

# FRASER COAST What's On

July 2018 FREE MONTHLY MAGAZINE

18

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REHABILITATION AT  
**ST. STEPHEN'S HOSPITAL**

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Fraser Coast Chronicle

**WHALE PARADE & CONCERT**

Saturday 18 August | Esplanade, Seafront Oval



Sunday 19 August  
Ernie Organ Park, Torquay

FRASER COAST  
**What's On**

**Note from the Editor**

Mid July brings the humpback whales back from Antarctica to rest, play and to teach their young. If you are lucky enough to get out on the water this season the whales are bound to put on a show just for you.



Some of the whale behaviour you may see is the breach, the blow, tail slapping and spy hopping.

We have an abundance of whale watching boats each offering different tours and experiences, some even offer an opportunity to swim with the whales so do your homework first to find the right tour for you.

I recommend that you take a windcheater as it can get a little cool and wet during the trip, also take sunscreen, some money for snacks or the bar, and of course a fully charged camera and some extra batteries as you will not want to miss capturing one single moment as you create memories that will last a lifetime.

Most tours include either morning tea, lunch or afternoon tea, depending on the length of your tour.

This is one of my most favourite times of the year, these gentle giants of the sea are truly magnificent to watch, film and photograph.

There are many other events on throughout July so don't forget to check our calendar of events in the middle of the magazine and also to have a look on our web page at: [www.whatsonfrasercoast.com.au](http://www.whatsonfrasercoast.com.au).

Cheers,  
Kim Parnell  
Editor

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

*July is full of costumes, history,  
gems and music!*

Multi-platinum artist Timomatic talks to us about his trip to LA, his plans for the future and his upcoming concert at the Beach House Hotel in part 2 of his Do What You Want Tour.

We celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander people during NAIDOC week. This year's theme is 'Because of her we can', and celebrates the role aboriginal woman play and have played within the community.

Hervey Bay celebrates in style with the annual Blessing of the Fleet. This fantastic event heralds the beginning of the whale watching season. This is a great event for the whole family to enjoy.

The Fraser Coast All Ability Ball will be a chance to mingle with Home and Away stars Patrick O' Conner and Sophie Dillman. You will also get to meet Brandon and Josh from the hit show House Rules.

This event celebrates people of all abilities and raises awareness, understanding and acceptance within our community.

It is time once again for the Annual Gem and Jewellery Expo. You will get to view and purchase crystals, Jewellery and so much more. You will also have the opportunity to view the world of micro mounts through a telescope. The kids will have a ball looking for hidden treasure.

Mary Poppins in the Park is a spectacle of fun, colour and music. Take part in the nanny race, or become a chimney sweep, why not get dressed in costume and enter the grand parade. There is something for everyone at this fantastic family day out.

We get up close and personal with local musician Frank Benn as he talks to us about life on Waiheke Island, family and music in our Local Artist Spotlight segment.

The 2018 Heritage City Quilt & Craft Extravaganza ticks all the boxes for those who are creative or just curious about the art of quilt-making. Hear the stories behind the quilts, this is one Extravaganza that you won't want to miss.

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

*Kim Parnell*

Editor, What's On Fraser Coast



# Hervey Bay's Best Kept Secret



## LAND FOR SALE

**LARGE blocks up to 1215m<sup>2</sup>**  
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The serenity of the tree lined entrance into Huntingdale Woods will make you forget you are just minutes from Hervey Bay's thriving hub. Major shopping centres, airports, schools, university and business districts are all here for you.

Come and inspect the outstanding land awaiting you at Huntingdale Woods.

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# FEEL THE BEAT WITH Timomatic

Written by Kim Parnell

Timomatic fills the stage with his energy and vibe. He has a positive, fun presence that you can't help but feel. You can tell that he adores performing and enjoys bringing the show to the people.

The multi-platinum artist had such a great time on the Fraser Coast as part of his regional tour last year that he has decided to head out on the road once again and visit places that he was unable to the first time, and that includes Hervey Bay.

Timomatic will be fully revived after recently holidaying in Los Angeles, this was his first decent holiday in two years and he said, "It was a great opportunity for me to get creative and to find some inspiration.

LA is a mecca for musical entertainment, and I find that there is a palpable energy there that helps to get the creative juices flowing". Asked where Timomatic's positive vibe comes from he says, "I honestly have a passion for people and what I do.

Being an African ethnic I like to shine the light on young guys like me that need the inspiration. I would like to see the next Timomatic African American star and help him achieve his dream.

I take being a role model very seriously and never take it for granted. I grew up with a dream to perform and that dream came true".

Soon we will get to see Timomatic on a regular basis on our TV screens as he has taken up a Judging gig on the much anticipated new series Dance Boss, Timomatic just knew that it was something that he wanted to do. Co-produced by Danni Minogue this show is bound to pack a punch.

Timomatic says, "This is a dance comp for everyday working people from nurses to McDonalds employees and everything in between, It is absolutely incredible".

Dance Boss is about different industries coming together, made up with people who have a passion for dance. The show is extremely relatable and made up of everyday people doing some pretty cool things. Best of all the series will feature some new music from the artist himself.

The next six months will see Timomatic take on a role in the new stage show called Madiva the Musical, a celebration of Nelson Mandela, this will be the first time that this musical will be performed in the English language, running for approximately three months the show will travel to Sydney, Canberra, Melbourne, Auckland, Adelaide and Perth.

In his down time Timomatic loves nothing more than playing soccer. He plays mixed, both indoors and outdoors every week when he is not on tour. In fact his team won their division title recently.

"Playing Soccer is like a breath of fresh air after being on tour and performing". Timomatic says.

As our interview drew to a close I thought I would throw a fun question into the mix. I asked Timomatic which super power he wished that he possessed, Timomatic said that he, "would love the ability to be in two places at once so as he can work and play at exactly the same time".

Timomatic says, "I can't wait to see you all in Hervey Bay, we are going to have a lot of fun together as I put on a great show for all of you".

Timomatic – Do What You Want Tour Part 2 – 2018

July 10 - 6.30pm

Tickets are \$30 per person

All guests under the age of 18 are required to be accompanied by an adult.

Tickets are available from the Gaming Room.

VIP tickets are sold online at: <https://timomaticworld.com/>





★ ★ ★

# DEAD SINGER BAND

HONOURS THE LEGACY 2018

★ ★ ★

**WHEN THREE FORMER MASTERS APPRENTICES BAND MEMBERS ATTENDED THE FUNERAL OF THE GROUP'S LEGENDARY LEAD SINGER, JIM HEAYS, THEIR GRIEF AND RESPECT, EXPRESSED THROUGH COMBINED TALES AND FOND REMINISCENCES, RESULTED IN A NEW CONCEPT.**

The inspired result – now called 'Dead Singer Band' – is an utterly unique offering. It stems from the fact that, as the band members reflected on how Jim's life should be celebrated, they realised he was one of many great Aussie singers they had been friends or played with over the years. These veteran musos, between them, had a collection of very personal and completely fresh stories to tell about a host of iconic lead vocalists (to start with, Colin was Bon Scott's tour roommate when he was the drummer for AC/DC...that alone makes the mind boggle!).

So after the wake, the work began. Roger's (very much alive) wife, Vanessa Lea, who is an exceptional singer with a career of her own, was recruited to complete a great band, and stories and footage were painstakingly collected and collated. What emerged is a fantastic one-of-a-kind production that includes an AV show as well as over 2 hours of cracking live music, delivered across 2 sets.

With authentic renditions of their music, the band is proud to honour the legacy of a prime selection of Australia's singing icons. Fans of Billy Thorpe, Ray Brown, Shirley Strachan, Ted Mulry, Darryl Cotton, Maurice and Robin Gibb, Bon Scott, Doc Neeson, Chrissy Amphlett, Michael Hutchence, Stevie Wright, Jon English and more, will love the visual and aural montage that Dead Singer Band delivers. The show pays fitting homage to the lives and times of the band members' mates and colleagues, with a truth that can only come from genuine experience. They toured, worked and partied with every artist featured, and in at least one case, were the very last people to have seen them alive. The close-up and personal recollections are what makes this tribute different. The packaging is the icing on the cake – from the accompanying audio visual show, light-hearted comedy, fun costuming, special guests, celebrity interviews, great music and sensitivity to the era of each artist.

Audiences come away with fresh insights and appreciation of the stars that they loved through the years, when their heroes were breaking down barriers and crafting unique sounds that are now recognised as Australian music.

**DEAD SINGER BAND - LOST LEGENDS SHOWCASE**  
**JULY 18, 7.30PM**  
**BROLGA THEATRE AND CONVENTION CENTRE, MARYBOROUGH**  
**FOR TICKETS CALL: 4122 6060**

# TIMOMATIC

& SPECIAL GUESTS



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# HERVEY BAY BEACH HOUSE HOTEL

# TUE 10 JULY

DOD CREW

\$30 GENERAL \$50 VIP DOORS OPEN 6:30 PM  
TICKETS AT VENUE OR [TICKETBOOTH.COM.AU](http://TICKETBOOTH.COM.AU)

BEACHHOUSE 

NUI  
EVENTS



# THE HERITAGE CITY QUILT AND CRAFT

# Extravaganza



**The Heritage City Quilt and Craft Extravaganza in Maryborough is an exciting weekend of craft hosted annually by the Rotary Club of Maryborough – Sunrise. 2018 is the sixth year for this premiere regional event for crafters, drawing crafters and craft suppliers from across south-east Queensland for two days of displays, demonstrations and workshops.**

The Show is held on the same weekend as the City's iconic Mary Poppins Festival and challenges quilters to tell a story through their work, in keeping with the storytelling theme of the favourite character's writer.

The early months of winter bring a special delight for crafters when it is pleasant to sit in a quiet sunny nook and practice age-old crafts including quilting, patchwork, embroidery or paper-crafts. This annual event provides opportunities to learn new crafts, techniques or new projects.

Or to sit and admire the works of others in the Show and Tell session.

This year, Cath Quinlan from Accuquilt will host 'Make and Take' sessions and quilter extraordinaire Cheryl Bryant from Pfaff Husqvarna demonstrates their latest and greatest Quilting and Sewing machines.

Club President, Maria Carkagis proudly told What's On "as well as displays and sales of quilting and crafting supplies we also have a range of sellers of finished handicrafts."

"This is the perfect opportunity to buy supplies, a little something for someone special, or even to

start your Christmas shopping!" Mrs Carkagis said, "Come, try your hand at quilting techniques, paper crafts or hand sewing. Or just come to marvel at the skills and art of others."

Or try your luck at the roving raffles across the weekend.

Local Rotarians cooking skills are also on show – to top off a visit to City Hall, visitors are invited to stopover at our Event Café selling a range of freshly, home-made delicacies such as Devonshire Teas (we sold one a minute in the first hour last year!) or a savoury sandwich, soup or salad.

Perhaps most wondrous though, are the displays of Quilts that adorn the City Hall, whispering their stories to those who take the time to stand and listen. These quilts are reminders that treasured arts of our mothers and grandmothers are alive and well in this Heritage City. Reminders that we too can be wrapped in a swathe of hand-sewn love and magic as the winter days shorten and the winds arrive to carry that all-famous nanny in to the City!

A People's Choice prize is awarded and all who come through the door are eligible to vote.

The Heritage City Quilt and Craft Extravaganza is held at the Maryborough City Hall in Kent Street, Maryborough on Saturday 7 and Sunday 8 July 2018. Doors open at 9 am each morning closing at 4 pm on Saturday and 3 pm on Sunday.

Entry is only \$5. Proceeds from the Event are directed toward supporting literacy programs in local primary schools.

The Rotary Club of Maryborough-Sunrise supports local community projects and worldwide Rotary programs such as the End Polio campaign.

**There are a few stall sites left. For more information please contact the Rotary Club of Maryborough-Sunrise by email [maryboroughrotary@gmail.com](mailto:maryboroughrotary@gmail.com).**



**Gem & Jewellery Expo**



## Hervey Bay Gem & Mineral Club Inc.

The Hervey Bay Gem and Mineral Club Inc. was established on 12 October 1965 and is one of the oldest hobby clubs in Hervey Bay to meet the needs of those residents interested in stone cutting and polishing. Later on other activities such as faceting and silver smithing were included and today all these areas are strongly supported.

The Club has been located at 18 Stephenson St, behind the Historical Museum since 1974 and has gone through many refurbishments to cater for the some 80 members.

The first Gem Show was held in 1976 at the C.W.A. Hall in Bideford St. So successful was this Show that it became an annual event, quickly out

growing many venues until now where it is held at the Star of the Sea Catholic School Hughes Rd Wondunna.

This Gem and Jewellery Expo is the only one of its type to be held within the Fraser Coast Council Region and prides its self-highlighting quality gems, jewellery, crystals, fossils, micro mount viewing and much more for sale.

This 2 day event is a must see, with the popular, auction held on Saturday 1.30pm, raffle, kids' corner, demonstrations and canteen facilities. For the first time, metal detecting equipment on display and for sale.

**New Members welcome!**

☎ 0411 580 465

8:30am to 12:00nn Mon/Thurs



[herveybay.lapidaryclub.com.au](http://herveybay.lapidaryclub.com.au)

# THERE IS SOMETHING FOR EVERYONE AT THE MARYBOROUGH EISTEDDFOD

The Fraser Coast is a smorgasbord for performing arts, and there is no better showcase of this than the Maryborough Eisteddfod. Hosted at Maryborough's Brolga Theatre, the Maryborough Eisteddfod presents a variety of performances and pieces through the Dance, Vocal & Choral, Speech & Drama, Instrumental, and Literary sections. There's something for everybody's taste!

Competitors from the Fraser Coast and surrounds perform for an Adjudicator, a judge for each discipline who issues placings and prizes, but most importantly constructive feedback in their professional field, to the performers. It is an event which fuels development in a fun and enjoyable competitive atmosphere which supports the cultivation of local talent.

With the rising popularity and influx of competitors every year, the Dance portion of the Maryborough Eisteddfod is held from the 6th to the 10th of June, with the rest of the Disciplines being presented from the 4th to the 10th of August. Both events bringing us solos, small and large groups, as well as the Championship divisions for each Discipline, with Dance Championships being implemented this year.

Tickets to watch the event can be purchased from the box office at the Brolga Theatre on the day; an adult session ticket (typically a three-hour set of performances) is \$8, and \$6 for concession/students. An adult day ticket which grants access to that day's sessions is \$15, with concession/student tickets setting you back only \$10. For those

wanting a full experience of variety across all Disciplines, an adult ticket for the entire event (a season ticket) will cost \$40, and a concession/student ticket for the same totals \$30. Programmes are available for purchase for \$5.

There are a variety of genres and sections to compete in, and all ages receive professional feedback on their performances. While the event is a competition, the Maryborough Eisteddfod aims to present an atmosphere based on fair play, friendly rivalry, and collective improvement of skill. For further information visit the website at [www.maryborougheisteddfod.com](http://www.maryborougheisteddfod.com).

Being an entirely community driven organisation run by a committee of volunteers, the Maryborough Eisteddfod is also always looking for new volunteers to help with tasks prior to and during the events. Volunteering with the Maryborough Eisteddfod only requires you to have time to spare, as simple training is conducted for the various volunteer positions on the days such as Runners, Marshalls, and Scribes. For more information on how you can assist to make this event a success, please contact the Volunteer Co-ordinator via the 'Contact Us' section at [www.maryborougheisteddfod.com](http://www.maryborougheisteddfod.com).

So whether your performing arts calling is onstage, backstage, or appreciating from the audience, the Maryborough Eisteddfod will have you toe-tapping, laughing, and marvelling at the sheer volume of high quality talent the Fraser Coast and beyond has to offer.



## SKIN + WAX CLINIC

### SKIN + WAX CLINIC IS THE PLACE TO GO

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

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



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Skin + Wax Clinic



# THE ANNUAL GEM AND JEWELLERY EXPO IS SET TO

# Shine

The Hervey Bays Gem and Mineral Club Inc. Annual Gem and Jewellery Expo is being held on the weekend of July 14-15, at the Star of the Sea Catholic School, Hughes Rd Wondunna. This premier event is the only one of its kind held within the Fraser Coast Region. Here you can view and purchase quality jewellery, gemstones, crystals, fossils, lapidary supplies and much more. Traders are more than happy to answer your questions. Discuss what healing crystal better suits your needs, where that fossil comes from or what supplies are best suited for your project.

This is an ideal time to buy that special gift for Christmas which is not far away.

Canteen facilities will be on offer with delicious burgers, tasty snags, sandwiches, scones with jam and cream and of course tea and coffee.

Look at the amazing world of micro mounts (crystal) that can only be viewed through a microscope. This experience is for all to view as it is absolutely amazing and shows us what nature is capable of. See the display of Hervey Bay's unique local stone, Uranganite. Once in abundance, it now has become quite scarce.

This year, for the first time for all gold hunters, we have representatives for Mine Lab Metal Detectors. They have a wealth of knowledge not only of their product, but also correct procedures for the successful hunt of the elusive treasure. Come and talk a deal with them.

Take the kids to Kids Corner and for a small cost they can enjoy fossick/sieving for quality gemstones without the mess, but best of all they get to keep what they find. Check out the display of various works carried out by Club members.

Join in the popular auction on Saturday at 1pm and pick up a bargain.

Raffle tickets are \$2 each, 1st Prize - a 10gram gold ingot, 2nd prize - a 2.5 gram ingot.

Raffle tickets are available at the show and the draw will be held at 1pm Sunday with the winners notified by phone. The Club provides an array of equipment and tools to start you off such as faceting, capping and silver smithing, discuss casting techniques and much more. We are located in Stephenson St, Pialba.



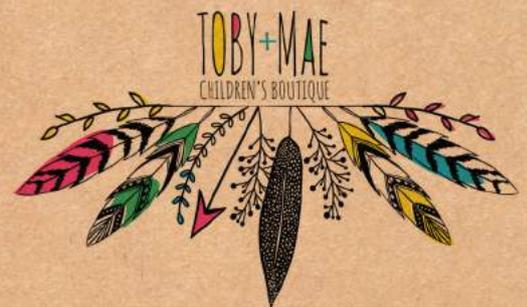
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# Josh & Brandon



## MEET THE STARS AT THE FRASER COAST ABILITY BALL

Dance the night away with Home and Away Stars Patrick O'Conner (Dean) and Sophie Dillman (Ziggy) and House Rules brothers Brandon and Josh.

"Dress up and dance the night away with great food, music and company. Everyone at the event gets to personally meet the celebrity guests and have their photo taken with stars from the popular television shows, Home and Away and House Rules" said Trevor Sands, Event Organiser.

Celebrity guests will interact with the attendees throughout the night with plenty of photograph and autograph opportunities.

While the Ability Ball is about a good night out there is also an important message being relayed throughout this event. The Ability Ball is an event for all members of the community to come together and celebrate all abilities. This event aims to increase public awareness, understanding and

acceptance of people with disability and celebrate the achievements and contributions of people with disability.

"Our aim is to provide a genuinely inclusive opportunity for people to enjoy a night of food, dancing and entertainment. We believe that by providing people with disability, the general public, local businesses and the wider community sector with an opportunity to engage in a positive shared experience, we have found an ideal way to promote inclusion and understanding," said Damien Tracey, CEO Community Lifestyle Support

Grab your tickets today and join in the fun at the Fraser Coast Ability Ball.

**Fraser Coast Ability Ball**  
**Saturday July 28**  
**6pm to 11pm**  
**The Beach House Hotel, Scarness,**  
**Hervey Bay**  
**\$75 per person, \$55 for companion**

**Tickets available online**  
**Find us on Facebook**  
**Event Contact: Trevor Sands 0431 180 469**



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 Add Garlic & Herb Bread \$4

**MONDAY \$11**

**BBQ Pork Ribs**  
 Served with Jacket Potato,  
 sour cream and  
 House Salad

**TUESDAY \$19<sup>90</sup>**

**Grilled MSA Rump**  
 Served with Chips & Salad  
 Sauce Toppers \$2.50  
 Add Garlic & Herb  
 Cobb Loaf \$4

**WEDNESDAY \$12**

**Local Whiting & Cajun Calamari**  
 Served with Chips & Salad  
 Add Garlic & Herb Pizza \$4

**THURSDAY \$12**

**Roast Roll with Chips**  
 Filled with our roast of the day,  
 topped with onion and gravy  
 and served with chips

**FRIDAY \$10**

**Sunday Roast**  
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 and rich gravy

**SUNDAY \$12**

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OPENING**

**26 JULY 2018**

# NEW DISPLAY HOME WITH HUGE RV GARAGE HERVEY BAY

You're invited to join us for the official grand opening of our new display home at Latitude25, one of Hervey Bay's newest luxury RV lifestyle communities. Enjoy a wonderful informative morning or afternoon, taking a tour of the homes and enjoying a delicious spread of delectable delights. Learn more about the early bird offers including a solar package upgrade and no site fees for the first six months for homes in the first stage.\* **RSVP by calling Jane on 1800 025 025 or email us at [info@visitlatitude25.com.au](mailto:info@visitlatitude25.com.au) and select one of the tours below – bookings are essential.**

## **THURSDAY – JULY 26, 2018**

1. Lunch and Tour **BOOKED OUT**
2. High-Tea and Tour – 2.30pm to 4.30pm

**WHERE:** Latitude25, 45 Spring Way, Nikenbah

## **FRIDAY – JULY 27, 2018**

3. Brunch and Tour – 9.30am to 11.30am
4. High-Tea and Tour – 2.30pm to 4.30pm

## **SATURDAY – JULY 28, 2018**

5. Brunch and Tour – 9.30am to 11.30am
6. High-Tea and Tour – 2.30pm to 4.30pm

\*Terms & conditions apply.

THE PERFECT MIX OF HOME AND LIFESTYLE

*Latitude 25*  
RV Lifestyle Community  
at HERVEY BAY

# HEALTH SEGMENT

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Webpage: [ststephenshospital.com.au](http://ststephenshospital.com.au)

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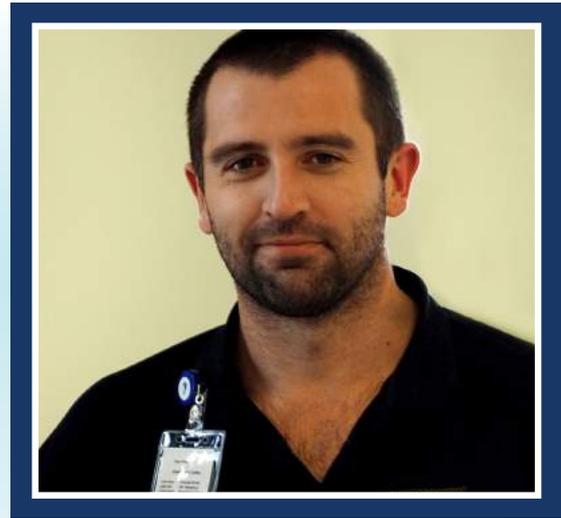
 St Stephen's Hospital Fraser Coast  
 SSH\_FraserCoast  
 SSHFraserCoast

## DANIEL RICHARDS STORY

As the new Allied Health Manager at St Stephen's hospital in Hervey Bay, I am excited to be tasked with guiding our enthusiastic team into the future of hospital care at this fully digital hospital. Having originally studied in Auckland, New Zealand, I have been a proud resident of Australia for the last six years. At one point or another my wife Frances and I have considered making Melbourne, Forster and the Gold Coast our home while working within private hospitals. Settling on Hervey Bay was an easy task as we were both welcomed into the community with open arms and we look forward to calling the Fraser Coast our home for many years to come.

My initial desire as a student was to go into sports physiotherapy, however, having placements within rehabilitation units quickly changed my focus. Being a part of helping people recover after injury, surgery or general deterioration in function is an experience which can't be beaten. This role as the Allied health Manager has allowed me to go a step further by participating in governance and the production of services and facilities which are new to St Stephen's Hospital and the Wide Bay region.

Parkinson's disease rehabilitation, oncology rehabilitation and hand therapy are areas which we have developed with our clinical staff and have gradually built up to successful services. We have also been fortunate enough to be tasked with building of two new purpose built gyms and consulting areas. Having access to new facilities is something not many allied health professionals can claim. I am very excited that my first few months with St Stephen's has been busy developing and organising resources which will assist staff in providing quality care and benefit the patients we are here to serve.



Our future as a rehabilitation department is just as exciting as what we are currently doing. On the horizon we are investigating the possibility of installing a hydrotherapy pool. Having previously had access to a hydrotherapy pool I am keen to participate in the implementation of this unique service to our inpatient and day rehabilitation programs. The exciting part of having hydrotherapy is the accessibility the public will have as well. Our vision is to open up times for private clinicians and groups which would typically be limited to standard avenues of rehabilitation and miss the benefits hydrotherapy provides.



## ST STEPHEN'S HOSPITAL REHABILITATION SERVICES



St Stephen's Hospital in Hervey Bay is now offering inpatient and outpatient rehabilitation services for patients who have had major surgery, patients with back and neck conditions, as well as patients with neurological conditions including Parkinson's Disease.

The 32-bed rehabilitation ward includes a purpose-built gym to provide outstanding rehabilitation programs to support focused Inpatient Rehabilitation programs and Day Therapy programs. Patients also have access to the expertise of an interdisciplinary team including Rehabilitation Physicians, Nursing Staff, Physiotherapists, Occupational Therapists, an Exercise Physiologist, a Social Worker, a Dietician and a Speech Pathologist.

The Inpatient Rehabilitation Program has been created for patients who require intensive rehabilitation following major orthopaedic surgery, including total hip and knee replacements, spinal surgery or those who have been involved in major trauma. Similarly, patients with neurological conditions are able to access the inpatient rehabilitation program, including patients who have had strokes, those who have Parkinson's disease, Multiple Sclerosis, Spinal Cord Injuries, Head Injuries and Motor Neurone Disease. We also offer cancer rehabilitation, respiratory rehabilitation, rehabilitation for amputees, including fitting prostheses and general rehabilitation for patients who are deconditioned following an admission to one of the acute wards with serious medical or surgical conditions.

Our Day Therapy Program is designed for patients who can manage at home, but still require ongoing rehabilitation. Common programs include cardiac rehabilitation, musculoskeletal rehabilitation for non-surgical back and neck conditions, chronic pain programs and specialised hand therapy for patients who have had hand surgery. St Stephen's rehabilitation services also include classes. We run specific classes for patients with Parkinson's Disease twice weekly, along with classes for patients who are undergoing cancer treatment. The aim of these classes is to maintain the patient's strength and conditioning while undergoing chemotherapy.

Regardless of the challenging situations our patients may be facing, our goal at St Stephen's Hospital is to make rehabilitation a positive experience. Our aim is to support patients to the point where they can live independently in their own homes, enjoying a fulfilling life in their community. Admission to one of our programs requires a referral from a General Practitioner or Specialist and these can be faxed to 4124 5854 or for more information please call 4120 1200.





# Calendar of Events

## JULY

**JULY 1**

**Car Boot Sale**

7.30am

Maryborough Show grounds and Equestrian Park

**JULY 1**

**Hervey Bay Bird Sale**

9am

Maryborough Show grounds and Equestrian Park

**JULY 1**

**Sunday Riverside with Seanic Sound**

3pm

Brolga Theatre & Convention Centre grounds

**JULY 1**

**Roy Orbison Reborn (Dean Bourne)**

2pm

Brolga Theatre and Convention Centre, Maryborough

**JULY 3**

**Fan Day Luncheon**

12.30pm

Beach House Hotel

**JULY 4**

**Mural Trail Official Opening**

10am

Maryborough City Hall

**JULY 4**

**A Story Teller's Guide**

5pm

Bond Store - Maryborough

**JULY 4**

**At Home with Marcus Corowa – House Concert**

6.30pm – Urangan

Find out further details on Face-book

**JULY 4**

**Swan Lake – Queensland Ballet**

7.30pm

Brolga Theatre and Convention Centre  
Maryborough

**JULY 5**

**Clay Characters Workshop with Clair Lawrance**

10am

Gatakers Artspace, Maryborough

**JULY 5**

**Hamlet – NT Live**

6.30pm

Brolga Theatre & Convention Centre

**JULY 5**

**Voices in the Dark; A Night of ABC Radio**

6pm

Bond Store, Maryborough

**JULY 6**

**Artist Story – David Usher**

5pm

Gatakers Artspace, Maryborough

**JULY 6**

**Exhibition Opening**

6pm

Gatakers Artspaceh

**JULY 6**

**Maitlia Potters Soup Night**

6pm

\$15 per head

Call: 4122 2533

Bottlebrush Craft Centre, 30 Ferry St, Maryborough

**JULY 7**

**Mary Poppins in the Park**

Family fun day out

Maryborough

**JULY 7**

**2018 Heritage City Quilt and Craft Extravaganza**

9am – Maryborough City Hall

**JULY 7**

**Gatakers by Night**

**JULY 8**

**Guy Sebastian – Then & Now Tour**

SOLD OUT

**JULY 8-15**

**Fraser Coast NAIDOC Week**

**JULY 8**

**Maryborough Pinup Workshop**

9am – Brolga Theatre and Convention Centre

**JULY 10**

**Timomatic – Do What You Want Tour Part 2**

6.30pm

The Beach House Hotel  
Hervey Bay

**JULY 11**

**State of Origin Game Three**

**JULY 12-14**

**The 2018 Junior State Cup**

Hervey Bay Sports Complex,  
Boundary Road, Hervey Bay

**JULY 13**

**Winemaker for a Day**

9am-5pm

Ohana Winery and Exotic Fruits  
1 Cottonwood Close, Childers

**JULY 13**

**Business Hervey Bay**

5.30pm

All those in business welcome  
The Clubhouse Hervey Bay

**JULY 18**

**Lost Legends Showcase**

7.30pm

Brolga Theatre & Convention Centre

**JULY 20**

**Riverside Dance Showcase**

6pm

Brolga Theatre & Convention Centre

**JULY 20**

**Burrum Coal Discovery Festival**

5pm

Howard  
Find them on Face-book

**JULY 21**

**Fraser Pop 2.0 2018**

10am

Maryborough State High School

**JULY 21**

**Microbats Talk**

10am

Hervey Bay Regional Gallery

**JULY 21**

**Games of Thrones LCG Regional Championships**

10am

Good Games Fraser Coast,  
Liuzzi St

**JULY 21**

**Blessing of the Fleet**

4pm-7.30pm

Great Sandy Straits Marina

**JULY 22**

**Car Boot Sale**

7.30am

Maryborough Show grounds and Equestrian Park

**JULY 21-22**

**Kerry Campbell Homes Fraser Coast Classic**

Hervey Bay Pro Am

Hervey Bay Golf and Country Club, Tooth St

**JULY 25**

**Hervey Bay Chamber of Commerce breakfast**

6.30am – Hervey Bay Boat Club

**JULY 24**

**It's Only a Play**

7.30pm

Z-Pac Theatre

**JULY 26**

**Ross Noble**

8pm

Brolga Theatre & Convention Centre

**JULY 28**

**Youth Talent Quest 2018**

6pm-10pm

GOA Hall, Xavier Catholic College

Call: 0413 864 795

Fraser Coast Artslink

**JULY 28**

**Fraser Ability Ball**

6pm

The Beach House Hotel

\* NAIDOC Week, and the school holidays events have their own special calendars in this magazine so keep an eye out.

 For a full list of What's On, go to: [facebook.com/WhatsOnHerveyBay/](https://www.facebook.com/WhatsOnHerveyBay/)  
 [facebook.com/whatsonfrasercoast](https://www.facebook.com/whatsonfrasercoast) or visit <http://whatsonfrasercoast.com.au/>



**BECAUSE OF HER,  
We Can!**

**8-15 JULY 2018**

**The theme of this years NAIDOC Week celebrations is 'Because of her, we can!'**

NAIDOC Week 2018 will celebrate the invaluable contributions that Aboriginal and Torres Strait Islander women have made – and continue to make - to our communities, our families, our rich history and to our nation. - National NAIDOC Co-Chairs Dr Anne Martin & Mr Ben Mitchell

#### **What's on during NAIDOC Week:**

**July 8**

#### **Church Service at Bayside Christian Church**

9am-10.30am

A Church Service Hosted by The Fraser Coast NAIDOC Committee at Bayside Christian Church.  
16 Neils St, Hervey Bay

**July 8**

#### **Church Service at Scrub Hill**

11am-2pm

You are welcome to attend the Church of Reconciliation Service at Scrub Hill at 10am for a 10:30am Start. There will be Welcome to Country, Welcome dancers, Flag Raising, NAIDOC Theme, a short Church Service and a lunch. The Lilly Pilly Choir will also be performing. All welcome to attend.  
Scrub Hill Rd, Nikenbah

**July 9**

#### **Breakfast and March, Hervey Bay**

7am-8am

NEW EVENT. A NAIDOC Breakfast (free sausage sizzle) and

March will occur before the Hervey Bay Flag Raising Ceremony.  
Freedom Park, Main St

**July 9**

#### **Hervey Bay Flag Raising and Fraser Coast NAIDOC Awards Ceremony**

9am-10am

The Fraser Coast NAIDOC Committee invites all to the Hervey Bay Flag Raising and Fraser Coast NAIDOC Awards Ceremony. We will be raising the Australian, Aboriginal and Torres Strait Islander Flag on Monday at the Discovery Sphere Hervey Bay. We will also be acknowledging and celebrating the achievements of the Aboriginal and Torres Strait Islander community members and those that support and advocate for the Aboriginal and Torres Strait Islander people by presenting them with our NAIDOC Awards.

All welcome to attend. Light refreshments will be provided. Event is free to attend and child/ family friendly.

Fraser Coast Discovery Sphere

**July 9**

#### **The Hervey Bay Family Fun Day**

10.15am-2pm

The Hervey Bay Family Fun Day this year will be at the Hervey Bay Neighbourhood Centre a short walk directly after the Flag Raising and the Awards Ceremony. There will be entertainment from local dancers and musicians. Various stalls, activities and free food will be on offer throughout the day.

Hervey Bay Neighbourhood Centre,  
22 Charles St

**July 10**

#### **Mixed Touch Football and Mixed Netball**

10am-2pm

The Fraser Coast NAIDOC Committee invites all to the Hervey Bay PCYC for a friendly game of Touch Football and Netball.

Free Sausage Sizzle Lunch Provided (Courtesy of The Fraser Coast NAIDOC Committee )

Contact the PCYC on 4124 5211

Hervey Bay PCYC, O'Rourke St

**July 10**

#### **The Ghundus Disco - Hervey Bay**

5.30pm-8.30pm

The Fraser Coast NAIDOC Ghundus Disco is back again. This event is growing and is proving very popular with the kids. All welcome.

Gilly's Place, 168A Boat Harbour Drive

**July 10**

#### **Aboriginal and Torres Strait Islander Music & Story Night**

6pm-8pm

The Fraser Coast NAIDOC Committee invites all the Aboriginal and Torres Strait Islander Music and Story night. We will show local Aboriginal and Torres Strait Islander Performers. Come and hear stories and songs from the local Aboriginal and Torres Strait Islander women as we celebrate the 2018 NAIDOC Theme.

All welcome to attend. Ticket event.

Bond Store, Wharf St, Maryborough

**July 11**

#### **Morning Tea and Tree Planting Ceremony**

10am-12pm

The NAIDOC Morning Tea and NAIDOC Tree Planting Ceremony at the Lupton Park Garden is a highlight of the week. All welcome.

Lupton Park Community Garden,  
45 Aberdeen Ave, Maryborough

**July 11**

#### **Murries Got Talent at Gatakers Art Space**

6pm-8pm

We want you. If you are Aboriginal or Torres Strait Islander you are invited to show us your talent. If it singing, comedy, dance or a secret talent you been wanting to share with world This is your night. Spots are limited so to book pm our face-book page on the link provided.

Gatakers Artspace, 311 Kent St, Maryborough

**July 12**

#### **Maryborough Flag Raising and Morning Tea**

10am -10.45am

Come and join us at the Maryborough Town Hall Green for our Maryborough Flag Raising Ceremony and Morning Tea. All Welcome, Thursday 12th July at 10am onwards.

Maryborough Town-hall green

**July 12**

#### **Official Photo with the NAIDOC Banner**

10.45am-11am

NEW EVENT. Come and get your photo taken on the steps of the Maryborough City Hall with the

# FUN FOR EVERYBODY

NAIDOC Banners displayed in the background. All Welcome.  
Maryborough City Hall, 388 Kent St, Maryborough

## July 12 Maryborough Family Fun Day

11am-2pm  
After having your photo taken outside, you are welcome to join the festivities inside the Maryborough Town Hall. There will be stalls inside, Aboriginal and Torres Strait Islander arts and crafts, music and activities for the kids. Maryborough City Hall, 388 Kent St, Maryborough

## July 12 Ghundus Junior Disco

2pm-4pm  
If you still have energy to burn, then a Ghundus Junior Disco is for you. With music and prizes and giveaways on hand, come and dance the afternoon away. All Welcome  
Maryborough City Hall, 388 Kent St

## July 13 Golf Day

8am-4pm  
This event is getting bigger and bigger each year. Book your spot, book your team.  
18 Holes, Morning Tea, Green Fees & a high quality golf polo. Price is yet to be determined  
Put a team in for your organisation or just a group of friends (TEAMS OF 4).  
Hervey Bay Golf & Country Club, Old Maryborough Rd, Hervey Bay

## July 13 Social Night

6pm-11pm  
After a very successful event last year the Fraser NAIDOC Social Night is back for laughs and music. Nibbles and entertainment, we also plan to have karaoke/music/dancing. Please be aware no meals are provided, however you can purchase your own dinner from the restaurant.  
Hervey Bay Hotel, Thomas St

## July 14 Fraser Coast NAIDOC Ball

5.30pm-11.55pm  
The Fraser Coast NAIDOC Ball is growing each year. This year it will be upstairs at the Maryborough RSL. To celebrate the big week of NAIDOC events and activities and the 2018 Theme, because of Her we can, we plan to night of laughs, stories, food and fun. We will also celebrate our 'Soul Sisters' with the Fraser Coast Band, Soul City.  
Maryborough RSL, 163-175 Lennox St, Maryborough

**For more details about each event, or to book events go to the Face-book page: The Fraser Coast NAIDOC Week Endorsed Events page.**



## YOUTH COLUMN

# JOIN THE PCYC EMERGENCY SERVICES CADETS AND MAKE A DIFFERENCE

– With Youth Columnist, Jacob Kitson-Holebrook



It's not every day that you find a like-minded group of people that all have a passion for making the world we live in a better place. The PCYC Emergency Services Cadets are just such a group. Founded in 2014 in response to Government priorities for youth development and community resilience, the program, as the name suggests, does run under the umbrella of the PCYC (Police Citizens Youth Clubs Queensland) but it is in a very unique partnership with the Queensland Fire and Emergency Services that looks at making sure that the development of young people and their communities is achieved in a productive manner.

This committed group of young people all fit into the age bracket of 12 – 17, excluding the adult leaders, who are over the age of 18. From first entering the program, Emergency Cadet members begin to gain a wealth of knowledge in community service and many other aspects of emergency procedures to help in times of need. There is a lot more that is undertaken by the Emergency Services than just fighting the more common natural disasters. They also, aid in planning for large disaster events such as storms and floods, the rescuing of marine vehicles,

train to obtain surf life saving skills, and undertake charity activities, all of which can make a real difference to a community in need.

Many of us know response teams and other similar organisations are extremely beneficial when it comes to surviving these hard and catastrophic moments. That is exactly what the Emergency Cadet programme is here for, the training and mentoring of young people in our communities with the intention that some will find careers in emergency services and others will continue to volunteer to help save lives and protect our community on the Fraser Coast as adults.

**So if you are interested in being a part of the next generation of emergency service volunteers or believe a career in this area is for you, find out more information about this fantastic programme by contacting [emergencyservicescadets@pcyc.org.au](mailto:emergencyservicescadets@pcyc.org.au) or follow them on Facebook [-@PCYCEmergencyServicesCadets](https://www.facebook.com/PCYCEmergencyServicesCadets).**

FLEET BLESSING TO  
CELEBRATE START OF

# whale WATCHING SEASON

Roving entertainers, tasty food stalls and fun children's rides will all be part of Hervey Bay's traditional Blessing of the Fleet which signals the start of the whale watching season on July 21 this year.

Brendan Bowers, event coordinator with Fraser Coast Tourism & Events, said a Butchulla welcome, aloha chant and multi-faith blessing would also be highlights of the event, presented by USC, from 4pm to 7.30pm.

"Visitors can step aboard to check out the many whale watching vessels, enjoy a sail past, see a great live performance by Hervey Bay's Leonie Kingdom, who recently topped Triple J's Unearthed chart, and watch the fantastic fireworks display," he said.

**"THE FLEET BLESSING IS A CENTURIES-  
OLD SEAFARING TRADITION TO FOSTER A  
SAFE AND PROSPEROUS SEASON."**

"These days it's joined with stalls selling great-tasting food for families to grab something quick, easy and affordable to eat plus a host of kids' entertainment such as face painting and rides."

The Aloha Mai E chant will be performed by Hervey Bay's Leandra Gurbiel who has been trained in Hawaii.

"The chant is a calling to the humpback whales, invoking the blessing of migration," she said.

Ms Gurbiel said it was also about bringing the community together for love and connection and wishing a safe journey to those on the water.

The activities on the day will also include a Marine Rescue Hervey Bay open day from 2pm to 5pm at the Great Sandy Straits Marina to promote awareness of the volunteer service.

Vice-Commodore Jill Barclay said people would be able to tour the base, step aboard their boats, see displays such as life rafts, ask boating questions and find out more about volunteering.

"We are on call 24-hours a day, seven days a week, 365 days a year," she said.

"Probably about a third of the work we do is medical evacuations from Fraser Island."

She said the marine rescue crew also monitored radio messages and helped with search and rescue operations.

Mr Bowers said it was always terrific to see crowds come out supporting the whale fleet and making the most of the magnificent marina.

For more information about the Blessing of the Fleet, visit [herveybayoceanfestival.com.au](http://herveybayoceanfestival.com.au).



# Fraser Coast Markets

## MARYBOROUGH

### FRASER COAST WILDLIFE SANCTUARY MARKETS

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

## MARYBOROUGH

### MARYBOROUGH MARKETS

Adelaide & Ellena St,  
Maryborough  
Every Thurs 8am to 1pm  
[markets@fcte.com.au](mailto:markets@fcte.com.au)

## HERVEY BAY

### NIKENBAH MARKETS

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

## HERVEY BAY

### KOALA MARKETS

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

## HERVEY BAY

### BUZERS BAZAAR TWILIGHT MARKET

Beside Mary Ryans,  
the Esplanade, Torquay  
Every Fri  
1pm to 6pm  
[bayconnect@hotmail.com](mailto:bayconnect@hotmail.com)

## HERVEY BAY

### TORQUAY BEACHSIDE MARKETS

Outside AQUAVUE, Torquay  
2nd & 4th Sat  
7am to 1pm  
[info@torquaymarkets.com.au](mailto:info@torquaymarkets.com.au)

## BURRUM HEADS

### BURRUM HEADS MARKETS

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

## HOWARD

### HOWARD COUNTRY MARKETS

Howard Community Centre  
Steley St, Howard  
1st Sat of the month  
7am to 12noon  
[info@howardcommunitycentre.org.au](mailto:info@howardcommunitycentre.org.au)

## TIARO

### TIARO MARKETS

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

## BROOWEENA

### BROOWEENA MARKETS

Smith St, Brooweena  
4th Sunday of every 3rd month  
[brooweenamkt@yahoo.com](mailto:brooweenamkt@yahoo.com)  
8am – 12pm

## HERVEY BAY

### 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](mailto:pierparkcommunitymarkets@gmail.com)

## HERVEY BAY

### HERVEY BAY BOAT CLUB ART & CRAFT MARKET

Buccaneer Dr, Urangan  
3rd Wed of the month  
9am to 2pm  
[info@boatclub.com.au](mailto:info@boatclub.com.au)

## BAUPLE

### BAUPLE MARKETS

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



### DISCLAIMER:

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

# Flavours from our Heritage

The Fraser Coast is rich and vibrant with many locals from many countries and different cultures that we can all learn from and celebrate. We truly are a multicultural society, and I for one think that we are certainly richer for it. Over the next few months we will bring you flavours from some of the different countries represented on the Fraser Coast. If you would like to take part please contact me at [info@whatsonfrasercoast](mailto:info@whatsonfrasercoast) - **Kim, Editor**

## CANADIAN

It is thought that the Nanaimo Bar was named after the town Nanaimo, on Vancouver Island. The beauty of this dessert bar is that it requires no baking. Over the years many different varieties of the bar have been created. According to Wikipedia, the first known Nanaimo Bar recipe was published in 1953. These bars are a favourite, and super easy to make.

### Topping

4 oz semisweet chocolate, chopped  
2 Tbsp unsalted butter  
Sea salt, for sprinkling (optional)

### Method:

Melt the chocolate and butter in a metal bowl placed over a pot of simmering water, stirring gently with a spatula until melted. Cool the chocolate slightly and then pour over the filling. If you want sprinkle the top with a little sea salt. Chill the pan in the fridge for about 2 hours before slicing into bars.

### Nanaimo Bars



### Crust

1 cup of cracker crumbs (but digestives or marie biscuits work just as well)  
3 Tbsp cocoa powder  
½ tsp salt  
1 cup sweetened coconut flakes  
½ cup walnut pieces  
6 Tbsp unsalted butter, melted  
1 large egg, lightly beaten

### Method:

1. Preheat the oven to (180 °C) or . 350 °F. Lightly grease a 20 cm square pan and line it with grease proof paper making sure that you include the sides.
2. For the crust, combine the cracker crumbs with the cocoa powder and salt, then, add the coconut & walnut pieces. Stir in the melted butter and the egg and stir until blended. Press this into the bottom of the prepared pan and bake for 12 minutes. Cool the crust completely before preparing the filling.

### Filling

½ cup unsalted butter, left at room temperature  
2 cups icing sugar, sifted  
2 Tbsp vanilla custard powder  
Pinch of salt  
3 Tbsp milk  
1 tsp vanilla extract

### Method:

By hand, beat the butter with 1 cup of the icing sugar, the custard powder and a pinch of salt until smooth. Add the milk and vanilla and beat in, then beat in the remaining cup of icing sugar. Without over beating, you want the filling smooth. Spread this evenly over the cooled crust.



FEAT.



SMOKEN LEATHER  
PRESENTS

# BANGERZ N ANTHEMIZ

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# WHAT'S ON DURING THE SCHOOL HOLIDAYS



## Queensland Ballet's Swan Lake

Wed, July 4  
7,30pm  
To book call: 4122 6060 or  
email: [www.brolgatheatre.org](http://www.brolgatheatre.org)  
The Brolga Theatre and  
Convention Centre, 5 Walker  
St, Maryborough

## Backstage Tours

Thursdays at 11am  
Cost – Adults \$5, children and  
students are free  
Learn the history of the  
theatre and explore backstage  
Bookings essential, call: 4122  
6060  
Brolga Theatre and  
Convention Centre, 5 Walker  
St, Maryborough

## Kids School Holiday Workshops

Bookings essential  
Fraser Coast Cultural Centre,  
Hervey Bay Regional Gallery  
Go to: [www.ourfrasercoast.com.au](http://www.ourfrasercoast.com.au)

## Fraser Coast Discovery Sphere

Open 7 days – 10am to 4pm  
Free entry  
166 Old Maryborough Rd,  
Hervey Bay

## Wildlife Sanctuary visit

Sat, July 7 & July 14 at 10am  
Free  
Fraser Coast Discovery Sphere  
166 Old Maryborough Rd,  
Hervey Bay

## Crafty Conductors

July 3, 4, 5, 6  
Cost \$5 bookings are essential  
Paint and decorate a cardboard  
train, and show it off at the Mary  
Poppins Grand Parade  
Gatakers Artspace  
Maryborough

## First5Forever Pop-up Library

Wed, July 11 – 9-12 noon – 5  
& under - Ernie Organ Park,  
Torquay  
Thurs, July 12 – 9-12 noon – 5 &  
under - Maryborough Toy Library

## Mary Poppins Festival

June 29 to July 8  
Go to: [www.marypoppinsfestival.com.au](http://www.marypoppinsfestival.com.au)

## Mary Poppins Kids Morning In

Tues, July 3 – 9am to 12pm –  
0-12years - Hervey Bay Library  
Wed, July 4 – 9am to 12pm –  
0-12 years - Maryborough Library  
Free – No bookings required

## Kid's Party Confidential – Sean Murphy

Thurs, July 5 – 10am to 11am  
to suit ages 5-12  
Bookings required  
Maryborough Library  
Free

## Kid's Party Confidential – Sean Murphy

Fri, July 6 – 2pm-3pm  
to suit ages 5-12  
Bookings required  
Hervey Bay Library  
Free

## Mary Poppins in the Park

Sat, July 7 from 10am  
Get dressed up and be part of  
the grand parade, enter the  
Chimney Sweep Challenge,  
Or the Great Nanny Race, and  
enjoy a great family day out.  
Queens Park, Maryborough

## NAIDOC Week

July 8-15  
Check event list in this  
magazine

For all of the latest events go  
to: [www.whatsonfrasercoast.com.au](http://www.whatsonfrasercoast.com.au) and **What's On Fraser Coast** on face-book, also  
check out the Editors page  
on: **What's On Hervey Bay**  
face-book.



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# Vox Pop



The month of June brought us the Fraser Coast Weddings and Formal Events Expo I for one always love seeing the latest trends and designs on offer.

The event had me thinking about my own wedding ten years ago, to me it really was the dream wedding, I know that I put a lot of hard work into the event to make sure that the big day went off without a hitch. It got me wondering about the fact that we are all very different, and all have differing dreams about where we want to tie the knot, so I took to the streets to ask the question. - **Kim Parnell, Editor**

## Question: What would be the perfect wedding location for you and why?

"I would have my wedding in either Hervey Bay or Yeppoon. I would have a semi casual beach or country wedding, I have always liked Yeppoon it is a very pretty place".

**Ben Wall,  
Booral**



"I would like a garden wedding with all of my family and friends because it is less formal and very pretty".

**Danielle Berkhout,  
Urangan**



"A beach wedding for sure. I have grown up on the beach and always loved it. Hopefully I have convinced my other half".

**Maddi Strong,  
Nikenbah**



"I would say that I would like to get married in a rainforest like at Montville or Maleny. I like a rustic setting while also getting back to nature".

**Mark Hodgkinson,  
Tinana**



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GROUP AUST LTD



# LOCAL MUSICIAN SPOTLIGHT WITH

# FRANK BENN



**Local musician Frank Benn is very well known across the Fraser Coast. With his cool tones, huge smile and great melodies he certainly knows how to draw a crowd. Over a cup of coffee we talked about his childhood, music and dreams.**

- Kim, Editor - What's On Fraser Coast.

## **Tell us a bit about your childhood and who your musical inspiration was?**

I was born in Fiji, Suva in 1983, but only lived there for six months. My parents took me to Auckland, New Zealand. We moved to Waiheke Island when I was about two years old, this is a half an hour boat trip from Auckland. I was on the island for about eighteen years. The island is absolutely beautiful. Everybody knows everybody it is a really tight community and a great place to grow up. All of my Fijian family were musical, my dad not so much. But if they didn't sing they played the guitar. Or they were in a choir. Music has always been in my blood, and I knew at a very young age that this was what I wanted to do for a living.

## **What Genre of music do you play?**

My style is a funky coasty kind of jazz blues, a bit of everything, but no one thing in particular.

## **What is your most memorable gig to date and why?**

There have been so many good gigs but one of my most memorable gigs was being the opening act for the Black Sorrows in Ipswich it was a great experience, I got to sit in this green room with a bunch of talented Australian musicians that have been there and done that and are still doing it. I got to play on all of this amazing sound gear as well, The Black Sorrows were great.

## **Do you write any of your own material?**

I have written a lot of songs and recorded about thirty songs to date. Sometimes a song just comes to you, bang it just flows and sometimes I can be sitting down having a conversation and someone will say a word and it will just kick-start something. Usually it is just an idea and then I will

have a brainstorm and feed off that.

I always carry a little book with me to write down words and ideas in. Then I will bring a melody into it I think it just depends, it can be just a word or I will see a story on television and I will think that it is a really magical story that I could write a good heartfelt song about. I don't always write from my point of view, but I sometimes do perspective writing, I will write about what I think the subject is going through. There is a particular song I wrote about my brother in Law Mitchi that song is called 'Other side' and is on my latest album, it is written from what I would believe would be his point of view.

I have done three albums in Australia, two with the band Chops. One called 'Chops Raw', then my most recent called 'The Frank Benn Trio', and in-between those two albums an Independent album called 'Visual Images' that I recorded in Gympie.

## **What can people expect if they come to see you perform?**

They can feel raw emotion. When I am doing gigs I like to keep everyone in the room happy that is why I play so many different genres, I want them to feel relaxed. I want them to feel what I am playing whether it is with sadness or dance.

## **Why the Guitar?**

The guitar is an instrument that you can carry with you no matter where you go. You can create melodies as well as keeping your baseline all in one. There is just something about the guitar. I would almost say that it is my form of meditation, in those three or so minutes that you are playing a song you just kind of forget about everything else, it all makes sense while you are playing.

## **What is your dream for the future?**

I would like to be known as an original artist, and for something other than Brown Eyed Girl, (laughs). I would also like to do more opening support acts for national or international artists. Doing a lot more festivals both here and out of town would top it all off nicely.

# MUSIC

AT THE

BEACHHOUSE HOTEL



## JULY

Thurs 5, 7.30pm, Open Mic  
Fri 6, 8.00pm, R&B Friday  
Sat 7, 8.30pm, Doug & The Upper Hand  
Sun 8, 2.00pm, Derek Smith

Tues 10, 7.00pm, Timomatic

Thurs 12, 7.30pm, Open Mic  
Fri 12, 8.00pm, R&B Friday  
Sat 14, 8.30pm, Red Betty  
Sun 15, 2.00pm, Darren Marlow

Thurs 19, 7.30pm, Open Mic  
Fri 20, 8.00pm, R&B Friday  
Sat 21, 8.30pm, Uncle Arthur  
Sun 22, 2.00pm, Dogwood Crossing Duo

Thurs 26, 7.30pm, Open Mic  
Fri 27, 8.00pm, R&B Friday  
Sat 28, 8.30pm, Swarm  
Sun 29, 2.00pm, Frank Benn

## BAND SPOTLIGHT

### UNCLE ARTHUR



Uncle Arthur are one of Fraser Coast's most popular rock bands, who have been playing together for 15 years around venues locally and abroad. Consisting of Richard Butler, Grant Bygrave, Marcus Witt, Leanne Howson and Ben Zemcevicus. Every Uncle Arthur show will leave you wanting more. With the solid backline from Marcus, Grant and Ben to the scorching guitar work from Richard and charismatic, howling vocals from Leanne. Each Uncle Arthur show has consistently seen a full crowd and an even better night out.



# Social Snaps

*Out and about on the Fraser Coast*



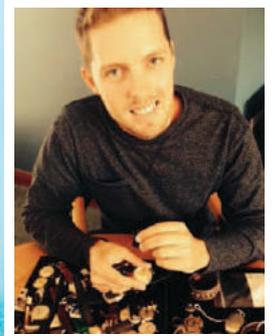
Clockwise from top-left:  
At the bridal expo were **Cassandra Davis and Kerrie Cripps**  
**Darryl Benjamin** has a drop of wine at Relish  
**Holly Gould** from the Beach House Hotel is very sweet  
**Kate Acutt** has her hair styled by Nadia Steinhardt at the expo  
**Laura Walton, Natasha Cowan, and Kelly Bulger** at Relish



# BUYING NOW



Mike Cornish & Bryan Hunsberger will be on the Fraser Coast, Noosa Area, and Gold Coast from Monday, July 30 for 5 days only and are wanting to buy your unwanted items as pictured and listed below. Please visit us at one of the venues shown at the bottom of the page for an on the spot appraisal. If you live outside the area or have too many items to bring in **phone 0401 379 401 NOW** to arrange a time for the buyers to visit at your home. Fully licensed Antique, Numismatic and Precious Metal buyers with over 35 years industry experience.



These events are often compared to the 'Antiques Roadshow' on TV. Don't miss this opportunity!

**We Will Buy 1 Or 1000 Items!**

**No Appointment Necessary**

## Old Gold Jewellery

- Worn Jewellery
- Broken Jewellery
- Gold Chains
- Gold Rings
- Gold Bracelets
- Bullion Bars
- Dental, Nuggets
- Alluvial Gold
- Broken necklaces & earrings



## Gold Coins

- Australian \$200 Gold Coins • Sovereigns
- Half Sovereigns
- World proof coins and sets
- Commemorative Coins
- All other world Gold Coins
- Gold coins: mounted, holed or worn
- Gold medals & Fobs



## Jewellery

- Rings, Brooches
- Pendants, Sovereign Cases
- Watch Chains, Lockets
- Gold Cuff Links
- Bracelets & Bangles
- Any Asian Gold
- Jade



## Silver Coins

- Australia dated before 1965 -Crowns, Florins, Shillings, Sixpences, Threepences
- 1966 50 Cent Rounds
- South Africa, USA & Canada dated before 1965
- NZ, Great Britain & Fiji dated before 1947
- New Guinea shillings • Misc Silver Coins
- All other world silver coins



## Silver

- Sterling items only
- Tea Sets, Cutlery
- Trays & Baskets
- Cigarette & Card Cases
- Trophy Cups • Jugs & Mug
- No EPNS or EP or A1 (If you're unsure we're happy to advise you)



## Banknotes

- World Notes
- Uncirculated Decimal
- All Pre-Decimal
- Error & Misprint Notes
- Private & Trading Bank Issues
- Specimen & Cancelled Notes
- War Related Issues
- Early Postal Notes • Star Notes



## Watches

- Roles, Omega • IWC, Tudor • Breitling etc
- Gold & Silver Pocket • Military Pocket
- Diamond Cocktail • No Quartz (battery) Watches



## Military Medals

- World Military Medals
- Orders & Decorations
- Stars & Crosses
- Bravery
- Long Services
- Groups & Accumulation • Collections



## World Coins

- World coins prior to 1950
- Collection & Accumulation
- Error & Mis-strikes
- Proof sets & Singles
- Trade Tokens
- Communion Tokens
- Discount & Special Purpose Tokens



Are you no longer collecting? Do they sit in a draw or cupboard? Are the family not interested? Are you worried about security? Are you downsizing or moving? Would the money be of more use to you?

**Sunday 29 July**  
HERVEY BAY & MARYBOROUGH AREA  
Home Visits  
4pm to 7pm  
Phone 0401 379 401  
For a home visit

**CASH PAID**

No need to sort or clean coins, we can sort them quickly

**Monday 30 July**  
**PIALBA**  
8:30am to 10:30am  
Hervey Bay Community Centre  
22 Charles Street, Pialba  
**HERVEY BAY**  
11am to 1pm  
Hervey Bay Boat Club  
Buccaneer Drive, Urangan  
**URANGAN**  
1:30pm to 3:30pm  
Urangan Bowls Club  
Margaret St & Dayman St  
**HOME VISITS HERVEY BAY AREA**  
4pm to 6pm  
Phone 0401 379 401  
For a home visit

**Tuesday 31 July**  
**MARYBOROUGH**  
8:30am to 11am  
Brolga Theatre  
5 Walker Street  
**MARYBOROUGH**  
11:30am to 1:30pm  
Maryborough Motel & Conference Centre  
298 Walker Street  
**MARYBOROUGH**  
2pm to 4pm  
Maryborough Bowls Club  
506 Kent Street  
**HOME VISITS MARYBOROUGH AREA**  
4:30pm to 6pm  
Phone 0401 379 401  
For a home visit

**Wednesday 1 August**  
**TEWANTIN**  
8:30am to 10:30am  
Noosa RSL - CWA Hall  
1 Memorial Ave  
**NOOSA HEADS**  
11am to 1pm  
The J Noosa  
60 Noosa Drive  
**NOOSAVILLE**  
1:30pm to 3:30pm  
Noosa Leisure Centre (The Lounge Room)  
9 Wallace Drive  
**HOME VISITS SUNSHINE COAST AREA**  
4pm to 6pm  
Phone 0401 379 401  
For a home visit

**Thursday 2 August**  
**SOUTHPORT**  
8:30am to 10:30am  
Southport Sharks  
Cnr Musgrave & Olsen Ave  
**NERANG**  
11am to 1pm  
Nerang RSL  
69 Nerang Street  
**BURLEIGH WATERS**  
2pm to 4pm  
Burleigh Waters Community Centre  
131 Christine Ave  
**HOME VISITS GOLD COAST AREA**  
4:30pm to 6pm  
Phone 0401 379 401  
For a home visit

**Friday 3 August**  
**PARADISE POINT**  
8am to 10am  
Paradise Pt Community Centre  
Community Lane  
**RUNAWAY BAY**  
10:30am to 12:30pm  
Runaway Bay Tavern  
516 Lae Drive  
**SOUTHPORT**  
1:30 to 3:30pm  
RSL Club Southport  
36 Scarborough Street  
**HOME VISITS GOLD COAST AREA**  
4pm to 6pm  
Phone 0401 379 401  
For a home visit

If you have any questions ring us on 0401 379 401

# Social Snaps

*Out and about on the Fraser Coast*



Clockwise from top-left:  
**Leisa Messenger and Lee-Anne Gander** enjoy the day at Relish

**Michelle Kopp** thinks the food at Relish is delicious

Pretty in red was **Charlize Richards** modeling at the expo

Model **Lauren Bosley** is a natural on the catwalk

Make up artist, **Emily Wilson** works her magic on **Giverny Lyons**





# Love where you live...



Clockwise from top-left:  
Sisters Amy Harth and Karlene Morrison enjoy a cocktail or two  
Soul City guitarist **Leon Nehow** performs to the crowd  
**Ranger Nick** cooks some bush tucker at Relish  
The Beach House Hotel's **Chef Matt O'Brien** with **Event Manager Genna Lesmond** at Relish  
**Simone Burton** and **Sarah Robinson** are all about invitations



# WHAT'S ON @ THE BROLGA



National Theatre  
Live - Hamlet

**5 & 17**  
JUL



Guy Sebastian -  
Then & Now Tour

**SUN 8**  
JUL

THE ULTIMATE AUSTRALIAN ROCKUMENTARY

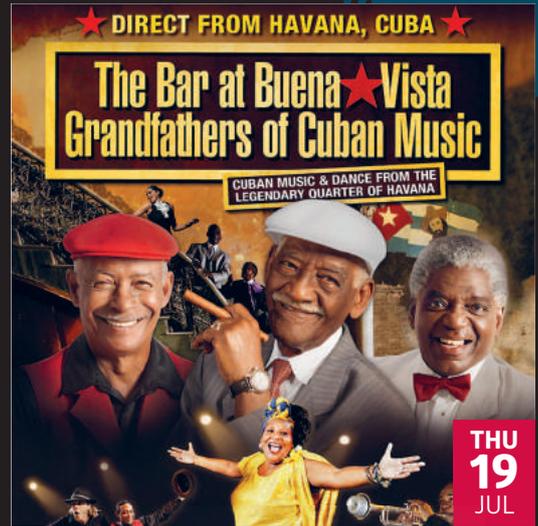


**LOST LEGENDS**  
Showcase

The Lost Legends Showcase  
Dead Singer Band

**WED 18**  
JUL

★ DIRECT FROM HAVANA, CUBA ★



**The Bar at Buena Vista**  
Grandfathers of Cuban Music

CUBAN MUSIC & DANCE FROM THE  
LEGENDARY QUARTER OF HAVANA

**THU 19**  
JUL



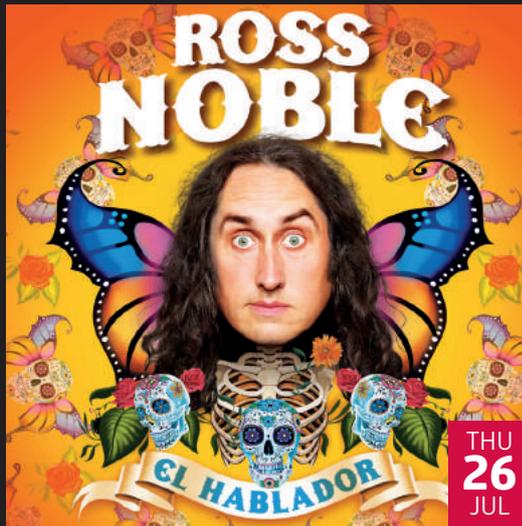
National Theatre  
Live - Macbeth

**22 & 24**  
JUL



Maryborough  
Eisteddfod

**4 to 11**  
AUG

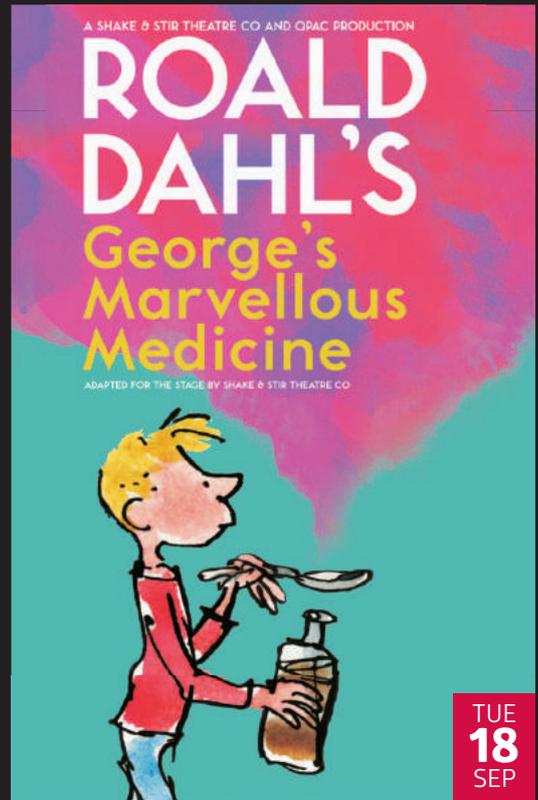


**ROSS NOBLE**

**EL HABLADOR**

**THU 26**  
JUL

A SHAKE & STIR THEATRE CO AND ORAC PRODUCTION



**ROALD DAHL'S**  
George's  
Marvellous  
Medicine

ADAPTED FOR THE STAGE BY SHAKE & STIR THEATRE CO

**TUE 18**  
SEP



The Australian Bee  
Gees Show

**WED 15**  
AUG



Just a Couple of  
Song and Dance Men  
- Morning Melodies

**THU 23**  
AUG



Johnny Cash the  
Concert - Revisits  
Folsom Prison

**FRI 14**  
SEP



Sunday Riverside

**SUN 2**  
SEP

**COMING UP IN 2018...**

Morning Melodies - Frankly Sinatra	Thu 11 Oct
Dirty Dick's Theatre Restaurant	Thu 11 Oct
ABBAolutely Fabulous	Thu 18 Oct
A Russian Triple Bill - Imperial Russian Ballet Company	Sat 20 Oct
Lennon Through a Glass Onion	Sat 27 Oct
Morning Melodies - Karen Knowles	Thu 13 Dec



**BROLGA**  
THEATRE & CONVENTION CENTRE