

SPIN THE WHEEL FOR CHARITY

COMMUNITY CHRISTMAS **EVENTS** 

HE WILL ROCK YOU

BOHEMIAN RHAPSODY

FESTIVE FLAVOURS WITH CHEF MATT GOLINSKI

















### **Contents**

WOFC Index	3
Editor's Note	4
Inside this Edition	4
Mayor's Column: A Walk through History	6
Feature Story: Graham Bates - Fraser Lions Club	7
Jasper Ridge Cottage	8
Hervey Bay Animal Refuge	10
Community Christmas Events	12
FX of Coffee - Reflections	14
Ambulance Goods Wheel	15
DECEMBER / JANUARY Calendar of Events	16-17
DECEMBER / JANUARY Gig Guide	18-19
Festive Flavours with Celebrity Chef Matt Golinski	20
Makeup & Styling with Leah - 4 hot tips for summer makeu	ıp! 22
Fraser Coast Young Professionals	24
Nourishing Life - Christmas and Family Expectations	24
Summer Fun	25
Dunga Derby by Rally for a Cause - To Give is to Care	26
Delve Into Books with Cate Akaveka	27
LIVE SHOW - Bohemian Rhapsody	28
School Holiday Fun	29
2023 in Pictures	. 30-31
Fraser Coast Seniors	32
Gallery 5	33
Australia Day at the Hervey Bay Historical Village and Museur	n 34
Social Snaps	. 35-37
Fraser Coast Markets	38
DECEMBED / JANUARY TIDE TIMES	70



Beefy Brothers BBQ, all the way from Rockhampton, make a great team

#### **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.



It's a family affair for the team from Love Handles BBQ

#### **Regular Contributors**

Leah Harvey
Cate Akaveka
FCRC Mayor, George Seymour
Juls de Waard, Seniors in Focus
Andrew Sadler
Sara Diana Faraj
Tania Comerford

#### **Photography**

Kim Parnell Stock photography (Pixabay/Unsplash) Contributed

#### **Cover photo:** Kim Parnell

## What's On

#### Produced and Published by Kim Parnell

t/a What's On Hervey Bay ABN: 39 762 265 534

whatsonfrasercoast@outlook.com

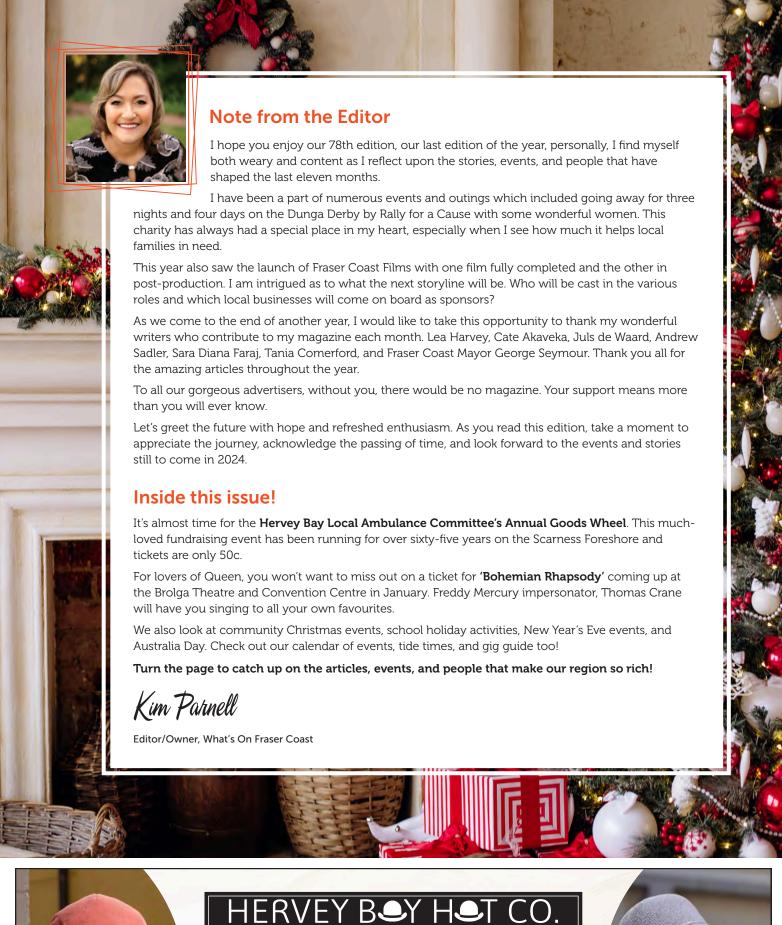
whatsonfrasercoast.com.au

0467 303 171
www.facebook.com/WhatsOnFraserCoast

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

The What's On Fraser Coast Magazine is published monthly and distributed for free across the Fraser Coast region. The magazine is published by Kim Parnell (ABN 39762265534) and printed at Fast Proof Press.

Disclaimer: The information is this magazine is intended as a guide only and does not represent the opinion or view of the publisher. Advertising placed in this publication is assumed that the advertiser is not infringing any copyright, trademark, breach of confidence, or does not infringe the Trade Practices Act or other laws, regulations, or statutes. Whilst reasonable care is undertaken in producing content for this publication, the Publisher does not accept liability for any errors or omissions it may contain.





An iconic shopping destination for the sunsmart and fashion conscious in glorious Hervey Bay.

Our extensive range includes numerous brands and countless styles, offering something for everyone. Let our friendly team find the right hat for you.

On the Esplanade, at the Urangan Pier





Ph 07 4125 7870 (1) www.hbhc.com.au







from the team at Realway Hervey Bay.

ONishing you a

joyous holiday season

RESIDENTIAL SALES AND PROPERTY MANAGEMENT

Phone 41284255

Servicing the Fraser Coast since 2004

www.herveybay.realway.com.au

**363 ESPLANADE SCARNESS** 

#### A WALK THROUGH HISTORY



## The Richard Warne Grave

#### By George Seymour

Some time ago, whilst walking through the Maryborough Cemetery, I came across a very distinctive memorial with two rifles crossed on an obelisk. This is the gravesite of Richard Warne, and it states that he was accidentally killed on his way home from active service on 25 August 1919, aged 21 years.

The story behind this memorial is very tragic.

Richard Warne was born in Maryborough in 1898. Growing up he worked on the family farm at Owanyilla, just south of Maryborough, and did well at school and in sport.

He enlisted in the Australian Imperial Force in March 1916 and by November of that year, he was in the trenches of the Somme Valley.

At Morlancourt, on the night of 28 July 1918, Warne volunteered to serve as stretcher-bearer to retrieve the wounded from a captured position. Whilst under constant attack from heavy machine gun fire and shell fire, he worked

all night and much of the next day to ensure that all of the wounded had been stretchered-in, despite his own fatigue. For this bravery, he was awarded the Military Medal.

Like so many other Australians, Warne could not immediately return home after peace was declared in November 1918 but was sent to England on leave. He would not actually make it back to Brisbane until August 1919. From there he sent a telegram to his family at Owanyilla advising them that he would be coming home aboard the first available train, which would be on the afternoon of 25 August.

Warne was to catch the train with his good mate, George Black, who was also in the 31st Battalion and from Bundaberg. In what seemed like good fortune they were released early and quickly discovered that there was an earlier

train they could catch. This would allow Warne to surprise his family on the morning of the 25th, rather than the afternoon.

It wasn't until after they had boarded the train, and the journey was underway that Warne became aware that this particular train did not stop at Owanyilla. However, being so close to home after years away fighting, Warne decided to jump from the train as it slowed along the station platform at about 5 am.

Saying goodbye to his friend and in the surety that he was finally leaving his military life behind for his much-longed-for family, he threw his kit bag out the open door and jumped after it into the darkness.



However, whilst the kit bag landed safely on the platform, the train was moving faster than Warne realised. He missed the platform, hitting a rock cutting. Warne fell badly and his legs ended up under the train carriages.

Later that morning, at about 7 am, Eva Lay arrived at the isolated station to find the kitbag lying there on the empty platform. She looked around and there, nearby, found the very badly injured body of a soldier beside the track.

Eva then sent her sister to the nearest farm to get help. The owner of the farm ran back to the scene to find the almost lifeless body of a returned soldier crumpled beside the track. One cannot begin to imagine the state of mind of that farmer, Richard Warne Sr when he realised that the young man who lay there was the much-loved and longed-for son who had survived three years of the war and whose homecoming was jubilantly expected later that day.

An ambulance was called for, and it arrived to take the still breathing, but unconscious young soldier into the Maryborough Hospital. Sadly, he passed away in the ambulance, at Tinana, in the arms of his father.



## A caring nature

#### By Kim Parnell

The Fraser Lions Hervey Bay is gearing up for the festive season with their delicious and much-loved Lions Club Christmas Cake. We caught up with two of their volunteers Graham and Shona Bates to find out a little about the couple and about their involvement with Lions.

Graham and his wife Shona have called Hervey Bay home for three and a half years, making the move just before the onset of the COVID-19 lockdown. Their decision to relocate was driven by a desire for a better lifestyle, and the timing coincided with their son's move to Hervey Bay, creating an opportunity for him to potentially take care of them in their later years.

Both originally from New Zealand, Graham from Christchurch and Shona from Wellington, the couple migrated to Australia in 1986 in pursuit of improved opportunities for their family. and they have never regretted their decision.

Now retired, Graham, at seventy-nine, reflects on his journey. Upon his arrival in Australia, he quickly secured a state management position in the plumbing industry within ten days of arrival. Graham's career spanned fifty years in the merchandise business, focusing on plumbing and electrical supplies for various companies. Shona was a paralegal for a solicitor

Married for fifty-three years, Graham and Shona share a strong bond and a great sense of humour. When asked about the secret to a happy marriage, Graham quips, "Give and take, I give – she takes (echoing laughter). Shona adds, "We have become one person and think alike which is really nice".

The couple, parents to three children, grandparents to four, and great-grandparents to three, dedicate much of their time to volunteering for Fraser Lions Hervey Bay. Having been with Fraser Lions since their arrival in Hervey Bay, Graham brings fourteen years of experience from his time with the Morayfield Lions Club and the Mosgiel Lions Club in New Zealand.

Graham has always cared about other people and enjoys helping others. He also likes the camaraderie of the Lions Club and has made some lifelong friends.



Graham & Shona Bates from Fraser Lions selling the Lions Christmas cakes and puddings as part of their annual fundraiser

Fraser Lions has a membership of thirty-two, but an active membership of only about twenty. The group actively engages in community service through fundraising events such as barbecues and selling cakes. They also have a food trailer that is used in collaboration with the SES and local police to provide food for search and rescue teams on site. The couple emphasizes the club's commitment to assisting the community, with an average contribution of twenty-five to thirty thousand dollars per annum over the past three years that goes back into the community.

The Christmas cakes are available in various locations around Hervey Bay. The club has a stand at Stockland Shopping Centre in Pialba near Rockman's, on Thursday's Fridays, and Saturdays, from 9 am until 3 pm. The stand will be there until roughly December 22 or 23 depending on supply.

From December 1 Fraser Lions will sell Christmas cakes at Pialba Shopping Centre as well as offering gift wrapping for a gold coin donation.

Shona, as the membership chair, encourages new members to join, emphasizing the club's welcoming atmosphere. You can contact Shona on 0412 370 416.

Christmas for the Bates family will be about spending time with their son in Hervey Bay and their daughter on the Sunshine Coast and talking to their other daughter in New Zealand via phone. Shona will cook up a cold Christmas lunch with all the traditional Aussie things...with one difference, there will be no Christmas cake at the table as ironically Graham doesn't eat fruitcake so Shona will whip up a raspberry cheesecake instead.





Karen Sullivan welcomes you to follow along on her journey of running a bed and breakfast nestled in Glastonbury, a scenic area of the Gympie Region. Her story is a delightful tapestry woven with rural roots, treasure hunting and culinary flair.

Raised on a farm in the Adelaide Hills, with grandparents as neighbours Karen would often be found in her grandma's kitchen where she was taught everything she knew about baking, so there is no surprise that her strength to this day lies in this skill. Karen loves nothing more than making her famous Brownies, Lemon Meringue Pie and Cookie Dough Cheesecake for guests, family, and friends.

Karen has always had a passion for Vintage & Antiques which stems from searching for treasures in an old, abandoned house on the farm where she grew up. She would often bring home her treasures ranging from anything to an old

coin to a stained-glass window to display.

Fast forward to today and not only does Karen run Jasper Ridge Cottage but she also has an online Vintage & Antique Store called Good Gracious Me Finds.

Karen also has a natural flair for colour and design as she was a Colour Consultant for a Tiling Company for over ten years, so she always knew she wanted to feature tiles as the main substrate in the Cottage for their longevity, striking appearance, and uniqueness. The highlights of the Cottage bathroom is the feature wall of hand-painted tiles which had to be laid individually and the rare Moroccan glass tiles found in the shower niche.

When it comes to Karen's ultimate holiday, she reminisces of the time she travelled to England and stayed in a chocolate box cottage while visiting quaint country villages to browse through antique stores.





### A Sanctuary Of Peace & Quiet



Dasper Ridge Cottage

Gympie Regions newest luxury accommodation

Perfect for a romantic getaway for couples or singles

Super King Bed

Double Spa Bath

Camels, Cattle & Wildlife To Enjoy

Many Complimentary Inclusions

www.jasperridgecottage.com.au









36 Torquay Road, Pialba, opposite Woolies • Phone 07-41284122 🚺 🎯







# OWNING A PET COMES WITH RESPONSIBILITY

#### By Kim Parnell

For the past two years, Kelly Richards has volunteered at the Hervey Bay Animal Refuge in office administration and is also the Treasurer. The refuge has been open since 1977 and takes surrendered or unwanted animals and finds them new homes.

Kelly says. "Contrary to the assumption that all pets at the refuge are unwanted, many find themselves here due to unfortunate circumstances that prevent their owners from continuing to care for them. Despite the heart-wrenching situations they encounter, the volunteers at the refuge always strive towards a positive outcome."

About fifteen volunteers help with the day-to-day running of the refuge and at the time of writing this article, the refuge had seven dogs and nine cats up for adoption.

The Nikenbah Markets serve as the primary fundraiser, with all proceeds going to the refuge.

The Hervey Bay Animal Refuge is entirely independent and is not affiliated with the local council. It operates as a non-profit organisation, with all animals housed on-site and a live-in caretaker ensuring their well-being. However, maintaining a refuge for animals involves substantial costs, and the refuge is continually grateful for any donations that come their way.

In her role as Treasurer, Kelly Richards emphasizes the financial challenges the refuge faces. Rising living costs have resulted in fewer donations. Donation bins at Eli Waters Woolworths and Coles Pialba, along with donation tins scattered across the region, offer opportunities for the community to contribute. So, next time you go shopping consider buying a few extra tins or packets of wet or dry food and dropping them in the bins.

The animals at the Hervey Bay Animal Refuge have ample space to roam and socialise once the gates are closed at the end of the day. The emphasis on both emotional and physical wellbeing is evident in the daily cleaning routines, twice-daily walks for dogs, and opportunities for cats to roam freely in a homely cattery.

A great success story highlights the emotional and psychological struggles many animals endure. Kelly explains that upon arrival, Rocco, a timid dog, resisted efforts to socialise and adapt to the refuge environment. He just didn't come out of his shell and stayed in the corner shaking. One day a lady walked in and knew that Rocco was the dog for her, adopted him, picked him up, and carried him out to the car. She sent us an update a few weeks later and he was running and jumping in a dam on a farm and looked so happy. It gave me goosebumps.



Kelly and the team get some great feedback and updates on the progress of the dogs and cats when they settle into their new homes which makes it all worthwhile and reminds them why they do what they do.

Collaboration with an Eli Waters vet ensures that all surrendered animals are vet-checked by the owner first before the animal is accepted into the refuge. They also receive their vaccinations, microchipping, and desexing before adoption.

Kelly advises us that buying a pet for someone else as a Christmas present is never a good idea. She urges you to do

your research first and remember that the cute little puppy, depending on breed, could grow into a big dog. Also, let the person you are buying for come with you as quite often the dog is the one that does the choosing. Owning a pet is a responsibility that should not be taken lightly.



To find out more about The Hervey Bay Animal Refuge, including opening hours, head to Facebook at <a href="https://www.facebook.com/HBAnimalRefuge">www.facebook.com/HBAnimalRefuge</a>.

Their Facebook page is regularly updated with the beautiful faces of the cats and dogs who are waiting for their forever home.





FRIDAY, DECEMBER 1

#### **Hervey Bay Christmas Tree** Lighting at Food n Groove

Where: Seafront Oval, Charlton Esplanade, Pialba - Hervey Bay

> Cost: Free Event Time: 4 pm - 9 pm

Join us at Food n Groove on Seafront Oval for the official lighting of the Hervey Bay Christmas Tree with a visit from Santa too!

#### SATURDAY, DECEMBER 2

#### Carols in the Village

Where: Hervey Bay Historical Village and Museum 13 Zephyr Street, Scarness

> Cost: \$2 entry Children under 14 free

Time: Gates open at 5 pm, Carols start at 6 pm

Special visit from Santa, BYO blanket, or chair. Food and drinks are available. Proceeds from this Annual Event will be donated to Fraser Coast Hospice in Urraween.

#### SATURDAY, DECEMBER 2

#### **Bauple Christmas Music**

Where: Bauple Recreation Grounds 18 Forestry Road, Bauple

> Cost: Free Event Time: 3 pm - 9 pm

The Bauple Community comes together for an afternoon of Live Music, raffles, markets, fun for the kids, and a whole lot of Christmas cheer!

There will be live music from Stix N' Strings, Martin Enock, Marshall Brothers, Anne Nichols Band, Gezellig, and Tommyrots.

#### SATURDAY, DECEMBER 2

#### Maryborough Carols -The Big Give

Where: Harland Carpark, Maryborough Lennox Street, (Opposite City Hall) Maryborough

Cost: Free Event

Time:

Pre-show entertainment - 5.30 pm Carols from 6.30 pm

Presented by Fraser Coast Events and Reach Church

#### SATURDAY, DECEMBER 9

#### Christmas in the Park Boonooroo

Where: Boonooroo Sport & Recreation Ground 107 Eckert Rd, Boonooroo

Cost: Free event

Time: 3 pm - 8 pm

The Boonooroo Progress Association invites you to 'Christmas in the Park' with live music from Derek F. Smith and Maria Whittaker. There will be giant games, and food and drink available too.

#### SATURDAY, DECEMBER 9

#### **Hervey Bay Christmas Market**

Where: Hervey Bay Community Centre - 22 Charles St, Pialba

Cost: Free

Time: 10 am - 3 pm

Join us at the Hervey Bay Community Centre for a festive Christmas Market. Find locally crafted gifts for your family and friends.

#### SATURDAY, DECEMBER 9

#### Hervey Bay RSL Carols by Candlelight

Where: Seafront Oval -Pialba, Hervey Bay

Cost: Free

Time: 6 pm - 8 pm

Join us for a night of fun and a Christmas celebration, including fireworks.

The much-loved Hervey Bay RSL Carols by Candlelight are back!

More info can be found at www.herveybayrslcarols.com.au

#### SATURDAY, DECEMBER 9

#### **Toogoom Christmas Fair**

Where: Toogoom Community Hall -140 Toogoom Rd, Cnr O'Regan Creek Rd and Toogoom Road.

Cost: Free

Time: 7.30 am - 1.30 pm

Christmas-themed fair with a jumping castle, snow cones, craft stalls, car boot sale, games for the kids and a visit from Santa.

#### SUNDAY, DECEMBER 10

#### **Glenwood Community Centre Christmas Festival**

Where: Glenwood Community Hall, 13 Pepper Rd, Glenwood

Cost: Free event

Time: 3 pm - 6 pm

Live music, Markets, a visit from Santa, craft activities for children, sausage sizzle and cold drinks.

#### **TUESDAY, DECEMBER 12**

#### **Burrum Heads Carols by** Candlelight

Where: Burrum Heads Christian Community Church - 48 Howard St, Burrum Heads.

Cost: Free entry Time: 6.15 pm - 7 pm

Christmas is heading our way and so are the annual Carols by Candlelight. Join us in the grounds of the Church from 6.15 pm for some food and singing.

Local musicians Hervey Bay City Musicians and Burrum Heads Ukelele Group are leading the Christmas carols singing from 7 pm to 8.30 pm.

#### SATURDAY, DECEMBER 16

#### Maryborough CBD Street Party

Where: City Hall Maryborough -Kent St and Adelaide St

> Cost: Free entry Time: 4 pm 8 pm

It's a celebration of music and entertainment, delectable food and drink, our boutique Candy Cane Lane Markets, kid's rides, competitions, and more!

#### DECEMBER 16 - DECEMBER 31

#### **Annual Ambulance Goods Wheel**

Where: Scarness Park, Hervey Bay

Cost: Tickets 50c

Time: 7 pm - Nightly (except Christmas Day) (See page 12 for full story)

You can find more about each event on Facebook



12

What's On







OF MAY 2023 WITH TWO COACHES ATTENDING!

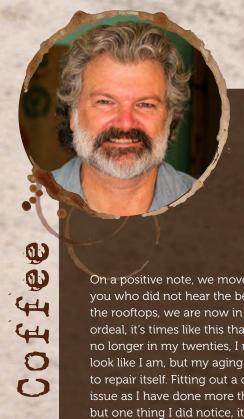
**G&D ROSS** 

**Bus Charters** 

1197 Bidwill Rd, Maryborough Qld 4650 rossbuscharters@bigpond.com www.ganddrossbuscharters.com.au

For more information or enquiries please

contact Greg & Donna Ross.



## **REFLECTIONS**By Andrew Sadler

At this time of year, we look back at the year that was and forward to the year ahead. Looking back, it was with great sorrow that we lost three fantastic people, firstly Charlie and then the two Bobs, each man of great stature, which reminds me of an old Maori saying, "Kua hinga te totara i Te Waonui-a-Tane." Roughly translated means the Totara Tree has fallen in Tane's Great Forest. All men were great in their own right and shall be forever remembered.

On a positive note, we moved. So, for those of you who did not hear the bells and shouting from the rooftops, we are now in Fraser St. What an ordeal, it's times like this that remind me that I am no longer in my twenties, I might kid myself that I look like I am, but my aging body is taking longer to repair itself. Fitting out a café has never been an issue as I have done more than I care to admit, but one thing I did notice, it is always easier and with less problems arising when you're using someone else's money. But we have finally made it to the end thanks to everyone who went out of their way to assist in the process from the Fraser Coast Environmental Health Officers to all the tradies too many to individually mention in such a short space. We made it, without your help and assistance we may have eventually made it, but maybe not until next year sometime.

We lost a much-loved staff member who in her words "could never be replaced", apparently University was more important, tah!! We still miss you Jaz. But on the flip side, we did get Olivia and she has her own spin on things. Fortunately, or unfortunately, she fell into the mould set by us too easily, and yet again, she is going to this University place!

By the time this comes out we will be celebrating our 9th Birthday and raising more funds for local charities so please come down and donate. Local Charities have enough to battle charity fatigue and pit themselves against big multi-national charities, so let us give our locals a small helping hand. Watch our social media pages for times and places.

I am looking forward to next year, as I am going to attempt to interview more Women in Business, recognising those who mostly go unrecognised for all of their fantastic work.

There will be more work with the Dunga Crew of Expresso Yourself, Car #3. Fundraising is an ongoing thing and never stops, again working in with our locals' supporting locals.

Changes will be afoot in the café with a slightly different food selection becoming available, we definitely will not be operating as a breakfast lunch restaurant but there will be bigger dine-in options available with perhaps a couple of lunches on the agenda. Also, we will be looking at the small-function market, so watch this space.

But that's enough of my self-promotion, it goes without saying that without Kim at What's On, I wouldn't have this little verbal outlet, her patience with me is incredible. To my customers who are really family, I believe it's time for another BBQ, you all know what that means, hopefully at the end of January after Australia Day. I would also like to thank you all for following us on our latest adventure.

To my long-suffering staff, Lavina, Olivia, and our youngest Holli, without you guys, this dream would never have come to fruition. So, to everyone, Merry Xmas, stay safe and have a wonderful joyful festive season, and lastly to quote an old Movie, "Party On Dudes!"

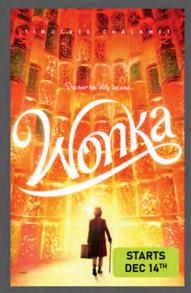


### Nothing beats watching a movie on the BIGSCREEN!









LICENCED BAR · CAFE · DELUXE SEATING - TREAT YOUR FAMILY OVER THE HOLIDAYS!







128 Boat Harbour Drive, Pialba • mybigscreen.com.au

Check our Facebook and website for current sessions



### SPIN THE WHEEL FOR CHARITY

For over 65 years, the Hervey Bay Local Ambulance Committee's Annual Goods Wheel has been held on the Scarness Foreshore over the Christmas holidays. This year the much-loved event will run from Saturday, December 16 to Sunday, December 31.

The evenings have become a tradition for many local families and holidaymakers. The event is held nightly from 7 pm (Except Christmas Day).

A certain allocation of tickets are sold before the wheel is spun.

Tickets are just 50 cents each. All winning ticket holders get to choose their own prize from the huge range on display. Prizes may include toys, kitchen and homewares, Manchester, small electrical items, camping, gardening, fishing, auto items, and so much more. All prizes are sourced and purchased locally by the Hervey Bay LAC.

In previous years Santa has even made an appearance.

The Ambulance Goods Wheel could not run without support from local service clubs and groups who volunteer their time to sell tickets.

Proceeds from the Goods Wheel support Queensland Ambulance through the Local Ambulance Committee. This year the LAC purchased a vehicle for the River Heads First Responders, a volunteer-based team providing "First Responders" assistance for the River Heads community, being the first on scene at any Medical Emergency in the



Local Ambulance Committee members, alongside our local Ambulance Officers and our First Responders based at River Heads

area, who provide medical assistance until Paramedics can arrive.

The group had been using their own private transport. The new vehicle is fitted out with all telecommunication equipment, sign writing, emergency lights, and medical equipment to make their job safer and better equipped.

Please note:

- All patrons are to bring their own chairs and/or picnic blankets.
- A limited number of prize winners will be allowed on the stage at one time.

The Hervey Bay Goods Wheel is the only one still running in Queensland! So come on down, bring your folding chairs and 50-cent pieces, and join in the fun.

## Calendar of Events **DECEMBER & JANUARY**

#### Nov 24 - Dec 10

#### 'Chook Chook' and 'Snagged'

Two one-act plays Z-PAC Theatre, Scarness Tickets -

#### www.zpactheatre.com.au

#### Sat, Dec 2

#### Carols in the Village

\$2 entry - Children under 14 free Gates open 5 pm, Carols start at 6 Hervey Bay Historical Village and (More info page 12)

#### Sat, Dec 2 Maryborough Parkrun

(Every Saturday) Brief 6.50am FREE 5km timed event Cheapside St (Don't forget your barcode)

#### Wed, Dec 6

#### Meet the Neighbours Outreach Trailer - Creating Connected Communities

3 pm - 4.30 pm Lions Park Burrum Heads

#### Thu, Dec 7 **Festival of Small Halls Summer Tour - Butchulla Country**

Doors open 6.30 pm Cost involved Dundowran Hall, Hervey Bay Tickets - find the event on

## 

#### Tue, Dec 12 **Burrum Heads Carols by** Candlelight

6.15 pm - singing from 7 Free entry Burrum Heads Christian Community Church (More info page 12)

#### Fri. Dec 1

Sat, Dec 2

Dance School

Sun, Dec 3

Wed, Dec 6

10 am - 2 pm

Gatakers Artspace

Sat, Dec 9

10 am – 3 pm

22 Charles St

(More info page 12)

attendance.

Centre

Dresens Ballet School

Food n Groove Fridays Includes Christmas Tree Lighting From 4 pm-9 pm FREE event Seafront Oval, Hervey Bay

Disco Inferno - Toni Robinsons

A Million Dreams featuring The

Tickets: www.brolgatheatre.org

Brolga Theatre & Convention

**Creative Space Print Studio** 

Experienced printmakers are in

Entry is free and visitors welcome

Hervey Bay Christmas Market

Hervey Bay Community Centre -

Wednesdays and Saturdays

Nutcracker "Land of the Sweets"

Tickets: www.brolgatheatre.org

Brolga Theatre & Convention

#### Sat, Dec 2

#### **Howard and District Creative Arts Group Christmas Market**

8 am - 12 noon Torbanlea Hall, Robertson St Torbanlea

#### Sat, Dec 2

#### Maryborough Carols - The Big Give

Pre-show entertainment - 5.30 pm Carols from 6.30 pm Harland Park (opposite City Hall) (More info page 12)

#### Sun, Dec 3

#### **Everything Equine Event &** Market

8 am – 2 pm Admission – Gold coin donation Maryborough Showgrounds & Equestrian Park

#### Thu, Dec 7

#### **Just for Laughs Comedy Open** Mic Night

6.30 pm Smokey Joe's Café Bar &

At the Ramada Hervey Bay Find the event on Facebook

#### Sat. Dec 9

#### **Toogoom Christmas Fair**

7.30 am - 1.30 pm Free Toogoom Community Hall 140 Toogoom Rd (More info page 12)

#### Legacy - Hervey Bay Dance

Tickets: www.brolgatheatre.org

#### Sat, Dec 9

Fri, Dec 15

11 am - 2 pm

**Christmas Party** 

Hervey Bay RSL Carols by Candlelight Gates & Pre-entertainment from 4.30 pm

All Abilities Park, Esplanade, Hervey

RSVP Paul - 0478 698 794

Event by My Disability Care

Main program from 6 pm Free Community event Seafront Oval, Pialba

#### Sun, Dec 10 Christmas Ride

7 am

Toogoom Bike Trail Find the event on Facebook

#### Fri, Dec 15 - 17 Peter Pan by Macabre Theatre

Tickets: www.brolgatheatre.org Brolga Theatre & Convention Centre

#### Fri, Dec 15 - 16

#### Fraser Coast Big Book Sale

Event by Rotary Club of Hervey Bay Sunrise Fri – 1 pm – 4 pm Sat – 7.30 am – 2 pm BYO bag or box Hervey Bay Neighbourhood Centre

#### Sat, Dec 2

#### **Photography Exhibition** Opening

3 pm – 5 pm Photographer – Eric Brandseth Maryborough Arts Society 228 Kent St, Maryborough

#### Sat, Dec 2

#### Hervey Bay Parkrun

(Every Saturday) Brief 6.50am FREE 5km timed event Urangan Pier (Don't forget your barcode)

#### Sun, Dec 3

#### Fraser Coast Toy Run 2023

10th anniversary Fraser Coast Independent Riders Start 7 am from the Brolga Theatre, Maryborough Leaving 9 am

Registration is a gold coin Call Julie: 0400 690 981

#### Thu, Dec 7

#### Morning Melodies -**Christmas with Karen Knowles**

11 am - 12.30 pm Tickets: www.brolgatheatre.org Brolga Theatre & Convention

Centre

#### Sat, Dec 9

Sun, Dec 10

9 am – 1 pm

Sunday in the Park

Markets/brass band/food

Queens Park, Maryborough

#### School

Brolga Theatre & Convention Centre

## Brought to you by WHAT'S ON FRASER COAST

Community Christmas events on page 12 | School Holiday activities on page 29 Full market list on page 38 | Gig Guide on page 18-19

#### Sat. Dec 16 - 31

Annual Ambulance Goods Wheel Hosted by the Hervey Bay Local Ambulance Committee Nightly – 7 pm – (Excluding Christmas Day) Scarness Foreshore, Opposite Beach House Hotel



#### Sat, Dec 16

Maryborough CBD Street Party

4 pm – 8 pm Free entry City Hall Maryborough (More info page 12)

### Sun, Dec 17 Bay to Beers Reloaded

Club/Social ride Event by Giant Hervey Bay 7 am Bill Fraser Park

#### Mon, Dec 25

**Christmas Day Parkrun** 

6.45 am

(Dependent on volunteers) Event by Maryborough Parkrun Anzac Park & Ululah Lagoon, Maryborough

#### Mon, Dec 25 Mon, Dec 25

Hervey Bay RSL Community Christmas Day Lunch 11.30 am -2.30 pm

To book, go to www.hbnc.com. au/events Or call 4194 3000

Or call 4194 3000 Hervey Bay Community Centre

#### Sat, Dec 30

Tiaro Bulls & Barrels 2023

Gates open 2.30 pm – actions starts 3.30 pm Cost involved

Cost involved

Tiaro Rec Grounds

Find the event on Facebook

#### Sun, Dec 31

Maryborough Cricket Club Family Fun Fair

5 pm – 9 pm Free entry Fireworks 46 Ariadne St, Maryborough

#### Sun, Dec 31

Pier Park, Urangan

Parkrun

Hervey Bay New Year's Eve by the Beach – Bill Fraser Park, Torquay

**Christmas Day at Hervey Bay** 

Event by Hervey Bay Parkrun

Urangan Pier – 6.50 am

Normal markets 7 am – 1 pm (Opposite Torquay Hotel) Twilight Markets 2 pm – 8 pm Cost: free – live music Fireworks from 8 pm



#### Mon, Jan 1

New Year's Day Parkrun

6.50 am

Maryborough Parkrun Anzac Park and Ululah Lagoon (Don't forget your barcode)

#### Mon, Jan 1

New Year's Day at Parkrun Hervey Bay

6.50 am Hervey Bay Parkrun Urangan Pier (Don't forget your barcode)

### Fri, Jan 5 Food n Groove Fridays

4 pm – 9 pm Free entry Seafront Oval, Hervey Bay

#### Sat, Jan 13 Kondari BBQ Festival

From 10 am Kondari-Hotel, Hervey Bay Find the event on Facebook

#### Wed, Jan 17

Manpower Australia

Brolga foyer – 18+

Tickets: www.brolgatheatre.org Brolga Theatre & Convention Centre

#### Sat, Jan 20

Bohemian Rhapsody 8 00 pm

Tickets: www.brolgatheatre.org Brolga Theatre & Convention Centre



#### Fri, Jan 26

Australia Day at the Hervey Bay Historical Village & Museum

9.30 am - 3 pm

\$5 entry per adult, children under 14 free.

A great day out for the whole family (More info, page 34)



Fri, Jan 26
Australia Day

be cancelled, change edge. What's On Fraser

If you have an event to add for future editions, please send details to whatsonfrasercoast@outlook.com.

**Disclaimer** - All event details are correct at time of print. Events can be cancelled, change location, 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.



Ph: 07 4334 0444

✓ admin@timeoutds.comf timeoutdisabilityservices

7 Day Flat Rate Pricing
Social Activities
Capacity Building
In Home Support
Community Inclusion

Supported Travel & Transport
Fishing & Camping



## GIG GUIDE

### LIVE MUSIC ON THE FRASER COAST

#### HERVEY BAY

#### The Beach House Hotel

#### **DECEMBER**

Fri 1, 8:30 pm, Shane Allsop Sat 2, 9 pm, Sons of Leon Sun 3, 2 pm, Darren Marlow

Mon 4, 5:30 pm, Doug Edwards Tue 5, 5:30 pm, Franky Busta Wed 6, 5:30 pm, Shannon Young Thurs 7, 5:30 pm, Emma Newman Fri 8, 8:30 pm, Dan Hodgson Sat 9, 9 pm, Bad Attitude Sun 10, 2 pm, Tash

Mon 11, 5:30 pm, To be advised Tues 12, 5:30 pm, Aaron Westlake Wed 13, 5:30 pm, Andrew Copland Thurs 14, 5:30 pm, Emma Newman Fri 15, 8:30 pm, Shane Allsop Sat 16, 9 pm, The Curlews|Sun 17, 2 pm, Shane Allsop

Mon 18, 5:30 pm, Doug Edwards Tues 19, 5:30 pm, Franky Busta Wed 20, 5:30 pm, Shannon Young Thurs 21, 5:30 pm, Emma Newman Fri 22, 8:30 pm, Tim Earle & Co Sat 23, 9 pm, Dogwood Trio Sun 24, 2 pm, Doug Edwards

Mon 26, 1 pm & 6 pm to be advised Tues 27, 5:30 pm, Aaron Westlake Wed 28, 5:30 pm, Emma Newman Thurs 29, 5:30 pm, Tash & Tones Fri 30, 8:30 pm, Dirt & Diesel Sat 31, 9 pm CLEAR EFFECT

(January music, to be advised)

#### Bayswater Bar & Grill

#### **DECEMBER**

Fri 1, 5 pm, Brad Turner Sat 2, 5 pm, Doug Edwards Sun 3, 1 pm, Alex Newberry

Fri 8, 5 pm, TBA Sat 9, 5 pm, Will Rammage Sun 10, 1pm, Bevan Spiers

Fri 15, 5 pm, Doug Edwards Sat 16, 5 pm, Joel Spence Sun 17, 1 pm, Doug Edwards

Fri 22, 5 pm, Bevan Spiers Sat 23, 5 pm, Frank Benn Sun 24, 1 pm, Frank Benn

Fri 29, 5 pm, Rick K Sat 30, 5 pm, Rick Manych Sun 31, 1 pm, Alex Newberry Sun 31, 8 pm, Fools Errand

#### **JANUARY**

Fri 5, 5 pm, Will Ramage Sat 6, 5 pm, Rick Manych Sun 7, 1 pm, Shannon Young

Fri 12, 5 pm, Matt Phillips Sat 13, 5 pm, Rick K Sun 14, 1 pm, Brad Turner

Fri 19, 5 pm, Aaron Westlake Sat 20, 5 pm, Frank Benn Sun 21, 1 pm, Aaron Westlake

Fri 26, 5 pm, Doug Edwards Sat 27, 5 pm, Bevan Spiers Sun 28, 1 pm, Nicko Rolfe

#### Hervey Bay RSL

#### **DECEMBER**

Fri 1, 11.30 am, Trevor Judge Fri 1, TBA Sat 2, 8 pm, Forbidden Road

Fri 8, 11.30 am, Brad Sorenson Fri 8, 6 pm, Hank Vann Sat 9, 8 pm, Red Betty

Fri 15, 11.30 am, Trevor Judge Fri 15, 6 pm, Pete Baker Sat 16, 8 pm, Forbidden Road

Fri 22, 11.30 am, Trevor Judge Fri 22, 6 pm, Frank Benn Sat 23, 8 pm, The Lowdown Sun 24, 12 pm, Matt Phillips

Fri 29, 11.30 am, Trevor Judge Fri 29, 6 pm, Rick Manych Sat 30, 8 pm, Trainwrecks Sun 31, 8 pm, Brad Sorenson

#### **JANUARY**

Fri 5, 11.30 am, Billy Guy Fri 5, 6 pm, Andrew Copland Sat 6, 8 pm, Bad Attitude

Fri 12, 11.30 am, Trevor Judge Fri 12, 6 pm, Bevan Spiers Sat 13, 8 pm, Fools Errand

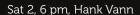
Fri 19, 11.30 am, Trevor Judge Fri 19, 6 pm, Brad Sorenson Sat 20, 8 pm, Dogwood Crossing

Fri 26, 11.30 am, Trevor Judge Fri 26, 6 pm, Rick K Sat 27, 8 pm, Shades Trio Sun 28, 12 pm, Frank Benn

The Clubhouse Hervey Bay

#### DECEMBER

Fri 1, 6 pm, Frank Benn



Fri 8, 6 pm, Cassidy Mackie Sat 9, 6 pm, Alex Newberry

Fri 15, 6 pm, Joel Spence Sat 16, 6 pm, Sam Maddison

Fri 22, 6 pm, Alex Newberry Sat 23, 6 pm, Emma Newman

Fri 29, 6 pm, Brad Turner Sat 30, 6 pm, Shannon Young Sun 31, 6 pm, Doug Edwards

#### **JANUARY**

Fri 5, 6 pm, Aaron Westlake Sat 6, 6 pm, Frank Benn

Fri 12, 6 pm, Rick K Sat 13, 6 pm, Doug Edwards

Fri 19, 6 pm, Emma Newman Sat 20, 6 pm, Andrew Copland

Fri 26, 6 pm, Brad Turner Sat 27, 6 pm, Doug Edwards

Smokey Joe's Restaurant
Bar and Grill

#### DECEMBER

Fri 1, 6.00 pm, Andrew Copland Sat 2, 6.00 pm - Andrew Copland



## DECEMBER 2023 -JANUARY 2024

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

#### B A Y (cont.) HERVEY

Fri 8, 6.00 pm, Al Davies Sat 9, 6,00 pm, Vibeke Voller

Fri 15, 6.00 pm, Scottie Angeles Sat 16, 6.00 pm, Vibeke Voller

Fri 22, 6.00 pm, Scottie Angeles Sat 23, 6.00 pm, Doug Edwards

Fri 29, 6.00 pm, Doug Edwards Sat 30, 6.00 pm, Jon Vea Vea

#### **JANUARY**

Fri 5, 6.00 pm, Scottie Angeles Sat 6, 6.00 pm, Andrew Copland

Fri 12, 6.00 pm, Doug Edwards Sat 13, 6.00 pm, Al Davies

Fri 19, 6.00 pm, Scottie Angeles Sat 20, 6.00 pm, Vibeke Voller

Fri 26, 6.00 pm, Jon Vea Vea Sat 27. 6.00. Vibeke Voller

#### **Hervey Bay Boat Club**

#### **DECEMBER**

Fri 1, 6.00 pm, Radio Star Sat 2, 6.00 pm, Derek F. Smith Sun 3, 3.00 pm, Frank Benn

Fri 8, 6.00 pm, Shane Allsop Sat 9, 7.00 pm, Radio Star Sun 10, 1.00 pm, Shaun Beckett

Fri 15, 6.00 pm, Derek F. Smith Sat 16, 6.00 pm Darren Marlow Sun 17, 2.00 pm, Aaron Westlake

Fri 22, 6.00 pm, Dean Gray Sat 23, 7.00 pm, Clear Effect Sun 24, 2.00 pm, Andrew Copland

Fri 29, 6.00 pm, Treva Scobie Sat 30, 6.00 pm, Foreign Currency NYE Sun 31, 5.00 pm, Brian Speirs NYE Sun 31, 8.00 pm, Rhubarb Tarts

#### **JANUARY**

Fri 5, 6.00 pm, Derek F. Smith Sat 6, 6.00 pm, Radio Star Sun 7, 2.00 pm, Shane Allsop

Fri 12, 6.00 pm, Frank Benn Sat 13, 6.00 pm, Aaron Westlake Sun 14, 2.00 pm, Ladybyrd Duo

Fri 19, 6.00 pm, Darren Marlow Sat 20, 6.00 pm, Treva Scobie Sun 21, 2.00 pm, Shaun Beckett

Fri 26, 6.00 pm, Brian Speirs Sat 27, 6.00 pm, Foreign Currency Sun 28, 2.00 pm, Andrew Copland

#### ARYBOROUGH

#### Maryborough Sports Club

#### **DECEMBER**

Fri 1, 7.30 pm, Brian Speirs Sat 2, 7.30 pm, Mark Weare

Fri 8, 7.30 pm, Neil Wenck Sat 9, 7.30 pm, Graeme Jensen

Fri 15, 7.30 pm, One For The Road Sat 16, 7.30 pm, Travis Colins Tickets \$52.05

Sun 17,12.30 pm, Billy Guy Xmas Draws

Fri 22, 7.30 pm, 2EZ

Sat 23, 6.30 pm, Drag Queen Bingo

Tickets \$25

Tue 26, 12.00 pm, Boxing Day Bash With Aaron Westlake

Fri 29, 7.30 pm, Roger Lewis Sun 31, 7.30 pm, Rock n Rolla Billys

#### **JANUARY**

Fri 5, 7.30 pm, Brad Sorensen Fri 19, 7.30 pm, Billy Guy Sat 20, 7.30 pm, Derek Smith Sat 27, 7.30 pm, One For The Road Sun 28, 12.30 pm, One For The Road



#### **DECEMBER**

Fri 1, 6.30 pm, Derek F Smith Sat 2, 7 pm, Red Betty

Fri 8, 6 pm, Merlin Solo Sat 9, 7 pm, Rhubarb Tarts

Fri 15, 6 pm, Andrew Copland Sat 16, 7 pm, Rhubarb Tarts

Fri 22, 6 pm, The Lowdown Sat 23, 7 pm, Forbidden Road

Fri 29, 6 pm, Frank Benn Sat 30, 7 pm, Doug Edwards Sun 31, 8 pm, Wild Child Band

(January music, to be advised)



## FESTIVE FLAVOURS

### With Celebrity Chef Matt Golinski



Celebrity Chef Matt Golinski, a familiar face in our region, dazzles with his spectacular dishes at popular events across the Fraser Coast. In the spirit of the season, Matt graciously shares with us two of his festive recipes that are sure to leave your guests craving for seconds. Kim Parnell, Editor.

Roasted Baby Beets, Grilled Haloumi, Chickpeas, Orange and Mint

#### SERVES FOUR

#### Ingredients:

2 bunches baby beets 200gm haloumi, cut into ½ cm slices

1 x 400gm tin chickpeas, drained and rinsed

1 red onion, cut into wedges

2 oranges, peeled and cut into 8 pieces

½ cup fresh mint leaves

1 tsp Dijon mustard

30ml red wine vinegar

60ml olive oil

Salt and pepper

#### Method:

Lightly rub the beets with vegetable oil and roast at 180° for 20 -25 minutes or until tender when pricked with a knife.

Rub off the skins with your hands or scrape off with a small knife and slice into circles or wedges.

On a separate tray combine the chickpeas and red onion drizzle with olive oil and salt, and roast for 20 minutes or until the onions are soft.

Whisk together the mustard, vinegar, and olive oil and season with salt and pepper.

Lightly oil the haloumi slices and grill in a hot grill pan on both sides until crispy.

Toss with the beets, chickpeas, red onions, orange, mint, and dressing, and serve while the haloumi is still nice and hot.





#### Mango and Lychee Pavlova

#### SERVES EIGHT

#### Ingredients:

4 large pastured free-range egg whites

300gm castor sugar

2 tsp cornflour

1 tsp white vinegar

500ml cream, whipped

2 mangoes, sliced

250gm lychees, peeled and deseeded

#### Method:

Preheat oven to 120°C.

Using an electric mixer, whisk egg whites until soft peaks form, then with the motor running slowly add the sugar a little at a time and continue to whisk until glossy and thick and all the sugar granules have dissolved.

Gently fold in the cornflour and vinegar and scrape onto a baking tray lined with baking paper, shaping into a rough circle about 25cm in

Bake for 1 hour, then turn off the oven and allow the pavlova to cool completely before removing it.

Once completely cool, gently transfer the pavlova to a serving plate, top with whipped cream, and arrange the mango slices and lychees on top. Serve immediately with vanilla ice cream.

Mango and

Lychee Pavlova



Stunning uninterrupted ocean & island views are perfect for your next breakfast or lunch date.

Fresh local produce & seafood.

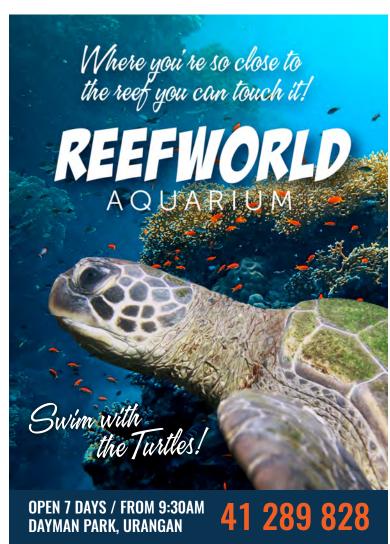
Award winning wedding venue.



PHONE: (07) 41946733

ON THE BEACH - DAYMAN PARK, URANGAN, CNR KENT & PULGUL ST Email: waterfrontherveybay@gmail.com







# with Peah

#### 4 hot tips for Summer makeup!



Those hot summer days are knocking on our doors, which means bronzed and luminous makeup takes centre stage (as I grin from ear to ear like a Cheshire cat!).

I'm always interested when I hear women say that they can't wear makeup in summer coz' it "just melts off". In my opinion, if this is happening,

you're not wearing the right products. Or more correctly, you haven't changed your skincare and/or makeup products to reflect the weather change from winter to summer.

Here's a few tips for your summer makeup that may help:

#### Switch to a lighter base - BB creams and very finely milled powders.

You may need to adjust what primer you're using too. So, if that means in winter, you're using a heavier moisturiser/primer before foundation, you may need to look at a lighter primer that's not too moisturising for the skin.

I'd also highly recommend switching to BB creams in summer. If nothing else, just for your daily base. BB's are much lighter on the skin but the good ones still have amazing pigment levels in them so you can still achieve a flawless skin look without the thicker foundation feeling.

An important point to add here is the use of powders in summer. You may need to use more of it than in winter. I'm not a massive fan of over-powdered skin as I feel that it can age women a billion years! But, if you invest in high-quality, finely milled translucent powders, you can still powder to the level you need to in summer without the skin looking cakey.

#### 2. Less eye makeup- just add lashes!

If you struggle with your eye makeup melting off, you need to be using an eye primer. You apply this product to the bare skin before you go in with any eyeshadow work. This will be a game-changer!

The other option is to scale back on your eyeshadow altogether, which is uber-chic right now and very on trend. Sometimes I like to go with barely any eyeshadow and just a set of lashes for an event. Lashes make the world go round ladies!! (and honestly make most eye shapes sing!)



#### 3. Bold bright lips.

This is the quickest and best way to make it look like you've put a lot of effort into your makeup! Think bright intense fuscias, oranges, reds, and corals-they're all a beautiful way to add that summer pop to your makeup

I will often wear no (and I mean zero) eye shadows and just pop on a bright lip. I've had people say, "Gosh I love your makeup, especially your eye makeup", and when I tell them I have no eye makeup on they're utterly confused! It's all in the bright lip - makes everything look polished and 'done'.

#### 4. Match the foundy to the tan.

One last point to make here is about your colour matching in regards to foundation. If you're a fake tanner, you HAVE to ensure your face skin colour matches the skin of your shoulders, arms, and decolletage. If you don't, you'll look sick! A paler face than the rest of the body is a recipe for aging you a billion years and can tend to make women look ill too. Investing in 2 foundy shades- a shade for winter and a shade for summer will help in this area.

Well, that wraps up an absolutely awesome year of articles for 2023. Thank you for all the support throughout the year. Wishing you and your loved ones a spectacular summer and festive season, and I look forward to putting pen to paper again in the new year!

Much love, Leah xx

#### 0439 723 832

leahharveystyling@bigpond.com

- @leah.harvey.styling
- leahharveymakeupandstyling





## In The Heart of Hervey Bay



**Large, Level Lots** 



**Central Location** 



**Close to Amenities** 

Huntingdale Central is Hervey Bay's newest premium land release.

Comprising over 170 lots and situated in the heart of Hervey Bay,
Huntingdale Central is located approximately 3 km south of the Hervey Bay

Esplanade and its naturally stunning beaches.

Huntingdale Central's convenient address is surrounded by both public and private, primary and secondary schools with many established facilities and amenities close by.

Lot sizes ranging up to 1,185m2 (average 806m2)

Land from \$235,000

Stage 1 & 2 currently under construction

Your new Hervey Bay lifestyle awaits

Call 0407 099 697 Visit huntingdalecentral.com.au



#### The Fraser Coast Young Professionals

### The Transformative **Power of Goal Setting** for Young People

#### By Sara Diana Faraj

Setting goals is a powerful practice that can shape the trajectory of a young person's life, providing direction, purpose, and a roadmap for success. In an era where distractions abound and choices are vast, goal setting stands out as a crucial skill that equips young individuals with the tools needed to navigate the complexities of life.

One of the primary benefits of goal setting for young people is the clarity it brings to their aspirations. By articulating what they want to achieve, whether academically, personally, or professionally, they gain a clear vision of their objectives. This clarity, in turn, fuels motivation and determination, essential ingredients for overcoming obstacles and persevering through challenges.

Moreover, goal setting cultivates a sense of responsibility and accountability. As young people set specific, measurable, achievable, relevant, and time-bound (SMART) goals, they learn to take ownership of their actions. This sense of accountability fosters a proactive mindset,

encouraging them to make choices that align with their aspirations and values.

Goal setting also nurtures resilience in the face of setbacks. Life is inherently unpredictable, and setbacks are inevitable. However, when young individuals have clear goals, they are better equipped to bounce back from disappointments. Goals act as beacons of hope, providing a sense of purpose during difficult times and motivating them to persevere.

Personal development is another compelling aspect of goal setting. By identifying areas for improvement and setting goals to enhance specific skills or qualities, young people embark on a journey of self-discovery and growth. This process allows them to cultivate a deeper understanding of their strengths and weaknesses, fostering a greater sense of self-confidence and resilience.

As for my personal approach to goal setting, I adhere to the SMART criteria—Specific, Measurable, Achievable, Relevant, and Time-bound. I begin by clearly defining the objective, breaking it down into manageable tasks, and establishing a realistic timeline for completion. Regular reflection and adjustment of goals ensure they remain aligned with my evolving aspirations.

## Nourishing life with Tania Comerford

#### Christmas and Family Expectations

Christmas is coming, and time spent with family can be a source of great joy or deep pain.



When families communicate well and have healthy boundaries, it's fun to be together. But sadly, many dread Christmas because of past experiences, unfair demands, expectations, or tense family relationships.

Do others put non-negotiable expectations on you at Christmas? Do you place any on yourself? Do you have a lot of Christmas musts, shoulds, or oughts? Such as...

- You must follow family tradition.
- You should be all together at Christmas.
- You should buy everyone a gift.
- You ought to spend hours preparing food.

This may come as a shock to some, but you get to choose!! It's your choice what Christmas looks like and feels like for you. If your dream Christmas Day would be to pack up the kids and the dog and head to the beach for a BBQ, what's stopping you?

Emotional and relational maturity is when we stand on our



own two feet and make our own decisions - even if those decisions are the opposite to what our family want.

It is healthy to live our life based on our own values and choices. Not feeling forced to live the way others want us to. We can still love, value, and appreciate their point of view, acknowledge any hurt, but we don't need to agree with them or feel we must toe the family line!

So, how can we manage family expectations this Christmas? Have kind, honest, open, clear conversations:

- I realise we've always done it that way but this year I'd like to do....instead.
- I'm trying to manage my finances well, so this Christmas my gifts will be inexpensive.
- I don't have much time to prepare food, so I'll be bringing something simple from the supermarket....

Be you! I hope you have a very Happy Christmas and a wonderful 2024!

#### **Tania Comerford**

Counsellor (BCouns) and TRTP therapist

**Nourish Mind Soul Body Pty Ltd** 

- **4** 0492 911 109
- @ counselling@nrsh.me

## FIVE FAMILY-FRIENDLY OUTDOOR PLACES TO VISIT ON THE FRASER COAST

The Fraser Coast is a beautiful, vibrant place to visit, with many places of interest to see and many activities to try your hand at. It was hard to whittle this list down to just five activities, but it's a start.

If you are an animal lover, you can't go past the Fraser Coast Wildlife Sanctuary situated in Maryborough. You will see an array of native birds and animals, including snakes, birds, kangaroos, and emus. Take a BBQ lunch or buy something at the canteen.

Cost involved - For more information, go to www.frasercoastwildlifesanctuary.org.au.

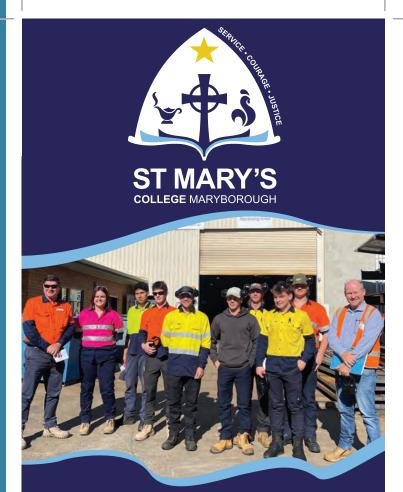
- To cool down, head to Wetside Water Park on the Esplanade, Pialba. Slide down the waterslides, try out the Aqua Ninja adventure course, and have fun in the water play area. For those under five, there is TotSide. Entry into WetSide is free however, there is a cost for the Waterslides and Aqua Ninja.
- In Maryborough, there is SplashSide water play park located at Anzac Park. This park has interactive water features, including cosmic cannons, stream jets, and a waterfall. It also features all-inclusive play equipment such as a sensory wall, roller slide, and an in-ground trampoline guaranteed to bring hours of enjoyment for the whole family.

For opening hours and more information on either water park, go to:

www.frasercoast.qld.gov.au/splashside. www.frasercoast.qld.gov.au/wetside-water-park.

- Grab a fishing rod and head down to one of the jetties in Hervey Bay located off the Esplanade.
  While fishing, you may find Garfish, Trevally, Bream and even Blue Fin Tuna. You can also head out to Toogoom, River Heads, and Maryborough's iconic Mary River. Don't forget your bait!
- Visit K'gari (Fraser Island). Seriously, if you have never been, now is your chance to explore the world's largest sand island. You can stay in style at Kingfisher Bay Resort or K'gari Beach Resort. Or if you like to rough it, pack a tent, and go 4-wheel driving or hiking. Make sure you have the permits required, though, and be dingo-aware!





#### CHART YOUR PATH TO SUCCESS AT ST MARY'S COLLEGE

At St Mary's College, we believe every student deserves an exceptional education that prepares them for a bright future. That's why we offer a comprehensive Career Development program designed to help students plan their unique pathway to success.

For students seeking a vocational focus in their senior years, St Mary's College provides a well-structured pathway. We collaborate with accredited training institutions, such as the Trade Training Centre, local TAFE College, and other Registered Training Organisations, to offer a wide range of certified courses.

Discover the **Exceptional Pathways** at St Mary's College today!

Visit our website at **www.smcm.qld.edu.au** to learn more and enrol.

#### Follow our successes on our socials



St Marys College Mary borough QLD



stmaryscollegeqld











#### **Discover Our Small School Difference**

**YEARS 7 - 12** www.smcm.qld.edu.au (07) 4190 2200

Book a tour today!









## **DUNGA DERBY**by RALLY FOR A CAUSE



### TO GIVE IS TO CARE

This time of the year provides even more opportunities to create joy and spread kindness. The action of giving without the intention to receive through small thoughtful gestures are selfless and create meaningful interactions with family, friends, colleagues, and strangers. It makes the world a better place.

The only words to articulate the feeling one experiences after giving is a "heart hug". This feeling happens when we touch the lives of families in the Fraser Coast that Rally for a Cause is supporting. It happens when little kids on the side of the road smile brightly seeing a Dunga car or hearing the sirens. It's the feeling of touching the life of a stranger to show them there are people in this world who care. It creates belonging and community connectedness.

Recently we found out that one of our local recipient families asked their son what he wanted for his birthday. His response, "Dunga cars!" - Aedan.

We organised a meeting spot, charged up some flat batteries, and set off in a small Dunga Derby convoy to drive

past his house on his birthday. Sirens and Ambers blazing! We were thankful to be able to be a part of giving him his birthday wish!

Rally for a Cause was also recently contacted by Jacob's dad Anthony, one of our recipient families, asking would we be interested in helping put together toys for the "Bravery Cart". Anthony explained how the Bravery Cart works, sending photos of the actual Bravery Cart used on the Oncology Ward in Brisbane. It was an easy answer. How could we say No?

The Bravery Cart is filled with small puzzles, fidgets, soft toys, colouring books, cars, and dolls. If being sick and in hospital isn't scary



enough for a child, the treatment, or procedures that children endure is often worse. If you have experienced this with a child, then you would know.

This is where the bravery cart comes in. Once they have completed the procedure or treatment, they are rewarded for being so brave and choose an item from the Bravery Cart.

Jacob himself has experienced this whilst receiving treatment for Leukemia at the Royal Children's Hospital in Brisbane. Jacob is now back home in Hervey Bay completing 3 monthly visits to Brisbane for ongoing treatment.

Last month we were able to deliver a large collection of items donated to

Hervey Bay Hospital's Paediatric Ward by Dunga Derby teams and Rally for a Cause staff.

"These small acts of kindness are so appreciated and needed." - Steph NUM of Pead's

It's moments like these that remind us why we do what we do, and that Rally for a Cause really is a family that supports others in the community whenever the need arises.

The act of giving creates a flow-on effect. When someone is touched by an event or a kind gesture, they are in turn are more likely to pay it forward. From little gestures, big things happen!

Wishing you all an amazing festive season, keep on giving!

### Delve into Books With Cate Akaveka

## Summer Reads for Everyone

For Mum ...

Bright Shining: How Grace Changes Everything by Julia Baird



From award-winning journalist Julia Baird, author of the acclaimed national bestseller *Phosphorescence*, comes *Bright Shining*, a luminously beautiful, deeply insightful, and most timely exploration of grace.

For Dad ...

Yeah, Nah! by William McInnes



Much loved storyteller William McInnes offers his own take on our colourful and colloquial way with words.

Part memoir, part manifesto, this warm, witty, poignant, and laughout-loud funny collection will have you thinking about what you say, how you say it, and what that really says about us as a nation.

## For Manna... Shakespeare by Judi Dench



In a series of conversations with actor/director
Brendan O'Hea, Judi opens up about every
Shakespearean role she has played throughout her seven-decade career. All told with her mischievous sense of humour and a peppering of hilarious anecdotes.

#### For Grandpa...

Getting to Know the Birds in Your Neighbourhood by Darryl Jones

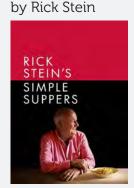


This is a complete beginners' field guide to the birds you are most likely to see in the towns and cities of Australia. Much more than an identification tool, though, it opens the door to understanding the habits and behaviours of local birds.

It's also easy to understand and offers tips on how to enjoy, protect, and

encourage more birds into your area.

## For the Chef... Rick Stein's Simple Suppers



From bestselling cook and food writer Rick Stein, comes the iconic and joyful collection of over 100 genuinely easy and delicious recipes paired with stories that celebrate the simple things in life. These are go-to, stylish, easy recipes for midweek, weekends, and every eventuality in between.

### For Junior Schoolers...

The 169-Storey Treehouse by Andy Griffiths and Terry Denton



Andy and Terry have built their biggest and most astonishing treehouse yet! It has everything you could wish for, including an electric pony stable, a Santa Land, a NOISY level, a kangaroo-riding range, a WHATEVER-WEATHER-YOU-WANT dome, a 100% edible gingerbread house and a hall of funhouse mirrors. But Anti-Andy,

Terrible-Terry and Junkyard-Jill, their doppelgangers, are trapped in one of the mirrors - and they want out.

## For Teens... Borderland by Graham Akhurst



Jono, a city-born Indigenous teenager is trying to figure out who he really is. Life in Brisbane hasn't exactly made him feel connected to his Country or community. Luckily, he's got his best friend, Jenny, who has been by his side through their hectic days at St Lucia Private.

After graduating, Jono and Jenny score gigs at the Aboriginal Performing Arts Centre, and an incredible opportunity comes knocking — interning with a documentary crew. Their mission? To promote a big government mining project in the wild western Queensland desert. The catch? The details are sketchy, and the land is rumoured to be sacred.

Australia's longest-running Freddie Mercury impersonator, Thomas Crane, is the frontman of Bohemian Rhapsody, the ultimate Australian tribute act dedicated to the legendary rock band Queen.

In 2006, Crane gained widespread recognition after appearing on the Australian talent show Star Struck, becoming a household name in the process.

Then in 2011, he shot to fame by reaching the semi-finals of the reality show Australia's Got Talent. Since then, he has toured the world, entertaining Queen fans on international cruise ships and performing to sold-out theatres across Australia with his band Bohemian Rhapsody.

"Freddie was one of a kind and his talent was galactic; Not only did Freddie have a distinct voice, but he also wrote many of the hits of Queen. He could play piano and guitar, but many don't know he could also play drums. He really was such a unique musician. I feel blessed to be able to keep his memory alive." says Crane who has flawlessly captured Mercury's trademark distinctive stage presence and flamboyance, along with his crucial vocal style and timbre.

Australia's Got Talent star Thomas Crane was dubbed by judges as "the best Freddie Mercury impersonator".

Crane says it took him over three decades "to get it right" and he continues to tweak things to get the perfect sound.

"In my late twenties, I took opera lessons after a friend told me I sounded like Freddie Mercury. I do about fifty shows each year and keep my voice on point. The energy I feel from the audience when I get on the stage is electric it pushes me to perform better," Crane said.

When asked about his audiences Crane says, "As the show is family-friendly, we are seeing an increasing number of children and that's our favourite part; The new generation of Queen fans to carry the torch".

Australia's renowned music critic Molly Meldrum once guipped, "My God Freddie Mercury is alive and well he would have been very proud of that vocal performance".

TV personality and actress Dannii Minogue reviewed Crane's shows saying, "That's the best Freddie Mercury impersonation I have seen, you rock", while pop singer Brian McFadden described Crane as "A great singer and an amazing showman".

Now, it's the people of the Fraser Coast who get to be the judges. Don't miss out, as tickets are selling fast!

**Bohemian Rhapsody** January 20 **Brolga Theatre & Convention Centre** www.brolgatheatre.org



# School Holiday fun

#### **HERVEY BAY NEIGHBOURHOOD CENTRE**

Santa's Little Workshop: Christmas Holiday Program

#### 11th-15th December

Book in the days you wish to attend. A list of fun-filled craft activities is below!

Parents are encouraged to stay and help their children in the creative spirit of Christmas. Hurry and book in now, as spaces are limited!

#### Monday 11th December 10 am -12 pm:

- Light up snow globes
- **Christmas Wreaths**
- Christmas Card making
- Christmas mosaic art

#### Tuesday 12th December 10 am-12 pm:

- Make a Christmas birdhouse for your garden
- Stained glass snowflakes
- Make a Christmas bauble

#### THE STORY BANK MARYBOROUGH

Little Gardens - Create Your Own Terrarium

#### Saturday, December 16 | 10am - 1.15pm

Join in a fun and relaxed session spent creating your own miniature garden terrarium at The Story Bank just in time for the holiday season.

Admission to The Story Bank is included in the workshop fee. No prior experience is required. Participants must wear closedin shoes and bring gardening gloves.

Time: Session 1 - 10:00am to 10:45am; Session 2 - 12:30pm -

1:15 pm

Age group: 14+

Cost: \$35

#### **School Holidays Pocket Park Lawn Games**

Saturday, December 9 | 9.30 am - 2 pm (Recurs daily)

Included in The Story Bank admission fees.

The Story Bank is hosting some lawn games in the Pocket Park for the school holidays!

Come to The Story Bank and join us for lawn games in the garden! We will have a variety of outdoor games on offer every day throughout the school holiday period.

To book tickets or to find out more about The Story Bank events go to www.storybank.ourfrasercoast.com.au.

#### Tea with Mary

Your very own Mary Poppins-inspired character will guide you on a fascinating tour. Discover unique connections to the world's most famous nanny set against a backdrop of beautiful riverside parks and glorious colonial architecture. Finish with a delightful morning tea in The Story Bank.

Date & Time: Tuesday - Friday only, not available on public holidays.

Tickets: Adult \$ 30 pp / Child \$15 pp (must be accompanied by two paying adults) - price includes admission to The Story Bank.

**Departs:** The Story Bank

To find out more go to www.portside.ourfrasercoast.com.au.

By the time this edition goes to print, there will be other school holiday events added to the calendar. Please go to www.facebook. com/whatsonfrasercoast and click on the events tab for all the latest

What's On



#### Wednesday 13th December 10 am-12 pm:

- Christmas Rock Painting spread kindness throughout the community by painting and hiding a Christmas rock for others to find.
- Write a letter to Santa
- Plaster decoration painting

#### Thursday 14th December 10 am-12 pm:

- Christmas felt stockings
- Suncatchers
- Paint a Christmas mug

#### Friday 15th December 10 am-12 pm:

- Gingerbread house-making
- Wooden Christmas decoration painting

Cost: \$5 per workshop - To book go to www.hbnc.com.au.







## 











## IN PICTURES





#### By Juls de Waard, Seniors in Focus

The Festive season is upon us once again and boy did that come around guickly. How many of us are still getting over last year and saying where did the time go? Every year I write a list of what I want to achieve in the new year. At the end of every year, I review my list and realise that I didn't quite get there. Why is it that most of us never fulfil our New Year Resolutions?

The professionals ask this very question and don't necessarily have an answer so I am going to offer you my tips and thoughts about how we can achieve these resolutions that we make every year.

Firstly, resolutions are basically goals that we want to achieve. So here are a few hints you can try to make them more attainable:

- Ensure that the goal has meaning for you and that you really do want to achieve it.
- 2. Make sure it is realistic.
- Break it down into smaller tasks that lead to you achieving your goal.
- Ask for help if you need it. You don't always have to do everything on your own.
- 5 Be brave and confident.
- Think outside the box. 6
- 7. List them somewhere that is visible to remind you and mark off the smaller tasks as you achieve them.

Keep your Independence with ... & Mobility "All your independent living aids"

**Brett & Heather Sugget** Ph: 4124 6433

2/42 Torquay Road, Pialba We come to you! Sales & Service to the Fraser Coast





Most of all do not be disillusioned when you don't achieve everything you set out to achieve. Relish in the fact that you attempted and that you achieved some of your goals.

If you are sitting at home on your own, may I suggest you try something new or you try to meet some new people? Why not make 2024 the year that you are going to be brave, find that confidence, and make a list of your goals and how you are going to achieve these? Then take that first step and make that call to find out more. You just might surprise yourself. The Fraser Coast has so many different groups offering all sorts of activities and opportunities so please don't stay at home without trying. If you need encouragement, information, or support to make this first step, please give us a call on 4194 2441 or call one of the other services around town.

Just a reminder too that some services close over the festive season including:

Hervey Bay Citizens Centre - 15 December to 14 January - 4128 4837

Older Men Unlimited - 23 December to 27 January - 4128 9011

Hervey Bay Sixty & Better - 15 December (12.30 pm) to 14 January - 4194 6781

Australian Pensioners & Superannuants League - 22 December to 8 January - 4124 8532

Halcro Street Community - 15 December to 22 January -4194 2441

Centre / Seniors in Focus - (Delayed due to renovations)

May everyone have a safe, healthy and happy festive season and we hope to see you in 2024!

## **GALLERY 5**

## A HOME OF ART AND LEARNING



Gallery 5 hosted two very special art activities during the month of November. Around thirty local artists participated in a series of workshops delivered by one of Hervey Bay's notable artists - Chris Postle. His full day workshops challenged the attendees to free up their techniques and broaden their approach towards how they use colour. The end results were some very effective impressionist-style landscapes and seascapes. Chris will be offering more workshops next year. Hervey Bay Art Society & Gallery 5 sets out to present at least six Special Workshops per year at very reasonable costs to the attendees. Of course, members of HBAS are offered places but so are community members who have an interest in the particular art form presented at each workshop. Keep your eye out early in the year and regularly check our website for details.

During December, Gallery 5 has on display a wide range of Miniatures and Small Works. These smaller artworks are just the right size to post or carry easily. They are often available at bargain prices so come in and check out these ideal presents for Christmas or if you are a holidaymaker, claim some as souvenirs.

Our recent Annual Members' Exhibition was chock full of sensational artworks. The most heard comment during the month was, "Look at how good the standard of art is across the whole gallery!" Members are producing a diverse range of artworks to a high quality which is a credit to them and the tutors of Hervey Bay Art Society. In the new year, the learning continues with something for the beginner through to the experienced artist wishing to extend their knowledge or try something new.

Starting the second week of January (8th Jan), Gallery 5 has art classes available.
Check out our website
<a href="https://www.herveybayartsociety.org.au">www.herveybayartsociety.org.au</a> for details.



1st Prize Works on Paper Janine Hunt for "Highlander" (Mixed Medium)



1st Prize Works on Canvas Lynn Munn for "Synethesia" (Acrylics)

### HOME of HERVEY BAY ART SOCIETY



Come visit Hervey Bay's "HIPPEN GEM"
Outstanding artworks at affordable prices.
ADMISSION FREE

New visitors & members most welcome.





# AUSTRALIA DAY at the Hervey Bay Historical Village & Museum

This is THE day not to be missed! Join the happy crowds as you enjoy all that is great about being a true "AUSSIE" in a unique Australian Village & Museum. Experience and be part of real old Australian bush crafts, make your own souvenirs, enjoy a family day with something for everyone!

For a fantastic Australia Day experience, consider a visit to the Hervey Bay Historical Village and Museum. Each year there are always new attractions, new photo opportunities, real "Aussie" dampers and yes, you can expect all the old favourites to be there. Here's a sneak peek at what you might enjoy:

- Try your hand at log sawing and witness the fascinating branding process.
- Contribute to the creation of a 10-meter sisal rope, later to be auctioned off.
- Step back in time and explore the use of old-fashioned wood tools.
- Marvel at a whip-making demonstration.
- Experience a glimpse of schooling a century ago.
- Craft your own souvenir rope.
- Witness the skill of Spinners and Weavers in action.
- Admire the display of vintage cars.

- See the 9th Battalion Ceremonial Guard in uniforms.
- Entertain the kids with an exciting tractor ride.
- Take a ride in a 1903 Oldsmobile Replica.
- Plus other planned attractions!

It's important to note that this entire event is made possible by dedicated volunteers who generously give their time to ensure visitors have a delightful day out. The festivities run from 9:30 am to 3 pm, with an affordable entry fee of \$2 for adults, and kids get in for free. Apart from food and drinks, all other attractions are FREE! Don't miss this opportunity to connect with history and revel in the spirit of Australia Day!





#### Councils citizenship and awards ceremonies

In 2023, two events are planned to celebrate the achievements of those nominated. These events will be by invitation only.

Nominees Recognition Ceremony - 19 January 2024 at Hervey Bay Regional Gallery

Australia Day Awards Presentation - 26 January 2024 at Brolga Theatre For more information about either of these events, go to www.frasercoast.gld.gov.au/australia-day.

For all other Australia Day events, go to What's On Fraser Coast on Facebook. www.facebook.com/WhatsOnFraserCoast - events will be added as they are sent in.

What's On



#### **Nominees** Recognition Ceremony

19 January 2024 at Hervey Bay Regional Gallery



#### Australia Day **Presentation**

26 January 2024 at Brolga Theatre

## SOCIAL SNAPS

Out and about on the Fraser Coast!



## SOCIAL SNAPS

Out and about on the Fraser Coast!



## SOCIAL SNAPS

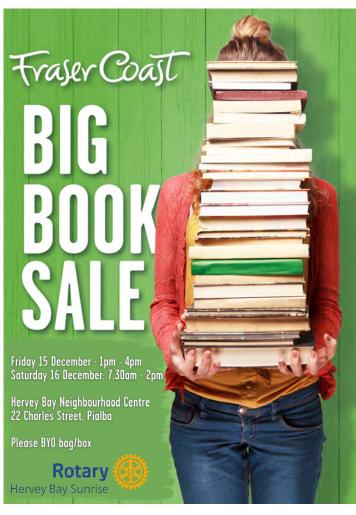
Out and about on the Fraser Coast!













## Fraser Coast Markets



MARYBOROUGH

MARYBOROUGH

#### Maryborough Markets

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

#### **Sunday Mixed Markets**

Tinana Soccer Fields
Every 4th Sunday of the Month
7am – 12pm
maryboroughsmm@gmail.com

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 Produce Markets

Pepper Rd 2nd and 4th Sunday of the month 8am to 9:30am

#### Brooweena Markets

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

OTHER AREAS

OTHER AREAS

**Bauple Markets -** Band Hall Road 4th Saturday of the month 7am – noon Howard Country Markets Howard Community Centre, Steley St, Howard 1st Saturday of the month 7am to 12 noon

For all Market submissions or corrections please contact:
What's On Fracer Coast on

#### Ph 0467 303 171

or email: whatsonfrasercoast@outlook.com

PLEASE NOTE: Over the holiday period some markets may NOT be on the days advertised above. It is up to the individual to check with the market operators themselves about the days of operation. The market guide is offered as a free community service and is reliant on the market organisers to let us know about any changes. The What's On Fraser Coast Magazine takes no responsibility for any incorrect submissions above.

## TIDE TIMES URANGAN

DECEMBER					
1 0424 1107 FR 1753 2311	m 0.98 3.46 1.29 2.60	Time m  16 0425 0.68 1105 3.76 SA 1804 0.97 2327 2.97			
<b>2</b> 0501 1154 SA 1838 2358	1.17 3.30 1.37 2.51	<b>17</b> 0513 0.82 1159 3.67 SU 1856 1.00			
<b>3</b> 0545 1246 SU 1927	1.36 3.16 1.43	<b>18</b> 0026 2.93 0608 0.99 MO 1256 3.56 1948 1.02			
<b>4</b> 0059 0644 MO 1345 2020	2.44 1.54 3.08 1.43	<b>19</b> 0130 2.92 0714 1.16 TU 1355 3.45 2044 1.01			
<b>5</b> 0216 0812 TU 1445 <b>0</b> 2115	2.45 1.64 3.05 1.38	<b>20</b> 0237 2.96 0830 1.29 WE 1456 3.34 0.98			
<b>6</b> 0334 0936 WE 1539 2208	2.55 1.63 3.05 1.28	<b>21</b> 0348 3.08 0950 1.34 TH 1557 3.24 2237 0.91			
<b>7</b> 0439 1039 TH 1629 2256	2.73 1.53 3.07 1.14	<b>22</b> 0457 3.27 1104 1.30 FR 1657 3.15 2330 0.84			
<b>8</b> 0530 1131 FR 1715 2338	2.96 1.42 3.09 1.00	<b>23</b> 0556 3.48 1208 1.23 SA 1756 3.07			
<b>9</b> 0613 1218 SA 1758	3.19 1.29 3.11	<b>24</b> 0018 0.77 0647 3.66 SU 1306 1.16 1850 3.02			
<b>10</b> 0018 0651 SU 1304 1841	0.86 3.41 1.18 3.13	<b>25</b> 0103 0.73 0.73 0.732 0.792 0.100 0.110 0.110 0.1939 0.99			
<b>11</b> 0057 0729 MO 1350 1924	0.73 3.60 1.09 3.13	<b>26</b> 0145 0.71 0814 3.85 TU 1448 1.07 2024 2.97			
<b>12</b> 0136 0807 TU 1439 2008	0.64 3.74 1.02 3.13	<b>27</b> 0224 0.71 0853 3.84 WE 1532 1.06 2105 2.94			
13 0216 0848 WE 1529 2054	0.58 3.83 0.97 3.12	<b>28</b> 0300 0.75 0930 3.79 TH 1612 1.09 2142 2.90			
<b>14</b> 0258 0930 TH 1621 2142	0.56 3.86 0.95 3.08	<b>29</b> 0335 0.82 1006 3.69 FR 1648 1.13 2216 2.86			
<b>15</b> 0340 1016 FR 1713 2232	0.59 3.83 0.95 3.03	<b>30</b> 0409 0.91 1042 3.59 SA 1723 1.18 2249 2.81			
		<b>31</b> 0443 1.03 1118 3.47 SU 1758 1.23 2323 2.76			

JANUARY					
Time 1 0517 1157 MO 1833	m 1.19 3.35 1.29	Time <b>16</b> 0007 0555 TU 1226 1912	m 3.26 0.86 3.67 0.88		
<b>2</b> 0003	2.72	<b>17</b> 0101 0649 WE 1317 2000	3.20		
0557	1.37		1.13		
TU 1241	3.21		3.42		
1914	1.32		0.98		
<b>3</b> 0054	2.67	18 0203	3.15		
0648	1.56	0757	1.39		
WE 1331	3.08	TH 1415	3.16		
2001	1.34	① 2054	1.07		
<b>4</b> 0201	2.65	<b>19</b> 0314	3.14		
0806	1.71	0923	1.55		
TH 1427	2.97	FR 1520	2.94		
<b>●</b> 2056	1.33	2156	1.11		
<b>5</b> 0320	2.72	<b>20</b> 0430	3.22		
0936	1.74	1053	1.56		
FR 1524	2.90	SA 1632	2.80		
2152	1.27	2300	1.10		
<b>6</b> 0435	2.89	<b>21</b> 0540	3.38		
1049	1.65	1207	1.45		
SA 1620	2.87	SU 1745	2.77		
2246	1.16	2357	1.03		
<b>7</b> 0535 1150 SU 1716 2337	3.12 1.50 2.89 1.02	<b>22</b> 0635 1306 MO 1846	3.55 1.31 2.83		
<b>8</b> 0625 1245 MO 1812	3.36 1.34 2.94	<b>23</b> 0048 0721 TU 1356 1937	0.95 3.69 1.19 2.90		
<b>9</b> 0027	0.87	<b>24</b> 0133	0.88		
0710	3.60	0801	3.77		
TU 1339	1.17	WE 1438	1.11		
1906	3.03	2018	2.97		
<b>10</b> 0115	0.72	<b>25</b> 0213 0837 TH 1515 2054	0.82		
0753	3.81		3.81		
WE 1430	1.02		1.07		
1958	3.12		3.02		
11 0202	0.59	<b>26</b> 0249 0912 FR 1548	0.80		
0837	3.97		3.80		
TH 1521	0.89		1.06		
• 2048	3.22		3.05		
<b>12</b> 0249	0.49	<b>27</b> 0322	0.80		
0921	4.07	0944	3.77		
FR 1611	0.78	SA 1618	1.06		
2138	3.29	2155	3.06		
13 0335	0.46	<b>28</b> 0353	0.84		
1006	4.09	1014	3.70		
SA 1658	0.73	SU 1646	1.07		
2227	3.32	2223	3.06		
<b>14</b> 0421	0.50	<b>29</b> 0423	0.93		
1051	4.03	1043	3.60		
SU 1743	0.74	MO 1714	1.09		
2316	3.31	2252	3.04		
<b>15</b> 0507 1138 MO 1827	0.64 3.88 0.79	<b>30</b> 0453 1113 TU 1742 2325	1.07 3.47 1.13 3.00		
		<b>31</b> 0526 1145 WE 1813	1.25 3.29 1.19		

## BEACH**HOUSE**I 介

Situated on the **Esplanade in Scarness**, overlooking the pristine waters of **Hervey Bay, Scarness Park**, and **Jetty**.

The Beach House Hotel is the **premium** destination hotel in Hervey Bay.

With bars, bistro, entertainment, gaming, functions room and an onsite drive-thru bottle shop, the Beach House Hotel has something for all visitors.

We have **60 taps** and over **a dozen beers** to choose from and pride ourselves on a large range of **local and imported beers**, **quality wines and tasty cocktails**.

The Beach House Hotel currently has **live music 7 Days a week**, and our **bistro runs 7 days a week for lunch and dinner**, with **breakfasts** 



now also being served **Saturday and Sundays from 7:30 am -10:30 am**.

Try your luck in our modern

TAB or in the gaming room,
where there are 45 of the latest
machines and a few of the old
favourites. It's truly a
punter's paradise.

