

Wagyu Week

To celebrate the Australian Wagyu Association national conference coming to Mackay, we've created a week of Wagyu activities which are guaranteed to get your tail wagging! Wagyu Week will run from April 30 to May 6 and will include a Wagyu Farm to Restaurant Dinner, five Wagyu beef cooking demonstrations across the region, a Wagyu Beef trail by local restaurants and a Wagyu-themed evening on Wood Street for delegates and the community. More at www.mackay.qld.gov.au/wagyu

Women lead

Women will take the lead for tomorrow's Anzac Day. As part of a one-off, nation-wide initiative run by By the Left to broaden the profile of what a veteran looks like, female veterans will be given the opportunity to march at the front of this year's Anzac Day parade. Former Pioneer State High School student and cadet, Kelly Harding will head Mackay's parade. She started with the army reserves before transferring to the army 18 years ago and is currently a senior career coach for Defence Force Recruiting on the Gold Coast. Council held a reception for Mackay's women veterans yesterday afternoon.

Plastic ban

The official ban on plastic bags will take place on July 1, but some supermarkets will stop using them as early as next month. Mackay residents are encouraged to get into the practice of using reusable bags as soon as possible. Any unwanted plastic bags should be disposed of at participating supermarket collection bins. Do not place plastic bags in your yellow-lidded recycling bin as they cannot be recycled via the Materials Recovery Facility. For useful information check Plastic free July at www.plasticfreejuly.org

Historic tales

Two new storyboards unveiled at Bluewater Quay commemorate a significant time and place in Mackay's history. One of the etched stainless-steel storyboards tells the story of the 1918 cyclone, with the other featuring the tale of the historic Leichhardt Tree beside the Pioneer River.

How you can rate council's services

2018 Community Attitude Survey under way and for the first time in Mackay it includes an online version

IT'S time to provide a rating on council's service to the community.

The 2018 Community Attitude Survey is now under way, giving residents the opportunity to provide feedback on a range of services, functions and facilities.

The random, region-wide phone survey, to be conducted by Iris Research, will collect information from about 1000 local residents.

For the first time, an online

version is also available on the council website.

It has been decided this option for residents to respond is essential in the digital age.

Mayor Greg Williamson said it was important to have a two-way conversation with the community on how council operated.

"We're here for our community and it's important to gather information to help improve our service delivery and identify areas of where

things are going well and what we can improve on," he said.

The previous survey was conducted in 2014, which showed more than 60 per cent of residents were "highly satisfied" with council's overall performance.

"As the level of government closest to the people, it is important that we are directing our energies and resources into areas to meet and hopefully exceed community expectations," Cr Williamson said.



Mackay Regional Council Customer Service Officer Jo-Anne Dougan provides a client with an Emergency Action Guide.

The survey results will be extremely informative for council.

As well as highlighting areas where council is and isn't meeting community

expectations, it will also provide useful data, such as how residents prefer to receive information about council projects, activities and events. Residents have until April 29 to complete

the online survey, which is available on council's website.

Once results are collated, a public report will be released later this year.



Gardening guru Tom Wyatt will be doing a Q&A on stage at this year's Greenmount Heritage Fair.

Sign up to compete at our Games

MACKAY Gymnastics is the first sport to close its registrations in the lead-up to the Mackay City Auto Group Heritage Fair will host a mini farmers market and cooking demonstrations by chef Trudy Bishop, it'll be a real haven for green thumbs.

More than 320 gymnasts have signed up to compete, which has games organisers confident the opening ceremony on Friday, May 4, will be a packed house.

With 31 sports still chasing registrations, including everything from figure skating to fishing, the goal of 4000 competitors seems attainable.

Everyone who registers goes in the draw for a Tourism Whitsundays adventure holiday valued at \$2224.

It includes accommodation, a reef adventure and crocodile safari.

>> To register for a sport head to nqsports.com.au



Mayor Greg Williamson with Georgia Knoll and (back from left) James Thomson and Bryan Park, from Mackay Mazda, and Festival and Events coordinator Sonia Andersen.

Book tickets to win

BOOKING early for this year's Mackay Mazda Festival of Arts program could put you in the driver's seat.

Booking a ticket to any of this year's events before July 20 will give the purchaser three entries, instead of one, in the draw to win a Mazda 2.

Also, the MECC is also offering \$5 off the price of tickets for the two Spiegeltent shows — the family show Circus Wonderland and the acrobatic burlesque show for adults Rouge — for any tickets to these events booked before June 7.

>> Check out the program at themecc.com.au/foa

Dutch for "mirror tent", the Spiegeltent will be set up between the MECC and Arspace Mackay.

Mayor Greg Williamson has launched the program for this year's Mackay Mazda Festival of Arts program.

He said there was a huge diversity of events on offer in this year's Festival line-up.

Cr Williamson said family favourites, such as the G&S Engineering Wine and Food Day and the expanded DBCT Illuminate at the Botanic Gardens, were back.

Let us help you TRY THE 5

Activities you can try

Below are the five weekly themes for Try the 5 and some highlights of each week:

> Week one, Bike Week, from Sunday, April 29 - Ambassador Evan Corry, of Corry Cycles

- Monday, April 30, Spin class introduction session at 5.45pm, City Fitness (RSVP needed)
- Wednesday, May 2, Ride to Work breakfast at Bluewater Quay, 7am to 8.30am (RSVP needed)

> Week two, Adventure Sports, from Sunday, May 6 - Ambassador Nikki Giles, of Tri-ActiV8

- Tuesday, May 8, Intro road bike spinning class, Bluewater Quay at 7am (RSVP needed)
- Saturday, May 12, Zach Mach event (RSVP needed)

> Week three, Water-based Sports, from Sunday, May 13 - Ambassador Alex Petrov, of Adrenalin Rush Kiteboarding

- Sunday, May 13, free kite surfing basics sessions, 10am to 4pm, Binnington Esplanade (RSVP required)
- Saturday, May 19, Introduction to Dragon Boat racing at Mackay Marina (RSVP needed)

> Week four, Personal Fitness, from Saturday, May 19 - Ambassador Kay Nyenuh, of Muscle Garden

- Sunday, May 20, Million Paws Walk, from 7.30am
- Saturday, May 26, Muscle Garden boot camp, 6am to 7am, at Mackay Harbour

> Week five, Walking and Running, from Sunday, May 27 - Ambassador Martin Lambert, of On the Run

- Monday, May 28, free running coaching with On the Run, 5.15am at Muscle Garden
- Saturday, June 2, Mackay Park Run at 7am, Mackay Regional Botanic Gardens

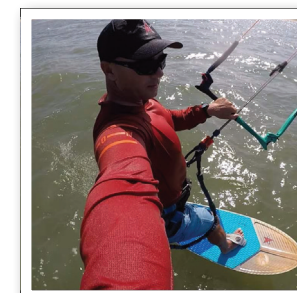
Full list of events mackay.qld.gov.au/trythe5



Evan Corry is a former international cyclist who swapped racing for selling bikes. He owns **Corry Cycles** and many residents would recognise him as organiser of the annual River 2 Reef Charity Bike Ride in Mackay. Evan recommends cycling to everyone, regardless of their age or fitness background. It is a low impact way of training to keep fit and cycling is also a social sport. He recently took part in an eight-day ride in Tasmania.



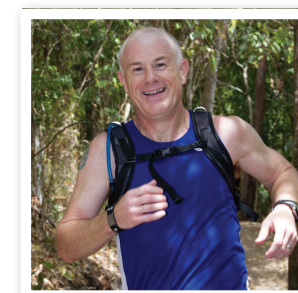
Nikki Giles, of **Tri-ActiV8**, is a Mackay local who moved to Western Australia in 2009. A year later, she completed her first triathlon and a passion for fitness and endurance racing was born. When she moved back east in 2011, she began supporting the biannual Women's Only Tri in Mackay and from that Tri-ActiV8 evolved to ensure more women competed in events all-year-round. Nikki still competes in all forms of endurance racing.



Alex Petrov grew up in Melbourne and loved the water, starting surfing at just seven. He moved to Mackay in 2007 and started kiting in 2012 as he missed the saltwater. His new passion turned into an opportunity to buy **Adrenalin Rush Kiteboarding** in July last year. "The rewards of teaching is to see those you've taught ride past you while you are a teaching someone else — lots of smiles and enjoyment from them," he said.



Kay Nyenuh, founder and owner of **Muscle Garden Health and Fitness Centre**, is best known for the slogan: How bad do you want it? He experienced a childhood of helplessness — a refugee as a result of war — and developed a genuine passion for helping people. He started Muscle Garden six years ago as a personal training business, working with clients in parks around Mackay. Today, it is a fully equipped state-of-the-art fitness facility.



After starting running in his 40s, **Martin Lambert**, of **On the Run**, discovered that with dedication and hard work his results surpassed his expectations. He has now completed many marathons and ultra-marathons and is an accredited running coach with Athletics Australia. Marty gets great satisfaction from helping others to help themselves. He has worked with new runners, as well as experienced athletes, to assist them with their goals.