

FRASER COAST What's On

November 2017 FREE MONTHLY MAGAZINE

11

Inside this issue:

MATTHEW
HAUSER
HOG'S
Hervey Bay 100

RUSSIAN BALLET
MELBOURNE
CUP 2017

THE **KITTY** KATS
are back in town
Days for **GIRLS**



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CHRISTMAS CHEER!

CAROLS IN THE VILLAGE

2 December, 2017 - Hervey Bay Historical Village

FRASER COAST CAROLS IN THE PARK

10 December, 2017 - Queens Park, Maryborough

HERVEY BAY RSL CAROLS BY CANDLELIGHT

16 December, 2017 - Seafront Oval, Pialba

frasercoastevents.com

Note from the Editor

Eek, where on earth did the year go, I can't believe that it is almost Christmas! I don't know about you but I have not even started my Christmas shopping yet, I would definitely say that I am a last minute girl much to the frustration of those around me. Although with all of the many events that we have on the Fraser Coast I think that I should be forgiven!



November is once again a huge month for events with something for everybody. If you are into events that call for endurance and stamina you can't go past the Hogs Breath Hervey Bay 100 Triathlon later on in the month. As part of the Triathlon Queensland Nissan State Series this event draws competitors from far and wide throughout the country. For onlookers bring a chair and enjoy all of the action along the Esplanade and surrounds.

Of course you also can't go past the Melbourne Cup either. A great excuse to dress up and go to one of the many events at various venues around the Fraser Coast. The Melbourne Cup is a true blue tradition so enjoy.

Check out our Calender of events in our magazine, and start planning now.

Cheers,
Kim Parnell
Editor

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For the Fraser Coast it has been a proud tradition that triathlon has thrived throughout the community. Growing up, I was lucky enough to be immersed within that culture through the Hervey Bay Triathlon Club. It's outstanding what the Fraser Coast has done in developing young athletes like myself, providing a breeding ground for success. Under coach Brian Harrington I was apart of a squad that at one stage had three national school triathlon champions.

"You have to remember with professional sport, there is no such thing as sacrifices, there are only decisions."

I needed to make one of those professional decisions when I moved to the Gold Coast, leaving my family and the comfort of my home at 17 and surrounding myself with the best athletes in Australia with one goal in mind, to reach my potential as an athlete. I now train 17 times a week, in the pool, on the bike, on the run and in the gym, not to mention massage and physiotherapy.

When you compete in a very consuming sport like triathlon, you need 'getaway's' to ensure the longevity of your career. I've found passion's such as body surfing, vinyl collecting, photography and coffee. With the amount of money I've put into Minimalist Coffee Roasters in Hervey Bay, you'd think I was a part owner of the store! I'm also studying a bachelor of business at Griffith University. If you want to pursue a career in sport, make sure you have a back up plan for life after.

Now I believe that everything happens for a reason, I've had some good races and I've had some shockers. Embrace the bad races, I've learnt that each mistake made is an opportunity to learn and to grow. In reflection, I'm half excited by a poor result, it's a humbling experience and I love the challenge of picking myself up and getting back to the top. Who doesn't like a good underdog? I set out to win the world championship last year in Mexico, but I was well and truly humbled and placed 45th. As I finished, I was becoming quite emotional but I turned around and remembered seeing my Dad approach my coach Dan Atkins, the only thing that was shared between them was a hug, a powerful moment that meant more to me than just an embrace. I realised good races come and go but your support team and your friends and family will never waver. I'm eternally thankful for that.

This year was a chance to get back on top. The Rotterdam ITU World Championships, and I wasn't going to let this opportunity slip through my fingers, not again. After becoming the mixed team relay world champion in Germany with team Australia, I was riding a wave of confidence. My coach said to me before the race, "Matt, just stay in the moment". That's exactly what I did, I had a strong swim and lead out of the water in cold and wet conditions, the first 5 minutes of the bike leg was 'knife edge' stuff. A group of 10 of us got away and started to extend the gap back to the bulk of the 80 man field that followed, the course was unfamiliar to us all as we navigated the jagged cobble stones that lay strewn across the soaked streets. Working with two others, we made sure the pace was rich, I was thinking I could likely outrun most in my pack but was unsure how I'd fair against the strong runners coming from behind. We hopped off the bike with a healthy margin and I settled into my rhythm on the run, I felt stronger as the 5km course dragged on and a rush of relief settled my tense mind as I entered the home straight for the final time. With a 28 second margin I crossed the finish line and embraced my mum. From 45th to 1st in the space of a year. To me, that victory signified the start of my career.

LIFE AS A TRIATHLETE

Written by Matthew Hauser



Photo Credit to Kye Wylde from Blaknwyt

What's happening at your club!



Steve Cummings presents...

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Neil Diamond music is still as popular today as it was when it was first released, taking you back and playing many of the greatest hits...

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\$5 for HB RSL Members, \$7 non members. 13+
Doors open 10am - 11am start. Book at RSL reception.

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Melbourne Cup

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Bookings Essential - Places limited, don't miss out book today!

TRIATHLON



COMPETITORS TRAVEL FROM FAR AND WIDE FOR THE HOG'S HERVEY BAY 100 TRIATHLON

The 2017 edition of the Hog's Hervey Bay 100 Triathlon will happen in Hervey Bay on the weekend of 18/19 November. This will be the 7th running of the event, which has grown to become a huge draw-card for competitors and visitors to the Fraser Coast. The Hervey Bay Triathlon Club started the event back in 2011 with the purpose of putting on a 'racers race' with a small club feel. The calendar timing was chosen to help the local community generate some income during the traditionally slow period between the whales leaving the Bay and the Christmas holidays starting.

In 2016 the main race on Sunday attracted 630 competitors, with many times that amount of people accompanying athletes to town, and giving the locals some exciting racing to watch along the beautiful esplanade. The growing 'Huntingdale Super Saturday' race program included junior races in all age groups including the Wide Bay School Sport trials, and a senior 'Have-A-Crack' event for those new to the sport with over 200 athletes racing.

In 2017, the Hog's Hervey Bay 100 event will include a brand new and unique race. On the Saturday, 180 intrepid swimmers will board a Kingfisher Bay Resort barge and cruise across the calm waters of Hervey Bay, to be dropped into the water at a point 2km offshore from the race precinct at Scarness Park. This event is proving to be successful in continuing the ethos of the club in bringing people to our region. At the time of printing, more than 50% of people entered in the swim are coming just for the swim event and not just for the Triathlon on Sunday. The skilled and professional members of the Hervey Bay Surf Life Saving Club will be on hand to provide water safety for this event, and all the swimming happening across the weekend. Without these members, the racing could not go ahead. We would also like to thank Kingfisher Bay Resort for sponsoring/supporting the Barge swim.

Many community and sporting clubs benefit from the race coming to town also. In 2016 more than \$5000 was paid to groups of volunteers who carried out jobs from manning road blocks, caring for athletes at aid stations to cutting fruit and providing ice to athletes at the finish line. TAFE Queensland East Coast not only supports these 'Hundy Heroes', but the students from the massage program at the Hervey Bay campus also are part of the race in practising their freshly learned skills giving the tired athletes a rub down once they have finished the race. Just another way that the whole community is involved and benefits from this race.

This year there will also be a celebrity feel, with V8 Supercar driver Will Davison coming to race, along with his partner, Riana Crehan who is a commentator with the V8 Supercars series. They will enjoy the best the Fraser Coast has to offer, staying at the fabulous Oceans Resort and heading off to the skies to check out Fraser Island with our own local celebrity triathlete, owner and pilot for Air Fraser Island, Troy Geltch.

Big credit goes to all the members of the Hervey Bay Triathlon Club who put countless hours into this race for the benefit of our local community. This event also couldn't happen without the support since its inception from Shaun & Hayley Campbell at Hog's Breath Café. Other supporters of the race are Huntingdalewoods Estate, Bendigo Community Bank Hervey Bay, Dare2Tri, Marty Leahy Concreting, Infinit Nutrition, Custom Bike Fit, Handy Hire, Scody, Art By Rebecca Jane, Lifestyle24 Gym and The Beach House Hotel. Significant support in financial and logistical contribution also comes from the Fraser Coast Regional Council.

Summer

*brings us sunsets, swimming and
sunshine on and in the water!*

The whales may be gone, but there is still plenty to do out on the water.

Spirit of Hervey Bay - Mary River Cruises

Next cruise: Sunday, November 19 – 8am to 1.

Cruise from Hervey Bay up the mighty Mary River to Maryborough. Enjoy morning tea, a buffet lunch & expert commentary, raffles, and live music on this unique & picturesque cruise!

This is our first Mary River Cruise scheduled for after the whale watch season, get in fast so you don't miss out!

Enjoy morning tea while keeping a look out for dolphins, turtles & other marine life.

Cruise past Big Woody Island, the Picnic Islands & Kingfisher Bay Resort as you head down the Great Sandy Straits towards River Heads.

Once we pass through "the heads" where the mouth of the Mary River & Susan River meet, we begin our journey down the mighty Mary River.

The Spirit of Hervey Bay is licensed, so why not enjoy a nice drink from our well-stocked bar while enjoying the scenery from one of our upper decks?

This is the only cruise offering trips up the Mary River and as it is subject to tide times & heights, we are only able to offer a limited number of cruises each year. See you on-board!

To book go to: www.spiritofherveybay.com.au

Or phone: 1800 642 544

Whalesong Cruises - Fraser Beach & BBQ Cruise - A Taste of Fraser!

Join us aboard Whalesong as we cruise across to Fraser Island, looking for dolphins & turtles as you enjoy our sumptuous Morning Tea. We then drop anchor to allow guests to swim, kayak, fish, walk, play & explore Fraser islands Western Beach & / or Pelican Banks. Our specific destination is determined by weather & tide. We also offer a fully licensed and well -stocked bar (no B.Y.O).

This fabulous cruise takes approximately five hours and includes the use of our snorkelling and fishing gear, as this gear is limited please feel free to bring your own.

With Wheelchair ramps, access toilets and our extra wide decks we provide excellent viewing and seating for all of our guests.

Don't forget to bring your towel, swimmers, sunscreen, some insect repellent, a hat and your camera.

This cruise departs Urangan Boat Harbour at 9.00am and returns at 2.00pm. Group rates are available for between 10 – 40 people, groups can cruise any day of the week, give us a call us to check availability.

To book: www.whalesong.com.au

Or call: 1800 689 610

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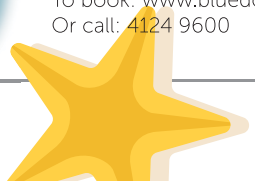
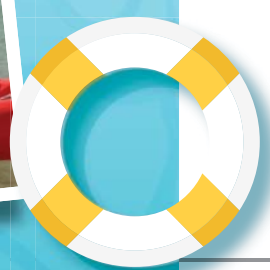
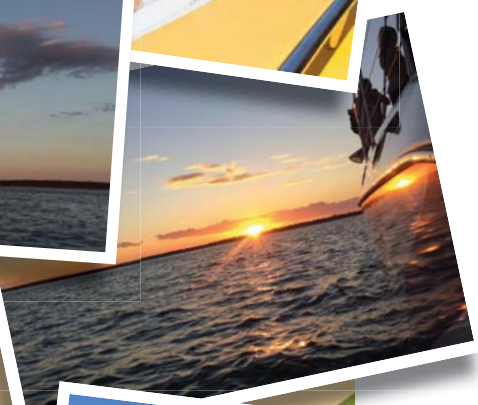
Pink Queensland skies, the crystal clear azure waters of Hervey Bay, and a cold glass of bubbles in your hand, it doesn't get much better than this! Blue Dolphin Marine Tours caters for low passenger numbers for the comfort of all. We also have the lowest carbon footprint.

So sit back and relax on our luxury yacht whilst we take you on the cruise of a lifetime, allowing you to soak up the panoramic views of the skyline as the sun sets, casting shadows of amber and gold on the Great Sandy Strait as the warm night invites the stars out to play. A tropical paradise? You bet!

It's the perfect setting for a special evening. The sail takes approximately ninety minutes as you take in the sights of Hervey Bay and Fraser Island, being fully licensed means that you can sip on the all inclusive champagne, beer, wine, and soft drinks without a care in the world, as you nibble on the delicious finger food platter for all to share, allowing you to just relax and unwind. There can be no better way to start the evening!

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The Imperial Russian Ballet Company have performed this three-hour ballet extravaganza all around the world, thrilling audiences and impressing critics. This stunning and diverse programme consists of an eclectic mix ranging from the magnificent Don Quixote, to the hilarious Can Can Surprise and from the dramatic Bolero to the beautiful Giselle and Dying Swan.

ACT I - DON QUIXOTE

Don Quixote, a retired gentleman travels the roads of Spain searching for glory and grand adventure. Accompanying him is Sancho Panza who he has persuaded to accompany him. Don Quixote gives up food and shelter for the love of a peasant woman.

Don Quixote was first performed in Moscow's Bolshoi Theatre in 1869. Since then it has been performed all over the world by Russian and international ballet companies.

ACT II - BOLERO

"Bolero" is a striking and dramatic ballet. Ravel was inspired to create the masterpiece after visiting a large industrial factory. There he noted the slow regular movement of the assembly lines, and the crash of machine and materials. "Bolero" is regarded as one of the world music's masterpieces.

ACT III - HIGHLIGHTS FROM THE WORLD'S GREAT BALLETS

Highlights from the world's great ballets including Giselle, The Dying Swan and Le Corsaire. Also in Act Three, Gopak, Ne Me Quittes Pas, and a Can Can Surprise

The Imperial Russian Ballet Company was formed in 1994 by the Bolshoi Theatre soloist, Gediminas Taranda. They have combined the unity and integrity of the great Russian Ballet Schools where traditions are passed on from one generation to another. The founders of the company acknowledge and respect the Russian Imperial dynasty which has made such a contribution to the development of the arts and in establishing the system of Imperial theatres including the Bolshoi and the Mariinsky theatres. The prime choreographic style adopted by the Company is a classical one, however they also indulge in modern dance. Their stage repertoire is based on the combination of classical masterpieces and modern choreographic pieces.

The Imperial Russian Ballet Company has been touring world-wide since 1994. They have staged classic masterpieces in the Tchaikovsky Concert Hall and the Mossovet Theatre. The home venue for the troupe when they perform in Moscow is now the Kolobov Novaya Opera Theatre. The cast of 36 elite dancers and support staff will travel throughout Australia and perform at the Brolga Theatre, Maryborough on Wednesday 15 November. To book go to: <http://www.ourfrasercoast.com.au> or phone: 4122 6060

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"IN A NIGHT THAT OVERFLOWS WITH ALL THINGS BALLET, YOU CAN'T HELP BE SWEEPED UP BY THE SHEER PANACHE OF THE IMPERIAL RUSSIAN BALLET COMPANY DANCERS."

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Open Mic Night

FRIDAY 3 »
Shaun Beckett

SATURDAY 4 » 7:30PM
Timber & Steel

THURSDAY 9 » 7:00PM
Open Mic Night

FRIDAY 10 » 7:30PM
Dust

SATURDAY 11 » 7:30PM
Frank Benn

THURSDAY 16 » 7:00PM
Open Mic Night

Friday 17 » 7:30PM
Dave Turner

SATURDAY 18 » 7:30PM
Beckett-Turner Overdrive

THURSDAY 23 » 7:00PM
Open Mic Night

FRIDAY 24 » 7:30PM
Bobby Barnes

SATURDAY 25 » 7:30PM
Sweet Sacrifice

THURSDAY 30 » 7:00PM
Open Mic Night



Thrills, Spills and Mower Racing Mayhem!

Written by Kim Parnell

The next time that you are aimlessly walking up and down trying to mow that huge expanse of lawn that you seem to have to mow every other week, wondering where the fun is in life, looking for that spark, the answer could be right before you.

Yes that little machine that you dread pulling out of the shed every fortnight, with just a little imagination and a few modifications, could be turned into a monster racing machine capable of handling any track.

People all over the world participate in Lawn Mower Racing, it is actually classed as a motorsport.

The mowers have their blades removed which make them relatively safe. This sport attracts all ages, and is extremely family oriented with sometimes entire families getting together, racing and having fun.

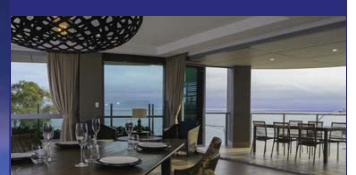
According to Wikipedia, It is thought that Australia's first ever mower race was in 1978

in Harrierville, Victoria and involved alcohol a country pub, fifty people, three hundred sheep and one hundred and fifty dogs. However the first ever Australian national race that involved all of the clubs around the area wasn't until 2009. In Dubbo, NSW.

For those that have trouble getting off the couch you can even download a PC game called, 'Lawnmower Racing Mania 2007', so it looks as though the sport has all of its bases covered.

But if you want to get to the track and see all of the action live, you can head on down to join the rest of the Fraser Coast for an affordable day of family fun, as you enjoy an awesome day full of thrills, spills and Mower racing mayhem as you watch the modified mowers thunder around the track. So bring your own chair and a bit of shade if needed. A full Canteen and amenities will be available on the day.

Fraser Coast Lawn Mower Racing
Sunday, November 12
Time: 9.30am – 2.30pm
Entry: \$5 Kids, Under 12 Free
Fraser Coast Lawn Mower Racing Club
Right next to the Maryborough Speedway
300 Gympie Road, Maryborough



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GET FROCKED UP FOR THE MELBOURNE CUP



ON TUESDAY, NOVEMBER 7 THE NATION STOPS TO WATCH ALL OF THE ACTION, COLOUR AND FANFARE THAT IS THE EMIRATES MELBOURNE CUP DAY.

The distance is 3,200 metres, the track is Flemington, and the trophy is solid 18ct gold. Watched by over 100,000 this event certainly creates lots of attention.

Did you know that the first ever Melbourne Cup race was held in 1861, the winner of this race won a gold watch. Later during the Second World War the winning owner received War Bonds. Times have definitely changed over the years.

This day is also about fashion, it is a day to show of a frock, and for the men to wear a suit. The word on the street is that this year is all about pastels. Don't be afraid to add a splash of colour, and try to avoid black. Apparently simplicity and elegance are what the Melbourne cup is all about. - Kim Parnell, Editor

GIDDY UP AT THE FOLLOWING VENUES:

Carrier's Arms Hotel/Motel - Is serving up a succulent Melbourne Cup Buffet Luncheon, with Mustard Crusted Beef Fillet, a creamy Potato Bake with bacon and chive sauce, Honey Roasted Root Vegetables, crispy salads and an Australian Cheese Board. The day starts from 11am and tickets are only \$35 per person, this includes a Buffet Luncheon, a complimentary glass of bubbly on arrival, UBET - Sweeps, live music and prizes for best dressed and best fascinator, take part in fashions on the field, and watch the race live on the big screen. Bookings essential call: 4122 6666.

Hervey Bay RSL - Are holding a Melbourne Cup Luncheon from 11am. Enjoy a delicious two course luncheon, including a main and

dessert, served right to your table, with a welcome glass of bubbles or beer on arrival, there will also be fashions on the field, as well as best hat/fascinator, and best dressed, there will be lots of activities to keep you entertained throughout the day. With a free mystery trifecta on the cup sweeps, raffles, lucky door prizes, and live entertainment with Tony Fallon, and all for only \$47.50 per head. With full betting facilities available and the courtesy bus ready and waiting what more could you possibly want. Bookings are essential: 4197 7444.

Beach House Hotel - Enjoy a two course Melbourne Cup Luncheon, from Crispy Skin Barramundi with Lemon Roasted Kipfler Potato's, Capers, Fennel and Dill Hollandaise or as an alternate drop, Roast Chicken Breast with Chorizo, Chickpeas, Tomato, Parsley and Chicken Jus, followed by dessert, and a scrumptious cheese plate topped of with a four hour standard drink package, live entertainment with Frank Benn, cup carnival fashions on the field, two Photobooth's, a Flower Wall for personal photos, and just for a bit of fun the girls from Fantasea Faces will be on hand to provide balloon hats and flowers for guests. As a special treat to finish the day there will be a Cupcake Station. Tickets only \$90.00 per person available from the gaming room. Bookings are essential: 4196 9366.

The Vinyard Wine Bar & Restaurant - Frock up for Flemington In the Bay, starting from 11.30am through to 4pm, The Vinyard is serving up a delicious three course lunch with flowing bubbles, wine, beers and cocktails, (12pm through to the finish line of 'the Race'). There will be Sweeps, a TAB Runner, and a Fashion Parade, the dress code is, 'A Day At The Races,' and tickets are \$115 per seat. Bookings essential: 4125 6982.



CREATING

A BETTER

FUTURE

FOR DISADVANTAGED GIRLS

Written by Heather Sugget



Days for Girls' mission is to create a better future for girls by providing advocacy, reproductive health education and sustainable solutions for girls who have nothing suitable to manage their period. Without access to hygiene products, girls in many countries in the developing world can miss up to 8 months of school every 3 years, and are much more likely to drop out altogether.

This is a problem that can lead to under-age marriage, as in many communities, menstruating girls that are not in school are considered "eligible" regardless of age. So, it turns out this simple issue is one of the keys to social change.

Days for Girls began in 2008 when Founder and CEO Celeste Mergens was working in Kenya assisting at an orphanage on the outskirts of Nairobi. She questioned the Assistant Director "What are the girls doing for feminine hygiene?" He replied, "Nothing. They wait in their rooms, sitting on cardboard." This led to Celeste to set in motion her first intervention-disposable pads. This turned out not to be sustainable or practical, so plan B was introduced-a washable, long lasting pad.

Since the first design, 28 iterations have followed to the design we have today.

Each washable kit contains 2 face washer, 2 zip lock bags drawstring bag to maintain p average, 3 years.

In July, I met Debbie Butters, who began the Anguganak Healthy Motherhood project in Papua New Guinea (PNG). On her next trip, Debbie was keen to take some kits with her and educate the girls about menstruation and

distribute kits to the girls. Together we joined forces and aimed for 100 kits.

Following our story in a local paper, we were very thankful to have received donations of knickers, face washers, bags and material. This all contributed to our Community Sewing day last month. We had 28 ladies come together to sew, thread, iron and pack 40 kits. Over the last month, ladies have continued to sew to allow us to reach our goal of 100. That equates to 100 fabric bags, 100 face washers, 200 shields, 200 pairs of knickers, 200 plastic bags & 800 liners. Debbie flew on October 15th with her supply.

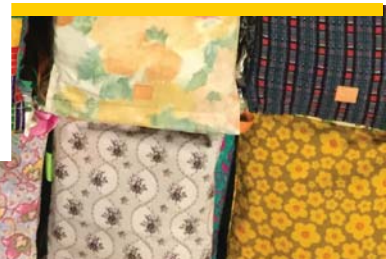
Just recently, I have been asked for 30 kits to go to Cambodia. We have continued sewing and have just about reached the target.

To raise further funds, awareness and collect consumables, we are holding a High Tea on Sunday, November 12th at 2PM at The Waterfront Restaurant, Urangan. You will hear about Debbie's success in PNG, and I will be asking for volunteers to assist with packing kits ready for our delivery next year.

Tickets are \$35.00. Rather than a raffle, we invite you to bring any of the following: face washers, knickers-bikini style, size 10 to 14, Hercules large zip lock bags, hotel size soap and material-quality cotton and flannel. Please be aware that items cannot have animals, people or faces. Dark colours, florals and geometrics are best.

"I am always looking for people that may be interested in either sewing or cutting out material. And I will be holding another Community Sewing Day in February."

For further information about High Tea bookings or interested in assisting with this wonderful program, please contact me on **0400 553 295**, email: **herveybayqld@daysforgirls.org** or visit our Face Book page at Days for Girls Hervey Bay.



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EVENTS IN NOVEMBER

7TH

9TH

11TH



MELBOURNE CUP
AT SMOKENLEATHER | TUESDAY 7TH NOVEMBER


LIVE ENTERTAINMENT
FREE CANAPES

\$30 ENTRY | OPEN FROM 12PM
ALL PROFIT FROM ENTRY GOES TO 

COMPLIMENTARY DRINK ON ARRIVAL
BETTING FACILITIES | SWEEPS | RACE ON BIG SCREENS
BOOTH HIRE AVAILABLE



BOOTH ENQUIRES - ENQUIRES@SMOKENLEATHER.COM.AU

SPONSORED BY 



NUITS & BOLTS

OVER 40s SINGLES PARTY

WHERE? 410 CHARLTON ESPLANADE
WHEN? THURSDAY 9TH NOVEMBER
\$0 COVER CHARGE | COMPLIMENTARY DRINK ON ARRIVAL
AGES 40+ ONLY @SMOKENLEATHER  

SMOKENLEATHER PRESENTS



CHRIS ROYAL

11 | 11 | 17

OPEN FROM 8PM

SMOKENLEATHER.COM.AU/TICKETS

YES NIGHT COMING SOON

**THURSDAY-SATURDAY OPEN FROM 8PM
SUNDAY SESSIONS OPEN FROM 4PM
LOCKOUT AT 1AM**



The Kitty Kats

ARE BACK IN TOWN

Written by Kim Parnell

The Hervey Bay Jazz Club Christmas Party will feature once again popular Sunshine Coast trio, The Kitty Kats along with their five piece band, for three hours of live music, dancing and fun. Singing everything from Cabaret, Swing, Rockabilly and Blues these girls are sure to delight.

Singers Michelle Brown, Renae Suttie and Susanne Campbell are The Kitty Kats, I had a conversation with the trio who are extremely excited to be back on the Fraser Coast later this month.

What is your favourite song to belt out in the car or in the Bar?

Michelle – 'Big Yellow Taxi' by Joni Mitchell

Renae – 'Out Here On My Own' from the musical 'Fame'

Susanne – 'What about me' by Moving Pictures

For the readers who have never heard your music, explain your sound using only five words?

Michelle – Playful, sassy, entertaining, diverse, clever.

Renae – Vintage, emotive, harmonies, cheeky, dynamic

Susanne – Creative, vocal delight, professional, stylish

How did you come together as a group?

Renae - We had all been solo performers for years, and to be honest you do get sick of your own voice after awhile. Then a drummer named Mark O' Brien asked Susanne to fill in with his band. Mark was so impressed by her performance that he rung me and wanted me to watch these You Tube videos of Susanne performing. But unbeknown to us at the time he had also sent videos of me to Susanne, so we were kind of stalking each other for awhile until we finally met. It was great to talk to someone that shared the same interests. Both Susanne and I had heard quite a bit about this singer named Michelle so we called her up and the rest is history. We have been together for about two and a half years. Michelle balances us, we all try to work towards our strengths. It is a bit different to have a female tenor in a trio though, it kind of sets us apart.

What does Christmas mean to you?

Michelle – Family, pressies, and now more than ever getting back to what Christmas is all about. Embracing faith. I have a strong faith in a power greater than myself.

Renae – Family and community is very important to me. For the past seven years we have organised Christmas Carols in our backyard for our neighbours and the community to enjoy. Now the event has grown that much that we have a new venue and put on a much bigger show with many other entertainers. We also use the occasion as a fund-raiser for a local not for profit group.

Susanne – To me it is about acknowledging and appreciating each other. It is about reaching out. I have two children, and find that at Christmas time I am not chasing the clock as much. It is also a time to eat, drink and relax.

You have been to the Fraser Coast on several occasions, do you ever get the chance to explore?

No not really, we usually just stay overnight and head off the next morning. We do go out to breakfast somewhere along the Esplanade before we leave though.

Susanne – I have been to the Fraser Coast many times as my husband quite often works up that way.

As a group we love the people that we meet and the lifestyle is great too.

"If you haven't seen these girls perform, you are missing out on 3 of the greatest vocalists in this country. Ripping harmonies and an incredible stage show makes The Kitty Kats a must see. The show is sexy as, and that's coming from an old rocker!"

– "Phippsy", Television Presenter

Hervey Bay Jazz Club Christmas Party
The Kitty Kats

Hervey House @ Hervey Bay RSL

Friday 24 November / Show from 7 - 10pm

Tickets: Members \$20; Non-Members \$25

Please purchase tickets at reception.

ACOUSTIC GUITAR SPECTACULAR

Red Chair & Gatakers Artspace presents Acoustic Guitar Spectacular

Winner of the international 2016 Guitar Masters fingerstyle competition - one of the largest and most prestigious guitar competitions in the world - East Frisian guitarist Soenke Meinen embarks on his first Australian tour as part of the 2017 Acoustic Guitar Spectacular. With Bruce Mathiske - arguably the finest all-round guitarist Australia has produced (The Australian) - and Michael Fix - one of Australia's Top 25 Guitarists of All Time - Meinen will join forces to weave memorable musical magic. Showcasing a diverse range of guitar talent from across the globe, the Acoustic Guitar Spectacular has been touring Australia annually since 2012 to sell out audiences and rave reviews.

Plus one lucky Fraser Coast Guitarist will have the opportunity to learn and perform on stage at the show.

Soenke Meinen has carved an outstanding reputation in the international guitar scene and was awarded the European Guitar Award as well as the Artesano Guitarist of the Year. Tommy Emmanuel inspired solo compositions complement his covered arrangements.

Michael Fix is a remarkable composer and musician and has the power to create sensory experiences through his music. Over the past 25 years, Michael has released thirteen albums, together with several songbooks, singles and EPs, and has established himself as one of Australia's finest guitarists and composers. He has also won numerous awards for his music, including three Golden Guitars.

Bruce Mathiske has a career that spans 3 decades, he has delighted audiences around the world with not just his phenomenal level of technical brilliance, and his instinctive ability to absorb and understand, then master and consummately deliver just about any style of music you could think of.

"Soenke is one of the great young players out there and I love and respect his work. One of the most creative guitarists in the scene today."

- Tommy Emmanuel

This tour is produced by Red Chair. Red Chair is supported by the Queensland Government through Arts Queensland.



Red Chair & Gatakers Artspace presents
Acoustic Guitar Spectacular / November 25

6pm - 9pm
Tickets \$25

Gatakers Artspace, Maryborough
To purchase tickets go to: www.ourfrasercoast.com.au

WHAT'S ON @ THE BROLGA



LAD Studio Dance
Celebration

SUN
5
NOV



SUNDAY RIVERSIDE
with Brad Butcher and Fiona O'Shea

SUN
5
NOV



Ebb & Flow
RESTAURANT


Open Tue-Sat
Lunch and Dinner
Call 4121 5011 to book

NOW
AT THE
BROLGA




The Rhythms
of Ireland

WED
8
NOV



MRAC Cinema Night
Like Crazy

WED
8
NOV



Dance Force
Grad Tour

SUN
12
NOV



A Festival of
Russian Ballet

WED
15
NOV



Mansong
in Concert

SAT
18
NOV



Morning Melodies
Vov Dylan

THU
23
NOV



Cleone McRoberts
Academy of Dance
presents
WE'RE ALL
MAD HERE

We're All Mad Here
Cleone McRoberts

SAT
25
NOV

COMING UP IN DECEMBER...

Sunday Riverside	Sun 3 Dec
Toni Robinson Dance School performance	Sat 2 Dec
Express Yourself, Hervey Bay Dance School	Sun 10 Dec
Peter Pan National Theatre Live	11 & 12 Dec
New Years Eve at the Brolga	Sun 31 Dec
Deadly 60 Downunder	Thu 11 Jan





Calendar of Events

NOVEMBER

NOVEMBER 1 - 3

Fraser Coast South Sea Islanders 150th Anniversary
Fraser Coast Libraries
Maryborough Library: 4190 5788
Hervey Bay Library: 4197 4220
Bookings essential

NOVEMBER 3

2017 Yarrilee State School Fete
4pm – 8pm
15 Scrub Hill Rd, Hervey Bay

NOVEMBER 3

Fraser Coast Business & Tourism Awards
6pm
The Beach House Hotel
Tickets: www.businessandtourismawards.com.au

NOVEMBER 4-5

Minature Horse and Pony State Show
AMR Queensland State Championship Show
Maryborough Show grounds and Equestrian Park

NOVEMBER 4

Hervey Bay Swap Meet & Shannons Summer Show & Shine
6am – 1pm
Admission \$2
Hervey Bay High School

NOVEMBER 4

Monster Tombola
12.30pm
Free entry, hosted by Hervey Bay Lioness's
Community Centre,
Charles St, Pialba

NOVEMBER 4

Exhibition Opening
3pm – Followed by Gatakers by Night at 6pm
Gatakers Artspace

NOVEMBER 4

The Adele & Amy Songbook – Hervey Bay
7pm
Hervey Bay RSL

NOVEMBER 5

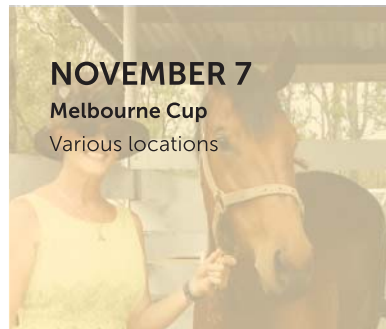
Critz Series 3- Round 6 Final
6.30am-7.45am
Hervey Bay Airport

NOVEMBER 5

Sunday Riverside
3pm-6pm
The Brolga Theatre and Convention Centre
Call: 4122 6060

NOVEMBER 7

Melbourne Cup
Various locations



NOVEMBER 8

MRAC Cinema Night – Like Crazy
6.30pm
\$12, or MRC Members \$10
The Brolga Theatre and Convention Centre
Call: 4122 6060

NOVEMBER 8

The Rhythms of Ireland
8pm
The Brolga Theatre and Convention Centre
Call: 4122 6060

NOVEMBER 10

Local History Talk – Roger Shepherd
The history of printing
Maryborough Library
Bookings essential: 4190 5788

NOVEMBER 10

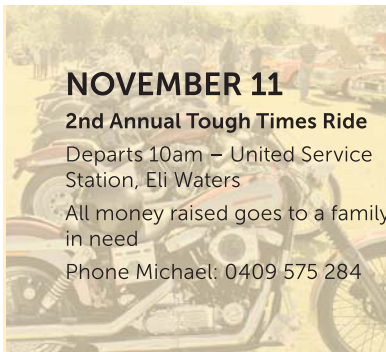
2017 Cullen Medal Presentation and Annual General Meeting
6pm
(Venue to be confirmed)

NOVEMBER 10

Immortality - End Of Year Concert
Hosted by The League Studios
6.30pm
Z-Pac Theatre

NOVEMBER 11

2nd Annual Tough Times Ride
Departs 10am – United Service Station, Eli Waters
All money raised goes to a family in need
Phone Michael: 0409 575 284



NOVEMBER 11

National Rodeo Finals – Round 1
5pm
Maryborough Show grounds & Equestrian Park
Tickets: www.frasercoastshow.com.au

NOVEMBER 12

Day's for Girl's – High Tea
Hosted by Rotary Club of Hervey Bay Sunrise
2pm
Waterfront Restaurant

NOVEMBER 12

Fraser Coast Lawn Mower Racing

9.30am

Entry \$5 under 12 free

Fraser Shores Speedway,
Maryborough

NOVEMBER 12

Dance Force Graduation Tour

7pm

The Brolga Theatre and
Convention Centre

Call: 4122 6060

NOVEMBER 15

A Festival of Russian Ballet

8pm

The Brolga Theatre and
Convention Centre

Call: 4122 6060

NOVEMBER 18

Barge 2 Beach 2017

7.30am (As part of the Hog's
Breath 100)

Urangan Boat Harbour

NOVEMBER 18

Christmas Craft Fair

1pm – 5pm

Free entry

Senior Citizens Hall, Cnr Totness
St & Denman Camp Rd, Torquay

For more info Call: 0422812074

NOVEMBER 18

4650 CBD Extravaganza

12.30pm

Maryborough

NOVEMBER 18

Howard Christmas Party with Phoebe Jay

4pm – 9pm

Burrum District Community
Centre

NOVEMBER 19

Hog's Breath Hervey Bay 100



NOVEMBER 19

Basic Photography Workshop on DSLR

10am-2pm

\$50pp – Elftography Hervey Bay
by Ellen Foulds

NOVEMBER 19

The Handmade Expo Market Hervey Bay

9am – 1pm

Hervey Bay PCYC

NOVEMBER 23

Morning Melodies – Vov Dylan

11am

The Brolga Theatre and
Convention Centre

Call: 4122 6060

NOVEMBER 24

Hervey Bay Jazz Club Christmas Party

7pm – 10pm

Hervey Bay RSL

NOVEMBER 25 – 26

Hervey Bay Crafters Annual Christmas Craft Fair

9.30am – 3pm

Free admission

Hervey Bay RSL

NOVEMBER 25

Cooper's Walk 4 Brain Cancer 2017

8am-12pm

Registration from 7.30am

Bill Fraser Park

NOVEMBER 25

Cleone McRoberts Academy of Dance presents, 'We're All Mad Here'

2pm – 7pm

Brolga Theatre & Convention
Centre

NOVEMBER 25

Special Event – Acoustic Guitar Spectacular

6pm-9pm

Tickets \$25

Gatakers Artspace, Maryborough



NOVEMBER 28

Kevin Bloody Wilson – Almost Awesome Tour

8pm

\$55 a ticket – R18+ Maryborough
Sports Club

NOVEMBER 29

Chamber Breakfast – Adrian Pennington, CEO WBHHS

6.30am

Hervey Bay Boat Club



For a full list of What's On, go to: facebook.com/WhatsOnHerveyBay/ or visit <http://whatsonfrasercoast.com.au/>



facebook.com/whatsonfrasercoast

Gig Guide

Live music and more on the
Fraser Coast in November

HERVEY BAY

The Torquay Hotel

Fri 3, 9pm, Dave Turner
Sat 4, 9pm, Dave Turner
Fri 10, 9pm, DJ Simon
Sat 11, 9pm, DJ Simon
Sun 12, 1pm-6pm Madz Open Mic/
Jam Session
Fri 17, 9pm, Rocklords
Sat 18, 9pm, Red Betty
Fri 24, 9pm, Matt Phillips
Sat 25, 9pm, Matt Phillips
Sun 26, 1pm-6pm Madz Open
Mic/Jam Session

Coast Restaurant

Sun 5, 2-5pm, Sam Maddison
Sun 12, 2-5pm, Frank Benn
Sun 19, 2-5pm, Sam Maddison
Sun 26, 2-5pm, Frank Benn



Hervey Bay RSL

Fri 3, 6.00pm, Dust Duo
Sat 4, 8.00pm, Uncle Arthur
Sat 4, 8.30pm, Show: Bloom sings
the Adele & Amy Songbook. Tick-
ets \$39.50 at RSL reception.
Fri 10, 6.00pm, Pete Baker
Sat 11, 8.00pm, Forbidden Road
Fri 17, 6.00pm, Frank Benn
Sat 18, 8.00pm, Dicky Switch
Sat 18, 8.00pm, Show: Neil
Diamond Super Hits. Tickets \$20
members, \$25 non members avail-
able at RSL reception.
Fri 24, 6.00pm, Sam Maddison
Sat 25, 8.00pm, Doug and the
Upperhand

The Clubhouse

Fri 3, 6.00pm, Frank Benn
Sat 4, 6.00pm, Doug Edwards
Fri 10, 6.00pm, Sam Maddison
Sat 11, 6.00pm, Shaun Beckett
Fri 17, 6.00pm, Sweet Sacrifice Duo
Sat 18, 6.00pm, Jon Veavea
Fri 24, 6.00pm, Chris Staib
Sat 25, 6.00pm, Tony Fallon

The Hervey Bay Boatclub

Friday 3, 8:00pm, The Shades
Saturday 4, 8:00pm, The
Shades
Tuesday 7, 9:30am, VIP Mel-
bourne Cup Gala Package
Friday 10, 8:00pm, Soul City
Saturday 11, 8:00pm, Soul City
Friday 17, 8:00pm, Mo Swag-
ger
Saturday 18, 8:00pm, Mo
Swagger



The Beach House Hotel

Thu 2, 7.30pm, Open Mic
Fri 3, 8.00pm, Bobby Barnes
Sat 4, 8.30pm, Wrecked on
Sunday
Sun 5, 2.00pm, Harley
Meszaros
Thu 9, 7.30pm, Open Mic
Fri 10 8.00pm, See Ya Next
Tuesday
Sat 11, 8.30pm, Red Betty
Sun 12, 2.00pm, Derek Smith
Thu 16, 7.30pm, Open Mic
Fri 17, 8.00pm, Doug Edwards
Trio
Sat 18, 8.30pm, Uncle Arthur
Sun 19, 2.00pm, Darren
Marlow
Thu 23, 7.30pm, Open Mic
Fri 24, 8.00pm, Mr Blonde
Sat 25, 8.30pm, Abby Skye
Sun 26, 2.00pm, Broken Web
Thu 30, 7.30pm, Open Mic
Fri 1, 8.00pm, Rocklords
Sat 2, 8.30pm, Shotgun
Sun 3, 2.00pm, Harley
Meszaros

Smokey Joe's Cafe Bar and Grill – Ramada Hotel

Fri 3, 6.00pm, Doug Edwards
Sat 4, 6.00pm, Vibeke
Fri 10, 6pm, Vibeke
Sat 11, 6.00pm, John Corowa
Fri 17, 6pm, Jim Daniel
Sat 18, 6.00pm, Al Davies
Fri 24, 6.00pm, John Corowa
Sat 25, 6.00pm, TBA

The Vinyard Restaurant and Bar

Fri 27, 7.30pm, Dust Duo

Bay Central Tav

Fri 3, 8pm, Krazy Karen's Karaoke
Sat 4, 8pm, Shaun Beckett
Sun 5, (to be confirmed)
Tues 7, 2:30pm, Derek F Smith
Fri 10, 8pm, Krazy Karen's
Karaoke
Sat 11, (to be confirmed)
Sun 12, 1pm, Harley Meszaros
Fri 17, 8pm, BON JOVI TRIBUTE
BAND (\$15 per ticket)
Sat 18, 8pm, Forbidden Road
Sun 19, 1pm, Bobby Barnes
Fri 24, 8pm, Krazy Karen's
Karaoke
Sat 25, (to be confirmed)
Sun 26, 1pm, Shaun Beckett

Goody's on the Beach – Toogoom

Sat 4, Sam Maddison
Sun 5, Frank Benn
Sat 11, Derek Smith
Sun 12, Sam Maddison
Sat 18, Sam Maddison
Sun 19, Derek Smith
Sat 25, Frank Benn
Sun 26, Sam Maddison

MARYBOROUGH

Maryborough Sports Club

Thu 2, 6.30pm Quinn the Radio
Star
Fri 3, 7.30pm Barlight
Sat 4, 7pm Red Betty
Tues 7, 12pm Billy Guy Mel-
bourne Cup
Thu 9, 6.30pm Glenn Fox
Fri 10, 7.30pm Trevor White
Sat 11, 7pm Smooth n Groove
Thu 16, 6.30pm Quinn The
Radio Star
Fri 17, 6.30pm All Greased Up
Dinner and dance show Tickets
\$20
Sat 18, 7pm Just Friends
Thu 23, 6.30pm Glenn Fox
Fri 24, 7.30pm Brass Monkey
Sat 25, 7pm Roger Lewis
Sun 26, 12.30pm Roger Lewis -
End Of Month Draws
Tues 28, 8pm Kevin Bloody
Wilson Tickets \$55
Thu 30, 6.30pm Quinn The
Radio Star

The Federal Hotel

Fri 3, 8.00pm, Pete Baker
Sat 4, 8.00pm, Luke Karolak
Fri 10, 8.00pm, Kev Gray
Sat 11, 12.00pm, Dave Gray
Sat 11, 8.00pm, Luke Karolak
Fri 17, 8.00pm, One Sly Dog
Sat 18, 8.00pm, Sam Maddison
Fri 24, 8.00pm, Till Dawn
Sat 25, 8.00pm, Open Mic



Maryborough RSL

Friday 3, 7:30pm, Darryl and the
Devil
Saturday 4, 7:30pm, Nathan
Trethwey
Friday 10, 7:30pm, Tony Fallon
Saturday 11, 7:30pm, One Sly
Dog
Friday 17, 7:30pm, John Corowa
Saturday 18, 7:30pm, Till Dawn
Friday 24, 7:30pm, Brad- rock
n Roll
Saturday 25, 7:30pm, Red Betty

Carriers Arms Hotel

Thu 2, Open Mic Night
Frid 3, Shaun Beckett
Sat 4, 7:30pm, Timber & Steel
Thu 9, 7pm, Open Mic Night
Fri 10, 7:30pm, Dust
Sat 11, 7:30pm, Frank Benn
Thu 16, 7pm, Open Mic Night
Fri 17, 7:30pm, Dave Turner
Sat 18, 7:30pm, Beckett-Turner
Overdrive
Thu 23, 7pm, Open Mic Night
Fri 24, 7:30pm, Bobby Barnes
Sat 25, 7:30pm, Sweet Sacrifice
Thu 30, 7pm, Open Mic Night

Vox Pop



Last month I popped out to the Fraser Coast All Breeds Show held at the Maryborough Show-grounds and Equestrian Centre. Some beautiful horses were on display, strutting their stuff and groomed to perfection. I was reminded that all throughout my childhood I had begged my parents for a horse, but alas had never got one. Then it got me thinking about the expense, grooming, travel and what these magnificent horses actually meant to those that own them. - **Kim Parnell, Editor**

Question: How many shows/competitions would you enter a year, and what does your horse represent to you?

"I generally attend between thirty to forty shows and competitions each year throughout Qld, NSW and along the East Coast. My horses are a reflection of hard work, dedication and many sacrifices".

Alana Hogan, Maryborough



"I have two horses and am just starting out so have only done about two or three shows. My horses are my surrogate children, I spend more money on them than I do on myself".

Monique Bonus, Pioneers Rest



"I have four horses but only show one of them. I am more interested in dressage than showing. My horses are my sport, my recreation and my social life. I have made many friends through my horses".

Pam Thurlow, Maryborough



"My husband and I breed black Andalusian Horses and do several shows a year with them. We also enter dressage competitions as well. My horses are my best friends, they listen and love unconditionally".

Sally Whalan, Maryborough

- CHAMELEON GROUP
- CHRONICLE/INDEPENDENT
- BAY APARTMENTS
- INDY FOUNDATION
- RG ELECTRICAL
- PHOENIX LAW
- CMC CIVIL
- HEADSPACE
- NINE & MIX FM
- TORQUAY HOTEL
- PORT CITY AUTOS
- BUNDABERG RUM
- CORPORATE CLEANING



- SMOKENLEATHER
- MAD ABOUT MEATS
- SECURITY 101
- HELLOWORLD
- SUBWAY
- OCEANS
- JETGO
- COLES
- HANDY HIRE
- HOGS BREATH
- SHANNON ROY
- AUSSIE WORLD
- HERVEY BAY BOWLS CLUB

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**FEATURING
NATHAN BLACKLOCK
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NATHAN FRIEND
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4650 CBD EXTRAVAGANZA

Written by Kylie Nitz



Wow! The first 4650 CBD Extravaganza will burst open its doors on the 18th November 2017 from 12:30pm till 9:00pm. Many local businesses will be there, intertwined between the City Hall and its beautiful reserves. We'll have gifts, health care, beauty, event planners, training/employment services, cleaning, travel, trades & services, kids clothes, child care and so much more Be careful though! You may lose track of time as you stroll through, discover and chat with all the businesses. You may even spot an employment opportunity.

There really is something for everyone throughout the afternoon and into the evening to ensure all visitors, of all ages, enjoy their Extravaganza experience.

Come on down and challenge St Helens Primary School's State Competition Students in a friendly game of chess on the greens (they even have a "super big" chess surprise in stall for us!)

Have a go and get your wriggle on as you join in with Shiraz Belly Dance and local Zumba instructor displays. Star Dust

Drama Academy may even put on a show.

Be in awe at the talents of our Navy Cadets as they put on an impressive display of drumming skill.

The kids aren't left out! Ace Jumping castles will be there to keep them entertained with jumping castles, popcorn and fairy floss while you relax with a superb coffee from Pedals Espresso and The Wandering Piccolo Bar, snack on a yummy gourmet hot potato, or grab a bite to eat from Parkside on Adelaide. Then enjoy the live entertainment courtesy of the wonderful "Just Us".

That's not all! Why not gather all the family and join in the CBD Scavenger Hunt, sponsored by Con Souvlis Betta Living, and be in the running for a HUGE prize.

Phew .. tired yet? Great .. time to relax and bring out your picnic blanket and basket for a communal twilight picnic underneath the lights of City Hall and the Cecilia Bauers/Rose Wiles water fountain, then finish off the day and enjoy the open air Family Movie Night.

A budget friendly day of awareness, community spirit and fun ... see you there!

K'gari...Paradise

SKYDIVE FRASER ISLAND





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www.skydiveherveybay.com.au

1 Don Adams Drive Urangan
bookings@skydiveherveybay.com.au

 Instagram
 Find us on Facebook

In 2014,
our 4yr old son Cooper,
was diagnosed
with an
inoperable
brain
tumour
called
DIPG
(Diffuse
Intrinsic
Pontine
Glioma).



To begin this is what we know about DIPG. Every year up to 10 children are diagnosed in Australia. Mainly strikes children between the ages of 5-9 years of age. Average survival is 9-10 months from day of diagnosis.

DIPG is situated within the brain that affects all vital functions. It affects a child's ability to walk, talk, swallow, eyesight, balance and eventually their ability to breath. To be told that Cooper had brain cancer was unbearable, but to then learn that there is no known cure was soul destroying. Sadly, even though Cooper surpassed the Dr's expectations, by living for 21 months longer than expected, Cooper passed away in my arms with his dad by his side on July 25th 2015. He was 6 years old. That blessing of extra time, extra moments of memories to cherish, was all Cooper's doing. His tenacity to keep going, to keep fighting, to "Never Ever Give Up" is what made Cooper who he was. He laughed, he loved, but most importantly he LIVED for the time that we had.

This great loss, started my mission to raise awareness and funding into finding the cure for brain cancer. Most importantly for me DIPG. Last year we held our first Walk4BrainCancer raising funds for the Cure Brain Cancer Foundation, raising a staggering \$27,701

This year we are walking again. The walk will still include a walk through, Cooper's Walk, but this year at a new location of starting at Bill Fraser Park, The Esplanade, Torquay on Saturday 25th November 2017. With the walk to commence at 8:00am.

Brain Cancer Foundation merchandise will be available to purchase along with food and drinks. We will have raffles and a balloon release in memory of Cooper and loved ones, that will also begin the walk, with the walk to finish about 11:00am. If you would love to join us and help find the cure for brain cancer than please register to walk with us on the link below. www.walk4braincancer.com.au

All funds from your registration go towards our walk total which today stands at \$2964.

COOPER'S WALK 2017

Written by Amanda Christensen



'THE SPIRITUAL' TAKES HOLD AT THE HERVEY BAY REGIONAL GALLERY

– With Youth Columnist, Jacob Kitson-Holebrook



ART IS SOMETHING THAT THE HUMAN RACE HAS VALUED FOR THOUSANDS OF YEARS AND THIS YEAR FRASER COAST ANGLICAN COLLEGE IS RECOGNISING THAT VALUE IN ITS CURRICULUM WITH THEIR STUDENT ART EXHIBITION TITLED 'THE SPIRITUAL'.

Art students at the College have worked as a team to create a wide range of art pieces that they feel explores, and puts context to, the theme of all things spiritual. The exhibition includes a range of approaches from drawing and painting to sculpture and video as well as the use of textiles in art.

Although this exhibition is about the art work there is also a more practical application for students in respect to the creation of an exhibition, such as having to look at the business management and organisation of the event, and experiencing what a career in art is like on a day to day basis. The team behind the exhibition are a group of fifteen students led by teacher Katherine Ellis and they have spent the last twelve weeks working on bringing the exhibition to life. Not every student

has contributed the same number of pieces to the exhibition but the overall result is that you have a range of pieces that are diverse and explore the theme through very different focuses.

The exhibition is being held at the Hervey Bay Regional Gallery, 166 Old Maryborough Road with a grand opening on the 27 October 2017 at 6pm and from then until the 26 November 2017 you will be able to explore the realm of The Spiritual and enjoy the artwork from these very talented students. Fraser Coast Anglican College will also be holding an open evening on the 19th October 2017 at the College grounds located on Doolong South Road, Wondunna.

You can find more information on the exhibition on the Hervey Bay Regional Gallery website www.ourfrasercoast.com.au/Regional-Gallery and also on Fraser Coast Anglican College's website www.fcac.qld.edu.au. So, for a culturally immersive experience why not have a stroll around the exhibition and delight yourself in all things spiritual.





FRASER COAST'S OWN TJM SPECIALIST



SUMMER IS
NEARLY
HEAR!





ON AND OFF ROAD. WORK OR PLAY.

Bob's Tyre Centres

Hervey Bay - 93 Main St, Pialba - Ph: 4124 1855
Maryborough - 14 Rocky St, Maryborough - Ph: 4121 2288

Fishing on the Fraser Coast

Photographs on this page provided by www.GuidedFishingDownUnder.com

Early Wet Season Blues!

By John Haenke

The recent spate of unseasonal bad weather reminded me that it is always good to have a back up plan when fishing. There is usually somewhere you can go to have a fish, I'm certainly not recommending taking any risks, but thinking outside the square can sometimes lead to exceptional fishing.

On a recent 10 day charter, the weather turned very ugly and we needed a back up plan. Ben had travelled all the way from Boston in the US to fish with us and we couldn't let him down, especially after telling him that it was the best time of year to travel here as the weather is usually stable. The results of PlanB speak for themselves...

After enjoying some blue water action before the wind and and flooding, we retreated to the estuaries and rivers and continued to experience some exceptional sport-fishing, albeit very wet - A good test for our rain gear! Be prepared to be flexible, change plans with the changing weather conditions, and you can still catch fish!

If you'd like to have a chat about fishing options for charters, give John Haenke a ring: 0418187618

And check out my website: GuidedFishingDownUnder.com



Key Dates In December

Carols in the Park Queens Park, Maryborough Sunday 10th December

2:30 Apex Santa Fair
5:30 Festivities Begin
6:30 Carols commence
8:00 Fireworks

The much loved annual regional Christmas Carol event will again be held in Queens Park Maryborough. This year the Fraser Coast Carols in the Park will be held in conjunction with the Apex Santa Fair, which commences at 2:30pm. The Apex Santa Fair runs from 2.30pm to 5.30pm with kids rides, face painting, jumping castles and more.

The Carols will begin at 5.30 pm, carols commence at 6:30pm with a fireworks finale after 8.00 pm. There will be a full program of entertainment, food stalls will be available, or bring a picnic, rug and/or folding chair. Make sure you keep your eyes open for Santa who will arrive during the night. Candles and glow products will be available for purchase.

Hervey Bay RSL Carols By Candlelight Seafront Oval, Pialba Saturday 16th December

5:30 Family activities
7:00 Christmas Carols
8:30 Fireworks

A highlight of the festive season, the annual Hervey Bay RSL Carols by Candlelight will commence at 5:30pm

with family activities, children's Christmas carols and a visit from Santa. The main Carols program starts at 7pm and will feature local musicians, community carol singing, special activities and a fireworks finale. Food and drink stalls will be available, so gather the family, bring a blanket and/or folding chair and enjoy the singing under stars. Glo candles will be available for purchase.

New Years Eve at Hervey Bay Torquay Foreshore

31 December 2017
4:00 Festivities start
8:00 Fireworks

New Years Eve will be held at the Torquay Foreshore (Bill Fraser Park and Ernie Organ Park) from 4pm to 8pm on December 31. This will be a family friendly event with various activities for the kids, Wide Bay Laser Skirmish, live music, markets and food stalls and the fireworks finale at 8pm.

New Years Eve at The Brolga Riverside, Brolga Theatre, Maryborough 31 December 2017

6:00pm
9:00pm
Midnight: Fireworks

A free event, bring in the new year with live music by Soul City, 2 fireworks shows, a licensed Bar and food stalls.



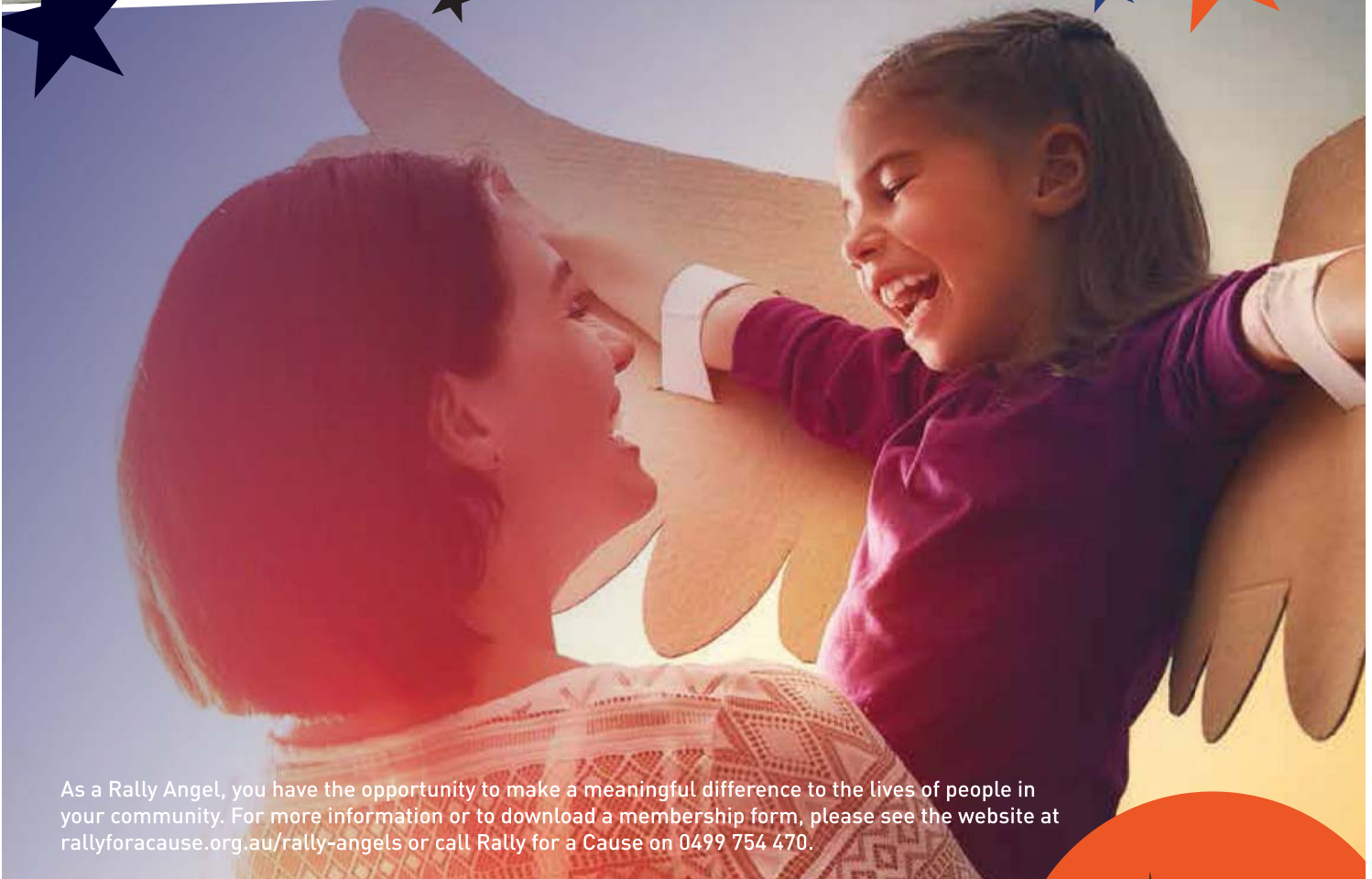
BECOME A RALLY ANGEL AND

GIVE OUR FUNDRAISING WINGS

The Rally Angel club is all about harnessing the support of the community to enhance the work of the Rally for a Cause charity for the benefit of Fraser Coast families.

This new philanthropy club has been set up primarily to assist with the ongoing administrative costs associated with running such a successful local charity.

Membership comes with some great personal and business networking benefits, but more importantly it will mean that the Rally for a Cause will be able to continue to ensure that 100% of the funds raised by the Dunga Derby and donated to the charity will continue to go to support Fraser Coast families and individuals affected by life-limiting medical conditions or whose lives have been disrupted by detrimental circumstances beyond their control.



As a Rally Angel, you have the opportunity to make a meaningful difference to the lives of people in your community. For more information or to download a membership form, please see the website at rallyforacause.org.au/rally-angels or call Rally for a Cause on 0499 754 470.



rallyforacause.org.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 to 12pm
info@frasercoastwildlifesanctuary.org.au

MARYBOROUGH

MARYBOROUGH MARKETS

Adelaide & Ellena St,
Maryborough
Every Thurs 8am to 1pm
markets@fcte.com.au

HERVEY BAY

NIKENBAH MARKETS

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

HERVEY BAY

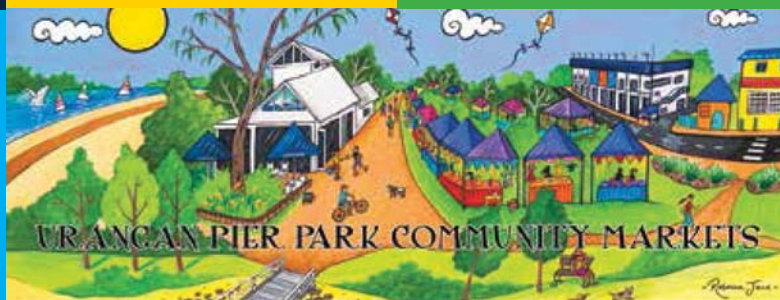
KOALA MARKETS

Kruger Court, Booral Rd, Urangan
2nd and 4th Sun
6am to 12noon
koalamarkets@yahoo.com.au

HERVEY BAY

BUZERS BAZAAR TWILIGHT MARKET

Beside Mary Ryans,
the Esplanade, Torquay
Every Fri
1pm to 6pm
bayconnect@hotmail.com



The Urangan Pier Park Markets

Every Wednesday

from 7.00am until 1.00pm

and Saturday

from 7.00am until 1.00pm

Come along and join in the fun!

 Find us on Facebook
[pierparkcommunitymarkets](https://www.facebook.com/pierparkcommunitymarkets)

www.pierparkcommunitymarketsinc.com.au

HERVEY BAY

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

HERVEY BAY

TORQUAY BEACHSIDE MARKETS

Outside AQUAVUE, Torquay
2nd & 4th Sat
7am to 1pm
info@torquaymarkets.com.au

HERVEY BAY

HERVEY BAY BOAT CLUB ART & CRAFT MARKET

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

BURRUM HEADS

BURRUM HEADS MARKETS

Community Hall, Main Rd
& Howard St
Burum 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
Steley St, Howard
1st Sat of the month
7am to 12noon
info@howardcommunitycentre.org.au

TIARO

TIARO MARKETS

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

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

Social Snaps



Clockwise from top-left:
Private Kneebone from 9RQR shows Lincoln Charles, 9 some of the weapons used in the Army
Mahlia Lyons, 3 has fun at the Maryborough RSL Sub-Branch Community Fair Day
Supreme Winner, Petrina Gear on Magic FF at the Fraser Coast All Breeds Show
The band, Interim with Xanthie O'Connor
Shauna Nicoletti, Ashlea Seabrook, Kaitlyn Nicoletti are ready for 'Interim'



Out and about on the Fraser Coast



Clockwise from top-left:
Abbey Clemett, 8 loved meeting ex *Home and Away* Actor - **Alec Snow**, along with his band, Interim

Actor-Singer, Alec Snow, with one of the Interim band members

Little Nippers Ebonnie Hauritz, 8 and **Violet Taylor, 6** at the Hervey Bay Surf Life Saving Club

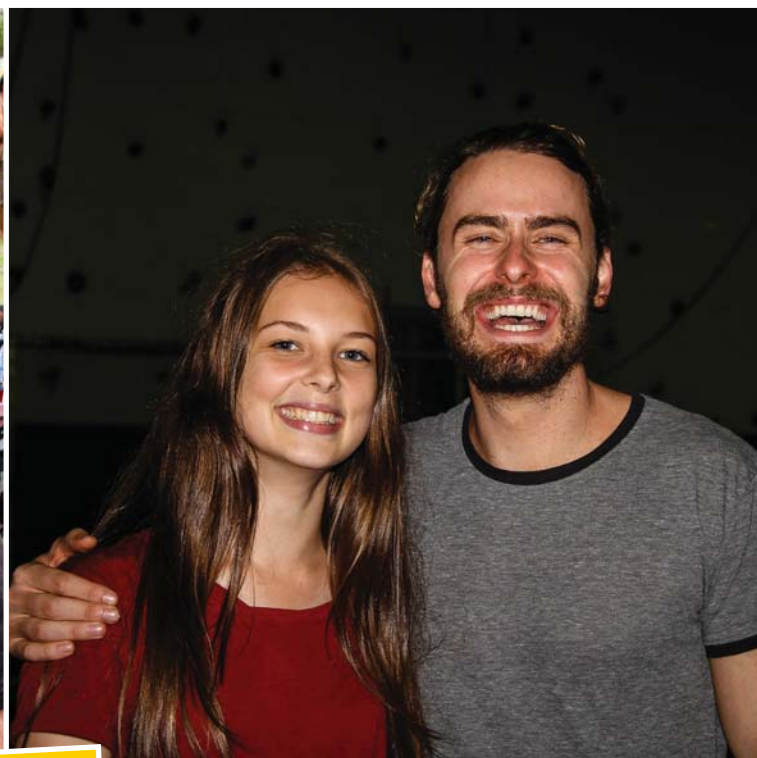
The Maryborough Active Riders Club Committee relax after the success of the Fraser Coast All Breeds Show

Van Hayward, 7 and **Brennan Dunne, 11** battle it out at the Community Fair Day in Maryborough



Social Snaps

Out and about on the Fraser Coast



Clockwise from top-left:

Danny Mason from the Patriots celebrates 100 years of the Maryborough RSL Sub-Branch

Brianna Viegla was stoked to meet Alec Snow from the band Interim

Breanna Houl, 7 and **Ebonnie Hauritz**, 8 are ready to dance with Interim

Lisa Gorman, and **Alana Hogan** with JR Fine Design at the Fraser Coast All Breeds Show

Lynette Thompson from the Patriots, Queensland, Wide Bay Chapter at the Community Fair Day



Restaurant Guide



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www.herveybayrsl.com.au



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www.beachhousehotel.com.au

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 353 Esplanade,
 Torquay

Hoolihans

Ph. 4194 0099
 353 Esplanade,
 Torquay

Wild Lotus

Ph. 4125 3278
 433 Esplanade,
 Torquay

Oriental Palace

Ph. 4128 3496
 352 Esplanade,
 Scarness

Café Balena

Ph. 4125 4799
 7 Buccaneer
 Drive, Urangan

Bay Central Tavern

Ph. 4124 4111
 155 Boat Harbour
 Drive, Pialba

The Vinyard

Ph. 4125 6982
 552 Esplanade,
 Urangan

Maryborough RSL

Ph. 4122 2321
 163-175 Lennox St,
 Maryborough

Old Sydney Hotel

Ph. 4121 3307
 Cnr Richmond
 St & Ellena St,
 Maryborough

Ebb & Flow Restaurant

Ph. 4121 5011
 5 Walker St,
 Maryborough (Brolga)



Carriers Arms
 HOTEL - MOTEL

Seven days a week bistro

Ph. 4122 6666
 405 Alice Street, Maryborough

www.carriersarms.com.au

Hervey Bay

Goodies On the Beach	4128 0248	54 Moreton St, Toogoom
Gatakers Landing	4124 2470	Gatakers Lane, Point Vernon
Tandori Taj	4128 2872	355 Esplanade, Scarness
Migaloo Café	4128 9479	1 Pilot St, Urangan
Agean Waters	4125 2232	434 Esplanade, Torquay
Black Dog	4124 3177	382 Esplanade, Torquay
Gringos	4125 1644	16 Bideford St, Torquay
Ricardos	4124 1666	267 Esplanade, Pialba
Santini's	4125 5880	470 Esplanade, Torquay
Paolo's Pizza	4125 3100	446 Esplanade, Torquay
Bay Aroma	4125 1515	428 Esplanade, Torquay
Badger Brown	4125 6576	449 Esplanade, Torquay
Dan & Steps		449 Esplanade, Torquay
The Dock	4194 6477	Buccaneer Drive, Urangan
Pier Restaurant	4128 9699	573 Esplanade, Urangan
Salt	4124 9722	569 Esplanade, Urangan
Hogs Breath	4194 5566	163 Boat Harbour Dr, Pialba
Coast Restaurant	4125 5454	469 Esplanade, Torquay
The Boat Club	4128 9643	Buccaneer Dr, Urangan
Viva Italia	4125 2066	566 Esplanade, Urangan

Maryborough

A Spoonful of Sugar	4122 2286	103 Wharf St, Maryborough
Fortune Chinese Restaurant	4123 1744	224 Bazaar St, Maryborough
Indian Diamond Restaurant	4121 5566	3/133 Lennox St, Maryborough
Federal Hotel	4122 4711	270 Kent St, Maryborough



In the Kitchen with

Josh Adams

Head Chef at the Waterfront Restaurant - Hervey Bay



Coconut Prawns



How long have you been a chef, and worked at Waterfront Restaurant for?

I have been a chef for about five years. Before that I was a Baker for about four years. My Uncle gave me an opportunity for another apprenticeship here in Hervey Bay, so I moved up here and the rest is history. I love working on the beach, I have worked at the Waterfront Restaurant for five years now.

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

I would have to say Gordon Ramsay because of his organisation and the way that he runs his kitchen. I also like Salt Bae, he is a famous Butcher on Face book and does lots of videos, I like his style and the way he works with his meat.

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

My most memorable moment would be when I got my ticket and took over the kitchen, followed by getting my first apprentice.

How would you sum up your menu?

We have a real summertime menu here, think beach, sand, seafood.

What is the most popular dish on the 'Waterfront Restaurant' menu?

Our Coconut Prawns are our most popular dish on the menu. People like them because they are fresh and local, in fact everything on the plate is local. It is also a really nice dish.

What is the newest trend you see emerging?

Food intolerance is the biggest trend we see. While there are many genuine food intolerances out there we have found for some that it is a personal preference not necessarily an intolerance to the food.

Do you use many local suppliers?

Yes we do. We use Hervey Bay Cold Stores, Urangan Fisheries, and Beemart for our produce.

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

Don't be afraid to experiment and remember that there is always room to improve no matter who you are. You are constantly learning every day.

What do you most like to cook?

A lot of Asian food like Vietnamese and Thai food, I have also cooked a lot of Korean food back when I was younger. I like the many spices used and the culture surrounding the food. I love travelling so find it really intriguing. I went to Thailand about two months ago and had a great time.

How long have you lived on the Fraser Coast, and what is your favourite thing to do?

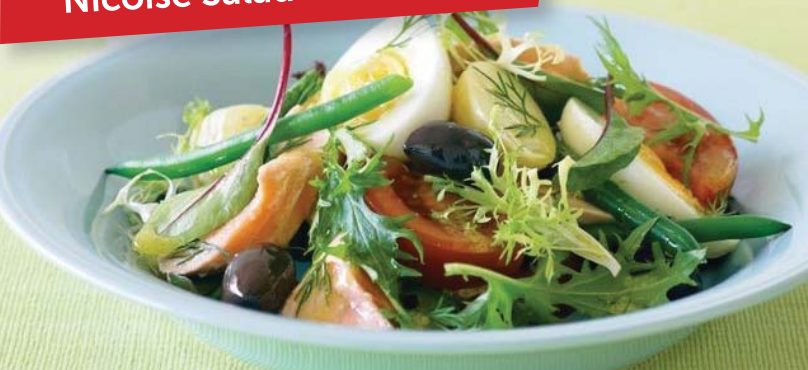
I have lived on the Fraser Coast for about five years now. I work between forty five to fifty hours per week but when I get some down time I enjoy fishing, going camping, and travelling.

What is the strangest item in your fridge right now?

A cryovaced egg - I have been doing experiments on preserving things in the kitchen. I have a special food preserving machine that does this, I am seeing how long the egg will last so far it has been three weeks.

Guest Recipe: Dr Laurie Daley – Simmonds
Holistic Chiropractic

Nicoise Salad with Salmon



Ingredients:

- * 5 Free-range eggs
- * 8 small waxy potatoes (pink fir or Kipfler), peeled
- * 200g baby French beans, trimmed
- * 1 Garlic clove
- * 2 Anchovy fillets
- * 2 teaspoons Dijon mustard
- * 1 Lime, juiced
- * 250ml (1 cup) Extra virgin olive oil, plus extra to brush
- * 4 (about 120g each) Salmon fillets
- * 20ml (1 tablespoon) Balsamic vinegar
- * 20 Cherry tomatoes, halved
- * 12 Nicoise olives (small black olives)
- * 2 tablespoons chopped Fresh chives

Method:

1 - Place 4 eggs in a pan of cold water and cook over high heat for five minutes. Drain, allow to cool, then peel and set aside. Cook potatoes in boiling, salted water for 8 - 10 minutes until tender. Set aside to cool, then slice. Blanch the beans for one minute in boiling, salted water. Refresh and set aside to cool.

2 - Place the remaining raw egg, garlic, anchovies, mustard and lime juice in a food processor and mix to combine. With the motor running, gradually add 150ml of the oil until thickened. Set aside.

3 - Preheat BBQ to high. Brush the Salmon with oil and season, then cook for two minutes each side until crisp but still rare. Combine remaining oil and vinegar and season. Quarter the eggs and place in a bowl. Add tomatoes, beans, potatoes, olives and half the chives. Toss with oil and vinegar mix. Divide between bowls, break salmon into pieces and add to each bowl.

4 - Drizzle with the dressing and garnish with remaining chives and black pepper.



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