

# FRASER COAST What's On

May 2017 FREE MONTHLY MAGAZINE

5

Inside this issue:

**MASONRACK  
BAND**

RELISH FOOD  
& WINE FESTIVAL

FRASER COAST SHOW

**ARCANE ECHO**

VICKI NEVILLE: 20 YEARS  
WITH THE WHALES

WHAT'S ON:  
GIGS / MUSIC / SHOWS

Life couldn't be better for

*Dan & Steph*



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# FRASER COAST What's On

## Note from the Editor



On behalf of us here at What's On Fraser Coast I would like to wish all of our mothers in the region a happy Mothers Day on May 7. This day is all about celebrating everything to do with mothers and motherhood it is also about that maternal instinct, and the bond that binds us together. So however you choose to celebrate the day make it a memorable one.

Moving on to other Events and the month of May is shaping up to be a big one with something to suit everyone. Some highlights are The Fraser Coast Show, the Every Hand Helps Volunteers Expo, and the Fraser Coast Jobs and Career Expo. Last month I also had a chat with American Ventriloquist David Strassman about his new show iTedE so make sure that you get to see it at either the Hervey Bay RSL or at the Broлга Theatre, please look out for our Calendar of events for dates and times. You can find this in hard copy in the centre of our What's On Fraser Coast magazine, or on our webpage at: <http://whatsonfrasercoast.com.au/> then click on the Events tab.

Footnote: Last month I did an article on the Suspended Coffee Movement and where you could participate on the Fraser Coast. Since the article went to print I have learnt that Mary Ryan's Bookstore at 414B Esplanade, Torquay, also offer this service. Have a great month!

Kim Parnell  
Editor

## Index

Life Couldn't be Better for Dan & Steph.....	3
Mason Rack Band .....	5
Walking Tall with the Healthy Butterfly Sisters .....	7
Relish Food & Wine Festival.....	8
Fraser Coast Show.....	10-11
Arcane Echo Drops the Bass .....	12
Vicki Neville's 20th Season With the Whales .....	14-15
What's On: Calendar of Events.....	16-17
What's On: Gig Guide.....	18
Vox Pop.....	19
Jacob Kitson-Holebrook / Every Hand Helps Expo .....	20
2017 Mothers Day Classic .....	21
What's On: Coming Up in May .....	21
Camping on Fraser: Girls Only .....	22
Fishing On the Fraser Coast.....	23
What's On: Weekly Activities .....	24
What's On: Fraser Coast Markets.....	25
What's On in June.....	26
Social Snaps .....	27-29
In the Kitchen: Adrian Hauritz of Hoolihans .....	30
Guest Recipe: Seafood Paella .....	31

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Life couldn't be better for

# Dan & Steph

Story by Kim Parnell

**Since winning My Kitchen Rules in 2013 Dan and Steph have been moving forward in leaps and bounds.** Their Restaurant, 'EAT at Dan & Stephs' located in Hervey Bay has become a much loved and visited destination for locals and tourists alike. Add to the mix one gorgeous toddler named Emmy and the Mulheron family certainly have plenty to smile about.

I recently caught up with Dan, Steph and the beautiful Emmy to see how life has changed for them since winning everybody's favourite cooking show, My Kitchen Rules four years ago. They both agree that life has been super busy but great, they have been able to achieve all of the goals that they set themselves during this period. In the last four years they have opened their very successful Restaurant EAT at Dan & Stephs, published 2 cookbooks, were lucky enough to have had a successful IVF cycle of which Emmy now 2 is the perfect result, and Dan is now a qualified Chef.

Steph said, "It seems as though we have not had a chance to stop and reflect on the past 4 years, it's been a dream, but also a lot of hard work, but we have a good busy lifestyle".

Since the arrival of Emmy life has been hectic for both parents but they wouldn't have it any other way. "We have great staff, we know that we can go away and our Restaurant is in good hands", says Dan. Eat & Dan & Stephs now has an Eat with Emmy Range. There is a great E book with lots of good nutritious recipes for kids and your whole family to enjoy. As well as some super cute Bandanna Bibs and Reusable Food Pouches.

With Mother's Day just around the corner I asked Steph about

Motherhood and her special relationship with Emmy. Steph said, "Being a mother is the most amazing part of my life. My love for Emmy is so immense that she is everything to me. The joy she brings to our lives is warming and to see her do little things such as copy us or dance is so joyful it brings us to tears, she is so so special".

On Juggling the Restaurant and being a mum Steph said, "Gosh, sometimes I don't know how I do it, but I just keep going on.... Working at the restaurant, as well as being our admin officer, the manager for all requests such as cooking demos, catering etc, upholding a household & being both mum & wife....it's a juggling act that's for sure but it just happens".

On becoming a qualified Chef Dan said, "Yes it's another feather in my cap that I am really proud of. I had the support of my team at EAT and my family to complete it. It was a process and a quick learning one at that. There is definitely a difference between being a qualified chef and just a home cook. There were some modules I had to complete with the training provider and I was lucky enough that our cookbooks and techniques shown helped me as evidence of some modules. I am very happy that I am now a qualified Chef".

We are so lucky to have Colin Fassnidge coming to our wonderful Fraser Coast Region. We don't believe he has been here before. It will be great for him to share our region through his large social media following for extra exposure. Colin will be here for one night only to attend our Rally for a Cause 'Dunga Derby' event called - One night with Colin. It is his exclusive unique menu from his own restaurant in Sydney '4Fourteen' we can't wait for the evening, it will be a lot of fun and for those who were lucky enough to secure tickets, they are in for a memorable night. Colin is a great entertaining man and we can't wait for you all to meet him. Tickets are now SOLD OUT.





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# MASON RACK BAND

**Sitting down with the very laid back Mason Rack Band** at the Beach House Hotel a few weeks ago it was hard not to be swept away by the pure energy and charisma oozing from these three lads, the energy crackles and the vibe is thrilling. The band consists of Jules Keshan on Drums, , Jamie Roberts on Bass, and of course Mason Rack on lead vocals, guitar and percussion. Playing blues and rock is what this threesome have become masters at.

From the first strum of the guitar, to the beat of the drums and the deep chords of the bass guitar you just can't get enough. Midway through one song the band members actually change instruments and show how versatile they truly are. The beer keg drum is definitely a feature used later in the show in a jaw dropping, tension filled segment that shows all three band members beating the drums in unison as the tempo increases followed by some pretty impressive stick throwing.

Mason Rack grew up playing percussion from the age of six. His father Billy was a very talented Jazz musician and surfer. Mason was born in Southport, Queensland. His mother who he lived with growing up would listen to a lot of music that would become influences throughout his life.

**Who is the songwriter in the group, and where do you get your inspiration from?**

We all are but I,(Mason) do a lot of it. Our inspiration comes from everything, everyday life, trials and tribulations, successes and failures.

**What is your latest album called? Where did the name come from?**

Our Album is called Big Bad Machine and refers to the male anatomy.

**What do you think sets you apart from other bands?**

We have a relentless schedule. We don't stop, we continue to perform the show by doing some different things that other bands don't do. We have an empty beer keg as a drum line that we do syncopated movements, and we throw the sticks as well. Also with one of the songs we get up and change instruments in the middle of the song without the song stopping which is interesting.

**Mason, what is the biggest life lesson that you have learnt?**

To think before you speak.....but I don't seem to be doing much of that right now.

**What is in store for Mason Rack for the remainder of the year?**

Our focus right now is to get ready for our 6th European Tour In May. We hit Germany and the Netherlands.

**I want you all to tell me something about each of you that not very many people know.**

**Jamie** – Loves socks, and in fact tonight is wearing his pretzel socks.

**Mason** – Is well known for his deep husky and reportedly sexy voice. He is also very proud of the fact that he is now 17 years clean and sober.

**Jules** – Loves Golf and shows me his swing.

**What do you love the most about coming back to the Fraser Coast?**

Definitely the people. They get into the music and they are all out to have fun.

For the full transcript and video footage go to What's On Fraser Coast on Face book.

If you are a lover of blues and rock music you won't be disappointed with the Mason Rack Band, from beginning to end you will be enthralled, and you won't be able to stop your body from swaying with the tunes.

Mason Rack will be back on the Fraser Coast in approximately another six months. If you have never had the chance to see them live then make sure you stay tuned.

Look up Mason Rack Band on Face book or go to [www.masonrack.com](http://www.masonrack.com)

Our album is called **BIG BAD MACHINE** and refers to the **MALE ANATOMY**

Story by Kim Parnell





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**THU** 10:15AM **\$10**  
TO PLAY

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JACKPOTS MUST BE WON

**FRI** 10:15AM

15 FREE GAMES! \$3 Manager Special  
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**SAT** 1:30PM **\$20**  
TO PLAY

**\$500** 14x Trebles  
JACKPOTS MUST BE WON

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TO PLAY

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# WALKING TALL

Written by Marj Speedy

Indigenous Health/Family Support Worker  
Wide Bay Women's Health Centre Inc

## with the *Healthy Butterfly Sisters*

**O**ur names are Marj Speedy and Gina Woodman, we were inspired after going to the Beach for a Path of Grace, Labyrinth. After attending and going to the beach that day and walking the sacred journey which is about change, growth, and discovery. Movement, transformation, continuously expanding your vision of what is possible, while stretching your soul, learning to see clearly and deeply, and taking courageous challenges at every step along the way.

We decided that we would start the wonderful venture of walking. So on the 20th October 2016, we started our journey of walking with just the two of us, we thought that early morning at 5.30am was a good time to start as it was refreshing, relaxing and beautiful at this time of morning.

We posted our photo on Face book, after doing this we had a number of requests from other women to ask if they could join us, we openly said yes. We currently have 80 members from around Australia on our Face book group page which is called the healthy Butterfly Sisters. Since beginning we have had up to 21 women walking with a minimum of between 10-18 walking.

Our Name the Butterfly sisters came from one of our deadly walkers Lenore, when we had the influx of butterflies on the Fraser coast on one of walks we were discussing name and as we were surrounded by beautiful butterfly's we decided that as we were also spreading our wings the connection

was perfect to call ourselves the Healthy Butterfly Sisters.

This group is open to all women 18 and upwards. Our youngest is 24 years and our oldest is 70 years of age. This time is for women supporting each other, being healthy and active while closing the gap for our Aboriginal, Torres Strait Islander and South Sea women, we encourage all women to come.

We walk 3 days a week Monday, Wednesday and Friday from 5.30am to 6.30pm. On Monday we meet at Reef World car park, Dayman Park, Urangan. Every Wednesday we meet at the car park near Aqua View, Torquay and Every Friday we meet at Enzos, Scarness.

Our walks have helped build our self-esteem and we are able to support and encourage each other with everyday life challenges.

During our walks we dress up in themes eg. R&B Friday, Christmas, footy, cancer, St Patricks Day, Valentines, closing the gap, Survival Day and of course the deadly birthdays. We also pay our respects when a community member or family member has passed away, we do this by having a minute silence and a release of flowers into the ocean. For enquiries please call Marj on: 4125 5788.

**Editors Note:** A few weeks ago I was invited to meet the ladies from the Butterfly Sisters. They were joined in their walk by Clinton Toopi, Kyle Dancey and Preston Campbell all former professional football players visiting Hervey Bay to talk at various events about youth empowerment, and positive engagement. This is such a great initiative for all involved.





# RELISH FOOD & WINE FESTIVAL 2017

**IF YOU ARE A LOVER OF GOURMET FOOD**, don't mind a drop of white or red, and enjoy fresh local produce then the Relish Food and Wine Festival is definitely for you. This is a perfect day out for everyone, whether you are a family with kids in tow, a couple in love ready to experiment with new tastes, or flying solo, footloose and fancy free, you are in for some delicious, delectable, and divine dishes.

Maryborough has such a rich, vibrant history and is the perfect location for this 'MUST DO' Event. Meander the heritage streets and admire the architecture, as you relax, unwind and experience the many flavours and smells of Relish. Or bring a picnic blanket and lay out on the grass and listen to some live music while enjoying a rich array of food accompanied by a glass of wine. .

*The Chefs of the day are:*

- Saul Collins – Executive Chef of the Vinyard
- Rocco Turina – Villa Cavour Bed & Breakfast
- Tom Jack – New Chef at Coast Restaurant and Bar
- Dan & Steph – EAT at Dan & Steps – Head chef Adam will also be doing a demonstration.
- Michael Cox - Muddy Waters Cafe
- Gavan Chin - The Federal Hotel

There will also be some great Relish Merchandise such as aprons, produce bags and wine bags available to purchase on the day.

This year is a great time to learn something new. Some great

sessions are listed below that are sure to entice and excite.

For further information, (including session costs) go to: [www.relishfrasercoast.com.au/](http://www.relishfrasercoast.com.au/) - Kim Parnell, Editor.

Thank you to Fraser Coast Tourism & Events for providing the following information:

## Sessions

*Extra cost applies*

- Brie and camembert making classes hosted by Permaculture Realfood
- Bush Tucker Talk and Taste by Kingfisher Bay Resort
- Beer & food matching by Bargara Brewing Company and Bay Fusion, in the Criterion Hotel Beer Garden.
- Wine and food matching by Villa Cavour
- Tipples and Tales at the Bond Store
- Colour me Carmen at Gatakers Artspace

## Relish Long Lunch

If you are interested in attending the Relish Long Lunch you had better be quick as these tickets go fast. This is a great opportunity to sit back and let others wait on you while you indulge the senses in every way imaginable. This year, we have The Vinyard, EAT at Dan & Steps, Coast Restaurant and Bar and Muddy Waters Cafe, each matched with the best South East Queensland Wines.

## Sausage King Competition

*Hosted by the Australian Meat Industry Council*

The Australian Meat Industry Council has been promoting the Sausage King & Best Butchers Burger Competition between Independent Local Butchers for nearly 20 years now. In this time the competition has grown in numbers and quality and is recognised as the number one competition in Australia celebrating amazing butchery skills and the not so humble sausage and burger. Today the sausage and burger is all about quality ingredients, gourmet flavours and amazing tastes. In 2017, the Australian Meat Industry Council and Relish Food & Wine Festival, Fraser Coast are partnering to showcase a gourmet experience, exhibiting the Local Independent Butchers from the Wide Bay / Burnett regions. The competition features 6 categories of sausages and 2 categories of burgers that would make anyone's mouth water. Be sure to drop by and check out the competition.

## RELISH FOOD AND WINE FESTIVAL

Saturday, June 3

Portside, Maryborough

10am - 5pm

Tickets \$10 pre-sale, \$15 on the gate.  
Under 18's Free.

A full program of events and a map will be available online at:

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



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Pialba State School girls at the Maryborough Show, 1959  
Left to right: Lorraine, Carol, Bev, Denise and Noelene.  
Original photo supplied by Bev Cornwell



# The Fraser Coast Agriculture Show

May 25-26 @ the Maryborough Showgrounds  
2017 Theme: 'Timber' Our Story

**The Maryborough Show was founded in 1875** and the first show was the next year in 1876. It has undergone several name changes over those intervening years to the Fraser Coast Agriculture Show Society we know it as today. In 2015 the show celebrated its 140th birthday which has seen many generations pass through its gates as well as numerous exhibitors display their arts and crafts, produce and animals.

The joy it has given to people all ages over those years as families flocked to enjoy the entertainment, the food, the fun and wonder of 'side show alley' from all areas of the Fraser Coast, the highlight of the year for many. - Information sourced from local Historian Bev Cornwell.

The Fraser Coast Agricultural Show is definitely up there as a must do on the Fraser Coast Events scene, and certainly an event that my family look forward to each year. To us it is the remembered smells, the sounds, and the vibrant colours. There is always so much to both see and do for adults and children alike that you are guaranteed to sleep well when you get home. From Side Show Alley, to the Main Arena, the many Agricultural displays, to the vast array of rides to keep all ages entertained

There will be a Rodeo Spectacular on both nights commencing at 6.30pm. There will be broncos, bulls, barrels, fireworks and lots more. (The Rodeo is included in the Admission price), Prepay your tickets online now.

If Barrel Racing is your thing on Friday May 26 get along to a fantastic fund-raiser to benefit local boy Jacob Kattenberg in his quest to attend NBHA Youth World Championships in Perry, Georgia, USA. For full details go to the Fraser Coast Agricultural Show Society Inc Face-book Page.







ORIGINAL PHOTO SUPPLIED BY ARCANE ECHO

**ARCANE ECHO** is a Brisbane based Electronic Bass DJ that burst onto the music scene in 2014. He has been on tour to various festivals and locations from places like Pacha Sydney, Brisbane's Shrine Family, Academy Perth, Defqon 1 Festival, over at the Wall in New Zealand. A few weeks ago he played at the Criterion Hotel in Maryborough much to the delight of the crowd. On the web page it is said that he 'Delivers blistering bass music brimming with hints of metal and hardcore tips via a solid tap of the Launch Pad'.

Arcane Echo, who's real name is Josh, has always been musically inclined. From about six years of age his mother put him in front of the piano and he began piano lessons. Throughout his school life he also played drums, guitar, double bass, and Violin. He also spent four years in the Brisbane Conservatorium so you could definitely say that he has had classical and multi-Instrumental training.

One of the many things that makes Arcane Echo unique as opposed to other DJ's is that his music features a Launchpad and a Maschine, as he produces music himself he wanted to expand the drum element of the music. This turned into creating videos online. From there he just started doing drumbeats and working on developing new sounds, these turned into complete songs, bass lines and melodies. For those that do not know

what a Maschine and a Launchpad are they are basically drum samplers. They both allow you to play allocated sound in real time. The Launchpad just has more buttons. As for vocals, the majority of the vocals are done by other Artists, he considers himself more as a producer than a vocalist.

Arcane Echo is heavily influenced by cinema and film and likes to inject emotion and energy within the heavy music genre that he works in. Growing up he was the Emo kid always at the back of the class, this he has translated into his electronic projects.

The name Arcane Echo basically came from Google as he wanted his DJ persona to mean something that sounded mysterious. So Arcane Echo translates into Mysterious Noise.

One of the first things that you notice about the man himself is that he is literally covered in tattoos. Even though Josh says that appearance doesn't matter he has experienced first-hand peoples various reaction's to his look.

Josh likes the art of tattooing as he gets to design all of them himself and enjoys being able to express his own design and personality.

For the next three months he is locked into touring within Australia in major cities and rural areas. All of the dates will be released on his facebook webpage at: <http://www.facebook.com/arcane.echo.music> The rest of the Year will be spent in the studio producing more videos and more content for the public. Arcane Echo also have a strong presence on You Tube, Facebook and Twitter.

STORY BY KIM PARNELL

# Arcane Echo



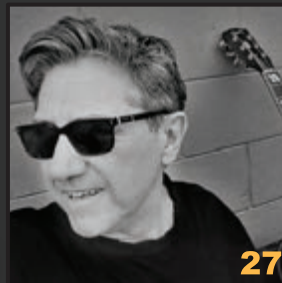
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# Celebrating Vicki Neville's 20th Season with the Whales

Vicki first came to my attention quite a few years ago at a Paddle Out For The Whales Ceremony in Hervey Bay, this event was all about celebrating the whale season and encouraging whale conservation. On this day Vicki was talking about the whales to a crowd of people, and I remember looking at this blond passionate girl with the most animated eyes, engaging personality and the biggest smile, that I have followed her ever since. Vicki's whale photography is amazing, and through her I have watched each whale season unfold. Recently through social media I have watched Vicki battle with Breast Cancer and all of the procedures endured. This was followed by the horrific injury to her eye. Vicki is mum to two children, daughter Kiarni, 10 and Rory, 11, and has a husband named Stuart. Daughter Kiarni said that, " Her mum is so special, and has a great love for marine life. She is also always positive and happy".

**This is Vicki's story - Kim Parnell - Editor**

It took me about three years to fall pregnant with my son Rory. I was an older mum about 35 at the time and I have to say that it changed my life. Before kids I had gone out to pubs, socialised, and partied. After having Rory It was great to have somebody else to look after to love and cherish, then a year and a half later Kiarni came along,

I don't think that I have loved anybody so much as my children and my husband.

My son Rory overcame a massive brain bleed when he was eight years old. We are so lucky as he had a miracle recovery after rehabilitation. That was the worst thing that I have ever had to deal with regarding the children. To think that I could have lost my son was the most devastating thing in my life.

I was diagnosed with Breast Cancer in 2016, and in the same year had a bad eye injury from some broken glass while loading bottles onto the whale boat, Tasmin Venture.

After Rory's episode I guess it was a bit of a cruel episode to go through something else so major not even three years later. I am a pretty strong person so the initial diagnosis was, ok so lets get on and do this. But at the time I didn't know where I was heading as there was so many appointments and people to see. I did break down a couple of weeks later for a couple of days when the scary thoughts came in as to what was going to happen, and about the kids. I realised that this is heavy, but I had to deal with it and soldier on.

Then my eye accident happened which in one way was worse than the cancer stuff because with the cancer stuff I was doing Chemotherapy but I was lucky enough not to get any side effects. Everyday life was pretty normal for me, I was still doing all of the things that I did before.

Three days before I was due to start work with the whales I had my eye accident. I was still on Chemo and I found myself back in





hospital again. So there was I sitting in a hospital in Brisbane, not out there with my whales. Then I got told how serious my eye was, I could have lost my eyesight for good because at that stage it was touch and go. I was in the Brisbane hospital for five days not knowing what was going to happen.

So with the cancer I was living life pretty normal between many appointments. When I had my eye injury everything stopped, I couldn't drive, couldn't go to work, I couldn't take the kids anywhere as I could not drive for seven weeks, so things changed hugely for me.

I have finished all of my radiation and chemotherapy now. At the moment I am doing the natural thing in preventing the Cancer from coming back so I am living a healthy lifestyle eating alternate food and concoctions to try to keep my estrogen levels down as it was a hormone positive cancer. I am seeing great results in keeping the levels down, and have regular testing for this. If I find that what I am doing is ineffective then I will re-evaluate. I also have regular mammograms.

My family were very supportive during my diagnosis. We are a very strong family now because of all the things that we have been through. My kids are very resilient and grounded.

This year I celebrate 20 whale seasons as a Tour Guide and a deckhand on the Tasman Venture.

The save the whale campaign trail has got stronger and stronger for me over the years, I even assist in some research from time to time. Then of course in 2015 the Documentary, The Whale Whisperer produced by Greg Grainger was made. of which I, at the time unwittingly became the star of. We filmed for nine days in a little boat so we would zoom around trying to find pods. It was great getting the spotlight on Hervey Bay Whales and for me the big thing was that the focus was a lot on the conservation side.

This year I just want to get back to work and get my eye sorted. Unfortunately there will be permanent damage. Sunlight is a major issue as my life and my work is out in the sun. But I am going to have to deal with that at some stage. I will have to put this injury aside



when we get to the end of it medically. My bosses have been unbelievably supportive throughout my Journey.

I have to get back on the boat to be with the whales so I am going to be very strong and move forward with the injury as I do in life.

My advice to mums out there is don't sweat the small stuff, spend quality time with your children because accidents happen you just don't know what's around the corner. I am trying to instill in my kids what I have learnt over the years about being resilient, good mannered living life to the fullest, and chasing your dreams.

# WHAT'S ON @ THE BROLGA



**SAT 6 MAY**

**STRASSMAN's 'iTed'**

**SUN 7 MAY**

**Flicker Fest Short Film Festival**

**SUN 7 MAY**

**Sunday Riverside**  
• Dogwood Crossing  
• Darryl & The Devil

**FRI 19 MAY**

**Everly Brothers and Buddy Holly**

**FRI 26 MAY**

**Johnny Cash & The Tennessee Two**

**SAT 27 MAY**

**Petula Clark**

**BROLGA**  
THEATRE & CONVENTION CENTRE

**THU 1 JUN**

**Morning Melodies A Fine Romance**

**SUN 4 JUN**

**Sunday Riverside**  
• The Bobkatz  
• The Dennis Sisters

**SAT 10 JUN**

**The Best Of The Eagles**

**TUE 20 JUN**

**The Bootleg Beach Boys**

**FRI 23 JUN**

**Adam Harvey & Beccy Cole**

**WED 28 JUN**

**Justice Crew**



# Calendar of Events

## MAY

### MAY 1 Labour Day

**MAY 4**  
**Culture Caf**  
Vietnamese Theme  
10am-12 Noon  
\$4  
Hervey Bay Neighbourhood Centre

**MAY 5**  
**iTedE- It's About Chucking Time – David Strassman**  
NOW 2 Shows  
7pm & 9.15pm  
Tickets: \$59.90  
Available at the RSL or phone:  
4197 7444  
Hervey Bay RSL

**MAY 5**  
**Autumn Harvest Dinner Party**  
6pm-9pm  
\$70 includes three course set menu and canapes on arrival  
Blazing Saddles, 140 Freshwater St, Torquay  
RSVP: info@bayfusion.com.au or phone: 4194 6293

**MAY 5**  
**Gain Your RSA (Responsible Service of Alcohol)**  
9am-4pm  
Cost: \$60  
Urangan Community Centre  
Call Cindy to book on: 4122 4444

**May 5,12 &19**  
**Card Making Classes for Beginners**  
Free 3 week course, (you are required to attend all 3 sessions)  
Maryborough Library  
For bookings and what to bring call: 4190 5788

**MAY 6**  
**Every Hand Helps Volunteers Expo**  
10am-2pm  
Come along and see what volunteering opportunities exist for you.  
Maryborough City Hall  
1300 79 49 29

**MAY 6**  
**Off-Road Duathlon**  
Toogoom MTB Reserve  
More details to come. Go to: Hervey Bay Triathlon Club Inc on Face-book

**MAY 6**  
**iTedE- It's About Chucking Time – David Strassman**  
7pm @ The Brologa Theatre and Convention Centre  
Premium \$84.90, A Reserve \$64.90, B Reserve \$54.90  
Call: 4122 6060 to book, or go to: www.ourfrasercoast.com.au

**MAY 6 - 7**  
**Relay for Life, Maryborough**  
Visit relayforlife.org.au to register  
Maryborough Show-grounds

**MAY 20-27**  
**Under 8's Week**

**MAY 8**  
**Portside Open Day**  
9.30am-3.30pm  
Bond Store, Wharf St, Maryborough

**MAY 12**  
**Gain Your RGS (Responsible Gambling Service)**  
9am-4pm  
Cost: \$60  
Urangan Community Centre  
Call Cindy to book on: 4122 4444

**MAY 12**  
**Business Hervey Bay**  
5.30pm-7.30pm  
The Clubhouse Hervey Bay  
All those in Business welcome.  
No registration required

**MAY 12**  
**FCAC Mother's Day Dinner Crowns & Gowns**  
6.15pm to 10pm  
\$65/person, incl. entertainment, fashion parade, fruit mocktail & Canapes on arrival  
Hervey Bay Boatclub  
Call 4124 5411 for details

**MAY 12**  
**Art After Dark – Exhibition Opening**  
6pm-9pm  
Fraser Coast Cultural Centre  
166 Old Maryborough Rd  
Call: 4197 4206

**MAY 13**  
**Hucknall Horse Rescue 1st Birthday – Open Day**  
9am-1pm  
Sausage sizzle, kids fun etc  
7 Hucknall Rd, Yengarie

**MAY 14**  
**Mothers Day**

**MAY 27**  
**Dragon Boat Regatta – Wide Bay Series 2017**  
Registration from 6.30am, briefing 8am-2pm  
Shelly Beach, Hervey Bay



## MAY 7

### Colour Stampede

Raising funds and awareness for Forget Me Not Australia  
Tickets \$27.12 – Go to: [www.eventbrite.com.au](http://www.eventbrite.com.au)  
There will be a colour run, pony rides, sausage sizzle and entertainment  
Susan River Homestead Adventure Resort

## MAY 8

### 2017 Hervey Bay Annual Volunteer Awards Presentation

2pm-3.30pm  
To RSVP call: 4151 6644  
Hervey Bay Neighbourhood Centre

## MAY 8-14

### Volunteers Week

## MAY 12-13

### Faulty Towers The Dining Experience

Arrival 7pm, show starts 7.30pm  
\$65 members, \$70 non members  
Ticket price includes a 3 course meal and show  
Book now at the RSL reception or phone: 4197 7444  
Hervey Bay RSL

## MAY 12-14

### Maryborough Dance Eisteddfod

Public welcome, for prices and times call the Brolga on: 4122 6060  
Three sessions each day.  
Brolga Theatre and Convention Centre

## MAY 13

### Hervey Bay Dog Agility – Double Agility/Jumping and Games Trial

Call: 0487 052 929 for further details  
Boundary Rd, Torquay

## MAY 17

### International Day Against Homophobia & Transphobia

10am-12pm  
Free Admission  
Headspace, Hervey Bay

## MAY 17

### International Family Equality Day

6am dawn ceremony followed by light Breakfast  
Call Laretta on: 4194 3051 for more details  
Hervey Bay Community Centre, 22 Charles St, Pialba

## MAY 19

### The Everly Brothers and Buddy Holly

8pm @ The Brolga Theatre and Convention Centre  
Tickets \$69.90 for Adults, \$66.90 for Concession  
Call: 4122 6060 to book, or go to: [www.ourfrasercoast.com.au](http://www.ourfrasercoast.com.au)

## MAY 20

### Maryborough Hospital 130th Anniversary Fun Day

10am-2pm FREE  
Maryborough Hospital Grounds, 185 Walker St (parking off Yaralla St)  
Call Christina Ongley on: 4150 2780 for more details

## MAY 20

### Drag Queen Fundraiser

6pm-11pm  
Tickets are \$20 each.  
Money raised goes to getting a water bath for Hervey Bay Hospital  
Hervey Bay RSL

## MAY 20

### Sunset Dinner Cruise

4.30pm-8pm  
Barefoot Glitz & Glam night  
\$75 for a 3 hour cruise, includes Dinner & Entertainment  
On board the Spirit of Hervey Bay  
Contact: [talisha@bayexplorers.com.au](mailto:talisha@bayexplorers.com.au)

## MAY 21

### Independent Riders – Show N Shine

7.30am-2.30pm  
Fraser Coast Wildlife Sanctuary, Maryborough

## MAY 23

### Annual Awards for Excellence

4pm-6.30pm @ Salt Cafe  
Fraser Coast Education Alliance invite local principals and new teachers to an event to celebrate excellence in teaching.  
Contact [FCEducationAlliance@gmail.com](mailto:FCEducationAlliance@gmail.com) for more information.

## MAY 24

### Fraser Coast Jobs and Careers Expo

For more information call: Adam Hughes on: 1300 794 929  
Brolga Theatre and Convention Centre

## MAY 25

### Australia's Biggest Morning Tea

To raise money and awareness for people affected by Cancer  
Visit [www.biggestmorningtea.com.au](http://www.biggestmorningtea.com.au)  
Or phone: 1300 65 65 85

## MAY 25-26

### Fraser Coast Agriculture Show

For more details go to page 8 and 11 of What's On Fraser Coast  
Or go to: [www.frasercoastshow.com.au](http://www.frasercoastshow.com.au)

## MAY 26

### Johnny Cash and the Tennessee Two

8pm  
All tickets \$45  
Call: 4122 6060 to book, or go to: [www.ourfrasercoast.com.au](http://www.ourfrasercoast.com.au)  
The Brolga Theatre and Convention Centre

## MAY 27

### Gatakers By Night

5pm-9pm  
Slainte  
Gatakers Artspace

## MAY 27

### Fraser Coast Arts Collective Workshop-Exhibition Practises

9am to 4pm  
Cost \$30 – Bookings required call Melissa on: 4197 4206  
Open to all Artists and Community members  
Hervey Bay Regional Gallery, 161 Old Maryborough Rd

## MAY 27

### The First Lady of British Music - Petula Clark

8pm @ The Brolga Theatre and Convention Centre  
Tickets: Premium \$89.90, Adult \$79.90, Concession \$69.90  
Call: 4122 6060 to book, or go to: [www.ourfrasercoast.com.au](http://www.ourfrasercoast.com.au)

## MAY 27-JUNE 3

### National Reconciliation Week

## MAY 28

### Kent On Cancer Fund-raising Day 2017

9.30am-2pm  
Proceeds go to the Hervey Bay Oncology Unit  
Under The Gun Tattooing & Body Piercing  
366 Kent St, Maryborough

## MAY 28

### The Handmade Expo & Vintage Market Hervey Bay

9am to 1pm  
PCYC Hervey Bay, O'Rourke St



# Gig Guide

Live music and more on  
the Fraser Coast in May

## HERVEY BAY

### The Boat Club

Tues, 2, 12pm, Trevor Judge  
Thu, 4, 12pm & 5pm, Neil Wenk  
Fri, 5, 5:30pm, Radio Star, 8pm, Uncle Arthur  
Sat, 6, 5pm, Brian Speirs, 8pm, Uncle Arthur  
Sun, 7, 1pm, Brian Speirs  
Tues, 9, 12pm, Trevor Judge  
Thu, 11, 12pm & 5pm, Neil Wenk  
Fri, 12, 5:30pm, Trevor Judge, 8pm, Soul City  
Sat, 13, 5pm, Jon Veavea, 8pm, Soul City  
Sun, 14, 6pm, Neil Wenk  
Tues, 16, 12pm, Trevor Judge  
Thu, 18, 12pm & 5pm, Neil Wenk  
Fri, 19, 5:30pm, Sam Maddison, 8pm, Red Betty  
Sat, 20, 5pm, Brian Speirs, 8pm, Red Betty  
Sun, 21, 1pm, Brian Speirs, 6pm, Neil Wenk  
Tues, 23, 12pm, Trevor Judge  
Thu, 25, 12pm & 5pm, Neil Wenk  
Fri, 26, 6pm, Trevor Judge, 8:30pm, Shades  
Sat, 27, 5pm, Brian Speirs, 8:30pm, Shades  
Sun, 28, 6pm, Neil Wenk, 1pm, Jon Veavea  
Tues, 30, 12pm, Trevor Judge

### Coast Restaurant

Sun 7, 2pm-5pm, Sun Sessions (Sam Maddison)  
Sun 14, 2pm-5pm, Sun Sessions (Frank Benn)  
Sun 21, 2pm-5pm, Sun Sessions (Sam Maddison)  
Sun 28, 2pm-5pm, Sun Sessions (Frank Benn)

### Hervey Bay RSL

Tues 1st, 11.00am, Morning Melody with Graeme Jensen. \$5 members / \$7 non members.

Fri 5th, 7pm and 9.15pm (2 shows) David Strassman Comedy Show. Tickets \$59.90 at RSL reception.  
Fri 5th, 6pm, Sam Maddison  
Sat 6th, 8pm, Forbidden Road  
Thu 11th, 11am, Jon Veavea in the Sportsbar for Veteran's Day  
Fri 12th, 7pm, Faulty Towers Dinner & Show. Tickets \$65.00 members / \$70.00 non members at RSL reception.  
Sat 13th, 7pm, Faulty Towers Dinner & Show. Tickets \$65.00 members / \$70.00 non members at RSL reception.  
Sat 13th, 8pm, Uncle Arthur  
Fri 19th, 6pm, Frank Benn  
Sat 20th, 8pm, Doug and the Upperhand  
Fri 26th, 6pm, Jon Veavea  
Sat 27th, 7.30pm, Rock 'n Roll Night with Slap Beat  
Sun 28th, 12.30pm, Sam Maddison

### The Clubhouse

Fri 5th, 6pm, Tony Fallon  
Sat 6th, 6pm, Bobby Barnes  
Fri 12th, 6pm, Pete Baker  
Sat 13th, 6pm, Karen Thompson  
Fri 19th, 6pm, Rick Manych  
Sat 20th, 6pm, Rick Manych  
Fri 26th, 6pm, Doug Edwards

### The Beach House Hotel

Fri, 5, 8pm, Harley Meszaros  
Sat, 6, 8.30pm, Doug & The Upperhand  
Sun, 7, 2pm, Ian Murray  
Fri, 12, 8pm, Bobby Barnes  
Sat, 13, 8.30pm, Red Betty  
Sun, 14, 2pm, Charlotte's Web  
Fri, 19, 8pm, Mr Blonde  
Sat, 20, 8.30pm, Uncle Arthur  
Sun, 21, 2pm, Derek Smith  
Fri, 26, 8pm, Frank Benn  
Sat, 27, 8.30pm, Dogwood Crossing  
Sun, 28, 2pm, Doug Edwards

### Smokey Joe's Cafe Bar and Grill – Ramada Hotel

Fri, 5, 6pm, TBA  
Sat, 6, 6pm, Al Davies  
Fri, 12, TBA  
Sat, 13, TBA  
Fri, 19, 6pm, Jim Daniels  
Sat, 20, 6pm, Vibeke  
Fri, 26, TBA  
Sat, 27, 6pm, Al Davies

### Bay Central Tavern

Fri 5, 8pm, Doug Edwards  
Sat 6, 8pm, Pennies From Heaven  
Sun 7, 1pm, Bobby Barnes  
Fri 12, 8pm, Frank Benn  
Sat 13, 8pm, Dogwood Crossing  
Sun 14, 1pm, Sam Maddison  
Fri 19, 8pm, Harley Meszaros  
Sat 20, 8pm, Wrecked On Sun  
Sun 21, 1pm, Doug Edwards  
Fri 26, 8pm, Open Mic  
Sat 27, 8pm, Doug Edwards Trio  
Sun 28, 1pm, Derek Smith

### Goody's on the Beach – Toogoom

Sat 6, 12-3pm, Sam Maddison  
Sun 7, 12-3pm, Frank Benn  
Sat 13, 12-3pm, Derek Smith  
Sun 14, 12-3pm, Pete Baker  
Sat 20, 12-3pm, Sam Maddison  
Sun 21, 12-3pm, Frank Benn  
Sat 27, 12-3pm, Frank Benn  
Sat 28, 12-3pm, Sam Maddison

### The Vinyard

Fri 26, 7.30pm-10pm, The Dragon and The Turtle

## MARYBOROUGH

### The Federal Hotel

Fri 5, 8pm, Kev Gray  
Sat 6, 8pm, Phil Morgan  
Fri 12, 8pm, Luke Karolak  
Sat 13, 12.00pm, Arvo Session with Dave Gray, 8pm, Skip the Pleasantries

Fri 19, 8pm, Kev Gray  
Sat 20, 8pm, Pete Baker  
Fri 26, 8pm, Till Dawn  
Sat 27, 7pm, Open Mic with Jon Veavea

### Maryborough Sports Club

Thu 4, 6pm, Quinn The Radio Star & Glen Fox  
Fri 5, 7.30pm, Rock N Roll Boys  
Sat 6, 7.30pm, Black Swamp Blues  
Fri 12, 7.30pm, Smooth N Groove  
Sat 13, 7.30pm, Beach Boyz, \$15 Head  
Fri 19, 7.30pm, Barlight  
Sat, 20, 7.30pm, Atmosphere  
Fri 26, 7.30pm, Abba Live, \$20 per head  
Sat 27, 7.30pm, Just Friends  
Sun 28, 12.30pm, Just Friends

### Maryborough RSL

Fri, 5, 7:30pm, Darryl and the devil  
Sat, 6, 7:30pm, Darlin' & the Midnight Delights  
Fri, 12, 7:30pm, Sam Maddison  
Sat, 13, 7:30pm, Nathan Trethewey  
Fri, 19, 7:30pm, Karaoke Heat 1  
Sat, 20, 7:30pm, Bobby Barnes  
Fri, 26, 7:30pm, Karaoke Heat 2  
Sat, 27, 7:30pm, Red Betty

### 71 Wharf

7th May, 12-3pm Wal Nielsen  
14th May, 12-3pm Derek Smith  
21st May, 12-3pm Pete Baker  
28th May, 1pm - 5pm Sam Maddison

### Carriers Arms Hotel

Fri 5, 7.30pm, Bobby Barnes  
Sat 6, 7.30pm, Sam Maddison  
Friday 12, 7.30pm, Luke Karolak  
Sat 13, 7.30pm, Derek F. Smith  
Friday 19, 7.30pm, Till Dawn  
Sat 20, 7.30pm, Mr Blonde Duo  
Friday 26, 7.30pm, Ian Murry  
Sat 27, 7.30pm, Peter Baker



# Vox Pop



May is such a special month, especially for our mums. Sometimes it is to easy to take them for granted but with Mothers Day coming up on May 14 I thought that I would have a chat to our youth about what makes their mother so special. I certainly got some interesting responses!  
**Kim Parnell, Editor**

## What is it about your mum that makes her so special?

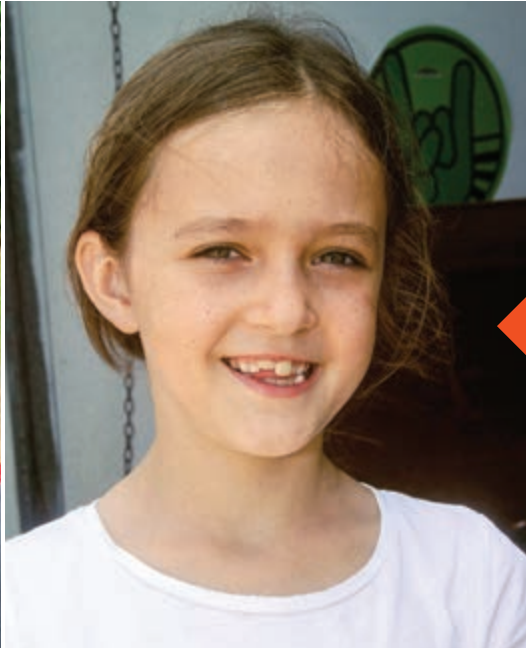
"My mum is special because she helps kids and she brings us to some special places when we don't expect it. My mum is amazing"

**Jet Fry, 10**



"Mum cleans our washing. She loves us and takes care of us. She is very special and she does all our Chores"

**Kyra Huxham, 8**



"Mum feeds me, and gives me shelter and clothes. She also takes me to Hungry Jacks sometimes. I love her a lot as she is both my mum and my friend"

**Montana Waddell, 11**



"My mum takes me places, buys things for me and supports me and takes care of me. I love my mum for all the things she has done for me"

**Kyle Squillaciotti, 12**



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## Plenty Of Laughs For The Whole Family At The Z-Pac Theatre

With Jacob Kitson-Holebrook



Z-Pac Theatre's latest show "I Love You, You're Perfect, Now Change" is a highly relatable comedy full of laughs and awkwardness. The show delves into all the awkward situations that often a first date brings. Everything that you have secretly thought about dating, romance, marriage, lovers, husbands, wives and in – laws but were afraid to admit out loud, is confronted in the show. The young cast, ranging from 20 through to early 30's, ventures into the nitty gritty side of dating and marriage to provide the outcome of an excellent show with plenty of laughs for the entire family.

People from all over the region make the effort to be a part of a show like "I Love You, You're Perfect, Now Change" and they are willing to travel a rather significant distance to attend the weekly rehearsals at Z-Pac. Many years of endless commitment from individuals like this have made Z-Pac Theatre the way it is today. The sense of community and the atmosphere that all these volunteers create for Z-Pac's patrons is rather unique. The moment the public walks through those theatre doors they feel embraced in a warm hug and instantly are made to feel at home - ready to be entertained.

Behind the curtains of any given performance there is always a close knit team working to ensure that the theatrical arts remain an integral part of the Hervey Bay community and indeed, the greater Fraser Coast. Whenever an audience sits down in the theatre they expect that they are going to get their money's worth, and that is what every director and cast member aims to deliver when they start on the journey towards an opening night.

And at the end of the day Z-Pac Theatre never fails to meet that expectation and always produces marvellous shows for the entire family. Come take a look at the latest fantastic Z-Pac performance "I Love You, You're Perfect, Now Change" - you will not be disappointed I promise.



## Every Hand Helps at the Upcoming Volunteer Expo

The Fraser Coast is fortunate to have a vibrant volunteer community. Every day thousands of volunteers help out across the region and help make it the caring and sharing community that it is.

Volunteers are part of the fabric of the Fraser Coast Community and their giving nature touches us all in some way. Our front line volunteers-the SES, Rural Fire Service, Surf Lifesavers, and Volunteer Coast Guard to name a few – give up their time and often risk their lives to protect us in times of trouble. Not all volunteers are on the front-line but their contribution is equally important.

Without volunteers in our schools, community groups and hospitals, churches and sporting clubs, these organisations would simply cease to exist.

The Fraser Coast Regional Council recognises and values the enormous contribution that volunteers make to our local community and the vital role that these volunteers play by strengthening and enhancing community. The Every Hand Helps Volunteer Expo held each year brings together community to find out how they can connect with over 60 participating non-profit organisations.

The expo aims to build strong communities through volunteering and provides a range of resources, services and support so that people on the Fraser Coast are aware of and understand the nature and scope of volunteer activity. - Melissa Dower, Principal Officer Community Development Community & Culture.

The Every Hand Helps Expo will be held on:  
May 6, 10am-2pm @ Maryborough City Hall





# THE Mothers Day CLASSIC

STORY & PHOTOS BY  
EVENT ORGANISER  
ELIZA CARIGE

**PIER PARK, URANGAN, HERVEY BAY**  
Registrations on the day from 6.30am  
Walk or run starts from 8am.

**Make it a classic Mother's Day** by supporting the Mother's Day Classic (MDC) walk or run, which is set to take place in Hervey Bay on Sunday, 14 May 2017 to raise money for Breast Cancer Research. The annual fund-raising event has been held in major cities and regional areas across Australia since 1998, with local volunteer groups driving the regional events.

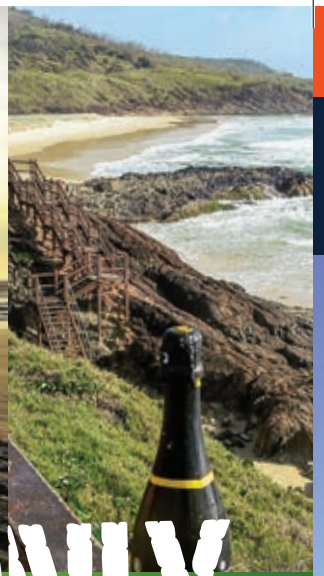
The 2017 Mother's Day Classic will be held in all Capital Cities and over 90 regional areas across Australia. Since its inception, the Mother's Day Classic has raised \$27.4 million for the National Breast Cancer Foundation, who has distributed these funds into research grants in each state.

Held on Mother's Day, the Hervey Bay event provides an array of family-friendly entertainment and activities for the whole community to enjoy. The Hervey Bay event attracted more than 215 participants in 2016, with a further 50 spectators turning out to cheer from the sidelines, immersing themselves in community spirit.

A Carnival atmosphere is created at the event with live entertainment, food stalls, prizes, and give-aways, face painting, bouncy castles and other child-friendly activities that make for the perfect event for people to celebrate Mother's Day with their families and wider community.







Story by Kim Parnell

## Camping on Fraser Island

# GIRLS ONLY

**ONCE A YEAR I get to go on a girls trip away to Fraser Island with three great friends Carol, Cathy and Monique.**

Each year the four wheel drive gets packed up and we catch the Kingfisher Bay Barge over to the Island. We camp, yes camp in swags on the beach. This is camping at its most basic, we are not near any facilities so there are no showers or toilets, just a hole that you have to dig yourself. We are open to the elements and to whatever mother nature wants to throw at us. We usually go on long hikes to places that are off the beaten track, and do everything that the blokes would do. Every moment of our

trip is an adventure, we explore new sights, push our boundaries and feel very liberated for the experience.

A few highlights of our trip were – A fun night at the Fraser Island Retreat located at Happy Valley due to extreme bad weather, a float down Eli Creek, a swim in the pristine waters of Lake McKenzie, seeing the fresh water turtles at Lake Allom, Swimming at the beautiful Lake Birrabeen. Visiting Orchard Beach, this is a great place to stop for some refreshments as there is a small general store and a little pub. Stopping at Champagne Pools for a swim, of course we had to share a bottle

of champagne while the waves were crashing over the rocks it looks exactly like the fizzling foam from a shaken bottle of champagne hence the name.

Fraser Island has an abundance of spectacular wildlife, unfortunately a lot are nocturnal so come out while you are sleeping. But if you are lucky as we were, you might see a Dingo, remember that these are wild Dingos so no touching or feeding as they have been known to become aggressive especially during mating season. We also saw lots of Goanna's and Bird life, there are many species of birds on the Island so don't forget your camera.



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Hervey Bay - 93 Main St, Pialba - Ph: 4124 1851

Maryborough - 14 Rocky St, Maryborough - Ph: 4121 2288



# Fishing on the Fraser Coast

Photographs on this page provided by [www.GuidedFishingDownUnder.com](http://www.GuidedFishingDownUnder.com)

## Catching Summer Whiting on Lures

Most anglers rely on the old traditional ways when chasing a feed of Summer Whiting, and there's certainly nothing wrong with targeting these tasty little fish with yabbies and worms – it's a very effective method.

However with the recent heavy rain the Fraser Coast has had, there will be plenty of prawns flushed from the rivers and creeks; this is prime time to catch whiting on lures, particularly when they are feeding on prawns up on the surface of the water column.

There are plenty of advantages when using lures:

- Instead of anchoring a bait in the place, lures will cover a much larger area, therefore attracting more fish and getting more bites.
- On average the larger, better quality fish tend to be caught on lures.
- It's great fun actually seeing the fish strike the lure on the surface of the water
- It's actually much simpler and easier to go down to your favourite whiting spot with a lure instead of having to cart buckets, yabbie pumps etc.

So next time you trek off to your favourite whiting flat, try taking a few small poppers and stick baits. The local tackle shop will point you in the right direction when it comes to choosing lures.

Summer Whiting can be caught all year around, but the summer months are best. If there has been heavy rain, they'll be chasing prawns and is a good time to target them.

Until next time, Tight Lines!

John Haenke – [GuidedFishingDownUnder.com](http://GuidedFishingDownUnder.com)



### JOHNS LURE TIP

"My personal favourites are Rebel Pop-Rs and Lucky Craft Sammys in a clear colouration."



### HOW TO WORK THE LURES:

Work the lures across the surface with a medium to fast retrieve, without any pauses. You may never go back to bait fishing again, after trying this effective and fun method for catching whiting!

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# Weekly Activities 2017

## HERVEY BAY

### HERVEY BAY BOWLS CLUB

Barefoot Bowls available for Social & Business Groups  
Ph 4128 1093

## HERVEY BAY

### TAI CHI

Mon Nights – Beginners, Time: 6pm, Cost \$10.00, Contact Marg to book your spot on 0408 705 140 or Email: [marg@margrichters.com](mailto: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: [integratedacadamy@gmail.com](mailto:integratedacadamy@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

### REIKI HEALING DAY

9am-1pm, held on the fourth Sunday of the month, Cost: Donation, Hervey Bay Community Centre, Charles St, Pialba – Joan: 4124 0360.

## HERVEY BAY

### WHAT WOMEN WANT

Networking for Women of the Fraser Coast. Informal and friendly events bi-monthly at different venues. Email: [www.frasercoast@gmail.com](mailto:www.frasercoast@gmail.com)

## HERVEY BAY

### WOODCRAFT CLUB

Meets Mon, Wed and Fri 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 Tues night and work on Pottery. To join the club there is an annual fee of \$40, and each Tues there is a fee of \$5 for the workshop. Phone Sue on: 4125 3638 for further details.

## HERVEY BAY

Bellydance and Bollywood Dance Class, Friday's, 6pm, (during school term), 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 Sat at 7am at Pier Park, Urangan, Hervey Bay, register and get your barcode at: [www.parkrun.com.au](http://www.parkrun.com.au)

## HERVEY BAY

### YOGA QIGONG

Sat Morning, 7.30am-8.45am, Deck @ Gatakers Landing Restaurant, Point Vernon. Mon: 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 Thurs, (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 Tues 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, Thurs 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 Fri 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](http://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 Sat at 7am at Anzac Park/Ululah Lagoon, register and get your barcode at: [www.parkrun.com.au](http://www.parkrun.com.au)

## MARYBOROUGH

MARYBOROUGH - AUSTRALIAN COUNTRY MUSIC ASSOCIATION INC Meet every Fri for practice, Cost \$3, then every 3rd Sat 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, Tues 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](mailto: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 Sun of the Month  
7am - 12pm

[info@frasercoastwildlifesanctuary.org.au](mailto:info@frasercoastwildlifesanctuary.org.au)

## MARYBOROUGH

### MARYBOROUGH

#### CITY HEARTS MARKETS

Adelaide & Ellena St, Maryborough

Every Thurs 8am - 1pm

[markets@fcte.com.au](mailto:markets@fcte.com.au)

## HERVEY BAY

### KOALA MARKETS

Kruger Court, Booral Rd, Urangan

2nd and 4th Sun

6am - 12noon

[koalamarkets@yahoo.com.au](mailto: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 Sun of the month

6am - 12noon

[hbanimalrefuge@gmail.com](mailto:hbanimalrefuge@gmail.com)

## HERVEY BAY

### FRASER COAST MONTHLY COUNTRY MARKETS

Burrum River,

Australia Adventure Park, 805  
Burrum Heads Rd, Burrum River

2nd or 3rd Saturday of the month,  
subject to change at anytime.

Please go to the Australia Adventure Park  
Face-book page for updates, and times.

## HERVEY BAY

### URANGAN PIER PARK COMMUNITY MARKETS

Pier Park, Urangan

(in front of Jetty)

Every Sat 7am to 1pm &

Every Wed 7am - 1pm

[pierparkcommunitymarkets@gmail.com](mailto:pierparkcommunitymarkets@gmail.com)

## HERVEY BAY

### TORQUAY BEACHSIDE MARKETS

Outside AQUAVUE, Torquay

2nd & 4th Sat 8am to 1pm

[info@torquaymarkets.com.au](mailto:info@torquaymarkets.com.au)

## BURRUM HEADS

### BURRUM HEADS MARKETS

Community Hall, Main Rd &  
Howard St

Burum Heads

2nd Sat of the Month

7am to 11am

## HERVEY BAY

### HERVEY BAY BOAT CLUB

ART & CRAFT MARKET

Buccaneer Dr, Urangan

3rd Wed of the month

9am to 2pm

[info@boatclub.com.au](mailto:info@boatclub.com.au)

## BAUPLE

### BAUPLE MARKETS

(free for stallholders)

Band Hall, Band Hall Rd, Bauple

4th Sat of the month

7am to 12noon

[www.facebook.com/bauplemarkets](http://www.facebook.com/bauplemarkets)

## TIARO

### TIARO MARKETS

Memorial Hall, Main St, Tiaro

2nd Sat of the month

7am to 12noon

## HOWARD

### HOWARD COMMUNITY CENTRE

Steley St, Howard

1st Sat of the month

7am to 12noon

[info@howardcommunitycentre.org.au](mailto:info@howardcommunitycentre.org.au)

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



## Relish Food & Wine Festival June 3

Maryborough

Relish Fraser Coast is a gourmet experience showcasing regional wines and fine local produce. Maryborough's heritage street scapes and stunning riverside parks serve as the distinct backdrop for this celebration of local delicacies including mouth-watering Hervey Bay Scallops and Fraser Island prawns.

Other highlights include: Live cooking demonstrations, a 'sweet' ride on a historic steam engine filled with treats and quirky beers, and food matching sessions held in the cellars of the heritage listed Bond Store, amongst the old rum barrels that date back to the 1860's. To purchase tickets and to find out more information go to: [www.relishfrasercoast.com.au/](http://www.relishfrasercoast.com.au/)

## Rotary Living Expo June 24-25

Hervey Bay

Come and join us in this annual event on the foreshore of beautiful Hervey Bay. With over 150 exhibitors, and an expected 5000 visitor, over two days of live entertainment. There will be a wide selection of stalls and entertainment across the both days. Caravans, boats, accessories, crafts, food, raffles, music, fresh fruit and vegetables, leisure, gardening, fishing, camping, and Shannon's GoGo Mobile and big rig to name but a few, all for just \$5 entry (kids under 12 free). This is a kids friendly event.

Proceeds go directly back to local Rotary community projects. For more details go to: [www.livingexpo.com.au](http://www.livingexpo.com.au).

## Fraser Coast Mates Annual Golf Day 2017 June 23

Hervey Bay

Fraser Coast Mates is a group of like-minded locals that are raising awareness for men's mental health on the Fraser Coast. Our goal is to raise much-needed funds to take a proactive approach to tackling suicide prevention and men's general well-being & health. Become part of a great cause and support a much-needed initiative for our region. Proceeds go to raising funds that support an important local cause. For team enquiries call Darren on: 0404 467 036 or for Sponsorship enquiries call Daniel on: 0402 096 958. For tickets go to: <https://www.eventbrite.com.au/e/fraser-coast-mates-annual-golf-day-2017-tickets-32942681447> – The Clubhouse Hervey Bay.

## 10th Annual Classic Country Music Stampede May 14

Maryborough

You will see, learn, and meet some of Australia's legends, and up and coming country music stars. Our lineup for our milestone event is Reg Poole, and Ian B MacLeod, Sharon Smith, Evelyn Bury, Kaliste Butler & Waddo and his group.

Camping is available from the 1st – Fees/costs apply. Go to: [www.classiccountrymusicstampede.com.au](http://www.classiccountrymusicstampede.com.au) for details, or call Lynette on: 0439 897 215 or Joy on: 074125 7323 or email [joulini@bigpond.com](mailto:joulini@bigpond.com).

# What's Coming Up in June?



FRASER COAST

What's On May 2017

26



# Social Snaps

*Out and about on the Fraser Coast*



Clockwise from top-left:  
**Jayden Stevens** says Meow at the Ball  
3 year old **Immy Delfs** loves Rock Off and her bubbles  
**Jocelyn Searle** is enjoying the Ball  
At the Hervey Bay Relay For Life Ball was **Tameeka Sikorski** and **Nikita Reid**  
**Bailey Shaw** (11) loves Youth Week





# Social Snaps



Clockwise from top-left:  
**Lesa Stagg**, Former Footballer **Campbell Preston** and **Lenore Denduck** get ready for a walk  
**Orion Bholah**, 9 looking pretty cool  
**Tracee** and **Nicole** blow bubbles for the start of Youth week  
The Face of Relay For Life 2017 **Charmaine Bailey**  
**Phoenix Bholah**, 7 ready for some action





# Out and about on the Fraser Coast



Clockwise from top-left:  
**Maryborough Easter Street Parade** (Photo credit: Jokev)

**Cooper Earle** performs a Backflip Tail Whip at Rock Off

**John Burgess** and **Ebony Rasmussen** supporting the cause

**Robert Garland** playing the fiddle

Bride to be **Alicia Hughes** was over the moon to meet **The Mason Rack Band**







*In the Kitchen* with

# Adrian Hauritz

Head Chef @ Hoolihans Irish Restaurant and Bar



**"You never stop learning."**

**Adrian Hauritz**  
Hoolihans  
Irish Restaurant and Bar

**How long have you been a Chef at Hoolihans?**

I have been at Hoolihans for about 13 years. I was nearing the end of my apprenticeship when I started, since then I have worked my way up through the roles. So from Apprentice, Chef, Sous Chef, Head Chef.

**Who was your biggest inspiration when you were training to be a Chef and why?**

I always liked cooking and cooked a lot with mum while growing up. We used to make a lot of desserts, and slices. I also used to enjoy watching mum cook dinner.

**How would you sum up the menu at Hoolihans?**

Part Irish part Australian. I would sum it up as saying that it is a mixture of pub food done at its best. It is good hearty fare.

**What is the most popular dish on the Hoolihans menu?**

Our most popular dish is definitely the Beef and Guinness Pie followed closely by our fresh local seafood dishes.

**Which talent would you most like to have that you don't possess?**

More knowledge about the different cultures and the diversity that is out there. I am interested in this in both a food and a life perspective. You never stop learning. I also always wanted to learn the art of photography.

**What do you love most about the Fraser Coast?**

I have been in the Bay for about 14 years, I originally came from Kingaroy. I always used to holiday here with my family, I am married and have two children so we enjoy the beach, fishing, swimming and I the scenery. The Fraser Coast definitely has a family feel.

**Tell us one of your more memorable moments in your career?**

Definitely it would be finishing my Apprenticeship and becoming a qualified Chef. Just having a trade is great to hopefully further my career.

**Do you use many local suppliers?**

Yes we use Fraser Coast Fresh Produce for our fruit and veggies, Hervey Bay Wholesalers for all of our dry store goods, and Australian Ocean King Prawn Company for all of our seafood.

**What advice would you give a novice just getting into the Business?**

Always listen, you will never ever stop learning. Keep tidy and work hard.

**What are your favourite foods to cook with?**

I like seafood. Prawns, fish, whiting, barramundi and local cuttlefish. I enjoy cooking with anything local and fresh.

**What do you love most about your Job?**

The people I work with, if you don't have a good team you don't enjoy your work.





FRASER COAST FOODIES

# Seafood Paella

A fresh Fraser Coast seafood paella is the perfect dish to enjoy with family & friends.

The paella rice should be soft and luscious with the grains separated and unbroken, with a crunchy caramelised layer on the base of the pan (the best part!). A standard size paella pan fits nicely into a Weber Family Q or kettle BBQ, and the cooking aromas will make the neighbours hungry too!



## INGREDIENTS

10 large Fraser Coast green prawns, left whole.  
500 g Fraser Coast green prawn meat.  
500g Hervey Bay scallop meat.  
500g green-lipped mussels, shells scrubbed and cleaned.  
200g calamari rings.  
250g salmon fillet, cubed.  
1 tablespoon olive oil. 1 onion finely chopped.  
2 tomatoes, chopped. 4 cloves garlic, crushed.  
2 teaspoons smoked paprika. 1 pinch saffron threads  
4 ½ cups seafood stock (made from the prawn heads and shells)  
2 cups paella rice  
1 cup baby peas  
1 cup sweet corn kernels Sea salt & cracked black pepper 2 cups  
parsley leaves 1 lemon cut into wedges

## METHOD

Add the paprika & saffron to the stock in a saucepan, stir, bring to the boil & simmer.

Heat oil in a paella pan or large frying pan over a high heat.

Add the onion & garlic & cook until lightly golden. Add the rice & tomatoes & fry for a few minutes, while stirring.

Continue frying on low heat, adding the stock a cup at a time, stirring gently as it is absorbed into the rice mixture.

After 10 minutes, add the peeled prawn meat, whole prawns, scallops, calamari, mussels and fish and stir through once.

Leave to simmer without stirring for 5 more minutes, until the rice is cooked. Add more stock as necessary.

Garnish with lemon wedges and parsley, season with salt and pepper and serve.



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