

What's On

FRASER COAST MAGAZINE

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106

JULY 2026
MONTHLY MAGAZINE

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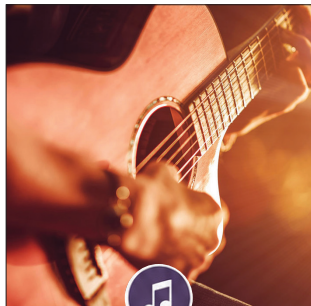
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Mary Poppins Festival 2025

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.



Mary Poppins Festival 2025

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What's On

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Note from the Editor

Last month, our community came together in an extraordinary show of support for the Fraser Coast Hospice after news emerged that the organisation had resolved to appoint an independent administrator.

Like many others, I was devastated. The Hospice is far more than a healthcare facility; it is a place of comfort, compassion and dignity during some of life's most difficult moments. My own family has experienced the exceptional care provided there, and I know many others share similar stories.

Hospices play a vital role in our healthcare system, providing specialised end-of-life care while easing pressure on hospitals. Most importantly, they allow people to spend their final days in a peaceful environment, surrounded by dignity, respect and compassion. Remarkably, this care has always been provided free of charge to patients and their families at this Hospice.

The community's response was overwhelming. Hundreds gathered at Low Tide for Hospice behind the Hervey Bay Sailing Club, placing shoes in the sand to represent loved ones. It was a powerful tribute to an organisation that has touched so many lives.

There has also been encouraging support from local businesses, including a pledge of up to \$240,000 from the Hervey Bay Community Bank Branch of Bendigo Bank, subject to additional funding being secured.

Most importantly, the Fraser Coast Hospice Board has now rescinded its decision to enter Voluntary Administration, and the Hospice will continue operating beyond 10 June 2026.

The Heroes of Hospice Monthly Giving Program has reopened. To help secure the future of compassionate end-of-life care on the Fraser Coast, become a Hero today: www.frasercoasthospice.com.au/heroes

A sneak peek at what's inside this issue!

This month we introduce you to **Ghosts of Old Maryborough**, a new self-guided walking ghost tour from **Lantern Shadow Tours**, designed to be experienced entirely through your smartphone. Users simply open the app, follow the map and let the stories unfold. (page 14)

July also marks the start of **whale season** in Hervey Bay. Senior Naturalist Isabel from **Pacific Whale Foundation Eco Adventures** explains why the bay is a unique stopover and shares the fascinating behaviours visitors can expect to witness while whale watching. (page 20)

Based on true events, **The Revlon Girl** is a powerful and deeply moving play coming to **Z-PAC Theatre** this August. I speak with local resident Catherine, who was there on the day and witnessed the aftermath of the Aberfan Disaster. I also chat with Director Christine Service about this heart felt production that promises to leave a lasting impression. (pages 24-25)

Turn the page to read these articles and more!

Kim Parnell

Editor/Owner, *What's On Fraser Coast Magazine*.



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We're Team 38 - TEAM REALWAY!

We are so excited to share that once again we are taking part in the 2026 Dunga Derby Event by Rally for a Cause! We're joining this incredible adventure to raise funds for a truly meaningful cause and have a whole lot of fun along the way.

Rally for a Cause is a wonderful community charity dedicated to supporting families and individuals affected by life-limiting medical conditions, or those whose lives have been turned upside down by circumstances beyond their control. The work they do makes a real and lasting difference in people's lives, and we're proud to be part of it.

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ELTON JOHN

Experience

TO PERFORM AT ODYSSEY

By Kim Parnell



For more than 15 years, Greg Andrew has been bringing the music of Sir Elton John to life on stages around the world. As the driving force behind the Elton John Experience, Greg has performed in more than 30 countries, entertaining audiences from Australia to Europe and beyond.

Along the way, there have been plenty of unforgettable moments. A career highlight came in 2017 when Greg performed at the world's largest tribute festival, Tribfest UK, in front of crowds of up to 40,000 people.

"Tribfest was a huge deal both personally and professionally," Greg said. "You need an invitation to perform there, the owner and promoter travel all around the world looking for the best tribute acts."

Greg made history as the first, and still only, Elton John tribute artist invited to perform at the prestigious event.

"For an Aussie to go over there and perform as British royalty on British soil and receive the reception I did was pretty amazing. That's something that will always stay with me."

While Elton John is renowned for his music, he's equally famous for his larger-than-life stage presence. For Greg, recreating that experience while remaining authentic is a balancing act.

"I'm fortunate that many of the mannerisms come naturally," Greg said. "Piano is my main instrument, and I look a lot like Elton. I've paid close attention to the details, from the glasses to many of the jackets and costumes."

Despite the resemblance, Greg makes it clear audiences are watching his interpretation.

"I stay as true to Elton as I can, but everyone knows it's not Elton. When I speak to the audience, it's in my own voice, not an English Elton voice. That's always worked for me, and people seem to enjoy it."

Before launching *The Elton John Experience*, Greg spent 20 years performing in piano bars, casinos and resorts around Australia.

"People were always asking me to play Elton songs and telling me how much I looked like him," Greg said. "It happened for years, but I never thought about doing a tribute show."

Eventually, the comments became too frequent to ignore. By 2008, Greg was ready for a new challenge.

Despite being booked solid for another year, Greg assembled a band and launched *The Elton John Experience* in early 2009.

"It's been what I've done ever since."

One Elton John song has held a special place in Greg's heart since childhood – *Your Song*.

"I think it's a beautifully written song," he said. "I learned it when I was about 10 while studying classical piano. My teacher introduced it to me before I really knew much about Elton."

More than 50 years after its release, Greg believes its appeal lies in its simplicity and timeless lyrics.

"You can play it with basic chords and melody, but the piano part has incredible intricacy. The lyrics are still relevant today, which is remarkable considering it first appeared in 1970."

Greg said his studies at the Queensland Conservatorium helped shape him as a performer.

"Classical piano gave me the technical foundation," he explained. "I also took jazz lessons, which helped free up my playing."

The blend of classical discipline and jazz improvisation proved the perfect fit.

"Having that structure and freedom helped me develop a style very similar to Elton's. His music feels natural for me to play."

Of course, Elton John's success is inseparable from his legendary songwriting partnership with Bernie Taupin. Together, they created some of the most beloved songs in popular music history.

"I think a big part of their appeal is the melodies," Greg said. "Songs like *Tiny Dancer* and *Rocket Man* are instantly recognisable."

He believes the music continues to connect with audiences across multiple generations.

"People have grown up with these songs. They're attached to memories and moments."



Greg points to *Candle in the Wind* as an example.

"When Elton performed it as Goodbye England's Rose at Princess Diana's funeral in 1997, it became one of those moments where people remember exactly where they were."

Other songs have found new audiences through film and popular culture.

"*Tiny Dancer* reached younger audiences through *Almost Famous*, while *Rocket Man* introduced Elton's music to another generation.

Greg is now looking forward to bringing that energy to the Odyssey Festival in Maryborough on Saturday, July 25.

"I love the festival scene," he said. "The great thing about performing Elton's music is that there are so many incredible hits.

"The show will be high energy, but it will also include all the ballads people love to sing along to."

One of the highlights of the festival will be a special performance featuring Greg and Anthony, from The Billy Joel Experience.

"The last half hour will be epic," Greg said. "After our individual sets, we'll both be on stage together with two pianos, recreating the famous face-to-face concerts that Elton and Billy Joel performed around the world."

The collaboration is one Greg always enjoys.

"Anthony is a great friend. We've toured Australia together before and our bands get along brilliantly. We work well together both on stage and off."

For audiences, it promises to be a spectacular finale.

"People sing every word. That's what makes these performances so much fun."



And at the Odyssey Festival, Greg plans to deliver exactly what audiences want – a night packed with timeless music, unforgettable memories and a celebration of two of the greatest artists in popular music history.

Sharing the lineup with the Elton John Experience are The Australian Bee Gees Show, Gold – The Ultimate ABBA Show, The Art of McCartney, and The Billy Joel Experience.

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HBNC

Creating Connected Communities



Celebrating the Rhythm and Flavours of Our Fraser Coast Community

Every August, our state comes alive to celebrate Queensland Multicultural Month. It is a time dedicated to recognising and promoting the incredible cultural diversity that makes our communities so rich, vibrant, and resilient. While the official state-wide theme for this year is still under wraps, the core message remains unchanging: our diversity is our greatest asset, and our shared stories are what connect us.

Here on the Fraser Coast, the Hervey Bay Neighbourhood Centre (HBNC) is incredibly proud to lead the charge in fostering an inclusive community where everyone feels a true sense of belonging. Through our Community Action for a Multicultural Society (CAMS) initiative, which is proudly funded by the Queensland Government, we work year-round to build harmony and connection.

But August is when we truly turn up the volume!

To mark Queensland Multicultural Month, HBNC is thrilled to host the third annual Fraser Coast Global Beats & Eats. On Friday, August 14th, from 5:00pm to 9:00pm, Pialba's Seafront Oval will transform into a bustling global village. This free, family-friendly event invites locals and visitors alike to taste the world and feel the rhythm of our beautifully diverse region.

The evening promises to be an absolute feast for the senses. Attendees can explore a vibrant array of market stalls for perusal, featuring unique local crafts and displays.

The main stage will be buzzing with spectacular live entertainment, headlined by the incredibly talented Jon Vea Vea, alongside a lineup of dynamic cultural performers.

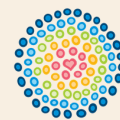
A major highlight of the night will be the Cultural Cooks segment. We are thrilled to announce that the local Thai and Fijian communities are already confirmed to showcase their traditional culinary secrets, bringing authentic, mouth-watering heritage dishes straight to your plate.

We also invite you to look to the crowd, or join in yourself, for our magnificent Cultural Parade, which showcases the traditions and pride of the many cultures that call the Fraser Coast home. Registration is open now for anyone who wishes to proudly walk and represent their heritage.

We want our local community to be at the heart of the magic. Expressions of Interest are officially open for multicultural food vendors, stallholders, entertainers, and parade participants.

Whether you are coming to dance, shop the markets, or sample incredible global cuisines, lock in the date. Let's come together at Seafront Oval this August to celebrate the rich multicultural tapestry that makes the Fraser Coast such a wonderful place to live.

To find out more, register for the event, or submit an Expression of Interest to participate, click the QR code below or visit our website.



HBNC

Creating Connected Communities



Toni Childs:

Pollinating the planet with music

By Kim Parnell

Grammy-nominated singer-songwriter Toni Childs is as creatively energised today as she was when she first burst onto the international music scene.

Toni Childs -Retrospective, Toowoomba - Photo Rae Mitchell

Currently touring and preparing the release of three new songs, the artist is also, as she puts it, "working out a strategy and timing to basically pollinate 17 countries." It is a fittingly ambitious undertaking for an artist whose distinctive voice and emotionally rich songwriting continue to resonate with audiences around the world.

The excitement of creating music remains as powerful as ever.

Toni has spent decades connecting with audiences around the world through songs that explore love, resilience, healing and self-discovery.

Toni's breakthrough album *Union* introduced her music to a global audience and produced enduring hits including *Don't Walk Away* and *Stop Your Fussin'*. Looking back, she still vividly remembers the moment she learned the album would be supported by her record label.

"I was working in a toy store, and I knew that the A&M Records executives were listening to my album *Union*," she recalled.

"I got a call from the head of A&M and he said, 'You made an incredible album.' I burst into tears. Then he said, 'We're going to put our full weight behind what you've made.'

"I was just gobsmacked really.

"I felt like I really made a good record, but you don't know what other people are going to think of it. My dream as a little peanut was that I wanted it to go global, and it was coming true."

More than three decades later, the songs continue to resonate.

"You hope your music will stand the test of time," she said. "I feel like that's happened across the board and I'm so humbly grateful.

"What's incredible is that we lived it during these times. These are intimate stories about my life and how I'm making sense of things that are sometimes hard to make sense of — the pain, the joy, the beauty and the wish.

"At the time, it made me feel like I'm not alone in my feelings."

While some artists spend their careers revisiting past

successes, Toni sees herself entering a new creative chapter.

"I think I was born for this time right now because the new stuff is, oh my God, it's like a positivity heart reset against the trials and tribulations of life," she said.

"I'm hitting all those notes now, but with love with swagger. It's got swagger.

"I can say now as an artist, I'm a master songwriter. I've earned those stripes and I'm really grateful."

That willingness to keep evolving has taken Toni in unexpected directions. During her years living in Hawaii, she became involved in environmental projects, artistic installations and even created an underwater concert experience inspired by a vivid dream she had at 21.

"In my dream, I met myself 1,000 years in the future and she stayed with me my whole life," Toni said.

"It took me a year to learn how to sing what came out of me. I felt like that future self was singing through me, and actually singing to my husband Mik and I."

Through every chapter, music has remained both her creative outlet and her way of making sense of life.

"Music has been my healing from the start," she said.

"Before I sang, I wrote. Pen to paper. I would craft stories.

"It was always related to trying to make sense of what I was actually experiencing in my little life."

That search for meaning became even more significant when health challenges forced her to step away from the industry. Toni was diagnosed with Graves' disease and later discovered she was suffering from mercury poisoning; this led to her move to the Hawaiian island of Kauai to focus on healing.



"I felt like a failure that I couldn't continue in my career," Toni said.

Then an unexpected encounter changed everything.

Women's rights activist Eve Ensler encouraged her to write an anthem that would inspire people to end violence against women and girls.

The result was *Because You're Beautiful*, a song that became a catalyst for Toni's return to performing.

She soon discovered the song was having a profound impact on audiences.

"I would look at the women in the audience, and it felt like many had left themselves on the side of the road and forgotten to go back and get themselves, it was heartbreaking" she said.

"I'd invite them onto the stage and sing to them. Every theatre, every town, the reaction was the same."

Those intimate moments reinforced Toni's belief in the



Toni Childs - (TONI MONARCH)

power of connection through music.

"My shows give us a chance to come together and really feel that," she said.

"By the time you leave the show, we're carrying a different kind of frequency. We're connected in a different way."

It's that same connection she hopes to bring to audiences when she performs at the Sounds of Rock Festival in Hervey Bay on September 19.

For Toni, festivals offer the chance to reach people who may be experiencing her music live for the first time.

"I like it because it gives me a chance to pollinate a lot of people that may not have been in my vibe in a live way," she said.

"We get to connect on another level.

After decades of touring, creating and reinventing herself, Toni Childs remains driven by the same thing that inspired her from the beginning — authentic connection.

Her songs may have started as personal reflections, but they have become shared experiences for audiences across generations.

The festival lineup also includes:

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Maryborough's grand heritage buildings have watched over generations of locals, travellers, scandals, celebrations and whispered stories. But what if the streets could talk? And what if you could explore their darker history without a crowded tour group, fixed departure time or guide waving a flag?

That's the idea behind Ghosts of Old Maryborough, a new self-guided walking ghost tour from Lantern Shadow Tours.

Designed to be experienced entirely through your smartphone, the tour invites users to explore Maryborough's haunted tales, dark history and local legends at their own pace. There's no booking required, no waiting for a group to assemble and no timetable to follow. Users simply open the app, follow the map and let the stories unfold.

But this isn't your typical audio tour.

Lantern Shadow Tours combines cinematic storytelling, video and on-screen character guides to create a more immersive experience. In *Ghosts of Old Maryborough*, visitors are guided by Lydia, a mysterious Victorian-inspired host who leads users through hidden stories,

ghostly folklore and fascinating pieces of the heritage city's past.

Some tales are drawn from documented history. Others belong firmly in the realm of local legend — the kinds of stories whispered after dark, passed between generations or tied to Maryborough's grand old streets and buildings.

The concept was created by Fraser Coast-based founder Lin Perrier, whose passion for history, storytelling and tourism inspired the creation of Lantern Shadow Tours.

Rather than offering traditional guided experiences, Lin wanted to create something more flexible, unique and cutting-edge — a tour people could experience whenever curiosity struck.

"I wanted to create the kind of experience I'd want to do myself," she says. "Where people can uncover dark history and ghost stories on their own schedule, without losing the magic, mystery or emotional connection of a guided experience."

That vision led to Lantern Shadow Tours: a first-of-its-kind cinematic self-guided experience blending history, ghost stories and forgotten legends — where characters step off the page and tell their own stories through app-based technology.

While *Ghosts of Old Maryborough* explores the city on foot, Lantern Shadow Tours also offers a broader regional experience through Queensland's Haunted Highways: Brisbane to Childers — a self-guided driving tour that journeys through ghostly legends and overlooked stories along one of Queensland's best-known routes. Featuring stops connected to places including Maryborough, Howard and Childers, the driving tour gives travellers a new way to experience familiar roads and forgotten stories.

For locals, *Ghosts of Old Maryborough* offers a chance to see familiar streets through new eyes. For visitors, it provides a unique way to discover one of Queensland's most character-filled heritage cities.

Whether it becomes a date night, group of friends, solo adventure or a new way to experience the city after sunset, the tour aims to uncover the stories many people walk past without ever noticing.

Because sometimes the most interesting parts of a city aren't hidden in museums or guidebooks.

Sometimes they're waiting quietly in the shadows.

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FRIDAY
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JULY 2026

SATURDAY
25TH
JULY 2026

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JUST

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FRASER COAST
ANGLICAN COLLEGE

Doors 6.00pm
Show 6.30pm

Scan here for tickets



Night 1



Night 2



Night 3



FRASER COAST
ANGLICAN COLLEGE

COMMUNITY OPENDAY

FRIDAY 24TH JULY
3PM - 6PM

Tour our school, chat with our
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learn about our educational
programs

- Face Painting
- Uniform Swap
- Laser Skirmish
- Arts Displays
- Student Stalls
- Food Vans
- Soft Play Area
- Petting Zoo



Calendar of Events

JULY 2026

Thu, Jun 11 - Sat, Jul 18

79th Annual Art Competition

Maryborough Regional Art Society
(During Opening Hours)
Gatakers Artspace
Level 1, 311 Kent St
Maryborough

Sat, Jun 27 - Sun, Jul 12

SCHOOL HOLIDAYS



Thu, Jun 2 - Sun, Jul 12

SCHOOL HOLIDAYS:

Hervey Bay Family Carnival

Rides, food & Games
Seafront Oval
Find the event on Facebook

Thu, Jul 2

Golden Guitar winner Luke O'Shea

Hervey Bay House Concert
6.30pm
Tickets via StickyTickets

Fri, Jul 3 - Sun, Jul 5

SCHOOL HOLIDAYS:

Hervey Bay Fishing Classic 2026

(Presented by Queensland Fishing Classic)
Hervey Bay Sports Club
herveybayfishingclassic.com.au

Fri, Jul 3 - Sat, Jul 4

The Rouge Room Cabaret

(Presented by A League Entertainment)
Ticketed event
Brolga Theatre, Maryborough
www.brolgatheatre.org

Fri, Jul 3 - Sun, Jul 12

THEATRE: The Postman Always Rings Twice

Ticketed event
Tickets: www.zpactheatre.com.au
Z-Pac Theatre, Scarness

Sat, Jul 4

SCHOOL HOLIDAYS:

Bull Throttle Hervey Bay

FMX & Bull Riding spectacular
Fraser Coast Sports Precinct
Tickets via www.outix.co

Sat, Jul 4

SCHOOL HOLIDAYS:

Film Screening: Bran Nue Dae

Matinee screening: 12pm
Hervey Bay Regional Gallery
Tickets free, registration essential

Sat, Jul 4

Point Vernon Foreshore Reserve Parkrun

(Every Saturday)
Brief 6.50 am
FREE 5km timed event
Opposite 138 the Esplanade
(Don't forget your barcode)

Sat, Jul 4

Maryborough Parkrun

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

Sat, Jul 4 - Sun, Jul 5

Hervey Bay Gem & Mineral Show

From 9am
Admission \$5, free entry
Free entry for kids under 12
Star of the Sea Catholic
39 Hughs Rd, Hervey Bay

Sat, Jul 4 - Sun, Jul 5

Christmas in July Fundraiser

(By Hervey Bay Woodcrafts Club)
8am - 1pm
187 Bideford St, Hervey Bay

Sun, Jul 5

SCHOOL HOLIDAYS:
Mary Poppins Festival

9am - 3pm
Free entry for the whole family
Portside Precinct & Queens Park,
Maryborough



Sun, Jul 5 - Sun, Jul 12

NAIDOC Week

For all local events head to
The Fraser Coast NAIDOC Week
Endorsed Events page on
Facebook

Thu, Jul 9

**The Australian INXS Tribute Show
Featuring Dellacoma Rio**

Ticketed event
Brolga Theatre, Maryborough
www.brolgatheatre.org



Fri, Jul 10

SCHOOL HOLIDAYS:
**Hervey Bay Whale Festival -
Blessing of the Fleet**

For details head to:
www.herveybaywhalefestival.com.au

Fri, Jul 10

Wine Pairing Lunch

From 12pm
Ticketed event
www.boatclub.com.au
The Boat Club Hervey Bay

Fri, Jul 10

Rockaria the Elo Experience

7.30pm
Ticketed event
Brolga Theatre, Maryborough
www.brolgatheatre.org

Fri, Jul 10 - Sat, Jul 11

SCHOOL HOLIDAYS:
Alice in Wonderland

(Presented by Flame Studios)
Ticketed event -
via www.trybooking.com
Hervey Bay State High School

Sat, Jul 11

PCYC Open Day

9.30am - 12.30pm
PCYC Hervey Bay

Sat, Jul 11

Coalfest

(By Coalfest - Burrum Coal
Discovery Festival)
9am - Entry free
Bellert Park, Steley St,
Howard

Sun, Jul 12

**Riverside:
Handmade Artisan Fraser Coast**

9am - 1pm - Free entry
Brolga Theatre, Maryborough

Wed, Jul 15

Your Song

(Presented by The Little Red
Company)
7.30pm
Ticketed event
Brolga Theatre, Maryborough
www.brolgatheatre.org

Thu, Jul 16

Balls Out Bingo

7pm
Tickets on sale at reception
The Services Club Maryborough

Fri, Jul 17 - Sun, Jul 19

**Fraser Coast Outdoor Adventure
Plus, Home and Lifestyle Expo**

Ticketed event
www.frasercoastexpo.com.au

Brought to you by What's On Fraser Coast

Gig Guide on page 18 | Full market list on page 31

Fri, Jul 17 - Sun, Jul 19

River Heads Rocks

Ticketed event
www.riverheadsrocks.com

Sat, Jul 18

Christmas in July Tombola

(By Wallaroo Hockey Club)
Doors open 11.30am – first call 1pm
St Mary's College Gym
Entry via Adelaide Lane

Sat, Jul 18 - Sun, Jul 19

FraserPop Pop Culture Festival

Presented by Maryborough State High School
9am – 3pm
Gold Coin Donation
Kent St, Maryborough

Mon, Jul 20

**Lines in the Sand
Author Talk with Dr Karen Thurecht**

11am – 12.30pm
Maryborough Library
Bookings essential – Fraser Coast Libraries



Thu, Jul 23 - Sat, Jul 25

Matilda JR The Musical

(Fraser Coast Anglican College)
Doors open 6pm
Ticketed event
www.myschoolevent.com.au



Fri, Jul 24

**Community Open Day
Fraser Coast Anglican College**

3pm – 6pm
Doolong South Road

Fri, Jul 24 - Sat, Jul 25

Odyssey Festival

Fri - Stereo City Nights
Sat - Odyssey Festival
Ticketed event
www.odysseyfestival.com.au

Sat, Jul 25 - Sat, Sept 5

42nd Annual Competitive Art Exhibition

(Hervey Bay Art Society)
Official opening on Sat, July 25 from 12pm
Gatakers Artspace, Maryborough
www.gatakersartspace.com.au

Sat, Jul 25 - Sun, Jul 26

Coastal Clash

(Fraser Coast Volleyball Collective)
7.30am – 5pm
Hervey Bay Surf Life Saving Club
Torquay

Sat, Jul 25

LifeFlight First Minutes Matter Workshop

9am – 3pm
FREE emergency trauma training
Bookings essential
Find the event on Facebook
Burrum Heads Community Hall

Sun, Jul 26

**Sunday in the Park
+ Band Hall Handcraft Markets**

9am – 1pm
Queens Park, Maryborough

Mon, Jul 27

Emma Memma's Jungle Picnic Tour

(Presented by Live Nation)
10am – 11am
Ticketed event
Brolga Theatre, Maryborough
www.brolgatheatre.org

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

Disclaimer - All event details are correct at the 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.



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GIG GUIDE

LIVE MUSIC ON THE FRASER COAST

July
2026

Brought to you by
What's On Fraser Coast

HERVEY BAY

Hervey Bay Boat Club

Fri 3, 6.00 pm, Shane Allsop
Sat 4, 6.00 pm, Rebecca March
Sun 5, 2.00 pm, Shaun Beckett

Tue 7, 12.00 pm, Neil Wenk
Wed 8, 6.00 pm, State of Origin large screening

Thu 9, 3.00 pm, Neil Wenk
Thu 9, 6.00 pm, Aaron Westlake
Fri 10, 6.00 pm, Emma Newman
Sat 11, 6.00 pm, Jay Jackson
Sun 12, 2.00 pm, La Belle

Mon 13, 5.30 pm, Cass Ford
Tue 14, 12.00 pm, Neil Wenk
Wed 15, 6.00 pm, Shane Allsop
Thu 16, 3.00 pm, Neil Wenk
Thu 16, 6.00 pm, La Belle
Fri 17, 6.00 pm, Joel Spence
Sat 18, 6.00 pm, Shannon Young
Sun 19, 2.00 pm, Frank Benn

Mon 20, 5.30 pm, Doug Edward
Tue 21, 12.00 pm, Neil Wenk
Wed 22, 6.00 pm, Brian Speirs
Thu 23, 3.00 pm, Neil Wenk
Thu 23, 6.00 pm, Frank Benn
Fri 24, 6.00 pm, Derek Smith
Sat 25, 6.00 pm, Dean Gray
Sun 26, 2.00 pm, A Soft Focus
Mon 27, 5.30 pm, Shane Allsop

Tue 28, 12.00 pm, Neil Wenk
Wed 29, 6.00 pm, Cass Ford
Thu 30, 3.00 pm, Neil Wenk
Fri 31, 6.00 pm, Brian Speirs

Hervey Bay RSL

Fri 3, 11.30am, Karen Abbott
Fri 3, 6pm, Shannon Young
Sat 4, 8pm, Dancefloor Confessions

Fri 10, 11.30am, Trevor Judge
Fri 10, 6pm, Brian Speirs
Sat 11, 8pm, Kick Arse Country

Fri 17, 11.30am, Trevor Judge
Fri 17, 6pm, Emma Newman
Sat 18, 8pm, Trainwrecks

Fri 24, 11.30am, Trevor Judge
Fri 24, 6pm, Suzi Simmons
Sat 25, 8pm, Red Betty
Sun 26, 11.30am, Brad Turner

Fri 31, 11.30am, Trevor Judge
Fri 31, 6pm, Frank Benn

Beach House Hotel

Main Bar

Fri 3, 9pm, Lewis McKee Duo
Sat 4, 9pm, The Wannabees
Sun 5, 2pm, Frank Benn
Fri 10, 9pm, Tasch & Tones
Sat 11, 9pm, DJ's Nixon & Brazzle

Sun 12, 2pm, Dogwood Duo
Fri 17, 9pm, Insufficient Funds
Sat 18, 9pm, Drama Queen Trio
Sun 19, 2pm, Treva Scobie

Fri 24, 9pm, Forbidden Road
Sat 25, 9pm, Sunset Nova
Sun 26, 2pm, Aaron Westlake

Fri 31, 9pm, Bad Attitude Band
Sat 1 Aug, 9pm, Rhubarb Tarts
Sun 2 Aug, 2pm, Brian Speirs

Scarborough Bar

Sat 4, 4pm, Mia Hinsch
Sat 11, 4pm, Emma Newman
Sat 18, 4pm, (TBA)
Sat 25, 4pm, Brian Speirs
Sat 1 Aug, 4pm, Frank Benn

The Clubhouse Hervey Bay

Fri 3, 6pm, Sam Maddison
Sat 4, 6pm, Brian Speirs

Fri 10, 6pm, Shannon Young
Sat 11, 6pm, Joel Spence

Fri 17, 6pm, Frank Benn
Sat 18, 6pm, Doug Edwards

Fri 24, 6pm, Mia Rose
Sat 25, 6pm, Emma Newman

Fri 31, 6pm, Brad Turner

MARYBOROUGH

Carriers Arms Hotel

Fri 3, 8pm, Dust Trio
Sat 4, 8pm, Sunset Nova
Sun 5, 2pm, Open Mic
Fri 10, 8pm, Trainwrecks
Sat 11, 8pm, Dogwood Crossing
Sun 12, 2pm, Open Mic

Fri 17, 8pm, The Boys
Sat 18, 8pm, Rhubarb Tarts
Sun 19, 2pm, Open Mic

Fri 24, 8pm, Diamonds & Rust
Sat 25, 8pm, Dirt n Diesel
Sun 26, 2pm, Open Mic

Fri 31, 8pm, Scott Angeles
Sat 1 Aug, 8pm, Hazy Tides
Sun 2 Aug, 2pm, Open Mic



Emma
Newman

Maryborough Services Club

Sat 4, 8.00pm, Forbidden Road
Sun 5, 2.00pm, Mia Rose

Sat 11, 8.00pm, Bad Attitude
Sun 12, 2.00pm, Geed Up

Sat 18, 8.00pm, Marshal Bros
Sun 19, 2.00pm, Emma Neuman

Sat 25, 8.00pm, Rhubarb Tarts
Sun 26, 2.00pm, Doug Edwards

Maryborough Sports Club

Fri 3, 7.30 pm, Saltwater Cartel
Sat 4, 7.00 pm, Red Betty

Fri 10, 7.30 pm, Kick Arse Country
Sat 11, 6.00 pm, United Hockey 60th

Fri 17, 7.30 pm, JB Blues

Fri 24, 7.30 pm, Brian Speirs
Sat 25, 7.00 pm, Billy Guy
Sun 26, 12.00 pm, Billy Guy

Thu 30, 7.00pm, Open Mic Night
Fri 31, 7.30pm, Red Betty

EXPLORE THE REGION ON FOOT DUNN'S ENCLOSURE

Written by **Fraser Coast Mayor, George Seymour**

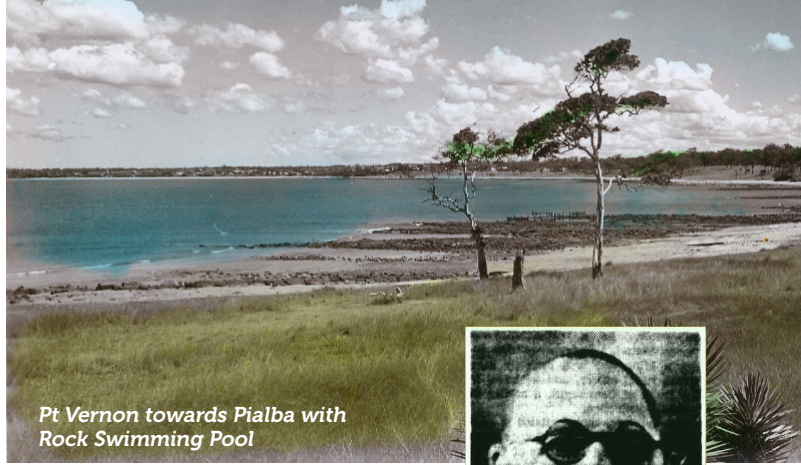
The Fraser Coast has a lot of great beaches to explore, each with their own unique character. I find the beach at Point Vernon particularly engaging with interesting geological features and aspects that change with the tide.



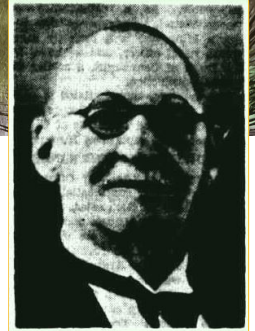
Walking over the rocky intertidal zone many years ago, I noticed a section of rocks placed in a straight line that had clearly been part of some construction. Following some research, I learned that it was called Dunn's Enclosure and was built by Andrew Dunn as a swimming enclosure. Situated about 100 metres south of the boat ramp at the Gables, the historic site provides a fascinating window into the past.

In addition to editing and owning the Maryborough Chronicle and other newspapers, Andrew Dunn was active in local and state politics. He twice served as Mayor of Maryborough: in 1903 and 1914.

Like many Maryborough residents, Dunn and his family had a holiday home at Point Vernon. This magnificent residence, which was called Sorrento, was situated on the



Pt Vernon towards Pialba with Rock Swimming Pool



MR. ANDREW DUNN.

Andrew Dunn - the mayor of Maryborough

Esplanade, overlooking the Bay.

Whilst Sorrento is gone, the remnants of this simpler structure associated with it remains down below, on the beach.

When it was built over a century ago, there were a number of enclosures along the shoreline at Hervey Bay where bathers would gather.

Dunn's Enclosure was entirely different to the more popular ones in Torquay and Scarness; it being made of rocks instead of just fencing or mesh. The bathing area was bounded on two sides by natural rock formations and at the ocean end by rocks that were stacked into a line parallel to the beach. Timber fencing provided further height to the rock walls. These features, including the bases of some posts, are all still visible to the curious and adventurous beachgoer.

Walking around the site at low tide provides an interesting insight into Hervey Bay's beachside heritage.

Fraser Coast
Lines in the Sand
Inspiration for Readers and Writers



Author Talk with Dr Karen Thurecht
Monday, 20 July 2026
Maryborough Library | 11am
Light refreshments provided

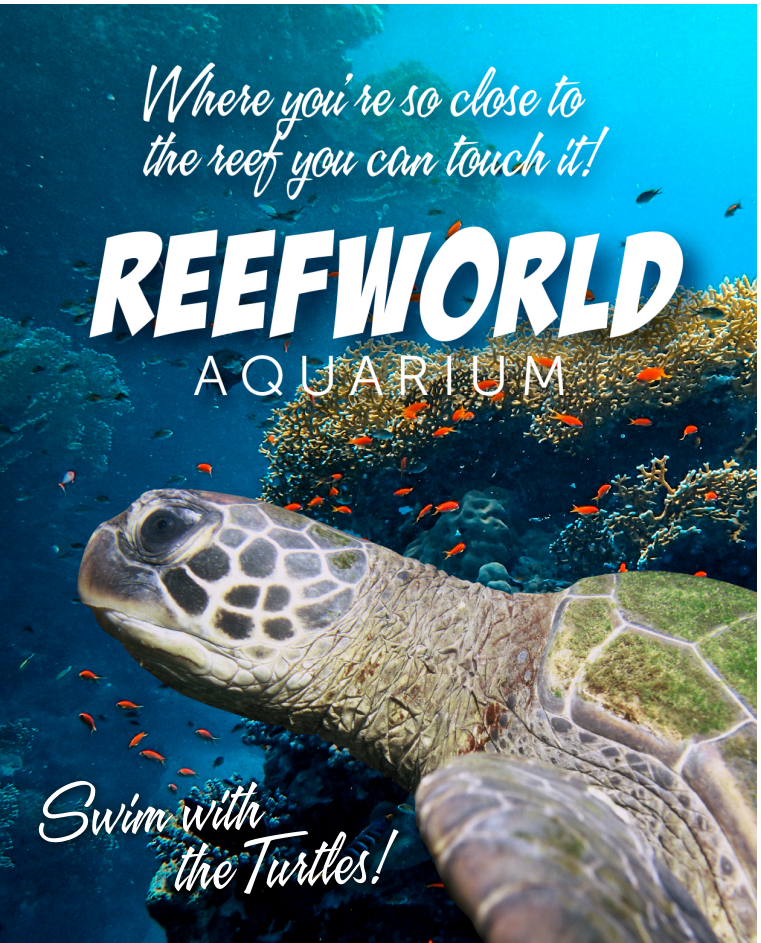



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STATE LIBRARY QUEENSLAND
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Hervey Bay: THE HEART OF HUMPBACK WHALE SEASON



Words by: Isabel Taylor, BSc (Hons),
Senior Naturalist, Pacific Whale Foundation
Eco-Adventures Australia, Urangan.

July marks the beginning of whale season in Hervey Bay, one of the most extraordinary natural spectacles on our doorstep. Likely the best whale-watching destination in the world, Hervey Bay's recognition as a World Whale Heritage Area carries an important responsibility to maintain this status.

Each year, for about 3.5 months, we witness the recovery of a humpback whale population brought to the brink of extinction in the early 1960s. Today, their return represents one of nature's greatest conservation success stories, with as many as 50,000 whales migrating along eastern Australia.

Hervey Bay is unique because it is not a birthing ground, but an important ecological stopover along their 10,000 km round trip, where new mothers provide maternal care to calves before continuing south to the Southern Ocean to feed. Queensland's warm waters give calves, born without blubber stores, the best chance of survival and help them avoid orcas, which prey on young whales. Hervey Bay's sheltered hypersaline waters also provide an ideal environment for calves to practise acrobatic and breath-holding skills.



From July to August, we encounter juveniles or sexually immature whales practising migration. These curious "teenagers" frequently approach boats and display 'mugging' behaviour, often guided into the bay by mature females that may have conceived further north in the Great Barrier Reef.

From late August through October, mature males may follow mothers and calves into the bay for a final opportunity to mate. As many as 20 males can engage in powerful chasing behaviour, competing for the position of primary escort beside a female, who ultimately decides the winner. Guests may even hear mature males singing through the hull or via our onboard hydrophone.

Our intimate, expertly guided tours are led by experienced naturalists and qualified marine scientists. Guests learn about whale biology, our organisation's 40-year research legacy, and how we can help keep whales safe. All proceeds support Pacific Whale Foundation's research, education and conservation outreach programs.

To find out more, head to www.pacificwhale.com.au.



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FEAST FINDS WITH NOAH CARTER

The Torq Licensed Deli Cafe

By **Noah Carter**

Some places just have that something and The Torq Licensed Deli Cafe on the Esplanade in Torquay has it in spades. Opened in 2024 by local couple Nat and Mark Albert, this rustic and charming little spot has carved out a space that feels entirely its own on our beachside strip.

Walking in, you're immediately struck by how much thought has gone into the place. It's not just a cafe, and it's not just a deli, it's both and done really well. Shelves and cabinets filled with quality goods create an atmosphere that's warm and inviting, it's the kind of spot where you find yourself browsing longer than you planned and leaving with more than you intended to buy.

But let's talk about food, because that's what seals the deal for me. I went with The Ultimate Torq from the Gourmet



Sandwiches menu. Ham, tomato, jalapeño cheese, roast beef, cheddar, salami, edam and tomato relish all piled onto toasted Turkish bread. It was generous, it was flavourful, and it was exactly the kind of feed that earns a place a return visit before you've even finished eating. The menu has plenty of range too, whether you're after something hearty or something simple.

Then there's Nat and Mark themselves. Fun, warm and genuinely good people, the kind of owners who make you feel like a regular from your very first visit. That energy flows through everything at The Torq and it's what keeps people coming back.

Hervey Bay is lucky to have this deli cafe. Go check it out.

**Editor's note: There's no food photo this time—Noah inhaled the sandwich before the camera had a chance to focus.*

PARIS INK WRITERS

to Reunite on Fraser Coast

Fraser Coast writer and editor Jocelyn Watts will welcome a group of Australian memoir writers to Hervey Bay and Maryborough in late July as part of a creative writing retreat aimed at planning a new anthology for publication in early 2027.

The writers are members of CWIP Publishing – short for *Des Ecrivains Créatifs à Paris* (Creative Writers in Paris) – a group formed during a memoir workshop in Paris led by renowned Australian memoirist Patti Miller in 2023.

What began as strangers gathering in the City of Light evolved into lasting friendships and a collaborative publishing project. The group later self-published *Paris Ink: Australians Reflect on the City of Light*, an anthology of personal travel memoirs inspired by their experiences in Paris.

Set against the backdrop of the Gaza conflict, preparations for the Paris Olympics and the reopening of Notre Dame, the anthology explores themes of hope, loss, reinvention and creativity through the eyes of Australian writers abroad.

The book's dedication reads: "To all aspiring writers who dare to dream, may you find inspiration in every corner of



the world, and the courage to share your voice."

Watts, editor of *Jocelyn Magazine*, said the Fraser Coast retreat in July would combine writing sessions, conversation and local exploration, while also giving interstate visitors a chance to experience our region's relaxed coastal lifestyle and heritage charm.

"These writers have never visited the Fraser Coast before, so it's a wonderful opportunity to introduce them to Hervey Bay and Maryborough while we continue developing our next anthology," she said.

The group plans to spend time workshopping story ideas and discussing publishing opportunities during the four-day gathering.

Paris Ink is available through Amazon Australia. More information about the anthology can also be found at *Jocelyn Magazine* - jocelynwatts.com/paris-ink/.



COOL COUNTRY *Social Music Club Inc.*

A 'Not for Profit' Incorporation located in Hervey Bay.

Our aim is to bring people and music together and raise funds for other 'Not for Profit' organisations in the district.

OPEN DAY CONCERT ★ PRACTICE NIGHTS

2nd Sunday of each month

Open at 10am for
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Members \$5
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Entertainment by Club's
Live Band & Members
Walk-ups Welcome

Cakes/Sandwiches/Sausage
Sizzle & Refreshments

Lucky Door Prize & Raffles

Country - Rock n Roll - Folk - Blues

Venue: Hervey Bay Citizens Centre
Cnr Denmans Camp Rd & Totness St, Torquay

For more info phone: 041 876 7521

Email: coolcountry.herveybay@gmail.com

www.coolcountrymusicherveybay.com.au



Crystal Focus

Twilight @ The Brolga

Sat 15 Aug 26

3pm till 9pm

The Brolga -
Maryborough

\$5 entry

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REGIONAL QUEENSLAND'S *quiet heroes*



Behind every person ageing at home or living with disability, there's often someone quietly holding everything together. This is for them.

In Australia, around three million people are unpaid carers—about one in eight of us.

They're parents, partners, children, siblings, friends and neighbours. Some are in their 80s caring for a spouse. The average carer is 50.

In Regional Queensland—where services can be thin and distances are long—carers don't just support households. They keep communities going.

If you're a carer, you know the drill: medications, appointments, showers, transport, reassurance—and the mental load behind it all. There's no 5pm finish.

But it's also love. Deep, fierce, complicated love.

You might already be a carer

You don't need a label to deserve support. If you regularly help someone with personal care, medication, transport, paperwork or emotional support because of disability, illness or age, you're a carer. Naming the role is often the first step to getting help.

The toll we don't talk about

The strain is real. A 2023 national survey of nearly 6,000 Australian carers found 58% reported low wellbeing.

Carers are lonelier than other adults and 1.4 times more likely to face significant financial distress.

Only about 63% of working-age carers with regular responsibilities are in paid work.

In regional Queensland, where the nearest specialist might be hours away, that pressure can hit even harder.

If any of this feels familiar, hear this: you're not failing. You're carrying more than most people ever see.

Help is closer than you think

Help doesn't have to wait for crisis point.

Free national and state-funded services offer unpaid carers counselling, coaching, peer support and respite. Many can be accessed with a single phone call and no referral. Your GP or support groups at the expo can point you in the right direction.

Respite—one of the most underused supports in regional Queensland—might mean a few hours at a day program, an in-home visit, or a planned break. Either way, it can make a real difference.

You may also qualify for financial support. Carer Payment is for people who can't work much because of caring responsibilities. Carer Allowance supports people providing daily care.

Both are administered by Services Australia, yet many eligible carers never apply.

If getting out of the house is hard, support can come to you. More counselling, coaching and peer groups are available by phone or video. Even a short, regular call can shift the load.

The thing other carers know

Being heard matters. Peer support isn't about fixing each other. It's about recognition.

One small step

If you take one thing away, let it be this: caring for yourself isn't selfish. It's what makes the rest possible.

Make the call. Book the coffee. Come and find us at the expo, and we'll help you connect with the right support. Because everyone deserves care—including the people giving it.

Not sure where to start with support?

Start here.

**R
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+ BONUS SENIORS EXPO

Register to visit or take part disabilityexposc.com.au

Meet local providers, explore services and discover support options.

PCYC, 9 O'Rourke St, Pialba

Friday August 14, 9am to 3pm

Free entry and free parking

PROUDLY SPONSORED BY



The Revlon Girl brings the story of Aberfan to the Fraser Coast

By Kim Parnell

A powerful and moving play based on true events is coming to Z-PAC Theatre, Scarness, from August 14 to 30.



The Revlon Girl, written by Neil Anthony Docking and directed by local Christine Service, is set eight months after the Aberfan Disaster, which devastated the Welsh village of Aberfan on October 21, 1966. When a coal spoil tip collapsed onto Pantglas Junior School and surrounding homes, 116 children and 28 adults lost their lives.

Against this backdrop of unimaginable grief, the play follows a group of bereaved mothers who meet each week to support one another through their loss. Then one evening, a Revlon girl arrives with lipstick, beauty tips and the opportunity for the women to feel human again.

Christine first discovered the play two years ago.

"The title intrigued me," she says. "I started researching Aberfan, bought a script and couldn't put it down. Historical fiction fascinates me. How do ordinary people cope with extraordinary events? I'm always interested in the human condition and how communities come together during tragedy."

While researching the production, Christine met local resident Catherine Wicks, who has a deeply personal connection to the disaster.

Catherine's mother was born in Aberfan. In 1963 Catherine attended Pantglas school before her family moved to Germany with her father's regiment. In 1965 the family returned to the village when her grandmother passed away. Catherine again attended Pantglas Junior School before moving to a grammar school five miles away after passing

her 11-plus examination.

She was 12 years old when disaster struck.

"It was the last day before half-term," Catherine recalls. "We heard an endless procession of ambulances, fire engines and police cars. For a place like that, it was unheard of."

At around 10.30am, students from Aberfan and neighbouring Merthyr Vale were called to an assembly.

"We were told there'd been an accident at Pantglas Junior School and a wall had fallen on some children. At that stage nobody really knew what had happened."

Catherine and her classmates boarded the train home.

"As we came around a bend, we could see Aberfan. Where there had been a green mountain that morning was now a black mess we couldn't comprehend."

When she arrived back in the village, confusion quickly gave way to horror.

"When we got off the train and got closer to the village, we were walking in ankle deep muddy black water. As I got near to the street leading up to the school, it got dirtier and dirtier. Then I could hear voices. Men were digging with their hands and shovels. I found out later that they were desperately trying to reach the children who were still buried. But at that stage I still didn't fully understand what had happened."

At home, Catherine's mother already knew something terrible had happened.

"We still didn't know the enormity of it, but in a village like that news travels fast. Then we started realising just how terrible it was."

Through the night, rescue workers continued searching under floodlights.

"Instead of the quiet village we were used to, there were generators, lights and people working everywhere. Time was of the essence because many of the children had been suffocated by the coal slurry."

Some survived after becoming trapped in air pockets beneath desks and debris, but for many there was no escape.



The memorial in the Aberfan Cemetery is made up of two rows of arches

Catherine lost her eight-year-old cousin Susannah in the tragedy.

"I also lost Norma; a friend I always called my cousin. Her parents were devastated. They eventually left the village because they couldn't bear to stay there."

Her brother joined the rescue effort.

"He never really talked about it afterwards. I think he was just so affected by what he'd seen."

Like many small communities, Aberfan was close-knit.

"We all lived in terraced houses. Everybody knew everybody. You walked to school together, saw each other every day, and the mothers would be chatting on their doorsteps. Everybody was affected."

Looking back now, Catherine understands the lasting impact the disaster had on survivors.

"There was no psychological help in those days. Emergency workers and everyday people were carrying bodies out. That was incredibly confronting."

Many survivors carried physical injuries, while others lived with emotional scars for decades.

"Generally, it was the trauma that stayed with people, although some of the survivors went on to do wonderful things with their lives."

This year marks 60 years since the tragedy, and Catherine hopes people remember not only the loss but also the strength of the community.

"I'd like people to remember the children, the families and the community of Aberfan. Those lives were lost and didn't need to be, but it also showed how people rally around and support one another. People from all over the world cared about Aberfan. It was a small village and losing 116 children was something almost impossible to comprehend."



Plaque on wall outside the Memorial Garden built in the same layout of the school. As you can imagine no one wanted a new school built where such a terrible tragedy happened



Catherine with her friend Jackie's father and grandmother. Jackie lost her brother Andrew aged 14 and her grandfather

The Revlon Girl

CAST ANNOUNCEMENT

Kristy Walker
'Marilyn/Jackie'

Katie O'Neill
'Rona'

Lauren Nicholls
'Sian'

Rebecca Greenshields
'Jean'

Taylor Dunn
'Revlon'

Written by
Neil Anthony Docking
Directed by
Christine Service

**14th - 30th
August, 2026**

BOOK ONLINE AT zpactheatre.com.au

The disaster ultimately led to widespread changes across Wales, with coal spoil tips gradually removed to prevent a similar tragedy from occurring again.

Today, Catherine lives in Nikenbah with her husband and will celebrate her 72nd birthday in July. She admits that only in recent years has she fully understood the trauma she experienced.

"I never really realised it was a trauma until later in life. At the time it was simply something we lived through. Looking back now, I realise it was an awful thing to experience. In the beginning you don't fully understand what's happened, and then as the days go by you realise you've lost friends, cousins and neighbours."

Catherine is grateful that Christine and the Z-PAC team are bringing this story to local audiences.

"I asked Christine how someone in Hervey Bay found a play about Aberfan. She's done so much research and has become incredibly invested in it. It's not just another play. She's really worked to understand the trauma behind it."

For Catherine, that understanding is important.

"This year it will be 60 years since the tragedy. I've lived all that time, but those children never had the chance. You do wonder what they would have become and what they might have achieved."

The Revlon Girl

August 14–30

Z-PAC Theatre, Scarness

Tickets: www.zpactheatre.com.au



Arise+Shine

with Tania Comerford

JOY

I recently ran an online JOY Bootcamp. It was so much fun. I started the group because I was aware winter can impact our energy and mood when the days are shorter, and it is harder to get out of bed.

Winter used to affect me, but this winter, despite losing my husband less than a year ago, I feel excited about all that was happening in my life.

I naturally feel joy. My mood is generated by my internal environment and is very rarely affected by the outside environment.

I thought about all the everyday routines I do and mindsets I have that help enhance my joy for life. I wanted to encourage others how easy it is to implement some of those into their lives too.

I have a fun inspiring playlist that I play a few songs from once a day. I start each day out on the beach, walking out in nature where my senses can all come alive at the start of each day. When fun ideas come to mind, I act on them straight away, I don't talk myself out of doing fun adventurous things. I create an intentional morning routine that inspires me to jump out of bed. Today is the right day to start anything, not tomorrow or Monday! I start my day the

night before, by getting enough sleep. I only feed myself with uplifting information. There is always a solution – difficulties are an opportunity for adventure. I do what makes me feel good. I surround myself with happy positive people. I am proactive and intentional about my happiness and what I really want from life. I wear what makes me feel good. I celebrate every single little win in life.

If you'd like more joy in your life, then try implementing at least one of those ideas today.



Tania Comerford

Arise+Shine

Transformational Life Coach + Retreat Mentor

Follow me on Facebook

MORE REASONS TO GET EXCITED ABOUT THE UPCOMING HERVEY BAY FISHING CLASSIC

If going fishing all weekend long and having to return to the Hervey Bay sports club each day to weigh-in and win HUGE prizes isn't enough to get you signing up online for the bay's biggest ever fishing comp, then here are a few more temptations.

Event organiser, Brandon from Qld Fishing Classics, has just recently uploaded the event's program to its website. Slide on over to <https://herveybayfishingclassic.com.au> and check out the comprehensive 3-day program of events. Picture you, your family and friends enjoying one heck of a great time.

Between serious bouts of fishing effort, there will be plenty to entertain, from Joy Flights with great ocean helicopters, the Yamaha Super Tank onsite all weekend with live fish demonstrations, live music and countless fun activities for the kids. Event Partners, Garmin, will be on hand displaying

the latest and greatest in marine technology, along with other stall holders such as Madkeen, Wilson, and Marine Parks Queensland. With raffles galore to keep the prizes rolling in there is a chance to WIN a prize all day every day during the event. Secured parking is a key feature for those of you demanding that extra security for your boat over the weekend of the comp as you kick back and enjoy the atmosphere that can only be experienced at an event of this nature.

There are so many impressive Major Draw prizes and Giveaways that they could justify the cost of entry alone. From 7-day swains trips to a family holiday and oasis package by Ramada, not to mention the 3 boat motor trailer packages up for grabs with the proceeds for our raffle boat going directly to our local Rally for a Cause Charity partner. Did we mention the total prize pool in excess of \$120,000! This is the fishing comp you have long been waiting for fishos, and definitely not one to miss!



DUNGA DERBY by RALLY FOR A CAUSE



COMMUNITY LOVE HELPS JOSH SURVIVE AND THRIVE

The joy of a new baby remains one of life's great moments - but imagine the devastation caused when that child is born with a life-threatening illness.

That was the case in August 2024, for Fraser Coast parents Blair and Shaun when their son was diagnosed with a Congenital Diaphragmatic Hernia (CDH) at 20 weeks gestation.

CDH is a complex condition where the diaphragm doesn't fully close and the intestines, stomach and liver can all move up into the chest cavity, restricting the growth and development of the baby's lungs. It has a 40 per cent mortality rate.

"Our lives were turned upside down, Shaun said.

"Instead of the excitement of growing our family, we faced months of uncertainty and not knowing whether our little



boy would survive in the hours, days and weeks after birth.

"Due to the high-risk nature of the pregnancy we had to stay within minutes of the Mater Mothers Hospital in Brisbane for the last three months of the pregnancy and while Josh spent a month in the Neonatal Critical Care Unit (NCCU) after birth. This placed immense pressure on us as a family as we were unable to work but bills still needed to be paid."

The family was nominated for support to Rally for a Cause who stepped in and helped ease the financial burdens on the family so they could concentrate on their medical battles.

"Rally for a Cause is an amazing community organisation that will always be close to our hearts. You never imagine that your family will need the assistance of strangers - but Rally for a Cause proved that it is the heartbeat of our community by stepping up when we needed them most."

Now, almost two years later, Josh is a happy little boy who loves his big brother, Luke, and his best friend Morris the labrador. His life saving surgery at two days old was a success and he's growing bigger and stronger every day.

"We owe so much to Rally for a Cause for stepping up and letting us focus on the things that really mattered, our family."

Rally for a Cause has now assisted almost 500 families. For more information or to donate to Rally for a Cause, please visit www.rallyforacause.org.au.

SOCIAL SNAPS

Out and about on the Fraser Coast!



Ashleigh Fitzsimmons, Kylie Perez & Dani Driver let their hair down



Matt Anderson & Desiree Laanepere dress the part for Valknut Meadery



Celebrity Chef Matt Golinski showcased his Grilled Pork Cutlets with Truffle Mash



Aaron Lovelock, Dean Wright and James Hyne RELISH the event

Relish Food & Wine Festival Portside Precinct & Queens Park Maryborough

Photos by Kim Parnell



Mat Ryan claimed the Relish Cup, devouring a huge plate of food in just 3 minutes 56 seconds

SOCIAL SNAPS

Out and about on the Fraser Coast!



Mel serves up some Outback Spirit Iced Tea



Robert Mackay from popular local band Rhubarb Tarts



Jean Scotney & Jacky McLeod try some of the great food on offer



Poppy, Paula & Skylar Wiseman sell delicious Grow Wise Microgreens



Tara Cave & Amber Spicer enjoy a wine or 2

LIFEFLIGHT SAVE LIVES

Ava St Henry's story

A Gin Gin High School student has met her emergency service heroes who saved her life.

When a beast spooked Ava St Henry's horse, the 15-year-old was flung onto a steel fence and then crushed as the horse collapsed on top of her. She was instantly in such severe pain, she thought she was dying.

Ava was practicing for her first campdraft in March last year. She'd just got around the first peg when the beast turned in front of her horse, which then flipped the horse and Ava smashed into the fence at full speed causing catastrophic injuries.

Campdrafting is a unique Australian equestrian sport where a horse and a rider work cattle, cutting one beast from a mob in a small yard, navigating it through a figure-eight course and out through a gate.

Ava said her Queensland Children's Hospital (QCH) surgeon likened the impact as intestinal whiplash.

"When I hit the metal fence, all of my intestines ripped out of their original place and were forced back," Ava said. "So, all the damage was around my stomach, my gallbladder, my



The Bundaberg base LifeFlight aeromedical team help Ava St Henry after a horse crushed her-Photo credit Gina St Henry

duodenum, my pancreas, my intestines and my bowels."

As Ava waited 10 minutes for her Queensland Ambulance Service (QAS) paramedic to arrive, she knew she was 500 kilometres from the Queensland Children's Hospital.

Ava and her parents, Gina and Michael, recently visited the LifeFlight Bundaberg base to thank her aeromedical doctor Aaron Quay, QAS flight paramedic Michael Branch and QAS ground paramedic Rachel Mack. These three emergency services heroes got Ava to the specialist surgeons she needed to save her life. She spent 10 days in intensive care, and close to four months in hospital but is now back riding horses again.

"Meeting the crew was amazing," Ava said. "It was so amazing to say thank you for everything they've done for me."

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TIDE TIMES URANGAN

JULY

	Time	m	Time	m	
1	0358	1.09	16	0426	0.65
	0915	2.93		1002	3.22
	WE 1511	0.80		TH 1604	0.49
	2144	3.60		2225	4.08
2	0431	1.10	17	0508	0.69
	0950	2.94		1049	3.20
	TH 1545	0.82		FR 1647	0.64
	2215	3.57		2307	3.89
3	0506	1.11	18	0546	0.77
	1028	2.94		1135	3.13
	FR 1622	0.87		SA 1731	0.87
	2247	3.52		2348	3.64
4	0541	1.12	19	0624	0.88
	1109	2.92		1223	3.04
	SA 1700	0.96		SU 1816	1.14
	2323	3.45			
5	0617	1.14	20	0031	3.36
	1155	2.91		0702	1.00
	SU 1742	1.10		MO 1316	2.95
				1911	1.42
6	0003	3.35	21	0119	3.07
	0659	1.14		0746	1.12
	MO 1248	2.90		TU 1418	2.89
	1832	1.25		☉ 2026	1.64
7	0051	3.23	22	0217	2.83
	0746	1.13		0840	1.20
	TU 1351	2.94		WE 1531	2.89
	1937	1.39		2159	1.70
8	0151	3.10	23	0325	2.66
	0843	1.09		0942	1.23
	WE 1459	3.04		TH 1646	2.98
	☉ 2057	1.46		2317	1.61
9	0258	2.99	24	0436	2.60
	0944	1.01		1042	1.20
	TH 1610	3.21		FR 1746	3.14
	2219	1.42			
10	0407	2.93	25	0017	1.45
	1045	0.90		0540	2.64
	FR 1719	3.44		SA 1135	1.12
	2338	1.28		1834	3.30
11	0518	2.92	26	0105	1.30
	1145	0.77		0631	2.73
	SA 1823	3.70		SU 1222	1.02
				1914	3.43
12	0049	1.10	27	0145	1.17
	0627	2.97		0714	2.83
	SU 1242	0.64		MO 1304	0.91
	1918	3.93		1949	3.54
13	0152	0.92	28	0223	1.08
	0729	3.05		0750	2.92
	MO 1337	0.52		TU 1344	0.81
	2009	4.11		2021	3.62
14	0248	0.77	29	0258	1.01
	0824	3.14		0824	3.01
	TU 1429	0.44		WE 1420	0.73
	☉ 2057	4.20		2052	3.68
15	0339	0.68	30	0331	0.95
	0915	3.20		0859	3.08
	WE 1518	0.43		TH 1457	0.68
	2142	4.19		☉ 2122	3.71
		31	0403	0.91	
			0933	3.13	
			FR 1532	0.67	
			2152	3.70	

Fraser Coast Markets



MARYBOROUGH

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

MARYBOROUGH

Sunday Mixed Markets
Tinana Markets on the Field
Every 2nd Sunday of the month
7am - 12pm - 0447 407 008
Tinana Football Club - Soccer Fields
maryboroughsmm@gmail.com

HERVEY BAY

Torquay Beachside Markets
Opposite the Torquay Hotel
Every Saturday
7am to 1pm

HERVEY BAY

Koala Markets - Kruger Court
Every 2nd & 4th Sunday
6am to noon

HERVEY BAY

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

HERVEY BAY

Markets at the Pier
Pier Park, Urangan, (in front of Jetty)
Every Wednesday & Saturday
7am to 12pm

OTHER AREAS

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

OTHER AREAS

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

OTHER AREAS

Bauple Markets - Band Hall Road
4th Saturday of the month
7am - noon

Have a market you'd like added to our Market List?
We'd love to hear from you!
Please email Kim at whatsonfrasercoast@outlook.com with your market details.

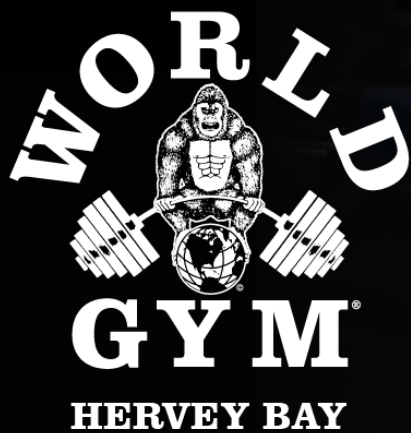
For all Market submissions or corrections please contact:
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