

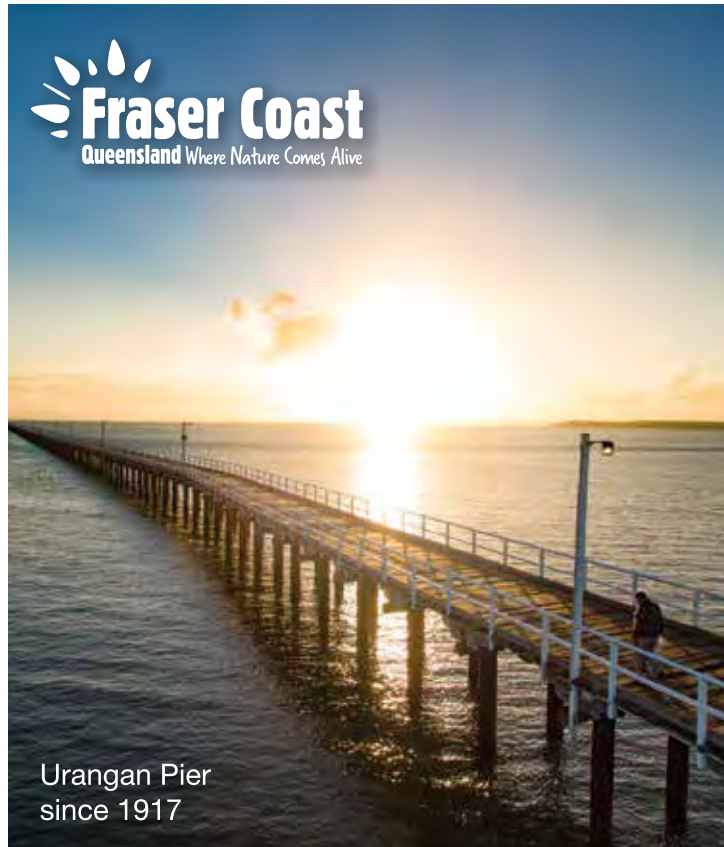
What's On

FRASER COAST

March 2017 FREE MONTHLY MAGAZINE

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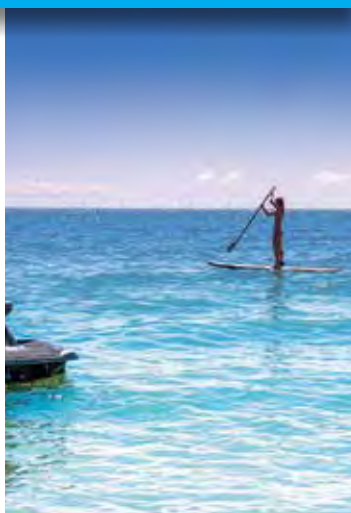
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What's On

Note from the Editor



Wow, where did the last month go?, things are certainly busy here at What's On Fraser Coast. It was a huge month full of many events, I also got to meet many inspirational, positive people. Each of them have a story to tell and you can read all about them in this edition of our magazine.

March the 5th is an important day to mark on your calendars as it is Clean Up Australia Day. Let's all do our part to look after our beautiful region for generations to come. To find a site, or to create one go to: www.cleanupaustraliaday.org.au.

Also coming up this month we have some great International Women's Day events listed. Death by Chocolate is back for a second year at the Brolga Theatre. The Moscow Ballet, 'Le Classique', Swan Lake is sure to enchant, while Hervey Bay celebrates the Urangan Pier Centenary. By the way, this is just the start, for a full list of events check out the Calendar of Events in our magazine.

Keep an eye on future editions as we add new things and refine others. Join us in our excitement as the magazine grows.

Kim Parnell

Editor

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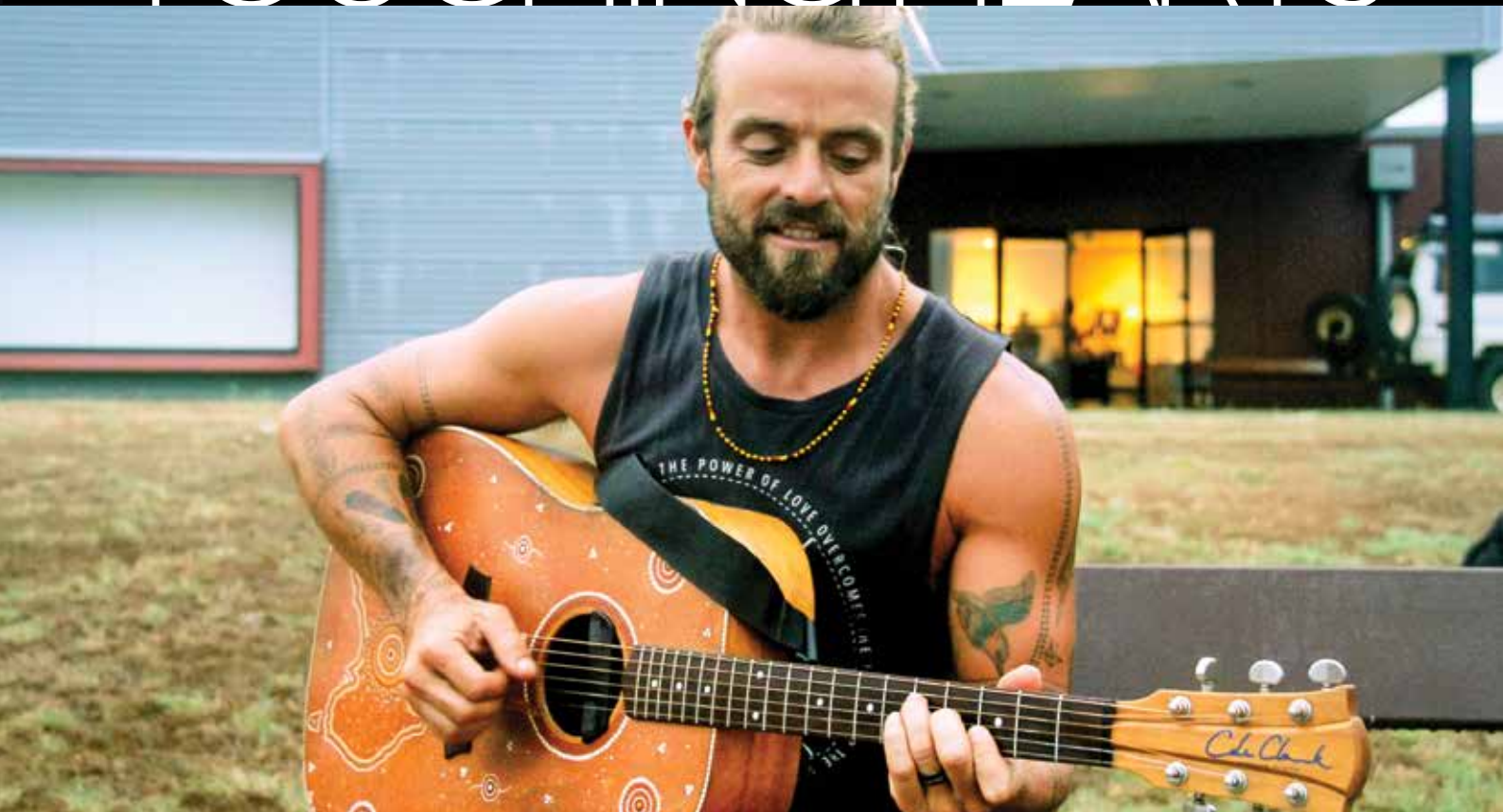
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XAVIER RUDD

TOUCHING HEARTS



As my companion and I walk through the stage doors of the Brolga Theatre to meet Xavier Rudd for the first time I ponder at the fact that a few short weeks ago I had no idea who Xavier Rudd was until his concert details passed through my news-feed. I shared the post to let people know what was coming up, the response left me in no doubt that I needed to find out all about this Musician. Yes folks, Xavier mania had hit the Fraser Coast.

The Musician had been rehearsing all afternoon, and stopped long enough to meet us for about seven minutes. He entered the room with his wild long blond dreadlocks which he quickly put up with a hair-band for a few photos. He was bare footed, and dressed in a singlet and shorts. We shook hands and kissed, my friend who was accompanying me nearly swooned as the gentle mist of rain fell over the Mary River and the sky darkened, not the most ideal time to be taking photos.

As I was moving around Xavier with my camera at the ready I jokingly requested that he sing us a song as I am photographing him. So he did, right there with his guitar next to the Mary River.

All I can see when I think about that seven minutes is his huge smile, perfect teeth and the most amazing penetrating eyes that I have ever seen.

Those who were lucky enough to see Xavier Rudd on stage a few weeks ago certainly were not disappointed. From the opening chord he had us all spellbound. The sensory experience was Tribal, Psychedelic, soulful, trance like, colourful, and earthy.

The theatre was charged with emotion as people laughed, cried, sung and hugged. At times I don't think that there was a dry eye in the house, Everybody in that room was united as one and we were all feeling the love, we were all treated to the full Xavier Rudd experience that night.

Xavier Rudd was born on May 29, 1978 and was one of seven children, he grew up near Torquay in Victoria. He is an Australian singer-songwriter and multi-instrumentalist. Xavier sings songs across many subjects that quite often have a socially conscious theme, and believes in the rights of Aboriginal people, (His father was born with Aboriginal, Irish, and Scottish heritage, and has Wurundjeri background). Xavier is a very spiritual person with a big heart, and loves nature and the environment he wants to do all he can to protect it. Xavier does this through his words and music and makes us all aware of the causes close to his heart.

His music has taken him all around the world, he played sell out tours in 2016 in places like Amsterdam, Vienna, London, Barcelona, Milan, Cologne and Bristol.

This year, will see Xavier performing in Denmark, Norway, Switzerland, Italy, France, Germany and Spain.

Xavier Rudd has shone the spotlight on many organisations like the Sea Shepherd Conservation Society, Surf for life, and Waves of Hope. He has also worked with other volunteers in building a high school in Nicaragua in 2013. Other than his Humanitarian work Xavier has also been outspoken on several issues that he feels passionate about.

In his spare time Xavier is a keen surfer, and indeed has surfed all over the world. It has been said that surfing inspires his music. Another one of his favourite pastimes is snowboarding.

In fact I was told by his Tour Manager that Xavier had driven himself alone in his Jeep through Noosa and on the Beach on his way to perform for us on the Fraser Coast. He made frequent stops to surf and be at one with nature.

story continues on page 5

HERVEY BAY



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HERVEY BAY





GOOMBLAR'S STORY

Goomblar Wylo is well known around Hervey Bay as our Police Liaison Officer. He spent two weeks training at the Police Academy to prepare himself for the role of assisting the police with cultural matters, and was also the driving force behind Xavier's visit to the Fraser Coast.

I asked Goomblar how he knew Xavier and he answered, "I first met Xavier Rudd about twelve years ago in Reunion Island near Madagascar. He was singing at a festival, and I was playing the Didgeridoo for him, we have been friends ever since."

Well of course his response took our conversation to places that I have only dreamed about as Goomblar talked about his past as one of the most seasoned Internationally travelled Indigenous Artists to-date. Goomblar has an impressive history in the Arts. He worked with the 'Descendance Aboriginal Dance Theatre' directed by Jose Calarco, throughout his early career and has also has had a great solo career.

He has played at many Corporate events throughout the world like Seoul, Korea. Been part of a television Documentary narrated by Russell Crowe, toured Hong Kong, then Canada in 2016 with Xavier Rudd, he has also toured Hungary, Vienna, Russia, Japan and Opened the Moscow Circus performing at the Bolshoi Theatre. In 2005 Goomblar even had a film script written about his life by Australian writer Mark Fitzpatrick. He was the face of the 2000 Olympic Games in Sydney for its coverage in Germany and Europe. And was the first ever Aboriginal artist to tour Poland.

When asked why he doesn't perform any more Goomblar said, "When you are an artist you do not get paid super, I was bringing up a family and needed to get a normal Job. When I played as an artist I gave it my all, hopefully when I retire I will go back to what I love best which is performing."

Goomblar contacted Xavier as he wanted to organise a concert to raise awareness and funds to go towards domestic violence and women's health targeted at Indigenous woman & the community. He started talking about the concert two years ago, then locked in a date with Xavier and set the ball rolling.

Goomblar was born in the Aboriginal settlement Cherborg near Kingaroy in Queensland. He was forcefully removed from his family at the age of four and spent time in Parkhurst Boys Home until he was about ten years old, he was then transferred to Boys Town.

Goomblar has now been married for twenty seven years to Abina. The couple have known each other since they were thirteen, and have six children with the oldest being thirty years of age.

The name Goomblar comes from his great grandparents and means eyes, as he looks into mine and tells me all about my ailments, and he is pretty spot on.

He is also well known for his humanitarian projects from working with homeless children. To working with prison inmates in some of the harshest prisons.

Goomblar's advice is simple, he wants us to, "Have the ability to change the way we are thinking." He talks to me about changing your mindset, doing something with your life, overcoming the odds and remembering that anything really is possible.

Goomblar really is a remarkable man.

Photo at top supplied by Goomblar Wylo



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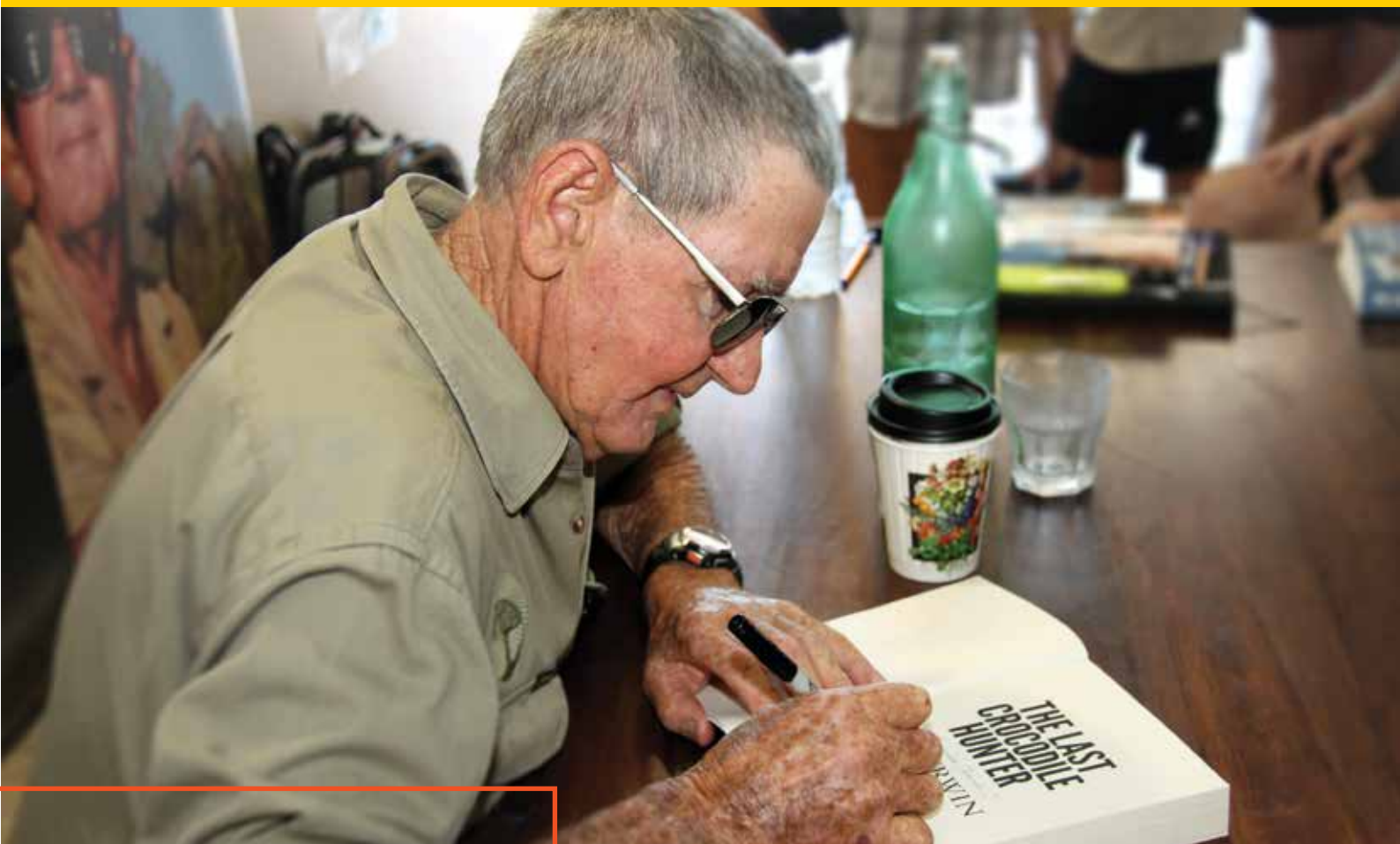
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BOB IRWIN:

Educating the Generations

The crowds flocked to Mary Ryan's Book store in Hervey Bay recently to listen to father, wildlife Campaigner, Herpetologist and Author, Bob Irwin talk about his book, 'The Last Crocodile Hunter, with Amanda French, a Father and Son Legacy'. Bob and Co-Author Amanda French work together to provide support to many Australian wildlife organisations, Amanda also campaigns for various other wildlife causes. The duo have travelled 20,000 km through the Australian outback travelling to places like Cape York, as well as many other towns to inspire others and to tell their stories.

Bob Irwin was born in 1939 and grew up in the Dandenong Ranges. Later he brought his family to Beerwah and built Beerwah Reptile Park from the ground up. He is also the Founder of Australia Zoo. He amusingly tells us that all throughout his life his family grew up surrounded by poo, Glider poo, Kangaroo poo, this is something that only other wildlife people would get but it was just normal for the Irwin's. Theirs was a different lifestyle than the kids of today as they weren't cooped up inside on computer games, but out in one huge playground.

Bob says that, "The Australian bush is like a classroom as there is always something happening.

My advice to youth is to make up your mind about what you want to do in your life, if you believe in it enough and want it to come - it will."

When asked about his love for the Fraser Coast Bob said, "The Fraser Coast is a beautiful part of the world. I personally love the whales, Hervey Bay is the whale watching capital of the world. The people of the Fraser Coast also have such a friendly attitude each time I come to visit."

His message to the people on the Fraser Coast is to, "Appreciate what we have in our own backyard because it is the most beautiful place on the coast." Each of us needs to believe in our own ability to make this world a better place, it doesn't matter if you are one or many, you can still have a voice."

Steve is never far from Bob's thoughts, Bob reflects on their time together, "I am a very privileged father to have got to spend my life with him. His legacy still exists today through me. We were very like minded. When Steve passed away a big part of me went with him, and you never get that back again. People handle death differently, I did not handle it very well. Death happens far to often so my advice would be to surround yourself with good people it will make a big difference."

"Life is quite often a bitch, it really is at times. You have to be tough and get back up, and don't worry about the trivial things," Bob says.

We all remember when Wildlife Warrior, Steve Irwin died, most of us can recall what we were doing at that exact moment, on that exact day when the news broke and how we stopped in disbelief as the news travelled around the world. Steve touched everybody, and it is great to see that his legacy lives on.

The Bob Irwin Wildlife and Conservation Foundation was founded in 2012 and seeks to, 'build upon, expand and secure the legacy started by Bob and his son Steve'. This is a not-for-profit foundation that, 'dedicates itself to the preservation of wildlife and its habitat for the benefit of current and future generations'. The Foundation achieves this through education, advocacy and support. There are many ways that each of you can show your support to this cause, to find out more go to: www.bobirwinwildlife.org.au.



PLAYING THE BLUES *with* Darryl & The Devil

Story by Kim Parnell

I got the opportunity to sit down and have a conversation a few weeks ago with the very talented blues musician Darryl Carr. Darryl plays classic delta blues and also a little folk music. Delta blues is one of the earliest forms of blues music and actually originated in the Mississippi. The guitar and the harmonica feature very heavily in this style of music.

With his long hair, and sporting a ring through his nose, he smiles shyly as he shakes hands firmly.

As he begins to talk he looks into your eyes and is incredibly well spoken. The name Darryl & The Devil is based on the crossroads myth. It is believed that the crossroads represent a location 'between the worlds' and the symbology is found over many different traditions and religions that it has become a crossroads in itself.

Darryl was born in Liverpool, Sydney and is 32 years of age. He moved around a lot throughout his childhood as his dad was in the Army.

At seventeen years of age Darryl was living in a share house with other musicians when he first picked up a guitar. In fact this was his first time playing any instrument. In this household music was the focus, it also was a way to ignore and transform the other less pleasant things at the time. Darryl said, "I got into blues as I liked the traditional framework that you can follow, and creatively it helps you express yourself easily." Poetry is another love but Darryl believes, "poems are much more interesting accompanied by music."

Writing influences like musicians Bob Dylan, Coner Oberst, Zack Dela Rocha and Lightnin' Hopkins are who Darryl has drawn from. The musician has many other influences, inspiration's and ideas from writers, Oliver Sacks, Israel Regardie, Richard Dawkins and Graham Hancock a British writer and Journalist who is very interesting and hypothesises esoteric themes and has written several books about the subject.

Darryl said, "My very first guitar was an Art Lutherie acoustic guitar. I remember I had to starve myself for two whole weeks to buy it. I think at the time it cost about \$800 and I was only on about \$11 an hour. I felt great when I bought it. Throughout my life I have also never been able to read music. I have learnt to play the guitar and other instruments by learning from others. Over the years I have taught myself to play by ear."

The first album out for Darryl & The Devil is called, 'Homeless Bound'. This album has 9 original, great tracks on it and took about six months to put together. Rob Mackay played bass and was the producer. Levi Dunn looked after the audio and was the sound engineer, he also played the drums. The album was cut in Hervey Bay, and Darryl does all his own artwork.

If you would like a copy of the album email: darrylcarrmusic@gmail.com.

You can catch Darryl & The Devil each Tuesday from 7pm at Hoolihans Irish Bar & Restaurant, Hervey Bay and monthly at the Maryborough RSL.

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Life After Football

With Nathan Friend

Former Australian professional rugby league footballer, Nathan Friend retired from the game he loves so much after the season finished in 2016. Since the end of his career Nathan has dedicated himself to his family, to his role representing NRL as an Ambassador, and to life as a Bricklayer.

Nathan recently spent some time in Hervey Bay as a guest speaker of the Hervey Bay Seagulls Club, it is there that I got to catch up with him.

Nathan, what have you been up to since your retirement last year?

"I have become an NRL Ambassador, this has given me the opportunity and time to give back to the community. I help educate players, and the public about a range of things, and especially about health and fitness. The NRL has plenty of information to give out, they use us as a tool to reach people and to spread the word. After our semi-final loss I took a couple of weeks off and moved back into the building trade as a Brick layer. I also started on some of my own renovations at home. I had a great break over Christmas with my family, for the first time without restrictions. Usually there would always be training or games and we would only get about seven days off over the Christmas break."

Even though it is early days, do you miss playing?

"To be honest I think it was the right time to leave. I was very relieved, not because I had finished playing but because of the pressures that I put on myself. I stepped away from a game that I have loved my entire life, I have played since I was 5. Now I can put valuable time into my family, I have two boys that are nine and eight and now weekends are spent with them. I can live a normal life once again.

"Playing professional football may look like a Rock-star life but I can understand why people crumble if they don't have the support around them."

How many injuries have you sustained in your Career, and do you have any pain associated with them?

"I can tell you that you remember every single injury you ever sustained.. It takes a minimum of three months to get over each injury you are always sidelined for that time and in rehab, and that is the last place you want to be.

"I have had about ten operations over my 15 year career. From my ankles through to my Jaw that I broke in New Zealand, the only thing I am lucky not to have broken is knees. I was surrounded by great people and medical staff.

"When I dislocated my shoulder in New Zealand, and in the process squashed my nerve to my Deltoid, (my shoulder muscle). I waited after the operation for the three months healing time, we wanted to give the nerve time to regenerate but it didn't happen, so then I had to have a nerve graft three months after having a shoulder operation. I had a nerve graft to cut the nerve among other things, but it did not work so my Deltoid doesn't work which hurts sometimes, and in every day life it is pretty frustrating but apart from that every other operation seems to have been ok."

How did you get started on the Nutrition Path?

"I started my career in Brisbane and back in those days there was no such thing as a nutritionist you just had to fend for yourself and you just ate until you felt good then trained hard and performed. Being a young guy you think you are invincible, and that you can

have a few beers on a Friday night and play on a Sunday.

"When I moved down to Melbourne we trained really hard it was a great club to be at. Especially if you had set the foundation for yourself and had the right work ethic. But even down there food wasn't a big part of the equation, it was more about training and training hard.

"I moved to the Gold Coast after four years in Melbourne, that's where I started to take up the nutrition side of things. We got introduced to a Trainer called Billy Johnson, an old school trainer. We moved to beautiful Queensland, and in comparison to Melbourne it was very warm.

We trained early mornings to try to eradicate the heat but it was still there. So I went from about 89 kilos to 81 kilos in that one season. I felt much better than I had the previous year at this weight although it wasn't an ideal playing weight because I was a little guy. I felt much better physically and mentally as well. So I enrolled in a certificate 4 in fitness and that rolled into advanced nutrition and ever since that course I have just read books and it is kind of my passion and Joy.

A lot of what I have done is what what has been proven in other fields. I share that knowledge with my players that I have played with and they certainly see benefit in it."

So how have you adapted your eating habits?

"I live a really clean life and I have done for awhile. I have two boys and a wife who support me tremendously. I eat food that hasn't been processed and I don't eat breads, pastas or potatoes.

I have eradicated all bad fats and now my body runs on the good fats like coconut oils olive oils etc. I converted myself into a fat burner not a sugar burner. This all helps with your recoveries, enhances

performance and makes you feel great."

What do you enjoy doing to unwind?

"I love to come home and spend time with the boys. We have just renovated and put in a pool, so we hang out in the water. I love it because we get to spend our weekends together. I love being surrounded by family, cooking and home renovations, my wife is an interior designer so we work hand in hand. We love our Thermo mix, I enjoy making sauces, make home-made mayonnaise, stews, broths, That is where I can get my good fats in. I just add it to a salad or a vegetable dish."

What would be your advice for those wanting to become a football player?

"Go out and have fun and play the sport because you love it. Remember that only a few make it professionally, so make sure that you have a trade to fall back on. Don't put all of your eggs in one basket."

What do you love the most about the Fraser Coast?

"I used to holiday in Hervey Bay from the age of two. Mum and dad always stayed at the Torquay Caravan park and they still do every Christmas. I have many great memories of running around with the Caravan park kids. You would see the same ones each year. Hervey Bay has such a relaxed feel to it."



Nathan Friend signing a football for a young fan



Now that the Christmas and New Year celebrations are well behind us, there are no excuses to find that health and fitness button inside us all. The Autumn weather brings that beautiful weather back to Hervey Bay that we all appreciate, so let's set search for the activities that combine fun and a bit of sweat. Bay Break is one of those events that perfect for any fitness levels.

The Bay Break for 2017 will be its third year for the multisports festival which has built a strong following for all ages. This year's event, to be held at the Pier end of the esplanade on Sunday 26th March, has introduced a number of new events. This includes a half marathon (21km) which has already gained entrants from interstate as far as Tasmania. Bay Break President, John Bone says the area has the perfect environment for such events. "Our esplanade is one of the beautiful stretches in Australia and for runners, this is very important to compliment the challenge of this distance." The regular events of 10km run and 5km fun run or walk will still be part of the morning.

Another new addition to this year's Bay Break is a 2km All Abilities Walk & Run. Event organisers have consulted with various community groups and have moved to be inclusive for those with disabilities. With road closures in place, access to the esplanade and facilities continues to improve for all to enjoy.

The morning culminates with some exciting bike racing with 3 races scheduled that provides a fantastic scene for spectators to enjoy. The 1km circuit has an open event for both Men and Women events with a prize of \$1500 up for grabs. The final race is a mixed event that caters for the less serious rider but still enjoys that competitive feeling against other riders.

Whether you are a business, sporting club or social group, Bay Break welcomes the groups that promotes their team spirit or participation. For more information on various events, see www.herveybaybreak.com.au

Tuff Dunga - It Will Not Be a Clean Race

Tough Mudder events are proving that is just not kids who want to play in mud. This popular physical challenge has become a popular craze in Australia and now the Fraser Coast will have its own obstacle course to contend with. As part of the Katastrophy Wives team fundraising for the Dunga Derby 2017, the team has joined forces with the Australian Adventure Park in Burrum Heads and Kickass Obstacle Race to hold a Tuff Dunga.

Tuff Dunga will be held on Saturday 4th March and you can be assured it will not be a "clean race." In fact, there is no genuine racing or timing. It's about fun and the challenge of finishing the obstacle course all for a good cause. With 3 different events, don't be scared by the thought of physical exhaustion. All fitness levels can participate and water will be provided in many ways.....

Katastrophy Wives team member Kerry Spencer believes this event will become an annual lock in for the diary. "We wanted to raise some funds for Dunga Derby in a way that creates some of the enjoyment we gain from being involved with such a great event. Tuff Dunga just felt right from the minute we first discussed this and the community has been so supportive of the idea."

For those who want to make a weekend of it, camping packages have been made available that includes other novelty events, a lake fishing competition, entertainment and a movie for the kids. For more details and to register for tickets, visit the Katastrophy Wives Facebook page - [FB.ME/KATASTROPHYWIVES](https://fb.me/katastrophywives).



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Death by Chocolate

When: Saturday March 4

Time: 7pm-11pm

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Death by Chocolate is a fantastic fund raiser that is into it's second year. Organiser, Les Alberts first saw this event in America as a presenter and thought it was a great way to raise funds for local causes. He was also impressed with the great Chefs on the Fraser Coast and thought that it would be a great way to showcase them.

Last year \$2650 was raised for Act for Kids, based in Maryborough, this group look after kids in distress.

This year all money raised will be going to the Riding for the Disabled Association. This will assist the Association in their fund raising efforts building a covered pavilion to ride in. As it stands now all riders and horses are exposed to the elements.

The idea is that there are six chefs, and each chef creates their own chocolate creation in front of the audience. While the audience are sampling the creations the chef has a chance to talk about how their dish was made and a little bit about their business as well.

At the end of the night the audience get to pick the People's Choice Award for the best creation. There is also a trophy for 'The Most Unique Ingredient Combination, and the best Visual Presentation. These last two awards are presented by a Judge.

Dress in your finest and enjoy chocolate indulgence, sparkling wine, live music and lots of fun. You will be served chocolate creations from: Allikats on Kent, Gatakers Landing, Trax Cafe and Bar, 71 Wharf, The Vinyard, Cafe Muddy Waters There will be complimentary sparkling wine, soft drinks and hors d'oeuvres served throughout the night with a cash bar available. Hosted by Southern Cross Austereo's effervescent radio announcer, Davina. Live music from Jon Vea Vea and The Acoustic Jabiru. Guests will be asked to help decide the "People's Choice" Award with two other awards being judged by our guest chef, Russell Briscoe, TAFE Queensland East Coast. Tickets \$55 from Brolga Theatre. Call 4122 6000 or visit www.brolgatheatre.org

If you are a lover of chocolate, enjoy helping out local causes, and love having fun then this event is for you!

BEHIND THE SCENES:

My Fair Lady

With Jacob Kitson-Holebrook



From auditions to closing night, every show pushes you to your full potential. My Fair Lady is a show full of happiness and humour. I am privileged as an individual to be given the opportunity to work with such an amazing group of people. To me, Theatre is everything - it makes me who I am. When you're spending hours with the same people, every week, they begin to become like family. Everyone from the Director to the Backstage crew put blood sweat and tears into everything that they do to make sure that by opening night, the show runs like a well oiled machine.

There are many great opportunities for people of every age in the theatrical side of the Fraser Coast. The Fraser Coast allows anyone and everyone to pursue their passion in performing arts. The benefits that Community Theatre offers for youth are extensive, teenagers

like myself are constantly pushed too express our creative side through singing, dancing and drama. Community Theatre projects such as My Fair Lady open up a wide range of opportunities for everyone. They also help people grow by building their confidence and help some individuals get away from life problems and gain a new perspective. Every year more and more high school students realise that Theatre is a great way to release their stresses of school and life.

Theatre in the Fraser Coast comes in many shapes and sizes. Every production has its own unique way of running - from the diversity of cast members, through to the talents of the costume department and on to the creativity of the musical director - every show is uniquely Fraser Coast.

My Fair Lady is a fine example of unique Fraser Coast - it is a great show that is fun for the whole family. This musical is framed around the division of two groups of people in society and it makes us confront the issue of whether it is better to be wealthy and highly educated, or to be just a commoner, through the eyes of Eliza Doolittle as she navigates the social hierarchy of Edwardian London. Come along and laugh with Eliza as she does her best to "get it right."

You can buy tickets at <http://www.ourfrasercoast.com.au/my-fair-lady> and support a cast and crew who have worked tremendously hard to produce a spectacular show.



THE PERFECT VENUES FOR YOUR EVENT



FUNCTIONS



WEDDINGS



PERFORMANCES



Brolga Theatre and Convention Centre
Ph 4122 6060 www.brolgatheatre.org



EXHIBITIONS



RECREATION



EQUESTRIAN



Maryborough Showgrounds and Equestrian Park
Ph 4122 3584 www.maryboroughpark.com.au

MORE AFFORDABLE THAN YOU MIGHT THINK
Call the venues to find out more

INVEST *Fraser Coast*
now is the time

Calendar of Events

MARCH

MAR 2

Culture Caf - Multicultural Noodles

10am to noon

\$4 Entry

Hervey Bay Community Centre

Call: 4194 3000

MAR 3-5

Urangan Pier Centenary Celebrations

Friday – 7.30pm to 9.30pm, Launch of the Centenary book, at Hervey Bay Sportsman's Club Saturday – 7pm to 4pm, Street parade, markets, re-enactments, live music Sunday – 9am & 11.30am, History talk & walk tour Call 0448 183 372 for details

MAR 4

Tuff Dunga Obstacle Course Event

7am to 10pm

For more information go to: www.active.com, and search "Tuff Dunga"

Australian Adventure Park, 865 Burrum Heads

MAR 4

The Legends of Rock n Roll

Starring Issy Dye

7pm to 10pm

Tickets \$25 each, available from the Boat club reception

Sporties Showroom

MAR 3-5

Old Men's Master Over 60's Hockey Carnival

\$65 Registration fee, with inclusions

Go to: <http://www.qldmensmastershockey.com/over-60-carnival-2017.html>

MAR 5

Clean up Australia Day

To Join a site or register your own go to:

www.cleanupaustraliaday.org.au

MAR 3-19

Travelling North – By David Williamson

A humorous Iconic play about a couple who find new life in a twilight love affair / \$15 - \$25

Book online at: www.zpactheatre.com and follow the links.

MAR 4

Tipples and Tales

2.30pm

\$25, sample regional ports, liqueurs and platters, while listening to some storytelling

Bond Store, Maryborough

MAR 4

Maryborough Stories by Night

6pm

Cost: \$25, Child: \$5

The Bond Store, Maryborough

MAR 4

Death by Chocolate

7pm to 11pm

Six Chefs, one tempting elixir \$55 per person, live music.

In aid of Riding for the Disabled Brolga Theatre, Maryborough. Go to: www.brolgatheatre.org

MAR 5

Sunday Riverside with Yakaty Yak

3pm to 6pm

Cost: Free

Brolga Theatre, Maryborough

MAR 8

International Woman's Day Luncheon

11.30am to 1pm

Join the Zonta Club of Maryborough

Tickets \$35

Brolga Theatre, Maryborough

www.brolgatheatre.org

MAR 8

xpresso Networking

7am to 8pm

Vast Interior Furniture & Homewares

1/123 Boat Harbour Drive, Pialba

No need to Register, all those in business are welcome to attend.

MAR 8

International Woman's Day Event

8am

Cost: \$30 per person

Theme: The Challenges older and younger women face in the 21st century. Akarra Tea Gardens Enquiries: 4194 6293.

MAR 8

"The Fraser Coast-My Local View"

Three Photographers sharing their inspiration

6pm – Exhibition runs from March 3 - 31

Complimentary wine and nibbles Gallery 5, 5 Sandy St, Urangan

MAR 8 - APRIL 12

Hervey Bay Unplugged 2017

7.30pm each Wednesday at the Beachhouse Hotel, Scarness

Registration open to solo, duo, trio and acoustic bands

Go to: www.unplugged.net.au to register.

MAR 9-12

VMR Hervey Bay Family Fishing Competition 2017

Fishing from 6pm Thursday to 12 noon Sunday

Seniors \$40, Juniors \$10

Dayman Park, Pulgul St, Urangan

Lot's of prizes to be won

MAR 10-11

Maryborough Players Inc presents My Fair Lady

Friday - Opening Night 7.30pm

Saturday – Matinee 2pm ,Evening 7.30pm

Tickets: Adult: \$35, Concession: \$30, Child: \$22

Brolga Theatre, Maryborough www.brolgatheatre.org

MAR 10-11

Sport & Recreation Conference

8.30am to 4.30pm

For all sporting volunteers, coaches, and administrators

Cost: Free

To register go to: srcentralqld@npsr.qld.gov.au

MAR 11-12**Introduction to Figure Sculpting Workshop**

2 day workshop with Susan Kaden

Cost: \$250 for the full two days.

Gatakers Artspace, Maryborough

Bookings essential

Call: 4190 5723

MAR 11-12**Independent Riders Australia (Fraser Coast), 4th Annual Poker Run 2017**

Departs 9.30am @ BP Road House, Torbanlea (Bruce Highway)

Proceeds to be equally divided between The Rural Fire Brigade and Community Support Vehicle.

\$20 Registration- eatmyshorts.com.au

Or Call Michael on: 0409 575 284

MAR 11**First Rally Sprint**

Held at the WBMC Complex, Boonooroo Rd

For more information, official entry and fees email: secretary@widebaymotorcomplex.com

Or call Brad on; 0409 060 887

MAR 11**Burnout Speedway Competition**

Proceeds go to the Cancer Council. Go to: www.maryboroughspeedway.com.au for prices and enquiries.

MAR 12**Health & Happiness Free Family Fun Festival @ Seafront Oval, Pialba**

Hosted by Bring it On Event Management

11am-8pm - Rides, face painting, fireworks, etc Proudly sponsored by Dial A Home Doctor

Proceeds to aide Relay for Life

MAR 14**The World of Musicals**

8pm

Cost: Adults: \$69.90, Concession/Student: \$64.90

Brolga Theatre, Maryborough. Go to: www.brolgatheatre.org

MAR 16**Close the Gap**

10am-12pm

Open morning with refreshments, info about Headspace and other local services. Goomblar with Didgeridoo. Ph 4303 2100

Headspace, Hervey Bay

MAR 17**Swan Lake**

by Moscow Ballet-La Classique 7.30pm

Tickets: Adult: \$85, Concession: \$75, Child: \$55

Brolga Theatre, Maryborough. Go to: www.brolgatheatre.org

MAR 18**Manpower Australia**

7pm, Tickets \$35

Bay Central Tavern, Pialba

MAR 18-19**Khannacross – Round 1**

Maryborough Track

Behind the Speedway

Saturday: 12pm – 5pm

Sunday: 10am – 3pm

MAR 18-25**7 Day Yoga Retreat**

Hosted by The Hervey Bay School of Yoga

Woodgate Beach Houses

www.herveybayyoga.com.au for pricing and bookings.

MAR 21 & 23**Free Water Cycle Tours – Wide Bay Water**

Book your place. Email:

carolmckeough@frasercoast.qld.gov.au

Call: 1300 79 4929

MAR 23-24**2 Day Online Business Growth Training with web entrepreneur and author Steven Essa**

Registration 8.30am, Start 9am, Finish 5pm

Oceans Spa & Resort, Urangan

Enquire through the Hervey Bay Chamber of Commerce.

MAR 24**Performance Karaoke**

6.30pm to 10.30pm

Entry: \$2 members, \$5 non members, Licensed Bar, Family friendly

Z-Pac Theatre, Zephyr St, Scarness

MAR 24-25**Robin the Hood-A Maverick Musical**

FCAC Middle/Senior School

Friday: 7pm, Saturday 2.30pm & 7pm

Brolga Theatre, Maryborough. Go to: www.brolgatheatre.org

MAR 25**Gatakers by Night with Jesse Morris Band**

5pm to 9pm

Cost: Free

Gatakers Artspace, Maryborough

MAR 26**Baybreak**

Run, Walk, Bike

Registrations are open

Urangan Pier Precinct

www.herveybaybreak.com.au

MAR 26**Burrum Windfest**

For more details go to: www.windwanderers.org.au

Burrum Heads

MAR 26**Fraser Coast Baby & Childrens Handmade Market**

8am-1pm

Free Entry

Crafts Village, Bideford St

MAR 26**Harmony Day Community Picnic**

Urangan Pier 11am to 3pm

Come celebrate the diversity on the Fraser Coast, bring a picnic or eat from the food vendors.

Games and live music

For a full list of What's On, go to: facebook.com/WhatsOnHerveyBay/

Gig Guide

Live music and more on
the Fraser Coast in March



HERVEY BAY

The Boat Club

Thurs 2, 12pm & 5pm, Neil Wenk
Fri 3, 5:30pm, Radio Star. 8pm, Retrospect
Sat 4, 5pm, Brian Speirs. 8pm, Retrospect
8pm, The legends of Rock n Roll Show & Dance with Issi Dye @ Sporties
Sun 5, 1pm, Trevor Judge
Tue 7, 12pm, Trevor Judge
Thurs 9, 2pm & 5pm, Neil Wenk
Fri 10, 5:30pm, Trevor Judge. 8pm, Uncle Arthur
Sat 11, 5pm, Brian Speirs. 8pm, Uncle Arthur
Sun 12, 1pm, Brian Speirs. 6pm, Neil Wenk
Tue 14, 12pm, Trevor Judge
Thurs 16, 12pm & 5pm, Neil Wenk
Fri 17, 5:30pm, Sam Maddison. 8pm, Soul City
Sat 18, 5:00pm, Radio Star. 8pm, Soul City
Sun 19, 1pm, Jon Veave. 6pm, Neil Wenk
Tue 21, 12pm, Trevor Judge
Thurs 23, 12pm & 5pm, Neil Wenk
Fri 24, 6pm, Jon Veave. 8:30pm, Paul Terry Trio
Sat 25, 5pm, Brian Speirs. 8:30pm, Romeos Apprentice
Sun 26, 1pm, Brian Speirs. 6pm, Neil Wenk
Tue 28, 12pm, Trevor Judge
Thurs 30, 12pm & 5pm, Neil Wenk
Fri 31, 5:30pm, Trevor Judge. 8pm, Red Betty

The Torquay Hotel

Wed 1, 9pm, DJ Simon
Thurs 2, 9pm, Karaoke
Fri 3, 9pm, Dave Turner
Sat 4, 9pm, Dave Turner
Wed 8, 9pm, DJ Simon
Thurs 9, 9pm, Karaoke
Fri 10, 9pm, DJ Simon
Sat 11, 9pm, DJ Simon
Wed 15, 9pm, DJ Simon
Thurs 16, 9pm, Karaoke
Fri 17, 9pm, Forbidden Road
Sat 18, 9pm, Forbidden Road
Wed 22, 9pm, DJ Simon
Thurs 23, 9pm, Karaoke
Fri 24, 9pm, DJ Simon
Sat 25, 9pm, DJ Simon
Wed 29, 9pm, DJ Simon
Thurs 30, 9pm, Karaoke
Fri 31, 9pm, DJ Simon

Hervey Bay RSL

Fri 03, 6.00pm, Frank Benn
Sat 04, 8.00pm, Red Betty
Tue 07, 11.00am, Morning Melody with Stuey V. \$5 members / \$7 non members.
Fri 10, 6.00pm, Doug Edwards
Sat 11, 8.00pm, Forbidden Road
Fri 17, 6.00pm, Karen Thompson
Sat 18, 8.00pm, Dr Hook Show. \$20 members / \$25 non members
Fri 24, 6.00pm, Dust Duo
Sat 25, 8.00pm, Uncle Arthur
Sun 26, 12.30pm, Sam Maddison
Fri 31, 6.00pm, Sam Maddison

The Clubhouse

Fri 03, 6.00pm, Pete Baker
Sat 04, 6.00pm, Jamie Parkinson
Fri 10, 6.00pm, Vibeke Voller

Sat 11, 6.00pm, Keaton McNeil
Fri 17, 6.00pm, Jon Veave
Sat 18, 6.00pm, Doug Edwards
Fri 24, 6.00pm, Sam Maddison
Sat 25, 6.00pm, Rick Manych

The Beach House Hotel

Thurs 2, 7.30pm, Open Mic
Fri 3, 8pm, Rock Lords
Sat 4, 8pm, Uncle Arthur
Sun 5, 2pm, Ian Murray
Thurs 9, 7.30pm, Open Mic
Fri 10, 8pm, Chops
Sat 11, 8pm, Red Betty
Sun 12, 2pm, Doug Edwards
Thurs 16, 7.30pm, Open Mic
Fri 17, 8pm, Bobby Barnes
Sat 18, 8pm, Mason Rack Band FREE IN THE MAIN BAR
Sun 19, 2pm, Harley Meszaros
Thurs 23, 7.30pm, Open Mic
Fri 24, 8pm, Derek Smith
Sat 25, 8pm, Dogwood Crossing
Sun 26, 2pm, Dave Turner
Thurs 30, 7.30pm, Open Mic
Fri 31, 8pm, See You Next Tue
Sat 1, 8pm, Uncle Arthur
Sun 2, 2pm, Charlotte's Web

Bay Central Tavern

Fri 03, 8pm, Bobby Barnes
Sat 04, 8pm, Wal Neilsen Band
Sun 05, afternoon, UFC 210
Fri 10, 8pm, Harley Meszaros
Sat 11, 8pm, Busby Marou
Sun 12, from 1pm, Derek Smith
Fri 17, 8pm, Doug Edwards
Sat 18, 8pm, ManPower Australia
Sun 19, from 1pm, Sam Maddison
Fri 24, 8pm, Wal Neilsen
Sat 25, Wrecked On Sun
Sun 26, 1pm, Doug Edwards
Fri 31, 8pm, Open Mic
Smokey Joes Restaurant Bar and Grill
Fri 03, 6pm, Doug Edwards
Sat 04, 6pm, Sam Maddison
Fri 10, 6pm, John Corowa

Sat 11, 6pm, Vibeke
Fri 17, 6pm, Jim Daniels
Sat 18, 6pm, Al Davies
Fri 24, TBA
Sat 25, 6pm, Sam Maddison
Fri 31, 6pm, Doug Edwards

MARYBOROUGH

The Federal Hotel

Fri 3, 8.00pm, Duncan McNeil
Sat 4, 8.00pm, Kev Gray
Fri 10, 8.00pm, Ricko Manych
Sat 11, 12:00pm, Pete Baker
Sat 11, 8.00pm, The Scone Farmers
Fri 17, 8.00pm, Dave Gray
Sat 18, 8.00pm, Luke Karolak
Fri 24, 8.00pm, Stumpy
Sat 25, 8.00pm, Open Mic with Jon Veave
Fri 31, 8.00pm, Till Dawn

Maryborough RSL

Fri 3, 7pm, Sam Maddison
Sat 4, 7pm, Phil Morgan
Fri 10, 7pm, Darryl and the Devil
Sat 11, 7pm, Me & Jodie Lee
Fri 17, 7pm, Tony Fallon
Sat 18, 7pm, The Brass Monkeys
Fri 24, 7pm, John Corowa
Sat 25, 7pm, Red Betty
Fri 31, 7pm, Till Dawn

Tinana Hotel

Sat 11, 7.30pm, Ricky Manych
Sat 18, 7.30pm, Frank Benn
Sat 25, 7.30pm, Darryl & The Devil

The Carriers Arms Hotel

Fri 3rd, 7.30pm, Dust Duo
Sat 4th, 7.30pm, Frank Benn
Fri 10th, 7.30pm, Sam Maddison
Sat 11th, 7.30pm, Derek F. Smith
Fri 17th, 7.30pm, Darren Marlow
Sat 18th, 7.30pm, Bobby Barnes
Fri 24th, 7.30pm, Ian Murray
Sat 25th, 7.30pm, Forbidden Road
Fri 31st, 7.30pm, Peter Baker

Vox Pop



Events are defined as something that happens or takes place, especially one of importance, or a planned public or social occasion. One thing we do know is that Events happen all over the world every day. I took to the streets to ask the public the following question, and received some interesting responses.

Kim Parnell, Editor

If you could witness any event of the past, present or future what would it be?

"I would love to go back in time and be there at Bastille Day in 1789. The events that occurred around it were huge."

**Chris Brind -
Kent, England**



"I would love to attend a Rolling Stones Concert, I think in Quebec they got an audience of over one hundred thousand. It would be fantastic to have them here."

**James Barnes -
Toowoomba**



"I would love to see the parliamentary passing of marriage equality pulled through more than anything else."

**Derek Toussaint -
Brisbane**



"We would both really like to go back in time and have our wedding day all over again. It was 55 years ago now, and such a perfect day."

**Robert and
Judith Ullmann,
Maryborough**



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11-17 Denmans Camp Rd, Scarness
Ph: 4128 1093

Trivia Night
Every
Thursday
6.30pm



2017 Hervey Bay Masters Swim Meet



The weather was perfect for the 2017 Hervey Bay Masters Swim Meet. Not a cloud was in sight as swimmers from all over Queensland came to compete at the Hervey Bay Aquatic Centre. As hosts the Hervey Bay Humpbacks put on a great event, especially meet Director Samantha Miller along with the volunteers and to sponsors that make these events happen.

Approximately 130 swimmers took part in the long course competition, with some braving an open water swim before the pool events began.

Competitor Brian Davies from the Gold Coast is the current state national and Pan Pacific 200m Fly Champion. Currently Brian is training for the World Masters and in the future hopes to break a five minutes fly. He likes to do a 50m fly before the 200m to get his body moving and says that it makes a big difference.

By the time this magazine comes out Brian would have swam in the Masters Swimming Victoria Long Course Championships to try to better his time. He hopes to improve in each competition to work towards the 17th FINA World Masters Championships being held in Hungary, Budapest in August.

Later on in the day I spoke to Jason a fairly new swimmer who gave me this insight into what it feels like to swim in the masters, "As a new swimmer it is a great feeling leading up to an event. You practise on Sundays with all of the other swimmers getting helpful advice on how to improve your swim each time. The day comes and the meet is on, there are a few nerves as you read the program and take note of the events that you are in. Then finally it comes, your first race of the meet."



The Urangan Pier: 100 Years of History

This month marks a century since the Urangan Pier was opened to export sugar, coal and timber from the Wide Bay Hinterland.

It stood 1124 metres in length, had two sheds on the head and could hold up to 2,000 tonne of cargo.

"The pier created much excitement within the local community and continues to be widely used today," Deputy Mayor George Seymour said.

"What better way to mark such an occasion than with three big days of centenary celebrations."

The celebrations will start on Friday, March 3, with the launch of the official Urangan Pier 100 Years book at the Sporties Club in Urangan from 7.30pm.

On Saturday March 4, the day-long celebrations including a street parade, markets, live music the official ceremony attended by the Queensland Governor and an historic re-enactment of a Railway Picnic, a treasure hunt, kite flying, and sand garden competitions all in the vicinity of Pier Park.

The celebrations start 8.25am each day. On Sunday March 5, there will be two 'Talk and Walk' sessions, at 9am and 11.30am.

"Anyone interested in the 'Talk and Walk' can meet at the shade shelter in Pier Park where historian John Anderson and I will outline the history of the pier," Mr Seymour said.

People will be welcome to share their memories, view the displays and memorabilia and if they want, walk along the pier.

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Fishing on the Fraser Coast

Photographs on this page provided by www.guidedfishingdownunder.com



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Fly/Drive with Air Fraser Island

Air Fraser Island is proudly into its 3rd generation of operation, and is one of the oldest tour operators on the Fraser Coast. Here is one groups account of their day with us:

We arrive at the hanger of Air Fraser Island as the rain clears, and the soft amber glow of the sun embraces us. We know that it will be a beautiful day!. The excitement and anticipation within the group is high, Our pilot emerges from the office and he immediately puts us all at ease as we squabble good naturedly over who gets to sit next to the pilot.

As we tighten our seat belts, the plane comes to life as we hurtle down the runway and then lift off to start our next adventure. The view from above is amazing as we head over to Fraser Island. We keep an eye out for whales, dolphins and dingos as our pilot gives us a running commentary on the sights below us. We fly over Butterfly Lake, it truly is a magnificent sight as we start snapping away to get that perfect shot. The wreck of the Maheno from above looks spectacular as we move in to land gently on the beach.

Two gleaming white 4WD's await us on the sand, as we are shown the map of Fraser Island and the places of interest that

we may like to see throughout the day. We run through a few safety procedures, then are told 'to enjoy the day' as the keys are handed over.

As we tighten our seatbelts once again this time in air-conditioned luxury, we set out on the second half of our adventure. Central Station and Wangoolba Creek is our first destination point, here we go for a walk through the rainforest on a beautiful board-walk. The trees are ancient and majestic and there is much wildlife.

Then it is time to head back to the 4WD's and visit Lake McKenzie. This a great place for swimming for all ages and is pristine, the sand is pure and so soft.

After all that swimming and exploring we are starving so head to Happy Valley Pub for a great meal and beverages on the cool deck. The day would not have been complete without a drive to Eli Creek and floating in the cool water as the current carries you down the creek.

With our adventure nearly over we head back to the plane where we are met once again by a familiar welcoming face as our pilot helps the weary travellers on-board for the trip home, knowing that the memories will last a lifetime.

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PH: 1300 172 706



Weekly Activities 2017

HERVEY BAY

HERVEY BAY BOWLS CLUB
Barefoot Bowls available for Social & Business Groups
Ph 4128 1093

HERVEY BAY

TAI CHI
Monday Nights – Beginners,
Time: 6pm, Cost \$10.00, Contact
Marg to book your spot on
0408 705 140 or Email:
marg@margrichters.com
Venue: Hervey Bay Community
Centre, Charles St, Pialba.

HERVEY BAY

INTEGRATED MARTIAL ARTS TRAINING
Men & Women, Boys & Girls of all ages welcome. Various venues, various nights, Group prices range from \$6 to \$8 per session. Contact: Michael Green on 0402 992 074, or email: integratedacademy@gmail.com

HERVEY BAY

ZCLUB FITNESS
Join our fitness club offering Zumba, Strong & Piloxing Fitness classes & social events for adults, seniors & kids, Memorial Hall, 7 Main St and the Boat Club,
Phone Katie on: 0401 755 666.

HERVEY BAY

INTEGRAL HEALTH AND HARMONY
Revitalising Health and Wellbeing.
Phone: Maridol Torres on: 040 479 7222, or email: maridol.torres@yahoo.com.au for more information.

HERVEY BAY

WHAT WOMAN WANT
Networking for Women of the Fraser Coast. Informal and friendly events bi-monthly at different venues. Email: www.frasercoast@gmail.com

HERVEY BAY

WOODCRAFT CLUB
Meets Monday, Wednesday and Friday mornings from 8.30am to 11.30am, \$45 per year to join, \$3 per session, this includes morning tea and Insurance,
Phone Jim: 0402 019 281

HERVEY BAY

BAY POTTERS
from February to December we meet every Tuesday night and work on Pottery. To join the club there is an annual fee of \$40, and each Tuesday there is a fee of \$5 for the workshop. Phone Sue on: 4125 3638 for further details.

HERVEY BAY

BELLYDANCE AND BOLLYWOOD DANCE CLASS
6pm, CWA Hall, 19 Pulgul St, Urangan. Contact Lorna on: 0416 463 686.

HERVEY BAY

HERVEY BAY PARKRUN
- FREE weekly timed 5km event for runners of all standards, every Saturday at 7am at Pier Park, Urangan, Hervey Bay, register and get your barcode at: www.parkrun.com.au

HERVEY BAY

YOGA QIGONG
Sat Morning, 7.30am-8.45am, Deck @ Gatakers Landing Restaurant, Point Vernon.
Monday: 6.00pm -7.15pm, Hervey Bay Sailing Club, Torquay, All welcome, Casual class fee \$15, or \$12 concession, BYO mats, Ph Kath on: 0448 663 303.

HERVEY BAY

BURRUM HEADS YOUTH GROUP
Every Thursday, (during school term). 3.30pm -5pm, Membership is \$1 per year, afternoon tea is provided, Burrum District Community Centre, 56 Steley St, Howard. Phone: 4129 0996 for details.

MARYBOROUGH

DADS IN DISTRESS (DIDS), Meet Tuesday Nights, 7pm-9pm,
596 Kent St, Maryborough
Call: 0421 808 606

MARYBOROUGH

FRASER COAST RUNNERS AND WALKERS CLUB
community club with an emphasis on health and fitness for Men, Women and Children who run or walk. Meet monthly alternating Hervey Bay & Maryborough.
Call: 4122 2526

MARYBOROUGH

MARY ANN STEAM TRAIN RIDES
9am-1pm, Thursday at Queens Park. \$3 adults / \$2 children / family \$7.
For more info contact the Maryborough City Whistle Stop: 4121 0444.

MARYBOROUGH

MARYBOROUGH AMATEUR ATHLETIC CLUB & LITTLE ATHLETICS
Meet every Friday at 6pm, Jock Anderson Oval, Gympie Rd, Tinana,
Call: 4121 3696 for details.

MARYBOROUGH

MARYBOROUGH CAMERA CLUB
Meeting place: St Stephens Uniting Church Hall, Membership is \$35 per year, and there is a \$3 hall fee payable on the night, call: 0408 930 028 for details, or go to: www.maryboroughcameraclub.org.au

MARYBOROUGH

WIDE BAY VOLUNTEERS
We refer people to community groups, and provide training
Call: 4151 6644.

MARYBOROUGH

MARYBOROUGH PARKRUN
FREE weekly timed 5km event for runners of all standards, every Saturday at 7am at Anzac Park/Ululah Lagoon, register and get your barcode at: www.parkrun.com.au

MARYBOROUGH

MARYBOROUGH - AUSTRALIAN COUNTRY MUSIC ASSOCIATION INC
Meet every Friday for practice, Cost \$3, then every 3rd Saturday of the month is our concert - Call: 4123 4159 for further details.

MARYBOROUGH

Star Dust Drama Academy
classes at 3 locations around Maryborough & Hervey Bay: Excelsior Band Hall, (Tues 3.45pm -7.30pm), Tinana Hall, (Thurs 3.45pm-7.30pm), and Pialba Memorial Hall, (Sat 9am-12.45pm),
Call: 0474 098 873.

MARYBOROUGH

Maryborough Creative Fabrics
Craft friendship group, not for profit, Tuesday from 9am to noon. \$6, Woocoo Community Centre, Cnr Maryborough/Biggenden Rd and Woocoo Dr, Oakhurst.
Call: 0408 028 225

MARYBOROUGH

Maryborough Scottish Country Dancers
Meet from 7pm at St Stephen's Hall, Sussex St, All ages, beginners are welcome
Call: 4123 0663 for details.

Weekly Activities & Fraser Coast Markets Submissions or corrections:

Please contact
What's On Fraser Coast
on 0408 987 860 or
kim.parnell@whatsonfrasercoast.com.au

Fraser Coast Markets

MARYBOROUGH

FRASER COAST

WILDLIFE SANCTUARY MARKETS

79 Mungar Road, Maryborough
(Donation gets you free entry to the Sanctuary)

3rd Sunday of the Month
7am - 12pm

info@frasercoastwildlifesanctuary.org.au

MARYBOROUGH

MARYBOROUGH

CITY HEARTS MARKETS

Adelaide & Ellena St, Maryborough

Every Thursday 8am - 1pm

markets@frasercoastopportunities.com.au

HERVEY BAY

KOALA MARKETS

Kruger Court, Booral Rd, Urangan

2nd and 4th Sunday

6am - 12noon

koalamarkets@yahoo.com.au

(back on 2nd weekend of February)

HERVEY BAY

NIKENBAH MARKETS

Hervey Bay Animal Refuge

Nikenbah-Dundowran Rd,
Nikenbah

1st, 3rd & 5th Sunday of the month

6am - 12noon

hbanimalrefuge@gmail.com

HERVEY BAY

MARINA TWILIGHT MARKETS

Hervey Bay Marina,

Buccaneer Dr, Urangan

Every Friday 2.30pm to 7.30pm

marinamarkets@hotmail.com

HERVEY BAY

URANGAN PIER PARK COMMUNITY MARKETS

Pier Park, Urangan

(in front of Jetty)

Every Saturday 7am to 1pm &
Every Wednesday 7am - 1pm

pierparkcommunitymarkets@gmail.com

HERVEY BAY

TORQUAY BEACHSIDE MARKETS

Outside AQUAVUE, Torquay

2nd & 4th Saturday 8am to 1pm

info@torquaymarkets.com.au

BURRUM HEADS

BURRUM HEADS MARKETS

Community Hall, Main Rd &
Howard St

Burum Heads

2nd Saturday of the Month

7am to 11am

HERVEY BAY

HERVEY BAY BOAT CLUB ART & CRAFT MARKET

Buccaneer Dr, Urangan

3rd Wednesday of the month

9am to 2pm

info@boatclub.com.au

BAUPLE

BAUPLE MARKETS

(free for stallholders)

Band Hall, Band Hall Rd, Bauple

4th Saturday of the month

7am to 12noon

www.facebook.com/bauplemarketS

TIARO

TIARO MARKETS

Memorial Hall, Main St, Tiaro

2nd Saturday of the month

7am to 12noon

HOWARD

HOWARD COMMUNITY CENTRE

Steley St, Howard

1st Saturday of the month

7am to 12noon

info@howardcommunitycentre.org.au

DISCLAIMER: Markets subject to change due to School Holidays, Public Holidays and weather conditions.

In the Kitchen with

Josh Armstrong

Head Chef @ Wild Lotus Restaurant and Bar



"I love cooking with steak, I like a rare piece of steak with lots of sauce."

Josh Armstrong
Wild Lotus
Restaurant & Bar



What inspired you to be a Chef, and how long have you been one?

While I was growing up I didn't know what I wanted to do career wise. I actually fell in love with cooking when I became a kitchen hand. I became a fully qualified chef in 2011 when I started at Wild Lotus I have always liked the different types of cooking. A la Carte has always remained a favourite of mine over the years.

What do you love the most about the Fraser Coast?

I have four children ranging in age from ten all the way down to one. We love the beach, and also visiting Fraser Island. Life is very laid back which we enjoy. There are lots of activities and things to do for the whole family.

What is the most popular dish on the 'Wild Lotus' menu?

Definitely our Hervey Bay Scallop and Spanner Crab Risotto, it is so fresh and flavoursome. Coming in a close second would be our Pork Belly these are marinated in Chef's smoky BBQ sauce. These are definitely up there with the best.

What would be the best way to sum up your menu?

We would describe our menu as being 'Modern Australian Cuisine'. We believe that we have a diverse menu that showcases fresh local seafood and produce, while catering for guests who eat gluten free, vegetarian and dairy free.

Do you buy from local suppliers?

We buy locally every day. We buy our bread fresh from Kawangan. Our meat from Kawangan and Tinana Butchers. Our fruit and vegetables is bought from Fraser Coast Fruit & Vegetables and our seafood comes from Hervey Bay Fisheries.

What are your favourite foods to cook with?

I love cooking with steak, I like a rare piece of steak with lots of sauce. I also enjoy cooking Morton Bay Bugs in dill butter.

You are open for lunch from Tuesday to Saturday and have some \$15 lunch options. What do you have on the menu at the moment?

We have our pork belly, our red emperor dish and rump steak. They are all served with salad and chips and prove to be very popular.



FRASER COAST

What's On

March 2017

26

Social Snaps

Out and about on the Fraser Coast



Clockwise from top-left:

BMee were out talking to the crowds at the PCYC

The team from Bay Power at the PCYC Sports Expo

Matt Saunoo with Bayside Transformations, transforming peoples lives

Hervey Bay Parkrun were popular with the crowd

Kate Hill and her dog Frankie get ready for the Annual Valentines Fun Run

Social Snaps



Clockwise from top-left:
Bayside Transformations Director, Tina Davie
Sharon McIntosh and Ashleigh Eiser looking good in Red
Cameron Hanrahan and his family represent Soar Football Academy
Rebecca Darlington meets **Bob Irwin**
Getting ready for some action at the 2017 Hervey Bay Masters Games



Out and about on the Fraser Coast



Clockwise from top-left:

**Brisbane Masters Team
"Aqualicious"**

Organising the PCYC Sports
Expo are **Ashley Bottrell**
and **Renee Adam**

Rum City swimmers have
fun at the 2017 Hervey Bay
Masters Games

**The Red Hot Chilli Rollers
Inc ROCK**



Eat Organic in The Front Room

Story by Kim Parnell

A new Cafe, selling specialty coffee and organic food has opened its doors in Hervey Bay. With the name, 'The Front Room', it certainly is a great place to come together. Standing alongside the Holistic Healing Haven, Matt wanted all of the furnishings low key and bought locally to create a low energy feel, just like you would find in your lounge-room at home.

Matt Suckling is the front man as Owner, Barista and Vegan Chef. Matt said that, "I could see there was a much needed gap in on the Fraser Coast Food Scene. This is my first time in business, and it is a dream to own a cafe."

"We are hoping to teach people to be more conscious of their food choices. Eating organic gives you more energy throughout the day, and gives you that light and satisfied feeling."

About seven years ago Matt healed himself from depression by studying and researching nutrition. He got strict and changed his way of eating. Matt would now like the opportunity to pass on what he has learned.

The menu is constantly evolving, at this point in time it is a light menu offering Acai Bowls, these are the cafe's signature dish full of nuts, berries, granola, yoghurt, coconut, and a few other healthy delights. There is also a range of raw organic sweet treats, and beverages. More will be offered in time as the staff find their feet. One of the crew, Rhian is just completing her Nutritional Medicine Degree, and has also created an app called, 'I got real'.

Holistic Healing Haven are loving their new location since their move from Fraser St, Urangan to their current location at 399 The Esplanade at Torquay. There is a definite feeling of community as you walk through the doors. You will find a shared space full of Healing Practitioners, massage and beauty, therapists, and a gift-shop. Make sure that you pop in for a visit.



Everyone loves a great recipe and some fresh ideas. It is so easy for us to get stuck in a repetitious cycle of food. Sometimes the effort all seems like too much work, especially after a hard day in the office. Here is a recipe that the kids can help you make, and they will absolutely love eating it too. - Kim Parnell, Editor

Aedan's Bunless Burgers

Recipe by Donna Harris (Aedan's Crusade)



INGREDIENTS

500g mince
1 tin chickpeas
1 tin crushed tomatoes
2 cups oats
1 onion
2 zucchini, grated
1 handful spinach
Salt to taste
Pepper to taste
Sprinkle of turmeric
2 eggs

METHOD

Mix all of the ingredients above in a mixing bowl, make sure they are combined well. Roll into balls, then make a small well in each ball and fill with grated or cubed cheese. Then bake in a moderate oven for about 25 minutes.

(Makes 12, great for school lunches)

PREPARATION

Stack: lettuce cups, tomato, pineapple, beetroot, portabello mushroom, burger patty. **ENJOY!**



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**BRING YOUR
IDEAS TO LIFE**
FOR YOUR BUSINESS
& EVENTS

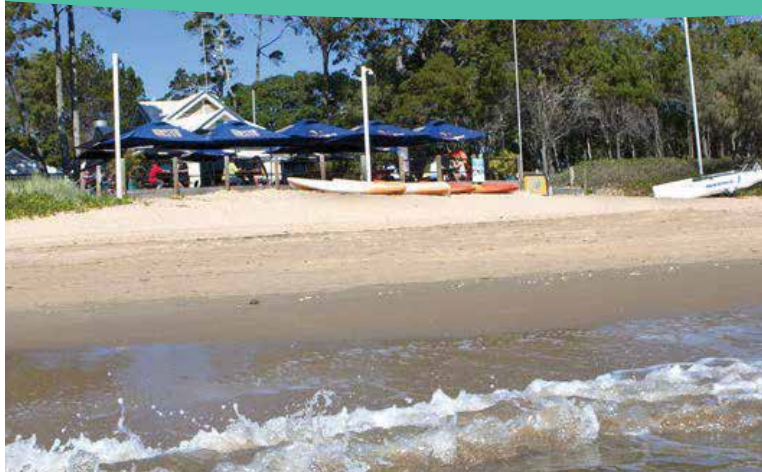
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