

TAKE  
ME HOME

# FRASER COAST What's On

May 2019 MONTHLY MAGAZINE

27



Inside this issue:

Forget Me Not  
**COLOUR STAMPEDE**

ECHOES IN MARYBOROUGH  
**MUSICFEST 2019**

Dunga Derby  
CALENDAR OF **EVENTS**

Local Musician Spotlight  
Derek **F SMITH**



## URANGAN

LAT 25° 18' S LONG 152° 55' E

MAY 2019

Time	m	Time	m
<b>1</b> 0012	1.23	<b>16</b> 0038	0.85
0628	3.33	0636	3.68
WE 1252	0.95	TH 1259	0.59
1853	3.29	1916	3.68
<b>2</b> 0052	1.10	<b>17</b> 0129	0.77
0702	3.40	0721	3.66
TH 1325	0.83	FR 1341	0.52
1928	3.46	1958	3.81
<b>3</b> 0132	0.99	<b>18</b> 0217	0.75
0734	3.43	0803	3.57
FR 1358	0.74	SA 1418	0.51
2003	3.61	2039	3.86
<b>4</b> 0210	0.92	<b>19</b> 0304	0.79
0806	3.43	0844	3.44
SA 1430	0.68	SU 1453	0.55
2039	3.71	2119	3.84
<b>5</b> 0250	0.88	<b>20</b> 0350	0.87
0838	3.39	0924	3.27
SU 1503	0.66	MO 1526	0.64
2114	3.76	2157	3.75
<b>6</b> 0330	0.89	<b>21</b> 0434	0.99
0912	3.31	1003	3.09
MO 1536	0.69	TU 1559	0.77
2153	3.76	2234	3.60
<b>7</b> 0411	0.95	<b>22</b> 0519	1.13
0948	3.19	1044	2.90
TU 1610	0.77	WE 1633	0.94
2234	3.70	2313	3.43
<b>8</b> 0456	1.04	<b>23</b> 0606	1.26
1029	3.04	1128	2.73
WE 1646	0.90	TH 1710	1.13
2320	3.60	2358	3.25
<b>9</b> 0548	1.16	<b>24</b> 0658	1.37
1118	2.87	1221	2.60
TH 1730	1.06	FR 1753	1.33
<b>10</b> 0015	3.48	<b>25</b> 0051	3.10
0650	1.25	0755	1.43
FR 1224	2.72	SA 1329	2.53
1829	1.22	1850	1.51
<b>11</b> 0121	3.40	<b>26</b> 0157	3.00
0801	1.28	0855	1.42
SA 1347	2.66	SU 1441	2.55
1952	1.33	2014	1.62
<b>12</b> 0233	3.39	<b>27</b> 0305	2.98
0914	1.21	0952	1.35
SU 1513	2.75	MO 1548	2.66
2120	1.30	2136	1.59
<b>13</b> 0345	3.45	<b>28</b> 0404	3.01
1024	1.06	1042	1.23
MO 1632	2.95	TU 1647	2.84
2237	1.16	2239	1.49
<b>14</b> 0449	3.56	<b>29</b> 0454	3.07
1124	0.87	1126	1.09
TU 1736	3.22	WE 1735	3.05
2342	0.99	2332	1.35
<b>15</b> 0546	3.65	<b>30</b> 0537	3.14
1214	0.71	1206	0.95
WE 1828	3.47	TH 1818	3.27
<b>31</b> 0018	1.21	<b>31</b> 0018	1.21
		0617	3.20
		FR 1243	0.82
		1858	3.47

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# What's On

## Note from the Editor

I recently had the opportunity to do some public speaking at an event...the thought of which made my heart skip a bit, my palms go all sweaty and for me to feel physically unwell.... Yes, you guessed it, the thought of public speaking petrifies me. I actually lose sleep over the thought! Then it gets to a stage when I have to talk firmly to myself, take a deep breath, (or three), and remind myself that I can do anything and refuse to let fear get in the way.



And that is ok, we are all plagued by self-doubt at times. That annoying little voice that tells us we are not good enough, that we are undeserving and unworthy.

But the trick is not to let that voice win. Once those thoughts enter your head, notice the change within your body. Your breathing becomes shallower, you become more nervous and shorter of breath, and before you know it you are having a full-blown panic attack.

Unfortunately, if you let the voices and those feelings win you will be very limited in life and never do anything as you will be too afraid. So next time the thought of doing something scares you, push the doubting voice aside and believe in yourself. You are worthy, you are important, and you have a right to be heard.

Don't let fear stop you from ticking those things off your bucket list, going for that promotion, asking for that pay rise, making that speech or planning that trip. We are all here for such a short time so make the most of it. Oh, about the speech...guess what, I survived!

Cheers,  
Kim Parnell  
Editor

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There is a new Jewellery studio in town,  
if you like exceptionally crafted jewellery,  
you can't go any further than World  
Treasure Designs located in Urangan.

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Part state-of-the-art workshop and part showroom, the new studio is focused on making jewellery with a difference. Their exclusive designs are locally inspired and locally made, featuring Australian gemstones and sustainably sourced metals. Everything is carefully handcrafted, from design sketch to final stone setting, right here in their Hervey Bay workshop.

With three trade-qualified jewellers, designers and specialty setters on the premises, the workshop specialises in custom handmade jewellery, special orders and repairs. A watchmaker and clock repairer is also available several days of the week. If you need a precious stone cut or re-polished, they even have local cutters that can help. Basic watch and jewellery repairs can be done within 24 hours and with easy onsite parking, it is a quick one-stop shop for all your jewellery and watch needs.





**Owned by Nick and Allison Thorp**, the Thorp family has owned and operated jewellery stores in Hervey Bay since 1992. Coming from three generations of jewellers, Nick Thorp is an award-winning jeweller who has been in the industry for decades. Nick and his team are known for designing and creating unique and innovative designs with a focus on old-fashioned customer service.



A special commitment to the environment is shown through their use of recycled metals and sustainable sourced materials. A portion of every sale is donated towards environmental causes meaning your purchase helps to protect and preserve our beautiful planet for future generations.



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**FREE  
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***Mother's Day gift  
with any jewellery purchase***

\*Valid for the whole month of May 2019 when you mention this Ad



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

*May is about dance, music, fundraising,  
art and antiques!*

The streets of Maryborough's CBD will be pulsating with a new event; **Echoes In Maryborough**. If you like live music, DJ'S, dance music, costumes, food and colour this is one event that you will not want to miss.

If dance and theatre are your thing, check out **Natalie Weirs The Dinner Party** that is coming to the Brolga. This performance is brought to you by Expressions Dance Company, and centres around the desire for power and its impact on relationships in a captivating performance.

We have a look at the **Dunga Derby's Calendar** of events and cast the spotlight on some great fundraisers coming up. There will be everything from movies to wine tours, barefoot bowls and a tombola. There will be many opportunities to support the Dunga Derby Rally for a Cause this month.

Janet Heisner hopes to demystify difficult subjects through awareness and education, and she certainly achieves this with her **Art Exhibition; Hope - Masks**. This thought-provoking exhibition showcases the masks that radiation patients wear during treatment. For many, the mask becomes a symbol of hope for the future and symbolises the hope that is given to all by modern medicine.

This is your opportunity to have your "treasures" valued and assessed free of charge. **The Antiques & Collectables Fair** will have Valuers on hand to answer any questions that you may have. So, look through your cupboards and drawers and find that coin, tool or jewellery piece that you have always wondered about.

If you enjoy the Fraser Coast music scene then you would have heard of the very talented **Derek F Smith**. In this edition, we shine the spotlight on his beginnings, music, life and his new live album coming up, called Better than Me.

Now in its 6th year, **Hervey Bay Unplugged** has uncovered, nurtured and developed lots of talent on the Fraser Coast. This is one competition that has gained momentum and shows no signs of slowing down and has the reputation of being a great launching pad for new emerging musicians.

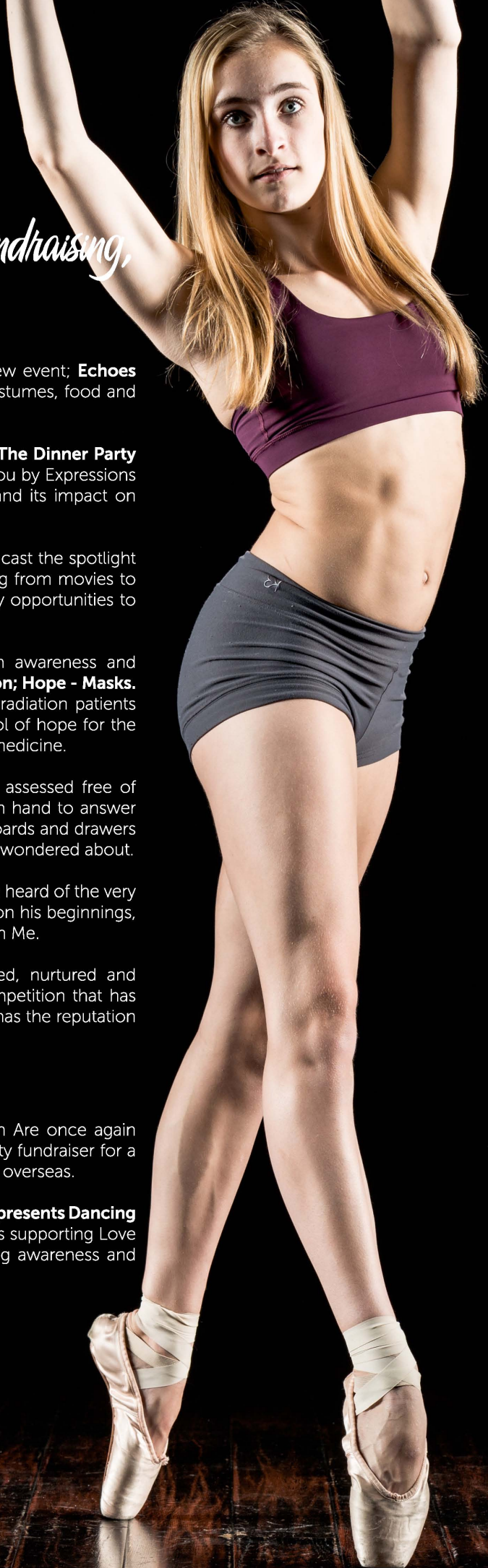
### Coming up in June

Forget Me Not Change Agents Olivia Hay and Thomas Biden Are once again hosting the **3rd Annual Colour Stampede**. This is a community fundraiser for a great cause and creates awareness about the plight of orphans overseas.

It's time to kick up your heels for a fantastic cause. **Genesis Care presents Dancing Under The Stars with Samuel Johnson** and the Proud Villagers supporting Love Your Sister. This will be a fantastic night to enjoy while raising awareness and much-needed funds for a fantastic cause.

*Kim Parnell*

Editor, What's On Fraser Coast







# Forget Me Not

## Supporting families in Nepal

The Fraser Coast community is set to get colourful for a cause close to the hearts of many locals on June 2 when they gather for the third annual Colour Stampede.

In 2017 Hervey Bay locals Olivia Hay and Thomas Biden decided to throw some colour on the global orphanage crisis and engage the Fraser Coast community to support families in Nepal. The pair brought to life their idea of a Colour Stampede to raise awareness that more than eighty per cent of children in orphanages have at least one living parent aching for their children to be returned home, where they belong.

"We are proud to be fighting the global orphanage crisis because research tells us children do much better when raised in loving families instead of institutions like orphanages and children's homes, no matter how well run they are."

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**"What's worse is the fact that most kids in orphanages are not actually orphans! They're forced to live this way because traffickers have taken advantage of their family's poverty and want the very best for their children. Parents will do almost anything for their children to live their best lives no matter where in the world they live, and these parents are no different."**

---

"Yet these families are often tricked into sending their children away for an education that is meant to be their ticket to a brighter future. The parents have no idea that their children are actually going to be branded 'orphans', told their families don't want them, and forced to live a lie."

"I've met some of these kids and they've told me that it was expected for them to look impoverished and needy in order to get sympathy and donations from volunteers and tourists who visit with open hearts and deep pockets," Olivia said.

"It's a crazy world but we have seen first-hand the difference this volunteer-run community fundraiser makes to the lives of children in Nepal through the work of Forget Me Not. It's a game changer for these families and Liv and I believe every child deserves a family, our own families are so important to us."

"We have lots of things planned for this year's Colour Stampede to make it bigger and better than ever! Food and drinks will be available, we have great entertainment lined up, Optus have donated a couple of phones for auction, and the major raffle prize is a weekend away at Kingfisher Bay Resort," Thomas added.

Hervey Bay business leaders are also backing the event. Linda Bland said, "Century 21 Commercial are thrilled to sponsor the Colour Stampede again and support the fantastic work that Forget Me Not does in keeping children with their families and providing families and communities with the support they need."

Forget Me Not CEO Andrea Nave said, "I am privileged to have been a part of the Forget Me Not story from the early days when a small group of Hervey Bay locals decided there was something, they could do together to make the world a better place."

"It's been a magnificent journey and this event is an excellent example of how change can be powerful, life-changing and fun! I'm so proud of Olivia and Thomas and their journey from observers to participants to leaders and agents of change. The future's in good hands!"

"I'm looking forward to happy faces and lots of laughs along the colourful 2.5-kilometre fun run through beautiful Susan River bushland – everybody is welcome."

The third annual Colour Stampede is suitable for all ages and abilities and will be held at Susan River Homestead Adventure Resort, on Sunday June 2, from 10am with all proceeds donated to Forget Me Not.

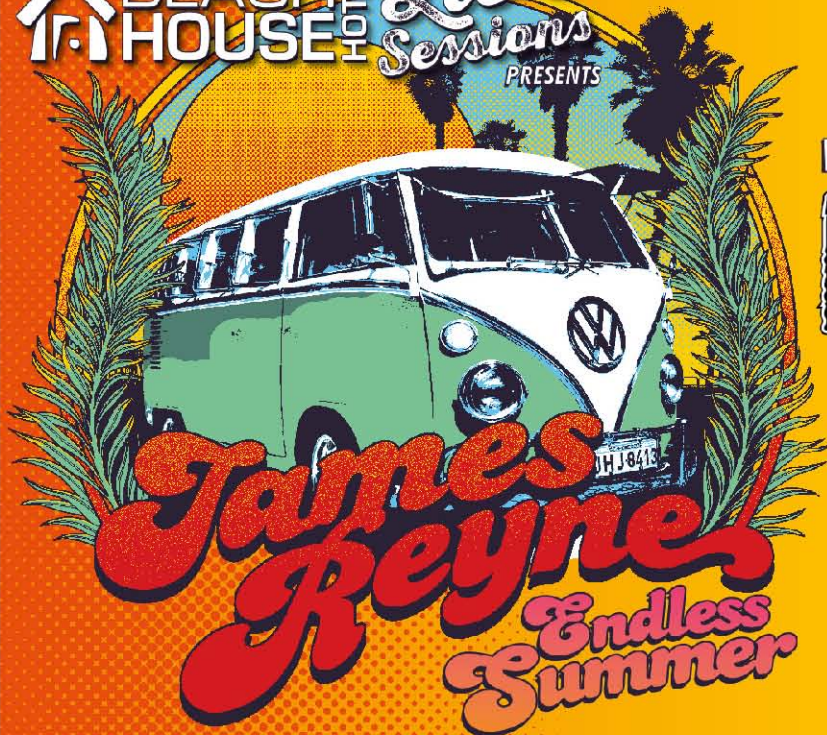
Learn more about the work Forget Me Not does at [www.fmn.org.au](http://www.fmn.org.au).

Readers can use a 'What's On Fraser Coast' discount code for \$5 OFF every ticket at checkout!

Take advantage of the special offer by using the code 'WOFC'! Tickets available here: [www.stampede.org.au](http://www.stampede.org.au)



BEACH HOUSE HOTEL *Live Sessions*  
PRESENTS



WITH SPECIAL GUEST

# BOOM Crash Opera

**JULY 16TH 2019**  
**DOORS OPEN 8PM**  
**TICKETS ONLY \$55**

TICKETS ARE NON REFUNDABLE - 18+ ONLY EVENT

BEACH HOUSE HOTEL *Live Sessions*  
PRESENTS



WITH  
**PALACE OF THE KING**

**JUNE 28TH 2019**  
**DOORS OPEN 8PM**  
**TICKETS ONLY \$45**

TICKETS ARE NON REFUNDABLE - 18+ ONLY EVENT



**W**hile PubFest is no more, a small group of publicans, and volunteers didn't want to see an event that drew thousands each year disappear altogether. Organiser Brendan Heit, said, "We had two choices, to walk away or to come up with a fresh event."

## "PUBFEST JUST WASN'T VIABLE ANYMORE AS A LOT OF THE VENUES PULLED OUT DUE TO RISING COSTS."

After a lot of discussion, it was decided that the new event would be called Echoes in Maryborough – MusicFest 2019. The name was suggested by one of our volunteers, Kylie Nitz. The word 'echoes' suited the event perfectly, as we wanted people to experience that feeling of walking through a street in the Maryborough CBD and hearing echoes of music that then pulled you from all different directions. So, we thought that the name was appropriate.

Don't worry though as there are some popular elements that will remain, Yenda Battle of the Bands had its debut last year and is back bigger and better. What will please many is that the costume theme remains, (this year the theme is Rockstar's) and of course there will be lots of live music to enjoy.

This year various cafes and restaurants will be participating for the first time. There will be live music at those businesses taking part, so why not start the day with breakfast, sit back and get in the mood.

Both the Maryborough RSL and the Maryborough Sports Club have come on board. This is very exciting as neither one of these venues have been involved in the past.

Some of the highlights to look forward to over the Labour Day weekend will be:

**At the Criterion Hotel** – Check out popular local musician Derek F Smith, get pumped on the dance floor with guest DJ's Tenzin, and Kaitlyn Arnott, and listen to the sounds of Brentyn Irvine.

**At the Federal Hotel** – It's all about the Yenda Battle of the Bands on. In this multi genre event you will see eight up and coming bands battling it out for the title. This is definitely one competition that is certainly gaining a lot of traction, and with some great prizes up for grabs, including a four track EP by Pacific International music, a Music Video from BM Film Productions, as well as cash prizes, you can expect the participants to put on their best performance.

Another highlight will be the release of The Scone Farmer's much anticipated EP. As winners of last year's Yenda Battle of the Bands.

Gavan John Chin said, "We are very excited about Echoes in Maryborough, especially in the years to come, as the event grows".

At the Old Sydney – There will be a Car Park Party on Sunday.

Both the Federal and The Criterion will be opening on the Saturday night, so get ready to party!

But best of all there is no cost for the participants this year other than your food and drinks. Yes, you heard right, it is free! Brochures will be available with the gig guide and a map showing all of the music and events happening over the weekend. The brochures will be available from the visitor information centre, and at the event on Sunday.

Brendan said, "Don't think of it as the end of PubFest but think of it as the start of something better that can grow into something massive. Give it a chance and come and have some fun."

**THE MAIN EVENT WILL BE HELD ON MAY 5.**

Find us on Facebook at  
**Echoes in Maryborough**  
– MusicFest 2019



# Echoes in Maryborough

**Criterion Hotel Owner**  
– Brendan Heit

– **MUSICFEST 2019**  
Written by Kim Parnell



# Healthier Eating with *Eva*



**BERRY MINI MUFFINS**

## Berry Mini Muffins

(makes approx. 30)

### INGREDIENTS:

**Butter or coconut oil to grease the tray**

**3 x bananas**

**3 x eggs**

**3/4 cup of almond meal**

**(Optional) Honey or natural sugar to taste (rapadura sugar, stevia or the like)**

**Berries for decoration and flavour**

Preheat oven to 180 deg C.

Butter or apply coconut oil to mini muffin tray. Blitz bananas, eggs, sweetener and almond meal in a blender. Blend until smooth. Pour into muffin tray. Add a single berry of your choice to each muffin. Bake for approx. 15 mins (or until knife comes out clean). Remove from oven and let cool. Enjoy as a healthy treat!

From tasty banana cakes (with zero sugar or flour) to delicious

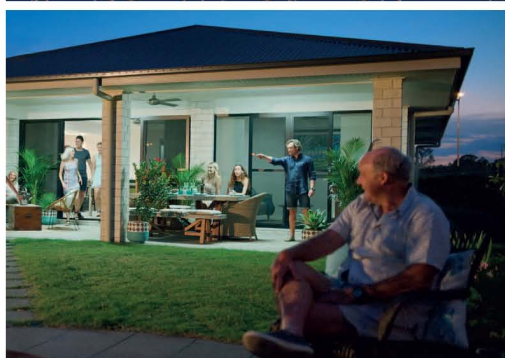
home cooked meals, there is nothing that can't be replicated to be healthier. If your health is important to you and you want more ideas, you can follow my Instagram for healthy recipe ideas @evatweetheart12.

You can also follow me on facebook and meet other like-minded healthy people at: Hervey Bay Social Foodies Group.



*Eva Lawrence*

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NBN ready



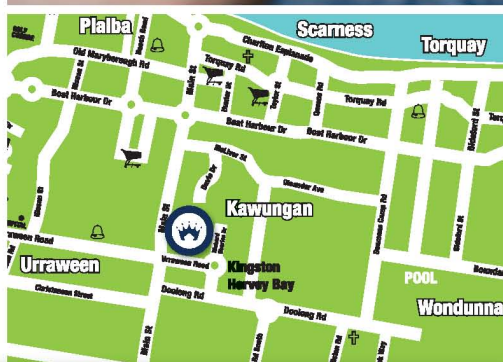
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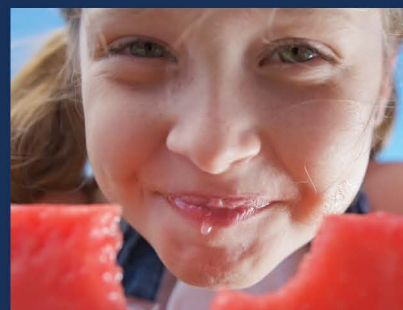
2 Richard Charles Drive,  
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### WEBSITE

www.kingstonherveybay.com.au



**KINGSTON**  
HERVEY BAY





# What's On at Arkarra



**Saturday 11th May** - "Bling, Bling Ladies" High Tea event



**Sunday 12th May** - Mother's Day Breakfast, Brunch & Lunch.  
Complimentary spritzer for every Mum.



**Friday 17th May** - Friday Night dinner with entertainment  
by Sam Maddison.



**Sunday 19th May** - "WINE, SWINE & BOVINE" - a divine gourmet  
long luncheon featuring Taylor's Award Winning Wines paired with  
Chef's Low 'n' Slow BBQ creations.



**Saturday 8th June** - Arkarra BBQ & Blues event. Join us for a  
relaxed afternoon of laid back blues from Melbourne Bluesman  
Julian James and a feast of low and slow BBQ treats in our  
peaceful garden setting.

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**arkarra.com.au**

Look out for the Arkarra LOW+SLOW BBQ pop-up for our  
delicious brisket burgers and more at the By the C concert  
on 11th of May, at the Fraser Coast Show Thursday 23rd &  
Friday 24th of May and at Relish Food & Wine Festival June 1st.



**Celebrating the launch of our new  
Arkarra Low + Slow BBQ catering division**



Announcing our  
**2018 CERTIFICATE OF EXCELLENCE.**  
We couldn't have done it without you!

## Hervey Bay **UNPLUGGED** nurtures new talent

Established in August of 2013, Hervey Bay Unplugged has gone from strength  
to strength each year in nurturing and developing some of the Fraser Coasts  
most recognisable names in our local music scene and beyond.

**The concept was originally created over a few cold beers between  
radio personality Kristian 'Mak' McKenna and Dogwood Crossing  
front man Tim Earle whilst discussing the much-needed support for  
original artists across the entire music industry.**

"What can we do?" Was the question posed and after 6 successive years of  
Hervey Unplugged and a groundswell of community support the answer is  
"plenty".

2019 brings with it some amazing changes for the competition.

As the program has grown in popularity over the years, the need for a larger  
venue became apparent in recent times and thanks to the Hervey Bay RSL, the  
Hervey Bay Unplugged family now has a new home to grow with.

"We are beyond excited to be working with the Hervey Bay RSL to continue to  
support our diverse and exciting local artists in achieving success within the  
industry, and on a Friday night too!" says Tim Earle.

The second heat will be held at the Hervey Bay RSL on Friday, May 3. With  
amazing prizes on offer thanks to Pacific International Music, Ultra Music,  
Wolfpack Print, The Sign Guys and HIT 101.9.

Registration will be limited so head over to [www.unpluggedcomp.com](http://www.unpluggedcomp.com),  
click on bookings and get ready to rock.. acoustically!



FRASER COAST

**What's On** May 2019



# Russell Czinege

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



Lightly toasted soft  
taco beef and black  
bean quesadilla



A few ingredients to put together, but a really simple party food dish where your guests can build their own, or it can be plated up for a delicious snack.

## Ingredients

Feeds 6

2 x pack small soft tortillas 3-4 inches

1 x 400g tin fried beans  
1 x 400g tin black beans

400g Rare roast beef  
(we use our finely sliced  
smoked sirloin from Arkarra  
Low+Slow)

1x 250g Greek yogurt -  
strained

1 x bunch coriander

1 x medium carrot

1 x medium onion

2 x sprigs shallot

1 x chilli

1 x mixed baby tomatoes

1 x mixed shredded cheese

1 x lime

Sea salt and cracked pepper

## Homemade taco spice

(remove chilli flakes for a milder product)

- 1/4 Tbsp. Chili Powder.
- 1/4 tsp. Garlic Powder.
- 1/4 tsp. Onion Powder.
- 1/4 tsp. Crushed chilli Flakes.
- 1/4 tsp. Dried Oregano or mixed herbs fine.
- 1/2 tsp. Paprika.

- 1 1/2 tsp. Ground Cumin or crushed fennel seed.
- 1/4 tsp castor sugar
- 1 tsp. Sea Salt.

## Steps

Hang the yogurt overnight if possible, in a bowl or fine strainer to remove all excess moisture from yogurt. Slice fine the French onion, red onion, chilli and matchstick the carrot. Cut baby tomatoes. Empty black beans from the tin and wash. Place fried beans in a bowl, season and add a little of the grated cheese. Place all tortillas out on the bench, smear bean and cheese mix lightly on the bottom layer of tortilla crack pepper and place on the lid. Pre heat oven and Bake 160 degrees for 1-2 minutes. Place tea spoon of yogurt to hold your beef and ingredients in place & add all other ingredients, squeeze of lime a sprinkle of sea salt and grind of pepper and enjoy.

# Relish

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1 JUNE 2019

10AM - 5PM

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CRUISE, A Fraser Coast Food Journey  
& much more.**



RELISHFRASERCOAST.COM.AU





# Antiques & Collectables Fair

HERVEY BAY HISTORICAL VILLAGE & MUSEUM

## ITS ON AGAIN!

The Hervey Bay Historical Village & Museum is pleased to announce another great ANTIQUES & COLLECTABLES FAIR, to be held on Sunday, 5th May at the Museum, 13 Zephyr St, Scarness.

Starting at 9.30am and continuing until 4.30pm, the day will be action packed with something of interest for everyone. Featured on the day will be.....

Bring along your "treasures" and have them valued/assessed by Valuers, free of charge! China, glassware, old photographs, books, coins/notes, tools, interesting oddities, clothes, in fact ANY old item of interest! Limit of 4 items per person! Experts on site to give you estimate of value, identify articles and give advice for preservation/restoration etc.

Meet with an expert Museum Volunteer and see and learn about many of the historic items on display such as the push bike that has been ridden over 200,000kms around the World, the story of URANGANITE and the unique WHEEL BARROW, the relics from the Maheno plus countless other special exhibits.

Hot and cold food, drinks and refreshments available throughout the day.

All Museum Buildings and displays are open all day. Be sure to see the newly opened FIRE STATION, BARBER SHOP and COBBLERS Displays. As well, there will be live DEMONSTRATIONS including historic photos slideshows, rope making, corn displays and a working blacksmith! There are plenty of great photo opportunities so bring along your camera!

**Children can enjoy old time games, free tractor rides and experience the thrill of writing on slates in the Nationally Registered Dundowran School! Admission Charges on the Day are.....Adults \$10, Children under 14, FREE.**

With the success of the very popular "BBC ANTIQUES ROADSHOW" and our past experience on similar days at the Hervey Bay Historical Village and Museum, you can be assured of a great day enjoying all that is on offer in the ideal setting of our Museum.

**DON'T MISS THIS EXCITING DAY.  
SUNDAY 5th MAY,  
MUSEUM GROUNDS. ZEPHYR ST. SCARNESS**

## DSB PROPERTY MANAGEMENT

### *Rental Specialists*

- We are a property management only agency
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# Love is In The Air

## FOR THE TEN TENORS

The Ten Tenors have attracted a vast Australian and international fan-base by performing a unique combination of classical & contemporary music featuring ten-part harmonies. They have been widely acclaimed in the media, both in Australia and internationally, with critics praising their ability to "ignite hearts" (Brighton Argus) with their effortless charm and "magnificent vocals" (Belfast Live). Their romantic and timeless repertoire always finds a way to move their fans.

The supergroup came together in 1995 and have released fifteen studio albums to date. They are set to release their new material in late April, with a brand-new single going to radio soon. The new album *Love Is in The Air* came from an idea based around songs that people might choose as their wedding first dance song (as two members from the group prepare to plan their respective upcoming weddings). Deciding to go with *Love Is in the Air* as the title track was an obvious choice given it's such a cheerful title that will make people feel happy when they see it and when they hear it.



The Ten Tenors forthcoming live shows will consist of songs from the new album as well as some new classical love arias, some blockbuster rock anthems and traditional medleys. They will also be including at least one brand new medley and one favourite that has been requested so many times to bring it back – this is one that hasn't been heard for a very long time!

As for the new medley, well – you will have to see the show, but it will have you torn between laughing and wanting to dance right in your seat!

**"The Ten Tenors unique mix of the traditional and unconventional offers a fresh and highly-original take on the staid traditions of opera"**  
THE NEW YORK TIMES

**"The cluster of high voices generates pure electricity"**  
LOS ANGELES TIMES

**"The Ten Tenors are truly exceptional when performing at full strength of 10"**  
VARIETY

Tickets on sale now at [www.thetentors.com](http://www.thetentors.com)

**THE TEN TENORS –  
LOVE IS IN THE AIR  
Monday 20th May  
Brolga Theatre,  
Maryborough**

# JAMES BLUNDELL

with Briar Blundell

**THE ORIGINAL URBAN COWBOY**  
Recognised as one of Australia's finest singer songwriters.

James Blundell with his son Briar. A blend of great songs, music, vocals and a bit of cheek thrown in for good measure.



**FRIDAY JUNE 14**

\$20 members - \$25 on members  
Doors open 7pm / Start 8pm

Purchase tickets at:  
[www.herveybayrsl.com.au](http://www.herveybayrsl.com.au)



Ph: 4197 7444

18+

Hervey Bay RSL presents...

# unplugged 2019

**\$10,000 RECORDING PACKAGE**  
**\$1,000 CASH & \$500 ULTRA MUSIC VOUCHER**  
**UP FOR GRABS!**

To enter go to:  
[www.unpluggedcomp.com](http://www.unpluggedcomp.com)

<b>HEAT 1</b> Friday April 26 Bayswater Hotel 7.30pm	<b>HEAT 3</b> Friday May 10 Hervey Bay RSL - 7.30pm	<b>SEMI FINAL</b> Friday May 24 Hervey Bay RSL 7.30pm
<b>HEAT 2</b> Friday May 3 Hervey Bay RSL 7.30pm	<b>HEAT 4</b> Friday May 17 Hervey Bay RSL 7.30pm	<b>GRAND FINAL</b> Friday June 7 Hervey Bay RSL 7.30pm

HERVEY BAY RSL WOLFPACK PRINT PACIFIC INTERNATIONAL MUSIC The Signguys



# GET YOUR SKATES ON FOR ROLLER DERBY

– With Youth Columnist, Jacob Kitson-Holebrook



S taying fit and dedicating the time to spend hours working out in a day is something that a lot of people really struggle with. Finding the motivation to get out of the house and stay fit is something that really takes a lot of effort for many individuals. Well, why not stay fit in a fun and nurturing environment?

Making an appearance in the Fraser Coast region is Roller Derby which is an awesome way to get involved and stay fit with your local community. The Red Hot Chilli Rollers are the first and only Juniors Roller Derby Team. Kids from all walks of life coming together to strap on the skate's and give it a red hot go. The combination of upbeat music, lots of laughter, and obviously a good time, creates a perfect way to get a good workout.

**Roller Derby activates muscles all over your body that you probably never knew you had, allowing the body to receive a good stretch and fires up your endorphins helping to get rid of all those school stresses. Another bonus from this amazingly engaging sport, everything is provided. Skates, Helmets and Kneepads are all a part of the deal when participating. Therefore, no need to really plan ahead, hop in the car and rock up it's as easy as that.**

So where can you find this amazing activity, well it's on your doorstep in Hervey Bay, located at Urangan State High School in the Sports Hall. When can you come down and join in? Tuesdays 4.30pm to 6pm, session fee is \$5, and Saturdays 10am to 1pm the session fee is \$7. Membership is \$175 per year. Skate fit for 16+ is Saturdays 1pm to 2pm and costs \$5 per session and a \$50 membership fee.

The Red Hot Chilli Rollers also run public skate days regularly with a gold coin donation and \$5 hire fee, dates are published on Facebook. Families are very welcome to come and check training out and there is an offer for the kids where they get first 3 sessions for free. So, come down and give it a crack, I hope to see you there.

## 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](http://www.cafeconnections.com.au)



## COFFEE COLUMN



# Brewed Awakenings COFFEE



## BEANS ON THE BAY

By Greg Lagstrom

Café Connections  
Hervey bay

### Cold Drip Coffee

Drinking cold drip allows you to notice the subtleties between the origin and quality of the beans and the effort that has gone into your cup. It's a patient process that involves dripping cold water through ground coffee over a period of 8-10 hours. With cold drip, you can't really use a low-grade coffee and get away with it. You will enjoy the subtleties of the coffee bean without overpowering acidity or bitterness that can come with heat extracted coffee. The specific notes of the coffee bean will be accentuated through the cold drip process and will bring you a complex taste easily differentiated from traditional hot brew.

### A HEALTHIER ALTERNATIVE

#### • Can help you lose weight

By drinking a cup of cold drip following a workout, you'll increase your post-energy expenditure, which is the body's ability to continue burning calories after exercise

#### • Makes you smarter

Bioactive compounds found in coffee can reduce cognitive deficits, as well as improving motor function.

#### • Better on a sensitive stomach

The flavour tends to be smoother and the coffee less acidic

#### • Could extend your life

Coffee increases the body's fat-burning capabilities, increases insulin sensitivity, and decreases the risk of dementia. Also, coffee contains more free-radical fighting chemicals than other caffeine-rich drinks such as tea

#### • Keeps you looking young

Coffee is reputedly the best beverage for anti-aging effects because it contains antioxidants which can protect your skin from harmful chemicals found in the air and from the sun's damaging UV rays, helping to keep your skin supple, moisturized, and youthful.

Drinkers of cold drip coffee can look forward to a longer life, sharper brain function, and a boost to their weight loss attempts. All this is thanks to the cold drip process and in the way that this gourmet brew is created.

### Two new places to check out in the Bay

**Brewed Awakening** on the esplanade, espresso bar with a smooth coffee

**Wharf eats** a surprise find, at the end of Boat Harbour Drive, right on the water with a big deck overlooking the marina, a hidden gem.



Trading hours are Mon to Fri  
6am to 2 pm  
Sat & Sunday 6am to 1pm

Address 351 The Esplanade Scarness  
Phone 4124 2246

*Come in for a laugh and grab  
a great organic coffee,  
hot food or something sweet.*

Loyalty cards

We look forward  
to seeing you all soon!





# Calendar of Events

## MAY

### MAY 1 (WED)

#### Fraser Coast Writers

1pm

Call 0401 767 127, or just come along!

Hervey Bay Library

### MAY 1 (WED)

#### After School Visual Art Workshop with Lisa Pittori

3.45pm-5pm

Cost involved

Gatakers Artspace

### MAY 2 (THURS)

#### Foster & Allen

7pm

Brolga Theatre & Convention Centre

### MAY 3 (FRI)

#### Salvos Fundraiser Concert featuring Caitlyn Shadbolt

The Sporties – 10 Pier St, Urangan

For tickets call – 4128 9643

### MAY 3 (FRI)

#### Table Tennis

1pm-4pm

Hervey Bay Senior Citizens Club

### MAY 3-5 (FRI)

#### May in the Wide Bay 2019

Hosted by Wide Bay Rodders Hervey Bay & Custom Car Club

Hervey Bay

### MAY 4 (SAT)

#### Howard Country Markets

7am

Burrum District Community Centre

### MAY 4 (SAT)

#### Ron Patterson Jumping & Dressage Clinic

9am

Call 040 7581 832 for details

Hervey Bay Active Riders

### MAY 4 (SAT)

#### Meditation

10.30am

Free – Bookings required 4190 5788

Maryborough Library

### MAY 4 (SAT)

#### May the 4th be with you!

11.30am

Kondari Hotel, Hervey Bay

### MAY 4 & 5

#### Hervey Bay Crafters Mother's Day Craft Fair

9.30am-3pm

Free Admission

Hervey Bay RSL

### MAY 4 (SAT)

#### Skate Fit

1pm

Urangan State High School

Hervey Bay

### MAY 4 (SAT)

#### Petula Clark-Once More with Love

8pm

Brolga Theatre & Convention Centre

### MAY 5 (SUN)

#### Echoes in Maryborough – Music Fest 2019

Find us in Facebook

### MAY 5 (SUN)

#### Show & Shine

Hosted by Wide Bay Rodders as part of May in the Wide Bay

9am-1pm

Pialba State School

### MAY 5 (SUN)

#### Antiques & Collectables Fair

9.30am

Hervey Bay Historical Village & Museum

### MAY 7 (TUES)

#### Meditation on the Move

9.15am

Memorial Hall, Pialba

### MAY 7 (TUES)

#### Table Tennis

1pm

Hervey Bay Senior Citizens Club

### MAY 10 – JUNE 16 (FRI)

Art Exhibition - Hope-Masks  
Fraser Coast Regional Gallery

### MAY 10 (FRI)

#### Gala of Honour 2019

Bayside Transformations

For tickets call 0422 447 161

### MAY 11 (SAT)

#### Skate Fit

1pm

Urangan State High School

### MAY 11 (SAT)

#### Arkarra High Tea

2-4pm

Arkarra Gardens Café Restaurant

Bookings essential – 4128 8069

### MAY 11 (SAT)

#### By The C

Find us on Facebook

Fraser Coast Park, Hervey Bay



**MAY 11 (SAT)**

**The Kings of Rock and Soul**  
8pm  
Brolga Theatre & Convention  
Centre

**MAY 12 (SUN)**

**2019 Mother's Day Classic**  
8.45am  
Scarness

HERVEY BAY

**MAY 12 (SUN)**

**Mother's Day at Arkarra**  
8am-3pm  
Arkarra Gardens Café Restaurant  
To book call 4128 8069

**MAY 15 (WED)**

**Artcon**  
10am  
Fraser Coast Cultural Centre

**MAY 16 (THURS)**

**The Australian Medium  
Tour 2019**  
7.30pm  
Hervey Bay RSL

**MAY 17 (FRI)**

**Arkarra Friday Night Dinner**  
5.30pm-9pm  
Arkarra Gardens Café  
Restaurant  
To book call 4128 8069

**MAY 17 (FRI)**

**RADF Info Session**  
10am  
Brolga Theatre & Convention  
Centre

**MAY 17 (FRI)**

**Business & Tourism Hervey Bay**  
5.30pm  
All those in Business welcome!  
Enzo's On the Beach  
Hervey Bay

**APRIL 20 (SAT)**

**The Beach Boyz Tribute Show**  
8pm  
Hervey Bay RSL

**MAY 17-MAY 18 (FRI)**

**The Lion, The Witch and The  
Wardrobe Stage Production**  
St Mary's College, Maryborough

**MAY 18 (SAT)**

**RADF Info Session**  
10am  
Fraser Coast Cultural Centre

**MAY 18 (SAT)**

**Wine Tour**  
As part of Rally for A Cause  
Go to: [www.dungaderby.com.au](http://www.dungaderby.com.au)

**MAY 18 (SAT)**

**UK Bee Geez**  
8pm  
Hervey Bay RSL

**MAY 19 (SUN)**

**Independent Riders 5th Annual  
Show and Shine**  
7.30am  
Independent Riders Australia  
Pty Ltd

**MAY 19 (SUN)**

**Art Therapy Workshop for  
Intention Setting 2019**  
10am  
Call 0449 037 011 for details  
Inspired Creative Living Art  
Therapy

**MAY 19 (SUN)**

**The Hustle**  
Hosted by Ladies of 4655  
Bigscreen Cinemas Hervey Bay  
As part of Rally for A Cause  
Go to: [www.dungaderby.com.au](http://www.dungaderby.com.au)

**MAY 20 (MON)**

**The Ten Tenors – Love is in  
the Air**  
7.30pm  
The Brolga Theatre &  
Convention Centre

**MAY 22 (WED)**

**Senior Moments – A  
Comedy Revue**  
1pm & 7.30pm  
Brolga Theatre & Convention  
Centre

**MAY 23-MAY 24  
(THURS)**

**Fraser Coast Agriculture Show**  
9am  
Maryborough & Equestrian Park

**MAY 24 (FRI)**

**Fred Brophy Boxing Tent**  
6pm  
Miners Arms Hotel –  
Torbonlea

**MAY 25 (SAT)**

**Goomeri Pumpkin Festival  
2019**  
7am  
Township of Goomeri

**MAY 25 (SAT)**

**Big Bingo – Last Saturday of  
the Month**  
7.15pm  
Sporties Club, Hervey Bay

**MAY 25 (SAT)**

**Tombola**  
As part of Rally for A Cause  
Go to: [www.dungaderby.com.au](http://www.dungaderby.com.au)

**MAY 26 (SUN)**

**Barefoot Bowls**  
As part of Rally for A Cause  
Go to: [www.dungaderby.com.au](http://www.dungaderby.com.au)

**MAY 26 (SUN)**

**Movie Matinee-Aladdin**  
As part of Rally for A Cause  
Go to: [www.dungaderby.com.au](http://www.dungaderby.com.au)

**MAY 30 (THURS)**

**Natalie Weir's The Dinner Party**  
7.30pm  
Brolga Theatre & Convention Centre

**MAY 31 (FRI)**

**Regional Disability Expo**  
9.30am  
Hervey Bay PCYC

**MAY 31 (FRI)**

**Johnny Cash – Back to San  
Quentin**  
8pm - Brolga Theatre &  
Convention Centre





## RALLY FOR A CAUSE CALENDAR OF EVENTS IN MAY

By attending any of the events below you will be contributing to The Dunga Derby Rally for A Cause Charity, providing support to local Fraser Coast Families in need. You will also have a ton of fun along the way!



**18th May 2019**  
Event  
**Wine Tour**

Tipplles and Tales of Childers  
Save the date  
More details to follow....



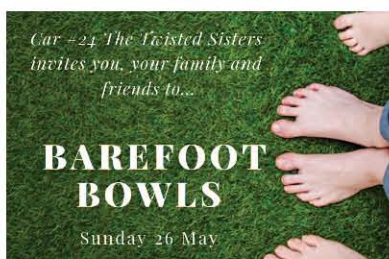
**19th May 2019**  
Event  
**Movie Matinee - The Hustle**

Enjoy new comedy THE HUSTLE starring Anne Hathaway and Rebel Wilson, who team up to take down the dirty rotten men who have wronged them.



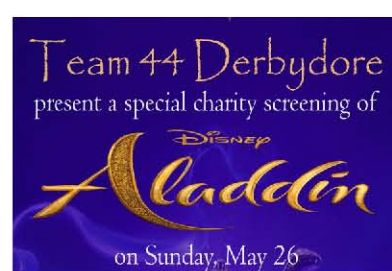
**25th May 2019**  
Event  
**Tombola**

If you like bingo and raffles, then you'll LOVE Tombola. Enjoy this fun-filled family event with prizes galore to be won.



**26th May 2019**  
Event  
**Barefoot Bowls**

Come along, take your shoes off and have fun with family, friends or workmates. Dress up and bring a team or join one on the day. No prior experience is needed, with a FREE coaching session to kick it off.



**26th May 2019**  
Event  
**Movie Matinee - Aladdin**

Enjoy a special screening of the Disney Classic - Aladdin. Great entertainment for the whole family.

If you are interested in any of these events go to: [www.dungaderby.com](http://www.dungaderby.com), and while you are there a check out the 2019 Events Calendar.

There are still a few spaces left on the Dunga Derby 2019. Those who are interested in joining should visit [www.dungaderby.com.au](http://www.dungaderby.com.au) and get in touch.





**Come on out to the 2019 Fraser Coast Agriculture Show at the Maryborough Showgrounds & Equestrian Park, Bruce Highway North on Thursday 23 & Friday 24 May.**

There will be so much to see and do; Cooking demonstrations, an antique tractor pull, woodturning demonstrations, as well as all of the popular competition displays such as Cookery, Fine Art, Horticulture, Fruit & Veg, Craftwork etc.

There will be musical entertainment in the marquee, BBQ demonstrations and tastings from Arkarra Low n Sl ervey Bay. Brisket Burgers will be on sale and go very quickly as they are very popular, so make sure that you don't miss out.

The Crackup Sisters will be entertaining the crowds as part of a great line up of family shows, sure to produce lots of laughter and pure enjoyment.

In front of the grandstand, in the Cane & Cattleman's area, will be the baby animals, always a huge hit with the kids, or take a seat and check out some of the shows in the ring. The Aussie FMX Motorbikes, the Betta Working Dog Trials, equestrian events, and of course everyone's favourite the spectacular fireworks display that is once again sponsored by Wade Sawmill, Wade has been sponsoring the fireworks since 1991, Wade, we thank you!

Situated close to the Grandstand is the licenced Bar for the adults. The show would not be complete without sideshow alley and showbags that are full of all of the crowd favourites. Don't forget to get your ride/ bonus tickets, these can be purchased now. Tickets are limited so get in quick.

Friday is Peoples Day and it just gets better, come along to the Rodeo, and the after party in the Campdraft arena from 7pm to 10.30pm. You are welcome to bring your own comfy chair to sit on. There will be a bar available, and great music will finish off a great night.

Online tickets and further information is available on our website [www.frasercoastshow.com.au](http://www.frasercoastshow.com.au) or drop out into the Show Office located at 84 Gympie Road, Tinana: Mon to Thurs 9.30am to 3.30pm, Please note that the office will be closed from Friday, May 17 until Mon, May 27, but will reopen on Tues May 28.

**See you at the show!**



# FRASER COAST What's On

*"Whatever you are into, get into What's On Fraser Coast"*



- Magazine available in print and online
- Distributed monthly across the Fraser Coast
- Locally owned and operated
- The What's On brand also includes social media pages: What's On Fraser Coast, What's On Hervey Bay, What's On Maryborough

📞 Kim Parnell - 0467 303 171  
 🌐 [www.whatsonfrasercoast.com.au](http://www.whatsonfrasercoast.com.au)  
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 📧 [sales.whatsonfrasercoast@outlook.com](mailto:sales.whatsonfrasercoast@outlook.com)



# SAMUEL JOHNSON *is back!*

## Genesis Care is presenting Dancing Under The Stars with Samuel Johnson and the Proud Villagers supporting Love Your Sister.

After the amazing success of last October's event, Hervey Bay is welcoming Sam back to The Beach House Hotel on the 8th June 2019 with a new perspective and something exciting to share.

Last year the Proud Villagers with the support of the local community rallied together to raise over \$25,000 for the Love Your Sister charity and this year with the support of GenesisCare and many other local sponsors they are hoping to achieve a similar result.

GenesisCare is delighted to be a part of Proud Villagers supporting Love Your Sister providing world-class treatment and support to cancer patients here on the Fraser Coast. GenesisCare know how important it is to enable people to stay close to their family and friends through the challenging time of cancer treatment.

GenesisCare are proud to announce the opening, at the end of May 2019, of a new treatment centre on the Fraser Coast. Enabling more local patients to receive lifesaving radiation treatment, closer to home.

This event is set to deliver from the success of last year, with a different experience featuring Latin Salsa and Bachata dancing entertainment provided by ZClub Dance Fitness and live band Dicky Switch.



For full event details follow Proud Villagers Supporting Love Your Sister on Facebook. Individual tickets are available online through EventBrite and tables of 6, 12 or 18 can be secured by contacting the Proud Villagers Supporting Love Your Sister team via Facebook, messenger or email [proudvillagershb@gmail.com](mailto:proudvillagershb@gmail.com).

# Dancing Under The Stars

WITH SAMUEL JOHNSON AND THE PROUD VILLAGERS

proudly presented by









THE AVENUE





# FRASER COAST MARKETS

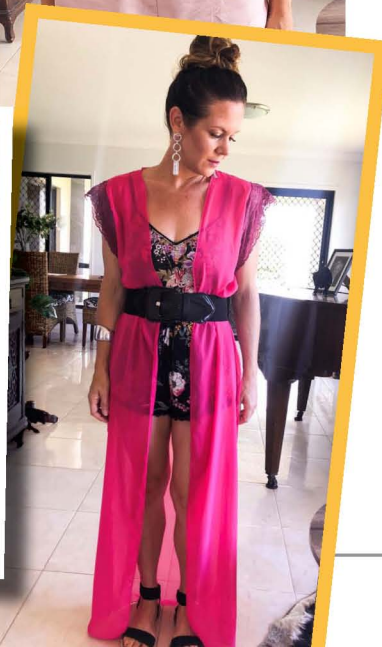
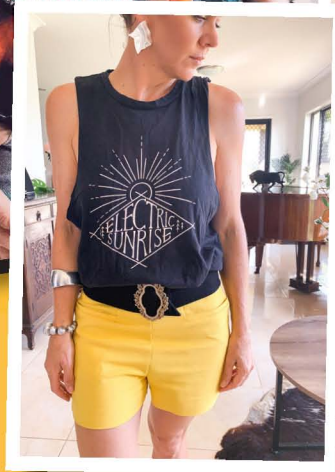
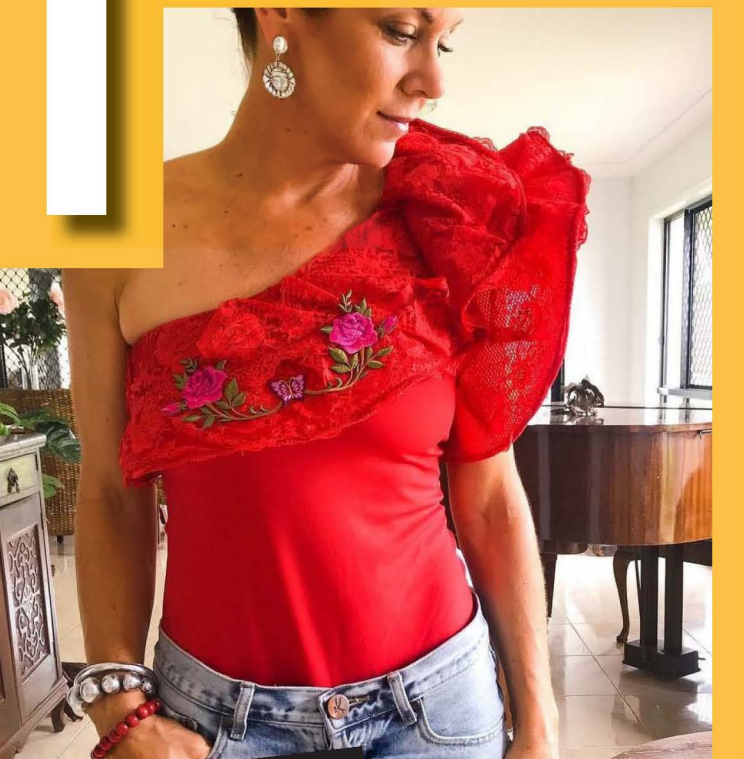
 <b>HERVEY BAY</b>	<b>NIKENBAH MARKETS</b>	Hervey Bay Animal Refuge, Nikenbah-Dundowran Rd, Nikenbah - 1st, 3rd & 5th Sun of the month <b>6am to 12noon</b> <a href="mailto:hbanimalrefuge@gmail.com">hbanimalrefuge@gmail.com</a>
	<b>KOALA MARKETS</b>	Kruger Court, Booral Rd, Urangan 2nd and 4th Sun - <b>6am to 12noon</b> Bob: 0412 689 863
	<b>URANGAN PIER PARK COMMUNITY MARKETS</b>	Pier Park, Urangan (in front of Jetty) <b>Every Wed 7am to 1pm</b> <b>Every Sat 7am to 1pm</b> <a href="mailto:pierparkcommunitymarkets@gmail.com">pierparkcommunitymarkets@gmail.com</a>
	<b>TORQUAY BEACHSIDE MARKETS</b>	Outside AQUAVUE, Torquay <b>Every Saturday - 7am to 1pm</b> <a href="mailto:bayconnect@hotmail.com">bayconnect@hotmail.com</a>
	<b>HERVEY BAY BOAT CLUB ART &amp; CRAFT MARKET</b>	Buccaneer Dr, Urangan / 3rd Wed of the month <b>9am to 2pm</b> <a href="mailto:info@boatclub.com.au">info@boatclub.com.au</a>
 <b>MARYBOROUGH</b>	<b>FRASER COAST WILDLIFE SANCTUARY MARKETS</b>	31 Mungar Road, Maryborough (Donation gets you free entry to the Sanctuary) <b>3rd Sun of the Month - 7am to 12pm</b> <a href="mailto:info@frasercoastwildlifesanctuary.org.au">info@frasercoastwildlifesanctuary.org.au</a>
	<b>MARYBOROUGH MARKETS</b>	Adelaide & Ellena St, Maryborough <b>Every Thurs 8am to 1pm</b> <a href="mailto:markets@fcte.com.au">markets@fcte.com.au</a>
 <b>BURRUM HEADS</b>	<b>BURRUM HEADS MARKETS</b>	Community Hall, Main Rd & Howard St, Burrum Heads <b>2nd Sat of the Month - 7am to 11am</b>
 <b>BAUPLE</b>	<b>BAUPLE MARKETS</b>	(Free for Stallholders) Band Hall, Band Hall Rd, Bauple <b>4th Sat of the month - 7am to 12noon</b> <a href="https://www.facebook.com/bauplemarkets">www.facebook.com/bauplemarkets</a>
 <b>HOWARD</b>	<b>HOWARD COUNTRY MARKETS</b>	Howard Community Centre, Steley St, Howard <b>1st Sat of the month - 7am to 12noon</b> <a href="mailto:info@howardcommunitycentre.org.au">info@howardcommunitycentre.org.au</a>
 <b>TIARO</b>	<b>TIARO MARKETS</b>	Memorial Hall, Main St, Tiaro <b>2nd Sat of the month - 7am to 12noon</b>
 <b>BROOWEENA</b>	<b>BROOWEENA MARKETS</b>	Smith St, Brooweena <b>4th Sunday of every 3rd month - 8am to 12pm</b> <a href="mailto:brooweenamkt@gmail.com">brooweenamkt@gmail.com</a>

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



# Fashion

WITH LEAH



## Why can't I wear black as well as Susan can?

Have you ever wondered why some days you look slightly 'off' and other days you just radiate? Often it's to do with the colour you're wearing.

Believe me when I say there is a real science behind the colour spectrum and how to wear it to suit your uniqueness, but I assure you that once you get it, it'll flow oh so easy.

Let's break this down a tad...

You can wear nearly every colour there is, but there will be a better hue of that colour for you than others. For example, pink. There are about 29 000 shades of pink and they can be broken into the following categories:

- muted vs clear pinks
- warm vs cool pinks.

The muted pinks throw a dusty colour (they actually have a drop of grey in them to mute the shade down), whereas clear pinks are crisp and vibrant. (Google pantone 14-1316 TPX for a dusty pink, or pantone PMS 232 for a bright/clear fuchsia).

Warm pinks throw more yellow in them than cool pinks which throw more of a blue tone in them. Did that just make no sense whatsoever?! Again, try googling warm vs cool pink. There are loads of great diagrams to explain this.

Black is another prime example, and the colour black can really kill it for some women. If black just isn't your friend, it'll do things to your appearance like bring out the dark circles under your eyes, make your skin appear drab and lifeless, accentuate your fine lines and blemishes, and generally just make you look tired and run down. Does this mean no black for you? Not necessarily. Just wear it with intelligence. For example, wear it away from your face. Wear it in pants, skirts, shoes, or if you're wearing it up top, break it up with a scarf or accessories to bring it back to work for you and your unique colouring. Better still, wear black in the many shades that it comes in that will be better for you. Charcoal is a brilliant substitute for black.

How does this all help you with your wardrobe? Instead of hearing comments from colleagues first thing in the morning like, "Hey Susan, are you feeling ok, you look a little pale and tired!". You will start to hear compliments like "Susan, you just look bloody amazing today. What have you changed, your hair, lip stick?" This is literally how powerful colours can be in your wardrobe. Wearing the right colour range can make everything radiate, even the areas of your body that you see as problem areas.

You all have a colour range that is unique to you, and it's really special. Once you've found what works for you, have some fun with it! You'll get better and better as the years roll on, trust me! If you don't know your colouring, feel free to contact me, I offer this in my styling service.

Keen for a chat anytime xx

**0439 723 832**

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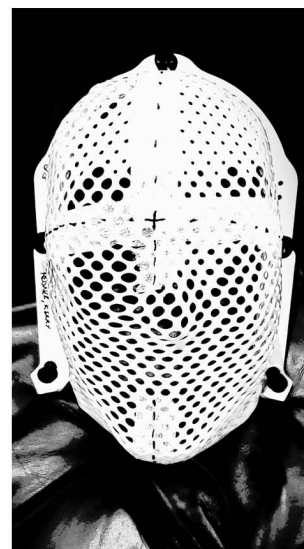
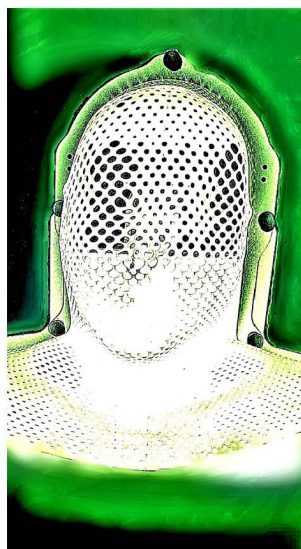
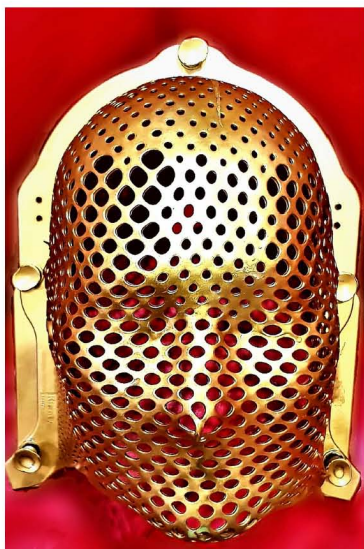
FRASER COAST

**What's On**

May 2019

22





## ART EXHIBITION

Written by Janice Heisner

# HOPE MASKS



**"Hope"** is an exhibition that arose when my husband had the experience of having to deal with his aggressive skin cancer, which meant surgery and then radiation therapy. This in itself filled us with all sorts of emotions for the person involved and also their family and friends.

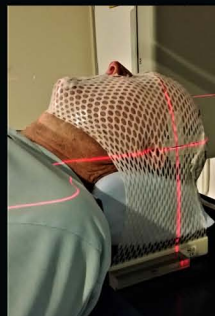
The radiation was quite harrowing for my husband. A personal mask was made for him, as it is for all the others who undergo

radiation. During the treatments, it was placed over his head and secured tightly to the bed so his head couldn't move at all. This ensures that the radiation goes to the correct spot. The mask was completely over his face so the treatment could be effective, but it was also very uncomfortable, he would come out with criss-cross marks embedded in his face from the mask.

Even though each session was difficult, it was made lighter by the staff involved who worked at the clinic, and also by the men and women waiting for their own turn. Everyone waiting knew what was going to happen but everybody tried to make the experience as pleasant as possible by talking to those around them, and trying to be happy and cheerful, some even made jokes.

The feeling of "HOPE" was palpable in the waiting room. If you closed your eyes you would think you were at some celebration, rather than a radiation treatment! The ending of the radiation therapy was celebrated by the staff and clients by the presentation of "your own personal mask" your handprint was also put on the wall of the clinic with your name under it, with the others who had also finished their treatments.

The masks themselves were skillfully, intricately, and beautifully, made. It felt to me as if they were a work of art in themselves! It was like a two-edged sword - They were intrinsically beautiful, but for the patient, a cage which held them in when necessary, while also allowing the



light-saving light to penetrate and to heal. So this "Mask" became a symbol to myself and my husband of the "Hope" for the future, as it did for so many passing through the Radiation Clinic. I decided to use this mask as the symbol for an Exhibition dealing with the "Hope" that is given to us by modern medicine and all that this entails.

In the exhibition itself, I'll have masks that have been used in the Radiation Clinic. I feel that these masks that don't have any names, are a symbol of "everybody", as in the unnamed soldier, who represents all of the soldiers at the time, thereby representing all of the people who had radiation treatment.

I hope this exhibition will give the general public more of a in-depth recognition of the personal journeys that all patients, their families, doctors, nurses and staff go through. I feel that it would also give present and past cancer sufferers a platform to bring these subjects up and talk about them to those around them, in a safe and informal place, not only in a doctor's surgery. I have found this before with exhibitions on these "hard" subjects. It gives people a chance to tell their stories & express their feelings while walking around in a casual atmosphere, with subjects they may not have been able to approach before. I hope the "Masks of Hope" will be seen as a positive and empowering object. Overseas in art therapy classes, the masks have been painted in each participants particular Super Hero!

I'm hoping that this exhibition will be beneficial on many levels - to the cancer sufferers, their family and friends, the support organizations and also to the general public. I've found that awareness and education always tends to demystify difficult subjects.

**This exhibition is dedicated to my husband, Kerry Heisner.**

**Hope - Masks, May 10 to June 16  
Fraser Coast Regional Gallery - Hervey Bay**



# Elegant and Lethal

THIS IS ONE DINNER PARTY  
INVITATION YOU CAN'T DECLINE



Amy Hollingsworth - Artistic Director, EDC.  
Photo by David Kelly

**Book a babysitter and brush up on your table manners because Expressions Dance Company's The Dinner Party is coming to Maryborough in May.**

The Dinner Party debuted in 2015 at the Queensland Performing Arts Centre in Brisbane as The Host, and is now embarking on a national tour with a new cast, new character developments and under the eye of the company's new Artistic Director, Amy Hollingsworth.

The stage is set for an elegant soiree; The Host an influential and wealthy young man who manipulates every guest seated at his table, The Hostess his wife who wields the real power in their relationship.

As the evening wears on, the story gains momentum and darkens as the guests' insatiable need for control, status and power intensifies.

"The Dinner Party centres around desire for power, its impact on relationships, and how the motivator of status can corrupt completely," Ms Hollingsworth said.

"What has always struck me about this work is its subtlety, and that even the smallest of interactions at the dinner table can disrupt the dynamic, shifting both the balance and perception of power so suddenly and completely.

"I find the medium of dance is profound when weaving these subtle threads, capturing the most nuanced and weighty moments of body language."

The Dinner Party is choreographed by EDC's former artistic director Natalie Weir who has reworked the piece and reshaped the roles.

Ms Hollingsworth was the production's rehearsal director in 2015 and said many of the relationships between the characters take on a more layered meaning now in 2019.

"With current awareness of the conversations concerning gender and equality, various character dynamics seem more exposed and some of the relationships take on a different tone when seen through the current lens," she said.

The production premiered to glowing reviews in 2015 with audiences and critics alike and was nominated for a 2016 Australian Dance Award.

Featuring costumes by acclaimed Australian fashion designer Gail Sorronda and music recorded by Queensland's Southern Cross Soloists.

**Don't miss The Dinner Party when it hits  
The Brolga Theatre,  
30 May 7.30pm.**



Photo by Megan Cullen





Annual Golf Day 2019

**Friday 21st June 2019**

Arrive at course 10:30am with tee off 11am



**\$295 entry for teams of 3 players (Ambrose)**

- 13 holes of golf
- Food throughout the day with drinks package
- Newly designed limited edition golf shirt
- The Geoff Redpath Memorial Trophy
- Proceeds of which go to raising funds that support an important local cause

**\$650 hole sponsorship (includes team entry)**

- Signage opportunities at your hole
- Media recognition
- Social media spotlight
- Proceeds of which go to raising funds that support an important local cause

**Register Now**

(Please tick one) ☐ Sponsor Entry ☐ Team Entry

Business: \_\_\_\_\_

Phone: \_\_\_\_\_

Authorising Person: \_\_\_\_\_

Email: \_\_\_\_\_

Signature: \_\_\_\_\_

 [facebook.com/FraserCoastMates](https://facebook.com/FraserCoastMates)

**YOU WON'T GO THIRSTY OR HUNGRY IN 2019!**

All day BBQ Loaded drinks cooler on arrival  
that's yours to keep 2 drinks tents on the course  
FC Mates drinks cart keeping you stocked



**ENQUIRIES**

Darren Bosley  
Marc Carpenter

0404 467 036  
0427 401 925

admin@frasercoastmates.com.au  
**WWW.FRASERCOASTMATES.COM.AU**



## LOCAL MUSICIAN SPOTLIGHT WITH

# DEREK F SMITH

### How old were you when you realised that music was your future?

I have always loved music, from the age of four years old. There is a video of my little sister and I singing to 10,000 people on the beach at Surfers paradise for a Christmas production that the church put on, but I never thought about doing it as a living.

I actually only fell into it about five years ago. I was working as a road worker and discovered Open Mic Night with Mak on a Thursday night. I only knew one or two songs at the time. Then I did a Friday live session on Sea FM, from there I was invited to open the next night for Dogwood Crossing. When I was asked, I didn't even know an hour's worth of music, so I went home and stayed up all night learning various songs. I remember that I threw up in the bathroom right before I went on, but then I was fine and did an hours set for them, the rest is history. By mid-2015 I was a full-time musician.

### How do you juggle life with five children, lots of pets and being on the road performing?

My wife and I have three boys and two girls... and lots of pets, we have guinea pigs, four horses, two pigs, chickens, ducks, cats and dogs.

I am doing about five gigs a week, I do try to keep them from Thursday to Sunday as that is my working week. I also do some Graphic Design work. I actually get more quality time with the family than when I was doing the roadworks, and of course my family do get to come along on some gigs.

We have an eleven-foot pop top campervan that I gutted and renovated that we have taken right down to the Great Ocean Road and back. Sometimes my son Dallas gets up and sings with me as well, that is pretty special.

### Tell us about - An Afternoon to Remember recorded live at the Bondstore?

An Afternoon to Remember was recorded last year and ended up being a double CD. The album consists of six originals and a heap of covers. All of the songs off my EP were redone live on the album. It was a brilliant afternoon and that comes across on the album. With about sixty people in the audience it was really intimate.

### Where will your new album – Better than Me be recorded?

Better than Me will be a live album and is being recorded on Sunday, June 16 at the Criterion Hotel. This is a ticketed event and I am very happy to say that it is almost sold out. It will be a great afternoon.

### Do you design all of your own album covers?

Yes, for the next album I am building my own guitar that will feature on the front. I am going to the Gold Coast in June for two weeks to do a guitar making workshop, I will come back with a high-end performable guitar. On the neck of guitars, you have little mother of pearl inlays that mark the different guitar frets, I have designed a symbol for each of my five kids that will be in the neck of the guitar. I will put that in the promo as well as on the album cover.

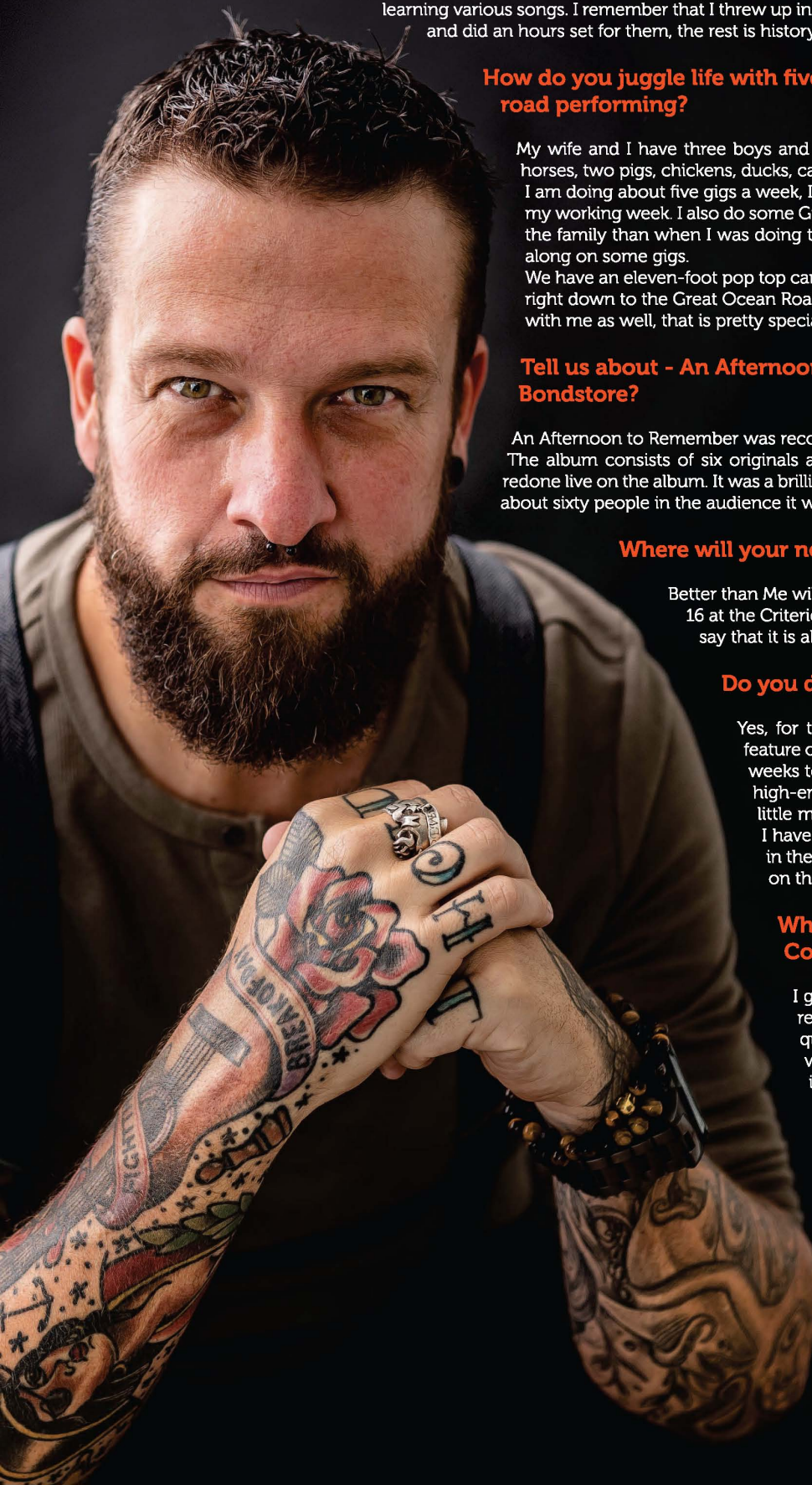
### What would you like the people of the Fraser Coast to know about Derek F Smith?

I grew up in the church but over the last few years, I have really been struggling with what I believe in and why. I question everything and not just accept things at face value or because I have been taught. One thing I notice is that there is so much dogma in the world.

For example, the Christchurch tragedy. I think we just need to see more tolerance, acceptance and understanding of other people. 'Seek first to understand and then be understood', Is a great saying.

We are all one human race if you believe in a god there might be an afterlife, but we know for sure that we have one shot so let's make it count. Love each other, help each other and support each other.

**To find out more about Derek F Smith  
you can find him on Facebook at  
Derek F Smith @DerekfsmithLIVE or  
[www.derekfsmith.com](http://www.derekfsmith.com)**





# Gig Guide

**Live music**  
and more on the Fraser Coast in  
May 2019

## BEACH HOUSE HOTEL



Frank Benn

**Thurs 2, 7.30pm, Open Mic**  
**Fri 3, 9pm, R&B Friday**  
**Sat 4, 9pm, Red Betty**  
**Sun 5, 2.30pm, Ian Murray**

**Thurs 9, 7.30pm, Open Mic**  
**Fri 10, 9pm, R&B Friday**  
**Sat 11, 9pm, Uncle Arthur**  
**Sun 12, 2.30pm, Derek Smith**

**Thurs 16, 7.30pm, Open Mic**  
**Fri 17, 9pm, R&B Friday**  
**Sat 18, 9pm, Fixxer**  
**Sun 19, 2.30pm, Rick Manych**

**Thurs 23, 7.30pm, Open Mic**  
**Fri 24, 9pm, R&B Friday**  
**Sat 25, 9pm, Dicky Switch**  
**Sun 26, 2.30pm, Frank Benn**

**Thurs 30, 7.30pm, Open Mic**  
**Fri 31, 9pm, R&B Friday**  
**Sat 1, 9pm, Uncle Arthur**  
**Sun 2, 2.30pm, Doug Edwards**

### HERVEY BAY

#### Hervey Bar RSL



Harding's House

**Fri 3, 12pm, Trevor Judge**  
**Fri 3, 6pm, Harding's House**  
**Fri 3, 7pm, Unplugged**  
**Sat 4, 8pm, Dicky Switch**  
**Thurs 9, 11am, Quinn**  
**Fri 10, 12pm, Trevor Judge**  
**Fri 10, 6pm, TBA**  
**Fri 10, 7pm, Unplugged**  
**Sat 11, 8pm, Doug & The Upperhand**  
**Fri 17, 12pm, Quinn**  
**Fri 17, 6pm, Sam Maddison**  
**Fri 17, 7pm, Unplugged**  
**Sat 18, 8pm, Red Betty**  
**Fri 24, 12pm, Trevor Judge**  
**Fri 24, 6pm, Frank Benn**  
**Fri 24, 7pm, Unplugged**  
**Sat 25, 8pm, Forbidden Road**  
**Sun 26, 12pm, Doug Edwards**  
**Fri 31, 12pm, Quinn**  
**Fri 31, 6pm, Dust Duo**

#### The Bayswater Bar & Grill

**Fri 3, 6pm, Frank Benn**  
**Sat 4, 6pm, Bobby Barnes**  
**Sun 5, 1pm, TBA**  
**Fri 10, 6pm, Dean Gray**  
**Sat 11, 6pm, Dicky Switch**  
**Sun 12, 1pm, Liana McKay**  
**Fri 17, 6pm, Rachel Laing**  
**Sat 18, 6pm, Brendan Egan**  
**Sun 19, 1pm, Rachel Laing**  
**Fri 24, 6pm, Bevan Spiers**  
**Sat 25, 6pm, Ricky Manych**  
**Sun 26, 1pm, Sam Maddison**  
**Fri 31, 6pm, Doug Edwards**

#### The Clubhouse Hervey Bay

**Fri 3, 6pm, Pete Baker**  
**Sat 4, 6pm, Dean Gray**  
**Fri 10, 6pm, Sam Maddison**  
**Sat 11, 6pm, Liana McKay**  
**Fri 17, 6pm, Jon Vea Vea**  
**Sat 18, 6pm, Dale Newberry**  
**Fri 24, 6pm, Ricky Manych**  
**Sat 25, 6pm, Frank Benn**  
**Fri 31, 6pm, Dean Gray**

#### Hervey Bay Boat Club

**Fri 3, 8:00pm, Brian Speirs**  
**Sat 3, 5:30pm, Trevor Judge**  
**Sat 3, 8:00pm, Forbidden Road**

**Sun 5, 1:00pm, Radio Star**  
**Sun 5, 6:00pm, Trevor Judge**  
**Fri 10, 5:30pm, Shaun Beckett**  
**Fri 10, 8:00pm, Red Betty**  
**Sat 11, 5:30pm, Derek F Smith**  
**Sat 11, 8:00pm, Red Betty**  
**Sun 12, 1:00pm, Brian Speirs**  
**Sun 12, 6:00pm, Neil Wenk**  
**Fri 17, 5:30pm, Neil Wenk**  
**Fri 17, 8:00pm, Radio Star**  
**Sat 18, 6:00pm, Radio Star**  
**Sat 18, 9:00pm, The Beatlegs**  
**- FREE TRIBUTE SHOW**  
**Sun 19, 1:00pm, Trevor Judge**  
**Sun 19, 6:00pm, Neil Wenk**  
**Fri 24, 5:30pm, Radio Star**  
**Fri 24, 8:00pm, Uncle Arthur**  
**Sat 25, 5:30pm, Sam Maddison**  
**Sat 25, 8:00pm, Uncle Arthur**  
**Sun 26, 1:00pm, Brad Sorensen**  
**Sun 26, 6:00pm, Neil Wenk**  
**Fri 31, 5:30pm, Frank Benn**  
**Fri 31, 8:00pm, The Shades**

### MARYBOROUGH

#### Maryborough Sports Club

**Every Tuesday & Thursday lunch**  
**Frank Marsh 12.30pm**  
**Every Thursday Night Quinn 6pm**  
**Every Sun either John Maloney or**  
**Brad Sorensen 12.30pm**  
**Fri 3, 8pm, Travis Collins \$30**  
**Sat 4, 7pm, Carizma**  
**Sun 5, 12.30pm, Red Betty**  
**Fri 10, 7.30pm, Dicky Switch**  
**Sat 11, 7.45pm, Rock n Roll Boys**  
**Fri 17, 7.30pm Smooth n Groove**  
**Sat 18, 7pm, Still Rockin**  
**Fri 24, 7.30pm Don Costa**  
**Sat 25, 7pm, Roger Lewis**  
**Sun 26, 12.30pm, Roger Lewis**  
**Fri 31, 7.30pm Issi Dye Free Show**

#### The Federal Hotel

**Echoes in Maryborough Music**  
**Fest details.**  
**Fri 3, 8:00pm, Phil Morgan**  
**Sat 4, 12:00pm, Frank Benn**  
**Sat 4, 8:00pm, Brentyn Irvine**  
**Sun 5, 12:00pm, Yenda Battle of**  
**the Bands LIVE OUTDOOR MUSIC**  
**EVENT (Remainder of the month)**  
**Fri 10, 8:00pm, Dave Grey**  
**Sat 11, 12:00pm, Sam Maddison**  
**followed by Fading Echo**  
**Fri 17, 8:00pm, Phil Morgan**  
**Sat 18, 8:00pm, Pete Baker**  
**Fri 24, 8:00pm, One Sly Dog**  
**Sat 25, 8:00pm, Open Mic Night**  
**with Luke Karolak**  
**Fri 31, 8:00pm, TBA**



# Social Snaps

*Out and about on the Fraser Coast*



Clockwise from top-left:  
At the So Brave Luncheon were **Tara, Brooke & Mandy**.  
Baybreak Volunteer **Sally Ottaway** has the lovely job of handing out the medals.  
**Chloe & Sara Lewis** at the So Brave Fundraiser.  
**Daniel & Andrea** with Baybreaks Marathon winner **Dan Buenen**.  
Budding Photographer **Jaxon Miller** snapped away at Baybreak.





# 71 Wharf is ready for any Occasion



**71 Wharf Owners**  
-Sharyn & Glen Joynson

## Tell us a little about yourselves, how long you have owned 71 Wharf and what attracted you to it in the first place?

We both grew up in Howard and have three adult children. We re-opened the restaurant on the first of January, this year. Drawn to the amazing front of house staff and the peaceful setting on the river, we loved this place as customers. We were surprised to hear the restaurant was closing and felt it would be a great loss for Maryborough. Although neither of us have a hospitality background, at the eleventh hour, we decided to buy it.

## Explain what your vision is for the future of 71 Wharf?

We want to be known as Maryborough's number one restaurant! For any social occasion that involves good food and beverages - romantic dinners, a quick coffee before work, a leisurely long weekend breakfast, mid-week lunch, end of week drinks and snacks on a Friday, or a sweet dessert 'pick me up' after a busy day.

## How would you sum up your menu?

Our menu is Modern Australian cuisine, focused on sustainable wild-caught seafood from the pristine coastal waters of Queensland.

## What is your signature dish and why?

The "Maheno Plank" - a selection of Chef prepared hot and cold seafood with dipping sauces, chips and salad. It captures the essence of local quality produce.

## Do you use many local suppliers?

We source our seafood from local fishermen, who have allowed us aboard their vessels so we can guarantee the best quality seafood from ocean to plate.

## Will you have any live music/events or entertainment?

Every Sunday we provide local acoustic artists to entertain our diners. It's a great way to finish the week.

## Tell us a little about your staff?

Chef Lindsay Condon is a Maryborough local and has travelled the world working from Dubai to Longreach. His pallet, organisation and presentation skills are outstanding. Our Barista, Will Wilder, was raised in the Blue Mountains and now calls Maryborough home. His charisma is known far and wide and his coffee art is spectacular. We employ eleven staff and we are proudly known for our outstanding service.



Water's edge  
dining in the heart  
of Maryborough

Sustainable Wild Caught Local Seafood  
Barista Coffee and All Day Dessert  
A la Carte - Breakfast, Lunch and Dinner  
Licensed Venue  
Live Music Every Sunday 12-3  
Family Owned and Operated



### Opening Hours

Wednesday/Thursday & Sunday - 7am-3pm

Friday/Saturday - 7am-10pm

Monday/Tuesday - Closed

**4121 6226**

Email: [71wharf@gmail.com](mailto:71wharf@gmail.com)

Website: [www.71wharf.com](http://www.71wharf.com)

Shop 1, 71 Wharf St, Maryborough Qld 4650 - Marina Complex





# Social Snaps

## *Out and about on the Fraser Coast*



Clockwise from top-left:  
Pretty in pink are **Brigitte Andrews** and **Ellie Maskey**.

**MC Pat Carroll**, looked after proceedings at Baybreak and handled it like the Pro he is!

**Mikhael Ahern** shone in the 2km All Abilities at Baybreak.

**Jason Wiegink** from Wide Bay Motor Group completed the 10km as part of Baybreak.

**Stacy Watson & Samantha Rechenberg** are over the moon after completing the 10km at Baybreak.





# Social Snaps

## *Out and about on the Fraser Coast*



Clockwise from top-left:  
**Tania Field**,  
 Commonwealth Games  
 medalist & MC **Pat Carroll**  
 with Will Reid at Baybreak.

**Trevor Dyer** from  
 Maryborough completed  
 the 21km run at Baybreak.

**Trudy Pavey** backed up a  
 21km run with a Triathlon  
 as part of Baybreak!

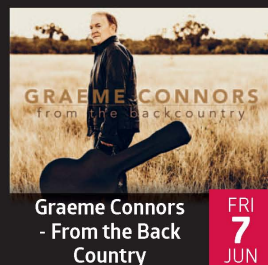
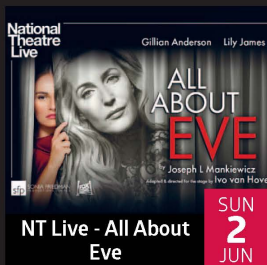
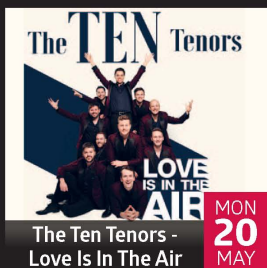
**Tim Howlett** was jumping  
 for joy after finishing the  
 10km at Baybreak.

**Tianna Raines** was so  
 happy to complete her first  
 ever full Triathlon, and so  
 was partner **Lee Clark**.





# WHAT'S ON @ THE BROLGA



## COMING UP IN 2019...

MET Opera Live - Die Walkure	Tue 2 Jul
Dr Seuss's The Cat In The Hat	Wed 3 Jul
Clapton Unplugged Show	Sun 21 Jul
Soweto Gospel Choir - Freedom	Wed 24 Jul
NT Live - The Audience	Fri 26 Jul & Thu 1 Aug
MET Opera Live - Dialogues des Carmelites	Thu 1 Aug
Herman's Hermits - The 6 O'Clock Hop	Wed 21 Aug
Morning Melodies - Practically Perfect: The Music of Julie Andrews	Thu 22 Aug
Lee Kernaghan - Backroad Nation	Thu 22 Aug
NT Live - Small Island	Fri 23 Aug

