

TAKE
ME HOME

FRASER COAST What's On

MARCH 2021 MONTHLY MAGAZINE

47

**DEREK EDWIN
LENARD LAWTON**

Inside this issue:

**Gig Guide
Calendar of Events**

CREATING AWARENESS
LIVING WITH MND
Keep an eye out for
MISS BEHAVIOUR

FEATURED STORY
YOUNG AT HEART
LOCAL BAND SPOTLIGHT
RHUBARB TARTS



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MARYBOROUGH

Maryborough Markets

Adelaide and Ellena St, Maryborough
Every Thursday - 7am to 12pm

MARYBOROUGH

Maryborough Sunday

Mixed Markets
Maryborough Hockey Association
Cnr Neptune & Woodstock St
Every 2nd & 4th Sunday of the month
7am

HERVEY BAY

Torquay Beachside Markets

Opposite the Torquay Hotel
Every Saturday
7am to 1pm

HERVEY BAY

Koala Markets - Kruger Court

Every 2nd & 4th Sunday
6am to noon

HERVEY BAY

Nikenbah Markets

Hervy Bay Animal Refuge
Nikenbah-Dundowran Rd, Nikenbah
1st, 3rd and 5th Sunday of the month
6am to 12 noon

HERVEY BAY

Urangan Pier Park Markets

Pier Park, Urangan, (in front of Jetty)
Every Wednesday & Saturday
7am to 1pm

OTHER AREAS

Glenwood Community Markets

Pepper Rd
3rd Saturday of the month
7am - noon

OTHER AREAS

Brooweena Markets Historical

Village, Smith Crescent
4th Sunday every 3rd month
8am to noon

OTHER AREAS

Burrum Heads Markets

Corner of Burrum Heads Rd &
Howard St
2nd Saturday of the Month
7am - 11.30am

OTHER AREAS

Tiaro Markets

Corner of Mayne St &
Forgar Terrace
2nd Saturday of the month
7am - noon

OTHER AREAS

Howard Country Markets

Howard Community Centre,
Steley St, Howard
1st Saturday of the month
7am to 12 noon

OTHER AREAS

Bauple Markets - Band Hall Road

4th Saturday of the month
7am - noon

For all Market submissions or corrections :
Please contact: What's On Fraser Coast on

Ph 0467 303 171

or email: whatsonfrasercoast@outlook.com

DISCLAIMER: Markets subject to change due to COVID-19, school holidays, public holidays and weather conditions.



We have many beautiful and historic buildings in the Maryborough CBD, one such building is the former Australian Joint Stock bank on the corner of Kent and Richmond Streets. Many interesting events have taken place in this landmark building over the decades. It was here, in the upstairs residence that, on 9 August 1899, a baby named Helen Lyndon Goff was born.

She would later adopt the name Pamela Lyndon Travers and write many books, including some with her famous creation, Mary Poppins. When she left Maryborough as a child our town hall was a simple timber structure, but when she returned, in July 1922, it was to perform over several nights in Shakespeare plays on the large stage at our grand brick town hall.

During this return to her hometown, Travers no doubt saw her childhood home in the heart of the CBD. This fine building has been a prominent landmark in Maryborough for over 130 years.

It is now known as the Bank of Stories; a tribute to Travers, Mary Poppins and the art of storytelling. The new use of this heritage listed building respects its past whilst welcoming people

of all ages to a new and engaging experience.

Travers' father, Travers Goff, was by no means the first manager of the Australian Joint Stock Bank, which had been operating in Maryborough since the mid-1860s, in smaller premises. As with so many other institutions in Maryborough, the prosperity brought by the Gympie Gold Rush and the resultant growth of the port activities brought a level of wealth and activity that necessitated an enlargement of facilities.

In 1881 plans were drawn up by the famous architect F.D.G. Stanley for this building, which was completed in 1883. Stanley built some of Maryborough's finest buildings of the 1870s and 1880s including our Court House, St Paul's Church and the Girls' Grammar School. The classical influences of the building embody the banking qualities of tradition and strength. The annex at the back was the kitchen and maids' quarters.

It is a marvellous building to explore with its vaulted strong room with an arched face brick ceiling, banking chamber with high ceilings and fine fireplaces in the offices and residential rooms.

Wandering through these rooms it is possible to get an insight into what the bank would have been like with the busy tellers and customers downstairs and the family residence upstairs.

Maryborough's connection to Travers and her much-loved creation, Mary Poppins, is something we should be proud of.

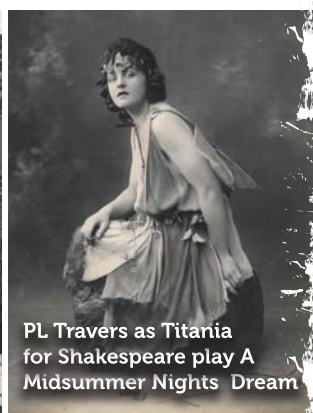
The Story Bank celebrates Travers' legacy and the magic of Mary Poppins.

A Walk Through HISTORY

By Fraser Coast Mayor
George Seymour



Bank - corner of Richmond and Kent streets



PL Travers as Titania for Shakespeare play A Midsummer Nights Dream



Mary Poppins and crew



The mary poppins statue beside her creators birthplace.



MADCOTA Community Hub

The Maryborough and District Committee On The Ageing Inc.

333 ALICE STREET, MARYBOROUGH

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INDOOR BOWLS

Monday 1:30pm & Thursday 9:30am

FREE MORNING TEA

1st Tuesday of the month

GAMES DAY

2nd & 4th Tuesday of the month

CONCERT DAY

3rd Tuesday of the month

POOL

Wednesday & Friday 1:30pm

COMMUNITY CONNECTIONS

Wednesday 10:30am



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Get in Touch

If you have a local story to share, please contact us at whatsonfrasercoast@outlook.com
We would love to hear from you.



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"Whatever you are into, get into What's On Fraser Coast"



Note from the Editor

Welcome to our 47th edition!

Remember, if you have an event coming up that you would like to advertise – get it in the magazine. We always love hearing about what is coming up in our region!

The What's on Fraser Coast magazine is the only dedicated events magazine on the Fraser Coast so make sure that you secure a copy each month.

If your business is lucky enough to stock our magazine, why not use it as a free tool or an asset for your business.

Thank you to all of those businesses that proudly display our magazine prominently and who pop copies in hotel rooms or welcome packs - we do appreciate it.

We are rapidly approaching our 50th edition, we invite you to be part of it!

Thank you for loving our mag!

Kim Parnell
Editor/Owner

Inside this month's edition!

Pioneer Day is coming up at the Brooweena Museum later this month. This much-loved event will bring yesteryear to life once again. The day will engage and excite everyone that attends with something for everybody. Get along for a fantastic day out in this beautiful town.

Meet Derek Edwin Lenard Lawton, Derek recently turned 80 and has enjoyed a lifetime of service in various capacities, including as a scout for over 60 years. In fact, he has scouted on the whole East Coast of Australia and loves nothing more than putting on the uniform. Read his story on page 7.

Brisbane's Cloudland was such an iconic building for over 40 years before it was sadly demolished in 1982. Many memories were created in the famous ballroom, so it comes as no surprise that a stage show has been created in its honour. **Cloudland the Musical** is a 'must-see' for all.

Turn the page to catch up on all of the articles and events...

Kim Parnell

Editor, What's On Fraser Coast

PROPERTY OF THE MONTH: 4 POLSON ST PT VERNON



1 MINUTE WALK TO ESPLANADE

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This year the global UN theme for International Women's Day is "Women in Leadership: Achieving an equal future in a COVID-19 world". All over the world, every year women and girls strive towards creating and shaping a more equal future for us all to enjoy. This alone is a great reason to celebrate - but there is still a long way to go. On the Fraser Coast guest speakers will speak about a range of topics.

EVENTS

Sunday, March 7

International Women's Day Afternoon Tea

Guest Speaker - Dr Nikola Stepanov,
QLD Integrity Commissioner
(First Female Commissioner)
Hosted by the Zonta Club of
Maryborough
Brolga Theatre & Convention Centre

There will also be a mini tombola and raffles.

Limited tickets are available from the Box Office at the Brolga Theatre & Convention Centre
Come and celebrate International Women's Day with us!!
The bar will be operating too for all liquid refreshments.
Doors open at 1.00pm

Sunday, March 7

4 Faces of Woman - A Day to Celebrate the Sacred Feminine.

10am - 4pm
Toogoom Hall

About the event

When a Woman Connects with Her True Worth Her Authentic Self is Strengthened ~
'4 Faces of Woman' events encourage participants to explore the symbolism of four 'faces' which have characterised women and their role in society through the ages - identities stored in the subconscious mind which influence every woman's sense of self today. The safety, support & inspiration of this gathering allows each woman the space to strengthen her authentic self. To restore self-respect. To recover eternal beauty. To reclaim inner Power...

BYO lunch - a small vegetarian plate to share.

Bookings are essential.

Contact Annemarie on 0432 402 407 or
email iam@happyheartholistichealing.com.au

Monday, March 8

International Women's Day Breakfast 2021

Guest Speaker Eleanor Carey - Embracing the unknown through 62 days at sea.

Hosted by the Zonta Club of Hervey Bay

From 6.30am

Hervey Bay Boat Club

About the speaker

Eleanor Carey was the first Australian woman to row across the Pacific. She was out there for over 62 days, joining two strangers, at the eleventh hour to compete in the 2018 Great Pacific Race after a crew member dropped out. All this while keeping her business, The Generator Bundaberg, going at home. Battling hurricanes, extreme sea sickness and sleep deprivation, the Pacific Terrific team rowed 4000km across the Pacific Ocean. They set not one, but two world records.

Eleanor shares her experience of stepping into the unknown and the incredible power of consistency under extreme pressure.

This will be followed by an optional presentation and workshop on Mindset Matters: Leading with Purpose during Times of Uncertainty with Tanya O'Shea, Managing Director of Impact Services following the breakfast.

For tickets find the event on Facebook and follow the link or contact the Zonta Club of Hervey Bay.



International Women's Day

YOUNG AT HEART

From birth Derek Edwin Lenard Lawton and his siblings, of which Derek is the oldest, were given three surnames since this was what his dad had decided, this was how it was. He was born in London in 1941 during the Blitz that took place in the Battle of Britain.

At eleven years of age, Derek and his family packed up and moved to Australia as so many had before them. The family lived at Moggill near Ipswich which at the time had a two-teacher school. Derek says, "Dad tried to start a scout group there. He had met Robert Baden-Powell in Palestine, as it was then, in about 1936 or 1937. Dad was in the British army at the time.

"But due to no telephones and no transport, it was near impossible". Having a dad interested in scouting created Derek's lifelong interest in scouting and all that the movement stands for. Eventually, Derek went off to do his scout leadership training and became an assistant scout leader in Darra, Brisbane at the age of eighteen. Round about the same time he received the call up for national service and joined the regular army.

During his twenty-two years in the army, Derek spent six years at Canungra and became the scout leader there while living on the beautiful Tambourine Mountain.

After two years of working long hours, and with no time for scouts, Derek went to Melbourne and lived in Frankston where he once again got involved as a senior leader, this time with the Sea Scouts. A stint in Singapore followed, and some scouting with the ANZUK group ensued. The group was made up of countries such as Australia, New Zealand, and the United Kingdom.

Derek says, "It was a great time, probably the best time in scouting that I have ever had. While there, I did an eight-day course to do my wood badge, a very important badge for a leader to work towards.

"I have scouted on the whole East Coast of Australia and have lots of fond memories.

"Scouting has changed enormously, but I think it has changed for the better. We have some of the most dynamic scouting groups here in Queensland", said Derek.

"The programs have improved too. Now kids can do activities like caving, powerboating, and cross-country bike riding. The words 'Boy Scouts' has disappeared as we now welcome girls into scouts as well".

Scouting can be very rewarding. Being able to contribute by sharing knowledge and skills such as Derek possesses from years of experience and passing on that knowledge to the next generation is very important.

Derek says, "I also get to share my values, I am not talking about Christian values but the values of being honest, not swearing and cursing, and treating people with respect.

Continued on page 8... Photo by Kim Parnell





Photos by Scouts Qld

"These are the sorts of values that we would like our scouts to have and the values that I like to pass on".

Putting on the uniform gives Derek a sense of purpose that he looks forward to. He identifies more in uniform than in civilian clothing.

"They say, 'the clothes maketh the man' when I am in scout uniform or my old army uniform, I feel like that's me, that's who I am, a uniformed leader. I honestly wouldn't know what to do with myself if I gave it away".

After being called into Ministry, Derek became a Minister after completing three years at bible school.

Derek has also spent time as a District Leader, the Assistant Regional Commissioner, and the District Commissioner while living in Maryborough, a role that he held for nine years.

"I then became Scout Chaplain for the Fraser Coast District, since then I have been involved as the leader in charge with the Hervey Bay Sea Scouts, and also with Pialba Scouts and Craginish Scouts.

"My actual role is Chaplain to the Fraser Coast District, a position that I am very proud of.

"I am also the chaplain to the National Servicemen in Hervey Bay". Looking back, Derek acknowledges that he has enjoyed a life of service to his country, to the church, to the community and to the people by selflessly giving to others. This has given him a deep satisfaction, a purpose, and a great feeling of self-worth. Derek currently lives in Hervey Bay and has been married to his wife Margo for thirty-seven years. You may also find him on the golf course with his brother as this is the only sport that he gets to enjoy.

Recently Derek celebrated his eightieth birthday and was thrown a surprise party at Pialba Scout group in Hervey Bay, complete with a cake. He was absolutely blown away by the gesture.

On age, Derek says, "I feel like I am fifty, I don't feel eighty. I know chronologically I am eighty, but I guess mentally, and emotionally I feel much younger, that is how I try to live my life.

"I don't sit here thinking, "Oh, now your eighty, where's the walking stick", Instead I think, let's do it. Age is just a number after all.

"I have achieved more than I ever dreamt that I would achieve. I never thought I would have the opportunities to help people like I have had, let alone reaching eighty years of age".

To find out more about scouting in Queensland go to www.scoutsqld.com.au.

Finding Balance Counselling



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Email: KayleneB58@outlook.com
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March Workshops:

Wednesday 10th March - Creative Art Journaling Workshop

9am - 3pm / \$95 - all materials included to start your journal.
Learn how to communicate effectively in all areas of your life. Interactive workshop.

Saturday 20th March - Mindfulness Practices Finding Your Superpowers

9am - 3pm / \$95 per person or \$160 if you bring a friend.
Interactive, fun, enlightening workshop - do it with a friend or relative

Mindfulness Meditation

Every Tuesday evening 5-6pm and 6-7pm
\$20 per person or \$15 each if your bring a friend.

Bookings Essential

Ph: 0488 440 522 to secure your place



Photos by Scouts Qld

Take a step back in time to the days of our **PIONEERS**

Yesteryear will come to life with working displays at the Brooweena Museum later this month.

There will be various working demonstrations; you can roll up your sleeves and have a go at the cross-cut saw, old fashioned washing and ironing, rope making, corn cracking, chaff cutting, milk separating, and butter churning.

Have a look at the vintage motorcycles with over twenty attending. The Fraser Coast MG Car Club will be in attendance showing off their vehicles. There will be members from Rum City Vintage Machinery Club set up with some working antique machinery for you to see in action. Collin is bringing a display of woodworking tools and showing how they work and how they were used.

Take a wander through the museum buildings and see what type of equipment was being used, in the butcher shop, dairy, or kitchen. Look inside Kidd hut to see how a typical family lived in a one room hut back in the late 1800's early 1900's. Robbie will be working the bellows in our Blacksmith shop, so be sure to stop and see what he is working on in there.

There will be members of the 9th Battalion Ceremonial Guard attending dressed in their period military attire both nurses & soldiers, be sure to say hello.

Market stalls will be selling all sorts of handmade goodies, so be sure to have a good look, you are bound to find something you love. There will be plenty to eat and drink at the various food vans or grab a homemade cake, slice or ice cream cup for a yummy treat from the museum kitchen.

For the kids, there will be free face painting and a jumping castle.

Take a run out to the Brooweena Museum and Historical Village just a 40-minute drive west of Maryborough on the Biggenden Maryborough road. Gold coin donation entry. We hope to see you all there.

Pioneer Day
Saturday, March 27 / from 9am -3pm
Brooweena Museum



The Latest Summer Styles



36 Torquay Road Pialba, opposite Woolies • Phone 0741284122





KEEP AN EYE OUT FOR *Miss Behaviour*

Recently I was invited to a presentation with a difference called 'Miss Behaviour with Lara Wilson'. I had no idea what to expect but found the whole experience quite therapeutic. The workshop is very relatable to everyday life and allows us to recognise and to take charge of our negative mind chatter.

Lara Wilson is like a breath of fresh air, she comes across as someone who is full of confidence, with a hint of cheekiness. She is quick to laughter and is not afraid to say it as it is. Lara Wilson is a perfect example of someone who lives what she teaches and is enriched as a result.

With over thirty year's experience as a facilitator, mentor and speaker Lara is all about working with human potential, while creating exceptional humans and behaviour.

I sat down with Lara and we had a conversation about life, work, and the importance of purpose. Kim Parnell, Editor.

Tell us a little about your move to the Fraser Coast?

It's a beautiful story, albeit quite a long one. So, in short, I moved here as everything pointed in this direction. It was almost laid out before me... and I was meant to be here. After a bit of an adjustment having left Melbourne life five months ago this city girl has found her rhythm, and I'm loving it.

Share a little of your journey with us?

I think it's fair to say that we all have experiences in life that define our path. And often the things that challenge us most, teach us most. The adage 'adversity is our greatest teacher' is certainly true for me. Anxiety was mine.

I was about eight years old when I had my first anxiety attack. Something I lived with until I was eighteen not knowing what it was that I was living with (most days), until I read a magazine and there it was, my answer. An article all about anxiety and panic attack symptoms, and just like that I finally knew what I had been experiencing for ten years of my life. And this was where my journey began.

I went in search of answers, to therapists and counsellors and even quirky left field healers - I tried all sorts of modalities. None of which gave me the answers I was seeking.

I didn't buy into a lot of what they were telling me about what anxiety was and what you do with it. So, I became a seeker of truth, and it has shaped my path. I ended up studying the only modality I found that helped me, Psychotherapy. And that has been the catalyst of my journey to guide others to live an enriched and fulfilling life - as it's totally possible!

Tell us a little about Miss Behaviour, where did the name come from?

I registered the business name over a decade ago, and just knew it was time to step in and own it to be the voice of all thing's behaviour. Most people who know me share that it's a great reflection of what I bring, a little cheekiness whilst we explore the depth of our behaviour. It's important to have a bit of playfulness when we delve into this space. There's such a stigma attached to doing our inner-work, this is my way of making it more accessible, as we can all do with a little guidance in our lives.

Continued on page 11...

Continued from page 10...

It's been a really enriching journey over the last 13 years in business as I have continued to evolve into what's next. My business journey, corporate life, various studies and business acumen have all led me to what I now offer, and it all makes perfect sense. That's often life isn't it, where we don't always see what's next but there's a pull to continue, and when we arrive we get it, we know why. That's what I love about allowing the heart to lead, it can take us to a very different destination to our mind 'chatter'. It's our essence in the driver's seat!

What are some of the services that Miss Behaviour offers?

Miss B is all about personal and professional training, mentoring and events drawing on my 33 years' experience as a Counsellor, Coach and Business Consultant.

Let me break it down. Mentoring is all about being a role model, coach, sounding board, voice of reason, counsellor and a trusted resource. To help you believe in yourself, what's possible and how to continually evolve into the best version of you.

The training aspect is where we workshop the fundamentals and equip you with the tools to know oneself, know others, communicate powerfully, understand human dynamics and give you the tools to shine, be it in life or business.

My events are held throughout the year. One of my absolute loves are the retreats where we gather in luxe locations, and I get to witness the most incredible transformations and what then becomes the beginning of a beautiful and enriched life.

All of my mentoring is online, as are some of the training programs. My next retreat, 'A Journey to Enrichment' is on the Sunshine Coast July 29th, 2021.

How important is 'purpose' in your teachings?

Purpose is what drives everything. When we know what our purpose is, and consciously and deliberately choose to align ourselves to this everyday - this is where the shifts happen.

Having a purpose defines who we are and reflects in all we do. It's in our ability to manage our thoughts, emotions, beliefs, wellbeing, actions and behaviours. Each of which we either bring with purpose, or we just do what we've always done expecting a different result - this is Einstein's definition of insanity. Purpose is the action that leads to enrichment.

What is your special message for the people of the Fraser Coast?

If you are ready to live a more enriched life, if you have had enough of the mind chatter, of being reactive or if you have had enough of searching, the answers are already within you, you may just need a little guidance to remember the truth of who you are.

To find out more about Lara Wilson and Miss Behaviour go to www.missbehaviour.com.au or email lara@missbehaviour.com.au.



Photo Credit - Lara Wilson

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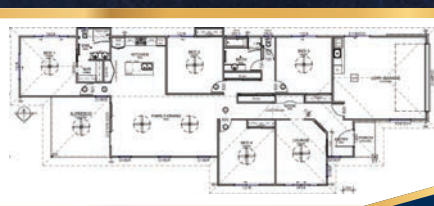
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*Rebate on offer until March 31st 2021. Images are artistic representations for illustrative purposes only.

KINGSTON

HERVEY BAY



BECOMING BIRDMAN

Robert Garland is larger than life. He was born in Esk and grew up on the Gold Coast through the 60s and 70s. It was a completely different lifestyle to the bustling city of today. Robert's early memories included playing games of hide and seek in the Queensland bush, waiting to be captured by the seeker. In those quiet moments he would watch and listen to the amazing array of birds around him. He recalls "sometimes I would be so still that birds would land right next to me and start singing. It was magical".

He was so compelled by this intimate connection to nature, that he started talking back to the birds and began a life-long obsession with bird calls. After years of practice and dedication, Robert could masterfully imitate most Australian birds including the kookaburra, cockatoo, peacock, pigeon, and emu. "I can't do the whipbird. I tried and tried. But in bird terms, I am more of a warbler than a whistler".

Craig Crozier was born in Esk, grew up in Townsville and moved to the Gold Coast in his teens. He joined the Kirra Surf Lifesaving Club and attended Miami High School. Robert also attended Miami High School and was a member of the Palm Beach Surf Life Saving Club. In grade 11 they met and hit it off instantly. Their love for the surf helped them forge a lifelong friendship.

Craig chased his dream of swimming for Australia and only just missed out in making the 1976 Commonwealth Games Australian side. He then focused on coaching and became the assistant coach to Laurie Lawrence in the lead up to the 1982 Commonwealth Games in Brisbane. Robert had moved to Sydney in 1978, but the two kept in contact. In the lead up to the Commonwealth Games Robert received a phone call from Craig inviting him to join Craig in Brisbane.

Tracey Wickham is an Australian swimming icon. In 1982 she represented Australia at the Commonwealth Games in Brisbane, where she won gold medals in the 400m and 800m freestyle finals

and silver medal in the 200m freestyle final. As assistant to Laurie Lawrence, Craig worked with Tracey and another Australian swimmer Mark Stockwell. Tracey, Mark, Craig and Robert caught up on several occasions for catch-ups at Craig's house in what was a simpler time for Australian swimmers.

Robert reflected on the lead up to the Commonwealth Games, "Tracey had retired just before and this was her come back. She was so nervous and Craig, Mark and I wanted to help her get rid of that stress. The best way we knew to get rid of stress was through Australian larrikinism". The 'Birdman' had the perfect medicine. While sitting around Craig's house he introduced Tracey to the birds of Australia. And Tracey loved it.

Tracey overcame her nervousness and went on to win the 400m and 800m freestyle finals to become the Commonwealth Champion. Craig, Mark, and Robert were in the crowd at the Chandler Swimming Complex in Brisbane as Tracey waited to be presented her Gold Medal for the 400m freestyle by Queen Elizabeth II. The crowd was standing room only and they started to quieten as the Queen prepared to present the medals.

At that moment Robert, let out an almighty Kookaburra call and the crowd went wild in a joyous cheer. The Queen stopped and was slightly confused and annoyed by the noise. But Tracey looked up to the crowd and laughed, knowing exactly who was responsible. Robert joined Tracey at the closing ceremony and after party, where he would be introduced to other athletes as the Birdman, with Tracey calling on him to belt out a birdcall at every opportunity.

Robert's joyous outlook on life is a lesson that we could all learn from. "Have a laugh, say or do something silly. Just go up to someone and bring a smile to their face. Looking like an idiot, is there a law against it? I do it every day. If there was, I would be in jail". Hail to the Birdman.

Stuart Taylor

Podcaster & Writer – Future Champions Podcast
Podcast www.ententesport.com

FRASER COAST

What's Up



Cloudland the Musical

Written, Produced & Directed by Paul Hayman

For over 40 years, an Iconic Building sat high on top of Bowen Hills overlooking Brisbane. A venue that could hold over 5,000 people and that was, in Australia, an integral part of the most defining decades of popular music. From before the birth of Rock'n'Roll to the post punk 'New Wave' movement.

From the 1940's to the early 80's, Cloudland Ballroom played host to a multitude of National and International acts. The building was THE Social Hub of not only Brisbane. It attracted regular partygoers from Regional areas throughout QLD, NSW and beyond.

The overnight demolition of Cloudland Ballroom in 1982 stunned not only the local residents, but people from all corners of the globe who had attended the venue during its lifetime.

The culmination of a decade of Research and Development, Cloudland the Musical is a story filled with drama and controversy. If there was ever a Musical to be written based on real events, this is it. After all, Cloudland played host to many of the Music Icons that other Musicals have been written about!

With a stunning cast of over 30 world-class Actors, Musicians and Dancers, exquisitely choreographed by professional Choreographer & Dancer Kylie Wall, Cloudland the Musical is a visual feast.

Each song has been carefully selected from the vast array of Australian and International bands that played at this venue.

Featuring the music of: The Bee Gees, Buddy Holly, Dragon, The Angels, Jerry Lee Lewis, UB40, Cold Chisel, Johnny O'Keefe, Midnight

Oil, Australian Crawl, Normie Rowe, Mental as Anything, Bill Haley, The Stray Cats, Split Enz and more. The score comprises of predominantly Australian songs, which have been specially arranged for the band in this production.

Cloudland the Musical, is the story of how this Iconic venue impacted the youth of Queensland and beyond for over 5 decades. Cloudland was no ordinary venue, and this is definitely no ordinary Musical! The use of 21st Century technology and masterfully created digital images bring to life this important part of the rise of the Australian Music scene.

This is Australia's Greatest Musical, based on real events!

'Cloudland the Musical' is supported by the Queensland Government through Arts Queensland.



FEATURING THE MUSIC OF: The Bee Gees, Dragon, Buddy Holly, The Angels, Jerry Lee Lewis, UB40, Cold Chisel, Johnny O'Keefe, Midnight Oil, Split Enz, Bill Haley, Australian Crawl, Normie Rowe, Madness, Stray Cats, Mental as Anything & more..

17 April - Redlands Performing Arts, Cleveland

18 April - Empire Theatre, Toowoomba

24 April - The Brolga Theatre, Maryborough

15 May - Ipswich Civic Centre, Ipswich

22 May - The Events Centre, Caloundra

Cloudland the Musical is supported by the Queensland Government through Arts Queensland

www.cloudlandthemusical.com



CREATING AWARENESS

Living with MND

Michael Klink always greets you with a smile that goes from ear to ear. He is warm, engaging and has a great sense of humour; he is also a friend.

I first met Michael about four years ago through a mutual friend named Denis Maher. Denis is into low'n'slow BBQing in a huge way and would get a group of us around to his place to test his food whenever he was trying something new. We would gather and gorge on perfectly cooked brisket, lamb shanks, black pudding, and crispy pork belly that was BBQ'ed to perfection, and all lathered in the tastiest rubs. These private events were always a celebration of food accompanied by a little wine and lots of laughter amongst some great people.

Michael enjoyed low and Slow cooking too and would often be on the Low'n'Slow BBQ Shack team with Denis and others. They participated in many BBQ competitions throughout the region.

He also took on full-time guardianship of his cousin Anneliese who has Downs Syndrome, and this meant that he had to give up his 8-5 job in IT, as he needed a job with more flexibility. But how to provide an income?

The answer came after Michael had his house built. He had to redo the lawns, but no one on the Fraser Coast had an aerator to hire, so he started his own business 'Fraser Coast Lawn Coring'. Michael says, "I love my lawns and working outside. The flexibility was great and meant that Anneliese was fully supported".

With the income providing security and Anneliese and partner Kim by his side, Michael took the plunge last year, after thirty years and decided to become an Australian Citizen. The couple even had travel plans in place to visit Thailand, and then Covid hit! But the future was still looking great!

A few months ago, I ran into Michael and Kim and was shocked and saddened when Michael told me that he had recently been diagnosed with Motor Neurone Disease (MND). I must admit that I only knew a little about it at the time. Michael is only fifty-two years old!

A few months after that, Michael reached out to me via Facebook and asked if I would consider doing an article on his condition to help raise awareness about this insidious disease.

The night before our interview, I researched MND on the internet, and my heart ached for my friend and for his family.

This would have to be the hardest interview that I have ever done, it was highly charged, very emotional, and there wasn't a dry eye in the house.

Continued on page 15...

ROCKOLOGY PRODUCTIONS PRESENTS

Piece Of My Heart

The Story

The Music

The Legend

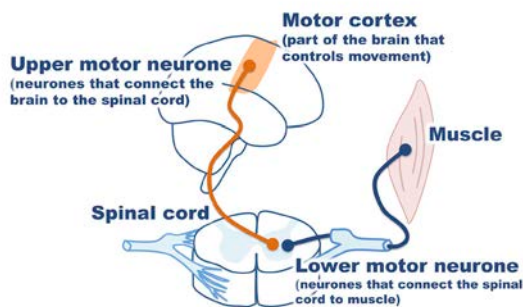
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In **Motor Neurone Disease** connections from the brain to the spinal cord (**Upper motor neurones**) and from the spinal cord to the muscle (**Lower motor neurones**) may die. As these neurones die, control of **muscles** are lost.



What is MND?

Motor Neurone Disease is the name used to describe a group of diseases in which the nerve cells (neurones) in the brain and spinal cord that control the way we walk, talk, eat, swallow, and breathe progressively die.

Research has given us a greater understanding of **MND**, but there is no cure and no effective treatment. It kills a third of people within a year and more than half within two years of diagnosis. Although the disease will progress, symptoms **can** be managed to help achieve the best possible quality of life.

Motor Neurone Disease is an uncommon condition that mainly affects people in their 60s and 70s but can affect adults of all ages.

The average life expectancy of a person diagnosed with MND is 2.5 years. Every day two people get diagnosed with MND, and every day two people die from MND.

Source – www.mndandme.com.au

Michael's Story

Continued from page 14...

What were the initial symptoms that prompted you to see a doctor?

One morning I woke up and had really sore calf muscles and thighs and I had no idea why. I used to run Marathons and know how sore they can be after a race, which is what it felt like. I knew something was up, but as I worked for myself, I pushed through. I waited a couple of days, but my legs did not get better.

When I was able to get an appointment with my GP, he sent me off for some blood tests, and then a series of other tests. When all of the results came back, he still did not have a clear picture, so gave me a referral to the hospital.

As an outpatient I was lucky to get the acting head of medicine looking after me he sent me for more tests including an MRI and a Cat Scan, all those tests came back negative to what he thought I might have. This left only one thing as everything else had been tested for.

I then had a muscle biopsy and a referral to the neurology department for a nerve conductivity test in Brisbane.

I was diagnosed with MND in September of 2020. The diagnosis took about six months as there is no test for MND; you have to rule everything else out first.

Tell us some of the things that we all take for granted that you can no longer do?

It comes down to the nitty-gritty stuff like squeezing toothpaste out of a tube or doing up buttons or zippers on clothing. These days my pants have to be elastic; otherwise I can't do them up myself.

I can't stir my coffee anymore as I can't hold onto the spoon, let alone open the carton of milk.

I also loved my fishing but can no longer go as all of the strength has gone in my fingers so I can't tie knots or put bait on a hook.

I no longer have my motorbike or boat as I can no longer enjoy those either. I mourn the loss of being self-sufficient and get very emotional from time to time.

Continued on page 18...



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Calendar of Events

Brought to you by **What's On Fraser Coast**

MARCH

MARCH 2, TUES

Mindfulness Meditation

Every Tuesday evening

Host – Finding Balance Counselling
5-6pm and 6-7pm
\$20 per person or \$15 per couple.
Bookings essential
Ph: 0488 440 522 to secure your place

MARCH 3, WED

Hervey Bay Botanic Gardens Monthly Tour

Guided tours, first Wednesday of
each month
10am – 11am

MARCH 4, THURS

Culture Caf – Mauritian

Experience different cultures and
cuisines

\$6 pp / 10am -12pm

Hervey Bay Neighbourhood
Centre

To register call (07) 4194 3000

MARCH 5, FRI

Workshop – Find your Style

Hervey Bay Neighbourhood Centre

MARCH 5, FRI

Mirusia – A Salute to the Seekers & The Classics

7.30pm – 9.30pm
Brolga Theatre & Convention Centre

MARCH 6, SAT

8th Annual Independent Riders Poker Run

Hosted by Independent Riders
Australia Pty Ltd
Brolga Theatre & Convention Centre
Find the event on Facebook

MARCH 6, SAT

Dunga in a Day 2021

8am – 3.30pm
Beach House Hotel
www.rallyforacause.org.au/

MARCH 6, SAT

Kite Flying

(First Sat of each Month)
From 9am – Sports Precinct,
Nikembah

MARCH 6 – 7

Biggenden Charity Camp Draft 2021

Teebar Hall Rd, Teebar
Tickets available online only
www.ticketebo.com.au/
[biggendencharitycampdraft](http://biggendencharitycampdraft.com.au/)

SUNDAY, MARCH 7

4 Faces of Woman - A Day to Celebrate the Sacred Feminine.

10am – 4pm / Toogoom Hall
BYO lunch – a small vegetarian plate
to share. Bookings are essential.
Contact Annemarie on 0432
402 407 or email
iam@happyheartholistichealing.com.au

MARCH 7, SUN

Alive Charity Race 2021

From 12pm
Oz Adventures, Noble Road,
Susan River
For tickets find the event on Facebook

MARCH 7, SUN

International Women's Day Afternoon Tea

Hosted by Zonta Club Maryborough
Tickets available at the Box Office
Brolga Theatre & Convention Centre
Bookings essential

MARCH 7, SUN

Clean Up Australia Day

For registered events to join
go to www.cleanup.org.au.

MONDAY, MARCH 8

International Women's Day Breakfast 2021

Guest Speaker Eleanor Carey -
Embracing the unknown through 62
days at sea. Hosted by the Zonta
Club of Hervey Bay From 6.30am
Hervey Bay Boat Club.
Bookings essential

MARCH 10, WED

Creative Art Journaling Workshop

9am – 3pm
\$95 – All materials included to start
journal. Bookings essential
Ph 0488 440 522 to secure your place

MARCH 12, FRI

The Bentley & Scott Cello Duo

From 7pm
Foyer – Brolga Theatre &
Convention Centre
Tickets from the Box Office

MARCH 12 TO MAY 2

Creative Collection – Howard & District Creative Arts Group

Gatakers Artspace
Maryborough

MARCH 13 - 14

Queensland State Championships

7am – 5pm
Maryborough Showgrounds &
Equestrian Centre

MARCH 13 - 14

Bush Regeneration Retreat in Remote Mountains

Hosted by Lotus Temple Kamala
Bauple, Woollooga Rd

MARCH 13, SAT

Arkarra High Tea

Arkarra Gardens Café Restaurant
Bookings essential

MARCH 13, SAT

Fruitbats VS Redcliffe

Hervey Bay Bombers FC
3pm
Raward Rd, Hervey Bay

MARCH 13, SAT

Tina Turner Tribute - Simply the Best

Hervey Bay RSL
Tickets available from reception

MARCH 13, SAT

The Robertson Brothers 60s Variety TV Show

8pm – 11pm
Brolga Theatre & Convention Centre

MARCH 14, SUN

My MeTime's Day out
8.45am
Massage & Pilates
The Frontroom, Hervey Bay
Find the event on Facebook

MARCH 14, SUN

3 Legends in Concert
Normie Rowe, Dinah Lee &
Jade Hurley
Brolga Theatre & Convention
Centre

For available dates contact: Bob McKinnon
P: 07 35752596 M: 0412 631 539 E: Bob.McKinnon@bigpond.com

MARCH 18, THURS

Piece of my Heart – The Janis Joplin Experience
Brolga Theatre & Convention Centre
Maryborough

BOOK NOW brolgatheatre.org
or phone 4122 8000

MARCH 19 - 21

Conservation for K'gari Fraser Island
Lake McKenzie
Find the event on Facebook

MARCH 19 - 21

Operation Tempest
From 12pm
Susan River Gel Ball

MARCH 20, SAT

Mindful Practices – Finding Your Superpowers
9am – 3pm
Interactive, fun, enlightening workshop – do it with a friend or relative \$95 per person, or \$160 if you bring a friend. Bookings essential
Ph 0488 440 522 to secure your place

MARCH 20, SAT

Irish Day In The Green Celebrating St Patricks Day
Arkarra Gardens Café Restaurant
Bookings essential

MARCH 21, SUN

A Day in the Gardens Open Mike
Arkarra Gardens Café Restaurant
Bookings essential

MARCH 21, SUN

Melinda Schneider: A Farewell to Doris
7.30pm
Hervey Bay RSL

MARCH 22, MON

Free Speaking Seminar
6.45pm – 9pm
Toastmasters
17 Cypress St, Torquay

MARCH 26, FRI

Red Bike 2021 Info Night
5pm
Hervey Bay Hotel

MARCH 26, FRI

Boat Club Wine Dinner IV
Hervey Bay Boat Club

MARCH 26, FRI

Good Morning Vietnam – Music from the Vietnam War
Brolga Theatre & Convention Centre

MARCH 27, SAT

Art Therapy Self Discovery Day
Bauple

MARCH 27, SAT

Pioneer Day 2021
9am – 3pm
Brooweena Historical Village & Museum

MARCH 27, SAT

'Cloudland the Musical' - Free public performance
10am – 3pm
Station Square Shopping Centre

MARCH 27, SAT

'Cloudland the Musical' - Free public performance
10am – 3pm
Stockland Shopping Centre

MARCH 28, SUN

2021 Fraser Coast Sports Awards
12pm
Brolga Theatre & Convention Centre

*A full market list is on page 2.

*A Gig Guide is on page...27

If you have an event to add please send through details to
whatsonfrasercoast@outlook.com

***Please note:** All event details are correct at time of print. The current Coronavirus crisis has impacted events dramatically and as a result events can be cancelled, have time changes, or be rescheduled without our knowledge. What's On Fraser Coast takes no responsibility if this happens, we also take no part in organising any event listed. We offer this calendar as a free community service and in good faith.



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*The Team wishes all our wonderful customers
a Merry Christmas and all the best for 2021.*

Continued from page 15...

How else has your life changed since the diagnosis?

Once I got diagnosed, it was hard. Not only do you have to wrap your head around the fact that you only have so long to live, but you have to have everything in place like organising an Enduring Power of Attorney, getting the will sorted, adding my partner Kim as Guardian of Anneliese. These are what you have to focus on. We also have to try to shield Anneliese from all of this and all while we are still trying to get our heads around it.

As far as Anneliese is concerned, we have told her that I have happy feet and jelly fingers. We have not had the conversation about MND with her yet as it is too hard. We try to keep things light at the moment until the time comes when we have no choice. We know that she will be very upset when we tell her, so want to wait until things progress.



Kim, Michael, Anneliese, Sylvia & Denis

Besides my partner Kim, I am all Anneliese has, as my dad is seventy-two and my mum is sixty-nine. Mum has a rare form of Dementia and can't talk any more, so dad has to look after mum.

Nowadays, we take each day as it comes. I am still doing low'n'slow, but the competition days are over. Most weekends we put on the smoker and smoke something from brisket to pork or beef ribs, whatever takes our fancy. Kim now does the meat preparation and seasoning as I have no strength in the fingers.

Michaels Legacy

Before moving to Hervey Bay, I worked as a Senior Solutions Engineer in IT for the government in Canberra. I invented a program that made Australia safer as it stopped anybody from doing insider trading by protecting and auditing various devices. It was a way of protecting people's information and government secrets. I was also the project manager and rolled the program out not just in Australia but also overseas. The program was installed in every secret and top-secret IT network, I was thrilled at what had been achieved.

I am also very proud of my business Fraser Coast Lawn Coring. I saw the need for a high-end lawn maintenance business and created one. In over four and a half years, I have serviced over six hundred customers and never had a complaint. I had a lot of regular customers each year, including the Fraser Coast Regional Council and the Bundaberg Council. One of the most rewarding parts of what I did was working along the Esplanade in Hervey Bay and hearing the comments from the tourists who would comment about how beautiful the parks were, and how they wished that their councils would keep their parks to the same high standard. I always got a buzz out of that.

A word from Michael's partner Kim

As the tests went on, we prepared ourselves for the worst and hoped for the best, but unfortunately got the worst with MND.

It will be tough for Anneliese as she has a very close relationship with Michael. Slowly the relationship is shifting because I have had to take more control as eventually, it will just be Anneliese and I. We don't like to think about that, but we know it will come. To put it bluntly, it sucks! You have to watch someone you love deteriorate right in front of you it is heartbreaking.

Eventually, the nerves will take over every muscle. They shut down his ability to swallow, his ability to speak, and ultimately, the muscles in the heart will go. It will attack every single muscle in his body; we are devastated.

This has changed our lives in every way. We had so many plans, so many things that we wanted to do. We don't have a bucket list we have a memory list, so it is all about making memories now.

We need to do more about building awareness about MND. People need to be aware of their bodies. Talk to your doctor if there are changes, don't neglect it.

Another thing that people need to think about when everyone is still healthy is about the what-ifs. So, organise an Enduring Power of Attorney, make a will and keep it updated and make sure you have a medical directive in place. Otherwise, it is a mad scramble to get it all sorted and you won't want to waste precious time on it once diagnosed.

The MND and Me Foundation supports people and their families living with Motor Neurone Disease (MND) in Queensland.

The Foundation delivers support programs and funds research into treatments and a cure for MND.

To find out more or to donate go to www.mndandme.com.au.

Images and information used with permission from Jane Milne, CEO of the MND and Me Foundation.



DELVE INTO **Books** with Cate Akaveka

SHUGGIE BAIN

By Douglas Stuart

Winner of the Booker Prize for Fiction 2020

It is 1981. Glasgow is dying and working families are struggling to survive. Agnes Bain aspires to gentility, priding herself on a tidy house and a smart wardrobe. She is convinced she is above the other sagging, drab wives in her street. She dreams of greater things: a house with its own front door and a life bought and paid for outright (like her perfect, but false, teeth).

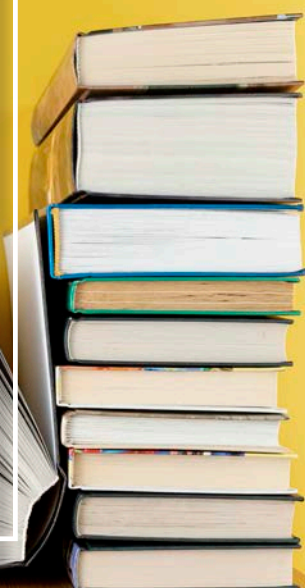
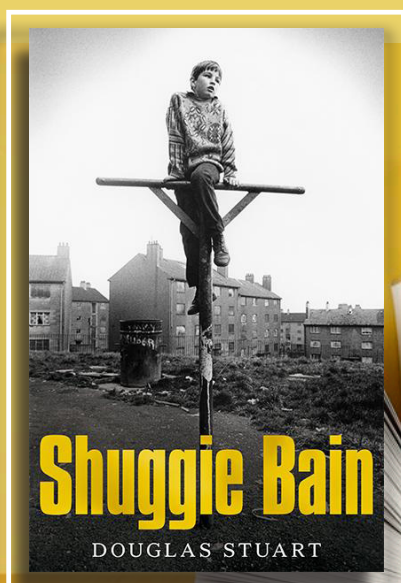
When Agnes is abandoned by her philandering husband, she and her three children find themselves trapped in the decimated mining town of Pithead. "The land had been turned inside out," Stuart writes. "The black slag hills stretched for miles like the waves of a petrified sea." As Agnes descends into alcoholism, her children try their best to save her, yet one by one they must abandon her to save themselves. It is her youngest son, Shuggie, who holds out hope the longest.

Shuggie attends school in Pithead just enough to be bullied – not because of his mother's drinking, which is common enough, but because he's fastidious and fussy doesn't move like a boy, doesn't like football, and has a fascination for hairdressing, dolls and My Little Ponies.

He believes that if he tries his hardest, he can be like the other boys and help his mother escape this hopeless place. Although Agnes may struggle to put dinner on the table, she's also kind and loves her children dearly.

Reminiscent of Frank McCourt or Hanya Yanagihara, Douglas Stuart's writing is bleak but powerful and this is by no means an easy read. However, it's also packed with detail, vitality and humour. Shuggie Bain comes from a deep understanding of the relationship between a child and a substance-abusing parent, showing a world rarely portrayed in literary fiction.

When Douglas Stuart won the Booker Prize, he said he would always be "inspired by gentle souls surviving in hard places". This inspiration is clearly evident in Shuggie Bain.



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Staying Independent

Staying independent as we age is an important part of our life, but you also have to be realistic and to stay independent may mean asking for and accepting help from others.

Over the next couple of months, we will explore the different components involved in staying independent and the support and resources that we may be able to access.

Transport Options: There may come a time in our lives for whatever reason we will, and maybe should, give up our licence. The choice will impact on your independence, but transport alternatives are available.

Public Transport is available across the Fraser Coast including bus services, rail system, taxis, and limousine services. For those living in the Point Vernon area there is the Kango Bus Service allowing people to access a pick-up from home with a drop off at Stockland or selected areas in Pialba.

Community Transport programs allow an individual to book a subsidised pick-up and drop-off service.

Community Care Packages/Community Home support programs can alleviate some transport issues if you are eligible and services are available.

Friends and family can offer support and assistance.

Mobility scooters can reduce the reliance on other forms of transport. If deciding to acquire a motorised mobility scooter there are several things to consider and there are rules and regulations associated with using and owning one.

The Hervey Bay Safe Scooter Committee organises safe scooter education sessions throughout the year to share information about these regulations and the responsibilities that come with using a motorised vehicle.

Contacts:

Public Transport

- ✓ Wide Bay Transit: 4121 3719
- ✓ Kango Bus Service: 1800 231 248
- ✓ Hervey Bay Limo's: 4124 5855
- ✓ Taxis: 13 10 08
- ✓ Rail: 13 16 17

Community Transport

- ✓ Tramscom Care 4194 3000
- ✓ St Johns 1800 266 575
- ✓ Pialba place Welcome Wheels Shopping Service 4194 3080

To register for Community Transport you first need to contact My Aged Care 1800 200 422.

For more information on the Safe Scooter Sessions phone 4194 2441.

For more contacts grab a Seniors Information Directory or call 4194 2441.

By **Juls de Waard**
Seniors Liaison Officer
Seniors in Focus
Fraser Coast Regional Council



Embrace the mind, body and spirit

Tai Chi has been known to reduce stress, help you sleep and improve your mood so there are plenty of reasons to give it a go.

The Australian Academy of Tai Chi – Fraser Coast Branch, meets at the following locations.

Mondays: 2pm to 3.30pm.

Where: Hervey Bay Senior Citizens Hall, corner of Totness St and Denman Camp Rd, Scarness.

Cost: \$7.00, suitable for all.

Thursdays: 5.30pm for beginners' class and 6pm for Intermediate class.

Where: Hervey Bay Neighbourhood Centre, 22 Charles St, Pialba.

Cost: \$10 for a one-hour class.

For all inquiries call Margaret Ritchers on 0408 705 140.

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What's On *in April*

Pop these dates in your diaries!

Enjoy some live music

**Old Fashioned Music Weekend
@ the GAS
April 16 to April 18**

Come together to celebrate life, love and music!

This concert is all about anti-modern music of yesteryear. Think Honky Tonk, think Finger Pickin' Blues, think "real" Country, think Vaudeville, think Street Performers, Bluegrass, Folk, Dixie, Jazz and One Man Band type of acts – think good ole fashioned entertainment!
That's what we're talkin' about!!

There will also be food stalls, market stalls, hot bush showers, port-a-loos and a brand new amenities block,

Best of all this is a fundraising event for the Rural Fire Brigade.

Full weekend tickets include 4 nights camping!

To find out more go to
www.hillbillygoats.com.au/the-gas.

An Expo to see

**Hervey Bay Wedding
and Events Expo 2021
Sunday, April 18**

Welcome to the Hervey Bay Wedding and Events Expo for 2021!

This event is brought to you by 'The Opulence AU' and will be held at the Beach House Hotel in Hervey Bay.

There will be talented vendors, incredible entertainment, special discounts, delicious treats and so much more on offer!
This will be a luxurious expo complete with ocean views, an operating bar and air-conditioning.

The Opulence AU are excited to be hosting this event and to showcase the amazing local talent that this region has to offer the world of weddings and events.

To find out more and to purchase tickets go to www.theopulence.com.au and click on upcoming events.

Connect with a medium

**An Evening with Simon Hay and Spirit
Saturday, April 10
Hervey Bay Neighbourhood Centre**

Simon Hay is a psychic medium, medical intuitive and healer. He travels throughout Australia doing private sessions and events.

At these events, Simon shares messages and accurate information from spirit, but he's passionate about educating, energy healing and mediumship so he also answers audience questions about his career. If you're curious about communicating to spirit and energy healing, you'll love this event.

Enjoy...

- ✓ A demonstration of psychic medium readings and healing
- ✓ Some audience members will receive readings (attendance doesn't guarantee you'll get a reading)
- ✓ Q and A – ask questions about spirit and energy healing.
- ✓ Arrive to be seated by 6:45 pm.
- ✓ This is an adults only (16 years +) event.

To find out all about the event and to purchase tickets go to www.simonhay.com and click on events.

Life's lessons can teach you many things

By Andrew Sadler

Well, another Christmas, New Year is done and dusted where the maddening crowds that invade Hervey Bay have all come and gone, small businesses all through the region have tried to extract every last cent from the tourist's wallets and purses. It was once explained to me, like a dance where tourists try to get as much for their hard earned and the businesses try to extract as much as possible.

What a wonderful analogy, where if you dance well both parties go away satisfied, the tourists returning again, and the business stays open. I must admit with everything that has happened over the last year, my business has not suffered because of the pandemic, more I think due to luck than necessarily great management. I read and listen to all these people who are better educated than I telling me how I should do things and to be honest, I simply do the opposite, and it seems to work.

Life's lessons teach you many things and one to remember, "treat someone the way

you want to be treated." It's not really hard. Don't get me wrong, I don't think everyone is equal either, wouldn't it be a boring world, if as Billy Connolly describes, we lived in a bland Beige world. Bring back the colour, the weird, wonderful, and even eccentric, even if it's only to make me feel more comfortable.

Just remember a coffee is only a flavour enhanced with patience and tenacity, the poor coffee is made for profit not from the heart. Enjoy your beverage of choice, choose that beverage that fulfils your needs, and continually search for dare I say perfection rather than the mundane. Nothing in this world is "Super", it always works better with other ingredients. Coffee beans would be nothing without water...!

Stay safe, don't become complacent and remember like a good coffee, it may work well with others, but sometimes it becomes better with a little space.

Watch out for the changes that are afoot at "FX of Coffee".

FX of Coffee



Fashion

WITH LEAH



"All about those lines"

It's no secret that lines and stripes in clothing can either be your best friend or biggest foe! They have the ability to make areas narrower, longer, shorter, squishier and wider and usually without you even knowing it! Let's delve into the science of line wearing a little...

Ultimately, if you're wanting to create length and fluidity to your body shape, you just can't go past vertical lines. I'm a mere 165cm little shorty, so if I were a stripes wearer I would definitely opt for vertical lines.

In saying that, if you have height in your favour and tend to be lean with a long torso and hardly any curves, vertical lines possibly aren't going to do you any favours.

In this instance opt for horizontal lines to create some shape and curves in the body to achieve the balance you're looking for.

In short, horizontal lines can definitely add shape and curves, so if you're not wanting to add these two elements to your body, don't wear horizontal stripes on it! For example, if you were blessed with some big boobies but you're wanting them to appear less curvy, steer away from wearing big bold horizontal stripes on your top half. These kinds of bad boys will only draw attention to that area. In addition, if you carry most of your weight around your tummy, those big bold horizontal stripes are just not your friends! This rule goes for any parts of the body that carry your most weight- if your weight is in your upper arms, steer away from horizontal stripes there too! Carrying some extra meat on your thighs? It's also a no-go zone for horizontal stripes!

The good news is, if you are in any of these above-mentioned categories, give vertical lines a go. These gals may end up being more your type of friends! But remember, the bigger the bolder the stripe the more the human eye lingers there. There are some beautifully elegant fine line and pinstripe prints out there that are flattering on the curves.

The other point to make here is wearing stripes all the way through from head to tail. This is another wonderful way to create length and fluidity into your shape. This is the perfect option for me personally. I am short, I have a short torso and if I've had a few too many cheese platters over the summer this is where I carry any weight if gained!

In contrast if you're wanting to add shape to your body, wear stripes on your top half and not the bottom - this can add the curves you're seeking (especially if you have a really narrow upper half that you're wanting to add a bit of balance too).

All a bit too hard for the brain cells to comprehend. No worries feel free to reach out. I'm always up for a chat or a styling session!

0439 723 832

leahharvestyling@bigpond.com

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

www.facebook.com/leahharveymakeupandstyling

FRASER COAST

What's On

March 2021 22

Music THAT TRANSCENDS AN ERA

Good Morning Vietnam, Music from the Vietnam War Era - Live in Concert! vividly reimagines the treasured and symbolic songs of the 1960s and 70s that spilled across our airwaves during the Vietnam War...songs that questioned, stirred, and reflected the political turmoil and massive cultural changes happening during one of the most far-reaching and divisive events of the 20th century.

"It's a celebration of beautiful rock music but there is also a sense of melancholy, sadness, and the tragedy that war inflicts on peoples' lives," says musical director Simon Gardner. "All great music not only transcends an era but also defines it, and the rock music created during the Vietnam War period was ground-breaking in that it reflected immense unrest as well as the greatest powers of all - peace and love."

This all-new production brings together a group of outstanding Queensland musicians and vocalists to deliver superb interpretations of some of the most iconic pop, folk, soul, and rock songs of the time. A projection design backdrop adds compelling storytelling and scenscape elements; depicting the groovy psychedelia of the flower power movement as well as images of the despair, protest and resistance that was flaring in the city streets of America and here in Australia.

Good Morning Vietnam, Music from the Vietnam War Era - Live in Concert! offers knockout renditions of songs by Creedence Clearwater Revival, Buffalo Springfield, Steppenwolf, The Beatles, Nancy Sinatra, Aretha Franklin, Janis Joplin, The Animals, The Doors, The Rolling Stones, Marvin Gaye and many more.

Good Morning Vietnam, Music from the Vietnam War Era - Live in Concert! donates \$1 from every ticket sold to Guitars for Vets Australia. It's a small way to show our appreciation for all those who have served, and to assist veterans to discover the joy and healing power of music.

Guitars for Vets Australia is an organisation that knows only too well, the healing power of music. Providing Australian veterans with music lessons, and guitars. They welcome all veterans and deliver a structured professional guitar-training program of 10 lessons, together with a free guitar.

Good Morning Vietnam, Music from the Vietnam War Era - Live in Concert! is touring Queensland NOW. Tickets are available at www.mellymelody.com.au.

You can find out more about G4VA
at guitarsforvetsaustralia.com.



The Boat Club

DOWN BY THE HERVEY BAY MARINA

MONDAY & TUESDAY

PIZZA *And* PASTA

NIGHT

and Schnitzel!

Just
\$14.90
EACH



Back by popular demand...

FRI 26 MAR

Wine Dinner

VOL. IV

An evening of expertly paired sensational food and wine, accompanied by live music in the scenic Fraser room.

BOOK ONLINE

THURSDAY Variety RAFFLES

THU from 5PM

30 assorted prizes

TUE from 6PM

TRIVIA NIGHT

Free to play | Win cash prizes!

MARLOO CINEMA

Hervey Bay's Gold Class
Cinema Experience
Fully licensed | Dine-in

Live Music

Tue 12:00PM | Fri & Sat 5:30PM | Sun 2:00PM



boatclub.com.au



4128 9643

Information for members, guests & visitors. Please note: only Pizza, Pasta & Schnitzel menu available on Monday / Tuesday.

Underrated BUT EDUCATED

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

A Birthday Beating

Last week Phoebe celebrated her birthday. The month before, Emily clocked over another year too. Twenty-bloody-four for the both of us. For many, birthdays mark a joyous occasion. For others (others including us) birthdays act as a reminder of the constant time pressure society places on us to get it together. An invisible time limit that demands we only have the next 365 days to achieve a new set of goals, or so we've been programmed to believe.

Your twenties are gruelling; the anxieties of a time limit are cruel, and together well, they're painful. Welcome to the unsolicited silent pressures of society that tell us we only have our twenties to get it together. I don't know who told us, where we read it or what podcast convinced us that once we hit 30, bam we're too late. Finances, marriage, a mortgage, the dream high paying career, the desire for children all tightly knotted into a flawless little bow.

The older we get the more unusual clocking over of another year becomes. Gone are the days where we would wake to the thought of cake for breakfast, now we awake to eagerly refresh our emails, hoping we've succeeded in our most recent job application.

The standards placed upon us 20-something year old's, have been embedded for generations but are now glorified through social media. We're told, shown, and convinced that we need to get it all done before we become irrelevant.

For us, our 'twenties' timeline doesn't really fit the brief. Whilst we are happy in our current careers, perhaps this won't be what we want to do forever. We still want to travel, spend some time living overseas, and

make memories outside the office. Whilst we're not the greatest at maths, our calculations tell us that we're probably not going to cut it in time, but every day we're teaching ourselves to reject the assumption that this is disappointing.

Whilst we often catch ourselves spiralling into this obscure belief that we need to have it sorted- we're reminding ourselves that it is OK to enjoy the process, explore our options, and patiently ride the wave.



TAMMY

9am-12pm weekdays



HIT
101.9



Oliver Scott



Danielle Bentley

BENTLY & SCOTT CELLO DUO TO PERFORM

About the Duo

Danielle Bentley is a dynamic performer, teacher, music director, festival organiser, and innovator. She is an award-winning cellist and has performed with the Queensland Symphony Orchestra, Opera Australia, Paris Opera Ballet and Cologne Philharmonic and as Principal Cellist with Philhar-monia Australia. In 2011 she performed for Queen Elizabeth and the Duke of Edinburgh during their Brisbane visit.

Danielle has recorded three CDs and is passionate about all types of music, and the role music has in bringing joy and cohesion into people's lives.

Oliver Scott has performed in numerous professional orchestras such as the Queensland Symphony Orchestra and Sydney Sinfonia and has performed throughout the United States and Europe. He has completed a master's degree in orchestral conducting and is a passionate instrumental teacher.

At 7 pm on March 12 – the Bentley & Scott Cello Duo will perform in the Brolga Theatre foy-er. The bar will be open for liquid refreshments. Normal social distancing rules will apply.

This will be the first 'normal' live concert for the MRAC, for classical music lovers in Maryborough since 2019.

The Maryborough Regional Arts Council organises four concerts a year – two classical and two jazz. The classical concerts are more refined and are held in the evening with concert type seating – the jazz performances are noisier and more rambunctious and are held in the afternoon in a table setting.

The Maryborough Regional Arts Council have been bringing art events and activities to the Fraser Coast for the past thirty years. The organisation is always happy to hear from young people who wish to make contact with them through their Facebook page with a view to advancing their artistic talents. Creativity in all its forms is a vital force that MRAC hopes to support and nurture for many years to come!

For tickets go to www.brolga.ourfrasercoast.com.au.

OPENING SOON...



Banksia

Local Seafood and Grill

While crisp wines,
icy beers and fresh
cocktails are served by
a professional team, our
award-winning Head Chef
and owner, Saul Collins
has created a menu filled
with perfectly cooked
local Seafood and Steaks
which are the stars of the
show...

381 Esplanade, Torquay - E: bookings@banksiaseafoodgrill.com.au
FB: @BanksiaSeafoodGrill

RHUBARB TARTS

Born from a session backing band and a desire to play together more often because "its great fun to make great music", Rhubarb Tarts play the coolest music covers dear to the hearts of the members.

MEET THE BAND MEMBERS

Richard Butler – guitar and vocals – everyone knows Richard, formerly of Ultra Music and member of Uncle Arthur, Dust, Dr Ego and many other bands over the years. Richo is a killer lead guitarist.

Leanne Howson – lead vocalist - also from Uncle Arthur & Dust. Leanne is a dynamic, soulful, and powerful singer.

Robert Mackay – Bass guitar - Rob's been around for 30 years, mostly playing with the very successful Bobkatz and also bassist/guitarist for 8 Ball Aitken. Rob also runs Pacific International Music Recording studios and has recorded most local artists.

Tex Austin – Drums & lunacy. Tex has played with both The Bobkatz, 8 Ball Aitken for years, as well as Jazz and Rockabilly Bands. Tex and his antics keep us all amused.

A BIT OF HISTORY

Richard and Leanne are well known on the music scene throughout the region as they both have played in much loved local band Uncle Arthur for over ten years and also have been performing for about five years as popular duo, "Dust".

Many people would also recognise Richard from doing sound for many of the local events that Robert has organised music for over the years, such as the Hervey Bay Seafood festival, Brolga River Stage and the Rotary Living Expo to name just a few.

Robert and Tex have played in The Bobkatz for over ten years as well as the 8 Ball Aitken Band for about the same period, so have a wealth of experience between them both.

What brought the band together?

A love and appreciation of similar music and a desire to play popular but different material to other bands in the region led to the formation of The Rhubarb Tarts.

Robert says, "Around six months ago we had a rehearsal to see how it sounded, and it sounded great. We have an agreed charter whereby all band members must approve all our songs unanimously to make the setlist.

"So far, the band has been very well received at performances at Food & Groove Friday's, Brolga live at Tiaro, Brolga live at the Brolga River Stage and Festive Fraser Coast 2020".

Make sure you get a taste of the Rhubarb Tarts real soon!



Gig Guide

Brought to you by What's On Fraser Coast

Live music
on the Fraser Coast
MARCH 2021



Derek F. Smith

The Boat Club HERVEY BAY

Tue 2, 12:30pm, Neil Wenk
Fri 5, 5:30pm, Dean Gray
Sat 6, 5:30pm, Neil Wenk
Sun 7, 2:00pm, TBC

Tue 9, 12:30pm, Neil Wenk
Fri 12, 5:30pm, Derek F Smith
Sat 13, 5:30pm, Sam Maddison
Sun 14, 2:00pm, Frank Benn

Tue 16, 12:30pm, Neil Wenk
Fri 19, 5:30pm, Neil Wenk
Sat 20, 5:30pm, Andrew Copland
Sun 21, 2:00pm, Matt Phillips

Tue 23, 12:30pm, Neil Wenk
Fri 26, 5:30pm, Neil Wenk

Sat 27, 5:30pm, Brian Speirs
Sun 28, 2:00pm, Frank Benn

Tue 30, 12:30pm, Neil Wenk

HERVEY BAY

The Beach House Hotel

Fri 5, 9:00pm, Black Ink
Sat 6, 9:00pm, Dogwood
Crossing
Sun 7, 2:00pm, Frank Benn

Fri 12, 9:00pm, Tim Earle & Co
Sat 13, 9:00pm, Uncle Arthur
Sun 14, 2:00pm, Derek Smith

Fri 19, 9:00pm, Shane Allsop
Sat 20, 9:00pm, Red Betty
Sun 21, 2:00pm, Bobby Barnes

Fri 26, 9:00pm, Black & Blue
Sat 27, 9:00pm, Trainwrecks
Sun 28, 2:00pm, Shane Allsop

Hervey Bay RSL

Fri 5, 6pm, Dust Duo
Sat 6, 8pm, Uncle Arthur

Fri 12, 6pm, Frank Benn
Sat 13, 8pm, Trainwrecks

Fri 19, 6pm, Sam Maddison
Sat 20, 8pm, TBC

Fri 26, 6pm, Dean Gray
Sat 27, 8pm, Doug & the
Upperhand

Bayswater Bar & Grill

Fri 5, 5pm, Doug Edwards
Sat 6, 5pm, Rick Manych
Sun 7, 1pm, Sam Maddison

Fri 12, 5pm, Bevan Spiers
Sat 13, 5pm, Andrew Copland
Sun 14, 1pm, Liana McKay

Fri 19, 5pm, Ethan Jones
Sat 20, 5pm, Pete Baker
Sun 21, 1pm, Frank Benn

Fri 26, 5pm, Aaron Westlake
Sat 27, 5pm, Bobby Barnes
Sun 28, 1pm, Dean Gray

The Clubhouse Hervey Bay

Fri 5, 6pm, Jon VeaVea
Sat 6, 6pm, Andrew Copland

Fri 12, 6pm, Sam Maddison
Sat 13, 6pm, Liana McKay

Fri 19, 6pm, Doug Edwards
Sat 20, 6pm, Frank Benn

Fri 26, 6pm, Rick Manych
Sat 27, 6pm, Dean Gray

Hervey Bay Hotel

Fri 5, 7:30pm, Ian Murray
Sat 6, 8pm, DJ Nixon

Fri 12, 7:30pm, Darren Marlow
Sat 13, 8pm, DJ Mak

Fri 19, 7:30pm, Arron Westlake
Sat 20, 8pm, DJ Mak

Fri 26, 7:30pm, Frank Benn
Sat 27, 8pm, DJ Nixon

MARYBOROUGH

Maryborough Sports Club

Fri 5, 7pm, Pianoman Cam
Sat 13, 7pm, Mike Winkworth
Fri 26, 7pm, Trevor Judge

*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.*

Come on out and experience life as a Pioneer



MARCH 27TH 2021
SATURDAY

- 9am- 3pm
- Gold coin donation
- Working displays of yesteryear
- Market Stalls
- Food & Drinks available for purchase



"Brooweena Historical
Village & Museum"

For more information, to have a display or book a market stall contact:

Sharah on 0400993099 or Gail on 41299262

Email us at brooweenamuseum@gmail.com

Brooweena Museum, Smith Crescent, Brooweena, QLD

Social Snaps

Out and About on the Fraser Coast!

Miss Behaviour with Lara Wilson

at the Beach House Hotel.

Photo Credit – Kim Parnell



Diane Baek & Kathy Paget
are looking good



Michelle Portelli & Jennifer
Hodgkins enjoy a beer



Jane Carswell is ready
for Miss Behaviour



Yvonne Miles is looking
forward to the workshop



Lara Wilson aka
Miss Behaviour

Advertorial

GET YOUR GEAR ON, *STEAMFesta is back!*

The **STEAM team** is working with Hervey Bay Neighbourhood Centre's Local Learning Hub program to provide costume and prop workshops.

Stage costume teacher Jenny Gilshenan will host 4 steampunk themed costume workshops at the Hervey Bay Neighbourhood Centre on Charles Street.

"Jenny is an amazing professional costume designer" said organiser Maggie John.

"She's also a wonderful teacher, we're so lucky to have her involved in STEAMfesta workshops".

The classes will be capped at 8-10 people so that Jenny is able to help all attendees with their questions, and will cater for all levels of sewing experience, from the curious to the more experienced.

Unlike any other steampunk events around the world, STEAMfesta incorporates the educational acronym STEAM, standing for Science Technology, Engineering, Arts and Maths into the actual event.

Dressing in costume and adopting a persona is very much part of performing arts. But this event also adds the magic of steam trains and vintage cars, along with technology displays from emerging science areas.

Key Information: Workshops

- Wednesdays 3, 10, 17 and 24 of March
- 6pm to 8pm
- HBNC, 22 Charles St, Pialba.
- Cost - \$20 for all 4 classes (\$5 for each class paid up front).
- Bring your own fabric, pattern and sewing machine if you can. Some sewing machines, fabric, and simple accessory patterns will be available for complete beginners.

STEAMfesta have also managed to secure Industrial Designer and Teacher Matt Morey for 3D printing workshops throughout March with the hope that there is enough interest to form a peer-to-peer 3D printing club based at The Neighbourhood Hive.

"Eventually we would love to encourage the building of robot combat machines and hold competitions such as Battle Bots and RoboWars as part of STEAMfesta – "it would make for some awesome TV coverage" said Maggie.

For more information on both the costume and the 3D printing groups please contact Karla at HBNC on 4194 3000 or STEAMfesta organiser Maggie John on 0418 543 866.

STEAMfesta - winners of the Fraser Coast Social Plan Pitch Night, people's choice, and Stockland funding.



Social Snaps

Out and About on the Fraser Coast!



Emma 15,
Crystal, Trevor
and Matthew
Newman 12
relax on the
lawn



Adrien Laplanche, all the
way from Paris with Di Paes.

Brolga Live @ Riverstage — *Rhubarb Tarts & Derek F. Smith*

Photo Credit – Kim Parnell



Cecil McIvor & Willy Paes
like the tunes



Feeling the vibe were Rhena
Osborne, Kirsty & Matilda Sweeney



Audiences love Derek F. Smith.

Social Snaps

Out and About on the Fraser Coast!



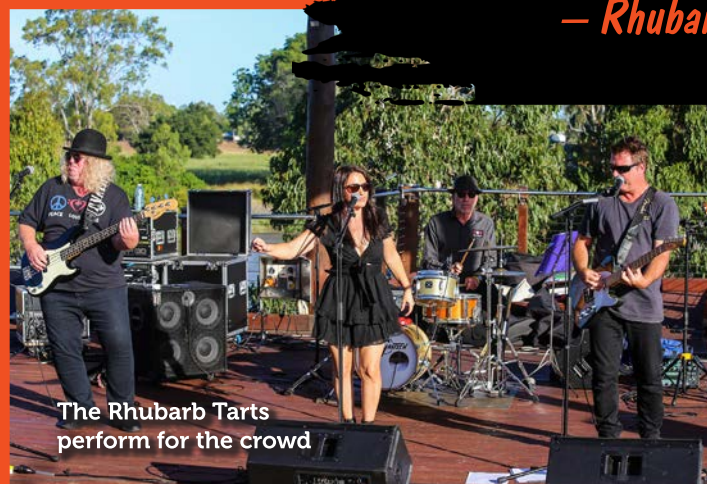
Katrina Willingham,
Donna Chambers and
Samantha Wybenga
hang out with the kids



Melanie Zipf cools
off with a wine

Brolga Live @ Riverstage ***— Rhubarb Tarts & Derek F. Smith***

Photo Credit – Kim Parnell



The Rhubarb Tarts
perform for the crowd



Shakara Best and Tracy Keene
enjoy each others company



Local Musician Al Davies and
Lorna, take in the music

I remember visiting my uncle when I was about nine years old, I walked into his lounge room and saw art everywhere, on walls, over the lounge and hung on partition screens. He was getting ready for an exhibition and I was just blown away by all of the art in different mediums covering many subjects. This was my first exposure to amazingly detailed art in gouache, inks and photography. He would always encourage me to draw and play games with paper making my childhood fun and full of imagination.

It wasn't until after high school that I took a serious interest in art and completed my Associate Diploma in Fine Arts then a certificate in graphic design. I had high hopes of becoming a graphic designer but landed a job in the local council and an electricity company as a GIS operator for 27 years working with computer maps. During this time my art skills lay dormant.

In 2017 I felt like my life was going nowhere and decided to quit my job, sell my house, and start a life of adventure travelling, which is the best thing I have ever done. In 2018 I travelled Europe and walked 900km across Spain on the Camino de Santiago then came back to Australia and bought a 4WD and a swag to travel around Australia, so far, I've managed Queensland and NSW. I met another artist while travelling and she and others encouraged me to take up painting again and to re discover something I had lost - my art.

As I've been travelling around Queensland, I thought I could paint the animals, landscapes and seascapes that I have been photographing and filming for months. I thought this would make an excellent theme for an exhibition as I travelled from "Beach to Bush". I wanted to share with people some of the amazing animals and landscapes that I came across while traveling through my art.

On my website each artwork is accompanied by a description of where the subject was taken and includes up to 5 progress shots of my painting along with a description and the colour palette I have used. My preferred medium is gouache as its compact and enables me to create lots of fine detail and it dries fast making it very portable while travelling and camping. Gouache is like an opaque version of watercolour paints, so you can build up layers and paint on a dark background. A good example of this is my frogs and cicada paintings from my black label collection. I needed something to work towards, so I found a slot at Gatakers Artspace in May 2020 then Covid hit and this became a virtual exhibition. I stayed at my parents BnB which gave me almost 2.5 months to concentrate on nothing but painting. My exhibition will consist of about 28 small very detailed original artworks and limited edition prints of animals and landscapes from my 2019 - 2020 adventure.

On the opening night of the exhibition, there will be a silent auction of the "Fringed Lilly". You can make a silent bid and this artwork could be yours to take home. Opening night will be from 5:30pm - 8:00pm on March 12, you will need to RSVP before the event, numbers are strictly limited.

I love being outdoors and think nothing of hiking or kayaking 25km with friends or often on my own. Walking deep into the wilderness is often when I come across the most amazing animals that you don't normally see at lookouts.

I also love photography and film which has led me to create my adventure website www.ChrisOsborneAdventures.wordpress.com and my YouTube channel where I talk about my adventures, these experiences often then become inspirations for my paintings. This is also a good medium to show family and friends overseas what I'm up to and a good way to document my travels.

To find out more about my artwork go to www.ChrisOsborneArt.com.

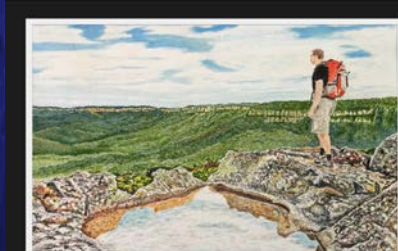
**Exhibition: 12 March - 2 May 2021
Artist Talk: 13 March 11am - 12pm
Gallery 2 Gatakers Artspace**

The Local Art Scene



ART EXHIBITION - BEACH TO BUSH

Chris Osbourne



★ GOOD MORNING VIETNAM ★

**BROLGA THEATRE
MARYBOROUGH
26TH MARCH 7:30PM**

LIVE IN CONCERT!

**TICKETS: 07 4972 2822
MELLYMELODY.COM.AU**

MUSIC FROM THE VIETNAM WAR ERA

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What's On

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