

TAKE
ME HOME

FRASER COAST What's On

July 2019 MONTHLY MAGAZINE

29

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Puccini's
Madama **BUTTERFLY**

Art Exhibition:
FIBRE FANTASY
The Man behind the
Wheel of the **AMAROO**

LOCAL MUSICIAN SPOTLIGHT
DOUG EDWARDS
SUE & KEITH REID
are ready for the whale season

FRASER COAST What's On

Note from the Editor



The last two months have been an absolute whirlwind of events, meetings and celebrity interviews, along with the day to day running of a monthly magazine. Ever-wire I have attended. By the C, the Salvo Fundraiser Concert, Echoes In Manlyborough Music Fest, the Forget Me Not Cokour Stampede, Belloh Food & Wine Festival, The Fraser Coast Agriculture Show, Comfort Kitchens seventh Birthday Celebrations, the Love Your Sister Fundraiser, a Surf Lifeguard Dinner and a Business & Tourism Networking Event. Just reading this back to myself exhausts me!

During those same two months, I have had conversations with John Paul Young, Lee Hemmigan, James Blandell, James Reyme and Angry Anderson, all in the name of work.

People see me at these events and pick up the magazine to read the celebrity interviews and they tell me how lucky I am to be able to do all of this. But none of it comes without their hard work.

People who own their own business will understand that when you are passionate about something and truly believe what you are doing the job isn't just 9-5 it comes with a lack of sleep, long hours, an inability to switch off, self-doubt, isolation and at times a fair amount of instability.

You live it, breath it, sweat it! But the finished product is always worth it, and I make sure that I have fun along the way that's for sure.

Cheers,
Kim Parnell
Editor

URANGAN

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JULY

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Contact Us

Editor - Kim Parnell

- ✉ whatsonfrasercoast@outlook.com
- ✉ sales.whatsonfrasercoast@outlook.com
- 🌐 <http://whatsonfrasercoast.com.au>
- ☎ Ph 0467 303 171



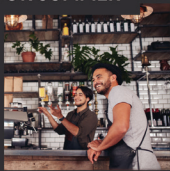
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SOWETO GOSPEL CHOIR – *Freedom*

RECENT WINNERS OF THE 2019 GRAMMY AWARD FOR BEST WORLD MUSIC ALBUM (FREEDOM), SOWETO GOSPEL CHOIR NOW BRING THEIR GRAMMY WINNING FREEDOM TOUR TO AUSTRALIA.

The SOWETO GOSPEL CHOIR will tour Australia in 2019 with their Freedom tour in honour of the father of their rainbow nation, Nelson Mandela, and South Africa's struggle for freedom. On the back of their most recent 3rd Grammy award for Freedom (Best World Music Album) this celebrated choir brings joy and jubilation to 48 venues across Australia from July. Tickets to SOWETO GOSPEL CHOIR are now on sale.

The three-time Grammy Award-winning SOWETO GOSPEL CHOIR has been spreading their joy to audiences across the globe for nearly two decades. Composed of the best artists in South Africa, the choir invites you to enjoy the incomparable and inspirational power of African Gospel music. These uplifting performers have shared the stage with some of the biggest names in music including U2, the late Aretha Franklin, Stevie Wonder, Robert Plant, Celine Dion, Red Hot Chili Peppers and Josh Groban. For the first half of this concert, the choir will perform "Songs of the Free," a rousing program celebrating the centenary of the birth of the Nelson Mandela. Following that, the performers will share international gospel classics including their hair-raising take on Leonard Cohen's "Hallelujah." Just try to stay in your seat!



'The SOWETO GOSPEL CHOIR members are thrilled to return to Australia,' producer Andrew Kay said. 'The group continues to inspire fans worldwide, but the reaction we get from audiences in Australia is unforgettable. We hope that our uplifting message of hope, faith, and joy reaches audiences new and old on this special return visit as we celebrate the legacy of the great Nelson Mandela.'

Filling the stage with vibrant costumes, incredible vocals and uplifting songs, SOWETO GOSPEL CHOIR is 90 minutes of indisputable bliss, leaving audiences exhilarated as they dance in the aisles. The dynamic choir performs both traditional and contemporary music, adding its unique feel and interpretation to both. The choir performs in six of South Africa's eleven official languages with rich harmonies and earthy rhythms.

Along with their traditional South African anthems, the choir will perform their famous renditions of "Amazing Grace," "Hallelujah," and "Freedom Songs Medley."

'Absolutely thrilling singers, dazzling music.'
- Billboard

Soweto Gospel Choir- Freedom
July 24
Braigs Theatre & Convention Centre,
Maryborough
For tickets go to
www.ourhaziercoast.com.au

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Inside this month's edition!
There is lots to see and do!

*July is all about Whales,
Mary Poppins,
Opera and Strings!*

The beautiful sounds of the **Soweto Gospel Choir** will ring out in Maryborough this month in a performance that honours Nelson Mandela. This will be one event that you will not want to miss.

We go behind the scenes with the Hervey Bay Spinners, Weavers and Fibre Artists to find out all we can about the upcoming art exhibition named **Fibre Fantasy**.

Opera buffs will be looking forward to Puccini's **Madama Butterfly**, the tragic story will keep you captivated as each act is played out. I chat with the Butterfly herself, Soprano, Sharon Zhak, about playing such a complex role.

FIVE-piece Noosa cover band the **Claptomaniacs** descend on Hervey Bay with their mix of classic pop and rock music from the 60's, 70's and 80's that will have you on the dance floor.

Personal stylist Leah Harvey talks to us about 'styling our little ladies' in her informative and witty monthly column - **Fashion with Leah**.

If you are involved in the Fraser Coast music scene, whether it be as a musician or as a listener you would have heard of local Singer Songwriter, **Doug Edwards**, we catch up with him to talk about everything music.

It's time for The **Maryborough Music Conference** once again. There are some fantastic events for the public to attend during the course of the weekend as well.

Kim Parnell

Editor, What's On Fraser Coast

TORBANLEA RODEO

Saturday 27th July

Bull and Barrel Racing

gates open 3.00 - action from 4.30

after party 8.30 - 10.30

150 Family pass (2 Adults + kids)

Adults 120 - Students 70 - Under 12 FREE

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WEBSITE FOR ENTRY DETAILS



TORBANLEA
RODEO

Puccini's MADAMA BUTTERFLY Heads To The Brolga

Written by Kim Farnell

Italian Composer - Giacomo Puccini's Madama Butterfly is coming to the Brolga Theatre this month, so I thought it only fitting that I call China-born Australian Soprano Sharon Zhai who alternates the role of Butterfly with Eva Kiong. Sharon talks about her role as Cio-Cio-San in this much loved but haunting operatic masterpiece. This article is written in Sharon's own words as only she can tell her story.

My mum was a Chinese opera singer but she didn't have the classical western operatic singing technique so was doing different things. Opera wasn't really something that I imagined that I could do in the future. When I was in primary school my teacher discovered that I had a good voice with rhythm and suggested to my mum that I needed a voice teacher. I was thirteen years old when I started classical and operatic singing. Mum was very supportive during my development and bought some audio training programs that I would listen to after school, my childhood was full of music.

Later on, I lived in Italy for eight years with my Italian husband. We did the family thing for a while, but singing was always in my blood. It is lovely to work in Europe, but Australia is really something. I love coming back to Australia as I love the sunshine here. My work with Opera Australia is amazing, I get to work with some fantastic Artists and Directors, I really thank them for giving me this opportunity to perform in Madama Butterfly.

My character Cio-Cio-San is a very innocent, Japanese Geisha. At fifteen years of age, she marries Pinkerton, an American Naval Officer. She is very naive and believes in love and thinks that her marriage is the real thing, but Pinkerton has other ideas and was just looking for fun while in Japan. Cio-Cio-San bears a son and it is three years until she sees her husband again, at this time he comes back with his new American wife to take the child. To Cio-Cio-San losing her child was unacceptable, it is shameful for her and Japanese culture in general, so she takes her own life.

Cio-Cio-San is a hard role to play as it is full of emotion. In the beginning, I could never control myself without crying even when I listened to the music. When you are singing these songs it is hard for the Opera Singer as you have to control yourself, but at the same time, you need to deliver your emotions and make your performance as authentic as possible. The last scene would make me cry as I have a son and I can feel the pain each time. In fact, for a long time I didn't allow him to watch the opera, last year this changed as my family came to see the performance, my son was eight. I think it is important to tell them beforehand and explain to them that this is just a story, not something that happens in real life every day. So I talked to my son and when he watched it he was fine with it, he could accept that this was his mum playing a different character.

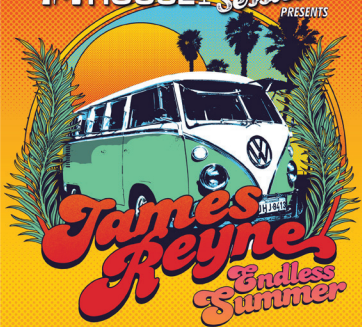
I have never been to the Fraser Coast before so I am excited to see this part of Queensland. We are staying in Queensland for nearly ten days at this time, I am sure we will have time to have a look around.

I would like you all to know that Madama Butterfly is the most beautiful Italian Opera on earth. Puccini's music is beautiful and the story will impact you. I am not saying that everyone will cry, but you will feel. It will be a very special experience. We also have a wonderful children's chorus which makes the experience a lot more interactive for the local communities that we travel to.

Madama Butterfly
Tuesley, July 23
Brolga Theatre & Convention Centre



BEACH HOUSE HOTEL *Live Sessions*
PRESENTS



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BOOM Crash Opera

JULY 16TH 2019 – DOORS OPEN 8PM – TICKETS ONLY \$55

TICKETS ARE NON REFUNDABLE - 18+ ONLY EVENT



RALLY FOR A CAUSE CALENDAR OF EVENTS IN JULY

By attending these events you will help teams secure their place in the 2019 Dunga Derby, with funds raised to go to local Charity Rally for a Cause.



6th July 2019

Event

Cabaret and Country

From Cabaret to Country this night is sure to be filled with great entertainment, music and dance. With special guest artists and a very special team hosting this event, you'll be laughing, foot stomping, waltzing, jiving, teaching for a feathered toe and everything in between all night long. Book now to secure your seats.



20th July 2019

Event

Wacky Races Remote Control Car Grand Prix

Do you drive like Dick Dastardly & Muttley, Penelope Pitsoop or Peter Perfect? Book your place on the starting grid to find out. Hervey Bay's first Wacky Races Grand Prix for remote control cars will test your skills. No experience or car required. \$700 Cash prize money up for grabs. Feel free to dress for the occasion.



1st August 2019

Event

Dunga Derby 2019

Farewell the teams on their 4-day Coast to Country adventure. After fundraising for their place on the Rally, teams now get to enjoy all the fun that is the Dunga Derby.

If you are interested in any of these events go to: www.dungaderby.com, and while you are there check out the 2019 Events Calendar.

Coalfest at Howard

Bellert Park • Saturday July 20 • 8:30am to 5pm



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- Grand Parade
- Shannons Coalfest Motor Show
- Entertainment from All S Country Sings
- Ukulele groups
- Mamong
- Belly dancing
- Three Beards
- Light Horse Displays
- We have Australia's number one Chain Saw carver Matt Bird
- Camel rides
- Face painting
- Children's rides
- Rope making
- Craft and old machinery demonstrations
- Art Exhibitions

Over 50 market stalls and a wonderful variety of food and drink will be available throughout the day.

Like us on Facebook at [Burrum Coal Discovery Festival](#)



It's Holiday Time!

Hervey Bay Regional Gallery

Drawing Machines

July 1

10.30 - 1.30

For children all ages - \$11 members/\$15 non-members

Jeweller Helen Bird works with participants to create moving drawing devices from recycled and found materials. Children under the age of 11 require accompanying adults.

Clay Figures

July 4

10.30 - 12.30

For children aged 6+ FREE

Create your very own characters or objects from the Mary Poppins story! Let our talented local artist Susie Hansen teach you the tips, tricks and techniques of clay. Works will be dried and go through the firing process, to be returned after approximately one month.

Make Your own Museum Tag

July 11

10.30 - 11.30

For children aged 6 - 12 years - \$11 members/\$15 non-members

Kiera-Jay Power's workshop encourages kids to think about science and material

culture. Participants in the young children's workshops will create personalised name and identification tags with thick paper, fabric, or leather, which they can emboss using metal stamps that require no drilling. Maximum 15 participants. Children under the age of 11 require accompanying adults.

Make Your own Museum Tag

July 11

12.00 - 1.30

For children aged 13 - 18 years - \$11 members/\$15 non-members

Participants in the teen workshop will create key chains or backpack name tags by metal stamping on strips of recycled copper. Maximum 15 participants. Children under the age of 11 require accompanying adults.

Other events

Dr Seuss's The Cat In The Hat - Live On Stage

July 3

10.30pm & 1pm

Who doesn't like the Cat in The Hat, great holiday fun! Boiga Theatre & Convention Centre, Maryborough

Mary Poppins Festival

There will be lots to see and do as part of the Mary Poppins Festival. Get dressed up in the Mary Poppins, or Steampunk theme for The Day in the Park that is held on the final day of the festival on July 6. For all of the events around this festival go to <https://www.marypoppinsfestival.com.au/programs/>.

Other places of interest

Fraser Coast Cultural Centre - Free entry
4197 4206

Reefworld Hervey Bay

4128 9828

Jump Trampoline Park

4191 4051

Fraser Coast Art Gallery & Academy

4325 3829

Rock Off Hervey Bay

4194 1263

Hervey Bay Historical Village & Museum

4128 4804

Fraser Coast Wildlife Sanctuary

4122 2080

Maryborough Military and Colonial

Museum - 4323 5900

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KINGSTON
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What's On at Arkarra



Sunday 7th July - CHRISTMAS IN JULY Luncheon with all the trimmings. Santa will be here with presents for all the kids.



Saturday 13th July - PANCAKE DAY A fun day with a special pancakes menu in the gardens for all the family.



Saturday 13th July - The ARKARRA LOW'n'SLOW BBQ pop up will be at the BUSH TO BAY concert and at the Rotary Living Expo.



Saturday 20th July - The ARKARRA LOW'n'SLOW BBQ pop up will be at the Fraser Coast STREET FOOD & CRAFT BEER festival.



Sunday 21st July - COUNTRY & WESTERN BBQ GARDEN PARTY Our legendary low and slow BBQ garden party with a country music twist this month. Bookings recommended!



Sunday 28th July - The ARKARRA LOW'n'SLOW BBQ pop up will be at the CHILDREN'S Festival.

Don't forget Arkarra Gardens is the perfect venue for your special celebrations and events. With our 2 acres of gardens, Ball Huts, special event Marquee and our fabulous kitchen team, we can cater for your corporate events, parties, anniversaries, birthdays, weddings and more. The entire venue can be made available for your private event every evening. Call us to claim your date!

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Russell Czinege

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Winter has arrived in Hervey Bay and we've updated our menu and specials board dishes at Arkarra Gardens accordingly. It's more of a refresh really with some new warming comfort food dishes added to our favourite Arkarra classics. Taking on board feedback from our customers we've added more vegetarian dishes, as well as a few of our succulent low and slow barbecued dishes.

You'll find dishes like Low and slow BBQ brisket pies with winter vegetables, pea mash, gravy and chips. Goats cheese soufflé with charred asparagus, roast butternut, blistered tomato and basil crumb. Mushroom burger with fresh pesto. Crispy pork belly and Platters of fresh local Bundaberg and Hervey Bay strawberries with champagne sabayon featured regularly at Arkarra Gardens now.

Our new mushroom pesto burger is full of flavour and is simple to prepare. I like to use fresh Fontacello mushrooms and soft, fluffy brioche buns. Trim the stem off the mushroom and wash well.

Make a pesto by blitzing fresh basil, pine nuts, extra virgin olive oil, shredded parmesan and garlic cloves together in the blender until the consistency is smooth.

Four some of the pesto onto the mushroom cap and rub in well. Season with cracked pepper and sea salt then pop it onto the hot plate or into a pan on medium heat and gently fry in butter until soft and tender.

Just before the mushroom is ready, pop your brioche bun halves onto the hot plate too, to warm and brown a little.

To assemble, it's layers of finely sliced Roma tomatoes, rocket, the mushroom cap, a good dollop of the fresh pesto and a topping of sliced red onion that has been pickled in red wine vinegar and sugar.

Enjoy!

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TOURISM AND EVENTS



27 JULY - 11
AUGUST 2019



4pm-7pm
SAT 27th
JULY

Blessing of the Fleet
Great Sandy Straits
Marina, Urangan



4pm-9pm
SAT 3rd
AUGUST

Whale Parade &
Concert Seafront
Oval, Hervey Bay



9:30am-2pm
SUN 4th
AUGUST

Paddle Out for
Whales Ernie Organ
Park, Torquay



9:30am-1:30pm
SAT 10th
AUGUST

Kite Karnival
Pier Park, Urangan



9:30am-4pm
SUN 11th
AUGUST

Hervey Bay Seafood
Festival Fishermens
Park, Urangan

herveybaywhalefestival.com.au



Fraser Coast



Vibe-Check



Queensland



Hervey Bay



Chronicle



Claptomanics hit the Bay

FIVE-piece Noosa band the Claptomanics are dropping in to Hervey Bay's RSL, on Saturday, July 13 for one night of classic music from across the decades, with a big dance component.

The band started out in 2014 as a tribute to UK guitar god Eric Clapton and has since branched out to render perfect replicas of material, including much from the UK supergroup and US Pacific sound stables era.

You will likely know the songs you hear, but most are unlikely to have been played to death on his '91 memories radio – which makes a refreshing change.

A cross-sample of material includes Clapton's Change the World and Cream's Strange Brew, the Doozie Brothers' China Grove and Listen to the Music, Steely Dan's Black Friday and Hey Nineteen, Joe Cocker's Help from my Friends and Unchain my Heart, and the Rolling Stones' Start me Up and You can't always Get what you Want, with plenty more from the likes of Boz Scaggs, the Travelling Wilburys, The Doors and much more.

Lead singer Kerry Gambie astounds with his Cocker covers – close your eyes as he sings and you will be transported to Woodstock – and he just as easily morphs into Clapton, Jagger, or whoever is needed.

His Roy Orbison in the Travelling Wilburys songs sends shivers down the spine.

The blend of ace Clapton-inspired guitarist David Zuric and oh-so-mellow keyboardist Jon May bring colour, light and shade into the material, while Jon Brown (bass) combines with drummer Alan Lander to create what one Cooloom venue manager described as "the tightest band I've heard in 30 years of club management".

The guys play regularly around the Sunshine Coast surf clubs and RSLs, and rock historian Glenn A Baker commented favourably on the band on social media when he heard them by chance at the 2017 Yandina Street Fair.

They are looking forward to visiting for their performance debut at Hervey Bay RSL, from 8pm on Saturday July 13.

You can find more details including video clips at www.claptomanics.com or [Facebook/claptomanics](https://www.facebook.com/claptomanics). Don't miss out on what promises to be a great evening's entertainment – and a first for Hervey Bay.

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THE MAN

Behind the Wheel of the Amaroo

Written by Kim Parnell

Last month I went on board the Amaroo and cruised the Great Sandy Strait on a spectacular winter's day. It was also the perfect opportunity to have a chat with the man behind the wheel, Capt. Phil who turned sixty-two the day before this interview.



Tell us a little about you?

I was born in 1957 in Frome in Somerset, England. I have just turned sixty-two... going on nineteen. My parents Vera and Peter are on the cruise today; they have spent the weekend in Hervey Bay to help me celebrate.

Workwise, I am a mechanic by trade and spent about forty years in the industry as a Service Manager before becoming a part-time, then full-time skipper.

How did you get into this line of business?

My wife and I moved to Hervey Bay in 1997 for work, but also for the boating lifestyle. Having always been a recreational boater an acquaintance of mine invited me to work on his boat on the weekend. I loved it that much that the rest is history. I got jobs on commercial boats, whale watching vessels and ferries, I was able to get all my tickets locally.

It took me about a decade of part-time work before I got all of my qualifications. I am now qualified as a skipper and marine engineer. There is a huge contrast between what I was doing in the past and what I do now. Every time people come out on the boat it is a positive experience.

Tell us a little about the Amaroo?

The Amaroo was bought by the Boat Club in 2014, and I became the full-time Captain. I have never looked back. The boat was originally built for Amaroo cruises in Forster-Torquay in NSW. It was designed to do lake cruises and was built with a shallow-draft so she doesn't draw a lot of water which means that you can go in and out of the straits here and up the Mary River. I don't have to worry about the depth as much as some do, the Amaroo is a great little boat.

The whales arrive in mid-July, what can we expect?

Hervey Bay is a particularly good spot for the mother whales because of the layout of the bay. It is a big wide shallow area. The predators that the mums and bulls are vulnerable to, generally attack from the deep blue underneath and will ambush. But they feel very safe in the bay as the water is much shallower. I liken our waters as being like a little park on the side of the road for the whales to take a break from their migration to frolic and play.

What is the best thing about your job?

I love coming to work every day. I don't need an alarm clock that's for sure. It makes my day when I take people out and show them things that they have never seen before. Some of the whales can be really inquisitive and watching the interactions between humans and whales is the best part of the Job. I regularly tell people that they are here to see whales, and I'm here to watch two species of mammals interacting.

"When I see the look of amazement and wonder on the faces I get a real buzz".

What do you like to do on your days off?

I enjoy diving, in fact I am classed as an advanced diver and have dived in Fiji and on the Great Barrier Reef.

I have also dived quite a few times at the local centre. I have dived at The Tobruk, our newest wreck. It is a beautiful clean wreck as the coral growth is not there yet, it still looks like a boat as you can still see all of the detail. The wildlife out there is unbelievable. Locally we also have the Roy Rufus Artificial Reef including the Three Ships this is a great dive spot as well; we have some fantastic dive opportunities right on our doorstep.

I like to keep fit; I walk a lot and enjoy paddle boarding too. I like disappearing up the creeks by myself and spending the day with nature.

Meet Capt. Phil in person aboard the Amaroo where he skips world class whale watching from the main cabin.



The Boat Club **WHALE WATCH** KIDS **FREE** ADULT \$95

For more info, call Cpt Phil on 0455 874 727 or visit: boatclubwhalewatch.com.au

FRASER POP! III

July 20-21, 2019

POP CULTURE FESTIVAL



Get into cosplay with FraserPop

FraserPop is a popular culture festival. A celebration of popular culture, games and gaming, cosplay and much more. The festival is organised by students from grade 12 who are completing a Diploma in Business. FraserPop forms part of their assessment. The students lead the way with every logistical aspect including marketing, budgeting, design and timetabling.

Now into third year of operation, FraserPop is a multi-award-winning event, taking out the Fraser Coast Tourism and Business Award - Events and Event Management in 2017 and 2018. It is an annual event on the school and Fraser Coast calendar for the foreseeable future.

This year, we open FraserPop with a regional first, one-time only concert. We are welcoming the QLD Pops Orchestra on July 19 at Maryborough State High School - MUX, 101 Sussex Street. Entry is \$30 for general admission with no seat allocation. With only 500 seats available, get in fast so you don't miss out. Tickets are available at the school or on GRRV our ticket sales app.

Our event will include:

- Jousting demonstrations
- Special guests Nathan Jones and Stephen Hunter
- Drama workshops with Stephen Hunter, Q & A with Nathan Jones and Stephen Hunter

- Movie & TV Props, Replicas and Displays room
- Mad hatter's tea party
- Transport Campark with a DeLorean, Batman and Jurassic Park as well as our TARDIS
- Cosplay lives and adult competition
- Maryborough State High's very own TARDIS and Game of thrones throne (built by Trade students)
- Virtual reality
- Sons of Obiwan Light Saber Academy - Saber training
- For \$5 per entry - Pop up laser tag
- Exhibitors and Artist Alley - vendors selling all things pop culture for the whole family
- Food court
- And so much more...

This event is open to everyone, we cater for all individuals. Popular culture is such a broad area, so there should be something on offer for everyone to enjoy.

For more information go to our Facebook page <https://www.facebook.com/FraserPopMaryborough/>, we also have an event linked to that page.

Our event is run over two days and is FREE ENTRY. This year the dates are:

Saturday 20 July 2019 10 am - 4:30 pm
Sunday 21 July 2019 10 am - 3:30 pm

ESPRESSO 3.31

We just love Coffee

ESPRESSO 3.31, A LITTLE ESPRESSO BAR SITUATED AT 31 MAIN STREET IN PIALBA

OPEN MONDAY TO FRIDAY 6.30-1PM
0497063296

Visit our espresso Bar where we serve wonderful Divattina Coffee. We also stock a large range of Coffee/Barista Supplies including NESP Cups, 1885 Syrups and Tea/Tonic Teas.

Espresso 3.31 is also a training school for Baristas, where training courses are held in small groups to provide students with the 'badges' to be able to prepare and present wonderful coffee.

Drop by any hello and enjoy a brew, browse our retail shop and if your looking for a career change or just to upgrade your skills book a course to open up new opportunities.

Cafe Connections Harvey Bay distributes coffee and helps our coffee partners by providing service and backup support to cafes. If you're looking to open a new Cafe espresso Bar and want something special have a chat to Greg. 0490668952



Cafe Connections

greg@cafeconnections.com.au
<https://www.facebook.com/espresso331>
www.cafeconnections.com.au



HOW TO ORDER YOUR COFFEE, THE AUSTRALIAN MENU EXPLAINED.

By Greg Lagstrom
Café Connections Hervey bay

Don't just ask for a coffee. Start by stating whether or not the drink is for takeaway, then the size, then the style. Specialty is key—the beauty of Australian espresso drinks is not only in their careful creation but also their adaptability. We are unafraid to ask for customisation, strong or weak, sweetened, and topped up with milk are all common requests. Alternative milks are popular, and most cafes carry soy or almond for non-dairy drinkers. Ordering something "luscious" gets you skim milk instead of full fat.

The consensus in most specialty coffee shops throughout Australia now is simple: a flat white and a latte are the same drink, served in either a cup, or a glass. A latte, in its taller, thinner glass will therefore appear to have more foam. When you're serving the same amount of foam in a flat white, it spreads out thinner and therefore is aptly named flat and white.

A long black. A double shot poured onto hot water to retain the crema.

A short black. This one's easy: a single shot of espresso.

A short macchiato is universally understood as a single shot of espresso with a dash of textured milk, macchiato translates to "stain" or "spot" in Italian.

Cappuccino. This drink requires a single shot of espresso, steamed milk, and a heavy layer of textured milk. Australian cafes give their cappuccinos a dusting of cocoa powder.

A ristretto is a shot stopped 15-20 seconds into its pull rather than the typical 30 of a standard espresso. It's usually served double because of the lower liquid content and has a smoother, less acidic finish, as well as a lower caffeine content.

Magic is where the ristretto becomes Australian. It's Melbourne's gift to the coffee world, a magic is steamed milk poured over a double ristretto—about 45ml of syrupy espresso, served in a 6-ounce cup, 8oz cup ½ filled. Invented by AFL footballers in 2000.

Just as tasty as the piccolo – a single espresso shot topped up with milk in a 4oz glass.

Our Stunning Great Sandy Strait





Calendar of Events

Brought to you by What's On Fraser Coast

JULY

JULY 1 (DAILY)

JADA – Jacaranda Acquisitive Drawing Award

10am
Hervey Bay Regional Gallery

JULY 1 (MON)

Workshop – Drawing Machines

10.30am – 1.30pm
Bookings essential –
Call 4197 4206
Fraser Coast Regional Gallery,
Hervey Bay

JULY 1 (MON)

Workshop – Clay Figures

10.30am
Bookings essential –
Call 4197 4206
Fraser Coast Regional Gallery,
Hervey Bay

JULY 1 (DAILY)

Film Chat
1pm – 2pm
Hervey Bay Library

JULY 3-6 (WED-SAT)

2019 Pryde's EasiFeed Interschool Qld State Championship
Maryborough

JULY 3 (WED)

Hervey Bay Botanic Gardens Tour
10am
Hervey Bay Botanic Gardens

JULY 3 (WED)

Dr Suess's The Cat In The Hat – Live on stage
10.30am & 1pm
For bookings go to: www.ourfrasercoast.com.au
Brolga Theatre & Convention Centre

JULY 3 – AUG 4

Art Exhibition – Shadow Lands
Gatakers Artspace, Maryborough

JULY 3 – AUG 4

Art Exhibition – Ex Post Facto Collection
Jocelyn Watts
Gatakers Artspace,
Maryborough

JULY 3 – AUG 4

Art Exhibition – Wide Bay Impressions
Robin Hines
Gatakers Artspace, Maryborough

JULY 3 – AUG 4

Art Exhibition – Mad About My Ipad
Marni Koster
Gatakers Artspace,
Maryborough

JULY 3 (WED)

Fraser Coast Writers
1pm
Hervey Bay Regional Gallery

JULY 4 (THURS)

Culture Caf - Canada
10am – 12pm
Hervey Bay Neighbourhood Centre

JULY 5 (FRI)

Exhibition Opening
6pm
Gatakers Artspace,
Maryborough

JULY 6 (SAT)

Howard Country Markets
7am
Burrum District Community Centre

JULY 6 (SAT)

Energy & Wellbeing Expo Hervey Bay
9am
Hervey Bay Neighbourhood Centre

JULY 6 (SAT)

Film Presentation – Mary Meets Mohammed
10am – Hervey Bay Library
Bookings required – 4197 4220

JULY 6 (SAT)

Christmas In July Tombola
9.30am
Pialba Scout Group
Hervey Bay RSL

JULY 6 (SAT)

Mary Poppins Day in the Park
10am
Queens Park, Maryborough



JULY 6, 13, 20, 27 (SAT)

Tipples & Tales
2.30pm
Bond Store, Maryborough

JULY 7 (SUN)

Christmas in July
Arkarra Gardens Café Restaurant
For bookings call 4128 8069

JULY 9 – 12

2019 PCQ State Dressage, Combined Training and Horse Trials 2019 Championships
Maryborough Showgrounds & Equestrian Park

JULY 11 (THURS)

Workshop – Make your own Museum Tag
Bookings essential: 4197 4206
Fraser Coast Regional Gallery

JULY 12 (FRI)

Performance Karaoke
6:00pm
Z-Pac Theatre, Hervey Bay

JULY 12 (FRI)

Music Conference Gala Concert 2019
7:30pm
For bookings go to: www.ourfrasercoast.com.au
Broiga Theatre & Convention Centre

JULY 13 (SAT)

Free Meditation Workshop
In Maryborough & Hervey Bay
For locations and times call
Alexandra on 0474 752 763

JULY 13 (SAT)

Pancake Day
Arkara Gardens Cafe Restaurant
For bookings call 4128 8069

JULY 13 (SAT)

Live music - Bush to Bay
12pm
Bay Central Taxi, Hervey Bay

JULY 13-14

Rotary's Living Expo
9am
Hervey Bay State High School

JULY 14 (SUN)

Fraser Coast Lawn Mower Races
9am
Fraser Coast Lawn Mower Racing Club, Maryborough

JULY 14 (SUN)

Sensory Olympics
10am
Hosted by Autism Kids Fraser Coast
Susan River Homestead

JULY 16 (TUES)

James Reyne & Boom Crash Opera
Beach House Hotel, Scarness

JULY 20 (SAT)

Howard Coalfest in July
9am - 5pm
Howard

JULY 20 (SAT)

Tiaro Field Day
9am - 5pm
Imman St, Tiaro

JULY 20 - 21 (SAT)

FraserPop Pop Culture Festival
10am
Maryborough State High School

JULY 20 (SAT)

Fraser Coast Street Food & Craft Beer Festival
12pm - 9pm
Hervey Bay Golf Driving Range - The House of Golf

JULY 21 (SUN)

Hervey Bay Bird Club Annual Bird Sale
9am
Maryborough Showgrounds & Equestrian Park

JULY 21 (SUN)

Country & Western BBQ Garden Party
Arkara Gardens Cafe Restaurant
For bookings call 4128 8069

JULY 21 (SUN)

Art Therapy Workshop for Intention Setting 2019
10am
Inspired Creative Living Art Therapy
Call: 0449 031 011
Bauple

JULY 23 (TUES)

Opera - Madame Butterfly - Puccini
7:30pm
Broiga Theatre & Convention Centre

JULY 24 (WED)

Soweto Gospel Choir - Freedom
7:30pm
Broiga Theatre & Convention Centre

JULY 26 - SEPT 1

Art Exhibition - Fibre Fantasy
Fraser Coast Cultural Centre,
Hervey Bay Regional Gallery

JULY 27 (SAT)

Relay for Life Fundraising Bike & Car Show
2pm
Seafront Oval, Hervey Bay

JULY 27 (SAT)

2019 Torbanlea Rodeo
4:30pm
Torbanlea Racetrack
Torbanlea

JULY 27 (SAT)

The Aunt Buddy Holly Show
8pm
Hervey Bay RSL
Bookings essential - Call 4157 3444

For a full list of What's On, go to:

[facebook.com/WhatsOnHerveyBay](https://www.facebook.com/WhatsOnHerveyBay)

[facebook.com/whatsonfrasercoast](https://www.facebook.com/whatsonfrasercoast)

or visit <http://whatsonfrasercoast.com.au>



MARK YOUR CALENDARS NOW FOR THE
Tiara Field Day
ON 20 JULY 2019



The 2019 Tiara Field Day will be bigger and better than ever before, showcasing the best of our region's agricultural and lifestyle offerings.

As a celebration of all the things we love about rural living, the event will feature a huge line up of entertainment, activities, displays and workshops for the whole family.

For lovers of great food, Matt Golinski highly regarded, professional chef with a passion for creating cuisine using fresh, seasonal and local ingredients will be cooking up a feast using regional produce. Also, ABC's gardening expert Tom Wyatt will be on hand to answer your questions and share his tips and tricks to help make your garden flourish.

For anyone with an interest in land regeneration and rehabilitation, Stuart Andrews will be offering a fascinating insight into the benefits of Natural Sequence Farming, and a Heifer Competition will give the audience the chance to try out their cattle judging skills.

The kids will love the opportunity to get up close and personal with a host of amazing wildlife including snakes,

crocodiles, frogs, possums, owls, lizards and more, as well as the all-day drop in nature journaling activity.

Centre Ring will be humming all day with edutainment displays of dance, retrieval dogs and Extreme Cowboy Racing, while Horse Corner will feature Quantum Savvy horsemanship, saddle fitting, veterinary and hoof and health care workshops.

The 2019 Tiara Field Day will also feature community group displays, food vendors and entertainment by local musicians. Make sure you don't miss this great day out for the whole family.

To find out more about the Tiara Field Day, you can find us on Facebook or email tiaroheldday@gmail.com.

A vibrant, stylized illustration for NomadFest 2019. It features a winding road leading through a landscape with palm trees, a compass rose, a house, a road sign, a car, a van, a guitar, a campfire, a coffee cup, a pizza, a bottle, and a beach ball. The text 'NOMADFEST' is written in large, bold, yellow and orange letters, with '2019' in orange below it.

NOMADFEST

2019

THE PERFECT MIX OF
FUN & FESTIVITIES

7 JUNE – 19 JULY

HERVEY BAY

FUN & FREE EVENTS

HOSTED EXCLUSIVELY BY LATITUDE25

Make the move to Hervey Bay and experience Latitude25 for yourself – a luxury lifestyle community with huge RV garages. While you're there, join in the fun and festivities of all the free events at NomadFest 2019.

RSVP TODAY!

CALL 1800 025 025 OR PICK UP YOUR
FREE EVENTS CALENDAR AT NOMADFEST.COM.AU

With limited seats, bookings are essential.

Latitude 25

RV Lifestyle Community
at HERVEY BAY

#LAT25NOMADFEST2019

SAMUEL JOHNSON

leaves a lasting impression to all those he has touched!

Written by Kim Parnell

Last month we were lucky enough to have Logie award winning Actor, and Dancing with the Stars winner of 2015, Samuel Johnson in our midst for seven days as part of a two-year Australian tour for his charity, Love Your Sister.

During his time here, I followed Samuel to three events in one day to better understand the cause. I must admit that I was unsure of what to expect from the experience, but I hadn't have worried as Samuel is one of the humblest most passionate guys that I have ever met.

Our first visit for the day was to the Beach House Hotel for a parlour visit. This was aimed at a small group of people who were in for an emotionally charged morning.

We then visited Utangan State High School where Samuel met the year 10's. He talked to the students about his love for his sister Connie, who sadly lost her life to Cancer in 2007. Samuel also talked to the kids about mental illness and suicide, no doubt the strong delivery of his speech will stay in the young minds of these students for a long time to come, I don't think that there was a dry eye in the room.

Later on, that afternoon we visited GenesisCare where Sam was introduced to Radiation oncologist, Dr Esther Sims who then took Samuel and his entourage on a tour of the modern facilities, he was also invited to add his fingerprints to the Tree of Hope.

GenesisCare were the major sponsors for the very successful Dancing Under the Stars event put on by the Proud Villagers supporting Love Your Sister.



**\$20,095 was raised at this event and over 100 people signed up for the F*! Cancer Bank.
If you would like to become a regular donor please sign up on the link below.**

<https://love-your-sister.giveeasy.org/fcb>

\$2.50 a week – it is cheaper than a coffee and will help make difference.

Dancing Under The Stars

WITH SAMUEL JOHNSON AND THE PROUD VILLAGERS



Dickie Switch



Genesis Care with Sam



Proud Villagers and Sam



Winning cheque



The Laughing Stars and Sam

Sue & Keith Reid ARE READY FOR THE WHALE SEASON!

Share with us a little about your background?

We moved to Hervey Bay in 1985 to start our family. Over the years we had several shops and restaurants and saw how the visitor numbers grew in whale watch season. We always had a boat for fishing, skiing and scuba diving. In our forties we were looking for a change and Keith started working on the Kingfisher ferries and this is when he first saw the effect that whale watching had on the visitors. He worked to get his skipper's ticket and then we searched for a suitable boat (not an easy task). Finally, we found one in Port Douglas in May 2009 and the work began to sail it to Hervey Bay, modify it for whale watching with 7 weeks till the start of the season. We wanted to be a little different to other tours and with a foodie background this was a big focus. Our three-quarter day tour works well, and our guests love having more time with the whales and enjoy the food.



How do you feel at the beginning of every whale watching season?

At the start of each season there is anticipation in the air. Will the whales turn up in time? Will the people turn up and choose our tour? We are excited to welcome the whales back and look forward to that inevitable first close encounter of the season.

What are some of the behaviours that we can expect to see?

From the beginning of our season, mid-July, through August we see many younger juvenile and sub-adult whales. This is the time for close encounters "nuggings". Playful behaviours such as spy hopping, fin waving and slapping and the occasional breach. In September the mums and calves arrive, you will see lunging, tail slapping, and breaching as the mums teach the babies these behaviours for their survival against predators in the open ocean. There will be times of stillness when the calves are feeding and resting. In October the larger more mature males join in and are looking for love. This can lead to chase pods as the males vie for the chance of mating with a receptive female. The energy of five or more big whales charging and snorting in competition is entralling.

Give us your top 5 whale watching tips to enhance the whale watching experience?

- You can make the most of your day by:
- Having plenty of battery power and memory on your camera.
 - Choosing a tour that lets you spend more time with the whales.
 - If prone to seasickness take "Keeels" before getting on the boat (preferably with breakfast).
 - Give us a call beforehand to check on the weather if concerned about roughness.
 - Protect yourself from the sun with a tight-fitting hat and sunscreen.



FIND US ON:



HERVEY BAY'S LUXURY WHALE WATCH CRUISE



Cruise from 9.30am to 3.30pm
daily (July to late October)

Delicious morning
& afternoon tea

Comfortable 58ft Catamaran
with 3 viewing levels

Tropical buffet lunch

Courtesy Transfers

freedom
WHALE WATCH & CHARTERS

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freedomwhalewatch.com.au

Fashion

WITH LEAH

Styling our Little Ladies

Firstly, it's important for me to point out that I'm a boy mama and I know nothing about what it's like to raise a girl. But I am a daughter, so I can only draw on my own experience with my own mother in regards to the area of 'styling our little ladies' in our current world.

When I look at the female teenage bracket, I see that it's sprinkled with some amazing young ladies who are truly in touch with their own style and individuality. But sadly, a large quantity of our little ladies, are obsessed with following fashion trends in all the wrong ways! One such trend that is wreaking havoc currently, is the high-waisted very short denim shorts on teenage girls. Now there are some girls that this look will be really flattering and appropriate on, but for our gorgeous curvy teenagers with booty and feminine hips, this is not the look for you! Mamas, if you have a teenage daughter with a strong triangle body shape (bottom half is much bigger than the top half), my guess is that their waist line is really gorgy and this is the area to show off, not their thighs and bottom in those teeny tiny denim shorts. Instead, opt for a paper-bag style short, where they are worn on their waist and the paper-bag style cinches in at this area showing the world how gorgeous it is. The length on the paper-bag is more generous, meaning that it will cover the tops of the thighs and sit mid-way between the knee and top thigh area. It should give a mega flattering A-line shape on your little lady, and still look chic and young.

I constantly reflect back on my little lady years and think about what my mother did to instill a sense of unique style and strength in me. Now don't be fooled, I had some horrific style stages growing up, but none involved following the trends that all the girls were following at the time.

So, what did my mama instill? The first thing my mother did was teach me about the colour spectrum and how to use it in fashion. Once I knew what colour groupings suited me best, the best cuts and styles of garments to suit my body made even more sense to me. I took in a bit of my personality at that stage of my life, and I had a pretty good grip on my own unique style. I never followed trends the way they were marketed. Instead, I took bits and pieces from trends and interpreted them into my own area of fashion juxtaposition (this is still strong in me today!). Mum taught me modesty in clothing, yet still encouraged vivacity and a pinch of sass with my own style. Possibly the most helpful arena both my parents introduced me to was second-hand shopping as a teenager. It worked well in both our favour. They had little money to give a fashion-thirsty teenager for clothes shopping, and I quite liked styling vintage clothes into epic outfits at that stage of my life, so hence the world of fashion play erupted in little 13yr old Leah's life! My best friend 'treckles' and I would often raid Vinnies and create the most amazing outfits, and in doing so, ignited a world of fashion and personal style. 25 years later (give or take!) my path of fashion evolution has come a long way, naturally. But, the one constant being, that I know my body shape, my colourings and body features and possess strength in expressing my own style with a bit of my own personality thrown in.

What does this mean for your little ladies? Teach them young mamas! Start the fashion talk with them as young as you can. Don't let only retail marketing, magazines, social media and peer pressure determine your daughter's style. Open their eyes to the colour spectrum and what suits them. This will evidently help them learn what styles will suit their bodies best. When they hit those teenage years, teach them about their unique body shapes and take them shopping (don't let the majority of their shopping experiences be with their friends). And mamas, if you yourselves are not confident in these areas, then ask for help!

Keen for a chat anytime xx

0439 723 832

leahharvestyling@bigpond.com

@leah.harvey.styling

www.facebook.com/leahharveymakeupandstyling



Model - Ella Jayde Ford
Instagram @ellajaydeford



Model - Sophie Pederson



Photo Credit: Isabella M Photography

Fibre FANTASY

ART EXHIBITION

"Not your Nanna's knitting" would be an apt phrase to apply to the Hervey Spinners, Weavers and Fibre Artists Inc upcoming exhibition as these talented local artists explore the theme "Fibre Fantasy".

From the wonders of nature, to the rebirthing of a humble dining chair and then on to the outer reaches of our galaxy – what "fantasy" means to each of the artists will be on display through the medium of fibre, both natural and manmade. The children will be captured by the very relevant fairy-tale of "Rumpelstiltskin" and will be left with their imaginations running into fantasyland with "A Woodland Conversation". All exhibits are produced using the techniques of spinning, weaving, dyeing, felting, knitting and crochet. Viewers may not even recognise that it is these techniques in use!

A "fantasy" is something that someone creates from their imagination and that is not based on reality. As artists this is basis for all work – except that the imagination, when combined with skill, results in something quite real. The "Fibre Fantasy" Exhibition will be the real output of the imagination of these artists. The theme is an opportunity to stretch the skills and apply the artistry of the imagination to create something.... Fantastic!

The crafts of producing thread and yarn and turning these into fabric is both ancient and traditional. Recent years have seen a resurgence in handcrafts of many types with new methods applied to the old ways. This exhibition will be a showcase for what our contemporary fibre artists can do with humble materials and tools.

The Hervey Bay Spinners, Weavers and Fibre Artists Group has been in operation for over 25 years and has had several "homes" throughout Hervey Bay. The Group has settled in the Old School House, Nierbah which now houses extensive book, journal and equipment libraries, a shop stocking goods to serve the needs of members and plenty of space to meet and work. This year has seen quite an influx of new members bringing a different age profile to the group. We are seeing the evidence of younger generations keen to reduce reliance on man-made materials, eliminate waste and find a way to be purposeful in their leisure time.

The exhibition runs from **July 23 until September 1**, and the group will have representatives in attendance on most days to answer questions and provide information about the crafts. Opening night is August 3 and a floor talk will be given at 10:30am on August 21 with background and insights into the exhibits as well as some history about spinning, weaving, dyeing and felting.

Children's workshops will be conducted by experienced teachers throughout the exhibition – details and bookings at the gallery.

For more information email
hbspinnersweaversfibrearts@gmail.com.



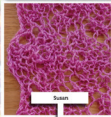
Rumpelstiltskin



Woodlands



Stuart



Susan

After Hours GP Available



Dr Shan is
joining our
Team!!



Need to see a GP?

Call us to make an Appointment

General Practitioners (GP's) are doctors trained to help you with any type of physical or mental health issue.

Our appointments are "bulk-billed" which means there is no cost for the appointment – however you will need to have a valid Medicare card.

When

Starting Wednesday 5th June 2019!!

Every Wednesday Evening starting at 6pm

Where

headspace Hervey Bay office

Shop 9, 15 Central Ave, URRAWEEN

Contact

Our office on 4303 2100 to book your appointment

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.

Maryborough MUSIC CONFERENCE GALA CONCERT

The Maryborough Music Conference is on at the Broлга Theatre from 10 - 13 July. The conference brings together music educators from all over the country along with top national and international presenters, conductors and performers. Musician delegates work with eminent guest conductors to produce a gala concert each conference.

The conference will host four ensembles, including the Kjosk Encore Symphonic Wind Band, conducted by Dr Jack Stamp; world renowned composer of fanfares and Professor of Music.

We welcome back Dr Andrew Legg as Yamaha Gospel Choir director. Dr Legg has an international reputation as a Gospel performer and is the director of the award-winning Southern Gospel Choir.

Internationally respected string teacher and conductor, Dr Kirk Moss will attend his first Maryborough Conference and conduct the Allied String Orchestra.

Closing out the concert in style is the Hal Leonard Big Band, directed by Paul Murtha. Paul is a versatile composer and arranger of music and also attending his first Maryborough conference.

The Gala Concert will be held on Friday, 12 July 2019 from 7:30pm at the Broлга Theatre.

We invite members of the public to join in this fantastic opportunity to celebrate music.

Tickets are available through The Broлга Theatre.

Free Concert - Instrumental Music Excellence Program (IMEP)

Seventy talented students from state schools will participate in an Instrumental Music Excellence Program which runs concurrently with the conference. Selected secondary students will work with guest conductors Russell Gray and David Deacon in a Wind Ensemble and String orchestra, and become student delegates for part of the conference.

The IMEP Program Concert will be held on **Thursday, 11 July 2019 from 6:00pm** at the Broлга Theatre. We invite members of the public to this free concert to hear the talent of the young musicians in our state schools. Entry is free and open to all members of the public. No booking is necessary.

Conference Open Day - Saturday 13 July

The last day of the conference is open to the public from 10:30am - 12pm. Members of the public are welcome to come along to the Broлга Theatre and Pavilions to attend sessions, browse the trade exhibition or hear the Brass Band perform.

Suffering from ugly, painful varicose and spider veins?

Specialist Vascular Surgeon Dr Karl Schulze
can offer you the full range of treatment options

For more than 20 years, Dr Karl Schulze and the team at Sunshine Vascular have provided specialist vascular services to patients on the Sunshine Coast and beyond. From July 2019, Dr Schulze will expand this service to the Maryborough/Hervey Bay Area, consulting at the St Stephens Private Hospital, Hervey Bay.

Having trained at the Alfred Hospital in Melbourne, the Royal Brighton Hospital in the UK and the Royal Prince Alfred in Sydney, Dr Schulze is able to offer a full range of vascular and endovascular treatment options with an increasing focus on the treatment of varicose veins and surface veins.

Appointments can be made by contacting Sunshine Vascular:

Phone 5453 4322 Fax 5453 4344

Email reception@sunshinevascular.com.au



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VASCULAR**

Specialising in vascular
ultrasound, vascular surgery
and varicose vein treatments



www.sunshinevascular.com.au

DOUG EDWARDS

Tell us about the man behind the music?

I live simply, putting family and friends first. I believe happiness comes from within, acceptance of others and their journey is a part of this. Having faith in the good of man maintains my positive direction. I plan for my children and career when needed, although I try to take things as they come. Life's a blessing.

What genre of music do you play?

People tell me they never know what I'll play next. I love all music great and small (Abba to Zappa). Anything from the 40s to now influences me. There is no genre that pigeon-holes my music. My style is eclectic.

You studied at the Old Conservatorium of Music, what was this experience like?

I started a Pop music degree when I was 34, that unfortunately I couldn't complete. Family commitments took precedence. The Con was a magnificent experience. I collaborated with talented musicians and found my feet as a performer. Without my time there I would not be a full-time musician today. I owe the Con a lot.

Your debut EP was released in 2008 and sold well in both Australia & the United States, explain the process, how nervous were you?

My debut EP was written over many years and co-produced with Michael Simms. Early on it was an extremely nervous, soul-baring experience. However, I've become a more confident singer and artist through recording. We released the EP via online media and local music stores, also supplying copies to radio stations here and in the US. I'm proud of the EP which has received solid airplay.

Who were your musical inspirations growing up?

Music was constantly played in my childhood home. My family had different musical tastes, introducing me to a range of genres. Through the 80s I listened to heavy metal and had dreams of becoming a rocker but lacked confidence to sing publicly. In 1998, Shawn Mullins released *Soul's Core*. Two hits (Lullaby and Shimmer) from *Soul's Core* featured on radio. Shawn and his works top my list of inspirations and influence.

Tell us a bit about your album "Painted Pale"?

Painted Pale is a mix of pop, country, rock and folk. It's a personal snapshot of a period of my life. Music collaboration was between Michael Simms, myself and a few Conservatorium graduates which made for a diversity of song styles on the album.

What is the song writing process like for you?

A single chord, a hum, a melody. Listen, feel, record. Play back. Theme in mind. Phrases, lines refined. The song takes shape from inside my mind.

Sometimes music and lyrics materialize, and songs write themselves. The music speaks and makes for an amazing experience.

Who have you met that you have had to pinch yourself to believe?

I was awe struck to meet Shawn Mullins in 2007. Shawn opened his Coloursounds Music Festival set with "Twin Rocks / Oregon", my favourite song. I'd listened to Shawn for so long and daydreamed of opening one of his shows. Shawn is a humble, wonderful soul. He spent time with every one of his adoring fans.

Tell us a bit about the band Doug & the Upperhand?

I play beside some of Hervey Bay's finest. We are a fun, professional act. I am mentored by my fellow musicians in music and in life. They're reliable, trustworthy friends who absolutely rock! Our gig mission is to ensure that our venue's patrons have fun. Making fun of ourselves during the show is part of what we do. On stage, bad Dad jokes, and silly puns are as important as the music we play.

What would you like the people of the Fraser Coast to know about you and your music?

I truly appreciate the support from everyone. It's an honour to be a part of the Fraser Coast music scene. Please continue to support our local musicians and the venues that provide the platform for live music to thrive. Thank you.

To find out more about Doug Edwards
follow the links below
<https://facebook.com/DougEdwardsMusic/>
<http://dougedwards.weebly.com/>



Gig Guide

Brought to you by What's On Fraser Coast

Live music
and more on the Fraser Coast in
JUNE 2019

BEACH HOUSE HOTEL



James Reyne

Thurs 4, 7.30pm, Open Mic
Fri 5, 9.00pm, R&B Club
Night

Sat 6, 9.00pm, Uncle Arthur
Sun 7, 2.30pm, Derek Smith

Wed 10, 7.30pm, State of
Origin Ganga 3 live on the
BIG screens

Thurs 11, 7.30pm, Open Mic
Fri 12, 9.00pm, R&B Club
Night

Sat 13, 9.00pm, Red Betty
Sun 14, 2.30pm, Bobby
Barnes

Tue 16, 8.00pm, James
Reyne + Boom Crash Opera

Thurs 18, 7.30pm, Open Mic
Fri 19, 9.00pm, R&B Club
Night

Sat 20, 9.00pm, Dogwood
Crossing
Sun 21, 2.30pm, Frank Benn

Thurs 25, 7.30pm, Open Mic
Fri 26, 9.00pm, R&B Club
Night

Sat 27, 9.00pm, Doug &
The Upper Hand
Sun 28, 2.30pm, Doug
Edwards

HERVEY BAY

Hervey Bay RSL



Cupposians

Fri 5, 12pm, Trevor Judge
Fri 5, 6pm, Dust Duo
Sat 6, 8pm, Red Betty
Tues 9, 11am, Morning Melody
with Craig Giles, \$5 members,
\$7 non members
Fri 22, 12pm, Trevor Judge
Fri 22, 6pm, Frank Benn
Sat 13, 8pm, Claptonians
Fri 19, 12pm, Trevor Judge
Fri 19, 6pm, Phil Morgan
Sat 20, 8pm, Doug & The Up-
perhand
Fri 26, 12pm, Quinn
Fri 26, 6pm, Doug Edwards
Sat 27, 8pm, Bad Attitude
Sat 27, 8pm, The Aust Buddy
Holy Show, \$20 members,
\$25 non members
Sun 28, 12pm, Ed's Son (Mick
Gibson)

The Baywater Bar & Grill

Fri 5, 6pm, TBA
Sat 6, 7.30pm, Frank Benn Trio
Sun 7, 2pm, Liana McKay
Fri 12, 6pm, Ed's Son (Mick
Gibson)
Sat 13, 6pm, Dave Turner
Sun 14, 12pm, Dale Newberry
Fri 29, 6pm, Doug Edwards
Sat 20, 7.30pm, Dicky Switch
Sun 21, 1pm, Brian Spiers
Fri 26, 6pm, Dean Gray
Sat 27, 6pm, Ricky Manyoh
Sun 28, 12pm, TBC

The Clubhouse Hervey Bay

Fri 5, 6pm, Phil Morgan
Sat 6, 6pm, Liana McKay
Fri 12, 6pm, Pete Baker
Sat 13, 6pm, Doug Edwards

Fri 19, 6pm, Pete Baker
Sat 20, 6pm, John Vea Vea
Fri 26, 6pm, Sam Maddison
Sat 27, 6pm, Dean Gray

Hervey Bay Boat Club

Fri 5, 5.30pm, Neil Wink
Fri 5, 8.00pm, Brian Spiers
Sat 6, 5.30pm, Radio Star
Sat 6, 8.00pm, The Darington
Stripes
Sun 6, 1.00pm, HMC Music
Sun 6, 4.00pm, Mood Swings
Fri 12, 5.30pm, HMC Music
Fri 12, 8.00pm, Smokin
Crowdads
Sat 13, 5.30pm, Sam Maddison
Sat 13, 8.00pm, Smokin
Crowdads
Sun 14, 1.00pm, Brian Spiers
Sun 14, 6.00pm, Neil Wink
Fri 19, 5.30pm, Sam Maddison
Fri 19, 8.00pm, HMC Music
Sat 20, 5.30pm, Trevor Judge
Sat 20, 8.00pm, Brass Mon-
keys
Sun 21, 1.00pm, Mood Swings
Sun 21, 6.00pm, Neil Wink
Fri 26, 5.30pm, Radio Star
Fri 26, 8.00pm, Uncle Arthur
Sat 27, 5.30pm, HMC Music
Sat 27, 8.00pm, Uncle Arthur
Sun 28, 1.00pm, Brian Spiers
Sun 28, 6.00pm, Neil Wink

MARYBOROUGH

Maryborough Sports Club

Thurs 4, 6pm, Quinn The
Radio Star
Fri 5, 7.30pm, Gemini
Sat 6, 7pm, Billy Guy
Sun 7, 12.30pm, Brad Sorensen
Thurs 11, 6pm, Quinn The
Radio Star
Fri 12, 7.30pm, Rockin' Boogies
Sat 13, 7pm, Smooth n Groove
Sun 14, 12.30pm, John Ma-
lorney
Thurs 18, 10am, Morning
Melodies \$15 including Lunch
Thurs 18, 6pm, Quinn The

Radio Star
Fri 19, 7.30pm, Dicky Switch
Sat 20, 7pm, TBA
Sun 21, 12.30pm, Brad
Sorensen
Thurs 25, 6pm, Quinn The
Radio Star
Fri 26, 7.30pm, Roger Lewis
Sat 27, 7pm, Dion Costa
Sun 28, 12.30pm, Roger
Lewis

Maryborough RSL

Fri 5, 8.00pm, Sam Mad-
dison
Sat 6, 8.00pm, Whiskey &
the Mountain Boys
Sun 7, 12pm, Ryan White
Fri 12, 8.00pm, Berryn
Innie
Sat 13, 8.00pm, Unfinished
Business
Sun 14, 12pm, Luke Karoluk
Fri 19, 8.00pm, The Auberg-
ine Machine
Sat 20, 8.00pm, Bobby
Barnes
Sun 21, 12pm, Doug Ed-
wards
Fri 26, 8.00pm, One Sly Dog
Sat 27, 8.00pm, Red Betty
Sun 28, 12pm, Phil Morgan

The Carriers Arms Hotel

Fri 5, 8pm, Sam Maddison
Sat 6, 8pm, Ian Murray
Fri 12, 8pm, Red Dog
Sat 13, 8pm, Fading Echo
Fri 19, 8pm, Two Shades of
Grey
Sat 20, 8pm, Frank Benn
Fri 26, 8pm, Ricky Manyoh
Sat 27, 8pm, 45 Year Band
Reunion - Ticketed \$20

Social Snaps

Out and about on the Fraser Coast



Relish Food & Wine Festival



Clockwise from top-left:

Melissa Dior, Katrina James & Sarah Glover with their bag of goodies.

Sashi Maika cooked up a storm with **Celebrity Chef Matt Golimeki**.

Musician, Frank Bern gets the crowd in the mood.

Rachel Robinson, Marie Anderson, and Tina Driscoll enjoy a drop.

Pam & John Corowa enjoy the many tastes on offer.



Social Snaps

Out and about on the Fraser Coast



Relish Food & Wine Festival

Clockwise from top-left, Karnalia Dunn let her creative side lock in at Relish. Erma Cassella from Fraser Coast Catering catered for those with a sweet tooth. Heather Laud, Lisa Smith & Michelle Hunt take some time out and relax. Leon Nehow shows us how its done! Ian McWilliam, Wine Merchant - Stefano Radici and Donna Pictou at Relish.



Social Snaps

Out and about on the Fraser Coast



The Forget Me Not Colour Stampede



Clockwise from top-left:

Lauren Burch, Jayden Christie, Renee Cullen and Bronson Aukaha get their colour on!

Moses Fisher looking good with a Mohawk.

Organisers - Thomas Biden & Olivia Hay have passion for the cause. Having fun with **Elianna Mulherin 3** with brother **Ezekiel 5**.

Jo Stripp & Judy Elliot do their bit for Forget Me Not.



FRASER COAST MARKETS



HERVEY BAY

NIKENBAH MARKETS

Hervey Bay Animal Refuge, Nikenbah-Dunbowan Rd,
Nikenbah - 1st, 3rd & 5th Sun of the month
6am to 12noon nbanmarefuge@gmail.com



KOALA MARKETS

Kruger Court, Booral Rd, Urangan
2nd and 4th Sun - **6am to 12noon**
Bus: 0412 689 863

URANGAN PIER PARK COMMUNITY MARKETS

Pier Park, Urangan (in front of Jetty)
Every Wed 7am to 1pm
Every Sat 7am to 1pm
pierparkcommunitymarkets@gmail.com

TORQUAY BEACHSIDE MARKETS

Outside ROUWUE, Torquay
Every Saturday - 7am to 1pm
bayconnect@hotmail.com

HERVEY BAY BOAT CLUB ART & CRAFT MARKET

Buccaneer Dr, Urangan / 3rd Wed of the month
9am to 2pm
rfo@boatclub.com.au



MARYBOROUGH

FRASER COAST WILDLIFE SANCTUARY MARKETS

33 Mungler Road, Maryborough
(Donation gets you free entry to the Sanctuary)
3rd Sun of the Month - 7am to 12pm
info@frasercoastwildlifesanctuary.org.au

MARYBOROUGH MARKETS

Adelaide & Elena St, Maryborough
Every Thurs 8am to 1pm
marketsfce.com.au



BURRUM HEADS

BURRUM HEADS MARKETS

Community Hall, Main Rd & Howard St, Burrum Heads
2nd Sat of the Month - 7am to 11am



BAUPLE

BAUPLE MARKETS

(Free for Stallholders) Band Hall, Band Hall Rd, Bauple
4th Sat of the month - 7am to 12noon
www.facebook.com/bauplemarkets



HOWARD

HOWARD COUNTRY MARKETS

Howard Community Centre, Slatley St, Howard
1st Sat of the month - 7am to 12noon
rfo@owarcommunitycentre.org.au



TIARO

TIARO MARKETS

Memorial Hall, Main St, Tiaro
2nd Sat of the month - 7am to 12noon



BROOWEENA

BROOWEENA MARKETS

Smith St, Brooweena
4th Sunday of every 3rd month - 8am to 12pm
brooweenamkt@gmail.com

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

WHAT'S ON @ THE BROLGA

MET Opera Live - Die Walkure

TUE 2 JUL

Dr. Seuss's The Cat in the Hat

WED 3 JUL

Screening - Matthew Boonin's Swan Lake

SUN 7 JUL

Maryborough Music Ensemble

10-11 July 2019

FRI 12 JUL

An Opera Australia & Opera Queensland production

Madama Butterfly

Précédit

Opera Australia's Madama Butterfly

TUE 23 JUL

SOWETO GOSPEL CHOIR

FREEDOM

Soweto Gospel Choir - Freedom

WED 24 JUL

NT Live - The Audience

TUE 26 JUL

MET Opera Live - Dialogues des Carmélites

THU 1 AUG

KILLER QUEEN EXPERIENCE

The Killer Queen Experience

FRI 2 AUG

YAMATO THE DRUMMERS OF JAPAN

Passion

Yamato The Drummers of Japan - Passion

SUN 11 AUG

Practically Perfect - The Music of Julie Andrews

THU 22 AUG

COMING UP IN 2019...

NT Live - Small Island	Fri 23 Aug
John Williamson - Butcherbird Tour	Fri 6 Sep
Ronald Dahl's The Twits	Tue 10 Sep
A Sentimental Journey - Celebrating Doris Day	Sun 22 Sep
Swan Lake - The Imperial Russian Ballet	Wed 9 Oct
Andrew O'Keefe "Shouts" Johnny O'Keefe	Fri 11 Oct
Morning Melodies - Tenors	Thu 31 Oct
Morning Melodies - The Beggars	Thu 5 Dec
Christmas Favourites	
Adam Thompson's Bohemian Rhapsody	Mon 6 Jun, 2020
Soundtrack Live	

1960's British Invasion Legends

HERMAN'S HERMITS

The 6 O'clock Hop Tour

Herman's Hermits - The 6 O'Clock Hop Tour

WED 21 AUG

LEE KERRIGHAN

BACKROAD NATION TOUR

Lee Kerrighan - Backroad Nation

THU 22 AUG



A cultural service of
 Fraser Coast REGIONAL COUNCIL

Never miss a show! Get presale and special offers by signing up for the newsletter on our website: brolgatheatre.org Ph 4122 6060 / BrolgaTheatreMaryborough