# CooloolaCoast*Today*



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Look what's biting PAGES 12-13

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### Blame game

The state government has blamed Cooloola and Fraser Coast Aboriginal people for its failure over nearly four years to produce a management plan for the Great Sandy Region.

Environment Minister Meaghan Scanlon told Gympie MP Tony Perrett on 28 January the plan does not yet exist, despite three years of work on a project, built on a foundation of earlier plans for one of the most politically, environmentally and culturally important areas of

Answering questions about progress on "reviewing and developing" the plan, Ms Scanlon said the department was being held up by its reliance on input from First Nations occupants of the area.

**STORY PAGE 2** 

### Jet skis win

After many complaints and a public meeting, locals and visitors to Rainbow Beach will be happy to learn that the Double Island Point six-knot zone was gazetted on 4 February 2022 for the area on the northern side of Double Island Point.

Maritime Safety Queensland (MSQ) acting general manager Andrew Mahon said the new speed limit was a safety move with the lagoon becoming increasingly popular among boat owners and swimmers.

"In recent times this area has seen more family groups enjoying the area for swimming or to use non-motorised craft, but there were no speed limits on the water," Mr Mahon said.

STORY PAGE 5



### brewing? Something exciting is happen-

What's

ing at Goomboorian and it is going to blow your socks off, along with your taste buds.

Troy Bucak has been biding his time, building his shed, dropping in the big sandstone blocks, breeding his cattle, and building fences all while people are wondering what is going on opposite Henry Road in Goomboorian. Now revealed as Fraser Grill with locals and regular drivers to Gympie already experiencing the carefully selected coffee brewed at the halfway spot between Tin Can Bay and

STORY PAGE 8

Owner of Fraser Grill Troy Bucak has big plans for the new grill at Goomboorian.

# Free camping rife

#### By Lee McCarthy

With the passion for camping and caravanning reaching new heights in Australia campers new to the activity up and down the eastern seaboard talk to each about where the best spots are to camp, fish and get supplies.

thrilled to be one of the popular spots chosen and caravan parks are enjoying great trade, there are those who don't like to pay for the privilege.

Illegal camping is rife and while it is understandable they want to save a few bucks for petrol, camping in front of a "no camp-While residents of Rainbow Beach are ing, fines apply" sign continues to prove

Most travellers hear on the grapevine that if you camp in Noosa, Byron, or most other beaches in a prime beachfront location you will get moved on or fined. They would also know you can camp for days or weeks on the said free camping at the main Rainbow Beach foreshore of Rainbow Beach and not get fined foreshore car park is just not acceptable. or even asked to move.

Last weekend the campers pictured were spotted by locals and again there was room in local caravan parks and this was just a bit too much for some.

One local who doesn't wish to be named,

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#### CooloolaCoast*Today*

The editor's desk

How good was the tennis? Now it's finished, and what a tournament, we are lucky the Winter Olympics are here because the weather has been pretty average for outdoor lovers.

Our fishing guru this fortnight is Gardiners, and they reckon it's La Nina's fault, have a look at their article in our fishing section and see what you think.

People concerned about the speed of boats in the lagoon at Double Island are also very surprised with the speed of Maritime Safety Queensland as they announced the new 6-knot zones on 4 February. A great result for the many who enjoy the area for its unspoilt beauty and natural assets and were concerned about the safety for those using the area including marine life.

Back to school this week, and how did your student go? We would love any feedback on the first week of school from those attending and those choosing to home school. It's been a tense lead up to the school year with never-seenbefore decisions adding to the usual first week's pressures.

The whole region is looking fresh with a lot of work being completed by Council on the lawns, parks and the steps. It's nice to have pride in the area you live in, and being a tourism destination, it is even more essential. We are thrilled to include a few interviews this issue with new businesses who have just opened in the area and their refreshing outlook and dedication to the customer's needs.

Service and hospitality have had a tough couple of years, but it is a pleasure to see the mindset of these business owners who are creating experiences for

their clients, to ensure they not only enjoy the money they spend, but can't wait to come back. Hats off to them all.

- Lee McCarthy





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Visitor access and other planning issues are currently subject to state government planning, and have been for years, with no plan yet available.

# Cooloola plan fail

**By Arthur Gorrie** 

The state government has blamed Cooloola and Fraser Coast Aboriginal people for its failure over nearly four years to produce a management plan for the Great Sandy Region.

Environment Minister Meaghan Scanlon told Gympie MP Tony Perrett on 28 January the plan does not yet exist, despite three years of work on a project, built on a foundation of earlier plans for one of the most politically, environmentally and culturally important areas of Australia.

Answering questions about progress on "reviewing and developing" the plan, Ms Scanlon said the department was being held up by its reliance on input from First Nations occupants

Ms Scanlon told Mr Perrett said her Department of Environment and Science continued to work with First Nations groups, who were experiencing "significant demand for their time from various government departments and non-government organisations to progress initiatives, projects and statutory mat-

"The department is mindful of these pressures when engaging with our First Nation partners over protected area management matters and are working towards meaningful outcomes," she said.

"I understand that departmental officers are continuing to work with both the Kabi Kabi First Nation and Butchulla People to finalise a draft Cooloola Recreation Area Management

"This plan and associated resource information documents are being reviewed within the department and I anticipate a release for public comment during 2022," she said.

The minister implied that planning for the area had been suspended at some stage in her comment that "strategic park planning is ongoing for the K'Gari (Fraser Island) section of the national park and collaboration with the Butchulla people will recommence early in

This follows a saga which began in September 2018, when then minister Leeanne Enoch said the Queensland Parks and Wildlife Service was "working on the production of a draft management plan."

A year later, Ms Enoch told Mr Perrett (on 17 September 2019 that the government had "commenced drafting a new management plan.'

"The planning process will provide opportunity for First Nations peoples, stakeholders and the public to have a say in identifying the special values of the area and options that support those values.

A few weeks later, Ms Enoch said the Department of Environment and Science had "commenced drafting a new management plan for the Great Sandy National Park area in consultation with the relevant First Nations peoples."

Ms Enoch said more than two years ago, ton 9 October, 2019 that the plan would be released for public consultation, which would "provide an opportunity for interested parties and members of the public to make com-

"Once drafting of the plan is complete, it will be released for public consultation," she promised at that time.

Two days later, the minister's office advised that "the Queensland Parks and Wildlife Service is partnering with First Nations peoples to undertake a management planning process for the Great Sandy Area, which includes K'Gari and Cooloola.

"It's important the department completes this process to ensure appropriate measures and directions are adopted," the spokesperson





Setting up in front of a No Camping - Fines Apply sign on the Rainbow Beach foreshore.



The sign is clear at the foreshore that camping is illegal.

# Illegal free camping rife

By Lee McCarthy

With the passion for camping and caravanning reaching new heights in Australia campers new to the activity up and down the eastern seaboard talk to each about where the best spots are to camp, fish and get supplies.

While residents of Rainbow Beach are thrilled to be one of the popular spots chosen and caravan parks are enjoying great trade, there are those who don't like to pay for the privilege.

Illegal camping is rife and while it is understandable they want to save a few bucks for petrol, camping in front of a "no camping, fines apply" sign continues to prove unpopular with locals.

Most travellers hear on the grapevine that if you camp in Noosa, Byron, or most other beaches in a prime beachfront location you will get moved on or fined.

They would also know you can camp for days or weeks on the foreshore of Rainbow Beach and not get fined or even asked to move.

Last weekend the campers pictured were spotted by locals and again there was room in local caravan parks and this was just a bit too much for some.

One local who doesn't wish to be named, said free camping at the main Rainbow Beach foreshore car park is just not acceptable.

"It's on ongoing problem. I've spoken to Jess Milne (Councillor), GRC (Gympie Regional Council) QPWS (Queensland Parks and Wildlife) and police - it's simply not their problem.

"The GRC sign clearly says no camping. The major concern is the health risk. The amenities are closed at night and hence the campers

use the beach area! Children play in this area through the day. Toilet paper and surprises litter the area.

"I've also contacted Queensland Health but to no avail. In these Covid times surely this can't continue.

"Jess Milne (councillor) did say that there was no money in the coffers to hire security to move people on. At one time there was a private security person employed and recently GRC Rangers did a few days blitz on campers but that too has ceased.

"We pay exorbitant rates at Rainbow, and I think we can expect a better response from GRC.

"Just look at this camp at our car park. (pictured) Four well set up campers right beside the GRC no camping sign."

A staff member from the Rainbow Beach Holiday Village said they had seven powered sites available on the night in question for \$47 a night and they had plenty of tent sites.

Big 4 Breeze Holiday Parks at Carlo Point said they were very quiet and they would have had 50 spots available.

"We could have just taken walk-ins, powered or unpowered, slab or grass or sand, they could have had their pick of the park. We have a huge capacity and a lot of site were available."

Gympie Region Mayor Glen Hartwig said: "Council staff have limited resources in this space. The matter will be raised with our QPS partners as we look to police for assistance in enforcement."

It would be good to have regular patrols to move these illegal campers on to the region's caravan parks to help the economy and goodwill of the community.



According to locals, some campers outstay their welcome.



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# Helping keep Cyber safe

The dates are now set, and ID Care, Australia's premium cyber security specialists, will be visiting the region on 11-12 February and bringing with them their Scream at a Scammer booth.

They will be at the Rainbow Beach markets on Saturday 12 February and visiting schools in the region so make sure you pop in and get some info to potentially save your bank account and your business.

IDCARE connects you to their Identity and Cyber Security Case Managers who provide the best advice on data breaches, scams, identity theft, and cyber security concerns.

They are experienced in identity and cyber security concerns, including identity theft, hacking, phishing, telephone scams, romance scams, investment scams, data breaches, ransomware, and lost or stolen credentials.

If you go to their webpage idcare.org/latestnews you will see a series of articles on topics such as

- How vulnerable is your business to cybercrime? Do our Health Check!
- The nifty hack that shows which apps and websites are following you on Facebook (and how to edit them)
- The Perfect Scam: How cybercriminals are exploiting those searching for vaccination certificates
- Behind the Mask a guide to trending scams

You can complete their cyber tests online to check your own or business security with tests like Will you need a Scambulanc and the Small Business Cyber Health Check.



Don't miss your chance to learn about Cyber Security and Scream at a Scammer at this Saturdays Rainbow Beach Markets.

Check it out online and make sure you take the time to visit the Rainbow Beach Markets Saturday 12 February from 7am.

# The NBN lowdown for business community

Business owners from Rainbow Beach are invited to the next Rainbow Beach Chamber of Commerce meeting being held on Tuesday 15 March 2022.

Deborah Mead, NBN's business lead from the Wide Bay and Central Queensland, will be taking time out to visit the region and offering information on NBN services to the region in a Q&A format.

She said businesses are able to access discounts on the pricing and eligible businesses within nbn's fixed line footprint could benefit from access of up to a 56 per cent discount on monthly wholesale charges for some services.

"I hope this is welcome news to local businesses, particularly those that are increasingly relying on their broadband connection for cloud-based applications, remote file storage, online sales, digital collaboration platforms, content hosting, unified communications, large file distribution and connection to head office locations," she said.

The Rainbow Beach Commerce and Tourism Association welcomes all business owners and invites everyone to become a member for only \$80 per year and the opportunity to hear guest speakers who offer solutions to the regions problems.

If you have any information on your experiences with local black spots, reduced or intermittent services, weak signal strength or anything you wish to be highlights at the meeting please email rbct.president@gmail.com so we can include this in the discussion

With a dedicated Facebook group. members are updated regularly on events, work-



Deborah Mead from NBN will be speaking at the next Rainbow Beach Commerce and Tourism meeting 15 March 2022.

shops, taxation queries, small business information and the opportunity to reach out to other businesses in the area.

For enquiries email secretary Diana Journeaux on rbct.secretary@gmail.com



# People power jet ski win

By Lee McCarthy

After many complaints and a public meeting, locals and visitors to Rainbow Beach will be happy to learn that the Double Island Point six-knot zone was gazetted on 4 February 2022 for the area on the northern side of Double Is-

Maritime Safety Queensland (MSQ) acting general manager Andrew Mahon said the new speed limit was a safety move with the lagoon becoming increasingly popular among boat owners and swimmers.

"In recent times this area has seen more family groups enjoying the area for swimming or to use non-motorised craft, but there were no speed limits on the water," Mr Mahon said.

"MSQ has listened to local concerns interaction between power boats and personal watercraft was leading to unsafe situations."

"We want to make using the lagoon a safe experience for everyone."

Mr Mahon said MSQ had consulted the public last month over a proposal to restrict speeds to six knots and received overwhelming support from stakeholders.

"The majority of people enthusiastically endorsed a six-knot speed limit for the Double Island Lagoon area," ĥe said.

They said the new speed limits will be introduced from 4 February and new signs will be in place.

With some riders calling out those protesting as 'Karen's' on social media, locals said at the recent meeting hosted by Maritime Safety Queensland at Rainbow Beach, with 50 kilometres of beach to choose from, why use the

The lagoon has been used by families for years with gazebo's dotting the circumference and foam surfboards and buckets and spades the main form of entertainment because of its safety and solitude and jet skis are not welcome in the mix.



A six knot zone is now law on the northern side of Double Island Point in the lagoon.

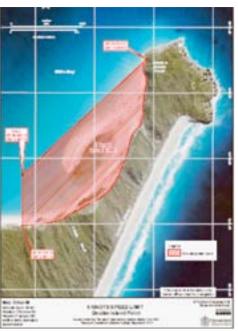
The popularity of the region for personal watercraft users increased significantly during Covid with areas previously frequented becoming inaccessible and riders discovered the beauty of Double Island.

While family safety was one key area discussed at the meeting, wildlife safety has been the top of the agenda for protestors for some

With marine creatures an obvious natural tourism attraction for the region and an important part of the ecological balance of nature, surfers, and regular users of the point, who respect the region, want to protect the regions assets.

You don't have to be a 'greenie' to know that by looking after the environment you live in, the area will thrive and a balance must be found for all to enjoy the area.

The rules are clear and everyone who has a jet ski licence should know them before they are allowed to hold a licence.



Double Island Point six-knot zone was gazetted on 4 February 2022.

#### Keep under six knots within:

- 60m of people in the water
- 60m of bathing reserves
- 60m of anchored vessels, boat ramps, jetties, or pontoons. When you're within 30m of another moving vessel, you must remain under

Keep a proper lookout. Everyone onboard must wear a lifejacket. Freestyling is restricted in certain areas. Be aware. Be safe. Know the area.

#### Remember:

- 6 knots is equivalent to 11km/hr
- You must have a personal watercraft (PWC) licence holder onboard.



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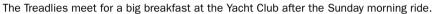
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Purpose built bike rakes have been installed at Sails at the Tin Can Bay Yacht Club for the riders to park their bikes during brekky.



The Tin Can Bay Treadlies meet at Rainbow Beach most Wednesdays.

# Treadlies hitting the road

#### By Lee McCarthy

One of the best parts of living in the Cooloola Coast is the variety of people who pop up with wonderful stories, interesting pasts and contribute to the fabric of the region.

Groups are formed due to shared interests and friendships formed through art, craft, volunteering, or sport.

One such group is the Tin Can Bay Treadlies who are a bunch of great men and women, all with a story, who get together on Wednesdays and the weekends to share their love of bike riding.

Many members of the Treadlies are also members of the Tin Can Bay Yacht Club with 80-year-old Alan Jones also volunteering at Sailability which helps people with disability enjoy sailing.

They now have a bike-rack worthy of the of mention, tucked away at the Yacht Club so their bikes are looked after while they enjoy a well-deserved Saturday morning breakfast on the water and a great coffee.

June Grimmett started The Treadlies 11 years ago, initially with just members of the yacht club who also enjoyed riding and it grew from there.

"I just do up a six-month calendar of weekend rides and send it out and a weekly email saying when and where we are meeting, and we pick up people along the route depending on where they live. These are local, Tin Can Bay - Cooloola Cove rides.

Alan's Wednesday rides take them to Rainbow Beach when it is not school holidays and include rides from Kin Kin to Boreen Point and



The Tin Can Bay Treadlies on the first and only completed section of the Boyne Burnett Inland Rail Trail and runs from Kalpowar to Builyan. This section is 30 km - we rode from Kalpower to Builyan and back making 60 km for the day.

Cooran to Pomona, taking different routes riding about  $50 \ \mathrm{kms}$ .

They use both road bikes and mountain bikes. June said the mountain bike rides often take in rail trails with the Brisbane Valley Rail Trail being a favourite. The Murgon to Kingaroy rail trail is another. The rail trail rides are usually three-day mid-week affairs."

She said a few of the group enter the Toowoomba Rotary Club charity ride each year. Of the rides on offer, they choose the 85km ride from Toowoomba to Helidon.

"Our most recent mountain bike trip saw ten of us go to Kalpowar near Monto which is the newest rail trail opened in October and is hilly with six tunnels and is just beautiful."

"For one of our rail trail trips, we stayed in the campgrounds at Toogoolawah and rode to Moore and back the first day and then Coominya to Fernvale and back the second day.

"We have also based ourselves in the campgrounds in Esk, Yarraman and Murgon."

She said the club is not an elitist group and is open to anyone who likes to ride a pushbike.

"It is good riding in other people's company, and I enjoy it and it keeps me fit."

The original concept was to ride as far as you like but meet at the cafe at the end at a particular time.

"We start our weekend rides at 6am or 6.30am opposite the Tin Can Bay Country Club and end up at the Yacht Club at 8-8.30 and you can join in whenever it suits."

If you want to join in call June on 0428 849 136

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# Something great's brewing

By Lee McCarthy

Something exciting is happening at Goomboorian and it is going to blow your socks off, along with your taste buds.

Troy Bucak has been biding his time, building his shed, dropping in the big sandstone blocks, breeding his cattle, and building fences all while people are wondering what is going on opposite Henry Road in Goomboorian.

Now revealed as Fraser Grill with locals and regular drivers to Gympie already experiencing the carefully selected coffee brewed at the halfway spot between Tin Can Bay and Gympie.

This 'pop up' has been a long time in the making with Troy setting down the foundations by buying two properties in the area eight years ago while working in industrial construction across Qld and WA."

One is the land Fraser Grill stands on and the other is the farm nearby where he is breeding his Brangus, Angus and Ultra Black cattle for beef.

He said the venture had already been very well received by visitors and was quite an exciting whirlwind with all the challenges expected for a new retail and start up.

"We have now received our food licence from Council and have some more building to do but we are on track with our plans."

Troy's vision was to join the foodie movement offering a farm environment for his customers so they can enjoy the total experience from feeding the cattle he has at the highway property to enjoying the freshly made and locally sourced food.

"It's one thing to start a retail but there is the breeding challenge in the background, and we have had some interesting weather conditions."

"This began from a desire to present top quality seasonal produce from the area that is not necessarily well known with visitors to the region and add it to our South American BBO."

"The coffee is roasted in Noosa, and I chose it because it is fair trade coffee so the farmers and pickers are all paid properly, it is carefully roasted by the team in Noosa and the end result translates into a great cup of coffee."

The Brazilian BBQ is a unique South Amer-



Troy Bucak in the Brazilian BBQ area of his new venue at Goomboorian.

ican cooking style called Churrasco which is the style of cooking beef over charcoal and it's quite simple.

"It was formed in Brazil to feed workers and the quality of the meat dictates the result as the cooking renders down the fat for a magnificent flavour."

Troy said he is still developing and fine tuning the traditional style of Churrasco beef which will be served with classic favourites and his own Goomboorian twist.

"I have been building the site for twelve months on my time off while I was working away and as I couldn't go back to WA because of Covid I decided it was time to start the business full time."

"I want to deliver quality and consistency of the product and clearly identify the origin. It is a shame seeing quality beef sold at the markets where the origin and story is lost."

"After sending a few truckloads of cattle to the markets I felt the quality and origin was lost in the supply chain thought, 'we can do this better'"

Fraser Grill will be beef oriented platform revolving around locally sourced products for locals and visitors to the Cooloola and Fraser Coasts.

"It will evolve with an outdoor cooking area, fire pit for winter, supervised calf feeding experience and we are lucky to have talented locals here to help with that."

"We designed the business to serve locals and tourists and as we are creating a rural business, we wanted to get the foundations right first."

"Without a doubt hosting people who haven't been in the country and giving them an orientation to country life is a great reward in itself."

Troy said he wanted to build something solid and sustainable and said it's just the start of an idea that will continue to grow as a country and cattle experience for people of all ages

### Great news for school leavers, scholarships on offer

Great news for those school leavers from the region who are wanting to pursue an education after high school but short on funds with the recent scholarships announced for up to 1000 eligible students from regional and remote Australia.

Wide Bay MP Llew O'Brien announced school-leavers can apply now for a scholar-ship worth up to \$18,000 to support their tertiary education in 2022, in Round 6 of the Rural and Regional Enterprise Scholarships (RRES).

"These scholarships are a fantastic opportunity for students from Wide Bay communities to access financial support and receive a helping hand to support their further studies, whether it's a Certificate IV, a degree or post-graduate study," Mr O'Brien said.

"I encourage all students from Wide Bay to check their eligibility and consider applying for an RRES scholarship."

Regional Education Senator Bridget McKenzie said the scholarships support students to undertake courses from Certificate IV to PhD level

"Since 2018, these scholarships have helped support more than 4000 regional and remote students to access a tertiary education." Minister McKenzie said.

"I have heard from scholarship recipients that the application process is easy and the money has helped them to undertake a tertiary education they might otherwise have not been able to afford.

"The Australian Government is committed to reducing the disparity between rural

and regional students and their city counterparts, and these scholarships help deliver on that promise.

"I would encourage all eligible regional and remote Australians to apply to access these scholarships to help support them in their higher education."

Mr O'Brien said the Australian Government has invested \$62.6 million in the RRES program since 2017.

For more information, visit https://www.qtac.edu.au/rres-program.

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#### **TIN CAN BAY IGA**

46 Gympie Road, Tin Can Bay **Phone** 5488 0084 | **Open:** 6am – 7pm 7 days

### Innovation at its finest

#### By Lee McCarthy

After 44 years in the police force and many postings around Queensland, Sue and Chris Farlow were looking for a place where they could enjoy their retirement.

With Chris about to turn 60, he wanted to stay active and have a hobby on a little bit of land in South-East Queensland.

What they found was a 136-acre property near Maryborough with 300 Kensington Pride Bowen Mango trees and they added 30 Santa Gertrudis cattle for breeding, and they were set

I caught up with the couple as they stayed at the Sleepy Lagoon Motel in Tin Can Bay with their two grand-daughters and they are relaxed, energetic, full of life and loving the

They decided they didn't want to send their quality mangoes off to the market because the fruit tasted so amazing, and they wanted to use it in some way to show off the flavours.

With the mangoes ready to pick in December to January, they harvest 19 ton of fruit which they process into 500kg of mango cheeks, and then snap freeze them.

They bought a marquee and started selling soft serve mango at the markets with 100 per cent fruit as a way to share the product they were proud of.

Sue said: "I process every single mango by hand in our commercial kitchen and we have four 700 litre fridges full of cheeks."

"This season we had a record crop, so for the first time we have been selling 1-kilogram bags of mango cheeks at the markets too.

"I need to keep enough to get us through until the next season now we have branched into smoothies and ice blocks."

They also invested in their 'white elephant', the Miena Mango Van, which they use at the Tin Can Bay and Gympie markets.

They have a new product they are very proud of and recommend trying called the Vietnamese Coffee Ice Cream which is made using the special Robusta Coffee slow dripped and mixed with secret ingredients including condensed milk. It is apparently a sensation!

"We try to stay local and sell within one hour of our farm while using local products. I



Harvesting the mangos the old fashioned way so they are tree ripened for the best taste.

want to buy off a farmer and they will then buy off this farmer.

"We want to sell a healthy alternative for our customers. We allow the fruit to ripen naturally and pick and process manually."

The soft serve mangoes use two and a half mangoes each serve, and it is all dairy free, gluten free and a healthy choice.

Chris said they only irrigate when required and mangoes are best in not too hot and not too cold temperatures as the crop needs to slumber during winter.

He said they don't have much waste and what they do have they feed to the cows, horses, ducks, or guinea fowls.

They are now making jams and chutneys using the same products they use for their soft serve ice creams; they don't use seconds.

If you want to enjoy Miena Mangoes products, check them out on Facebook to see which market they will be at next.



The Miena Mangoes Van travels the local area selling mango products at the markets.

### Your health in great hands

#### By Lee McCarthy

Welcome news for Cooloola Coast residents is the addition of a qualified naturopathic and nutritional specialist to Cooloola Cove.

Elizabeth Peters, has a Bachelor of Health Science in Clinical Nutrition, and holds an advanced diploma of Naturopathy which she gained in 2018 and an advanced diploma of Nutritional Medicine from 2016.

Liz runs Nutritional and Natural Medicine Cooloola Cove and said her main goal for patients was for them to use "food as medicine" and therefore being able to take care of their own health and eventually not having to return to her.

She wants to stop her clients being dependent on lots of supplements and to get people back to good healthy food and feel comfortable in their own skin.

Liz has spent her life as an extreme athlete, while raising three sons and said her focus during that time was homeopathic, herbal, and nutritional medicine for her and the children.

"I was a long-distance triathlete and competed in the Ironman competitions for 18 years using it as a stress release," she said.

"I was interested in how important nutrition is for sport and this is where my interest began, and I started nutritional medicine as a hobby while still working and competing.

"As a mother, with three children, two sons born with allergies, these things have impacted my way of thinking and I wanted to get to the backbone of what was causing this, so I decided to study nutritional medicine.

"I identify and correct possible food deficiencies and I can guide food allergies through analysis.

"I offer personally tailored nutritional advice to help manage chronic diseases and offer guidance with navigating food allergies, food sensitivities, hormonal imbalances, self-image, weight management, and just feeling better in their own bodies and general wellbeing.

"I can see that through a diet plan or if someone has a habit they cannot give up. I don't judge people about their way of life, but I can help manage their condition and to correct deficiencies."

She said if you drink or smoke or have a bad habit and can't give it up, she is not going to judge you and instead will tell you what you need to balance your body.

"I'm not going to take away your coffee or wine, I am just teaching you how to manage and get the mind ready to heal the body."

Liz wants to educate people to look after their body and get maximum performance and maximum quality of life.

"Not everyone wants to perform, some people just want to feel better and get the most out of their life."

Elizabeth's initial consultation is 90 minutes for \$105, the follow up is \$55 for 45 minutes.

"The first 90 minutes I take a complete whole-body consultation, so a consult of all body systems and I also include physical measurements like weight and height plus waist to hip ratio and prepare a monitored and individual nutritional plan."

You can contact Liz at Nutritional and Natural Medicine Cooloola Cove on 0499 564 474 or email eliza.naturalmedicine@hotmail. com and online consultations are now available.



Clinical Nutritionist Elizabeth Peters has opened Nutritional and Natural Medicine Cooloola Cove.



These three babies needed a little more help to reach freedom.

Three more turtles make their way to the sea along Rainbow Beach.

# Children helping turtles

The small but committed team from Cooloola Coastcare - Turtle Care continues to help the Coast's turtle population thrive with round the clock care and dedication.

Turtle Care co-ordinator, Jan Waters thanked everyone and said they have received many enquiries and offers of help with turtle care lately.

"The most valuable assistance you can give is reporting any turtle tracks on the beach from Inskip to Double Island and Teewah."

dozen or so turtle visits so far.

"If you're keen to see turtles nesting and hatching we highly recommend Mon Repos Turtle Centre. Hundreds of both Green and Loggerhead turtles visit that small area each

Cooloola Coastcare welcomes volunteers for their many programs and said this is a team

"There's only five members of the Turtle

She said this season there has only been a Care Group plus a group of five helpers, Ian and Julie Davison, Trich Ronalds and Steve and Rosie Douglas.

> "We also try to involve children and recently had six at the hatching and two at the

Jan said volunteers helped with the daily low tide drive to Inskip Point looking for tracks, relocating nests and they're great company on the night watch for hatching.

Three of the hatchlings who were caught in

the deep car tracks were helped down to the water for release last week.

Some of the hatchling don't release from the eggs and need a hand. If they are strong enough the team will release them or they are kept in care and released when they are ready.

Cooloola Coastcare - Turtle Care welcomes volunteers to their programs and if you find a turtle injured on the Cooloola Coast only (Inskip Point, Rainbow Beach, Teewah Beach) call Cooloola Coastcare on 0407 810 510.

### Council says beach sweeper will return before Easter

Thanks to the Gympie Regional Council for their update on our beach cleaning story from last issue. The news is that traditionally the beach has been getting raked in the week before each school holidays so four

Apparently the operation takes a full day and requires two staff to conduct.

"Raking is done from the southern buoy line to the pedestrian beach access north of the bathing area and depending on the tide conditions this can be as large as 12,000 square metres.

The beach was raked two days before the recent school holidays and got an extra stick and debris clean up with a posy while fixing the southern buoy line after the recent low. "The next beach raking is scheduled for the week before Easter school holi-

Well done to the council for ensure the region looks good for our visitors.



Beach cleaning in action at Rainbow Beach is conducted before each school holiday by Council.



# Fishing Cooloola Coast

### Well hello La Nina...

By Ash Little and Drew Gardiner

A lot of people say they would love a job in weather forecasting: "Pay me in a job where 50 per cent accuracy rate is good enough to maintain a job".

This summer we say they have been pretty well spot on.

The Australian Bureau of Meteorology suggests "La Nina increases the chance of above average rainfall across much of northern and eastern Australia during summer. Significant weather can still occur as La Nina weakens, especially as the peak of the Australian tropical cyclone season is around February/March".

Producing a fishing editorial when La-Nina is here would be one hell of a task were we not blessed with our amazing fishery across Wide Bay and The Great Sandy Straits.

With that said, it has been tougher fishing across the board. Since Santa gave us a visit, offshore fishing has been limited to very opportunistic windows of two to three days, at best. Our beaches have been pummelled by large swells that made deep fishable gutters become sand flats at best. Our sheltered estuary has been the fishos saviour.

Top of the list for January is the amazing captures of Mud Crab. Despite seeing crab pots almost everywhere, customers have reported consistent catches of quality crab.

Mud crab migration is now in full swing. This means two things. Firstly, most of the crab will have shed and despite their impressive size, they may be empty. If your crab has a particularly clean carapace, handle them with care. To check for quality, apply gentle pressure to the centre of the crab. If it's soft, let it swim.

Last season's crab will be full of meat and often carry a decent covering of moss or algae. Their carapace will be hard and generally a much darker colour. Secondly, the biomass is moving. Relocate your pots regularly, even if only 50-100 metres.

By the end of March, this year's biomass will have migrated from offshore and into the estuary and the cycle repeats. The quality of crab we see from May until August eliminates the 'you can only catch good crabs in months with an R' theory. It simply does not apply to our estuary. Crabbing in our waters is productive all year round.

Mangrove Jack, Cod, Bream, Whiting and Flathead have been in abundance. Throw in a few great Barramundi and massive Grunter and our estuary again proves just how productive it can be in testing times. We know where they are because we fish. Live baiting for the bigger species will produce quality fish. Whether those live baits be our beach worms, your own freshly caught yabbies or bait fish



Chris with two A-Grade Muddies!



Persistent Fisho Barry with quality land based Snapper.



Rainbow Beach Amateur Anglers member Emily cleaned up on the Cod.

from a cast net; they all work. Productive dead baits have been our salt brined mullet fillets, pilchards, herring, flicker mullet and diver whiting to entice the always angry Mangrove Jack and associated by-catch. Fat Bream, Estuary Cod well over 60cms and massive Grunter, have kept punters smiling. Many fish have been caught land based and tucked in tight to structure.

Land based snapper! You better believe it. With howling SE winds and exposed coffee rock, quality reef species seek shelter. Regular customer Barry loves using our live worms and his patience and persistence has been reaping the rewards.

His photos speak for themselves; beautiful examples of Snapper and Whiting, caught on our live worms right out the front of Rainbow Beach.

Rainbow Beach Amateur Anglers fishing club members battled the elements in January to produce some outstanding catches in the first competition for 2022. Weather conditions for their January comp favoured estuary fishos and the ladies in the club made their presence known as a force to be reckoned with for 2022. Top water pelagic fish and shallow water predators saw the girls take out the trophies.

Rainbow Beach Amateur Anglers have established themselves as a seriously competitive club. The grading system adopted accommodates the casual fisho and they welcome one and all who are new to the sport of fishing. Members can fish as hard as they like or simply embrace the fishing club friendships.





Pearl Perch from DI Fishing Charters.

If you're considering joining a fishing club then find them on Facebook and rock up to a weigh-in. If you're undecided, they welcome people to register and fish as visitors for their first comp. The next club competition will be held on 26-27 February.

With a dedicated Junior Mentor and several Juniors Clinics held throughout the year, the next generation of fishos are well supported.

Weather conditions over the past two months have not been favourable for offshore fishing. When the brief weather windows allowed, we have seen impressive catches of Snapper, Pearl Perch and Tuskfish.

It has been an incredibly testing time for our offshore charter operators so as conditions improve be sure to get behind our local blokes. The upside of these prolonged weather conditions is a cracking autumn and winter bite.

At Gardiner Fisheries, our staff have one main goal and that is to help you land a fish. With daily updates and our own team out on the water, we will always give our best to help you land your own catch of the day.

For the best local bait, product range and genuine local knowledge, call us on 0404 853 232 or drop in and see the team at Gardiner Fisheries. 6am to 5pm seven days. Find us on the corner of Carlo and Karoonda Roads, Rainbow Beach, on the way to the Carlo Point boat ramp. Just look for our orange flashing light.



Catherine from the Rainbow Beach Amateur Anglers with her winning Dart.



Beautiful Tuskfish captured on board DI Fishing Charters.



Offshore snapper from DI Fishing Charters.



# **Barty-inspired tennis hike**

Modern tennis has been a popular game for men and women for over a century, and after an Australian Open with exciting tennis from players like Ash Barty, the local tennis courts are getting a workout.

Tennis is held at the Rainbow Beach Sports Club courts every Thursday morning where a dozen locals pick up their racquets for fun, exercise and a chance to mingle with their neighbours and friends.

The morning starts at 7am and is played over two courts with good humoured consistency with all levels of tennis welcome.

No one is trying to be Ash but its a good competition for anyone who has held a racquet before and is keen to take it up again.

The Tin Can Bay tennis club have a lot more social games on offer at their Whiting Street courts over mornings, afternoons and evenings so if you are working you can still get a game in.

They play at 6am Monday Wednesday and Friday; 3pm Thursday and Saturday and 6pm Tuesday nights over the two courts.

The club recently won a \$35,000 grant to resurface their courts which keen player Lynda Morton said was very lucky.

She said they hoped the courts would be resurfaced soon weather depending.

Age is no barrier to the game with one of the stalwarts of the club, Les Domin or Les the Legend as he is referred to, still playing at 89 and wanting to be on the court at 90.

If you want some tougher competition, the Tuesday night games bring out some hard hitting and you can have play alongside three generations of the Jensen family who enjoy serving and returning some fast shots with a lot of pleasure.

To get involved, please contact Bernie on 0419 441 371 or Michelle on 0429 477 213 or just go along to one of the games.



Three generations of the Jensen family play on the Tin Can Bay courts on Wednesday night. Pictured is father Russell.



All player levels are welcome at Rainbow Beach tennis on Thursday mornings from 7am.

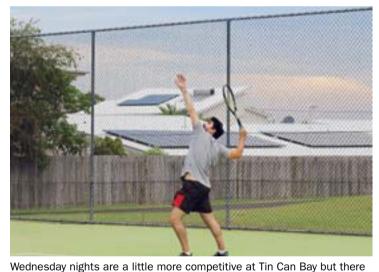


It's a fun morning at Rainbow Beach and a dozen players often play each week





Organiser of the Wednesday night June in fine form last week at the Whiting Street courts at Tin Can Bay.



of other days to choose from.

### **Trades & Services**

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Under 13s and 14s.



Oliver Pratt and Sienna Arthur head to head.

Pictures: JULIE PRATT Under 10s and Under 11s practicing board skills.

# Fun way to spend Sunday!

Nippers is now underway and all are welcome at the Rainbow Beach Surf Life Saving Club to join in the season.

While some of the clubs members are competitive, most enjoy the opportunity to learn about the sea conditions, meet friends, enjoy the beach and learn how to paddle a board in

With tumultuous weather conditions witness over the past two months, it must be due time for some calm sunny weather so take a trip to the beach and watch the nippers enjoying their sport.

If you have any questions about joining or for more information contact Kelly on surf@ rainbowbeachsurf.com.au



Still battling.



Little green caps practicing flags.



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