

TAKE
ME HOME

FRASER COAST What's On

APRIL 2022 MONTHLY MAGAZINE

59

MAYOR GEORGE SEYMOUR



Inside this issue:

- Gig Guide
- Calendar of Events
- Eating Out

SCHOOL HOLIDAY FUN

FRASER COAST
WEDDING INDUSTRY
SHOWCASE

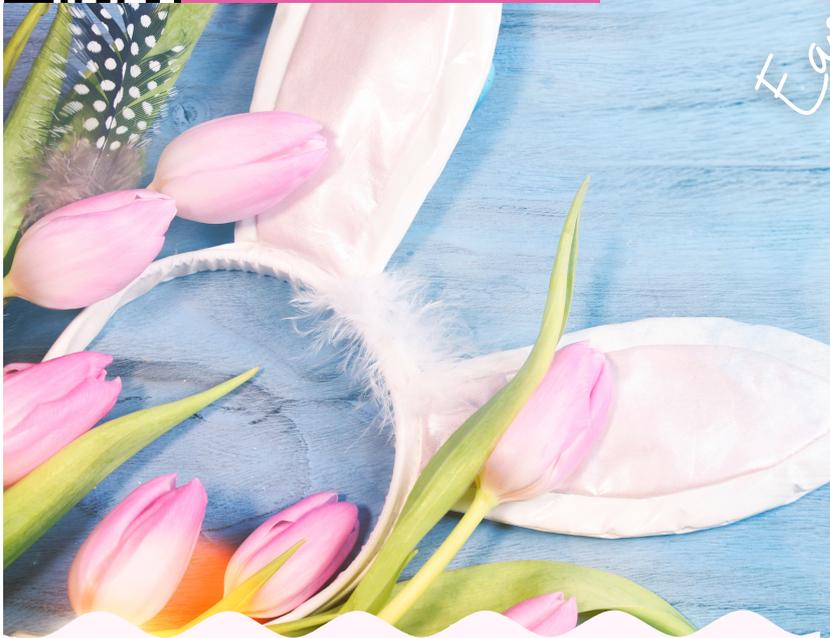
2022 AUSTRALIAN
OFFSHORE SUPERBOATS

AUSTRALASIAN
DANCE COLLECTIVE



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Easter Holiday Shopping



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Contents

WOFC Index	3
Editor's Note	4
APRIL: Inside this Edition	4
Feature Story: Mayor George Seymour.....	6-7
KindyLinQ.....	8
School Holiday Activities	10
Hervey Bay Neighbourhood Centre	11
NEW - Life Etc: Erik Bigalk	12
Eating Out on the Fraser Coast.....	14
APRIL Calendar of Events	16-17
Australasian Dance Collective.....	18
APRIL Gig Guide	19
Fraser Coast Wedding Industry Showcase	20
Dunga Derby: Bentley's Story.....	22
Australian Offshore Superboat Championships.....	23
Fashion with Leah.....	24
Delve Into Books.....	25
Fraser Coast Seniors: Let's Talk Safety.....	26
Community Flights	27
Social Snaps.....	28-30
Tide Times & Fraser Coast Markets.....	31



ANZAC Day 2021 - Freedom Park



ANZAC Day 2021 - Freedom Park

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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.



ANZAC Day 2021 - Freedom Park

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



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Note from the Editor

My heart goes out to the people in Maryborough that (at the time of writing this) have experienced their second flood in six weeks. Peaking at 10.3m, this one was bigger than the first one in January. As heartbreaking as it was, the community and its people had no choice but to roll up their sleeves and do it all again.

I saw many images of the floods during this period, but nothing prepared me for when I took to the skies to see it through my own eyes. The first thing you see is obviously the muddy brown water encroaching on areas where it does not belong. Streets that would typically be busy with cars and people were empty. It takes you a moment to get your bearings and remember what's what, especially when looking from above.

We were lucky as the levee wall held this time, so most of the CBD was saved. The flooding was widespread around parts of Queensland and New South Wales this time around. Some areas to catastrophic proportions. Emergency services have been pushed to the limit. It has been extremely sad to see all this unfolding across the media.

It was only fitting to have Fraser Coast Mayor George Seymour grace our front cover this month. As the face of the council, George has been very active on social media throughout the floods giving many updates and keeping everyone informed of the situation every step of the way. This was reiterated by many of the people who commented on posts that I shared when they came across my Facebook newsfeed. Not one person had a bad word to say, which speaks volumes. The Fraser Coast Regional Council has done an outstanding job throughout the floods, as have our emergency services, volunteers, and many other people and organisations that have worked tirelessly for our region.

For most, it is business as usual for others, it may take a little longer to recover, but Maryborough is open for business, so please support this beautiful town.

Inside this issue!

We introduce you to author, entrepreneur, and publicist **Erik Bigalk**. Erik oozes talent and has a rich history in the literary world. We are glad and feel very privileged to have him on board over the next few months with a brand-new column.

May is the perfect month for the **Fraser Coast Wedding Industry Showcase**. Star of the Sea will come alive with a wide variety of displays showcasing local businesses, services, accommodation options, and products that will help make your wedding day amazing.

Get ready for the roar of the engines as the **Offshore Superboat Championships** battle it out in Hervey Bay waters for round 3. Locals and visitors alike will swarm to the foreshore to secure a spot to catch all of the action. Who will be the champion of this round?

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

Kim Parnell

Editor/Owner, What's On Fraser Coast

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Buy mum something special for Mother's Day this year!

This locally produced bestselling book brings the stories of 12 inspiring Australian women together as they authentically share their journey of out-growing adversities and following their passion.

'A must-read if ever you felt that life just happens to you'
Jack Canfield Co-author of Chicken Soup for the Soul Series

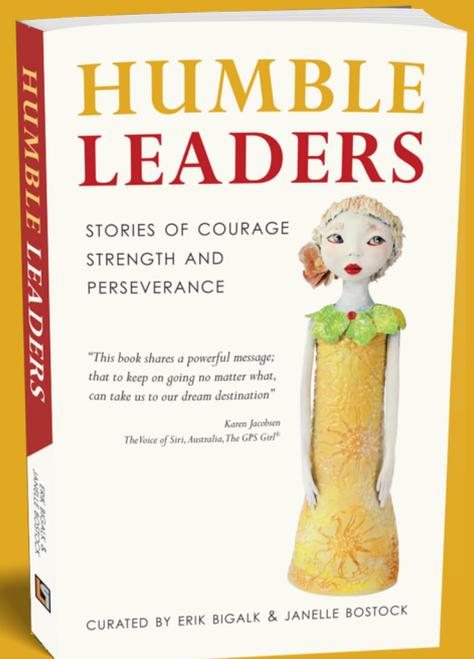
'The Perfect Gift for your mother, sister, aunty, partner, bestie or anyone who needs inspiration' El Garside



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RESILIENCE IN THE FACE OF ADVERSITY



By Mayor George Seymour

Being the Mayor of our wonderful community has many challenges, some of which I expected when I was elected four years ago and others that I hadn't anticipated; such as leading the response to two major floods in the space of seven weeks.

One of the roles that comes with being Fraser Coast Mayor is that of Chairperson of the Fraser Coast Local Disaster Management Group. Through this role I help to coordinate, on a local level, the preparation, response and recovery to different disasters, such as floods.

Being a resilient community and responding well to the disasters thrown at us requires preparation, situational awareness, logistics, and the ability to organise a large number of people, resources, and organisations. We certainly required all of these this year for the floods.

This year we have had two major floods of the Mary River which have inundated areas of Maryborough. This is unusual; the last major flood of the river at Maryborough was in 2013.

All disasters are unique in their own ways, and floods have their own distinctive challenges.

There is a lot happening as the Mary River starts to rise. We are constantly getting information from the Bureau of Meteorology on predicted weather, rainfall totals, river height readings, flood predictions and their estimate as to where the river height will be at certain times and of course the predicted peak height and time.

Maryborough is towards the end of the Mary River, so we get some notice whilst the floodwaters peak in

Gympie and then move downstream over two days towards Maryborough. In that time there is much to do and logistics to organise.

Keeping people informed is vitally important. Throughout the flood events, I tried to provide as much information as possible. It is an anxious time and lack of information about what is happening only heightens the anxiety of people who are concerned about the flood.

Both of the floods this year reached their peak late at night. On both occasions I was there in the centre of the CBD nervously waiting for the river height to hold steady; 10m on the night of Sunday 9 January and 10.25m late on the night of Monday 28 February. These are now the fifth and sixth highest floods in Maryborough's recorded history; the only ones higher being 2013, 1974, 1955 and of course the record 1893 flood.

The thing is, you don't know that it has peaked until you start to see the water fall, and any further rises potentially mean more homes and businesses inundated. This makes for quite a stressful few hours when you hope that everything that could be done was done. That nothing that could limit the damage was left undone.

The response to a disaster like a flood requires a large team with a range of agencies from different levels of government and community organisations. So many people, in many different ways, contributed to the preparation, response and now the clean-up and recovery.

In the days and hours before the floodwaters rise in Maryborough, as we are receiving the gauge levels from upriver and the predictions from the Bureau of Meteorology, a number of essential tasks are undertaken; including sandbagging, closing bridges, and getting supplies to areas that we know will be isolated through the rising of the river level. One major undertaking the Council now does whilst the floodwater is on its way is the construction of the flood levee in the Maryborough CBD. This levee is designed to protect a very large proportion of the CBD from flooding. It takes a dedicated hard-working team of council employees several hours to assemble the levee along Adelaide Street and through the intersection with Kent Street so that it can hold the water back.



were looking at another major flood, this one predicted to be higher.

The freshness of the engineering solution added an extra worry about what could go wrong as the floodwaters rose in the February flood. But as the night of 28 February passed through to the morning of 1 March it was clear that the levee had held the water back above ground and the new gate had prevented the flood from coming through the stormwater pipes underground. Many businesses were saved from flooding.

Challenges like these floods bring out the best in our community. We had volunteers from the Red Cross at our evacuation centre who knew their own homes were at risk of flooding and yet were there to help others. Throughout the events, we had volunteers from right across the region, and further afield, helping people; such as the SES boat crews ferrying essentials over the river to the isolated community at Granville and the Rural Fire Brigades going door to door in impacted areas to help with the clean-up

What did I learn from these two major floods? A great deal about our strong community spirit and resilience in the face of adversity, but also about the importance of preparation long before we are actually faced with the disaster. In the February flood as I stood in the centre of the CBD and looked at how the flood at its peak was held back by the levee, I was thankful for the preparation we had put in. The work that is done long before the disaster is at our door is what truly helps to make the community more resilient.

As a community, we worked together, checked in on one another, and looked after one another to make sure we came through these floods as well as possible.



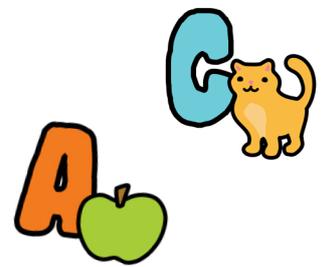
These two floods were the first test of this levee system. In the January flood, whilst the levee held the water back, there was a problem with a penstock gate underground in the stormwater system. This meant that the floodwater from the river was able to come up through the stormwater system, underneath the levee and flood an area that otherwise would have been protected. In times of disaster, it is important that quick decisions can be made, and resources allocated effectively; and council staff very quickly brought in multiple generators and pumps which were able to limit the effect of this.

Following the January flood, we immediately set out to create a solution to the problem, just in case, there was another flood. There hadn't been a similar major flood for many years, but with disaster preparations, you need to always be ready. It is fortunate that we didn't waste any time in engineering a temporary solution to the penstock gate issue as within a matter of weeks we



3

Have you heard about KindyLinQ?



KindyLinQ is a trial program being undertaken by Education Queensland, and Hervey Bay has been uniquely selected as the only trial location to offer the KindyLinQ program at every state school in the city. KindyLinQ is undertaken at state school campuses for six hours per week and is facilitated by experienced early childhood teachers and teacher aides. The free, play-based program is designed to support children and their parent/carer in the year before they attend Kindergarten.

If you have a child born between 1/07/2018 and 30/06/2019, they are welcome to attend KindyLinQ for free. A parent or carer attends with the three-year-old child, and younger siblings are welcome also.

At Sandy Strait, Jaci and Donna, are into our 3rd year of KindyLinQ at Sandy Strait State School. We are proud and thrilled to have been able to create a welcoming, supportive space for parents to meet other families and to see our little 3 years olds blossom and thrive during their year with us prior to Kindy.

Here at Sandy Strait, we provide a free morning tea for the children and parents and offer a cooking program which is messy, delicious and a highlight of their day! We have storytime, singing and dancing, outdoor play with obstacle courses, a cubby house and sandpit, art and craft, home corner, and a heap of other fun activities. The children cannot wait to come back next time. Our goal is to embrace everyone who joins us and celebrate the unique backgrounds, challenges, and circumstances we all have.

FOR CHILDREN AND FAMILIES

Our families know they have a place they can come to share time with their child, where there is no judgement. They can relax and feel comfortable amongst people who quickly become their friends, and where everyone has a sense of belonging and acceptance.

Since joining us at KindyLinQ, our families have shared that they have felt calmer and happier as parents, less isolated, and more connected with other parents and carers. Their children have started at kindy, then prep with us as confident, excited little people, ready and eager to learn. They already have a sense of belonging, friends they have known for 2 years, and the courage to step up into their first year of big school. For us, it has been a privilege to be part of these heartwarming transformations.

STRONG START AT SANDY STRAIT



KindyLinQ forms just one part of our Strong Starts Program here at Sandy Strait State School as part of our mantra of 'first class' education. As well as being a Prep to Year 6 school, we support children from birth right through to prep through a variety of initiatives, including our free playgroup for all ages on Mondays from 9 am-10.30 am. We also have a range of disability support and transitioning programs to ensure that we can be with you every step of the way as your child grows to see that they flourish and reach their full potential.

If you are interested in attending KindyLinQ, the program is available at the following schools. No need to register ahead of time; you can just turn up. We look forward to meeting you.

Yarrilee State School	Tuesday and Friday	8.45 am 11.45 am
Pialba State School	Tuesday and Wednesday	9.00 am – 12 noon
Kawungan State School	Thursday and Friday	9.00 am – 12 noon
Torquay State School	Tuesday, Wednesday and Thursday	8.45 am – 10.45 am
Urangan Point State School	Monday and Tuesday	9.15 am – 12.15 pm
Sandy Strait State School	Wednesday and Friday	9.00 am - 12 noon



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AVAILABLE HOUSE AND LAND PACKAGES

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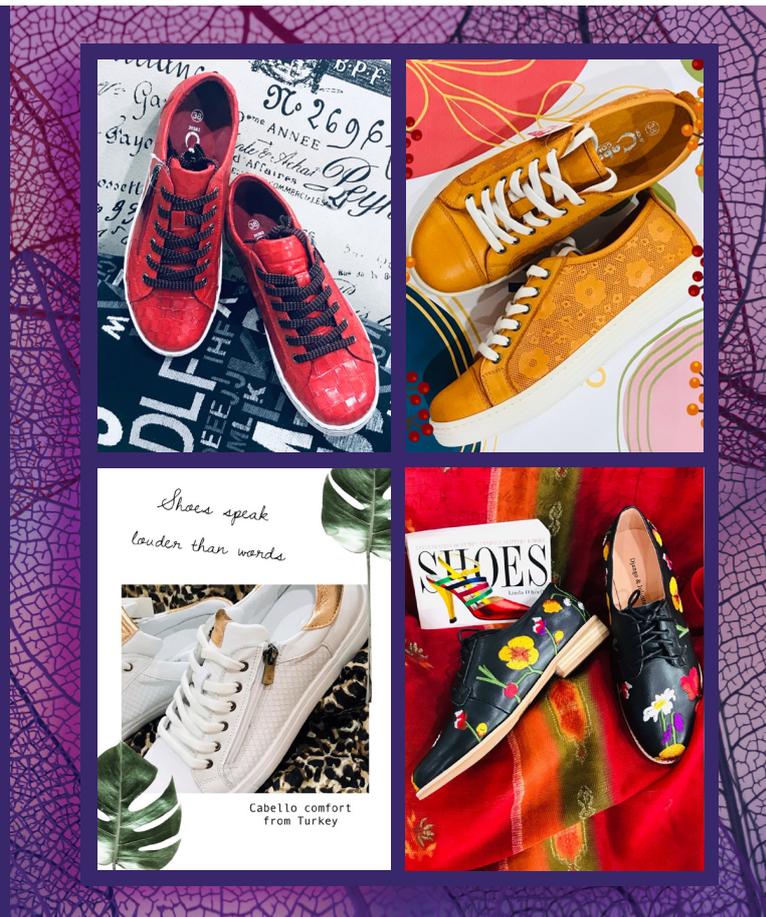
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M AXINE'S
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IT'S SCHOOL HOLIDAYS

HERVEY BAY NEIGHBOURHOOD CENTRE

In partnership with BOP Industries, the centre will be running interactive Easter School Holiday workshops for ages 8-16. All events will be held at the HBNC or the Neighbourhood Hive. Bookings are essential. Visit hbnc.com.au/events to find out more.

Digital Creators (ages 8-12)

When: Monday, April 11

Time: 9am-3pm | Cost: \$20

Students will be exploring a range of hands-on creative technologies as they work to solve a series of challenges and see how these technologies can be used to innovate around the world.

Designed Spaces

Design a city of the future (ages 8-14)

When: Tuesday, April 12

Time: 9am-3pm | Cost: \$20

Students will be redesigning areas of the local community to make them more sustainable, technological, and fun for the community. They'll even have the opportunity to pitch their designs to the local council!

Business Builders (ages 12-16)

When: April 13

Time: 9am-3pm | Cost: \$20

Students will follow their interests and grow their ideas into a tangible product or service. So, if your child would like to swap pocket money for business income, this is the program for them!

HBNC Open Day and Multicultural Festival

Friday, April 8 | 10am-2pm

Join us for our annual open day/family fun day, combined with a celebration of the many cultures that call Hervey Bay home.

Official Re-opening Day of the Hervey Bay Regional Gallery

Saturday, April 16 | 10am-2pm

Behind the scenes tours, food stalls, artist's talks, children's activities, free face painting, free plant giveaway, experience the replenished Butchulla seasonal garden, new children's trail giveaways, new gallery shop opening, two new touring exhibitions, meet the new director, Ashleigh Whatling.

SCHOOL HOLIDAY FUN FOR ALL AGES AT YOUR LIBRARY!

The Fraser Coast Libraries have some great activities and events planned for the school holidays, with the focus on virtual.

Keep an eye out for their full list of school holiday activities.

To register/join or to find out more go to www.frasercoast.qld.gov.au/libraries

THE BOAT CLUB CINEMA – HERVEY BAY

Take the kids to the movies at the Hervey Bay Boat Club. The cinema plays the latest releases seven days a week. Grab your popcorn, snacks, and drinks from the kiosk outside the theatre, or enjoy lunch or dinner downstairs. To see what's showing head to www.boatclubcinema.com.au or call 4197 8707.

HERVEY BAY AQUATIC CENTRE

For information on opening hours, cost, classes, programs, and inflatable days go to www.frasercoast.qld.gov.au/hervey-bay-aquatic-centre

***Unfortunately, the Maryborough Aquatic Centre remains closed due to the floods**

OTHER PLACES TO VISIT:

Hervey Bay Historical Village and Museum
21 historical buildings, 12000 exhibits
www.herveybaymuseum.com.au

Reef World Hervey Bay
Swim with sharks and visit other marine life
www.reefworldherveybay.com

The Story Bank – Maryborough
The home of Mary Poppins
www.storybankmaryborough.com.au

Susan River Homestead
Camping and horse riding
www.susanriver.com

Golf Driving Range & Mini Golf – Hervey Bay
210-224 Scrub Hill Rd, Dundowran
www.herveybaygolfdrivingrange.com.au



For Youth Week events go to the Calendar of Events on page 16 & 17

Learn something new with HBNC

The Hervey Bay Neighbourhood Centre has a range of exciting workshops, courses and programs planned for 2022.

Connect and learn

Fraser Coast residents are invited to come and try our fun and exciting series of learning and engagement programs for all ages.

Our 2022 program kicks off in April with a school holiday program with Brisbane-based BOP Industries, renowned for their digital and innovation education-based learning activities in schools and organisations around Australia including the upcoming World Science Festival.

On April 29 we will be launching the first of our monthly themed days of activities. The Day of Creativity will feature a number of workshops aimed at enhancing creativity and exposing locals to creative outlets across the region.

Visit hbnc.com.au/events for more

Dates for your diary

Friday April 8th, 10am: HBNC Open Day and Multicultural Festival

Join us for our annual open day/family fun day, combined with a celebration of the many cultures that call Hervey Bay home.

April 11th to 13th: Innovative School Holiday Workshops for Young People

Leading youth education and technology company, BOP Industries, will deliver three interactive school holiday programs in Hervey Bay including digital technology, city design and business.

Thanks to Fraser Coast Regional Council for their support to bring these workshops to the region.

Friday 29th April: Day of Creativity

Try your hand at podcasting, weaving, painting, singing and a range of other activities as part of our day of creativity.

Friday 20th May: EVs, Self-Driving Cars and the Future of Cars

Come and hear from a panel discussion of car enthusiasts and experts on what the future of driving will look like.

Visit hbnc.com.au/events for more



All events held at Hervey Bay Community Centre, 22 Charles St Pialba OR The Neighbourhood Hive, 184 Boat Harbour Dr, Pialba. See website for details.

info@hbnc.com.au | 4194 3000 | hbnc.com.au





By Erik Bigalk

Life etc...

'Wake-Up Call'

www.LifeEtc.com.au

I don't know about you, but for me, sometimes things seem to happen for a reason. And, whether it is a good or a bad thing (if there is such), more often than not it is about the impact it has for us, the insights we can gain, and what we come away with that is more important than the actual event.

You know what I'm talking about. Like, when you're thinking of someone and then they call. Or, you drift off in thought and end up stubbing your toe, and you quickly realise that being present has its value. So, looking back there is a plethora of occasions where some occurrences had an impact and helped me become more aware, learn something or become a better person.

So, recently, the nation, if not the world, was thrown into sudden shock and pressing awareness around heart attack - Australia's number one killer. Bigger than all cancers combined apparently. The sudden passing of not one but two cricket legends, Rod Marsh and Shane Warne, due to heart attack, and to top it all off, Senator Kimberley Kitching succumbed to the same fate - all within the stretch of one week.

For me, it hit home. These are essentially people like you and me. Sure, well-known, highly regarded, stand-out careers, but they are also just people. And, with around 120 heart attacks being suffered every day right around our country; the first symptom of many of these being death, and around 80% being preventable - it rattled me to my core.

So, being shook up by these tragedies, I did what most people would have done. Yes, I went onto google. Not only is heart attack the number one killer of both men and women and affects over 20% of our population, but 25% of all heart attacks affect people younger than 65 years of age.

The crucial risk group, other than the symptomatic high-risk group of course, is in fact, the intermediate-risk group. Basically, everyone with more than one risk factor - such as high blood pressure, high cholesterol, genetics and age.

We are the ones who seemingly without warning or reason get struck down. I say 'we' here because I took the Virtual Heart Scan www.virtualheartscan.com - the quickest and easiest way to determine one's risk group, and fell straight into that intermediate category.

I am 54 years old, generally fit and healthy, but I have also worked high-stress jobs, used to drink a lot more than is recommended, loved my rich foods, plus spent some younger years puffing too. I have been half as active as I used to be over the past decade, with more time in front of the computer and less running or doing exercise.



Courier Mail
12 March 2022



After being categorised in the intermediate-risk group - I was directed to undertake a 3D Heart Imaging Scan. This then allows cardiologists to literally look inside your heart. The results are sent directly to the assessing cardiologist who is part of the Healthy Heart Network.

In my case, preventative cardiology expert Dr Warrick Bishop, who advocates for early testing of both men and women to reduce the shocking heart attack numbers and to supersede the tow-truck approach largely taken around cardiovascular disease.

I mean, we ship a test kit out to everyone over 50 to actively detect bowel cancer early; prompt regular mammograms for breast cancer - yet we don't routinely test for cardiac health. Why not?

Dr Warrick Bishop announced on SBS World News, that he would love to see broad scale testing of men of age 50 and women of age 60 - right around the country using the Virtual Heart Scan to identify risk groups early and the 3D Heart Imaging Scan to assess immediate risk factors and to put relevant treatment in place as needed. He says it is the approach needed to drastically reduce heart attacks and to curb the number of lives lost.

Sad as it is, the passing of our 'Spin King' Warnie, our legendary Rod Marsh, and our Senator Kitching, may be the wake-up call we all needed to start being pro-active about our own heart health, and to save more lives?

Who knows it could even be yours!

Resources:
www.healthyheartnetwork.com
Free Virtual Heart Scan - easy risk group identifier www.virtualheartscan.com
Book your 3D Heart Imaging Scan - www.virtualheartscan.com/buy-now



Preventative Cardiologist
Dr Warrick Bishop

GALLERY 5

SUPPORTING THE LOCAL CREATIVE COMMUNITY

Gallery 5 is one of Hervey Bay's hidden gems, tucked away at 5 Sandy Street, Urangan. Gallery 5 promotes the creative works of local fine artists in a range of mediums.

The gallery has been home to the Hervey Bay Art Society for over 50 years. The Society has supported and encouraged fellow artists, art enthusiasts, and anyone who visits to enjoy the exhibitions and vibrant art space. It is a welcoming community and open to all.

In the art class area, tutored workshops by talented artists and social painting groups are hosted weekly for members and non-members alike. Our workshops and sessions cater to all mediums and styles, acrylic, pastel, watercolour, oil, pencil, landscape, portrait, still life, life drawing, and so much more. Everyone is welcome whether you're a beginner, have dabbled in art at some time, or just want to come and get involved.

The Friends of Gallery 5 group is the perfect way to keep up to date on the latest changing exhibitions and events for those who love art but have time constraints. Friends of Gallery 5 also receive early notice on special offers on artworks and other activities at the gallery.

Gallery 5 is always a hive of activity. Visit the website <https://herveybayartsociety.org.au> or our Facebook page to find out more.

All are welcome. Come along to appreciate the art or join in to improve your own hidden talents at this hidden gem, Gallery 5.



HOME of HERVEY BAY ART SOCIETY



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Weekends 10am-3pm

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Website: www.herveybayartsociety.org.au

EATING OUT

ON THE FRASER COAST

Brought to you by What's On Fraser Coast

HERVEY BAY

WATERFRONT RESTAURANT

Exclusive waterfront dining perfect for breakfast or lunch. Fresh local produce & Seafood

Open: Wed to Sun, 8am - 3pm

Closed: Mon and Tues

Location: Dayman Park, Corner of Pulgul St and Kent St, Urangan

Licensed: Yes

BANKSIA SEAFOOD AND GRILL

Zesty & crisp flavours mixed with classic favourite cuisine

Open: Wed to Sun, 11:30am - 2pm and 5:30pm - 8:45pm

Closed: Mon and Tues

Location: Shop 4, 381 Charlton Esplanade, Hervey Bay

Licensed: Yes



PALAVAS LES FLOTS INTERNATIONAL RESTAURANT

Homemade fresh pastas and authentic Spanish Paëlla

Open: Tues to Sun, breakfast 8am - 10am, lunch 12noon - 2:30pm and dinner 5:30pm - 9pm

Closed: Sun (night) and Mon

Location: 385 Charlton Esplanade, Hervey Bay

Licensed: Yes

BEANBEAT

Fantastic home-made food and awesome coffee by the beach side

Open: Mon to Sun, 6am - 2pm

Location: 267 Esplanade, Hervey Bay

Licensed: N/A



AQUAVUE CAFÉ AND RESTAURANT

Large menu that includes local seafood & craft beers and wine on tap

Open: Mon to Thurs and Sunday 6am - 7pm, and Fri and Sat 6am til late

Location: 415a Esplanade, Torquay, Hervey Bay

Licensed: Yes



ENZO'S ON THE BEACH

Enjoy a summer brunch or dinner and indulge in a sunset cocktail

Open: Mon to Wed, 6.30am - 5pm, Thurs 6.30am - 9pm, Fri to Sat 6.30am - 10pm and Sun 6.30am - 9pm

Location: Charlton Esplanade, Hervey Bay

Licensed: Yes

MARYBOROUGH

PORTSIDE CAFÉ & RESTAURANT

Situated in the original Customs House Residence we deliver a modern Australian menu with a Californian twist

Open: Wed to Sat, 7am - 10am and Sun 7am - 3pm

Closed: Mon and Tues

Location: 103 Wharf St, Maryborough

Licensed: Yes

KOI JAPANESE RESTAURANT

A variety of hot & cold dishes & Sushi

Open: Mon to Sun, 11am - 2pm and 5pm - 8pm

Location: 212 Adelaide St, Maryborough

Licensed: BYO

ALOWISHUS DELICIOUS

Delicious food, Organic Coffee & home-made Gelato

Open: Mon to Thurs 7am - 5pm, Fri 7am - 9pm, Sat 7am - 9pm, Sun 7am - 4pm

Location: 232 Adelaide St, Maryborough

Licensed: Yes



Photos by Kim Parnell

If your venue would like a listing in the **Eating out on the Fraser Coast** guide in 2022, email whatsonfrasercoast@outlook.com or call **0467 303 171**.



Waterfront Restaurant

Stunning uninterrupted ocean & island views are perfect for your next breakfast or lunch date.
Fresh local produce & seafood.
Award winning wedding venue.



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DINNER Tuesday to Saturday 5.30-9 pm

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385 on the Esplanade, Hervey Bay, Ground Floor of the Riviera Resort
For Booking: Palavas les Flots International Restaurant Australia

Calendar of Events

April

Fri, Apr 1 - 8pm

LIVE Show - Stardust and The Mission

The Brolga Theatre & Convention Centre
www.brolgatheatre.org

Fri, Apr 1 - Sat, Apr 2

Night Walk Immersive Horror Hervey Bay

Hosted by Night Walk Immersive
Dundowran Beach, Hervey Bay
www.nightwalkimmersive.com



Sat, Apr 2 - 10am

Marionette Workshop Hosted by Soulfusion Therapies

10am
Call 0405 463 584
Point Vernon, Hervey Bay



Sat, Apr 2 - 4pm

Brolga Live @ Tiaro

4pm
Tiaro Recreation Grounds

Sat, Apr 2 - 6:30pm

Sip & Paint at Café Balaena

Hosted by Miss Shelly Seashells

Sat, Apr 2 - Apr 3

Horses/ Zone 7 & MPC Official Dressage

Hosted by Maryborough Pony Club. Maryborough Showgrounds & Equestrian Park

Sat, Apr 2 - 9am

Autumn Garden Party, Bollywood Style

Hosted by the Maryborough Garden Club & Yengarie Gallery & Garden, 64 Loudon Close.

Art exhibition/plant sale

Morning tea and light lunch available for \$5

RSVP to Suzanne. 0497 122 649

Sat, Apr 2 - brief 6:50am

Hervey Bay Parkrun

(Every Saturday)
FREE 5km timed event
Urangan Pier
(Don't forget your barcode)

Sat, Apr 2 - brief 6:50am

Maryborough Parkrun

(Every Saturday)
FREE 5km timed event
Cheapside St
(Don't forget your barcode)

Sun, Apr 3 - 7am

Hervey Bay Netball Carnival 2022

Fraser Coast Sports Precinct

Sun, Apr 3 - 6:30am - 8:30am

Dragon Boating Come & Try

(Every Sun)
Free
Next to the Hervey Bay Boat Club

Sun, Apr 3

Sandy Straits History & Wildlife Cruise

Boat Club Adventure Cruises
Contact the Hervey Bay Boat Club to book

Sun, Apr 3 - 2pm - 4pm

Jazz - The View from Madeline's Couch - MRAC

Cost involved
Brolga Theatre & Convention Centre

Mon, Apr 4 - 6:15pm

Julie Cross LIVE

Hervey Bay Boat Club
For tickets contact the boat club

Tues, April 5 - 12pm - 3pm

Youth Week event

Colour Run & Disc Golf

Tinana Rec Reserve
Frasercoast.qld.gov.au/youth-week

Wed, Apr 6 - 12pm - 3pm

Youth Week event

Pool Party

Hervey Bay Aquatic Centre
Frasercoast.qld.gov.au/youth-week

Thurs, Apr 7 - 11am - 3pm

Youth Week event

Youth Fest

Seafront Oval
Frasercoast.qld.gov.au/youth-week

Fri Apr 8 & Sat, Apr 9 - 7pm

We Will Rock You - The Musical

The Brolga Theatre & Convention Centre, Maryborough

Fri, Apr 8 - 4:30pm - 9:30pm

Youth Week event Free Movies

Maryborough Cinemas
Frasercoast.qld.gov.au/youth-week



Tue, Mar 8 - from 10am

HBNC Open Day and Multicultural Festival

Hervey Bay Neighbourhood Centre

Sat, Apr 9

Area 28 Showcase

Hosted by Maryborough Toastmasters Club
Madkota Community Hub

Brought to you by What's On Fraser Coast

Fri, Apr 8 – Sat, Apr 9

Little Lifesavers – Hervey Bay

Cost involved. Hosted by Surf Lifesaving
Old. Torquay Beach

Sat, Apr 9 – Sun, Apr 10

Weekend of Paddling

Hosted by the Fraser Coast Outrigger Canoe Club
And the Hervey Bay Outrigger Canoe Club
For more info contact one of the clubs above

Fri, Apr 8 – Sun, Apr 10
THE GAS – Old Fashioned Music Weekend

3-day bush concert
West of Maryborough
Find the event on Facebook

Sat, Apr 9 – Sun, Apr 10
from 6am

Maryborough Swap Meet
\$5 entry fee for adults
Maryborough Showgrounds &
Equestrian Park

Sat, Apr 9 – Sun, Apr 10
Weekend of Paddling

Hosted by the Fraser Coast
Outrigger Canoe Club
And the Hervey Bay Outrigger
Canoe Club

Sun, Apr 10 - 8am - 12pm

River Heads Markets
45 Ariadne St

Sun, Apr 10 - 8:30am

Fishing Spot Familiarisation Cruise

Boat Club Adventure Cruise
Tickets at the Hervey Bay Boat
Club

**GOOD
FRIDAY**

Fri, Apr 15

Sat, April 16 - 10am - 2pm

**Hervey Bay Regional Gallery
Official Re-opening Day**

Children's activities/face
painting/Artist's Talks

**Sat, Apr 16 – Sun, Apr 17 -
from 8am**

Wondai Autumn Garden Expo
Wondai Sports Ground

**Easter Sunday
Sun, Apr 17**

Sun, Apr 17 - from 9am

**Hot Rod and Custom Car Show
Extravaganza**

Hosted by Conrodders Hot
Rods & Customs Inc Hervey Bay
Cost involved
Maryborough Showgrounds



**Easter Monday
Mon, Apr 18**

Wed, Apr 20

**Coffee & Canvas Paint Party:
Anzac Poppies**

Hosted by Get off Your Arts
Hervey Bay RSL

Fri, Apr 22 - 7:30pm

World of Musicals in Concert
Brolga Theatre & Convention
Centre

**ANZAC Day
Mon, Apr 25**



Sun, Apr 24 - 8:30am

Mary River Cruise
To Queens Park, Maryborough
Boat Club Adventure Cruise
Tickets at the Hervey Bay Boat
Club

Fri, Apr 29 – June 12

**Art Exhibition – Memories of
People and Places in Australia and
Ireland – Brian Mooney**

Gatakers Artspace,
Maryborough

Thurs, 28 Apr & Fri, 29 Apr
**Priscilla Queen of the Desert – The
Musical**
The Brolga Theatre & Convention
Centre, Maryborough

Fri, Apr 29 – Jun 12
**Art Exhibition - Mid-Sentence –
Shanay Manitzky**
Gatakers Artspace, Maryborough

Fri, Apr 29 – May 3

Swordcraft Brisbane LARP
Blood in the Streets
Victory Village at Riverbend

Fri, Apr 29 - 8am

Jane Denham
Bay Central Tav

Sat, Apr 30 – May 1
**The Hervey Bay Boat Club Bay to
Bay Yacht Race**
Hervey Bay Sailing Club

For other school holiday ideas and events go to page 10. A full market list is on page 31. A Gig Guide is on page 19. If you have an event to add please send through details to whatsonfrasercoast@outlook.com

Disclaimer – All event details are correct at time of print.

Events can be cancelled, have time changes, or be rescheduled without our knowledge. What's On Fraser Coast takes no responsibility for the cancellation of events. We also take no part in organising any event listed. We offer this calendar as a free community service and in good faith. Please ensure that you follow the Queensland Health directives when attending events by signing in via barcode, sanitising, mask wearing and social distancing.

World-class dance works on show in THREE

Australasian Dance Collective unleashes THREE works from renowned choreographers Jack Lister, Melanie Lane, and Hofesh Shechter.

Critics were mesmerised by the artistry of ADC's six dancers, as well as the scale of the program, with three distinct and varied works.

Israeli-born, London-based Hofesh Shechter is one of the world's most exhilarating and groundbreaking choreographers and **Cult** is the work that propelled the dance revolutionary into his global career.

Instinctive and raw, and presented in association with **Hofesh Shechter Company**, **Cult** is a powerful illustration of his unique and celebrated choreography.

A once-in-a-generation talent, Shechter is inspired by Israeli folk dance, rock gigs, military exercise, nightclubs, installation art, and film to create pumping, high-energy works that are accompanied by scores that he composes himself.

Melanie Lane is one of Australia's strongest choreographic voices, seamlessly blending elegance with sexy, edgy physicality.

Set to a driving soundtrack from renowned composer, **Clark, Alterum** transports you to a universe beyond our natural world.

Drawing on the reoccurring themes of the supernatural body, seen in history through mythological hybrid creatures or in today's hyper-real superheroes of science fiction, Lane reflects on the human body and its search for intimacy.

Brisbane rising star, Jack Lister, fuses dance and visual art in the intricate and hauntingly beautiful **Still Life**.

Inspired by the artworks of the 16th and 17th-century Memento Mori movement, it serves as a touchstone of our own mortality, the beauty in decay, and our relationship with time.

Still Life embraces the dichotomy of the permanence of visual artworks against the impermanent nature of dance, creating a world of poignant conflict – time passes but memories endure.

Australasian Dance Collective Artistic Director, **Amy Hollingsworth**,

says the breadth of the triple bill featuring Australian and international choreographers will not only showcase the range and versatility of the collective's dancers but will delight audiences.

"We all respond to art in different ways, the gift of a varied program such as this is that there really is something for everyone - from moments of intricate and haunting beauty to powerful and raw abandon," she says.

THREE – Australasian Dance Collective
Venue: Brolga Theatre & Convention Centre
Dates and times: Wednesday, May 18 – From 6pm
Tickets: www.brolgatheatre.org



Queensland
Government

Australasian
Dance
Collective



YOU ARE INVITED! HERVEY BAY REGIONAL GALLERY OFFICIAL RE-OPENING DAY

Exhibitions: **WILDFLOWERING BY DESIGN**
(WILD/FLLOWER WOMEN IV) + **JAM FACTORY ICON**
– **ANGELA VALAMANESH: ABOUT BEING HERE**

Saturday 16 April 10AM - 2PM

Behind the Scenes Tours | Artists' Talks | Children's
Activities | Free Face Painting | Experience the
replenished Butchulla Seasonal Garden | Art Walk
Giveaways | New Gallery Shop | Meet Our New Director



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Gig Guide

Brought to you by What's On Fraser Coast

Live music on the Fraser Coast APRIL 2022



HERVEY BAY

Hervey Bay Boat Club

Fri 1, 5.30 pm, Jay Jackson
Sat 2, 5.30 pm, Darren Marlow
Sun 3, 2.00 pm, Andrew Copland

Tue 5, 12.30 pm, Neil Wenk
Thu 7, 5.00 pm, Neil Wenk
Fri 8, 5.30 pm, Brian Speirs
Sat 9, 5.30 pm, Frank Benn
Sun 10, 2.00 pm, Sam Maddison

Tue 12, 12.30 pm, Neil Wenk
Thu 14, 5.00 pm, Neil Wenk
Sat 16, 7.30 pm, Secret Stash
Sun 17, 2.00 pm, Shaun Beckett

Tue 19, 12.30 pm, Neil Wenk
Thu 21, 5.00 pm, Neil Wenk
Fri 22, 5.30 pm, Derek F Smith
Sat 23, 5.30 pm, Neil Wenk
Sun 24, 2.00 pm, Matt Phillips

Tue 26, 12.30 pm, Neil Wenk
Thu 28, 5.00 pm, Neil Wenk
Fri 29, 5.30 pm, Jay Jackson
Sat 30, 7.30 pm, Contraband



Hervey Bay RSL

Fri 1, 11.30am, LadyByrd Duo
Fri 1, 6 pm, Dust Duo
Sat 2, 8pm, Trainwrecks

Fri 8, 11.30am, LadyByrd Duo
Fri 8, 6pm, Sam Maddison
Sat 9, 8pm, Uncle Arthur

Sat 16, 8pm, TBC

Fri 22, 11.30am, Trevor Judge
Fri 22, 6pm, Frank Benn
Sat 23, 8pm, Clear Effect
Sun 24, 12pm, Quinn

Fri 29, 11.30am, Trevor Judge
Fri 29, 6pm, Pete Baker
Sat 30, 8pm, Bad Attitude

Bayswater Bar & Grill

Fri 1, 5pm, Doug Edwards
Sat 2, 5pm, Frank Benn
Sun 3, 1pm, Liana McKay

Fri 8, 5pm, Aaron Westlake
Sat 9, 5pm, Emma Newman
Sun 10, 1pm, Frank Benn

Sat 16, 5pm, Hank Vann
Sun 17, 1pm, Doug Edwards

Fri 22, 5pm, Brad Turner
Sat 23, 5pm, Ethan Jones
Sun 24, 1pm, Frank Benn

Fri 29, 5pm, Matt Phillips
Sat 30, 5pm, Hank Vann

The Clubhouse Hervey Bay

Fri 1, 6pm, Pete Baker
Sat 2, 6pm, Liana McKay

Fri 8, 6pm, TBC
Sat 9, 6pm, Doug Edwards

Sat 16, 6pm, Frank Benn

Fri 22, 6pm, Matt Phillips
Sat 23, 6pm, Sam Maddison

Fri 29, 6pm, Andrew Copland
Sat 30, 6pm, Bevan Spiers

The Beach House Hotel

Friday 1, 8.30pm, Shane Allsop
Saturday 2, 9pm, Red Betty
Sunday 3, 2pm, Frank Benn

Friday 8, 8.30pm, Tim Earle & Co
Saturday 9, 9pm, Dogwood Crossing
Sunday 10, 2pm, Shane Allsop

Friday 15 CLOSED FOR EASTER
Saturday 16, 9pm, Clear Effect
Sunday 17, 2pm, Ian Murray

Friday 22, 8.30pm, Shane Allsop
Saturday 23, 9pm, Trainwrecks
Sunday 24, 2pm, Derek Smith

Friday 29, 8.30pm, Black & Blue
Saturday 30, 9pm, DJ Crooksy

MARYBOROUGH

Maryborough Sports Club

Fri 1st, 7.00 pm, Billy Guy
Fri 8th, 7.00 pm, Mike Winkworth

Thurs 14th, 7.00 pm, Brad Sorensen

Fri 22nd, 7.00 pm, One For The Road
Sun 24th, 12.00 pm, Maria Whittaker

Fri 29th, 7.00 pm, Barlight

Maryborough Services & Citizens' Memorial Club

Fri 1, 7.30pm, Dogwood Crossing
Sat 2, 7.30pm, Clear Effect

Fri 8, 7.30pm, Derek F Smith
Sat 9, 7.30pm, Rock the Pop Duo

Fri 15, Club Closed, Good Friday
Sat 16, 7.30pm, Bad Attitude

Fri 22, 7.30pm, The Whiskey Mountain Boys
Sat 23, 7.30pm, Forbidden Road

Fri 29, 7.30pm, Secret Stash
Sat 30, 7.30pm, Uncle Arthur

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.

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Maryborough City

Enjoy a day out in the park!

SUNDAY IN THE PARK - APRIL 24

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

Event funding provided by: **Fraser Coast REGIONAL COUNCIL**

BRASS BAND | TRAIN RIDES | HOT FOOD/COLD DRINKS | JUMPING CASTLE AND MORE- FOOD & TRAIN RIDES FROM APPROX. 9AM - EXCELSIOR BAND PLAYS FROM 10AM

Photo by KAC Imaging

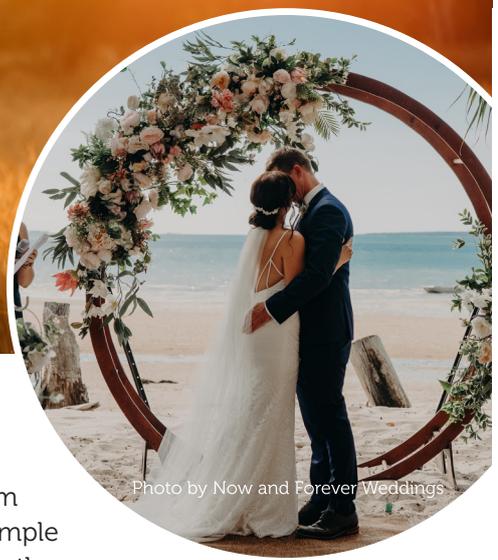


Photo by Now and Forever Weddings

Fraser Coast Wedding Industry Showcase

Between the COVID 19 pandemic and recent floods, weddings and related businesses on the Fraser Coast have taken a battering.

Hopefully, now with the worst behind us, an enthusiastic group of local wedding industry professionals has followed on from previous expos (which were held at PCYC) and formed the Fraser Coast Wedding Industry Association Inc.

Its first major objective has been to organise and present the "Wedding Industry Showcase – Fraser Coast." on Sunday, May 15th at the Star of the Sea School Hall, Hughes Rd, Torquay.

This not-for-profit event will display a wide variety of local businesses, services, products, accommodation, and activities available for all aspects of weddings. The

Committee has also tried to cater to a diversity of budgets, covering aspects from the most informal, simple weddings, through to the more traditional or formal celebrations.

For prospective brides, bridal parties, and guests, the showcase will offer much; from the lead-up to the big day itself, the honeymoon period, and beyond.

Expert advice will be available from a number of sources represented at the venue; some being recent winners of Brides Choice Awards within the Fraser Coast as well as Australian Wedding Industry Awards.

With over half the exhibitor sites already booked, and several hundred visitors expected on the day, this event will be invaluable for all participants.

Admission to the public is free and there will be a door prize and giveaways on the day.

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Photo by Kingfisher Bay Resort



Photo by Sweet Indulgence at Steph's



Photo by MPM Co



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Wedding

INDUSTRY SHOWCASE

The Fraser Coast Wedding Industry Showcase is a **free** community event which aims to exhibit the very best suppliers in the Wedding and Events Industry, all in one convenient location.

Held at **Star of the Sea Primary School, Torquay.**

SUNDAY, 15TH MAY 2022

10AM - 1PM

www.fcweddingshowcase.com

@weddingshowcasefrasercoast





DUNGA DERBY RECIPIENTS STORY: BENTLEY

Bentley was born with down syndrome and acc (a brain malformation) as well as several airway malformations. He also has several significant chronic health conditions. These include interstitial lung disease, bronchiectasis, and stomach issues. All up, he has over 30 diagnosed medical conditions that he battles every day.

When Bentley was born, he was very sick. He had respiratory failure, problems with his heart rate, and fluid in his brain. He was urgently flown from Hervey Bay hospital to the Mater NICU for treatment. And his journey has carried on from there.

Now three and a half years old, Bentley has had more than thirty-five hospital admissions. He's had many acute bouts of pneumonia, treatment for his chronic lung disease, and multiple surgeries to help with his breathing, stomach conditions, and hearing. During this time, we have been supported by Rally for a Cause.

Rally for a Cause has helped us with accommodation, food, and transport to and from the hospital! The practical help has taken so much pressure off what is already a challenging time.

IT IS SO HARD WHEN YOUR CHILD IS SICK. OFTEN YOU FLY OUT TO THE HOSPITAL WITH LITTLE TO NO NOTICE. OFTEN WITH NO FOOD, NO CHANGES OF CLOTHES OR NAPPIES FOR YOUR CHILD! AND HAVING THE SUPPORT FROM RALLY FOR A CAUSE HAS MADE SUCH A BIG DIFFERENCE TO OUR FAMILY!

Bentley is doing much better now he is bigger and stronger. He's now off home oxygen and has been for a while. He has a feeding tube in his stomach that runs for 20 hours every day. But he is allowed now to try and eat purees and certain things, as it's now safer for him medically. He has recently started working on learning how to swallow those. His lungs are doing much better - he's had some surgeries, which have really helped! And we are now seeing a much happier, more energetic Bentley, which is very exciting!!

Bentley's journey will be ongoing. He has just come home from another surgery, and he is due to have more surgery soon. But he is doing so much better than he was.

I'm so very thankful for the support we have received through Rally for a Cause. The help has been extra beneficial because, as well as Bentley's battles, I also have five other kids, and I'm a single mum! I also have my own health and mental health issues too. So, it really has made such a significant difference, more than I can really say

Thank you so much, Rally for a Cause!
Emily



River Heads Markets

Supporting Creative Locals PROUDLY SUPPORTED BY RIVER HEADS PROGRESS ASSOCIATION

2nd Sunday of every month 8am to 12noon

45 Ariadne Street, River Heads | markets@riverheads.org.au



THE QUEST TO BE THE BEST

Written by Kim Parnell

Photos: Top right - submitted by Scott Cleaver | Action shots by Reg Blunt

Round three of the 2022 Australian Offshore Superboat Championships takes place in the waters off Hervey Bay on May 7 and 8 in a spectacular display of might and power as the huge boats roar by the beach in their quest to be the best on the water. The reigning champions will be hoping to defend their crown in what is sure to be a strong field of contenders.

The spectators will once again line the foreshore or take to the water on one of the local tour boats to get a better view of all the action.

There is a race for the smaller boats too. Local Scott Cleaver, Dealer Principal of Bay City Marine, entered three boats in 2020. Two in the 65mph and one in the 85mph. Even though Scott's background is in Water-ski racing, he decided to give the sports class a go.

"To enter our boats in a local event in our own backyard was great. We had a ball. My father and brother ran one of the boats, and my son and I the other boat. My best mate and his brother operated the third boat. So, we had three generations of our family and my best mate racing. It was pretty special for all of us.

"My son's seventeen, there are not many things that we get to enjoy equally together, with racing we both get as much out of it as each other. In most other sports, you are sitting on the sideline just watching, but to participate and share that love of the sport and experience the adrenaline rush and the excitement is pretty unique.

"We were planning to do a couple of rounds this year. We won them all last year, so we have to go back and defend our title. It looks like we will just be doing the one in Hervey Bay at this point, though, as some of the other races on our race calendar were rescheduled due to covid.

"The superboats are a whole different level of boat. Those guys are a credit to themselves, and their teams show such professionalism.

"Events like this showcase our waterways and the facilities that we have, while also helping to promote the area. It certainly does a lot for our tourism and does a lot for our local businesses as a whole."

SCHEDULE OF EVENTS

Saturday: 7th May

Race 1, Sports Classes, 30-minute race
Race 1, Offshore Superboats 30-minute race
Saturday Afternoon, Street Parade of Boats. 3:30pm – 4:30pm

Sunday: 8th May

Race 2, Sports Classes, 30-minute race
Race 2, Offshore Superboats, 30-minute race

*Times subject to change – for the latest go to www.superboat.com.au. The best vantage points are on the foreshore between Torquay and Scarness, Hervey Bay. The Pit Area will be located at the Public Boat Ramp at Urangan.



STEAMfesta Workshops are here!

Get set for the event that starts young minds thinking and old hearts leaping
STEAMfesta invites you to get creative with Steampunk and 'make it for real' in 2022
Workshops open soon for battle robots and costume creation



steamfesta.com.au



Proudly supported by the Queensland Government — Engaging Science Grants



fashion

WITH LEAH

The modern era of the bride

We live in a time where the choice of bridal looks are endless, and lucky enough to be in an era where we're free to choose which styles we prefer according to our own taste! Whether it's a statement Cinderella style wedding gown, a minimal chic frock or a suit- it's ours for the choosing!

The one piece of advice that I would like to impart here as a stylist though, is be true to your own style and vibe. Allow me to babble...



Photo: Jess Gunn Photography

Starting with the frock...it's important to get it right! Here's 3 simple factors to consider when choosing your bridal outfit:

1. Ensure you know your body shape and its features to keep in mind

If you have a strong triangle body shape, it's probably not a good idea to don a slinky silk gown that's going to hug your booty in all the wrong ways. Similarly, if you have a beautiful hourglass body shape, avoid wearing a baggy oversized gown. It'll gain you 5kgs in no time. Remember, if you're hourglass your waistline is to die for so ensure your frock shows that too!

It's also a good idea to consider specific body features that you're self-conscious of and therefore are wanting to diffuse. Like, if you've been blessed with a big set of boobies but aren't keen to have those puppies out on show on your big day, probably not a good move wearing a deep plunging v-neckline styled gown. That's where all eyes will be, so if you're not used to showing off the cleavage in normal day-to-day life, then don't do it on your wedding day- that's a recipe for feeling epic levels of self-consciousness!

2. Have an idea of whether you're warm or cool toned in regards to your skin and overall appearance

If you're warm toned, an ivory, cream or champagne coloured gown is going to suit your whole look better. If you're cool toned stick to the crisp whites- they'll sing all sorts of beautiful songs on your skin!



The colour theory should also be considered when it comes to your hair colour and makeup too. No good changing your hair colour to a platinum blonde if you're a dead ringer for a warm toned gal- it'll scream on you and instead of people commenting on how lovely your whole look is, they'll comment on your hair coz' they don't know where else to look!

3. Remember to infuse your personality/vibe into the whole equation

If that means a crisp white suit, then wear that. If it's a super minimal chic vibe, then wear the frock that suits that. If you're a bold gal then go the drama frock- as long as it suits you, your beautiful body and you won't cringe at it in 10 year's time, then do it!

Photo: Jess Gunn Photography
Florals: Hey Posy
Model: @jessmay



Can't wait to meet all the beautiful brides this year. Reach out if you need any styling advice. Keen for a chat anytime xx

0439 723 832
leahharvestyling@bigpond.com
@leah.harvey.styling
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Delve into Books

with Cate Akaveka

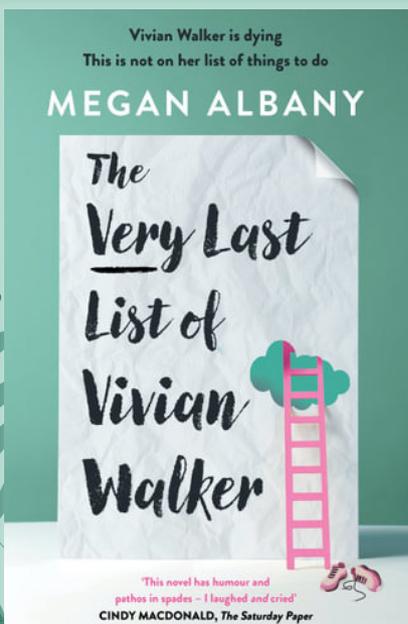
The Very Last List of Vivian Walker BY MEGAN ALBANY

Vivian Walker is married, has a son and everything about her life is numbingly ordinary, including her diagnosis with terminal cancer. After her initial diagnosis, Vivian's family insists on doing everything for her – however, this doesn't last long and the 'novelty' of her illness soon wears off.

Vivian admits to being a control freak and so, in preparation for her death, she has made a list of all the tasks to be done such as doing her taxes and decluttering the playroom. This list of tasks is the only power Vivian has left and it leaves us wondering: Will the responsibility of a tidy home ever really change for women, even if they are dying? Vivian has no desire for end of life spirituality or enlightenment – she just wants to get through her unfinished business. The list of practical jobs becomes equally as important as ensuring a successful date night with her husband.

Told in an impassive manner, and in the first person, this book takes us all the way to the end of Vivian's life. As her final days unfold, Vivian is very aware of the banality of her life. However, she has a sense of humour and a very pragmatic, though often cynical, view of the world a round her.

Be prepared for laughter, despair and lots of ugly crying as you embrace this book with all its humanity and awkwardness. This is not a book about the meaning of life and death, but a wholehearted examination of how to say goodbye. Despite the boring content of Vivian's list of tasks, this is a compelling novel that most people will read quickly, and then want to hold their families a little closer. Read it and you'll decide then and there, to never be concerned about the pile of washing in the corner.



OUTSTANDING SCHOOL OUTSTANDING OUTCOMES



KEY DATES

- 19 April** - Enrolment Applications for 2023 Due
- 24 April** - Scholarship Applications Open
- 28 April** - Year 7 2023 Interviews and Information Evening
- 27 May** - College Principal Tour Day
- 16 June** - Round 2 Enrolment Applications for 2023 Due (Limited Positions)
- 21 June** - Final Interviews and Information Evening for Year 7 2023
- 29 July** - Scholarship Applications Closed
- 28 Nov** - Orientation Day for 2022 Year 7 student

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FRASER COAST SENIORS LET'S TALK SAFETY

While every person has the right to live without fear or restriction, it is important to acknowledge that in a world that is less than ideal, risks do exist. In most cases, however, risks can be avoided by being aware of possible problems and thinking ahead about strategies to deal with them.

Risks come in so many ways and can be associated with the decisions we sometimes make like a cluttered living space, trusting people without checking all of the details, hopping in a car when we know we shouldn't, or buying a lottery ticket. These are all risks that have an array of different consequences that you need to consider before you follow through.

The following hints will assist you to reduce the likelihood of your personal safety being placed at risk.

Always be careful whom you let into your home.

- Have a peephole or chain installed so you can see who is at the door without fully opening it.
- Always check the credentials of service repair people and do not allow charity collectors to enter your home.
- Talk to strangers through a locked security door where possible. If you are unsure of a person's motive, ask for the name of the company and telephone number and check their position with the company.
- Always be careful who is present when sharing private information.
- Do not let strangers know that you are home alone or when you will be away from the house.
- Do not give personal information over the phone unless you know who you are talking to.
- Join your local Neighbourhood Watch and develop a network of people you trust and can contact for advice or assistance in an emergency.



- Remember to trust your instinct. If it doesn't feel right, then it probably isn't!
- Even when at home during the day, remember to keep screen doors locked.
- De-clutter your house so that you reduce trip hazards.
- Check that your mats and flooring are not a trip hazard
- Talk to family, friends, and/or your doctor about whether you are still capable of driving.
- Take time to consider your options and never make rash decisions.
- Consider options to help keep you safe like Red Cross Telecross Phone calls, Home Assist Security Checks, Fire Alarm battery changes, and checks.
- Keep on top of your health issues.

Just a few suggestions to help keep you safe. Don't be afraid to ask for help!

Written by Juls de Waard
Senior Liaison Officer – Seniors in Focus
Ph – 4194 2441



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COMMUNITY FLIGHTS

Community Flights is the newest not-for-profit registered charity based on the Fraser Coast. With the launch planned for April 2022, this service will bring much-needed patient transport, which will help reduce the financial and emotional burden of long-distance travel and healthcare access. The aim is to provide door-to-door transport for regional and remote Queenslanders needing assistance to reach specialist and non-urgent medical appointments.

How did Community Flights come about?

Some of our readers might know Mark McMurtrie, the owner of River Heads Pharmacy. Mark started hearing more and more stories from his patients struggling with the frustration and financial costs of travelling to Brisbane and other areas for their treatment plans, so that got him thinking. He spoke to other local health providers and hospitals and found the staggering number of over 440 patients requiring travel per month from Hervey Bay and Bundaberg alone. Many rural patients also struggle with aligning their appointments with work commitments and travel arrangements, leading to extra accommodation costs. In some cases, the delayed appointments have led to their condition worsening to requiring acute emergency care.

Mark knew he could ease this pressure by flying them in his Piper Arrow hangared at Hervey Bay airport. These flights will reduce travel time, give more flexibility to appointment times, and reduce infection risks of patients with immune



issues travelling on public transport. Community Flights is committed to closing the gap in health care access.

Mark and Melissa are regularly updating their website and social media so that the community can gain a better understanding of the behind-the-scenes work and uphold their values of accountability and transparency throughout the whole operation. All donations are tracked through the online platform [givenow.com.au/communityflights](https://www.givenow.com.au/communityflights) and to ensure proceeds go to helping more patients, they are keeping their staff to a minimum. The Hervey Bay Aero Club has generously allowed the use of their office space at the airport to keep overheads low. To help get Community Flights off the ground, they are calling out for donations, sponsorship, and volunteer air and ground crew.

Community Flights are a non-profit charitable organisation of pilots, volunteers, and partnerships that are proud to serve the Southeast Queensland area.

For more information, go to www.communityflights.org.au

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Open 7 Mornings per week | Gnr Esplanade and Witt St, Shelley Beach

Thank you to all those that donated to our World's Greatest Shave event to raise funds and awareness for those suffering from Leukaemia. Your generosity is appreciated.

Maryborough Floods 2022

- the 2nd flood in 6 weeks -

Resilience, strength, community



Photos by Kim Pamell



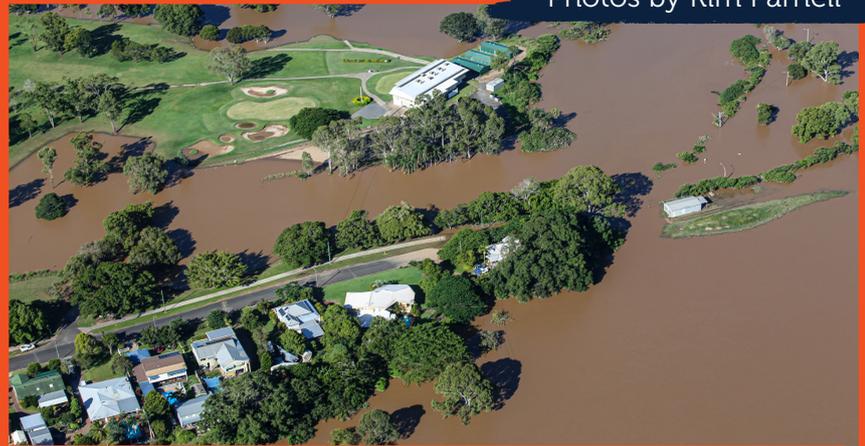
Maryborough Floods 2022

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Photos by Kim Parnell



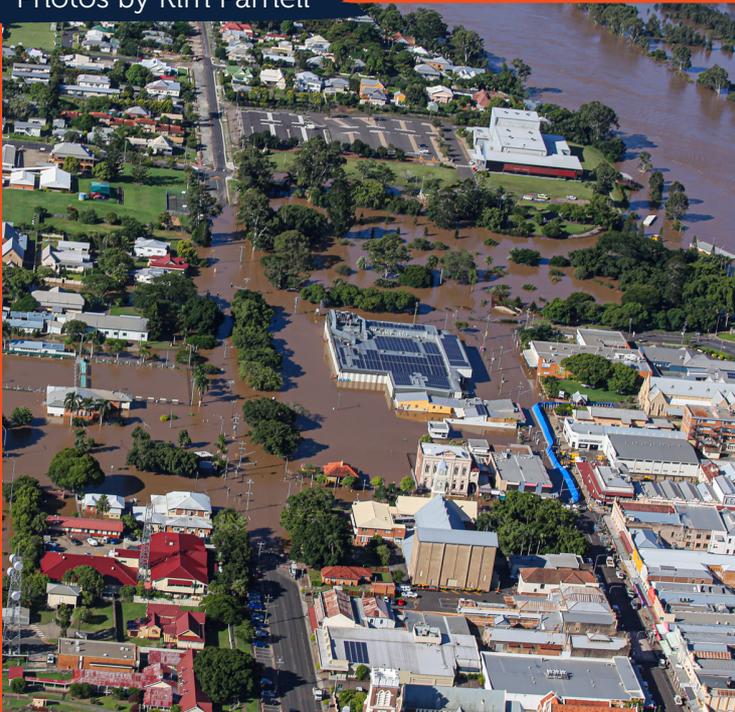
Maryborough Floods 2022

- the 2nd flood in 6 weeks -

Resilience, strength, community



Photos by Kim Pamell



TIDE TIMES URANGAN

APRIL

Time	m	Time	m
1 0238	0.72	16 0217	0.75
0845	3.79	0815	3.81
FR 1514	0.65	SA 1437	0.57
● 2108	3.69	2043	3.75
2 0315	0.78	17 0300	0.71
0915	3.65	0852	3.76
SA 1541	0.70	SU 1513	0.51
2142	3.68	○ 2124	3.84
3 0348	0.89	18 0345	0.75
0944	3.47	0930	3.62
SU 1607	0.78	MO 1547	0.54
2215	3.62	2205	3.84
4 0422	1.04	19 0432	0.87
1011	3.25	1012	3.40
MO 1631	0.90	TU 1623	0.65
2246	3.51	2250	3.76
5 0456	1.22	20 0523	1.04
1036	3.02	1058	3.14
TU 1657	1.06	WE 1700	0.82
2322	3.36	2341	3.61
6 0532	1.42	21 0625	1.23
1104	2.79	1154	2.87
WE 1725	1.25	TH 1747	1.05
7 0004	3.19	22 0043	3.44
0620	1.61	0740	1.37
TH 1139	2.56	FR 1310	2.67
1801	1.47	1851	1.28
8 0105	3.02	23 0200	3.31
0739	1.75	0902	1.38
FR 1242	2.36	SA 1437	2.62
1909	1.68	● 2022	1.41
9 0231	2.94	24 0325	3.30
0915	1.76	1020	1.26
SA 1503	2.30	SU 1602	2.74
○ 2107	1.73	2157	1.37
10 0351	2.99	25 0441	3.41
1030	1.64	1122	1.08
SU 1630	2.44	MO 1712	2.98
2226	1.61	2309	1.21
11 0454	3.14	26 0537	3.53
1126	1.46	1211	0.91
MO 1727	2.65	TU 1805	3.23
2322	1.41		
12 0542	3.33	27 0006	1.06
1209	1.25	0623	3.60
TU 1809	2.89	WE 1252	0.78
		1850	3.44
13 0009	1.21	28 0054	0.96
0623	3.51	0703	3.61
WE 1247	1.05	TH 1330	0.71
1847	3.14	1930	3.59
14 0052	1.02	29 0137	0.92
0700	3.67	0740	3.56
TH 1324	0.86	FR 1403	0.68
1925	3.38	2007	3.68
15 0134	0.86	30 0216	0.93
0737	3.77	0813	3.47
FR 1400	0.69	SA 1432	0.68
2003	3.59	2042	3.73

Fraser Coast Markets



MARYBOROUGH	MARYBOROUGH
Maryborough Markets Adelaide and Ellena St, Maryborough Every Thursday - 7am to 12pm	Maryborough Sunday Mixed Markets Maryborough Hockey Association Cnr Neptune & Woodstock St Every 2nd & 4th Sunday of the month 7am
HERVEY BAY	HERVEY BAY
Torquay Beachside Markets Opposite the Torquay Hotel Every Saturday 7am to 1pm	Koala Markets - Kruger Court Every 2nd & 4th Sunday 6am to noon
HERVEY BAY	HERVEY BAY
Nikenbah Markets Hervey Bay Animal Refuge Nikenbah-Dundowran Rd, Nikenbah 1st, 3rd and 5th Sunday of the month 6am to 12 noon	Urangan Pier Park Markets Pier Park, Urangan, (in front of Jetty) Every Wednesday & Saturday 7am to 1pm
OTHER AREAS	OTHER AREAS
Glenwood Community Markets Pepper Rd 3rd Saturday of the month 7am - noon	Brooweena Markets Historical Village, Smith Crescent 4th Sunday every 3rd month 8am to noon
OTHER AREAS	OTHER AREAS
Burrum Heads Markets Corner of Burrum Heads Rd & Howard St 2nd Saturday of the Month 7am - 11.30am	Howard Country Markets Howard Community Centre, Steley St, Howard 1st Saturday of the month 7am to 12 noon
OTHER AREAS	OTHER AREAS
Bauple Markets - Band Hall Road 4th Saturday of the month 7am - noon	Torbanlea Markets 6.30am - 12pm Torbanlea Racetrack 3rd Sat of each month Email: torbanleamarkets@outlook.com
OTHER AREAS	OTHER AREAS
River Heads Markets 45 Ariadne St, River Heads Every 2nd Sunday of each month	

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.



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- ☛ Hervey Bay Esplanade and Beaches - 3.0km
- ☛ Stockland Shopping Centre - 2.5 km
- ☛ Boat Harbour Drive Commercial Precinct - 2.5 km
- ☛ Hervey Bay Hospital & Medical Precinct - 2.0 km

Stage 1 land will be released to the market in early 2022 with lot sizes ranging up to 1,185m² (average 813 m²).

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