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# What's On

#### Note from the Editor

Welcome to a whole new year full of promise, hope and new beginnings. Now is the time to look back at last year and make some life changes if needed. Put a plan in motion and make it happen, It doesn't have to be anything huge small changes can lead to big changes.

Promise yourself that you will get out and live life, grasp it with both hands and make 2020 YOUR year. I believe that if you think positively then positive things will happen. Magazine wise I am looking forward with



positivity to another great year. I have much that I would like to achieve and many project's that I would like to get started on – YOU can help me!

If you have an idea or a story that you think would be a good fit for this magazine give me a call or shoot me an email. I am always on the lookout for content contributors it is a good way to get your name out there and garner a little publicity for yourself.

If you are a business - no matter how big or small, consider taking out some paid advertising this year, let's help each other and you will find that we all benefit!

Is there something that you would like to see in the magazine that currently isn't included - let me know, I am all ears.

On a final note – this publication belongs to the community. It provides a voice to many organisations that may not always be heard – so tell us YOUR story.

Cheers, Kim Parnell Editor/Owner

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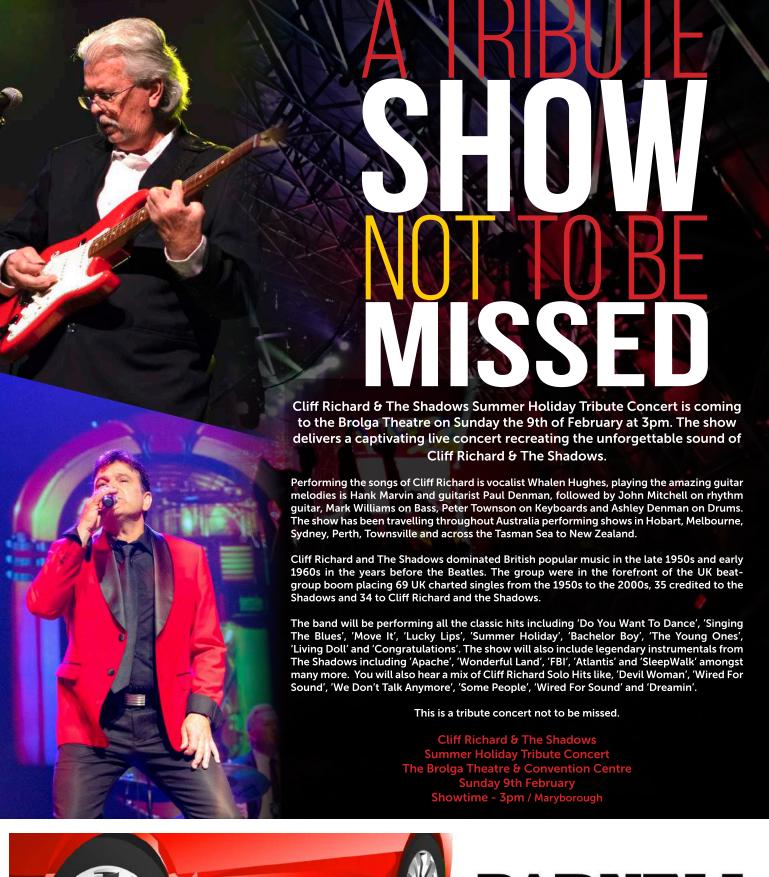
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## **Inside this month's edition!**There is lots to see and do!

## February is full of Sport, Comedy, Music and Art!

Marina Prior and David Hobson reunite once again - by popular demand in their hit show 'The 2 of Us'. Hear some of the wonderful classics from opera to musical theatre that are bound to enthral and enchant you. This is your opportunity to get up close and personal with the stars themselves for one night only.

Get your Joggers on for the **Bay Break Multisports Festival** coming up in March. There will be an event for everybody to suit all abilities. This is a great event that brings competitors from across Australia to the Fraser Coast.

We introduce a NEW segment called - **Underrated but Educated** and meet Emily and Phoebe. In this edition, Emily writes about the importance of body positivity. Over the coming months, these two beautiful young women will give us their slant on life and share their experiences on the journey called growing up.

For those of you who like a bit of a laugh, you can't go past much - loved Comedian **Arj Barker** as he steps onto the stage at the Hervey Bay RSL. 'We Need To Talk' is one show that you won't want to miss.

This month we are joined by fishing writer, Sean (Skip) Thompson from **Ontour Fishing Australia** as he gives us some hot tips about fishing on Fraser Island. From accommodation options to the best time of day to catch particular breeds of fish – don't worry Sean has it covered.

If you like **radio-controlled** cars, then I have found a club just for you. Here you will get to practise, meet new people and race against each other. Experience the thrill of racing in the great outdoors.

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

**Lim Parnell**Editor, What's On Fraser Coast

# BACK BY POPULAR DEMAND

Marina Prior and David Hobson reunite once again for a limited time - by popular demand in their hit show 'The 2 of Us'. This is your opportunity to get up close and personal with the stars themselves. The duo will perform songs from Evita, The Phantom of the Opera, Cat's and Les Miserables as well as many other classics that we all know and love.

I was absolutely thrilled to have a chat with Marina and David a few weeks ago. Both were in Melbourne at the time but in different parts, which made the interview very interesting. To be honest I found it hard not to gush as I am a huge fan of the duo – Kim Parnell

Here goes.

David, I last spoke to you in April of 2018, how have you been, has anything exciting happened during this time?

**David** – Well I am in the middle of arranging music while we speak...life has been very busy with the children and Marina (laughs), and of course concerts and recordings

Marina – We had a great time last time we were performing at the Brolga Theatre it was gorgeous. This time around we will be recreating what we did but also adding in some new material and songs.

Tell us a little about your relationship with each other?

Marina - We have now performed over 130 times together and absolutely love it; we find that we are uplifted together. There is true joy and emotion on the stage. We also take what we do very seriously but don't take ourselves too seriously.

How do you both look after your voices?

Marina – I sing carefully and have a strict technique. I also sing material that I know won't damage my vocal cords, it also helps to do vocal exercises before each show. I love the discipline of doing eight shows a week when doing theatre - as Artistic Athletes, we know that you have to be quite fit and disciplined to do what we do.

**David** – Your body constantly adapts as you change and age, your voice is a muscle in that body, and you have to take

care of it. We are carefree but mindful of technique. Hydration plays a big part as well

What is it about Musical Theatre that draws you back each time?

Marina - I am passionate about acting and characterisation. It is completely different from concert performing as with musical theatre you work as a team with the other performers, whereas in concert it is about you...or in this instance the 2 of Us. I love the energy and the discipline that acting brings also there is a certain magic when stepping into a different character's shoes.

Have you had any backstage moments that you can share?

Marina - Well, we are certainly not immune to mishaps. We have had many backstage and onstage moments consisting of everything - from costume malfunctions, to set mishaps, to yelling backstage - that is usually from David when he is watching the footy and a team scores... if it is not in his favour you may hear lots of expletives that are picked up by my mic (laughs).

What would I find in your dressing

**Marina** – All you would find is me, my makeup and my costumes. Although I may enjoy a nice glass of Rosé after the performance.

**David** - We are down to earth kind of people, not a huge band like the Rolling Stones (laughs)

What would you like to tell the people of the Fraser Coast?

Marina - Those that came to our show in 2018 will be back to see us again. Those that have never seen us but make it this time will be annoyed that they didn't come the first time.

**David** – There will be a few laughs along the way and a lot of improvisation – make sure you get a ticket and come to see us.

Up Close & Personal – The 2 of Us Friday 28 February From 8pm Brolga Theatre, Maryborough, Qld www.ourfrasercoast.com.au 07 4122 6060



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# GET YOUR JOGGERS ON

Written by Kim Parnell As told by Tracey Messer

Last year we introduced a
Marathon to the Bay Break
Multi Sports Festival.
The Marathon was very
well received which was
wonderful. We had the
race capped at eighty but
still had people trying to
register well after we had
hit our quota.

The track is mostly flat and fast and gives you the opportunity to run on the iconic Urangan Pier.

Competitors came from all over Australia to take part and many stayed in our region for the entire weekend of competition.

Bay Break is also affiliated with Triathlon Queensland, one of the many benefits is that this helps with the Insurance for all the Athletes.

#### **Events include:**

#### **SATURDAY**

Full Marathon - 42km

1/2 Marathon - 21km

Relay - 42km and

21km - team of 3

Run - 10km

Run - 5km

Junior Run - 2km

Community Lifestyle

Agency All Abilities

Run/Walk - 2km

#### **SUNDAY**

Triathlon - events for all ages. Sprint Enticer Kids and All Abilities Everybody that registers this year will receive a Bay Break visor and a finishing medal. This year, participants running the marathon and ½ marathon will receive a finisher shirt, visor, towel and medal. Bay Break merchandise – shirts, singlets, towels and visors can be ordered online for those wanting to take home a souvenir. We have also introduced tier pricing to make the event affordable so as the whole family can participate.

Sponsors play an important part in this community event. Without them we would not be able to continue running this event each year. We offer varying levels of sponsorship from Diamond sponsorship, which is \$5000 per year for 3 years, through to bronze sponsorship at \$200. We are always looking for local businesses considering sponsoring our great event.

Our current Diamond Sponsors are Fraser Coast Regional Council, Kingston Hervey Bay, CLA – Community Lifestyle Agency and Bayswater Bar & Grill they are all great supporters of this community 'all inclusive' festival.

Volunteers are just as important as our sponsors - we simply could not run the event without them. Some of the important volunteer roles are manning road closures and water stations - If there are any groups or organisations out there that might be interested let's see how we can help each other. Keep an eye on our Facebook page for ways to volunteer at our event.

A percentage of money also goes back into the community to a variety of charities or groups in need. In the past we have supported The Hervey Bay Special School and the Maryborough Special School.

We believe that the Bay Break experience speaks for itself. It is an all-inclusive event and is about fun in the sun in the form of exercising, while you enjoy our wonderful weather. As mentioned earlier this event is a drawcard that sees competitors coming from around Australia and staying for the weekend, not only for the event but enjoying what Hervey Bay has to offer.

A final note from Vice President and Diamond Sponsor - Kingston Hervey Bay

As a Diamond Sponsor for Bay Break we are committed for three years to this great event. Kingston proudly have the naming rights to the Marathon. We get behind it because it promotes the Fraser Coast region, a beautiful place to live. We are in the land development business and this event promotes an area to live and enjoy and holds true to our motto 'Love Where you Live'. We choose to put our money back into the community by promoting and encouraging an active lifestyle.

Registrations are now open you can register by going online to www.herveybaybreak.com.au



# COMING UP IN March!

Live show

The Sapphires
March 17
Brolga Theatre & Convention Centre



The Sapphires is a multiple award-winning musical play and film that is coming to the Brolga Theatre & Convention Centre stage.... for the first time.

Four young Aboriginal women from regional Australia, who like singing country music, suddenly get the chance to change their tune and their lives. Wearing sequins, armed only with microphones they find themselves trying to spread joy in the hell that is the Vietnam War. The Sapphires is a funny, heart-warming tale inspired by the true story of four Yorta Yorta Women, who sing classic soul hits against the backdrop of personal change and massive social upheaval. It is an energetic, fun and engaging play that affirms life and the realisation of dreams.

Expo

2020 Wedding & Formal Events Expo March 15 Hervey Bay PCYC



The 2020 Wedding & Formal Events Expo is a great place to get some inspiration on the latest trends, accessories and formalwear for your next event. As in previous years there will be many exhibitor stalls and industry professionals on hand to assist you with all your needs.

All areas will be covered from venue hire, catering, entertainment providers and photographers.

Stick around for the fashion parade, there is always some spectacular fashion on show - you never know you may find your dream gown!

#### **Cooking Masterclass**

Low & Slow BBQ Masterclass March 14 Akarra Gardens Cafe Restaurant



Arkarra presents the "Low'n'Slow BBQ Masterclass", on Saturday 14th March & Saturday 12th September 2020 from 10am to 3pm in the beautiful setting of Arkarra Gardens Café Restaurant at Dundowran Reach

The class will include:

Sharing of BBQ smoking knowledge and skills by Denis Maher, Pit Master of BBQ Competition.
Team The Low'n'Slow BBQ Shack, and will include smoker choices, meat selection, preparing, Trimming, seasoning and barbecuing beef short ribs, beef brisket, pork ribs, lamb, & chicken.
Taking your BBQ hospitality skills to the next level, with hands on prep of a delicious gourmet.
Barbecue menu including proteins and sides hosted by our Chef. Learn how to make fixin's like Arkarra LOW+SLOW's awesome smoked corn casserole.
An epic sit-down BBQ lunch with a complimentary craft beer in the Arkarra Grove mega - marquee.

There are limited tickets available
- book online at www.trybooking.com
For all other enquiries call Arkarra Gardens
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HERVEY BAY











# What's On at Arkarra



Friday February 14th: Join us at Arkarra for a romantic Valentines Dinner with your loved one, featuring a special Chef's menu for the evening and entertainment.



Saturday 14th March: Our legendary Arkarra LOW+SLOW BBQ Masterclass is back again. Join us in the mega-marquee at Arkarra for an informative day of learning the secrets of preparing a low and slow barbecue banquet, then sit down and devour all that we have prepared in an epic luncheon.

#### Book online at trybooking.com

And don't forget our **Bay Fusion Food Design service** provides fantastic food for special occasions, corporate functions, dinner parties and weddings. Whatever your catering needs, Bay Fusion Food Design will provide original, superb food, making your event one that you and your guests will never forget.

Arkarra Gardens is an AMAZING SPACE for your parties and events.
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- www.whatsonfrasercoast.com.au
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## Russell Czinege

Executive Chef @ Bay Fusion Food Design Shares with us his favourite Recipes.



As Arkarra Gardens Café Restaurant is open from breakfast service through until 3pm every day, we are always striving to freshen up our menu with delicious new dishes for our guests to enjoy. Our specials boards play an important role in this, and we are now developing a range of All-Day Dining options, which work for breakfast, brunch, lunch, etc. We hope you will enjoy! Bon appetit.

#### Delicious fried chicken benedict Karaage style

#### **INGREDIENTS**

#### Seasonings

- 1 knob ginger (You'll only need ½ tsp grated ginger)
- 1 clove garlic
- 1/2 Tbsp soy sauce
- ½ Tbsp sake substitute: dry sherry or Chinese rice wine
- ½ tsp sesame oil (roasted)

#### Delicious chicken coating

- 1.5 lb boneless skin-on chicken thighs cut in to finger slices
- 1/2 salt sea salt

#### Freshly ground black pepper

- 2 Tbsp potato starch/corn-starch (Add more if necessary)
- Neutral flavour oil for deep frying
- 8 eggs for poaching

#### Delicious chicken seasoning

- 3 parts salt
- 1-part sugar
- 1/2 teaspoon five spice

- 1xlrg Turkish log cut in half and opened
- 100g butter
- 100 g spinach

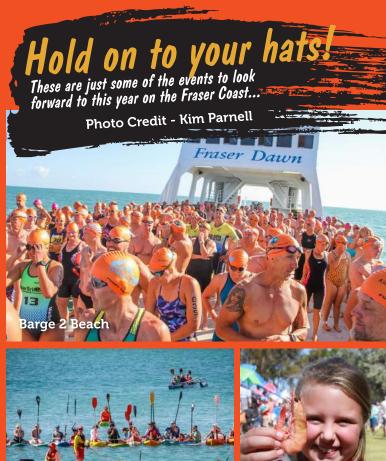
#### Hollandaise

1x tub of Birch and Waite hollandaise for ease or for the more adventurous a recipe below

- 1/4 lemon, juiced, or to taste
- Dash of white wine
- 1 pinch salt
- 1 pinch cayenne pepper
- 200g cup salted butter, melted -make sure the butter is warm
- Add all ingredients on list
- 1. Chop thigh chicken in to finger pieces
- Coat in marinate for 8hrs
- 3. Drain chicken from marinade, add to flour roll the pieces to be heavily
- 4. Lightly fry the chicken at around 160 degrees - gently cook until lightly golden brown
- Toss chicken with Asian salt
- Toast Turkish bread or chargrill, lather butter on bread add spinach with olive oil, place cooked chicken, poached eggs and your hollandaise
- 7. Beat egg yolks, lemon juice, wine, salt, and cayenne pepper together in a microwave-safe bowl until smooth. Cook over a double boiler for the egg yolk to start to set. (do not overcook) Slowly stream melted butter into the egg yolk mixture while whisking to incorporate. Add a teaspoon of boiling water to give it a shine at the end and even the consistency if required.

Enjoy!

What's On

















Hervey Bay Cricket Association will host its inaugural T10 Bay Bash competition commencing Friday, 7 February 2020 at the Walkers Road fields. The competition will pit four corporate teams against each other challenging for the honour of being named the 2020 T10 Bay Bash champion.

The teams challenging for bragging rights this year will be Active Agents, Bob Jane T-Marts Hervey Bay, Trade Tools and Ezibuilt Steel Homes.

The competition will run over seven weeks, with two games each Friday evening, played under lights starting at 6pm.

The T10 format is relatively new to cricket. It's fast -paced - 10 overs, 90 minutes, takes half the time and is double the action of a T20. To even the playing field, Hervey Bay Cricket Association has decided to tweak the traditional rules of cricket to ensure that all players bat for two overs and bowl one over. We're expecting lots of big swings and just as many big misses!

The canteen and bar will be open each night of the competition, with lots of food and drinks (alcoholic and non-alcoholic) available. Hervey Bay Cricket Association would love to see families come along. T10 is a colourful, entertaining way to watch cricket for those who usually find the longer formats a bit boring.

The first round of the competition on 7 February 2020 will double as a Pink Stumps event, raising money for the McGrath Foundation. Please show your support for this worthy cause by giving generously and getting your pink on.

To find out more find us on Facebook

- Hervey Bay Cricket Association or
http://www.herveybaycricket.qld.cricket.com.au

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## Underrated but Educated: The musings of Emily Jackson and Phoebe Tweddle and their experiences through the perilous journey of growing up.

# Underrated

#### **Body Positivity is the New Black**

A movement with the word 'positivity' right there in the name seems... good, right? Heck, when the term, 'body positive' was born, I thought it was on par with YOLO. You only live once – dream big, don't look back! Unfortunately, others elected YOLO as nothing more than their tacky Instagram caption, doomed to be paired with hash tags like #thuglife. Before long, using the term YOLO became about as shameful as admitting to peeing in the shower. Like YOLO, I fear there are a few who have grown to abuse the term 'body positive'.

I don't think there's a woman alive who hasn't experienced some form of body image issue at some point in her life. Some of my earliest memories are tainted with issues of body image, which is why the introduction of body positivity was marvelous to me at first thought. Finally a term to encompass all body types and actually celebrate each and every one of them!

But as body positivity settled into its newfound stardom, it also found itself settling into a few ill fitting connotations. This term, body positivity, has (by some of its users) become a term to empower women with bodies who are less widely celebrated in today's society, by putting down bodies that are. Women who've been ashamed of their bodies, who've seen little to no representation of their body types in the media, are feeling invigorated, like they've finally got a movement to stand behind proudly – believe me, I'm one of them.

But this method: the condemnation of other bodies so that we may feel better about ours, is not the answer!

Body positivity should not be about devising a new hierarchy of body types, it should be about demolishing this hierarchy altogether. Body positivity should be the movement that allows us to abandon all comparison, the movement that shows us that there is no superior body when it comes to something as insignificant (and not to mention extremely subjective) as appearance.

Lets make body positivity the movement that frees all women, not the one that simply allows us to oppress a different group of us.

#### BUT EDUCATED





# The Crowded House

AND SPLIT ENZ EXPERIENCE

No band ever truly ends. By the end of 1984, Split Enz had come to some kind of end. And in the start of 1985, Crowded House had in some way begun. The Crowded House & Split Enz Experience is a live show that celebrates the timeless music of Crowded House and Split Enz. A two-hour experience incorporating the biggest and best loved hits of the two groups, delivered on stage with the kind of visual splendour and good natured humour you'd expect from the Finn brothers and their bandmates. The Crowded House and Split Enz Experience is currently touring Australia, keeping the music of Crowded House and Split Enz alive... because no band ever truly ends.

#### **Band Members:**

Vocals/keys/guitar — Ben Davies Vocals/bass — Col Chapman Vocals/guitar — Ben Denman Drums - Pete Longden

Some Of Australia & New Zealand's best and quirkiest songs - from 'Six months in a Leaky Boat', 'I Got You' and 'History Never Repeats' through to 'Distant Sun', 'It's Only Natural' and 'You Better Be Home Soon'. The Full House Band presents true to the original interpretations of Crowded House and Split Enz greatest hits.

Split Enz/Crowded House Show Saturday, February 29 From 8pm in Hervey House Hervey Bay RSL \*See reception for tickets







# ARJ BARKER We Need to Talk

"Hey, you got an hour? Look, I've been doing a shit-ton of thinking about...us, and where we're headed. This isn't easy, but I need to be 100% honest with you, even if what I say makes you laugh, very, very hard.

You had better sit down for this..."

Australia's adopted son of comedy returns with his brand-new show 'We Need to Talk'.

When he's not on stage, he's on screen with numerous appearances on late night talk shows including Letterman, Conan O'Brian and his very own special on HBO produced by Comedy Central. He's been a regular on Australian TV, on hit shows including The Project, Have you Been Paying Attention and is one of the favourites of the Melbourne International Comedy Festival Gala.

"On-point delivery and irresistible charm, it's clear to see why he continues to sell out" - Herald Sun

"A must see for anyone who loves a laugh..."
- Adelaide Now

Arj Barker - We Need To Talk February 7 - 8pm Hervey Bay RSL (Tickets from reception)





#### **FEBRUARY**

#### FEB 1 – (EVERY SAT)

#### Maryborough Parkrun

7am sharp – Don't forget your Barcode

To register go to www.parkrun. com.au

Cheapside St

#### FEB 1 - (EVERY SAT)

#### Hervey Bay Parkrun

7am sharp – Don't forget your Barcode

To register go to www.parkrun. com.au

Pier Park (Urangan Pier)

#### FEB 1 (SAT)

#### Rockathon

Bushfire Relief – Music & Family Fun Day 12pm-7pm

Seafront Oval, Hervey Bay

#### FEB 1 (SAT)

#### Sign On Day for Riding 2020

9am – 12pm

Riding for the Disabled Hervey Bay

Email enquiriesrdahb@outlook.com

#### **FEB 1 (EVERY SAT)**

#### Tipples & Tales

2.30pm

Bond Store, Maryborough Bookings essential – www. ourfrasercoast.com.au

#### FEB 1 (SAT)

#### **Breakaways Trivia Night**

6.30pm

Beach House Hotel, Hervey Bay Find the event on facebook

#### FEB 1 (SAT)

#### Free Show – The Creedence Revival Show

6pm

Hervey Bay Boat Club

#### **FEB 1 (EVERY SAT)**

#### Wetside Lightshow

7pm

Wetside Waterpark, Hervey Bay

#### FEB 2 (SUN)

#### Come and Try – 2020 Sign On Day

9am

BDAR Xtreme Cowboy Racing Find us on Facebook

#### FEB 2 (SUN)

#### Sandcastle Workshop Hervey Bay

10.30am

Cost involved

Bookings@sandshapers.com

#### FEB 2 (SUN)

Sunday Riverside with Wal Neilsen and Andrew Thompson

From 3pm

Brolga Theatre & Convention Centre Grounds

#### FEB 3 (MON)

#### Kondari Resort Body, Mind, Spirit Expo

10am

Kondari Hotel, Hervey Bay

#### FEB 3 (MON-WED -EACH WEEK)

#### **Boat Club Bingo**

For times go to www. boatclub.com.au Hervey Bay Boat Club

#### FEB 4 (TUES)

#### Community Futures Workshop

9am

Hervey Bay Neighbourhood Centre

## FEB 5 - MARCH 1 (WED)

Art Exhibition GROW: LeeLee West

10am – Gatakers Artspace, Maryborough

#### FEB 7 (FRI)

#### **Business Hervey Bay**

5.30pm - 7.30pm

Venue to be advised

For more info go to www. herveybaychamber.asn.au

#### FEB 7 (FRI)

Live Show - We Need to Talk

- Arj Barker

8nm

Hervey Bay RSL

#### FEB 7 (FRI)

Judith Nijland Quartet (NL)

7pm

Brolga Theatre & Convention Centre

#### FEB 8 (SAT)

Markets - The Clever Cookie -Homegrown & Handmade

8am

Hervey Bay PCYC

#### FEB 8 (SAT)

#### Sign On/Training Day for Volunteers 2020

9am

Riding for the Disabled – Hervey Bay

#### FEB 8 (SAT)

#### Micro Bat Talk!

10.30am

Hervey Bay Regional Gallery

#### FEB 8 (SAT)

#### Gatakers by Night – Jordan McRobbie with John Corowa

6pm

Gatakers Artspace, Maryborough

#### FEB 8 (SAT)

#### Men of League Foundation Fraser Coast Committee Sports Dinner

6pm – Meet & Greet – 7pm start Beach House Hotel

Tickets available from the Beach House Hotel

For all enquiries call Kev Embrey – 0427 250 545

#### FEB 9 (SUN)

FRASER COAST LAWN MOWER

Gates open 9.30am \$5 entry – kids 12 & under free Maryborough

#### FEB 9 (SUN)

Cliff Richard & The Shadows – Summer Holiday Tribute Show

3pm

Brolga Theatre & Convention Centre, Maryborough

#### FEB 9 (SUN)

Full Moon Guided Beach Meditation

5.30pm

Tooan Tooan Creek, Pialba

#### **FEB 14 (FRI)**

Valentine's Day

#### FEB 12 (WED)

**Talking Trash** 

11am

Hervey Bay Library

#### FEB 12 (WED)

Fraser Coast Jobs Expo 2020

10am-2pm

Brolga Theatre & Convention Centre

#### FEB 13 (THURS)

Youth & Show Choir Registration for 2020

5pm

Door of Hope Maryborough

#### **FEB 14 (FRI)**

**Exhibition Opening** 

6pm

Gatakers Artspace, Maryborough

#### FEB 14 - 23

Live theatre - Shakespeare In Love and Out

Z-PAC Theatre, Hervey Bay For tickets – www.zpactheatre. com

#### **FEB 15 (SAT)**

Maryborough All Sports & Recreation Showcase

9am – 1pm Murdoch Darling Centre Maryborough

#### **FEB 15 (SAT)**

Antonio Carrilho Live in Concert - 4pm

St John's Anglican Church, Hervey Bay

Tickets from Hervey Bay Neighbourhood Centre

#### **FEB 15 (SAT)**

Live music – Eight Second Ride

10am

Bay Central Tavern, Hervey Bay

#### **FEB 15 (SAT)**

Steps for Recovery Walk

Bills Fraser Park, Hervey Bay To find out more go to the Bayside Transformations Facebook page

#### **FEB 19 (WED)**

Boat Club Art & Craft Markets

9am

Hervey Bay Boat Club

#### FEB 20 (THURS)

Morning Melodies – The Swingin' Martinis

11am

Brolga Theatre & Convention Centre

#### **FEB 22 (SAT)**

2020 Fraser Coast Sports Expo

9am

Hervey Bay PCYC

#### **FEB 22 (SAT)**

Auditions - Macabre Theatre

City Musician Hall Cnr Bideford and Colyton St -Torquay

#### **FEB 23 - (SUN)**

The Handmade Expo

9am

Hervey Bay PCYC

#### FEB 26 (WED)

Hervey Bay Chamber of Commerce Breakfast

Hervey Bay Boat Club

For bookings – www. herveybaychamber.asn.au

#### FEB 28 (FRI)

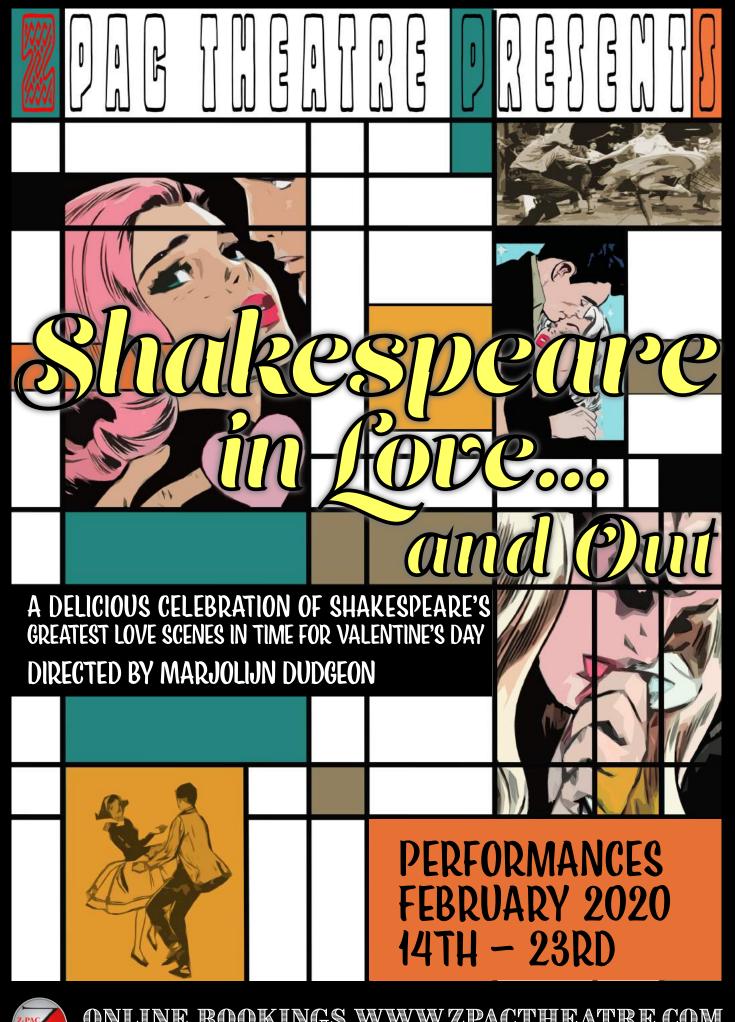
Marina Prior & David Hobson 'The Two Of Us'

8pm

Brolga Theatre & Convention Centre, Maryborough

\*Please note – All event details are correct at time of print. Please keep in mind that events can be cancelled, have time changes, or be rescheduled without our knowledge. This calendar is offered as a community service and in good faith.







ONLINE BOOKINGS WWW.ZPACTHEATRE.COM OR FRIDAYS 9-12 AT ZPAC THEATRE 15 ZEPHYR STREET, SCARNESS





## What's on at the Hervey Bay PCYC this month?

**Fraser Coast Sports Expo** 

With obesity and a lack of physical activity on the rise, we are always looking for ways to encourage more movement and healthy lifestyle choices in both children and adults. The annual Fraser Coast Sports Expo is a great way to find out more about what the region has to offer in terms of sports, recreation and physical activity.

This year, PCYC Hervey Bay has taken over the organising of the event from the Fraser Coast Regional Council, and have set the date as Saturday, February 22. The event will run from 9am – 12pm at the PCYC premises at 9 O'Rourke St in Pialba.

You could win a \$1000 voucher from Sport First just by attending, and best of all, this is a free event. Browse the sporting organisation stalls, chat to coaches and club representatives about what is involved and learn more about some of the lesser known sports as well! Check in for your free health check, chat to physiotherapists and allied health professionals about the importance of self-care, and perhaps grab some discounted activewear while you're at it!

It is free to host a stall at the Fraser Coast Sports Expo, so if you are wanting to attract more members to your sporting club and would like a stall shoot us an email.

#### The Clever Cookie

There is something special about making or growing something yourself, and there are so many talented people on the Fraser Coast, that PCYC Hervey Bay wanted to show support to local clever cookies and showcase your wares! This is how the concept of the Clever Cookie

- handmade and homegrown market was born.

The inaugural market will be held on Saturday, February 8 from 8am – 2pm at the PCYC grounds, at 9 O'Rourke St in Pialba. This will be a great opportunity to support our locals and grab your fresh produce, homemade goodies and crafts in the one location.

People visiting the markets will be asked to donate a gold coin upon entry, all proceeds from the market will be donated to Givit, a fantastic organisation to assist those affected by bushfires.

If you would like to book a stall, or to know more about either of these events contact event organiser

Tammy Sloan or any of the wonderful PCYC Hervey Bay staff by calling 07) 4124 5211 or email tammy.sloan@pcyc.org.au.









# Valentine's Day February 14

Written by: Kim Parnell

Valentine's Day is the day of love. If it is your first you may feel butterflies in your tummy, and weak at the knees. For others that have been together for a little longer, you might have to dig a little deeper to rekindle those feelings that you thought had long gone but are usually just shoved to the background with everyday life. But whatever your situation - it is a day to pause, put down the mobile phone, turn off the television and spend much needed time together.

Valentine's Day is one of the most romantic days of the year. But it doesn't need to cost a fortune. Here are a few ideas to turn that spark into a firework.

- If your partner works away send a care package to them with things that are red.
- ◆ Write a poem for the one you love and frame it.
- ◆ Go on a romantic sunset boat cruise.
- Enjoy a nice scenic flight to Fraser Island, have dinner by candlelight and stay overnight.

- ◆ Take your partner to a place that you both enjoyed when you first laid eyes on each other. Think about how you
- **J** felt
- Write down 10 things you love about
- each other and read them out.
   Give your partner a dozen roses then attach a note to each stem. The notes could either be love notes, or notes asking for other dates.

#### For the Family

Order food from a takeaway and have a picnic on the rug in the lounge room. Share the night with those that mean the most to you

Think of someone who may be lonely on Valentine's Day, then think of way's that you can include them in your day.

can include them in your day.
Organise a Scavenger Hunt. Make and hide all of the clues, tape a small chocolate to each clue. The kids will love this game of love

"For it was not into my ear you whispered, but into my heart. It was not my lips you kissed, but my soul."

Judy Garland





# CSNION WITH LEAH

# Photo Credit: Jess Gunn Photography

Photo Credit: Fifty North

#### "The Bond Soiree -a deconstructed catwalk event"

It's quite possible that you haven't yet heard of my little side-hustle 'Lioness Runway'. A fashion show arena where I strive to vivify deconstructed catwalk events across the Fraser Coast, showcasing local designers, boutiques, models and entertainers. These events are a modern take on a traditional fashion parade, whereby guests attending these shows wine and dine whilst being immersed in a swanky fashion show. Everyone gets a front-row experience and hence the closest visual encounter possible with the delicious fashion labels and designers being showcased. The shows are all centred around immersion and interaction, with no formal catwalk, instead the normal venue layout becomes the 'deconstructed catwalk'. My vision for these shows is to bring a fashion culture to the Fraser Coast, providing a platform for designers, models and entertainers to shine brightly in the public arena. To support local small businesses like photographers, videographers, makeup artists, hairdressers, caterers, and venues and in general highlight the visual arts and creatives arena in our wonderful community.

My last show 'Spring Fashion Brunch' held at the beautiful Coast Restaurant in Hervey Bay, showcased some fabulous swim and resortwear designers with over 60 high-energy guests attending the show! It still blows my mind that anyone came at all, let alone 60 of you wonderful humans! Guests attending enjoyed beautiful food and mimosas, and a vibrant spring fashion feast for the senses (without even leaving their chairs, except for wee wee breaks!)

Here is some feedback from a delightful lady who came to this show..." Hi Leah. I just wanted to personally say thank you for a really fun filled, beautiful day on Sunday. It had been a long time since I had ever been to a fashion afternoon, possibly because of being a 'curvy' woman, and it's sometimes hard to feel like you belong at events like you held. I didn't realise how much I was missing out because of my size. You completely changed that for me. I had a really wonderful time and met some other beautiful women, and it was the gentle reminder to know that everyone is beautiful. So, thank you so much for giving me that boost"

Highlighting positive body/soul image to both males and females through these shows is something that makes the heart swell, especially when beautiful women send in letters like this one.

My next show 'The Bond Soiree' is set to inspirit three of life's great loves - a fine culinary grazing experience alongside decadent architecture with wonderful fashion and style.

This April, the historically beautiful location of Maryborough, will bring to life a luxe deconstructed catwalk event. A soiree style fashion show, The Bond Store in Maryborough will present a fashion feast for the soul. The core of the Bond Store dates back to 1864 and still retains the original floors, handmade bricks and barrel rails. Combine this rich history with a modern deconstructed catwalk in the basement of the Bond Store, throw in a few roving entertainers and we're set for a wonderfully luxe-creatives fashion show!

Book your fella in ladies, this will be one they'll enjoy too. Feel free to book tickets through this link: www.trybooking.com/BHEWV I look forward to enjoying the night with you then!

0439 723 832

leahharveystyling@bigpond.com @leah.harvey.styling www.facebook.com/leahharveymakeupandstyling

What's On









## Practise and Race with Others

Come and check out Hervey Bay's only radio control racing car club. We race 1/10 scale on road and off road electric powered vehicles. Our tracks are located on the corner of Tavistock St and Boundary Rd, we share our space with the motorcycle training school.

On road race vehicles are 1/10 touring cars and 1/14 TT - 01 trucks, Off road we race 1/10 2wd buggies and 2wd short course trucks but if you have any electric powered RC car you are welcome to come and race with us, for newcomers your first race is free. We race approximately once a fortnight but have a calendar with all our race dates and times on our Facebook page.

Though many people enjoy simply running their cars by themselves up the street or in the yard, it can be made infinitely more fun by practicing and racing with others. Racing against your mates, your on-track arch nemesis or just trying to improve your lap times and consistency can bring you years of enjoyment, excitement and crushing defeats. Some of our local racers are ex motocross and car racers who still want the thrill of racing without the costs and dangers associated with it. Get your kids off the technology and into the real RC world and they will challenge their parents in no time.

Classed by many as grass roots motorsport where diffs, springs, oils, sway bars, tyres and gearing all affect the handling of your RC car, many early RC racers have even used the skills they learned in RC to apply to their own full sized cars and race cars. 1/10 electric RC cars are generally considered better for beginners. They are cleaner, quieter, simpler and less expensive to buy than larger 1/8 or 1/5 electric or nitro cars. There is great value to be had in RTR or ready to run vehicles or you can buy build-it yourself kits and supply all the individual parts you desire. The durability, reliability, quality, sheer speed and price compared to just a few years ago is amazing.

For further information or to see our full calendar of events find us on Facebook at Fraser Coast Radio Controlled Car Club.

What's On

#### LIMITED ENROLMENTS FOR 2021 AVAILABLE



# ST. MARY'S

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'Grow' is a solo exhibition by Fraser Coast artist and designer, LeeLee West (LeeLee Creative). 'Grow' will be shown at Gatakers Artspace in Maryborough alongside the group exhibition 'Diverse Four' by Hilary Latta, Claire Dexter, Fionie Williams and Sandra Boles.

Exhibition Details: Gatakers Artspace Maryborough, 311 Kent St

Opening Night: Friday, 14th February, 6pm Exhibition Duration: 5 Feb - 1 March

Instagram: @findingleelee

#### About LeeLee's Exhibition, 'Grow'

'Grow' is a collection of emotive mixed media original artworks including charcoal, acrylic, drawing ink and illustration prints. The theme is personal growth and hopefulness and the work expresses LeeLee's learning, healing, stumbles and personal triumphs in life over the last few years.

The title 'Grow' was chosen as it's a doing word; growth in humans is constant and we are in a continuous cycle of learning and growth through all of our own personal challenges and victories as each chapter unfolds. It's good to remember we aren't alone in our journey and many around us have lit the way forwards, up and out of tougher times.

"I hope that by exhibiting this work I can inspire others including young emerging artists to use artistic expression to embrace the shifting tides within their creative minds, process life's challenges and feel comfortable finding their voice and using their arts practice to deepen their self-awareness."

#### More About LeeLee

"You never know how regional community connections or a childhood friendship may impact your life decades later and I am proof of that. I grew up on the Fraser Coast from the age of five and after graduating at Hervey Bay High School I attended a Diploma of Visual Arts at TAFE. This then lead to a traineeship at the Hervey Bay Regional Gallery, which then lead to a junior graphic design position at McTaggarts the Printers mentored by Helen and Andrew McTaggart for five years. These were crucial first steps in a creative career and without these local connections as well as many other mentors and supporters, I wouldn't have become a self-employed creative years later. I'm an artist at heart and my business 'LeeLee Creative' was created in 2016 upon returning to the Fraser Coast after five years working as a senior designer in Noosa with mentor and friend Synda Turnbull. Returning home to the Fraser Coast turned out to be one of the best things that I ever did, you can't beat your Mum's cooking when you're up the proverbial creek without a paddle and it's been an awesome four years thanks to all the love and support around. The exhibition contains snippets of the soul-searching that's been happening since I came home.

I'm a self-employed artist, illustrator and graphic designer and I collaborate with local and interstate clients on graphic design projects, illustration, art direction, web styling and digital marketing. I'm also grateful to have the stability of working remotely in a part-time art director/senior designer role with the team at WOOF Media, a South Australian based company that specialises in regional tourism marketing. I have been drawing and painting since the age of five and enjoy bringing creative flair and warmth into corporate design projects. I have been mentored by wonderful professionals and friends for the last 14 years both locally and interstate and continue to receive support and encouragement, something I'm incredibly grateful for.

'Grow' the exhibition is a mixture of both mindsets; the chaotic artist and the analytical detail-driven designer. It's been an interesting journey integrating the two parts for a while now, I'll always be working on it (and having a lot of fun in the process!) and I hope that even a small part of that process can inspire others."

#### ART EXHIBIT

# TROW!

**Artist - LeeLee West** 









# PLANNING A STAY AND

# FISH ON

Frager) sland







#### Places to stay



There are a range of accommodation options at Fraser from camping to Resort style accomodation. For those that prefer to camp, you will require a permit and they must be purchased before you set up camp. They must be purchased online or at permit issuing agents but cannot be purchased from Rangers on the island. There are currently 45 camping area options with camping areas with dingo deterrent fences recommended for families with children 14 years and under.

There are also a range of houses available for rent on the island both privately or through booking agents at Hervey Bay or Fraser house booking agents. A quick google search will find them. Think about where you want to stay and what you want to see before booking.

For example, Orchid Beach has a range of holiday homes for rent and it is a lovely area with magnificent views, but it has some down sides. It is a long way from attractions such as Eli Creek, Central Station, Lake Wabby and more and the track there is slow going across numerous boarded wooden tracks in the sand. Also, in Tailor season if the fish haven't arrived that far north yet, it is an hour or so drive back south of Indian Head to the main beach.

In terms of the main beach there are a few other accomodation options. This includes Cathedrals on Fraser, Fraser Retreat, Eurong Resort, Sailfish on Fraser, Fraser Island Beach Houses and Yidney Rocks Beachfront units.

Eurong Beach Resort has been home away from home for my family and plenty of "boys trips" due to its central location on the island for good fishing, fully fenced area from the dingos as well as plenty to do (pool, tennis, grassy areas) as well as the ability to either do your own cooking, or eat out at McKenzie's restaurant or bakery. Even if you don't stay here, the bakery and restaurant are a great place to stop for lunch or a cold drink or two when out driving.

Finally, on the western side of the island, Kingfisher Bay Resort has the advantage that the ferry lands right on your doorstep. What's more it has some great fishing options off the jetty and the beach flats.

#### Having a plan

While Fraser Island is renowned as a top class beach fishing destination, and Fraser's western flats can also offer some brilliant fishing, you still need a plan to maximise your chances of success.

Once you decide on your trip date, you can then plan where and when to fish. The following table gives an indication of the best fishing times and tides for a key of Fraser's fish.

#### BEST TIME OF DAY/TIDE TO TARGET POPULAR FISH

FISH SPECIES	TIME OF DAY	TIDE	
Tailor	Dawn and dusk	Either depends on gutter.	
Mulloway	Night	Change of tide.	
Whiting – eastern beach	Any	1.5hrs before to 1.5hrs after	
		low tide	
Whiting – western beach	Any	Either, best outside change	
	-	of tide period.	
Flathead	Day	Last 2 hrs of falling tide.	
Bream – eastern beach	Dawn and dusk	Either depends on gutter.	
Bream – western beach	Dawn and dusk	Rising tide.	
Dart	Any	Either depends on gutter.	

In future editions, Skip will go into more detail on how to target specific target species on Fraser, flats and beach fishing techniques, and much much more.

#### About the author



Sean (Skip) Thompson is a regular feature articles fishing writer with Fishing Monthly magazines and he also writes monthly for Bush and Beach magazine. Skip also has over 15,000 followers on his Facebook Page Ontour Fishing Australia. His passion is sharing the joys of fishing to newcomers including kids as well as building the knowledge of beginners to more experienced fishos with an easy to understand style of writing. Skip has also been fishing Fraser Island for 24 years and he also loves his regular visits to Hervey Bay with in-laws based in Maryborough. Skip is also a professional economic statistician specialising in Tourism statistics.

https://www.facebook.com/Ontourfishingaustralia Ontourfishingaustralia on Instagram

# ANTÓNIO CARRILHO LIVE IN CONCERT



Internationally renowned virtuoso recorder player, performing live in Hervey Bay.

### SAT FEB 15 2020, 4:00 PM

ST JOHN'S ANGLICAN CHURCH DOOLONG ROAD HERVEY BAY

TICKETS - \$10

Eventbrite.com/Hervey Bay Recorder Concert Neighbourhood Centre (Charles St) or at door if available (no cards)

Enquiries: 0428 624 366



A cultural service of Frasey Coast

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





Thurs 30, 7.30pm, Open Mic Fri 31, 9pm, R&B Friday Sat 1, 9pm, Dogwood Crossing Sun 2, 2.30pm, Derek Smith

Thurs 6, 7.30pm, Open Mic Fri 7, 9pm, R&B Friday Sat 8, 9pm, Abby Skye & The Batman Sun 9, 2.30pm, Frank Benn

Thurs 13, 7.30pm, Open Mic Fri 14, 9pm, R&B Friday Sat 15, 9pm, Uncle Arthur Sun 16, 2.30pm, Doug Edwards

Thurs 20, 7.30pm, Open Mic Fri 21, 9pm, R&B Friday Sat 22, 9pm, Red Betty Sun 23, 2.30pm, Bobby Barnes

Thurs 27, 7.30pm, Open Mic Fri 28, 9pm, R&B Friday Sat 29, 9pm, V.I.Party Sun 1, 2.30pm, Darren Marlow

The Gig Guide is a free service offered in good faith by What's On Fraser Coast - venues submit their own guides each month, and are correct at the time of print.

#### **HERVEY BAY**

#### Hervey Bay RSL



Sat 1, 8.00pm, Uncle Arthur Sat 1, 8.00pm, Blues Brothers Soul Men Show. \$25 members, \$30 visitors.

Fri 7, 11.30am, Trevor Judge Fri 7, 6.00pm, Rick Manych Sat 8, 6.00pm, Doug Edwards Sat 8, 7pm in Hervey House, Rock 'n Roll with the Rockin Bodgies

Tues 11, Morning Melody with Rebecca Lloyd. \$5 members, \$7 visitors

Thurs 13, 11.00am, Quinn in the Sportsbar for Vets Day Fri 14, 11.30am, Trevor Judge Fri 14, 6.00pm, Sam Maddison Sat 15, 8.00pm, V.I.Party Fri 21, 11.30am, Trevor Judge Fri 21, 6.00pm, Pete Baker Sat 22, 8.00pm, Forbidden Road Sun 23, 12.00pm, Frank Benn Fri 28, 11.30am, Quinn Fri 28, 6.00pm, Dust Duo Fri 28, 7.00pm, Jazz Club with Jazz Kings in Hervey House. \$20 Jazz members, \$25 non members Sat 29, 8.00pm, Doug & The Upperhand Sat 29, 8.00pm, Split Enz /

#### The Bayswater Bar & Grill

House. \$20 members, \$25

visitors.

Crowded House Show in Hervey

Sat 1, 6.00pm, Doug Edwards Sun 2, 1.00pm, Frank Benn Fri 7, 6.00pm, Bevan Spiers Sat 8, 6.00pm, Phil Morgan Sun 9, 1.00pm, Liana McKay Fri 14, 6.00pm, Rick Manych Sat 15, 6.00pm, Andrew Copland Sun 16, 1.00pm, TBA Fri 21, 6.00pm, Sam Maddison Sat 22, 6.00pm, Ethan Jones Sun 23, 1.00pm, TBA Fri 28, 6.00pm, TBA Sat 29, 6.00pm, Matt Phillips

#### The Clubhouse Hervey Bay

Sat 1, 6.00pm, Ethan Jones Fri 7, 6.00pm, Phil Morgan Sat 8, 6.00pm, John Vea Vea Fri 14, 6.00pm, Pete Baker Sat 15, 6.00pm, Sam Maddison Fri 21, 6.00pm, Frank Benn Sat 22, 6.00pm, Rick Manych Fri 28, 6.00pm, Doug Edwards Sat 29, 6.00pm, Bevan Spiers

#### Hervey Bay Boat Club



Sat 1, 5.30pm, Frank Benn Sat, 9.00pm, FREE SHOW - The Great Creedence Revival Show Sun 2, 1.00pm, Mood Swings Fri 7, 5.30pm, Sam Maddison Fri 7, 8.00pm, Crossover Band Sat 8, 5.30pm, Frank Benn Sat 8, 8.00pm, Crossover Band Fri 14, 5.30pm, Steve Case Fri 14, 8.00pm, Red Betty Sat 15, 5.30pm, Vibeke Voller Sat 15, 8.00pm, Red Betty Fri 21, 5.30pm, Nicole Harding Fri 21, 8.00pm, Smokin' Crawdads Sat 22, 5.30pm, Sam Maddison Sat 22, 8.00pm, Smokin' Crawdads Sun 23, 1.00pm, Doug Edwards Fri 28, 5.30pm, Sam Maddison

Fri 28, 5.30pm, Sam Maddison Fri 28, 8.00pm, The Shades Sat 29, 5.30pm, Steve Case Sat 29, 8.00pm, The Shades

#### **Bay Central Tavern**

Sat 2, 8.00pm, Inexcess Sun 3, 1pm-5pm, Bobby Barnes Tues 5, 1 pm, Derek F Smith Sun 10, 1-5pm, Derek F Smith Sat 23, 8pm, Mick Lindsay Sun 24,1-5pm, Ian Murray Sat 30, 8pm, Made in the 80's

#### MARYBOROUGH

#### Maryborough Sports Club

Tues 4, 11.30am, Frank The Piano Man

Thurs 6, 11.30am, Frank The Piano Man Thurs 6, 6pm, Quinn The Radio Star Fri 7, 8pm, Two Fires Chisel

Barnes Show Tickets \$20 Sat 8, 7pm, Barlight Tues 11, 11.30am, Frank The Piano Man

Thurs 13, 11.30am, Frank The Piano Man

Thurs 13, 6pm, Quinn The Radio Star

Fri 14, 7.30pm, Just Friends Tues 18, 11.30am, Frank The Piano Man

Thurs 20, 11.30am, Frank The Piano Man

Thurs 20, 6pm, Quinn The Radio Star

Fri 21, 8pm, Red Betty Sun 23, 12pm, Graeme Jensen Tues 25, 11.30am, Frank The Piano Man

Thurs 27, 11.30am, Frank The Piano Man

Thurs 27, 6pm, Quinn The Radio Star

Sat 29, 7pm, Nicole Parker-Brown & The Jazz Kings

#### Maryborough RSL

Sat 1, 8pm, Ian Murray Sun 2, 12pm, Red Dog Solo Fri 7, 8pm, Luke Karolak Sat 8, 8pm, Bobby Barnes & Mr Witt

Sun 9, 12pm, Doug Edwards Fri 14, 8pm, Bradz Rock N Rhythm

Sat 15, 8pm, Abby Skye & The Batman

Sun 16, 12pm, Ricky Manych Fri 21, 8pm, Graeme Jensen Sat 22, 8pm, Till Dawn Sun 23, 12pm, Chasca Thompson Fri 28, 8pm, Country Roads

Sat 29, 8pm, Red Betty

#### Federal Hotel

Fri 31, 8.00pm, Doug Edwards Sat 1, 8.00pm, Dave Gray Fri 7, 8.00pm, Pete Baker Sat 8, 12.00pm, Frank Benn Arvo Session Sat 8, 8.00pm, Sam Maddison Fri 14, 8.00pm, One Sly Dog Sat 15, 8.00pm, Fading Echo Fri 21, 8.00pm, Luke Karolak Sat 22, 8.00pm, Phil Morgan Fri 28, 8.00pm, Andrew Copland

Sat 29, 8.00pm, Open Mic



# Social Snaps Out and about on the Fraser Coast



# Social Snaps Out and about on the Fraser Coast



# Social Snaps Out and about on the Fraser Coast











## FRASER COAST MARKETS



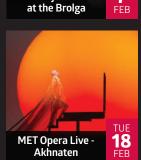
# WHAT'S ON THE BROLGA











Screening - Matthew Bourne's Romeo +

Juliet

Judith Nijland - Jazz







20 FEB







Sleeping Beauty -Moscow Ballet La

**26** MAR



## **ALSO COMING UP...**

NT Live - Frankenstein	7 & 8 Mar
MET Opera Live - Wozzeck	Mon 16 Mar
Bloom sings Stevie Nicks, Carole King and Linda Ronstadt - Morning Melodies	Thu 2 Apr
Agro Up Late!	Sat 4 Apr



A cultural service of Fraser Coast

Never miss a show! Get presale and special offers by signing up for the newsletter