

BUNDABERGNOW

weekender

Saturday 1 August 2020

Meant to Bee Tranquil Apiaries

Bundy Region
Scavenger Hunt
winner lands Barra

Community invited
to have say on
beach access



contents

3

Bundy Region Scavenger Hunt
winner lands barra

4

Cover story
More than honey at
Meant to Bee
Tranquil Apiaries

6

What's on
in the Bundaberg
Region

7

Trevor Green's
famous chocolate
cake

8

First Qld eScript
dispensed at
Bargara via Best
Practice

9

Community
invited to have say
on **beach access**

10

Iconic Aussie brands
encourage mateship
during COVID-19

12

Kate leaves busy
city life for **Huxley**
Hilltop Farms

14

Nature fights back
to mask fire effects
at Woodgate

17

Time of their lives
had at Dirty
Dancing **drive-in**
movie

18

Angels on wheels
deliver food and
friendship

20

Compost transforms
post office garden



Photo of the week

Thank you to @dobbinstroy





Prize winner Steve with his first ever barra

Bundy Region Scavenger Hunt winner lands barra

Trish Mears

One of the winners of the Bundy Region Scavenger Hunt not only won a fishing charter prize, they landed a 77 centimetre barramundi, on their first trip to the region.

Kim Patrick from the Sunshine Coast heard about the Scavenger Hunt on social media and started following the daily clues.

“it was good to research and learn things about your region,” Kim said.

As luck would have it, they won the Fishing Charter prize from **Lake Monduran Holiday Park**.

“I was shocked when I was told I had won and immediately thought of my dad as I know he used to be a keen fisherman in his younger days.”

Their fishing charter exceeded all expectations.

“Rob was amazing and dad and him hit it off very quickly.

“Dad was keen to showcase his great casting techniques, even at the ripe age of 85, he still had a great eye for casting and I think Rob was suitably impressed.”

Rob from Lake Monduran Holiday Park said they had a fabulous day out.

“Kim was so excited to get her father out fishing,” Rob said.

“John was an avid fisherman back in the day but hadn’t wet a line for 14 years so this prize was a great opportunity for him to re-live some fishing memories.

“Whilst John put in a great effort the barra wouldn’t bite for him.

“Steve, Kim’s husband was the lucky one boating himself a 77cm barra which was great going as barra don’t react well to colder conditions and it was a cold day.

“Kim was telling me she was so excited to win this prize as they wouldn’t have thought to visit our region otherwise.

“The day before the charter they had booked a whale watching tour and they had an amazing time viewing whales in great weather conditions.”

The Bundy Region Scavenger Hunt was a joint initiative between Bundaberg Regional Council’s Community Development Unit and Strategic Planning Team; and promoted on social media through **Bundaberg Tourism**.



Jodie Saint is a local school teacher becoming an apiarists was not something she had ever planned, but now Jodie say their small business Meant to Bee Tranquil Apiaries is buzzing along nicely.

More than honey at Meant to Bee Tranquil Apiaries

Emma Reid

Life is sweeter for Mark and Jodie Saint after following Mark's desire to own a couple of bee hives, and as their curiosity grew they knew it was Meant to Bee, and they now own a pollination business producing honey, and wax beauty products.

Jodie is a local school teacher and Mark works away in the mines, and for the couple becoming apiarists was not something the had ever planned on, but now they say their small business is buzzing along nicely.

It was more than two years ago when Mark realised he had a few extra quiet days on hand and so decided to follow his passion and he bought four bee hives to keep busy, and just as the saying busy as a bee goes, the four bee hives has now grown to about 180 and is now a little more than a hobby.

"At the time I had no interest, happy for him to have a hobby. However, my curiosity grew, I wanted to see inside the hive," Jodie said.

"We have found, once you start enquiring about these fascinating creatures it's hard to stop.

"The short of it, in four months we went from having four hives in our backyard to having processing equipment, hundreds of hives and a tractor. In January of 2018 we began Meant to Bee Tranquil Apiaries.

The boutique jars of Meant to Bee Tranquil Apiaries honey can be found at Kalki Moon, Chippindales Newsagency, Avoca IGA, Cha Cha Chocolate, HSG at the Gardens, Grunskies by the River and One Little Farm.

"Funny how things happen in life, some things are 'meant to bee'. We are definitely busy bees, balancing our day jobs, running a business and family life."

In the journey of creating Meant to Bee Tranquil Apiaries Jodie said there were definitely a few stings along the way, but the support from family and friends was amazing and had given them the strength to keep following the dream of becoming bee keepers.

"Believe me we've had our moments; all-nighters, sun down to sun up, late nights, equipment breaking down, blown tyres and bee stings," she said.

“Thinking to ourselves ‘what did we get ourselves into’, ‘can we really do this?’; How quickly we learnt, this is business, and this is farming.

“I love one of Richard Branson’s quotes – “If someone gives you an amazing opportunity but you are not sure you can do it, say yes – then learn how to do it later.”

Meant to Bee Tranquil Apiaries started in January 2018, and as time flew by, the couple had landed their first pollination contract on an avocado and macadamia farm by August, and they were processing their first batch of honey by October that year.

“We are truly fortunate to live amongst a fruit bowl in Bundaberg,” Jodie said.

“We are just entering our third spring pollination season for local avocado and macadamia farmers. In May, we started pollinating a zucchini farm in the local area.”

Sweet surprise as passion for bee business grows

Jodie says she is still surprised how engrossed she has become in the bee business, saying there is so much to know and learn about the significant insects – that are more important than just honey makers.

“My husband has always had a real passion for bees, the environment and nature. Mine has grown significantly since starting this business,” she said.

Life is sweeter for Mark and Jodie Saint after following Mark’s desire to own a couple of bee hives, and as their curiosity grew, they now own a pollination business producing honey, and wax beauty products.

“At first, I was just going to be the bookkeeper in this journey, I wasn’t very keen to go near the hives.

“How things change! We are both very hands on, inspecting hives, relocating hives, cleaning, or making new boxes and frames. There’s always something to do!”

“We are truly fortunate to live amongst a fruit bowl in Bundaberg”

The mother-of-two said they both had a new appreciation for these significantly important creatures.

“We wanted people to be able to enjoy one of nature’s oldest and versatile gifts through the very hard work of thousands of beautiful highly intelligent creatures to whom we owe the deepest gratitude for keeping our planet alive,” Jodie said.

“When you start reading facts about bee’s decline and the effects of drought and fire, it’s a worrying concept.



Mark and Jodie Saint

“We feel like we are making our small contribution to the conservation of bees. Our boys are gaining an interest and are understanding the importance of bees. We are teaching them not to be afraid of them, but to have a respect for the bees and their purpose on our planet.”

And what started as a hobby for Mark has led to an avenue for Jodie to become a little more creative, as she branched in to making beauty products from their bees.

Honey making leads to beauty products

“I started researching beauty products that use beeswax or honey,” Jodie said.

“I came across lip balm and soap. Being a pour and set product, I thought I could manage to make something that is appealing.

Bundaberg born and bred Mark and Jodie Saint created Meant to Bee Tranquil Apiaries and now make honey and Meant to Bee Beauty products.

“I made a few and gave some to family and friends as Christmas gifts, hence this was my trial.”

Last year Jodie set herself a Mother’s Day goal to have some of her products packaged and she said the response was humbling.

“Before the following Mother’s Day, I asked our graphic designer to create a label, sourced gift packaging, and got into production in my kitchen,” she said.

“This began ‘Meant to Bee Beauty’.

“Our local community have been amazing, so supportive of local businesses.

“Our Meant to Bee Beauty range is available at Chippindale’s Newsagency Stocklands, HSG at the Gardens and One Little Farm.”

Meant to Bee honey comes in a variety of flavours, depending on the hive locations when the bees are busy making it.

“We name our honey depending on their surroundings,” Jodie said.

“Macadamia and avocado – our hives pollinate these local farms during the spring season.

What's ON BUNDABERG



1 - 31
Aug

2020 Pedal Queensland

Pedal Queensland is a cycle challenge event for all Queenslanders throughout your local regions.

5
Aug

2020 Gin Gin Families Playgroup

Gin Gin Families Free Playgroup is returning every 2nd Wednesday.

5
Aug

Emu Runner - Free Community Group

THIS EVENT HAS BEEN CANCELLED

6
Aug

Kids Code Club

Online | School Age Children | 3.30pm

6
Aug

Reconnect Movement Course

Intended for beginners to movement practice to try something new as if for the first time.

7
Aug

2020 Gidji Art Community Mosaic Workshop

Come and join a session where we will learn mosaicing . No experience is necessary, just a willingness to give it a go.

Be the
first to know

whatsonbundaberg.com.au



The recipe for Trevor's Famous Chocolate Cake and (inset) Trevor Green in the kitchen at the Moncrieff Entertainment Centre.

Trevor Green's famous chocolate cake

Trish Mears

Trevor Green looks after Front of House at the Moncrieff Entertainment Centre, but, in his spare time, one of his many interests is cooking.

This week we feature Trevor's famous chocolate cake.

"I love this recipe," Trevor said.

"I used to make it in the hotel rooms when I was on tour with the Ballet company.

"it's so easy - all you need is a microwave."

Trevor has been making this recipe for around 40 years.

"I started at a very young age," Trevor joked.

"The recipe came from an old 70's cookbook when microwaves were the new thing."

While Trevor Green has made his famous chocolate cake probably hundreds of times over the years, he said it's pretty fool proof.

"I have been called a fool many times, so YES, it's fool proof.

"It's so easy - all you need is a microwave."

"The only thing I would suggest is try not to eat too much of the mixture before you place it in the microwave - it's very moreish.

"I recommend eating it in one portion," Trevor quipped, "although, if you have to share, it makes 8 slices, and is best served warm, with ice cream."

Give Trevor Green's **famous chocolate cake** a go this weekend!

Grace Family Practice

&
Skin Care



Will Durnford, Dr Preshy Varghese and Janet Whitmore at the Grace Family Practice to launch eScripts

First Qld eScript dispensed at Bargara via Best Practice

Trish Mears

July 27 was a historic day for medical prescriptions, with the first eScript in Queensland being dispensed at Grace Family Practice at Bargara, via Best Practice Software.

Best Practice Software Director Lorraine Pyefinch said it was fitting that it was dispensed in the Bundaberg region, as the Best Practice Bundaberg team had contributed to the development work.

“Best Practice Software is a proud Bundaberg company offering job opportunities for many talented and skilled staff,” Lorraine said.

“Frank and I are extremely proud of the team’s hard work in delivering quality solutions and service to our customers across Australasia and the patients they care for.”

Queensland is the last jurisdiction to approve eScripts, with the Minister for Health Steven Miles making the official announcement on Saturday.

“Earlier this year the Federal Health Minister announced the fast tracking of eScripts as an important initiative in the fight against COVID19,” Lorraine said.

“Progressively each State has made the required legislative changes to allow doctors to create a token that is sent to the patient’s mobile phone or email address.

“The patient can then go to a Pharmacy (using their appropriate software) to have their prescription dispensed.

“This is a completely electronic, seamless process and eliminates the need for a paper script and also dove-tails well with Telehealth consultations.

“We have been working with various dispensing software, prescription exchange services and several surgeries across Queensland as part of the roll out and we believe that the Grace Family Practice is the first to process an eScript.”

Best Practice Software’s Lorraine Pyefinch said eScripts will revolutionise patient care.

“eScripts will enable seamless, end-to-end telehealth appointments to be completed.”

“If a patient is house-bound or isolating because of COVID19, they can have a teleconference with their usual doctor, receive the eScript token on their phone, then send the token on to the pharmacy of their choice (who are using the appropriate dispensing software).

“The pharmacy can dispense and deliver it to the patient, so no need to leave the house.

“The roll-out of eScripts will be progressive as surgeries and pharmacies across Australia upgrade their software to activate the new functionality.

“We recommend that patients check with their usual practice and pharmacy to ensure they are eScript ready.”



A survey to gain a better understanding of those who currently have trouble accessing the beach is calling for respondents living in the Bundaberg region or who regularly access beaches in the Bundaberg region.

Community invited to have say on beach access

Trish Mears

A survey to gain a better understanding of those who currently have trouble accessing the beach is calling for respondents living in the Bundaberg region or who regularly access beaches in the Bundaberg region.

Project Coordinator Sasha Job of CQUniversity said it was important that as many people as possible fill out the survey.

“We are hoping to hear from people aged 65 years or older and people living with a disability or mobility restriction, temporary or permanent, who currently access or want to access Bundaberg region beaches,” Sasha said.

“The survey will give us a greater understanding of people’s current levels of physical activity and preferred beach locations and patterns of beach use.

“We also want to know about the challenges faced when getting to the beach and accessing the beach and surrounds, activities participated on the beach and how a visit to the beach affects mood, health, well-being and participation in physical activity.

“We’d also love to hear people’s ideas on how beach accessibility may be improved.

“Our ultimate goal is improved beach access for older people and people living with a disability or mobility restriction.

Sasha is hoping to have at least 100 people fill out the survey.

“That will give us a sufficient community sample so we can then analyse the information to help inform research and planning initiatives for accessible beaches in the Bundaberg region.

“Council is supporting this initiative and once we have presented preliminary information in October we hope to launch our first accessible beach at Bargara at Nielson Beach.”

Those who are aged 65 years or older and/or live with a disability or mobility limitation, can fill out the survey online [Anonymous Survey Link](#) or by phone: 4150 7702.



MICHAEL BARTHOLOMEW



John McLean



McNamaraA



Hitchcock

Michael Bartholomew, John McLean, Adam McNamara and Paul Hitchcock got together for a virtual iconic Aussie brand meetup.

Iconic Aussie brands encourage B2B mateship during COVID-19

Angus Kennelly

Iconic Australian brands, **Bundaberg Brewed Drinks**, **VEGEMITE**, **Four'n Twenty** and **Rosella** got together for a virtual yarn, resulting in a network of Aussie businesses sharing strategies to get through current uncertainties.

Collectively, the four iconic Australian brands have survived floods, fires, and even the Great Depression, but the next battle is COVID-19.

In a period where consumers are being encouraged to purchase Australian-made brands, iconic Aussie business, Bundaberg Brewed Drinks, is taking things one step further and encouraging Aussie businesses to support fellow homegrown businesses. The old-fashioned way.

John McLean, CEO of Australian family-owned Bundaberg Brewed Drinks, met with the chief decision-makers behind iconic Aussie brands; VEGEMITE, Four'n Twenty, and Rosella, to start a network of guidance and support throughout the Australian FMCG and broader business community.

“Whether you're Australian-owned,

manufactured or employing Aussies, our national business community needs to be there for each other,” says John McLean. “If the changes brought on by COVID-19 become the new normal, we need to work together to ensure Aussie brands live long into the future.”

With over 320 years of collective experience, all four brands involved in today's discussions have previously overcome ‘once-in-a-lifetime’ challenges and know the only way forward is with the support of others.

“For us, it's not just about consumers supporting local brands; it's about Australian businesses supporting Australian businesses – even if they're not in the same category. If we can provide insights, suggestions or manufacturing capability that can help others navigate complex times, we will – it's the Aussie way” says McLean.

“You never know what you may need help with or when. Now is the time to know the capabilities of our wider business community and start the conversation about supporting each other.”

The iconic Aussie brands in today's call are all involved in the business of manufacturing FMCG products, a complex space made even more complicated by the challenges of COVID-19.

There are a lot of moving parts in the successful delivery of products to supermarket shelves.

This is particularly challenging given the importance of consistency and the current rapid increase in demand from consumers.

“We are seeing a significant shift in Australian consumers entertaining at home with the brands they know and trust.

We’ve been around for fifty years, and we want to continue to treat Australians for the next fifty,” said McLean.



John McLean, CEO Bundaberg Brewed Drinks


Procurement of ingredients, logistics, warehousing are all considerations, and during COVID-19, the barriers keep moving.

Aussie manufacturers may very well need to lean on each other as the fall out of COVID-19 becomes our new normal.

Whether you’re Australian-owned, manufactured or employing Aussies, our national business community needs to be there for each other,”

With the complications of global manufacturing, the brands hope to see more collaboration between Australian businesses to manufacture locally and potentially share each other’s capabilities.

While we won’t be seeing a Ginger Beer and VEGEMITE flavoured meat pie any time soon, the support and Aussie mateship between Australian brands will be a reality.




Hi My name is
Crunchy

**I’m a
Spotted-tailed
Quoll
come and visit
me at the
Alexandra Park
ZOO**

OPEN
Wednesday to Sunday
9.30am - 4.30pm

Strict social distancing rules apply.



bundaberg.qld.gov.au



Leaving the busy city life behind six years ago has ignited a spark in Huxley Hilltop Farms' Kate Crook and waking every day to tend to avocados and Kwai Mae Pink lychees is a pleasure.

Kate leaves busy city life for Huxley Hilltop Farms

Emma Reid

Leaving the busy city life behind six years ago has ignited a spark in Huxley Hilltop Farms' Kate Crook and she says waking every day to tend to avocados and Kwai Mai Pink lychees is a pleasure.

Kate says avocados are one of the most versatile fruits, but they are also one of the most underutilised, and since leaving her event coordinator job and becoming a farmer her eyes have been opened to the adaptable produce.

The 42-year-old and her family moved to Childers to support her father, Jim Randell, in his retirement plan to grow Australian cabinet timber, avocados and then lychees at Huxley Hilltop Farms.

"After generations of family cane farming dad decided to set-up his retirement plan and bought the property 20 years ago," Kate said.

"Living in Brisbane, raising children, we would always holiday up here - and we decided to move because why wouldn't you want to live where you always holiday.

"Now I am an avocado farmer that grows lychees."

Kate said stepping in to the field of farming may have been a little daunting at the start but other farmers in the Bundaberg Region welcomed her with open arms.

"I wake up excited every day, because one minute I'm an agronomist and a scientist, and the next I am a mechanic, and that's every day," she said.

"For someone who didn't grow up in Bundaberg or the region I have so much support given to me by others who are so willing to share their personal knowledge.

"Now I'm an avocado farmer that grows lychees"

"There is so much support for people who are new to the industry, all the other avocado growers, who you would think are your competitors, but they are not, they are only too willing to help, and I ask a lot of questions.

“This region is a melting pot of ideas and farming is an inspiring industry to be a part of.”

Huxley Hilltop Farms sit on 40 acres and Kate says to help the small avocado farm stay relevant it was important to push the clean and green message.

“I think people are happy to pay for quality,” she said.

“At the moment we are working on sustainability of the industry, and we believe it is important to support local businesses.

“As a family-based farm, we are happy in our niche.”

Kate said her husband Damon was a local school teacher, and although he was not hands on, he played an integral part in keeping Huxley Hilltop Farms going.

“I’m the farmer and my husband is the school teacher, I have met a lot of women in the farming industry who don’t realise the integral part they play; it’s a little role reversal for me and I see what my husband does and he makes it possible.”

Versatility of avocados at Huxley Hilltop Farms

The mother-of-two said during the past six years she had learnt there was more to avocado than just eating it on toast, and with the help of Instagram she had been able to obtain and share a long list of delicious recipes.

“I’ve learnt if you can put butter in it, then you can put avocado in it,” Kate said.

“Heating avocado gives it a different creaminess. And the health benefits are there.

“I have a friend who makes avocado Kilpatrick, then I promised to swap a lady (Joe McKay) a tray of avocados for her recipe for an avocado cream pie and it is delicious.”



Kate Crook and her family moved to Childers to support her father, Jim Randell, in his retirement plan to grow Australia cabinet timber, avocados and then lychees at Huxley Hilltop Farms. Photo: This Orchard Life



Avocado Cream Pie

Ingredients

- 1 tbsp gelatin
- 1/4 cup cold water
- 1/3 cup butter
- 1 tbsp honey
- 1/2 cup shredded wheat biscuits
- 250g soft cream cheese
- 400g sweetened condensed milk
- 2 ripe mashed avocados
- 1/4 cup lemon juice
- 1 tsp lemon rind
- 1 tsp vanilla

Method

In a cup, combine gelatin & cold water. In a small saucepan, melt butter and honey and stir until combined.

Blend shredded wheat biscuits with butter & honey mixture. Press evenly and firmly into base and sides of a 25cm pie plate, and chill.

In a bowl, combine soft cream cheese, sweetened condensed milk and mix well with an electric beater. Add mashed avocado, lemon juice, lemon rind, vanilla and the gelatin mix.

Beat until smooth and spoon into chilled pie crust.

Chill again for two to six hours before serving.

Reference

Joe McKay Instagram



The Woodgate Boardwalk following bushfires and a prescribed burn is gradually reverting to its natural state.

Nature fights back to mask fire effects at Woodgate

Wayne Heidrich

Eight months on from the devastating bushfires which consumed almost 5000 hectares of the Burrum Coast National Park, the regeneration of flora and the re-emergence of fauna is becoming evident.

The fires severely impacted National Park which abuts Woodgate Beach and Walkers Point.

A Department of Environment and Science spokesperson said that in recent months, rangers have observed significant forest recovery and regeneration throughout the park which was boosted by rainfall in late summer and autumn.

“Native wildlife has been observed returning to burnt areas and foraging for the regenerating vegetation as a source of food,” the spokesperson said.

Divisional representative Cr Bill Trevor said

it was pleasing to see the national park areas showing strong signs of recovery.

“Fires over that period prior to Christmas were some of the most intense experienced in the National Park areas adjacent to Woodgate Beach.”

“It’s pleasing to see the National Park areas showing strong signs of recovery.”

He agreed with a Department spokesman who observed that damage varied throughout

the park depending on a number of factors including vegetation type and prevailing weather conditions.

National Park fire was hit and miss

“Some areas were severely burnt, and some areas escaped the fire completely,” the spokesperson said.

Cr Trevor said he had examined some affected areas in the vicinity of Walkers Point and while there were plenty of trees exhibiting signs of regrowth it was obvious the intensity of the fire had destroyed patches of wallum.



Childers fire crews in action during the November 2019 fires in the Burrum Coast National Park near Woodgate Beach.

“These areas appear likely to take a significant time to recover,” he said.

QPWS rangers continue to implement the fire management strategy for the Burrum Coast National Park and have completed an additional four prescribed burns within Burrum Coast National Park this year.

This burn program provides ongoing protection for the towns of Woodgate and Burrum Heads while also promoting the ecological health of the National Park.

“This was evident in areas near the Woodgate Boardwalk which was included in one of the prescribed burns,” Cr Trevor said.

“The fire cleaned up the accumulated fuel and the area is again starting to resemble the pristine walking track enjoyed by many visitors. This shows the importance of doing pre-

emptive burning on a regular basis, to protect the National Park, residents and property.

“At the weekend it was pleasing to see cars parked at the boardwalk entrance, indicating visitors are again enjoying the five-kilometre walking trail.

“We need to remember that we do have a marvellous asset at Woodgate Beach but not everyone visits solely to enjoy our magnificent beach.

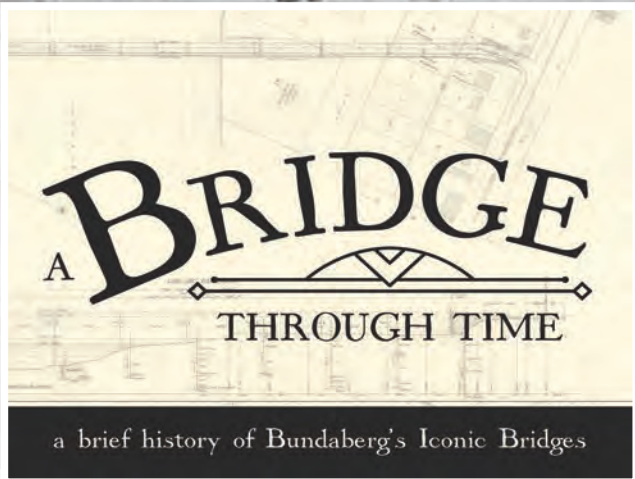
“Others like to venture into the National Park either to experience an interaction with nature or to utilise the park campsites,” Cr Trevor said.

Camping is available at the Woodgate and Kinkuna sections of the National Park which spans over 26,000 hectares.

For further information visit the Department of Environment and Science [website](#).



Ferns continue to emerge near the boardwalk among the trees charred by the National Park fires eight months ago.



**29th August to
18th October 2020**

Bundaberg Regional Art Gallery
1 Barolin Street, Bundaberg

Monday to Friday
9.30am - 5pm

Saturday and Sunday
10am - 2pm

Bundaberg Regional Art Gallery
(07) 4130 4750
brgadmin@bundaberg.qld.gov.au

Free entry
All welcome!



Time of their lives had at Dirty Dancing drive-in movie

Emma Reid

Car boots were open with keen drive-in movie goers eager to sit back, relax and enjoy a classic movie from the '80s as the big screen lit up with Dirty Dancing.

It has been decades since the Bundaberg Region has experienced drive-in movies and the nostalgic feelings for some patrons came flooding back, while others were excited for a new experience.

Whether it was a girl's night out or to relive a date night from the past the little rain didn't cloud the sell-out drive-in movie event that has made a come-back across Queensland during COVID-19.

Jo and John Whitby have been married for decades and they said it was nice to be able to tick off their bucket list and enjoy a drive-in movie.

“It's the perfect country, and region, to do this kind of thing.”

“It's actually our first time ever at a drive-in and we are so excited to be here,” John said.

“I saw it come up on Facebook and I jumped straight on the phone to book a ticket for the wife as a surprise, and it's great to tick it off our bucket list.”

The Coral Cove residents said they had moved from the UK eight years ago, and they never had the opportunity to go to a drive-in movie before.

The back of the couple's four-wheel drive was decked out with blankets and cushions for comfort, and an Eski of cold drinks and take-away pizza was ideal for the stress-free, family-friendly atmosphere.



Jo and John Whitby said they had moved from the UK eight years ago, and they never had the opportunity to go to a drive-in movie before.

“It's one of those little things, you know that means a lot,” Jo said.

“I think they should do this sort of thing more often, it's good for the kids and this town and adults as well.

“It's nice to have the old-fashioned movies for the kids, and date nights for us oldies!

“It's the perfect country, and region, to do this kind of thing.”

For the Dymott family reminiscing in the back of their car before the start of the film was a chance to think about their grandfather, whose all-time favourite movie was Dirty Dancing.

Gina said she had been to a drive-in movie before, but it was still great to hang out with family in the back of the car and watch a movie on the big screen.

“It's granddad's favourite, so it's nice to be here like this to watch it,” Gina said.

“It's really just great, and we hope it continues.”

The rain held off as Dirty Dancing came to an end and the credits started to roll and it was clear that everyone had the time of their lives.

The next drive-in movie event will be held on 28-29 August, for more information [click here.](#)



Clients such as Marge Gallagher see the meals delivery service as being made by “angels on wheels”. Wendy Davies is pictured providing Marge with her meals.

Angels on wheels deliver food and friendship

Wayne Heidrich

Nourishment for the body and nourishment for the soul delivered by “angels on wheels”.

That’s one of the compliments paid to Gin Gin Meals on Wheels volunteers by clients grateful for the food and the friendship.

Take a tour with volunteers as they undertake the daily meals delivery and you gain a great appreciation of what this service means to so many of the elderly within the former Kolan Shire.

Gin Gin Meals on Wheels has been providing nutritious meals to local residents since 1985.

President Bev Pittock said the service had

“We provide a five-days a week service with clients able to choose the days of delivery”

created a proud record during its 35 years of operation.

Even COVID-19 was unable to derail the service which continued uninterrupted with the required social distancing regulations being observed.

“Ours is such an essential service for the community,” Bev said.

“People depend on the regularity of their meals, but they also depend on the regularity of the interaction our volunteers bring when they make those deliveries.”

Bev said the Gin Gin MOW’s has around 30 volunteers engaged.

“Currently our meals, both hot, cold and frozen, are collected from the Gin Gin Hospital kitchen.

“We provide a five-days a week service with clients able to choose the days of delivery.”

Each day two teams of volunteers make the delivery rounds.

On Wednesday it was Wendy and Rhys Davies undertaking the town deliveries while Thelma Jensen did the hour-long country deliveries circuit.

Clients welcome friendly face of angels on wheels

Wendy Davies and husband Rhys have been volunteering for just under a year while Thelma has 12 plus years of service.

“It simply makes you feel great that you are doing something worthwhile in your community. Everyone on our round is just so happy to see us, they appreciate the food, but they also appreciate the company,” Wendy said.

“Many of our clients live on their own and at times we will be the only people they see during the day. Our interaction with them reassures us that they are okay and it is also a great tonic for so many of them.



Gin Gin Hospital kitchen staff members Michael and Del assist Thelma Jensen and Wendy and Rhys Davies to pack their vehicles with meals for distribution.

“Marge Gallagher is one of the recipients of the service which seems appropriate given that Marge contributed more than 20 years as a volunteer with Gin Gin Meals on Wheels,” Wendy said.

On arrival Marge meets Wendy and Rhys with a broad smile and a small trolley on which her meal is placed.

“The food is always great especially given that I don’t have to cook it myself,” Marge said.

“I haven’t cooked in about two years,” she laughed.

Each meal delivery contains hot lunch, soup, dessert and a fruit juice with a modest fee charged for the food.

The deliveries around town take about one hour.

“Some volunteers do just once a month, others, like Thelma do three times a week. The group simply appreciates whatever anyone can contribute by way of time,” Wendy said.

Hot, cold or frozen meals are delivered by the “angels on wheels” to the homes or respite centre for the frail, elderly residents over 65 and Aboriginal and TSI over 50 and eligible disabled people in the community.

Anyone wishing to make enquiries regarding the Gin Gin Meals on Wheels service can contact Bev Pittock on 0420 849 760.

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Craig and Mandy's Post Office Garden at Bargara is thriving, thanks to Mandy's compost.



Compost transforms Post Office garden

Trish Mears

When Bargara Post Office proprietors' Mandy Healey and Craig Donehue moved into their new Post Office premises 10 months ago Mandy dreamed of continuing her love of organic gardening, which she started in 2009.

Unfortunately, the ground behind the Post Office was not ideal for gardening.

"There was no garden at all," Mandy said.

"Where my garden is now, it was just dirt, a mass of tree roots, and old deteriorated woodchip.

"All I knew was that I wanted to have a vegetable garden but there was only one area that we could use which was between the fence-line and the Post Office wall.

"The good thing was that this area receives beautiful sunshine for two thirds of the day.

"The challenge was the soil was the worst I had ever seen.

"Craig surprised me and made my garden beds.

"He helped me with the soil, and I look after the plants.

"As Craig says 'It's the perfect team effort - Mandy grows the stuff, and I eat it!'

Mandy and Craig's Post Office garden is now flourishing thanks, in part, to the compost she makes herself.

"I think the organic matter created simply from kitchen vegetable scraps has been my secret.

"Composting was easy - it's my favourite part of gardening.

"I firstly added a layer of dirt and every day I spread all my kitchen vegetable scraps on top of the soil and the sun naturally dried the scraps.

"Occasionally I'd add a little water to help it decompose and dig the scraps into the dirt then I'd add more dirt (sand and clay), some good potting mix from the nursery.

"Within four to five weeks the dirt was transformed into a nutrient rich soil full of beneficial soil microbes for my plants."

"And the results speak for themselves.

"I have snow peas, parsley, celery, lettuce, coriander, tomato, Asian greens, garlic, spring onions, capsicum, basil, rosemary, beans, bok choy, red cabbage, aloe vera, lemongrass, wormwood, radish, chillies, Ceylon spinach, lamb lettuce, sunflower," Mandy said, with her customary enthusiastic smile.

IN OUR GARDEN



**The Bundaberg Region Coastal
Hazard Adaptation Draft Strategy**
is available for public comment until 31 August.



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