

# FRASER COAST What's On

COVID-19 SPECIAL 'ONLINE' ONLY EDITION

MAY 2020 MONTHLY MAGAZINE

38



Inside this issue:

**FEATURE STORY**  
NURSING ON THE **FRONTLINE**  
**CHALK IT UP TO KINDNESS**

**HISTORY** IN PICTURES  
**MOTHER'S DAY**  
COMPETITION **WINNERS**

Please note - The front cover photo does not feature the PPE gear used when treating COVID-19 patients, as all PPE has to be conserved for proper usage.

Wow, what a difference a couple of months makes to a small publication. Due to COVID-19 we have all had to rethink about how we move forward as respective businesses in this ever-changing world that we now find ourselves in. For me, with an events magazine I have lost a lot of my advertisers who themselves are now closed or working in very limited circumstances. Over half of my distribution points are now closed, and of course there are no events.

We also don't want to assist in spreading the virus through print media. As a business owner

I need to be responsible and accountable, not just to myself but to the rest of the community. So, weighing everything up I feel that I have no choice but to cease print at this time and make the magazine only available online until this crisis has passed.

I will be changing the focus of the magazine for the duration, the pages will be 'the heart of the community' - There will be inspirational stories - personal stories of struggle and hope, news on businesses that are still open for business, and stories about those that need our help, our history, mental health and any virtual concerts/seminars/webinars on offer. We will be continuing to support our community as we have always done. These editions will go on our webpage and then be shared through all of our social media pages.

We will also be supporting Wide Bay Health and the QLD Government in spreading the very important message about COVID-19 and sharing important information.

For the latest COVID-19 status and information go to

[www.health.gov.au/coronavirus](http://www.health.gov.au/coronavirus)

Cheers,  
Kim Parnell  
Editor/Owner



## URANGAN

LAT 25° 18' S LONG 152° 55' E

### MAY

Time	m	Time	m
<b>1</b> 0252 3.25		<b>16</b> 0422 3.11	
FR 0931 1.36		SA 1056 1.22	
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SA 1040 1.15		SU 1139 1.10	
SA 1642 2.90		SU 1746 3.05	
2249 1.18		2343 1.35	
<b>3</b> 0506 3.59		<b>18</b> 0555 3.22	
SU 1139 0.91		MO 1217 0.98	
SU 1745 3.20		MO 1827 3.24	
2353 0.95			
<b>4</b> 0600 3.75		<b>19</b> 0026 1.23	
MO 1230 0.69		0632 3.25	
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		1904 3.40	
<b>5</b> 0048 0.76		<b>20</b> 0107 1.14	
0650 3.86		0706 3.25	
TU 1316 0.51		WE 1325 0.80	
1926 3.75		1939 3.54	
<b>6</b> 0140 0.64		<b>21</b> 0146 1.07	
0736 3.87		0738 3.23	
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SA 1554 0.55		SU 1531 0.79	
2225 3.88		2156 3.67	
<b>10</b> 0503 0.91		<b>25</b> 0421 1.09	
1035 3.15		0947 2.96	
SU 1632 0.74		MO 1605 0.87	
2310 3.70		2235 3.60	
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1124 2.89		1028 2.86	
MO 1711 0.98		TU 1642 0.98	
		2320 3.51	
<b>12</b> 0001 3.47		<b>27</b> 0556 1.23	
0657 1.27		1118 2.75	
TU 1224 2.69		WE 1726 1.12	
1758 1.23			
<b>13</b> 0101 3.27		<b>28</b> 0013 3.42	
0759 1.37		0654 1.26	
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		<b>31</b> 0328 3.44	
		1005 1.00	
		SU 1615 3.00	
		2224 1.19	

Tide time table brought to you by  
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## Index

Kid's Activity.....	4
Inside this Edition .....	5
Feature Story: Nursing on the Frontline.....	6
Kindness Checklist .....	7
Mother's Day Competition Winner .....	8
What's On Facebook?.....	10
Celebrating Diversity during Covid-19 .....	11
Chalk it up to Kindness.....	12
Delve into Books with Cate Akaveka.....	13
Important announcement regarding the Dunga Derby 2020 .....	14
Support Local Small Business : Red Blush .....	15
History in Pictures.....	16-17
Underrated but educated.....	18-19
Mak's Column: I Love this Place .....	19
Support Local Small Business : Delux Party Hire.....	20
Support Local Small Business : Party Central .....	21
Fashion with Leah .....	22
Discover St Mary's College .....	23
Inspired by Mum .....	24
Blandy's World .....	25
A tough road ahead for our Muso's.....	26-27
Moments in Sports.....	28
Isolation Pics .....	29-30
Fraser Coast Creates.....	31

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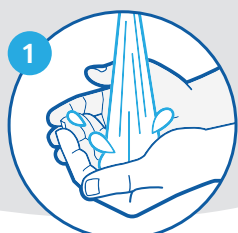
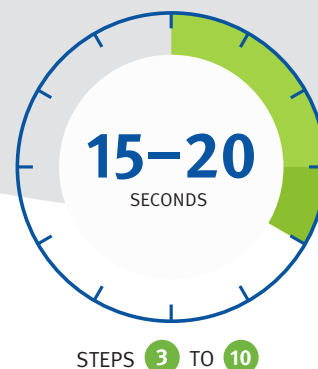
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# CLEAN HANDS SAVE LIVES

12 steps to successful everyday handwashing

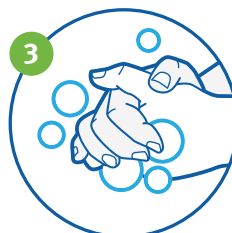
Duration  
of hand-wash



Wet hands  
with water.



Apply enough soap to cover  
all hand surfaces.



Lather thoroughly.



Rub hands palm to palm.



Rub hands palm to palm  
with fingers interlaced.



Rub back of hand using the  
palm of the other with  
fingers interlaced.



In a circular motion rub  
the tips of fingers in the  
palm of the opposite hand.



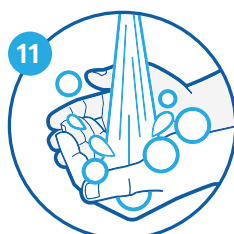
Clean thumb by  
holding it in the other  
hand and rotating.



Rub wrist with  
the opposite hand.



Interlock fingers and  
rub back of fingers  
on opposite palms.



Rinse hands  
with water.



Dry hands with  
clean paper towel and use  
paper towel to turn off tap.

**Researchers think that if everyone washed their hands properly, about 1 million lives would be saved every year.<sup>1</sup>**

When performed correctly, hand hygiene results in a reduction of microorganisms on hands. Poor hand hygiene contributes to the spread of pathogens, which can cause health issues such as gastrointestinal and respiratory infections.

**Please note:** These guidelines are for social handwashing only, such as after toilet use and before touching food. This poster is not intended for use in clinical settings.

1. Curtis, V 2003, 'Effect of washing hands with soap on diarrhoea risk in the community: a systematic review' Lancet Infect Dis, Retrieved 19 March 2019, [www.ncbi.nlm.nih.gov/pubmed/12726975](http://www.ncbi.nlm.nih.gov/pubmed/12726975)

<sup>1</sup>Based on the 'How to HandWash Poster' © World Health Organization 2009.



**Queensland  
Government**



## KID'S ACTIVITY

## Flyer Credit – Talking Families

[www.talkingfamilies@qld.gov.au](http://www.talkingfamilies@qld.gov.au)

## EXAMPLE

# 31-DAY MOOD CALENDAR

When we're stuck at home the days can start to blur into one. Keeping a log of each day, and watching how our moods change overtime is a great way to regain a sense moving forward. At the end of each day, fill in a square to show how you feel. Encourage others you know to keep their own mood calendar too and see if you can guess what each others' square means.

Below is an example. The next page is for you to complete.




**YOU MIGHT  
LIKE TO CUT  
OUT AND  
PASTE THESE  
SQUARES FOR  
YOUR OWN  
CALENDAR.**

**WHAT ARE  
SOME OTHER  
THINGS YOU  
COULD DO WITH  
THEM?**

**WILL YOUR OWN  
MOOD CALENDER  
BE IN COLOUR OR  
BLACK AND WHITE?**



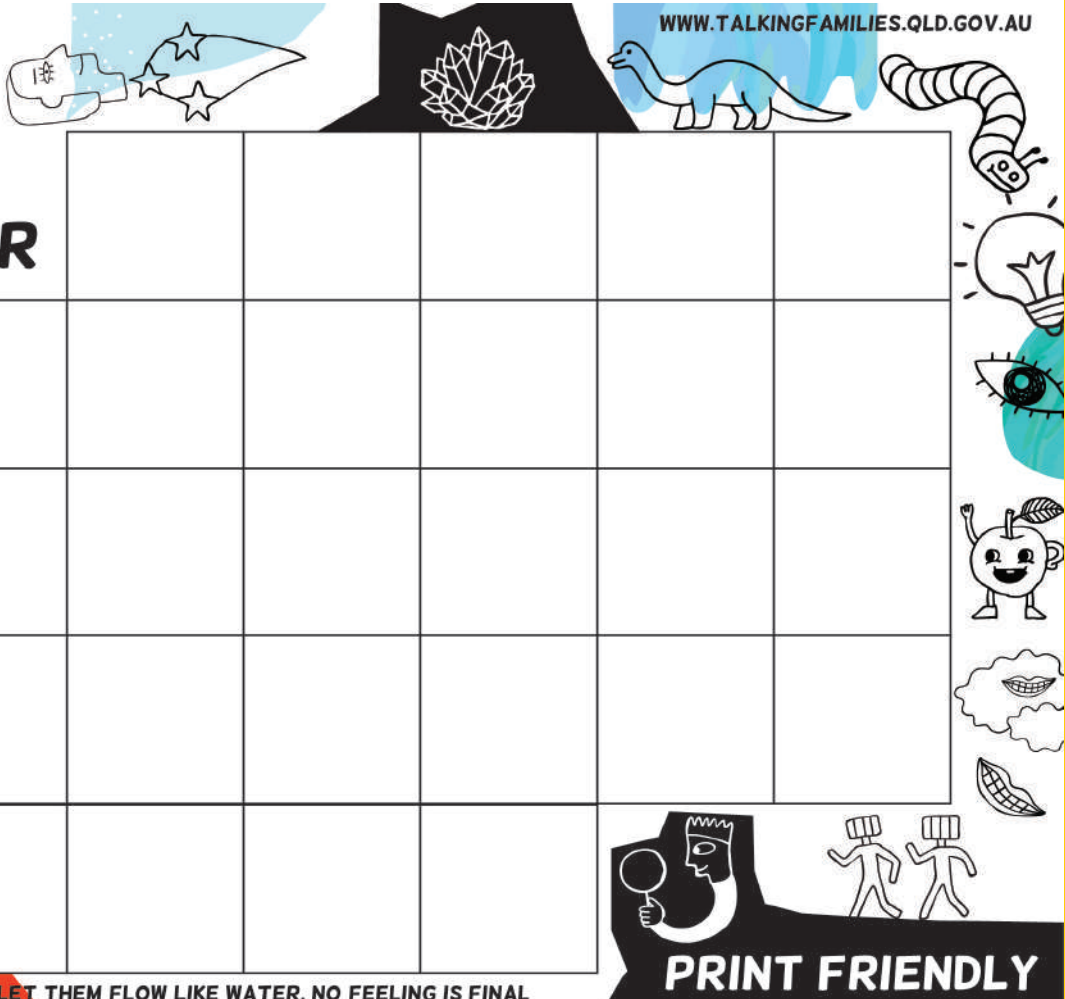
 YOUR  
PICTURES  
DON'T HAVE TO  
BE PERFECT.  
SOMETIMES  
THEY'RE  
PRETTIER  
WHEN THEY'RE  
NOT!

**TRY TRACING  
THE PICTURES  
FOR SOME  
DRAWING  
PRACTICE!**

**BE INSPIRED!**

**EMAIL YOUR FINISHED MOOD CALENDAR TO: [talkingfamilies@qfcc.qld.gov.au](mailto:talkingfamilies@qfcc.qld.gov.au)  
OR MESSAGE IT TO US ON FACEBOOK [www.facebook.com/talkingfamiliesqld](https://www.facebook.com/talkingfamiliesqld)  
WE'D LOVE TO SEE YOUR CREATION!**

# 31-DAY MOOD CALENDAR



MOODS COME AND GO. LET THEM FLOW LIKE WATER. NO FEELING IS FINAL

**PRINT FRIENDLY**



There may not be any physical events on over the coming months due to COVID-19, but there is still plenty to write about, that's for sure. We live in such a beautiful region that is full of vibrant, creative and inspiring people who are making the most of our current situation. Some are even prospering as they look to reinvent themselves by coming up with new innovative ideas to keep in the game. This is the time to adapt, try new things and sometimes go in a completely new direction. There will be some interesting times ahead!

### Inside this month's edition!

Reading is a great way to escape, to immerse yourself. **Cate Akaveka** knows all about books and will introduce a new segment dedicated to them. In this edition, Cate does a book review on a hardcover by Author Julia Baird that just might help you choose what to read next.

**Culture Caf** is a very popular monthly event that showcases a different culture each month. Due to the current restrictions, the event has now gone virtual. There will be music, recipes and so much more, as you explore faraway lands from the comfort of home.

With Mother's Day coming up it is almost time to buy the flowers and chocolates, or if you still live at home, make mum breakfast in bed. It is also time to announce the winners of our **Mother's Day Competition** who have all won prizes donated by Dan & Steph, congratulations to all!

During these uncertain times, many businesses are on shaky ground, we continue to **support local business** and highlight a few in this edition that have been hit hard and need your support, we will cover more over the coming months.

Take a step back in time with '**Our History in Pictures**' segment that is bound to transport you to another time. I quite often think of those that have come before and am fascinated by our rich history.

**Stuart Taylor** talks about some great sporting moments that have occurred on the Fraser Coast in a brand-new monthly column that is bound to stir memories of the past for many. The very first article is about the Hervey Bay Bombers and promises to be a good read.

Turn the page to find all this and more...

*Kim Parnell*

Editor, What's On Fraser Coast



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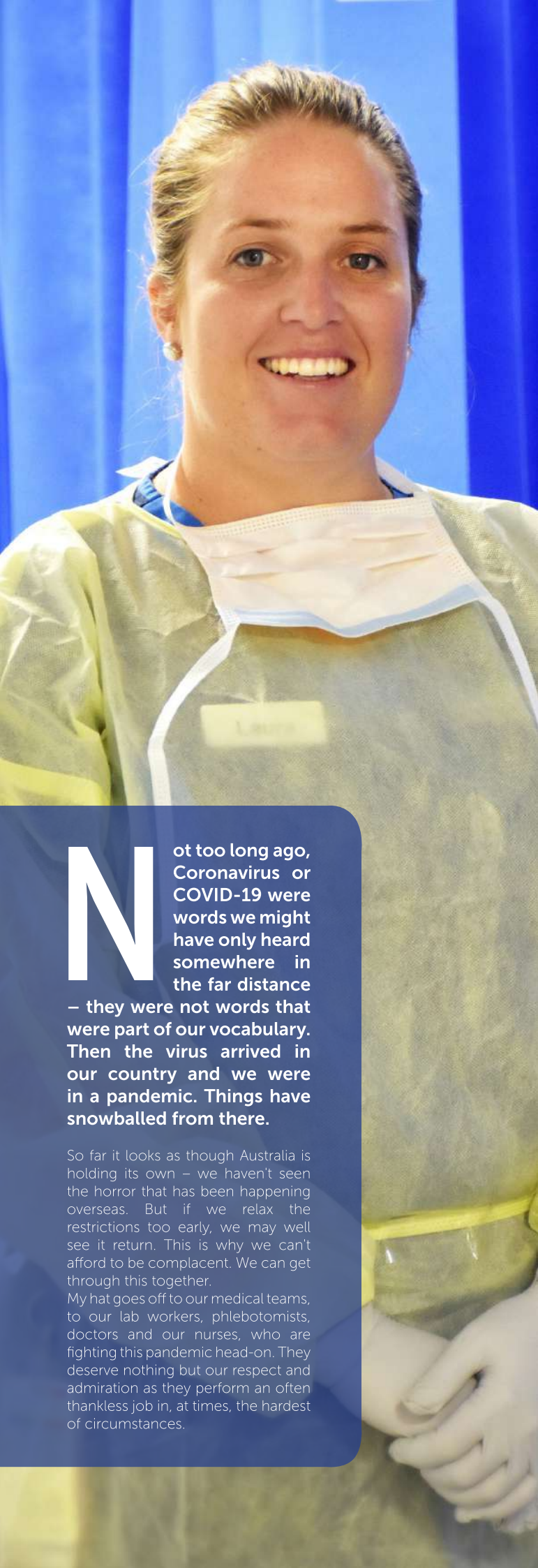
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# NURSING

## *on the Frontline*

By: Kim Parnell

Registered Nurse Laura Wright has called Hervey Bay home for the past four years. Recently married, Laura enjoys the lifestyle that Hervey Bay has to offer.

Laura said: "It will sound cliché, but I wanted to help and care for people when they are at their worst. My aunty was a nurse and I think this influenced me in choosing nursing as a career.

"I also liked the flexibility there was with nursing – you can travel and work almost anywhere in the world."

Seeing people in their most vulnerable state is a daily occurrence. Every day is different in the emergency department, as you never know who's going to come through the doors.

"I love that every day you get to make a difference in someone's life, whether that be patients, friends, family or colleagues," said Laura.

"To work in a department with such teamwork makes it easy to go to work. It's rewarding to know that one small gesture can make that patient's day, whether it be holding their hand in a time of need or just a friendly chat."

Most of us only really became aware of COVID-19 when it became big in the news, and Laura was no different. While not being able to do simple everyday things is hard, Laura considers herself lucky that she still has a job. Not only does it provide her with an income, it also provides her with social interaction.

On the work front, there is lots of contingency planning, which she says is at an all-time high since the start of coronavirus.

**"This involves all staff being on board to make and execute plans for the 'worst-case scenario', which is something we as a community are trying to avoid,"**

said Laura.

**"With such planning comes change – often every day – so we have become very adaptable."**

Dealing with the unknown can add stress to an already stressful environment. But Laura says that this is not a new thing, as every single day they come into contact with patients with contactable infections. The difference with this pandemic is the uncertainty in the air and not knowing what the next three to twelve months will bring.

While working with COVID-19 patients, personal protective equipment, otherwise known as PPE, is worn at all times. Gowns or aprons, gloves, glasses, masks or eye shields are the norm.

Laura says: "PPE keeps us safe so we can keep you safe. What we wear depends on the risk and condition of the patient."

Mental health is important at all times, but even more so during a pandemic. Laura limits the amount of news and media that she watches and has regular debriefing sessions with teammates at work. She also has faith in the system and believes that preparation in this challenging time is key.

"Being a part of this at work and witnessing plans is reassuring that we as a department are doing our bit to help stop the spread," said Laura.

She also has a special message for us all during the pandemic:

"Stay home and stay strong. The more effective we are at minimising unnecessary contact, the less chance COVID-19 has of spreading," said Laura.

"Look after your mental health and check on loved ones. Wash your hands and if you or anyone you know is sick, seek medical attention.

"Social distance yourself when out and about. While this new way of living is hard, with everyone playing their part we have the best chance of returning to our normal life."

**N**ot too long ago, Coronavirus or COVID-19 were words we might have only heard somewhere in the far distance – they were not words that were part of our vocabulary. Then the virus arrived in our country and we were in a pandemic. Things have snowballed from there.

So far it looks as though Australia is holding its own – we haven't seen the horror that has been happening overseas. But if we relax the restrictions too early, we may well see it return. This is why we can't afford to be complacent. We can get through this together.

My hat goes off to our medical teams, to our lab workers, phlebotomists, doctors and our nurses, who are fighting this pandemic head-on. They deserve nothing but our respect and admiration as they perform an often thankless job in, at times, the hardest of circumstances.



☐ WRITE A KIND LETTER TO SOMEONE IN YOUR COMMUNITY

☐ ASK SOMEONE ABOUT THEIR FAVOURITE MEMORY

# KINDNESS CHECKLIST

THE WORLD NEEDS KINDNESS MORE THAN EVER. BEING KIND TO OTHERS CAN ALSO LIFT OUR OWN SPIRITS IF WE'RE FEELING DOWN IN THE DUMPS. CHALLENGE YOURSELF AND YOUR LOVED ONES TO CHECK-OFF THIS KINDNESS LIST. YOU MAY LIKE TO SHARE THIS LIST AND ENCOURAGE OTHERS TO DO THE SAME.

☐ GIVE A COMPLIMENT

☐ TELL SOMEONE YOUR FAVOURITE THING ABOUT THEM

☐ OFFER SOMEONE IN YOUR HOUSE A DRINK OR EVEN THE BIRDS

☐ WAVE AT A PASSER-BY

☐ LET SOMEONE ELSE PICK THE MOVIE YOU WATCH

☐ LISTEN TO HOW SOMEONE FEELS

☐ CLEAN A MESS THAT WASN'T YOURS

☐ LEAVE A CHEERFUL MESSAGE IN YOUR WINDOW

☐ HAVE A LAUGH

☐ SWEEP THE FLOOR

☐ CHEER SOMEONE UP

☐ DO SOMETHING SPECIAL FOR YOURSELF

☐ ASK SOMEONE ABOUT THEIR HOPES AND DREAMS

☐ GIVE SOMEONE A CALL

☐ FLUFF THE PILLOWS

☐ SHARE SOMETHING

WWW.TALKINGFAMILIES.QLD.GOV.AU

Flyer Credit – Talking Families

[www.talkingfamilies@qld.gov.au](mailto:www.talkingfamilies@qld.gov.au)

# ANZAC DAY 2020

*Light Up The Dawn*



10-year-old Mia Blum showed her creative side



Kai and Tahi with their home made wreaths



This Quentin's family display for Anzac Day



Andries du Plooy playing the Last Post at Urraween



Jason Parnell pays his respects with a service at home



# The Winners Are!

On Sunday, May 10, mothers all over Australia will be showered with kisses and gifts while enjoying breakfast in bed from those that they hold most dear.

Mother's Day is a day for celebration and appreciation for the achievements and efforts of mothers, mother figures, guardians, and carers. In fact, all those that look out for the kids on a regular basis.

This year will be different for many mothers as we live in isolation and have many restrictions placed upon us due to COVID -19 - sadly, many mothers may not get to physically hold their children and will have to suffice to just seeing each other via Skype.

This is especially true for our aged population, who may have compromised immune systems.

My mother is one of these. She has had Oesophageal Cancer with lots of rounds of Chemo and Radiation and has chosen to isolate herself altogether - away from family and friends. This will be the first Mother's Day that none of her kids will be able to visit. Mum is also not tech - savvy and does not know how to video call anyone. Of course, we will all ring her on the day, but it is not quite the same.

I know many that are in the same boat and would like to let you all know that I hear you and I feel for each and every one of you. So, to all of the grown kids out there, pick up the phone this Mother's Day. – Kim Parnell



## Mother's Day Competition winners:

We thank **EAT AT DAN & STEPH'S** for the donation of all the prizes – Thank you Dan & Steph!  
Just in time for Mother's Day, we asked the question, **'Tell us why your mum is the best ever!'**

### 1st Prize Winner

Gift Voucher  
valued at \$100

She's strong, lovely  
Friendly and kind.  
I love her so much  
I'm lucky she's mine.  
But she needs a voucher  
Or hamper please  
Her cooking isn't wonderful  
It's just what she needs.  
There's lots she's great at  
Hugs, and kisses too  
She's an amazing nanny,  
Just don't eat her food!

Sent in by Laura Teoka  
from Urangan  
For mum Linda



### 2nd Prize Winner

Hamper  
valued at \$80

Hi, my name is Pita and my  
Mum is the best,  
She has been both Mum and  
Dad to me and the rest,  
There are seven of us little  
darlings, sometimes a  
real test,  
But Mum is our rock, we are  
so blessed.

Sent in by Pita Tidmarsh  
from Booral  
For mum Joylene



### 3rd Prize Winner

A Recipe Book  
valued at \$40

My Mum is the most  
generous, kind-hearted  
person I know. She always  
puts others before herself and  
is constantly helping people  
– whether she knows them  
or not!  
She unconditionally supports  
me to follow my dreams and  
helps me every step of the  
way, despite being 14 hours  
away.

Sent in by Lauren Bosley  
For her Mum, Audra



**Congratulations to all of our winners!**



# Welcome home.



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# What's On Facebook?

**Local Musician Leon Nehow** participated in the 'Bin Isolation Outing' that has taken the world by storm. He looked very dapper as he paused for a photo on the crossing in Maryborough. Shortly after Leon was contacted by non-other than CBS in Austin Texas who wanted to show the clip on their news show. Leon took being thrust onto the international stage, in his stride.

Talking about the 'Bin Isolation Outing', this page now has over 961.812 members from all over the world who just love to dress up and have some fun. The Facebook page was created right here on the Fraser Coast by local Danielle Askew, and has been embraced by so many. Find out all about the page here:

<https://www.facebook.com/groups/306002627033697/>.

The world was saddened to hear of the passing of British comedian, Tim Brooke Taylor. Like many households, growing up The Goodies were in our loungeroom each week spreading humor and silliness to the masses. I have seen every episode more than once. The Goodies was one of the best, if not THE best English comedy series of all time. R.I.P Tim Brooke Taylor, thanks for the laughs.

For lovers of Karaoke, a Facebook page has been started just for you. The page is called 'Isolation Karaoke Kings and Queens 2020', Creator Janette began the page earlier last month and encourages people to upload their Karaoke videos to the page. Actually, anything that involves music is welcome – if you sing, dance, play an instrument or just entertain, this is the platform for you!

<https://www.facebook.com/groups/257972128662020/>.

## Online Event:

### **Mother's and Carer's Day**

- Pot Plant Painting with Miss Shelly Seashells.  
Till May 5 at 9am

### **Win some seedlings for this Mother's Day/ Grandmother's Day!**

or just to say a big thank-you to your Carer!!

### **Grab a pot from the yard**

or any item you may use to house your plants, i.e; buckets/ trays/ gumboots...etc. and get creative!

### **Let's keep it bright and colourful!**

Once painted, upload your photo for an online exhibition! Open to all abilities and age groups.

<https://www.facebook.com/events/256275438749801>



# Celebrating Diversity during Covid-19

Virtual Culture Caf: By Gav Plumridge

**S**ocial isolation is one of the major concerns of the Community Action for a Multicultural Society (CAMS), managed by the Hervey Bay Neighbourhood Centre. One of the most popular events for this program is a monthly event called Culture Caf, showcasing a different culture each month. HBNC recently celebrated their 8th year of staging this event. Culture Caf offers a tasty treat of the cuisine, entertainment and some interesting information for the culture. The event promotes social inclusion, community cohesion and cultural understanding.

**Due to the current Covid-19 restrictions the friendly Culture Caf team is unable to open its doors to the community; however, they developed an idea to host a 'Virtual' event instead.**

Every month a new culture will be listed on HBNC's website and shared via the Fraser Coast Multicultural and Community Group on Facebook. Gavin Plumridge, Culture Caf Team Leader invites you to sit back and be taken on a virtual tour of the culture and gain information in a fun way. We also encourage participants to join us on our Facebook group to stay up to date with information during this challenging time.

"Our first Virtual Culture Caf for Romania was launched in April. In May, we will invite everyone to take a virtual journey through Ethiopia. We will have music, recipes, basic phrases in the language and quizzes for you to enjoy.

"We currently cannot offer our standard prizes for the popular quizzes so we have



Photo Credit - Fabio Mondelli from Pixabay

partnered with another service from the Hervey Bay Neighbourhood Centre, The Wandering Teapot. They will be posting out a \$25 Brew Box to the winner of the quiz. Visit them at [www.thewanderingteapot.org](http://www.thewanderingteapot.org) to view the tea ranges and accessories, with all profits supporting the Comfort Kitchen program. The winner will be picked randomly from all submissions received. We look forward to welcoming all members of the community to Virtual Culture Caf" Gavin said.

For more details go to

<https://www.hbnc.com.au/virtual-culture-caf>

While the Hervey Community Centre is closed to the community and clients, it continues to deliver essential services through alternative avenues. These include via emails, Facebook and video conferencing. A number of other programs for the Hervey Bay Neighbourhood Centre will also be transitioning online, just follow the link to [www.hbnc.com.au](http://www.hbnc.com.au).



Photo Credit  
Greg Gulik from Pixabay

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## We'll be back...

During the ongoing Coronavirus pandemic, we are following the Australian Governments' recommendations. Our monthly park events & in-hall concerts have been cancelled until further notice.

To keep up to date when we are able to re-commence Sunday in the Park, check out our Facebook page.



[facebook.com/XLCRBAND](https://facebook.com/XLCRBAND)

*Stay Safe*



# Let's Chalk it Up for Kindness Fraser Coastians!

## The Hervey Bay Neighbourhood Centre is inviting Our Community to get involved with the new Kindness Crew project called Chalk it Up!

We understand that these are worrying times for us all however in a time of constant change and uncertainty, there is still hope, there is connectedness, there is still kindness, said Lesa Stagg (Community Engagement Officer). So, how do we promote this message throughout our community?? With tones of Chalk!

The Chalk it up for Kindness project invites you to get involved and spread kindness throughout our beautiful Fraser Coast community with inspiring words and messages in your driveway, footpath or wall to bring happiness and create some fun in the community.

Once you have created your masterpiece we invite you to #chalkitup and post it up to The Kindness Revolution Facebook page <https://www.facebook.com/groups/HBNCkindnessrevolution/?ref=bookmarks>

We also really want to thank the following cafés for their support to keep on spreading the kindness. You guys ROCK!!

### Smooth

located in the Eli Waters Shopping Centre  
Menus on Main – located at 1/55 Main Street, Pialba  
Espresso 3.31 – located at 31 Main Street, Pialba.

### Refuel Espresso

located at Corner John and Walker Street, Maryborough

### Vinvero Espresso

located at 1/348 Charlton Esplanade, Scarness  
I have already seen pictures of rainbows, smiles, flowers and even hopscotch. It's a great way to keep connected and it's so much fun said Lesa.

Please contact the Hervey Bay Neighbourhood Centre  
on 4194 3000 or visit their website [www.hbnc.com.au](http://www.hbnc.com.au)  
for more information on services







Cate Akaveka

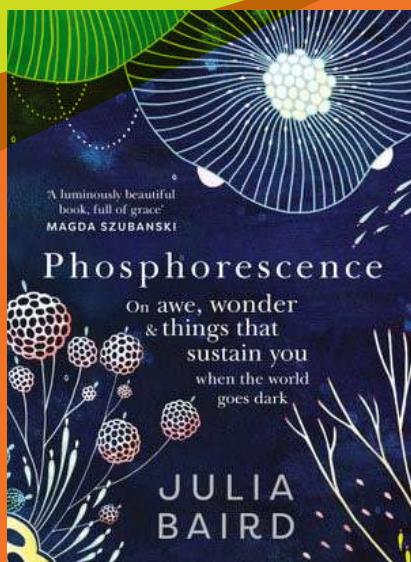
# DELVE INTO Books

## with Cate Akaveka

### Book Review

Phosphorescence by Julia Baird

**If ever there were a book for a moment, this could be it.**



"Phosphorescence" is an investigation into how we can find internal happiness, even when facing the greatest odds - the light within, the phosphorescence that can sustain us when the ground is shifting beneath our feet.

Julia Baird is a renowned journalist who writes for a number of media publications as well as hosting the daily ABC current affairs program, "The Drum". Her research is meticulous and her previous book, "Victoria: The Queen" drew international acclaim. Written over the past few years, Baird draws on her own experiences of surviving cancer and personal heartbreak and also interviews scientists, psychologists, doctors and artists to find how people find strength in despair. This is not a self-help book about being bright and sparkly. Things that are phosphorescent absorb the sun's light and then emit it very slowly for a long time afterwards.

From swimming in the ocean to considering the stars, walking in forests to accepting one's flaws, nurturing friendship to finding a sense of purpose,

there are things that matter enough to sustain us through life's challenging times. According to Baird's research, you only need to know how to recognise them.

This book has similarities with Leigh Sales' "Any Ordinary Day," which looked at how people cope with extreme and sudden tragedy and loss, bringing together personal insights and research. "Phosphorescence" has more of a focus on life's chronic rather than acute darknesses. It's about how we use our past learnings and experiences to keep putting one foot after the other. Baird refers to isolation as an opportunity to clear the kind of contemplation she has found useful - savouring the gentle energy in our surroundings.

This is a truly beautiful hardcover book about "awe, wonder and the things that sustain you when the world goes dark". The eerie timing of its emergence into the world has been purely coincidental, although quietly serendipitous.



## DSB PROPERTY MANAGEMENT


### *Rental Specialists*



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**07 4128 9919**

# #InThisTogether

## Tips for your mental health and wellbeing during COVID-19



If you need to talk, these free support lines are here to listen 24/7:

Lifeline 13 11 14 | Beyond Blue 1300 22 4636 | Kids Helpline 1800 55 1800

National Coronavirus Helpline 1800 020 080 or [headtohealth.gov.au](https://headtohealth.gov.au)



Australian Government  
National Mental Health Commission



## IMPORTANT ANNOUNCEMENT REGARDING THE DUNGA DERBY 2020



Hello teams and sponsors. The Rally For A Cause Board has held a special meeting to discuss our response to the latest information regarding COVID 19.

**It was determined by the board that the best course of action was to push our event back to our alternate date of 15 -18 October.**

Andrew and I had already been working on this alternate date and had already established that it was agreeable to all of our vendors, accommodation, locations, and suppliers.

In this uncertain time, we feel that it is necessary and appropriate to give our Dunga family, and the wider community, continued hope that our treasured normality will return and we will all be able to get back to enjoying each other's company in more stable conditions. You do not need to do anything, your entry has automatically been transferred to the new date.

We understand that team's fundraising totals will be affected by the impacts of COVID 19, and we As an authorised entrant in this year's event you are still authorised to conduct fundraising activities,

and we encourage you to do so. Clearly there will not be any large scale events, and that's are completely happy to discuss your needs or concerns with you. We still want you, we still need you.

ok, but you can still do online raffles, auctions, and who knows what other creative ideas you might find.

We are a power for good in our community and together we will endure. If you are finding yourself in troubled times, please do not hesitate to call out to your Dunga family for help. You are a part of something much, much bigger than 4 days of driving in the dirt.

If you have any concerns, please do not hesitate to contact either Andrew or I.

All the best.

**Dave Darmody**  
Event Director

To find out more go to [www.rallyforacause.org.au](https://www.rallyforacause.org.au).





# SUPPORT LOCAL SMALL BUSINESS THROUGH COVID-19

## STORE - RED BLUSH

Owner - Tayla Horton

A dream of mine was to always open my own women's clothing and accessories boutique and in September last year I made that dream come true. Red Blush is a casual and boho inspired shop which specialises in dresses but carries most types of clothing and accessories through to handmade hair accessories, handmade jewellery, belts and bags. We are also looking at introducing a new range of candles, soaps, body lotions and a few more pieces. Our goal here at Red Blush is to try and have a little something for everyone that they love.

2020 was going to be a big year for us with many plans but unfortunately on the 26th of March we had to close the doors to our shop due to COVID-19. Since then we have been forced to boost our online store and move everything online. The coronavirus has hit our small business extremely hard considering this is something we did not factor in when opening our small boutique whilst trying to get off the ground.

This is a tough time for us all and one thing that we need to take away from this is that not all of our local businesses will survive, and this is why we need to stick together and support our local small businesses.

Every industry has been affected by this horrible time and when Kim from What's On Fraser Coast contacted me about being in the May edition I could not pass it by. Although this edition is an online one there are still fees to be paid and we cannot thank Kim enough for what she has done for us.

Website: <https://redblush.com.au/>





# OUR HISTORY

## *in Pictures*



**Mrs MacKellar at Bauple, Queensland ca. 1930**  
Scottish born Mrs. MacKellar on the verandah or the original home in Bauple, Queensland. Unidentified man in the photograph wearing a driver's dustcoat?



**Fishing from the jetty in the Maryborough District, ca.1920**

Young children and two gentlemen are pictured on the jetty. The view is from the river. Possibly on the Mary River at Saltwater.



**Maryborough Naval Volunteer Band, Queensland, 1905**

Photograph of members of the Maryborough Naval Volunteer Band after they had returned from the brass band contests held in Ipswich on 2nd January 1905. Mr J. Zemek was the conductor.



**Byrne family camping at 'The Waterhole', Fraser Island, Queensland, ca. 1907**

The Byrne family, from Sandy Cape, Fraser Island, camping at 'The Waterhole', around 1907. Left to right: Esmond Byrne (on ground), Claire Byrne, Ruby Byrne, Irene Askew, Clarence Byrne, E. Butler, George Byrne, Elizabeth Byrme.

**Group portrait of the Maryborough Girls Grammar School cricket team, 1915**

Group portrait of the Maryborough Girls Grammar School cricket team, 1915. The girls are in uniform, wearing shirts, striped ties and skirts. The group poses on the lawn in front of a school building and some other girls can be seen in the background. The back row stands and one of the girls is holding a cricket ball. The middle row sits in chairs and one of the girls holds a cricket bat. The front row sits on the ground and one of the girls wears cricket pads and has a bat.







**Portrait of Mrs. Gertrude Steindl and baby, ca.1900**

Creator: Photograph taken by Olesen and Strong of Maryborough.



**Haul of fish caught in the Mary River, ca. 1909**  
Maryborough District, Queensland, Australia



**Nurses tending to isolated plague cases, Maryborough (1905)**

Two nurses are standing outside a stand-alone brick building tending to plague patients held in isolation. One face, presumably a plague patient, peers out from a hole cut into one wooden door.



SPECIALLY DEVISED OVERALLS AND RESPIRATORS WORN BY DR. BURNETT HAM AND HIS MEDICAL AND NURSING STAFFS.

**Maryborough outbreak of Primary Pneumonic Plague (May-June 1905)**

'Specially devised overalls and respirators worn by Dr. Burnett Ham and his medical and nursing staffs.' (Information taken from: B. Burnett Ham, Report on plague in Queensland: 1900-1907, 1907).



**Football players from Howard Junior Football Club ca. 1918**

Standing (from L to R): ?, M. Connell, ?, H. Hier, A. Jones, R. Hewlett, ?. Seated: A. Harris, J. Knipe, S. Keene, C. Cecil, C. Wilson, J. Ritchie, W. Wildon, A. Salter.



# Bean Beat

Espresso bar



**SCARNESS** 4124 0616  
(Next to Beach House Hotel)

**PIALBA** 4128 4411  
(At the WetSide Water Park)

Add us @bean.beat





# Underrated

## BUT EDUCATED

### Some Perspective for your Pandemic

**It's been a really weird month, and by month, I of course mean the 768 days we just endured that apparently were all March? Seems suspicious to me, but oh well, time is a social construct and we're all just a mass of chemical elements and atoms. Oops, sorry, that got away from me a little bit there. Anyway, the past few weeks have been tough on everyone, but I personally have spent the majority of them feeling extra sorry for myself.**

For context, I woke up a few weeks ago with a sore throat that quickly manifested into a really sore throat, a runny nose, fever (sound familiar?) and: some swollen ass tonsils. Gradually, my tonsils got worse and I started to visibly see signs of infection (that's my clinical way of saying they had mad puss on them hehe). Now normally, one would simply book a doctor's appointment, get some antibiotics and clear the infection right up. But, at current, one would be forgetting about the simple, minor matter of the global pandemic.

Said pandemic made it awfully difficult for me to attain me some bloody antibiotics. Every doctor's surgery I called turned me away at the mention of my sore throat, runny nose and fever, and instructed me to instead contact a fever clinic at my local hospital. When I called said fever clinic, I was turned away once again, as I didn't meet the requirements to be tested for the big C, having not been overseas in the past two weeks or been in contact with a confirmed case of big C. So to summarise: I was too sick to go to the doctors, and not sick enough to go to the hospital. Diagnosis: Screwed.

I was advised to stay home, self-isolate and 'monitor my symptoms'; which, for a cold would be fine, but without antibiotics, 'monitoring' the symptoms of a bacterial infection simply means watching your tonsils grow into puss-ridden, fleshy golf balls that protrude from the back of your throat.

To make a long story short, I eventually found a doctor that would see me. I was prescribed antibiotics, that didn't seem to be working... So I got stronger antibiotics days later, then a blood test, then a trip to the hospital for steroids, fluids, and more blood tests, which came back to reveal I had glandular fever – a viral infection that knocks you on your ass for weeks with no cure but "rest". Bloody Western medicine.

Anyway, I was told to stop taking the antibiotics for my tonsils, as the tonsillitis was a result of the glandular fever, which is a viral infection, and thus my

antibiotics were rendered useless. Once I did this, my tonsils HULKED it out and I was back in the hospital for more steroids the next day, but then told to be on my merry way once again, and to come back when my tonsils were so large they inhibited my breathing. Yeah, great, no worries.

Two weeks brought nothing but a blur of hospital visits and waiting around for appointments at doctor's surgeries, being labeled with a different diagnosis and means of treatment by each and every nurse and doctor I saw. I was exhausted. Nothing was working; I couldn't eat, I couldn't walk from my bedroom to my shower without feeling like I needed a nap, my tonsils were so swollen my voice had become a weak Kermit the Frog impression, until eventually I couldn't talk at all. My favourite thing to do.

Eventually, a doctor figured out that I had bacterial tonsillitis as well as viral glandular fever. I scored the double whammy. So I was prescribed antibiotics (thank you Western medicine) and I finally began to feel human again.

Two nights ago, I had my first uninterrupted sleep. It was over. I had recovered!

*Continued on page 19...*





*Continued from page 18...*

Then last night I woke up at 3am with the dull, unwavering ache that only a true child ear infection veteran could identify. An ear infection.

I was exasperated. I was lying there pinging hard at the most extravagant, fully catered, on-par-with-Stormi-World pity party that I'd thrown for myself. Ruling out the possibility of sleep, I rolled over and thought I'd seek sweet release from the scroll.

I opened Facebook and the first post I saw was from a friend in LA who revealed that he tested HIV+ one year ago today and was sharing his story of diagnosis. Fortunately for him, he's surrounded by love and support, and is admirably positive about his journey ahead.

Suddenly my Stormi World pity party seemed rather melodramatic, and I had the perspective shift I didn't know I needed. Here I am, overwhelmed with anger at the world for targeting me with an ear infection, when someone dear to me has been silently suffering with this life-altering diagnosis.

I'm not discounting my problems, entirely. My issues are my issues and my feelings are my feelings – the fact that there are people in more dire situations doesn't make my difficulty any less valid, but it's humbling to hear. A little perspective, and a little positivity can make all the difference. It does well to remind yourself of this every now and then.



## I Love this Place!

**With all that is going on in the world, I think we should all take stock and realise what is so great about where we live.**

**I have lived and worked on the Fraser Coast for close to a decade now. My wife and I met on Fraser Island in the early 2000's and eventually got married opposite the Beach House Hotel in Scarness. We have had two sweet (sometimes) daughters that were born here.**

**We have really had a great life here as many in this community also have. Sometimes we might miss the good news with a fair bit of negative news around, so I hope to, in this article, lighten things up a bit.**

Today I talked to a lady called Danielle who started the 'Bin Isolation Outing' on Facebook. She is a Hervey Bay Kindergarten teacher that did it for a laugh with her friends. This thing at time of writing was getting close to 1 million followers. It is going off. Really quite impressive that one of our locals who just wanted to cheer up a few friends in this tough time has ended up bringing so much joy to so many people on the planet.

Joy and fun are what life is all about. In the face of what can seem to be a challenging future we need to laugh and be silly. It is what has got us through always in times of hardship. Don't be afraid to be silly and make people laugh. We need it now more than ever.

A big congratulations to Danielle and her helpers in the crazy success of their Facebook page. They are sharing the love across the planet.

The latest thing to take off on the page is blokes wearing their wives wedding dresses out to the bin. I don't know how they have gotten away with it. There is no way on Earth my wife would let that happen at our house. There is a bit of a size difference between the two of us. I believe if I tried, the dress would look like Hulk's pants. Not a good idea for my safety if I want to keep living here...

There's a great Paul Kelly song about a bloke stuck in prison at Christmas time called 'how to make gravy.' It's almost now counted as an underground Aussie Christmas song. I guess it makes sense as some of us come from convict stock.

He also has a book with the same name, which uses the lyrics of his songs to start stories about his life. I couldn't find it on the shelves when I first went looking for it a number of years ago in Big W. After doing a thorough, as my wife would term it 'female look' I found it in the (wait for it) cooking section. I had to explain to the staff that it was not an actual book on making gravy, which confused her, but she took my word for it and put it in autobiographies.

In a bunch of short stories, it tells some warts and all tales of Paul's life and really gives you a bit of insight to the brain that created so many classic Australian songs. I give it 10 gravy boats out of 10.



Want to hear more from [Mak](#)  
Listen from 6am weekday mornings to Hit 101.9



# SUPPORT LOCAL SMALL BUSINESS THROUGH COVID-19

## STORE DELUX PARTY HIRE

**At Delux Party Hire we aim  
to make your dreams of a  
positively memorable event  
come true!**

Whether this be a wedding, engagement, birthday, sporting event, community festival or just a good 'ole back-yard barby we can make this come true for you! After all...in Australia "any excuse for a party!"

### ABOUT US

Next year Delux Party Hire will celebrate it's 30th year on the Fraser Coast! We are a local family-owned business operated by Craig, Alison, Kristy & Blake Singleton. Believe it or not Craig & Alison are Chartered Accountants...a strange combination for a party business you might think!!! However, we love a party as much as anyone and know how to make them special!!!

### COVID-19

As with many businesses we have been hit very hard by the pandemic with all of our bookings cancelled. However, we're not letting the current situation dampen our spirits and are determined to not let that happen to everyone on the Fraser Coast! We are still open for business and are working from home.

### ADAPTED TO REFLECT CHANGES

The pandemic has certainly got us 'thinking outside the square' for ways to assist our clients, even though self-distancing laws are in place!

For example, for those at home with school children, over the next 5 weeks or so ... if you need to put your kids somewhere where you can see that they are actually doing their school work, we have tables and chairs! We are doing an economical package for the 5 weeks - \$25 for a 1.8m trestle table and 2 chairs (extra chairs \$3 each) with a \$50 refundable bond. If we can assist, please call us today as school has re-commenced for Term 2!

### LEARNT FROM THIS EXPERIENCE

We have learnt to value our employees & clients above all else! It has made us realise how valuable our Team Members are as they are the life-blood of our business AND our clients... we love what we do and get a thrill out of people from the Fraser Coast having a great time and having positive memories!

Find us at - [www.deluxpartyhire.com](http://www.deluxpartyhire.com) - Above all else, please remember that we are here to help you!





## SUPPORT LOCAL SMALL BUSINESS THROUGH COVID-19

### PARTY CENTRAL AUSTRALIA

Party Central Australia has been operating on the Fraser Coast for eight years. We offer a variety of entertainment that includes casino nights, the amazing race, quiz nights, Photobooth's, DJ music lighting, Jumping Castles and Escape rooms and so much more.

Like so many others with the outbreak of the COVID-19 we have been severely impacted with our entertainment company. With so many venues having to close their doors we have had all our entertainment and weddings cancel till at least October possibly until next year. Rather than sit back and do nothing we have adapted some of our business to still provide some sort of entertainment while people self isolate. As we can't use our break out the room shop we have adapted and learnt how to do live streaming.

On Friday nights we have been hosting live DJ sessions from 9 pm and I've also been hosting music quiz nights via live streaming. These can be found by downloading a free app on your device called twitch.

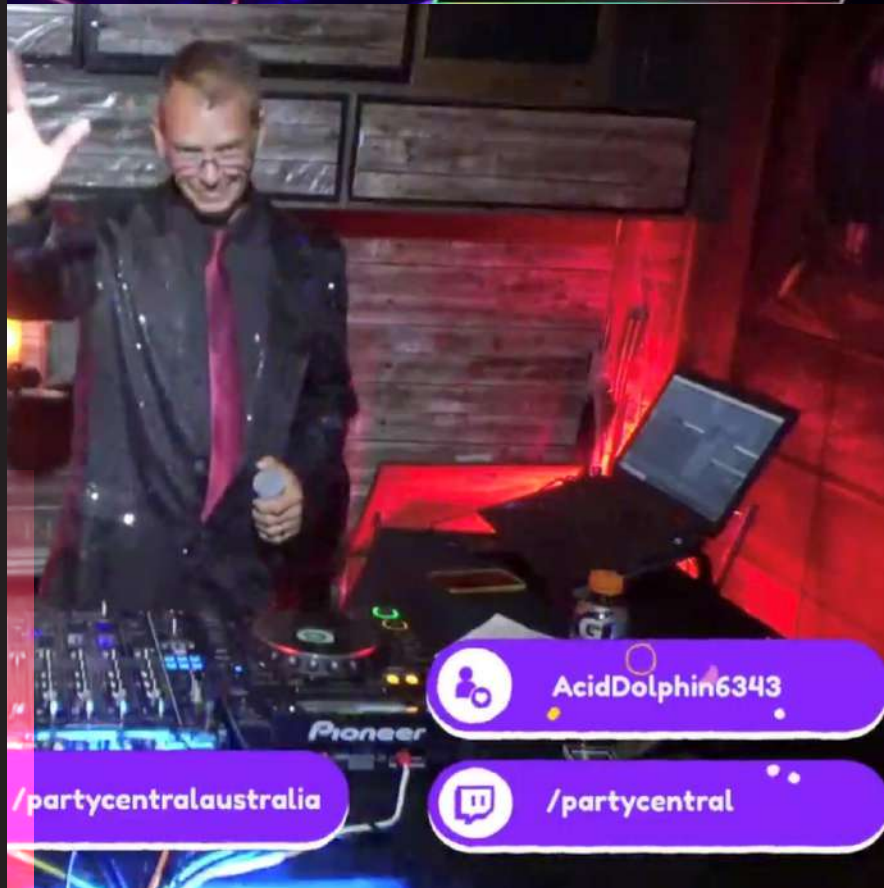
[www.twitch.tv/Partycentral](http://www.twitch.tv/Partycentral)

You can also follow us on Facebook - search for party central Australia for all updates of live events.

To support these events we just ask for kind donations to help cover some costs.

We look forward to when things can return to normal and we can host parties on the Fraser Coast.

In the meantime we will be hosting some entertainment for live streaming.





# Fashion

## WITH LEAH



Photo Credit - In-Motion photography by Kartie



### "My body has changed so much, how do I wear that now?"

Are we even female if we haven't proclaimed this at some point in time?! And I'm not just referring to weight gain and/or loss, this extends to an increasingly difficult area for women- that of the body changes from medical treatments, specifically cancer treatment and side effects such as Lymphedema. I was reminded of this recently by one of our local lovelies, who described her frustrations with the change in body after her battle with cancer a while back (the Lymphedema causes swelling in the legs). "I use to wear lovely structured pencil skirts which complimented my long and lean legs, but now my legs are so full of fluid and swollen that I just want to cover them up!". I just wanted to cuddle the living daylights out of her in this moment as I could sense her hurt, but our bizaaro covid iso lives prevented such a cuddle-fest! Whichever your reason, be it a body change due to weight gain or loss, post medical treatments, post baby, injury, PTSD or an accident, we've most probably all been in a similar mental state regarding our bodies at some point so we may as well discuss it freely!

Taking the mental health out of the equation here though, let's just bring it back to the fashion basics. It is so important to take a few small steps for yourself in the right direction here...

1. Have your body shape assessed every 5 years or so (this is a process whereby I take your body measurements and from those instruct which body type you are - triangle, hourglass, inverted triangle etc). This will be a deal-breaker when it comes to understanding your new body and how to dress as well. Know your body shape = dress yourself well = pure internal joy and bliss!
2. Cull your clothes often (if you haven't worn something for 5 years or more, get rid of it!). This will naturally follow on from the previous point. Once you know your fab new body shape, cull all the garments that don't fit within that equation anymore. And stop bloody keeping clothes 'in case you lose weight again!' Just don't do it! Your psyche regarding your new body will have changed in that time and so should your fashion style.

In regards to the lovely gal with Lymphedema, I'll return to the 3 simple rules of fashion and styling here - know your body shape, know your body features, know your colouring. So in the area of swollen legs, here's a few basic tips:

- You can still wear a structured pencil skirt, but just wear them a bit longer now. In fact, for many triangle body shapes, a structured skirt to the knees is the most flattering look (especially with some heels!)
- Avoid large, bold patterns on your bottom half. If your top half is small, reserve the prints to that area or wear print from top to tail!
- If your ankles are swollen, avoid ankle straps on shoes (this will only emphasise it).
- Avoid wide legged trousers and jeans - opt for structured pants or slim fit/straight cut jeans. The baggy pants will only emphasise the area that you're trying to minimise.

There is so much more I can say in regards to this area, but the boss is a word-limit nazi!

**So if you need help in this sometimes delicate area, I'm here with all the understanding and compassion within me. Drop me a line anytime xx**

**0439 723 832**

[leahharvestyling@bigpond.com](mailto:leahharvestyling@bigpond.com)

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

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



# Embracing TECHNOLOGY

**Students are calmly keeping their eyes on the future at St Mary's College. Throughout the current uncertainty in the world, our Fraser Coast community have all worked hard to support and uplift each other with inspiration.**

Term 2 has recently resumed for all students, with their learning looking quite different than in the past, but what an exciting opportunity to utilise and progress learning tools for our students and for those of the future. At St Mary's embracing technology has been a commitment for several years now, using our established systems and 1:1 laptop program the students of the College have an asset for the alternate learning arrangements currently in place. Teachers have diversified their delivery of classes to include "Teams meetings" and recorded lessons to further add to the interest and interaction of their existing class content. They have worked extremely hard to ensure students are well supported and directed in terms of what is available for them and what is expected of them, Thank you to all the amazing teachers.

There is much hope our students' daily lives will return to a more regular pattern soon, in the interim, as a community we can all strive to support each other, keep calm and continue looking to the future.



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**SERVICE COURAGE JUSTICE**





# Inspired by Mum



My name is Lisa Hanrahan and I am a local mixed media artist based in beautiful Maryborough. I have always been creative and tried many arts and crafts, from decoupage to scrapbooking to painting.

I am inspired by many wonderful artists, but first and foremost is my Mum, artist Evelyn Willebrands. Over the years we have explored many different creative pursuits together. Whatever art or craft project Mum was working on, I wanted to try it! She taught me how to knit, stitch and work with paints. I have precious memories of oil painting classes my Mum ran at our home after school. I really enjoyed being part of the class and felt proud when I had completed a canvas.

I have been fortunate to take in person classes with Australian artist Tracey Verdugo and American artists Donna Downey and Julie Fei-Fan Balzer. These artists have one thing in common, a passion for living your most authentic, creative and beautiful life! I am drawn to their use of vibrant colour and strong design elements.

I enjoy walking through Queen's Park in Maryborough, and I love the flowers in the ornamental gardens, the grand trees and the sparkling river. I draw inspiration from nature and repeating patterns. My art tends to be vibrant and colourful and I love drawing and painting flowers. I enjoy making junk journals, painting canvases and creating mixed media pieces with floral images. I have had my work displayed and for sale in a pop-up art gallery, local gift stores and the Fraser Coast Show.

Like most families, this current pandemic has had a huge impact. My husband's Football Academy is on hold and a job offer I received was rescinded. So while things are tough, I think there is a greater message for me to consider here and that is one of gratitude.

I am grateful for this time at home because it gives me a chance to spend quality time with my husband and teenage daughters. I am grateful because I have time to reflect on what is and is not working

in my life. It gives me a chance to think about what is important to me and how I want to spend my days because each moment is precious. We have all been learning new routines, rules and restrictions at a rate of knots. I have started to think about what new habits will remain once we come out the other side.

This time at home has also given me a chance to develop my skills, to play with a variety of art supplies and try different techniques. I have been able to finish art and craft projects and dream of new ideas. I am on two design teams, Willowbound Journals and LavenderBlu and I have been learning how to use iMovie and adding YouTube clips to my channel. I have also tried to pay it forward by creating a colouring in page titled 'Apart but Together'. I have shared this page on Facebook, so children have something fun to do while they are at home.

Even though times are uncertain, it is a wonderful chance to be in the present moment and be appreciative for the small things; sipping a hot cup of coffee, seeing a delicate butterfly when you are out for a walk or a heart-to-heart on the phone with a close friend.

It is time to reflect, reset and look for the silver lining in the situation. It is time to clear out the old and make way for the brave and daring ideas that are coming our way.

Dream big! Then create a plan as to how to make it happen.  
We may never get a chance like this again.

**Find me here:**

**Facebook - <https://www.facebook.com/SirenialBlue>**

**Instagram - <https://www.instagram.com/sireniablue>**

**YouTube - Lisa Hanrahan**

**The Happy Abode, Burrum Heads**



It has obviously been a year in which the human spirit has, and is continuing, to face incredible challenges. Could the year get any worse following the devastating bushfires which displayed not only the catastrophic loss of human life and livelihoods but the genocide of much of our beautiful native wildlife in the form of animals and plants?

As we all know the answer is a resounding yes. Up pops this incredibly contagious respiratory disease which has brought the world to a virtual economic standstill and has claimed the lives of thousands due to its aggressive, unrelenting nature.

Who would have imagined 3 months ago that the terms "self-isolation, social distancing, contact tracing, drive through testing and where's the ##### toilet paper" would be common speak. Flattening the curve was something that I needed to do after eating and drinking far too much xmas cheer.

Obviously, the last few months has been a concerning time for most of us and the restrictions we currently face mean we have all had to change the way we go about our daily lives. I recently spent 2 weeks at home due to enforced annual leave and while this could have been a negative experience it was quite the opposite. I was lucky enough to spend this time with my two boys, Liam aged 19 and Aiden 11 and after countless hours of table tennis, movies and frisbee throwing realised I was indeed one lucky dad. Sure, we all drove each other bonkers at times and I admit on the odd occasion I can be annoying, just ask my wife but, the opportunity to spend quality time with those I care about is certainly something I will look back on fondly.

In comparison to other regions and countries we are extremely fortunate that health wise things have not got out of hand and we are still able to enjoy this wonderful part of the world in which we are lucky enough to call home. Keep the glass half full and let's keep our fingers crossed that we can get back to normality sooner rather than later.

Oh yeah, and please support our local businesses, many of whom are doing it extremely tough. Stay safe.

Listen to the Big Breakfast with Blandy on 103.5 Triple M – 6am weekdays.



**OUR BUSINESS HAS ALSO BEEN AFFECTED BY COVID – 19  
WE HAVE HAD TO CEASE PRINTING DUE TO OUR NORMAL  
ADVERTISERS BEING AFFECTED TOO!**

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# A TOUGH ROAD AHEAD

## for our Muso's

Many of us are doing it financially tough right now, and right up there are our local musician's. Many have gone from months of secured bookings to no work at all in a very short space of time through no fault of their own, this is tough physically as well as on an emotional level.

What's On Fraser Coast has always supported our musicians by donating a page in the magazine each month to a different muso. We also provide a free monthly gig guide that supports not only the musicians but the venues too!

I have got to know many of these lovely people over the years and call many my friends. Right now we need to look at other ways that we can help them - from holding Watch Parties when they perform on various social media platforms, to purchasing merchandise and CD'S.

Let's all do our bit for our musos to keep their dream alive, ready for a time when they can be on stage with a live audience once again.



**FRANK BENN**

### How has life been since COVID – 19?

It's been very interesting indeed, so strange to be gigging all over the place one minute to everything including seeing friends and family coming to a complete halt.

I have been spending a lot of time with my children and also trying to write a new album. When all of this calms down I can get into the studio and laydown some new heavier tracks. I am lucky that my partner Heidi has been so supportive throughout all of this.

### How much has it affected your mental health?

My mental health has been good but helping the kids with online schoolwork could possibly change all that that, haha, (Joking). I think the biggest stress was the sudden loss of income that many of us have suffered. Living off savings can only last so long, but I hope to get some support at the start of May.

### How can the public help you?

The Public are always so supportive of what I do, I feel so blessed and humbled all the time. They can support me by tuning in to some live streaming via Facebook, and I'll put a pay pal link up and people can tip at their own leisure if they choose, other than that if I can put a smile on their faces I'm happy Kim.

### Do you have any CD'S or Merchandise for sale?

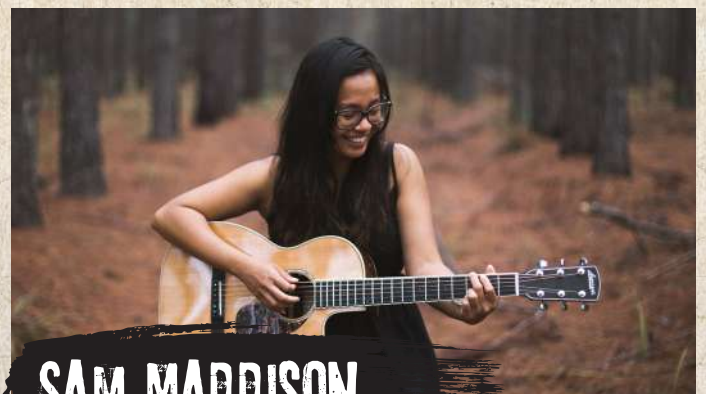
Yes, I have CD'S people can purchase, they can message me via Facebook or email me at shazi.1.gee@hotmail.com to order at any time.

### Will you be performing any 'Online' gigs?

I will definitely be doing a lot of live streaming via Facebook, so join my page @ Frank Benn and tune in. Let me know if you have any requests.

### What would you like the public to know?

Let's remain strong through this hard time in history. Stay positive and keep doing what we are doing, and everything should go back to normal in no time. Thank you to all those live music supporters always making time to listen to us musicians, and all the venues on the Fraser coast, we appreciate your support always.



**SAM MADDISON**

### How has life been since COVID – 19?

It's been a huge change! Life has been a lot slower, and I've been spending a lot more quality time with my family and with my music which is a wonderful bonus. I have been very much missing seeing my friends and regulars from my day job and gigs. So, a huge shout out to everyone.

### How much has it affected your mental health?

I'm not going to lie! I suffered in the first two weeks. I was anxious about the future, about the health of my family and the long-term economic effects. It took a lot of support from my partner and time reflecting on my blessings to get me through the anxiety.



### How can the public help you?

Follow my journey on social media. There will be some exciting news and promotions on the way!

### Do you have any CD'S or Merchandise for sale?

I do have some CD's for sale. If you send me a PM via Facebook or Instagram, I will post it out to you. Just find me via my pages "Sam Maddison Music".

### Will you be performing any 'Online' gigs?

Stay up to date by following me via my FB or Instagram page "Sam Maddison Music".

### What would you like the public to know?

Remember to be patient and kind to one another. It can and will be hard to feel motivated at times, but luckily, we live in a modern age where people are just a message away. Take the time to reach out if you need too!



**STEVE CASE**

### How has life been since COVID – 19?

It hasn't been that much of an adjustment for me as I can be a bit of a recluse anyway, but I do miss getting out and playing gigs.

### How much has it affected your mental health?

I've been doing all the right things – eating properly, exercising and staying away from alcohol but even so, the questions about how this is all going to end up is always in the back of your mind.

### How can the public help you?

Listen to my music and if you like it, share it with your friends.

### Do you have any CD'S or Merchandise for sale?

I have CDs and Merch available through the "Shop" tab on my Facebook page [www.facebook.com/stevecasemusic](https://www.facebook.com/stevecasemusic)

### Will you be performing any 'Online' gigs?

I've done one Instagram Live performance so far and I'm looking to do more online so stay tuned to my Facebook and Instagram for dates and times.

### What would you like the public to know?

Apart from music I'm passionate about the environment so I'd like the public to remain conscious of how our leaders decide to steer us out of this. I can already see a move towards the watering down of current environmental laws and a speeding up of old methods of power generation when now would be the perfect time to invest in new technologies that have less impact on the environment.



**DOUG EDWARDS**

### How has life been since COVID – 19?

Busy with home-schooling my kids and keeping them amused.

### How much has it affected your mental health?

For about a week I felt down and anxious about Covid - 19. I'm back to my usual, optimistic self now, taking each day as it comes.

### How can the public help you?

Please keep watching muso's live streams which helps us to feel supported and connected to our friends and families.

### Do you have any CD'S or Merchandise for sale?

Yes, a 9 track originals CD for \$20. Happy to post them out. Please message me on facebook if you would like a copy.

### Will you be performing any 'Online' gigs?

Absolutely! I have had a couple of weeks break. I've been gigging steadily for the past 5 years now so this break has been needed. I will be back playing an online gig each week from now until restrictions are over.

### What would you like the public to know?

I miss seeing y'all in person. Please stay safe and well and take care of you and your loved ones.

### Please show your support to all our musicians!





# MOMENTS IN SPORT



## More than a Club, Bigger than a Team.

**Throughout the history of any community, there are defining moments that help shape its character and culture. While some moments can be significant and obvious, others are a gentle whisper and their significance may go unnoticed until a generation has passed.**

For many Australians, 1977 was a year of significance. The Queen visited our shores, the Australian Democrats were established as a political party, and the Australian television series *Cop Shop* mesmerised viewers for the first time.

It was also the year that the Hervey Bay Sea Hawkes AFL club was established. In 1985, they would be rebranded the Hervey Bay Bombers and go on to create a legacy that is the envy of most sporting codes.

The Hervey Bay Bombers senior men have won 20 premierships and competed in 29 Grand Finals. It is an incredible achievement for a club that has community at the heart of its existence. In 2018 the Hervey Bay Bombers embraced their pioneering spirit when they established their first AFL senior women's team.

Amy Clapp grew up in Victoria and was a junior AFL umpire, but never played competitive AFL until moving to Hervey Bay. When the opportunity to play in a women's senior competitive team for the Bombers presented itself, she nervously put her name down.

Players from netball, football and rugby league were recruited into the 2018 team to compliment the young girls that were already playing AFL. Amy recalled her first pre-season training. "It was interesting when we first started, because the rugby league players could tackle well, but struggled positionally. The netball and football players struggled with tackling but were stronger positionally. We trained really hard to be ready for the first season".

The team was co-coached by John Lewis and Shaun King (Nudge), who selected Amy as the inaugural captain. John reflected on how the

two coaches worked with the team. "At training we would have one coach working with the team on tactics and the other coach working with individual players on skills. We went back to the basics, teaching them how to pass, kick, catch and bounce a ball. Some of them had never bounced an AFL ball. It is harder than you think."

In January 2018, the team had a pre-season tournament to get ready for the start of their season and work on all the things they learnt in training. The focus was to develop as a team and be ready for the first game of the season against Bay Power. They were ready!

The club was very supportive of the newly formed women's AFL team. John said, "I remember being at the ground and seeing old members that hadn't been to a game for years turn up to watch the women play. There was an excitement in the crowd and the atmosphere was great. It made a huge difference and brought new people to the club". One of those new spectators was the Fraser Coast Mayor, George Seymour who quickly became a supporter and volunteer.

George enjoyed going to the games so much that he became the official timekeeper. "I think it is really positive for young girls to see women playing sport at this level; and perhaps even more positive for young boys to see women's sport. It's a very enjoyable sport to watch with a great atmosphere at the Bombers home ground."

In 2018, Australia was dealing with needles in our strawberries and our cricket team being found guilty of using sandpaper to try and win a game of cricket. But closer to home, on 10 February, the Hervey Bay Bombers took to the field in the first competitive round of women's AFL in the Wide Bay. They would go on to win that game and every game for the next two seasons, claiming two grand finals and establishing themselves as one of the most successful sporting teams in the history of the Wide Bay.

**Written by Stuart Taylor**

**Stuart is a writer and podcaster for Entente Sport and the Future Champions Podcast series.**  
[www.ententesport.com](http://www.ententesport.com)



# Isolation Pics

*All photos sent in by YOU – Thank you!*



Elliot and Henry Fowler in Urangan fishing in the back yard pool



Our Easter photoshoot at home with 4 month old Zeus Alexis



A first Easter for Mia



Hayden Walker, Mitch Walker and Darcy Stewart make a superhighway



Lachlan Kavanagh practises Boccia



# Isolation Pics

*All photos sent in by YOU - Thank you!*



Erin washing Gus - River Heads



Sara & Chloe Lewis had a great Easter



Molly practicing her gymnastics dressed as a bunny - River Heads



Chris and kids celebrate the man cave being completed - River Heads



# Fraser Coast *Creates*



## Introducing the Digital Home for Arts on the Fraser Coast

While our gallery, museum and venue doors may be temporarily closed, we are committed to keeping you entertained by delivering quality arts experiences – online! [#FraserCoastCreates](#) is a curated digital arts project that has been created to celebrate your favourite local artists, creatives and storytellers, bringing the content to you.

### What to expect?

[#FraserCoastCreates](#) is taking over our Facebook and your living room! Online visitors will enjoy a variety of arts activities including artist talks, snapshots of Council's collection, special performances by local performers and musicians, studio tours, interactive games, and on-sharing of professional development opportunities.

Keep your eyes peeled for new content and share your own stories from home using [#FraserCoastCreates](#).

### Want to get involved?


Council seeks expressions of interest from visual and performing artists, creators and storytellers to develop either one-off or short-term projects for this online initiative. All artists across any platform or medium are encouraged to apply and pitch their work or idea. To read the Funding Guidelines and commence an expression of interest, visit [frasercoast.smartygrants.com.au/frasercoastcreates](https://frasercoast.smartygrants.com.au/frasercoastcreates)

**[ourfrasercoast.com.au/fraser-coast-creates](https://ourfrasercoast.com.au/fraser-coast-creates)**

This initiative is funded by the Regional Arts Development Fund (RADF) in partnership with the Queensland Government.



Queensland  
Government

A cultural service of  
 **Fraser Coast**  
REGIONAL COUNCIL

The Regional Arts Development Fund (RADF) is a partnership between the Queensland Government and Fraser Coast Regional Council.





*Celebrating 20 years* IN OUR COMMUNITY



20 YEARS OF  
*Inspiring*



20 YEARS OF  
*Welcoming*



20 YEARS OF  
*Gathering*



*Celebrating 20 years*

We look forward to welcoming you back to the Brolga soon. Stay up to date by signing up for the newsletter on our website:

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