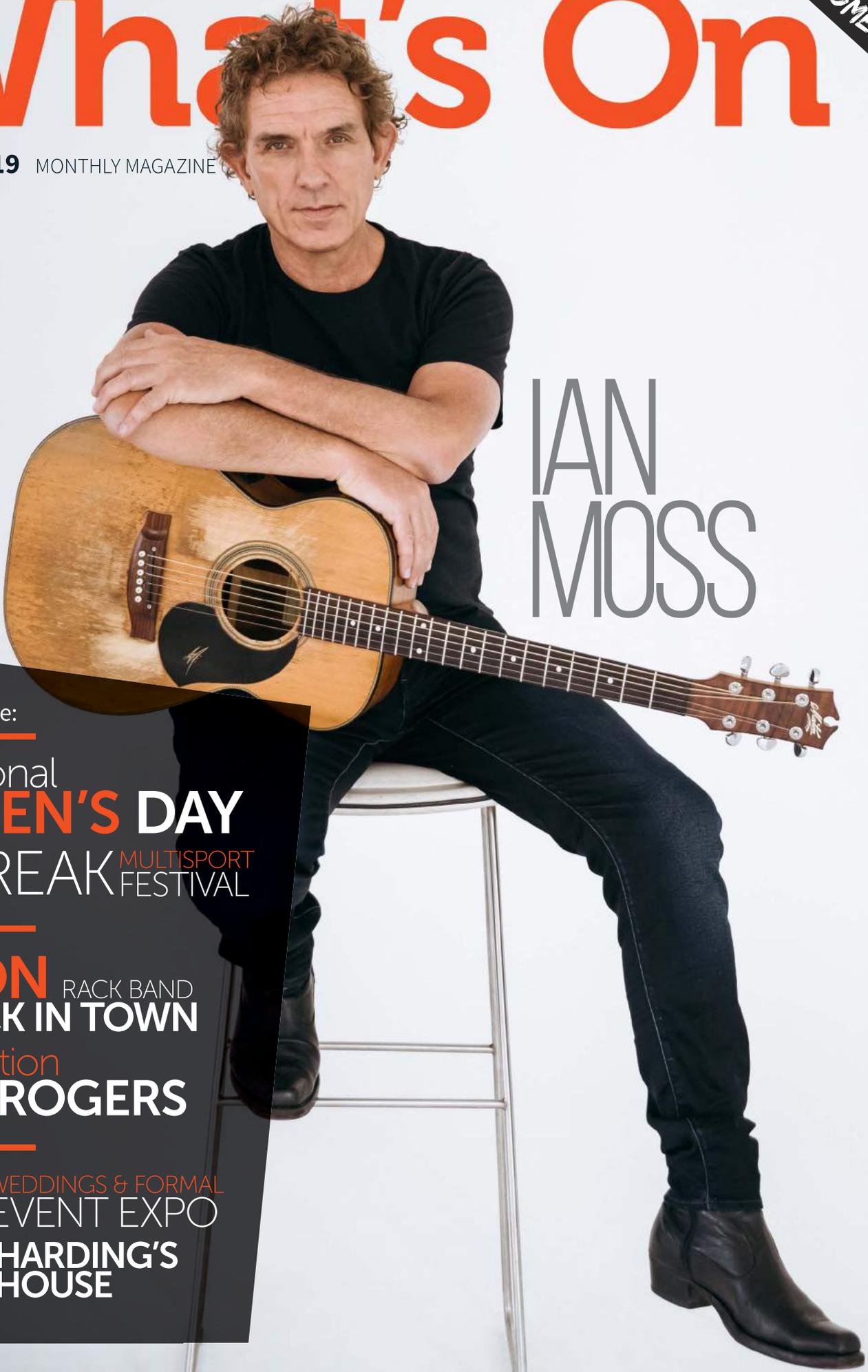


FRASER COAST What's On

TAKE
ME HOME

March 2019 MONTHLY MAGAZINE

25



IAN MOSS

Inside this issue:

International
WOMEN'S DAY
BAYBREAK MULTISPORT FESTIVAL

MASON RACK BAND
ARE BACK IN TOWN
Art Exhibition
KEVIN ROGERS

2019 WEDDINGS & FORMAL
EVENT EXPO
Local Band **HARDING'S**
Spotlight **HOUSE**

I actually enjoy the research that goes on in the background of every magazine. I certainly learn something new each and every day. After I have conducted a media interview, whether it is in person or via phone, I get back to the office, make a coffee and settle in to type up the transcript. Typing up the transcript I have to check the facts, this can take me to some amazing places, and events around the world, without me even having to leave the office.



It is very easy to get carried away as I am delving into history. For example, an article that I am working on might transport me to the pub scene in Adelaide in the 50's and 60's, to the cold landscape of Russian ballet, To London's West End and Broadway, and to the hometown of Rock 'n' Roll.

Through your stories, I learn about love, conflict, despair, anger, addiction, and hope. I delve into different cultures, different scenes and times long past.

Sometimes I believe that I am fully prepared for each interview, with a full set of questions to ask, only to come away from it having gone completely off on a different vein.

A perfect example of this was when I interviewed our very own Goomblar Wylo - this was when I was doing the Xavier Rudd article in March 2017, only to find out the rich and diverse life he had lived travelling the world as a renowned Didgeridoo player. Well, suffice to say I ended up writing a separate article just for him as he had such a fantastic story that just had to be shared.

Each and every one of us has a story to tell...What's yours?

Cheers,
Kim Parnell
Editor

URANGAN

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MARCH 2019

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Tide time table brought to you by
www.frasercoastweather.com
www.facebook.com/frasercoastweather1

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Ride or run to the office. Onsite shower facilities, storage and bike racks give you the flexibility.

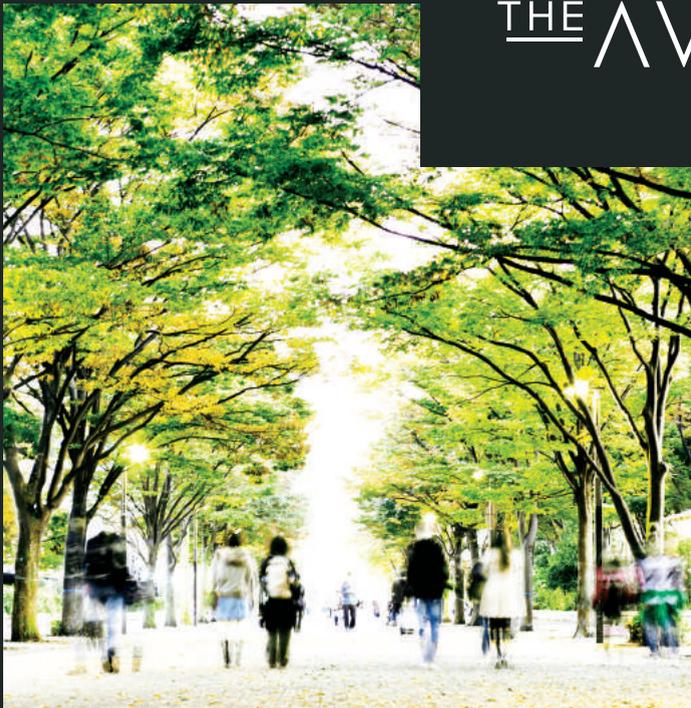


At other places you might get a minibar, we have all day access to a Café and Winebar.

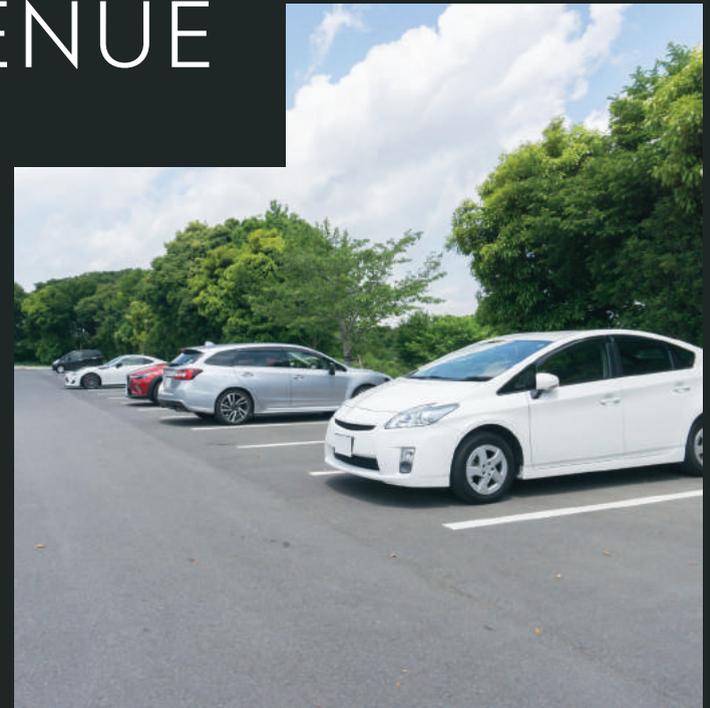


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HuntingdaleWoods

Inside this month's edition!
There is lots to get excited about!

*March is all about theatre, wellbeing, art,
weddings, events and live music!*

The Games Afoot is showing at the Z-Pac Theatre this month, and it promises to be full of danger and laughs in a hilarious whodunnit farce. Written by Ken Ludwig & Directed by Liane Mills this is one play that you won't want to miss!

Get out your running shoes for the **BayBreak Multisport Festival**. See our foreshore from one end to another in this all-inclusive weekend-long event. Here you will find a race to suit any ability.

The Energy & Wellbeing Expo is on again in Maryborough and will have everything from mediumship to palmistry and Angel Cards. There will be readers, healers, aura photos, oracle, tarot cards, and crystals.

If you are into Rock and blues, then you can't go past **The Mason Rack Band** who hail from the Gold Coast. They are returning to the Beach House Hotel for another stellar performance. I caught up with frontman Mason Rack to talk about touring and music.

We take a look at events celebrating **International Women's Day**, across the Fraser Coast. This year's campaign theme is called Balance for Better and is about the call for a more gender-balanced world.

Aussie Rocker **Ian Moss** heads to the Brolga, I was lucky enough to have a conversation with him about his years with Cold Chisel and his very successful solo career. Tickets are selling fast, so don't miss out!

The **2019 Weddings & Formal Events Expo** takes over the Hervey Bay PCYC once again, with everything you could possibly need for a wedding, formal or special event, whether it be a gown, flowers or photography - it will be all under one roof to make things easier for you.

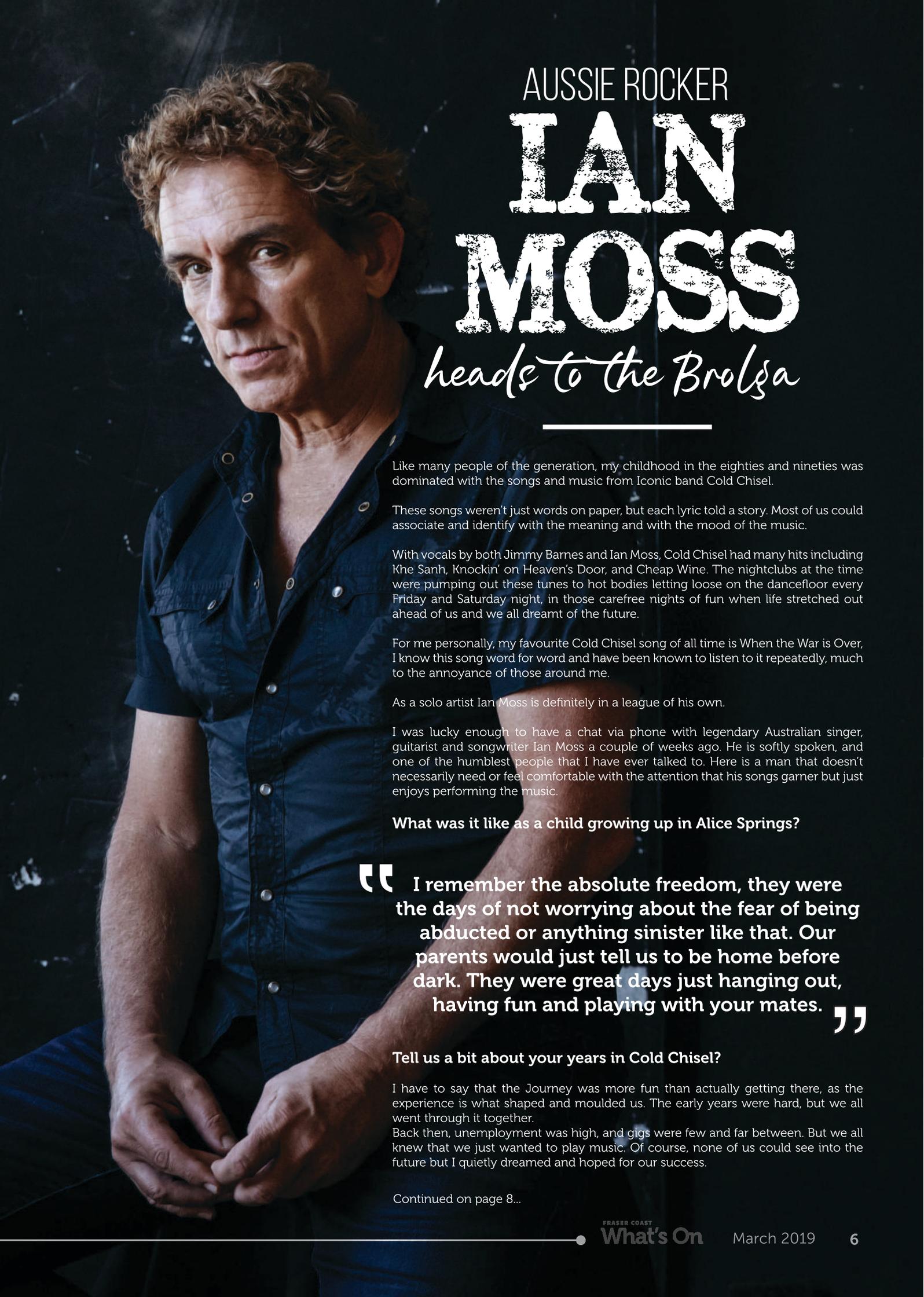
Specialising in Historical Art, Landscapes and detailed objects, **Artist Kevin Rogers** brings his self-titled art exhibition to the Maryborough Art Gallery.

Our youth Columnist, Jacob takes a closer look at the **Hervey Bay Army Cadets**, and what the process is to join. With core values such as respect, teamwork, initiative, and courage, you get to learn some valuable new skills and make some new friends along the way.

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

Kim Parnell

Editor, What's On Fraser Coast



AUSSIE ROCKER
**IAN
MOSS**

heads to the Brolga

Like many people of the generation, my childhood in the eighties and nineties was dominated with the songs and music from Iconic band Cold Chisel.

These songs weren't just words on paper, but each lyric told a story. Most of us could associate and identify with the meaning and with the mood of the music.

With vocals by both Jimmy Barnes and Ian Moss, Cold Chisel had many hits including Khe Sanh, Knockin' on Heaven's Door, and Cheap Wine. The nightclubs at the time were pumping out these tunes to hot bodies letting loose on the dancefloor every Friday and Saturday night, in those carefree nights of fun when life stretched out ahead of us and we all dreamt of the future.

For me personally, my favourite Cold Chisel song of all time is When the War is Over, I know this song word for word and have been known to listen to it repeatedly, much to the annoyance of those around me.

As a solo artist Ian Moss is definitely in a league of his own.

I was lucky enough to have a chat via phone with legendary Australian singer, guitarist and songwriter Ian Moss a couple of weeks ago. He is softly spoken, and one of the humblest people that I have ever talked to. Here is a man that doesn't necessarily need or feel comfortable with the attention that his songs garner but just enjoys performing the music.

What was it like as a child growing up in Alice Springs?

“ I remember the absolute freedom, they were the days of not worrying about the fear of being abducted or anything sinister like that. Our parents would just tell us to be home before dark. They were great days just hanging out, having fun and playing with your mates. ”

Tell us a bit about your years in Cold Chisel?

I have to say that the Journey was more fun than actually getting there, as the experience is what shaped and moulded us. The early years were hard, but we all went through it together.

Back then, unemployment was high, and gigs were few and far between. But we all knew that we just wanted to play music. Of course, none of us could see into the future but I quietly dreamed and hoped for our success.

Continued on page 8...

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Continued from page 6...

During your decade with Cold Chisel, what life experiences or lessons did you take away?

I think the biggest lesson that I learnt was to have a commitment of energy in every show. This was something that Barnsey was particularly good at, as was Don Walker they would pick you up on your mood and then get on your case about it. This was a strong lesson to learn as this was our living. We had to make sure that we left an impression and that we always gave every performance our best shot.



Your debut single as a solo artist was called Tucker's Daughter and came out in 1989, selling more than 73,000 copies. Tell us a little about this album?

Unintentionally it turned into a good old-fashioned boy girl love song. I wrote the music and was working and struggling with the lyrics. I remember I was living in LA at the time and had the words 'Build me up, tear me down' but that was about all I had, so Don Walker helped with the lyrics and ended up co-writing it with me.

As a performer who have you performed with that either fulfilled a dream of yours or that you had to pinch yourself to believe?

The one that comes to mind would be when I was the support act for Eric Clapton in 2011. Unbeknown to me he was on the side of the stage watching me and apparently as I walked off, he stood up and applauded. I was told that he very rarely does that. This struck a chord and definitely left an impression.

Tell us about your new album, self-titled "Ian Moss" what does this album signify?

“ This is my first solo album in nine years and represents to me the first time that I have written the lion's share of the music. People actually get to hear me rather than just bits and pieces. This album was produced by Peter Walker who also produced Cold Chisel's debut album back in 1978 and features some pretty special songs. ”

What can people expect to see if they come to an Ian Moss concert?

They will see a Solo Acoustic performance with a big sound system, a stomp box and lots of dynamic range. I will be playing some new songs as well as songs from my Matchbook album, as we celebrate the 30th anniversary of the album this year.

What do you like to do in your down time?

Not sure about my down time but I am a pilot, I don't have a plane yet so fly my friends' plane when I get a chance. I got my qualifications partly with passion but more as a little achievement for me. Studying and taking exams was a great opportunity to challenge myself. I actually failed the written test the first time and had to go back and study again!

I also like to read, at the moment I am reading The Great War of Civilisation by Robert Fisk I am about half way through it as it is a big book. I also like a good TV series. At the moment I like 'The Fall' which is a tv series set in Belfast.

**Ian Moss National Theatre Tour 2019 – Solo Acoustic
Saturday, April 6
9pm-12am
Brolga Theatre and Convention Centre
For tickets go to www.ourfrasercoast.com.au**

FRASER COAST

What's On

March 2019

8

LEARN NEW SKILLS AT ARMY CADETS

– With Youth Columnist, Jacob Kitson-Holebrook



When it comes to shaping minds of young men and woman there are several values that are helpful to have when it comes to making sure that said individuals are ready for the real world and what they will face. Core beliefs such as respect, teamwork, initiative, and courage are all things that are great building blocks when it comes to shaping the future leaders of our community. These values are some of the things that are channelled in to the young ladies and gents who are a part of the Hervey Bay Army Cadets.

The Hervey Bay Army Cadets are a group that help young people learn various skills such as how to lead and how to take orders, navigation, drill, RATEL (Radio Operation), survival, giving orders and ceremonial procedures. Members are sometimes given the opportunity to be instructed in firearm safety, handling and use under ADF controlled conditions, as well as advanced electives such as first aid, UAV (drones) or robotics.

Alonside these amazing opportunities, fundraising for local organisations as well as being a part of local ANZAC day proceedings is something that is focused on heavily within the organisation. Several camps run at various times through the year – Annual Field Exercise (AFX) in the September, JLC (Junior Leaders Course) in June, SLC (Seniors Leaders Course) in January of each year. These camps run for approximately nine days and offer such an amazing opportunity to do something very different and exciting. In addition, weekend Bivs are on offer throughout the year which are run by the Units, as well as some full days out in the bush if required.

So, if you are seeking discipline, adventure and something just a little bit different consider joining the Hervey Bay Army Cadets.

The process to join is quite simple – go to <https://www.armycadets.gov.au/how-to-join/> or come along to the Hervey Bay TAFE campus on a Wednesday evening at 1700 (5pm) with a parent, medicare card and birth certificate and have a chat with the team.

So, go on, give it a go – become an Army Cadet in 2019 – you never know where it may take you.

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Arkarra Low 'n' Slow

BBQ & Beer Garden Party
Saturday, March 16
11am-4pm

Join us at Arkarra Gardens Cafe Restaurant for a fabulous day of authentic Low 'n' Slow Barbecue tasting and Craft Beer sampling.

Pit Master **Denis Maher** will be cooking up a variety of tantalising BBQ tastes for the whole family all day, using a variety of BBQ pits and fruit woods to flavour each dish.

Enjoy Arkarra's garden paradise and lagoon while the children feed the ducks and play on the jumping castle.

Movies and Colouring-in Competitions will also keep the little ones entertained.

Award-winning craft beers from all around Australia will be available all day, including Billy Slater's Brick Lane brews.

The BBQ feast

BBQ Breakfast option from Arkarra Garden café 8am.

Smoked meat croquet with double smoked bacon and poached egg.

Our renowned Brisket sliders will be available all day long with a variety of relishes and sauces to sample.

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THANKS FOR THE EXCELLENT REVIEWS!

And the special Low 'n' Slow BBQ menu will kick off from 11am with fresh dishes on offer to taste each hour:

11 am: Weber-style chicken wings barbecued around the Kettle Kone, and Texas Hot Links with mustard.
12 noon: 2 styles of Spanish-style Paella
1 pm: BBQ competition chicken thighs
2 pm: Barbecued Beef short ribs
3 pm: Grand finale slider plate of 3 sliders with a variety of barbecued proteins to choose from.

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Ken Ludwig's
THE GAME'S AFOOT
OR. HOLMES FOR THE HOLIDAYS!
Directed by Liane Mills
Bookings at zpactheatre.com
March 15-30 2019



**THERE IS SOMETHING
AFOOT AT THE
Z-PAC THEATRE**

The Game's Afoot (Holmes for the Holidays)

Written by Ken Ludwig
Directed by Liane Mills

The danger and hilarity are non-stop in this glittering whodunit farce.

It is December 1936 and Broadway star William Gillette, admired the world over for his leading role in the play Sherlock Holmes, has invited his fellow cast-members to his Connecticut castle for a weekend of revelry. But when one of the guests is stabbed to death, the festivities in this isolated house of tricks and mirrors quickly turn dangerous. Then it's up to Gillette himself, as he assumes the persona of his beloved Holmes, to track down the killer before the next victim appears. The danger and hilarity are non-stop in this glittering whodunit set during the Christmas holidays.

Director and Z-PAC President Liane Mills said she was initially drawn to this play because it combined the things many of our audiences enjoy so much – mysteries and comedies. However, she soon discovered it to be so much more, with the main character being William Gillette a fascinating man in real life who adapted Conan Doyle's Sherlock Holmes' books for the screen, created many technical innovations for

the stage, introduced the signature Sherlock Holmes curved pipe and deer-stalker hat, and coined the phrase elementary my dear fellow (later adapted to Elementary my dear Watson). Liane said her cast ranges in age from 21 to 84 and they all loved working together. Theatre is a very special activity where you can put together people of all ages and all backgrounds and they can work together on equal footings to produce something that can be enjoyed by so many.

The Cast:

Elliot Ashton as William Gillette
Lauren Wade as Daria Chase
Marcus Wade as Felix Geisel
Lorraine Lee as Martha Gillette
Julie Pierce as Madge Geisel
Cherie Treloar as Inspector Harriet Goring
Danny Moller as Simon Bright
Tiffany Youngs as Aggie Wheeler

The show runs March 15-30 with both Matinee (2pm) and Evening Performances (7:30pm). Tickets available online www.zpactheatre.com or Fridays 9-12 at the box office, 15 Zephyr Street Scarness. Tickets \$27.50 Adults, \$22 Concession and 16.50 Children. We have live music and a licensed bar at the Theatre.

FRASER COAST

What's On

March 2019

10

Russell Czinege

Executive Chef @ Bay Fusion Food Design
Shares with us his favourite Recipes.



Yellow and red baby tomato bruschetta with crumbled Danish fetta, soy herb mayonnaise on toasted Turkish bread with a light red wine dressing.



One of my simplest dishes at the Arkarra Gardens Café Restaurant with new season farm grown tomatoes from the Peterson farm. Yellow and red baby tomato bruschetta with crumbled Danish fetta, soy herb mayonnaise on toasted Turkish bread with a light red wine dressing.

Serves 4
Time 20 minutes
Ingredients

Dish

500g mixed yellow and red baby tomatoes ½
¼ red onion small sliced
100g baby spinach
1x garlic clove – crushed and chopped
2x tea spoon sea salt
Cracked pepper
1x table spoon Olive oil
100g crumbled fetta
1x Turkish loaf x 4 lrg pieces

Dressing

50mlx red wine vinegar
50mlx vegetable oil
50ml sugar

Soy mayonnaise
100ml soy milk
½ bunch parsley
50 ml white wine vinegar
1x tea spoon Dijon mustard
400ml vegetable oil

Tomato mix

Add cut baby tomatoes with garlic, season with ½ the salt, ½ the pepper and olive oil and sit

for 5 minutes (if you have fresh basil add a leaf) the tomato will take on the flavour.

Make herb mayo in food vitamiser add soy, vinegar, parsley- process the ingredient add the oil into vitamiser quickly, adjust seasoning on consistency by adding oil to be thicker- water to be thinner- the mayonnaise is to be a little tart to complement the dressing.

Dressing – add vinegar and castor sugar whisk well and then whisk oil together – this is a sweet dressing you can adjust the sugar as you wish

Strain a little of the juice of the tomato mix and then add red onion and the dressing to the tomatoes.

Toast the Turkish bread over a char grill if you have one or in the toaster

Smear a thick layer of herb mayo on the Turkish bread, top with baby spinach, spoon on tomato and onion mix, crumble fetta and add a drizzle of olive oil and dressing to serve.

YUM

Relax and unwind

at the Energy & Wellbeing Expo



The Energy & Wellbeing Expo is a gathering of local individuals and businesses, as well as others who love to travel, who gather together to share their gifts, knowledge and products with each other and anyone who is interested.

There is always a variety of modalities offered as well as a wide range of products from different fields, including local handmade products, together with workshops to expand your knowledge. Usually there are many crystals to choose from, as well as oracle cards, wellbeing books, jewellery, artworks and giftware.

We have about 30 stall holders, many of them local to your area so you can meet them and then continue your connection afterwards. Our psychic readers work from the heart and focus on their clients. Each one works in their own way, from mediumship to palmistry, from artistry to angel cards.

An aura camera is always on hand with interpretations done by Di Woodstock.

There is always yummy food and coffee available and we love having Mitchell from Pedals Expresso available in the venue as he makes great coffee.

Pre-bookings for some readers can be made by contacting Di Woodstock on 0419 224 628 and can be done up to 2 weeks prior to an event. Details on our readers are contained on the website. Anyone interested in a stall on the day is welcome to email me on di@magicality.com.au.

There will not be an ATM available so please bring some cash – there will be some "cash out" facility if you need it and some of the stall holders have their own EFT facilities.

Entry on the day is \$5 per person – children under 13 are free – we have lucky door prizes too.

We are heart-centred and work with the highest integrity. Always for the greater good of all.

March 30 - 9am

Brolga Theatre & Convention Centre

Our website is <https://www.magicality.com.au/events/>
or find us on facebook too.
The Energy & Wellbeing Expo



BAY BREAK

Multisports Festival



6 & 7 APRIL 2019

All running events on the Saturday
Starts from 5.30am

All Triathlon event on the Sunday
Start from 7am

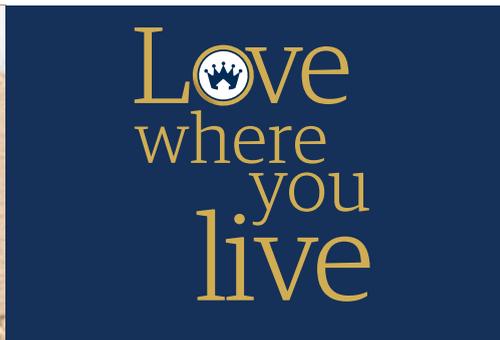
- ✓ Finisher shirts for all marathon and half marathon runners.
- ✓ Everyone receives a custom designed medal.
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- ✓ Everyone doing the triathlon receives a gym towel with race pack.
- ✓ Volunteers, Road Marshalls & Team Leaders also required.
- ✓ Events from 2km run/roll/walk to 42.2km

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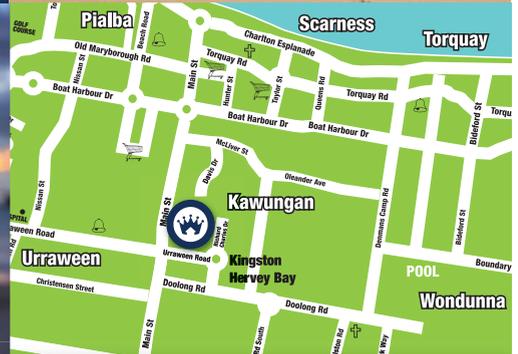
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Register online

www.herveybaybreak.com.au



There is an event for everybody at the BayBreak Multisport Festival



Join us on the starting line for this year's BayBreak Multisport Festival. We are now into our fifth year and have a weekend full of events designed for the whole family.

Hervey Bay's Inaugural Marathon kick starts us off at 5.30am which will take on our foreshore from one end of the bay to the other, finishing at the Bayswater Hotel.

Included again this year is the popular 21km and 10km runs as well as introducing a 21km relay for teams to get together and have fun running a half marathon. With an ever-growing popularity into regular running and walking we have just the distances for you in our 5km run, and let the kids run wild in our 2km event. We also have a 2km Run/Roll/Walk almost anything goes here starting from \$11.00.

Our Festival has a high focus on providing opportunities for all fitness levels and abilities. We are all Inclusive and encourage everyone to 'have a go'. An Exciting finish to our Saturday is the Inaugural 1km Dash for Cash where the winner takes all. With twelve different categories to this event anyone can take out the cash prizes of \$100.00 each, as a bonus our overall fastest for BayBreak 2019 will receive an extra \$200.00. This is one race not to miss!

Sundays line up is all Triathlon with our kids taking to the water first, followed by 'Come and Tri' for anyone wanting to have a go at completing a Triathlon. All bikes are welcome, and helmets are a must. Then we have a full Sprint Distance, that's a 750m swim, 20km bike and finishing with a 5km run. You will see some great competition out there amongst the age groupers with this one.

The finale will be our All Abilities Tri, these guys certainly stole the limelight last year. All displaying sheer determination and a great 'can do' attitude maintaining big smiles and happy faces.

Head to our Webpage www.herveybaybreak.com.au or follow us on Facebook for all the latest up to date information and some great specials and giveaways. It's all about the 'bling' with a custom designed medal for everyone who crosses the finish line as well as some other goodies. See you on the starting line.

**BayBreak Multisport Festival
April 6-7, Hervey Bay**

BAYSWATER

BAR & GRILL

Full buffet breakfast

available early Saturday
& Sunday morning for
Bay Break

\$20 per head, Kids eat free*

*one child under 14yrs
eats free with each paying adult

Coffee & Lunch Specials Available

Proud sponsor of Bay Break
6th & 7th, April



Cheer on the finishers of
Bay Break from
The Bayswater Verandah!



Full Buffet Breakfast



Pastries



Fresh Fruit






Bayswater Bar & Grill

571 Esplanade, Urangan Ph: 4194 6444

www.thebayswater.com.au






FREE COME & TRY



WHEELCHAIR BASKETBALL

SATURDAY, MARCH 9

9.30AM – 11.30AM



Anyone can play!

Any age, gender, or ability. Able-bodied players are welcome. All equipment is provided and we offer experienced coaching.

Skill Development
Social Connections
Competition Pathways

Ray and Elva Alloway Basketball Complex,
Corner Frank and Ariande St, Maryborough.

RSVP to mailbox@sportingwheelies.org.au
Phone (07) 3253 3333

ESPRESSO 3.31

We just love Coffee

ESPRESSO 3.31, A LITTLE ESPRESSO BAR
SITUATED AT 31 MAIN STREET IN PIALBA

OPEN MONDAY TO FRIDAY 6.30-1PM
0497063296

Visit our espresso Bar where we serve wonderful Dimattina Coffee. We also stock a large range of Coffee/ Barista Supplies including Keep Cups, 1883 Syrups and Tea Tonic Teas.

Espresso 3.31 is also a training school for Baristas, where training courses are held in small groups to provide students with the basics to be able to prepare and present wonderful coffee.

Drop by say hello and enjoy a brew, browse our retail shop and if your looking for a career change or just to upgrade your skills book a course to open up new opportunities.

Café Connections Hervey Bay distributes coffee and helps our coffee partners by providing service and backup support to cafes, if you're looking to open a new Café espresso Bar and want something special have a chat to Greg. 0400668562



Cafe Connections

greg@cafeconnections.com.au
<https://www.facebook.com/espresso331>
www.cafeconnections.com.au



BEANS ON THE BAY

By Greg Lagstrom

Café Connections
Hervey bay

Coffee flows strong in Hervey Bay as more and more people enjoy the different coffees being extracted from cafés and espresso bars. From the Macchiato to the Magic, the golden crema is in more demand than ever. And as our small city grows so does the industry supporting it – including new cafes, coffee roasters, suppliers, barista training and equipment servicing. The passion for creating a wonderful coffee is growing and we are beginning to notice the quality and love in our cups of liquid gold.

We have a number of wonderful cafes and espresso bars along our esplanade and scattered around the towns, what's new is the uprising of drive thru coffee. I have been a big believer of the need for drive thru coffee for some time, great coffee delivered fast to the moving public. Maryborough was first with The Fast Lane, and now there is two in Hervey Bay about to open. Espresso Drive Thru on Booral Road and Miss Cocos on Boat Harbour Drive. Your coffee experience is going to get easier to access. Good drive thru coffee is fantastic when dropping kids of at school and on the way to work, but nothing is as enjoyable as sitting in a relaxed environment enjoying a caringly made cup of silky-smooth coffee at your favourite café.

Coffee of the month:

Cold Drip coffee is extracted cold over a period of around 8 hours this beautiful coffee is sweeter and smoother than coffee extracted hot. Usually served over ice with a dash of milk.

Or alternatively,

Iced Latte for cafes that don't produce cold drip coffee this drink is served with a glass of ice-cold milk and then a double shot of coffee poured over the top to form a marbled finish.

COFFEE *unites* us All!

Who doesn't enjoy a cup of coffee to start the day? It doesn't matter which part of the world you come from or what you order, one thing is certain, we all come together when we are drinking it. The drinking of coffee is a very social thing. Whether it is hitting a coffee shop with friends or taking some time out to relax.

Everybody likes to talk about coffee as well, and if you are a true coffee connoisseur, which I certainly am not! you may use words like pungent, hard, piquant, delicate, nippy or warming, Here in Australia we have Espresso, Short Black, Long Black, Latte, Cappuccino, Flat White - and these are just the standard. Let's have a look at what other countries are drinking. - Kim

Italy – Italians enjoy an Espresso after dinner.

Cuba – Cuban's drink a Cafe Cubana which is served in tiny cups and has a sugary froth.

Mexico – Mexican's sip a Cafe' de olla, this is brewed with cinnamon and sugar.

Ireland – The Irish swallow Irish Coffee, consisting of hot coffee, sugar and Irish Whisky topped with cream.

Some coffee trivia

In some cafes overseas, coffee is served with a glass of water, you are meant to drink the water first to cleanse the palate.

In Italy, some people can drink seven or eight espressos a day.

Most Cuban homes have stovetop espresso makers.

Did you know that coffee beans grow on a bush?

Coffee was once illegal in some countries

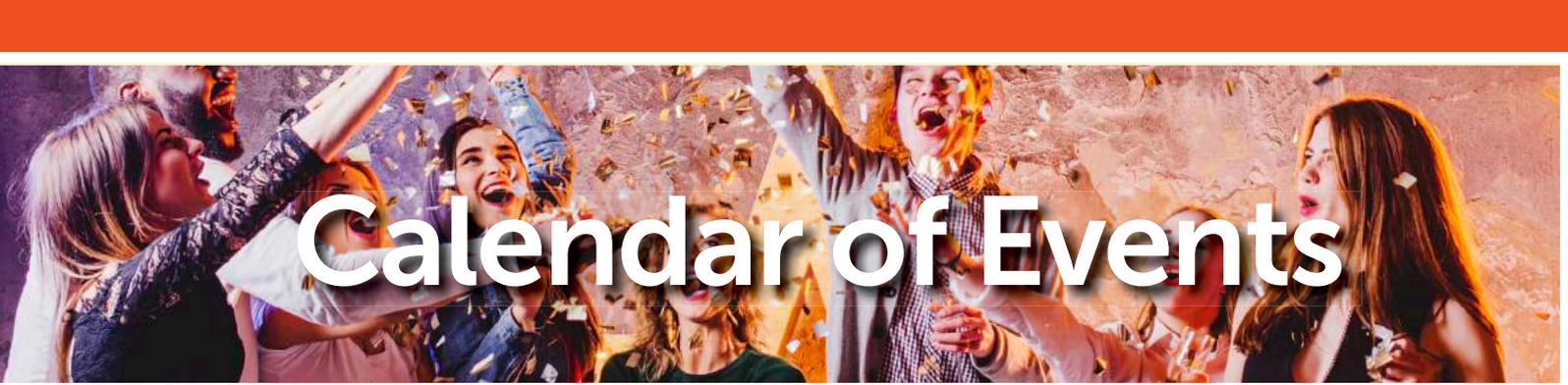
In Japan, there is a spa theme park called Yunessun Spa Resort that actually lets guests dip in pools of coffee. You can also take a dip in wine.

Calling all coffee shops and cafes's
across the Fraser Coast

Come and be part of our new coffee
page by advertising here!

Lets show the locals and visitors some of the best
places to get our coffee fix!

To find out more email
whatsonfrasercoast@outlook.com
or call 0467 303 171



Calendar of Events

MARCH

MARCH 1 (FRI)

Food 'n' Groove Friday

4-9pm

City Park, Pialba – Hervey Bay

MARCH 2 (SAT)

Howard Country Markets

7am

Burrum District Community Centre

MARCH 2 (SAT)

Fraser Coast Sporting Clays – Come & Try Day

9am-3pm

Churchill Mines Rd,
Dundathu 4650

MARCH 2 (SAT)

Meditation

10.30am -11.15am

Maryborough Library

MARCH 3 (SUN)

Jay Power/ Sunday Riverside

3pm

Brolga Theatre & Convention Centre

MARCH 3 (SUN)

Flickerfest – Kapowerful

Short Films

2pm

Brolga Theatre & Convention Centre

MARCH 4 - (MON)

MARCH 29 (FRI)

Art Exhibition by Kevin Rogers

Maryborough Art Gallery

MARCH 5 (TUES)

Mounting Native Orchids on Trees & Boards in the Garden

10am

Call 0407 144 713 to book
Hervey Bay Botanic Gardens

MARCH 5 (TUES)

ZClub Dance Finesse

6-7pm

Latin dance classes/Beginners
Bachata

Location: Urangan
Bookings Essential
Contact: Cheryl 0416169915

MARCH 6 (WED)

(First Wednesday of the month)

Fraser Coast Writers

1pm-4pm

Hervey Bay Library
Call 0401 767 127, or just come along

MARCH 6 (WED)

After School Visual Art Workshops with Lisa Pittori

3.45pm

Gatakers Artspace, Maryborough

MARCH 8 (FRI)

International Women's Day

Go to page 20 to find the events on the Fraser Coast

MARCH 8 (FRI)

Women's Adventure Film Tour

6.30pm-8.30pm

Brolga Theatre & Convention Centre

MARCH 8 (FRI)

Exhibition Opening

6pm

Gatakers Artspace, Maryborough

MARCH 9 (SAT)

Wheelchair Basketball – Free come & Try

9.30am-11.30am

All welcome

Ray & Elva Alloway Basketball complex

Call 3253 3333

MARCH 10 (SUN)

2019 Fraser Coast Weddings & Formal Events Expo

10am-1pm

Hervey Bay PCYC

MARCH 9 (SAT)

Independent Riders 5th Annual Poker Run

Call Julie: 0400 690 981

MARCH 11 (MON)

Vintage Film – Too Late for Tears

10am

Bookings essential – 4190 5788
Maryborough Library

MARCH 13 (WED)

Vintage Film – Too Late for Tears

10am

Bookings essential – 4197 4220
Hervey Bay Library

**MARCH 15 (FRI)–
APRIL 28 (SUN)**

**Art Exhibition - Welcome to
the Lucky Country**

Veronika Zeil & Ainslie
McMahon

Fraser Coast Cultural Gallery,
Hervey Bay

MARCH 15 (FRI)

**Wildlife Talk – Dolphins Can
Change Their Names**

12pm

Hervey Bay Library – Bookings
essential – 4197 4220

MARCH 15 (FRI)

Business Hervey Bay

5.30pm

The Dock Restaurant & Bar

**MARCH 15 (FRI)-
MARCH 30 (SAT)**

Play - The Game's Afoot

Z-Pac Theatre, Hervey Bay

MARCH 15 (FRI)

The Mason Rack Band

Beach House Hotel, Hervey Bay

MARCH 16 (SAT)

**Leaving Jackson – The Johnny
Cash and June Carter Show**

7.30pm

Brolga Theatre & Convention
Centre

MARCH 17 (SUN)

**Art Therapy Workshop for
Intention Setting 2019**

10am

Bauple

Call 0449 037 011

MARCH 21 (THURS)

Harmony Day

MARCH 22 (FRI)

**Fraser Coast Mates 2019
Corporate Challenge**

4pm-7.30pm

Call 0439 723 832

MARCH 22 (FRI)

**Exhibition opening - You Are
Here 2**

6pm

Fraser Coast Cultural Centre,
Hervey Bay

MARCH 24 (SUN)

Brooweena Museum Markets

8am

Brooweena Historical Village &
Museum

MARCH 24 (SUN)

Big Gay Picnic

12pm

Anzac Park and Ululah Lagoon

MARCH 27 (WED)

ArtCon

10.30am

Fraser Coast Cultural Centre

MARCH 29 (FRI)

Divas

Brolga Theatre & Convention
Centre

MARCH 30 (SAT)

Energy & Wellbeing Expo

9am

Brolga Theatre & Convention
Centre

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

 [facebook.com/WhatsOnHerveyBay](https://www.facebook.com/WhatsOnHerveyBay)

 [facebook.com/whatsonfrasercoast](https://www.facebook.com/whatsonfrasercoast)

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

Comfort Kitchen Keeps On Giving

By Wayne Martin

Comfort Kitchen opened the first Wednesday night in May 2012. A week later the newly formed Comfort Kitchen team had its first meeting together with a team of twelve. There was to be two teams, an early team to prep the meal and then the second team to serve from 5.30pm. Comfort Kitchen soon proved that there was a need for a healthy free three course meal for people doing it tough in our community as there was up to twenty people arriving to get a meal. Over the coming weeks and months, the numbers grew each week and we were soon preparing meals for 80 guests each week.

The Comfort Kitchen volunteers grew as the program grew, with about fifty people volunteering their time to support the homeless, socially isolated and financially struggling. Hervey Bay Neighbourhood Centre was starting a new era of assisting those in need, much further than they could before due to the new premises at the Community Centre. The Management Committee felt that it was time to introduce catering for the community visitors. We then started catering using the amenities, halls and rooms for community activities and meetings. The income from these continue to help fund the Comfort Kitchen dinner but we still require community donations to continue to deliver this valuable service for those who are struggling.

Donations have been received from Prime Agents, Rotary Club of Hervey Bay Sunrise, Zonta, Kerry Campbell, Woolworths Hervey Bay, Urangan Pier Markets, The Ladies of the Uniting Church, the Hervey Bay RSL and individuals from the community via pledges (fortnightly direct debit accounts). After nearly seven years and over 40,000 meals later the Comfort Kitchen dinner is serving 120-200 guests per week. We would like to thank our team of volunteers who continue to support this program and also to our donors for their generous financial support.

If you would like to know more call **Wayne on 0438 998 850**

Comfort Kitchen is now also at the Urangan community centre, Botanic Gardens on Elizabeth St in Hervey Bay, and is offering Breakfast, Tuesday morning from 7am -8.30pm, and lunch with games on Thursdays from 10am until 1pm.



FRASER COAST What's On

Independently owned and operated by a local!

**ADVERTISE YOUR BUSINESS OR
EVENT WITH US!**

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

**We have ads available from business card
size through to full page, and everything in
between and can cover everything from
web-page/face-book and in print.**

Contact us to find out more: Call Kim Parnell on

0467 303 171

Or email: whatsonfrasercoast@outlook.com

FRASER COAST

What's On

March 2019

18



Art EXHIBITION BY KEVIN ROGERS

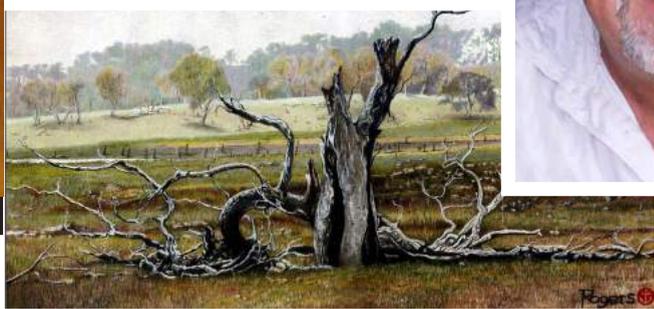
About the artist:

Kevin was born in Brisbane but raised on the Gold Coast. He joined the Royal Australian Air Force in 1977 and completed twenty years' service. As a qualified Commercial Artist, he has a preference for fine arts, specialising in Historical Art, Landscapes and detailed objects. Having won many art awards, he has also been a permanent contributor to Artist's Palette magazine, has been published internationally and has had solo art exhibitions throughout his life.

Kevin's artworks are intricate and his attention to detail is second to none. He ensures that the subject matter is as close to the original as possible in his completed artworks.

Having been married for 39 years to Jeanette, Kevin has two children (a twin boy and girl) and two grandchildren. He is also an avid photographer and has lived in every State and Territory in Australia as well as having lived for 6 years in Malaysia (Penang). He has completed over 3 laps of Australia and photographed over 50,000 images of Australia from which he draws his inspiration for his artworks.

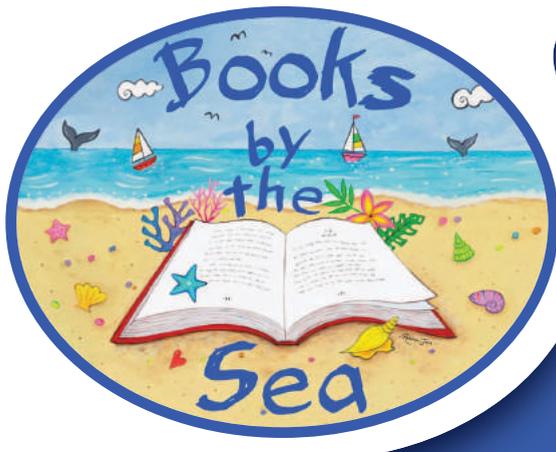
Kevin retired at age 51 and has dedicated his retirement years to improving his art. He currently lives with his wife in a small town called Howard in sunny Queensland, Australia.



Art Exhibition by Kevin Rogers

March 4 – 29

Maryborough Art Gallery - 282 Kent St



BOOKS BY THE SEA

IS THE NEW TRADING NAME FOR MARY RYAN'S HERVEY BAY

So... why the change? We're still the same shop with the same owner and staff. We just reached an agreement with Mary Ryan's to end our franchise and become completely independent.

We're very excited about the change as we truly believe that an independent bookshop has an important role in a vibrant and intelligent community and we're grateful to our loyal customers for your continuing support.

We will still host a range of community groups and events in store from bookclubs to author signings to our philosophy group. If you have ideas for other groups, please have a chat with Cate or email info@booksbythesea.com.au

We will continue to honour Mary Ryan's coffee cards and to redeem Mary Ryan's paper gift vouchers.



Monday – Friday
2pm-3pm
½ price hot drinks

Books By The Sea

Shop 1, 414B Esplanade, Torquay QLD 4655

P: 07 4194 2111 E: info@booksbythesea.com.au



Zonta Club of Hervey Bay –
Guest Speaker, **Nanette Irvine**

**The Zonta Club of Hervey Bay Inc.
Invites you to attend our
2019 International Women's Day
Breakfast
March 6**

What happens when the world throws you a curved ball? Some, you can catch or duck but others? Well, sometimes even chocolate and your five best girlfriends just don't cut it. Stop! It's time to listen to my solution.

Guest Speaker: Nanette Irvine has a BSc. Hons Psychology from University of Southern Queensland. She is passionate about working with women, helping them to develop a mindset for success and leadership skills. With a diverse career in small business, marketing, sales, corporate management and human resources, she is a published writer who enjoys public speaking.

For tickets contact Susan Harrison, on 41971604 or 0427735952
Or email: zontaherveybay@hotmail.com
For further information visit facebook: ZontaClubofHerveyBay
Tickets: \$25

**6.30am for 7am start
The Boat Club Buccaneer Drive
Urangan**

**4 Faces of Woman
Loving yourself
A Day Retreat to Celebrate Women**

'4 Faces of Woman' events encourage participants to explore the symbolism of four 'faces' which have characterised women and their role in society through the ages – identities stored in the subconscious mind which influence

every women's sense of self today. The safety, support and inspiration of this women's gathering allows each woman the space to strengthen her authentic self.

Facilitator:
Annemarie De Seriere is a holistic health practitioner, clinical hypnotherapist, spiritual wellness guide and member of Brahma Kumaris – a global non-for-profit spiritual community offering free meditation programs and retreats around the world.

When: Friday, March 8
Time: 10am-4pm
(please arrive 10m early for 10am start)
Cost: Free – Community event – However donations are welcome

Where: Burrum Heads Community Hall
45 Howard St, Burrum Heads
Bookings required
Please bring a small vegetarian plate to contribute for a shared lunch
Contact: Annemarie – 0432 402 407
Or email: info@resolutions4life.com

**Wide Bay Women's Health Centre
International Women's Day
A day of information sharing
and pampering
Monday, March 4
10am-2.30pm**

A light lunch will be provided, please phone 4125 5788 for more information
Wide Bay Women's Health Centre, 8 Truro St, Torquay, Hervey Bay.

**The Zonta Club of Maryborough Inc.
welcomes you to join us for our
International Women's Day Lunch
March 8**

There will be a tombola, raffles and a guest speaker. Dr Kerry Reid-Searl is a Professor in the School of Nursing and Midwifery CQU. Kerry is an amazing teacher and educator, published in journals around the world, mum of 3 and an innovative woman!

**INTERNATIONAL
Women's
Day**
**EVENTS AROUND
THE FRASER COAST**

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
broweenamkt@yahoo.com

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

Fashion

WITH LEAH

Dressing with Emotion

The emotional connection that we all have with clothing and fashion is mind blowing! I've had many conversations with women where they've expressed that the colour of their outfit sparks emotion for them. Some have mentioned that the size and comfort of heels with their shoe choice for the day will affect their mood. As do accessories. For some, too many accessories make them feel out of their comfort zone when it comes to the fancy radar (by this I mean, sometimes feeling too fancy is uncomfortable for women, and alternatively some just can't get enough of it!)

The other factor that comes into 'dressing with emotion' is linked to memories. We have vivid memories of our mother or father or grandparents wearing those shaped sunnies, or that style of heel and therefore we deem it 'un-trendy'. This couldn't be more true when we bring up the subject of the 'one piece' swimming costume for women. This is quite the tricky subject (as togs for women are possibly the hardest garment of clothing to buy). I've spoken before on my social media, of the fact that I think nearly every woman should possess a one-piece swimming costume in their wardrobes. My reasoning, they are flattering for nearly all body shapes, they're trendy (and have always been throughout the centuries), they're a classic look that just keeps getting reborn decade after decade, and they're a multi-use garment (wear these babies as a bodysuit with jeans and you're set for date night!).

So why do very few women still not wear them? I do believe, that for many, the link to their mum or grandma wearing a one-piece in their day, and the view that they are therefore 'old fashioned' wreaks havoc in most women's minds! So, to deconstruct this a little, I believe that if you can eradicate this way of thinking and replace it with 'what suits me and my body best' and 'what is my own true style', then all of your fashion will evolve constantly with you. You may even find that your view of a certain garment that you've linked to a memory or person before may even disappear. I think this is the very core of what keeps women back when it comes to evolving with fashion and their own style. Discover what your body shape and colouring is, wear the right cuts of clothing to compliment you, and let your own spirit and personality shine through your wardrobe. This is styling at its very best!

0439 723 832

leahharvestyling@bigpond.com

@leah.harvey.styling

www.facebook.com/leahharveymakeupandstyling



In-Motion Photography by Karlie



In-Motion Photography by Karlie





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.**

THIS IS AN OPPORTUNITY TO SHARE SOME STORIES OF
PEOPLE WHO HAVE INSPIRED US!

Jon Vea Ve was born and bred in Hervey Bay. Not many people of his generation can say that! When Jon was born here, Hervey Bay was just a sleepy little ‘holiday get-away’ for the Maryborough locals. He has seen many changes here in his life time.

While he was born on Butchella land, Jon identifies as a Coble Coble man. His grandfather came from Warah at the base of the Bunya Mountains. Jon also has strong ties with the South Sea Islands. His Great Grandmother was ‘Black Birded’ and brought to the region to work on the cane farms. His connection to that land and his complex family history inspire many of his original songs. “I like to write songs with a message” he said. “Perhaps people will go away and think about the words. It’s a teaching thing.”

Jon worked on the railway for a period of time, and credits one of his colleagues there as being a mentor. “We’d just sit together at Isis Junction and in our spare time, after work or

waiting in the station, he would show me how to play guitar,” said Jon. Jon left the railway after eighteen years of service.

Music had always been a big part of his family’s life. He remembers many evenings sitting together singing. “Mom was always involved in music,” he noted. But, it wasn’t until he had his family of four children and had turned 35 that he started to take music seriously. “My cousin asked me to join a band. That was the real start,” he noted reflectively.

Jon’s musical career has gone from ‘strength to strength’ since that time. We see him around town, at local pubs and clubs, his rich, melodious voice cracking the sultry air at the markets. Jon has just returned from a major tour of Queensland regional areas, funded by Arts Queensland. That’s his ‘paid job’. But Jon is the first to always give his time willingly to perform for community events and fundraisers for the likes of The Cancer Council and the Leukaemia Foundation. “I like to help community organizations – to see them blossom.” He feels it is part of his ‘civic responsibility’ to support others.

Jon is an advocate for ‘good mental health’ and finds singing can help people when they are struggling with anxiety and depression or just add a bit more fun to life. He loves a ‘jam’ and will drop in to a local coffee shop on Wednesdays to join in. Most recently he has started a group ‘Gentlemen With Guitars’. “It’s an artistic equivalent of the Men’s Shed. Not everyone has the confidence to play alone. Everyone is getting together and learning from each other,” said Jon.

Jon has mentored many young people in our local community, provides free concerts at the local jail and is a champion for reconciliation in our community.

On January 31, 2019, Jon was awarded a Paul Harris Fellow by the Rotary Club of Hervey Bay Sunrise ‘in appreciation of tangible and significant assistance given for the furtherance of better understanding and friendly relations among people of the world.’

At his heart, Jon Vea Ve is a storyteller who uses music to share experiences with others. We are all the better for his creative insight and his willingness to share. His commitment to the Fraser Coast community is truly inspirational.



Photo credit to Erica Neate

LOCAL BAND SPOTLIGHT

HARDING'S HOUSE



Meet the band:

Shane – Percussion/vocals - I grew up in the background of heavy metal music, I really enjoyed the energy produced from the vocals and the drums. But I like anything with a good solid vocal sound. As a kid, I was inspired by bands like Pantera, and American heavy metal band Mr Bungle.

Nicole – Guitar/vocals - Through high school Passenger were really big for me, in my younger years I listened a lot to seventies alternate rock with mum and dad, such as The Eagles, Fleetwood Mac, Creedence, they were all definitely a big influence growing up.

Robbie – Guitar/vocals – I like Pete Murray, his voice and the songs he writes are just so relatable, everything he writes about most of us have experienced at one time or another.

Where did the name Harding's House come from?

Nicole - Harding is Robbie and my surname, we are brother and sister. We have a musical family, and throughout our high school years we had a 500-acre property west of Maryborough and we were known for putting on the local bush bash. We started off with Robbie and myself doing duo stuff, then I met Shane and we added the percussion.

The three of us have only been together as a band for a year now. But as a duo, Nicole and I have been performing since 2015.

Name some of the places that you have played already?

Nicole - We have done a few gigs for the Council, and lots of private ones through family and friends. We like to get ourselves out there so we may come to the park and play just to engage in the community. We have played a lot in Maryborough, like Gatakers Artspace, and we have offered our services on a volunteer basis to charities like Relay for Life. Now that we have done a demo, we are just putting it out there for everyone to hear. We like meeting people face to face and to drop of the CD have a chat and get an idea of what their booking schedule may be like.

What genre of music do you play?

Shane - We play lots of covers but we mould them into fitting the sound with the conga's and different percussion instruments. We could be playing a modern rock song, but we need to modify it to make it fit the way that Nicole sounds when she sings, we manipulate it and come out with a sound that you can identify with.

Has does the song writing process come about?

Robbie - We have a couple of originals in the works, our song writing is a little bit of a collaboration, it is a structured thing, ideas come, structured by Guitar and then we just add ideas and influences that come to us. Probably the idea, the meaning of the song comes first for me and then I work on the music

Nicole – I would play around on the guitar and find a nice tune and then get one catchy line and grow the meaning from there. There is something about what we bring that is very engaging to people, especially when they hear the Conga Drums.

As a footnote, the band would be interested in more work on the Fraser Coast whether that be in a volunteer capacity or as a paid gig. Nicole says, "Paid gigs usually come with more opportunity to meet more people and connect, this in turn, can lead to more paid gigs."

"We want to be taken seriously with our music and to be involved in the main circuit of musicians on the Fraser Coast," says Shane.

Harding's House are available to play at festivals, pubs, clubs, events both public and private and of course for your next party, so give them a call for your next event.

Harding's House
hardingshousemusic@yahoo.com
On Facebook: **Harding's House**
Phone: 0429 173 622

Vox Pop



Question: **Name your top three movies of all time?**



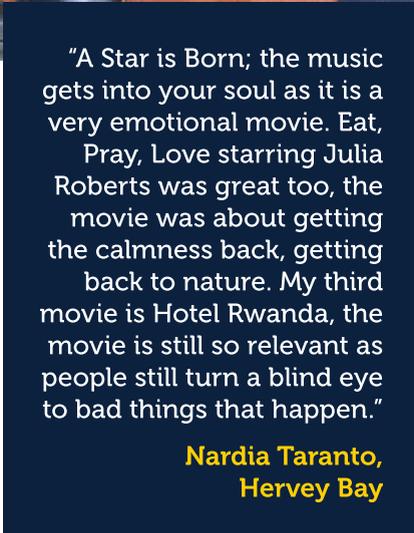
"Definitely Grease, it is a fantastic musical with some great acting. I also liked South Paw, it was a great boxing movie, and you can't go past all of the Home Alone movies, they are great."

**Darren O'hearn,
Bargara**



"I recently saw the movie Rampage; the adrenalin rush was great. The movie Avatar is right up there too, I could watch it another ten times. The Dressmaker was also a fabulous movie and brought back memories of a fashion and design course that I had completed overseas."

**Jeanette Hayward,
Torquay**



"A Star is Born; the music gets into your soul as it is a very emotional movie. Eat, Pray, Love starring Julia Roberts was great too, the movie was about getting the calmness back, getting back to nature. My third movie is Hotel Rwanda, the movie is still so relevant as people still turn a blind eye to bad things that happen."

**Nardia Taranto,
Hervey Bay**



"I love the story behind Man On Fire, starring Denzel Washington, it is a fantastic movie. The movie Frozen comes to mind too, as I think I have been made to watch it over a thousand times with the kids. Another favourite is Gladiator."

**Oscar Malmros,
BeanBeat, Seafrost**



"Gone with the Wind – The History, costumes and Cinematography are amazing. Step Brothers with Will Farrell was hilarious & every time I watch the movie it annoys my husband, so I like that one. Natural Born Killers was another great movie too!"

**Lisa Costello,
Urangan**



"I enjoyed Withnail and I, it was really hilarious it was a great English classic. Another one was Like Water for Chocolate it is such a beautiful love story. My final movie would have to be Donnie Darko the movie is very entertaining, I actually could not stop watching it."

**Kerry Staunton,
Kawungan**



The Mason Rack Band are Back in Town

We have signed up with a larger booking agent so we will be playing in a lot of new places around Europe. We are very excited about this trip as it may include places like Denmark and Czechoslovakia.

Just being in some of these places reminds me of where it all began for us and the hard work it took to get there.

Not long after we got back from our European tour, we attended the Gold Coast Music Awards and won Live Act of the Year 2018, we beat Amy Shark among others. It felt fantastic and it was so good to be recognised for our years of work.

We have also performed at all of the major festivals, and just recently performed for the Gold Coast City Council for Australia Day, there was a good crowd and it was right on dusk, just before the fireworks.

What is your new album called?

The Album is a collection of all the songs that I have liked from previous albums. It also features a new song called Time Again, this song reached number one on the Australian Blues Chart.

It sounds like you have another really busy year coming up, what else would you like to tell your fans?

At some point soon we hope to put on a charity gig to help raise money for the Townsville Flood disaster as so many houses have been lost.

My wife and I have also been fundraising for a large parcel of land which we would like to open up as an animal rescue centre, and also for drug and alcohol rehabilitation, this is one of our life goals.

Our main focus will be on trying to help other people and giving back. To us, it is all about leading a healthier lifestyle and encouraging as many people as possible to do the same.

**Mason Rack Band / Friday, March 15
Beach House Hotel, Hervey Bay
For further information call 4196 9366**

I am so excited; the Mason Rack Band will be back this month at the Beach House Hotel. If you haven't seen them yet make sure that you catch them this time around.

Those avid followers of this magazine will remember that I conducted a live interview with the band in May 2017 and thoroughly enjoyed their performance.

Trust me when I say this band is like no other, especially when they play the beer keg drum and start throwing their drumsticks to each other without missing a beat. If you love the sound of rock and blues, trust me you will be in heaven!

Of course, I was thrilled to be able to have a chat once again with the man himself, Mason Rack. – Kim, Editor.

Are you looking forward to cruising with Suzi Quatro and performing in the sold-out show, Rock the Boat in October?

Yes, we are very excited to be part of this cruise. We basically get back from our European tour, head out to the Wingham Akoostik Festival on the central coast, then we get dropped off the next day at the cruise ship.

I can remember being quite young and hanging out at the Miami Skating Rink on the Gold Coast when I heard the Susie Quatro song, Devil Gate Drive with those catchy lyrics, 'So come alive, come alive, down in Devil Gate Drive,' this song has definitely stuck with me over the years.

So, to think that years later we will be on a ship with her is pretty cool. I also look forward to the lurks and perks, especially the food.

I last spoke to you in May of 2017, you were preparing for your sixth European Tour, how was the tour? What else have you been up to?

The tour was Awesome and was mostly sold out, we went to places like Germany, the Netherlands and Switzerland. We are actually gearing up to do it all again in September and October of this year.

Gig Guide

Live music
and more on the Fraser Coast in
February 2019

BEACH HOUSE HOTEL



The Mason Rack Band

Thurs 28, 7.30pm, Open Mic
Fri 1 9pm, R&B Friday
Sat 2 9pm, Uncle Arthur
Sun 3 2.30pm, Harley Meszaros

Thurs 7, 7.30pm, Open Mic
Fri 8 9pm, R&B Friday
Sat 9 9pm, Red Betty
Sun 10 2.30pm, Derek Smith

Thurs 14, 7.30pm, Open Mic
Fri 15 9pm, Mason Rack Band
Sat 16 9pm, Dogwood Crossing
Sun 17 2.30pm, Bobby Barnes

Thurs 21, 7.30pm, Open Mic
Fri 22 9pm, R&B Friday
Sat 23 9pm, Fixxer
Sun 24 2.30pm, Rick Manych

Thurs 28, 7.30pm, Open Mic
Fri 29 9pm, R&B Friday
Sat 30 9pm, Dicky Switch
Sun 31 2.30pm, Frank Benn

Hervey Bay RSL

Fri 1, 6.00pm, Frank Benn
Sat 2, 8.00pm, Dicky Switch

Fri 8, 12.00pm, Trevor Judge
Fri 8, 6.00pm, Ricky Manych
Sat 9, 7.00pm, Rock 'n Roll with Zed 28 in Hervey House

Thurs 14, 11am, John Ve Ve Ve in the Sports Bar
Fri 15, 12pm, Trevor Judge
Fri 15, 6pm, Quinn the Radiostar
Sat 16, 8pm, Forbidden Road

Tues 19, 11am, Morning Melody with Danny Mayer from the

Deltones. Tickets \$5 members, \$7 non members. Bookings recommended.

Fri 22, 12pm, Trevor Judge
Fri 22, 6pm, John Ve Ve Ve
Sat 23, 8pm, Doug and the Upperhand
Sat 23, 8pm, Neil Diamond Tribute Show. \$20 members, \$25 non members. 18+, bookings recommended.

Fri 29, 12pm, Quinn
Fri 29, 6pm, Doug Edwards
Sat 30, 8pm, Shades Band
Sun 31, 12pm, Sam Maddison

THE BAYSWATER BAR & GRILL

Fri 1, 6pm, Sam Maddison
Sat 2, 6pm, Mikayla J
Sun 3, 1pm, Mikayla J

Fri 8, 6pm, Phil Morgan
Sat 9, 6pm, Dean Gray
Sun 10, 1pm, Liana McKay

Fri 15, 6pm, Bevan Spiers
Sat 16, 6pm, Ricky Manych
Sun 17, 1pm, Sam Maddison

Fri 22, 6pm, Doug Edwards
Sat 23, 6pm, Frank Benn Trio
Sun 24, 1pm, Darryl Carr

Fri 29, 6pm, Pete Baker
Sat 30, 6pm, Ricky Manych
Sun 31, 1pm – TBA

The Clubhouse Hervey Bay

Fri 1, 6pm, John Corowa
Sat 2, 6pm, Dale Newberry

Fri 8, 6pm, Bevan Spiers
Sat 9, 6pm, Liana McKay

Fri 15, 6pm, Doug Edwards
Sat 16, 6pm, Pete Baker
Sun 17, 2pm, Bush Boys – St Pats Day

Fri 22, 6pm, Frank Benn
Sat 23, 6pm, Sam Maddison

Fri 29, 6pm, Ricky Manych
Sat 30, 6pm, Dean Gray

Bay Central Tavern

Friday 1, 8.30pm, DJ Catastrophic
Saturday 2, 9.00pm, Impale the Heart Heavy Metal Bands night(5 Bands)
Sunday 3, 1.00pm, Bobby Barnes

Friday 8, 8.30pm, DJ Catastrophic
Sunday 10, 1.00pm, Harley Meszaros

Friday 15, 8.30pm, DJ Catastrophic
Sunday 17, 1.00pm, Frank Benn

Friday 22, 8.30pm, DJ Catastrophic
Sunday 24, 1.00pm, Derek F Smith

Friday 29, 8.30pm, DJ Catastrophic
Saturday 30, 8.00pm (Doors), Kissperience tribute show.
Sunday 31, 1.00pm, Ian Murray

Hervey Bay Boatclub

Fri 1, 5.30pm, Radio Star
Fri 1, 8.00pm, Brian Speirs
Sat 2, 5.30pm, Trevor Judge
Sat 2, 8.00pm, The Darlington Stripes
Sun 3, 1.00pm, Brian Speirs
Sun 3, 6.00pm, Brad Sorensen

Fri 8, 5.30pm, Neil Wenk
Fri 8, 8.00pm, Cover Girl
Sat 9, 5.30pm, Sam Maddison
Sat 9, 8.00pm, Cover Girl
Sun 10, 1.00pm, Radio Star
Sun 10, 6.00pm, Neil Wenk

Fri 15, 5.30pm, Sam Maddison
Fri 15, 8.00pm, Dicky Switch
Sat 16, 5.30pm, Shaun Beckett
Sat 16, 8.00pm, Dicky Switch
Sun 17, 1.00pm, Trevor Judge
Sun 17, 6.00pm, Neil Wenk

Fri 22, 5.30pm, Sam Maddison
Fri 22, 8.00pm, Smokin Crawdads
Sat 23, 5.30pm, Radio Star
Sat 23, 8.00pm, Smokin Crawdads
Sun 24, 1.00pm, Brian Speirs
Sun 24, 6.00pm, Neil Wenk

Fri 29, 5.30pm, Frank Benn
Fri 29, 8.00pm, Uncle Arthur
Sat 30, 5.30pm, Sam Maddison
Sat 30, 8.00pm, Uncle Arthur
Sun 31, 1.00pm, Steve Case
Sun 31, 6.00pm, Neil Wenk

MARYBOROUGH

Carriers Arms Hotel Motel

Fri 1, 8pm, Jon Ve Ve Ve
Fri 2, 8pm, Harley Meszaros

Fri 8, 8pm, Dust
Fri 9, 8pm, Chris Staib

Fri 15, 8pm, Merlin
Sat 16, 8pm, Dave Gray

Fri 22, 8pm, RnB Friday with DJ Skweek
Sat 23, 8pm, Peter Baker

Fri 29, 8pm, Red Dog
Sat 30, 8pm, John Corowa

Maryborough Sports Club

Fri 1, 7.30pm, Dave Tonks
Sat 2, 7pm, Smooth n Groove
Sun 3, 12.30pm, Brad Sorensen

Thurs 7, 6.30pm, Quinn The Radio Star

Fri 8, 7.30pm, Mirror Image
Sat 9, 7pm, Vintage Vinyl
Sun 10, 12.30pm, John Maloney

Thurs 14, 6.30pm, Quinn The Radio Star
Fri 15, 7.30pm, Barlight
Sat 16, 7pm, Just Friends
Sun 17, 12pm, Billy Guy St Patricks Day Fun

Thurs 21, 6.30pm, Quinn The Radio Star
Fri 22, 7.30pm, Dicky Switch
Sat 23, 7pm, Billy Guy
Sun 24, 12.30pm, Brad Sorensen

Thurs 28, 6.30pm, Quinn The Radio Star
Fri 29, 7.30pm, The Hemis
Sat 30, 7pm, Roger Lewis
Sun 31, 12.30pm, Roger Lewis

Maryborough RSL

Fri 1, 8pm, Bradz Rock N Rhythm
Sat 2, 8pm, Ian Murray
Sun 3, 12pm, Red Dog
Fri 8, 8pm, Frank Benn
Sat 9, 8pm, Unfinished Business
Sun 10, 12pm, Ian Murray
Fri 15, 8pm, TBA
Sat 16, 8pm, The Whiskey Mountain Boys

Sun 17, 12pm, Phil Morgan
Fri 22, 8pm, Chris Staib
Sat 23, 8pm, Abby Skye & Batman
Sun 24, 12pm, John Corowa
Fri 29, 8pm, John Corowa
Sat 30, 8pm, Red Betty
Sun 31, 12pm, David Turner

Social Snaps

Out and about on the Fraser Coast



Clockwise from top-left:
Food 'n' Groove Fridays -
The Bundy Burger pleased
the crowds.

Emily Baker from FCAC
sings to the crowds at the
exhibition opening of
Common Ground.

Leroi Mackay, 16 loves
nothing better than a good
race.

Gorden Jones from
Tenterfield at the Lawn
Mower Racing Track.

Juliet Affum enjoys Food 'n'
Groove with a cool drink!



2019 Weddings & FORMAL EVENTS EXPO

If you're getting married or celebrating a special event such as your high school formal, you don't want to miss the 2019 Weddings and Formal Events Expo. This much anticipated event is happening a little earlier in the year this time to cater for those winter & spring events.

There's plenty of changes this year from previous years, with a completely different layout, more exhibitors in a wider range of categories, and several mini-seminars happening on the main stage throughout the day from industry professionals to keep everyone up to date with the latest industry trends. Another major difference from previous years is the ability to purchase new & pre-loved bridal and formal gowns at great prices, with a dedicated pre-loved category in the fashion parade. Maybe you're not getting married or having a formal, but need a dress for the spring racing carnival? You're bound to find one in our consignment stall, at a great price!

In between learning industry secrets from professionals and finding the dress of your dreams in the fashion parade, take a stroll around and chat to exhibitors about venue hire, catering or flowers. Maybe health & wellbeing is your focus? We have you covered there, too. Planning on saying "I do" in an outdoor location? This year there will be information on hiring parks & gardens for your special event as well. Taste some yummy food samples, check out displays by event decorators, and find your entertainment provider and photographer as well! Chat to celebrants directly and find out why it's important to choose a celebrant that meets your requirements. After all, it is your special event! Whatever you need, you will find it all at the 2019 Weddings & Formal Events Expo!

There are some fantastic prizes up for grabs on the day with our raffles, somebody will also walk away with a Gold Coast accommodation voucher by winning the lucky door prize!

Event Organisers would like to acknowledge the generous assistance provided by their sponsors for this event.

Entry will remain at just \$5, which will assist the PCYC to provide a vital point of engagement for young people who are at risk, disadvantaged or disengaged. A canteen will be operating to provide refreshments, as well as a BBQ and the much-appreciated coffee van.

If you have a new or pre-loved bridal or formal gown that you would like featured in the fashion parade and sold on consignment, or if you're interested in becoming an exhibitor at the 2019 Weddings & Formal Events Expo, contact the Event Organiser, Tammy Sloan at the Hervey Bay PCYC on 41245211 or by checking out the expo website - www.fcweddingsformalexpo.org.au

2019 Weddings & Formal Events Expo
Sunday, March 10 - 10am - 1pm
Entry: \$5
Hervey Bay PCYC



Social Snaps

Out and about on the Fraser Coast



Clockwise from top-left:
Allen Heggie, 15 doesn't mind a bit of mud on race day.
Anthony Gleadhill from Toowoomba gets ready to race.
 On Common Ground are Curator, **Susie Lewis**, with Gallery Curator, **Stephen Gallagher** and Artist, **Susan Standly**.
Trinati Gleadhill drives 'Poison 22' and loves the colour purple.
 At the opening of Common Ground were Maureen Breikers, **Mary White** and **Lyn Boden**.



Social Snaps

Out and about on the Fraser Coast



Clockwise from top-left:
 Low n Slow BBQ Shacks,
Denis Maher with his
 delicious brisket at 'Food 'n'
 Groove.
Slade Rawlinson, 15 is a
 Central Queensland Racer
 and loves to race.
Zara Roya, 11 tries out one
 of the racing mowers.
The Brazzo Boys cook up
 some Brazilian at Food 'n'
 Groove.
Sherrie & Shawn from
 Deldora Delights feed the
 crowd at Food 'n' Groove.



WHAT'S ON @ THE BROLGA

28th Flickerfest Short Film Festival

SUN 3 MAR

Sunday Riverside

Sunday Riverside - Jay Power

SUN 3 MAR

MET Opera Live - La Traviata

TUE 12 MAR

Brolga Theatre presents *Morning Melodies*

We've Only Just Begun - The Music of the Carpenters

THU 4 APR

Leaving Jackson - The Johnny Cash and June Carter Show

SAT 16 MAR

NT Live - I'm Not Running

17 & 19 MAR

The Offenbach Strings

THU 28 MAR

Ian Moss - Solo & Acoustic Tour

SAT 6 APR

MET Opera Live - Adriana Lecouvreur

TUE 9 APR

NT Live - Allelujah!

THU 11 APR

The Robertson Brothers - 60s Variety Show

SAT 13 APR

Celtic Illusion

WED 17 APR

NT Live - The Tragedy of King Richard II

22 & 23 APR

Foster & Allen

THU 2 MAY

Petula Clark - Once More With Love

SAT 4 MAY

MET Opera Live - Carmen

TUE 7 MAY

Kings of Rock and Soul - Elvis Presley & Tom Jones

SAT 11 MAY

The Ten Tenors - Love Is In The Air

MON 20 MAY

Senior Moments

WED 22 MAY

COMING UP IN 2019...

Graeme Connors In Concert - From the Back Country	Fri 7 Jun
The Songs of Dolly Parton	Sat 8 Jun
MET Opera Live - La Fille du Regiment	Sun 9 Jun
Musical Mystery Tour - Danny Elliott - Morning Melodies	Thu 20 Jun
John Paul Young and the Allstar Band - The Vanda and Young Songbook	Wed 26 Jun
Toni Childs - Retrospective	Fri 28 Jun
Die Walkure	Tue 2 Jul
Dr Seuss's The Cat In The Hat	Wed 3 Jul
Clapton Unplugged Show	Sun 21 Jul
MET Opera Live - Dialogues des Carmelites	Thu 1 Aug