

FRASER COAST What's On

July 2017 FREE MONTHLY MAGAZINE

7

Inside this issue:

GENTLE GIANTS

BURRUM
COALFEST 2017

NAIDOCWEEK

A night with
Colin Fassnidge

IT'S LIVE!
in Queensland

AUG
11-20

PRESENTED BY
USC



SAT
12th
AUG

Blessing of the Fleet
Great Sandy Straits Marina
4pm to 8pm

- Market Stalls
- Whale Fleet Sail-by
- Kids' Activities
- Live Music
- FIREWORKS!



SUN
13th
AUG

Hervey Bay Seafood Festival
Fisherman's Park, Urangan
10am to 4pm

- Local Seafood
- Live Music
- Wine
- Celebrity Chefs
- Lucky Gate Prize



SAT
19th
AUG

Whale Parade and Concert
Seafront Oval, Pialba
2pm to 8.30pm

- Iconic Float Parade
- Live Music
- Carnival Rides
- Market Stalls
- FIREWORKS!



SUN
20th
AUG

Paddle Out for Whales
Scariness Foreshore
8am to 11am

- Paddle Out at 8.30am
- Paddling Races
- Live Music
- Prizes to be won!
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What's On

Note from the Editor

Wow, the months are flying by! I can't believe that we are now up to Edition 7. It does not feel like long ago that we were producing our 1st. I would like to thank each and every one of you for your support, for without it we would not have a magazine.

Mid July is the start of Whale watch season, I am so excited. I would like to give a big shout out to the hugely talented Photographer, Michael Smith, from Into the Wild Photography for the fantastic front cover shot. Go and pay him a visit at www.intothewildphotography.com.au

July is a very important month as we celebrate NAIDOC Week. During this week we celebrate the culture and the history of our Aboriginal and Torres Strait Islander people. All of the events are open to all Australians from all walks of life. The full events list is published in this month's magazine, it is certainly a fun week for us all.

This is a great family event held in Maryborough, full of nanny races, costumes and colour to celebrate everything Mary Poppins. For those that may not know the Author of Mary Poppins, P.L. Travers was actually born in Maryborough in 1899.

To see a full and comprehensive list of what is coming up in the coming months have a look at our website: whatsonfrasercoast.com.au

Whatever you choose to do in the month of July, have fun, love each other, don't sweat the small stuff and live every day as though it is your last. xx

Kim Parnell
Editor



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The Whats On Fraser Coast magazine is published monthly and distributed for free across the Fraser Coast region. Published by Chameleon Group (ABN 103883816) 16 Southern Cross Circuit, Urangan QLD 4655. Printed by Chameleon Print.

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Gentle GIANTS

The Gentle Giants of the Sea Are Almost Here!

Each year the Humpback Whales use our calm, warm, sheltered waters of Hervey Bay to play, stay and interact with us and each other. The Whale watching season runs from mid July to mid November, the mothers show off their newborn calves during the months of September to October. This period is full of fun as we see all their moves from pectoral slaps, breaching, tail slaps and tummy flashes. This is a great time to gather your family and friends and get out on the water to see these gentle giants of the sea up close and personal.

This will be a memory that will stay with you for a lifetime. - Kim Parnell, Editor

The Story of Nala

with Jill Perry

Nala is the patron whale of Hervey Bay. The Hervey Bay community adopted Nala in 2005 as part of the Humpback Icon Project, which celebrates the annual migration and campaigns against whaling.

She was first spotted in 1987 and named in 1996, after the character from the Lion King movie, by a group of children aboard the Oceania Project research vessel. The tradition of the Lion King continued, naming her offspring Simba in 1996; Pumba in 1998; Rafiki in 1999; Mufasa in 2002; Timone in 2003, Zazu in 2006 and Carella in 2009.

By 2010 they had run out of movie names so it was put to the public to name Nala's new calf. Mirrhi, an Aboriginal name meaning 'little girl', was chosen.

It is not the first time an Aboriginal word has been used to name a humpback whale. Migaloo, who is as a "hypo-pigmented" humpback or albino whale, is another famous whale seen on the east coast of Australia. Migaloo is the name Aboriginals use to describe a White Fella.

Humpback whale watching has been operating in Hervey Bay for 30 years after Brian & Jill Perry discovered whales in the bay in August 1987 & started Whale Watch cruises on their fishing vessel. Hervey Bay is known as the Whale Watch Capital as whales stay & play in the calm waters inside of Fraser Island for 4 months each year from July till October. Up to 30,000 humpbacks are expected to migrate along the coast this year with around one third entering the bay to rest & play in our pristine waters.



7 Fun Humpback Facts

with Vicki Neville

- They actually have hair, it's a tiny hair follicle sticking out of their tubercles on top of their heads!
- Humpbacks have the **biggest pectoral fins** of all the species, about a third of the length of their body!
- They are as heavy as **7 African elephants!**
- They can eat **1000kg of krill a day!**
- Calves stay with their mothers for **about 12 months**
- Mothers can produce **300-600 litres of milk a day**
- Males sing a structured song and **don't have any vocal chords**

What's happening at your club!



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A NIGHT WITH

COLIN FASSNIDGE

We were lucky enough to have the very charismatic and debonair Celebrity Chef, Colin Fassnidge visiting our region recently, thanks to our very own Dan and Steph. Colin Fassnidge is a Chef of Irish heritage, an Author, and a Judge on the popular television show MKR.

Colin was invited to the Fraser Coast as part of a fund-raiser called, 'One Night with Colin' which was raising funds towards Dan and Steph's 'Big Red Car' in the Dunga Derby. This is a major event for local charity Rally for a Cause.

The event was a sell out, and Colin was a huge hit. Before, during and after dinner he posed for many photos with his fans, glass of red wine at hand. He was extremely down to earth, and has a very quick wit. One thing for sure, every single one of the guests certainly had their 'One Night with Colin', and it will be talked about for years to come.

What was your childhood like growing up in Dublin?

Great, same as anyone else's in the 70's and 80's. Not much cash floating around but we had some great times.

How old were you when you decided that you wanted to be a Chef, and who was your inspiration?

I was 12. I picked up a copy of a book called White Heat – saw this long curly haired guy with a cigarette looking like a rock star and I wanted to be that – well without the cigarette. His name was Marco- Pierre White.

Do you have any words of wisdom for those wishing to follow in your footsteps?

Believe in yourself, work hard, have pride in what you do. I'm a chef first the rest just happened.

How has your role on MKR impacted your career during the last few years?

It has provided a lot more travelling opportunities that may not have happened otherwise – I wouldn't be here in Hervey Bay attending the dinner if it wasn't for MKR.

I read that you are part owner of 4fourteen. How do you balance life between your career, appearances and family?

I am an owner at 4fourteen yes and I do spend time in the kitchen and on the floor there on any given night I am in Sydney. The Balance comes from having a good team at the restaurant, one that I trust to do the job as if I was there. The family let me know when the travel is too much and usually pull the breaks if needed.

What do you cook at home that you never cook at the restaurant?

Pasta, Lasagne and Spaghetti Bolognese it's an easy family friendly dinner

When you are designing a complete meal what factors do you take into account, and how do you achieve harmony and balance?

Where is it, who's eating it, climate, local produce available and who's cooking it

Do you have a special message for the people of the Fraser Coast?

Drink and be merry

Can you share with us a kitchen disaster/ or a funny story from your own restaurant?

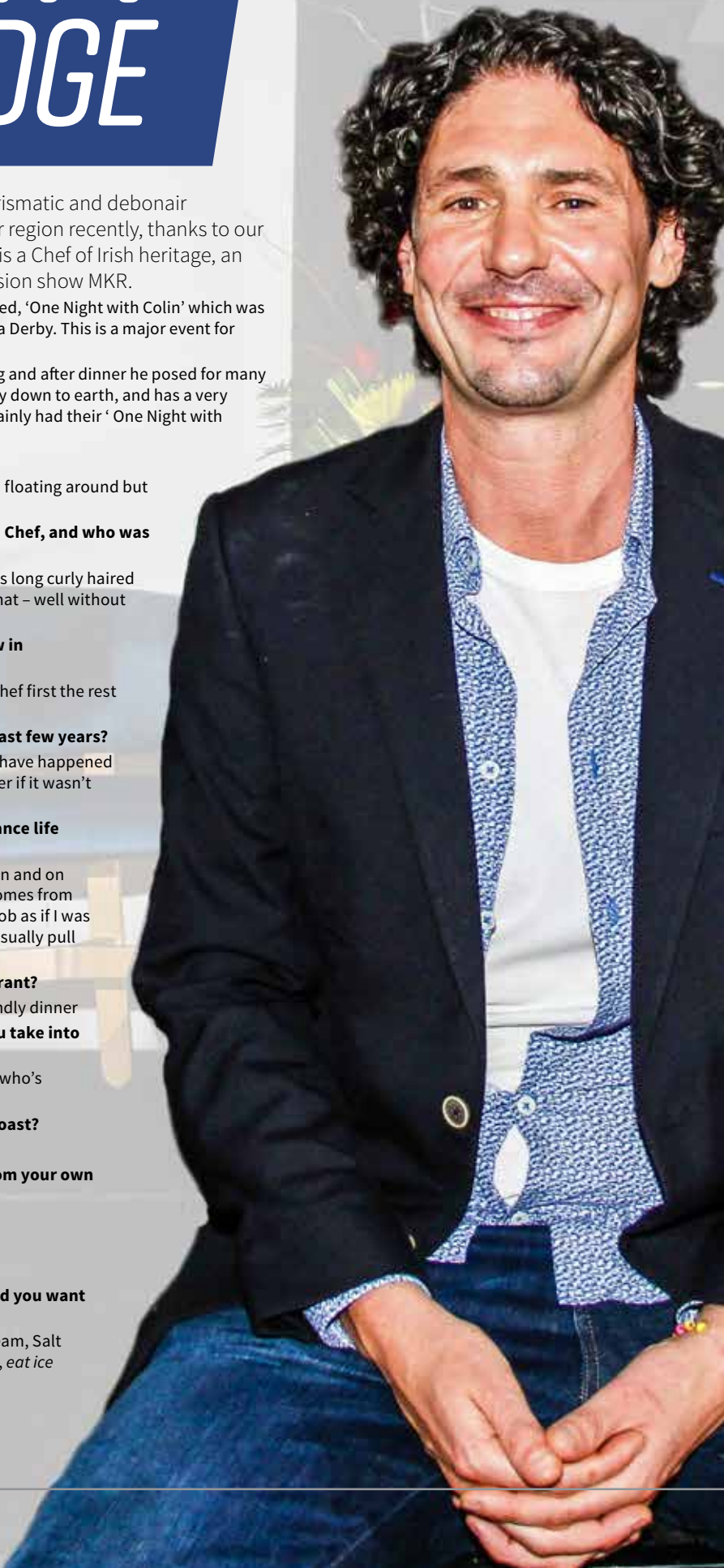
I do that better in person, glass of red in one hand.

What is your regular comfort food?

Pizza and a bottle of red wine.

If you were stranded on a desert island what five foods would you want with you, and what would you make?

300 coconuts, Pig, Bottle of Pinot noir – screw cap, Tub of ice cream, Salt and pepper. Cook the pig in fresh coconut, tie all shells together, eat ice cream and drink pinot as I sailed the raft away from the island...



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Burrum Coal Festival

Celebrating The Discovery Of Coal: Our Heritage



Written by Mary Reader

The third weekend of July each year sees the population of Howard more than treble as the town and area celebrates its heritage. The discovery of coal in the area in 1863 put Burrum district on the map. Ninety-Four shafts and tunnels were dug employing over 400 personnel. Coal mining continued in the area for some 130 years.

The Festival opens on Saturday morning, July 15th at 9.00am, with the firing of the canon by Maryborough's well-known Town crier and Mary Heritage. Immediately following will be a parade of vintage vehicles, floats created by community groups, animals, the Gympie Light Horse, marching bands and much more to entertain and delight everyone.

Our fantastic Museum has an extensive display of memorabilia of the Coal Mining days. At the Museum on Saturday morning at 11.00am there will be a ceremony to unveil a plaque commemorating all Burrum District Miners killed working in coal mines. Light refreshments will be available at the museum as well.

2.00pm Saturday the renowned "Sheik of Scrubby Creek" will be returning for a great performance on the stage of the Community Centre. The local 'boy' Chad Morgan is always popular with his rare singing style.

William St will be closed on Saturday where Buskers, and food and market stalls will be set up. There will be plenty of heritage engines and skills being demonstrated on the Village Green along with rides for children and more stalls and animal displays.

The Uniting Church Hall will be home to a marvellous Art Exhibition by the local Creative Arts Group. The CWA will be providing their famous morning teas and lunch as well as hosting a Quilt Show by local quilters along with other stalls by local crafters.

Many streets will be decorated with colourful Yarn Bombing in trees and on fences, all the work of 'the locals'.

Don't miss the Scarecrow display up Watkins St. as well as the street art on fences.

Torbanlea Hall will be host to an Antique and Heirloom assessor so make a booking to have your treasures valued. Lunch at the Torbanlea Miners Arms is always a good option – checkout the mural of the Pit Pony while there.

Stay overnight at Burrum River Caravan Park or Torbanlea Cabins and enjoy an evening of entertainment at the Howard School.

In the Community Centre on Sunday 16th at 10.00am there will be a combined church service.

The Village green will again be packed with stalls and entertainment and the band 'Ginn Gang' will be playing Bush Dancing Music from 1.00pm so get your boot scooting shoes on.

Lots to see and do but if you aren't up to walking the town there is a Hop-On-Hop-Off bus to ferry you around.

For further information contact:

info@coalfest.org.au or
Phone: 0484 552 995



THE RADIO STAR

If you haven't seen 'The Radiostar' live you honestly don't know what you are missing, with his curly mop of hair, huge smile and engaging eyes, he oozes pure charm. From the moment he begins to play right through until the last note his energy and passion is on display for all to see. In fact it is extremely hard not to break into song while at the same time noticing your body start to involuntarily move to the beat.

The Radiostar's music nostalgically takes me back to my youth. To me it was all about, drum machines, big hair, boom boxes, tapes, chewing gum, leg warmers and tight jeans buckled to the waist. I was young, free and dreaming about the future.

'The Radiostar' is Quinn Hendry's stage name and one he has used well over the years. The name came from the 1979 hit 'Video killed the Radio Star', and I swear that I will now be singing that song in my head for the rest of the day. Starting out, his repertoire was pretty much 70's and 80's music. But as the years have gone by Quinn's song list has grown to include the big hits that we know and love right through to the modern tunes, In fact

Quinn is constantly learning songs as they are requested, and said, "I like to think that I'm covering the feel good songs that we've all grown up listening to."

While singing and dancing from the age of eight it wasn't until Quinn was sixteen that his dad bought him his first bass guitar and he started his own band, that is when Quinn knew that this was

something that he really wanted to pursue. Growing up and listening to records and tapes of The Who, The Kinks, The Beach Boys and Leif Garrett was a definite influence in his life.

Like most kids the first ever instrument to land in his hands was the humble recorder, on the school list of many Aussie kids still to this day, much to the annoyance of their parents and neighbours.

At just fourteen years of age Quinn wrote his very first song and has even recorded some. Quinn also wrote the current jingle for the Maryborough Sports Club. This has been playing on the radio for the past few years.

When asked 'which famous musician he admired', Quinn responded "Prince. I saw him in concert four times and his showmanship was pure genius. He embodied what was great about James Brown, Little Richard, Jimmy Hendrix and Sammy Davis Junior all at once. In my opinion he is the greatest musician popular music has ever known."

Quinn has also been a Roadie for both Jenny Morris and Wendy Matthews to name a few before he joined a show band in the 90's called, 'Countdown'. After taking a seven year hiatus from music after moving to Hervey Bay he decided to go Solo as 'The Radiostar'

which he has been doing now for about nine years.

Quinn has now been living in Hervey Bay for over 18 years. When he is not belting out tunes at various pubs and clubs throughout the Fraser Coast Quinn enjoys nothing more than hanging out at home and listening to music.

To find out where he is playing find him on Face book under Radiostar Quinn, or have a look at our Gig Guide in this edition.

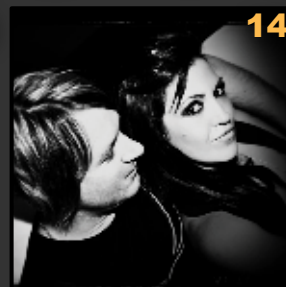




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CARRIERS JULY GIG GUIDE



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FRI JULY 7 - DOUG EDWARDS

SAT JULY 8 - PETER BAKER

FRI JULY 14 - DUST DUO

SAT JULY 15 - DEREK F. SMITH

FRI JULY 21 - SHAUN BECKETT

SAT JULY 22 - TILL DAWN

FRI JULY 28 - IAN MURRAY

SAT JULY 29 - FUZZCOX

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SAMBA DREAMS Making It Real

Story by Wendy Rivera

I was receiving a treatment by Cheryl Virgo of Virgos Natural Therapies, when the conversation of my participation in Latin Dancing came up. After some discussion the realisation made evident to me by Cheryl Virgo, of competing at a professional level in Latin Dance ended as a dream that day and became a reality!

In order for me to compete there had to be a competition, on the Net I went and discovered the Australian Latin Dance Championships which are held annually in Sydney. The idea of competing Samba to me was incredibly appealing although being a mother of two young teenagers and working full time, it seemed more than the challenge that I imagined.

Cheryl to the rescue! Cheryl became my Dream Coach Event Planner and together we made it happen. Our first idea was fund-raising as there was a lot of expense to competing on the professional circuit even at Amateur level, so we set out in search of venues to host our first Fund-raising Event. Thankfully the lovely Management at the Bays Water/Oceans Bar and Bistro were more than happy to jump on board. With great success and a beautiful variety of prizes donated by local businesses to raffle off, the night set us off on a very positive road towards several more Fund-raising fun nights and walks later, we had the Australian Latin Dance Championships in clear site. The Hervey Bay Community have been very kind and have supported me throughout my journey with which I am extremely grateful for, while local businesses continued to generously donate prizes for the raffles for each event.

I have been training solid for 17 months with a daily schedule of Dance training, Strength training at Physique Fitness Gym and Running three days a week. The competition is held on 15th & 16th July 2017 at Paddington Town Hall, Paddington Sydney NSW.

I have danced all my life and fell in love with Latin Dancing almost 10 years ago. Realising that it was possible to compete at 47 years old was exciting and the thought that my challenge could encourage, and inspire someone else to get out of their comfort zone and challenge themselves is what drives me and fires my passion even more to achieve.



NAIDOC WEEK 2017



NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. It is celebrated not only in Indigenous communities, but by all Australians from all walks of life.

This year's theme is 'Our Languages Matter' in celebration of the unique and essential role that Indigenous languages play in cultural identity; linking people to their land, culture and spirituality through story and song. This year the Fraser Coast NAIDOC Committee has put together daily events across the region, giving people an opportunity to participate in a range of activities and support the Aboriginal and Torres Strait Islander community in the spirit of reconciliation.

For more information about Fraser Coast NAIDOC week events, please visit our Facebook page and don't forget to like and share!

← About NAIDOC Week



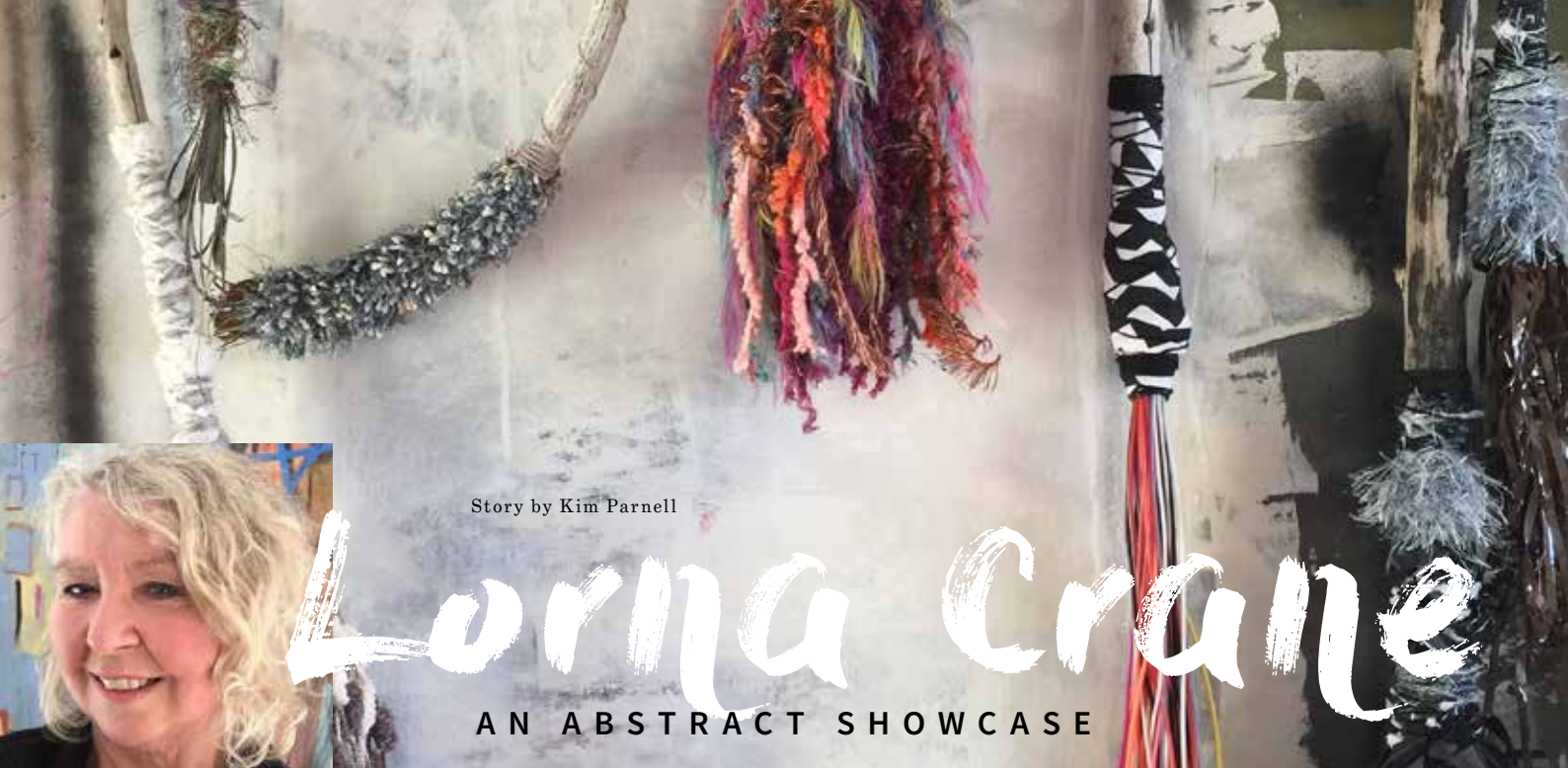
Our Languages Matter

2-9 JULY 2017

"NAIDOC"?

NAIDOC originally stood for 'National Aborigines and Islanders Day Observance Committee'.

This committee was once responsible for organising national activities during NAIDOC Week and its acronym has since become the name of the week itself.



Story by Kim Parnell

Lorna Crane

AN ABSTRACT SHOWCASE

After completing five years of arts training at the University of Wollongong in the mid eighties Crane gained an Associate Diploma of Creative Art followed by a Bachelor of Creative Arts, graduating with Distinction. Crane has been involved with many artist run initiatives and community arts projects over many years. During this time she participated in many solo and group exhibitions. She was also awarded the Sir William Keys Churchill Fellowship researching community arts and mental health in 2002.

Her work has been represented in many group and selected exhibitions – regionally, nationally and internationally. Since her arrival to the rural coastal village of Pambula on the Far South Coast of NSW she has participated in eleven solo shows. She won the Illawarra Art Prize in 1986 and has been acquired by the Alice Craft Acquisition 2007 for mixed media. In 2008 she was the joint winner of the Calleen Acquisition (with Wendy Teakel). Her work is in the collection of the Bundanon Trust.

Career highlights include residencies with the Bundanon Trust, Alice Springs, Broken Hill Art Exchange, Berlin, New Zealand and most recently Venice, Italy. During September 2016 she traveled to Barcelona for a two week residency at Art Print Residence to make a series of unique prints. During February/March 2017 she was an artist in residence at Bull Bay, North Bruny Island Tasmania.

“Over the past few years my work has been about the landscape of place. My abstract landscape inspired works speak about moments of time where narratives formed via my own visual lexicon in an experiential and gestural manner. It is from a place deep within where shapes form and are distilled into fragments of past and present merging together in an abstract form. It is about seeking questions and revealing an intimate personalised glimpse into my inner landscape – both physically and metaphorically - known and unknown.”

For well over two years now I have been making handmade brushes in a variety of mediums in all shapes and sizes. From gathering native plant fibres, found materials, feathers and cotton then binding onto pre-loved brush handles, twigs, driftwood or bamboo it became apparent that each brush held its own story. The story of the places I have inhabited and the landscape of where I live.

It was my intent to push the act of mark making further by creating a more personalized approach to my own visual lexicon. By using the brushes it was like unlocking a language with each brush holding its own unique feel and quality. But it was the unknown or unexpected mark that each brush made that pushes you out of your comfort zone that was appealing - that Lisa of control and a new found freedom that excited me most of all. To then connect in a fresh and exciting way. The brush becoming a keeper of memories - of both remembered times and places.

Brush making has become a synthesis for me - from the utilitarian and rudimentary forms and approach within many mediums - to a journey rich in discovery. The mark making process becoming a conversation between each brush and its maker. From the reveal of the first marks with each brush, to the shapes and forms within the unexpected language that flowed onto paper, canvas, board or cloth. Subtle delicate marks found were discovered along with the calligraphic, bold and unexpected qualities of the brush - embedded in each work. They speak both ‘of the land and from the land’.

It became obvious to me through this form of exploration that artists have this inherent and instinctual desire to create their own unique visual language through a variety of mediums - the act of mark making with handmade brushes has mapped new territory.

EXHIBITION DETAILS

Lorna Crane

Dates: Monday, July 3 to Sunday, July 30

Cost: Free

Venue: Gataker's Artspace, Maryborough

For more information about the Artist go to:
www.lornacrane.com



FRASER COAST

What's On July 2017



SHOW DETAILS:

Rockwiz Live

Date: **July 17 – 8pm**

Ticket Prices: Adults \$89.00

Concession (Pensioners/seniors/students, ID required) \$79.00

Child: 12 years and under \$79.00

Brolga Theatre and Convention Centre, Maryborough

Go to: www.ourfrasercoast.com.au

or call: 4122 6060

A FIRST FOR MARYBOROUGH – ROCKWIZ ARE COMING!

Rockwiz will be hitting Maryborough for the first time, in July for a live show. This tour comprises 31 shows, beginning in Ballarat and performing in places like Bendigo, Hobart, Canberra, Newcastle, Tamworth, Cairns, Mackay, the Gold Coast and Perth. Enjoy many of your favourite segments like, Who can it be now, Million Dollar Riff, The Furious Five, and Contestant Karaoke.

Rockwiz began as a TV show on SBS IN 2005 and is still going strong and proving popular. For those uninitiated it is a music trivia quiz show starring the beautiful Julie Zemiro as the host, Brian Nankervis as the scorer and adjudicator when necessary, Dugald McAndrew as the Roadie who acts as the 'human scoreboard'. And of course the Rockwiz Orchestra, who very skillfully provide all of the musical clues and the backing music for the contestants and special guests.

A few weeks ago, on a beautiful winters morning in Hervey Bay, Queensland, I made a call to cast member Brian Nankervis who was quick to inform me that he was freezing and at a coffee shop in Ballarat, Victoria, after performing in their first Rockwiz Live Show of this tour, and that he couldn't wait to warm up in Queensland..... and so our conversation started.

Kim: What is it about Rockwiz that makes it so popular still after all these years?

Brian: We have been doing the show now for eleven years on tv, and almost as long in the theatre. With each show we are getting better at it. I think the fact that we pick contestants from the audience and they in turn get to revisit the past is a great drawcard. There is a certain nostalgia about it as we ask them questions like, 'What was your first ever concert' etc.

Kim: While we are on the subject Brian, what was your first ever concert?

Brian: My first ever overseas band was english band, 'The Kinks' they were amazing. My first local band was 'MPD Ltd, they were a Mebourne band who only lasted a couple of years but long enough to leave a lasting impression. Nothing beats live music.

Kim: What can people expect from the live show?

Brian: The show is very similar to what we do on tv, but longer, bigger and louder. There are no cameras so we can be a little bit looser and try a few things without having to worry about camera angles or lighting. It is a very exciting show as it is happening in the moment, it really is quite refreshing. People love it because they love the tv show.

Kim: Have you been to the Fraser Coast before?

Brian: We have never performed in Maryborough before so it is very exciting for us. I have passed through on a family holiday, we stayed in Urangan, Hervey Bay. I actually can tell you all of the suburbs in Hervey Bay.....Urangan, Scarness, Pialba.....Oh what's that other one, help me out!

Kim: Tor.....

Brian: Torquay, that's right. That's funny as I have been to the Torquay in Victoria, it is a beautiful place.

Kim: Do you have a special message to the people of the Fraser Coast?

Brian: We are so excited as we love playing in new venues. Come and see the show. We are all southerners and looking forward to some warm weather. We always bring three artists with us on the road, this is kept secret until the night. Just to entice you we bring a household name, an up and coming talent and somebody who sits comfortably in the middle. So make sure you buy a ticket and we will see you there!

IN ROCKWIZ'S OWN WORDS, 'DON'T MISS A NIGHT OF HILARIOUS ENTERTAINMENT THAT IS ROCKWIZ LIVE!'

FraserPop Pop Culture Festival



FraserPop is a popular culture festival being held in Maryborough in July. It sounds pretty interesting to me, but what is Popular Culture? Well I did some research to see what is all about and what I found out is that Pop Culture is culture based on the tastes of ordinary people rather than an educated elite. It is the accumulation of cultural products such as music, art, literature, fashion, dance, film, cyber culture, television and radio that are consumed by the majority of a society's population. That's a pretty broad range of things to cover – so broad in fact that the organisers of this event say that they are targeting EVERYONE - catering for people from 4 to 65. There is a huge range of activities on offer from a Nerf Gun range, a Lego room, a Dr Who room, rides and games for young and not so young, lightsaber lessons, life sized Monopoly, Author and artist workshops and the list goes on and on.

So how did this festival come about? It all started with students in year 12 attending Maryborough State High School, deciding to stage FraserPop as part of their assessment for a Diploma in Business. These innovative students are fully in charge of the event and have to take care of the marketing, design and timetabling for the event.

With the help of some local business sponsors such as Hervey Bay Community Bank Branch, Fraser Coast Council, B&H Designs, Zip Print Australia, and Decal Central, the debut of this event will be on the 22nd and 23rd of July at Maryborough State High School.



I am sure this event will be a great success, appealing to so many people, and it is set to become a much loved annual event. More info on FraserPop can be found at <https://www.facebook.com/FraserPopMaryborough/> - hopefully you will all find something that floats your boat - see you there.

WHAT'S ON @ THE BROLGA



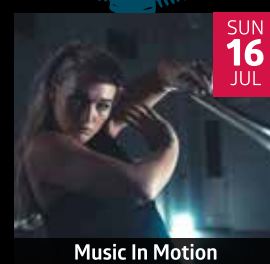
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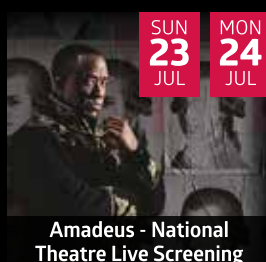
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Calendar of Events

JULY

JULY 1

Mary Poppins in the Park

Nanny races, chimney sweep challenges, and so much more
Queens Park, Maryborough

JULY 1

Hervey Bay 70's / 80's Annual Reunion

1pm - 10pm

For those that have lived in the bay area in the 70's & 80's

For more information find them on Face-book

Hervey Bay Hotel

JULY 1

Tipples and Tales at Mary Poppins Festival

Sessions: 10am, 11.30am, 1pm

Tickets: \$30

Bond Store, Wharf St, Maryborough

Bookings essential:
Call 4190 5722

JULY 1

Burlesque at the Bayswater

Kryptonite presents, 'When You Wish Upon a Star'.

7pm till late

The Bayswater Hotel

JULY 1-2

2017 Heritage City Quilt and Craft Extravaganza

July 1 at 9am to July 2 at 3pm

Hosted by Rotary Club of Maryborough, Sunrise

Demonstrations, displays and a show and tell afternoon

Maryborough City Hall

JULY 2

Annual Bird Sale

Hosted by Hervey Bay Bird Club

Public admission: \$2 per person, children under 12 free

For further enquiries contact
Dave on: 0447 231 801

Maryborough Show-grounds and Equestrian Park

JUNE 2

Sunday Riverside

3-6pm

Brolga Theatre grounds

JULY 2

Christmas in July: Free Family Fun Day

2pm to 8.30pm, with a fireworks finale

Seafront Oval, Pialba

For further details contact Karen Chard on: 0421 400 629

JULY 2-9

NAIDOC Week

For a full list of activities and events go to: The Fraser Coast Naidoc Week Endorsed Events Page on Face book

JULY 4

Our First Gathering

7pm to 8.30pm

Hosted by the Goddess Gathering

Cost: \$10, Torquay

Find us on Face-book for more info

JULY 4

History Pin Chat Group

12pm

Bring photos to scan and participate in ideas between local history enthusiasts

Call the library to book:
4190 5788

Maryborough Library

JULY 5

Music in the Gallery

1.30pm

Frank Marsh on Piano

Fraser Coast Cultural Centre

JULY 5

Maryborough Music Conference

Sydney's entire 50 piece Royal Australian Navy Band perform

Free Concert

Call the Brolga to reserve your seat

JULY 8

Tipples and Tales

Every Saturday afternoon

Time: 2.30pm

Tickets: \$30

Bond Store, Wharf St, Maryborough

Bookings essential:
Call 4190 5722

JULY 8

Colourburst Challenge Against Cancer

11am

Tickets available, call Charmaine on: 0431 299 286

Seafront Oval

Hosted by Tea & Toasters
Hervey Bay Relay for Life

JULY 8

Hot Chilli Cup 2017

10.30am to 1.30pm

Hosted by Red Hot Chilli Rollers Inc

Maryborough Show-grounds & Equestrian Park

JULY 8

2017 NAIDOC Masquerade Ball

6pm to 11pm

Tickets \$100

Hervey Bay RSL

Hosted by Fraser Coast Indigenous Events

Call: Krissie on 0423 815 680 for more details

JULY 8-9

Central Qld International One Meter Championships

University Lake, Pialba

This event is in conjunction with the Australian Radio Yachting Association

For more details contact David Laurie at diane@iinet.net.au

JULY 15-16

Burrum Coal Discovery Festival

July 15 at 8am to July 16 at 3pm

William and Steley St, Howard

JULY 15
Don Allen and Friends Country Music Spectacular
With Tracey Davis & Alan Percy
7pm
Tickets \$15, call: 4128 1044
Hervey Bay Hotel
Watson St, Pialba.

JULY 15
PCYC Hervey Bay Boxing Club presents Boxing Night
Junior & Senior local Boxers take on Interstate Boxers
Adults \$15, Children under fifteen \$10, family pass \$40
Tickets available at Beach House Hotel on: 4196 9366, or the Hervey Bay PCYC

JULY 16
Music in Motion
11 of Australia's best lead dancers perform alongside live musicians and some local talent
Tickers: \$45
Call: 4122 6060 to book
Brolga Theatre and Convention Centre

JULY 17
Rockwiz Live! 2017
8pm to 11pm
Brolga Theatre and Convention Centre, Maryborough
For tickets go to: www.ourfrasercoast.com.au



JULY 18
Cirque Africa
7.30pm to 10.30pm
Brolga Theatre and Convention Centre, Maryborough
For tickets go to: www.ourfrasercoast.com.au

JULY 19
Music in the Gallery
1.30pm
Frank Marsh on Piano
Fraser Coast Cultural Centre

JULY 22
The Best of Air Supply Tribute
7.45pm
Brolga theatre: For tickets go to: www.ourfrasercoast.com.au

JULY 22/23
Fraser Coast Pop Culture Expo
Jul 22 at 8 am to Jul 23 at 5 pm
Maryborough State High School



JULY 22
Hervey Bay Sports presents Sydney Hotshots
7.30pm
Hervey Bay Sports Club
Organiser: The Sydney Hotshots

JULY 24
Rotary City Ramblers Relay for Life Masquerade Dinner
6pm to 11.55pm
Tickets: \$65pp, includes a 3 course alternate drop, musical entertainment, raffles etc
To book call 0477 887 537
Aquavue Cafe Watersports

JULY 27
World's Best Pianist – Russian Pianist, Andrey Gugin
7.30pm to 8.30pm
Hosted by Maryborough Regional Arts Council
www.ourfrasercoast.com.au
Brolga Theatre and Convention Centre

JULY 28
Dragon Countdown Chartbusters
8pm-11pm
The Beach House Hotel

JULY 29
Konga Workshop Queensland
10.30am to 5pm
Tickets available at: Thejunglebody.yapsody.com
Hosted by Mal Zaki, Master Trainer
27 Robertson St, Torbanlea

JULY 29-30
Fraser Coast Arts Collective Workshop, Art and Money
Open to all artists and community members
Cost: \$60 – Facilitator: Stephen Clark
Bookings required, call Melissa on: 4197 4206

JULY 30
Inaugural Regional Tournament Hervey Bay
9am to 4pm
Bai Rui Taekwon-Do Hervey Bay Senior Citizens Centre

JULY 30
Sunday in the Park
9am
Maryborough Excelsior City Band
Queens Park, Maryborough

JUNE 24-25
Rotary's Living Expo - Combined Rotary Clubs of Hervey Bay
June 24 Gates open from 8.30am
\$5 per Adult, Children under 12 free
Seafront Oval, Pialba

JUNE 24-25
2 Day Clinic, Hervey Bay
Hosted by Carlos Tabernaberrri
Contact Karen Muller on: 0418 796 741 email: kazza56@hotmail.com

JUNE 24
Fraser Coast Arts Collective Workshop 9am-4pm
Cost \$30, Bookings required.
Call: 4197 4206 or melissa.duncan@frasercoast.qld.gov.au
Open to all Artists and community members
Hervey Bay Regional Gallery

JUNE 24
Bayside Transformations Annual Gala
Hosted by: Bayside Transformations
6pm-11pm
Featuring 'Brown Suga'
\$100pp or \$900 per table of 10
RSVP to Lisa on: 4194 6621
Hervey Bay RSL

Hervey Bay Regional Gallery

June 16-23 July

Urangan Pier after 100 Years

A photography exhibition to celebrate the Centennial Anniversary of this iconic jetty.

Captured in Bronze – Elizabeth Hersey

Hervey Bay Regional Gallery

Call: 4197 4206

Gatakers Artspace – Maryborough

July 3-30

Lorna Crane

July 3-30

NAIDOC Week Exhibition

Gatakers Artspace

Call: 4190 5723

Gig Guide

Live music and more on the Fraser Coast in August

HERVEY BAY

The Boat Club

Sat, 1 July, 8:00pm, Uncle Arthur
Fri, 7 July, 8:00pm, Red Betty
Sat, 8 July, 8:00pm, Red Betty
Fri, 14 July, 8:00pm, Cover Girl
Sat, 15 July, 8:00pm, Cover Girl
Fri, 21 July, 8:00pm, Soul City
Sat, 22 July, 8:00pm, Soul City
Fri, 28 July, 8:00pm, The Shades
Sat, 29 July, 8:00pm The Shades

The Torquay Hotel

Fri, 7, 9pm, Dave Turner
Sat, 8, 9pm, Dave Turner
Fri, 14, 9pm, DJ Simon
Sat, 15, 9pm, DJ Simon
Fri, 21, 9pm, Rocklords
Sat, 22, 9pm, Red Betty
Fri, 28, 9pm, Matt Phillips
Sat, 29, 9pm, Matt Phillips

The Vinyard

Fri, 28, 7.30pm-10pm, Derek F Smith

Coast Restaurant

Sun, 2, 2-5pm, Sam Maddison
Sun, 9, 2-5pm, Daryl & the Devil
Sun, 16, 2-5pm, Sam Maddison
Sun, 23, 2-5pm, Darryl & the Devil
Sun, 30, 2-5pm, Darryl & the Devil



Hervey Bay RSL

Sat 1, 8.00pm, Sly Ru
Tues 4, 11.00am, Morning Melody with Dean Vegas. Tickets \$5 members, \$7 non members.
Fri 7, 6.00pm, Tony Fallon
Sat 8, 8.00pm, Uncle Arthur
Fri 14, 6.00pm, Pete Baker
Sat 15, 8.00pm, Forbidden Road
Fri 21, 6.00pm, Bevan Spiers
Sat 22, 8.00pm, Shades Band

Sat 22, 8.00pm, Tina Turner Tribute Show. Tickets \$20 members, \$25 non members

Tues 25, 11.00am, Morning Melody with Don Costa. Tickets \$5 members, \$7 non members

Fri 28, 6.00pm, Frank Benn
Sat 29, 8.00pm, Doug and the Upperhand
Sun 30, 12.30pm, Doug Edwards

The Clubhouse

Sat 1, 6.00pm, Pete Baker
Fri 7, 6.00pm, Shaun Beckett
Sat 8, 6.00pm, Simon Astley
Fri 14, 6.00pm, Doug Edwards
Sat 15, 6.00pm, Jon Vea Vea
Fri 21, 6.00pm, Bobby Barnes
Sat 22, 6.00pm, Ricky Manych
Fri 28, 6.00pm, Forbidden Road Duo
Sat 29, 6.00pm, Simon Astley



The Beach House Hotel

Sat 1, 8.30pm, Grasscutters
Sun 2, 2pm, Matthew Barker
Thu 6, 7.30pm, Open Mic
Fri 7, 8pm, Harley Meszaros
Sat 8, 8.30pm, Abby Skye
Sun 9, 2pm, Frank Benn
Thu 13, 7.30pm, Open Mic
Fri 14, 8pm, Mr Blonde
Sat 15, 8.30pm, Red Betty
Sun 16, 2pm, Shaun Beckett
Thu 20, 7.30pm, Open Mic
Fri 21, 8pm, Derek Smith
Sat 22, 8.30pm, Uncle Arthur
Sun 23, 2pm, Darren Marlow
Thu 20, 7.30pm, Open Mic
Fri 28, 8pm, See You Next
Tuesday Free in the main bar
Fri 28, Dragon Tickets \$35 from the gaming room
Sat 29, 8.30pm, Dogwood Crossing
Sun 30, 2pm, Sam Maddison

Smokey Joe's Cafe Bar and Grill – Ramada Hotel

Sat 1, 6pm, Vibeke
Fri 7, 6pm, Al Davies
Sat 8, 6pm, Jim Daniels

Fri 14, 6pm, TBA
Sat 15, 6pm, Vibeke
Fri 21, 6pm, Jim Daniels
Sat 22, 6pm, Al Davies
Fri 28, 6pm, Vibeke
Sat 29, 6pm, TBA

Bay Central Tavern

Sat 1, 8pm, Wal Neilsen Band
Sun 2, 1pm, TBA
Fri 7, 8pm, Sam Maddison
Sat 8, 8pm, Dogwood Crossing
Sun 9, 1pm, Harley Meszaros
Fri 14, 8pm, Wal Neilsen
Sat 15, 8pm, Wrecked On Sunday
Sun 16, 1pm, Derek Smith
Fri 21, 8pm, Sam Maddison
Sat 22, Pennies From Heaven
Sun 23, Bobby Barnes
Fri 28, 8pm, Creative Highway's Open Mic
Sat 29, 8pm, 8pm, Forbidden Road
Sun 30, 1pm, Frank Benn

Goody's on the Beach – Toogoom

Sat 1, 12-3pm Sam Maddison
Sun 2, 12-3pm Frank Benn
Sat 8, 12-3pm Derek Smith
Sun 9, 12-2pm Sam Maddison
Sat 15, 12-3pm Sam Maddison
Sun 16, 12-3pm Frank Benn
Sat 22, 12-3pm Frank Benn
Sun 23, 12-3pm Sam Maddison
Sat 29, 12-3pm Sam Maddison
Sun 30, 12-3pm Ricky Manych

MARYBOROUGH

The Federal Hotel

Sat, 1, 8.00pm, Darryl and the Devil
Fri, 7, 8.00pm, Luke Karolak
Sat, 8, 12.00pm, Kev Gray
Sat, 8, 8.00pm, Sam Maddison
Fri, 14, 8.00pm, Dave Gray
Sat, 15, 8.00pm, Phil Morgan
Fri, 21, 8.00pm, Pete Baker
Sat, 22, 8.00pm, Luke Karolak
Fri, 28, 8.00pm, One Sly Dog
Sat, 29, 8.00pm, Open Mic

Maryborough Sports Club

Sat 1, 7.30pm Slap Beat Band

Thus 6, 6.30pm Glenn Fox
Fri 7, 7.30pm Rock n Roll Boyz
Sat 8, 7.30pm Fiona O'Shea & The Auburns
Thus 13, 6.30pm Quinn The Radio Star
Fri 14, 7.30pm Smooth n Groove
Sat 15, 7.30pm Carizma
Thus 20, 6.30pm Glenn Fox
Fri 21, 7.30pm Roger Lewis
Sat 22, 7.30 Unfinished Business
Thus 27, 6.30pm Quinn The Radio Star
Fri 28, 7.30pm Just Friends
Sat 29, 7.30pm Don Costa
Sun 30, 12.30pm Carizma (End Of Month Draws)

Maryborough RSL

Sat, 1, 7:00pm, Whiskey & the Mountain Boys
Fri, 7, 7:00pm, Karaoke Heat 8
Sat, 8, 7:00pm, Derek Smith
Fri, 14, 7:00pm, Karaoke Heat 9
Sat, 15, 7:00pm, The Deers
Fri, 21, 7:00pm, Karaoke Heat 10
Sat, 22, 7:00pm, Nathan Trethewey
Fri, 28, 7:00pm, Karaoke Final
Sat, 29, 7:00pm, Red Betty



Carriers Arms Hotel

Sat 1, 7.30pm, Red Betty
Fri 7, 7.30pm, Doug Edwards
Sat 8, 7.30pm, Peter Baker
Fri 14, 7.30pm, Dust Duo
Sat 15, 7.30pm, Derek F Smith
Fri 21, 7.30pm, Shaun Beckett
Sat 22, 7.30pm, Till Dawn
Fri 28, 7.30pm, Ian Murray
Sat 29, 7.30pm, Fuzzcox

71 Wharf

Sun, 2, 12-3pm - Derek smith
Sun, 9, 12-3pm - sam Maddison
Sun, 16, 12-3 - Peter Baker
Sun, 23, 12-3 - Wal Nielsen
Sun, 30, 12-3 - Matt Barker

Vox Pop



This month I took to the street and asked people about holidays. I was curious as to the kind of destinations that people choose and what they do once they get there. My last holiday was about three years ago, hearing all of the responses made me want to start planning one for the not-too-distant future.

- Editor, Kim Parnell

When was your last Holiday and where did you go?

"Our last holiday was in March we took the family to Singapore for six days. I would definitely recommend it. We spent a lot of time on our feet, and had an absolute ball."

Adam Whitaker,
Sunshine Acres



"Last July we went on a cruise to the Mediterranean on the ship Royal Princess. The cruise was for three weeks, it was such a beautiful ship and we visited some great places. We also got plenty of time to relax."

Frank and Jean
Bach, Dolby

"The last holiday I had was camping at Kilkivan. We were in swags and the kids were in a tent. We went to the Eumundi Markets, the Maleny dairy and the waterfalls."

Jacinta Logan
Takura



"We drove to Canberra a good two years ago, that was our last holiday. We are going for a two month holiday to America in September though and we can't wait. We will be flying and driving all around the countryside."

Sarah Heise,
Torquay

Postage & Handling costs only

What's On

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NAIDOC WEEK 2017 | SCHEDULE

Sunday 2nd July

8.30-10am

Bayside Christian Church is honoured and blessed to celebrate NAIDOC Week this year with our Aboriginal and Torres Strait Islander communities here in the bay.

We would love it if you would join us during our 8:30am service.

The morning program will include singing by the Lilly Pilly Choir; a Didgeridoo performance, interviews with four of our Aboriginal and Torres Strait Islander church members and more. We will be talking about this year's NAIDOC theme and how important it is for each of us to play our part in the reconciliation process. This is an opportunity to come together to acknowledge and celebrate the history, culture and achievements of our local Indigenous community. Please stay on after for a sausage sizzle, damper with syrup, tea, coffee, and a cake to commemorate NAIDOC Week.

10.30 onwards

Please join us at the Fraser Coast Church of Reconciliation at Scrub Hill for a morning of fellowship and celebration. All are welcome to attend.

Where: Scrub Hill Road, Nikenbah **When:** 10 am for a 10.30 am start.

Refreshments provided.

Monday 3rd July

Fraser Coast Cultural Centre

Hervey Bay NAIDOC Flag raising ceremony and Awards Presentation.

10am to 12pm.

The public and special guests are invited to attend the official flag raising ceremony and NAIDOC awards ceremony, followed by a light lunch and entertainment. The Fraser Coast NAIDOC Awards are an opportunity to recognise the outstanding contributions that Aboriginal and Torres Strait Islander Australians make to improve the lives of Indigenous people, promote issues in the wider community, or the excellence they have shown in their chosen field. All are welcome to attend this free event.

Tuesday 4th July

10am-2pm

The Indigenous Development Program Unit with PCYC will be holding their annual Mixed Police and Community Touch and Netball Event.

To accommodate the 5-12 year olds we have added a NRL Skills clinic with Scott Zhara, NRL Development Officer.

Come join in and let's break down the barriers and show we are ONE community.

5.30pm - 8.30 pm

Ghundus Disco - School Holiday fun in Hervey Bay

If you're aged between 4 and 12, then bring a gold coin donation and your DEADLY moves to the Hervey Bay Ghundus Disco.

Where: Hervey Bay Community Centre, Charles Street Pialba

Refreshments available.

6 pm - 8pm (Maryborough)

Come for an evening of Aboriginal and Torres Strait Islander Performers at the Bond Store.

We will be sharing song from Aboriginal and Torres Strait Islander singers and sharing experience's

And insights from the 50yr Celebrations of the 1967 Referendum and also the 25th Year Mabo Celebrations.

Cost \$10 | Refreshments available.

Wednesday 5th July

10am -12pm (Maryborough)

Join us at Lupton Park Community Garden for a free event where we will celebrate Butchulla language, plant native seedlings and enjoy home made bush tucker.

Where: Lupton Park Community Garden, 45 Aberdeen Avenue Maryborough.

Refreshments available.

6pm - 8pm (Maryborough)

Come for an even of local Aboriginal and Torres Strait Islander performers at Gatakers Art Space.

Young and older local performers and identities will perform songs special to them.

Free event | Refreshments available.

EVENTS SCHEDULE CONTINUES PAGE 22



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Find us on



School Holiday Fun

Gatakers Artspace

311 Kent Street Maryborough
Call: 4190 5723

Cartooning workshop

Adam Cashmore-Brooke
4, 6 July, 10am-12:30pm
Adam has over 30 years experience as a Cartoonist Illustrator. Cost: \$15. Group discounts available.

Tracie Turner

3, 5 July, 10am-12:30pm
Create animals in clay. With the emphasis on fun learning, integrating imagination with new skills. Cost: \$15

Fraser Coast Libraries

Make a Kaleidoscope & Nature Mobile
Bookings essential - Ages 5+
Tiara Library Monday 3 July • 10-11am
Burrum Heads Library Tuesday 4 July • 2-3pm

Creative Writing Workshop with Dave Hackett

Unleash your inner-author!
Bookings essential - Ages 8+
Hervey Bay Library Tuesday 4 July • 10-11am
Maryborough Library Tuesday 4 July • 2-3pm

Marbling

Use marbling ink to create beautiful designs on paper and other items.
Bookings essential - Ages 8+

Maryborough Library Wednesday 5 July • 2-3pm
Hervey Bay Library Thursday 6 July • 10-11am
Bookings, made in person, are essential at the appropriate library.

A booking fee of \$2.70 per child per activity must be paid at time of booking.

Mary Ryan's Bookstore, Torquay

(Spaces are limited, so booking and prepayment essential) - Call: 4194 2111

Bear Hunt Explorers

Monday, 3rd July 10:30am - 12:30pm
Suitable for children 7 and over (or younger with a parent).

Cost - \$25 per child

Includes staff-led exploration along Cooper's Walk, a copy of the Bear Hunt Explorer's Journal, packed explorer's lunch and gift bag.

Postcard Activity

Wednesday, 5th July 9:30 - 11:00am
Suitable for children aged 6 and over
Cost - \$22 per child

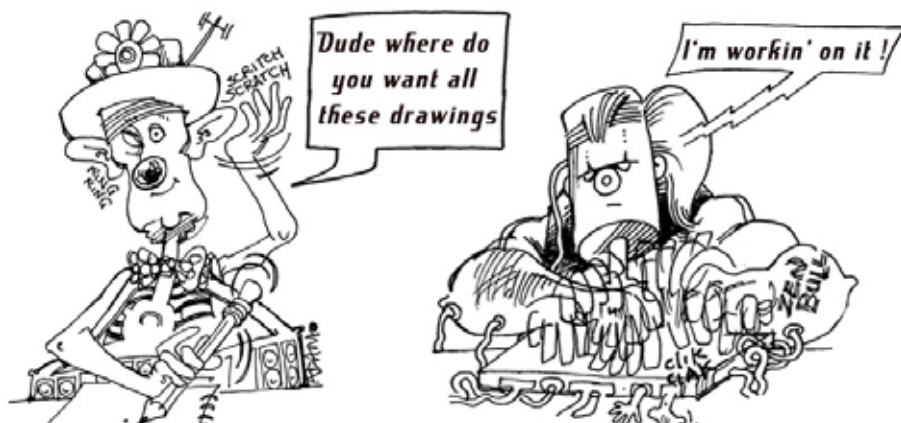
Includes staff-led art and writing activity, a choice of Tiger Tribe activity packs or postcard book, visit to the Post Office and stamp to send our postcards, gift bag and morning tea.

Creative Journalling

Wednesday, 5th July 1:30 - 3:00pm
Suitable for older primary and high school students

Cost - \$20 per participant

Includes a discussion with our booksellers on the benefits of journalling and creative writing, a choice of a journal (642 things mini or Paperblanks mini), afternoon tea and a gift bag.



NAIDOC WEEK 2017 | SCHEDULE

Thursday 6th July

10 to 11am - The Maryborough Flag Raising and Morning Tea on the Town Hall Green.

With the Maryborough Markets on Thursday come and join us as this is a great morning Tea on the Green from.

11am to 1pm - The Maryborough Family Fun this year will take place at the Maryborough City Hall. Come and join us inside the Maryborough City hall and listen to performers, and see and participate in workshops such as basket weaving.

1pm to 3pm - The Ghundus Junior Disco is for children from 0 to year 6 located at Maryborough City Hall. Gold coin donation

Come for a dance and let the kids burn off all the energy.

Refreshments available.

Friday 7th July

8.30 am registration/ 10am start.

\$60 Pay on the day. If you wish to book a golf cart then please contact the club in advance.

Teams of 4 Ambrose event

The NAIDOC golf day is a great day out for everyone in the community, you don't even have to be a golfer to have such a great day. There will be great prizes given out on the day, from trophies to a brand new car. The NAIDOC golf day has been running for 5 years now and every year we get more and more numbers. We have fantastic local businesses supporting this event. With lots of non-indigenous and indigenous people coming to play and enjoy the day, it's a great atmosphere.

Cost is \$60 which includes : 18 holes at Hervey BAY Golf & Country Club, Morning tea, BBQ lunch & golf polo shirt.

For all enquiries please call Les Ravenau on 0429 303 077

NAIDOC Social Night

6pm till Late

A Social Night for all at the Hervey Bay Hotel - Vernon room. The awesome Jon Vea Vea will be playing his 'Music from the soul' and we also have Karaoke/music/dancing. There are some great prizes on the night, with a \$500 Karaoke Party voucher courtesy of 'Karens Krazy Karaoke' and a lucky door prize from Hervey Bays 'The Good Guys'

.Please be aware no meals are provided, however you can purchase your own dinner from the Hervey Bay Hotel menu.

Cost Free.

Saturday 8th July

2017 Fraser Coast NAIDOC Masquerade Ball

6pm till late

The culmination of a great week of events run across the Fraser Coast during NAIDOC week. This year the ball will be a magical night full of fun and mystery, whether it's having your pics snapped by our roving photographer or grabbing some props and heading into our photo booth with friends, you will have memories to last a lifetime...

With Roving magicians and an awesome local band "Forbidden Road" The NAIDOC ball promises to deliver. There will be plenty of entertainment, magic and music and your chance to win one of the awesome Lucky door prizes up for grabs. There will be a three course meal fit for royalty and even a free drink on arrival!!

So grab your gowns and mask up for a fantastic night at the Hervey Bay RSL

Tickets available for Purchase from Centacare Hervey Bay 41940172

And MAC housing Maryborough or online from Eventbrite.

For all event enquiries please contact:

Leon Nehow 07 4125 9366

David Timmins 07 4303 2100

Krissie Miller (NAIDOC Ball) 07 41940172

Les Ravenau (Golf Day) 0429 303 077



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

Fishing on the Fraser Coast

Photographs on this page provided by www.GuidedFishingDownUnder.com

It never ceases to amaze me how many species Hervey Bay can produce on our charters - here are a few. If you would like a charter please check out my website: GuidedFishingDownUnder.com or give me a call on 0418 187 618.

John Haenke, Guided Fishing Down Under



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Weekly Activities 2017

HERVEY BAY

HERVEY BAY BOWLS CLUB
Barefoot Bowls available for Social & Business Groups
Ph 4128 1093

HERVEY BAY

TAI CHI
Mon Nights – Beginners, Time: 6pm, Cost \$10.00, Contact Marg to book your spot on 0408 705 140 or Email: marg@margrichters.com
Venue: Hervey Bay Community Centre, Charles St, Pialba.

HERVEY BAY

INTEGRATED MARTIAL ARTS TRAINING
Men & Women, Boys & Girls of all ages welcome. Various venues, various nights, Group prices range from \$6 to \$8 per session. Contact: Michael Green on 0402 992 074, or email: integratedacademy@gmail.com

HERVEY BAY

ZCLUB FITNESS
Join our fitness club offering Zumba, Strong & Piloxing Fitness classes & social events for adults, seniors & kids, Memorial Hall, 7 Main St and the Boat Club,
Phone Katie on: 0401 755 666.

HERVEY BAY

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

HERVEY BAY

WHAT WOMEN WANT
Networking for Women of the Fraser Coast. Informal and friendly events bi-monthly at different venues. Email: www.frasercoast@gmail.com

HERVEY BAY

WOODCRAFT CLUB
Meets Mon, Wed and Fri mornings from 8.30am to 11.30am, \$45 per year to join, \$3 per session, this includes morning tea and Insurance, Phone Jim: 0402 019 281

HERVEY BAY

BAY POTTERS
Feb to Dec we meet every Tues from 9am-1pm and work on Pottery. To join the club there is an annual fee of \$40, and each Tues there is a fee of \$5 for the workshop. Phone Sue on 4125 3638 for details.

HERVEY BAY

Bellydance and Bollywood Dance Class, Friday's, 6pm, (during school term), CWA Hall, 19 Pulgul St, Urangan.
Contact Lorna on: 0416 463 686.

HERVEY BAY

HERVEY BAY PARKRUN
- FREE weekly timed 5km event for runners of all standards, every Sat at 7am at Pier Park, Urangan, Hervey Bay, register and get your barcode at: www.parkrun.com.au

HERVEY BAY

YOGA QIGONG
Sat Morning, 7.30am-8.45am, Deck @ Gatakers Landing Restaurant, Point Vernon.
Mon: 6.00pm -7.15pm, Hervey Bay Sailing Club, Torquay, All welcome, Casual class fee \$15, or \$12 concession, BYO mats, Ph Kath on: 0448 663 303.

HERVEY BAY

BURRUM HEADS YOUTH GROUP
Every Thurs, (during school term). 3.30pm -5pm, Membership is \$1 per year, afternoon tea is provided, Burrum District Community Centre, 56 Steley St, Howard. Phone: 4129 0996 for details.

MARYBOROUGH

DADS IN DISTRESS (DIDS), Meet Tues Nights, 7pm-9pm,
596 Kent St, Maryborough
Call: 0421 808 606

MARYBOROUGH

FRASER COAST RUNNERS AND WALKERS CLUB
community club with an emphasis on health and fitness for Men, Women and Children who run or walk. Meet monthly alternating Hervey Bay & Maryborough. Call: 4122 2526

MARYBOROUGH

MARY ANN STEAM TRAIN RIDES
9am-1pm, Thurs at Queens Park. \$3 adults / \$2 children / family \$7.
For more info contact the Maryborough City Whistle Stop: 4121 0444.

MARYBOROUGH

MARYBOROUGH AMATEUR ATHLETIC CLUB & LITTLE ATHLETICS
Meet every Fri at 6pm, Jock Anderson Oval, Gympie Rd, Tinana,
Call: 4121 3696 for details.

MARYBOROUGH

MARYBOROUGH CAMERA CLUB
Meeting place: St Stephens Uniting Church Hall, Membership is \$35 per year, and there is a \$3 hall fee payable on the night, call: 0408 930 028 for details, or go to: www.maryboroughcameraclub.org.au

MARYBOROUGH

WIDE BAY VOLUNTEERS
We refer people to community groups, and provide training
Call: 4151 6644.

MARYBOROUGH

MARYBOROUGH PARKRUN
FREE weekly timed 5km event for runners of all standards, every Sat at 7am at Anzac Park/Ululah Lagoon, register and get your barcode at: www.parkrun.com.au

MARYBOROUGH

MARYBOROUGH - AUSTRALIAN COUNTRY MUSIC ASSOCIATION INC
Meet every Fri for practice, Cost \$3, then every 3rd Sat of the month is our concert - Call: 4123 4159 for further details.

MARYBOROUGH

Star Dust Drama Academy
classes at 3 locations around Maryborough & Hervey Bay: Excelsior Band Hall, (Tues 3.45pm -7.30pm), Tinana Hall, (Thurs 3.45pm-7.30pm), and Pialba Memorial Hall, (Sat 9am-12.45pm), Call: 0474 098 873.

MARYBOROUGH

Maryborough Creative Fabrics
Craft friendship group, not for profit, Tues from 9am to noon.
\$6, Woocoo Community Centre, Cnr Maryborough/Biggenden Rd and Woocoo Dr, Oakhurst. Call: 0408 028 225

MARYBOROUGH

Maryborough Scottish Country Dancers
Meet from 7pm at St Stephen's Hall, Sussex St, All ages, beginners are welcome
Call: 4123 0663 for details.

Weekly Activities & Fraser Coast Markets Submissions or corrections:

Please contact What's On Fraser Coast on 0408 987 860 or kim.parnell@whatsonfrasercoast.com.au

Fraser Coast Markets

MARYBOROUGH
FRASER COAST
WILDLIFE SANCTUARY MARKETS
 79 Mungar Road, Maryborough
 (Donation gets you free entry to the Sanctuary)
 3rd Sun of the Month
 7am - 12pm
info@frasercoastwildlifesanctuary.org.au

MARYBOROUGH
MARYBOROUGH
CITY HEARTS MARKETS
 Adelaide & Ellena St, Maryborough
 Every Thurs 8am - 1pm
markets@fcte.com.au

HERVEY BAY
KOALA MARKETS
 Kruger Court, Booral Rd, Urangan
 2nd and 4th Sun
 6am - 12noon
koalamarkets@yahoo.com.au
 (back on 2nd weekend of February)

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

HERVEY BAY
FRASER COAST MONTHLY COUNTRY MARKETS
 Burrum River,
 Australia Adventure Park, 805
 Burrum Heads Rd, Burrum River
 2nd or 3rd Saturday of the month,
 subject to change at anytime.
 Please go to the Australia Adventure Park
 Face-book page for updates, and times.

HERVEY BAY
URANGAN PIER PARK COMMUNITY MARKETS
 Pier Park, Urangan
 (in front of Jetty)
 Every Sat 7am to 1pm &
 Every Wed 7am - 1pm
pierparkcommunitymarkets@gmail.com

HERVEY BAY
TORQUAY BEACHSIDE MARKETS
 Outside AQUAVUE, Torquay
 2nd & 4th Sat 8am to 1pm
info@torquaymarkets.com.au

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

HERVEY BAY
HERVEY BAY BOAT CLUB ART & CRAFT MARKET
 Buccaneer Dr, Urangan
 3rd Wed of the month
 9am to 2pm
info@boatclub.com.au

BAUPLE
BAUPLE MARKETS
 (free for stallholders)
 Band Hall, Band Hall Rd, Bauple
 4th Sat of the month
 7am to 12noon
www.facebook.com/bauplemarketS

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

HOWARD
HOWARD COMMUNITY CENTRE
 Steley St, Howard
 1st Sat of the month
 7am to 12noon
info@howardcommunitycentre.org.au

HERVEY BAY
BUZERS BAZAAR TWILIGHT MARKET
 Next door to Mary Ryans, the
 Esplanade, Torquay
 Every Friday 1pm to 6pm
bayconnect@hotmail.com

Weekly Activities & Fraser Coast Markets
Submissions or corrections:
 Please contact
 What's On Fraser Coast
 on 0408 987 860 or
kim.parnell@whatsonfrasercoast.com.au

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

Hervey Bay Seafood Festival August 13

10am to 4pm Gates open 9.30am

Love seafood! then join us at the only seafood festival in Australia managed by the men and women who catch it for you. Celebrate, relax and feast with the seafood industry in Fishermens Park Urangan. Adults \$5 (no concessions) Under 18 FREE All paying festival goers receive a tickets in the lucky gate draw. Prize courtesy Haigh's Jewellers. Parking available at Urangan Point School with connecting festival shuttle. Disabled parking near festival. For more information and to book tickets go to: <https://herveybayseafoodfestival.com.au/>

2017 Wide Bay & Fraser Coast Home Show & Caravan, Camping, 4X4 & Fishing Expo

August 18 - 20

Times: Friday, Saturday 9am-5pm & Sunday 9am-4pm

The 2017 Wide Bay and Fraser Coast Home Show and Caravan, Camping, 4x4 and Fishing Expo is the regions largest and most successful event of its kind. This event features over 200 local and regional businesses displaying thousands of products and services. The 2017 event will feature products and services for the home and outdoor living, plus a massive extended Caravan, Camping, 4x4 and Fishing Expo. Cost: Adults \$10, Aged Seniors \$8, Children with an adult are free. Location: Maryborough Showgrounds, Maryborough. For more details go to: <http://widebayhomeshow.com.au/>. For all Exhibitor enquiries – Freecall: 1800 671 588.

Under Milkwood by Dylan Thomas August 4-19

Under Milkwood is a unique and touching depiction of a village that has fallen head over bells in love. The play is very beautiful and touching while being at times bawdy and funny. The language is sumptuous. Booking online <https://www.trybooking.com/251907> or Fridays 9-12 at Z-PAC Theatre, 15 Zephyr Street Scarness. Book by July 14th and receive early bird discount of \$5 off per ticket. Tickets \$15-25. Phone: 0418 712636, Email: lianemills@centigrowth.com, Website: www.zpactheatre.com.

Hervey Bay Oceans Festival 2017 August 11-20

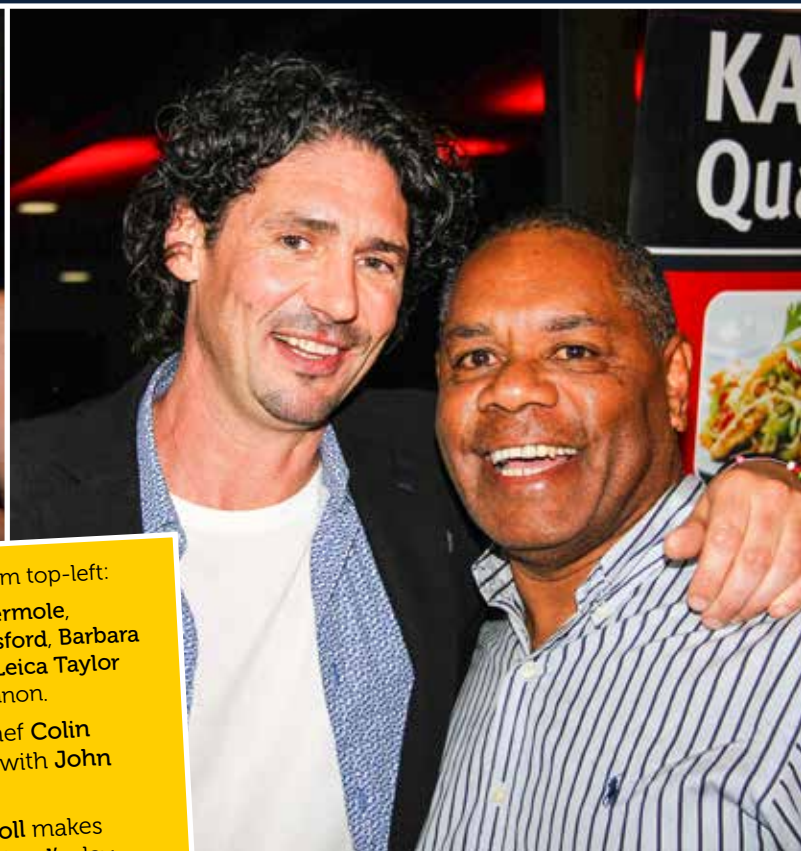
Look out for some great community events outside of the four major ones being, the Blessing of the Fleet - Saturday, August 12, Hervey Bay Seafood Festival - Sunday, August 13, Whale Parade and Concert - Saturday, August 19, and Paddle Out for the Whales - Sunday, August 20. Go to: <http://www.visitfrasercoast.com/ocean-festival> for all the details about each event. years old). Each child must bring one adult carer to supervise and throw coloured holi powder. One adult may supervise multiple children. Extra adults may spectate from outside the participant area). For further details go to Tea & Toasters Hervey Bay Relay for Life team on Face book, email: ColourburstChallenge@outlook.com or call: Charmaine 0431299286.

What's On
in August ?



Social Snaps

Out and about on the Fraser Coast



Clockwise from top-left:
Pauline Cattermole,
Raelene Ponsford, Barbara
Walker, and Leica Taylor
wait for Shannon.

Celebrity Chef Colin
Fassnedge with John
Corowa

Shannon Noll makes
Lauren Kertland's day

Relishing the moment
were Angie Price, Lauren
Simpson, Robyn Rampton
and Caroline Morrison

Margaret Milton and
Denis Chapman at the
long lunch



Social Snaps



Clockwise from top-left:
Melonie Guild and Belinda Krieger at the Bridal and Formal Expo
At Relish were Melissa D'or, Sarah Glover and Trina Roughsedge
Cheryl and Jason Claridge listen to a bit of Shannon



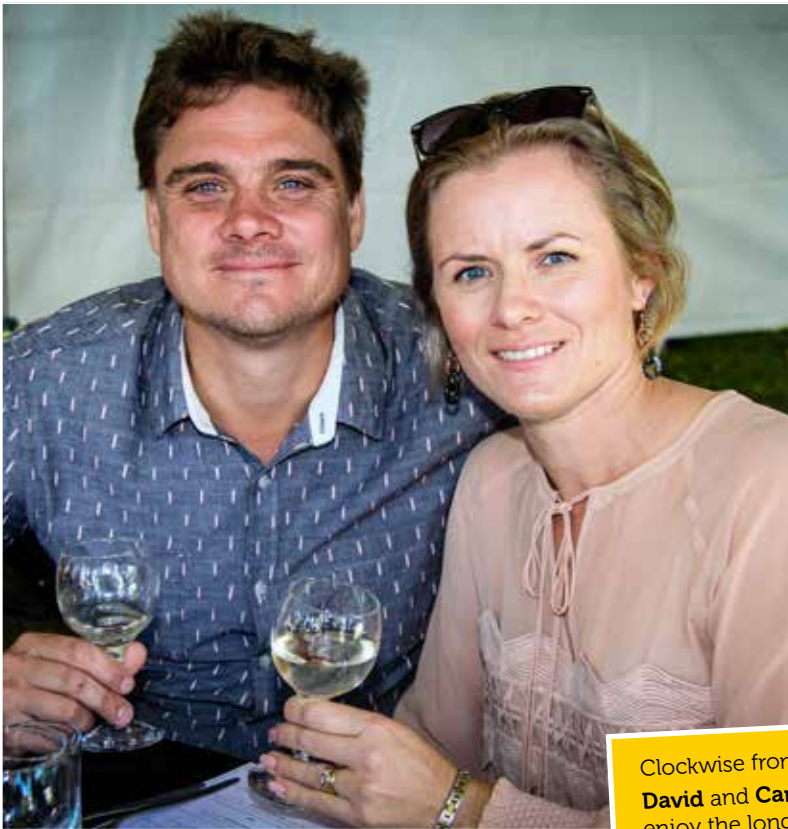
smokeNleather
NIGHTCLUB

COMING SOON

A new beginning for Nightlife in Hervey Bay

there's no honest way to explain it...

Out and about on the Fraser Coast



Clockwise from top-left:
David and Carly Thomas
enjoy the long lunch at
Relish

Emily Whitaker, 9 looking
beautiful at the Fraser Coast
Bridal and Formal Expo

Cheryl and Jason Claridge
listen to a bit of Shannon

Shannon spent a few
moments with a very
excited **Emma Thomson**

Pauline Cattermole,
Raelene Ponsford, **Barbara
Walker**, and **Leica Taylor**
wait for Shannon.



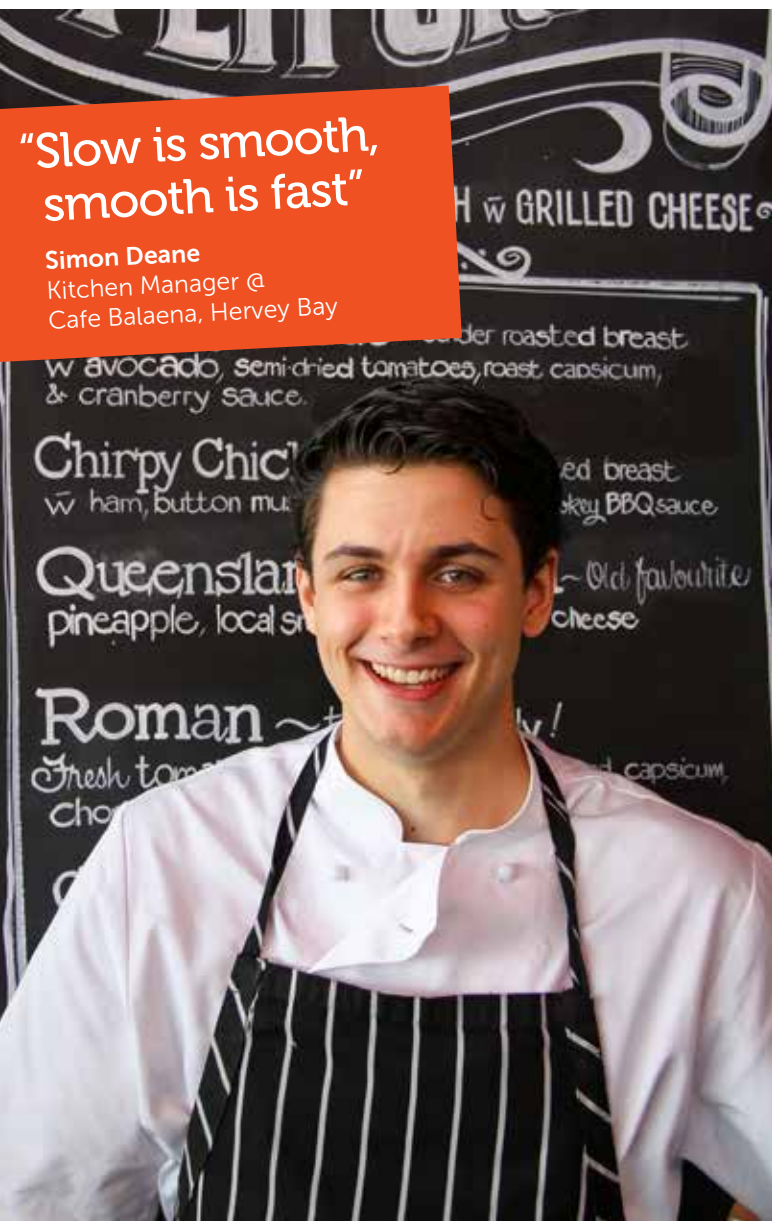


In the Kitchen with Simon Deane

Kitchen Manager @
Cafe Balaena, Hervey Bay

**"Slow is smooth,
smooth is fast"**

Simon Deane
Kitchen Manager @
Cafe Balaena, Hervey Bay



**Jamaican
Chicken
Grill**



How long have you been a Chef, and worked at Cafe Balaena for?

I finished my Apprenticeship last year. I have been working at Cafe Balaena since leaving high school in 2010.

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

Definitely many of the chefs that I have worked with in the kitchen over the years. I have learnt many things from them. As far as Celebrity Chef's it has to be Gordon Ramsay, he is an excellent Restaurateur and he has won many Michelin stars. Gordon is incredibly passionate about cooking.

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

From time to time we see a famous face here. We have served the musician Timomatic, Guy Sebastian and lot's of politicians.

A memorable moment was the night somebody spilt sauce all over the floor in the middle of the dinner rush. It was our vibrant yellow Seafood Chowder, very difficult to clean up, we all were able to laugh about it afterwards though.

How would you sum up your menu?

Our menu is a winner. We have a menu that you can come back and try any time as there is always something new. We cater for all tastes and all dietary requirements, and we are open for Breakfast, Lunch and Dinner.

What is the most popular dish on the 'Cafe Balaena' menu?

The Ultimate Queensland Barramundi is one of our most popular dishes. It consists of a thick grilled slab of Barramundi with salt water scallops and sautéed ocean harvested prawns in a wine, cream garlic sauce topped with macadamia nuts and served with mixed mash potato and vegetables.

What is the newest trend you see emerging?

Farm to table. People are more aware of where their food is coming from. It is understandable that people want to know the food processes and what goes into it.

Do you use many local suppliers?

Yes. We use Hervey Bay scallops, our whiting and black tiger prawns are from the Great Sandy Straits, so we get these ourselves from the local fisheries. We also shop locally where possible for all of our produce.

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

It is all about work ethic. You have to be always working and never have your hands empty. 'Slow is smooth, smooth is fast', in other words start of slow, keep doing it regularly and you will make less mistakes. Practise makes perfect.

What do you most like to cook?

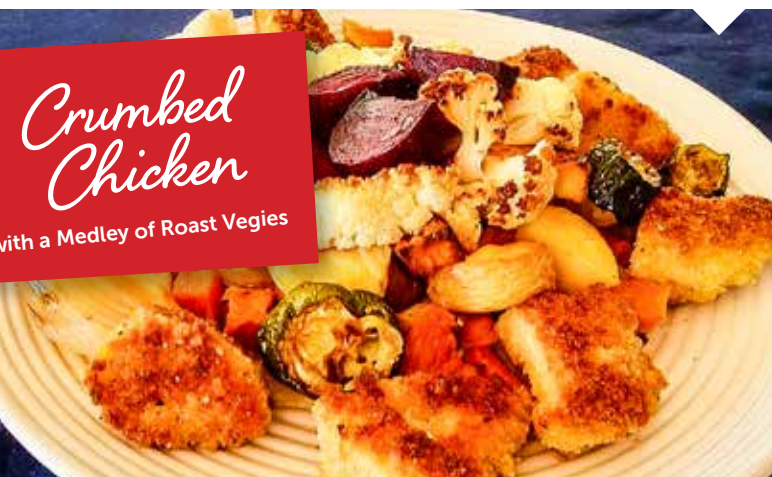
Pasta's are the most fun. You get to work with proteins like chicken, beef, seafood and vegetarian, and a whole range of other ingredients. At home I like to cook pizza from the base up.

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

I have lived on the Fraser Coast all of my life. I love the beach, swimming and walking. I love all of the businesses in town, and I like to see what they are all doing with food, it is interesting, exciting and different.

What is the strangest item in your fridge right now?

Cuttlefish ink. A great ingredient in some dishes.



"I developed this recipe when our children were young as we didn't eat take away meals very often. They still call it Mum's KFC! It is the only recipe my now grown up Son has asked me for. I often make extras of both the chicken and veggies as they are great to add to a green salad for lunch with a balsamic dressing and crumbed fetta. I hope you enjoy." Julie Pantlin, Bay Reserve Estate.

Ingredients for Chicken

350g chicken breasts
¼ cup plain flour
1 egg
1 teaspoon ginger, finely grated
1 teaspoon garlic, finely grated
2 pinches of nutmeg
2 pinches of salt
190g packet of Panko breadcrumbs (or similar)
Oil

Ingredients for Roast Veggies

Any combination you like. I used: 3 carrots, ¼ pumpkin, 1 sweet potato, 1 zucchini, 3 potatoes, 4 brussels sprouts, ½ turnip.

Keep separate: 1 onion, 2 beetroot's, ¼ cauliflower

Method for Chicken

Cut chicken into 1 – 2 cm thick steaks or nuggets

Using 3 shallow bowls

Bowl 1: Flour

Bowl 2: Egg, ginger, garlic, nutmeg and salt and whisk these together with a fork

Bowl 3: half the packet of breadcrumbs

Coat each chicken piece with flour, shake off excess, then dip in the egg mixture, then into the breadcrumbs.

Place on a plate and put in the fridge.

Method for Veggies

Preheat oven to 180 C.

Peel and cut the onion into 4 pieces, wrap in alfoil.

Peel and cut the beetroot into 4 pieces, and wrap in alfoil.

Cut the cauliflower into 1 - 2cm pieces. Cauliflower takes less time to cook, so add it for the last 5 - 10 mins in the oven.

Cut the other veggies into bite size pieces and place in a plastic bag with ½ tablespoon of oil and shake to coat all the pieces. Then pour onto a large tray lined with baking paper, spread them out, sprinkle with salt and bake for 25 – 35 minutes. Also place the beetroot and onion into the oven in their alfoil parcels. Only add the cauliflower to the oven for the last 5 - 10 mins.

Cooking the Chicken

Heat the oil in a frypan, and test a few crumbs to see if the temperature is right, then place a few pieces of chicken into the pan and cook until golden and the chicken is cooked through. Drain on paper towels.

Plate Up

Transfer the medley of veggies to a large serving plate, add the chicken and onion and top with beetroot and cauliflower. I like to accompany this meal with a glass of Chardonnay.



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PROUD FRASER COAST BASED BUSINESS
SUPPORTING THE COMMUNITY

A decorative graphic consisting of a series of overlapping triangles in various colors (red, orange, yellow, green, blue, purple) arranged in a fan-like shape.

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