is in full swing. The turtles can be disoriented by bright lights with Bundy running the "Cut the Glow to Help Turtles Go" campaign so hatchlings head in the right direction, towards the sea.

**Late March** – Turtle Time comes to a close.

Bookings are essential by contacting the Information Centre 41 53 8888 or [www.bundabergregion.org/destinations/natural-encounters/turtles](http://www.bundabergregion.org/destinations/natural-encounters/turtles).

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Enjoy tasting our full range of Brews (Adult bookings include a mixed 6 Pack of your choosing).



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Learn about our history and how we craft and bottle our iconic Brews.



#### MERCHANDISE & BREWS

Find a souvenir or the perfect gift. Our full range of Brews are also available for purchase.



#### PERSONALISED BREWS

Create a custom 6 Pack of Bundaberg Ginger Beer featuring your own photo and message.

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**BOOKINGS AND CLICK & COLLECT** [BundabergBarrel.com](http://BundabergBarrel.com)

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# MUST SEE BUNDBY

## Ginger Beer – Bundaberg’s other famous drink!



**B**undaberg Brewed Drinks at The Barrel, the eye-catching landmark on Bargara Road is where to learn how it's made, its origins, ingredients, bottling and packaging. Find our Ginger Beer, along with all the other delicious and different fla-

vours around the world in 60 different countries (USA, South Korea, France, Italy and more).

There's free samples at The Barrel or take home a carton of your favourites. Phone 4154 5480.

### Taribelang Bunda Cultural Tours

YESTERDAY, Today, Tomorrow... half day tour experiences exclusive to Bundaberg. For more than 60,000 years the Taribelang people have lived on country in this region.

You can immerse yourself in a journey, guided by Elders past and present, with Taribelang Tours and discover this region's rich aboriginal culture and history.

Explore significant sites and experience a genuine connection between the land we live on today and true stories of the Taribelang Bunda. Half day tours available on Tuesdays and Saturdays.

[www.bundaculturaltours.com.au](http://www.bundaculturaltours.com.au)

Phone 0407 907 137

### Mystery Craters – What are they?

SEE a vast expanse of mysterious craters their origins unknown, dotting the landscape like lunar terrain.

Tours reveal fascinating insights and ancient myths that leave experts astounded. While unravelling the secrets of the Craters, enjoy excellent coffee, tea, snacks including Maleny ice cream. See the Earth Room, a showcase of rocks, fossils and crystals. Ready to dive in and explore? Mystery Craters are at South Kolan, phone 4157 7291.

### Alexandra Park & Zoo

THE ZOO (open Wednesday to Sunday 9.30am to 4.30pm, closed Anzac and Christmas Day, admission free) is home to a delightful menagerie with exhibits including freshwater turtles, wallabies, emus, dingoes, native bees, Australian parrots, Cotton Top Tamarins, snakes, lizards and the latest addition of six green tree frogs, happy in their frog friendly home.

Zoo staff can deliver free educational talks to schools or group tours with a learning experience tailored to the group's age and needs. Learn about habits, distribution, life cycles and animals' diets; have a close encounter with a dingo or reptile, meet the zoo keepers and see what's involved in running a zoo. More info at Discover Bundy 1300 883 699.



Alexandra Park is a spacious shady space with picnic tables, barbecues, playground and gazebo; take a stroll down to the Riverside Boardwalk.

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# MUST SEE BUNDY

## Mon Repos Turtle Centre



The turtles timelines are November through to when the hatchlings emerge up to March, with bookings open for the 2023/24 season next September.

Mon Repos Turtle Centre is open all year round for daytime experiences for you to learn about the special journey turtles and people have taken at Mon Repos, browse the Gift Shop and enjoy a snack in the Gidji

Café. The Turtle Centre is dedicated to research, protection and education is open all year round.

You'll find it a state of the art experience with interactive displays, immersive theatre room, outdoor trails, and beach access. The whole family will enjoy a visit.

For information phone the Mon Repos Turtle Centre on 1300 722 099.

## Coastal Pathways ... here's some scenic routes

**TURTLE TRAIL** is 11km Grade 1 (easy) and one of our most popular walking and cycling tracks, following the coastline path. Along Bargara's esplanade, Neilson Park, Mon Repos Turtle Rookery, local hidden gem Oaks Beach and finally Burnett Heads Headland where the historic Lighthouse stands.

Have your camera ready as you're likely to meet some curious marsupial friends along the way.

**Innes Park to Coral Cove:** The first section starts at the northern end of Innes Park Reserve and finishes at Coral Cove Resort & Golf Course.

**Innes Park** is 15 km from the city and 6kms south of Bargara. Innes Park Reserve includes a kids' playground, skate

park, beach volleyball and basketball courts, and an inlet where families can swim and cool off.

**Herb Muller Park** is across the road from Barolin Homestead while not heritage listed, built in 1912 and a bit of a legend in this area.

**Barolin Rocks**, part of Woongarra Marine Park, one of the state's most accessible shore diving sites. Snorkelling enthusiasts relish the abundance of reef fish and coral.

**Coral Cove Resort & Golf Club** at the end of this pathway is an 18 hole Championship Course with the Pacific Ocean as a backdrop. Coral Coast Bar & Grill is very popular for its lunches, dinner and live music in beautiful surrounds.



A popular spot for children on the pathway at Bargara is the Turtle Playground.

## Cellar Door Trail

SAMPLE award winning drinks, uncover new flavours, before taking your favourites home with you on a Bundy Cellar Door Trail.

Start with the world famous Bundy Rum Visitor Experience East Bundy, head down the road to Waterview Distillery then try handmade ciders and fruit wines at Ohana Cider House in Alexandra Street.

Hoti Kombucha in Scotland Street sells their incredible range of hand crafted fermented tastiness with The Pocket Storehouse open on Saturdays.

Bundy Brewed Drinks is at The Barrel on Bargara Road with our world favourite Ginger Beer plus taste the whole range of flavours; The Brewhouse is in Tantitha Street.



### Calling ALL Men



**JOIN THE MEN'S SHED IN BARGARA**

We meet most mornings except Monday, Friday and Sunday. Get involved with wood work, metal work, recycling or gardening. No experience necessary. HAVE A CUPPA WITH OTHERS

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[www.bundybowl.com.au](http://www.bundybowl.com.au) for a virtual tour



# MUST SEE BUNDBY

## Beautiful Botanic Gardens



Fairymead House

**B**ert Hinkler ... how he flew, where he lived. "Flight ever fascinated me" said Bert who always spelled Aviation with a capital "A" as a little boy at North Bundaberg State School.

Hinkler Hall has a soaring exhibition hall, multi media exhibits, flight simulator, the Globe Theatre, five aircraft and provides a fascinating adventure where you become part of the story.

Your entry to the Hall Of Aviation includes admission to the magnificently restored Hinkler House which he named Mon Repos after our local beach where he practised flying.

In the early 80s, Bert's house was brought back brick by brick from Southampton in

England to stand proudly in the Botanic Gardens.

Bundaberg Historical Museum will fascinate visitors with "how things used to be." Beautifully maintained in the Botanic Gardens, this quaint haven of nostalgia has the famous Lucke Quads' pram, the only one of its kind made in Australia. See an old schoolroom, butcher shop, general store, bank office, hospital (with iron lung) milk cart and horse, even a jail.

Australian Sugarcane Railway, affectionately known as The Little Train chuffs happily along its track through the Botanic Gardens taking delighted children and the young at heart on a steam powered journey. For boarding timetable phone 4152 6609



## Bundy's Heritage Walk

**A**n easy stroll around the CBD shows our rich history.

**Former Commercial Banking Company of Sydney**, corner Bourbong and Maryborough Streets is colonial style, built in 1891. Wide colonial verandas are embellished with cast iron lace balustrades, a distinctive feature of buildings of that period.

**School Of Arts Building** in Bourbong Street is the oldest public building still standing, built in 1888 and features late Victorian architecture.

**Post Office** building and tower opened in 1890. Ground floor has wonderful pillars and arches and upper floor is dominated by colonial verandas and cast iron balustrades.

**Linden Medical Centre** in Barolin Street was built in 1913 for Dr Schmidt whose father emigrated from Berlin.

It has a time capsule with money and newspapers from the period placed in a wall. The design shows European influence in Queen Anne style and is used as a medical practice.

**Burnett Dental Surgery** a few doors from Linden Clinic, built in 1910 has pressed metal walls both inside and out, and original ceilings. Adornments on the original façade are Dental Blocks, an example of ancient Greek architecture.

**Holy Rosary Catholic Church**, Bundaberg's first, opened on this site in 1875, an adaptation of a Roman temple.

**The Anglican Church** was built in English Gothic style with 34 metre spire tower with stonewalls, lichgate and way-side cross. Built in 1876 with the present church completed 1927.

[Bundabergregion.org/historical-sites](http://Bundabergregion.org/historical-sites)

## There tons of family fun at Bundy Bowl

TAKE mates and family to Bundy Bowl and Leisure Centre for unbelievable and constantly evolving great indoor air conditioned fun open every day and night.

Cyber City games arcade is the largest interactive games arcade in the whole Wide Bay Region and there's a full size Crazy Dodgem Cars arena just like the show.

Enjoy the Dinosaur experience at Jurassic Putt with six metre high dinosaurs.

There's indoor laser skirmish, slide down the tallest indoor slippery slide in Queensland, Wild Wild West Shooting Gallery and don't miss the Virtual Reality Rooms, the real life Escape Rooms.

The Egyptian Escape Room opened last March and you won't believe what they did to make this room their best room yet.

There's a fully licensed café for lunch and dinner too ... don't miss this terrific place when you bring the family to Bundy.



## Dive Down Deep

BOTH Lady Elliot Island Eco Resort and Lady Musgrave Experience offer fully certified dive experiences, with courses to cater for all levels of experience.

Lady Elliot has 20 incredible dive sites with Lady Musgrave offers access to Bunker Group and Southern Capricorn Group of islands.

**Ex HMAS Tobruk:** Since its scuttling in 2018 it rests off the coast of Bundaberg in the Great Sandy Marine Park. A unique dive experience with abundant marine life attaching to the metal surfaces.

**Reef Within Reach:** Snorkel Barolin Rocks dive site at Woongarra Marine Park or explore the coral off the beach at Elliott Heads. Bundaberg is one of the only places along the Southern Great Barrier Reef where you can access reef without leaving the mainland.

## RIDE THE STEAM TRAIN IN BUNDABERG!



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GARRICKS **camerahouse**

# Bundaberg's beautiful beaches



The entrance to the Elliott River, Elliott Heads. It was named after the first Speaker of the Queensland Parliament, Sir Charles Elliott. The town was originally named Springfield.

Our own region abounds with superb beaches for surfing, swimming, snorkeling, diving, some with beautifully expansive shores for long beach walks, there's something for everyone.

We asked our readers, locals and visitors to nominate their favourite beach in the Bundy area from this list: Agnes Water, Moore Park Beach, Oaks Beach, Mon Repos, Neilson Park, Kelly's Beach, Elliott Heads, and Woodgate.

Our readers voted Elliott Heads their favourite beach.

Their second choice is Woodgate Beach and third is Kelly's Beach at Bargarra.

Here are three of the comments from our readers on why they voted for Elliott Heads.

*"The reason that I chose this beach is it is just pristine. Great fishing. Heavenly beach walks."*

Anne - Elliott Heads Road

\*\*\*

*"Great scenery, surf and still water for swimming, something for every member of the family."*

Elma - Rattray Street

\*\*\*

*"The beautiful wildlife, whales, seabirds, fish and coral etc and the gorgeous white sand."*

Nicole - Bathurst Street



## Gunfire Breakfast back in Bargarra

THE much loved and revered Gunfire Breakfast and game of Two-Up will hopefully be back on Anzac Day, taking place at the Bargarra Hotel following the extraordinarily popular Bargarra Dawn Service.

In 2023, due to an unfortunate and upsetting decision by the Bundaberg RSL sub-branch to refuse written permission for the event organised by volunteers to occur, the iconic celebration was omitted for the first time in 26 years.

Bargarra Commemoration Committee President, Greg Barnes said "To have these events is extremely vital. The veterans need support and that support has to come from the community."

# Optometrist turns author

By Sherry Barnes

**"T**he Four Baristas Of The Apocalypse", is the first published novel by optometrist Geoff Blackwell of Bargarra; with *The Blade*, a fantasy adventure for younger readers currently in the final stages of publication consideration.

*The Four Baristas* is targeted to adult readers although Geoff believes teens would also enjoy it. "Apart from the entire end of the world, it's quite family-friendly," he said.

Geoff was selected by the Queensland Writers Centre to pitch both novels for screen adaptation at the Gold Coast Film Festival. "Two producers requested the full manuscript of *The Four Baristas* to read and I'm currently awaiting their response."

*The Four Baristas Of The Apocalypse* also won a Watty Award on the Wattpad website (the world's biggest reading site) with Geoff one of 60 winners from 360,000 entries.

"This was very significant for my self-be-

lief, and that I was actually making progress with writing. As a fan of Douglas Adams' *Hitchhiker's Guide To The Galaxy* series I'd always wanted to write in the humorous science fiction genre," he said. (www.wattpad.com)

## Children's Books

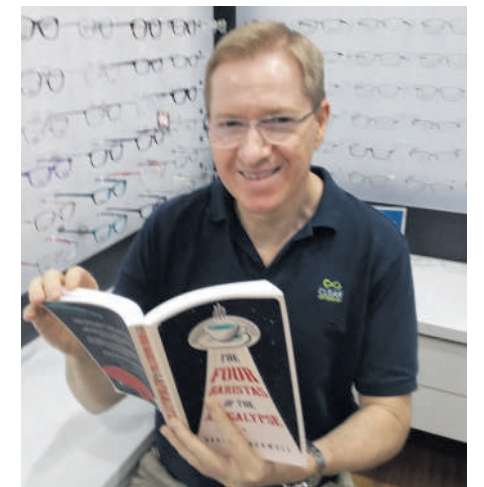
Father of two, Geoff has also written and illustrated kids' storybooks with *Squiff* and *The Birthday Surprise* selected by the Storyberries website where it's been read over 100,000 times. (www.storyberries.com)

"These were written for my kids when they were little so I'm really happy other kids have also gotten enjoyment from Squiff's adventures"

Other titles from Geoff are *Fairy Tales and Physicists* and a dark thriller *Fearless* still in the editing process.

Geoff's intriguing story of the Four Baristas is available from Amazon and Dymocks. "I've been very humbled by the supportive feedback the book has received

and my thanks particularly to the crew at Dymocks for their help," said Geoff. "No Hollywood deals yet but still waiting to hear back from several producers and reliably informed nothing moves in a hurry in the world of TV and movies."



Geoff Blackwell

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Phone your hosts Rick and Trish to make a booking **07 4159 0022**

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Shop 3, 1 Bauer Street, Bargarra.



## Silver for 1770 LARC! Tours at Queensland Tourism Awards



The iconic pink LARCs have been welcoming guests to the Town of 1770 for over 29 years.

Pioneering tourism business 1770 LARC! Tours has been awarded Silver at the 2023 Queensland Tourism Awards.

Tour and Transport Operators is one of the most hotly contested categories of the State awards and recognises a business which makes a major contribution in the provision of touring and/or transport services.

Neil Mergard owner and operator said "Next May, the business is 30 years young. Just last Friday, a small group of bird enthu-

siasts enjoyed a one hour LARC around Bustard Bay and in that short time around 20 species of birds were noticed."

The three core tours offered year round – Afternoon Cruise; LARC + Lunch; and Paradise Tour - provide guests with interpretative commentary relevant to each different day, season, tide and wildlife encounter.

The remotely located historical Bustard Head Light-station is exclusively accessible by 1770 LARC! Tours on the full day Paradise Tour.

## Agnes Blues, Roots & Rock Festival

It's on February 16 to 18. Arranged each year by the dedicated team at Discovery Coast Tourism, new visitors fall in love with the stunning region Of Agnes Water and Town Of 1770.

Let the party begin with the best in Blues, Roots and Rock in the Great Barrier Reef's Sensational Deep South.

Be treated to three jam packed days of fantastic music from 30+ bands, all in the Funky Town of 1770!

Live music across two stages, licensed

bar, and a variety of food vendors and market stalls with uncover space for all weathers and a Shuttle Bus is available from your accommodation.

Shuttle bus available across the whole weekend between accommodation and festival.

Discover new music, enjoy festival favourites and get up and personal while learning new skills in one of the unique and inspiring performer-led festival workshops.



Left: Festival favourites Hat Fitz and Cara will be back on the main stage for the first time since 2020.



Right: Dillion James is getting ready to rip up the Agnes Blues Fest Marquee Stage with his band, New Orleans piano, funky Hammond Organ and raw, bluesy vocals.

### HAVE FUN ON THE WATER

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### Annual Captain Cook 1770 Festival – 24-26 May 2024

THE 1770 Captain Cook Festival is an annual event commemorating the visit of the HMB Endeavour and the landing of Lt. James Cook and his party on May 24, 1770 in Bustard Bay at Seventeen Seventy, as it is now known.

The festival also promotes and educates visitors of the indigenous history of the area. The Gooreng Gooreng people are the traditional owners and on the morning of the main festival activities, you can enjoy the dream-time stories of the area and experience performances of traditional dances to the sound of didgeridoos.

Extend your stay and explore pristine beaches, an extensive range of wildlife and, of course, the Southern Great Barrier Reef right on our doorstep. Contact events@dctc.com.au or phone 0409 983 702.

### Ginger Beer ... Bundy's other famous drink!



BUNDABERG Brewed Drinks at The Barrel, the eye-catching landmark on Bargara Road is where to learn how it's made, its origins, ingredients, bottling and packaging.

Find our Ginger Beer, along with all the other delicious and different flavours around the world in 60 different countries (USA, South Korea, France, Italy and more).

There's free samples at The Barrel or take home a carton of your favourites. Phone 41 54 5480.

One of our readers Ross Heatly sent this photo he took during a visit to Kuwait a country in the Middle East and there it is known as Root Bev (Beverage). It's made from the regular family recipe with real sarsaparilla root, licorice root, vanilla beans and molasses.

Price is KWD 0.585.

**BUSTARD HEAD LIGHTSTATION**

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# The West is waiting!



Inside the Qantas Founders Museum at Longreach is one of the places you will visit on this West Bus Tour.

**HERE'S a great opportunity to visit Western Queensland with Greg Ross and 12 Country, Rock and Roll and Comedy entertainers on board.**

The tour cost of \$3500 covers bus travel, bed, breakfast, entertainment and nightly meals. You leave on 23 September and return on 3 October 2024.

Phone Greg or Donna now for more details or to reserve a seat. Phone 4129 7132.

\*\*\*

## See the real Australia at the Drovers Festival

A drover is an experienced stockman, who moves livestock, usually sheep, cattle, and horses "on the hoof" over long distances.

From 23 to 25 August 2024 the Drovers Camp Festival will be held in Camooweal in North West Queensland.

The festival includes a race meeting, bronco branding, a street parade, country music, poetry, photography and whip cracking competition, memorabilia displays, camp oven cooking, food and drink.

When you visit the town's droving museum, the Droving Heritage Centre, the past is all but brought to life before your eyes.

The Droving Heritage Centre shares the story of droving in a way that can keep visitors enthralled for hours. Open May to September 9 to 3.

For more information visit [www.droverscamp.com.au](http://www.droverscamp.com.au)

\*\*\*

## Events Brisbane & Nambour

### Dog Person or Cat Person, this is for you

Brisbane's Cat Lovers Festival is on the same dates as the Dog Lovers, March 9 and 10 at the Convention & Exhibition Centre 9.30am to 5pm.

Cat lovers can interact with rare, pedigree and companion breeds among the attractions including Pat-a-Cat, Whiskas Adoption Zone with litters of reputable breeders taking part.

Also Championship Cat Show, dress-up parade, Kitty Face Painting, kids' entertainer Hello Kitty.

New products in the supermarket and

tips from Dr Katrina Warren and Catman-too and his mate Didga.

\*\*\*

And for Dog Lovers...

Meet Kelly Gill and the Wonderdogs, Extreme High Jumping Dogs, Pool Diving Dogs, The Breed Showcase or considering a rescue?

The Adoption Zone is a must and there's so much more. Enjoy great food trucks and a drink at the bar.

\*\*\*

### Casino Royale Live Movie March 15

Brisbane Entertainment and Exhibition Centre

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# Join in Bundy Parkruns

**P**arkrun Australia provide these free, fun and friendly weekly 5km community events. Walk, jog, run, volunteer or spectate... it's up to you!

**West Bundaberg Parkrun** is on each Saturday at 7am leaving from Queens Park via Hope Street. Register at one of our local parkruns through the website before your first run.

Many park-runs have post parkrun coffee catchups, so whether a complete novice or seasoned athlete, regardless of age or gender, you'll enjoy your local Parkrun and it's absolutely free!

**Bargara Parkrun** leaves 7am Saturdays from Neilson Park with **Elliott Heads Parkrun** leaving from between the Kiosk and SLSC on a straight out & back course, all on footpath along the coastline. [parkrun.com.au/bargara](http://parkrun.com.au/bargara) or [parkrun.com.au/elliottheads-beach](http://parkrun.com.au/elliottheads-beach)

Details and registration at [parkrun.com.au](http://parkrun.com.au) or find our local runs on their facebook pages.



Age is just a number! Two OBE's ( Over Bxxxx Eighties) take part in the Bargara Parkrun. Maurice Chapman and Frank Millett.

## KEEPING FIT IN SUMMER

IT CAN become really hot and humid over the summer months depending on where you live. If your fitness routine is performed outdoors, see if you can change the time of day you exercise, trying to do it earlier in the day. This way you can enjoy the cooling freshness of the morning air. If you can't begin in the cooler mornings, begin your program in late afternoon when the sun has begun to fade.

Another option is to take your routine inside. Why not check out one of the Exercise Studios/Gyms available in Bundaberg? Many of the work-outs are enjoyed in air-conditioned comfort, or perhaps cool down and shape up with aqua aerobics. This is a great way to keep your routine fresh and interesting.

- Try and stay out of the sun if possible
- Use a protective sunscreen
- Drink extra water while exercising
- Allow your body to cool down slowly – no jumping into a cold shower while your body is overheated
- Exercise at a slower rate and intensity

Always make sure you are giving your body enough nutrition especially before and after exercise. Feeding your body will give you endurance to continue your routine in these warmer than usual seasons.

Make sure you have a regular health check each year before starting your program and whatever routine you follow, be sensible and build up slowly. Don't over-exert yourself and this way you'll avoid injury which would completely ruin your exercise program.



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# Silver Salties could be perfect for you!



By Sherry Barnes

**F**un, fitness and friendship for older people, is managed by Surf Life Saving Australia, coordinated by State Centres, delivered by your surf lifesaving clubs.

While aimed at men and women aged 65 and older, younger people are also able to join. Jen Swan of Bundaberg said her youngest Saltie is in the early 50s and her oldest in her 80s.

“This lady told me it’s so important to her, because of the social element, meeting up with friends and well as keeping her mobile; leaving her feeling on top of the world.”

Jen’s group of about 40 Salties meet Monday mornings from 7.30am to 8.30am, on the beach in front of the SLS Club at Neilson Park, for “out of water” limbering up and manageable sand activities.

“Most don’t swim on the very cold winter days but as soon as it warms up, of course members choose to dive in as well”

Other classes are held Friday mornings by Dianne, from 8am to 9 on the grass in front of the club (wear shoes). “Dianne’s session tends to be more energetic than mine, catering to the various levels of fitness and mobility we have within our members” Jen explained.

And don’t forget Bargarra’s beautiful beach is right there if anyone feels like taking the plunge!

Here’s a quote from a Bundy member on the SLS Club’s website... “I found it wonderful for keeping fit and meet like minded people. Many thanks to the organisers.”

**Check out their Facebook page, or go to [sls.com.au/silver-salties/t](http://sls.com.au/silver-salties/t)**

*Left: Jen puts her Silver Salties through their paces.*

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- 1 Keep active**  
Regular, moderate exercise is beneficial for your overall health and wellbeing.
- 2 Eat a heart-healthy diet**  
Consume a healthy, balanced diet.
- 3 Don't smoke**  
People who smoke have an increased risk of developing heart disease.
- 4 Maintain a healthy weight**  
Aiming for a BMI of less than 25 will help to decrease your long term risk.
- 5 See your GP for a heart health check**  
If you are 45 and over (35 for Aboriginal and Torres Strait Islander Peoples)  
- book in to see your GP for a heart health check, eligible for a Medicare rebate (once every 12 months).

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## Tiny Turtle Tim & Tom - "Life on the Reef"

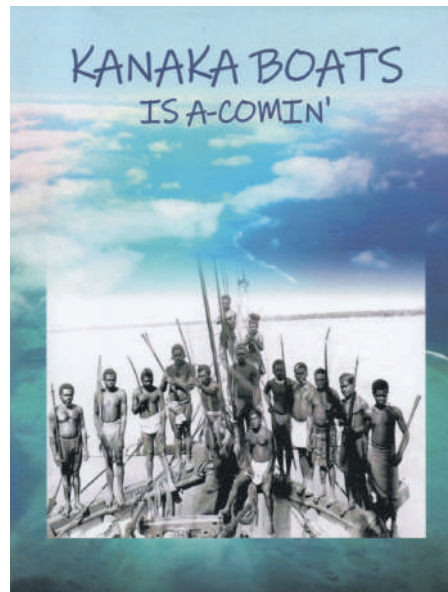
AUTHOR Gavin Staff has just released his third children's book about our Mon Repos turtles which started with hero Tiny Turtle Tim whose adventures scurrying from his egg in the dunes to the sea, was followed by Tiny Turtle Tim in the Coral Sea.

Gavin's third, *Tiny Turtle Tim & Tom - Life On The Reef* raises awareness of respecting and protecting the reef, and dedicated to King Charles and Queen Camilla (who

promote the value of reading to children) receiving letters back from both of them.

Gavin's three delightful and informative Tiny Turtle Tim books are available from the following outlets: Dymocks, Barga at The Windmill and Lady Musgrave Experience in Bauer Street.

We have three autographed copies of *Tiny Turtle Tim & Tom - Life On The Reef* to give away.



## Kanaka Boats Is A Comin'

ANOTHER fascinating book by Paul Dillon a Sunshine Coast based writer whose other many works include Queensland Native Police, Red Centre Dead Centre. He also practised as a barrister in the Criminal Courts of Queensland.

He said little had been written about the early exploits of colonial Queenslanders on the marine frontier of the South Pacific.

This book identifies the marine incidents arising during the 1600 passages of labour vessels between Queensland and the South Sea Islands.

More than 60,000 islanders came as guest workers, with many happy to return to get more trade goods. Labour vessels regularly left the ports of Bundaberg and Maryborough.

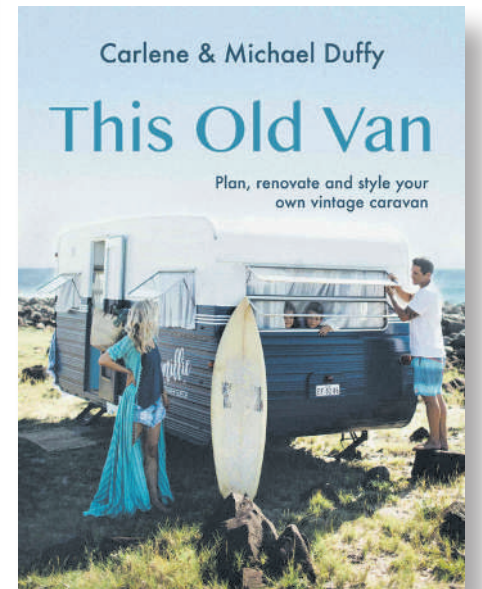
With the federation of Australian colonies in 1901 the South Sea Island trade came to an end and the exodus began for islanders still on the canefields. Some went willingly with others preferring to remain.

Kanaka Walls - evidence of their valuable work can still be seen in locations around Bundaberg with their famous Kanaka Walls. Built from volcanic rocks from former volcano and Bundy's only hill, The Hummock, you'll find one at Mon Repos and Barga's popular safe swimming area, The Basin, enclosed by volcanic rocks, and constructed by

Kanakas and Barga's popular safe swimming area, The Basin, enclosed by volcanic rocks, and constructed by Kanakas.

The book is available from Dymocks in Bundaberg for \$29.90 from The InHouse Bookstore email [publishing@inhouseprint.com.au](mailto:publishing@inhouseprint.com.au)

We have three copies of this book to be won in our competition.



## This Old Van

A STUNNING coffee table book for DIYers, interior design lovers, as well as van-life and tiny homes enthusiasts, *This Old Van* is the complete how-to guide to plan, renovate and style your own vintage van to give it a second life.

Much-loved couple from The Block, Carlene and Michael Duffy, have received countless emails from keen renovators around the world asking for advice on refitting a vintage van or RV.

They have compiled their tips, tricks, and the wisdom they have learned on their own projects and distilled it into one helpful and beautiful book.

Learn what to look for when purchasing a second-hand van, follow detailed information on planning and construction, and discover plenty of design and styling tips, alongside beautiful photos of Carlene and Michael's many van conversions to help provide further inspiration.

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## 100 Years Ago - Here's What Happened

Some significant events took place in 1924 and here are just a few:

- Ramsay MacDonald was Britain's first ever Labour Prime Minister in their first Labour Government.
- George H W Bush was born becoming USA's 41st President
- Victoria's first radio station, 3AR began broadcasting.
- The first Cabinet Meeting was held in Canberra.
- Mahatma Gandhi was released from prison in India during the uprising against British Rule.
- USA - the first State execution using gas was carried out in Nevada.

- MGM - Metro-Goldwyn-Mayer was founded in Los Angeles.
- The first world flight took off in April, arriving in September, covering 27,553 miles over 175 days.
- The first Macy's Thanksgiving Parade (originally Big Christmas Parade) was held in New York.
- Melbourne Cup was won by Backwood with a time of 3.26.5 from a field of 18.
- J Edgar Hoover became head of the FBI
- Adolf Hitler went to prison for a failed coup d'etat by the Nazi Party.
- First Kleenex tissue products went on the market; three years later advertising executives came up with a new descrip-

tion "absorbent kerchiefs". (It didn't catch on.)

- These books were published: *When We Were Very Young* (A. A. Milne), *A Passage To India* (E. M. Forster), *The Man In The Brown Suit* (Agatha Christie), *The Very First Crossword Puzzle Book* (from Simon & Schuster)
- These movie stars were born: Doris Day, Lee Marvin, Lauren Bacall, Marlon Brando (pictured right).

Here's to the next 100 years - see you in 2124!



# Bundaberg's Best Medic Group is the first choice for events

Best Medic Group (Sports Medics, Emergency Medics, First Aid Training) are a small business organisation which began 30 years ago now comprising almost 30 experts working in the field, attending sports and public community events.

Founder of the group Greg Bath of Bundaberg is a 30 year member of the Institute of Managers & Leaders, Advanced Emergency Medical Technician and Registered Paramedic.

"Working in the sport and event first aid/medical area, we specialise in Campdraft, Rodeo, MX, Enduro, Community and Corporate."

Greg and his team provide onsite Medical and First Aid Services for public events including fireworks, go kart racing, football, BMX, Chinese New Year, street parades, "We can handle any job even if you need a helicopter."

"We do extensive work through NSW and Victoria with most of the rodeos and campdrafts and my wife Karen and I recently returned from the five month Northern Territory's rodeo season where we encountered some really bad injuries, near death resuscitation, broken backs," said Greg. "They're very dangerous sports."

Relying at times on aerial evacuation – Careflight, RFDS, Karen said remote work can be challenging.

"It's different at a major city event with easy access to hospital and government ambulance; we've been doing this for a long



Greg and Karen are pictured with Peter and Jane Hughes from the Hughes Pastoral Company

time now so have all the equipment."

Karen is an Advanced Emergency Medical Technician with ALS in wound closure, advanced airway intervention plus pain relief drug qualifications.

The two medics live and work on the job when travelling to remote areas with their large van containing all their medical equipment also equipped for their domestic needs.

"We're all in together," said Greg. "I really love my work, I value the fact that I am able to take care of the patients who need the expertise that we can provide and love doing it for them."

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### Love where you live, but need a change?

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Luke Keune Builders can upgrade your home with a design combining your dreams and budget all in one space. From small granny flat or second-storey extension they will help to minimise your costs, make important decisions and improve your quality of life, bringing your vision to life.

### Why their clients build with them

Whether you choose to invest in your existing home, a brand-new dream dwelling, Luke is personally available through the Bundaberg and Wide Bay to turn your ideas into reality.

*Continued next page.*



Turn your dreams into a reality with a home built by Luke Keune.

# // BUILDING A BETTER BUNDY



## Luke Keune Builders - a family run Bundaberg business creating beautiful custom homes and renovations



Luke Keune.

From previous page.

### Custom Design or Bring Your Own Plan

As a new home builder he has a wide range of stunning floor plans and facades for you to choose from or can custom design a home to your requirements. "Luke will assist in combining your style and budget by selecting an off the plan design or customising a special build to create a home that's uniquely "you".

### Superior Inclusions

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style so he will offer high-quality inclusions as standards, such as stone benchtops and higher ceilings and he loves to source unique design features so that your new home reflects the style and feel you need for your family and lifestyle.

### Units, Apartments, Duplexes

Now is the time to invest with so many looking for somewhere to live. Luke Keune Builders has the experience and knowledge so you maximise profit and reduce risk. "We help you through the process from designing, obtaining permit approvals, building and finishing.

We'll bring you a stylish, functional, cost effective solution that unlocks your site

potential and maximises your profit," says Luke.

### A passion for quality, long lasting homes

The family business lead personally by Luke consists of builders, carpenters and tradesmen all committed to their craftsmanship and quality of your home. "Our team doesn't want to throw together another building and move on. Our focus is to have a beautiful, well designed and quality home, giving you a special place to enjoy for many years to come."

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