

FRASER COAST What's On

October 2018 FREE MONTHLY MAGAZINE

21

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Proud Villagers Supporting
LOVE YOUR SISTER
Local Launch of the
SO BRAVE 2019 CALENDAR

MANSONG
THE ROAD TO THE BROLGA
The sound of the Balladeer comes to
MARYBOROUGH

Hervey Bay & Maryborough
RELAY FOR LIFE
Art Exhibition
THE OVERWINTERING PROJECT

FRASER COAST What's On



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Note from the Editor

Well here we are! while I have brought you twenty-one editions to date, the twenty-first is my very first solo edition this is very daunting to say the least. Please have patience while we are going through this transition and ironing out any bumps that may arise. This magazine is completely and independently owned and operated by a local who is proud to call the Fraser Coast home.



If you have an event or a story about something that is coming up in our region, or if you know an interesting local character contact me via email below, I look forward to hearing from you.

Info@whatsonfrasercoast.com.au
whatsonherveybay@outlook.com.au

This month is all about breast cancer awareness. Breast cancer remains one of the most common cancer's among Australian women. Being breast aware is simple, get to know your breasts and how they feel and if you have any concerns see a doctor. Cancer is an insidious disease that does not discriminate so don't leave it to late to get checked out.

You won't want to miss any event this month, so get planning now. Check out our calendar of events in the middle of the magazine and have a look on our web page at: www.whatsonfrasercoast.com.au.

We also encourage YOU to add your own events to our webpage calendar and help to spread the word on what our beautiful region has to offer.

Cheers!
Kim Parnell - Editor

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

*October is about awareness,
speed, art and fashion!*

October is breast cancer awareness month; Meet Gold Logie winner, Samuel Johnson at a special dinner organised by a group of locals called 'The Proud Villagers' who are supporting Love your sister which raises money and awareness for breast cancer.

Or Get along to the Launch of the 2019 So Brave calendar and meet local ambassador Kat Thompson. There will be cocktails, music, raffles and auctions as the new calendar is unveiled.

We have a chat with Actor/musician John Waters about the show called Lennon through a glass onion that he created and also stars in. This show celebrates everything that is John Lennon, from the music to the man. Seen around the world, this is one show that you will not want to miss!

If Art is your thing then you can't go past the Overwintering Project towards the end of this month being held at Gatakers Artspace. This is a very thought-provoking exhibition by printmakers and textile artists, highlighting the environmental concerns for migratory shorebirds, and involves printmakers from Australia and New Zealand.

It is also time to head to the racetrack, with the Annual Torbanlea Picnic Races. This is a hugely popular event on the Fraser Coast Calendar. The day is all about food, fashion and fun, Oh, and horseracing of course.

Do you like big things, speed and the rev of an engine? Then the Round 3, 2018 Superboat Finale is for you. With many vantage points along the Hervey Bay Esplanade no one will miss out on the action. You will also have a chance to get up close to the boats in Pit Lane and have a chat to the drivers. The kids will love racing around getting autographs from the teams!

If your taste in music is easy listening, then head to The Fraser Coast Music Muster. Following mainly the Balladeer, Country and all-round easy listening music of the 60' & 70's. There is a great line up of artists, and camping will be available.

Oh.....and don't forget The Angels at the Beach House Hotel in Hervey Bay on October 6, they will be belting out all their classic tunes!

Whatever you do, enjoy!
Turn the page, to see all these events and more!

Kim Parnell

Editor, What's On Fraser Coast



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Come along and help celebrate the opening of our new Sales Office at **68 Hughes Road, Urangan**. Why not come along and take the opportunity to view our new House and land packages, we have 6 available for sale. We would love to see you there!

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Proud Villagers supporting **LOVE YOUR** Sister!



What a privilege it has been to be on the Committee to organise Proud Villagers supporting Love Your Sister! We are four Hervey Bay Mum's who have united with a common goal of kicking Cancer in the face hole and raising some money towards the charity.

- Love Your Sister.

I have followed the Love Your Sister story from the start and have always admired Connie, Sam and the team for their endless efforts to raise awareness and much needed funding for Cancer Research. Jane and I talked about holding a fundraiser a few years ago with Connie and Sam, however Connie was simply too ill to be away from a major Hospital or travel great distances to attend regional functions. So, Jane took her Love Your Sister Swear Jar everywhere she went for a month to raise some much-needed funds.

As the years went by, more friends and family started their battle, continued their battle or lost their battle with Cancer (including Connie on 08/09/17). 2018 started with a mutual friend's diagnosis of aggressive Cancer. A fit, young, healthy Mum of 3 – it could have been any of us.

A light bulb moment happened in May when it was announced Samuel Johnson would be attending a Business function – we immediately knew we needed to hold a Fundraiser specifically for Love Your Sister but how could we keep Sam for an extra night? After researching and pitching to Kristie – (Fundie Evangelist) she spoke with Sam who was immediately on board and we worked towards a date in October where Sam could come back specifically to meet his Villagers and raise some serious \$\$ for his Charity.

And so, it began – an overwhelming response to our Fundraiser with 10 amazing Business Sponsors coming on board and 253 people buying tickets in the first 48 hours. Our MC for the evening, Scott Rowe has offered invaluable mentoring and support and we are so grateful to have him on board.

We have had endless people offer Gifts towards our Raffles and Auctions, offer to help on the night or simply buy a ticket knowing that every little bit will help towards smashing our Fundraising Goal.

We are humbled that Sam has agreed to be our special Guest on the night and can't thank everyone enough for your support. Together we will be

kicking Cancers butt!!! **Kristy, Jane, Trisha & Sara.**

Samuel Johnson was able to take a few minutes out of his very hectic schedule to answer a few questions below:

September the 8th marked one year since the passing of your sister Connie to breast cancer,

It has been a very busy month for you full of many engagements.

How are you feeling, how do you keep going?

She is part of my every day and work, it's hard to get my head around (the anniversary). I keep going because Connie would want me to keep going. I've spoken a lot during the past 12 months about being custodian of her legacy. But I'm also custodian of her mission. That's what motivates me right now.

How much money has been raised for cancer research to date through Love Your Sister, how far are you off the target of 10 million dollars?

I've reached every fundraising goal I've set in life, thankfully. My most recent, most ambitious goal (they must grow with each setting!) is 10M and I didn't just promise that to my dying sister, I promised it to our 560,00-strong village. It's my verbal-will theory. It's much easier to ignore a personal goal, so to combat that I tell everyone I can, as insurance. Then the potential egg on my face becomes a real motivator. We're just over \$8M now. But a million is tough to make and I don't treat the rest as a given in any way.

Where will the funds raised be directed at the upcoming event in Hervey Bay this October
Towards the Connie Johnson Breast Cancer Lab at the Garvan Institute and towards a new metastatic tissue bank, to help to give ALL cancers, 100% of donations are spent on research-only. No admin. No skimming. No bullshit.

What would be your advice to someone going through a similar journey, please give us a short message to families struck by cancer – whether it's for the person diagnosed, or the support around the person diagnosed.
There is no right and wrong when it comes to cancer. Everyone is different, and people care in strange ways. Be patient with everyone. Listen. And talk. And cry. And laugh in the face of it.

Proud Villagers supporting Love Your Sister - October 27
Tickets \$75
Available from:
www.eventbrite.com.au
Beach House Hotel - Hervey Bay



LOCAL LAUNCH OF THE SO BRAVE 2019 CALENDAR

Earlier this year, March to be precise, we introduced you to Kat Thompson, breast cancer survivor and So Brave model ambassador about being chosen for the 2019 So Brave calendar. Now seven months later the calendar is complete and Kat features in a national body paint artwork calendar to raise funds and awareness for breast cancer in young women.

This will be the third fund-raising calendar for Australia's Young Woman's Breast Cancer Charity-So Brave who raise awareness and funding for breast cancer research whilst empowering young breast cancer survivors.

Kat Thompson was only forty years old when diagnosed with breast cancer. Recently she was transformed by a body-paint artist for the calendar which officially launched in Melbourne in September.

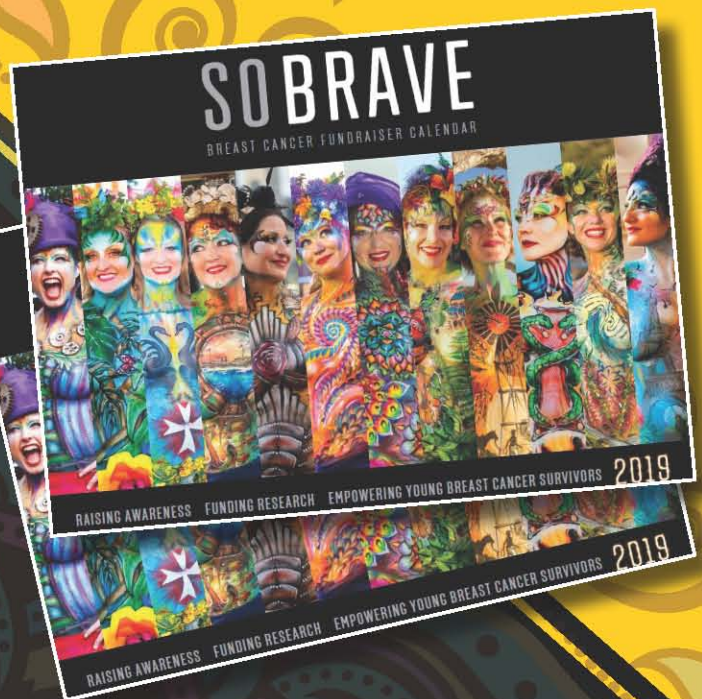
Kat says: "The reason I chose to participate in the So Brave 2019 breast cancer fundraising calendar is when I finished months of grueling treatment I was so relieved it was all over, I was done, I was so happy. I could put all this unpleasantness behind me and move on with my life. What was I going to do? How was I able to pay it forward? I had to do something, I had to help others that may be in the same position that I'd been in.

At my first chemo treatment I was given a So Brave calendar by my breast care nurse. I had been feeling so grey and yuck and here was this brightly coloured calendar with beautiful young women who had been down the same path, taken similar journeys to me and they were smiling and living their lives. I was so inspired by it all and thought to myself, if they could get through all this nastiness then I could too, it really helped with me wanting to stay positive and believe in myself and that I would get through it. I had to believe that. I went home after chemo and put my calendar up on the wall in my kitchen so I could look at it every day and be reminded of the colour in the world and help support myself through the journey I was taking. It worked. I joined So Brave and haven't looked back. If I can help even one young woman be breast aware and help prevent breast cancer in any way, then that's what I'll do.

Throughout my journey so far, I have held the belief that whatever happened it would be ok, my four daughters would be great, their life wouldn't be changed too much from this horrible illness, my relationship became stronger, I adored my girls more and now I'm living my life again as I believed I would".

Kat added: "My page sponsor for April 2019 is Kingston Estate and I am very thankful for all their support."

Each year So Brave creates a captivating fundraising calendar featuring twelve young women who are breast cancer survivors. The women are transformed with body art and are photographed for the annual



fundraising calendar. The photographs depict the metamorphosis that each young woman has gone through during their body paint photo-shoot and breast cancer journey.

Young breast cancer survivor, CEO and Founder of So Brave, Rachelle Panitz, states:

"The calendar is a celebration of the women and of their bravery in facing breast cancer and in sharing in this body-painting experience to raise awareness and money to fight this disease. Our young breast cancer survivors truly are SO BRAVE". So Brave has transformed thirty six young breast cancer survivors. All survivors were diagnosed with breast cancer before they turned forty.

The 2019 calendar features young women from Tasmania, Victoria, NSW, Queensland, WA and South Australia. This is the first time that models from WA and Tasmania have been selected.

Rachelle concludes: "2018 has been an incredible year of growth for So Brave and we are thrilled to be able to bring our beautiful imagery and mission to raise awareness to even more communities across Australia."

"Our body-painted young breast cancer survivors are iconic to our brand and signify the amazing beauty, strength and bravery of these young women. We hope to continue to raise awareness across Australia and fund vital research and education to ensure the next generation has better diagnosis, prevention, treatment and monitoring for breast cancer."

"Funds raised from the sale of the 2019 Calendar will go to So Brave's mission programs of empowerment, education and advocacy and directly funding breast cancer research."

For further details about the organisation and the calendar go to: <https://sobrave.com.au/>

**So Brave Local Launch – Cocktail Party
Friday, October 26**

6.30pm at the Hervey Bay Boat Club

Tickets available online at frasercoasttickets.com.au

or via my face-book page:

So Brave Model Ambassador Hervey Bay - Kat Thompson.

"I always had to believe that after my treatment I would live life to the fullest and give back something to the world, I believe that through my work with So Brave I can help other young women be breast aware and bring a little bit of colour into the grey world of breast cancer treatment for young women experiencing this".

- Kat Thompson

Melbourne Cup Luncheon

6 NOVEMBER 2018
DOORS OPEN 11.30AM

- 4 Hour Drinks Package
- Live Entertainment w Frank Benn
- 2 Course Melbourne Cup Lunch + Dessert Bar
- Cup Carnival Fashions on the Field
- Photoboosts and more



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MANSONG

Road to the Brolga

Carol Sendall, founder and Musical Director of Mansong since 2012 always had bold plans for the men's chorus/support group when at inception Mansong members numbered just six.

Growing the number to fifty seemed ambitious; well that's ticked off. Performing at worthy community events, providing entertainment in retirement villages and nursing homes? Tick. Performing stand alone shows where Mansong's music credibility was on the line? Tick. Providing a safe, enjoyable, supportive environment for mainly retired males, seeking purpose in activities post retirement? Tick. To provide chapter and verse commentary on Mansong's evolution may be of some interest to readers; however the musings of an individual Mansong member; his FEELINGS about being part of something that is inspirational and special, best portrays Mansong in 2018.

William Eckelschot - Member since 2014: "The mature aged nurse attending me at my annual health check recently, enquired regarding hobbies; my activities in retirement, to which I replied: "MANSONG". Her response, "What is Mansong?"

I told the nurse this is a question I'm often asked, and I'm happy to take time to explain.

I regard Mansong as a mens' shed (minus splinters), but with different tools.

Plus we have a foreman who is female; Carol Sendall, who with her impressive musical CV and a performance history spanning 5 decades, not only established Mansong, but remains integral to our future growth.

Carol's Musical Direction is critical to Mansong, but more than that she understands that we have an INBUILT support group in Mansong, where involvement through practice and performance gives individuals like myself confidence and belief, enabling us to set goals for ourselves. All this and we are receiving specialist musical training weekly!

I recall attending my first Mansong show at our Senior Citizens Centre, the group looking smart in black outfits and hats, with red ties. The

music they sang was from the Sixties era; Roy Orbison, Beach Boys, The Beatles etc.

Feet were tapping, hands were clapping and faces smiling, including mine!

The reason I didn't sign up there and then was because I was brought up on Classical music; Mozart, Strauss and the like. I knew these tunes Mansong were singing, but not so well the words.

The next Mansong concert I attended, they were even better: people were singing along, clapping, smiling and even dancing. That was it, I joined up immediately, knowing I'd learn the lyrics over time.

I feel part of a special group of people, all committed to the growth and improvement of Mansong. Knowing Mansong is un auditioned removes some of the fear factor for men considering joining."

Many of Mansong's performances are in the community, for the good of community. Others are professional shows where we are engaged by entities for fundraising events or often for pure entertainment.

Several performances each year are stand alone shows, with musical arrangements by MD Carol; culminating in 2017 with a show at our wonderful regional theatre, The Brolga.

This was attended by some 400 followers, encouraging us to schedule another show for 2018.

I hope readers are inspired by William's experience, and are encouraged to attend our November show, to gain first hand experience of the Mansong Phenomenon.

Mansong in Concert - Brolga Theatre
Saturday, November 17, From 7pm
\$24.50 (sorry, no concessions)
Tickets available at The Brolga
www.brolgatheatre.org - from Monday October 1
- Contributed story

THE ART OF ROASTING

Written by Andrew – FX of Coffee



I AM INTRIGUED BY THE IDEA THAT ALL COFFEE IS CREATED EQUAL, LIKE MANY THINGS IF WE BELIEVE IN INDIVIDUALITY THEN THIS IS IMPOSSIBLE. LIKE WINES GROWN AROUND OUR GREAT LAND THE FLAVOURS VARY CONSIDERABLY NOT JUST FROM LOCATION TO LOCATION BUT EVEN WINE MAKER TO WINE MAKER.

Coffee is the same, it varies depending on the weather, the altitude and the drying process, then mix a whole new variable into the equation by adding a roaster. Depending on whether the roaster starts the beans on 210- 240degC temperatures, uses gas or compressed air to add the beans or do they add them in smaller batches manually. What temperature does the roaster take the beans up to and over what time period? Do they go to the first or second crack, will they try to prepare a commercial blend suitable for large chains or do they look at getting individual flavours to the forefront.

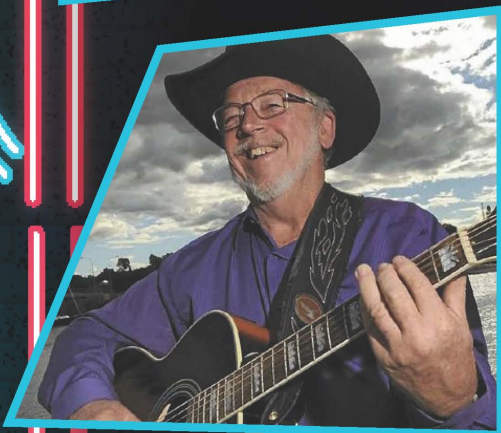
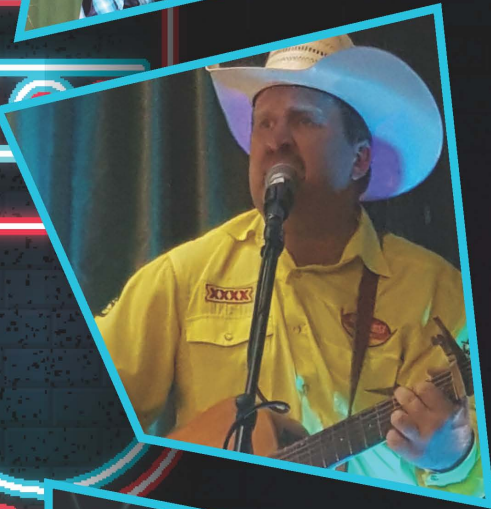
If you gave a dozen roasters using the same beans from the same grower to roast, you would inevitably get a dozen different flavour profiles. Perhaps vanilla, oak, raspberry, cherry, lemon zest.... These are just a few because believe it or not there are in excess of 170 identified flavours in coffee beans from around the world, yet amazingly as a coffee nation we still think all coffee tastes the same.

Coffee is about a roaster detailing their skills in flavour profiling, a barista is about bringing those to the forefront on the hope you as a customer will enjoy what they have to offer. Hervey Bay is blessed with many coffee places, not many specialty coffee shops but please, take the time to discover what is about by trying something different, you may not like what is on offer, but you may discover something quite magical. There are a lot of baristas and roasters out there doing their best to show case their products knowing it is impossible to offer a product that is suitable to everyone.

MY ADVICE IS TALK TO YOUR BARISTA ABOUT THEIR COFFEE AND ASK THEM WHAT MAKES THEIR COFFEE SO DIFFERENT, YOU MAY JUST BE SURPRISED.



THE SOUND OF THE BALLADEER COMES TO *Maryborough*



The Fraser Coast Music Muster is brought to you by The Fraser Coast Agriculture Show Society and follows mainly the Balladeer, Country and all round easy listening music of the 60' & 70's. This event was cancelled last year due to heavy rain, hopefully the weather will be kinder to everyone this time around.

A GREAT LINE UP OF ARTISTS – SUCH AS DEAN PERRETT, LARRY CANN, KALESTI BUTLER, BRUCE LAVENDER, BRIAN LETTON, ALEC BECKETT, ROD BRYANT, BRUCE LAVENDER, VANESSA SANGER AND THE GLADSTONE COUNTRY MUSIC GROUP, AMONG OTHERS WILL PERFORM FOR THE CROWDS.

Glen Albrecht & Ricochet Band will provide the backing music with Glen Albrecht also performing during the weekend. Other band members include Michel Rose on the pedal steel guitar who is an ex Slim Dusty band member, along with Michael Vidale (Bass) and Doug Gallacher (Drums).

The Doghouse Band from Gladstone are coming to visit and with them comes Stu Watson, an ex-Bullamakanka fiddler. Stu can make the fiddle talk – you just have to come along and listen to him. Then we have Clyde Cameron (Uncle Arthur) the funny man and musician. Uncle Arthur is very spontaneous so you never know what he will come out with next – seriously a great guy. Also in the band is Rob Hopkins (Hoppy) – the man with the deep voice, it is hard to distinguish between him and Johnny Cash.

The event will be held outdoors, in front of the Grandstand and the Cane & Cattleman's Bar. There will be marquees to sit under, you may prefer to bring your own chair, either way there is plenty of space for all. Aussie Camp Oven meals will be available on Friday 26 & Saturday 27 in the evenings, comprising of usual roast meals, beef stew and some sweet & sour to add variety. I believe there is damper with the Stew, so a good old fashioned meal can be expected. Sweets (well, that will be a surprise, home cooked to add the country touch). If you are wanting one of these great meals it is best to pre-book. Catering by Manumbar Meets will provide the camp-oven meals. There will also be a bar, so we ask that there be no BYO in the entertainment area.

Walk-ups will run on Thursday 12pm to 5pm and Friday 9am to 11am in the main hall. A walk-up concert will be held in the hall on Wed so come along and show your talent. Public entry to this night is a gold coin donation at the door.

Marco Gliori will provide the Poetry sessions on Friday and Saturday morning with Ian Langens, a local poet adding to the entertainment. Sunday 28th October is a FREE day, and after the completion of the Main show and lunch, a Ukulele afternoon is planned with a visit from some of the historic vehicles, others from the local district will attend.

FCRC, FCTE & Hyne Timber proudly support this event. So, come along and join us for a great weekend.

**The Fraser Coast Music Muster
October 24-29**

Main show-October 26-28

\$50 for the entire weekend-Camping available

Go to: www.frasercoastshow.com.au

**Or call: 0417 343 493 for further information
Maryborough Showgrounds & Equestrian Park**

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SO BRAVE

Australia's **Young Women's** Breast Cancer Charity

Join us for the 2019 SO BRAVE calendar
launch featuring our very own
Kat Thompson

Cocktail Party - Raising awareness
about breast cancer in young women.

Friday 26th of October 2018
Hervey Bay Boat Club @ 6.30pm

Live music, dancing, laughter, fundraising
raffles and auction with fantastic prizes.

Tickets available online at Frasercoasttickets.com.au
\$50 per person



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SALVATION ARMY'S FREE CAFÉ IS THERE FOR YOU

– With Youth Columnist, Jacob Kitson-Holebrook



When it comes to making sure that the people of the Fraser Coast are cared for when times are tough, there are a multitude of people that are generous with their time to make sure that no one goes without. All over the Fraser Coast there are many different events and charity functions held on a very regular basis that are designed to help people live their life a little better in our beautiful community.

One of these events is the Salvation Army's Free Café in Hervey Bay, which is designed to provide a place where vulnerable people can access food and additional support, connecting them with people from around the community that may be able to help them and increase their chances of either finding work or provide the opportunity of connecting with like-minded people.



The Cafe is open to people of all ages and from all around the Fraser Coast. Although at this time there is only capacity for 50 people hopefully in the not so distant future there may be the ability to cater for many more. Everything provided is free although there will also be soft drinks available for sale at \$2 a pop.



The Cafe will have its doors wide open, ready to lend a helping hand to the community, every Friday from 10am – 1pm. Help is always gratefully accepted when it comes to the Salvation Army and this group of people, working together to make the world a better place piece by piece, are constantly seeking like-minded people to assist them in supporting our community. So why not come on down to the Hervey Bay Salvation Army Free Café any Friday 10am to 1pm at 11 Robertson Street, Urangan to enjoy a cup of coffee, a bite to eat and a great conversation or to lend a helping hand to this fantastic cause.

HEALTH SEGMENT

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HOSPITAL

HEALTH TIPS FOR THE FRASER COAST COMMUNITY

WITH DR NAZIM AHMAD

What is prostate cancer?

Prostate cancer is a cancer affecting the prostate gland. It develops when abnormal cells in the prostate gland grow quicker than a normal prostate, forming a tumour. Prostate cancer is the second most common cancer diagnosed in men in Australia. It is the third most common cause of cancer deaths. One in seven men will be diagnosed with prostate cancer by the age of 85. It is more common in older men. In 2014, in Australia more than 18,000 new cases of prostate cancer were diagnosed. In 2015, there were 3195 deaths from prostate cancer in Australia.

Is prostate cancer preventable?

There is no proven prostate cancer prevention strategy, however the risk of prostate cancer can be reduced by making healthy choices, such as exercising regularly in younger years and eating a healthy diet. Studies have shown that choosing a low-fat diet, eating more fat from plants than from animals, increasing the amount of fruit and vegetables in the diet, and reducing the amount of dairy products can reduce the risk of prostate cancer, but these strategies should be implemented early and during middle age, rather than later in life.

What are some of the symptoms men need to look out for?

With early prostate cancer there are no symptoms, which means the cancer must be diagnosed through screening. However, sometimes some urinary symptoms can prompt a person to visit a Physician or Urologist to diagnose this cancer. The symptoms can include frequent urination, particularly at night, pain on urination, some blood in the urine or semen, a poor stream or, with advanced cancer, there can be pain in different parts of the body.

How is prostate cancer diagnosed?

Prostate cancer can be diagnosed by PSA screening, performing a digital rectal examination on the prostate, or by further investigations in the form of an MRI to assess the risk. Cancer is usually confirmed by performing a prostate biopsy.

What is the next step after diagnosis?

Once prostate cancer is diagnosed, we need to do staging investigations to assess the amount of carcinoma in the body. We do a bone scan, CT scan, and sometimes an MRI and PSMA PET scan. Once the patient is diagnosed and staged, we can decide whether he has localised prostate cancer, or locally advanced or advanced carcinoma. Based on the stage of the carcinoma, the patient may require treatment. With organ confined prostate carcinoma, it can be cured by surgery or radiation therapy.

What are the benefits of treatment?

In treating prostate carcinoma, if it is organ confined, our plan is to do a curative treatment so that we eliminate the cancer from the body. In locally advanced and metastatic carcinoma, our aim is to decrease the rate of growth and improve the quality of life of the person.



What top 4 tips would you give a partner or carer about the journey ahead?

Keep the lines of communication open. Communication is critical during stressful times. Talk openly with your partner about how you feel and encourage him to speak openly and honestly with you. It is normal to feel sad, angry, helpless, or worried about the future.

Learn all you can about prostate cancer and the treatment. The more you know about prostate cancer, the more you will know what to expect in terms of treatment, side effects and outcomes. Armed with this knowledge you will have a better idea of what your partner is facing and can begin to overcome some of the uncertainty and anxiety. You can help your partner to become more informed, to understand available treatments, and make decisions about how to deal with prostate cancer. By helping your partner, you will be helping yourself also. Ask questions and seek as much information as you need. Ensure you understand the diagnosis and treatment options.

Go with your partner to his medical appointments and keep medical records. This will also help you find out firsthand what the doctor has to say. It will allow you to find out the facts and deal with some of the misinformation that can come from well-meaning friends and family.

Attend prostate cancer support group meetings together. Many couples find these groups helpful and supportive. Benefits can be gained from hearing and sharing experiences and concerns, with others facing similar challenges.



Men's health matters

Speak up and take action to improve your health

On average men live 4.4 years less than women and are at significantly higher risk of dying from a number of conditions, including liver disease and diabetes.

However, regular check-ups, open discussion and making moderate lifestyle changes can have a huge impact on health outcomes. Together these changes can drastically lower your risk of having a heart attack, stroke, developing Type 2 diabetes or suffering from depression.

To access our service you will need a referral from your GP or specialist addressed to our rehabilitation physician Dr Paul du Toit. Private health fund rebates may apply.

☎ 4120 1326

How can we help you?

- We offer supervised and clinically prescribed exercise therapy, dietary advice, and lifestyle modification measures all designed to maximise your health and wellbeing.
- Our multidisciplinary team of allied health professionals provide the guidance and education you need to better manage your health not just for the present but well into the future.
- All our sessions are undertaken in our modern multi purpose gym which caters to all fitness levels and medical conditions.

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ST STEPHEN'S
HOSPITAL

Calendar of Events

OCTOBER

OCTOBER 1

Weekly Mums 'n' Bubs Movie
10.30am-12.30pm
Boat Club Cinema

OCTOBER 2

ABA Coffee Morning
10am – Tavistock St & Exeter St,
Torquay

OCTOBER 3

Weekly After School Visual Art Workshops with Lisa Pittori
3.45pm – Gatakers Artspace

OCTOBER 3

Hervey Bay Light the Night
5pm-8pm
Seafront Oval – Hervey Bay

OCTOBER 3

Low 'n' Slow BBQ Meat Feast
6pm
Eat at Dan & Steps

OCTOBER 4

Plaster of Paris Workshop
10am-Hervey Bay Regional
Gallery

OCTOBER 5

Weekly Free Community Café
10am – Hervey Bay Salvos

OCTOBER 5

First Nations (Indigenous) Cultural Tours
10.30am
Hervey Bay Regional Gallery

OCTOBER 5

3D Print Workshop
1pm – Ages 12+
Maryborough Library

OCTOBER 5

Exhibition Opening - Meet the Artists
6pm
Gatakers Artspace

OCTOBER 5

Twilight Tour of the Botanic Gardens
5.30pm – Bookings essential
Hervey Bay
Call: 4125 9870

OCTOBER 6

Get Ready Day - Meet with emergency services
7am – Burrum Community
Centre

OCTOBER 6

Weekly Chess
9am - Hervey Bay Library

OCTOBER 6

Hot Chilli Cup 2018
9am – Maryborough
Showgrounds & Equestrian Park

OCTOBER 6

First Aid Education-Hervey Bay
10am
Hervey Bay Neighbourhood
Centre

OCTOBER 6

Biggenden Apex Rose Ball 2018
5.30pm – Biggenden Show
Society

OCTOBER 6

The Angels
7pm-Beach House Hotel
Hervey Bay

OCTOBER 6

Wildlife Sanctuary Visit
10am – Hervey Bay Regional
Gallery

OCTOBER 6

Gatakers by Night with Annie J&Fusion
6pm, Gatakers Artspace

OCTOBER 7

Maryborough master's Games 5 & 10 Kilometre Run & Walk
6am-9am – Anzac Park and
Ululah Lagoon, Maryborough

OCTOBER 7

First Nations (Indigenous) Cultural Tours
10.30am
Hervey Bay Regional Gallery

OCTOBER 7

Sunday Riverside - Z-STAR Trinity (UK)
3pm
Brolga Theatre & Convention
Centre

OCTOBER 8

Mums 'n' Bubs Movie
10.30am – Boat Club Cinema

OCTOBER 10

After School Visual Art Workshops with Lisa Pittori
3.45pm – Gatakers Artspace,
Maryborough

OCTOBER 10

Fly Your Flag on World Mental Health Day
11am
Gatakers Artspace

OCTOBER 12

Learn to Meditate
9.15am – Fraser Coast Libraries

OCTOBER 12

Free Community Café
10am – Hervey Bay Salvos

OCTOBER 12

Exhibition Opening
6pm – Gatakers Artspace

OCTOBER 12

Great Gatsby Ball
6.30pm – Brolga Theatre &
Convention Centre

OCTOBER 13

Tiaro Community Markets
7am – Tiaro Town Hall

OCTOBER 13

Octoberfest
1pm – Kondari Hotel
Hervey Bay

OCTOBER 13**Masked Elegance-Rotary City Ramblers Relay for Life Fundraiser**

6pm-Seaside Café Restaurant, Esplanade, Torquay

OCTOBER 13**Pink Tribute Hits Hervey Bay**

8.30pm – Bay Central Tavern, Hervey Bay

OCTOBER 14**Big Gay Brunch**

10.30am-Bellas Chitchat Café, Hervey Bay

OCTOBER 14**2018 Fraser Coast****Sports Awards**
12pm – Broлга Theatre & Convention Centre**OCTOBER 14****Huntingdale OPEN DAY**8.am-11.30am
68 Hughes Road, Urangan**OCTOBER 15****Mums 'n' Bubs Movie**

10.30am – Boat Club Cinema, Hervey Bay

OCTOBER 17**After School Visual Art Workshops with Lisa Pittori**

3.45pm – Gatakers Artspace, Maryborough

OCTOBER 18**Autism Post-School Hervey Bay Qld**

9am-Beach House Hotel

OCTOBER 18**Abba-solutely Fabulous**

8pm – Broлга Theatre & Convention Centre, Maryborough

OCTOBER 19**Free Community Café**10am – Hervey Bay Salvos
11 Robertson St, Hervey Bay**OCTOBER 19****Fungi: In the Field & In the Lab – Presented by Rodney Jones**

12pm – Hervey Bay Library

OCTOBER 19**Share the dignity High-Tea**

1.30pm – Hervey Bay Boat Club

OCTOBER 20**Micro Bat Talk**

10am – Hervey Bay Regional Gallery

OCTOBER 20**Great American Classic Rock Show**

8pm – Hervey Bay RSL

OCTOBER 20-21**2018 Hervey Bay Relay for Life**

12pm – Stafford Park

2018 Hervey Bay Relay for Life

Maryborough Showgrounds

OCTOBER 21**The Fraser Coast Motor Enthusiast Day MKII**

9.30am – Tinana Hotel

OCTOBER 21**Graduation + 8yr Birthday Celebration**9.30am-1.30pm
Hosted by Bayside Transformation
Bayside Christian Church, Hervey Bay**OCTOBER 21****Set UP! Hervey Bay**10am – Seafront All Abilities Playground
'Will you step up for Down Syndrome'**OCTOBER 22****PRINCE HARRY AND THE DUCHESS of Sussex pay a visit to Fraser Island****OCTOBER 24****Pop Up Library**9am-Ages 5 and under
Stockland Hervey Bay**OCTOBER 24-29****Fraser Coast Music Muster**

10am – Maryborough Showgrounds

OCTOBER 24**After School Visual Art Workshops with Lisa Pittori**

3.45pm – Gatakers Artspace, Maryborough

OCTOBER 26**Free Community Café**10am – Hervey Bay Salvos
11 Robertson St, Hervey Bay**OCTOBER 26****Save the Date-So Brave Cocktail Party and Local Launch**

6.30pm – Hervey Bay Boat Club

OCTOBER 27**Days for Girls Sewing Day**10am-Hervey Bay
Neighbourhood Centre**OCTOBER 27-28****Round 3, 2018 Finale, Offshore Superboat Championships**10am *Martimo* (12)
The Esplanade, Scarness, Hervey Bay**OCTOBER 27****Torbanlea Picnic Races****OCTOBER 27****Your Wardrobe Fraser Coast**

10am – PCYC Hervey Bay

OCTOBER 27**Proud Villagers supporting-Love Your Sister**6pm – Tickets \$75
Available from: www.eventbrite.com.au
Beach House Hotel - Hervey bay**OCTOBER 28****Sunday in the Park**9am – MELSA Maryborough
Queens Park**OCTOBER 28****Big Gay Picnic**12pm – Anzac Park, Ululah Lagoon
Maryborough**OCTOBER 28****Halloween In the Park 2018**3pm
Scarness Park, (Opposite Beach House Hotel), Hervey Bay**OCTOBER 29****Mums 'n' Bubs Movie**

10.30am – Boat Club Cinema, Hervey Bay

OCTOBER 31**After School Visual Art Workshops with Lisa Pittori**3.45pm – Gatakers Artspace
MaryboroughFor a full list of What's On, go to: [facebook.com/WhatsOnHerveyBay/](https://www.facebook.com/WhatsOnHerveyBay/)or visit <http://www.whatsonfrasercoast.com.au>

GET YOUR FROCK ON FOR THE ANNUAL TORBANLEA RACES



The popular Annual Torbanlea Picnic Races are on again this month. We are hoping to have six to eight horse races planned throughout the day. This is a great committee event and certainly one not to be missed. The local clubs who use our grounds are all helping out on the day, along with other local groups volunteering at the event. There will be kids' entertainment with jumping castles, rides and a petting zoo.

As in previous years lucky tickets will be available on the local races too this is always a crowd pleaser. Last year we tried for the first time, what we call Tent city, in which people were welcome to come and set their own tents up in one area only. It was a huge hit, so we have decided that we are doing it again this year. Tent city also has its own bar in the area.

Our VIP tent is going strong again, we have not increased the cost for the patrons, ticket prices are: \$95.00 per head or you can book a table of ten for \$950.00, prices include, finger food by Bay Fusion, free beer tickets, free admission, and a spot in the track-side tent where you can watch every race. Music this year will be by the great Derek F Smith.

We welcome people to bring their own blankets and chairs to sit on the grassy areas around the grounds. Our food vendors are all local within our region, there will be a great selection of food, from curries, sausage sizzles, burgers, pancakes, chips, salad, ice cream etc. We will have a wine bar and our tent city bar along with our main bar for everyone that would like a cold beverage.

Our sponsorship of the event is going strong, with a lot of local businesses coming on board this year. Fashion of the field is also a great event, and the tug of war for the big boys and girls are very popular. The legend Lennie Jansen is again our announcer for the event.

It will be a great day for young and old. We look forward to seeing everyone there.

Any queries, you can contact us via our face book page or email: burrumrra@gmail.com

Annual Torbanlea Picnic Races
Saturday the 27th October

Gates open at 9am, The first race is held at 9.30am

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Web: www.dsbpm.com.au Facebook: www.facebook.com/dsbpm

Healthier Eating with *Eva*

MINI FRUIT POPSICLES!



After years of unhealthy eating and sickness, I discovered the joys of healthy eating (it doesn't have to be boring or tasteless!). Trying to stay away from processed sugar as much as possible, but still having a sweet tooth, I got creative in the kitchen with my pineapple (pineapple popsicle) recipe. These are great to make for kids in summer also.

Ingredients:

All you need is Fruit!

Pineapple is my personal favourite, and blending raspberries and pineapple tastes amazing! But you can do any fruit you like really.

Instructions:

Either blitz the fruit in a blender or juice them if you have a juicer, (some fruits like oranges, apple and pineapple turn out better when juiced, berries are better blended).

Pour the mix into a small plastic shot glass, insert popsicle stick and freeze.

Adults can add vodka to the mix for a bit of fun ;)

From tasty banana pancakes (with zero sugar or flour) to delicious home cooked meals, there is nothing that can't be replicated to be healthier. If your health is important to you and you want more ideas, you can follow my Instagram for healthy recipe ideas @ evatweetheart12. You can also follow me on face-book and meet other likeminded healthy people at: Hervey Bay Social Foodies Group.



Eva Lawrence

HERVEY BAY RELAY FOR LIFE



Vibrant costumes, decorated spaces, quirky games, market stalls, live music, fitness demonstrations, fun and community spirit will highlight the 16th Hervey Bay Relay for Life.

This year, the theme for this annual event is 'Going for Gold'. Expect to see participants dressed as Olympic athletes, prospectors, pirates and other creative characters at Stafford Park - home of the Seagulls, a new location for Relay for Life in Hervey Bay. The spacious football ovals allow for extra food vendors and larger scale games than previous years. A second stage area for dance and fitness demonstrations will compliment the main stage that will feature local bands.

All community members are welcome to take part in the free entertainment and activities.

Anyone who has received a cancer diagnosis, or who has been a carer to a cancer patient, is invited to be celebrated in the opening ceremony. Carers and survivors will be cheered on during a dedicated lap at 3pm and then be served a free afternoon tea.

If you are a cancer survivor or carer, you can register on the day at Stafford park near the main stage by 2:30pm.

After sunset, a very moving candlelight memorial will take place at approximately 6:30pm. In a show of community support, hundreds of people will light candles to show hope for a cancer free future. During the brief ceremony, a memorial slideshow honouring members of our community lost to cancer is shown. To submit a photo to be included in the slideshow, please email herveybayrelay@gmail.com.au.

After 9pm, only registered relayers will be permitted to stay in the security fenced area as teams relay through the night to represent the cancer-fighting assertion, "Cancer never rests so neither will we."

The overnight activities will include outdoor movies, 'Miss Relay' which sees men in evening gowns competing in a light-hearted pageant and midnight games such as 'human hungry hippos'.

To register or find out more about Relay for Life events visit www.relayforlife.org.au.

All funds raised from this event go to Cancer Council Queensland. For more information on the Hervey Bay event, contact Charmaine Bailey 0431299286 or visit Hervey Bay Relay for Life on Facebook.

**Hervey Bay Relay for Life
October 20th-21st
Stafford park**

MARYBOROUGH RELAY FOR LIFE



Who will you relay for? It's the question being asked by organisers of the 2018 Maryborough Relay for Life.

This year our theme is 'Night Out at the Movies' teams are coming dressed as their favourite movie characters. There will be prizes for the best dressed tent, best dressed relayers, and decorated baton as well as many other prizes throughout the night.

Relay for Life is an overnight community event where teams of ten to fifteen participate in a relay-style walk or run. The event brings the whole community together for a night of fun, entertainment, celebrations and remembrance. There are no age limitations or fitness requirements.

Maryborough Relay for life organisers are actively recruiting teams for this year's event, particularly targeting the youth of Maryborough and encouraging teams to represent their schools.

The entertainment that has been organised and confirmed for this year's event so far are Dous & Brendan, Alice Benfer, Matthew Munro, Josiah Nehow, Tim Oksansen, Scone Farmers, Harding House, Fading Echo.

The Maryborough Relay for Life committee is encouraging the public to come out to the showgrounds and be part of the afternoon events. You are welcome to participate in a couple of laps, or just cheer us all on, enjoy a cuppa and a chat with friends. Its note to late to register a team. Call: 1300 656 585 for details.

**Maryborough Relay for Life
October 20 – 21
Maryborough Showgrounds**

FRASER COAST MARKETS



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

KOALA MARKETS

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

BUZERS BAZAAR TWILIGHT MARKET

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

TORQUAY BEACHSIDE MARKETS

Outside AQUAVUE, Torquay
Every Saturday - 7am to 1pm
info@torquaymarkets.com.au

HERVEY BAY BOAT CLUB ART & CRAFT MARKET

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



MARYBOROUGH

FRASER COAST WILDLIFE SANCTUARY MARKETS

31 Mungar 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 & Ellena St, Maryborough
Every Thurs 8am to 1pm
markets@fcte.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, 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



BROOWEENA

BROOWEENA MARKETS

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

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

Is an exhibition by printmakers and textile artists, highlighting the environmental concerns for migratory shorebirds.

The Overwintering Project is an environmental art project involving printmakers from Australia and New Zealand. The project is co-ordinated by printmaker Kate Gorrington-Smith, who took the opportunity in 2017 to launch a print project, across Australia and New Zealand.

Focussing on environmental issues surrounding migratory birds, the project highlights the unique nature of the local migratory shorebird habitats in various regions, and their susceptibility to environmental damage.

Australia has 36 species of migratory shorebirds that breed above the Arctic Circle in Siberia and Alaska, migrating south to spend the major part of their migratory cycle (October – May) on the shores of Australia and New Zealand. The route they fly annually between their two homes is called the East-Asian-Australasian Flyway, and their journeys link 23 countries from New Zealand to Russia along the coast of Asia through which they fly, stop to rest and refuel, and breed. 50 million migratory waterbirds travel this 25,000 km circuit every year. Many of the sites visited on the epic journey have global significance, and are also listed under the Ramsar Convention Treaty as internationally significant wetlands, and are Key Biodiversity Areas.

Largely due to their dependence on habitat in every one of the 23 Flyway countries – most of which number among the fastest-growing economies on the planet – migratory shorebirds are the fastest declining group of bird in Australia.

The Project has two significant aims: firstly, to raise awareness of Australia and New Zealand as the major destination for migratory shorebirds of the East Asian-Australasian Flyway, as they spend the greatest single portion of their migratory cycle on our shores: September/October to April/May. Secondly, to help raise community and individual awareness about the importance and intrinsic value of local shorebird habitat, both to the environment and the community at large. The built environment has the potential to endanger sensitive habitats, leaving the birds with nowhere to rest.

As their home for the majority of the year, we have a particular responsibility in Australia and New Zealand to preserve their critical overwintering habitat. Overwintering along the shores of the Great Sandy Straits has many advantages for shorebirds visiting this part of Queensland. The Straits are situated between Hervey Bay in the north, along the Mary River estuary and the mainland shoreline just north of Rainbow Beach. Fraser Island makes up its Eastern boundary. The Straits are very tidal and wide sandbanks bordered by extensive mangroves provide a mostly safe and extensive habitat for the migratory birds - unlike parts of Hervey Bay, where the birds often compete with human and canine disturbance. It is in this region that many of the Maryborough Printmakers have sourced their subject matter for the exhibition.

In June 2017, members of the group visited Poona as a preliminary exploration of habitat, and from there decided how to take the project forward by holding an exhibition focussed on the Fraser Coast Region. It was decided to also invite fibre artists to exhibit, with five artists contributing printed and stitched polymer sheer hangings 2.5 meters by 75 cm, as well as tapestries based on the Overwintering Project themes. Printmakers from Brisbane and interstate have also asked to be included. The Maryborough Printmakers are based at Gatakers ArtSpace, 311 Kent Street, Maryborough, where there is a dedicated printmaking studio. We conduct regular workshops, with both local and visiting tutors, and the studio is available for a small fee to local printmakers. The studio is under renovation at the present time, but will be available again in the near future.

It is hoped that the exhibition raises awareness of the needs of these beautiful migratory birds and we welcome visitors and contributors alike to attend our opening on Friday November the 2nd 2018, at 6.00pm. The exhibition begins on October 29th and is open until 25th November, at Gatakers ArtSpace, 311 Kent Street, Maryborough Q 4650

The Overwintering Project

Mapping Sanctuary



Written by Ann Brown



SKIN + WAX CLINIC



DMK Silver Winner
Outstanding Case Study 2018
AGEING

Skin + Wax Clinic is recognised in this year's new
Outstanding Case Study award
at the DMK Annual Awards 2018.



The 2018 DMK Awards Dinner and 20 year Anniversary celebration was held on Saturday 8th September at the Hyatt Regency, Sydney. A colourful 'Party Like it's 1999' themed event set the stage to shine a light on Australian DMK businesses and individuals, celebrating their excellence and outstanding achievements in professional skincare.

Skin + Wax Clinic was recognised in this year's new Outstanding Case Study Award as the Silver winner for Ageing. This award is given to the clinic that has demonstrated their excellence in the delivery of DMK Professional Skin Revision treatments through achieving outstanding transformations as seen in their Before & After submission.

'The DMK Awards are a celebration of the dedication and drive our DMK clinics and technicians have for helping their clients, using professional skin revision. The entire Skin + Wax team continually achieve terrific results and I congratulate them for their commitment to always being better than their best. This year being our 20 years of DMK celebration as well I can honestly say to all the other DMK winners that the level of expertise, care for clients and results is unparalleled, congratulations!' – Daniel Dickson, DMK, Managing Director, Australia & New Zealand.

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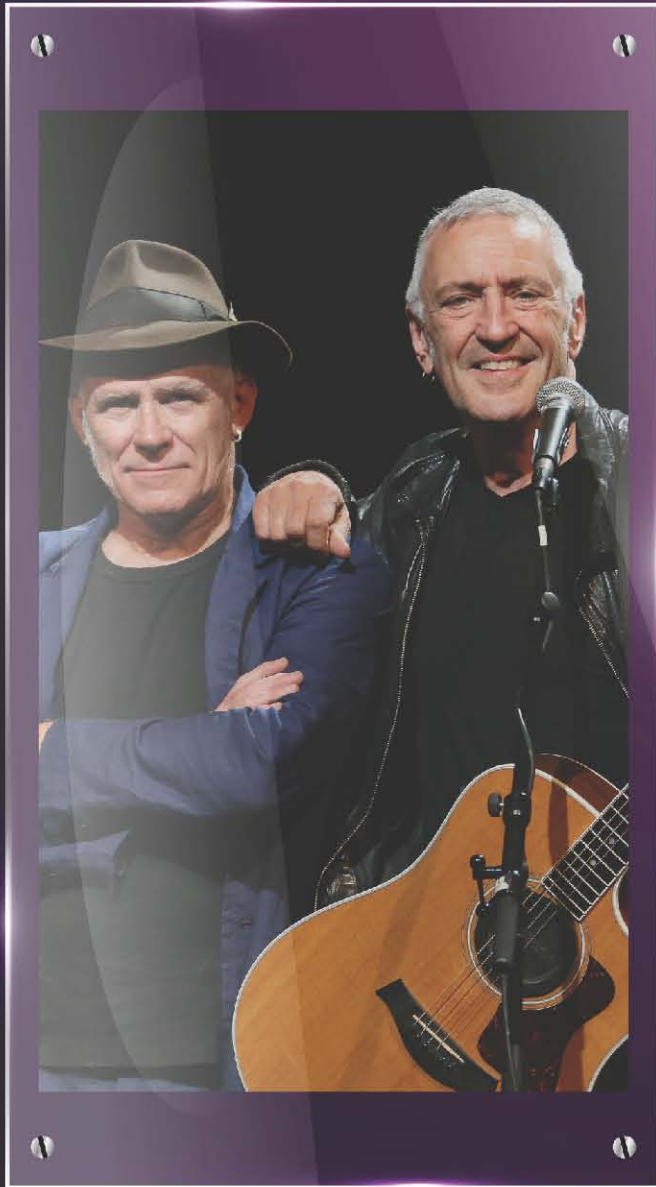
BOOK ONLINE



Lennon

THROUGH A GLASS ONION

Written by Kim Parnell



John Waters has enjoyed a huge career spanning the decades and done everything from television to stage to screen and many things in-between. I caught up with him via phone to talk to him about his upcoming show at the Brolga. But honestly I could have talked and listened to him for hours, John may be almost seventy, but is certainly showing no signs of slowing down.

You created Lennon - Through a Glass Onion way back in 1992 with Stewart D'Arrietta, where did the idea/inspiration come from?

I had been mulling over creating a small theatre show. At the time I wasn't really sure about the music that I wanted to use. John's songs are very autobiographical. I am really into music that weaves a spell and tells a story, I also wanted something that was

completely different than just a cover act.

An opening came up in a local theatre for a show, so I had about six weeks to write the whole thing, and to learn all of the songs, but we got there in the end it was a great experience.

Tell me a bit about the show title?

The song 'Glass Onion' was actually John Lennon's postscript to the Beatles.

Lennon - Through a Glass Onion is a bit of psychedelic imagery, many of John Lennon's lyrics were littered throughout with his tongue in cheek humour. Now after performing this show for so long It is almost as if I am looking at Lennon through a glass onion. Things are distorted slightly, and appear a bit warped as you peel away the layers.

Throughout the show many hits are played and sung from Lennon's solo hits to collaborations with Paul McCartney. What is your favourite Lennon song?

Our show concentrates more on the songs that John Lennon wrote, and some that may have had a slight influence by Paul McCartney.

I remember, as a teenager of about sixteen or seventeen I would be riding my bike around, at the time I would listen to the song Strawberry Fields, and I remember that it was like no other song that I had ever listened to before, the words and the chord progressions were amazing. This song still remains to this day one of my favourites.

The show did a 16 week season in New York, what year was this, what was it like?

Yes, this was in 2014-2015, New York was where he lived and died. New York has a really rich source of great theatre. Our show certainly got its share of praise. Many New Yorkers embraced it.

How hard was it in the beginning to learn the Liverpool dialect?

Well growing up in London, in fact being born and bred there, I knew every dialect as I had listened to them all growing up. So thankfully it wasn't a huge stretch for me and it came quite naturally.

In December this year you will celebrate your 70th Birthday, how will you spend it?

Well that will mean I am bloody old! I am healthy and fit, so I actually feel younger than that. It is pointless to worry about your age as there is nothing you can do about it.

I am glad and proud to have all of that experience under my belt. I enjoy questions from young people about my life, or Lennon's when I am doing a show. I feel of the same generation as John even though there were eight years separating us.

I am not big on parties, but am sure that I will be surrounded by my grandchildren and children, including my twelve year old twins, and my partner. We will do something quiet in the southern highlands no doubt.

Lennon - Through a Glass Onion

October 27

Brolga Theatre & Convention Centre

Call: 4122 6060

"The humour, the pace, the crisp inter-cuts of light and sound, the emotional texture of music and narrative, and the insights add up to a stirring celebration of genius." – SYDNEY MORNING HERALD

"Part bio, part great concert, totally excellent."
The Sunday Telegraph

Vox Pop



The Hervey Bay Masters Carnival is a great sight to behold each year. This fantastic event brings teams from around various regions, together to catch up with each other and to participate in a fully inclusive environment. Standing there on the beach you can't help but feel the mateship, the laughter, and the true aussie spirit, as words of encouragement are carried on the wind.

Looking around me I couldn't help but notice entire families set up ready for a day of action in and around the water, intent on the day's activities.

It made me realise how much I love our Hervey Bay Surf Lifesaving Club and the many characters that are part of it. I get to spend time with them on a regular basis and am so proud that we have such an amazing club right here for us all to enjoy, whether it be to volunteer, to compete, or to have a drink at the bar on a Saturday afternoon. - **Kim Parnell, Editor**

Question: **What makes the surf lifesaving family so special?**

"It is all inclusive and for all age groups from nippers to patrols to competing in competition. It really is a family".

**Aimee Domio,
Kawana Waters**



"It is an amazing family to belong to, the people are amazing. We all support each other and there is a great camaraderie."

**Carolyn Johnson,
Coolum**



"I love the mateship and think that it is a good, healthy environment. All three of my children have grown up with surf lifesaving".

**Ronnie Thomas,
Hervey Bay**



"I am a recent member of the surf lifesaving family, it is very family oriented. I really enjoy getting outdoors as well".

**Stacey Gardner,
Kawana Waters**





2018 DUNGA DERBY

It's a Wrap!

With 170 people, 46 old cars, a little chilly weather, and 1600 km of some challenging driving tracks this year's Dunga Derby has been described by participants as the "best one yet!"

The 4-day adventure took the teams off the beaten track and challenged the old cars with driving through everything from windy rainforest ranges, dusty drought affected plains, steep mountain climbs and over thirty water crossings.

The off-road event highlights included a Highlands Games at the Standing Stones Glenn Innes, the 'Dungas Got Talent' show at the Deepwater Hotel and a glamorous dinner in the famous Jondaryn Woolshed.

Whilst experiencing amazing country hospitality, camaraderie and at times some friendly rivalry, the teams had a ball – and it's all for a good cause.

The Dunga Derby raises funds for the Fraser Coast Charity Rally for a Cause. The Dunga Derby this year raised just over \$212,000 taking the total funds raised in the four years of the event to \$735,000. All funds raised stay on the Fraser Coast, assisting families affected by life-limiting medical conditions or tragic circumstances.

To date fifty five local families have been assisted by funds raised by the Dunga Derby participants. The charity receives nominations from the community for families that may be impacted by illness, disabilities or sudden loss. If the nomination meets the eligibility criteria the charity engages with the family to help ease any financial strain where they can.

One team on the Dunga Derby this year included the D'Amico family from Maryborough. Rally for a Cause assisted the family last year to purchase a hoist to aid them to care for their disabled son Cameron at home. After receiving this assistance from the charity and hearing about the Dunga Derby event, they decided they wanted to be a part of it as well. Garry & Amy, along with family member Matthew bought themselves an old PT Cruiser and calling themselves "Team Cameron's Way" in honour of their son, set about getting the vehicle 'Dunga' ready and fund-raising for their place in the event.

The PT Cruiser was an iconic part of this year's rally – tackling the challenging drive with no problems at all (much to the surprise of the events mechanics)!

"The charity does an awesome job helping those who need it", said Amy. "I was a recipient a year ago and I am extremely grateful for the help we received. I felt it was my turn to pay it forward and raise some funds for others who need it. It was so much fun, and we are hooked – Team Cameron's Way and the PT Cruiser will be back again next year for sure!"

To qualify as a "Dunga" the vehicle must be over ten years old and cost under \$2,000. Teams consist of 3-4 people who are happy to share the driving. A registration fee covers all of the main meals, camping fees and entertainment. Each team then has a responsibility to raise a minimum \$2,000 which goes directly to the Charity efforts.

The 2019 Dunga Derby will be held from the 1st to 4th August, with registrations opening in January 2019.



More information on the Dunga Derby or Rally for Cause is available on the website at www.rallyforacause.org.au

OCTOBER

Thurs 4, 7.30pm, Open Mic
Fri 5, 8.00pm, R&B Friday
Sat 6, 8.30pm, Dicky
Switch free in the main bar +
The Angels
Sun 7, 2.00pm, Derek Smith

Thurs 11, 7.30pm, Open Mic
Fri 12, 8.00pm, R&B Friday
Sat 13, 8.30pm, Red Betty
Sun 14, 2.00pm, Dogwood
Crossing Duo

Thurs 18, 7.30pm, Open Mic
Fri 19, 8.00pm, R&B Friday
Sat 20, 8.30pm, Uncle Arthur
Sun 21, 2.00pm, Bobby Barnes

Thurs 25, 7.30pm, Open Mic
Fri 26, 8.00pm, R&B Friday
Sat 27, 8.30pm, Swarm
Sun 28, 2.00pm, Frank Benn

Musician Spotlight

R & B Friday

"RnB Fridays at the Beach House Hotel are all about peoples love for RnB. Mixing everything RnB and a little more! I play old school hits such as Salt 'n' Pepa to Vanilla Ice. While also bringing a bit of the new with tracks from Usher and Pitbull even Post Malone. Things liven up later in the night with more of a dance feel, but I still stick to classic tracks 'with words in it'. Things like Flaunt It and Bob Sinclar. I play RnB as much as possible, whenever I can and always like to mix things up by playing the odd random track that gets the crowd going, with anything from Offspring, Cold Chisel even the Vengaboys, nothing is off limits!

Each night is different as I like to play to the crowd and to the requests I get. One night I may play more dance and club tracks, but the next maybe more rap and Traditional RnB. Each night there is a different crowd with different tastes. I do my best to keep people happy.

So, if you're out come and ask for a song, chances are if I have it on file I'll play it for you! One thing is for sure no two Friday nights are the same! Dance competitions, birthday shout outs and even the odd sing along is normal, while enjoying the awesome party atmosphere. A great time is to be had by everyone, I hope to see you out! Come say hi!

Party Central Australia provide the
DJ Entertainment for RnB Fridays.

MUSIC

AT THE

BEACHHOUSE HOTEL

HOTEL



Social Snaps

Out and about on the Fraser Coast



Clockwise from top-left:
Christine McLiver and Mila Searle done their caps for the Pier 2 Pub
Cohen Scott, 10 and Charlie Ryan, 12 love getting wet
Jake Andrews from Coogee, NSW was the first male across the line
It's all about the Pier 2 Pub for **Sonia Edwards and Sonta Muller**
Hervey Bay Surf Lifesaving Club's water safety team are ready for Pier 2 Pub





THE SUPERBOATS *return to battle it out once again*

This month catch all the action on the water and on the land, with Round 3, of the Offshore Superboat Championships, right here in Hervey Bay.

On the Saturday it is all about qualifying, you will get to see the Pole Position Shootout from 12 noon to 1pm as drivers vie to make it into Sunday's finals. Then in the afternoon find a vantage point along the esplanade, with your eyes on the road as from 3.30pm the Street Parade of Boats kicks off, beginning at the Urangan Boat Harbour, all the boats that are competing are paraded down the street much to the enjoyment of both adults and children alike, so don't forget your camera.

On Sunday there are two races. Race 1 begins at 11am and goes for approximately thirty minutes as does Race 2 at 1pm. This fantastic event is supported by the Beach House Hotel, Handy Hire and Wide Bay Cranes.

The best spot to catch all the action is along the Esplanade between Torquay, near the surf club all the way down to Scarness, opposite the beach House Hotel. Scarness is where you will find the Race Control Truck, this is where the commentator calls the race from and also

represents the start and finish line.

Make sure that you also get down to the pit area at the Urangan Boat Harbour as from 9am both days you can watch the huge boats being craned in and out of the harbour. You are also able to take a walk through the pit area to view the boats, talk to the drivers, get autographs and perhaps, request a photo with your favourite boat and its driver.

For the first time in Hervey Bay you will see Team Australia, driven by Brett Luhrmann in his supercat extreme. This boat has not one but two engines and can easily reach speeds of 210kph.

Also, you will see newcomer to the superboat series, Ken Tree on only his second outing in his Supercat Extreme called KKR.

While Mick Walker will be in a grand spanking new lime green superboat named Shifty Cat, this boat has been made locally at the Gold Coast and is sponsored by Hogs Breath.

**Round 3, Offshore Superboat Championships
Hervey Bay 2018
October 27-28
Along the Esplanade between
Torquay & Scarness**



Photo credit: EMB Photographics

Social Snaps

Out and about on the Fraser Coast



Clockwise from top-left:
Michael, Mitchell, Darcy and David soaked up the sunrays at the Pier 2 Pub
Tyger shows his strength competing in the ocean swim

At the Rockin' MB Vintage Festival

Miller McDonnell, with mum Fiona finish the race
A yapping good time was had at the Pooch Parade



Photo credit: Bron Brown



Photo credit: Bron Brown

Social Snaps

Out and about on the Fraser Coast



Photo credit: Bron Brown



Clockwise from top-left:
Maryborough's vintage
festival

Photo: **Deeshy Dee**-Winner
of Teen Pinup Temanu aka
Miss Vintagious

Pretty as a picture at the MB
Vintage Festival

Pier 2 Pub first timer - **Val
Kalmikovs** is ready for
anything

Rockn' Roll stole the show at
the festival



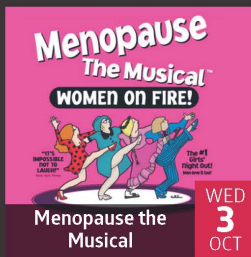
Photo credit: Bron Brown



Photo credit: Bron Brown



WHAT'S ON @ THE BROLGA



Menopause
The Musical
WOMEN ON FIRE!

Menopause the Musical

WED 3 OCT



Sunday Riverside

Sunday Riverside - Z-Star Trinity

SUN 7 OCT



Julie - NT Live

7 & 9 OCT



Dirty Dick's
Theatre Restaurant

Dirty Dick's Theatre Restaurant

THU 11 OCT



ABBA-SOLUTELY FABULOUS

Here we go again, Australia! The original Dancing Queens reunite for an explosion of new smash hits, laughs and lycra.

THU 18 OCT



Frankly Sinatra - Morning Melodies

THU 11 OCT



THE IMPERIAL RUSSIAN BALLET COMPANY PRESENTS
A RUSSIAN TRIPLE BILL

SAT 20 OCT



Lennon
Through A Glass Onion
THE NEW YORK PRODUCTION -

THE 25 YEAR ANNIVERSARY

JOHN WATERS with STEWART D'ARRIETTA

SAT 27 OCT



Don Quixote - La Scala Ballet - Live Simulcast from QPAC. Free Entry. Bookings Essential

SAT 10 NOV



KING LEAR
King Lear - NT Live Screening

MON 12 NOV



MEN IN PINK TIGHTS

Men in Pink Tights

SUN 18 NOV



Man! I Feel Like Shania Twain

WED 12 DEC



Christmas with Karen Knowles - Morning Melodies

THU 13 DEC



THE MADNESS OF GEORGE III
BY ALAN BENNETT

The Madness of George III - NT Live

THU 20 DEC

A SNEAK PEAK OF WHAT'S COMING UP IN 2019...

- Kings of Country Rock Tour - Eagles Vs Creedence Sat 9 Feb
- Cliff Richard and the Shadows - 60th Anniversary Tribute Show Fri 22 Feb
- The Robertson Brothers 1960s Variety TV Show Sat 13 Apr



BROLGA
THEATRE & CONVENTION CENTRE