

FRASER COAST What's On

September 2018 FREE MONTHLY MAGAZINE

20

Inside this issue:

Take a dip in the
PIER 2 PUB

Take a step back in time in
MARYBOROUGH

FACE II FACE with The Angels
RICK BREWSTER

Musician Spotlight
Harley MESZAROS

Friends unite for
ABBA-SOLUTELY FABULOUS
LINES IN THE SAND is back!



Wander around more than 120 stalls with an amazing array of farm-fresh produce and unique wares. Original handmade craft, homemade treats, artwork, jewellery, clothes, accessories, natural beauty products and gorgeous cut flowers.



MARYBOROUGH MARKETS

7am-1pm,

Adelaide & Ellena Streets

see more information at

frasercoastevents.com

Plus don't miss...

Fraser Coast Technology Challenge 15-16 Sep, Maryborough

Open House & Garden 22-23 Sept, Maryborough

What's On

Inside this month's edition!

There's lots to see and do!

September is about live music, comedy, literature, lego, and swimming!

We have a chat with one of Australia's most loved ladies of the stage and television, the beautiful Rhonda Burchmore about her latest show ABBA-solutely Fabulous showing at the Brolga next month. The show also stars the talented Lara Mulcahy an accomplished performer across various mediums. Both women are full of boundless energy, humour and friendship and bring you a truly hilarious show.

If literature is your thing then book yourself in to a session at Lines in the Sand, this is a literary festival that is sure to delight readers and writers from across the Fraser Coast. Here you will find everything you need, from writing workshops, and publishing tips, to literary discussions and book signings. This year's keynote speaker is none other than Actor and Author, William McInnes.

Landscape artist, James Hall talks about his upcoming exhibition aptly named Looking into the Blue. James paints the most beautiful pictures that depict the Fraser Coast and the surrounding coastline using traditional oil paints, this is one exhibition that you won't want to miss.

Get your speedos on for this region's favourite open water swim, the annual Pier 2 Pub. Hosted by the Hervey Surf Lifesaving Club this is an event that is sure to get the adrenalin pumping through your veins. It doesn't matter if this is your first swim or whether you are a veteran get in and give it a go.

Lego fans will go nuts at the Maryborough Brick Event this month. This is Queensland's biggest and best lego fan expo. See the many creations or have a go at creating your very own masterpiece. This is a wonderful family event for all ages that you will not want to miss.

Celebrating the fortieth anniversary of the album Face II Face, Australian band The Angels will rock the Beach House Hotel once again. I had a chat with original band member, Rick Brewster about history, passion and music. The Angels were a sell out last time they performed here so you had better secure your tickets fast.

Whatever you do, enjoy!

Turn the page, to see all these events and more!

Cheers!

Kim Parnell - Editor



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The page is decorated with several tulips. On the left side, there are two large tulips, one white and one pink, with green leaves. On the right side, there are three smaller tulips, one pink, one white, and one purple, also with green leaves. The background is a light-colored, textured surface, possibly wood or paper.

Note from the Editor

Thank you for reading the twentieth edition of our magazine. Who would have thought that we would get this far!

While we are celebrating it is also a bittersweet moment as this is also my last edition with the Chameleon Group.

From October I will officially own What's On Fraser Coast and I will be trying to turn things around so as the magazine at the very least pays for itself.

To achieve this, I will need all of those businesses that I have helped promote for free through What's On Hervey Bay and What's On Fraser Coast, to support me in this endeavour by coming onboard as a sponsor or taking up some advertising space.

Over the next few weeks I will be working on some sponsorship/ advertising packages and sending them out. As well as approaching many people to assist me in moving forward.

I still believe wholeheartedly in this publication and have never lost the passion to bring you 'what's on', I know how much this publication is loved by the community.

I thank everyone who has freely submitted articles over the last twenty editions, whether they be about events, coffee or food. Thank you also to my youth writer, Jacob-Kitson Holebrook for volunteering to write a youth column each month, you certainly have covered many subjects and your effort has been much appreciated.

Thank you to all those businesses that have ever advertised with us, and those that have been with us from the beginning. I hope that you will all consider staying on with the publication in the future, we certainly could not have got this far without you.

I have absolutely loved having my stories in print and hope to have everything in place for an October edition in print, providing that I can get the support I need.

If not, the magazine will be online only until I know that through sponsorships the magazine will pay for itself.

Lastly, I would like to give a huge thankyou to the crew at Chameleon Group for the past twenty editions, without you there would have never been a magazine. Thank you for approaching me and offering to fund this project nearly two years ago, I have certainly taught myself a lot about the process of publishing.

If you would like a sponsorship package or would like to help me in any way, please call me on: 0467 303 171.

Kim Parnell

Editor, What's On Fraser Coast

Hervey Bay's Best Kept Secret

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the outstanding
land awaiting you at


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Friends unite for **ABBA-SOLUTELY FABULOUS**

Written by Kim Parnell

Rhonda Burchmore is one of Australia's most loved and best-known performers. She has forged an illustrious career spanning decade's, appeared on television as well as on the stage, recorded five albums, and won many awards.

From her humble beginnings growing up in Sydney to London's West End you would think that Rhonda had done it all. I was lucky enough to have a conversation with her a few weeks ago about her career, life and love of fishing, as well as finding out about her upcoming show ABBA-solutely Fabulous.

As a child growing up in Sydney Rhonda remembers it as a safe, loving environment. Her mother Yvonne would take them to the local dance school. Growing up was a whirl of dance, costumes, and singing. With a holiday house on the Sapphire Coast in NSW the scene was set for many amazing holidays. This was a chance for everybody to come together as a family and where Rhonda got her first taste of fishing.

With the death of her parents to Parkinson's disease and sister Michelle passing away in 2015 after a long battle with Multiple System Atrophy, Rhonda says, "Those years were extremely hard to get through, it certainly made me thank and respect how great my family life was. Not a day goes by when I don't think of them all."

Rhonda first met the talented Lara Mulcahy in 2001 when they performed together in the original Australian production of the hit musical Mama Mia and says, "Lara has been the best medicine for me, she has helped me heal from so much tragedy."

In fact, they both connected and became the best of friends who incidentally, both share the same sense of humour.

Their upcoming show ABBA-solutely Fabulous is full of fun and craziness and has received extraordinary reviews. It has been forty years since ABBA performed in Australia.

The show is about two Australian girls that never got to see the performance way back then, so they tell their own story with approximately twenty-four songs. Rhonda says, "We don't imitate ABBA, but we celebrate the seventies and ABBA's music."

There are some quick costume changes throughout the performance with the obligatory catsuits and platform shoes, along with a few surprises. Rhonda says, "Our young, purposefully picked, hot boys

in the show are wearing shorts, sequins and knee-high white socks, they absolutely love the fun of it all, besides they get to see us oldies dancing."

Produced by Rhonda Burchmore herself the show only took two days to write and was done on the lounge room floor. Rhonda says, "We know each other so well, we had an idea of what we wanted to do so got together talked, listened to the songs and bounced ideas off each other."

"We found that we had a lot of similar experiences growing up, so we could draw from those. All our childhood memories from the seventies came spilling out".

Rhonda's special message to YOU.

We are really looking forward to performing on the Fraser Coast.

ABBA-solutely Fabulous is all about friendship, girl power, and lycra. Come to the show and forget all your troubles. It is the ultimate girls and guys night out.

We look forward to doing a meet and greet after the show for a selfie or a little chat. It is always great to see the faces of the many locals.

I simply could not let Rhonda go without asking her about her passion for fishing which began on the Sapphire Coast in NSW on those family holidays.

So, for a bit of fun, here are Rhonda's top five fishing tips:

- 1 – Do a pipi dance at the right tide. This is also a good exfoliator for your feet and don't forget to shake your booty.
- 2 – When you throw your line out sing sea shanties to the fish to get the best results.
- 3 – If you fish at sunset watch out for the old sharkies so don't venture out into the ocean too far at that time.
- 4 – Always chat up the locals about the best fishing spots.
- 5 – Don't forget to kiss your fish then release if you are not planning on eating it. Give it a good send off.

LINES IN THE SAND IS BACK!

William McInnes, one of Australia's most critically acclaimed all-round actors and author of five best-selling books, will feature along with other notable authors at this year's Lines in the Sand Readers and Writers Festival in Hervey Bay from September 14 to 16.

"The festival is a great opportunity to bring some of the best Australian writers and thinkers to the region," Culture, Arts and Environment Portfolio Councillor David Lewis said.

"It will be interesting to hear what they have to say and discuss issues and writing with them."

During the festival, aspiring and published authors from the region can attend a mixture of free and paid workshops, lectures, meet and greets and book signings.

"There are many book clubs on the Fraser Coast, as well as aspiring writers, self-published and published authors," Cr Lewis said.

"Lines in the Sand will bring all kinds of writers together to talk with each other about styles, share ideas and discuss publishing."

"To be able to meet professional writers and talk about their craft is a great opportunity."

Cr Lewis said the festival was not just for writers.

"There will also be lectures by the managing director of Boolarong Press, Dan Kelly, on how to be published, and plenty of opportunities for readers to enjoy themselves."

While the lectures will be free, there is a small cost for some of the workshops. Spaces at the lectures and workshops are limited so bookings are essential.

Bookings can be made at any Fraser Coast Library, by phoning the Library on 4197 4220, or by emailing library@frasercoast.qld.gov.au. Copies of the program are available from Fraser Coast Libraries or on line at www.frasercoast.qld.gov.au/libraries.

Guest speakers



William McInnes

William McInnes – Equally at home in theatre, film and television, William has played lead and supporting roles in some of the most successful and memorable productions this country has had to offer. William's first book *A Man's Gotta Have a Hobby*, won a 2006 Australian Book Industry award. William has the Film Critics Circle of Australia Award for Best Actor for *Look Both Ways*. (Photo of Gary)

Gary Crew is Professor of Creative Writing at the University of the Sunshine Coast. He writes short stories, novels and picture books. He is interested in researching the creative links between fiction and non-fiction in his novels and the creative interface between print text and visual text in his picture books. Crew has published over 80 novels and illustrated books internationally.



Shelley Davidow

Shelley Davidow is an award-winning international author of 44 books. Writing across genres, her recent non-fiction titles include *Shadow Sisters*, *Whisperings in the Blood*, *Playing with Words*, and *Fail Brilliantly*, as well as *Raising Stressproof Kids*. She is a lecturer in the School of Education at the University of the Sunshine Coast and lives near the beach with her family.



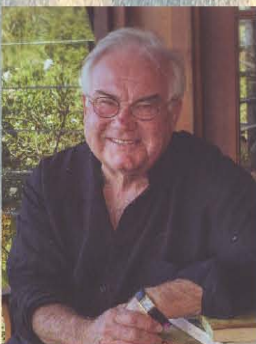
Steven Lang

Steven Lang is the author of three novels. His first novel, *An Accidental Terrorist*, won Premier's Literary Awards in Queensland and New South Wales, as well as being short-listed for the Commonwealth Writer's Prize and long-listed for the Miles Franklin. His second novel, *88 Lines About 44 Women*, was short-listed for the Fiction Award in Queensland and the Christina Stead Award for Fiction in the New South Wales Premier's Awards. Steven's most recent novel is *Hinterland*, and is currently short-listed for the ALS Gold Award for Fiction.



Paul Williams

Paul Williams has a PhD in Creative Writing from the University of Wisconsin, USA, and is Discipline Leader of Creative Writing at the University of the Sunshine Coast where he teaches the Master of Professional Practice (Creative Writing). Paul's books have been set in schools and universities across the world. His short stories have appeared in *Meanjin* (Australia), *Social Alternatives* (Australia), *Chicago Quarterly Review* (USA), *New Writing* (UK), *New Contrast* (South Africa), and *Mazwi* (Zimbabwe).



Gary Crew

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Dan Kelly

Dan Kelly is General Manager of Boolarong Press. Dan has grown the business over the past 11 years. Boolarong was established in 1976 to promote Queensland authors as all major publishing companies were situated in Sydney and Melbourne and their focus was international and southern authors. While Boolarong Press' initial success was in publishing art books and prints, it is now the largest publisher of Queensland History and Queensland memoirs and biographies. With over 380 books in print and over 1,000 books published, Boolarong has included the genres of fiction, Australian children's and Australian outback stories.



FACE II FACE

40 YEARS ON

the
ANGELS

TAKE A LONG LINE

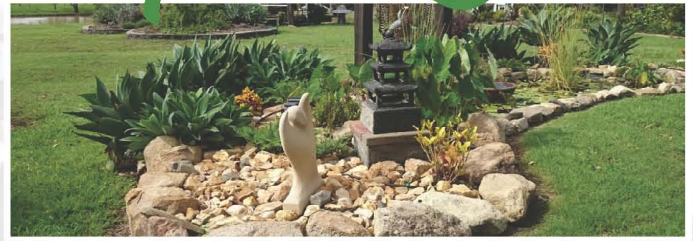
- RECHARGED 2018 -

Saturday 6th October 2018

TICKET Price: \$40 Non Refundable

18+ Standing event

TAKE A STEP BACK IN TIME IN *Maryborough*



Maryborough Open House and Gardens welcomes you to discover the history of our heritage buildings on September 23 and gorgeous gardens on September 23.

Uncover living history in all shapes and forms as you drive down the streets of Maryborough. From museums and collections, capturing the spirit and memories of our pioneers, to striking public art that shares the stories from days gone by, you will be captivated by the unique characteristics of these gorgeous buildings.

Within its city centre, grand buildings of different architectural styles date back to the 1860s and colonial era hotels and stores have been lovingly restored and reinvented into galleries, museums, antique stores, boutique shops, cafes and restaurants.

This is your chance to discover the history that can be found in each of these heritage buildings and to take a walk along the path of hard labour to see the beauty that lies in many of our local gardens.

For the full list of buildings and gardens participating go to: www.maryboroughopenhouse.com.au.

For an even greater day out why not pick one of the fantastic 'Telling Stories' experiences listed below and fit your Maryborough Open House and Gardens adventure around it. Whatever you choose to do it promises to be a day steeped in history and stories of a bygone era.

Take some time to take in a Telling Story:

Telling Stories is a historical storytelling series – It is not a tour of sorts. Patrons will hear a surprising, funny, or moving story about the very place they're standing in, and it's coming to life through a one-man performance. Ian Brown is our resident Story Bank Teller, an established writer and performer who grew up in Maryborough and has spent the better part of a decade researching these stories.

Telling Stories: If These Walls Could Talk

Sunday, September 22



Time: 10.30am

Cost: Free

Story 1/4: PL Travers Story Bank, former Australian Joint Stock Bank
Explore the birthplace of PL Travers alongside our Story Bank Teller, a writer himself whose ancestry aligns ever so closely with the history of the town. Listen to his take on the true stories of this culturally significant building and the myths that are made of them.
Meet the Story Bank Teller at the Cottage on the Richmond Street side of the building.

Telling Stories: For Whom These Bells Toll

Saturday, September 22



Time: 2pm

Cost: Free

Story 2/4: St. Paul's Anglican Church, Bell Tower
Explore the heritage-listed St. Paul's Anglican Church alongside our Story Bank Teller.
Meet the Story Bank Teller at the entrance to the church on Lennox Street.

Telling Stories: Of What Is Town Hall Made?

Saturday, September 23



Time: 6pm

Cost: Free

Story 3/4: Maryborough City Hall
Hear the tales of Maryborough City Hall in its 110th year alongside our Story Bank Teller.
This story will unfold during the official proceedings of Maryborough Open House Thank You Event, Main auditorium, 5pm - 7pm

Telling Stories: Sunday in the Park

Sunday, September 23



Time: 9.30am

Cost: Free

Story 4/4: Queen's Park
Explore Maryborough's very own Queen's Park alongside our Story Bank Teller.
Meet the Story Bank Teller at the Queen's Park rotunda after a performance from Maryborough Excelsior City Band.

School Holiday fun

IN THE GREAT OUTDOORS!

We really are spoilt for choice here on the Fraser Coast, school holidays can be so much fun. You can spend the days relaxing, or find an adventure, and all without spending very much, all you have to do is to put one foot in front of the other, open the door and step outside.

BIRD WATCHING – Grab a pair of binoculars and a camera and identify as many bird species as you can. You will find our feathered friends in the trees, the undergrowth, the beach and on the ocean. Did you know that approximately three hundred birds have been identified within the Fraser Coast? Keep an eye out for rare birds such as the Crimson Rosella, or the Russet-tailed Thrush.

CAMPING/FISHING – We have the most gorgeous camping spots, it is hard to pick just a couple. Lake Lenthall is located 20km north west of Maryborough and is stocked with barramundi, yellow belly and bass and is a great location for camping, or for the perfect escape why not head to the beautiful Poona located 35km south of Maryborough.

For events, workshops and activities during school holidays go to What's On Fraser Coast and What's On Hervey Bay on Face-book.

A DAY AT THE PARK – Take your pick of parks littered throughout the Fraser Coast. Grab a frisbee, your favourite book or a ball, take a walk and just soak up the rays, Oh and don't forget the picnic basket, this is a perfect day out for friends and family.

HEAD TO THE BEACH – Yes that's right, it may be winter but here on the Fraser Coast the beach is usually still nice and warm, so take an umbrella, some sunscreen, your bathers and that cricket set. Explore the rocks or identify the different seashells and make a day of it.

GO FOR A BIKE RIDE – There are lots of paths and trails to explore, stop at one of the takeaways or grab an ice cream, or better still pack a picnic lunch and explore. In Hervey Bay you have the length of the Esplanade and the mobility corridor to choose from. If bike riding is not your thing try skateboarding, rollerblading or roller-skating.



SKIN + WAX CLINIC

SKIN + WAX CLINIC IS THE PLACE TO GO

Skin + Wax Clinic is the place to go in Hervey Bay if you're looking for complexion perfection. Specialising in brows and skin, innovative treatments and great non-surgical lifting, laser, skin peels, injectables and body treatment techniques. The clinic prides itself on its highly professional staff and loyal customer base.

Our passion is accentuating our client's beauty and our expertise is in clinical skin rejuvenation and brow artistry, combining science with nature for proven results that we can give our clients. Over the years our perception and acceptance of facial rejuvenation has changed. Years ago it was almost taboo to contemplate facial rejuvenation, however now as a nation we are more aware through social media about the subtle changes we can make without drastic surgical intervention. Result-driven clients with a positive ageing mindset, are focusing on beautification and striving for a certain look. We also offer ladies workshops every twelve weeks or so to talk about health and skin and other issues, and we offer schools our time to time to talk to the teenagers in class with skin issues helping build skin education from a younger age. – Tammy Wakely – Skin & Wax Team



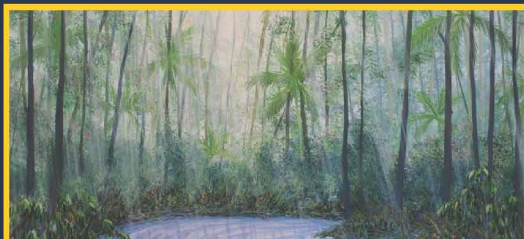
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LOOKING INTO THE BLUE

This exhibition is a continuation of artworks showcasing our great diverse coastline.

Following up from my two previous Regional exhibitions;
Blue Vista 2012-2013 Gatakers Art space Maryborough and
A Touch of Blue 2009 The Palace, Regional Gallery Childers

Showcasing artworks of the Fraser Coast, Fraser Island and surrounding coastlines. I have taken inspiring images on my camera that I have now recreated into artworks using traditional oil paints, depicting the simplicity of beauty in our native land and sea scapes. This is a collaboration of artworks that I have created in the last few years.

Our world heritage listed Fraser Island, offers a true diversity of stunning white beaches, coloured sands and diverse vegetation. Rainbow beach, Bargara, 1770 and our own Hervey Bay beaches, harbour, pier and surrounding coastlines also offer inspiration for painting.

Sharing these artworks enables people to see themselves in my paintings, reflecting their own stories and memories. People's lives are essentially very similar, they move forward making different tracks but our feelings and emotions can be the same.

Having grown up on a country farm beside the Condamine River, Artistic elements relating to the landscape were formed from a lifetime of memories from childhood. The life within the landscape, the luminance of colour and play of light, all influences the way I paint.

With an interest in artwork starting back twenty-five years ago, I fell in love with 'oils'. Over the years my style and techniques have matured, including lots of spatula work.

I have exhibited in various group and solo exhibitions over the last ten years with some achievement awards.

Exhibited:

- Solo Exhibition - Childers Regional Art Gallery
- Morton Bay Regional Art Collection
- Winton Art Exhibition
- Solo Exhibition - Hervey Bay Visitor's Centre.
- Melbourne Herald Sun Exhibition.
- Solo Exhibition - Botanic Gardens Hervey Bay.
- Brisbane Courier Mail Art Exhibition
- Solo Exhibition - Kingfisher Bay Resort-Fraser Island.
- Pine Rivers Art Exhibition.
- Capricornia Art Exhibition
- Maryborough Art Exhibition
- Hervey Bay Galleries

Exhibiting my artworks, I hope to inspire others to reflect on their own memories and take the time to appreciate the surrounds that we all share.

James Hall

FREE EVENT!!!



Our Family & Friends
Reference Group would
like to invite you to our
upcoming forum

Taking the "bull" out of Bullying

A relaxed, informative evening where everyone attending
will receive tips on how to help and support young people.

GUEST SPEAKER
DR ALASTAIR GILBERT—Psychiatrist

WHEN: Thurs 13th Sept 2018
WHERE: Hervey Bay RSL
TIME: 5:30 to 8pm
RSVP: Fri 7th Sept

Performances by
Leonie Kingdom

**Phone 4303 2100 for more
information and to reserve your seat**

LEGO EXPO COMES TO MARYBOROUGH

– With Youth Columnist, Jacob Kitson-Holebrook



I spent my childhood - which I think I am still technically in - spending hours playing with Lego. I loved building whole cities and watch out anyone who tried to move my empire - it was my city and no one was bringing it down!

A lot of the time, when hearing the name Lego we immediately associate it with children playing for hours on end building whatever their hearts desire. Well for all those kids, and kids at heart, do I have news for you - this year for the first time in Maryborough's history the largest Queensland Lego Fan Expo is being brought to our region.

This fun Brick Event will be held at Maryborough State High School, Kent Street, on Saturday 23rd and Sunday 24th of September from 9am – 4.00pm. Showcasing dioramas and custom pieces made by exceptional artists – all out of Lego with some of the more extreme pieces on display having an excess of 30,000 pieces, all supporting each other without glue. Now I don't know about you but to me that doesn't sound like child's play. Of course every great Lego event has to include an opportunity to be creative and you can get BRICK interactive with Build tables and vertical wall building or you can even pitch in and build a train with friends and family.

For the first time ever, an exclusive VIP ticket will be available that will see patrons have the ability to get up close and personal with the pieces that have been created and the chance to talk to the amazing minds behind these unique and technical pieces.

Pricing options are Adults \$14.50, Children (3-15yrs) \$9.50, Family (2 Adults & 3 children) \$53.00, VIP Tours \$23 upgrade, Children under 3 free, tickets are available at www.brickevents.iwannaticket.com.au and at the door with Cash & EFTPOS payment facilities available.

Although this is not a free event it is certainly well worth that little splurge to have a great two days of fun and creative thinking with the family. I hope to see you there - I'm looking out for new design tips for Lego cityscapes to satisfy MY inner child!

SEAFOOD & CARVERY BONANZA

CHECK OUR FACEBOOK FOR NEXT EVENT

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Bookings Essential

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



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COURTESY BUS



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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 \$19⁹⁰

Grilled MSA Rump
Served with Chips & Salad
Sauce Toppers \$2.50
Add Garlic & Herb Cobb Leaf \$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

GREAT WEEKLY BOTTLE SHOP SPECIAL AVAILABLE COME IN STORE FOR SAVINGS!



HEALTH SEGMENT

PROUDLY BROUGHT TO YOU BY



ST STEPHEN'S
HOSPITAL



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Hervey Bay
QLD Australia

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 ststephenshospital.com.au

07 4120 1200

 St Stephen's Hospital Fraser Coast
 SSH_FraserCoast
 SSH Fraser Coast

HEALTH TIPS FOR THE FRASER COAST COMMUNITY

WITH DR MIKHAIL MASTAKOV

What is bariatric surgery?

Bariatric surgery is the most effective way to achieve a sustainable loss of excess body weight and control obesity associated medical conditions. It is performed only when the patient has tried all other non-surgical alternatives.

What are the benefits of bariatric surgery?

Patients are able to achieve a better quality of life. They can reduce their risk of heart disease or stroke, and they often find that they can become more active in their daily life and with the community. Bariatric surgery isn't for everyone, but if people have a BMI of over 35, high blood pressure or cholesterol, sleep apnoea or type 2 diabetes, this is a safe way to address these important issues.

What are the most common types of bariatric surgery?

Gastric bypass and sleeve gastrectomy are the most common and effective surgeries available. Sleeve gastrectomy is the most popular in Australia. This surgery allows us to create a narrow gastric tube and dramatically reduce the amount of food a person can eat at once. It also alters appetite. You eat much less while still enjoying your food and feel less hungry between meals.

What are some of the risks associated with this kind of surgery?

The sleeve gastrectomy is the less technical procedure and the safest. Some rare complications can be a bleeding or leaking of the suture line, or a stenosis or stricture that may cause a narrowing of the stomach entrance.

It is important to keep in mind that thousands of these operations have been performed and the complication rate is as low as 1-3%, so it can be compared to a gall bladder operation.

What are some of the lifestyle changes that patients need to make after surgery?

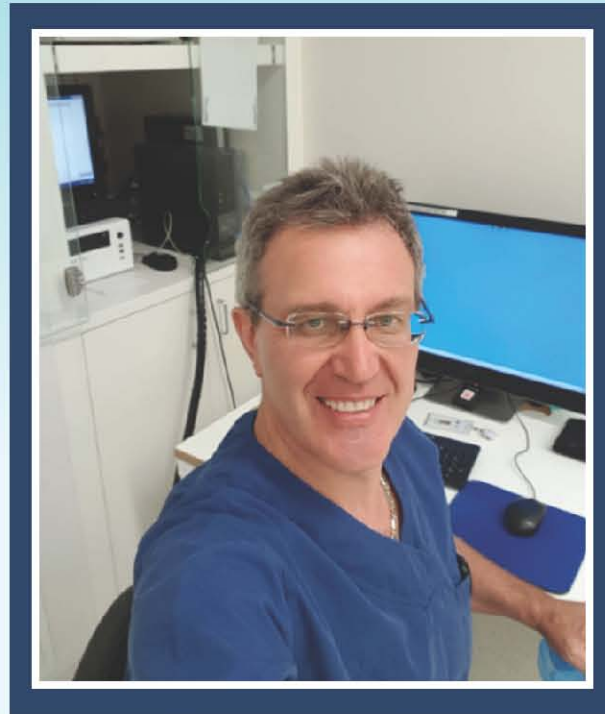
After surgery the patient's diet will change as they will be only able to consume small quantities of food. They will learn how to eat differently, to take things slow and to have smaller bites. You will also be unable to eat and drink at the same time.

It is not just the diet that will need to change though, the patient will need to change their whole lifestyle as surgery only does half of the work. Regular exercising and giving up smoking are also recommended. These changes are not made for only a few weeks or a few months but are made for life.

After surgery the patient will lose excess weight and be able to enjoy life once again.

What is the recovery time after surgery?

After having a sleeve gastrectomy, the recovery is expected to be quick. The patient will be in intensive care overnight and then will spend one or two days on a general ward before being discharged. We would usually recommend that you have two weeks off work. As it is keyhole surgery you are not expected to be in a lot of pain. You may feel tired, but every day you will improve.



What would be your advice to a patient experiencing anxiety and fear before surgery?

If you are feeling any excessive anxiety and fear before surgery we recommend that you visit your GP, psychologist or psychiatrist to address all issues.

Bariatric surgery involves a multidisciplinary team with the dietician being the main port of call before and after surgery. We usually recommend that you see a psychologist once before and two to three times after surgery.

For general, natural anxiety and fear we can assist you by offering reassurance as we explain all facets of the procedure to you.

What are your top five tips when talking about alternatives to surgery?

1. Don't think that surgery is the Holy Grail, remember it is the last resort.
2. Once you have thought seriously about weight loss, do it in a support group.
3. See your GP, dietician or psychologist to see how they can help.
4. If you have decided to lose weight keep in mind that this is not a twenty-eight day or two-month diet, this is a serious lifestyle change that is for ever.
5. As it is a lifestyle change you will also need to look at making healthy choices with diet and exercise for the entire family, developing good habits and sticking to them.



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If you have a BMI over 35 with high blood pressure or cholesterol, sleep apnoea or type 2 diabetes, bariatric surgery could assist with weight loss and lead to a better quality of life.

How can we help you?

- We offer a personalised approach to a satisfactory excess weight loss of about 60% (final result may vary on the individual)
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- We use the latest surgical techniques and equipment.

Seize the day and get in touch with us now for a confidential discussion.

☎ 4120 1328 or 0427 640 523 ✉ mmastokov@mastakovsurgery.com



Calendar of Events

SEPTEMBER

SEPTEMBER 1

Bauple Nut Bash

12pm – Bauple Rec Grounds

SEPTEMBER 1

Rowing for the Farmers

Wodfit4655 are rowing 100.000m in teams

Torquay Foreshore

SEPTEMBER 1

Tipples and Tales

\$30 per person – Bond store, 101 Wharf St

Bookings essential – Call: 4190 5722

SEPTEMBER 1

Destruction Monster Trucks

Maryborough Speedway

SEPTEMBER 2

Car Boot Sale

\$1 per person – 7.30am

Maryborough Showgrounds and Equestrian Park

SEPTEMBER 2

Father's Day

SEPTEMBER 3

Art Affair

Part of Disability Action Week

Call: 4194 2441 for details

Gatakers Artspace, Maryborough

SEPTEMBER 3-7

Sustainability Leadership Program

10am – Kingfisher Bay Resort

SEPTEMBER 4

Vintage Film

10am

Bookings essential – Free

Tiaro Library

SEPTEMBER 7

Peter Williams Medium Live

7pm – Mantra Hervey Bay

SEPTEMBER 7

Chris Matthews Little Bit Long Way

National Tour with Ali S

7pm-Kondari Hotel, Hervey Bay

SEPTEMBER 7-8

Singin' In The Rain

Brolga Theatre & Convention Centre

SEPTEMBER 8

Longest Convoy of Mobility Scooters and Wheelchairs

Scarness Park

SEPTEMBER 8

Longest Convoy of Mobility Scooters and Wheelchairs

Scarness Park

SEPTEMBER 8

Gatakers by Night with Slainte

6pm

Gatakers Artspace, Maryborough

SEPTEMBER 9

Hervey Bay Pier 2 Pub

6am-11am – Hervey Bay Surf Life Saving Club

SEPTEMBER 10

National Retreat Caravan Rally

Maryborough Showgrounds

Qld Cancer Council

SEPTEMBER 12

Get Set to Get Wet

10am

Wetside Waterpark

Hervey Bay

SEPTEMBER 12

Members/Directors Night

7pm-9pm

Z-Pac Theatre



SEPTEMBER 14

Johnny Cash The Concert

8pm – Brolga Theatre & Convention Centre

SEPTEMBER 14

Art After Dark

6pm
Fraser Coast Cultural Centre

SEPTEMBER 15

Pacific Coast A Class Arabian Show

9am – Maryborough Showgrounds & Equestrian Park



SEPTEMBER 15

Hervey Bay Sunrise Rotary Club Book Sale

8am
Hervey Bay Neighbourhood Centrecom.au

SEPTEMBER 15

Enchanted Evening at the Chinese Gardens

6pm – Hervey Bay Botanic Gardens

SEPTEMBER 15

Birth Baby & Beyond Expo

9am-2pm
Maryborough Community Recreation Centre

SEPTEMBER 15

Maryborough Street Party

5pm
Maryborough City Hall

SEPTEMBER 16

Car Boot Sale

\$1 per person – 7.30am
Maryborough Showgrounds and Equestrian Park

SEPTEMBER 20

Fraser Coast Plumbing & Gas Trade Expo

4pm – Beach House Hotel

SEPTEMBER 20

Smart Carbs at EAT at Dan and Steph's

6.30pm – Eat at Dan & Steph's

SEPTEMBER 21

Lunchtime Wildlife Talk

With Alan Logan – Fraser Coast Orchids
12pm – Hervey Bay Library
Bookings essential: 4197 4220



SEPTEMBER 21

Toogoom Family Fishing Competition

3pm – Registration at the Toogoom Community Hall

SEPTEMBER 22-23

Telling Stories

A series of tours around Maryborough
Free – Call: 4127 4210

SEPTEMBER 22



Maryborough Open House

10am-4pm
For details go to:
www.ourfrasercoast.com.au

SEPTEMBER 23



Maryborough Open Gardens

9am-4pm
For details go to:
www.ourfrasercoast.com.au

SEPTEMBER 23

Maryborough Excelsior City Band

9am
Rotunda – Queens Park

SEPTEMBER 23

Dry Boat Races

1pm – Scarness Beach

SEPTEMBER 22-23

Maryborough Brick Event

Maryborough State High School

SEPTEMBER 24

Hervey Bay Pop-up store 2018

Stockland Shopping Centre, Hervey Bay
8am – Hosted by Bundaberg Harley-Davidson

SEPTEMBER 26

1pm - Grave Tales

Hervey Bay Library

SEPTEMBER 27

School Holiday Painting Workshop

10am-Hervey Bay Regional Gallery

SEPTEMBER 28

Wildlife Sanctuary Visit

10am – Free
Discovery Sphere

SEPTEMBER 29

Wide Bay 3rd Annual Tattoo Show, Car & Bike Show

Maryborough Sports Club from 11.30am
Cost: \$10 per person – For more details call: 0404017433

SEPTEMBER 29

High Tea Garden Tombola

2pm-4.30pm
25 Dunford Line, Grahams Creek
Amaroo

FISHING, FAMILIES AND FUNDRAISING *at Toogoom*

By Evon Binney



Bob Graco and Bob Cook were responsible for the construction of this live weigh tank that will be used again at this years Toogoom Family Fishing Competition



Flathead just before release back into Beelbi Creek. One lucky fish!



This lovely bream was released back to Beelbi Creek to live another day.

FOR THOSE THAT HAVE NEVER BEEN, TOOGOOM IS A BEAUTIFUL SEASIDE TOWN OF HERVEY BAY. IT IS ABOUT HALFWAY BETWEEN PIALBA AND BURRUM HEADS AND IS A GREAT PLACE TO ESCAPE FOR A HOLIDAY, OR JUST FOR THE DAY. TOOGOOM IS GREAT FOR BIRDBWATCHING, SAILBOARDING, CANOEING, SAILING, BOATING AND FISHING.

- Kim - Editor

The Toogoom Family Fishing Competition, held on the 21st to 23rd of September, is an event where everything to do with fishing, families and fund-raising comes together. Anglers both fun-orientated and serious, fish their hearts out in the lead up to the excitement of the fast-paced presentations and festivities.

The Club is fortunate that their sponsors have again thrown their full support behind this major event. At a previous competition, one major sponsor mentioned that they support this event not only because of the emphasis on family involvement, but also because of the professional manner in which the Club conducted itself over previous years of the competition.

Information, rules and entry forms are available to print from the Toogoom Fishing Club Facebook page, the new Toogoom Fishing Club Inc web page will be up and running properly shortly. Cost for adults to enter is \$25.00 and juniors \$5.00.

Entry forms can be forwarded to Toogoom Fishing Club Inc at P.O. Box 2193, Pialba 4655 or delivered to Wendy Lawrence at 172 Kingfisher Parade, Toogoom.

Entrants can also register at Toogoom Community Hall.

All entrants must collect their ID cards at the Toogoom Community Hall in Toogoom Road, Toogoom before they can weigh in a fish and all entries must be submitted and paid for by 4pm Saturday the 21st of September to be eligible for Adult and Junior Super Draws.

The holding tank and live weigh in station for the Toogoom Comp will be at the Toogoom Boat Ramp right next to Goody's Restaurant and Bar.

The Toogoom Family Fishing Competition features great fishing prizes, super draws and family fun on the Saturday at the grounds of the Toogoom Community Hall in Toogoom Road, the fun starts at 4.00 p.m. with prizes, lucky draws and raffles.

This is a great fundraiser with the majority of the money raised going to the Toogoom Community Association to benefit the Toogoom Community as a whole. Several smaller organizations will also receive donations.

Please check the entry forms for all other information you may require and remember to tell your friends about Toogoom – A tranquil beach destination with affordable accommodation and great fishing.



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HEALTHY EATING WITH Eva



Brownies:

1/2 Cup raw pecans
1/2 Cup raw walnuts
1/2 Cup raw cacao powder
2tsp coconut oil
1/4 Cup desiccated coconut
1 cup pitted dates
3 tbsp chia seeds
Pinch of salt

Blend all the ingredients in a food processor. Flatten the mixture into a brownie dish & place in the fridge to set while you make the frosting.

Frosting:

1 ripe avocado
1/4 Cup raw cacao powder
2 tbsp coconut oil
1 tsp honey, raw or rapadura sugar
Pinch of salt

Blend all the ingredients in food processor and spread mixture onto brownie. Leave in fridge for two hours to set.

If not eaten in two days, I highly recommend freezing the remaining slices as avocado does not have a long shelf life.

From tasty banana pancakes (with zero sugar or flour) to delicious home cooked meals, there is nothing that can't be replicated to be healthier. If your health is important to you and you want more ideas, you can follow my Instagram for healthy recipe ideas @ evatweetheart12.

You can also follow me on face-book and meet other likeminded healthy people at: Hervey Bay Social Foodies Group.

Eva Lawrence

Raw brownies with frosting



TAKE A DIP

in the Pier 2 Pub



Photo Credit to DSA images

What started, as a student project by TAFE students has become one of Australia's favourite open water swims that still attracts swimmers to Hervey Bay to swim the iconic event.

The Hervey Bay version of the Pier 2 Pub may never top the famous Lorne Pier 2 Pub with over 5000 swimmers, but the Hervey Bay version has its own fans that keep coming back year after year to swim with the tide and go for the ride!

Hervey Surf Lifesaving Club took over the management of the event many years ago and have been making sure swimmers return every year to enjoy the swim and visit Hervey Bay.

The Torquay Hotel Pier 2 Pub was traditionally held in April for the first part of its life but the decision was made to move the event to September to be held the same weekend as the Hervey Bay Masters Surf Life Saving Carnival before the Surf Life Saving patrolling season starts.

Over the years the swim has attracted swimmers from all walks of life and all abilities with many budding open water swimmers selecting the event for their first splash in the open water.

Hervey Surf Lifesaving Club president Darren Everard said, "one of the highlights of the swim is the first timers who visit to do our swim, we have a joke with them about there being no black lines on the bottom of the sea"

"This year we have a local swimmer who is swimming in her first open water swim and we have been joking with her for a few years about having her first splash in an open water race. Seeing a person tackle their fears and complete the swim is an amazing experience; seeing the pre-race fear and the smile on their faces when they pop up at the finish line makes the effort of managing the swim all worthwhile" Everard said.

Hervey Surf Lifesaving Club is known for supplying quality water safety for events in Hervey Bay for many years and the Torquay Hotel Pier 2 Pub is no exception.

The event has three swims on the day with a swim for everybody from beginners to experienced swimmers. Many swimmers use the Hervey Bay swim as a stepping-stone to other swims. We have swimmers use our swim as a tune up for their Olympic campaign and English Channel swims, Club Captain Darren Horton said. "We have a set of guidelines that we follow to ensure we supply a safe swim that will require a united club effort to supply the coverage required, it is really a case of all hands on deck with around 30 club members on duty for the event" Horton said.

One of the highlights of the event over the years was a moment when Australian Paralympian Brenden Hall and Jack Burnham came out of the water in 2013. There was one second separating the first three with Brenden coming third.

Last year's winners, Hayden Cotter and sister Jamie achieved great times with Hayden coming in at 32:57 and Jamie in at 39:14, In the 3.1km the last swimmer was back in just over an hour.

The swimmer to draw the biggest crowd to the event was former PM Tony Abbot in 2012 who was invited by the club to join in.

Club Publicity Officer Phil Munson said "Mr Abbot competed in the 1600 metre race that we had at the time and was back in around thirty-three odd minutes. We would love to have him back to do the swim as it created a lot of interest in our event"

We encourage anybody who is interested in open water swimming to come down to the club on a Saturday afternoon and have a talk with the community swimming group that swims from the club at 3.30pm every Saturday or join them as this is a great way to get involved and it is free". Munson said.

For entries please visit <http://www.oceanswims.com.au/> and head to the Hervey Bay page.



Photo Credit to Kim Parnell



Fraser Coast Markets

MARYBOROUGH

FRASER COAST WILDLIFE SANCTUARY MARKETS

31 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

HERVEY BAY

TORQUAY BEACHSIDE MARKETS

Outside AQUAVUE, Torquay
Every Saturday
7am to 1pm
info@torquaymarkets.com.au

BURRUM HEADS

BURRUM HEADS MARKETS

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

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

BROOWEENA

BROOWEENA MARKETS

Smith St, Brooweena
4th Sunday of every 3rd month
brooweenamkt@yahoo.com
8am – 12pm

DISCLAIMER:

Markets subject to change
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Public Holidays and weather
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Pier Park, Urangan
(in front of Jetty)
Every Wed 7am to 1pm
Every Sat 7am to 1pm
pierparkcommunitymarkets@gmail.com

HERVEY BAY

HERVEY BAY BOAT CLUB ART & CRAFT MARKET

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

BAUPLE

BAUPLE MARKETS

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



FACE II FACE with The Angels

RICK BREWSTER

By Kim Parnell

Both you and your brother John have been with the Angels since the very beginning in 1970. As a band what is the secret to your longevity?

We often say it is all about the riffs and the melodies. The songs have proven themselves to still be relevant today, as a songwriter this is very rewarding.

This tour celebrates the 40th anniversary of the album Face II Face, first released in 1978. What is it about this album that still resonates today?

It is hard to define. Why do people still like to play Jimmy Hendricks and many others. Nowadays there are lots of disposable acts, we never wanted to be disposable. We also never wanted to copy other acts we wanted them to copy us. I think that we achieved that.

I understand that Face II Face has been completely re-recorded for 2018, what adaptations or sounds have been added, how does this album differ from the original?

There are plenty of subtle differences, different amps, different guitars.

The guitar I used in the original recording was stolen in 1980 while on tour, along with all the rest of the bands equipment. The truck was found at the bottom of Lake Michigan in Chicago. When the truck was recovered all that it contained was a bag of dirty washing that belonged to our sound engineer at the time.

It's a different band, but the same songs. We wanted to re-record this album to include all our current band members and allow them a sense of ownership.

A limited-edition double CD will be available at the gig. Tell us a bit more about these?

The studio recording took two days with all the same arguments that we had forty years ago.

The album is selling well. It is great to have a version of the concert that they will have just seen, for sale. Down the track we may look at releasing a music DVD of the concert.

Your first ever hit single was 'Take a Long Line' produced in 1978. Where did the inspiration come from for this song?

The idea came from a riff that I played at Checkers Nightclub in Sydney. We would play about five sets and finish at about three in the morning. The band would get paid a hundred dollars a night. Quite often that is how it evolves, stumbling on something that sounds good and bringing it to life.

I read that you trained as a classical pianist in your youth. Do you still play? What made you choose the guitar in the band?

I love the piano and still play, it is a beautiful instrument. I have a fifteen and a thirteen-year-old learning piano at the moment.

All I knew about guitar then were the basic cords. When we started the rock band I wanted more control over the sound and the melodies which is why I play the guitar.

My brother John and I have a duo called Brewster Brothers, hardly original I know but we play often, I get to play the keyboard and piano which I always enjoy.

I also read that you are a keen photographer, what camera do you use currently and what do you most like to photograph?

My first camera was a Nikkormat, it was fully manual and only used film. I was invited to go to a photographer's studio who ended up teaching me everything I needed to know, I learnt about darkrooms and processing. When in Sydney I would photograph King's Cross and the interesting characters on the street. I have done a few album covers for the Angels. I find photography therapeutic. Anything creative is satisfying and incredibly rewarding.

I am also building an electric guitar as I have always liked working with wood. It has taken a few months so far and will take a few more months before it is finished. Then if it sounds ok I will play it at a gig.

October 6

**The Angels – Face II Face 40 years on
7pm – 11pm / Tickets: \$40**

18+ Event – Standing event

Beach House Hotel, Scarness, Hervey Bay

FRASER COAST

What's On

September 2018

22

FEAT.



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PRESENTS

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EVERY FRIDAY NIGHT

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OPEN FROM 10PM

Johnny Cash

THE CONCERT COMES TO THE BROLGA

Written by Kim Parnell

Country music singer and songwriter Daniel Thompson is a regular at the Tamworth Country Music Festival and performs several gigs throughout the year. He is also an Independent award-winning male vocalist of the year with his remake of the classic song, (I'm just a) Country Boy. When performing at various venues Daniel gets asked regularly to sing Johnny Cash songs due to his deep, sultry voice, he always obliges.

Growing up in the Thompson household with both parent's musicians, meant that the house was always filled with a wide variety of music, everything from The Beatles to the Rolling Stones and of course Johnny Cash and country music was thrown into the mix. Daniel says, "Back then it was just music to me. As I grew older, songs that told a story began to appeal to me, I found that most country music did exactly that."

A few years ago, a friend of Daniels named Stuie French asked him if he was interested in performing in a one-off Johnny Cash concert to which Daniel said yes.

Daniel says, "It was that popular that we did it the next night, then the next night and it literally snowballed from there."

Johnny Cash the Concert has been showing and touring since 2009 to sell out crowds and shows no signs of slowing down.

This year marks the fiftieth anniversary of the Johnny Cash album, Folsom State Prison, the show is based largely around this. This is definitely a very significant album and helped to turn Johnny Cash into a household name.

To prepare for the role Daniel watched lots of footage, both live and in documentary form about the man himself. Daniel says, "I studied his approach to songs and the way he delivered them. I noticed that he would hold his guitar high, with his shoulders high, it changes the way that you feel and the way that you sing."

If I would have had the opportunity to meet Johnny Cash before he died I would have said thanks for the amazing music, thank you for being so open and honest in life and for sharing it with all of us."

Johnny Cash the Concert pays tribute to the man in black in the best way possible. The audience will get to see a glimpse of what it would have been like to see a Johnny Cash concert for real. You will also see the whole of the Folsom Prison album performed as well as many other hits during the stars long career.

Daniel says, "I am also thrilled that we have the beautiful Rebecca Lee Nye along as well. Rebecca sings as June Carter Cash in a few songs, she is from Queensland and a successful singer in her own right."

It will be a great night of entertainment with an amazing band. Whether you like Johnny Cash or not we will give you a show to remember, and one that we are very proud of."

September 14

Johnny Cash the Concert

8pm-11pm

Brolga Theatre & Convention Centre

To book call: 4122 6060

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Vox Pop



Superhero's are renowned for their superhuman strength and supernatural powers. They fight off evil and protect everyday people. They are also the subject of dreams and fantasies. Superhero's jump out of the big screen and fly out of the pages of books...and in our youth most of us wanted to be one.

When I was young I wanted to be Wonder Woman, but mainly because she was beautiful and wore the most amazing outfit! This month I thought that it would be interesting to ask the public about what superhero they would like to be and received some interesting responses. - **Kim Parnell, Editor**

Question: If you could be a superhero who would you be and why?

"If I had to choose a superhero it would be Wonder woman. She is wonderful, strong and fierce".

**Bec Freese,
Wynnum**



"I think that I would choose the Incredible Hulk as I can go green with anger, and my wife says that I think I have the guns".

**Duncan McKenna,
Hervey Bay**



"Definitely Thor because he has a big, magical hammer and my wife thinks that he is hot".

**Pieter Oud,
Dundowran Beach**



"I would be Miss Houdini and make all of the pessimistic people disappear it would create a lot more peace and harmony in the world".

**Carol McNaughton,
Urangan**



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You have been a grand finalist in Hervey Bay Unplugged twice now, what do you learn from competitions like these?

Hervey Bay Unplugged was a fun experience. I learnt to make myself more of an artist rather than just a cover artist. It was this competition that really started me off playing at gigs around the region. It helped me build an audience and to gain confidence in performing.

How long have you been playing the guitar, do you play any other instruments?

I started off on the piano in grade one and am still trying to relearn it now which has been a nice change, I have been playing the guitar since grade four.

As a songwriter, where do you get your inspiration from, explain the process?

To date I have written about thirty songs, out of that thirty I have about five that I am proud of. My songs are a reflection on life events. Sometimes the words may come to me and I write them down, then I work on the music. It can be the other way around as well though.

Have you released any albums?

Not yet, later this year through uni we get to record an EP and release it. I am very excited about this. For me it will mean that I can call myself an actual artist, not just a cover artist. Hopefully I will get it on Spotify and iTunes and have copies to sell at gigs.

Where would you like to see yourself in the future?

I am currently at Uni completing a bachelor's degree at JCM Academy, studying contemporary music and performance. In the future I would like to have a larger fanbase and hope that fans can relate to my music and enjoy it. I have been a soloist for three years now but wouldn't rule out working with a band one day, that would be cool. I would also like to bring out some music videos one day.

MUSICIAN SPOTLIGHT

HARLEY MESZAROS

At eighteen years of age, musician Harley Meszaros has lots of experience under his belt. He has been performing for three years around our region and has been getting his name out there to all those that count. He is humble, with the world at his feet. Harley Meszaros is definitely one to watch out for in the future.

As a soloist you play around the Fraser Coast and Bundaberg area, how many gigs would you do a year?

I would probably do between forty to fifty a year. I can sometimes do up to three a week. I am always looking to spread myself out over other areas as well, including Brisbane.

What kind of music do you play and why?

I mainly play pop rock, at the venues I like to play classic aussie pub songs to get the audience involved. One of my favourite songs that I like to play is Never Tear Us Apart by INXS. I also play covers from Ed Sheeran, John Mayer, Mumford & Sons and Gang of Youths.

If you could sing with anyone in the world who would it be and why?

Without a doubt Ed Sheeran. He is a great example of a successful solo artist. Both him and his songs are very relatable, and I like his style of music.

To follow Harley Meszaros, check out all of his links below.

Like his Facebook Page for details of upcoming gigs, along with a link to his Youtube Channel.

<https://www.facebook.com/MeszarosMusic/>
<https://www.youtube.com/channel/UCUcVGXrycxav4JU4Ikk6jLA/>
Webpage: <https://www.harleymeszaros.com/>

MUSIC AT THE

BEACHHOUSE HOTEL

HOTEL



Musician Spotlight

Darren Marlow

Darren Marlow is a seasoned musician, both a solo artist and member of rock band Red Betty. He has travelled extensively over the last twenty years both domestically and internationally as both a soloist and band member and is presently based in South East Queensland. A versatile performer, Darren is known for his love of 70's-80's rock and gives the blues a healthy nod as well. Music has been his life for a long time and he intends to keep it that way.

SEPTEMBER

Thurs 30, 7.30pm, Open Mic
 Fri 31, 9.00pm, R&B Friday
 Sat 1, 8.30pm, Shotgun
 Sun 2, 2.00pm, Derek Smith

Thurs 6, 7.30pm, Open Mic
 Fri 7, 9.00pm, R&B Friday
 Sat 8, 8.30pm, Uncle Arthur
 Sun 9, 2.00pm, Harley Meszaros

Thurs 13, 7.30pm, Open Mic
 Fri 14, 9.00pm, R&B Friday

Sat 15, 8.30pm, Dicky Switch
 Sun 16, 2.00pm, Bobby Barnes

Thurs 20, 7.30pm, Open Mic
 Fri 21, 9.00pm, R&B Friday
 Sat 22, 8.30pm, Red Betty
 Sun 23, 2.00pm, Darren Marlow

Thurs 27, 7.30pm, Open Mic
 Fri 28, 9.00pm, R&B Friday
 Sat 29, 8.30pm, Bay City Rock
 Sun 30, 2.00pm, Frank Benn

Social Snaps

Out and about on the Fraser Coast



Clockwise from top-left:
Anthony Grace and Craig Hansen from Peter Lynn Kites wait for wind

Iona Hansen passes the bread at the long lunch as part of the festival

Eva Carpenter gets her kite airborne

Hoping to soar to new heights is **Stephanie Hobbs**

Behind the pirate kite are **Billy and McKenzie**, both aged 11



Love where you live...



BECOME A RALLY ANGEL AND

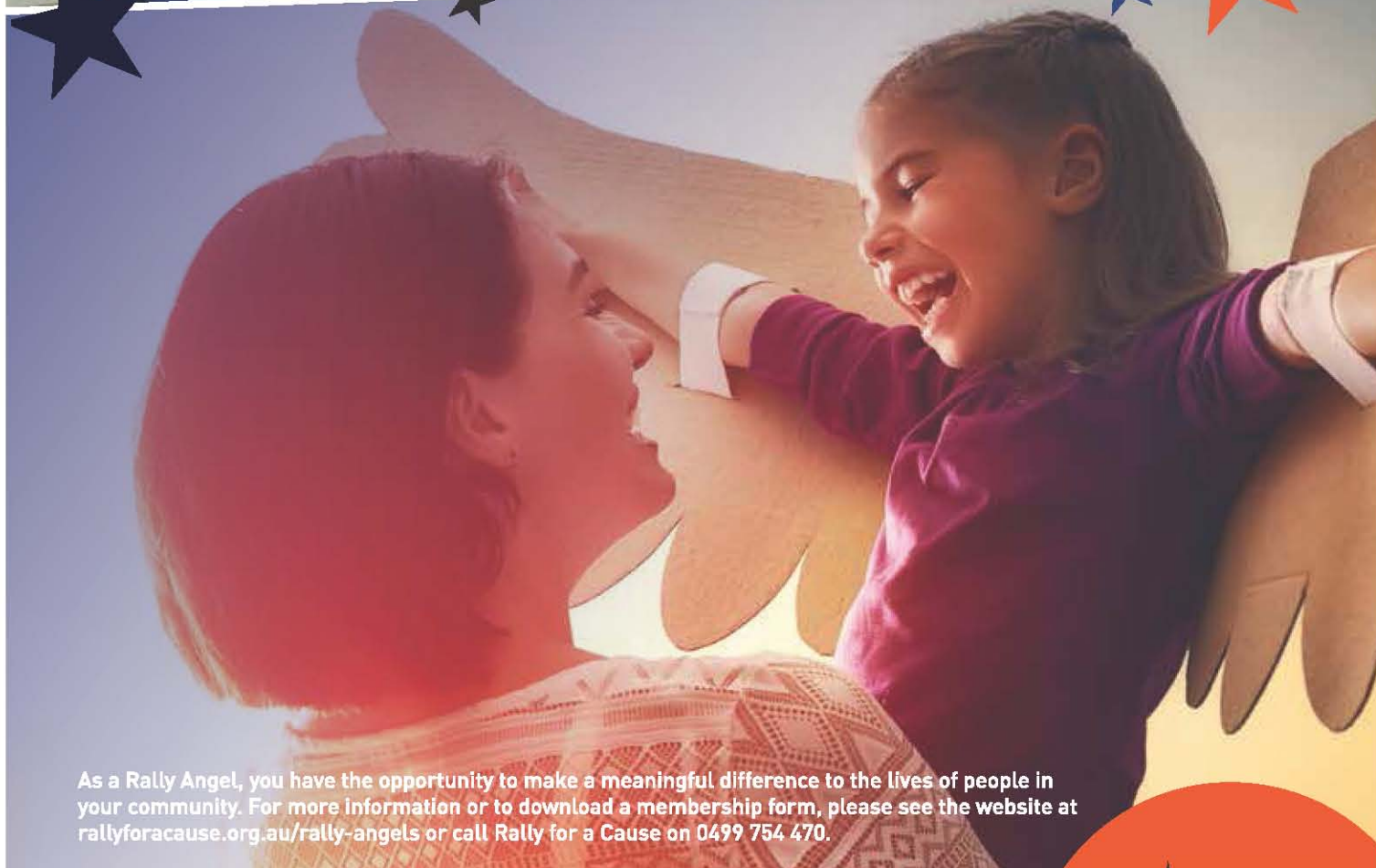

GIVE OUR FUNDRAISING WINGS



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.

Social Snaps

Out and about on the Fraser Coast



Clockwise from top-left:
Masterchef contestants **Jo and Aldo** cook up a storm

Judy Cooper showcases wines from Crane Wines

Olive Kynoch, 8 can't believe the size of the prawn

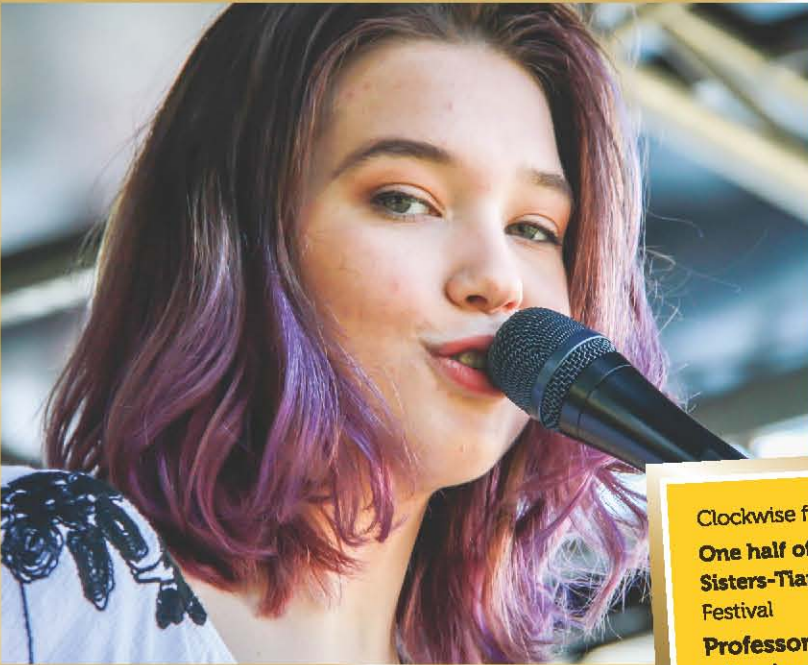
The Mask Family didn't say much at the Kite Carnival

Members of the Colt Seavers Band enjoy the Seafood Festival





Love where you live...



Clockwise from top-left:
One half of the Dennis Sisters-Tiana at the Seafood Festival
Professor Daryl McPhee talks about seafood
Pamela Porter gets ready to tuck in at the Seafood Festival
Singer Michael Waugh entertains the crowd at the seafood Festival
Selina Lee and Annette Batchelor enjoy the long lunch




WHAT'S ON @ THE BROLGA



SINGIN' IN THE RAIN

Singin' in the Rain - Macabre Theatre Company

7&8 SEP



Liberty, Equality, Fraternity - ANT Live


SUN 9 SEP

A SHAKE & STIR THEATRE CO AND QPAC PRODUCTION

ROALD DAHL'S

George's Marvellous Medicine

ADAPTED FOR THE STAGE BY SHAKE & STIR THEATRE CO



shake&stir
QPAC
ARTOUR

Illustration by Quentin Blake

TUE 18 SEP

DANIEL THOMPSON & STUIE FRENCH
WITH HAPPY DAYS RECORDS PRESENTS

Johnny CASH CONCERT

Revisits **JOHNNY CASH AT FOLSOM PRISON**

The 50th anniversary of the Legendary 1968 Live Album. Played cover to cover in its entirety.



Johnny Cash the Concert - Revisits Folsom Prison

FRI 14 SEP

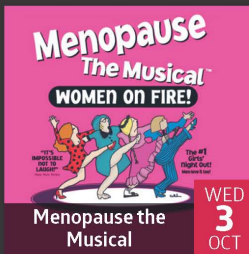


The Big Sing Concert with Emma Dean

SUN 30 SEP

Menopause The Musical

WOMEN ON FIRE!



Menopause the Musical

WED 3 OCT



Julie - NT Live

7&9 OCT

Sunday Riverside



Sunday Riverside - Z-Star Trinity

SUN 7 OCT

Dirty Dick's Theatre Restaurant



Dirty Dick's Theatre Restaurant

THU 11 OCT



Frankly Sinatra - Morning Melodies

THU 11 OCT

RHONDA BURCHMORE & LARA MULCAHY

ABBA-SOLUTELY FABULOUS



ABBA-solutely Fabulous

THU 18 OCT



A Russian Triple Bill - Imperial Russian Ballet Company

SAT 20 OCT

Lennon Through A Glass Onion



Lennon Through A Glass Onion - John Waters

SAT 27 OCT

COMING UP IN 2018...

Don Quixote - La Scala Ballet (QPAC Simulcast)	Sat 10 Nov
King Lear - NT Live	Mon 12 Nov
Men in Pink Tights	Sun 18 Nov
Shania Twain Show	Wed 12 Dec
Morning Melodies - Karen Knowles	Thu 13 Dec



BROLGA
THEATRE & CONVENTION CENTRE

A cultural service of



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