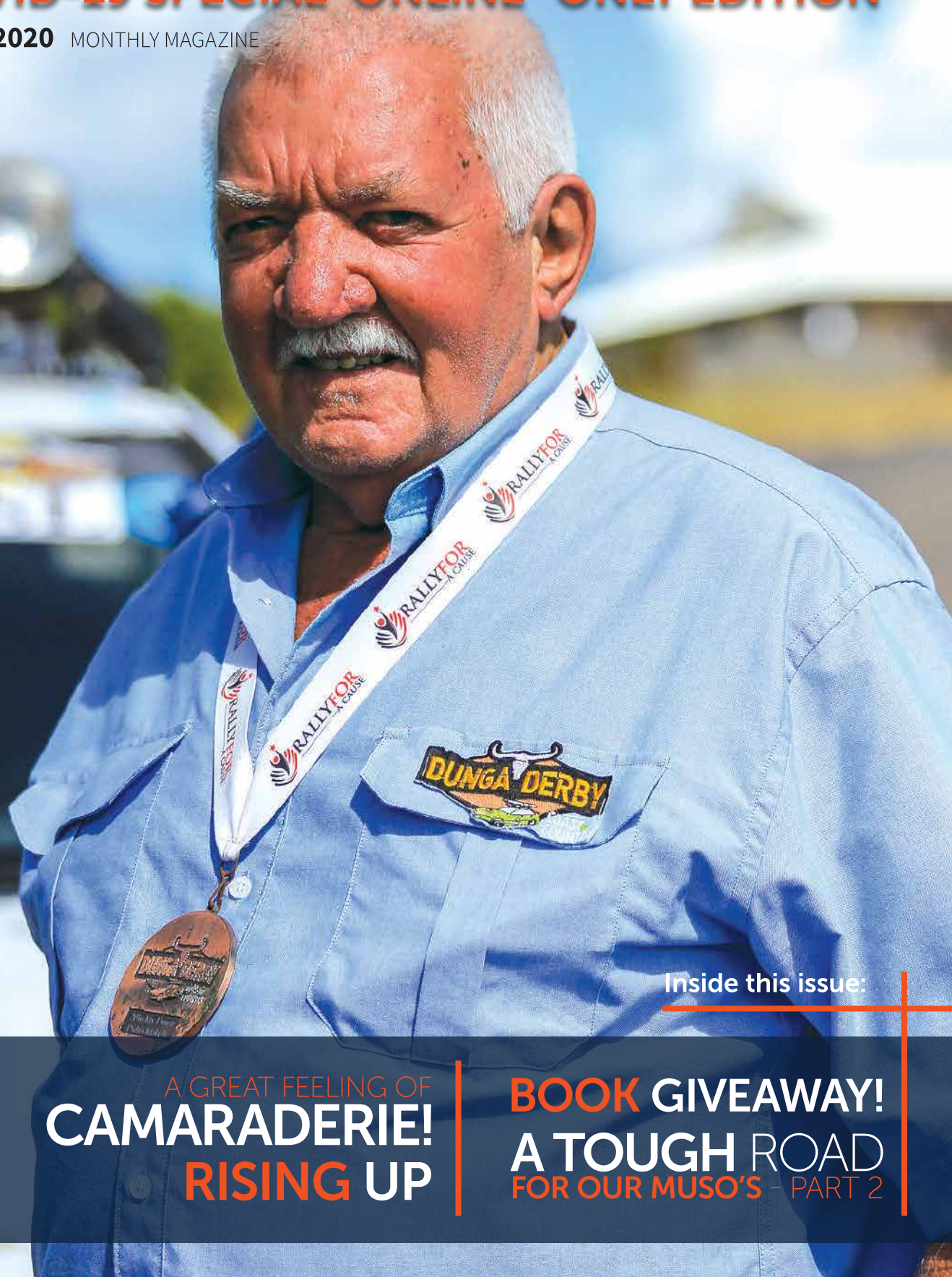


# FRASER COAST What's On

COVID-19 SPECIAL 'ONLINE' ONLY EDITION

JUNE 2020 MONTHLY MAGAZINE

39



Inside this issue:

A GREAT FEELING OF  
**CAMARADERIE!**  
**RISING UP**

**BOOK GIVEAWAY!**  
**A TOUGH ROAD**  
FOR OUR MUSO'S - PART 2



## URANGAN

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### JUNE

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TU 1818 3.53		WE 1833 3.34	
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1821 1.34		1818 1.05	
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<b>14</b> 0319 2.99		<b>29</b> 0256 3.37	
SU 0959 1.23		0930 0.91	
SU 1606 2.79		MO 1548 3.07	
2201 1.58		2202 1.25	
<b>15</b> 0415 2.97		<b>30</b> 0359 3.31	
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Kim Parnell

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TRACER COAST  
**What's On**



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We would love to hear from you.



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## What's On

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## Note from the Editor

**F**rom my perspective, it has been great to see some businesses and services opening for business once again - even if with rules and restrictions in place for the foreseeable future.

I look at this almost as a new beginning, an awakening of sorts. Over the past few months, we have all had to get used to a new way of living, at times this has been extremely tough for us all, but it has also been insightful for some. There is a sense that nothing will ever be taken for granted again. Many have taken the opportunity over the last few months to ponder the future, to reshape destinies and to redefine business objectives.

Before Coronavirus, life was hectic. I must admit that I didn't spend a whole lot of time at home - I always felt guilty about that. But I realised that even when I was home, I was very rarely present, I could never mentally switch off; I was always thinking of all the projects that I had to do and the things that I wanted to achieve, without stopping and taking a moment to look around me and just enjoy.

Looking into yourself can be a confronting and scary experience for many as it can mean change, but it can also be a very therapeutic experience. None of us are perfect, and that is more than ok, but we all deserve to be happy within ourselves.

Life is precious, we need to appreciate it, live it, love it, and hold no regrets.

See you in print once again very soon!

Kim Parnell  
Editor/Owner

## Inside this month's edition!

We meet long time Dunga participant and Vietnam Veteran, **Brian Semler** - who is hoping to complete his sixth Dunga Derby this year. He talks to us about his team, memories and the feeling of comradeship that exists between all involved.

Maryborough's **Kylie Nitz** introduces a NEW segment that is all about **Maryborough** called 'Rising Up'. Here you will find interesting and exciting news on what is happening in our heritage city.

**Stuart Taylor** brings us the story of Triathlete **Toby Powers**, who at the age of 13, made his first Queensland team by chasing a dream and persevering to become a champion. A local story full of the highs and lows of being an athlete.

Book Giveaway - How exciting, Local Author **Margaret Rose Blake** has donated one of her books for us to give away. The genre is fantasy and adventure and will suit ages 10 years and upwards. Turn to page 19 to find out how to enter.

*Kim Parnell*

Editor, What's On Fraser Coast

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# A great feeling of **CAMARADERIE!**

By Kim Parnell

**Now in its sixth year - Rally for a Cause has raised well over one million dollars for families and individuals throughout the Fraser Coast. These funds have now assisted over ninety recipient families in various ways with everything from medical equipment to financial support - even a back-yard blitz.**

Funds for Rally for a Cause are raised through the Dunga Derby, a four-day adventure that travels from Coast to Country, that involves up to 55 vehicles, some great teams, and many challenges along the way.

In normal circumstances, the events calendar would be full of fundraising in the lead up to the main event. But in a COVID-19 world, traditional fundraising has been impossible to achieve. The Dunga's have been far from quiet though - holding raffles, attending drive-by parties, and cruising the nard.

Long time Dunga participant and Vietnam Veteran, Brian Semler has taken part in five Dunga's and is hoping for a sixth this year. Brian said, "Our team are called the Schemin' Loafin' Rogues and is made up of school friends that went to school together sixty-five years ago.

"Our schoolmaster would say to us, 'You are nothing but confounded scheming, loafing rouges', so the name kind of stuck".

Brian has many fond memories of his years on the Dunga and recalls the time he woke up one morning to find his stretcher and car wrapped in glad wrap as a practical Joke. "I couldn't get out of the bloody thing, so there was I wrapped in my stretcher in the car all night, and the worse thing was, I hadn't heard a bloody thing!

And then there was the year our car didn't make it back due to a problem with the gearbox...

"I have had so much fun along the way, there are many other stories I could tell, but as they say - what happens on Dunga, stays on Dunga!", says Brian with a chuckle.

While this year has been difficult on the fundraising front the Schemin' Loafin' Rogues are grateful to have had the RSL as a major sponsor since the beginning, and despite the tough times, hope that this will continue.

As a retiree, Brian enjoys messing around with cars and, by his own admission - emptying fridges of XXXX Gold.

Brian has used his time in isolation creating a new Dunga Derby 'official' Vehicle, and yes it might be a mobility scooter, but a fine one at that!

"I was offered the scooter because I have had trouble with my legs lately, so I will need it one day, I looked at it and thought that it would make a great mascot for the Dunga Derby.

"Event organiser Dave thinks that I have way too much time on my hands.

"Rally for a Cause helps out a lot of people within our community, it truly brings a tear to the eye as it is such a worthwhile cause.

"When we participate in the Dunga Derby we visit many towns outside our region, if we can pay it forward, we do. We might pass the hat around or donate to a cause close to that particular communities heart, that is just what we do.

"The team that look after the Dunga Derby and Rally for a Cause every year do a wonderful job. There is always a great feeling of camaraderie amongst everyone whether it be while fundraising or on the road. We are all there for the same cause and having fun while doing it".

"This will be my last Dunga Derby - but then I have been saying that for three years. If all goes according to plan, I will be taking my daughter and her friend this year, they will have a ball. Brian said.

This year's event scheduled for October 15th - 18th was to be a special one-off double event that included both the Fraser Coast and Sunshine Coast rallies everyone involved will have all fingers crossed that the event comes to fruition this year.

**To find out more about the Dunga Derby or Rally for a Cause go to [www.frasercoast.dungaderby.com.au](http://www.frasercoast.dungaderby.com.au).**





# Recipe

## OF THE MONTH

Cooked by Kim Parnell

### Serves 4

Preparation time – 20 minutes  
Cooking time – between 4-9 hours  
depending on temperature

### Ingredients needed:

- 4 nicely sized lamb shanks
- 1 tablespoon of Dijon mustard
- 3 cloves of crushed garlic
- 2 tablespoons of olive oil
- 3 cups of liquid chicken stock
- 2 teaspoons of dried Italian herbs
- 2 teaspoons of dried rosemary
- Salt and pepper to season to taste

### Method:

Score the outside of each lamb shank with a sharp knife. Rub the Dijon mustard and the crushed garlic over each, making sure to push into score marks.  
Grab a nice, deep frying pan, heat the olive oil and brown the lamb shanks.  
3 Pop the browned lamb shanks into the slow cooker, pour in the chicken stock then add the herbs. Finish off by adding salt and freshly ground pepper to taste.  
If you are out all day you can cook on low for 8-9 hours or 4-5 hours on high.

Serve with vegetables of your choice or mashed potato and peas.

**DELICIOUS!**



Herb and Garlic Lamb Shanks



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Photos by Kim Parnell



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# RISING UP

By Kylie Nitz

**T**here is just something so special about Maryborough and for those that live here, they know what I am talking about. Even through the grimmest of times this wonderful community rises-up and hits a challenge head on with a positive front, big smiles, and winning vision. As a community we are facing one of those times right now. How we have come together and supported each other, from the young to the elderly, is truly awe inspiring, something I have never witnessed in a big city. We are so lucky to have all that we do. When this marathon run ends, and it will, what will you be doing? Well let me tell you what the Maryborough City Progress Association is up to, there is lots to look forward to.

Divine Dummies ... have you heard of it? A group of community people came together and decided that the toilets in Maryborough City Hall just would not do. Although they were clean and well maintained by the Fraser Coast Regional Council, they were also drab, unappealing, and quite honestly a let down to the magnificent City Hall. They also do not compliment the new regenerated CBD Street scapes. The vision is to encompass beautiful Victorian 3D style murals, fun happy and mythical themes in all Male, Female and Parents rooms. The group were ready to act and approached MCPAI. We loved the idea and now the sub-committee has been formed. So, in coming months keep an eye out for how you can help make this happen. It will really be a fun tourist attraction, so let us aim for the best darn dummies in Australia!

Now, our Youth often state that they are forgotten. Yes, we built skate parks and have playgrounds, but what do youth really need or want? Well the best way to find that out is to work directly with them, after all they are our future and their energy can progress our City and community in ways us older ones simply do not know how. So MCPAI is working on a plan to put "Youth in Progress" (YIP) in motion. YIP will be a forum, driven by youth (aged 12-17), to bring their ideas for Maryborough to reality. For those that participate we aim to give them a space to develop and enhance their leadership skills, gain understanding of the structure and workings of a committee and be a voice that helps shape the future of Maryborough, regardless of their background, race, gender or academic ability. Hearing of our plans we've already had a young community member approach us with the idea of a local youth centre that serves as a safe meeting place but also a place to connect with social support services and mental health and maybe even tutoring for studies .. big outcomes come from big dreams. It was from this that we recognised that the formation of "YIP" also requires youth input so as soon as school is back into full swing, we will begin visiting Maryborough high schools and chatting about this program.

Quietly in the background we have other great projects slowly coming to life, such as reinvigorating the Spring Festival, Business good news media (this one is going to be amazing and involves media students), an Oktoberfest and not to mention our post COVID-19 restrictions MEGA Street Party, this one is bound to be the biggest we have ever done.

Then there is the Water Park and All Abilities Playground, Bus Stop upgrades across Maryborough, Maryborough West, Granville and Tinana, Fraser Coast Regional Council's Active Travel Strategy which will see many footpaths widened to enable all modes of transport, the return of our much loved Maryborough Markets, and so much more.

Life will return to normal; it will just be a new normal, we will all adjust, and our beautiful City and her awe-inspiring residents will again rise-up, making other cities envious.







Photo Credit: Edward & Kim Flexney

# The Joy of Creating

By Kim Parnell

**The art of rock stacking or rock balancing has been around for centuries throughout the world, and I must admit they look pretty cool.**

Hervey Bay local, Edward Flexney enjoys creating these eye-catching works of art, and finds himself, along with the kids, rock stacking while waiting for his wife Kim to finish work. "I get joy out of creating and by bringing joy to others", Edward said.

"Actually, if the truth be told," says Kim, "I was the one that started the whole rock thing and my husband joined in - we mostly do it together". In fact, others have added their creative touches to the original display that was in Urgan at the time of writing this article.

In recent years there have been some environmental concerns raised about the popular past time.

So keep an eye out for wildlife as a lot of little critters live under rocks, so get to know the environment first. Some people also suggest knocking down the creations before you leave and putting the rocks back where they were found to lessen your impact on the environment.



Photo Credit: Kim Parnell

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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.

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*Stay Safe*





## Chasing a Dream - the Story of a Champion

**Qantas Flight QF2053 travelling from Melbourne was due to land in Devonport Tasmania at 1:25pm on 1 March 2019. At age 16, Toby Powers and his father Tim had driven from Hervey Bay to Brisbane, then flown from Brisbane to Melbourne and were now flying at an altitude 35,000 feet over the Bass Strait.**

Toby was excitedly anxious, but it had little to do with the flight. His mind was completely focussed on the third and final race of the Youth Australian Triathlon Championship series. In the first race at Runaway Bay he had finished seventh. The second race in Canberra he finished second. Now he was on his way to Devonport for the final race.

It was on the plane when it actually occurred to Toby that he could win and be crowned the Australian Champion. "I checked the point scores to see if I could win it. Because they take your two best results from three races, I knew if I won the race, I would win the Championship. But I still didn't think I would actually win it."

Originally a cross-country runner, Toby started in triathlon when he was 11 years old, competing in the Queensland Schools Aquathlon Championship (Run/Swim/Run). With over 100 competitors, the run could not have started any better for Toby as he entered into the water in first place.

One week earlier, a cyclone formed off the Queensland coast and the normally calm waters of Hervey Bay were much more aggressive than Toby had encountered before. "I saw the waves and it scared me so much. I didn't have much ocean swimming experience and I was pretty much drowning. I was lucky to come out of it alive".

Toby entered the water in first position, came out of the water in last position and finished the race in 76th place. "I won't forget that race, it was my worst race ever and I was pretty embarrassed. But it gave me motivation to keep going. I really wanted to represent Queensland. That was my goal".

Over the next few years, Toby would fall agonisingly short of representing Queensland. In order to make a Queensland Schools team in cross-country or triathlon, athletes need to finish in the top six at their respective Queensland Championships. But Toby finished in seventh place four times in pursuit of his dream. "I have had so many seventh placed finishes over the years, it is one of my most hated numbers".

At age 13, Toby made his first Queensland team, when he finished third at the Queensland Schools Cross-Country Championships in Maryborough. On a wet and muddy track Toby had 500 meters left to run and was in the lead pack of three runners. His hamstrings were cramping but he refused to give up. Toby was ecstatic to finish third, "going over the line was the best feeling ever. Making the podium and making the Queensland team. It was the best feeling".

The 2018 Queensland School Triathlon Championship would be another opportunity lost for Toby, who again fell short of Queensland selection. "I was ready for this race. I was fit and in form. But a few weeks before, I was riding my mountain bike with no shoes on and crashed. I got a nasty hole to my foot and couldn't train". Despite the injury, Toby competed. With a good swim and ride, he was in sixth position in the run with 500 meters to go. In a hobbled sprint to the finish line, he was devastated to be overtaken to place seventh and miss Queensland selection by the narrowest margins.

This was the lowest point in Toby's journey in sport and it was hard for him to remain motivated. But his inclusion into the Triathlon





Queensland Development Squad months later would give him the confidence and motivation to continue. "I was really doubting myself. Then I got a spot in the team and it was like it flicked a switch in my brain. It was good to have people believing in me".

On 2 March 2019, Toby woke up in Devonport Tasmania, ready for the race that would decide the Youth Australian Champion. "I woke up in the morning feeling really good. Feeling like I could win".

Toby had a strong swim but was still 50 seconds behind the front pack as he entered the ride. Within 7km of the ride he caught the front pack. It was during the run where Toby knew he could win the race. "I could see that the other two boys were feeling fatigued by the way they were running. But I was feeling really good". Toby sprinted away from the other runners to cross the finish line in first place and claim the Youth Australian Championship.

The following week Toby competed in the Queensland School Championships in his hometown of Hervey Bay, feeling confident that he was good enough to finally make the Queensland team. On this occasion, Toby Powers did not finish in seventh place. He finished in first place to become a Queensland Champion.

**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)



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## CHRISTOPHER MCLEAN MARRIAGE CELEBRANT

### Tell us a little about your background Christopher?

I have been lucky to have enjoyed working with people my whole life, mainly through various customer service roles. I've always been very confident, and the go to person when something needs to be presented or hosted amongst school, family and friends. I moved here in 2016 with my family from Sydney, to enjoy the beautiful weather and community offered here on the Fraser Coast - quite the sea change indeed! I am married with three beautiful kids whom I love dearly.

### What drew you to become a Marriage Celebrant?

I have always been someone who has enjoyed public speaking, and have always been complimented on these presentations, so I decided to make use of this in a business setting. Getting married is such a personal commitment, and people can have so many different opinions about how it should be done. The best part? It's their special day! And I am delighted at the chance to work closely with them to make it exactly what they want.

### What is the idea behind Drive Thru Weddings?

I brought the idea to the Fraser Coast for something that's a little different; a novel way to celebrate the commitment of marriage in a way that's memorable and unique. It can also be easily done in line with current social distancing rules. Imagine the story you could tell in years to come - "you'll never guess where we got married! In our very own Ute/Sports Car/Muscle Car (for example), by the beach in Hervey Bay - what a fantastic and uniquely memorable day it was!"

### Tell us how a Drive Thru Wedding works?

A drive thru wedding is simply an elopement ceremony with a unique venue. The couple can choose to have only their two witnesses and celebrant present, making it an intimate legal ceremony which can be customised to suit anyone's taste. There is no requirement for a vehicle to be used, an elopement in the traditional sense is absolutely still possible!

### Are you also a celebrant for other types of weddings?

I am a qualified and registered marriage celebrant, and am authorised to solemnise Marriages according to law, anywhere in Australia. I can perform large ceremonies, also known as 'Full service' weddings, fully customised to suit the individual taste of couples. Being a Celebrant certainly isn't just about Marriages though! I can also create and conduct a range of ceremonies such as Commitments, Vow Renewals, Baby Naming Days, Funerals, Birthday Celebrations, Master of Ceremonies and Event Host - each recognising important life events and occasions.

### How has COVID-19 affected your business and mental health?

Covid-19 has affected my business in a positive way, as it has paved the way for me to stop and think outside the box with regards to my service offering, and both my business and marketing strategies.

The pandemic has definitely also presented its own unique challenges with social isolation and distancing. It sure has been very interesting to adapt to these changes both professionally and as a community, however we must work together to protect each other and stay safe.

We are blessed to live here on the wonderful Fraser Coast, with so much beauty on our doorstep to enjoy. Our community has come together to get through these challenging times, and I feel very optimistic and hopeful about the future together. I love living in such a wonderfully supportive and friendly community!

### How do people contact you?

People can find information about my business through Facebook and my website. I can be contacted via Facebook message, email or phone. I do try to operate under normal business hours however the nature of my business means that I am flexible to chat at most times and meet out of hours to suit couple's needs - don't hesitate to get in touch whenever you need to!

Facebook.com/christophermcleancmc  
www.christophermcleancmc.wixsite.com  
christopher.mclean.cmc@outlook.com  
0438 852 910





# SUPPORT LOCAL SMALL BUSINESS THROUGH COVID-19

## STORE - NOSH 2.0



### Tell us a little about the owners of Nosh 2.0?

The owners of Nosh 2.0 are Eliza Higham, and Leesa Kinnane. Eliza and I started our journey as business owners in the hospitality industry in 2016 with the opening of our first SIP Espresso Bar in Walker Street, Maryborough. In 2017 we opened our second (Espresso Bar) location in Maryborough at Alice Street, just 12 months later. With two businesses already up and running, we decided to look for opportunities to expand our existing business by offering grab n go meals to both Espresso Bars. This is when we came up with the idea to take on our third business Nosh 2.0.

Eliza was raised in Maryborough and has been here for all of her life. I moved to the Fraser Coast in my mid-teens and have lived here ever since. Both Eliza and I love the Fraser Coast as it has such a strong and supportive community feel and is a great place to raise families. Both of us have worked in different industries prior and have always loved working with and interacting with the public.

### What was your mindset opening the doors during a pandemic?

It was a difficult design, however, we had already done all of the work in preparation to open at this time. It was very difficult with the uncertainty around what restrictions would be in place and what impact this would have on our trade and business. We decided to give it a go and see what happens. We initially opened with pandemic hours so that we could get a feel of the response from the community. The response we received was overwhelming. We expected a pretty soft opening as we only announced the opening of Nosh 2.0 on social media the morning of our first day of trade.

The Fraser Coast showed their support by sharing our social media posts, placing orders and by lots of great feedback and messages of support. We were absolutely amazed that by the second day of business we had over 1000 followers on social media, amazing support!

### How do you see your business in twelve months?

After opening Nosh 2.0 in a pandemic, there are a few things that we were unable to offer that we initially intended, such as some more outdoor/ indoor dining. As restrictions ease, we will expand on this. After 5 weeks of trade we have now extended our business hours from only being open in the evening to being open from 11.30 am trading through till 8pm. We do have plenty of ideas in mind to expand and grow Nosh 2.0 (we may just need another round of rock, paper, scissors to decide what to do first!). We will continue to offer an upbeat and inviting atmosphere where people can come and enjoy their meals and the experience of eating in.

### Is there anything else that you would like people to know?

Nosh 2.0 is open from 11.30am-8pm 7 days a week, including public holidays (except Good Friday, xmas day).

### Where did the name come from?

After a brainstorm around business names relating to food, we decided on the name Nosh. Nosh means to eat food enthusiastically. With street style food, we thought it was a very appropriate name.

### Tell us a little about your food, how would you define your menu?

The concept of the menu was to bring street style food to Maryborough. We decided to take a different approach and offer a menu with a difference. The Nosh 2.0 menu consists of big burgers, load -it hot dogs, load -it chips, dip-it plates, grab and go meals and sweet treats. The grab & go selection makes for a quick and easy lunch or dinner. Nosh 2.0 also offers the full SIP Espresso coffee menu, (evening hot chocolates have been a real hit!).



**Nosh 2.0 is located at 135 Walker St, Maryborough.  
You can contact them on 4123 6674.**





# OUR HISTORY

## *in Pictures*



Melksham Clan Xmas 1908



Millicent Sengstock



Stunt Motorcycle riders - 1960s



Staff pic, Cosy Dell CafeCafe

Photos provided by the admin of Facebook page  
'Maryborough - Remember When'.

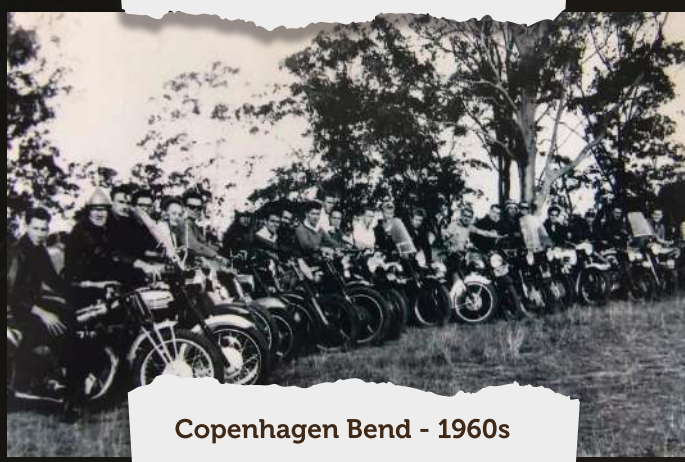




The Magpies 1959 - 1960



Island Farmers - Maryborough 19-07-31



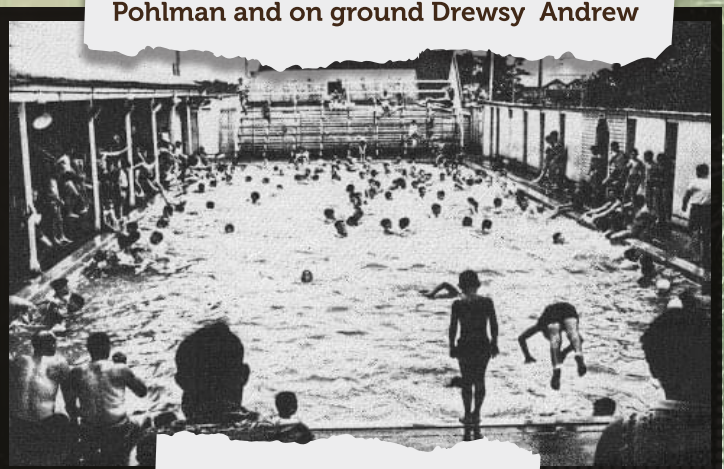
Copenhagen Bend - 1960s



Dexter Walker, Gordon Ditchman, Mick Pohlman and on ground Drewsy Andrew



Hynes staff - late 1930s - 40s



Old Maryborough Baths



# 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

## Permission to Cry

The musings of Emily Jackson and Phoebe Tweddle and their experiences through the perilous journey of growing up.

**I was sitting at my desk in my room, slumped back against my chair, when I burst into tears. It had been a pretty stressful week so I was relatively sensitive, but it was what framed the wall above that set me off. In block capital letters on an oversized white board were the words VISION BOARD 2020. These goals had been written in December of last year when I proudly sat on my bed planning and aspiring for what I wanted to achieve within the next 12 months. 2020 was going to elevate this turning of a new decade to become my best year yet... or so I thought.**

I'd drawn a house, representing the desire to purchase my first home, dollar signs boarded a savings figure I was eager to achieve, 'Turkey Summer' was written in the corner with average doodles of planes, sunshine and water complimenting it, I had a list of career goals dot pointed down one side, I'd printed and pinned up tickets for festivals I would be attending with friends, and I had a list of trips and events to attend with family scattered throughout the board. The whiteboard had been hanging there since the beginning of January, but for some reason those words pierced my attention today, and it hurt. I guess for the first time I had that realisation that my plans for 2020 really were, going to be very different now. I had been anticipating a year of growth, development, experience and memories, instead I find myself in a situation, that I certainly did not pre-empt whilst dreaming on that bed back in December. My vision, was one that was not prepared to be met by a global pandemic.

These past few weeks, since things started heading South I've felt an obligation to just 'be okay' with the reality that our plans will be blocked by the road block that is COVID-19, and, if I'm honest, I feel incredibly anxious and guilty for even writing this blog. We've been bombarded with quotes, stories and posts of people suffering, losing their jobs and dealing with immense struggle during this time, with this in mind, my 'problems' on the surface seem awfully trivial. My 'problems' do not prevent me from living a healthy life, they do not place me in a position of suffering, nor do they impact my

current situation, instead if anything these problems are just 'extras' that are important parts of fulfilling the enjoyments that I look forward to in life. Whilst I sympathise and acknowledge I am in an incredibly fortunate situation, I can't help but still feel a little deflated. And I think that that's okay. I think it's okay to recognise your situation of privilege, but still feel a little disappointed that your birthday has been cancelled, I think it's okay to acknowledge how fortunate we are to live in safe, sheltered Australia, but still wish you were off on your European Summer trip, I think it's okay to recognise how blessed we are to have such stable health care, but really just miss watching your favourite team play at Suncorp. I also think it's okay just to feel a little shitty at the moment for no real reason at all. As we navigate through these unusual months, I think it's important to remember that just because we might be sad and disappointed about 'little' things, it doesn't jeopardise our attitude towards caring about the bigger picture.





# Book Giveaway!

Merlin's School for Ordinary Children  
The Ring of Curses  
By Local Author – Margaret R Blake

## About the book

A reclusive old man had to die before something of major proportions happened in the small seaside town of Calder Cove. Then, after a series of weird and rather extraordinary events a strange and mysterious castle is revealed - a castle that seemed to have appeared out of the darkness and silence of nowhere. Was it magic, or was it something more sinister? In time, it is made known that the massive grey edifice is nothing beyond a school, but when the exclusively invited children finally step inside, the huge doors are locked securely behind them. They are then thrown - without warning - into the unknown. It is with great trepidation that they begin to question this, asking ... is this place really a school?

**The book is a fantasy/adventure that is suitable for all the family, 10 years and upwards.**

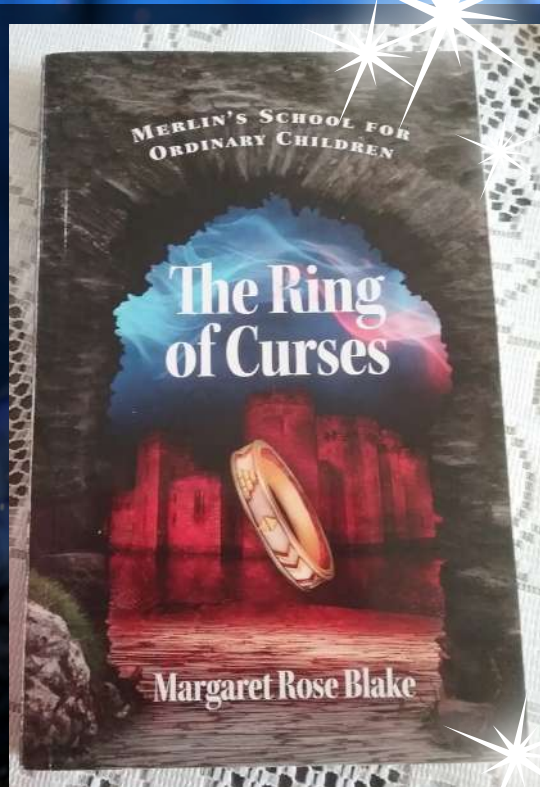
**What's On Fraser Coast has one copy of the book to give away.**

All you have to do to be in the running to win is email the answer to the following question to [whatsonfrasercoast@outlook.com](mailto:whatsonfrasercoast@outlook.com) by Monday, June 15.

**Question: What was the name of the seaside town in the story?**

The winner will be the first person to email the correct answer to the question, along with their name, phone number and address.

The winner will be notified by phone on the date above.  
Good luck!



## A little Perspective

**Today is Tuesday, I've been locked in my bedroom since Sunday afternoon. I have all the symptoms of COVID-19 – however, it probably isn't, I was tested and at this stage, the results haven't come back. I should find out tomorrow whether I am positive or negative.**

This could just be a nasty winter flu that is floating around out there, but it has really floored me, I feel like I've aged 10 years in a couple of days. It's not until you get sick that you realise how good it is being well. This has given me some perspective on how people are feeling across the world at this point in time.

I have decided, regardless of what happens with the test, that I'm going to take the full week off so that there is no chance that even if this is just a bad flu that anyone else in my workplace could possibly get it from me. We used to go into work sick and wear it like a badge of honour. (Look how tough we are.)

I have decided that I will no longer go in anytime I have an illness. Maybe this is a great lesson we are all learning after COVID-19. If we all practice good hygiene and stay away from people when we are crook, we might all have a better chance of not catching things. It's been quite a long time since I've felt this sick. It's quite amazing how in a small space of time you can be bedridden and completely go off your food. Hopefully, I can emerge from this dark room in the next few days and start to feel more human again.

Sorry to be such a bloody downer, but my point is if you are sick with anything take some time off to help your workmates stay healthy, it will also help you heal quicker.

Apologies, I have to go, my Advil dose has just arrived. Take care.

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







# On Facebook and the Web?

By Kim Parnell



## An imagined event

According to [www.daysoftheyear.com](http://www.daysoftheyear.com), the month of June is all about guitars, especially in the UK. The event 'Guitars on the Beach,' celebrates everything about guitars, from the people that have played them, to the history and the music. In 2014, about 3000 people simultaneously played guitars while singing, and broke a world record at the event held in Lyme Regis, Dorset, England. Obviously, due to the current Coronavirus restrictions, we can't have gatherings of that size here, but I like the idea of the event and can almost visualise what it might look like if it was held here on the Fraser Coast.



## A letter to write

Remember the days of letter writing - Australia Post have come up with a great project. They have been asking the people within our communities to write a letter 'to mark this moment in history'. We are certainly going through unprecedented times that have had and will continue to have a huge impact on our way of life. So here is your chance to write about our community spirit or to write a message of hope to others. All eligible letters will then be stored at the National Archives of Australia. This will provide a great snapshot in the decades and centuries ahead for our ancestors to read.

A national letterbox has been created, so get writing and send your letters to -

Dear Australia,  
Locked Bag,  
Australia 9999.

For more info go to [www.auspost.com.au](http://www.auspost.com.au).



## A gift to buy

Scrolling through my newsfeed I came across local business, HolaBox based in Maryborough. According to the Facebook page, HolaBox is a 'boutique gifting studio that specialises in curated and bespoke gift boxes that tell a story through carefully selected products and wrapping details'. Looking on the Facebook and webpage it looks like a lot of thought goes into the packaging, and each box includes a hand-written note.

Business owner Michelle Warren says, "We have predesigned boxes available on our webpage, or we can customise one to suit your needs, we also offer free delivery across the Fraser Coast."

To find out more go to <http://www.holabox.com.au> or Call 0438 141 125



## A special memory

Local Tarsha Froude shared a photo on our Facebook page that we just had to share. As we all know, last month many of us would have been attending the Maryborough Show. The photo is of Tarsha's grandfather (Charlie Campbell) and great grandmother (Winifred Campbell), off to the Maryborough Show in approx. 1947. Tarsha says that her grandfather then joined the Maryborough Show Society in 1955 and is still, at 83 years old, a very active member. Needless to say, he was very disappointed about this year's Show being cancelled!



# DELVE INTO Books

with Cate Akaveka



Cate Akaveka

## CATE'S TOP 5

### Chicken Divas by Lucinda Gifford by Whitney and Britney

This joyful children's book has been chosen for this year's Simultaneous Storytime. Whitney and Britney are two gorgeous chooks who live with the elegant Dora von Dooze. She cannot understand why they sleep all day long. Little does she know that each night, the chooks put on their tiaras and bling and head down to Club Sparkles where they are the Chicken Divas!

### The StrangeWorlds Travel Agency by L.D. Lapinski

When 12-year-old Flick accidentally arrives at Strangeworlds Travel Agency, she uncovers a fantastic secret – a series of suitcases, each leading to other worlds. She just has to step inside. This adventure-filled book is perfect for young readers aged 9+.

### The Nickel Boys by Colson Whitehead

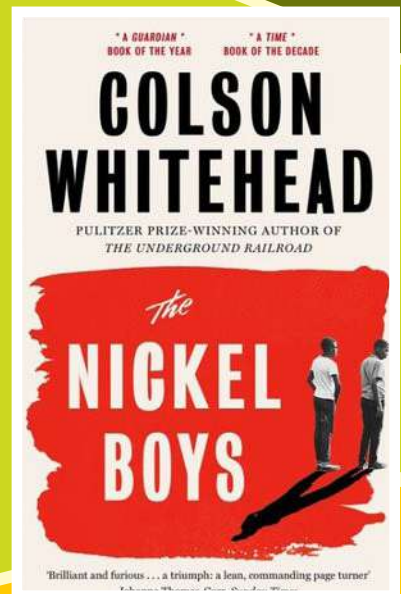
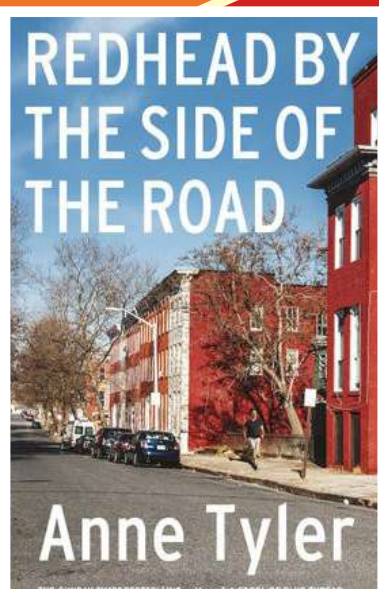
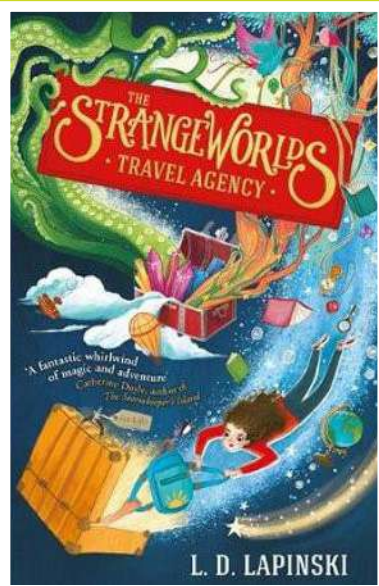
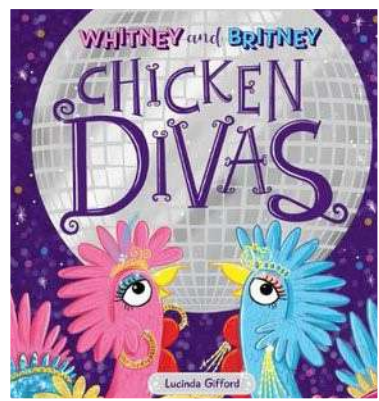
Winner of the Pulitzer Prize for Fiction 2020, this is the story of two boys sentenced to a hellish reform school in 1960s Florida. Based on a real school that existed for over 100 years, significantly impacting the lives of thousands of children, this is a devastating but important work from one of America's greatest current writers.

### Redhead by the Side of the Road by Anne Tyler

Anne Tyler has a way of making ordinary lives shine. Micah Mortimer is 43 years old and satisfied with his predictable life. In one week, two incidents occur that completely unsettle his life. This is a perfect comfort read that will make you smile all the way through.

### Fathoms: The World in the Whale by Rebecca Giggis

This non-fiction work blends natural history, philosophy, and ecology to explore the mysteries of whales. Rebecca Giggis' style is compelling and, considering our community connection with humpbacks, this book is relevant for all of us.





# Fashion

## WITH LEAH



Photo Credit - In-Motion photography by Karlie



### "Cull it, cull it, cull it!"

Ahhhh the wardrobe cull - you either love it or loathe it! Since Covid reared its ugly head, it seems like no better time than now to get frisky and cull the living daylights out of those robes, before we lose momentum (and before all the shops finish their 'post-covid' sales!

So, here's my tips in regard to how to tackle the big cull:

Be bloody ruthless (and if you can't, then start by culling your kids or partners robes first. Hopefully, you've found a bit of cull in you after culling theirs first!)

First and easiest step - go through and cull all the clothes that you just don't wear. That'll set the scene nicely for the demolition derby.

Separate the cull into 4 piles - give to friends, give to op shops, mend/fix and throw out.

If you haven't worn an article of clothing for 5 years, then get rid of it (and let's be honest I'm being very generous here. It's probably more like 2 years). Typically, your sense of style and fashion has probably changed a bit in 5 years, so if you haven't worn it in that long, cull it!

DON'T KEEP CLOTHES "in case I lose weight again"! I hear this so often. Its more probable than not, that if you were once a size 12 and you go to a size 16, then drop to a 12 again, you won't wear those clothes from when you were first a 12. When it comes to weight gain and the mental battle that rides with that, if we drop a heap of weight, we also gain a new and liberated outlook on our bodies and wardrobe. This often leads to the desire of new clothes. Don't feel bad, this is a normal part of our psyche - embrace it and enjoy the shopping experience in your new body! Final note here, don't keep the clothes that you wore when you were a 12 back in 1998 - you won't wear them again.

Colour coordinate the robe. But, if colour coordinating just screws with the right side of your brain, perhaps aim at organising the clothing into categories- tops, pants, skirts etc. This may help those that suffer the dilemma of not knowing what to wear each day.

Get suitable storage set ups. Kmart, Officeworks and Ikea offer terrific ready-made and DIY storage systems for wardrobes. Don't forget your jewellery too.

Invest in the same coat hangers for your whole robe. By mixing your hangers, you minimise the space available. Purchase slimline hangers that are all the same to maximise your hanging areas.

Don't forget to cull your accessories. Be logistical - cull your clothes, then cull your accessories (this includes jewellery, belts, scarves and shoes!)

Exception to step number 2 is the concept of throwing out sentimental pieces. I get this (I don't do this), but I get it. Some pieces are special, and you just can't bear to part with. If that's the case, then keep them (I don't have sentimental feelings for clothing. If I'm not wearing it, I cull it - ruthless I know!) I realise how certain garments hold wonderful memories of past times, lost loved ones, failed marriages (kidding!) - anyhow you get the gist of what I'm saying. If its sentimental and makes you happy then keep it! Need help with the big cull?... I offer this as a part of my personal styling experience. Drop me a line anytime xx

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

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



# St Mary's College **EXCELS**

## Introducing Excellence program and Scholarships for 2021

Looking for secondary schooling options? St Mary's College has created a video tour for you ... "It is an opportunity to visually see the endless possibilities that could be offered to your child when they begin their secondary education," Stephan le Roux, principal of the College, says. Revealing several new and refreshed programs for 2021 in line with their focus on progressive education, St Mary's College Maryborough is the place to send your children if you are looking to discover education with exceptional results. The individual development of their students is always a priority and with this in mind an innovative Excellence program will begin in 2021 for Year 7 enrolling students selected on academic merit who demonstrate above average abilities, commitment and creativity. Also being announced are Scholarships available at the College to be awarded on the values of Service, Courage and Justice, further details are available on the [smcm.qld.edu.au](http://smcm.qld.edu.au) website.

The College has proudly supported our senior students who are calmly continuing towards ATAR scores, traineeships, and school-based apprenticeships. And last year's winners for the Telstra Innovation Awards, are now working in our Tech Hub to enter coding and innovation competitions. St Marys has continued delivering opportunities for real world learning with the Digital Technology program receiving a \$5000 grant, thanks to their student's participation in the Queensland Government's Digital Licence App.

There has never been a better time to be a St Mary's student. Despite the Covid-19 pandemic causing a need for alternate learning arrangements the students of St Mary's have been able to continue educational standards with the College's dedication to technology, making sure each child has access to what they need to continue thriving educationally.

Enrolments are currently being accepted with an enticement, those who return complete forms by the 13 July will be eligible to win 1 of 5 Full Formal Uniform sets.

Looking for more information? Booking a College tour is an invitation to explore the campus, view their quality resources, and discover the dynamic, progressive integrated technology programs provided to all students.

**You can book individual tours by calling the College Office on (07) 4190 2200**



Digital Licence Ambassadors Launch - St Mary's College



Students return to class - St Mary's College



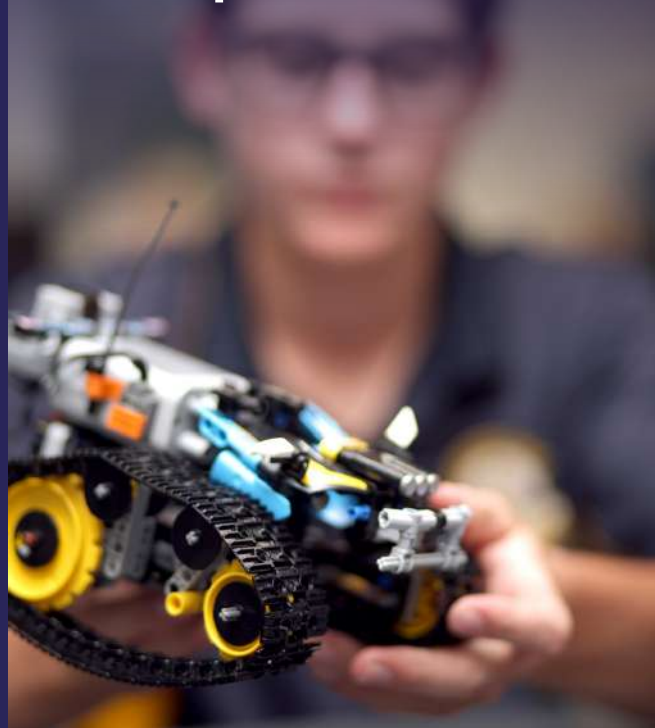
Year 7 History - recreating the 7 wonders of the world

# ST. MARY'S

COLLEGE MARYBOROUGH

## DISCOVER

### Education with Exceptional results



## ENROL NOW

**INNOVATIVE** Excellence Program

**Year 7 2021 Scholarships**

**HIGHEST** OP Percentages in Fraser Coast

**BEST** Maryborough NAPLAN Results

**ESTABLISHED** 1:1 Laptop Program

**WINNERS** of multiple National & Local Technology awards

**FOCUS** on developing individual pathways for each student

**Years 7 - 12**

**[www.smcm.qld.edu.au](http://www.smcm.qld.edu.au)**

**College tours available by appointment**

**(07) 4190 2200**

**SERVICE·COURAGE·JUSTICE**



# LOOKING FORWARD TO BETTER Times

With Susie Lewis - From Lewis Gallery

## For those that don't know, tell us a little about your gallery and its background?

The Gallery has been operating for a little over 12 months now. Originally, it was called Fraser Coast Art Gallery and Academy, but this was changed to Lewis Gallery after I found myself in business without a business partner. My former partner made the difficult decision to move on and get back to creating more beautiful murals. It was our intent originally to establish a commercial gallery space for Fraser Coast artists alongside an Academy that supported both instruction in Art technique and business development specifically for Visual Artists. Essentially, we wanted to create as much opportunity as we possibly could for Artists to learn and grow.

## How did you feel when you learnt that you had to close your gallery due to the Coronavirus?

I was devastated. Our first year in business had been so much hard work, I felt like I had climbed Mt Everest to have gotten the gallery to a point where it was moving forward effectively. We were supporting an Artist Run Initiative called Eleven, that featured some of the region's most talented artists, my exhibition program in our main gallery was booked for the next 12 months, I had an auction organised in conjunction with Coast restaurant and 5 classes running every week. The gallery was a hub of social connection with a fantastic team of volunteers and regular events on our calendar. I was working 6 sometimes 7 days a week, up to 10 hours a day. I was busy!

On a dime it stopped! I'd climbed Everest only to have the mountain taken away due to the Coronavirus - and the fall was mighty. I actually suffered some kind of a mental break. I was feeling lost and my mind was swimming with what I was 'supposed' to be doing. I was watching other people talk about reinventing their business and I was telling myself to do the same, but I just didn't know what I should do. With every day that passed I felt guilt and shame that I couldn't move on with something. ANYTHING! This cycle manifested in symptoms that left me physically incapacitated. I was stuck in a loop that just had me reeling. The more I scolded myself mentally, the sicker I got. Just decimated. This was such a big part of my life, I just felt like my sense of purpose disappeared.

## How have you looked after your mental health throughout this period?

Funnily enough the turning point came when the schools closed. Home schooling! My eldest son Aaron, 14, had been struggling with his maths so I sat down with him to help. Prior to this I'd been in touch with his maths teacher who had described him as disengaged and defiant in not completing his work. What he said to me struck me in a very poignant way. He said 'Mum, I'm not dumb or defiant. I'm just lost. I literally don't know what to do and I haven't been given enough help, so I do nothing.' For the next two weeks, I relearned linear equations and taught my son how to do them. As understanding grew he took over the process and before long we were high 5ing his successes.



I turned this mirror on myself and told myself it's okay. You're not dumb or defiant, you're just lost right now. I acknowledged I needed some help with my mental space and started talking to my friends and family about it. It's a strange space to be in and for people to see me in. I feel like I'm normally the person who helps others and has answers for people. I've really appreciated my family and friends catching me and allowing me to be not okay for a little bit.

## Explain to those non arty people, what it means to you to create something?

For me, art and creating is like having a lifelong friend that is there for you whenever you need it. In the process of creating there is like a 'zone' you step into that is yours alone. Things you might not be able to say or express in other ways in your life are able to be worked through via the making process. There is a grounding that happens. When I felt at my lowest, I couldn't talk to people. I couldn't even walk into the gallery. I was scared someone was going to ask me what I was doing to save the gallery or how was I going to reinvent. I wasn't used to not having those answers!

Picking up pencil and paper was a lifeline and my family celebrated and encouraged that time I was taking alone with my thoughts and gaining stability again. My mind just calms, and the world seems doable again. Art is not just what I do, it's pivotal to who I am and how I relate.

## Tell us about the ISO project, and about the pieces that you have created?

I have started a project in ISO that I ensured would keep me creating for a few months at the very least! One of my other passions aside

Continued over page...





*Hanged Man*



*Moon*



*Judgement*



*Star*



*World*



*Ace of Cups*

from art, is divination and the Tarot. A Tarot pack can have up to 80 cards and often the artwork is beautiful with lots of hidden meanings and icons relative to a theme more specific. My goal is to create my own tarot set. I've been trying to make one artwork per day and as of today I have 23 completed. I think it's really important for artists to give themselves permission to create and have goals in mind because too often it's seen as a luxury or frivolous use of time. Thinking about other artists, I was hopeful that ISO had provided the right environment for lots of beautiful works to be made and I was excited to welcome them to share their ISO works on our Lewis Gallery Facebook page. It was fabulous to see so much beautiful work being made.

**How excited will you be when your gallery can reopen again, and what are you most looking forward to?**

I am excited for all the right reasons because I love the gallery and love my job, but I am a realist too. I am hopeful confidence will return to the Arts sector soon, but we've been hit pretty hard by the restrictions of the virus. To be honest, excited is not yet what I am feeling. Mentally, I am getting ready to climb Everest all over again until we are free to gather in numbers and truly relish venues such as the Gallery. My true excitement lies waiting for that day to eventuate.

I'm most looking forward to re-engaging with the community and sharing the incredible art that is generated by our amazing Fraser Coast Artists!

**For more details about the Gallery find Lewis Gallery on Facebook or call (07) 4325 3829.**



# A TOUGH ROAD AHEAD

## *for our Musos - Part 2*

Many of us are doing it financially tough right now, 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.



### *Derek F. Smith*

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

As a full-time singer songwriter, I have seen my income disappear since the closure of pubs and clubs in March.

#### **How can the public help you?**

Since isolation began, I have started a Fans Only Streaming Live Music page. People can subscribe at [www.derekfsmith.com/fans](http://www.derekfsmith.com/fans).

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

I certainly do [www.derekfsmith.com/merch](http://www.derekfsmith.com/merch) you can also find my original music in Spotify, Apple Music and Google Play.

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

See above

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

I appreciate everyone's support and look forward to seeing so many familiar faces once the live music venues reopen.

### *Shaun Beckett*

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

It's been crazy that's for sure.

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

I think it's affected everyone in different ways, it's definitely been testing times. I miss the social gatherings and being able to play for people.

#### **How can the public help you?**

I was one of the lucky ones and able to get another job, do I know that I will be ok.

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

No, I have mainly concentrated on the live music. However, I hope to make an album down the track.

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

I would like to, but I have been too busy with my other Job and juggling life in general.

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

Please support local and Australian music wherever and whenever you can.

Please show your support to all our musicians!







the spread  
of  
**GERMS**



2

COVER  
your  
COUGH



3

STAY HOME  
if you're sick



If you're concerned, **visit your GP**  
or **call 13HEALTH (13 43 25 84).**



**Queensland**  
Government



# Social Snaps

*Out and About on the Fraser Coast!*




Introducing...Gypsy and her cat - Magic. Magic loves trees!



Steve McGrath from M.A.D. Popcorn was a popular choice


## Maryborough Heritage City Markets are back!



Dr Leigh Hoyne from Hoyne Chiropractic is new in town



A very talented Tahlia Williams from Mopotc Arts



Francky la Praline is all about nuts - thanks Francky



# Social Snaps

*Out and About on the Fraser Coast!*



Kerry & Danny Scott from  
Get Fresh Produce



Sarah Suthers-Clarkin  
likes her oranges fresh

## Maryborough Heritage City Markets



Kate Rose from Baupal Park  
Farm shows off her wares



MP Bruce Saunders and  
Chris Hall talk about honey

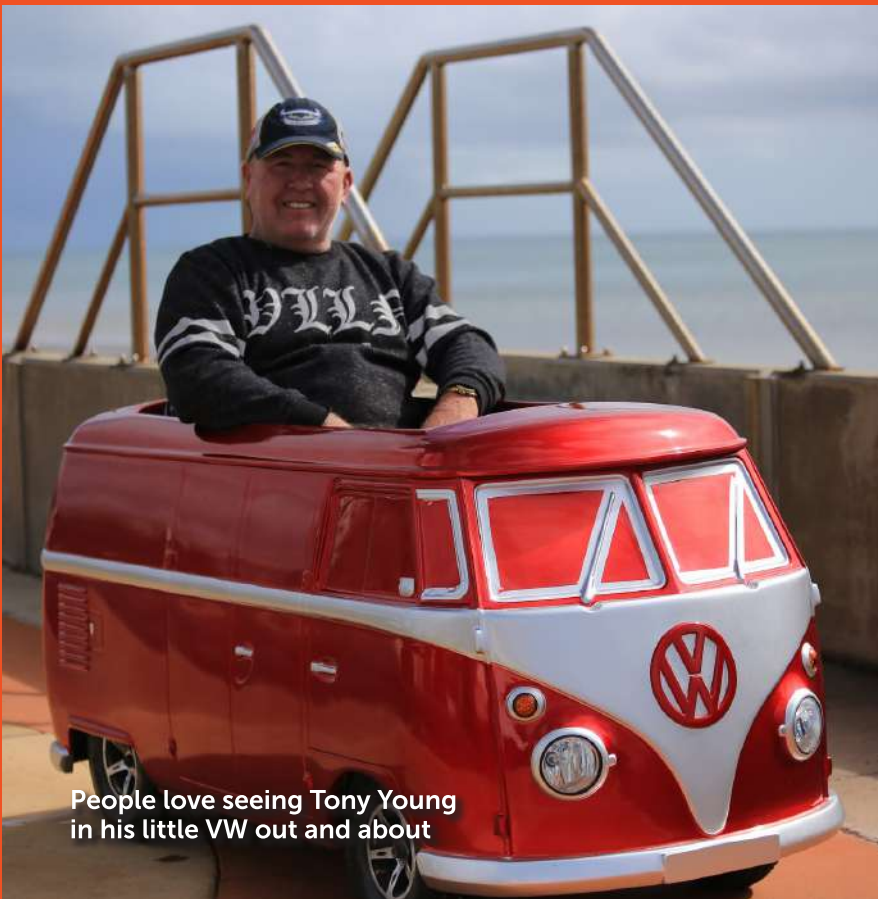


It was great to meet Rhonda  
Dreves, we love her boots!



# Photos

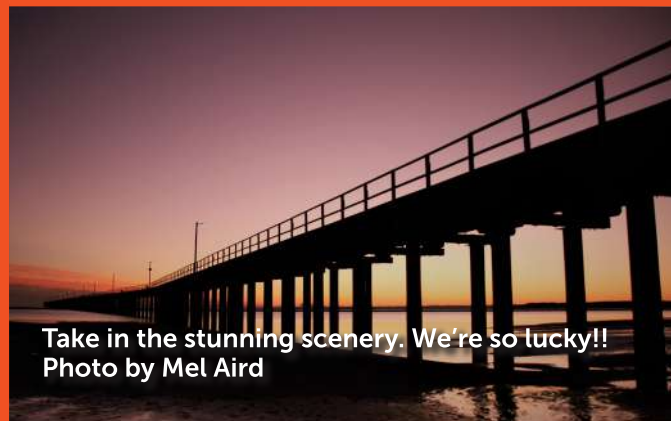
*Sent in by YOU – Thank you!*



People love seeing Tony Young in his little VW out and about



Osprey calling, on a cold Saturday, Scarness Jetty  
Photo by Shelley – Ann Ogden



Take in the stunning scenery. We're so lucky!!  
Photo by Mel Aird



Noah enjoying a game of soccer after isolation, photo – Kimberley Morris



Aaron Conway celebrates his 35th Birthday with Dean Major at Cafe Balaena





### Gatakers Artspace

We are excited to welcome you back with two exhibitions:

**The Corley Explorer** is a collection of photographs of homes taken during the 1960s and 1970s by Frank and Eunice Corley who drove around suburban streets taking snapshots of the fronts of houses, which they would then attempt to sell to the occupant.

Explore the **Fraser Coast Regional Council Collection** and discover works from the archives including painting, prints and sculpture. **Free Entry.**

311 Kent Street, Maryborough

Phone: **4190 5818**



### Bond Store (c.1864)

Walk the historic floors of this former store for Her Majesty's Customs Service and discover a time when opium was a legal import and the rum trade flourished. Learn about the imports and exports in Colonial times.

Enjoy a tasting of liqueurs and take home tempting regional produce.

**Bookings Essential.**

**Admission Fees Apply.**

Wharf Street,  
Maryborough, Qld

Phone: **4190 5722**



### The Story Bank (c.1883)

Discover the magic of Mary Poppins in the birthplace of her author, P.L. Travers. Visit her heritage-listed birthplace which has been transformed into The Story Bank – a bank that trades in stories. As you cross the threshold, you will enter a world where fantasy and fact intertwine. Tales and yarns, myths and legends, memories and stories – share in their retelling and their creation.

**Bookings Essential.**

**Admission Fees Apply.**

Cnr Kent and Richmond Streets,  
Maryborough, Qld

Phone: **4123 7221**



**OPEN MONDAYS TO SATURDAYS, 10AM - 2PM**

Please note that we can only have limited visitors at a time. Please practise social distancing during your visit and if you are feeling unwell, please stay home. For the latest updates and opening hours please visit [www.ourfrasercoast.com.au](http://www.ourfrasercoast.com.au)

A cultural service of







*Celebrating 20 years* IN OUR COMMUNITY



20 YEARS OF  
*Playing*



20 YEARS OF  
*Nurturing*



20 YEARS OF  
*Celebrating*



*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:  
[brolgatheatre.org](http://brolgatheatre.org) Ph 4122 6060

A cultural service of

