

FRASER COAST What's On

TAKE
ME HOME

NOVEMBER 2021 MONTHLY MAGAZINE

55

JADE HOLLAND

Inside this issue:

Gig Guide
Calendar of Events

PIE & PASTRY
CELEBRATE 20 YEARS

COCONUT PRAWNS
WITH NATALIE

THE JACQUI
WALKER BAND

WASTE TO ART
COMPETITION

Food n Groove FRIDAYS

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3 December

7 January

4 February

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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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Note from the Editor

One of the things that I like the best about what I do is the flexibility. I may create a layout for the magazine, but I afford myself a lot of flexibility within the pages, so the layout will change many times before the magazine goes to print. I may get an interview request at the last moment from a visiting celebrity or their agent; a new event could pop up that I would like to explore further, nothing is set in stone.

Before each media interview, whether it be a well-known musician, a celebrity or a person of interest, I would have done lots of research on my subject beforehand. I would have pored over previous articles and watched countless videos to see how the subject responds to questions, whether they speak fast or slow, how relaxed they are, and what questions may be off-limits. I am looking at the interview style of both the subject and the interviewee.

But what happens more often than not is those questions end up in the bin as new ones are created on the spot and in the moment as you find out interesting things about your subject and go off on a different tangent altogether. These are the best moments; I get drawn into the story being told and love retelling it in the first person so as the subject is the narrator of their own story.

Many moments in the magazine-making process are tedious or repetitive, but so many more moments make up for all of that. I love what I do!

Kim Parnell
Editor/Owner

FINALIST IN THE FRASER COAST BUSINESS & TOURISM AWARDS PROFESSIONAL AND SMALL BUSINESS SERVICES 2021

Inside this month's edition!

Fraser Coast Mayor George Seymour takes us to the Yengarie Hall as part of his regular history segment. The hall still stands proudly on a small rise and has a rich history that George will uncover.

As an Ambassador for the Mental Awareness Foundation, **Local musician Jade Holland** takes us behind the scenes of her latest single, *Fight for It*, launched last month at the Walk for Awareness held in Brisbane and gets the subject of mental health out in the open.

Pie and Pastry Paradise celebrate twenty years in business this month. What an achievement! We chat with owner Jodie Berkhout about the past, the present and what is planned as part of the celebrations.

We also find out all about the **Jacqui Walker Band**, their unique music repertoire, and what people can expect when attending a performance and their upcoming gigs.

Turn the page to catch up on all of the articles, events, and people that make our region so rich!



Kim Parnell

Editor/Owner, What's On Fraser Coast

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Hervey Bay Coconut Prawns.

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Beer Batter
Shredded Coconut

Method:

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The prawns are then cooked in fresh oil for a few minutes.
Serve with a garden salad, or a delicious Mango Dipping Sauce.

ENJOY!



Hervey Bay Coconut Prawns



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A Walk Through HISTORY

By Fraser Coast Mayor George Seymour

Yengarie Hall

When we think of historic buildings on the Fraser Coast we, not surprisingly, tend to focus on those concentrated within the Maryborough CBD, but right across the region there are interesting and unique examples of Colonial architecture that help to tell the history of our region.

It has been almost 105 years since the Antigua Shire Council last met, but their headquarters still stands proudly on a small rise at Yengarie; about ten minutes west of Maryborough. Now known as Yengarie Hall, this brick structure with its handsome rendered façade demonstrates the early prosperity and optimism of the region.

The Antigua Divisional Board was established in 1879, became the Shire of Antigua in 1903 and was then abolished in 1917 with its area divided up between the Burrum and Woocoo Shires. The council held its monthly meetings in a school until the Yengarie Hall was built in 1886. The architect was James Robertson, who had designed the lower two stories of the Criterion Hotel in 1878. Robertson was a gifted architect who had a number of other interests. He held over 700 acres of coal-bearing land around Howard and Torbanlea and played a key role in getting the mines going in the Burrum district.

I really enjoy walking through this historic building; it is like stepping into the past. Its beautiful timber floor has character scratched and etched into it from the dances, meetings and functions held here over the years. For many decades it was the scene of frenetic activity, constant human interaction and debates; whilst now it is usually silent when I visit.

The last meeting of the Antigua Council took place in this hall just over a century ago on the afternoon of 2 April 1917. The men gathered around the council table that day contributed greatly to the development of the region. One of the councillors at the final meeting was Joseph Mahoney. He had served on the Antigua council for 26 years and prior to that about 9 years on the old Burrum council. Reading the minutes of that final meeting it is clear that whilst they sometimes disagreed, they respected each other.

A century has passed since this shire looked after its region and population but its headquarters, the historic Yengarie Hall, helps us to understand its relevance to the region's history and ensures that it is not forgotten.



Yengarie Hall



Yengarie Hall Interior



Yengarie Hall Interior



Fight for it

AS AN AMBASSADOR FOR THE MENTAL AWARENESS FOUNDATION, LOCAL COUNTRY MUSIC STAR JADE HOLLAND HAS EXPERIENCED DEPRESSION HERSELF AND UNDERSTANDS THE IMPORTANCE OF TALKING ABOUT IT, WHETHER BY THE SPOKEN WORD OR IN SONG.

"I had a record deal that went pear-shaped when I was twenty-one, it was a major record deal in the UK, and that sent me downhill to where my mental health was extremely unstable".

Jade continued, "My dad has always been this big, strong, tough guy, and he still is, but when he saw me struggling, he sat me down and opened up about his own battle with mental health issues over a decade ago that saw him seek professional help". From that moment onwards, Jade had her eyes wide open.

Jade has been with the Mental Awareness Foundation for eighteen months, and suggested writing a song. "I sat down on zoom with my friends Sinead Burgess and Bryce Sainty, and we wrote this song in about two or three hours. With mental health as the subject, there was a lot of content to write about.

"We wanted to hone in on a feeling of empowerment. We wanted an uplifting song to let those who are struggling know that they are not alone and that there are people who can help.

"We really wanted to create a song that people could sing from the top of their voices and feel it deep within their bones. That's why Fight for It is such a powerful anthem that reminds us that together we can all fight for it and help each other".

The trio recorded an acoustic version of the song and sent it to the CEO of the Foundation, Fight for It which was probably one of the most nerve-wracking situations that Jade has ever experienced. What if they had portrayed the subject in the wrong light? What if they had not given the song the respect that it deserved? The self-doubt continued to mount. But she needn't have worried as the feedback was phenomenal.

In 2020 Jades breakout hit, Do It Right, hit the airwaves. Last month Jade made history as she debuted her follow up single Fight for It at the annual Walk for

Awareness event held in Brisbane in front of tens of thousands of Queenslanders. The official video for the single was also filmed on the day with a cast of thousands. The song is relatable to so many people. Many of us have lost someone to suicide or know someone that suffers from depression; it invades many of our lives on a daily basis.

Jade says, "This is our time to stand together and sing for those who are no longer here.

"Hopefully, it will inspire people to fight for those they love, those they have lost and for themselves".

Music has the power to heal communities by empowering people to reconnect.

(Continued page 8)



Fight for it

During the Covid lockdowns, Jade was writing and recording at home. She built her own recording studio and gained a whole new appreciation of what a producer does.

"I produced the vocals for the single for Fight for It, and let me tell you, if I have to listen to my voice one more time, it's not going to be pretty, ha-ha.

"I didn't realise that a producer would listen to your voice over and over again, a thousand times. I'm a perfectionist, so I was definitely over analysing everything".

Jade Holland has done and achieved so much for one so young, including tours to Afghanistan in 2014, Israel in 2015 and Iraq twice in 2017, to entertain the troops.

Jade recalls how scared she was initially as going into war zones is not for the faint-hearted. Luckily her mum intervened and made her daughter realise what a great opportunity the experience would be. The experience was a positive one and would change the way that Jade viewed the world from that moment forth.

"We are lucky that here in Australia, we don't have war zones. We live in this beautiful country while many of our soldiers spend time away from their families in these places. I am very grateful to them for all that they do".

Upon Jade's return from Afghanistan, she did a show in Townsville and was almost reduced to tears as an army bus pulled up with about fifty soldiers on board. They were on leave from Afghanistan

and came to see the show and to show their support as Jade had gone to support them.

"It was one of the most incredible feelings I have ever experienced, and it still gives me goosebumps to this day".

Jade had been touring for about five years and living out of a suitcase.

"I was single at the time as I had gone through a relationship break up and needed to find myself. I had shifted around a bit too. I guess I was searching for something that I couldn't quite put my finger on".

A move back home with mum and dad in Maryborough followed while savings grew for a house deposit. Then Covid hit. Originally Jade was planning on buying in Brisbane but ended up falling in love with the Fraser Coast and now calls Maryborough home.

The future is still so unclear as we navigate the pandemic, but Jade would love to see a time when she can get back to full time touring with her band and when international travel opens up, a trip to Nashville to record an album may be on the cards to.

(Continued page 9)



Fight for it

Jade says, "At the moment we are working our butts off with this single as we would like to have a chance at hitting the Aria Charts. That would be a first for us.

"But in the shorter term, it would be great not to have shows cancelled if we could get back to some kind of normality; that would be awesome.

"It is heart-wrenching when shows are cancelled. I hate letting people down, and I don't take that very well.

"But if having no shows means that people are safe, then I totally get that. I would rather people can be safe and healthy and well than be sick with Covid.

To find out more, go to www.jadeholland.com/. All funds raised from Fight for It song will go to the Mental Awareness Foundation.

To find out more about the foundation go to: www.mentalawarenessfoundation.org.

If you or someone you know is struggling with mental health issues, you are not alone, and there is help available:

Lifeline on 13 11 14 or www.lifeline.org.au

Kids Helpline on 1800 551 800 or at www.kidshelpline.com.au.

Suicide Callback Service on 1300 659 467

Fraser Coast Mates www.frasercoastmates.com.au.

Mensline Australia on 1300 789 978

Headspace on 1800 650 890

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Cate Akaveka

DELVE INTO *Books*

with Cate Akaveka

WELL HELLO

By Annabel Crabb and Leigh Sales

In 2014, two of Australia's most high-profile journalists sat at a kitchen table (possibly with a couple of glasses of wine), hit record on a phone and started a rambling conversation that has become the wildly popular podcast Chat 10 Looks 3.

With no general format, Crabb and Sales discuss everything from books to films, recipes to museum exhibitions, friendship and life in general. If you're a fan of the podcast, you'll already know all about this book... in fact, as it was one of the most pre-ordered books in Australia, you probably already have a copy!

"Well Hello," based loosely on the podcast, is the first book that Crabb and Sales have written together. They share their thoughts on a range of issues - advice for would-be writers, thoughts on developing a rich reading life, tips for navigating social media, and the secrets of a great friendship. However,

it's written with all the digressions that listeners of their podcast have come to love - a liberal sprinkling of fairy wrens, granny pants, show tunes, and creative insults.

Written with candour and wry wisdom, this beautifully presented book is a delight to dip in and out of, and full of surprises. While obviously perfect for fans of the podcast, it's sure to introduce the phenomenon of Chat 10 Looks 3 to a regiment of new followers. Despite what Crabb herself says on the back cover "This [book] is exactly the sort of thing I'd hate to get for Christmas," everyone else would undoubtedly be delighted.

Whether you're a devoted listener of the podcast, curious as to what all the fuss is about, or simply looking for a joyous book that will make you cry-laugh, "Well Hello" is the book for you.



BUILDING STRENGTH – THE JOURNEY OF ANGELA SCOTT!

Written by Stuart Taylor
Future Champions Podcast

"I THINK I AM HAVING A HEART ATTACK".

These are the chilling words that Angela Scott said to her husband Ross over the phone as she sat in the lounge room at their home in Hervey Bay in 2012. Ross had been in Sydney for the last two months and felt completely helpless other than to say, "You need to go to hospital."

As Angela arrived at the Hervey Bay Hospital her chest felt heavy, her breath was shallow, and she was struggling to breathe. The staff at the hospital responded immediately and performed a series of tests. It made no sense to her, she was young, healthy and had no history of any heart condition. After all the tests were completed, the doctor told her it was not a heart attack. Angela recalls, "It was a relief but then I was confused why I was feeling this way."

The doctor then asked a question that completely caught Angela off guard, "He looked at me seriously and asked me if I was having thoughts of suicide. I was completely shocked by the question. I had no thoughts of suicide and told the doctor this."

What Angela Scott was experiencing in her lounge room was anxiety. She was having a panic attack and had no idea that it could manifest in such a physical and real way.

Angela grew up in Sydney. Her father worked for a large interior fit out company, working on projects such as Parliament House, the Queen Victoria Building, High Court and National Library. As a young child, Angela had the opportunity to watch these projects transform, and it is where she developed a passion for building.

Entering secondary school, Angela decided she wanted to be an architect. Her father advised her against it, warning Angela that she would likely become a draftsman in an architect firm with little money or opportunity. When Angela left school, she made the decision to work in banking and then travel.

(Continued page 12)



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Photo by Dana Taylor

BUILDING STRENGTH – THE JOURNEY OF ANGELA SCOTT!

In 2000, after travelling to the Whitsundays and working on a cruise boat, Angela fell in love with the ocean. She chased that passion and studied marine science, completing her bachelor in 2004. It was a busy period as she studied full time, got married to Ross in 2002, gave birth to their daughter Seairra in 2003 and their son Tae in 2004. The young family then decided to move to Hervey Bay.

Angela and Ross purchased land in Hervey Bay and started their own development of ten town houses. Angela really enjoyed the experience, working with Ross in delivering their first building project. She taught herself to design homes, gaining invaluable experience in the building industry. It was a success and the momentum and motivation led them to establish a building company in Hervey Bay. In 2009 they started designing and building houses for clients. The timing could not have been worse, as this was also the same time Australia, and the World were crippled by the global financial crisis.

Despite the challenges, the very first house they built was recognised in the 2010 Sunshine Coast and Wide Bay building awards, where they won the custom-built home category. Angela remembers calling her father and telling him the great news. "He was so proud. But I think he held some regret about discouraging me from studying architecture. Yet, if I had studied architecture, I may not have met Ross, had our two children or moved to Hervey Bay."

The building industry was one of the hardest industries impacted by the global financial crisis. Angela and Ross considered how to best navigate this difficult time for their business, as house construction had declined across Australia. In 2012 they decided to sell their display home and build a showroom. But this changed their equity with the bank, meaning they could not use the loan to fund the showroom. To add to the pressure, the Australian Tax Office decided to conduct an audit, imposing greater time and financial burden on the new business. "It was bang, bang, bang! One thing after another." The added pressures culminated in Angela experiencing her first panic attack, finding herself in Hervey Bay Hospital

and being asked if she had thoughts of suicide. Angela reflects, "I have always been fairly laid back. So, I started to wonder what caused this to happen. It was clear these stresses were having a greater impact on me than I realised."

Angela and Ross worked as partners and navigated the challenging times faced by many businesses. They have grown their business and now operate a successful custom home building company, Bungalow. During this journey, Angela became more aware of the things that can have a negative impact on family-owned building businesses. "It was hard to see families struggle under the pressure. They could build beautiful homes, but had limited understanding of marketing, customer service and cash flow. This causes a great deal of stress."

Angela has taken her passion for the building industry, knowledge of business development, and understanding of family-owned businesses, and turned it into a vibrant mentoring program - Designher. Angela provides support for women in the building industry, empowering them to appreciate their value. "The building industry is male dominated, and many people refer to women in the building industry as the wife. But they are much more than that. If a husband-and-wife business is going to be successful, it needs to be a partnership".

As part of her commitment to improving customer experience in the building industry, Angela launched a podcast called Builders Torque, which provides education to builders on building better businesses. "We have been through a lot in the last ten years, and I am excited to share what we have learnt in our journey. Along the way I hope to help improve mental health within our industry, because the unmanaged stress really does destroy a lot of family relationships".

Reflecting on her journey, Angela had this advice for anyone confronting stress and anxiety in their life. "Nothing is that bad that you can't overcome it."

You can find more about Angela Scott on her Facebook page at www.facebook.com/Ange.Scott.13 or search for Builders Torque on Apple Podcast.

EXPLORING OUR LOCAL UNDERWATER WONDERLAND

Located in the heart of the Urangan harbour is the Hervey Bay Dive Centre, a 5 Star PADI scuba training and marine tour business. From a humble beginning just over 4 years ago the dive centre and its team have rapidly gained a reputation as the go-to operator for all things underwater - especially to dive the ex-HMAS Tobruk wreck that was sunk by the Queensland Government as a "fit for purpose" tourism military dive wreck. The dive centre also delivers a bespoke 'Swim with a Whale' tour during the popular east coast migration of the southern humpback whale from July to October.

The ex-HMAS Tobruk rests on the seabed just North of Hervey Bay. She came to rest on her starboard side and does not disappoint as Australia's latest and arguably the largest dive wreck! The Tobruk is like no other wreck in Queensland or Australia! She offers a unique diving experience with excellent access

and awe-inspiring scale. Her stern door is open revealing her colossal main tank deck and providing a full-length (almost 120m) swim-through experience like no other. A myriad of fascinating marine life greets excited divers as they descend. For those experienced enough to descend to the sea-floor grouper, cod, wobbegong sharks, and rays await your company. The site is a must-do dive for the avid underwater photographer.

Explore our local underwater wonderland by learning to scuba dive with one of the 5-star centres experienced PADI Master Scuba Dive Instructors. Your world will change as you discover the marvels and mysteries of the world below the surface. Career-minded scuba students can be guided to a career as a PADI professional that can lead to employment worldwide.

Hervey Bay Dive Centre's 'Adventure Underwater Scooter, Kayak & Snorkel Tour' is for you if you want to unleash your adventurous spirit into the wonder of the marine environment both above and below the water. This tour is awesome fun, safe and you'll leave with a guaranteed smile.

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PIE & PASTRY PARADISE CELEBRATING TWENTY YEARS IN BUSINESS

Written by Kim Parnell

Jodie Berkhout would never have foreseen that she and her husband Nic would be celebrating twenty years in business this month. Pie and Pastry Paradise has gone from strength to strength and has seen the addition of the shop on Elizabeth St four years ago.

"When you start out, you are hoping to be there for the long haul, but you don't really project that far ahead. The longevity of the business proves that the local community has got behind us and that we have become part of the community", Jodie said.

As the baker, Nic used to work really early hours. He would drive to work at 2 am. While he doesn't work those hours anymore, neither of them has

forgotten how difficult and hectic the early years were.

"When we first started our business in Hillyard St in 2001, Nic and I were the only two employees. We had one car and four children. In the beginning, you are filled with so much enthusiasm. We knew that we were onto a good thing that would allow us to expand at our own pace, and this is what we have done", Jodie said.

Jodie admits that they couldn't have done it without their team.

"We have a great group of people that we work shoulder to shoulder with. Our achievements over twenty years would be tiny if we didn't have the team assisting us.

Many of our customers have now become our friends and we have built up a great rapport with them".

To celebrate. During November, everyone who visits the bakeries and spends \$15 or more gets a scratchie. One in five scratchies will be an instant winner. The customers could win anything from a free coffee to a free pie, sausage roll, drink, or various other prizes. Two thousand prizes will be given away over the course of the month between the two stores.

At the end of the month, there will be a draw and a grand prize winner who will win a thousand dollars worth of vouchers from some of our suppliers, just in time for Christmas.

Come and celebrate with us!



It's our 20th Birthday
We're excited to celebrate this milestone by rewarding our loyal customers.



During the month of November, every purchase over \$15 will receive a Pie & Pastry Paradise Scratchie. One in 5 scratchies win an instant prize!! Place your winning or losing scratchie into the major prize draw for your chance to win \$1000 worth of grocery vouchers just in time for Christmas.

We'd like to thank our awesome suppliers, Fraser Coast Fresh, Scottys Mad About Meats and Hervey Bay Wholesalers for donating to our major prize draw which will be drawn in the first week of December!

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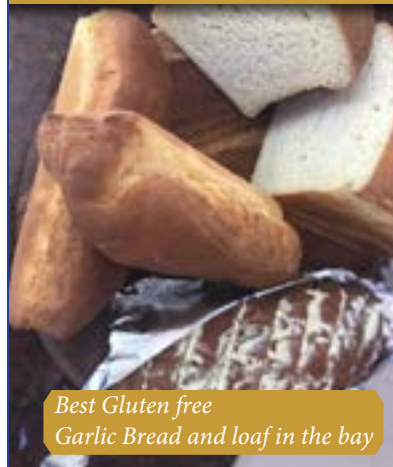
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Calendar of Events

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NOVEMBER

NOV 2, (TUES)

Melbourne Cup

Various Venues across the Fraser Coast



NOV 3, (WED)

Hervey Bay Botanic Gardens Monthly Tour

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



NOV 5 (FRI)

Food n Groove Friday's

4pm - 9pm

Free

Seafront Oval



NOV 5, (FRI)

Kingfisher Long Lunch

NOV 5, (FRI)

Fraser Coast Business & Tourism Awards

NOV 5, (FRI)

Broga Live@ Riverstage with the Aspy Jones Band

From 4om

Brolga Theatre and Convention Centre

Maryborough

NOV 5, (FRI)

Tipples & Tales – Maryborough

(Every Friday if enough numbers)

6pm – 7pm – Event by Bond Store Maryborough

Cost involved – bookings essential

NOV 5 – NOV 7

2021 U15 Indoor State Championships – Men

Maryborough Hockey Association

Cnr Neptune & Woodstock St

NOV 5 – NOV 7

Mind Body & Soul Festival – Kondari Resort, Hervey Bay

Free entry

NOV 6, (EVERY SAT)

Parkrun – Hervey Bay

6.45 am for a 7am start

Pier Park, Urangan

Don't forget your barcode

To register go to www.parkrun.com.au/herveybay

NOV 6, (EVERY SAT)

Parkrun – Maryborough

6.45 am for a 7am start

Cheapside St, Maryborough

Don't forget your barcode

To register go to www.parkrun.com.au/maryborough

NOV 6, (SAT)

Kite Flying

(First Sat of each Month)

From 9am – Sports Precinct,

Nikenbah

NOV 4, (THURS)

Culture Caf – Puerto Rican

Experience different cultures and

cuisines. \$6 pp, 10am -12pm

Hervey Bay Neighbourhood Centre. To register call (07) 4194 3000

NOV 6, (SAT)

Dunga in a Day – leaves from the All Abilities Park, Pialba

Dunga Derby event – Hosted by the Greased Monkey's

To purchase tickets, find the event on Facebook

NOV 6, (SAT)

Move Flow Nourish – Hervey Bay Sailing Club

From 7am, Event by Emma McDonald -Holistic Health Coach

For tickets, find the event on Facebook

NOV 6, (SAT)

Hervey Bay Swap Meet and Shannons Summer Show & Shine

Hervey Bay High School, Pialba

Gates open 6am – 1pm

Admission \$2

NOV 7, (SUN)

Women's Self Care Space

3.30pm – 5pm

QCWA Urangan

Event by Bianca Sands – Embrace Life

Find the event on Facebook

NOV 7, (SUN)

La Danza Showcase

2pm

Brolga Theatre & Convention Centre

To book go to www.brolga.ourfrasercoast.com.au/

NOV 8, (MON)

Artist in Residence – Miss Shelly Seashells - HIVE

9am – 6pm

Hosted by Hervey Bay Neighbourhood Centre

NOV 10, (WED)

MRAC Cinema Nights - Heroic Losers

(Spanish, Argentinian)

6.30pm. Tickets can be purchased at the door. Brolga Theatre & Convention Centre

NOV 11, (THURS)

Morning Melodies - Bloom Sings Stevie Nicks, Carole King and Linda Ronstadt Songbook

11.05am, Brolga Theatre & Convention Centre

www.brolga.ourfrasercoast.com.au/

NOV 13, (SAT)

World Kindness Day

NOV 13, (SAT)

Beach Volleyball Pairs Competition

9am

Hervey Bay Surf Lifesaving Club

NOV 13, (SAT)

Indoor Market – Hervey Bay Senior Citizens Club

7.30am to 2.30pm

28 Totness St, Torquay

NOV 13, (SAT)

Fraser Coast Scrapbooking and Card Making Buffet – The Clubhouse Hervey Bay

9am, Cost involved

RSVP to tanyajackson_ctmh@icloud.com

NOV 13, (SAT)

Rodeo Rhythm & Rev's – Maryborough Showgrounds & Equestrian Centre

From 10am For tickets

www.frasercoasttagshow.com/events

NOV 14, (SUN) Cosentino – Deception 7.30pm Brolga Theatre & Convention Centre	NOV 14 & 28 Reiki Healing Group 9.00am - 12pm on 2nd and 4th Sunday of the month Hervey Bay Neighbourhood Centre	NOV 15 – NOV 17 Creative Recovery Training – Hervey Bay Neighbourhood Centre Event by CQ RASN	NOV 18, (THURS) 2021 Wide Bay Burnett Major Projects Forum 8am Carriers Arms Hotel-Motel
NOV 19, (FRI) Brolga Live @ Glenwood/ Sugartown & Emma Newman 6pm Glenwood Community Hall, Pepper Rd	NOV 20, (SAT) Hundy Criterium 2pm Hervey Bay Esplanade Hervey Bay 100 Find the event on Facebook ★	NOV 20, (SAT) UK Bee GeeZ Hervey Bay RSL Tickets at reception	NOV 21, (SUN) 2021 HitFM Hervey Bay 50 From 7am As part of the Hervey Bay 100 Triathlon
NOV 22, (MON) TEDX Youth@SMCMBH Brolga Theatre & Convention Centre	NOV 25, (THURS) Wedding Vendor Networking Night 6pm Kondari Hotel Hervey Bay	NOV 26 – JAN 16 2021 Waste to Art Competition Exhibition Gatakers Artspace, Maryborough ★	NOV 26, (FRI) Fun, Fab Friday Technique Workshop – Hervey Bay 9.30am, Cost involved RSVP to tanyajackson_ctmh@icloud.com
NOV 26 – DEC 12 Red Riding Hood For tickets – www.zpactheatre.com. Z-Pac Theatre, Scarness, Hervey Bay ★	NOV 27, (SAT) Cleone McRobert's Academy of Dance – The Show Must Go On 1pm & 6.30pm Brolga Theatre & Convention Centre, Maryborough	NOV 27, (SAT) Summer Season Grand Finals 12pm Maryborough Basketball Cnr Frank & Ariadne Sts, Maryborough	NOV 27, (SAT) Day of Covenant 5.30pm, Baha'is of the Fraser Coast. RSVP to frasercoast@qld.bahai.org.au. Hervey Bay Neighbourhood Centre
NOV 28, (SUN) Bush to Bay Fraser Coast Mega Christmas Market 8am – 12pm Maryborough Showgrounds & Equestrian Centre	NOV 28, (SUN) Low 'n' Slow BBQ Shack Masterclass 9am – 3pm Find the event on Facebook	NOV 30, (TUES) Community Carols at FCAC 4.30pm Fraser Coast Anglican College ★	

*A full market list is on page 31. *A Gig Guide is on page...18
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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On the local Music Scene with

THE JACQUI WALKER BAND

My husband Glen (Bass) and I (Vocals) originally formed The Jacqui Walker Band in Melbourne in 2012 after performing separately over the years and deciding it was finally time for a collaboration. I am originally from Victoria and Glen from Tasmania. We had the pleasure of performing with some exceptional musicians in Victoria over the next few years, playing regular gigs throughout Melbourne inner and outer suburbs and regional Victoria gigs such as headlining the Bendigo Cup twice, to crowds of 9000 people and playing at the Mildura Brewery. During these years, we also completed two band tours of Tasmania. Highlights were performing as featured artists at Launceston and Hobart Blues Clubs and twice at the iconic MONA – Museum of Old and New Art in Hobart. In 2013 we embarked on an exhausting but incredibly fun ten show tour of the Northern Territory, playing shows from Ayers Rock Resort to Darwin

In 2015 Glen and I decided to relocate to the Gold Coast and reformed the band with local musicians, playing shows around the Gold Coast and also did a road trip to Rockhampton, playing three shows at the inaugural

Rockhampton River Festival. After a hiatus of a couple of years, while Glen and I focused on our careers and I completed my Master of Education, we purchased a gorgeous property in Bauple that we fell in love with instantly. After visiting for weekends, we made the move permanently this year and set about finding the perfect musicians to join us for our next chapter. Red, our saxophone player, percussionist and backing vocalist, is actually our next-door neighbour. Scott, our guitarist, just happens to also be Glen's childhood best friend from kindergarten right through to college in Launceston; and Mark is a highly proficient drummer, once in some very high-profile bands in Melbourne, who now resides on the north Sunny Coast.

Tell us a little about the band, what kind of music do you play?

The Jacqui Walker Band carefully selects a unique repertoire of music that the band members personally connect with and the songs that we know that our audiences will love as much as we do. While we mostly play our own renditions of some of the greatest Blues, Soul and Rock songs, we play these in our own style. It is for this reason we avoid marketing ourselves as a typical pub-type cover band. Favourite artists whose music we love playing range from artists such as Etta James, Jimi Hendrix and BB King. Previously focused mainly on Blues and Soul, we are now branching out, and our shows also feature some Aussie Rock classics, with music by Screaming Jets, Cold Chisel, and Ian Moss, among other Aussie greats.

What can people expect if they come to hear you play?

Since we absolutely love what we do, our audiences often comment on our fun and friendly nature and how they feel connected to us throughout our shows. I love talking with the audience about the music, life, and funny moments that happen throughout the show. Our energy is high, as is our sense of fun. We get as much out of performing our shows as our audiences do. This is why we do it. Because we genuinely love it.

What else would you like us to know?

Over the years, I have volunteered on the committee of many festivals and community events. This year, I had the pleasure of coordinating the stage program for the very successful Bauple Nut Bash. I am loving the opportunity to be involved in my new local community.

Jacqui Walker

UPCOMING GIGS:

Friday 12th Nov Maryborough RSL 7:30-11:30pm
Sat 20th Nov Brothers Sports Club Bundaberg 7pm-11pm
Sat 27th Nov Granville State School Christmas fundraiser Eat Street event 5:30pm-8:30pm

To find out more about the Jacqui Walker Band, head to:

www.jacquiwalkerband.com
<https://www.facebook.com/people/The-Jacqui-Walker-Band/100057921797967/>
<https://soundcloud.com/jacqui-walker/sets/the-jacqui-walker-band>

Gig Guide

Brought to you by What's On Fraser Coast

Live music
on the Fraser Coast
NOVEMBER 2021

HERVEY BAY

Hervey Bay RSL

Fri 5, 11.30am, Trevor Judge
Fri 5, 6pm, Dean Gray
Sat 6, 8pm, Bad Attitude

Fri 12, 11.30am, Trevor Judge
Fri 12, 6pm, Matt Phillips
Sat 13, 8pm, Rhubarb Tarts

Fri 19, 11.30am, Trevor Judge
Fri 19, 6pm, Frank Benn
Sat 20, 8pm, Clear Effect

Fri 26, 11.30pm, Trevor Judge
Fri 26, 6pm, Pete Baker
Sat 27, 8pm, Forbidden Road
Sun 28, 12pm, Sam Maddison

Beach House Hotel

Fri 5, 9pm, Shane Allsop
Sat 6, 9pm, Dogwood Crossing
Sun 7, 2pm, Rick Manych

Fri 12, 9pm, Black Ink
Sat 13, 9pm, Clear Effect
Sun 14, 2pm, Frank Benn

Fri 19, 9pm, Bird Bath
Sat 20, 9pm, Uncle Arthur
Sun 21, 2pm, Shane Allsop

Fri 26, 9pm, Black & Blue
Sat 27, 9pm, Doug & The
Upperhand

Hervey Bay Boat Club

Tue 2, 12.00pm, Neil Wenk
Thu 4, 5.00pm, Neil Wenk
Fri 5, 5.30pm, Matthew Barker

Sat 6, 5.30pm, Darren Marlow
Sun 7, 2.00pm, Radio Star
Tue 9, 12.00pm, Neil Wenk

Thu 11, 5.00pm, Neil Wenk
Fri 12, 5.30pm, Andrew Copland
Sat 13, 5.30pm, Radio Star
Sun 14, 2.00pm, Dean Gray

Tue 16, 12.00pm, Neil Wenk
Thu 18, 5.00pm, Neil Wenk

Fri 19, 5.30pm, Neil Wenk
Sat 20, 5.30pm, Brian Speirs
Sun 21, 2.00pm, Brian Speirs

Tue 23, 12.00pm, Neil Wenk
Thu 25, 5.00pm, Neil Wenk
Fri 26, 5.30pm, Frank Benn
Sat 27, 5.30pm, Radio Star
Sun 28, 2.00pm, Matt Phillips

Tue 30, 12.00pm, Neil Wenk

Bayswater Bar & Grill

Thu 4, 5pm, Arron Westlake
Fri 5, 5pm, Quinn
Sat 6, 5pm, Andrew Copland
Sun 7, 1pm, Bevan Spiers

Thu 11, 5pm, Rick Manych
Fri 12, 5pm, Bobby Barnes
Sat 13, 5pm, Frank Benn
Sun 14, 1pm, Liana McKay

Thu 18, 5pm, Frank Benn
Fri 19, 5pm, Phil Morgan
Sat 20, 5pm, Matt Barker
Sun 21, 1pm, Doug Edwards

Thu 25, 5pm, Matt Barker
Fri 26, 5pm, Bevan Spiers
Sat 27, 5pm, Rick K
Sun 28, 1pm, Rick Manych

The Clubhouse Hervey Bay

Fri 5, 6pm, Frank Benn
Sat 6, 6pm, Dean Gray

Fri 12, 6pm, Pete Baker
Sat 13, 6pm, Liana McKay
Fri 19, 6pm, Rick Manych
Sat 20, 6pm, Phil Morgan

Fri 26, 6pm, Doug Edwards
Sat 27, 6pm, Sam Maddison

*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.*

MARYBOROUGH

Maryborough Sports Club

Tues 2, 12pm, Billy Guy Melbourne Cup \$19.95
Fri 5, 7pm, Brad Sorensen
Fri 12, 7pm, Roger Lewis
Fri 19, 7pm, Billy Guy
Fri 26, 7pm, Rock n Rolla Billies
Sun 28, 12.30pm, Ladybyrd Duo (End of Month
Draws)

Maryborough RSL

Fri 5th, 7.30pm- Aaron Westlake
Sat 6th- 7.30pm- Red Betty

Fri 12th- 7.30pm- The Jacqui Walker Band
Sat 13th- 7.30pm- Bad Attitude

Fri 19th- 7.30pm- Dean Gray
Sat 20th- 7.30pm- The Whiskey Mountain Boys

Fri 26th - 7.30pm- Merlin Solo
Sat 27th - 7.30pm- Uncle Arthur





Enjoy a day out in the park!



SUNDAY IN THE PARK - NOVEMBER 28

Major Sponsor: **What's On** **9AM-1PM* | QUEEN'S PARK MARYBOROUGH** Event funding provided by: 

BRASS BAND | TRAIN RIDES | HOT FOOD/COLD DRINKS ~ FOOD & TRAIN RIDES FROM APPROX. 9AM - EXCELSIOR BAND PLAYS FROM 10AM IN BAND ROTUNDA

*APPROX. TIMES

Dementia Alliance

Written by Juls de Waard

Fraser Coast Dementia Alliance – Who we are, what we do and how you can become involved

Dementia describes a collection of symptoms that are caused by disorders affecting the brain. It is not one specific disease. It affects thinking, behaviour, and the ability to perform everyday tasks. It can interfere with the person's normal social or working life.

There are many different forms of dementia and each has its own causes. At present there is no prevention or cure for most forms of dementia, and it can impact on the whole family.

Why and how does a community become dementia friendly

Dementia is widespread across Australia and can impact anybody but tends to be more prominent in people over the age of 65. It is highly likely that we all will know someone who is impacted by dementia.

A dementia friendly community can help people retain their dignity. It is a place where people living with dementia are supported to live a high quality of life with meaning, purpose, and value.

Fraser Coast Dementia Alliance aims to increase awareness about dementia across our community. There is a particular focus on our business sector/community organisations as these entities can do the smallest of things to ensure their customers/clients are comfortable with accessing their services.

The alliance has several projects in the pipeline to assist with raising community awareness including:

1. Dementia Friendly Checklist – a simple tool for businesses/community organisations to assess if they are already dementia friendly and if not, the simple things they can do to achieve this. This checklist will be made available on the Fraser Coast Regional Council's website and other local services.

2. 'These Hands' Art Project – we are currently seeking interested participants who have a dementia diagnosis and would be willing to have their hands photographed. The photograph would then be accompanied by a brief outline of what these hands achieved over their lifetime. For example: raised children, worked as an engineer, loved to garden, volunteered.

The finished photographs will be displayed to the public on completion as an awareness raising project.

3. Several members of the group are also working on individual projects such as a Carers Handbook (Seniors Legal & Support Service), Support Groups (Ozcare Dementia Advisory) and Activity Based Groups (Yesterday, Today & Tomorrow – Simple Solutions).

The Fraser Coast Dementia Alliance is currently looking to extend their membership and invite representation from individuals living with dementia, either as an individual or as a carer, the business sector, and the general community. The group meets on the first Wednesday of the month at 2pm at the Halcro Street Community Centre. If you would like to find out more, please call .

Juls de Waard – 4194 2441

**Written by Juls de Waard
Senior Liaison Officer – Seniors in Focus
Fraser Coast Regional Council**



Walk For Awareness

Fraser Coast

Last month Fraser Coast Mates teamed up with the Mental Awareness Foundation for the Walk For Awareness - Fraser Coast.

This event was about bringing people together in a safe environment where mental health can be discussed openly.

To find out more about these organisations go to: www.mentalawarenessfoundation.org/
www.frasercoastmates.com.au/



SUPPORTING LOCAL BUSINESSES

PRESENTS FRASER COAST TOY RUN 2021

- Entry Gold Coin Donation
- Sausage Sizzle
- Coffee Van
- Cash Prizes
- Lucky Door Prize
- Live Entertainment
- Raffles

Sunday 5th December 2021
Registration from 7am - Depart 9am
Depart Brolga Theatre Car Park Walker St Maryborough
Finishing Hervey Bay Sports Club Tavistock St

Thank you to Super Cheap Auto and Autobarn Maryborough

All Proceeds to stay on the Fraser Coast and be distributed to Fraser Coast Community Groups
A full list of benefactors will be advertised shortly.

HEATHERS
LEGACY

For more Information Phone: 0400 690981 or 0488 184698

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Fashion

WITH LEAH

'Tis Grad Season!

It's that time of the year where the esplanade gets closed down and we see the spectacular arrivals of all the lovely young ladies and gents attending their Grade 12 formals for 2021! A big congratulations to all ye pups – 12+ years of schooling comes to an end!

So, to celebrate, I've come up with a few tips of my own to help guide you on your way for your big night ahead...

1. Wear your hair up gals! I know it's currently super trending to have your hair down in a loose soft curl, but it will wreak havoc for you on the night—trust me! Picture this, you've got your hair down and looking absolutely superb, then you go to your pre-event outdoor photos with your pro photographer. November here is renowned for annoyingly howling northerly winds.

So, by the time you've had your photos done your hair has been whipped into a hot mess and by the time you think you've tamed it down for your arrival, you step out of your rad arrival car and your hair looks flat, the curl has dropped out and quite honestly looks like you've just brushed it at home after waking up in the morning. Besides, there is nothing more elegant and timeless than a gorgeous updo—they usually suit the neckline of most gowns better anyway.

2. Speaking of necklines, think really hard about the necklace issue. Are you going to insult the simple, elegant neckline of your dress and décolletage area with a necklace? Or is your dress designed to have the addition of a beautiful neck piece? You will only know this by experimenting with it. You'll know pretty quickly if the gown calls for it or not.

3. Invest in proper underwear. There's nothing worse than seeing a beautiful gal walk into an event in a smokin' outfit, but she's that uncomfortable with the ill-fitting underwear that she spends all night picking it out of places it shouldn't have gone! This leads me into the next point...

4. POSTURE. Practice at home gals—shoulders back, boobs up, booty out! Your gown will love you for it on the night too (gowns are created for correct posture. Let your guard down and the gown will hang like a sack!)

5. Heels—how high should you go? Again, such a personal thing, but if you've never worn a high heel before then I'd strongly recommend practicing in them at home before your big night. Anything over 10cm gets really uncomfortable gals, so either practice in them beforehand or go lower.

6. Cleavage and boobies—should you show them or not? Again, a very personal choice, but if I can just suggest something here... if you've never shown off your cleavage before in a really revealing garment, perhaps try it out before you do at your grad. Because, if you've got a good set of puppies on you, I can guarantee that's where most eyes will linger all night long. If this makes you uncomfortable then either trial it out before your grad, or don't wear a plunging neckline. Big puppies that are let loose without a lead can often bounce out of their yards, so keep this in mind with the plunge!

7. Finally, the cut and fit of the dress is everything! "Just because it fits doesn't mean it suits you"!

The only way to nail this is to know your own body shape and its specific features to keep in mind when dressing it in a gown. If you have an hourglass body shape, you need to wear a gown that shows off your cutie little waistline. If a triangle body shape – avoid a tightly fitted dress around your hips. Furthermore, if you've found the perfect dress to suit your shape but it's a tad big or long, get it tailored.

0439 723 832

leahharvestyling@bigpond.com

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

www.facebook.com/leahharveymakeupandstyling



What's On *in December*

Pop these dates in your diaries!

Christmas Twilight Fair
Friday, December 3
Toogoom Rd, Toogoom Community Hall

Carols 5pm - 6pm
Santa - 6pm
Food and Market Stalls

Fraser Coast Toy Run
Sunday, December 5
Brolga Theatre and Convention Centre, Maryborough

Registration is from 7am, with a 9am departure from the Brolga Theatre car park, Walker St, Maryborough.

Entry is by a gold coin donation.

The Toy Run ends at the Hervey Bay Sports Club on Tavistock St.

There will be a sausage sizzle, coffee van, cash prizes a lucky door prize, entertainment, and raffles.

Mary Christmas 2021 - Maryborough CBD Party
Friday, December 10
Maryborough City Hall

From 5pm
This event will be a community led celebration of the season with food, music, shopping and entertainment.

What's coming up at the
Brolga Theatre & Convention Centre

Brolga Live @Riverstage with Leonie Kingdom
Friday, December 17

From 6pm

Enjoy an evening of fine tunes, friends and cold drinks on the banks of the Mary River. Bring along your picnic basket, camp chairs and rugs and sit out under the stars.

No BYO alcohol is allowed, but there will be a bar on site for all your refreshment needs. Only genuine assistance dogs are permitted, just check in on arrival.

About Leonie Kingdom

Leonie Kingdom is an emerging Indie-folk Artist from Southeast Queensland. She specialises in Acoustic Guitar, Singing, Song writing and Live Performance. Leonie's Style could be described as Emotional, Dark, and even Haunting. Leonie has held herself as an artist and performed music for many years.

*Please note: Due to Covid or weather, these events can be cancelled or postponed at any time.
To stay up to date with the latest information on these events follow the venues and the event organisers on Facebook.*

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RECIPIENTS STORY

Tricia's Story



Tricia and Adam

Sometimes life throws things in your path you do not expect, and you certainly do not like!

That is exactly what happened to me, or I really should say US as I certainly couldn't have made it through without my husband Adam.

I had suffered from Lupus and Rheumatoid Arthritis for over 30 years and all in all I thought I handled things pretty well considering.... always telling myself that there were people a lot worse off than me and to just SUCK IT UP!

I had always suffered fatigue from my chronic illnesses but whatever was happening to me was on a whole other level. Things were changing and I had no idea what was happening to me. I had always prided myself on always making sure Adam had a home cooked dinner and a cut lunch to take to work each day but suddenly I found myself unable to do the barest of jobs and tried to hide it as much as I could.

One day I was unable to hide it anymore, one side of my face felt like a piece of raw meat and like it belonged to someone else. I was pretty sure I hadn't had a stroke, as I had seen the F.A.S.T. adverts for being aware of stroke symptoms on TV and was pretty sure I didn't fit that criteria.

We headed off to the local hospital where I was diagnosed with Bell's Palsy. I wasn't given any tests just a quick going over by a doctor and sent home with a script for a large dose of steroids and told things would settle with time. Looking



Tricia with bruising on shoulder and head scar

back now I really wish I had insisted on a CT SCAN at the very least, but to be honest I was relieved with the diagnosis and hoped things would settle quickly.

The steroids the hospital prescribed did nothing except improve my usual joint pain, but the paralysis on the left side of my face continued and my GP agreed with the hospital that things would settle with time. Weeks passed and I felt considerably worse and more exhausted than I could even try to explain. I began drooling from one side of my mouth and didn't tell anyone (not even Adam) that I had become very unsteady on my feet and had taken a tumble or two while home alone. As they became worse, it became harder to hide the bruises from the falls.

I began rolling out of bed at night and just landing with a thump on the floor and frightening the daylights out of Adam. It was a bizarre feeling as once I had hit the floor, I felt quite content to pull a rug over myself and go back to sleep. Of course, Adam was having none of that and with me being over 120kg at the time he had quite a job to get me back into bed.

At this time, I decided that I wasn't to drive any more as I was really afraid I would injure myself or even more importantly someone else. This made things increasingly difficult as we live forty minutes from town, and this left me having to rely on Adam to transport me everywhere.

It was at this stage that my GP decided it was time I had a CT scan to see if we could find out what was actually happening. It was the CT scan that showed that I had what is known as an Acoustic Neuroma. A tumour growing in my brain.

To make things even more difficult my son was living and working in Melbourne and with the whole Covid situation kicking off he had to apply to the government for a special dispensation to be allowed back into Queensland and he had to pay thousands of dollars to go into a two-week quarantine before being permitted home to help care for me.

By now this was October 2020 and my GP seemed to think that RBWH would want me to be admitted and operated on down there ASAP. Unfortunately, things don't happen that simply in the public sector. Brisbane hospital confirmed that yes, I did have quite a large tumour, but I would have to wait to be operated on to have it removed.

The waiting continued and I became worse each day to the point that my husband Adam (who had to give up his job) and son Callum (who was able to fortunately work occasionally at home) were virtually caring for me 24/7 as apparently, I was too young to qualify for home help or health assistance. Not too sure how that works, and I have no idea how either of them managed to put up with me but I am so thankful they did along with the assistance we received from RFAC. It got to February 2021 and things were getting much worse quickly. I lost count of the times that my boys needed to get me up off the floor and by this stage I was struggling to swallow food and drinks.

My GP informed the specialists how quickly I was deteriorating but we didn't seem to be making any progress. My son works for the Victorian Legal Service, and I think with the assistance of a workmate or two he drafted a letter to the RBWH and QLD Health insisting I receive medical attention quickly or legal action would be taken. Thankfully quickly after this I received notification that my surgery would finally take place on March 19th 2021.

I was admitted for tests the day prior where we were to learn that my tumour had doubled in size and was dangerously pressing on my brain stem and causing no end of trouble.

The following day Friday 19th March (a date I'm sure will forever stay etched in my memory) I was taken off to have my tumour removed, never knowing if I would ever wake to see my family again and if I would ever have the quality of life I had prior to this diagnosis. To make it even harder due to the Covid conditions I was not even allowed to see my husband or son beforehand and had to make do with a quick phone call.

My boys were told to prepare themselves for a long wait as the operation was expected to last at least 18 hours. Luckily it was all over in just over 12 hours but how my husband and son managed to make it through such an excruciating wait is beyond me. Luckily, I was to go off to sleep and not know a thing until the whole thing was over. Afterwards we were told by the amazing neurosurgeon that everything had gone well but that the tumour had grown a lot bigger and faster than expected and the fact that it had compressed my brain stem so much had made things quite tricky and things really were touch and go for a while.

(Continued Page 26)



Tricia with eye bruising

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Years 7 - 12

www.smcm.qld.edu.au

On the local Art Scene

The highly anticipated annual Waste to Art exhibition will open on November 26.

The exhibition is the culmination of the Waste to Art competition – a competition that challenges the way people look at waste and celebrates reusing and repurposing waste.

"The competition and exhibition are a chance for aspiring and professional artists to explore waste reduction and showcase their artistic ability," Cr David Lewis said.

The Waste to Art exhibition will be staged at Gatakers Artspace, Kent Street, Maryborough from November 26 to January 16.

Don't rubbish the art, it's not a waste of time



The artworks must be made primarily of materials sourced from home, Fraser Coast Reuse and Recycle Centres, op shops, second-hand stores or garage sales on the Fraser Coast.

Reusing or repurposing items means that they don't end up in landfill, Cr Lewis said.

"The Waste to Art competition encourages people to relook at items people think are rubbish and see the artistic value in them and not just their functional purpose," Cr Lewis said.

'By seeing these items and materials in a new light we encourage people to upcycle and re-use rather than dump and cut the amount of material going to landfill.

"Past exhibitions have included artworks as well as repurposed items such as an old record player cabinet which had been repurposed as a bar and old bikes made into Steampunk-style motorbikes."

For more information go to www.frasercoast.qld.gov.au/waste-to-art

Gatakers Artspace is open from 9.30am to 3.30pm Monday to Friday and 9.30am to 2pm on Saturday and Sunday.





Something I was unprepared for was that after the operation I suffered severe post-operative delirium which was extremely frightening for all of us and something I wish we had been warned about. When they operate to remove the tumour, they cut in behind my left ear, leaving me with single sided deafness which in my opinion is a small price to pay. The surgeons also cut into my right thigh, removing fat and muscle that they use to then plug up the hole they cut in my skull, I found it quite strange that this wound in my thigh was way more painful than the cut that was made in my skull.

Whilst all of this amazing surgical work was taking place by the most incredible and dedicated medical team, it was only through the generosity of Rally For A Cause that my hubby and son were able to wait it out in relative comfort in an apartment almost exactly opposite the hospital. Along with the comfortable and close-by accommodation they helped us out with we were so thankful to RFAC to be able to use the generous Woolworth's cards they provided us with to stock up on food, supplies and fuel.

As the weeks passed, I made slow but steady progress after the surgery but went on to develop a severe infection and ulceration in my left eye all connected to the condition. In the middle of all this just when we thought our luck might have been changing the whole Covid saga kicked in again and all visitors were banned from the hospital. As lovely as all of the hospital staff were to me, from the domestics to the surgeons, it really was difficult to be all alone after such a serious operation.

After three weeks, I was finally allowed home and once again it was the assistance of RFAC that allowed us to travel up and down to Brisbane for the boys to take me home. Rehabilitation is certainly something I couldn't begin to explain, if I had to try, to me it felt like two steps forward and five backwards, but I was just so thankful to still be here and relatively ok that I was determined to put everything I had in trying to improve. I have gone from not being able to do a thing for myself to now being able to do lots of the things I could before. My next goal is to drive again and hopefully once this eye improves even more; I will feel confident to



Tricia in hospital after operation

get back behind the wheel again!

Yes, Adam and I had heard of a RFAC before, and even thrown a few dollars in a bucket or two when amazing volunteers were out fundraising for their incredible cause, but little did we know that when our world was falling apart that they would be there to help us pick up the pieces and really help us to find our way through some of the toughest days of our lives.

The financial donation from RFAC helped more than anyone will know, but it was more than that. It was knowing that I was part of a community that truly cared about us when we were in trouble, that at the end of the phone was the absolutely incredible Cass ringing to see how things were going and if there was anything that she (or the RFAC) could do to help us (Which she still does to this day.... just amazing!).

We will never, ever be able to pay this amazing group of people that are RFAC back for all that they did for us when we needed it most, but hubby Adam is part of a local band and has offered to entertain at one of your functions or even on one of the Rally's. It will only be a small thing, but I hope it will go a long way in showing you all the positive difference you made in our lives when we needed it most.

Thank you one and all for helping us when everything really did feel helpless.

I recently had an MRI, and the Neurosurgeon was so happy to inform us that everything looks wonderful, and I now don't need another MRI for another 12months. Woohoo!

With many, many thanks, and much love,

Tricia, Adam, and Callum.



Tricia with clear patch over eye



Tricia, Adam and their furbabies

Social Snaps

Out and About on the Fraser Coast!



Maryborough Swap Meet



Photo Credit – Kim Parnell



Social Snaps

Out and About on the Fraser Coast!



Bush To Bay Music Festival

Bay Central Tavern

Photo Credit – Kim Parnell



Busby Marou



Beccy Cole

Social Snaps

Out and About on the Fraser Coast!



Bush To Bay Music Festival

Bay Central Tavern

Photo Credit – Kim Parnell



Lee Kernaghan





URANGAN

LAT 25° 18' S LONG 152° 55' E

NOVEMBER

Time	m	Time	m
1 0551 3.02		16 0041 0.76	
1153 1.00		0647 3.42	
MO 1801 3.56		TU 1250 1.03	
		1854 3.34	
2 0030 0.76		17 0115 0.70	
0634 3.32		0724 3.55	
TU 1241 0.81		WE 1330 1.01	
1845 3.70		1929 3.28	
3 0111 0.55		18 0145 0.66	
0717 3.59		0759 3.63	
WE 1330 0.67		TH 1409 1.00	
1928 3.76		2001 3.21	
4 0150 0.39		19 0215 0.65	
0800 3.80		0831 3.67	
TH 1418 0.60		FR 1447 1.02	
2011 3.73		○ 2031 3.12	
5 0230 0.31		20 0244 0.68	
0844 3.93		0903 3.66	
FR 1509 0.60		SA 1524 1.06	
● 2054 3.62		2100 3.02	
6 0309 0.31		21 0312 0.74	
0929 3.96		0935 3.60	
SA 1601 0.67		SU 1600 1.12	
2140 3.42		2128 2.91	
7 0347 0.41		22 0340 0.84	
1016 3.88		1008 3.50	
SU 1657 0.81		MO 1638 1.21	
2228 3.18		2157 2.80	
8 0428 0.60		23 0409 0.97	
1108 3.73		1044 3.38	
MO 1758 0.97		TU 1718 1.31	
2322 2.92		2230 2.69	
9 0513 0.84		24 0442 1.12	
1208 3.53		1126 3.25	
TU 1903 1.12		WE 1805 1.39	
		2312 2.58	
10 0028 2.70		25 0521 1.29	
0608 1.10		1220 3.15	
WE 1317 3.37		TH 1900 1.44	
2012 1.20			
11 0146 2.60		26 0009 2.48	
0727 1.31		0615 1.44	
TH 1432 3.28		FR 1325 3.10	
● 2123 1.19		2001 1.43	
12 0308 2.64		27 0131 2.45	
0902 1.37		0741 1.53	
FR 1544 3.28		SA 1430 3.14	
2228 1.10		● 2103 1.34	
13 0421 2.82		28 0259 2.56	
1020 1.29		0908 1.48	
SA 1644 3.32		SU 1529 3.23	
2320 0.97		2202 1.17	
14 0520 3.04		29 0413 2.78	
1119 1.18		1019 1.33	
SU 1733 3.35		MO 1624 3.34	
		2257 0.97	
15 0003 0.85		30 0514 3.07	
0607 3.25		1119 1.15	
MO 1207 1.09		TU 1716 3.44	
1815 3.36		2346 0.76	

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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

Hervey 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

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

OTHER AREAS

Torbanlea Markets

6.30am - 12pm
 Torbanlea Racetrack
 3rd Sat of each month
 Email: torbanleamarkets@outlook.com

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

Ph 0467 303 171

or email: whatsonfrasercoast@outlook.com

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