

FRASER COAST What's On

February 2018 FREE MONTHLY MAGAZINE

13

Inside this issue:

Fitness & Health
ACHIEVABLE FOR ALL
Local Band Spotlight
TILL DAWN

Art Exhibition
Wilhelmus
Breikers
MEN of LEAGUE
ABBALIVE

For lovers of
Orchids



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FRASER COAST What's On

Note from the Editor

Well a new year has well and truly begun. Where on earth has that first month gone! Now if you are like me, you won't make any new years resolutions as you know that you won't keep them, so why announce it to the world only to feel silly when you fail. Don't make major life changing announcements that you will live to regret, but rather make smaller more manageable changes that you know that you can achieve, oh and do it quietly so as no one can hold you to it!



A new year is exciting, so make a list of all of the things that you would like to accomplish in the next twelve months, then concentrate on one thing at a time until you reach your goal.

On a personal note I start every year by having a clean out, the rule of thumb I use is if I haven't used it for twelve months I don't need it, so it gets boxed or bagged and sent off to an op shop.

A relationship saving tip though is to always check with family and loved ones before giving away or selling gifts or items other family members have given you. You want to start the year off with that loving feeling, not putting noses out of joint, ha,ha.

Cheers,
Kim Parnell
Editor

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Inside this month's edition!

There's lots to see and do!

From **live shows** to **Community events**, **Fund-raiser's**, **Sports Expo's** and **Art Exhibitions** we have it covered. Make sure that you take note of our full **February calender of events** right in the middle of our magazine.

Be inspired to think about Fitness as we introduce you to some pretty special people who put exercise before anything else in their quest to stay healthy and to achieve their goals.

Popular band, 'Till Dawn', hail from Maryborough. The handsome trio talk about music, memories, goals, and their passion for playing right across the Fraser Coast.

Artist, Wilhelmus Breikers questions the life of images in his thought provoking, upcoming Art Exhibition at Gatakers Artspace called, 'The World is a Better Place'.

Take a trip to the Fraser Coast Wildlife Sanctuary for a fantastic family fun day out in the great outdoors. Visit with Dingo's, Emus, Kangaroos, and Snakes. Say hello to one of my favourite birds, Winston the Wedge Tailed Eagle, and get nibbled by Kadar the Camel.

Lovers of Abba will flock to the Hervey Bay RSL to be entertained by ABBALIVE. Creator and Entertainer, Lynelle Leighton talks to us about the early days of the group, and about what the audience can expect on the night.

February is the month to join a club, and there is no better way to find out what is on in our region than taking the family to the Fraser Coast Sports + Expo in Hervey Bay and to the Maryborough & District All Sports Showcase, both coming up this month.

As featured in last months Magazine - Don't forget you can still get tickets to the hottest Concert of the year, By the C. Featuring acts such as John Farnham, Ross Wilson, James Reyne and The Black Sorrows, this concert is definitely worth getting excited about. For tickets, and more info go to: <http://zaccariaconcerts.com.au/current-tours/by-the-c/>.

For those Comedians among us don't miss Vietnamese-born, Anh Do – The Happiest Refugee takes you on a journey into his own life experiences. at the Brolga Theatre and Convention Centre.

Keep turning the pages to find out all about these and more!. - Enjoy!

Kim Parnell

Editor, What's On Fraser Coast

What's happening at your club!



*Melodies
in the Morning*

TOM JONES

& The Divas Show

TUESDAY FEBRUARY 13

\$5 for HB RSL Members, \$7 non members 13+
Doors open 10am - 11am start. Book at RSL reception.

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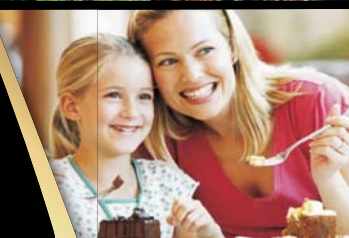
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Fitness JOURNEY

Setting goals helps you on your

Written by Kim Parnell

In the Pavey household exercise is second nature. The alarm goes off at 4am each morning and the day gets under way. For the kids, Pepe, Tyger, and youngest member Jagger this is just routine.

The day starts with either a run a cycle or a swim with on average approximately three hours of exercise completed each day, this includes the weekends. This works out to about twenty one hours per week spent on exercise alone.

Mum Trudy says, "Getting up straight away and getting into it is the best start of the day. If you don't get up early and do something you feel a little bit anxious, and you just feel like you can't get through the day. It is important to have the same routine and to stick to it.

"Not only do we do this as a family but we do it to keep healthy, to keep fit and at the end of the day we have goals that we would like to achieve. Even Jagger is coming up in the ranks, he has started swimming lessons, and he also sees what we do, this is just a normal way of life for him."

Trudy says, "Put it this way, If there was an elevator and stairs, well naturally we will always take the stairs as it is the better healthier option and we would feel better for it."

Trudy and her tribe try to be a part of any events on the Fraser Coast that will keep them fit and healthy, whether it be walking, running or swimming they will be there.

The only thing that has slowed Trudy down from time to time is the ITB injury to her knee. To combat this she goes to the gym and keeps up the strength work. This is followed up by visits to the Physio, and regular trips for a much needed massage.

"I am always having to be careful that I don't overdo it. So that is where having a coach and being on a program really helps." says Trudy.

As Trudy and Pepe are at a competitive level eating healthy is very important, this means lots of fruit and fresh leafy green vegetables.

"We don't deprive ourselves though. I don't mind a bit of chocolate now and again, but the key is to have everything in moderation.

"Pepe and I are striving. I am striving to be better at my swimming, Pepe just won the last round at the Raby Bay QTS under 14 enticer. So her next goal is to win another one." Trudy said.

The families goals for 2018 are:

Trudy – To complete 2 half marathons and to improve on my swimming.

Pepe – two 10km runs, and to do well at the Qld State School Triathlon Championships later this month. And to keep working towards my goal of becoming an Olympic Triathlete when I am older.

Tyger – 2 5km runs, and to continue on with my Soccer.

Jagger – Beginning Prep and learning how to swim.

"Fitness has to be fun not a chore, do it because you love it." Trudy reminds us all.



IS ACHIEVABLE FOR ALL

Written by Kim Parnell

IRONMAN

For sixty nine year old **Alison Coleman**, later on this month will signify thirty nine years of being able to run. Like any of us starting out Alison first started running with a friend using a combination of walking and running, over time the distances increased and there was more running than walking.

"I love the fresh air and the freedom of running", says Alison.

The day starts at about 3.30am to 3.45am with a 10km run, when training for a Marathon Alison will increase the distance to about 32km, then she will pop home have a shower and breakfast and set of for the day to her full time job with FCRC.

Having completed over 100 Marathons to date, and a few Ultra Marathons as well I was not surprised that Alison belonged to Masters, and was once with Queensland Athletics while representing Queensland fourteen times in competition. She has also been part of a running and walkers group in Maryborough for many years.

Alison says, "My last Marathon was the Gold Coast Marathon in 2017, I am actually a member of the 30 year club as I have completed a total of 33 Gold Coast Marathons.

I have also ran in Sydney, Adelaide, Melbourne, Auckland and Eugene, Oregon, USA, and count Robert De Castella as a friend".

On the food scene she believes anything in moderation is fine, so have that piece of cake or chocolate. Even though Alison is a vegetarian she recalls that she has won a few pie eating competitions over the years.

Grandma to one child and Great Grandma to six doesn't seem to slow this energetic lady down. Having been selected to be one of the Baton Bearers for the Commonwealth Games, Alison was very excited to show me her uniform.

Alison's 3 tips to Fitness are:

Make your mind up about which exercise you want to do, and what you hope to achieve.

Be sincere, listen to, and respect your body,

Feed and hydrate your body, and Enjoy the Journey.



ALISON COLEMAN

Reed James Mackay has been active his entire life playing sports such as AFL, and Rugby League. Throughout his late teens and later 20's he stayed active but wasn't in control of his health. Reed says, "I was stuck in a cycle that involved binge drinking on weekends to the point I couldn't remember things I was doing, and I was eating lots of fast-food.

Fad diets followed, I would experience rapid weight loss but I wasn't changing my lifestyle so when I finished my fad diets over the course of 6 months I would gain more weight then I started with".

It was then that he knew he needed to change, Reed wanted to challenge himself physically and mentally so called Lars Olsen and within a week of meeting him was into training and had his first triathlon booked for Boxing Day 2016

Reed says, **"If there is one thing that I would recommend to anyone it would be to join a club/ group of like-minded people, I find that just about everyone I have come across over any of the 3 disciplines of multi-sport have been very welcoming".**

If it's the Local Fraser Coast cycling club, Park Run The Hervey bay Triathlon club, or BMee everyone just wants to encourage one another".

Having lost over 15kgs within the past 12 months purely from training Reed didn't really change much of what he ate until around late last month, he says, "When you go from training 2 nights a week to 7 days a week you have to expect to lose some weight. I've had to realise that weight loss isn't just an overnight thing and that clean eating, hard work and patience are key ingredients".

In June Reed will be competing in the Full Ironman being held in Cairns, and we wish him all the best.



REED JAMES

Rose Tattoo

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LOCAL BAND SPOTLIGHT WITH MARYBOROUGH BAND,

TILL DAWN

Photo and Story by Kim Parnell

Where did the name 'Till Dawn' come from?

Dan – Shaun and I were playing the nightclubs all the time and we weren't getting home until the early hours of the morning, sometimes not till dawn, so this is where the name originated from. The band has been going for about five years now. We started the band, and Josh joined us two years ago.

Who are your main influences in music?

Dan – Definitely bands like Kings of Leon, Matchbox Twenty, Boy & Bear, and INXS

Josh – For me it was Aussie Crawl, INXS and Silver Chair.

Shaun – I liked Powder Finger, Matchbox Twenty and Stereophonics.

What are your memories growing up on the Fraser Coast?

Dan – I have been playing guitar since I was ten years old, and I kind of stuck to it. As I grew older I saw lots of live music and went to lots of band nights. While I didn't really come from a musical family, my dad doesn't mind the Harmonica, especially after a few drinks.

Josh – I grew up listening to music, and I remember one year that all I wanted for Christmas was a Drum Kit, and I was thrilled when I actually got one. As I grew older I played in bands with friends in High School.

Shaun – I remember growing up that I did lot's of fishing around the Fraser Coast. They were definitely great times. Fishing is something that I still enjoy when I have time off.

How often, and for how long do you practise?

Dan – If we have an event we practise for about three to four hours at a time, once a week. We are lucky as we built a soundproof room in our shed, this is great to jam in on a regular basis.

Do you get many regular gigs?

Dan & Shaun - Last financial year we played nearly fifty gigs, it was our biggest year so far. Probably a quarter of all of our work is for private gigs. We have also travelled for gigs at Bundaberg, Warwick and Tin Can Bay.

Do you have day jobs, if so what are they?

Dan – I work for FCRC.

Josh – During the day I am an Accounts Clerk.

Shaun – I am a Builder.

How do you handle mistakes during a performance?

Dan – Just keep on playing and hope that no one notices, ha,ha. A cheeky smile doesn't hurt either, mistakes happen all the time.

How would the band describe its music style?

Josh – We play Pub Rock, 70's through to 90's, we cover everything. The song that we are requested to play the most would be Joeline.

How does the Internet help in the music business?

Well as we are all young things the internet has always been there since we have been working. It makes life easier for us. We find that it is much easier for people to find us and to book gigs.

Do you get the chance to write your own songs?

While we don't get a lot of time between our day jobs and our gigs we do dabble in writing and have written a couple of our own songs, one we play regularly at our gigs, it is called 'The Tradie', about a young bloke out on the town on the lookout for women.

What are your long-term music career goals?

Dan – Over time I would like to transition into doing more of our own songs and less covers.

Josh – I agree with Dan, producing more of our own music. I wish we could make a living doing the pub circuit that would be awesome.

Shaun – I am happy to take it as it comes, to expand on what we are doing, and to always look to improve. Collectively we all agree that we would like a lot more gigs on the Fraser Coast.

To find out more about 'Till Dawn' check them out on Face-book at:
<https://www.facebook.com/tilldawnband/>

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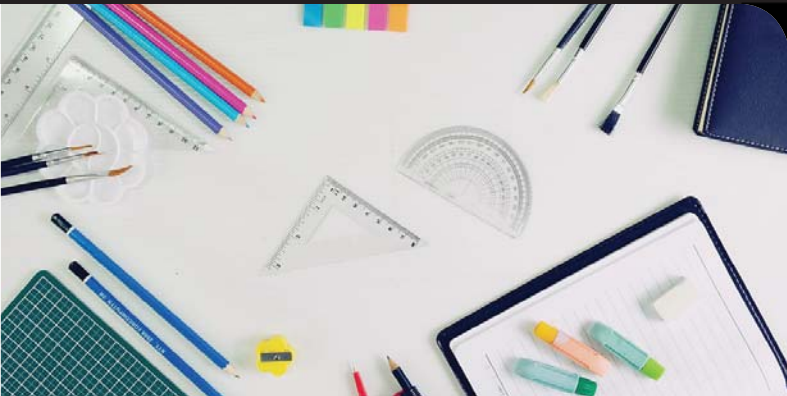
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IT IS TIME TO HEAD BACK TO SCHOOL

– With Youth Columnist, Jacob Kitson-Holebrook

YOUTH COLUMN

WHAT CAN I SAY, NO ONE EVER REALLY LOOKS FORWARD TO GOING BACK TO SCHOOL, THE 6AM WAKE UPS AND THE FACT THAT YOU MUST SIT IN A CLASSROOM AND LISTEN TO ONE PERSON SPEAK FOR A SOLID HOUR KNOWING THAT YOU COULD BE DOING SOMETHING A LOT EASIER AT HOME.



But really, is it all bad, like I mean sitting at home doing nothing is good sometimes and can be amazing when it is needed, but does anything really compare to being able to spend every day with your friends. Of course, school isn't just about sitting around talking for hours on end - an education comes in there somewhere I guess - but it is still amazing to have your friends around you, and that is a big plus for me.

Personally, I think going back to school is great. Let's be honest who doesn't love the beginning of the year, getting brand new stationery, brand new books and of course finding out what teachers you have for the year. For every student at the beginning of the year there are stresses. That you are starting a new grade is a given but for some it's a new school because you are new to the Fraser Coast or because you are moving to middle school or senior school at another campus. For those who are starting at a new school this year, things can definitely be a bit daunting. From making new friends to having to find your way around a new school it just seems to be a bit too stressful for my liking and I wish all of our new school students all the very best for their first few weeks at school.

MY FINAL MESSAGE TO EVERYONE WHO IS GOING BACK TO SCHOOL IS MAKE SURE THAT YOU ARE GIVING THIS YEAR YOUR BEST AND MAKE SURE THAT EVERYTHING YOU DO YOU GIVE 110%.



Wilhelmus Breikers was born in Holland, and emigrated to Australia, where he studied at the College of Art. He was a finalist in the 2015 Gallipoli Art Prize, and also a finalist in the 2017 Brisbane Art Prize and has exhibited extensively in both solo and group shows. This new show, called "The world is a better place", is the next exhibition to open at Gatakers Artspace, Maryborough, on February 2.

**"MY FATHER WAS A PAINTER"
WILHELMUS BREIKERS SAID,
"SO I PICKED UP ON THAT WHEN
I WAS YOUNG. HE SPARKED MY
INTEREST IN VISUAL ARTS. SINCE
COMING TO HERVEY BAY I HAVE
CONTINUED THAT AND WORK IN BOTH
TWO-DIMENSIONAL AND THREE-
DIMENSIONAL ARTFORMS.**

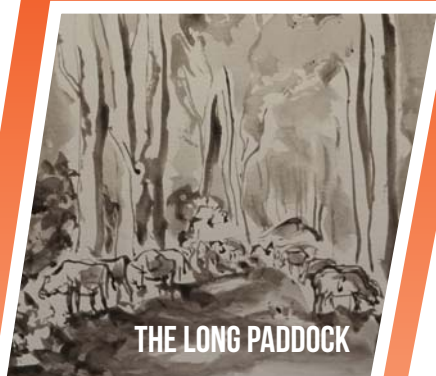
Wilhelmus explained his method: "When working I generally start with straightforward fairly representational-type studies that respond to the subject's shapes, forms and colours and then often retain some of that while developing arrangements that contain their own inner logic. Basically I make work from subjects that interest me, trying to make something that also interests me."

ART EXHIBITION

THE WORLD IS A BETTER PLACE

GATAKER'S ARTSPACE

Article submitted by
Wilhelmus Breikers



In this exhibition Wilhelmus Breikers presents a collection of framed drawings, paintings and photographic works that, he says, questions the life of images.

The exhibition title, "The world is a better place.", is declarative" he said, adding "but it begs the question. It also marks out the space in which political, environmental and social concerns search for common ground with concerns related to visual form. That narrative is a jumping off point for thinking about art for its own sake and art for the sake of something else."


Asked what he thinks is the role of art he answered: "I am to be persuaded that Art effects social, political, moral and any other kind of change in the world, but that does not mean that I do not make work that references, and reflects upon, issues and situations in the world around me. To make or do anything questions the value of that very same making or doing, and art is no different. And whatever the subject or form of the artwork, the question of the worth of it, and of the worth of the doer or maker, is unavoidable and intrinsic."

"The world is a better place" consists of 20 recent pieces that include small-scale paintings and drawings of familiar Fraser Coast landscapes - such as the one titled "Dundathu"; large paintings including the 1.5 x 1.2 m "Prophet and Profiteers" - a reflection on greed and corruption; the photographic work "Be careful, the steps are wet" - an exhortation of sorts; and the work "Shoot the canon." from which the exhibition takes its title. "You'll find the exhibition title in the text incorporated in the artwork" Wilhelmus revealed.

And that the artist is grounded in an appreciation of the world around him is no better demonstrated than by the work titled "There is a boat that waits / to take you across / the other side / to life." Of this painting Wilhelmus explained: "The painting has its origins in a series of studies of the valley view that greets me every time I drive to Brisbane and cross the Gunalda Range. In one of these I saw the possibility for this work: In it the landscape is a metaphor for life, the shed becomes a cave or shelter that offers refuge and is a departure point, and the pale-coloured boat is waiting to take you across to the other side". The exhibition runs from February 2 to February 25 at Gallery 4, Gatakers Artspace, Maryborough and will certainly mark the start of the new year in dramatic fashion.

**David Lewis - Councillor
(Environment, Community and the
Arts - Fraser Coast Regional Council)
will deliver the opening address at
6.30pm Friday February 2.**

There is no admission charge and light refreshments will be available.



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Walk around at a relaxed pace, or take advantage of a sanctuary tour from 2pm. Listen to the guided commentary while feeding the animals, and soak up some sun rays.

See Dingo's, birds, lizards, snakes and possums. Visit with the Kangaroos, Emus and wallaby's in their special enclosure, meet Winston the Wedge Tailed Eagle, and get nibbled on by Kadar the Camel. For a small fee you can also have a special encounter with a dingo or a snake.

Barbecues are available to hire for those that would like to take their own food, there is also a canteen available for snacks, light lunches or liquid refreshments. Here you will also find a range of souvenirs for sale, along with bags of animal food that you can purchase to feed the native wildlife.

The Curator of the Fraser Coast Wildlife Sanctuary, Ray Revill is the heart and the soul of the place, along with his team of volunteers who are involved in the rescue and rehabilitation of native fauna. Some of the Volunteers are also licensed to care for the sick, injured and orphaned wildlife, this is a monumental task in itself, and these volunteers are to be applauded.

You can help the Sanctuary by donating money that is used directly for medical expenses for the animals and birds. The money also assists in the maintenance of the grounds and enclosures. You can also donate products such as tools or building materials, fruit and vegetables, bird seed, and Lucerne to really make a difference. Individuals, groups, clubs and businesses can also sponsor an animal or bird that is housed within the Sanctuary. Sponsors receive a certificate of appreciation and during the time of sponsorship, the certificate is displayed on the Sponsor's Board at the sanctuary, a full list of available animals is on the web-page.

If you love our native wildlife and have ever thought about volunteering click on the web-page below to find out the relevant information.

Markets are held at the Fraser Coast Wildlife Sanctuary on the third Sunday of every month from 7am to midday. You will find a variety of stalls to suit everyone. Entry to the markets is by donation, and best of all on market days, admission to the sanctuary is free to market visitors until 12pm.

THE FRASER COAST WILDLIFE SANCTUARY IS SITUATED ON MUNGAR ROAD AT OAKHURST, MARYBOROUGH, AND OPEN FROM 10AM TILL 5PM DAILY.

For more information, including ticket prices go to: <http://www.frasercoastwildlifesanctuary.org.au/>

The Sanctuary receives no direct government funding and simply relies on volunteers, corporate sponsorships, and general sales.



ESCAPE FOR THE DAY AT THE FRASER COAST WILDLIFE SANCTUARY

Written by Kim Parnell



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MEN OF LEAGUE

FOUNDATION *the Charity of Rugby League*

Written by Kim Parnell

It is that time of year again, when the community have the opportunity to get together and mingle with the likes of Australian Professional Racing Driver, Mark 'Frosty' Winterbottom, Jillaroo, Chelsea Baker, and Former Australian Rugby League footballers, Michael Crocker and David Shillington, at the Men of League Foundation Fraser Coast Committee Sports Dinner.

On the night there will also be Lucky Door Prizes, Raffles, Auctions and some great music to get you dancing. The dress code is smart – Casual.

The special guests in profile:

Australian Professional Racing Driver **Mark 'Frosty' Winterbottom** was the winner of the 2015 V8 Supercar Championships, and also has a Bathurst 1000 trophy to add to the pool room.

Jillaroo, **Chelsea Baker**, represented the Jillaroo's at the 2017 Women's Rugby League World Cup.

Australian Former professional Rugby League footballer, **Michael Crocker** played in 44 games and 2 grand finals.

Australian Former professional Rugby League footballer, **David Shillington** played in 215 NRL games, played for three

clubs, 14 tests and has played 8 games for Queensland. David just so happens to also be the Queensland State Manager of the Men of League Foundation.

According to the website: www.menofleague.com.au, 'The Foundation provides assistance with everything from surgery, rehabilitation, equipment and specialist care to well-being visits to homes and hospitals to address social isolation and promote mental health. The Foundation has grown to be the charity of rugby league. Its mission remains to provide a wide range of well-being support and referrals in a professional and timely manner to those within the rugby league community who are in genuine need and are unable to overcome that need within their own resources'.

Men of League Foundation Fraser Coast Committee Sports Dinner
Saturday, February 17

6pm, for Meet and Greet – 7pm Dinner

Cost: \$80 per person – Includes a 2 course meal & Cheese Platters
Tickets available from The Beach House Hotel: 07 4196 9366

Or The Carriers Arms Hotel: 07 4122 6666
The Beach House Hotel

A Bus will be leaving the Carriers Arms Hotel, Maryborough at
5pm for a \$10 return trip.

For all enquiries call: Kev Embrey – 0427 250 545



Mark Winterbottom



Chelsea Baker



Michael Crocker



David Shillington

Creator and Entertainer, Lynelle Leighton who also plays ABBA member Agnetha talks about her passion and love for ABBA and ABBALIVE. - Kim, Editor

As the creator of ABBALIVE, where did the journey/inspiration/passion come from?

ABBA were my favourite group from the age of 6. Their music helped me develop as a musician. About 16 years ago I was musical director for an Elvis tribute show, and on a night off I went to see an ABBA show in Brisbane. I never imagined anyone would be able to do a tribute to them because in my eyes they were Gods and no one could do them justice. I was horrified when I saw the show (mind you I would have been their toughest critic!) The harmonies, choreography, costumes were all incorrect and they were swearing on stage and everything was very cheesy and just seemed to make fun of my favourite group. I felt very upset that they would portray my idols in such a way and vowed then and there to put together my OWN ABBA show to pay them the respect they deserved, and to show audiences how truly amazing they were. And here we are 15 years later!

I read that you hand make each costume, tell us about this process, how many costumes does ABBALIVE have?

Yes I have made 90 percent of the costumes. I firstly study the original costumes as carefully as I can online, in books, and on their videos and live footage, to get every detail correct. Then I try to find a basic pattern as close to the costume as I can find and adapt it. The time consuming part is the sequins and decorations which are all sewed on by hand. I had never done sewing before I began the show so I was asking my Mum a lot of questions along the way! Now it is mainly maintenance and repairs. We would have about 6 costume sets.

This show has been going since 2003 and you still love the songs, what would be your favourite and why?

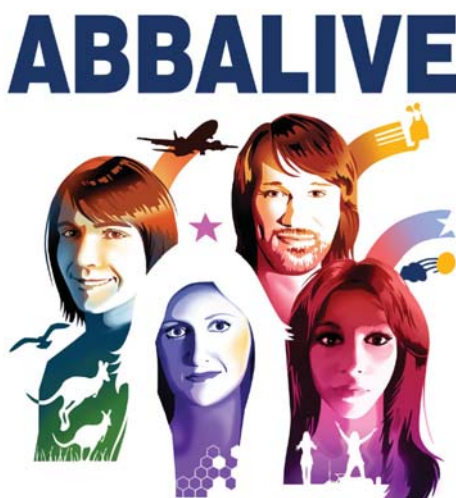
I would have to say I love most of the songs, but the most meaningful and challenging song to me is The Winner Takes It All. It really is the "Don't Cry For Me Argentina" anthem of the show, and it has been my favourite for many years. I can't even to this day listen to the original without getting a tear in my eye. It is a masterpiece and very moving.

If you were lucky enough to meet ABBA one day, what would you want them to know?

That has been a dream of mine my whole life! I would just want them to know how much their music has meant to me my whole life - it has brought me joy and comfort throughout the years. And I would want them to know how we as a group have tried to honour them and their music to the best of our ability.

What can the audience expect if they come to your show?

They can expect a really fun night reliving the wonderful memories of their childhood with about 30 ABBA tunes presented as closely as possible to how the original group were live in concert. The songs are ordered chronologically and we recreate the 3 major tours of ABBA, 75, 77, 79. The band members are some of Australia's finest musicians - our bassist played with the Mamma Mia musical when it first appeared on London's West End and was put together by Benny and Bjorn. Our drummer is from Boston, And has worked with the likes of Lionel Ritchie, Tavares and Aerosmith. Oh, and they can expect to be singing ABBA songs for at least a week afterwards :)



ABBALIVE

Saturday, February 24 / Doors Open 7pm – Show starts at 8pm

\$20 Members - \$25 Non Members / 18+ Show

Tickets available at the RSL reception Hervey Bay RSL

SEAFOOD & CARVERY BONANZA

Begins monthly

Saturday 17th February - 6:30pm

\$70 per person includes 2 hour drinks package plus Live Entertainment

Bookings Essential

BLAZING SADDLES function Room
Available for birthdays, wedding & corporate events

COURTESY BUS



Pick up available for 2 or more
Call 4125 2266

FOR FOOD OPEN ALL DAY 11AM - 9PM

Chicken Breast Schnitzel
Served with Chips & Salad
Toppers \$2.50
Add Garlic & Herb Bread \$4
MONDAY \$11

BBQ Pork Ribs
Served with Jacket Potato, sour cream and House Salad
TUESDAY \$19.90

Grilled MSA Rump
Served with Chips & Salad
Sauce Toppers \$2.50
Add Garlic & Herb Cobb Loaf \$4
WEDNESDAY \$12

Local Whiting & Cajun Calamari
Served with Chips & Salad
Add Garlic & Herb Pizza \$4
THURSDAY \$12

Roast Roll with Chips
Filled with our roast of the day, topped with onion and gravy and served with chips
FRIDAY \$10

Sunday Roast
Roast of the day with Roast Potatoes, fresh vegetables and rich gravy
SUNDAY \$12



CNR ESPLANADE & BIDEFORD ST, TORQUAY PHONE 4125 2266

Calendar of Events

FEBRUARY

FEBRUARY 1

Culture Caf

9.30am – 1.30pm

10am – 12pm

Italian theme

\$4 per person

Hervey Bay Neighbourhood Centre

FEBRUARY 2

Welcome to Dunga 2018

6pm

Venue to be confirmed

Hosted by the Bay Runners Dunga Derby Team

FEBRUARY 3

Free Skate Day

10am - 2pm

The Great Hall, Pialba

Hosted by: Red Hot Chilli Rollers Inc

FEBRUARY 3

KSS Jets Sign On Day

10am – 1pm

Sportsfirst Hervey Bay

Friday 3rd FEB 2018 @

SPORTFIRST

FEBRUARY 3

Gundy Pub Round 1 - Bull Ride 2018

Call: Dan Hourigan

- (07) 4129 3182

FEBRUARY 4

Chakra Healing Day

9am- 1pm

Holistic Healing Haven, 399 The Esplanade, Hervey Bay

To book go to: <http://healthhunternaturaltherapies.wordpress.com/events/>

FEBRUARY 4

Fraser Coast Sports + Expo

Hervey Bay PCYC

FEBRUARY 4

Sunday Riverside

3pm - 6pm

The Brolga Theatre and Convention Centre

FEBRUARY 4-5

The Fraser Coast Social Motor Enthusiast Social Day

9:30 pm to Feb 5 at 2:30 pm

Tinana Hotel, 'The Tinnie'. For more information or to book a space contact Julie on 0400 690981,

Michael on 0409 575284 or Mark on 0450 940169 - Hosted by Independent Riders Australia Pty Ltd

FEBRUARY 6

Toastmasters Pathways Learning Experience

5pm

To book call: 4197 4220

Hervey Bay Library

FEBRUARY 7

Pipas Art Workshop

10:00am

Monthly workshop for children aged 3-5

bookings are essential

4197 4206

Cultural Centre – Hervey Bay

FEBRUARY 9

Lunchtime Local History Talk

12 noon – Maryborough Library

2.30pm – H/Bay Library

Bookings Essential call: 4190 5788

FEBRUARY 9

Art After Dark – Exhibition Opening Night

6pm

Hervey Bay Regional Gallery

FEBRUARY 9

Friday Night Jazz – Judith Nijland & Marnix Van Bruggen Trio

7pm

\$20 Jazz Club Members

\$25 Non Members

Book at Reception – Hervey Bay RSL

FEBRUARY 10

Inquiry Learning Workshop (prep-Yr 6)

With Kath Murdoch

8.30am-1pm

FCAC - Doolong South Rd, Hervey Bay

Email: dabrown@fcac.qld.edu.au

FEBRUARY 10

By the C

3pm – 8.30pm

Head-liner: John Farnham

Tickets: www.ticketmaster.com.au

Seafront Oval

FEBRUARY 10

Humpback Swim-meet

11.30am Warm up

For more info go to: <http://www.herveybayhumpbacks.com/>

Hervey Bay Aquatic Centre

FEBRUARY 10

Witches & Wolves Tour – The Black Swamp & Flaming Wreakege

6pm - 12pm

Murphy's Bar and Lounge, Maryborough

FEBRUARY 11

Central Coast Regional Little Athletics Championships

FEBRUARY 13

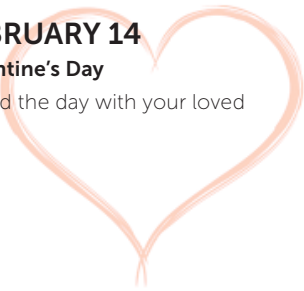
Morning Melody with 'Tom Jones & the Divas'.

Hervey Bay RSL

FEBRUARY 14

Valentine's Day

Spend the day with your loved ones

**FEBRUARY 15**

Implement a Forest School Program in Your Setting

9am-3pm

Register: <http://www.wildlingsforestschoo.com/events/professional-development/>

Hosted by Wildlings Forest School

FEBRUARY 15

Anh Do – The Happiest Refugee

8pm

Brolga Theatre and Convention Centre

**FEBRUARY 15-17**

Qld State School Triathlon Championships

FEBRUARY 16

Business Hervey Bay

5.30pm – 7.30pm

The Dock Bar & Restaurant, 7 Buccaneer Dr, Urangan

All those in business welcome

**FEBRUARY 17**

Car Boot Sale

7am – 11am

Next to Burrum Heads Bowls Club

Call: 4193 4441

FEBRUARY 17

Men Of League – Fraser Coast Annual Sportsman's Dinner

Beach House Hotel, Scarness

For all enquiries phone: Kev – 0427 250 545

**FEBRUARY 18**

Follies – NT/Live

2pm

Screening at the Brolga Theatre and Convention Centre

FEBRUARY 20

Follies – NT/Live

7pm

Screening at the Brolga Theatre and Convention Centre

FEBRUARY 23

Fraser Coast Mates – Corporate Tennis Challenge

4pm – 7.30pm

H/B & District Tennis Assoc

79 Colyton St, Torquay

Call: 0439 723 832

FEBRUARY 23

RnB Masquerade Party – Fraser Coast

7pm

The Brolga Theatre and Convention Centre

**FEBRUARY 24**

ABBALIVE

Doors open 7pm

\$20 Members

\$25 Non Members

Hervey Bay RSL

FEBRUARY 24

Days for Girls Sewing and Packing Day

10am

Hervey Bay Neighbourhood Centre

FEBRUARY 24-25

Flatwork, SJ and XC Clinic – Maryborough

7am

Maryborough Showgrounds & Equestrian Park

Hosted by Hervey Bay Pony Club Inc

FEBRUARY 24-25

Extreme Cowboy Racing Clinic

8am

Torbanlea Race Track

Created for Burrum District Active Riders

FEBRUARY 24-25

Torquay Pharmacy Regatta



Hervey Bay Sailing Club

FEBRUARY 28

Chamber Breakfast

6.30am – 8.15am

Hervey Bay Boatclub

 For a full list of What's On, go to: facebook.com/WhatsOnHerveyBay/
 facebook.com/whatsonfrasercoast or visit <http://whatsonfrasercoast.com.au/>

For lovers of Orchids

As told by Vicky Riley, Team Leader of Horticulture and Horticulturist, Darryl Coombes – Orchid House

Here at the Orchid House we have five and a half thousand Orchids in the collection so there is between fifty and three hundred Orchids flowering at one time. There are a lot of different species and Hybrids. We try to specialise in species, as nature intended them to be.

At this time of year we have hard cane Dendrobiums, Vanda's and the Cattleya alliance. At different times of year we have a different genesis of orchids. We have slipper Orchids out at the moment as well, they are pretty special. The flower has a very prominent labella, they are a tropical orchid with lush green leaves.

So what is an Orchid?

An Orchid is mostly epiphytic, meaning something that grows on a tree. They are a herbaceous plant and very unique as most have a male and a female flower component on the one plant. They are very attractive to the eye because they are zygomorphic, meaning they are symmetrical this makes them very attractive to humans, they also have an amazing flower. A lot of the flowers mimic insects and birds because that is their pollinator. We have some amazing Australian native Orchids that are terrestrial, this means they grow in the ground. Over on Fraser Island or Wullum country you will find the Flying Duck Orchid, this is a very famous Orchid. Orchids are sought after because they are different, and a little bit difficult to grow.

So you want to buy an Orchid for the home?

The best idea when buying an Orchid is to do your research and find out where it came from. The next trick is to mimic that natural environment. The best Orchid for the home would be a Phalaenopsis, they flower for such a long time, and they are also not expensive to buy. Dendrobiums are great too.

Here at the Orchid House, Orchids and plants are offered for sale throughout the year when available. The sale of the Orchids ensures that we are able to buy more Orchids for our collection.

We have one paid Horticulturist and twenty six volunteers just for the Orchid House and our Orchid Nursery. We have host volunteers that greet our visitors and a nursery team that grow and look after the orchids, our volunteers are very special people. If you are interested in becoming an Orchid House volunteer pop in and see us. More volunteers would mean that we can offer more services, we would love to open seasonally on weekends, offer more tours, run more education programs and continue to take good care of our natural areas.

We are working on our schedule of events at the moment, but can tell you that we will be having a wide variety of events to suit everybody. Christel Schrank will be talking about the food forest and edible plants. Doug Irvine will talk about native bees, we will hear from a frog expert, conduct potting workshops, and of course we will run our very popular botanic garden open day. You can also take advantage of our guided tours that are available for groups, and once a month we conduct charity tours, so keep an ear out for those. We have some exciting projects planned so please stay tuned. For more information on upcoming events and workshops held at Orchid House and the Botanic Gardens go to: the Hervey Bay Botanic Gardens Face-book page or pop on to the Fraser Coast Regional Council web-page.

We believe that we are a hidden gem of Hervey Bay. For such a small entry fee you can explore the Orchid House enjoy a cup of tea or coffee get to speak to a passionate volunteer. And see some amazing flowers. At one of the best Orchid Houses in Australia.

**The Botanic Gardens are open daily from 6.30am to 8.30pm
Admission is free**

The Orchid House is open
Monday to Thursday
9am to 2.45pm / Friday: 9am to 2.30pm
Cost: \$2.50 – This includes tea/coffee
Elizabeth St, Urangan, Hervey Bay





BECOME A RALLY ANGEL AND

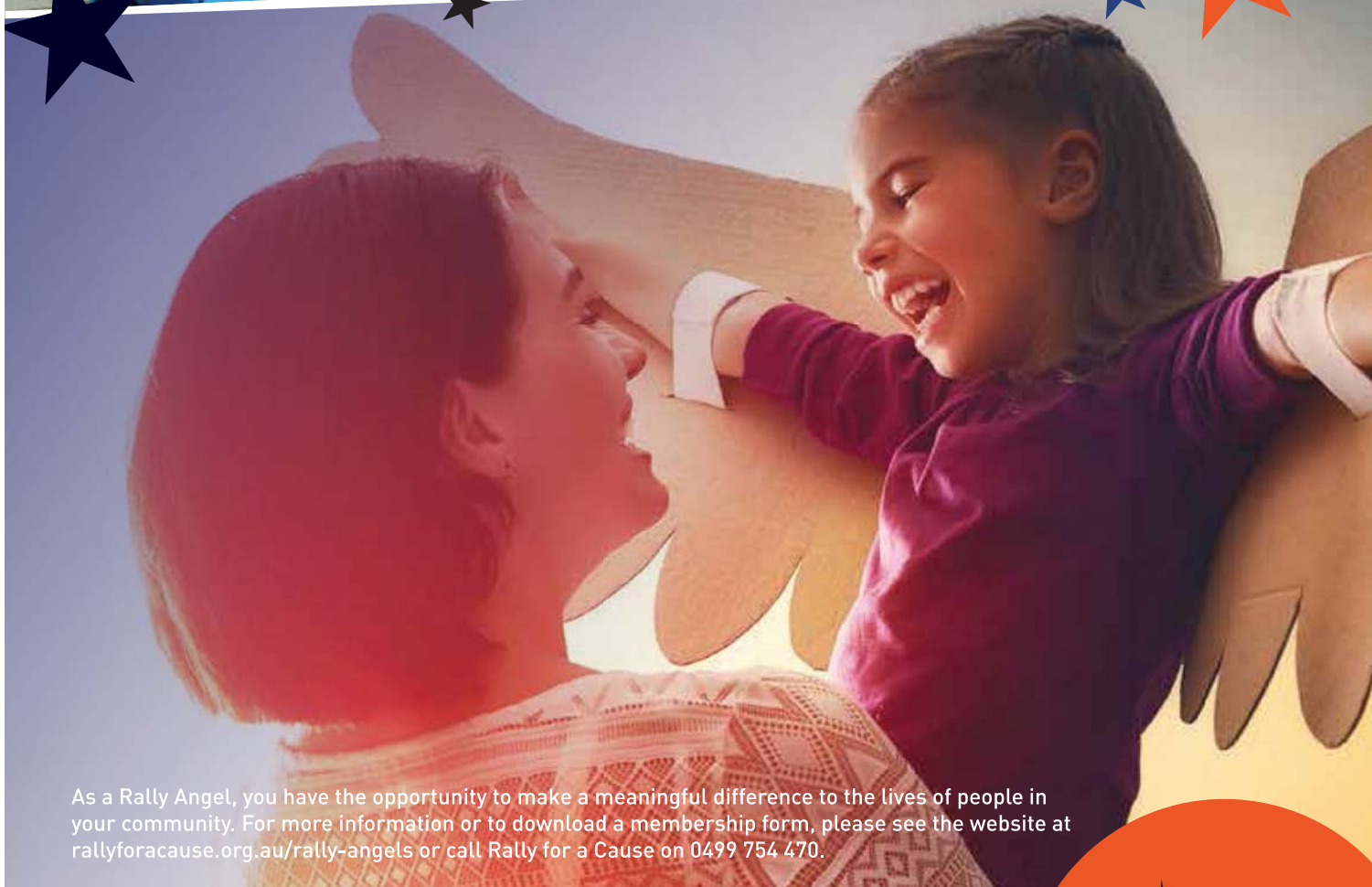

GIVE OUR FUNDRAISING WINGS



The Rally Angel club is all about harnessing the support of the community to enhance the work of the Rally for a Cause charity for the benefit of Fraser Coast families.

This new philanthropy club has been set up primarily to assist with the ongoing administrative costs associated with running such a successful local charity.

Membership comes with some great personal and business networking benefits, but more importantly it will mean that the Rally for a Cause will be able to continue to ensure that 100% of the funds raised by the Dunga Derby and donated to the charity will continue to go to support Fraser Coast families and individuals affected by life-limiting medical conditions or whose lives have been disrupted by detrimental circumstances beyond their control.



As a Rally Angel, you have the opportunity to make a meaningful difference to the lives of people in your community. For more information or to download a membership form, please see the website at rallyforacause.org.au/rally-angels or call Rally for a Cause on 0499 754 470.

GET IN TOUCH WITH EACH OTHER THIS *Valentine's Day.*

Written by Kim Parnell

Who hasn't imagined that they are a Humphrey Bogart or an Ingrid Bergman, a Patrick Swayze or a Jennifer Gray, a Tom Hanks, or a Meg Ryan, or maybe a Clark Gable or a Vivian Leigh. All of these iconic screen couples certainly went through many trials and tribulations to be together, even in the movies life was never easy. But oh how much we loved them.

No relationship is ever perfect, each one has to be nurtured to be given the opportunity to grow. We all get so caught up in our every day lives that it is easy to forget this.

Valentines Day is a good opportunity to rekindle that spark, to go weak at the knees and to feel the butterflies in the tummy that you felt when you first met. To show each other how much you appreciate the little things in life. The touch on the shoulder, the look in the eyes.

On February 14, plan something special, It doesn't have to be a day of grand gestures but instead a day to remember.

Why not have a romantic movie night with your loved one, dim the lights, or better still light some candles, throw some cushions on

the floor, pour a couple of glasses of wine and nibble on some cheese or chocolate. All while watching the old classics starring the famous couples above.

Or you can book that favourite restaurant for either breakfast, lunch or dinner, take a stroll in the moonlight, go to your favourite bar and listen to some music, or take the family out for a picnic. The possibilities are endless. For a bit of fun, Create your first date all over again, this would make the day or night very special indeed. Do you remember where you were and how you felt on that night?

Remember, Valentine's Day is not necessarily about the gifts and presents. It is about expressing your love for your other half, and Just enjoying the time you have with each other.

What ever you choose to do have fun!

**"Loved you once, love you still,
Loved you then, and always will."**

- Unknown

Happy Valentines Day



Cnr Esplanade & Elizabeth St, Hervey Bay
E: enquiries@thevinyard.com.au
W: thevinyard.com.au

(07) 4125 6982



Valentines Day

*Believe
In
Love*

Bookings
Essential



THE VINYARD



WHAT'S ON @ THE BROLGA



SUN
11
MAR



Sunday Riverside

SUN
4
FEB



Anh Do –
The Happiest
Refugee Live!

THU
15
FEB



Morning Melodies –
Nearly Neil by
Bobby Bruce

THU
22
FEB



National Theatre
Live – Follies

18
&
20
FEB



Sunday
Riverside

SUN
4
MAR



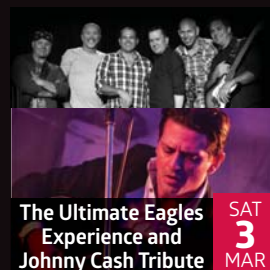
Moscow Ballet La Classique
Presents:
The Nutcracker

Fri
20
APR



The ACDC Story

FRI
2
MAR



The Ultimate Eagles
Experience and
Johnny Cash Tribute

SAT
3
MAR



Sunday
Riverside

SUN
1
APR



BROLGA
THEATRE & CONVENTION CENTRE



National Theatre
Live – Young Marx

18
&
20
MAR



BROLGA
FRIENDS

COMING UP IN 2018...

The Nutcracker – Moscow Ballet La Classique	Fri 20 Apr
Morning Melodies – James Blundell	Thu 26 Apr
The 2 Of Us – David Hobson and Marina Prior	Wed 2 May
Julia Morris – Lift and Separate Golden Jubilee Tour	Sat 12 May
Morning Melodies – Rachael Beck	Thu 28 Jun
Morning Melodies – Just a Couple of Song and Dance Men	Thu 23 Aug
Johnny Cash The Concert	Fri 14 Sep
Morning Melodies – Frankly Sinatra	Thu 11 Oct
Morning Melodies – Karen Knowles	Thu 13 Dec



Open Tuesday-Saturday

Enjoy fine dining or a quick bite before the show.

Call 4121 5011 to book

NOW
AT THE
BROLGA



Corporate Tennis Challenge



Fraser Coast

MATES CORPORATE TENNIS CHALLENGE

'Good old Aussie mateship' is the latest weapon in the fight against debilitating mental health issues and rising suicide rates across the Fraser Coast.

Fraser Coast Mates has been formed by a group of concerned business people to and bridge the gap between support services and to encourage mates to be better equipped to help friends in times of need.

The group is once again uniting the Fraser Coast business community for a corporate tennis challenge on Friday, February 23, to raise funds and awareness to tackle the increasing problem, particularly among men. The social tennis evening will be a round robin doubles format hosted by the Hervey Bay & District Tennis Association under the direction of Luke and Leah Harvey from Ace Tennis.

Sponsor for the event Edge Marketing managing director Daniel Hunjas said he hoped the wider business community supported the cause and upcoming fundraising events. "It is great to see some leading businesspeople come together to promote the fact that as "mates" we have a role to play in this crisis."

President of Fraser Coast Mates, Darren Bosley says the group has been overwhelmed by the support of local businesses and how tackling mental illness is a genuine priority for the community. "Sport is a true Aussie passion that we feel is the best way to bring people together, to raise the awareness of the mental illness problem and raise important funds to support local services."

Interested teams need to contact Luke Harvey on 0439 723 832 as there are limited positions. Spectators are welcome to the event that should have plenty of entertainment value purely by the costumes.

Fraser Coast Mates will also be hosting the very successful annual golf day on **Friday June 22.**

Fishing on the Fraser Coast

By John Haenke

"One of those Magic Days"

Have you ever had one of those days when all the planets align and you end up with a magic day on the water? When the weather is good, there are baitfish everywhere, you're seeing dolphins, turtles, dugongs, and whales in season, when everything comes alive?

One of the things I enjoy most about guiding on Hervey Bay is watching guests experience something really special. I'm not just talking about catching a trophy fish, or lots of different species, I'm talking about enjoying the whole experience of being on the water, seeing the oceans inhabitants going about their daily business - catching fish is the reason we're out there, but it is just one part of a complete experience.

Recently guests on a charter with me experienced one of these "Magic" days, when everything was alive and going about its business. As usually happens, this is also when the fish are most active... and we were lucky enough to sight cast to four juvenile Black Marlin, three of them in water less than two metres deep.

This is the only place I know of in the world where small marlin come into the shallows. It is making Hervey Bay a mecca for those wanting to experience this exceptional fishing.

There is only a small window of time each year when the juvenile blacks come in so close. While they are bringing anglers in from all over the world to catch them, (and therefore very important to the local economy), we need to be sure to look after this invaluable resource. Young marlin need to be treated very carefully if they are to survive after being caught. If you do catch one, and you want a photo it is better to try to get it with the fish in the water beside the boat, rather than lifting it in.

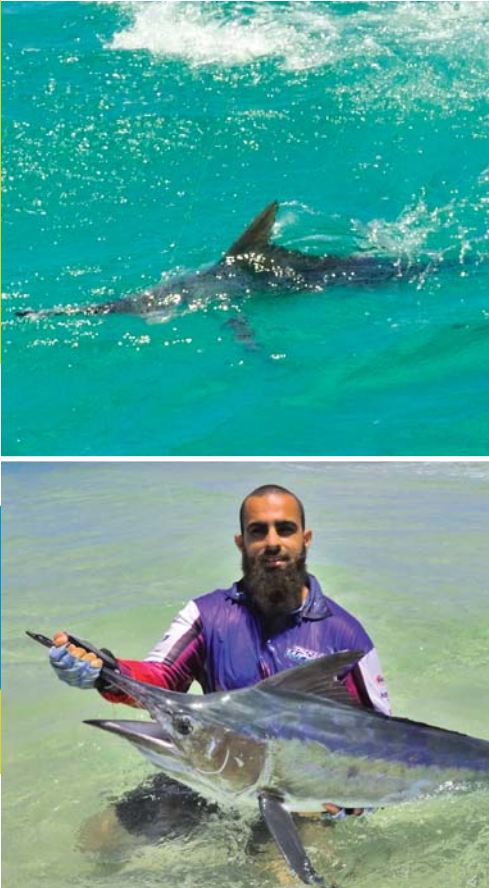
Take your photos as quickly as possible, "swim" the fish beside the boat with the boat in gear to keep the water flowing through the gills until it can swim off strongly.

In this particular case, the angler caught the marlin in very shallow water and was able to jump in to get a photo of it before "swimming" and releasing it.

Black Marlin have the potential to grow over 1,000 pounds. These juveniles are too valuable to catch just once, they deserve to be treated carefully if caught so they can also have the chance to grow into a magnificent "grander"!

John Haenke – GuidedFishingDownUnder.com

If you'd like to experience a day on the water with John, check out his website GuidedFishingDownUnder.com, or give him a call: 0418 187618





smokeNleather

There's no honest way to explain it...
410 CHARLTON ESPLANADE
CHECK OUT FACEBOOK FOR UPDATES
WWW.SMOKENLEATHER.COM.AU FOR EVENTS





PICK A CLUB IN FEBRUARY Sports + Expo

Here on the Fraser Coast we have an abundance of clubs for our youth to join, and the beginning of the year is the perfect time to join them. We have two events coming up on the Fraser Coast this month that are designed to help you find out what clubs and associations there are in our region. It is also a day where you get to ask your questions, and speak one on one with those groups that you are interested in. Believe me when I say that there will be something for everybody.

- Kim, Editor.

The Fraser Coast Sports + Expo celebrates active living, and is organised by the Fraser Coast Regional Council. Last year the same event saw more than 3000 people walk through the doors of the Hervey Bay PCYC to view stalls and displays put on by about 90 groups from around the region.

The free Expo gives everyone an opportunity to find out about the range of sports, recreation and leisure activities available on the Fraser Coast, and there is a range on offer. Last year there was everything from basketball and pony clubs to roller derby to dance and mountain bike riding," Events and Recreation Portfolio Councillor Darren Everard said.

The best bit is that the Expo is open and free to any sport, leisure or recreational group that would like to exhibit.

EVERYONE WHO ATTENDS THE EXPO WILL
BE ABLE TO FILL IN AN ENTRY TO GO INTO
THE DRAW TO **WIN A \$1,000 VOUCHER**
FROM SPORTS FIRST IN HERVEY BAY.

For more information or to book a site at the Fraser Coast Sports+ Expo, contact Fraser Coast Regional Council Community Partnership Officer on 1300 79 49 29.

Fraser Coast Sports + Expo
Sunday, February 4
9am to noon
Hervey Bay PCYC

Maryborough & District All Sports Showcase

The Maryborough & District Sporting Clubs and Associations, supported by the local schools have come together to have a combined Maryborough & District All Sports Showcase. It is anticipated that many of the Sports Clubs present will have interactive displays, where people can be actively involved. The Rowing Club for example will have not only Rowing Scull's on display, but also a rowing machine for people to try out the actual rowing action.

At this time there are Clubs representing Tennis, Croquet, Netball, Basketball, BMX, the Swimming Club, Masters Swimming Club, Football, Rugby, Ten-Pin-Bowling, Cricket, Gymnastics, Hockey, and the Rowing Club committed to the event with many more who have indicated their intention to attend. It will be a free event, so no entry fee, to make it accessible for anyone, and everyone who is interested in sport in Maryborough & District. Tea, Coffee, soft drinks, and Barbecue items will be available for purchase on the day.

Maryborough & District All Sports Showcase
Sunday 11th February
from 10.00 am to 2.00 pm
Maryborough State High School

FRASER COAST
What's On

January 2018 24





Question: What would you like to achieve in 2018?

"I am actually hoping to study and work towards a Diploma in Nursing. This year I would also like to focus more on work and picking up some extra hours".

**Gemma Klein,
Point Vernon**



"We retired in 2017, so we look forward to more of the same this year. We are certainly living the dream".

**Liz McCormack,
Toogoom**



"Robert: "To keep on raising our Beef Cattle, and to keep on farming. Lorene: "To catch up on my sewing and craft, I would also like to lose a kilo or two".

**Robert Green with his
wife, Lorene,
Kingaroy**



"Family growth and family fun. Planning trips away and doing things that we have never done before, and preferably before the kids get too much bigger".

**Simon Whittaker,
Sunshine Coast**

HAVE THE TIME OF YOUR LIFE AT HERVEY BAY'S NEW LIFESTYLE COMMUNITY



DISCOVER WHY LATITUDE25 COULD BE THE NEW LIFESTYLE FOR YOU.

Latitude25 has commenced construction. It will feature modern new homes with big RV garages and proposed resort style facilities that will include: a state of the art Clubhouse and Wellness Centre, tennis court, golf putting green, bowling green, swimming pool, gym and meandering walkways surrounding two amazing lakes... and so much more.

SMART REASONS TO CHOOSE LATITUDE25

- ✓ NO STAMP DUTY
- ✓ NO EXIT FEES
- ✓ NO DEFERRED MANAGEMENT FEES
- ✓ NO REFURBISHMENT COSTS
- ✓ HOMEOWNER RECEIVES 100% OF CAPITAL GAIN ON SALE PRICE
- ✓ NO RENTALS – ALL HOMES WITHIN THE COMMUNITY ARE OWNER/OCCUPIER
- ✓ YOU MAY BE ELIGIBLE FOR GOVERNMENT RENTAL ASSISTANCE
- ✓ BEAUTIFULLY LANDSCAPED ENTRY GARDENS, WITHOUT YOU NEEDING TO LIFT A FINGER

Images shown above are artist impressions for illustrative purposes only. It may depict items not provided by Nikenbah Constructions Pty Ltd, such as furniture.

Join us for a delicious morning tea – every Wednesday from 10am, or book your private tour.
RSVP by calling Jane on 1800 025 025 or visit latitude25.com.au

45 Spring Way, Nikenbah – Hervey Bay

Latitude 25
RV Lifestyle Community
at HERVEY BAY

KEY EVENTS IN MARCH



MARCH 25

GOLD COAST 2018 QUEEN'S BATON

RELAY – For the XXI

Commonwealth Games

Hervey Bay – 2pm

– 2.20pm – Seafront Oval

Maryborough – 4.30pm

– 5pm – Queens Park

Come down and support our Fraser Coast Baton Bearers and be part of history. You will see some of our local legends taking part in this unforgettable event.

By the time the Baton gets to the Gold Coast for the XXI Commonwealth Games Opening Ceremony on 4 April 2018, it will have travelled for 388 days.

MARCH 8 - 11

THE VMR HERVEY BAY FAMILY FISHING COMPETITION 2018

The cost for the competition is, Seniors \$40 Juniors \$10. There will be Lucky Draws, and Raffles with a total prize pool over the weekend of \$40,000 in Cash & Prizes. Fishing will start from 6pm Thursday to 12

noon Sunday. Weigh-in times are Friday and Saturday 8.30am to 6pm and Sunday 8.30am to 12 noon. The event will be held at Dayman Park, Pulgul St, Urangan, for all enquiries call: 0407 663 578, or go to: www.fishingcompherveybay.org.au.

This will be the 26th year that this very popular competition has run.

MARCH 11

THE BOYS IN THE BAND

Billed as 'the feel good show of the year', Boys in the Band is a high energy concert journeying through 50 years of the greatest songs from the biggest boy bands of all time including Frankie Valli & The Four Seasons, The Beatles, Jackson 5, Bee Gees, Righteous Brothers, Beach Boys, Simon & Garfunkel, Take That, Human Nature and Backstreet Boys.

Show starts at 3pm – All tickets are \$55 Brolga Theatre and Convention Centre

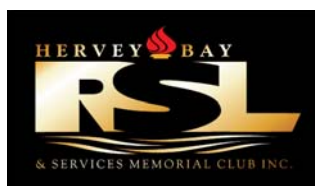
Gig Guide

Live music and more on the
Fraser Coast in February

HERVEY BAY

Coast Restaurant

Sun 4, 2-5pm, Sam Maddison
Sun 11, 2-5pm, Frank Benn
Sun 18, 2-5pm, Sam Maddison
Sun 25, 2-5pm, Frank Benn



Hervey Bay RSL

Fri 2, 6.00pm, Dust Duo
Sat 3, 8.00pm, Forbidden Road
Fri 9, 6.00pm, Frank Benn
Sat 10, 8.00pm, David Turner
Fri 16, 6.00pm, Tony Fallon
Sat 17, 8.00pm, Doug and the Upperhand
Fri 23, 6.00pm, Derek Smith
Sat 24, 8.00pm, Dicky Switch
Sun 25, 12.00pm, Sam Maddison

RSL Paid Shows:

Fri 9, 7.00pm, Hervey Bay Jazz Club – Judith Nijland & Max Van Bruggen Trio.
Tickets \$20 Jazz Club members, \$25 non members. Starts 7pm in Hervey House. Tickets available at RSL reception.
Tue 13, 11am, Morning Melody – The Tom Jones and the Diva's Show.
Tickets \$5 members, \$7 non members. Doors open 10am, starts 11am. Tickets available at RSL reception.
Sat 24, 8.00pm, ABBALIVE show.
Tickets \$20 members, \$25 non members. Doors open 7pm, starts 8pm. Tickets available at RSL reception.

The Clubhouse

Fri 2, 6.00pm, Sam Maddison
Sat 3, 6.00pm, Bobby Barnes
Fri 9, 6.00pm, Rick Manych
Sat 10, 6.00pm, Frank Benn
Fri 16, 6.00pm, Jon Vea Vea
Sat 17, 6.00pm, Shaun Beckett

Fri 23, 6.00pm, Bevan Spiers
Sat 24, 6.00pm, Dale Newberry

The Bayswater Bar & Grill

Fri 2, 6.00pm, Bobby Barnes
Sat 3, 6.00pm, Matt Barker
Sun 4, 1.00pm, Liana McKay
Fri 9, 6.00pm, Doug Edwards
Sat 10, 6.00pm, Ricky Manych
Sun 11, 1.00pm, Quinn Radio-star
Fri 16, 6.00pm, Frank Benn
Sat 17, 6.00pm, Dave Turner
Sun 18, 1.00pm, Doug Edwards
Fri 23, 6.00pm, Frank Benn
Sat 24, 6.00pm, Bobby Barnes
Sun 25, 1.00pm, Matt Barker

The Hervey Bay Boatclub

Fri 2 Feb, 8.00pm, Red Betty
Sat 3 Feb, 8.00pm, Red Betty
Sun 4 Feb, 1.00pm, Brian Speirs
Fri 9 Feb, 8.00pm, Hard Cover
Sat 10 Feb, 8.00pm, Doug and the Upperhand
Fri 16 Feb, 5.30pm, Sam Maddison
Fri 16 Feb, 8.00pm, Dicky Switch
Sat 17 Feb, 8.00pm, Dicky Switch
Sun 18 Feb, 1.00pm, Free Kids Sausage Sizzle with Brian Speirs
Fri 23 Feb, 8.00pm, Retrospect
Sat 24 Feb, 8.00pm, Retrospect



The Beach House Hotel

Thu 1, 7.30pm, Open Mic
Fri 2, 8.00pm, Mr Blonde
Sat 3, 8.30pm, Uncle Arthur
Sun 4, 2.00pm, Frank Benn
Thu 8, 7.30pm, Open Mic
Fri 9, 8.00pm, Harley Meszaros
Sat 10, 8.30pm, Dogwood

Crossing
Sun 11, 2.00pm, Derek Smith
Thu 15, 7.30pm, Open Mic
Fri 16, 8.00pm, R&B Friday DJ Skweek
Sat 17, 8.30pm, Red Betty
Sun 18, 2.00pm, Ian Murray
Thu 22, 7.30pm, Open Mic
Fri 23, 8.00pm, Lexicon
Sat 24, 8.30pm, Doug & the Upperhand
Sun 25, 2.00pm, Doug Edwards

Smokey Joe's Cafe Bar and Grill – Ramada Hotel

Fri 5, 6.00pm, Jim Daniel
Sat 6, 6.00pm, Al Davies
Fri 9, 6.00pm, Doug Edwards
Fri 10, 6.00pm, Vibeke
Wed 14, 6.00pm, Al Davies
Fri 16, 6.00pm, TBA
Sat 17, 6.00pm, Jim Daniel
Fri 23, 6.00pm, TBA
Sat 24, 6.00pm, Vibeke

Bay Central Tav

Fri 2nd, 8pm, Karens Krazy Karaoke
Sun 4th, 1pm, Frank Benn
Fri, 9th, 8pm, Karens Krazy Karaoke
Sun 11th, 1pm, Merlin (Troy Waller)
Wed 14th, TBA
Fri 16th, 8pm, Karens Krazy Karaoke
Sun 18th, 1pm, Bobby Barnes
Fri 23rd, 8pm, Krazy Karens Karaoke
Sun 25th, 1pm, Ian Murray.

Goody's on the Beach – Toogoom

Sat 3, 12pm, Sam Maddison
Sun 4, 12pm, Pete Baker
Sat 10, 12pm, Frank Benn
Sun 11, 12pm, Sam Maddison
Sat 17, 12pm, Sam Maddison
Sun 18, 12pm, John Corrowa
Sat 24, 12pm, Frank Benn
Sun 25, 12pm, Sam Maddison

MARYBOROUGH

Maryborough Sports Club

Thurs 1, 6.30pm, Glenn Fox
Fri 2, 7.30pm, Smooth n Groove
Sat 3, 7.30pm, Grasscutters
Thurs 8, 6.30pm, Quinn The Radio Star
Fri 9, 7.30pm, One For The Road
Sat 10, 8pm, Elvis/Roy Orbison Show Tickets \$25
Thurs 15, 6.30pm, Glenn Fox
Fri 16, 7.30pm, Barlight
Sat 17, 7pm, Quinn The Radio Star
Thurs 22, 6.30pm, Quinn The Radio Star
Fri 23, 7.30pm, Just Friends
Sat 24, 8pm, Country Superstars Tickets \$25
Sun 25, 12.30pm Perry O

The Federal Hotel

Fri 2, 8.00pm, Dave Gray
Sat 3, 8.00pm, Sam Maddison
Fri 9, 8.00pm, The Scone Farmers
Sat 10, 12.00pm, Kev Gray
Sat 10, 8.00pm, Pete Baker
Fri 16, 8.00pm, TBA
Sat 17, 8.00pm, Phil Morgan
Fri 23, 8.00pm, Darryl and the Devil
Sat 24, 8.00pm, Open Mic

Carriers Arms Hotel

Thurs 1st 7pm, Open Mic Night
Fri 2nd 7:30pm, Doug Edwards
Sat 3rd 7:30pm, Timber & Steel
Thurs 8th 7pm, Open Mic Night
Fri 9th 7:30pm, Dust Duo
Sat 10th 7:30pm, Shaun Beckett
Thurs 15th 7pm, Open Mic Night
Fri 16th 7:30pm, 2 Shades of Gray
Sat 17th 7:30pm, Lexicon
Thurs 22nd 7pm, Open Mic Night
Fri 23rd 7:30pm, Dogwood Crossing
Sat 24th 7:30pm, Sam Maddison

Social Snaps

Out and about on the Fraser Coast



Clockwise from top-left:
Ella Devos 6 with brother Tom 3 love making things out of sand
Harry Roddar 8, takes it all in
Emma Albers and Bronwyn do their bit for the Cancer Council
Jemima Still, 7 with brother **Rivers, 11** proudly show off their sand creation
Jess Weeks helped her family create a very realistic Crocodile at the Sandcastle Competition



Love where you live...

Fraser Coast Markets

MARYBOROUGH

FRASER COAST WILDLIFE SANCTUARY MARKETS

79 Mungar Road, Maryborough
(Donation gets you free entry to
the Sanctuary)
3rd Sun of the Month
7am to 12pm
info@frasercoastwildlifesanctuary.org.au

MARYBOROUGH

MARYBOROUGH MARKETS

Adelaide & Ellena St,
Maryborough
Every Thurs 8am to 1pm
markets@fcte.com.au

HERVEY BAY

NIKENBAH MARKETS

Hervey Bay Animal Refuge
Nikenbah-Dundowran Rd,
Nikenbah
1st, 3rd & 5th Sun of the month
6am to 12noon
hbanimalrefuge@gmail.com

HERVEY BAY

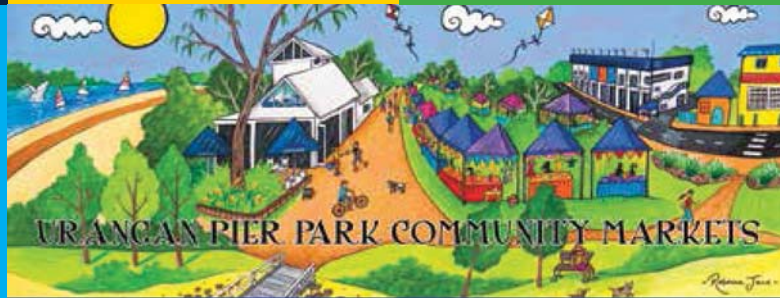
KOALA MARKETS

Kruger Court, Booral Rd, Urangan
2nd and 4th Sun
6am to 12noon
Bob: 0412 689 863

HERVEY BAY

BUZERS BAZAAR TWILIGHT MARKET

Beside Mary Ryans,
the Esplanade, Torquay
Every Fri
1pm to 6pm
bayconnect@hotmail.com



The Urangan Pier Park Markets

Every Wednesday

from 7.00am until 1.00pm

and Saturday

from 7.00am until 1.00pm

Come along and join in the fun!

Find us on Facebook
[pierparkcommunitymarkets](https://www.facebook.com/pierparkcommunitymarkets)

www.pierparkcommunitymarketsinc.com.au

HERVEY BAY

URANGAN PIER PARK COMMUNITY MARKETS

Pier Park, Urangan
(in front of Jetty)
Every Wed 7am to 1pm
Every Sat 7am to 1pm
pierparkcommunitymarkets@gmail.com

HERVEY BAY

TORQUAY BEACHSIDE MARKETS

Outside AQUAVUE, Torquay
2nd & 4th Sat
7am to 1pm
info@torquaymarkets.com.au

HERVEY BAY

HERVEY BAY BOAT CLUB ART & CRAFT MARKET

Buccaneer Dr, Urangan
3rd Wed of the month
9am to 2pm
info@boatclub.com.au

BURRUM HEADS

BURRUM HEADS MARKETS

Community Hall, Main Rd
& Howard St
Burum Heads
2nd Sat of the Month
7am to 11am

BAUPLE

BAUPLE MARKETS

(free for stallholders)
Band Hall, Band Hall Rd,
Bauple
4th Sat of the month
7am to 12noon
[www.facebook.com/
bauplemarkets](https://www.facebook.com/bauplemarkets)

HOWARD

HOWARD COUNTRY MARKETS

Howard Community Centre
Steley St, Howard
1st Sat of the month
7am to 12noon
info@howardcommunitycentre.org.au

TIARO

TIARO MARKETS

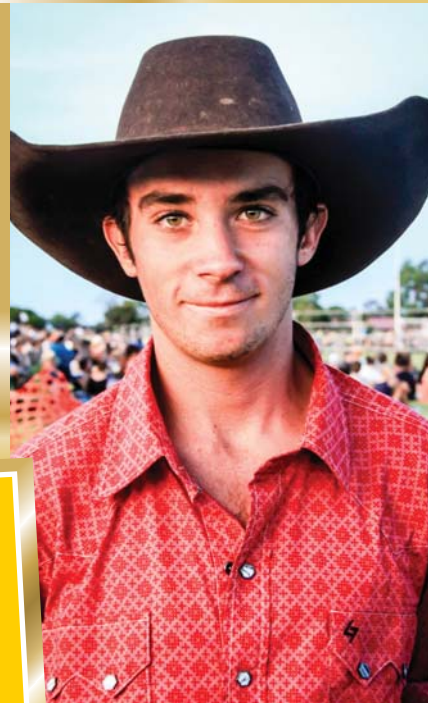
Memorial Hall, Main St, Tiaro
2nd Sat of the month
7am to 12noon

DISCLAIMER:

Markets subject to change due to School Holidays, Public
Holidays and weather conditions.

Social Snaps

Out and about on the Fraser Coast



Clockwise from top-left:
Hanging out with friends at
the Bulls and Monster Truck
event at Seagulls

2nd round, Bullrider Winner,
Corey Warren

Bullrider, **Cody Foxlee** is ready
for a ride

Tom Devos 3, had a fun day at
the Sandcastle Competition

The **Pearson Family** make
a Snake out of sand to raise
money for Cancer research





Love where you live...



Clockwise from top-left:
Lillee McNamara, 8 was able to climb onto the tyre of the Monster Truck
Young Stuntsman, **Ryan Young** is adored by the crowd
Monster Truck Driver and Event Organiser **Clive Featherby** meets young fan, **Denzel Williams**, 9.
Motorbike Rider, **Caleb Cattell**, 8 gets ready to enter the Arena
The Bullrider hangs on tight



HERVEY BAY TOURIST CENTRE

at the Boat Harbour

Shop 1 Buccaneer Dr, Urangan



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