

FRASER COAST What's On

November 2018 FREE MONTHLY MAGAZINE

22

Inside this issue:

MEN IN PINK TIGHTS
A night to Remember!

CHRISTMAS
AT THE REFUGE

THE 2018 WHALE SEASON
ENDS WITH A **SPLASH!**

FRASER COAST
R.U.M. FEST

NEW!

TIDE TIMES

Art Exhibition: **WALLS**

PotPotograph

URANGAN

LAT 25° 18' S LONG 152° 55' E

NOVEMBER 2018

Time	m	Time	m
1 0242 2.60		16 0309 2.48	
0855 1.25		0854 1.58	
TH 1522 3.35		FR 1535 2.94	
● 2203 1.11		● 2218 1.31	
2 0410 2.76		17 0417 2.64	
1015 1.12		1006 1.47	
FR 1630 3.47		SA 1630 3.03	
2309 0.92		2308 1.16	
3 0519 3.03		18 0510 2.86	
1120 0.93		1101 1.32	
SA 1729 3.60		SU 1715 3.14	
		2350 0.99	
4 0002 0.73		19 0554 3.11	
0612 3.30		1149 1.15	
SU 1215 0.77		MO 1757 3.24	
1819 3.68			
5 0048 0.57		20 0028 0.82	
0657 3.52		0634 3.35	
MO 1305 0.67		TU 1233 1.01	
1905 3.70		1836 3.32	
6 0129 0.48		21 0105 0.67	
0739 3.67		0713 3.57	
TU 1352 0.65		WE 1318 0.88	
1947 3.65		1916 3.38	
7 0206 0.45		22 0142 0.54	
0818 3.74		0753 3.75	
WE 1436 0.68		TH 1403 0.80	
2026 3.55		1956 3.39	
8 0239 0.47		23 0220 0.46	
0855 3.74		0834 3.88	
TH 1520 0.76		FR 1451 0.75	
● 2102 3.40		○ 2037 3.36	
9 0309 0.53		24 0258 0.44	
0931 3.68		0916 3.93	
FR 1602 0.88		SA 1540 0.76	
2138 3.22		2121 3.28	
10 0340 0.63		25 0338 0.49	
1006 3.56		1001 3.90	
SA 1644 1.02		SU 1631 0.81	
2214 3.03		2206 3.15	
11 0410 0.78		26 0418 0.60	
1042 3.41		1049 3.81	
SU 1727 1.18		MO 1725 0.89	
2250 2.83		2257 2.99	
12 0442 0.96		27 0503 0.78	
1122 3.24		1143 3.69	
MO 1815 1.32		TU 1822 0.99	
2332 2.65		2356 2.84	
13 0517 1.17		28 0556 0.98	
1209 3.07		1243 3.56	
TU 1912 1.43		WE 1922 1.06	
14 0028 2.49		29 0106 2.74	
0605 1.38		0706 1.16	
WE 1315 2.95		TH 1348 3.47	
2016 1.47		2026 1.08	
15 0148 2.42		30 0225 2.74	
0717 1.55		0830 1.24	
TH 1429 2.90		FR 1454 3.42	
2119 1.43		● 2132 1.03	

Tide time table brought to you by

www.frasercoastweather.com

www.facebook.com/frasercoastweather1

FRASER COAST What's On

Note from the Editor

I am always quite sad when the whale watching season comes to an end! There is certainly something magical about being on the water with the whales. Each day is different depending on the mood, weather or the time of day.

I love being out there when the mums and bubs are at play. Watching the mums teaching the calves how to breach, tail-slap, spy hop and practise those loud pectoral slaps is a sight you just have to see. Watching the joy and amazement on the faces of the spectators gives me goosebumps. Bring on whale watching 2019!



Of course we also welcomed Prince Harry and the Duchess of Sussex to Fraser Island. To have had them here is monumental and does so much for us as a region. It was also another history making moment for us here on the Fraser Coast.

October was breast cancer awareness month which brought us lots of events in the area, money was raised and I would like to think that there was an increase in people having checkups.

Cancer in any form is an insidious disease that affects not only the person going through it but family and friends as well. Most of us know of someone these days that has fought the battle. Lets not wait for that one month of the year to be vigilant about our health and the health of our loved ones.

November is a busy month, check out the calendar of events in the middle of the magazine and plan the next four weeks. Whatever you choose to do...ENJOY!!

Cheers!

Kim Parnell - Editor

Index

NEW! TIDE TIMES GUIDE

Inside this Edition.....	3
Men in Pink Tights – A night to Remember!	5
The 2018 Whale season ends with a Splash!.....	6
Christmas at the Refuge.....	8
Fraser Coast R.U.M. Fest	9
Be the Inspiration!	10
Youth Column: Fraser Proud - Scream It Loud	12
St. Stephen's Hospital: Health Segment	13-15
Calender of Events - November	16-17
A Dawn with no Birdsong	18
Healthier Eating with Eva: Bacon & Egg cupcakes	19
Local Musician: Steve Case - Ready to Perform	20
What's On: Fraser Coast Markets	21
An Artist with meaning - Akos	22
Wolf Lullaby – Gothic theatre at its Best!	24
Vox Pop	25
Things are about to get MASSIVE!	26
Music at the Beach House Hotel - November.....	27
Social Snaps	28
Social Snaps	30-31

Contact Us

Editor - Kim Parnell

✉ info@whatsonfrasercoast.com.au

🌐 <http://whatsonfrasercoast.com.au>

☎ Ph 0467 303 171



The Whats On Fraser Coast magazine is published monthly and distributed for free across the Fraser Coast region. Published by Kim Parnell t/a What's On Hervey Bay - ABN: 39 762 265 534

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



Inside this month's edition
There's lots to see and do!

*November is about ballet,
rodeos, music, arts & theatre!*

If you want to see a ballet with a difference then you can't go past Men in Pink Tights, it is an all- male ballet comedy. Brought to you by Les Ballet's Elolle, you will see Swan Lake Act II, The Dying Swan, and Spartacus among others. This is one show that you will not want to miss, as it is guaranteed to make you laugh until you cry.

The Fraser Coast R.U.M Festival, (Rodeo, Utes, Music), comes to Maryborough in what promises to be a spectacular event. With the return of the National Rodeo there will be plenty of action in the main arena, while the Ute muster is set to go off with all tyre's spinning. Follow this up with some great entertainment and you have the recipe for a perfect event.

We meet local Author Tony Matthews as he takes us on a journey to the end of the First World War, where horrific events happened that very few people know about ahead of the launch of his new book hauntingly titled 'A Dawn with no Birdsong'.

The annual 'Christmas at the Refuge' is a great opportunity to have a professional photo taken with your much loved pet just in time for the silly season. There will also be food stalls, and music. Dogs will also be available for adoption. This is a great day out for the whole family.

Fresh from their European Tour, four-piece Rock-n-Roll band 'MASSIVE' hit the Beach House Hotel later this month. Having supported some of the best musicians in the world this is one concert that you won't want to miss.

If art is your thing then you can't go past the upcoming exhibition 'Walls', by Artist Akos Juhasz. The aim is to break down the walls between cultures, genders and religion in this truly thought provoking exhibition.

Take a seat and become immersed in a dark and disturbing play at the Zpac Theatre. Wolf Lullaby is Gothic theatre at its best, directed by Johnathan Dunn it begs the question – Is someone born evil, is it genetic? Or does the wider culture bear some responsibility?...

Whatever you do, enjoy!
Turn the page, to see all these events and more!

Kim Parnell

Editor, What's On Fraser Coast

Hervey Bay's Best Kept Secret

LAND FOR SALE

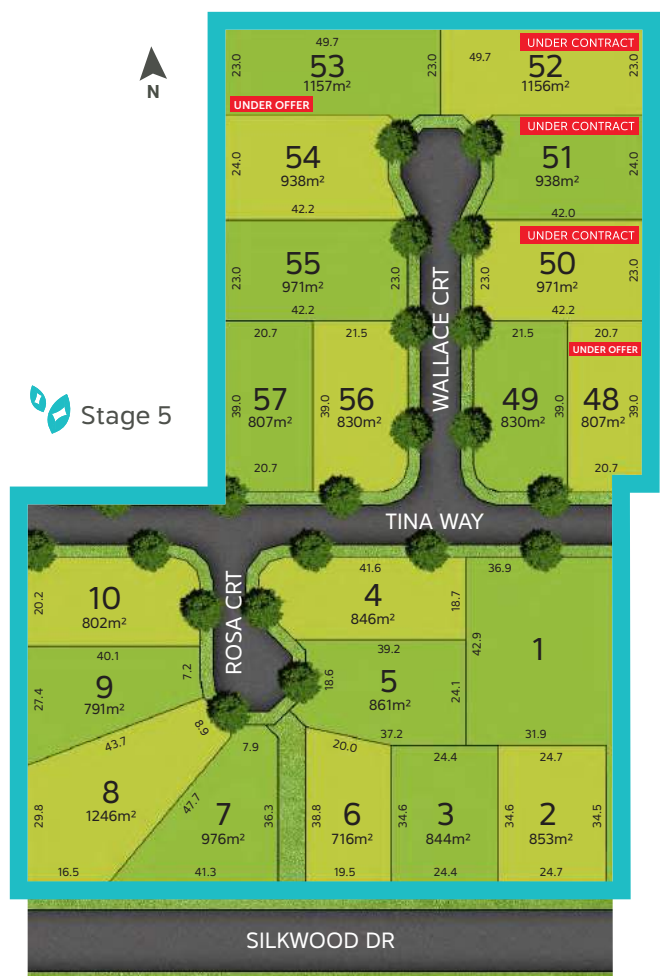
LARGE blocks up to 1215m²
- Average block size 975m²

The serenity of the tree lined entrance into Huntingdale Woods will make you forget you are just minutes from Hervey Bay's thriving hub. Major shopping centres, airports, schools, university and business districts are all here for you.

Come and inspect
the outstanding
land awaiting you at


HuntingdaleWoods

STAGE 5 NOW SELLING



The information contained in this publication is intended as a guide only and has been compiled using sources deemed to be reliable, but details may change without notice. Prospective purchasers should make their own enquiries to satisfy themselves on any pertinent matter © 2017 Auragold Hughes Road Pty Ltd ABN 40 097 129 998

Completed House & Land packages also available.
Sales office open 7 days a week by appointment.

Ph. 0407 099 697 | Ronaldo Way, Urangan
Turn left off Hughes Rd into Ronaldo Way, past Star of the Sea Catholic School
E. sales@huntingdalewoods.com.au
f /huntingdalewoodsestate
huntingdalewoods.com.au


HuntingdaleWoods

Les Ballets Eloelle's Men in Pink Tights promises to entertain all those who go to see the show. With some great choreography, gorgeous costumes and lots of laughs it is a winner all the way.

Ballet Director, Victor Hugo Trevino was in Florida at the time of this interview but kindly answered a few questions for me. - Kim, Editor.

Tell us a bit about your background – Where were you born, where did you grow up and what was your childhood like?

I was born in a small city in Utah. My parents were migrant farm workers and then they became entrepreneurs and business owners. I came from a big family and I was the youngest child, so you can imagine I used humor to get myself out of a lot of situations with my older siblings. I grew up working in my parent's country store and a small restaurant they had. I didn't learn about ballet until I was in college at the University of Florida, where I was a business major. I always enjoyed learning and was good with math and sciences. I assumed I would one day work in my father's business, so dance shook up my future and made my father very unhappy. It took him many years of me working professionally and traveling globally before he finally stopped asking me when I would get a real job.

Tell us a little about Les Ballets Eloelle?

Ballet Eloelle (LOL) is a comedic all male classical and contemporary dance company. I was asked to form a company in 1996 for the purpose of touring Japan. That company was called Ballets Grandiva, Men in Tutus. The company was featured in many magazines and television shows and had fantastic reviews in many papers. In 2009 my mother starting getting ill and I felt I needed a break from touring and dancing. Grandiva continued without me for a few seasons, but then began to fall apart. Mark Rafter contacted me and asked if I would tour Australia and New Zealand with a group. I took that opportunity to rework and tighten up the show and the concept of the show. We did over a hundred performances under our new name and got back to our comedic roots. The show now is a great balance of comedy and dancing.

Tell us a bit about the costumes and the makeup for Men in Pink Tights?

As you can imagine, it is not easy to find tutus for the male body. All the costumes are handmade and designed by top costume designers. The beading and feathers are all done by hand. I thought it was important to hire costumers who worked with the big companies, like the American Ballet Theater. In fact some of our costumes look almost exactly alike. In several instances, our costumes were made to look like theirs, but in a few instances, the designer made ours first and then I would see the same designs on world class ballerinas. The make-up is stylized, but beyond that, every dancer creates their own look. There are only a few restrictions. They must wear wigs and their faces must pop on stage.

What is the one question that you wish Reporters would ask – and stop asking?

I really don't mind answering any questions, but NO, my eyelashes are not heavy. I appreciate reporters who have an understanding of dance and do not reduce what we do down to wearing women's attire. Most reporters though are pretty good about asking questions relating to dance, gender, culture and comedy and how those things can come together and have a commonality with the general public. I guess the question I enjoy answering is how a non dance audience responds and identifies with the humor in the show across so many cultures. I like to think of us as ambassadors that can help bridge cultures through laughter.

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

I think they should expect the unexpected. I think many people come to the show expecting it to be a simple dance show with men doing a lot of slapstick humor and dancing poorly on their toes. While there might be a touch of that for a few laughs, overall, the show will surprise you. We have performed this show on five continents, soon to be six. It is a unique show with unique personalities. I think the most unexpected thing they might see onstage is the recognition of how those unique personalities onstage remind them of either themselves or people they know, or situations they have experienced. Our audiences hopefully leave with a smile on their face and a memory of a bunch of odd ballerinas that they identify with much more than they might have expected.

Men in Pink Tights

Sunday, November 18 / 6pm-8pm

Tickets: \$49.90

Brolga Theatre & Convention Centre

MEN IN PINK TIGHTS **A NIGHT TO** **REMEMBER!**



Photo Credit - Ken Hopkins



Photo Credit - Ken Hopkins



Photo Credit - Potpoptography



THE 2018 WHALE SEASON ENDS WITH A SPLASH!

2018 has been an exceptional year for close encounters with our Humpback Whale visitors both early in the season with the juveniles and sub-adults as well as recently with the mums and calves.

A particularly special moment was when a mother carried her calf on her head towards the port bow of the boat getting to a metre from the boat and then slowly passing the length of the boat as if to show off her beautiful offspring to all the passengers onboard Freedom III. This even gave the skipper goosebumps. Close encounters with mums and calves is not something you see often but this year the whales seem to be more accepting of the boats and willing to share their calves with us.

We have been blessed with great weather, happy visitors and more whales than ever before. We even had two Southern Right whales and a calf for over a month early in the season as well. Breaching has been seen almost every day during our full day tour. The juvenile whales early in the season were particularly adventurous and active and often came in to "mug" the boat, sometimes for an hour or more.

Sue & Keith Reid – Freedom III

Our first whale watch season has come to a close and what a ride it has been! We had to pinch ourselves so many times to believe we were running Whalesong. We're in such a privileged position of being able to showcase our backyard and these incredible creatures to people from all over the world. It's been very busy and as we wind down, we're preparing for next season already.

We have many special memories so it's hard to pick just one. Of course, nothing beats your first whale encounters of the season. Having said that, August was an absolute delight with the juveniles mugging the boat and putting on a great show for our guests. On one particular occasion, we had 3 whales with their heads poking out of the water watching us all for at least 8 minutes; an extended spy hop. Just simply hanging out watching us. They were as intrigued with us as we were with them. It gave us a true sense of their intelligence and curiosity. A connection like that leaves a lasting impression in your mind and your heart. We're so fortunate to have had many encounters like this throughout the season.

Rebecca Greenshields – Whalesong Cruises Hervey Bay

The 2018 whale watch season has been an outstanding opportunity for Pacific Whale Foundation Australia to advance our mission to protect the oceans through science and advocacy and inspire environmental stewardship. Our unique whale watch boat, Ocean Defender, allows us to educate tourists, collect research data, and promote ocean conservation. In addition to observing humpback whales on every trip since the season started, we have seen right whale mothers and calves, pods of bottlenose and Australian humpback dolphins, dugongs, and sea turtles. Our humpback whale research, ongoing in Queensland since 1984, continues to uncover critical details about the abundance, migratory characteristics, and social behaviors of this amazing species. We are also looking at residency patterns of mothers and calves in Platypus Bay, a critical resting place on the long journey back to the Antarctic. This year we initiated a study of the impacts of swimming with whales on normal humpback behavior. Our certified naturalists offered educational programs for the public at a number of venues in the community, and our research staff presented public talks and conducted a successful beach cleanup with local volunteers. Hervey Bay remains the best place in the world for observing humpback whales.

Paul Forestell – Pacific Whale Foundation

Photo Credit: Kim Parnell

BEACHHOUSE

HOTEL



YOUR PLACE FOR *Entertainment*



Open 7 Days

Bottle-O Barn & Drive Thru

Gaming Room with daily promotions

Bistro open everyday - 11.30am - 8.30pm*

*Breakfast on weekends from 8am



BEACHHOUSE

HOTEL



Open Everyday

Ph: 4196 9366

Cnr of Esplanade & Queens Rd
Scarness

www.beachhousehotel.com.au

Christmas

at the Refuge

Four years ago, it was suggested by a volunteer that we hold a photo day at the refuge so as the people could bring their animals in for a photo with Santa Claus. Fast forward four years and we are now about to hold our 4th successful annual Christmas at the refuge on November 10.

We will have two scenes this year for you to choose from. We will have a beautiful Christmas scene that Nicole from L'Amour photography will design, as well as a gorgeous scene with Santa Claus on his chair enveloped in Christmas trees, this scene proved very popular last year. Santa is very excited to be attending.

Although the photos were first introduced for animals, they are not strictly just for pets. You can have a family photo with your pet or a combination if that suits you better. Keep in mind that no pet is too large or too small either, in the past we have had horses, rats, lizards, dogs and cats. This year the prices are still the same, at \$15 per scene per photo and limited to one scene each per family. More photos will be available through L'Amour photography.

This year we are encouraging families and pets to make a day off it. Bring down a picnic rug or chair and listen to our professional entertainment performed by Wal Neilsen & Frank Benn.

We will have food stalls available, including the Curry Van, the Hot Potato Van, and Mr Whippy. We will also have the SIP coffee cart for all your beverage needs. Or you are more than welcome to bring your own picnic.

Children will have a blast with ACE Children's entertainment. There will be Wide Bay Skirmish, T- Rex, pony rides from Hucknell Horse Rescue and a stall run by Carramar kindy.

Keep an eye out for the raffles throughout the day with major prizes to be won. You also can win a weekend away so remember you have to be in it to win it. There will also be amazing art work, vouchers and much, much more.

For the first time we have also invited other rescue groups to come along and bring their merchandise and animals available for adoption in the hope to find as many pet's homes before Christmas.

Plus, Lorrae from Lorrae's amazing odyssey will be doing readings, Bk Bouquet will have their beautiful pet supplies, and Bad Ass Treats will be there with their locally made great quality treats. There will be other stalls to peruse in what promises to be a great day out for a good cause.

The Christmas at the refuge will be a fun filled day for both families and their pets, with plenty to do and see. Purchase a photo and have a keepsake to take home.

Christmas at the Refuge
765 Kent st, Maryborough
10 to 2:30 / Saturday 10th Nov
ALL dogs must always be on a leash.



Photo Credit - L'Amour Photography





FRASER COAST R.U.M. FEST

By Fraser Coast Agriculture Show Society Inc.

NATIONAL FINALS RODEO RETURNS TO THE FRASER COAST AND THIS YEAR ADDS A UTE MUSTER

The National Rodeo Association (NRA) National Finals Rodeo (NFR) returns to the Fraser Coast for another year at the Maryborough Showgrounds and Equestrian Park on Saturday 10 November 2018 and the competitors are turning pink in support of breast cancer awareness.

The NFR showcases the NRA's best cowboys, cowgirls, juniors and livestock. Each November the top twelve contestants in the Bull Ride, Saddle Ride, Bareback Ride, Steer Wrestling, Rope and Tie, Team Roping, Barrel Race, Breakaway Roping, Steer Undecorating, U18 Junior Bull Ride, U18 Junior Barrel Race, U18 Junior Breakaway Roping, U15 Junior Steer Ride and U12 Paddy Ride qualify to compete at the NFR. Qualification is based on season points from the NRA standings for that year.

Tough Enough To Wear Pink provides a nationally-recognised campaign and framework for rodeos and western events to promote breast cancer awareness and fundraising to benefit their local communities. Pink is not a colour usually associated with the tough sport of rodeo however breast cancer has touched the lives of many rodeo and western lifestyle families and the National Rodeo Association want to put this important health issue top-of-mind at our NFR.

The Ute Muster brings the usual class competitions as well as some Timed Event Trials, novelty events and prizes. Placegetters in the Ute Muster Classes will enter into the Near North Sub Chamber finals and then onto the Ekka. Please note that there is a zero tolerance for alcohol if you want to be part of the Ute Muster.

Afternoon entertainment includes live music by Unfinished Business, a Jumping Castle, Face Painting and Ute Muster events. Food vendors and liquor licence will add to the atmosphere so NO BYO. We will have Security on the gates.

Gates open at midday to check out the Utes and afternoon entertainment.

The rodeo action will kick off at 5pm and the live entertainment will continue at the conclusion of the rodeo action with Mirror Image Duo (Glen Albrecht & Vanessa Sanger). Admission is \$20 for Adults, \$15 for Aged

Concession and Children (15-17 years), \$10 for Children (5-14 years) and \$50 for Family (2Adults & 4 Children).

For further inquiries please call Rhonda Smyth on: 0417 343 493

KINGSTON

HERVEY BAY

STAGE 2B NOW SELLING*

**50% OF
STAGE 2A SOLD
SELLING FAST**

- ♥ Central Location
- ♥ Large Flat Blocks
- ♥ NBN Ready
- ♥ Local Developer
- ♥ Your Choice of Builder

* Stage 2B now selling off the plan



Love
where
you
live



LAND SALES OFFICE 2 Richard Charles Drive 1300 705 405 kingstonherveybay.com.au



Story by Joyce Chorny

“Be the Inspiration” – That is Rotary International’s theme for the 2018/19 year. There is no better way to celebrate this theme than to highlight Fraser Coast locals who go ‘above and beyond’. These are the quiet achievers, people who work tirelessly to make our community a great place in which to live and who are probably unaware of the inspirational impact they have had on others.

Rotary is a community service organisation, grounded in the principles of peace, respect and kindness. Rotary is a global network of 1.2 million neighbours, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves. Working together Rotary: promotes peace; fights disease; provides clean water, sanitation and hygiene; saves mothers and children; supports education; and grows local economies. There are four very dynamic Rotary Clubs on the Fraser Coast. This is an opportunity to share some stories of people who have inspired us!

If you were to ask Heather Sugget if she sees herself as ‘inspirational’ she would probably smile and say something like ‘so many people in our community do so much. I’m just trying to pull things together.’

Heather was born and raised in Lakes Entrance in Western Australia. She credits her mother with honing her interest in working to support others. ‘Mom was always working for school and community events, projects and activities. She never seemed to stop’

Heather’s first voluntary role ‘in her own right’ was with the ‘Surf Lifesaving Club’ at Lakes Entrance. ‘I loved making a difference’, she said.

Heather and her husband Brett moved to Hervey Bay just over eleven years ago. Together they own a small business, Scooters & Mobility. Heather is also a nurse at the local hospital.

Heather has two children, a boy and a girl. As the family grew up, Heather’s voluntary roles in the community changed. She has been a Brownie Leader, hosted foreign students on the AFS Exchange program and six years ago, Heather became a member of the Rotary Club of Hervey Bay Sunrise. In 2016/17, Heather served a Presidential year with the Club. Heather is keenly interested in the welfare of children, is an active ‘host parent’ for youth exchange and serves on the District Committee supporting programs for young people.

In 2016, through her involvement with Rotary, Heather first learned about ‘Days for Girls’, a global movement that prepares and distributes sustainable menstrual health solutions to girls who would otherwise miss school during their monthly periods. After completing a very busy year as President, Heather felt she needed ‘something else to do.’ ‘Days for Girls’ soon became Heather’s passion. Raising funds, soliciting donations of goods and mobilizing an army of more than forty ‘sewing ladies’, Heather’s crew have completed more than 500 sanitation kits that have been distributed to Papua New Guinea, the Solomon Islands, Cambodia, and African countries. She stressed that all this work could not be done without the support of the sewing circles at RV Homebase, the Baptist Church and the Howard Community Centre. But all the while Heather is there, collecting sewing, organising materials, planning sewing days and packing up the ‘Days for Girls’ kits.

When asked why Heather is so committed to and fully engaged in community work, her response was both simple and profound. ‘I get a sense of fulfilment making a difference for other people’, said Heather. ‘I feel better knowing that young people in particular will have a better opportunity because of something I have done.’

Heather Sugget is just one of those that ‘Inspire Us’ in the Fraser Coast. So many do so much! It is truly inspiring to know we live in community where so many make a difference!



FUN HERVEY IN BAY

jetski hire | jetski tours | stand up paddle boards
kayaks | surrey bikes
cafe and restaurant



415A CHARLTON ESPLANADE, HERVEY BAY

(07) 41255528 | aquavue.com.au

f @aquavuecw

aquavue



FRASER COAST What's On

Independently owned & Operated

GET YOUR AD OR EVENT IN OUR
MAGAZINE IN TIME FOR **CHRISTMAS
AND NEW YEAR'S!**

It doesn't matter if your business is large or small -
We want YOU to be seen.

We have ads of all sizes available, from business card
size, to full page and everything in-between.

Contact us to find out more:

For rates and further information call Kim Parnell on:

0467 303 171

Or email: info@whatsonfrasercoast.com.au

FRASER PROUD - SCREAM IT LOUD

– With Youth Columnist, Jacob Kitson-Holebrook



What can I say, every day we live, work and play on the Fraser Coast, shopping and buying in our local community. But when it comes down to it, do we really support the local businesses and companies that help our Fraser Coast towns go around. Well the answer is really no, contractors sourced from surrounding towns are brought into the Fraser Coast to complete tasks that the local community and businesses should be hired for, we buy goods on line and we travel to other regions to buy our Christmas presents and special purchases.

The real question is what can we do to change this? Although tackling the issue of larger company's hiring outsourced trades to complete tasks in our region is one that we won't be able to fix overnight, there is one thing that we can do right this second to make sure that we are supporting the local businesses and family's in our community. Shopping and buying groceries, clothes, other day to day items as well as our Christmas pressies from local businesses, is the first step to making sure that we are supporting the locals that we call our friends.

Fraser Proud is a buy local campaign that is fighting for the support and growth of local businesses within the Fraser Coast community. What you need to understand is that every dollar that is spent within the Fraser Coast is another dollar someone else can spend back into our community and that in turn becomes another dollar, and another dollar that rolls through our community. This domino effect is not only the way to support the beautiful community we live in but gives real meaning to the slogan - Fraser Proud.

Our local Chambers of Commerce know the importance of buying local and how the benefits ripple through our community and are supporting the Fraser Proud campaign along with other significant sponsors. To encourage participation from the community this campaign has an extra special incentive to get in and buy local - all purchases over \$5 from a participating local business will go into a draw to win \$10,000 to spend locally. The winner of this spectacular prize will be announced on the 19th of December, leaving them just enough time to fill up the bottom of their Christmas tree with lots of goodies.

So go on and "Think Local - Buy Local - Support Local" and be Fraser Proud.

DSB PROPERTY MANAGEMENT

Rental Specialists

- We are a property management only agency
- As property investors ourselves, we get it! We know what we have to do
- We understand that property management is not Monday to Friday 9 to 5
- We conduct viewings on vacant properties from 6.30am to 7pm, 7 days a week
- There is no such thing as an after hours with us

3/470 Esplanade (Crn Witt St) Torquay

Phone: 07 4128 9919 / 0403 991 001 **Email:** rentals@dsbpm.com.au

Web: www.dsbpm.com.au **Facebook:** www.facebook.com/dsbpm

HEALTH SEGMENT

PROUDLY BROUGHT TO YOU BY ST STEPHEN'S HOSPITAL



1 Medical Place, Urraween
Hervey Bay
QLD Australia

 ssh.reception@uchealth.com.au

 ststephenshospital.com.au

07 4120 1200

 St Stephen's Hospital Fraser Coast

 SSH_FraserCoast

 SSH Fraser Coast

Proudly part of



ST STEPHEN'S
HOSPITAL

HEALTH TIPS FOR THE FRASER COAST COMMUNITY

WITH DR REGINA WULF

What is a gynaecologist?

A gynaecologist is a medical doctor specialising in women's reproductive systems. This can include the treatment of hormonal problems, infertility, pelvic disorders such as abnormal bleeding, ovarian, uterine or cervical pathology, as well as prolapse or the management of incontinence.

Why have you chosen this field of specialty?

I enjoy working with women as I can relate to their problems and worries. Gynaecology is very versatile including knowledge in Endocrinology, Urology, General Medicine as well as being an operative specialty. I always wanted to empower women to seek help and make positive changes in their lives, which this specialty has enabled me to do. I have developed a special interest in surgery, in particular laparoscopic (key-hole surgery) and pelvic floor reconstruction, and I also diagnose and treat women with urinary incontinence, which is extremely rewarding.

What are the more common reasons to visit a gynaecologist?

This depends on the age of the population. For example, in Darwin, where I worked before moving to Hervey Bay, I diagnosed and treated many women with infertility, endometriosis, dysfunctional uterine bleeding and cervical pathology. Here in Hervey Bay, I commonly treat women with postmenopausal bleeding, incontinence and pelvic floor prolapse.

How do you put your patient at ease?

I always greet my patient with a smile and introduce myself. I believe comfortable and relaxed surroundings are also of great importance. I listen to my patient's concerns and problems with full attention, usually only writing notes after the conclusion of the visit if possible. Another important factor is to give adequate time.

What are some of the minor surgeries performed?

Hysteroscopy D&C, for postmenopausal or abnormal uterine bleeding, is a procedure where a telescope is inserted into the uterine cavity to inspect the lining. A biopsy of the lining is usually taken at the same time. We also perform a diagnostic laparoscopy for pelvic pain and infertility. LLETZ (large loop excision of the transformation zone) is a minimal invasive procedure where previously detected abnormal cells are removed from the cervix.



Can lifestyle affect any of the conditions you treat?

Obesity can affect a woman's reproductive system. If a woman wants to become pregnant she increases her risk of infertility, miscarriage and diabetes in pregnancy if she is obese. In later life she increases her risk of uterine cancer by over 50%. With the increased abdominal pressure, incontinence and uterine or vagina prolapse also become a significant risk.

Do women need to see a gynaecologist annually?

There is rarely a need to see a gynaecologist on an annual basis as cervical screening and health checks are usually performed by a general practitioner. If a woman has seen a gynaecologist and a follow up visit has been recommended then the appointment should be kept as further specialist management is needed.

Get the **right** treatment faster!



ST STEPHEN'S
HOSPITAL



With Australia's first fully integrated digital hospital, you will benefit from advanced treatment, better outcomes and no wait time.

- Bariatric
- Cataracts
- Day/Inpatient Rehab
- Dental
- Gynaecology
- Gastroenterology
- Medical
- Oncology
- Orthopaedics
- Surgical

Phone 4120 6163 or 4120 1333

ststephenshospital.com.au



St Stephen's Hospital Fraser Coast

SSH_FraserCoast

SSHFraserCoast

Proudly part of



Calendar of Events

NOVEMBER

OCT 29 – NOV 25

Exhibition - The Overwintering Project

Maryborough Printmakers
Gatakers Artspace

NOVEMBER 1

Movie Premiere – Bohemian Rhapsody

Proceeds go to end polio now Rotary Club of Hervey Bay Sunrise - Hervey Bay Cinema

NOVEMBER 2

Halloween Disco

Hervey Bay PCYC

NOVEMBER 2-11

Wolf Lullaby

7.30pm
Zpac Theatre

NOVEMBER 2

Fraser Coast Business & Tourism Awards

6pm
Beach House Hotel

NOVEMBER 1-3

Maryborough Heritage Craftfest 2018

9am
Maryborough City Hall

NOVEMBER 2

Exhibition Opening

6pm
Gatakers Artspace

NOVEMBER 3

Fraser Coast Wildlife Sanctuary Visit

10am
Hervey Bay Regional Gallery

NOVEMBER 3

Hervey Bay Swap Meet & Shannon's Show & Shine

6am-1pm
Hervey Bay State High School

NOVEMBER 3

Gatakers by Night - Band of the 1st Regiment RAA

6pm
Gatakers Artspace

NOVEMBER 4

JDRF One Walk Hervey Bay

8.30am
Scariness

NOVEMBER 4

La Danza Studio present Girl On Fire

2pm
Brolga Theatre & Convention Centre

NOVEMBER 5

Local History Talk-Communes in Qld by Dr Bill Metcalf

9.30am-10.30am
Bookings essential 41905788
Maryborough Library

NOVEMBER 6

Local History Talk-Communes in Qld by Dr Bill Metcalf

1pm -2.30pm
Bookings essential 41974220
Hervey Bay Library

NOVEMBER 6

Vintage Film

Tiaro Library

NOVEMBER 5

Mums 'n' Bubs Movie

10.30am
Boat Club Cinema

NOVEMBER 7

After School Visual Art Workshops with Lisa Pittori

3.45pm
Gatakers Artspace

NOVEMBER 9

Remembrance in the Gallery

10.30am
Hervey Bay Regional Gallery

NOVEMBER 9-11

Remembrance Day 11th November 2018

12pm
Australian Adventure Park

NOVEMBER 9 & 23

Roving Bush Carers

8am-10am – Call: 1300 794929
Kingfisher Lakes, Conservation Dr, Urraween

NOVEMBER 10-11

Get Ready – Pre-storm Clean Up

9am-5pm
Dispose of unwanted items
Call: 1300794929

NOVEMBER 10 & 24

Tipples & Tales

Bookings Essential – 2.30pm
Bond Store, Maryborough

NOVEMBER 10

3rd Annual Tough Times Ride

9am
Seafront All Abilities Playground

NOVEMBER 10

R.U.M Festival

Maryborough Showgrounds and Equestrian Park

NOVEMBER 10

Christmas at the Refuge

10am
Maryborough Animal Refuge

NOVEMBER 10

Zumba Masterclass with Zumba Jammer, Olivia Carrasco

6pm
Hervey Bay & District Senior Citizens Club Inc

NOVEMBER 10

Dunga in a Day

Tickets available at T&S Automotive
0419 024 641

NOVEMBER 11

Handmade Hervey Bay Market Event

8am
Hervey Bay PCYC

NOVEMBER 11

Big Gay Brunch – Hervey Bay

10.30am
Bellas Chit Chat Cafe

NOVEMBER 11

This is League

Brolga Theatre & Convention Centre

NOVEMBER 12

Mums 'n' Bubs Movie

10.30am
Boat Club Cinema

NOVEMBER 12

After School Visual Art Workshops with Lisa Pittori
3.45pm
Gatakers Artspace

NOVEMBER 14

Managing and Recognising Our Unconscious Biases
11am
Hervey Bay Neighbourhood Centre
Call: 1300 130 670

NOVEMBER 15-DEC 2

Art Exhibition - WALLS-Akos Juhasz
Hervey Bay Regional Gallery

NOVEMBER 16

Learn to Meditate
9.15am
Fraser Coast Libraries – Hervey Bay

NOVEMBER 16 & 23

Waste recycling and Waste Water Tour
Bookings essential:
1300794929

NOVEMBER 16

Art After Dark – Exhibition Opening
6pm
Hervey Bay Regional Gallery

NOVEMBER 17

Microbat Talk
10am
Hervey Bay Regional Gallery

NOVEMBER 13

Artist's Floor Talk
10.30am
Hervey Bay Regional Gallery

NOVEMBER 17

4650 Extravaganza
10.30am
Maryborough City Hall

NOVEMBER 17

Book Launch – A Dawn with no Birdsong
1.30pm - Federation Room, Brolga Theatre & Convention Centre
Bookings essential: 4197 4220

NOVEMBER 18

2018 Beach House Hotel Hervey Bay 100 - 2018 Hervey Bay 50-1/40/9 Triathlon
5.30am
Scarness

NOVEMBER 18

Men in Pink Tights
6pm
Brolga Theatre & Convention Centre

NOVEMBER 19

Mums 'n' Bubs Movie
10.30am
Boat Club Cinema

NOVEMBER 21

After School Visual Art Workshops with Lisa Pittori
3.45pm
Gatakers Artspace

NOVEMBER 24

W4BC – Cooper's Walk 2018 Rock Show
7am
Bill Fraser Corner

NOVEMBER 24

Get Ready – Disaster Management on the Fraser Coast
10am - Hervey Bay Library

NOVEMBER 24

30 Year Anniversary Celebration
7pm
Hervey Bay Boat Club

NOV 24-JAN 20

Da Vinci Machines
Maryborough City Hall

NOVEMBER 25

Sunday In the Park
9am
MELSA
Maryborough

NOVEMBER 25

Big Gay Picnic
12pm
Anzac Park and Ululah Lagoon

NOVEMBER 25

The Handmade Expo Hervey Bay
9am-1pm
Hervey Bay PCYC

NOVEMBER 26

Mums 'n' Bubs Movie
10.30am
Boat Club Cinema

NOV 26 -DEC 24

Life Drawing Group
Gatakers Artspace
Maryborough
Call: 4190 5723

NOVEMBER 28

Pop Up Library
9am
Ages 5 & under
Stockland Shopping Centre

NOVEMBER 28

After School Visual Art Workshops with Lisa Pittori
3.45pm
Gatakers Artspace



NOVEMBER 29

Massive 2018 Aussie Tour
Beach House Hotel

NOVEMBER 30

Day in the Bay – Endeavour Foundation
9.30am-1.30pm
All Abilities Park, Esplanade, Pialba

For a full list of What's On, go to:

 facebook.com/WhatsOnHerveyBay
 facebook.com/whatsonfrasercoast

or visit <http://whatsonfrasercoast.com.au/>



Le Petit Chocolatier
Hervey Bay
07 4124 5883
Chocolate Boutique

AUSTRALIA'S FINEST CHOCOLATES

We sell gifts perfect for every occasion

▪ 11 Main St Pialba ▪ ericshaz1@bigpond.com

A Dawn with no

Songbird

Tony Matthews

NOVEMBER 11 THIS YEAR MARKS THE 100TH ANNIVERSARY OF THE END OF THE FIRST WORLD WAR BUT ONE OF THE LEAST KNOWN ASPECTS OF THE WAR IS THAT A TOTAL OF 121 MEN SERVING IN AUSTRALIAN MILITARY FORCES WERE SENTENCED TO DEATH DURING THE CONFLICT, MANY OF THEM JUST COUNTRY LADS WHO HAD VOLUNTEERED FOR SERVICE WITHOUT REALLY KNOWING WHAT THEY WERE LETTING THEMSELVES IN FOR.

Not one of these men was actually executed but a powerful new novel by a Queensland author brings the brutal system of British battlefield 'justice' sharply into focus. *A Dawn with no Birdsong* by Tony Matthews delves deeply into one of the most controversial aspects of the First World War — the policy of the British military in executing its own men, and those of its allied forces, for misdemeanors such as sleeping at a post, shell-shock, striking an officer, and other similar 'crimes'. 'The injustice involved in almost all these cases is something which has always been of keen interest to me,' Tony said recently, 'the courage, resilience and suffering of those very ordinary men who volunteered, or were conscripted, to fight and often to die during that terrible conflict. Generally speaking they didn't want to be there but were forced to fight and die through the fear of brutal punishments which were being imposed by the British military authorities and government including crucifixion to wagon wheels and execution by firing squad.'

Desertion, quitting a post, cowardice, disobedience, striking an officer, casting away arms, mutiny and sleeping while on duty, were all crimes punishable by death. During the four years of war a total of 346 men were executed by British firing squads for just such offences. The statistics are horrendous. One soldier was being executed by firing squad approximately every four days for the entire period of the war. The Australian Government during the First World War banned the use of capital punishment and no Australians were executed with the exception of two who were serving with the New Zealand forces and one man who had been serving with a South African division. 'A Dawn with no Birdsong is a novel,' Tony says, 'but it is also an examination and, I hope, a powerful indictment of the British military system of field punishment at that time.'

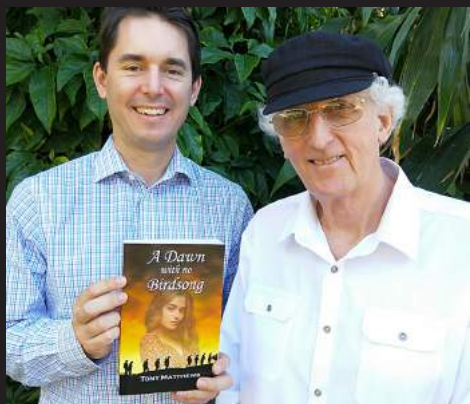
I wrote *A Dawn with no Birdsong* as a tribute to all those soldiers who were killed unnecessarily by their British masters.' In 2001 the poignant 'Shot at Dawn Memorial' to the executed men was unveiled at Alre was, Staffordshire, England. It is a stark memorial depicting a statue, some eight feet in height, of a blindfolded soldier standing waiting to be shot. The statue, created by British sculptor Andy DeComyn, is situated on the eastern side of the memorial where the sun first rises. More than three hundred wooden stakes lie behind and beside the main statue, depicting each of the men who were 'shot at dawn' and subsequently pardoned. Some of the victims were as young as seventeen years. Most of the executed men were pardoned posthumously by the British Government but for many decades the families of those soldiers had been forced to live with the shame and ignominy. Additionally, the men who had been forced to form the firing squads also had to live with their actions, and the guilt never left them. Some in later life committed suicide. Tony Matthews is the author of thirty published books. He lives with his wife, Lensie, at Hervey Bay, Queensland.

A Dawn with no Birdsong is available at leading bookstores or directly from the publisher, Boolarong Press in Brisbane. It is also available from Amazon. Connect with Tony online at <https://a-dawn-with-no-birdsong.weebly.com> Watch Tony Matthews online as he talks about his new book at <https://vimeo.com/278742441>.

Mayor, George Seymour will officially launch *A Dawn with no Birdsong* in the Federation Room at the Brolga Theatre on November, 17th. The afternoon will commence at 1.30 with a full program of video presentations, author's talk and book reading, followed by the book signing. Everyone is welcome to attend - Bookings are essential call: Hervey Bay Library on (07) 4197 4220 or the Maryborough Library on (07) 4190 5788. This event is proudly sponsored by the Fraser Coast Libraries.

FRASER COAST

What's On November 2018 18



Healthier Eating with Eva

BACON & EGG CUPCAKES

Ingredients:

Ingredients:
6 bacon rashers
6 eggs
Feta/goat cheese
Herbs to taste
Butter/coconut oil to grease muffin tray

Method:

Preheat oven to 200°C and grease a 6-Cup muffin tray.
Use a bacon rasher to line each muffin cup.
Crack an egg into each bacon cup.
Sprinkle with cheese and herbs to taste.
Bake 15 mins until egg whites set.
Let sit for a minute then remove cupcakes from tray.

I eat these cold sometimes when I don't have the time or facilities to heat them up.

If you would like more veggies in your meal, just chop some up into small pieces (broccoli, pumpkin, spinach, onion for example) and cook like you would a stir fry. Put this mixture in the muffin trays and add the egg. This time it might be better to whisk 4 or 5 eggs together and pour the mixture into each cup as there won't be enough room for a whole egg with the veggies, as it will overflow. Still season with herb and cheese as preferred.

For cheese lovers add a blob of goat cheese between the bacon and the egg. The taste is divine!

Eva Lawrence



Local Musician

STEVE CASE

Ready to Perform

Local singer-songwriter and performer Steve Case is back from the Kimberley and available to entertain on the Fraser Coast during the remainder of spring and well into the summer months. If you run a pub or club you can't go wrong with this guy, Steve is engaging, has a great sense of humor, and did I mention he is extremely talented!

He is also available for private gigs including birthdays, weddings, and that end of year party. And yes girls he is also single! ...He enjoys long walks on the beach, keeping fit and Parkrun... Read our interview below - Kim, Editor.

How did you get the gig in the Kimberley?

After working nine to five for many years I decided to pack it all in. I wanted to have a better understanding of who I was as a person so I sold my car, bought a van and gave myself a year to travel around Australia to see if there was something else out there for me.

I rolled in to Lake Argyle in the East Kimberley and stayed for one night, then two, then a week, which turned into a month, which turned into another month and the rest is history. I perform at Lake Argyle Resort six nights a week from April to September during the dry season. The weather is perfect for performing outdoors and the people are down to earth, lively and interesting. There is definitely something spiritual about the place too. You can live simply and feel free to be yourself.

You mentioned that you would like some local gigs over spring/summer, tell us about your music?

Music-wise I play a bit of everything, it all depends on the audience. I sing everything from folk to country, pop, blues, rock and a bit of hip-hop. I guess my music is easy listening, I am there with my guitar, harmonica, foot tambourine and stomp box at my feet. It is just me, my personality and the music that people enjoy listening to. Do you have any albums out, if so what are they called and tell us a little about them?

I have a double album out, the first disc is a compilation called 'Living the Dream', which is a selection of my own songs. The second disc is called 'Live at the Lake' and features some of my live cover songs. My current single 'Man In A Van' was recorded locally with Rob Mackay and includes a music video filmed and edited right here in Hervey Bay.

Tell us a little about your childhood?

I was born and bred in Wagga Wagga, I had a great childhood but funnily enough when I got to high school I was so intimidated by the other musicians in the music class that I ended up dropping it for biology instead. It wasn't until my early 20's that I took up the guitar again and that's when things started happening for me. My Mum and Dad have always been very supportive of me over the years. I also have a younger sister who is a school teacher, she is currently off volunteering at an orphanage in Peru.



Photo credit: bcenu photography



Photo credit: Kim Parnell

How do you make music?

I sit down with the guitar and just muck around to see if anything comes out. For me it's all about the melody then I'll write lyrics to fit that melody. I have just finished reading the book by Paul Kelly 'How to Make Gravy', and I was interested to learn that Paul and I have a very similar song-writing method.

If you would like to book Steve Case for a public gig or a private event/party you can call Steve on: 0448 852 615 – Or find him on facebook:

www.facebook.com/stevecasemusic.

You can also check out his latest video clip titled 'Man In A Van' at: <https://www.youtube.com/watch?v=x9gDcmpdJxU>

FRASER COAST

What's On

November 2018

20

FRASER COAST MARKETS



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

KOALA MARKETS

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

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

TORQUAY BEACHSIDE MARKETS

Outside AQUAVUE, Torquay
Every Saturday - 7am to 1pm
bayconnect@hotmail.com

HERVEY BAY BOAT CLUB ART & CRAFT MARKET

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



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 MARKETS

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



BURRUM HEADS

BURRUM HEADS MARKETS

Community Hall, Main Rd & Howard St, Burrum 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



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 - 8am to 12pm
brooweenamkt@yahoo.com

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

AKOS

AN ARTIST WITH MEANING



Hungarian-born artist Akos has taken the Fraser Coast by storm, with his murals on show around the region. Using big fields of colour and a deft capacity for detail, his work is reminiscent of the European Modern masters of the post-impressionist era. Despite the large scale of his works, Akos is very quick in his process and credits this to his significant classical training in Hungary's finest Art University.

The artist's latest exhibition, aptly named 'Walls', is a nine work collection of large canvas murals with each piece developed with mixed media techniques utilising both acrylic and oil paints; with one of the murals also featuring gold leaf.

Touted as a social and historical narrative, aimed at breaking down the walls between cultures, genders, and religion whilst also bridging the gap between the generations, Akos says, "It is also about understanding what our forefathers have gone through, with each mural visualizing a story that is part of our history and designed to provoke meaningful conversation," adding wryly, "you will not find Donald Trump's wall in my exhibition!"

AKOS CREATES WITH A PURPOSE TO UNITE PEOPLE AND DURING HIS ACTION PAINTING EVENTS, HE INVITES CHILDREN AND ADULTS ALIKE TO USE CREATIVE FREEDOM, INCLUDING PAINTING WITH THEIR HANDS AND FEET, OR WHATEVER INSPIRES THEM, TO CREATE THE BACKGROUNDS OF THE CANVASES. "LETTING THE KIDS IN PARTICULAR EXPRESS THEMSELVES THROUGH ART WE ARE SHOWING AMONG OTHER THINGS THAT ART IS FOR EVERYONE, WE ARE BREAKING DOWN THE WALLS," AKOS SAID.

Further, he believes art education on every level is fundamental, from children to scholars, and allows us all to have a voice adding, "More than just education around the making of art, the exploring of narratives behind works can help to take away the invisible wall that can sometimes exist between artists, galleries, studios and art critics and the broader community. If we can learn to 'unpack' art and consider the message behind its creation, by questioning why it was created and what it means rather than just looking at the painting for its perceived beauty, we can deepen our appreciation of its value to our community and make art and galleries more inviting to all."

Susie Lewis is a driving force for the project alongside Akos, in her role as his creative partner and is passionate about raising the profile of visual artists in this region and beyond. The duo met whilst working on the Creative Space at the Hervey Bay Regional Gallery, and quickly realised their deep respect and passion for the arts matched in the other. "Even though we are both capable artists in our own right, we recognise we have our differing strengths and weaknesses and that when we bring them together, our partnership adds up to so much more than the two separate parts."

Akos adds, "Even though I am holding the brush, Susie is responsible for everything else. Together we are better!"

The exhibition will open at the Hervey Bay Regional Gallery from November 16th to December 2nd, with a moderated debate planned for November 17th.

"This will be a great opportunity for those in leadership roles wishing to challenge my art and the meaning behind it. It is all about opening the channels, breaking down the walls and having the big conversations. Together we can all make a difference.", Akos said.



Walk4BrainCancer Cooper's Walk

Walk4BrainCancer - Cooper's Walk was created three years ago in loving memory of our son Cooper, loved ones who have courageously lost their battle, and for those who continue their fight against Brain Cancer.

As we enter our third year walking for brain cancer, we would love your continued support.

Over the last two years we have collectively raised an amazing \$39,555.00. This could not have been achieved without everyone's kind donations, registration to walk and purchases of merchandise, food, drinks and raffle tickets in the lead up to the walk and on the day.

This year I am hoping that we can reach my new goal of making our collective total \$50,000. This means we need to raise \$10,445 this year to achieve this, and I believe we can do it. As Cooper always used to say, "Never Ever Give Up".

The walk location is the same as last year again being held at Bill Fraser Park, The Esplanade Torquay, Hervey Bay. We will once again walk through Cooper's Walk and return for a cool drink and a bite to eat. Cure Brain Cancer Merchandise will be up for sale again, there will be caps, drink bottles, bandannas and wrist bands. You can also purchase a Walk4BrainCancer t-shirt in advance, with all money going towards the vital funds needed into researching a cure to this deadly cancer.

To register or to find out more go to:
www.walk4braincancer.com.au

I look forward to seeing familiar faces and groups and many new faces as well. Please feel free to share amongst family and friends.

P.S. Here we go again Cooper! I love you beautiful boy.

Thank you,
Amanda



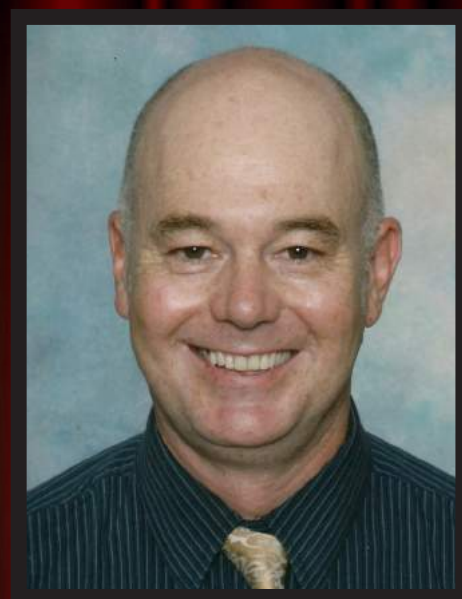
Walk4BrainCancer - Cooper's Walk

Date: Saturday, 24 November 2018

Registration: 7:30am Start - 8:00am

Location: Bill Fraser Park, Torquay

WOLF lullaby



FROM THE DIRECTOR

Australian Gothic theatre is a uniquely Australian style of drama. It often evokes the isolated landscape of the Australian bush and the paranormal while probing into the dark corners of our history and culture to tell important – often Indigenous – stories that have never been told.

This play was born in the era of the Port Arthur massacre when the nation was shocked by the events and images of a chilling act of horror – all perpetrated by a young, blonde Tasmanian man. Who knew evil could look so innocent? From this crucible of shock and fear – Wolf Lullaby emerged [the Arts to the rescue] to help the nation digest what had happened and to think about the future by taking a long, hard look at itself. This play asks the question: how did he get to this point? Is someone born evil – is it genetic? Or does the wider culture bear some responsibility?

Australian Gothic Theatre is a mixture of modern and post-modern styles of drama. It mixes a realistic style of action with and against a sparse style of set (to stand in for many locations). It mixes the dream-like and the real, often using lighting and projections. It has been my pleasure

and joy to work with this dedicated group of creatives: designers and actors, technical crew and production team, to bring this play to the Z-PAC stage.

Johnathan Dunn

THE STORY

This play is a classic of the Australian Gothic style. It takes place in a remote town in Tasmania where a baby boy is found murdered. It is the story about the lives of those caught up within the harrowing murder investigation.

Lizzie is 9 years old and horrifyingly, the main suspect of the crime. Angela, Lizzie's mother, is tortured by the untenable possibility that Sergeant Ray Armstrong's suspicions are correct and that her little girl could be capable of such an act. But there is reason to believe that Lizzie is guilty, after all, she is haunted, like her mother before her, of the dark and the wolf who visits bringing menace, evil and palpable fear.

Lizzie's father, Warren, is also haunted, but not by a wolf, rather the horrific accusations against his only child. His world also collapses about him as he navigates blindly between denial and disbelief of all that is happening.

Wolf Lullaby tackles the untenable reality that sometimes even children are capable of being murderers. But, the play does not position its audience to blindly accept Lizzie's innocence or guilt. It pushes us to consider why a child might murder, and as a society, have we somehow contributed to this tragedy? How should we view this? What should be done? It asks the audience to consider how close many of us, at sometime, tread the line between breakdown and break through. What 'saves' most of us from stepping across that line: chance, upbringing, luck, moral boundaries, faith?

The play also examines the concept of 'truth' and the various versions of it. Where is the line between 'knowing the truth' and being broken and/or breaking others by it? Even if there are no answers to the questions raised in Wolf Lullaby, Bell asks for self-examination, for each of us to look within.

Hilary Bell is an award-winning playwright. Accolades include:

- the Philip Parsons Young Playwrights' Award
- the Aurealis Award for children's literature
- the Jill Blewitt Playwrights' Award (for Wolf Lullaby)
- the Eric Kocher Playwrights' Award



Wolf Lullaby
November 2-11

Zpac Theatre - Hervey Bay
For tickets go to:

www.zpactheatre.com

Vox Pop

After a hectic week at home or in the office, the many meetings and commitments that threaten to overtake us in day to day life, and the numerous trips with the kids to various sporting events,... who wouldn't look forward to a lazy Sunday afternoon. This is a great time to spend with family or friends as you relax before the madness of another week begins. Whether it be by staying at home with a good book, going on a picnic, a bike-ride, or to the pub the afternoon is yours to enjoy.

For me, the weekend is usually just as busy as any other day. I always try not to schedule anything on a Sunday afternoon though as this is the one time I get to relax with my family. I love going for a drive and visiting somewhere new with my trusty camera never far from my reach. I was curious as to what other people enjoyed doing on a lazy Sunday afternoon so took to the streets to find out! - **Kim Parnell, Editor**

Question: How do you like to spend a lazy Sunday afternoon?

" I love watching movies, or lazing by the pool with a good book and a glass of wine".

**Christine Cattell,
Urangan**



" I like to find a spot near the water and have a nice leisurely lunch. Eating out is great as there is no washing up".

**Susan Raine,
Urangan**



" On a Sunday afternoon I enjoy swimming and kayaking or being out on the water with the Hervey Bay Sailing Club".

**Rob Newman,
Kawungan**



" I head down to the beach if the weather permits. Sometimes I do Yoga while I am there, followed by a nice cold beer".

**Danni Brown,
Urangan**



Things moved incredibly quickly for Melbourne rockers Massive after forming in Mid 2012. Within 6 months, they'd performed a number of showcase gigs in the USA, signed with management company Third Verse & were on the eve of completing their critically acclaimed debut album.

In 2013 the band took to the road supporting Glenn Hughes, Lita Ford and Australian heavyweights The Screaming Jets. The band signed a multi album worldwide deal with Earache records and immediately made plans to take their brand of rock n roll to the world.

Before too long, the full length debut album was front and center on the cover of Classic Rock Magazine. Billboards lit up the M4 motorway in London and press and media were repeatedly referring to Massive as 'the next big rock act to emerge from Australia' pegging Massive alongside, Airborne, ACDC and some of Australia's finest.

2014 finished with Massive spending 6 weeks on the road in the UK and Europe wowing audiences whilst performing as special guests of The Treatment & USAs Blackberry Smoke. 35 shows in total, tens of thousands of kilometres and unquantifiable amounts of beer. Massive are road dogs in the true sense of the term and enjoy nothing more than being on the road and playing every venue they can.

In 2016 the band released their 2nd full length record "Destination Somewhere" which again received worldwide praise. It reached 33 in the UK rock charts and 19 in the Australian independent charts. In late 2016 the band announced they were taking on their first headline tour of Europe. 40 shows including a main stage appearance at Hard Rock Hell Festival.

Having hardly refilled the tank, Massive again jumped in the van in mid 2017, supporting Living Colour around Australia, then smashing head first into the UK summer festival scene playing alongside heavyweights ZZ Top, Rainbow, Extreme, Rival Sons and more. As a sign of the bands intent to never slow down they somehow managed time to record their 3rd studio album titled "Rebuild Destroy" due for release mid 2018 along with the bands biggest tour to date crossing Australia, Asia, Europe and UK.

Strap yourselves in!
MASSIVE – 2018 Aussie Tour
Thursday, November 29 / 8:00pm
Beach House Hotel - Hervey Bay
www.massiveoz.com

"They are Aussie, they rock, they sound Massive" - Kerrang!

"Massive have mixed that inescapable desire (ACDC) with a dose of radio friendly west coast sleaze" - The Sun

"Massive are boldly pushing hard rock into new spaces. Their energy and enthusiasm is utterly infectious" - Metal Hammer

THINGS ARE ABOUT TO GET

MASSIVE



FRASER COAST

NOVEMBER

Thurs 1, 7.30pm, Open Mic
Fri 2, 9.00pm, R&B Friday
Sat 3, 9.00pm, Uncle Arthur
Sun 4, 2.00pm, Derek Smith

Thurs 8, 7.30pm, Open Mic
Fri 9, 9.00pm, R&B Friday
Sat 10, 9.00pm, Dicky Switch
Sun 11, 2.00pm, Darren Marlow

Thurs 15, 7.30pm, Open Mic
Fri 16, 9.00pm, R&B Friday
Sat 17, 9.00pm, Red Betty
Sun 18, 2.00pm, Bobby Barnes

Thurs 22, 7.30pm, Open Mic
Fri 23, 9.00pm, R&B Friday
Sat 24, 9.00pm, Dogwood Crossing Band
Sun 25, 2.00pm, Frank Benn

Thurs 29, 7.30pm, Open Mic
Fri 30, 9.00pm, R&B Friday
Sat 1, 9.00pm, Right Turn Clyde
Sun 2, 2.00pm, Derek Smith

Musician Spotlight

Bobby Barnes

Bobby Barnes was born in Victoria and moved, as a young teenager to Queensland in 1986 with his parents. When he moved to the Fraser Coast he played with many musicians in many bands. Bobby has been performing live music on the Fraser Coast for the past twenty years. He has played in bands which supported musicians like Jimmy Barnes, The Radiators and The Choir Boys. He is currently performing solo and playing at many local venues. His music ranges from the 60s to current times, and includes songs from Matchbox 20, Navana, Van Morrison, The Screaming Jets and Rod Stewart just to name a few, Bobby Barnes also has some original songs that he likes to share with the audience.



Social Snaps

Out and about on the Fraser Coast



Clockwise from top-left:
Bar Fly Club - Helping local families in need at the Beach House Hotel
Dave Gleeson - Front man for The Angels in action
Christel Lambs and Daniel tape relax at the Beach House Hotel



Endeavour Foundation A Day in the Bay

Join us in celebrating **International Day of People with Disability** and the achievements and contributions of people with disability in your local community.

Come along and enjoy lots of free activities including:

- Community information stalls
- Virtual reality and interactive technology demonstrations
- Live music and entertainment
- Sausage sizzle and pedal powered fruit smoothies
- Face painting
- Create your own canvas competition
- Tie-dying and sand art creations
- And lots more!

Date Friday 30 November 2018

Time 9.30am - 1.30pm

Venue All Abilities Park
Esplanade, Pialba

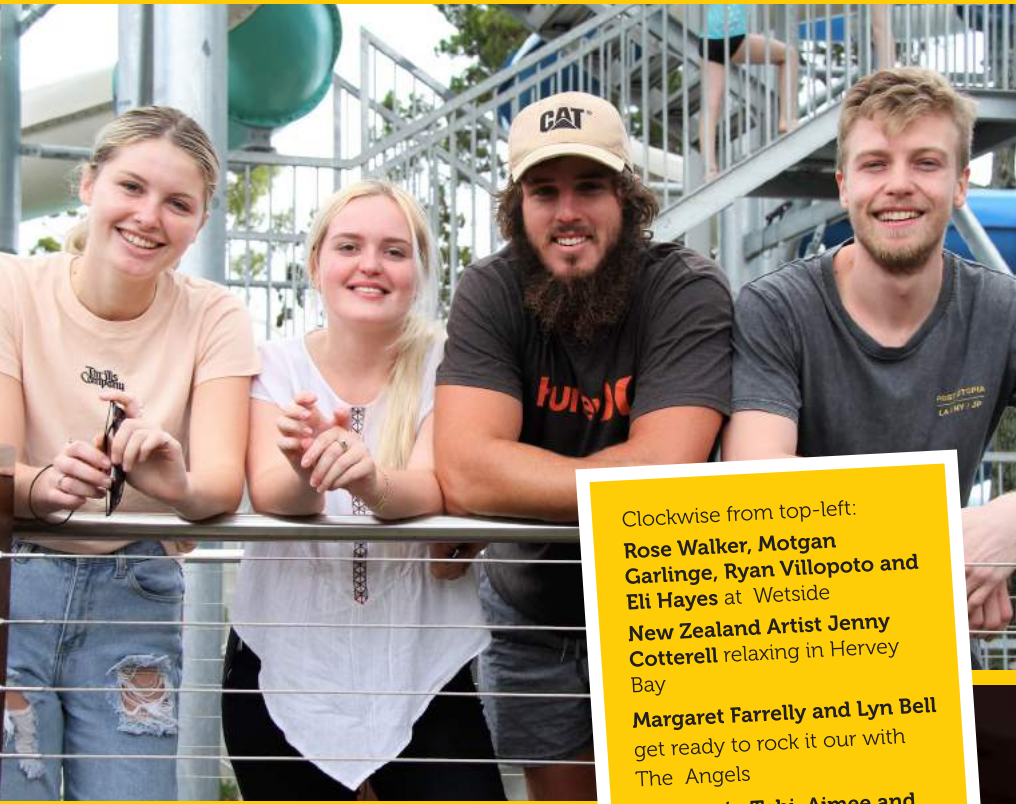
For stall enquiries or for more information, please contact Steven Reid on 07 4124 4003 or email st.reid@endeavour.com.au



**Free
community
event!**

Social Snaps

Out and about on the Fraser Coast



Clockwise from top-left:
Rose Walker, Motgan Garlinge, Ryan Villopoto and Eli Hayes at Wetside

New Zealand Artist Jenny Cotterell relaxing in Hervey Bay

Margaret Farrelly and Lyn Bell get ready to rock it out with The Angels

The Parr's, Tobi, Aimee and Thomas, and the Harrison's, Jordan and Laura out for lunch

The Hodge Family with Birthday Girl **Danni Brown**



Social Snaps

Out and about on the Fraser Coast



Clockwise from top-left:
Ella Price 8, and brother Tyler 11 think the Icecream at the Beach House Hotel is delicious

Brian Cooper lunches at the Beach House Hotel

Kay and Graham McNaughton cuddle up in Hervey Bay

Dave Gleeson - Front man for The Angels in action

Kate Mitchell with Mum Susan at The Angels



WHAT'S ON @ THE BROLGA



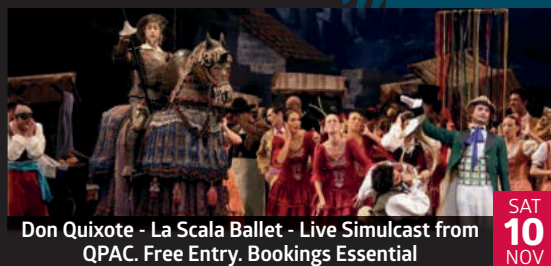
Free live music. Glen Albrecht Band

SUN
4
NOV



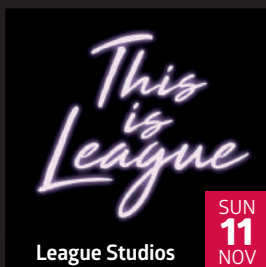
Girl On Fire - LAD
Studio Dance

SUN
4
NOV



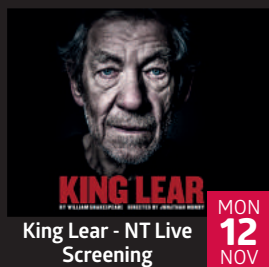
Don Quixote - La Scala Ballet - Live Simulcast from
QPAC. Free Entry. Bookings Essential

SAT
10
NOV



League Studios

SUN
11
NOV



King Lear - NT Live
Screening

MON
12
NOV



Mansong - For the
Farmers

SAT
17
NOV



Men in Pink Tights

SUN
18
NOV



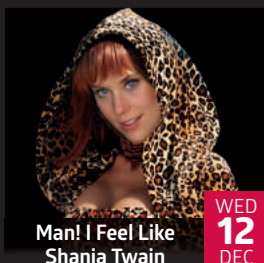
Cleone McRoberts
Academy of Dance

SAT
8
DEC



Aida - MET Opera
Screening

SUN
9
DEC



Man! I Feel Like
Shania Twain

WED
12
DEC



Christmas with
Karen Knowles -
Morning Melodies

THU
13
DEC



The Little Mermaid
Junior - Macabre
Theatre Co.

WED
19
DEC



The Madness of
George III - NT Live

THU
20
DEC



A cultural service of



www.brolgatheatre.org Ph 4122 6060 [f](#) / BrolgaTheatreMaryborough

Da Vinci MACHINES

24 November 2018 - 20 January 2019

Maryborough City Hall



Discover the
extraordinary designs
of one of the world's greatest
minds in this award-winning
interactive exhibition.

Open Tuesday - Sunday 9am-3pm,
Fridays until 7pm. Closed Mondays.

Presale tickets available from November 8 online.
Find out more on ourfrasercoast.com.au