

TAKE
ME HOME

FRASER COAST What's On

February 2019 MONTHLY MAGAZINE

24

Inside this issue:

SPORTS EXPO
MEN of **LEAGUE**

Hervey Bay APSL
Feel the Groove with
CANTA LA TUMBA

Cliff & The Shadows
Local Band **ABBY** &
Spotlight **THE BATMAN**

Valentine's Day Story
Leon & Jenny



A new year has well and truly begun, full of new beginnings and countless possibilities. I embrace the new year and all that it has to offer. While I do not make new year's resolutions, I choose to instead think about the small changes that I can implement to make life a lot smoother whether it be in health, work, relationships or family. A new year is a great time to reassess things. To think about balance and harmony and to move forward.



One thing that stops a lot of us from moving forward in life is fear. This could be fear of failure, fear of the unknown, or fear about what our peers think. Make this year about facing your fears, go past your personal barriers do that thing that you have always wanted to do or achieve. There is nothing wrong with failure in fact failure can help you grow. Find your focus.

Life is for living, for experimenting, for stepping out in the rain, for dancing and laughing, for taking a chance, for being spontaneous. Go on an adventure, book that holiday, tick something off your bucket list. Most of us have lost someone that we love and know that life can be so short so make yours a good one and think about the legacy that you would like to leave behind. How would you like to be remembered? Make 2019 your year!

Enjoy this edition and think about the hard work that goes into each publication. If you are in business think about coming on board as a sponsor or taking out some advertising, lets help each other. Keep in mind that this magazine is owned and operated locally by a local and is completely independent, it doesn't get much better than that!

Cheers,
Kim Parnell
Editor

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URANGAN

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THE AVENUE



2019 TO BE A LANDMARK YEAR FOR THE FRASER COAST

The year ahead looks very promising as we go to print with our February edition of What's On. The business community is very positive about the local outlook for 2019, with concrete examples of progress appearing throughout the Fraser Coast region.

It is interesting to look at one exciting new project in the region and how it links back into the broader community. The widely advertised office development project located at 58-60 Torquay Rd, better known as "The Avenue", has now commenced. It will deliver 20 new office buildings, most of which are 137m² in size. A two-way tree lined street will be built through the middle of the project to provide linkages between Torquay Road and Hillyard Street, it has a Café at the front, as well as extensive car parking for the tenants and visitors. When it fully occupied it is anticipated around 200 people will work at this address each day.

This project is heavily integrated with the local building industry as many of Hervey Bay's key businesses have been service providers to the project already, or will be active during the construction. Town Planners Urban Planet and the Engineering company ESQ have been active in this project since the outset and have been heavily involved in steering approvals through FCRC and State Government agencies.

Architectural firm PW Architects have provided the drawings and plans for "The Avenue" from their Main Street offices, with the landscape drawings prepared by Mila Searle of Dirtscape Designs in Torquay. Survey works have been undertaken by Pacific Coast Surveys in Urangan and the earthworks are now underway utilising local firm N&N Civil. It is anticipated that the Builders will be appointed and start by the first week of February 2019.

When Luizzi Street based real estate firm One Agency were appointed to coordinate the sales and leasing activities for the project they were so excited that they decided to invest in one of the offices themselves. They have played a key role in bringing the project to fruition and to help other businesses in the local region understand the opportunities available in a modern, high technology project like "The Avenue". A project like this brings a whole range of locals together to create an exciting new project for the Fraser Coast.

If you want to have the opportunity to join "The Avenue" commercial office precinct contact Kristy Wright or Damian Raxach at One Agency on 0741 942 936 or view The Avenue website at www.theavenuehb.com

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Inside this month's edition!
There is lots to get excited about!

*February is all about Yoga,
culture, staying active, and love!*

Cliff Richard & The Shadows 60th Anniversary Tribute Show is a show not to be missed, reminisce about the days of Rock n Roll as you are taken back to this era with songs like Summer Holiday, Living Doll, Devil Woman and Congratulations. I bet you won't be able to sit still!

If you want to feel healthy from the inside out **Soul Stance Yoga** may be just the group for you. Recharge those batteries, breathe deeply, and surround yourself with like-minded people.

In our **Valentine's Day story**, we chat to musician Leon Nehow and his wife Jenny. We talk about love, relationships and faith as we all prepare to celebrate this special day.

The **Men of League Foundation Fraser Coast Committee Sports Dinner** is on again, this annual event is very popular and this year the guests of honour are none other than the Walters brothers. This is a great opportunity to get up close with your idols of Rugby League, and all for a good cause.

On the music scene, you can get your groove on with **Canta La Tumba**. Soak up the culture while listening to tunes with a special blend of Cuban and Latin Jazz reminiscent of the Havana Bar and café's scene.

For lovers of food and wine, **The Beefsteak & Burgundy Club** are on the lookout for new members. So why not indulge in the experience with others that share the same interests.

Supermom Donna Harris shows us how organised she is in the kitchen with her **Back to School Food Prep** segment with delicious ideas to suit even the fussiest eater.

Bundaberg Singer & composer Abby Skye and her partner make up the duo, **'Abby Skye & The Batman**. You will be able to see them perform this month at the Beach House Hotel as they play a mix of classics and songs that you know you will love!

We introduce our **NEW Coffee Column** that will have some great stories and tips for those who are into their coffee. This month Greg Lagstrom from Café Connections talks about what makes a great brew.

Keep turning the pages, to find out all about these events and more - Enjoy!

Kim Parnell

Editor, What's On Fraser Coast



Love

COMMITMENT and FAITH!

If you're a lover of music on the Fraser Coast you would almost definitely have heard of the nine-piece band 'Soul City.' This would mean that you may recognise Leon as the lovable larrikin with the twinkle in his eye who hides behind his beard as he plays the electric guitar in one of the most popular bands on the Fraser Coast.

Leon's wife of twenty-two years, Jenny is a mother of three boys aged fourteen, seventeen and nineteen, and works in admin at a local school. In this article for Valentine's Day, I have a chat with them both about life, love, and faith!

Where did you both meet, tell us a little about your story?

Leon: We met in the Atherton Tablelands, North Queensland at the church youth group, Jenny was a youth leader at the time and also a primary school teacher. I was fifteen when we first met, as Jenny is seven years older than me.

Jenny: After Leon graduated from high school we began hanging out together with friends and doing the midnight run to Maccas in Cairns. We were good mates and enjoyed each other's company. We were actually the last to know about how we really felt about each other. All our friends knew, and they would try to tell us but we did not believe them. Our friendship finally transitioned to something deeper when Leon was nineteen.

Was it love at first sight?

Leon: As soon as I laid eyes on Jenny a voice in my head told me that I was looking at my future wife.

Jenny: Coming from a Christian perspective we just knew that we were meant to be together.

What were some of the hurdles that you had to overcome as a young couple?

Leon: I got kicked out of home for going out with 'an older white woman,' That was pretty tough at the time. We also had lots of cultural differences to work through.

Jenny: Once we were married though Leon's mum and dad just embraced me. My parents were fine about us, colour wasn't an issue. They were a lot more concerned with the age difference.

What do you love the most about each other?

Leon: The thing that I love about Jenny the most is that she is terribly loyal, she is also a fantastic mum who loves her sons greatly. Recently I saved all of my gig money to send her on a holiday to Canada so as she could spend some time with her best friend. Jenny would be the last person to spend money on herself as she is an extremely generous person.

Jenny: What I love about Leon the most is that we are able to laugh, and just have fun together. There has always been a spark between us, we get along well. I also love the fact that he loves God so passionately.

What have you taught each other?

Jenny: We balance each other out, I know that I don't stress out any more about things, I am a lot more relaxed. Leon has taught me to deal with things head on and to be more assertive. I also don't say yes to everyone all the time anymore.

Leon: Jenny has taught me about patience as I can definitely get a bit impatient at times. She has also taught me to be gracious.

What are your top 5 tips for a healthy relationship?

- ♥ Faith in Jesus Christ
- ♥ Don't sweat the small stuff
- ♥ Trust
- ♥ Do things together without the children
- ♥ Communication

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Story by Joyce Chorny

**“BE THE INSPIRATION”
— THAT IS ROTARY INTERNATIONAL’S
THEME FOR THE 2018/19 YEAR. THERE
IS NO BETTER WAY TO CELEBRATE THIS
THEME THAN TO HIGHLIGHT FRASER
COAST LOCALS WHO GO ‘ABOVE AND
BEYOND’. THESE ARE THE QUIET
ACHIEVERS, PEOPLE WHO WORK
TIRELESSLY TO MAKE OUR COMMUNITY
A GREAT PLACE IN WHICH TO LIVE AND
WHO ARE PROBABLY UNAWARE OF THE
INSPIRATIONAL IMPACT THEY HAVE HAD
ON OTHERS.**

THIS IS AN OPPORTUNITY TO SHARE SOME STORIES OF
PEOPLE WHO HAVE INSPIRED US!

George Duck is a humble person. For the past 33 years, he has worked in our community to make Hervey Bay a more interesting, safe and vital place to live.

George arrived in Sydney from England at the age of 17 with just 40 pence in his pocket, and ready for adventure! He immediately started work at an electrical appliance store. But, it wasn't long before the idea of farming caught his fancy. He was seen to be a hard worker at orchards in the Riverina district of NSW. There, George applied for a position at the NSW Rice Marketing Board, who were looking for a young man to become a 'Field Cadet'.

On his first day of work, he shadowed the Field Supervisor to learn the job. "I soon found out why they wanted a field cadet! We drove to a railway siding about an hour and half from the office. There, I saw two railway wagons each with fifty one tons of 50kg bags of sulphate to issue to local rice farmers. It was 109 degrees Fahrenheit in the shade and there wasn't any. Farmers and workers were gathered around, anxious to collect their product and the supervisor said to watch carefully because for years he had been after a cadet to do this, and this would be his last time." George spent thirteen happy years with the Rice Marketing Board,

six years as the Northern Areas Field Supervisor, living in Leeton. He met and married Lyn. Together, they started a family; son Robert and daughter Gail. When the New South Wales Rice Marketing Board merged with the Rice Growers Cooperative Mills in 1985, George felt it would be a good time for a sea change. He and Lyn composed a list of desirable traits for a new home base. They travelled from Sydney to Townsville, rating each place that looked promising. Hervey Bay came up 'trumps', with our boating waterways, beaches, schools, moderate climate and affordable housing.

During his working career in Hervey Bay, George held positions at all of the local papers including the 'Let's Go Fishing Newspaper, and ran the 'Continental Cake Shop' café with his wife in the early days.

As a member of The Boat Club Fishing Club George initiated the annual Hervey Bay Family Fishing Competition 26 years ago with proceeds used to support Volunteer Marine Rescue and many other community organisations over the years.

George used his passion for Hervey Bay and our beautiful environment to leverage great opportunities for people and service clubs in our community.

As the President of the Boat club for 17 years (stepping down to Vice President in 2018) and a director there for over 22 years, George also developed and planned the 'Cruise for Charity' with the support of The Boat Club and Boat Club Yacht Squadron. Modelled on an event organised by the Rotary Club of Auckland, New Zealand, Hervey Bay's Rotary Cruise for Charity quickly became a favourite outing for the community and a fun day of competition for our yachtsmen. Over 13 years, the annual 'Cruise for Charity' Raised over \$150,000 for our Sunrise Rotary Club much of which became seed funding for Hervey Bay's beautiful Community Centre.

While the 'Fishing Competition' and the 'Cruise for Charity' are in hiatus this year, George hopes to see both of these events return to our calendar in the near future.

In 2019, The Rotary Club of Hervey Bay Sunrise will celebrate its 25th Anniversary since chartering. George Duck, along with other foundation members Gay Ignatenko, Brian Jessett, David Jurrs, Pauline Laskowski, Dennis Mantelt, Danny Mattsson, Diane Risely and Richard Souter, are still very active in the Club.

George has a history of service and provided many opportunities, which have enriched our local community, and helped build a stronger region.





A CLUB FOR THE OVER

Forties



By Snezana Gosden
Secretary, Hervey Bay APSL

The Hervey Bay APSL is situated at 61 Hunter St, Pialba, right next door to HBW Food Service, and is a club that has been around in the bay for quite a number of years. The APSL, (Australian Pensioners' and Superannuants League), has been at its current premises since the year 2000, and has evolved from being an advocacy and support service for pensioners and superannuants to providing more recreational and social support.

We are a not-for-profit organisation and rely on members and volunteers to keep the club running. Our membership is only \$15 per year, and all activities are \$3 (other than computer tuition). We're a club that's about enjoying each other's company, participating in activities and forming friendships.

At the Senior's Expo this year, we had a stall showcasing some of our artists' talents and a slide-show highlighting our other activities.

The APSL has a variety of activities. Table tennis is our primary activity and it's played every afternoon except Thursdays. We're all about a healthy mind, body and spirit. Our table tennis players range in age from

40 through to 90+ and it really is a good mix of experience and wisdom. We also offer a guided meditation practice and there is a steady group of members who attend every Tuesday morning. We play Mah-jong on Wednesdays, and then we have card and board games on Thursdays; for those who enjoy keeping their minds and their wits sharp. We play games to suit member's wishes. Finally, we have personalised computer tuition to help anybody navigate their way through modern technology.

So, come along and see what all the fuss is about. You'll be pleasantly surprised. For more details call 4124 8532.

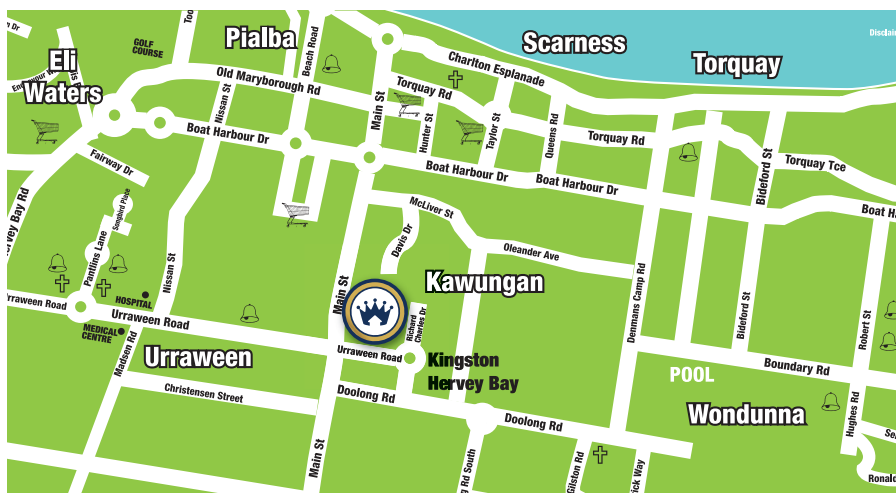


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Meanwhile, **AROUND THE WORLD IN FEBRUARY...**

By Kim Parnell

While February 14th is all about Valentine's day and love, It appears that in other parts of the world some interesting events will be taking place, and believe me I didn't have to look too far to find some great ones that I think we can celebrate right here on the Fraser Coast...everyday!

February 4 : Ice Cream for Breakfast Day

This is one morning to jump out of bed and to forget about the weetbix, as this day, well breakfast at least is all about Ice-cream. Apparently, this event was created by two siblings in New York for reasons unknown. But who honestly needs a reason to eat Ice-cream any time of the day I say.

February 9 : National Read in the Bath Tub Day

Now I love nothing better than curling up on the couch, tuning out all of the voices around me and immersing myself in a gripping book, as for reading in the bath... it doesn't take Einstein to figure out that books and water just don't go well together at all!
I wonder if you can buy books that are laminated...just a thought!

February 11 : Don't Cry Over Spilt Milk Day

How many times have we heard the expression, 'Don't Cry Over Spilt Milk'. Well, now there is a whole day dedicated to the cause. So don't sweat the small stuff, or worry about things that you can't change, on this day it is all about positivity, and finding the goodness in everything

February 22 : National Margarita Day

Now here is an event that I know a friend of mine would absolutely love! He is actually a bit of a margarita connoisseur.
When we think margarita's we think Jimmy Buffett, a great American singer and songwriter who had a huge hit not surprisingly named Margaritaville. So go on and enjoy as many margarita's as you can handle on this special day.



Photo credit to: Freepik

New!

Russell Czinege

Executive Chef @ Bay Fusion Food Design

Shares with us his favourite Recipes.



Arkarra Chargrilled Asian chicken and toasted peanut salad with mint, coriander and a mild hot and sour lime dressing



This colourful sour and salty Thai Summer salad is one of my favourite dishes.

Salad Feeds 4- 6 guests
20 minute

Salad

- ¼ small purple cabbage
- ¼ cabbage
- ¼ wombok
- 1 carrot
- 1 bunch mint
- 1 bunch coriander

Protein

- 400g Cooked chicken

Topping

- 1 cup roasted peanuts crushed
- 30g mixed sesame seeds
- 30g fried onions optional

Dressing

- 4 long red chilli
- 6 garlic cloves
- 1 piece lemon grass optional
- 125 ml fish sauce
- 225 fresh lime juice
- 100g palm sugar, brown sugar, demerara sugar

1. Slice all ingredients for the salad on a hand slicer, match stick the carrot slices
2. Pick mint leaves and coriander leaves add ½ of them to the salad mix.
3. Pound chilli and garlic in mortar and pestle pound in sugar, add all other ingredients. Add fish and lime sauces – (Food processor optional). If you like it mild remove the seeds.
4. This sauce should be hot and salty with a hint of sweetness. Easily adjusted salty taste by adding fish sauce, sour add lime juice, sweet at palm sugar.
5. Place salad in individual bowls, top with chicken, dress generously, sprinkle topping and garnish with left over coriander and mint

DISCOVER YOUR Soul STANCE



If you have recently spotted groups of people stretched out on mats in green spaces in and around Hervey Bay on a Saturday morning, chances are you have witnessed Soul Stance - a growing movement of people who love yoga.

Between 8 and 9 AM on the 2nd and 4th Saturday of each month, you'll find all ages and abilities enjoying a wellness experience in return for a gold coin donation – we call it Gold Coin Yoga.

Yoga means different things to different people, but stories of people drawn to yoga tend to contain a common theme. That is, a person who was struggling in some area of their life, heard about yoga, tried it out and found a range of benefits.

For some people, that struggle resides in their bodies – recovering from an injury, overcoming pain, inflexibility, weight issues or many just want more out of their bodies. For others, the struggle is a mental one – anxiety, depression, addiction or the incessant distraction of a noisy mind.

Between 2008 and 2016 the number of people practicing yoga in Australia doubled making it the fastest growing sport or activity. Currently, approximately one in ten people practice yoga.

A large proportion of people starting out in yoga are referred by a health professional. Yoga is known to promote longevity, to improve overall quality of life, reduce stress, relieve anxiety and depression, improve sleep quality, promote heart health, and increase strength, flexibility and balance.

Yoga brings relief from our struggle by drawing strength from the whole person – body/mind/spirit. The key lies in the meaning of the word yoga which can be translated as "to join" or "yoke". So, by intentionally experiencing our bodies, our minds and our spiritual being as one interdependent whole we find balance, flexibility and strength in all areas of life. It is from this position that we can more easily identify our values and move towards outcomes consistent with those values.

We'd love to journey with you to discover your soul stance. For regular classes and Gold Coin Yoga locations visit www.soulstance.com.au and/or join our Facebook and Instagram communities.

If you think your organisation could benefit from an introduction to yoga and meditation or for more information email Romana, Lesley and Tom at souls@soulstance.com.au.

SHOPPING AND FOOD GO HAND IN HAND

– With Youth Columnist, Jacob Kitson-Holebrook



Photo credit to Freepix



Photo credit to Freepix

Well where do I start? As young people in our ever-changing society of the Fraser Coast, we are constantly seeking new and improved things to fill out weekends, weekdays and school holidays. But does it get to a certain stage when you realise that you have done pretty much everything that is offered for teenagers/young adults in our region?

All summer holidays hundreds of teenager's flock to the beaches of the Fraser Coast to freshen up their tans and get that ever glowing summer kiss to their skin before they are shipped back into the sunless classroom for another year of schooling. Well with that being said let's focus on some of the things that the teenage demographic would possibly like introduced to brighten up their summer days. Shopping and food are things that are always popular with people in their teen years and this is something that definitely could be targeted more towards the beach fronts of the Fraser Coast.

As we look at the Esplanade in Hervey Bay there are some things missing when it comes to pulling in a younger audience. Shops that target the teenage demographic and food chains that excite the young mind are the main things that we need to see brought to these areas of our local community. Of course, this is already evident in some parts of the Esplanade but bringing in larger shops that focus on items of interest for the teenage population would be a major draw card.

We have already seen the shift in popularity of the Hervey Bay CBD with the extension of Stockland bringing new businesses in to make the shopping experience more exciting for all age groups so why not do the same for the Esplanade? Why not expand the horizon for the Fraser Coast and develop a more youthful vibrant shopping and café culture for teens along the beautiful shore line that we get to call home and strengthen that beach to buying vibe that works in other coastal communities – just putting it out there...

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IT'S TIME TO GET ACTIVE

on the Fraser Coast



Hervey Bay

Have fun, make friends, be challenged, stay fit, be active.

If you would like to see and hear about the activities, groups and clubs operating a cross the Fraser Coast then check out the Fraser Coast Sports Expos on Sunday, February 10.

"The Expo, to be held in Hervey Bay PCYC, will bring together a range of recreational, social and leisure groups to display their activities," Cr Daniel Sanderson said.

"People will be able to browse the stalls to get information, sign up or become a volunteer at their chosen sports and activities."

The Fraser Coast Sports Expo will be held at the Hervey Bay PCYC from 9am to noon on Sunday, February 10.

It is free to enter.

Organisations which would like to have a stall at the expo can contact Council's Sport and Recreation Officer on 1300 79 49 29.

"More than 3,000 people visited the Expo in Hervey Bay last year to view displays put on by 90 groups from across the region." Cr Sanderson said.

"At this stage we've already secured some exciting features such as a team from the Australian Medical Association of Queensland which will conduct free health checks and the Brisbane Roar Football Club Rapid Fire Inflatable football field."

Maryborough

This is Maryborough's second Allsports Showcase after a successful inaugural showcase in February last year. This time, however, the venue has slightly changed. It will again be at the Maryborough State High School but this year it will be in the newly built hall. The move has given the opportunity for Tennis, Basketball, Netball and other outdoor sports to demonstrate on the courts and fields.

The best part about the Allsports Showcase is that it is a free event. Free entry and free for the participating sports clubs and associations. There are over 26 clubs to be represented at this year's event including roller derby, clay target shooting and chess. The showcase offers a great opportunity for everyone to see what activities are available in Maryborough and for the clubs to showcase themselves to possible members.

The event is on Saturday 9th February at 9.30am to 12.30pm. There will be food and drinks available for purchase on the day. If your sporting club would like to participate or for more details please email maryboroughregionalallsports@hotmail.com or find us on Facebook at Maryborough Allsports.

“ENJOY DINING OUT & DRINKING WINE”?

Are you looking to meet new friends?

Did you know right here in Hervey Bay is a social group of food & wine lovers who are part of the Beefsteak & Burgundy Club and they are looking for some new members to join them at their dinners which are hosted on the 2nd Tuesday of every month at various restaurants around Hervey Bay. The club is NOT a service club (no working bees or fundraising), NOT a business networking group (no getting each other business), just a group of like-minded individuals who enjoy each other's company, food, wine & fun.

History:

In the early 1950's some members of the wine industry in Adelaide commenced the cheerful habit of lunching on Fridays. Most would bring a bottle of wine masked in a paper bag for the comments of their peers. Comments were sometimes more hilarious than accurate.

The first official meeting was held on the 1st April, 1954

The Beefsteak and Burgundy Club Inc. now has 189 Branch Clubs in Australia covering every State and Territory, and 24 others around the world.

Of the overseas clubs there are 10 in New Zealand and 1 each in Brazil, Canada, Cambodia, Denmark, Philippines, Singapore, Germany, Sweden, Thailand and Taiwan.

On the night:

As mentioned before, the Hervey Bay Club meets on the 2nd Tuesday of the month, normally sitting down for dinner at 6.30 pm.

A welcome drink is served (normally sparkling wine for the ladies & a beer for the men) and then they enjoy a selection of wines chosen by the host for the night (members take turns).

A 2-course meal is enjoyed along with the drinks for a cost of \$70 per head.

The club also travels away every June/July for their handover of executive positions to places such as Stanthorpe, Sirromet Winery, Qld Granite Belt and many others.

Interested: If you are interested in going along for a visit, please go to their Facebook page www.facebook.com/HerveyBayBeefandBurgundy/ and send a message with your contact details.



ESPRESSO 3.31

We just love Coffee



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

OPEN MONDAY TO FRIDAY 6.30-1PM
0497063296

Visit our espresso Bar where we serve wonderful Dimattina Coffee. We also stock a large range of Coffee/ Barista Supplies including Keep Cups, 1883 Syrups and Tea Tonic Teas.

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

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

Café Connections Hervey Bay distributes coffee and helps our coffee partners by providing service and backup support to cafes, if you're looking to open a new Café espresso Bar and want something special have a chat to Greg. 0400668562



Cafe Connections

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

New!

COFFEE COLUMN



BEANS ON THE BAY

By Greg Lagstrom

Café Connections
Hervey bay

Hervey Bay has seen changes in the way their daily brew has been presented over the last 4 years. Moving away from the roadhouse coffee that was served for so long, people can now experience a smooth silky coffee, with a shiny finish and full of flavour. Bean Beat was probably the first bringing a consistent smooth coffee made with love and it showed.

Coffee was getting better, we were moving away from cafes just making coffee because it was expected and moving to espresso bars putting coffee first. FX of Coffee, Minimalist Coffee Roaster, and espresso 3.31, with baristas that have knowledge and passion. Cody's Coffee Shack for that relaxed beachside feel, and in Maryborough, SIP espresso, Pink Flamingo and Street Espresso, all putting coffee first and doing it well.

Cafes are starting to put more importance on the brew they present, The Front Room, Arkarra Gardens, Santini Gelateria, and Pie and Pastry Paradise with Zac a young and upcoming star barista with so much passion and understanding of his products, are all presenting great brews.

What makes a great brew, it starts with clean well-maintained equipment, fresh good quality milk, cheap milk just does not stand up. Beans carefully sourced and roasted with passion, and a barista who can make every cup with love. Silky shiny coffee with a nice golden crema, served at a temperature between 60-68°C, if you like it hotter ask your barista, but at this temperature milk and coffee are at their best, and after all isn't this what we really want.

Coffee of the month Piccolo Latte, a single shot (30ml) topped with silky smooth textured milk served in a demitasse glass. What's next Drive thru coffee, Maryborough has opened one and Hervey Bay has two in the planning. This is the next progression in the cycle making a great brew more accessible to everyone.

cody's

COFFEE SHACK

☎ 0466 309 801
📍 400 Charlton Esplanade
Torquay, Hervey Bay
📱 @codyscoffeehack

Voted best coffee on the Fraser coast 2018



I asked three of our local celebrities to give an original quote about coffee...at extremely short notice here are their responses:

"I travel to peaceful places floating on the aroma carpet, letting the flavours recharge my senses and taking time to reflect on how good things are." - **Robert Garland**

"When the system is booting up for the day ahead, and the mind needs clarity to see the best way forward, a pure shot of espresso nectar from Minimalist Coffee Roasters is the recommended remedy from heaven." - **Denis Maher**

“ Living in Hervey Bay you have to love two things; whales and coffee. Whether it's a quick takeaway from your go-to spot or trying somewhere new for a lunch time business meeting, our region has been gifted with sensational cafe mastery along our beautiful esplanade. ”
- **Troy Geltch**

Calling all coffee shops and Cafes across the Fraser Coast!

Come and be part of our new coffee page by advertising here.

Lets show the locals and visitors some of the best places to get our coffee fix!

**To find out more email
whatsonfrasercoast@outlook.com
or call 0467 303 171**



Calendar of Events

FEBRUARY

**FEBRUARY 1,8,15,22
(FRI'S)**

Food 'n' Groove Fridays
4pm – 9pm
City Park, Pialba



FEBRUARY 2 (SAT)

**Copywrite, Contracts and
Collaboration**
Presented by Arts Law
9am – 5pm
Hervey Bay Regional Gallery

FEBRUARY 2 (SAT)

Grand Hotel with Phoebe Jay
11.30am
Grand Hotel Howard

FEBRUARY 2 (SAT)

Tipples and Tales
2.30pm – Bond Store,
Maryborough

**FEBRUARY 2-3
(SAT-SUN)**

Bundy Cup
8am – Maryborough Touch
Association

FEBRUARY 4 (MON)

History Talk-Under the Lino
Presented by Caylie Jeffrey
2pm – Hervey Bay Library

FEBRUARY 6 (WED)

Fraser Coast Writers meet
1pm – Hervey Bay Library

FEBRUARY 6 (WED)

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

FEBRUARY 8 (FRI)

**Art After Dark – Exhibition
Opening**
6pm – Hervey Bay Regional
Gallery

FEBRUARY 9 (SAT)

Junior Roller Derby 101
10am – Urangan SHS

FEBRUARY 9 (SAT)

Tipples and Tales
2.30pm – Bond Store, Maryborough

FEBRUARY 9 (SAT)

**Gatakers by Night – Canta La
Tumba**
6pm - 9pm
Maryborough



FEBRUARY 9 (SAT)

**The Kings of Country Rock Tour –
Eagles Show VS Creedence Show**
8pm – The Brolga Theatre &
Convention Centre

FEBRUARY 9 (SAT)

**Maryborough Allsports
Showcase**
9.30am-12.30pm
Maryborough State High School

FEBRUARY 9 (SAT)

**Men of League Foundation Fraser
Coast Committee Sports Dinner**
6pm – Meet & Greet – 7pm Start
Beach House Hotel
Call: 4196 9366 for tickets



FEBRUARY 10 (SUN)

Mower Races
6.30am
Tinana - 300 Maryborough Rd,
Maryborough

FEBRUARY 10 (SUN)

Maryborough Car Boot Sale
6.30am
Tinana Soccer Fields, Gympie Rd

FEBRUARY 10 (SUN)

Fraser Coast Sports Expo
9am – 12pm
Hervey Bay PCYC

FEBRUARY 13 (WED)

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

**FEBRUARY 14
(THURS)**

Valentine's Day

Valentine's Day at Arkarra Tea Gardens From 5.30pm, Live music by Frank Benn To book call: 4128 8069

**FEBRUARY 14
(THURS)**

Healthy Living for a Long Life – Professor Franco Berrino

10am University of the Sunshine Coast
Hervey Bay Boat Club

FEBRUARY 16 (SAT)

Junior Roller Derby 101

10am – USHS

FEBRUARY 16 (SAT)

2019 Sign On

Breakaways Netball Club, Hervey Bay
9am

FEBRUARY 16 (SAT)

Tipple and Tales

2.30pm – Bond Store, Maryborough

FEBRUARY 16 (SAT)

Glen Campbell & Friends-Southern Nights Tribute Show

7pm – Brolga Theatre & Convention Centre
Maryborough

FEBRUARY 16 (SAT)

Abby Skye & The Batman

9pm-12am
Beach House Hotel

FEBRUARY 16 (SAT)

Community Open Day- Sports precinct

9am to 2pm
Woods Road, Nikenbah QLD

FEBRUARY 17 (SUN)

Art Therapy Workshop for Intention Setting 2019

10am – Inspired Creative living Art Therapy
Bauple – 0449 037011

FEBRUARY 17 (SUN)

Wedding Expo

4pm-6pm – Live music from 'Just Us'
Arkarra Tea Gardens
To book call: 4128 8069

FEBRUARY 20 (WED)

After School Visual Arts Workshop with Lisa Pittori

3.45pm – Gatakers Artspace

FEBRUARY 22 (FRI)

Spotlight On: Meet the Director

12pm – Hervey Bay RSL

FEBRUARY 22 (FRI)

Shop for a Cause

6pm – Xavier Catholic College, Hervey Bay

FEBRUARY 22 (FRI)

Cliff & The Shadows 60th Anniversary Tribute Concert

7.30pm – Brolga Theatre & Convention Centre

FEBRUARY 23 (SAT)

Junior Roller Derby 101

10am – USHS

FEBRUARY 23 (SAT)

Tipples & Tales

2.30pm – Bond Store, Maryborough

FEBRUARY 23 (SAT)

Stacey's African Fundraiser

6.30pm – Wild Lotus Restaurant & Bar
Call: 0405 052368

FEBRUARY 23 (SAT)

Paella Night

From 5.30pm – Live music by Al Davies
Arkarra Tea Gardens
To book call: 4128 8069

FEBRUARY 24 (SUN)

Big Gay Picnic

12pm – Anzac Park and Ululah Lagoon
Maryborough

FEBRUARY 24 (SUN)

Maryborough Car Boot Sale

6.30am
Tinana Soccer Fields, Gympie Rd

FEBRUARY 27 (WED)

After School Visual Arts Workshop with Lisa Pittori

3.45pm – Gatakers Artspace

FEBRUARY 27 (WED)

Chamber Breakfast

6.30am – Hervey Bay Boat Club
Hervey Bay Chamber of Commerce

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

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

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

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

Back to **SCHOOL FOOD** prep

with Donna Harris



Last January, I hated the thought of the back to school rush and packing lunches. I work full time, hubby works part time, and we have two kids at two different schools. We all pass each other all the time. So, I was looking at ways to get some time back.

I often saw food prep posts on Facebook and thought, I couldn't be that organised, and I'd keep scrolling. A few friends posted their back to school food prep. One in particular made some weetbix bliss balls, and I thought I'd give them a go. Which I did, and then I started adding extra snacks, and making meals. I was soon hooked, and I haven't stopped since. I now also do snacks, breakfasts, lunches and dinners.

I often find recipes and make small modifications to suit everyone's tastes, food intolerances and as my daughter's school is nut free, I find alternatives. Google is my best friend.

Doing my weekly food prep has not only saved me time, it has halved our food bill and reduced our families waste. Another plus is everyone gets to eat what they like.

A normal week will include:

- * Fresh fruit cut up (as no one eats it otherwise)
- * Antipasto bowls
- * Lasagna or bolognese (full of grated veges)
- * Curried mince & rice
- * Chia choc mousse with berries or Beetroot brownies
- * Homemade muesli bars

- * Boiled eggs
- * Garden salads
- * Tomatoes & chives salsa
- * Bacon & egg breakfasts or overnight oats

Food prep can be overwhelming, there are so many sites, and everyone has their own agenda. My advice to anyone starting is to start small, enjoy what you make and don't let it become a chore. I love to cook and after twelve months, I still love my few hours on a Sunday when I get to be in the kitchen and making food for those I love.

Here is a recipe for you all to try:

Nut free Bliss Balls

- 1 cup pepitas
- 1 cup sunflower seeds
- 1/3 cup chia seeds
- 1/2 cup sultanas
- 1-2 tablespoons raw cacao powder (to taste)
- 2 tablespoons maple syrup
- 1 teaspoon vanilla
- 10 prunes soaked in Water
- Desiccated coconut

In a food processor, blend pepitas & sunflower seeds. Place in a bowl with chia seeds, sultanas, cacao powder.

Blend prunes, maple syrup and vanilla in food processor until a smooth paste. Mix in with all dry ingredients.

Roll into balls, and coat with coconut. Pop them in the fridge & enjoy.

Note: I often do a double batch and they freeze well.

Photo credit to Frejpa

THE WALTERS BROTHERS

head to the Beach House Hotel

Fans are in for a treat at this year's Men of League Foundation Fraser Coast Committee Sports Dinner. Former Kangaroos and Queensland Representatives Steve and Kerrod Walters, team up with brother Kevin for a night that rugby league fans will not forget. With David Shillington once again taking on the important role of MC.

There will be lucky door prizes, raffles, auctions and great music to keep you entertained.

Steve Walters played 228 first-grade games for the Canberra Raiders between the years of 1986 and 1996. According to the 'National Rugby League Hall of Fame' webpage, Mal Maninga wrote that he regarded Steve Walters as "the best hooker of all time".

Kerrod Walters and his brother Kevin also carry the record as the only twin brothers to play rugby league for Australia. Among other matches, in 1992 Kerrod played in the Broncos grand final and the World Club Championship, both resulted in wins. Kevin Walters captained Queensland in 1999 in the second State of Origin match and in 2000 he captained the Broncos to a win in the grand final against the Roosters.

David Shillington is an Australian Former professional Rugby League footballer, he played in 215 NRL games, played for three clubs, 14 tests and has played 8 games for Queensland.

Support the men, women and children within the rugby league community.

Men of League Foundation Fraser Coast Committee
Annual Sports Dinner / Saturday, February 9
6pm – Meet & Greet - 7pm start
Beach House Hotel

Cost \$80 per person – Includes nibbles,
a 2-course meal & a drink on arrival

Dress code: Smart Casual

Tickets available from the

Beach House Hotel: 07 4196 9366

Or the Carriers Arms Hotel: 07 4122 6666

A bus will be leaving the Carriers Arms Hotel,
Maryborough at 5pm for a \$10 return trip.
For all enquiries call: Kev Embrey – 0427 250 545
For more info go to www.menofleague.com

Photos provided courtesy of NRL Imagery



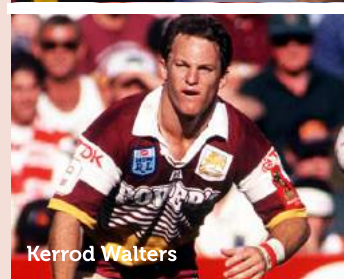
David Shillington



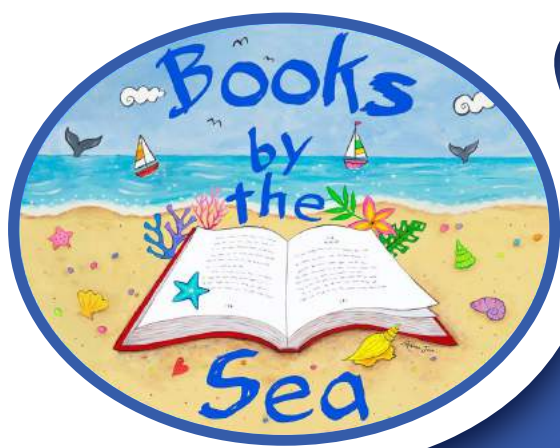
Kevin Walters



Steve Walters



Kerrod Walters



BOOKS BY THE SEA

IS THE NEW TRADING NAME FOR MARY RYAN'S HERVEY BAY

So... why the change? We're still the same shop with the same owner and staff. We just reached an agreement with Mary Ryan's to end our franchise and become completely independent.

We're very excited about the change as we truly believe that an independent bookshop has an important role in a vibrant and intelligent community and we're grateful to our loyal customers for your continuing support.

We will still host a range of community groups and events in store from bookclubs to author signings to our philosophy group. If you have ideas for other groups, please have a chat with Cate or email info@booksbythesea.com.au

We will continue to honour Mary Ryan's coffee cards and to redeem Mary Ryan's paper gift vouchers.



Books By The Sea

Shop 1, 414B Esplanade, Torquay QLD 4655

P: 07 4194 2111 E: info@booksbythesea.com.au

Abby Skye & THE BATMAN

BAND SPOTLIGHT



After tiring of city life and buying a farm in the Bundaberg region, singer & composer Abby Skye and her partner Wayne (Bruce Wayne, you know..) soon started performing locally as a duo. After playing a solo gig at the Curtis Island Mines, Abby realized that her partner's larrakin persona would be the perfect thing to 'break the ice' with a tense crowd, so Wayne learned 40 songs in a week, brushed off the musical cobwebs and started joining Abby on stage, rather than from behind the mixing desk (he now mixes with his left hand while playing the drums - it's quite a sight!).

Abby has an extensive career and fanbase in Queensland and Victoria and is globally recognised as a gifted vocalist, performer and composer. She performs regularly with her band (The Abby Skye Band) in Brisbane and the Gold Coast and previously fronted her popular Brisbane-based heavy rock band Mission X (stay tuned for the soon to be released MX album!). Amongst all this, she has found her 'forever home' in a large, off-grid property in the Wide Bay, where she and Batman raise free-range pigs as well as awareness for animal rights. Nurturing relationships with fellow musicians and the venues that support them is also a priority and the handy couple are happy to help out when needed, already supporting venues by building staging and props, promoting music events, providing audio, web and graphic design services and most recently assisting with the hugely successful launch of the Bundy Gig Guide.

Batman's knowledge and knack for audio production has seen his reputation and rapport with fellow musicians and the audio community flourish and he now provides PA systems and lighting for several music festivals in the area and is often asked to mix and/or provide mentorship for local bands. He and Abby have also both run their own recording studios and their combined skills have made them one of the most professional, entertaining and superb-sounding musical acts in Queensland.

Come down to the Beach House Hotel on Saturday 16th February for an awesome night of fun with this talented duo. Performing from 9pm until midnight, you'll hear a great mix of classics and songs you forgot you love!

Abby Skye & The Batman
Beach House Hotel
Saturday 16th February
9pm-12am

To find out about more about Abby or upcoming gigs,
Like Abby Skye Music on Facebook or visit
www.abbyskye.com.au.






FRASER COAST

What's On

February 2019

20

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
	TORQUAY BEACHSIDE MARKETS	Outside AQUAVUE, Torquay Every Saturday - 7am to 1pm bayconnect@hotmail.com
	HERVEY BAY BOAT CLUB ART & CRAFT MARKET	Buccaneer Dr, Urangan / 3rd Wed of the month 9am to 2pm 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.

Fashion

WITH LEAH

How do I wear that?

Knowing what to wear to suit your body shape is one of the single most important factors when it comes to good fashion and style. Utilising the colour spectrum wisely is just as important and I'll discuss this in future columns. But for now, let's break down this topic of, how to dress your body shape.

We all have our own unique body shape, whether that be triangle, oval, rectangle or that yummy hour glass figure. Understanding which category you fall into is imperative to a good look and what will compliment your style the best. Regardless of whether you're a size 6 or 20, once you know your body shape you can nail your fashion and style every time! For example, if you have a beautiful size 20 triangle body shape (meaning the width of your shoulders is much narrower than the width of your hips), wearing a big, bold print on your bottom half is not going to be your best look! Switch to block colours on your bottom half, and play with soft prints on your top half. This will even out your body shape just by using prints wisely. Or better still, try wearing a block colour from head to tail, and then fancy up your look with a good pair of statement earrings and heels!

Similarly, if you have an obvious inverted triangle body shape (meaning the width around your shoulders is much more than the width of your hips), try to steer away from big shoulder pads, gigantic ruffles on your shoulders/arm area, and big bold prints on your top half. We want to even out the width of your top half with your narrower bottom half, so to do this, keep it simple on the top and go for it on the bottom! You can afford to play with prints, pleats, ruffles and textured fabrics on your toosh area which will even up the game nicely!

For all of you lucky glorious hour glass shaped queens out there, you ladies have a waistline that dreams are made of (irrespective of your clothing size)! If your waistline is your best feature (which is the case nearly always for hourglass shaped women), then show this off so the whole world can appreciate it too! You can afford to wear beautiful peplum style tops and dresses, blazers and jackets that fall just to your waistline, sweetheart style frocks that cinch in at the waist and a cut of pant that makes that booty go boom (in the most elegant way possible!)

Is this all sounding too scientific for your liking? I assure you, that once you know your own body shape the natural evolution of understanding how to best dress it will just flow. If you need a gentle nudge in the right direction to start this journey for you, I'm happy to be your styling best buddy!

Fancy a night of fashion...join local designer extraordinaire 'Florence & Fern' and myself as we host Hervey Bay's first fashion soiree evening on Saturday, April 6 at the Front Room!

M: 0439 723 832

Email: leahharvestyling@bigpond.com

[@leah.harvey.styling](https://www.instagram.com/leah.harvey.styling)

www.facebook.com/leahharveymakeupandstyling





Cliff & The Shadows

TRIBUTE SHOW HEADS TO THE BROLGA

Sir Cliff Richard and the Shadows may not be coming to the Brolga theatre but the next best thing is. The Cliff Richard and the Shadows 60th Anniversary is a tribute show that delivers a captivating live concert recreating the unforgettable sound of Cliff Richard & The Shadows.

Recreating the the groups legendary rock n roll sound is a 6 piece band comprised of Whalen Hughes singing the vocals of Cliff Richard ,Mr Paul Denman recreating the classic guitar sounds of Hank Marvin ,Mr Ashley Denman playing the drum beats of Brian Bennett ,Mr Ben Denman strumming the unforgettable rhythms guitar of Bruce Welsh ,Mr Col Chapman moving to the bass lines of Jet Harris and Mr Peter Townson on keyboards.

The group dominated British popular music in the late 1950s and early 1960s in the years before the Beatles. Cliff Richard and the Shadows were in the forefront of the UK beat-group boom, placing 69 UK charted singles from the 1950s to the 2000s, 35 credited to the Shadows and 34 to Cliff Richard and the Shadows.

Performing all the classic hits including 'Do You Want To Dance', 'Singin' The Blues', 'Move It', 'Lucky Lips', 'Summer Holiday', 'Bachelor Boy', 'The Young Ones', 'Living Doll', 'Congratulations', Also including legendary instrumentals from The Shadows including 'Apache', 'Wonderful land', 'FBI', 'Atlantis', 'Sleep Walk' amongst many more with a mix of Cliff Richard Solo Hits, 'Devil Woman', 'Wired For Sound', 'We Don't Talk Anymore', 'Some People', 'Wired For Sound' Plus 'Dreamin'

This is a tribute show not to be missed.

Friday, February 22 / 7.30pm-10pm
Cliff & The Shadows 60th Anniversary Tribute Concert
Brolga Theatre & Convention Centre





Feel the groove with

Canta La Tumba

The exciting music of Canta La Tumba, weaves Cuban traditional 'son' style with Latin Jazz and Afro groove. Inspired by the sounds of greats like the Buena Vista Social Club, Afro Cuban All Stars and Santana, the bands use of Spanish song, guitar, double bass, congas, drum kit and brass, evokes the haunting and playful vibe of the Havana Bar and Café scene.

Natalie Richy and Murray Wall formed the ensemble ten years ago, the musicians coming from a variety of musical and cultural backgrounds and joining together in Canta La Tumba to share the passion and rhythm that makes Latin music so infectious.

Over the years Canta La Tumba has entertained audiences with their upbeat music at multicultural events such as; Woodford Folk Festival, FESTURI, Caloundra Music Festival, Yandina festival, Moreton Bay Multicultural festival, Maleny Music Festival, Ipswich Festival, Brisbane Chillifest and the Childers festival. The band appears at numerous private and public events including Brisbane's BEMAC, the Palmwoods Springfest and most recently the Day of the Dead Mexican festival in Maroochydore.

Afro-Percussionist and vocalist, Natalie Richy, has travelled numerous times to Cuba for study in traditional rhythm, during which she developed a repertoire of songs from Afro/Cuban folkloric and Cuban popular music. She teaches drumming through her school 'Upbeat Rhythms' based in the Sunshine Coast hinterland and delivers this exciting rhythmic style in her stage performances.

Guitarist, Singer and Guitar teacher, Murray Wall began his musical training over 40 years ago in a study of Jazz and Latin progression and throughout his long career has mastered a rhythmic element, strong and passionate Latin sensibility in his style.

Double bass player Nik Davey plays a range of music from Latin Jazz to Gypsy and classical. This gifted professor of music runs his school of Bass in the Sunshine Coast hinterland.

Drummer Chicken George, from the Bahamas sets pulsing Caribbean beats for dancing. As well as his involvement in Canta La Tumba, he manages the popular sunshine coast brazilian ensemble 'Sambazzy'. Completing the band's dynamic rhythm section is amazing drummer, Geoff Gill featured on timbale drums (and also in Sambazzy).

The Canta La Tumba sound is woven together by the rich colour and energy of Stephen Ewart's Jazz brass style, performing infectious trumpet solos throughout the music.

Gatakers by Night - Canta La Tumba
Free live music
February 9 / 6pm-9pm / (Bring a chair)
Gatakers Artspace

Vox Pop



Question: **What is the one thing that you will do this year that you never got to do last year?**



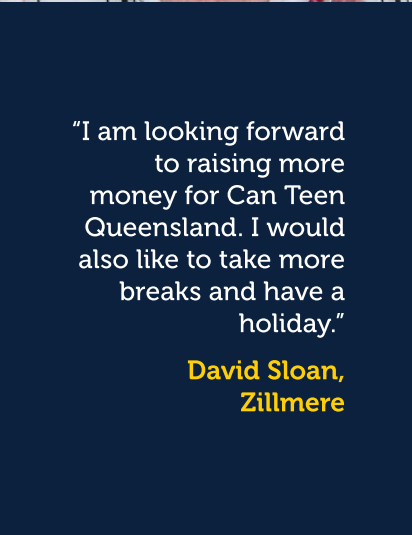
"I would like to spend a lot more time at the beach. Some extra downtime from work would be great to help me achieve this."

**Allan Clarke,
Zillmere**



"My wife and I moved to Hervey Bay a month ago, I have just retired and am looking forward to relaxing and enjoying all that this region has to offer."

**Bill Hunt,
Eli Waters**



"I am looking forward to raising more money for Can Teen Queensland. I would also like to take more breaks and have a holiday."

**David Sloan,
Zillmere**



"For me I definitely need to hit the beach more and take time off to just sit and relax."

**Deb Cook,
Albany Creek**



"I would like to go on another cruise to the South Pacific Islands, this is a great cruise with places that I would love to revisit."

**Sharon Freiberg,
Crestmead**



"This year I would love to spend more time with Auntie Ro, she is a much-loved local of Hervey Bay."

**Paul Clarke,
Morningside**





It was an afternoon
**OF SUN,
SAND
AND SCULPTURES...**

The fourth annual sand-sculpting competition held in Scarness during January was, once again, a successful day of fun, creativity and community spirit. Approximately 250 competitors created fifty-three diverse and delightful sandcastles.

Congratulations go to the Weeks family who took out the top prize of most popular sculpture with their Hogwarts scene. Votes were made in the form of donations, mostly in silver coins, by spectators. This raised in excess of \$500 for Cancer Council Queensland. Plans are already underway for the 2020 event which will be held on January 4th beginning at 4pm.
– Charmaine Bailey

To see the Hogwarts scene, and all the other photos of this event go to the What's On Fraser Coast Facebook page!

Gig Guide

Live music
and more on the Fraser Coast in
February 2019

BEACH HOUSE HOTEL

Thurs 31, 7.30pm, Open Mic
Fri 1, 9.00pm, R&B Friday
Sat 2, 9.00pm, Uncle Arthur
Sun 3, 2.00pm, Ian Murray

Thurs 7, 7.30pm, Open Mic
Fri 8, 9.00pm, R&B Friday
Sat 9, 9.00pm, Doug & The Upper Hand
Sun 10, 2.00pm, Derek Smith

Thurs 14, 7.30pm, Open Mic
Fri 15, 9.00pm, R&B Friday
Sat 16, 9.00pm, Abby Skye & The Batman
Sun 17, 2.00pm, Rick Manych

Thurs 21, 7.30pm, Open Mic
Fri 22, 9.00pm, R&B Friday
Sat 23, 9.00pm, Dicky Switch
Sun 24, 2.00pm, Frank Benn

Thurs 28, 7.30pm, Open Mic
Fri 1, 9.00pm, R&B Friday
Sat 2, 9.00pm, Uncle Arthur
Sun 3, 2.00pm, Harley Meszaros

The Hervey Bay Boat Club

Fri 1, 5.30pm, Vibeke Voller
Fri 1, 8.00pm, Red Betty
Sat 2, 5.30pm, Frank Benn
Sat 2, 8.00pm, Red Betty
Sun 3, 6:00pm, Radio Star

Fri 8, 5.30pm, Radio Star
Fri 8, 8.00pm, The Shades
Sat 9, 5.30pm, Sam Maddison
Sat 9, 8.00pm, The Shades
Sun 10, 1:00pm, Brian Speirs
Sun 10, 6:00pm, Neil Wenk

Fri 15, 5.30pm, Steve Case
Fri 15, 8.00pm, Soul City
Sat 16, 5.30pm, Derek Smith
Sat 16, 8.00pm, Soul City
Sun 17, 1:00pm, Brad Sorensen
Sun 17, 6:00pm, Neil Wenk

Fri 22, 5.30pm, Frank Benn
Fri 22, 8.00pm, Retrospect
Sat 23, 6.00pm, Brian Speirs
Sat 23, 9.00pm, The Great Creedance Revival Show (Free admission)
Sun 24, 1:00pm, Steve Case
Sun 24, 6:00pm, Neil Wenk

The Federal Hotel

Fri 1, 8.00pm, Luke Karolak
Sat 2, 8.00pm, Sam Maddison

Fri 8, 8.00pm, Brentyn Irvine
Sat 9, 12.00pm, Phil Morgan
Sat 9, 8.00pm, Pete Baker

Fri 15, 8.00pm, Dave Gray
Sat 16, 8.00pm, Fading Echo

Fri 22, 8.00pm, Sly Dog
Sat 23, Open Mic with Luke Karolak

Carriers Arms Hotel-Motel

Fri 1st - 8pm, Dave Grey
Sat 2nd - 8pm, Fading Echo

Fri 8th 8pm, Ian Murray
Sat 9th 8pm, Richoshae

Thu 14th 6pm, Sam Maddison (Special Valentines Dinner)
Fri 15th 8pm, R&B DJ
Sat 16th 8pm, Red Dog

Fri 22nd 8pm, Rocklords
Sat 23rd 8pm, Frank Benn

Maryborough RSL

Fri 1, 8pm, Sam Maddison
Sat 2, 8pm, Lexicon
Fri 8, 8pm, One Sly Dog
Sat 9, 8pm, Darlin & the Midnight Delights

Fri 15, 8pm, Derek Smith
Sat 16, 8pm, Bobby Barnes
Fri 22, 8pm, Brentyn Irvine
Sat 23, 8pm, Red Betty

Maryborough Sports Club

Fri 1, 7.30pm, Vintage Vinyl
Sat 2, 7pm, Barlight
Sun 3, 12.30pm, John Maloney

Thurs 7, 6.30pm, Quinn The Radio Star

Fri 8, 7.30pm, Brad Sorensen
Sat 9, 7.30pm, Red Betty
Sun 10, 12.30pm, Brad Sorensen

Thurs 14, 6.30pm, Quinn The Radio Star
Fri 15, 7.30pm, Billy Guy
Sat 16, 7pm, Rock n Roll Boys
Sun 17, 12.30pm, John Maloney

Thurs 21, 6.30pm, Quinn The Radio Star
Fri 22, 7.30pm, Trevor White
Sat 23, 7pm, Trevor White
Sun 24, 12.30pm, Roger Lewis

Thurs 28, 6.30pm, Quinn The Radio Star

Abby Skye
& THE BATMAN

Photo by Daryl Irvine

Social Snaps

Out and about on the Fraser Coast



Clockwise from top-left:
 At Food n Groove Fridays were **Janette, Kristen, Kegs & Kitche**
 8 month old **Rahni Burge**
 celebrates her 1st NYE celebration
 at Torquay.
 10 year old **Curtis Jones**, is
 excited to celebrate the new year
 with **Kerry Bischoff**
 At the first ever Food n Groove
 Fridays was **Tommy Crow** from
 Alice Springs.
**Cassie Schmidt and Christabelle
 Lim** are excited for all that the
 new year will bring.



Healthier Eating with **Eva**

PINEAPPLE AND GREENS

Ingredients:

- 1x Lebanese cucumber
- 1-2 celery sticks
- 1/2 pineapple
- 3-6 mint leaves
- Ginger (optional)

This should give you about half green juice and half pineapple juice. The mint will drown out the not-so-pleasant celery flavour and you won't notice the veggies I promise. If not add more mint and/or pineapple. Ginger will be noticeable even in small amounts so be aware.

Instructions:

Juice all ingredients in a juicer and serve in a tall glass with a straw and a pineapple wedge for decoration :)

I love my veggie and fruit juices. They are so refreshing, immune boosting and give your digestive system a rest. Obviously, we want to be careful that the fruit to veg ratio isn't too high (lots of fruit means a big sugar hit!) and be aware that some vegetables like beetroot and carrot do have a high sugar content. So, greens are best!

Cucumber is excellent for the skin! It is an antioxidant with a huge water content so it's hydrating as well.

Celery juice has been known to heal the digestive system if it's not fully functional. Also has a high-water content so it's hydrating and is a natural anti-inflammatory. Pineapple is full of enzymes that helps us break down and digest food. It is great for boosting your immune system and tastes so yummy I often drink pineapple juice by itself.

Ginger is amazingly good for your health but is not loved by everyone due to its potent taste and smell. I use it in small doses because I know how good it is for my body. If you love it, go nuts with it!

If your health is important to you and you want more ideas, you can follow my Instagram for healthy recipe ideas @ [evatweethart12](#).

You can also follow me on face-book and meet other likeminded healthy people at: Hervey Bay Social Foodies Group.

Eva Lawrence



Social Snaps

Out and about on the Fraser Coast



Clockwise from top-left:
 In the spirit of NYE were **Gina Owen** and her daughter **Sunny**, 7
 It's twilight on NYE and **Harry Woodyatt**, 4 is glowing with mum **Sarah**.
Les Crossman from Rotary selling tickets at the Hervey Bay Ambulance Committee Goods Wheel.
Jo Woodall from South Australia is kissed by children **Torah**, 6 and **Clayton** 3 on the eve of the new year.
Jenson Burmeister hopes to win at the Hervey Bay Ambulance Committee Goods Wheel.



Social Snaps

Out and about on the Fraser Coast



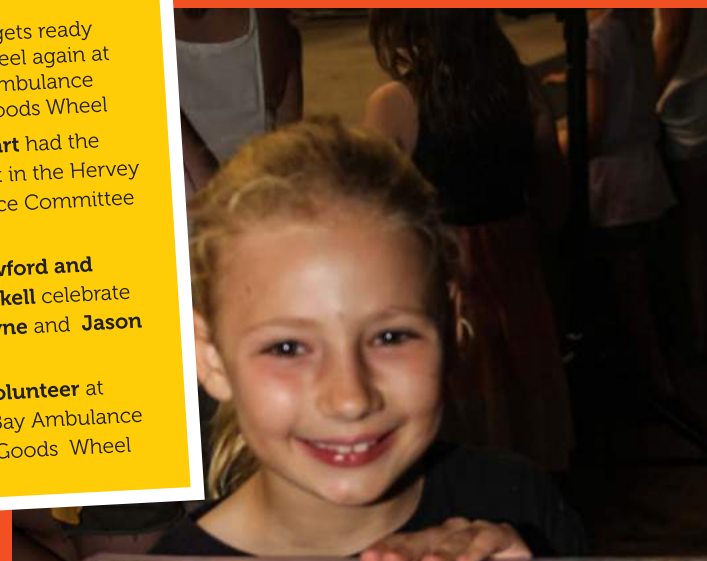
Clockwise from top-left:
Ready for NYE are siblings **Rhyley, 9** and **Rosalee, 7** with **Lee Clark** and **Tianna Raines**

Craig Winter gets ready to spin the wheel again at Hervey Bay Ambulance Committee Goods Wheel

Rozalia Stewart had the winning ticket in the Hervey Bay Ambulance Committee Goods Wheel

Lindsey Crawford and **Fiona McCorkell** celebrate NYE with **Jayne** and **Jason Moore**.

The Lions volunteer at the Hervey Bay Ambulance Committee Goods Wheel



WHAT'S ON @ THE BROLGA

KINGS OF COUNTRY ROCK TOUR
2 Big Bands - 1 Huge Show
EAGLES VS CREEDENCE
NON STOP HITS

THE EAGLES SHOW AND THE CREEDENCE CLEARWATER REVIVAL

Kings of Country Rock Tour

SAT 9 FEB

Antony & Cleopatra

NT Live - Antony & Cleopatra

10 & 12 FEB

Glen Campbell & Friends Show - Southern Nights

Mark Weare and his band pays tribute to Glen Campbell

SAT 16 FEB

Brolga Theatre presents *Morning Melodies*

The Lounge Suite

STARRING DALE PENGELLY AND HIS LOVELY LOUNGIN' LADIES

The Lounge Suite - Morning Melodies

THU 21 FEB

Cliff Richard & The Shadows 60th Anniversary Tribute

FRI 22 FEB

Neil Diamond Show - Paul McKenna

FRI 1 MAR

Sunday Riverside

Sunday Riverside - Jay Power

SUN 3 MAR

Leaving Jackson - The Johnny Cash and June Carter Show

SAT 16 MAR

NT Live - I'm Not Running

17 & 19 MAR

We've Only Just Begun - Morning Melodies

THU 4 APR

WE'VE GOT SOME BIG SHOWS COMING UP IN 2019...

Ian Moss - Solo & Acoustic Tour

SAT 6 APR

The Robertson Brothers - 60s Variety Show

SAT 13 APR

Celtic Illusion

WED 17 APR

Foster and Allen	Thu 2 May
Kings of Rock and Soul - Elvis Presley & Tom Jones	Sat 11 May
Senior Moments	Wed 22 May
Johnny Cash Live	Fri 31 May
The Songs of Dolly Parton	Sat 8 Jun
Musical Mystery Tour - Danny Elliott - Morning Melodies	Thu 20 Jun
John Paul Young and the Allstar Band - The Vanda and Young Songbook	Wed 26 Jun
Clapton Unplugged Show	Sun 21 Jul
Practically Perfect - The Music of Julie Andrews - Morning Melodies	Thu 22 Aug

Petula Clark - Once More With Love

SAT 4 MAY

The Ten Tenors - Love Is In The Air

MON 20 MAY

John Williamson - Butcherbird Tour

FRI 6 SEP

