

TAKE
ME HOME

FRASER COAST What's On

August 2019 MONTHLY MAGAZINE

30

Amy Stephenson

IS READY TO PADDLE

Inside this issue:

A SPOONFUL OF SUGAR
15/24hrs ROGAINE

LEE KERNAGHAN
Stirs Emotion

Art Exhibition: BOTH ENDS
OF THE SPECTRUM
LOCAL MUSICIAN SPOTLIGHT
AL DAVIES

This edition is a milestone for me as it represents thirty editions that have gone to print, and ten independent editions as owner of this wonderful magazine.



We have also farewelled our Youth Columnist, Jacob Kitson – Holebrook who has decided to dedicate the remainder of the year to concentrate on his studies. Jacob had been with the magazine almost from the beginning, with his first column appearing in March of 2017.

Covering everything from triathlons, stage shows, business networking groups, community groups and everything in between, Jacob churned out the articles each month regardless of his other commitments with school studies and a part time job – Thank you Jacob for a job well done and good luck with your studies and plans for the future!

This month we introduce you to our new fitness column written by Clinton Robertson, I am sure that it will be a great read full of insightful tips.

This month is a huge month on the events calendar with the popular Hervey Bay Whale Festival that incorporates the Whale Parade and Concert, Paddle Out for Whales, Kite Carnival and the much-loved Seafood Festival. There will be something for everybody, with great tastes, visual delights and live music!

With so many events on this month don't forget to share your event photos with us via our Facebook page or by emailing them to whatsonfrasercoast@outlook.com.

Remember, whatever you choose to do choose to enjoy it!

Cheers,
Kim Parnell
Editor

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The Whats On Fraser Coast magazine is published monthly and distributed for free across the Fraser Coast region. Published by Kim Parnell t/a What's On Hervey Bay - ABN: 59 762 265 534

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AUGUST

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A SPOONFUL OF SUGAR 15/24HR ROGAINE

By Kim Parnell



I have to admit that before I wrote this article, I did not know what 'rogaining' was, the word had not even entered into my vocabulary. So, before we talk about the event lets strip everything back and take a look at the word. According to Wikipedia 'Rogaining is an orienteering sport of long-distance cross-country navigation'.

But talking to local event organiser Michele Krome, all distances are catered for, Michele said, "The classic rogaine is 24 hours long, however, there are also shorter events of 3,6,8 and 12 hours".

The idea is that teams of two to five people follow a map and visit as many checkpoints as they wish in a set time period. Longer rogaines give you the opportunity for some night navigation too if you so choose. The competitor/team or novice gets to choose how many hours are completed and selects the course accordingly.

Time management is important too as you lose points if you are out longer than the scheduled time, a basic understanding of map reading is important. The start and finish area – or 'Hash House', provides the food and drink for the competitors during the event. This is where the meals are served for those wishing to eat, rest, sleep or socialise with each other. You are able to return to the Hash House as often as you like.

To make the most of your regaining experience you will need to be prepared, so don't forget to bring:

- ✓ Comfortable shoes/Joggers
- ✓ Warm Clothing
- ✓ A compass
- ✓ A whistle
- ✓ Pencil
- ✓ Water bottle
- ✓ Gaiters
- ✓ Food for out on the course
- ✓ A basic team first aid kit
- ✓ Camping gear if planning to spend the night at Hash House
- ✓ A torch for night navigation

About the event:

A Spoonful of Sugar 15/24hr Rogaine

August 24-25

Map handout will be at 9am on Saturday

Location: St Marys State Forest, west of Tiaro

For fees, times, and further information go to www.qldrogaine.asn.au/

According to the webpage, the event is – 'Set to provide serious competitors with navigational challenges and tough route choices, while novices will have plenty of options close to home'.

If you would like to see what the event is all about without actually being part of the race, you can help by assisting in collecting checkpoints after the event. Volunteers are always welcome.

Contact Michele on 0407 038 792 or email michelekrome@gmail.com

In the past competitors have had to drive five to six hours to participate in rogaines or adventure racing as Michele said that there isn't much around locally. A similar 24 hr event was held on the Fraser Coast in 2007.

Just in case you get the rogaining bug there are plenty of other events further afield, according to the webpage – Most rogaines are held on foot in picturesque bush and farmland locations. However, some events are held in metropolitan areas, ('Metrogaines') or on bikes, ('Cyclegaines'). There are also regular multi-discipline events held in South East Queensland which use a rogaine format for each leg – these are known as 'Raid' events and are organised by Raid Adventures in partnership with QRA.

Michele said, "Rogaining challenges the brain as well as the brawn. It is not always the fastest people that win these races, it is people who are strategic and navigate well".

This article uses some excerpts from www.qldrogaine.asn.au/ with permission from the organisation.



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

August is about Parades, Live Music, Art and Seafood!

Find your inflatable, tantalise the tastebuds and groove with the music as part of this year's **Hervey Bay Whale Festival**. There will be activities and fun for the whole family to enjoy.

We chat with Country Music singer/ songwriter, **Lee Kernaghan** about his much-anticipated Backroad Nation Tour. We also go behind the scenes on his latest music video, this is one concert you will not want to miss.

The 2019 Wings Wheels and Warbirds event will feature car and historic displays, Aircraft, food, refreshments and so much more. Best of all, by attending you will be supporting Angel Flight. So, make sure that this event is on your to-do list.

We introduce our new column, **Fitness on the Fraser Coast with Clint Robertson**. Clint gives us some red-hot tips on making some informed choices when it comes to choosing a gym or starting a new activity.

Local **Jan Carlson** takes us on an Italian holiday, in the first of a three-part series. Full of highlights and at times funny anecdotes about a recent trip overseas, it is bound to spark an interest.

There is a new dinner event making its debut on the Fraser Coast, **Entrée of the Bay** will feature the freshest seafood from local suppliers. This is a great opportunity to get dressed up and have an evening out with family and friends.

Creedence: The John Fogerty Show pays tribute to the classic music of the Creedence Clearwater Revival and to the legendary John Fogerty. This performance will take you on a trip down memory lane, and make you feel the music.

In our local musician segment, we shine the spotlight on Spanish guitarist **Al Davies**. He tells us about his CD, his love of the Spanish guitar, his influences growing up...and a famous relative!

Kim Parnell

Editor, What's On Fraser Coast

Amy Stephenson

IS READY FOR A PADDLE

This month's cover photo features the very talented and energetic twenty-eight-year-old, mother of two, Amy Stephenson. As one of the competitors in the 2018 series of Australian Ninja Warrior she certainly knows how to keep her balance on a paddleboard.

Born in Maryborough and having grown up in Hervey Bay makes Amy as local as you can get. Competitive gymnastics shaped her early life, and still is just as relevant today.

Performing gymnastics on a paddleboard, one would think would take a lot of skill, but Amy said, "Believe it or not I find it more challenging to stand on a paddle board than I do to balance upside down! Sometimes life really is better upside down", she adds with a laugh.

About Australian Ninja Warrior Amy said, "I applied for Australian Ninja Warrior as I believed that if I made it through the application process, I would have a fighting chance at doing alright on the course.

I will admit I thought my chances of securing a one in three hundred place on the show was slim. However, the inspiration of my daughters overcame my doubt.

"I WANTED TO SHOW THEM HOW IMPORTANT IT IS TO TURN THEIR DREAMS INTO GOALS, AND TO PUT IN THE EFFORT REQUIRED TO SUCCEED".

Amy still trains thirteen hours a week in preparation to compete in gymnastics, but was mixing it up with regular exercises, high intensity cardio training, cross-fit and core specific workouts in preparation for the show. Amy said, "I also 'played' on the monkey bars quite often with my daughters".

The experience reminded her of just how important it is to truly believe in one's self and also what the mind and body are capable of. "Taking on the world's toughest obstacle course, on national television, requires so much more than physical strength, and this is something I underestimated", Amy said.

As if that experience wasn't enough, she is also halfway through a Bachelor of Nursing Science degree at USC and looks forward to helping those in need on a daily basis.

With the upcoming Paddle Out for Whales event coming up Amy said, "I am hoping to participate in the event this year, I am really looking forward to it! I highly encourage you to get amongst the excitement of this annual event to show your support".

Hervey Bay is known as the whale watching capital of the world, promoting the conservation of the marine environment and these beautiful mammals is of the upmost importance".

On in the first weekend of August as part of the Hervey Bay Whale Festival, this event is fun for the whole family, and carries a very strong message about the importance of celebrating and encouraging whale conservation in Hervey Bay. Everybody will have the opportunity to paddle out into the ocean, so don't forget your inflatable, SUP, raft, or kayak...the event organisers encourage you to be creative!

You can pre-register for the event or register on the day.

Paddle Out for Whales
Sunday, August 4 / 9.30am-2pm
Ernie Organ Park - Torquay, Hervey Bay

What's On Fraser Coast would like to give a big shout out to Aquavue Café Watersports for lending us the paddleboard pictured.



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LEE KERNAGHAN

Stirs Emotion

Country music singer/songwriter Lee Kernaghan was an absolute pleasure to interview a few weeks ago. He is warm, engaging, humble, witty and very open about the inspiration behind the lyrics and music of his songs. – Kim Pamell

Tell us a little about the Backroad Nation Tour?

I am bringing my new album 'Backroad Nation', to the people. It's a big tour, right across Australia that includes every state and territory, it is a collection of songs that I have written over the last couple of years. The songs are about Australia, the places that I have been, and the people that I have met.

This tour includes forty-five shows, how gruelling is the schedule, what is life like on the road?

It is great to be on the road because I get to go with an incredible band called The Wolfe Brothers who are incredible performers in their own right. They have just won four gold guitars at the Australian Country Music Awards. I have my family at home, but I also have my family out on the road. When we hit the stage every night we are with our mates, I put a lot of energy out but get a lot of energy coming back. It is not as gruelling as you might think, it is actually a whole lot of fun!

What is the first radio single - Wheels about?

Wheels is about one of my great loves, four-wheel driving and that sense of freedom that you get when you get off the beaten track and leave the rest of the world behind. You feel the weight that comes off your shoulders, it is a great place to be.

What was it like filming in the Northern Territory?

It was hot, (laughs) and dry but it was also epic. We filmed on the Finke Rd south of Alice Springs. A good mate of mine, Troy Dann, who I have known for twenty-seven years, knows the outback like the back of his hand. He had a whole lot of great places and locations lined up along with land cruisers and eskies full of cold beer, it was terrific being out there doing it. Many of you would have seen Troy from the series 'Outback Adventures'. He did all the crazy stunts like jumping out of helicopters into billabongs, wrestling crocodiles, swimming with sharks, and breaking wild brumbies.

Tell us about the song writing process, what comes first for you. The music or the words?

Most of the time it starts with the title. To give you an example I was signing the tailgate of a bloke's ute down in Shepparton and I asked him what he did for a living and he said, oh mate I milk cows, (laugh) so it just had to be a song.

On a road trip through Western Queensland we did a bit of a pit stop in Texas and had a few drinks at the Royal Hotel and right then I knew there had to be a song called 'Texas Qld 4385'.

On the new album there is a song called 'Watching Lightning'. I was in Marble Bar up in the Hillsborough, we did a show at the Iron Clad Hotel. People had come from miles around to see the show. I spoke to one of the station owners in the carpark after the show about what life was like out there on the station. I asked him what he did for entertainment, and he said, "Mate we just muster cattle twenty-four seven, but when the wet season comes the rain comes down the river, the river goes up. My missus and I turn the generators to the homestead off and we sit on the front verandah watching lightning". This is where the inspiration comes from.

You have won four ARIA Awards throughout your career, what do the accolades and awards mean to you?

They are amazing to receive but the recognition is not why you make the record or write the songs, that all has to come from the heart. The bar has always been set pretty high; I am always trying to make something better than the last thing that I have done. I just keep working on a song until I feel the goose bumps. 'Flying with the King', and 'Spirit of the Anzacs', are perfect examples of this.

My husband wants to know...what four-wheel drive/Ute are you driving at the moment?

(Laughs), I am driving a Sahara at the moment, but my favourite for getting out in the really hard country is a seventy-nine series ute. I used the seventy-nine series in the Backroad Nation video clip.



Do you enjoy making the video clips, how involved are you in the process?

I do play a huge part in the creative process because I want to try to cut out all of the bad shots of me...which is a lot, (laughs). But yeah, the general process is you go out there shoot the video clip and then I get together with the Director after he has done his first edit, then we just sit together and work through it trying to get it as good as can be.

Even though I do have an idea of what I want the video clip to look like, you know Kim you never really know until you are out there. In Backroad Nation they were in the grip of drought. Trilby Station was so dry and dusty, but there were all these birds, these galahs just coming in. Where they feed the sheep there was little bits of feed left over and the galahs were swarming all around it. So, I never knew that I was going to have all these pink galahs in flight in the background on location but there they were as they appear in the video.

Do you have a special message for the people of the Fraser Coast before your upcoming concert?

I would just like to say a huge thanks to all of those that have gone out and bought the 'Backroad Nation' Album, and for sending it to the top of the charts. I hope that the songs on the album bring you many good times and I can't wait to see you on the national tour, it is going to be a whole lot of fun.

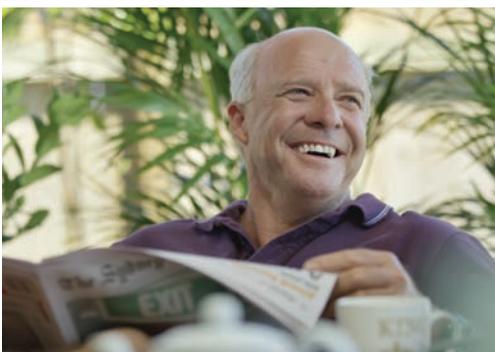
**Lee Kernaghan – Backyard Nation Tour
Thursday 22nd August
Brolga Theatre & Convention Centre,
Maryborough**



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What's On at Arkarra



August 11 - The ARKARRA LOW+SLOW BBQ pop up will be at the HERVEY BAY SEAFOOD FESTIVAL.



August 17 - GARDEN PARTY at Arkarra featuring entertainment by DEREK F. SMITH.



August 17 - The ARKARRA LOW+SLOW BBQ pop up will be at the EMERALD BBQ & BEER FESTIVAL.



August 24 - HIGH TEA at ARKARRA. Its bling, bling time again ladies!



August 24 & 25 - The ARKARRA LOW+SLOW BBQ pop up will be at KINGAROY BACONFEST.



September 1 - FATHERS DAY at ARKARRA featuring BBQ'ed treats, a pig on a spit, & entertainment for all the family.



September 8 - ARKARRA LOW+SLOW BBQ Masterclass

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YAMATO THE DRUMMERS OF JAPAN

RETURN TO AUSTRALIA WITH THEIR BRAND NEW SHOW—PASSION



Since their hugely successful tour to Australia in 2017, the sensational Yamato the Drummers of Japan have been incredibly busy this year playing a 3-week season in London's West End and visiting Switzerland, Italy and Holland. Now Australian audiences have the chance to hear the heart-thumping rhythm, thunderous sounds and explosive beats once again.

Made up of 14 musicians, male and female, who hail from Japan's Nara Prefecture, this year marks Yamato's 25th anniversary, celebrating over 3,700 performances in 54 countries, reaching over 7 million fans young and old presenting a thrilling, high-energy and explosive interpretation of the centuries old Taiko tradition.

Yamato's current show is aptly named 'Passion', as the drummers launch into an explosion of energetic, highly rhythmic drumming, challenging and pushing themselves to their absolute limits. Using drums that weigh up to half a tonne, the drummers' remarkable physical strength and trademark infectious energy leaves audiences exhilarated by this visually spectacular, high energy and explosive show.

Captivated by the distinctive boom of the enormous taiko drum, performers move their whole bodies to strike the drum with a powerful surge of energy that uplifts audiences in sync with the rhythm and intensity providing a dazzling perspective of the range of sound and mood drums are capable of.

"They are exuberant performers, leaping from drum to drum. It's energetic, noisy, varied and exhilarating." - *The Independent*
"Simply breathtaking" - *Daily Telegraph*
"Pure energy meets spiritual high" - *Scotsman*
"Audiences will be left exhilarated by the heart-thumping rhythm" - *The West Australian*
"Yamato - Passion is the drumming show like no other." - *Theatre Weekly*
"Exhilarating, feel-good... you'll want to join in" - *The Times*
"A delight. Elegant, gorgeous and a sheer joy." - *Metro London*

www.yamatodrummers.com

Sunday, August 11
Yamato Drummers of Japan
Brolga Theatre & Convention Centre
Maryborough

FRASER COAST

What's On August 2019

10

Russell Czinege

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27 JULY - 11
AUGUST 2019



4pm-8:30pm
SAT 3rd
AUGUST

Whale Parade &
Concert Seafront
Oval, Hervey Bay



9:30am-2pm
SUN 4th
AUGUST

Paddle Out for
Whales Ernie Organ
Park, Torquay



9:30am-1:30pm
SAT 10th
AUGUST

Kite Karnival
Pier Park, Urangan



10am-4pm
SUN 11th
AUGUST

Hervey Bay Seafood
Festival Fishermen's
Park, Urangan

herveybaywhalefestival.com.au



Fluffy pancakes with
banana, butterscotch,
whipped cream, praline
and meringue tower

One of the things we like to hold regularly in our garden setting at Arkarra is pancakes day, especially during the school holidays. The kids have a ball playing on the lawns and parents enjoy a nice break. Our Bali huts are a nice setting for a relaxing outing, and a stroll around our garden trails and lagoons afterwards does wonders for those who may have been tempted by one treat too many!

Our typical menu of classic and deluxe pancakes and crepes includes both sweet and savoury options, but one of our most popular pancakes this year has been our \$12 Fluffy pancakes with banana, butterscotch, whipped cream, praline and meringue tower. This dish has also been popping up on our specials board quite often too, thanks to popular demand.

To make the pancakes, I combine and sift 300 grams of self-raising flour, 60 grams of plain flour, 8 grams of bicarb soda and 100 grams of sugar. Then whisk together 4 eggs, 400 mls of milk and 40 grams of melted butter. Make a well in the middle of the dry ingredients and mix in the eggs and milk gradually. Cook straight away on a hot flat grill or pan greased with butter, flipping after just a minute or so per side until they are nicely coloured and fluffy.

We make our own butterscotch, praline, meringue in our commercial kitchen, but for home it would be more convenient to purchase these items pre-made at your local supermarket.

Assemble the pancakes into a stack and top with the sliced banana, meringue and praline to make a tower. Pour over the butterscotch sauce and whipped cream, and you have a treat to delight everyone.

Our next scheduled pancake day at Arkarra is Saturday 21st September. Hope you and the family can make it along!

Enjoy!

A FISHING EVENT *for the whole Family*

The Annual Toogoom Family Fishing Competition is just weeks away so time to start planning your diary for this great event.

Toogoom Fishing Club Inc. members have things well underway to make sure you have a reason to come back year after year and weigh in your catches, or just enjoy the social aspect in the bushland setting. There will be plenty of food and hot and cold drinks available and a licensed bar will be open.

Families love this event with the wide, open spaces for the kids to run around in. There's even a half basketball court and a soccer ball goal area, so remember to bring some balls for the kids.

Every entrant whether they catch a fish or not, are eligible to be in the running to win the 3.5 Nomad Tinnie with a 15 hp motor and a registered trailer. Entry fees are Adult \$25.00 and Juniors \$5.00. Monster raffles and Lucky Draws (for entrants) mean you have a good chance of a win even if you haven't weighed a fish.

For more information please go to the Toogoom Fishing Club on Facebook. Here you will find all the relevant information, rules, species and entry forms in the 'discussions' or in the 'File' section to the left of the page. Or **call 0437 936 951**.

We have many sponsors to thank for their continued and new support of this fantastic event. Without them the Toogoom Family Fishing Competition would not be possible so please support them whenever you can, a full list is available on our Facebook page.



**Toogoom Family Fishing Competition
27th to the 29th of September**

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Entrée of the Bay

Will tantalise the taste Buds

A brand-new seafood event is coming to the Hervey Bay Boat Club that is sure to tantalise the taste buds. 'The Entrée of the Bay' sees the Hervey Bay Seafood Festival and the Boat Club join forces to bring you a delicious pre-festival seafood extravaganza that will showcase mouth-watering, local seafood and fresh produce in a night that memories are made of.

The scene will be set in the Fraser Room which seats up to two hundred people and overlooks the picturesque Urangan marina and the trawlers that catch the seafood that will be served... it is truly the perfect venue for such a dinner.

Boat Club General Manager, Tony Bonello said, "This event will provide a taste of what is to come for those out-of-town festival-goers and provide us with an entire weekend to showcase the local seafood and the lifestyle of Hervey Bay".

On the menu will be an impressive selection of local seafood served in a curated plate, tapas style. Some of the dishes will include; Hervey Bay scallops, prawns, winter whiting, Barra, yellowfin tuna, and local influenced house-made sushi.

Guests can expect an informal yet well-presented communal event, the dress code will be smart casual, along the lines of a cocktail evening. Whilst seating will be available standing and mingling at standing tables will be encouraged as curated plates are served. A local musician will provide chilled atmospheric background music with amazing views highlighting the Marina at night from the top level of the Boat Club. Guests will receive a welcome drink on arrival, with a fully stocked bar available for further purchases.

This will be a great night to dress up, relax and unwind before you gear up for the day ahead and experience the best that Hervey Bay has on offer.

The Entrée of the Bay
August 10 - From 6pm / \$75 per person
Hervey Bay Boat Club



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Maryborough's Steamfesta
broke a Guinness World Record



WHAT MAKES COFFEE TASTE
THE WAY IT DOES?

By Greg Lagstrom
Café Connections Hervey bay



Naturally coffee roasters can influence the taste of a coffee based on how long, and how hot they roast the coffee. But what the farmer does to extract the beans from the cherry has a big impact on how the coffee tastes in your cup.

There are three main processes for getting the bean ready to ship to your roaster, washed, honey processed, or natural. I could write a full page on this topic so I will give a brief explanation.

The natural (or dry) process is the oldest method. The beans are generally placed on raised beds or patios for approximately two weeks to dry out in the sun. The cherries must be turned regularly to allow even drying, once dried the outer skin and dried flesh is mechanically removed. This is a process used commonly in Ethiopia and Brazil.

The washed process is the other main processing method, it seeks to show the inherent flavour of the coffee. In this method cherries are picked, and the coffee skin and flesh removed mechanically. The coffee is then moved to a tank filled with fresh water, where the remaining flesh is removed by fermentation. The time the coffee ferments varies depending on the country of origin, the coffee is then placed on drying beds.

Honey processed coffees have been pioneered in Costa Rica, it gets its name because the water used turns a honey colour. This method of processing makes for intriguing flavours on the coffee, by pulping it, putting it on a raised drying bed, leaving the mucilage intact (sticky substance under the skin), covering it and turning it once per day. This continues until the coffee reaches the desired moisture content, then is finished and prepared for shipping. This method cuts down the water usage, important if the country has limited water supplies. What this method brings is a syrupy mouth feel often with notes of plum or dark cherry. This is a must try if you see it in a café as it brings the clarity of a washed coffee and the sweetness and body of a natural process.

Calendar of Events

Brought to you by What's On Fraser Coast

AUGUST

AUG 1 (THURS)

Culture Caf – Hungary

10am-12pm
Call 4194 3000 for details
Hervey Bay Neighbourhood Centre

AUG 1 – 31

Seniors in Focus Program

Call 4194 2441 to find events near you.

AUG 2 (FRI)

Meditation with Annemarie De Seriere

9.30am
Hervey Bay Library Hervey Bay

AUG 2 (FRI)

36th Annual Competitive Art Exhibition 2019

10am
Hervey Bay Regional Gallery

AUG 2 (FRI)

So Brave Fundraiser Family Movie Night

5pm
Hervey Bay Boat Club

AUG 2 (FRI)

Beccy Cole

8pm
Maryborough Sports Club

AUG 2 (FRI)

Killer Queen Experience – Featuring Johnny Blunt

8pm
Brolga Theatre & Convention Centre

AUG 3 (SAT)

Whale Parade & Concert

4pm-9pm
Seafront Oval
Hervey Bay

AUG 3 (SAT)

Kids Challenge Day

Find us on Facebook – Fraser Coast Outrigger Canoe Club

AUG 3 (SAT)

ArtCon

10am
Hervey Bay Regional Gallery

AUG 3 (SAT)

Get Gallery Ready Concepts and Applications

10am
Fraser Coast Art Gallery and Academy. For tickets go to www.frasercoastart.com

AUG 3-4

Festival of Arts and Crafts

1pm
Hervey Bay Regional Gallery

AUG 4 (SUN)

Paddle Out for Whales

9.30am-2pm
Ernie Organ Park, Torquay

AUG 4 (SUN)

Art Time: Self Portraiture

1.30pm
Fraser Coast Art Gallery and Academy

AUG 5 (MON)

Local History Talk Historic Architecture presented by George Seymour

12pm
Maryborough Library

AUG 5 (MON)

Film Chat

1pm
Hervey Bay Library

AUG 7 (WED)

Hervey Bay Botanic Gardens Tour

10am
Hervey Bay Botanic Gardens

AUG 7 – SEPT 1

Art Exhibition – Contrasts & Contradictions in Clay

Carol Forster
Gatakers Artspace – Maryborough

AUG 7 – SEPT 1

Art Exhibition – Bug Guts On My Shoe – Deb Pak

Gatakers Artspace

AUG 7 – SEPT 1

Art Exhibition - Twenty 19 – St Mary's College

Gatakers Artspace - Maryborough

AUG 7 (WED)

Terrific Trivia

7pm
Burrum Heads Bowls Club

AUG 10 (SAT)

Kite Carnival

9.30am-1.30pm
Pier Park, Urangan

AUG 10 (SAT)

Village Markets

7am – Burrum Heads Community Hall

AUG 10 (SAT)

Local History Talk Historic Architecture presented by George Seymour
9.30am
Hervey Bay Library

AUG 10 (SAT)

Gatakers by Night – Frank Benn & Scone Farmers
6pm
Gatakers Artspace

AUG 10 (SAT)

Gatakers by Night – Entrée of the Bay
6pm
Hervey Bay Boatclub

AUG 10 (SAT)

Sydney Hotshots Live at the Hervey Bay RSL Club
8pm
Hervey Bay RSL

AUG 11 (SUN)

Hervey Bay Seafood Festival
9.30am-4pm
Fishermens Park, Urangan

AUG 11 (SUN)

Dot Painting Workshop hosted by Fraser Coast Artslink
10am
Fraser Coast Artslink

AUG 11 (SUN)

Yamato the Drummers of Japan
4pm
Brolga Theatre & Convention Centre

AUG 16 (FRI)

Country Rock & Roll Fundraising Dance Party
7pm
Call 4121 2141 for tickets
Brolga Theatre & Convention Centre
Susan River Homestead

AUG 16 (FRI)

Meditation with Annemarie De Seriere
12pm
Hervey Bay Library

AUG 16-18

2019 Fraser Coast Expo
Home Show, Caravan, Camping, 4x4 and Fishing
Maryborough Show Grounds

AUG 16 (FRI)

Unmasked – Dinner & Dance
6pm
Hervey Bay RSL

AUG 16 (FRI)

Miss Bilby and the Moss – Covered Cleric
Aug 16 – Sept 14
Z-Pac Theatre, Scarness
Hervey Bay

AUGUST 17 (SAT)

Garden Party at Arkarra
Featuring entertainment by Derek F. Smith
To book call 4128 8069
Arkarra Gardens Café Restaurant

AUGUST 17 (SAT)

Beginners Macramé Wall Hanging Workshop
1pm
Fraser Coast Artslink
To book find us on facebook

AUGUST 17 (SAT)

Art Enrichment Series Event
2pm
Fraser Coast Art Gallery & Academy

AUGUST 17 (SAT)

Caesar's Rockers Live at Hervey Bay
7pm
Hervey Bay RSL

AUGUST 18 (SUN)

Art Therapy Workshop for Intention Setting 2019
10am
Call 0449 037 011
Bauple

AUGUST 18 (SUN)

Diesel 'Give me Saturday Night' Solo Tour
7pm
Bay Central Tav – Hervey Bay

AUG 20 (TUES)

Aldridge Night Out – Icons of the Arts
6pm
Brolga Theatre & Convention Centre

AUG 21 (WED)

Herman's Hermits – The Six O' Clock Hop Australia 2019
6pm
Brolga Theatre & Convention Centre

AUGUST 22 (THURS)

Morning Melodies – Practically Perfect
11am
Brolga Theatre & Convention Centre

AUGUST 22 (THURS)

Lee Kernaghan
7pm
Brolga Theatre & Convention Centre

AUGUST 24 (SAT)

Ruff 'N' Tuff Charity Car Show & Swap Meet 2019
7am
Biggendon Showgrounds

AUGUST 24 (SAT)

High Tea at Arkarra
Its bling, bling time again ladies!
To book call 4128 8069
Arkarra Gardens Café Restaurant

AUG 24-25

A Spoonful of Sugar 15/24hr Rogaine
St Marys State Forest – West of Tiaro
Call Michele on 0407 038 792

AUG 30 (FRI)

Lunchtime Wildlife Talk – Wildlife Rescue and Care
12pm
Maryborough Library

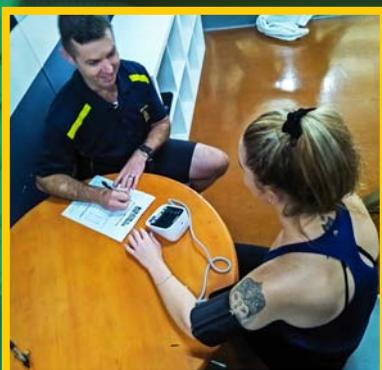
AUG 30 (FRI)

Fisherman's Ball 2019
6pm
Beach House Hotel – Hervey Bay

AUG 30-31

Mamma Mia! The Musical
Macabre Theatre Company
Brolga Theatre & Convention Centre

Fitness on the Fraser Coast with **CLINT ROBERTSON**



Making the decision to exercise to improve your health is a decision that your future self will thank you for, no matter how earlier or late in life you start. Over the last 20 years working and studying in this industry, one thing that has remained elusive is relevant information about training without marketing hype. It is my hope that this series will remove some of the misnomers in the fitness industry and provide readers with the resources to make better informed choices. This article will provide three tips on how to narrow the focus of your search when joining an activity/gym in order to give you confidence that you are making the right choice for you.

✓ TIP NUMBER 1 – WHAT DO YOU LIKE TO DO?

If you like to walk, walk. If you like to play sport, find a club that can accommodate your needs. The exercise guidelines tell us (18-64-year olds) that we need to do 2.5-5 hours of moderate or 1.5-2 hours of vigorous exercise per week, but it does not mean that it has to be relegated to inside work. If you briskly walked 40 minutes per day, even if it is broken into 10 minute efforts, you are already achieving the upper end of the required weekly moderate activity. If you decide to play sport, two training sessions per week plus playing one game will see you meet your 1.5-2 hours of vigorous activity for the week. Add in strength training just two days per week (if you don't like the gym there are body weight options, too) then you have ticked all the boxes to keep you healthy. People are more likely to maintain their movement if they enjoy what they are doing.

✓ TIP NUMBER 2 – MAKE SURE YOUR GYM/TRAINER KNOWS YOU.

A good trainer will ask questions about you before starting your session and aim to understand your background, especially in terms of injuries. A worthy trainer will identify an issue and ask for you to see a specialist prior commencing a program to reduce the possibility of further aggravation. While it may seem inconvenient (to see a GP prior to exercising), if you can remember that your trainer is just doing what is best for you, then the hour at the doctors may not seem so bad. In relation to activity, the days are gone where we 'walk it off' or 'push through the pain'; a decent trainer knows the difference between normal mid-workout 'grouchiness' and a legitimate complaint about pain. There are many exercise adjustments and there is always an exercise that can replace another that puts you in an unsafe position. If you are concerned that you are not being heard, shop around, there are trainers out there willing to help you achieve your goals without risking your health in the process.

✓ TIP NUMBER 3 – DO YOU FEEL WELCOME?

This one falls on the centre and its trainers but can be expanded to include sporting clubs and the exercising community in general. Find a place that's safe, welcoming and encouraging for every member. Find a centre/sporting club where staff make the effort to get to know your name, talk to you throughout your session and say goodbye at the end of each workout. Find a club that is ok with you asking questions and is willing to research answers if they do not know the answer straight away. There are many centres/clubs in this area which support their new members equally as much as their seasoned participants, these are the ones to look for.

Remember, you are more likely to stick to activity that you enjoy, and if you can do it with qualified professionals with your best interest at heart, who also provide a safe and welcoming exercise environment, then go forward and find your activity which meets all of the above needs.

THRILL OF STREET RACING

returns to
MARYBOROUGH

Experience the thrill of competitors whizzing past on a street circuit at the Fraser Coast Technology Challenge when the biggest student participation event in Queensland returns to Maryborough from September 13 to 15 this year.

Fraser Coast Technology Challenge events coordinator Jenny Elliott said the feature, human powered vehicle (HPV), 24-hour, endurance race was a great spectacle for onlookers who lined the picturesque street track in the central business district of the heritage city.

"The feature race has over 150 participating teams of high school students who race



prototypes of energy-efficient bikes around a dedicated circuit over a gruelling 24 hours," she said.

"School groups work throughout the year to design, build and test vehicles and machines within detailed specifications.

"The atmosphere is infectious as students willingly go without sleep to push their bodies to exhaustion."

The event has grown from 16 HPV teams in 2002 to more than 150 this year and now includes students with disabilities, school-built bikes and tandem categories.

This year the Maryborough race will also serve as the premier event in the inaugural Queensland HPV Super Series which consists of eight HPV races across the state.

Mrs Elliott said over the years, the weekend of competitions had also expanded to include Primary Pushcarts, solar model boats, CO2 Dragsters, robotic and drones along with other technology demonstrations.

"More than 2000 primary and secondary students from across the state compete in several categories of innovation and imagination," she said.

"The event aims to help develop efficient, environmentally friendly vehicles as forms of transport as well as using emerging technologies in ways to further students' education.

"It's a whole lot of high-powered fun, endurance, innovation, imagination, spectacular excitement and awesome events packed into one weekend."

Go to www.frasercoasttechnologychallenge.com for more information.

Fraser Coast Technology Challenge
September 13-15
Maryborough



Teddy Bear's Picnic

Annual Community Event



Sunday 8th September 2019 10am-2pm

Venue: City Park - Beside Discovery Sphere/Art Gallery Cnr Old Maryborough Rd & Charles St



Come along for a great family fun day. Major Raffles, Face painting, Jumping Castles, Rides, Stalls, Petting Zoo, Food, Drinks, Rex the Dinosaur & lots of Entertainment.

Enjoy the musical entertainment of Renata James
Thank you to our Sponsors

PART 1

OUR ITALIAN ADVENTURE



Great friends and well-known locals – Jan Carlson and Jill Perry, together with Barb Lewys-Davies and her cousin Helen recently went on a much-anticipated trip to Italy. Full of drama, humour, shopping and sightseeing – We will bring you their story over three instalments. So, strap yourself in as we head to Italy! – Kim Parnell

By Jan Carlson

After thirty-six hours of planes, trains and automobiles and discovering that Jill's suitcase was 'in transit', we arrived in Italy, and to our Milano hotel at 9am local time (5pm home), extremely tired, only to find we couldn't get into our rooms for another three hours! What else could we do but eat pizza and have some wine for breakfast, lunch or dinner (not sure what it was), and then sleep for twelve hours!

Friday morning, after our long sleep it was time to hit the amazing breakfast buffet which even offered Prosecco!

Our first tour in Italy saw us on a walking food and wine tour in Milano's Brera district - famous for food and fashion. Six different stops along the way saw us eating delectable pastries, parma ham, parmigian oreggiano cheese, risotto a Milanese, lasagna, veal meatballs, beautiful local wines and finally gelato of course!

Other highlights of Milano included helping Jill spend her money on new clothes, shoes, underwear and make-up to replace what was still in her suitcase somewhere; watching thousands of protesters march past our hotel; celebrating the Australian election result; enjoying a beautiful seafood meal and watching the Eurovision in real-time.

Sunday morning saw us on our first Italian train trip from Milano to Lake Como, still without Jill's suitcase! Our home on Lake Como was Hotel Posta at Moltrasio - a beautiful picture-postcard family-run hotel with very friendly, helpful staff and a warm homely atmosphere.

After an afternoon visit to Como town by ferry, we finally saw the arrival of Jill's suitcase - it had taken 5 days to get from Sydney to Italy!

Later we headed to the hotel cafe for some celebratory drinks where we were invited to stay, even though there was a private function to celebrate the confirmation of three gorgeous little Italian girls.

Vincenzo the barman/waiter kept bringing us some of the food being served to the party - pizza, calamari, baby octopus, focaccia, and the most amazing pate we have ever tasted, we were very honoured to watch the big Italian family in party mode!

We took a hop-on - off ferry ride around Lake Como middle section - it's very long so didn't get to see it all, but it's truly spectacular, even with a few rain showers. We even saw George Clooney's summer house!

We visited the beautiful town of Bellagio where we enjoyed yet another pizza for lunch and stopped off at Lenno, a quiet little picturesque spot where we fell in love with the beautiful lakefront mansions!

Well, what do you know the sun was shining when we woke on our last day in Moltrasio, so Jill and I took advantage of the beautiful weather to take a 'stroll' up the hill - about 500+ steps, what an amazing view of Lake Como from the top of the town!! So many gorgeous little houses all on top of each other. We were sad to say goodbye to Moltrasio, but it was time for another train adventure to Torino where we spent some time exploring, shopping and checking out local areas like Piazza Castello where we did some people watching. I finally found some shoes that I liked and bought three pairs in one shop!

Next morning, we visited the fresh food markets where the fruit and vegetables were amazing, everything was so much bigger than we are used to!

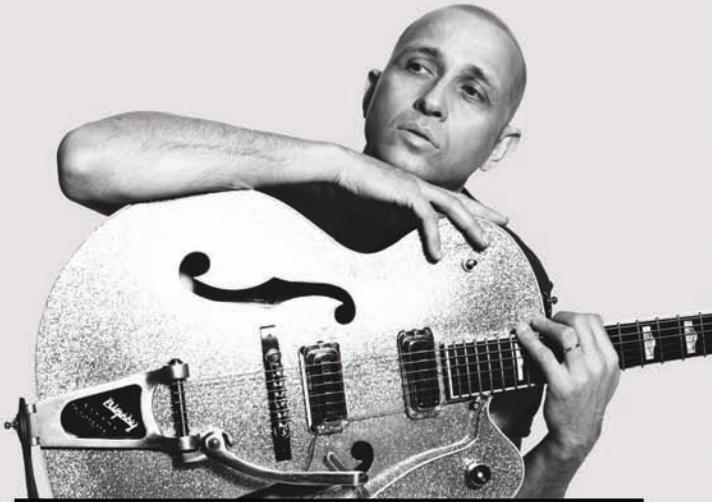
We also visited the spectacular Consolata Sanctuary recommended by Mara from Hervey Bay's Villa Cavour. That night we had dinner on the Gustotram touring Torino by night while enjoying a 4-course dinner, one we will never forget!



* In part 2 of 'Our Italian Adventure - featuring in next month's edition, we go truffle-hunting in Alba and explore Cinque Terre.

DIESEL

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Fashion

WITH LEAH

hion

To heel or not to heel?

I love what a good pair of heels can do to an outfit and body shape! They have the power to open up, lengthen and streamline the whole body and really put the fancy radar into overdrive with your outfit. BUT, do I wear heels throughout the day? No. I find them uncomfortable and impractical for my everyday lifestyle. Although it may seem that I do dress-ups for a living (some outfits I merely post for the specific purpose of these blogs), I am a mama of two (often wild) lads and heels just don't suit my everyday living with them in mind.

Do I frown at those sistas that do wear heels daily? No. I salute them and admire their beautiful outfits. As soon as we as women realise that our opinions aren't necessarily the majority, the sooner our fellow sistas will feel loved and empowered to style themselves in their own unique way. So, lets dig into the science of shoes...

High heels have a long, rich history dating back to the 10th century and were initially worn by men. The Persian cavalry and arrow-shooting riders would wear heels as they gave them stability when galloping on horses. Moving along to the 17th century and heels depicted men of pertaining high status and wealth and gave women a reason to be judged as impractical and extravagant! Moving into today's modern world, and high heels have become almost exclusively gendered in the sense that very few men wear high heels.

Whatever your preferred shoe type, they can have massive impact on your body shape, style and outfits. For example, if you have thicker ankles, wearing a black heel that has an ankle strap may not be the best look for you. Particularly if the length of your skirt or shorts comes into play. Try switching the ankle strap shoe with a mule, clog or court shoe which will open up the ankle area and not draw attention to its width. This will bring fluidity and length to your leg and its muscles, particularly if your skirt/short/pant length comes to your knees.

Shoe colour is also a sneaky little critter! Dark shoes generally have the potential to 'cut off' your leg length, while lighter colours can often elongate them (this is more in relation to particular body features). As does the shape of the toe area and also of the heel type of your shoes. Be it pointy or rounded, stiletto or block, the shape can play a big impact on the whole outfit. And let's not forget boots! They are the shoe of the season and there is a perfect boot for everyone! Just be mindful of the length. If you're going for a mid-calf boot length, watch that it's not cutting you off particularly in regards to your pant/skirt/short length.

My little tip for those that like to 'spice up' their outfits purely with a shoe... think outside the box in regards to what shoes are 'supposed' to go with a certain look. If you like to print mash in your wardrobe, try adding a printed shoe with an already print-filled outfit. Or, don a pair of rad cowboy boots with that gorgeous lace/floral maxi dress. If you know your style well and dress accordingly, feel free to smash those 'supposed to' fashion laws. If being 'deliciously simple' with your wardrobe is your flavour (and this style suits you), then believe in that whole-heartedly. A chic pair of sandals, wedges or boots worn with the right outfit will put the perfect full-stop to the whole ensemble.

If you're just plain frightened about the whole shoe debacle, then feel free to drop me a line.

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www.facebook.com/leahharveymakeupandstyling



FRASER COAST

What's On

August 2019

22

MARYBOROUGH ART GALLERY AUGUST EXHIBITION

Both Ends of the **SPECTRUM**

Pam Price has joined forces with another fellow member in support of Janet's first ever Exhibition. Janet prefers Abstract, whereas Pam prefers Realism.

Janet Simpson raised a large family and now her time is her own and she has dedicated her passion of Art to painting every day and joining Abstract International courses to take her on her Artistic Journey.

Living in a picturesque part of Yerra, west of Maryborough Janet can paint looking out to the cane, cattle fields and mountains. She feels her inner voice has finally been answered. Janet hopes you will enjoy viewing her works and get that special experience only Abstract Art can create within our inner reflection. She uses predominantly Acrylics, presented on Wooden Birch Panels and Archival Papers hung in a modern way. Asking Janet Simpson for her Artist statement she wrote,

"I paint intuitively. I draw from my inner state and rarely will have an end vision. I have a deep passion for nature and the many wonders of our world. I hope this reflects in my pieces and free expression. Synchronizing with my own natural rhythms and connecting and reflecting on events in or outside my environment and world my work sometimes is emotionally intense, other times colourful, joyful and embracing natures state. If my pieces dance off the canvas for you, I would be thrilled. I also have that inner dance when painting." Being a new member of the Society, she is thrilled to be able to present her works in a great space and location and have helpful support.

Pam Price took up painting upon retirement and has enjoyed the many aspects of art but prefers to use the medium of graphite, oil and acrylic. Pam is enjoying living on the beachfront of Hervey Bay's relaxed lifestyle after moving recently from south of Maryborough.

Her love of the bush and its diverse scenery and wildlife and her appreciation of now living so close to the sea has given her much inspiration which is depicted in her artwork. Pam has been a member of the Maryborough Art Society for many years and has enjoyed very much interacting with like-minded artists, not only attending various Workshops with artist friends but helping as a volunteer and doing many admin duties over the years.

For this she has been awarded a Life Membership and although now based in Hervey Bay and becoming a Member of Hervey Bay Art Society, she is still able to journey to Maryborough to attend the Maryborough Art Society's activities when time permits. Apart from holding several public Exhibitions over the years, Pam's artwork has received many prizes and awards and artworks sold are held in private collections throughout Australia and Overseas.

The Maryborough Art Society Gallery provides a venue for local and regional artists to showcase their work. Art Exhibitions ensure the local district can continue to enjoy the arts. They are proud to display art works by its members which include aspiring beginning artists and award-winning artists in a great variety of styles, sizes and prices.

New members are always welcome and any art tutors that may wish to run workshops are encouraged to contact MAS on 4122 4408. Members can also book regular monthly exhibition spaces and display work for sale in the Members Gallery at minimal cost. The gallery is open 7 days a week.

The exhibition, *Both Ends of the Spectrum*, runs from August 2 to August 31. Meet the artists, Pam Price and Janet Simpson at the opening on August 2 from 10.30 to 1.30pm.

The Gallery is operated by volunteers, entry is free, and the premises are wheelchair friendly. The Maryborough Art Gallery is located at 282 Kent Street, Maryborough.





FRASER COAST *Wings Wheels* AND *Warbirds* SET TO WOW



By Alan Betteridge

Planning is well advanced for this year's Fraser Coast Wings Wheels and Warbirds. The action-packed day has been extended to include a limited air show with awe inspiring aerobatics by the T28 Trojans of Toowoomba based company Aerotec and precision formation flying displays by vintage DH82 Tiger Moths and the venerable DHC1 Chipmunks.

Attending this year will be the Maryborough District Antique Motor Club, Wide Bay Rodders and the Wide Bay MG Car Club. There is even a chance the event will be visited by the famed RAAF Roulettes.

The event, sponsored by Shannon's Insurance and with the support of the Fraser Coast Regional Council, will give budding aviators, aviation enthusiasts and car buffs the chance to see multiple aircraft and many fine examples of our motoring history all in the one place – Maryborough Airport.

Event organisers, Maryborough Aero Club spokeswoman Karin Middleton said Maryborough had a proud history of aviation on the Fraser Coast,

"Maryborough's association with aviation dates back to the late '20s and reached its peak during the Second World War when it became a base for the RAAF's No 3 Wireless Air Gunner School and No 3 Air Navigation School," Ms Middleton said. "It was also an important staging point for military aircraft heading north to the New Guinea battle fields."

As was the case last year people will have to the chance of an adventure flight of a lifetime aboard one of the Aerotec Warbirds. For those so inclined aerobatics can be included in the Adventure

Flight – you haven't seen the Fraser Coast unless you have witnessed it from an inverted perspective at 5000ft.

Please keep in mind a 1425HP Trojan makes a lot of noise so it may be better if you leave your four-legged friends at home, in any case dogs cannot be permitted airside.

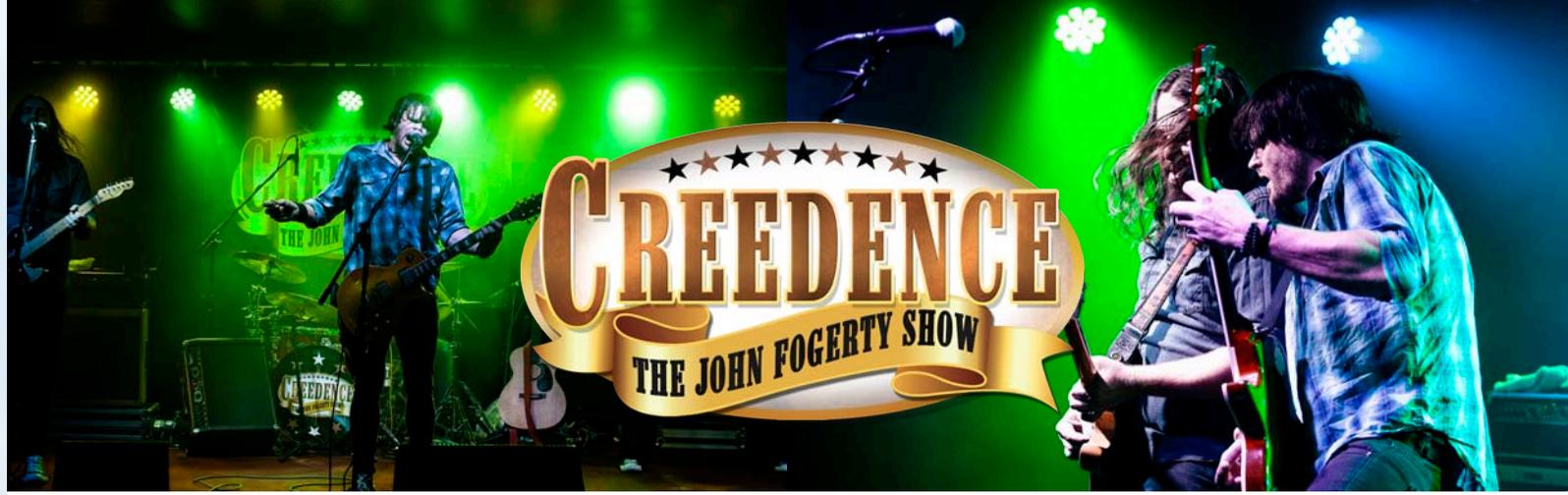
Food and refreshments along with market stalls will be available during the day and a Saturday evening spit roast dinner will be held. Due to limited seating bookings for the evening dinner are essential.

Money raised will support the operation of Angel Flight and the upcoming Maryborough Military Aviation Museum.

To avoid disappointment, you can book a Warbird Adventure Flight by calling Matt Handley at Aerotec Toowoomba on 4634 7100 or 0438 308 185.

For all aviation details and other information about the Fraser Coast Wings and Wheels call Karin Middleton on 0429 111 260 or send an email to the Aero Club: secretary@maryboroughaeroclub.com

Fraser Coast Wings Wheels and Warbirds
August 24
Gates open 9am
Entry free – Donation appreciated
Maryborough Airport
Off Saltwater Creek Road, Maryborough



Following their last SOLD OUT tour, 'Creedence: The John Fogerty Show' heads to Hervey Bay this month for one show only. This is a chance for audiences to experience Australia's premier tribute to the classic and timeless rock music of brilliant songwriter, guitarist and singer, John Fogerty - legendary frontman of Creedence Clearwater Revival.

Presented by Jabba Entertainment, this world-class production features frontman, Andre Lemberg, who has embodied Fogerty onstage, delivering to perfection that powerful and emotive voice that we all love. He is joined onstage by Blood Rule, one of Australia's great emerging swamp rock bands. This combination is the very driving force of why this is arguably the greatest John Fogerty Tribute in the world.

This show is a rock 'n roll journey through the swamps and bayous of America's south in the late 60's and early 70's. Audience's rock to Fogerty's/CCR's music - some of the most important and influential soundtracks of all time! This year has seen the band tour far North & to South East Queensland to sell-out crowds. The response has been overwhelming, with huge line-ups, rave reviews and screaming encores from ecstatic fans. It's a testament to the talent of John Fogerty that his songs have become so timeless and popular, reaching generations of people world-wide!

All of the greatest hits of both CCR and Fogerty's solo career are performed including favourites like: Bad Moon Rising, Fortunate Son, Green River, Proud Mary, Suzie Q, Run Through The Jungle, Born on the Bayou, The Old Man Down The Road and many more. You'll be singing along all nights long!

Complete with concert quality sound and lighting, Creedence: The John Fogerty Show delivers an exciting and high-energy production of hits that has crowds filling the dance floor. This show is not to be missed!

Be there this August for a fun-filled ride back in time and experience classic rock 'n roll at its best!

Web - www.jabba.com.au

FB - <https://www.facebook.com/the Creedenceshow>

Creedence: The John Fogerty Show
Saturday, Aug 24
Hervey Bay RSL
Tickets from venue or through Oztix

HB RSL - BRINGING YOU THE BEST IN ENTERTAINMENT

SYDNEY HOTSHOTS | PRESENTS

MAGIC MIKE XXL

Ladies Night Experience

Australia's HOTTEST MEN live on stage in a 2 hour Extravaganza

18+

SATURDAY AUGUST 10
 \$30 members - \$35 n/m. Doors open 7pm / Start 8pm
 Purchase tickets at: www.herveybayrsl.com.au

CREEDENCE THE JOHN FOGERTY SHOW

SUPPORTED BY... *Blood Rule*

SATURDAY AUGUST 24
 \$25 members - \$30 n/m. Doors open 7pm / Start 8pm
 Purchase tickets at: www.herveybayrsl.com.au
 or from RSL reception **18+**

MANDY NOLAN & ELLEN BRIGGS PRESENTS

WOMEN LIKE US

It's what's underneath that counts

2 HOURS OF RAPID FIRE, SHARP, OUTRAGEOUSLY HONEST, DELIGHTFULLY IRREVERANT STAND UP COMEDY FOR AUDIENCES WHO LOVE THEIR HUMOUR STRAIGHT FROM THE LIP

SATURDAY AUGUST 31
 \$20 members - \$25 n/m. Doors open 7pm / Start 8pm
 Purchase tickets at: www.herveybayrsl.com.au
 or from RSL reception **18+**



Good times... all day, every day!

Restaurant - Café - Kids Club - TAB Sportsbar - Courtesy Bus

www.herveybayrsl.com.au 11 Torquay Rd, Pialba. Ph: 4197 7444

AL DAVIES

LOCAL MUSICIAN SPOTLIGHT WITH



Tell us a little about yourself - where were you born and where did you grow up?

I was born in Camperdown in Sydney, lived in Strathfield, then moved to the outer western suburbs to start my guitar and music lessons while still young.

How long have you been performing on the Fraser Coast?

Just over eleven years, it's been a brilliant and epic journey performing in this area, with so many performances and experiences, I have also met many local talented musicians too.

What made you choose Classical Spanish Guitar, tell us a little about this style of music?

I love the depth and the warm natural tone of a quality Classical Acoustic Guitar. Some may say this style of Classical Spanish Guitar can be an acquired taste, but it's different. Working a guitar with this technique means you can play some beautiful romantic ballads, and then switch into a passionate, rhythmic Spanish tempo. A great example of this style is to listen to one of my idols, John H Clarke.

Do you write any original pieces of music, if so, tell us about them?

Ok, I am not a prolific writer, but I have written about thirty pieces over the years, some unfinished and in various score and notation form. Most are about experiences and lifestyle choices, all of them with their own stories.

Tell us about your CD 'Blue Sapphire', what is the album about, where did the name come from?

This CD is about my musical journey, personal travels and people, it has been produced as a relaxation & chill album. Eight tracks are originals, each with a story, such as the track "Blue Sapphire" it is about my travels around Australia, fossicking with my wife, and the gems we found. "From the time before" is about Sir Donald Bradman, and "Schapelle" is about Schapelle Corby...just some examples.

Have you performed overseas, if so, what is your most memorable performance?

No, I can't say I have, even though I have travelled to twenty-nine countries over the years, at last count, mainly for holidays etc. The experience performing overseas would be fantastic. Although, my CD has been selling well overseas via online distributors to countries such as: Korea, Canada, New Zealand, Japan, U.S, Britain and some in Europe, which still amazes me!

Who were your major musical influences growing up and why?

I guess the kick-start to my career was watching Tommy Emmanuel perform at an intimate gig, and then a few more times after that. The guy is a tower of inspiration to many. During my band days in Sydney, there were so many musicians I was influenced by, but in a nutshell, later in my years, classical guitarists such as Jacob Cordover, Rupert Boyd and Tatanya Ryzhkova, then Spanish guitarists Andrew Veivers and John H Clarke were a big influence on my technique.

What little known fact would you like people to know about you?

Oh ok, well here goes!... I am related to Sir Donald Bradman, it's a long story... but I played A grade cricket and my highest batting score was a sizzling 4 runs! I guess I missed out on the gene pool there! But that's ok, his great granddaughter, Greta Bradman is a fabulous opera singer, so music has filtered through somehow. Cheers!

Gig Guide

Brought to you by What's On Fraser Coast

Live music
and more on the Fraser Coast in
AUGUST 2019

BEACH HOUSE HOTEL



Bobby Barnes

Thurs 1, 7.30pm, Open Mic
Fri 2, 9pm, R&B Friday
Sat 3, 9pm, Uncle Arthur
Sun 4, 2.30pm, Derek Smith

Thurs 8, 7.30pm, Open Mic
Fri 9, 9pm, R&B Friday
Sat 10, 9pm, Bad Attitude
Sun 11, 2.30pm, Shaun Beckett

Thurs 15, 7.30pm, Open Mic
Fri 16, 9pm, R&B Friday
Sat 17, 9pm, Abby Skye & The Batman
Sun 18, 2.30pm, UFC 241 then Bobby Barnes

Thurs 22, 7.30pm, Open Mic
Fri 23, 9pm, R&B Friday
Sat 24, 9pm, Fixxer
Sun 25, 2.30pm, Shaun Beckett

Thurs 29, 7.30pm, Open Mic
Fri 30, 9pm, R&B Friday
Sat 31, 9pm, Swarm
Sun 1, 2.30pm, Derek Smith

HERVEY BAY

Hervey Bay RSL



Creedence

Fri 2, 12pm, Trevor Judge
Fri 2, 6pm, Pete Baker
Sat 3, 8pm, Dicky Switch
Fri 9, 12pm, Trevor Judge
Fri 9, 6pm, Ricky Manych
Sat 10, 8pm, Unplugged 2019 Showcase
Tues 13, 11am, Morning Melody with Davo, Australia's funniest impersonator, \$5 members, \$7 nonmembers
Fri 16, 12pm, Trevor Judge
Fri 16, 6pm, Phil Morgan
Sat 17, 7pm in Hervey House, Rock 'n Roll with the Caesar's Rockers
Fri 19, 12pm, Trevor Judge
Fri 19, 6pm, Phil Morgan
Sat 20, 8pm, Doug & The Upperhand
Fri 23, 12pm, Quinn
Fri 23, 6pm, Sam Maddison
Sat 24, 8pm, Red Betty
Sat 24, 8pm, Creedence Show with Blood Rule Support, \$25 members, \$30 non members
Sun 25, 12pm, Pete Baker
Fri 30, 12pm, Trevor Judge
Fri 30, 6pm, Ed's Son
Sat 31, 8pm, Trainwrecks
Sat 31, 8pm, Women Like Us Comedy, \$20 members, \$25 non members

The Bayswater Bar & Grill

Fri 2, 6pm, Bevan Spiers
Sat 3, 6pm, Frank Benn
Sun 4, 1pm, Dave Turner
Fri 9, 6pm, Sam Maddison
Sat 10, 6pm, Doug Edwards
Sun 11, 1pm, Liana McKay
Fri 16, 6pm, Bevan Spiers
Sat 17, 6.00pm, Bobby Barnes
Sun 18, 1pm, Matt Barker
Fri 23, 6pm, Ricky Manych
Sat 24, 6pm, Frank Benn
Sun 25, 1pm, TBC
Fri 30, 6pm, Dean Gray
Sat 31, 6pm, Phil Morgan

The Clubhouse Hervey Bay

Fri 2, 6pm, Frank Benn
Sat 3, 6pm, Dale Newberry
Fri 9, 6pm, Pete Baker
Sat 10, 6pm, Liana McKay
Fri 16, 6pm, Doug Edwards
Sat 17, 6.00pm, Ricky Manych
Fri 23, 6pm, Phil Morgan
Sat 24, 6pm, Sam Maddison
Fri 30, 6pm, Quinn
Sat 31, 6pm, Dean Gray

Hervey Bay Boat Club



Frank Benn

Fri 2, 5.30pm, HMC Music
Fri 2, 8.00pm, Red Betty
Sat 3, 5.30pm, Sam Maddison
Sat 3, 8.00pm, Red Betty
Sun 4, 1.00pm, Trevor Judge
Fri 9, 5.30pm, Trevor Judge
Fri 9, 8.00pm, The Shades
Sat 10, 5.30pm, Neil Wenk
Sat 10, 6.00pm, Sam Maddison performs at Entrée of the Bay
Sat 10, 8.00pm, The Shades
Sun 11, 1.00pm, Brian Spiers
Sun 11, 6.00pm, Neil Wenk
Fri 16, 5.30pm, Frank Benn
Fri 16, 8.00pm, HMC Music
Sat 17, 5.30pm, Vibeke Voller
Sat 17, 8.00pm, Soul City
Sun 18, 1.00pm, Trevor Judge
Sun 18, 6.00pm, Neil Wenk
Fri 23, 5.30pm, HMC Music
Fri 23, 8.00pm, Dicky Switch
Sat 24, 5.30pm, Dean Gray
Sat 24, 8.00pm, Dicky Switch
Sun 25, 1.00pm, Radio Star
Sun 25, 6.00pm, Neil Wenk
Fri 30, 5.30pm, Sam Maddison
Fri 30, 8.00pm, Retrospect
Sat 31, 5.30pm, HMC Music
Sat 31, 8.00pm, Retrospect

MARYBOROUGH

Maryborough Sports Club

Fri 2, 8pm, Beccy Cole \$35
Sat 3, 7pm, Rockin Rolla Billys
Fri 9, 7.30pm, Buddy Love & the Tremors
Sat 10, 7.30pm, Red Betty
Fri 16, 7.30pm One For The Road
Sat 17, 7pm, Brad Sorensen
Fri 23, 7.30pm Rob Johns
Sat 24, 7pm, Phil King
Sun 25, 12.30pm, Phil King
Fri 30, 7.30pm Barlight
Sat 31, 7pm Atmosphere

Maryborough RSL

Fri 2, 8.00pm, Bradz Rock N Rhythm
Sat 3, 8.00pm, Ian Murray
Sun 4, 12.00pm, Ryan White
Fri 9, 8.00pm, Phil Morgan
Sat 10, 8.00pm, Darlin & the Midnight Delights
Sun 11, 12.00pm, Ian Murray
Fri 16, 8.00pm, The Coopers
Sat 17, 8.00pm, Frank Benn
Sun 18, 12.00pm, Doug Edwards
Fri 23, 8.00pm, The Aubergine Machine
Sat 24, 8.00pm, Derek Smith
Sun 25, 12.00pm, Brentyn Irvine
Fri 30, 8.00pm, Chris Staib
Sat 31, 8.00pm, Red Betty

The Carriers Arms Hotel

Fri 2nd 8pm, Dust
Sat 3rd 8pm, Chris Staib
Fri 9th 8pm, Rock Lords
Sat 10th 8pm, Peter Baker
Fri 16th 8pm, Ian Murray
Sat 17th 8pm, Till Dawn
Fri 23rd 8pm, See You Next Tuesday
Sat 24th 8pm, Bobby Barnes
Fri 30th 8pm, No Entertainment
Sat 31st 8pm, David Turner

Social Snaps

Out and about on the Fraser Coast



Mary Poppins Day in the Park!



Clockwise from top-left:
Funky Fox shows the moves with Guru Dudu's Silent Disco Walking Tours.
Marion Bryant aka Miss Lark definitely looked the part.
Jo Johnston was a winner in this head-turning outfit.
Kim Mancini created a pink flamingo for the occasion.
Lynette Thompson dresses as a chimney sweep each year for the festival.



Social Snaps

Out and about on the Fraser Coast



Mary Poppins Day in the Park!



The Booke family, Alex, Chris, James and Susan look the part for the festival. Strolling Wharf St were Ruby and Chloe Wright. Zara Miller 8, looks pretty as a picture. Mason Bignell 11, has some balloon fun. The Memphis Moovers.



Social Snaps

Out and about on the Fraser Coast



**Maryborough's
Steamfesta Broke
a Guinness
World Record!**



FRASER COAST MARKETS



HERVEY BAY



NIKENBAH MARKETS

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

KOALA MARKETS

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

URANGAN PIER PARK COMMUNITY MARKETS

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

TORQUAY BEACHSIDE MARKETS

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

HERVEY BAY BOAT CLUB ART & CRAFT MARKET

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



MARYBOROUGH

FRASER COAST WILDLIFE SANCTUARY MARKETS

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

MARYBOROUGH MARKETS

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



BURRUM HEADS

BURRUM HEADS MARKETS

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



BAUPLE

BAUPLE MARKETS

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



HOWARD

HOWARD COUNTRY MARKETS

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



TIARO

TIARO MARKETS

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



BROOWEENA

BROOWEENA MARKETS

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

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

WHAT'S ON @ THE BROLGA



KILLER QUEEN
EXPERIENCE

The Killer Queen Experience

FRI 2 AUG



NT Live - The Audience

THU 1 AUG



MET Opera Live - Dialogues des Carmelites

THU 1 AUG



Maryborough Eisteddfod

4 TO 10 AUG



Jazz by the River presents SCAT

SUN 18 AUG



YAMATO
THE DRUMMERS OF JAPAN
PASSION

Yamato The Drummers of Japan - Passion

SUN 11 AUG



1960's British Invasion Legends
HERMAN'S HERMITS
The 6 O'clock Hop Tour

Herman's Hermits - The 6 O'Clock Hop Tour

WED 21 AUG



LEE KERNAGHAN
BACKROAD NATION TOUR

Lee Kernaghan - Backroad Nation

THU 22 AUG



Morning Melodies
Practically Perfect
The Music of Julie Andrews

Practically Perfect - The Music of Julie Andrews

THU 22 AUG



SMALL ISLAND
adapted by Helen Edmundson
based on the novel by Andrea Levy

NT Live - Small Island

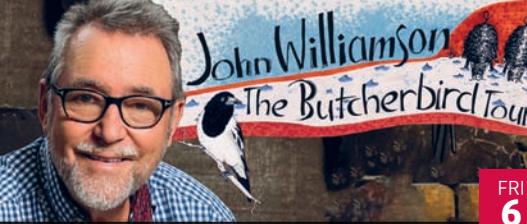
FRI 23 AUG



MAMMA MIA!

Macabre Theatre presents Mamma Mia!

30 & 31 AUG



John Williamson
The Butcherbird Tour

John Williamson - The Butcherbird Tour

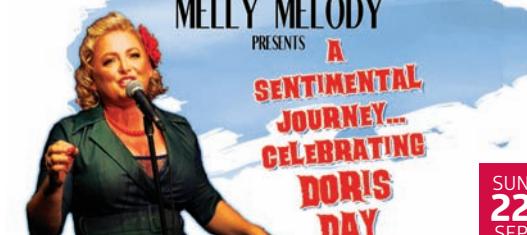
FRI 6 SEP



ROALD DAHL'S
the Twits

Roald Dahl's The Twits

TUE 10 SEP



MELLY MELODY PRESENTS
A SENTIMENTAL JOURNEY...
CELEBRATING DORIS DAY

Melly Melody - A Sentimental Journey... Celebrating Doris Day

SUN 22 SEP

COMING UP IN 2019...

Swan Lake - The Imperial Russian Ballet	Wed 9 Oct
Andrew O'Keefe "Shouts" Johnny O'Keefe	Fri 11 Oct
Morning Melodies - Tenori	Thu 31 Oct
Morning Melodies - The Beggars	Thu 5 Dec
Christmas Favourites	

