

TAKE
HOME
ME

FRASER COAST What's On

AUGUST 2020 MONTHLY MAGAZINE

41

CALENDAR OF EVENTS

Inside this issue:

FEATURED STORY:
A CREATIVE MIND
NADIA SEO

AN ANIMALS
HEALING TOUCH

An Intimate Bush Concert with
TOURING ARTISTS

NEW

SENIORS
FRASER COAST



Fraser Coast Markets

URANGAN

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AUGUST

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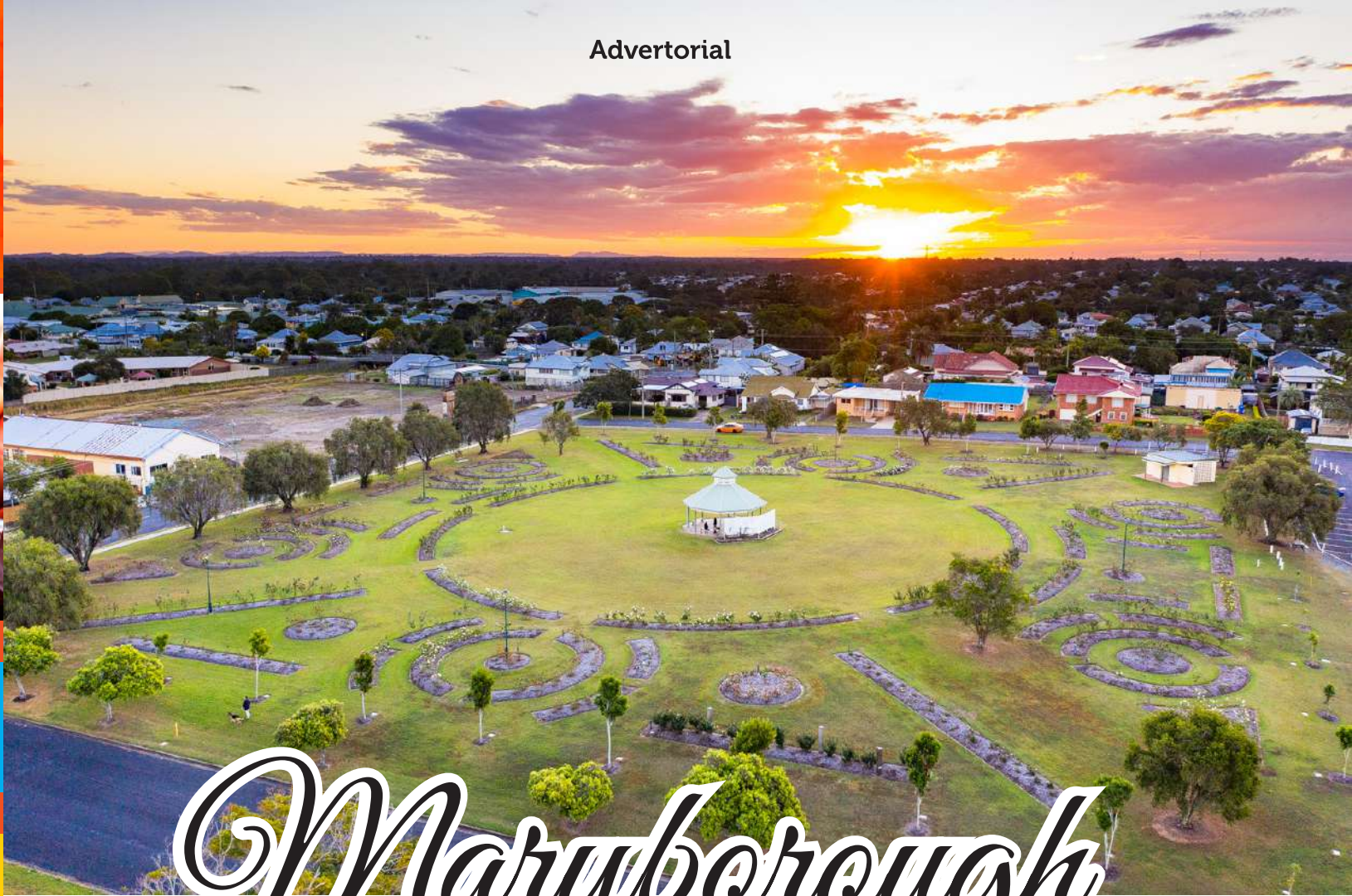
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Please contact: What's On Fraser Coast on

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school holidays, public holidays and weather conditions.



Maryborough

OPEN GARDENS PROGRAM GROWS

The annual Maryborough Open Gardens has grown and this year will be a two-day stand-alone event in August. The event showcases private gardens in and around Maryborough. "The gardeners open their gardens so visitors can enjoy, be inspired, learn about what grows in the region and simply share the love of gardening," event working group member Louise Knol said.

"Visitors will be treated to a wide range of garden sizes and styles from the formal to quirky; artistic, small to large acreage." "The gardens are so varied there will be something to please seasoned and aspiring gardeners and those that just simply appreciate gardens," Ms Knol said.

"You don't need a green thumb to visit and enjoy the Maryborough Open Gardens. The variety of gardens is inspiring, Fraser Coast Mayor George Seymour said. "Gardening and getting outdoors has so many

benefits. "Council has a number of gardens ranging from the formal Elizabeth Rose Garden in Kent Street to the more relaxed Pioneer Park. "The simple pleasure of being immersed in nature is very soothing and invigorating. "We thank the gardeners, including Council staff, who maintain the region's gardens and who have thrown open their gates to give us a peek inside."

At this stage the event is being planned for August 29 and 30 - subject to government directives regarding COVID-19.

The weekend will be split into two sections – with town gardens open on Saturday, August 29 and country gardens open on Sunday, August 30. The Maryborough Open Gardens are a collaborative partnership between Fraser Coast Regional Council and community.

More information is available from the group's website
<https://maryboroughopengardens.net/>
or follow them on Facebook.



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Get in Touch

If you have a local story to share, please contact us at whatsonfrasercoast@outlook.com
We would love to hear from you.



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



Note from the Editor

It has been fantastic to see events slowly making a comeback here on the Fraser Coast. At the time of writing this, I have attended a fundraiser for cancer, had my first beer over the bar at the Beach House Hotel and visited the Miners Arms Hotel in Torbanlea for some live music during an 80's inspired event. Ok, this may not have sounded like much before the pandemic but sounds HUGE now.

I am very hopeful for the future of events, even though they may look a little different for the foreseeable future with smaller crowds, and personal details collected on entry at the door – I think that this is a small price to pay to see events make a comeback.

Events play such a major part in our very existence, they can inform, educate, enlighten, and entertain, not to mention improve mental health.

Events also allow us to socialise, to make new friends and to explore different cultures and ideas. They are also a great way to feel connected to your community and to be part of something bigger.

My hat goes off to event organisers now more than ever. The process was hard enough before without adding a pandemic into the mix. Now there are even more hoops to go through to ensure that each event is COVID safe.

With a bit of common sense and by following a few simple rules we can enjoy events on the Fraser Coast once again.

Kim Parnell
Editor/Owner

Inside this month's edition!

Local **Fashion Designer Nadia Seo** graces our front cover this month as she shares with us her story about creativity, design, and her love of the humble sewing machine. With designs full of style and colour Nadia shows us that anything is possible.

We chat with Glenn Rhino Chapman, owner of **Rhino Trike Tours** about business and health. Glenn likes nothing better than meeting the locals and tourists and taking them on tour around the bay. He even acts as tour guide along the way. If you haven't felt the wind in your hair on the back of the trike there is no better time.

Maryborough locals Gaynor Schonrock and Tracey Hillier have formed a great partnership with the opening of **Rockyhill Therapy Farm**. This is a place of healing and the animals are the natural healers, the farm is great place to stroke, cuddle and hold an array of cute animals.

What's new – we have listened and decided to include a section for seniors. It will start with one page and hopefully increase as we get more advertisers on board in future issues. This month we introduce you to a computer users' group and talk about the benefits and importance of social interactions.

Kim Parnell

Editor, What's On Fraser Coast

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TAKE A TRIKE TOUR

Glenn Rhino Chapman or Rhino - as he is known to many, has been the owner/operator of Rhino Trike Tours for the past twelve years. If you live in Hervey Bay chances are that you would have heard the throb of the 2160 motor as he cruises the nard on his OZ Trike. With various tours on offer there is something to suit all abilities and a broad range of ages. He also acts as tour guide and pulls over to point out landmarks and other points of interest as well as wildlife along the way.

Due to the Coronavirus, like many businesses - Glenn had to shut down during the months of lockdown. He hopes that everyone uses common sense and does their bit to keep the virus under control so as everything can get back to normal for the remainder of the year.

Glenn says, "I find it rewarding to see people smile, they get excited when I turn up with the bike. For the older generation, the experience brings back memories while giving them a chance to relive their youth".

Kids of all abilities love going on a tour too, seeing them out and about and experiencing the great outdoors makes it all worth it.

Life hasn't always been plain sailing for Glenn, especially on the health front, he has had major operations on his knee and hip. Mobility problems saw him reach 158kg within a few years. This put a lot of stress on his joints.

"I was very depressed during this period but was able to pull myself out of it after deciding to have gastric bypass", said Glenn.

After months of research and talking to people that had had the same operation, he knew that it was now or never, so Glenn packed his bags and headed to India to have the procedure. After two weeks of recovery he flew home but was involved in an horrific car accident on the way back to Hervey Bay - he was lucky to survive but it took many months to recover.

Once recovered Glenn started exercising to get the weight off. Now thirteen months later he has lost a staggering 68kg's but says that the journey has not been easy. Finally, there is light at the end of the tunnel, Glenn is able to feel good about himself for the first time in ages. Now down to 91kg he is the healthiest that he has been in years and is loving it.

If you are interested in going on a tour or finding out more call Rhino on 0447 776 972



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Organiser of the Rockathon Bush Fire Relief Event - Founder of the Fraser Coast Delivery and Takeaway Services Facebook Group - Worked with many local, Australian and International clients - Based on The Fraser Coast

This month we chat to colourful and creative local fashion designer Nadia Seo as we chat about all things to do with design and the creative process.

Who is Nadia Seo, tell us a little about your background?

I was born in Korea and came to Australia in the early 2000's. I've loved drawing and painting ever since I was little and always looked for opportunities to study more in these areas. I eventually started attending art lessons and experimenting with different media and skills. Having had my first solo exhibition in 2011, I started getting more involved in art workshops and events. I worked at a gallery and art school on the Gold Coast until moving up to the Fraser Coast about 3.5 years ago. Then my sewing journey began with a sewing machine I received for Christmas. I was instantly drawn to the idea of designing and creating my own clothes. I began to learn basic skills and knowledge by attending local sewing classes and workshops, reading related books and watching online tutorials, also from countless trial and error. As I gained more knowledge and confidence, my skills and repertoire quickly expanded. I have been involved in various projects and currently work collaboratively with a few fashion and textile companies.

When did you first realise you had a talent for drawing and design?

I believe I got my creative genes from my mum who is a very inquisitive and motivated person and probably the biggest go-getter I know. Growing up watching her with different creative hobbies played an important role in my strong creative mind and taught me to embody the virtues of creativity, patience, and resourcefulness.

What is the creative process behind fashion design?

I constantly think about the next designs or projects, and when an idea emerges, I draw a quick sketch with some notes in my project planner. Some projects are spontaneous and become tangible in a short amount of time, and some take lots of trials and tweaks until I see a satisfying outcome. I make a priority list of the projects then break them down into achievable amounts for each day to keep myself motivated and avoid missing any deadlines.

How has COVID – 19 affected you and your business?

While we all try to find our way out to the other side of the global pandemic, it's easy to feel lonely while spending so much more time at home. As a new mum, my days are brimming with care and activities for my baby, but woefully lacking any of my own, which makes some days harder to cope with. To me, sewing is like meditation. When I immerse myself in creating something through sewing, I lose focus on negative things that might be weighing me down. Through sewing, I embrace the power of finding small pockets of time for myself, and the importance of practicing self-care.

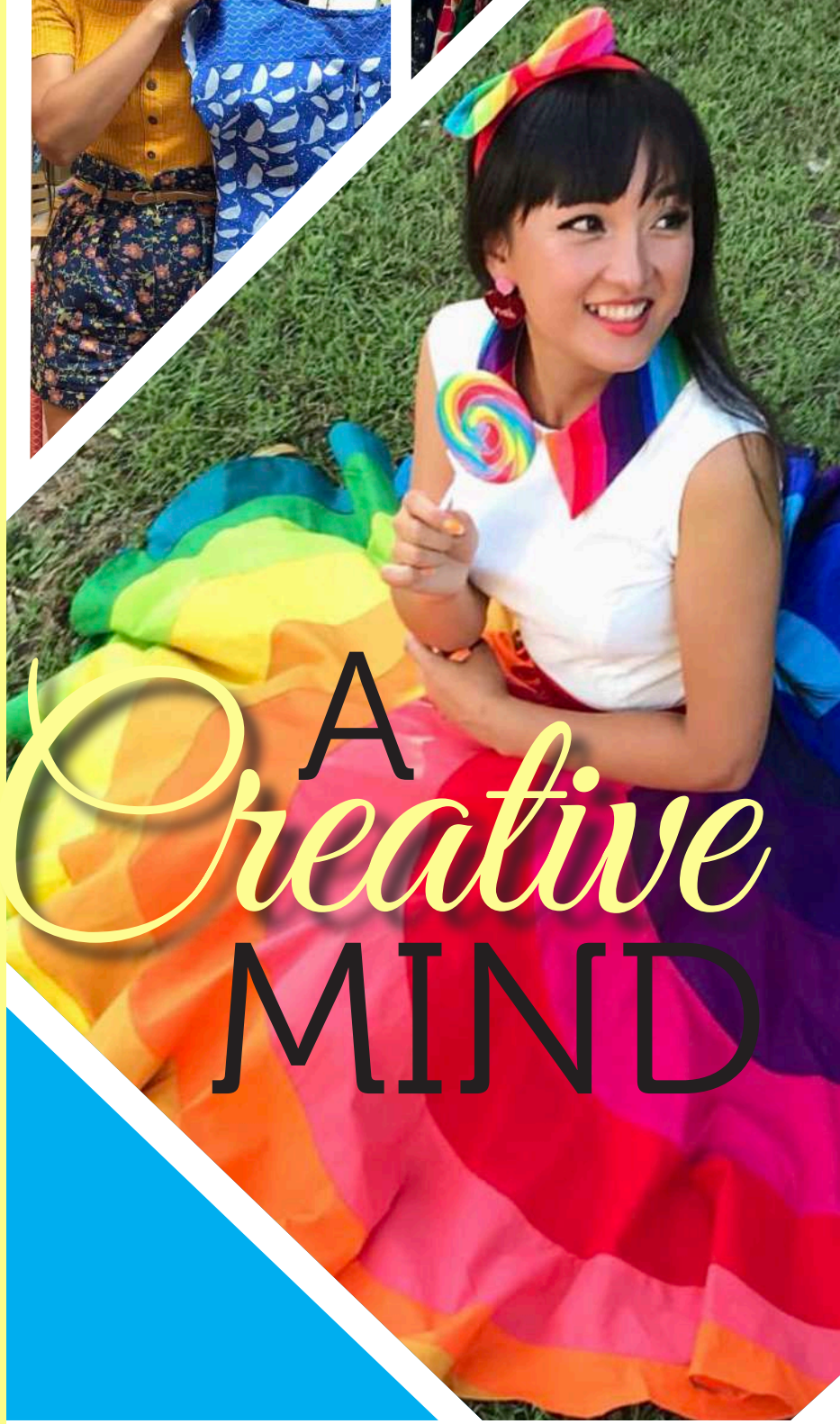
What else would you like people to know and how can they contact you?

If someone had asked me five years ago if I could see myself designing and making my own clothes, I would have said 'Me? Designing fashion? No way'. But now I sew almost every day and love this new passion for keeping me keen to learn more, think outside of the box, and challenge myself to push past my comfort zone. I believe that creativity is a human quality that exists in every single one of us.

Can people buy clothing designed by you?

Absolutely. I don't have a shop or business website at the moment, but I am more than happy to take orders and commissions. You can find my clothing on Instagram (@nadiaseostyles) where I regularly post photos and videos. You may also message me on Instagram or email with a request, once the order is placed, it is expected to be completed in 2 - 4 weeks.

If you have any questions about what I do or how I can help you, you can contact me via my Instagram (@nadiaseostyles) or email —nadia0726@gmail.com.



**A
Creative
MIND**



An Animals Healing Touch

By Kim Parnell

Maryborough locals Gaynor Schonrock and Tracey Hillier came up with the concept of Rockyhill Therapy Farm after recognising, from experience the calming effect that animals have on those with special needs. As a trained Veterinary nurse, Gaynor understands animals and their interactions with people.

One of her sons was originally diagnosed with mild Cerebral Palsy at four years of age. As a great runner, he spent many years in Queensland school sports and has several national gold, silver, and bronze medals to his name. He also participated in the Queens Baton Relay in 2018 on the Fraser Coast. In the last eighteen months to two years, Gaynor had noticed her son's health deteriorate to the point that he couldn't run any more.

"He lost his enthusiasm, to him everything had been about running so when he couldn't run any more, we decided to buy him a horse, we finally got our boy back", said Gaynor. Since then the diagnosis has now been changed to Motor Neurone Disease.

All of the animals are hand-raised, so have been around people and different situations, they are also great with kids. Each animal has its own name and personality. There is Austin, a seven-month-old donkey, a miniature pony named Ernie, Rosemary, Gretchen, and Piper – fat-tailed sheep, and three-week-old twin pygmy goats called Mitch and Emily. You will also see and interact with horses, cows, goats, guinea pigs and chickens.

Gaynor says, "We are not therapists, but we are guided and mentored by a psychologist in town - the therapy comes from the interaction with the animals".

Many people of all ages face barriers every day. Whether it is physical, emotional, behavioural, or cognitive - touching, cuddling, or holding an animal can do wonders on so many levels. The animals help to conquer those barriers.

Katie is doing a certificate III in animal studies and is employed at the farm through Mylestones. Gaynor says, "We have seen Katie come out of her shell since working here, she is coming along in leaps and bounds".

A typical day at the farm involves a 4.30am start with lots of coffee to wake up, bottle feeding starts for all of the little calves, sheep, lambs, and goats soon after. Powdered milk is used and has to be made up daily. 17 litres of milk per day is consumed by the babies, this amounts to thirty-six bottles a day, all of the bottles have to be scalded after use. It is all hands-on deck to assist with the feeding regime. Then the pen has to be raked out each day. Clients usually begin arriving at 10am and we work through to about 4pm.

Clients can visit Critter Corner – here they will get an introduction to the animals with plenty of 'hands-on' time. Some people may just want a cuddle, some may want to take one of the animals for a haltered walk. Trail sessions are also available, these are for more active people and usually involve putting a saddle pack on a donkey and finding treasure. The animals are on a double lead for safety.

Another great offering is the Keeper session, this session is all about animal husbandry education, you will learn all about bottle feeding of the animals, grooming, checking hooves and making up feeds for the bigger animals.

If you go out to the farm for a visit, Gaynor and Tracey would love to hear your feedback and ideas as over time they would like to offer more activities and be able to change things up each time.

To book your animal session call 0417 354 555, Rockyhill Therapy Farm is located in Tinana.

FRASER COAST

What's On

August 2020 8

A Story of Resistance

By Andrew Sadler



I read with interest these supposed experts telling us how to handle and emerge out the other side of this pandemic hopefully intact. Considering the last time, the world went through a true Pandemic was during the Spanish Flu or perhaps even the Great Depression early last century, I'm surprised there are many true experts with experience left still alive! Everything for these "experts" revolves around Social Media with contactless sales, perhaps this is because without their expectation of people's gullibility their theories would never exist. Try looking at things from a different perspective, Social Media was/is perhaps the catalyst, by encouraging us to take these "expert opinions" at face value, rather than spending the time delving deeper for the truth, facts or just another opinion. Perhaps we could look at re-connecting on a more personal basis, talking to people instead of assuming they are happy just to connect online. One thing I have noticed about human nature during this pandemic is the majority of us crave

that personal connection and coffee seems to be that catalyst. More people seem to converge, socialize or hold meetings with coffee than just about any other beverage.

Imagine what would happen if we all put down our various forms of technology, just for a moment, before you all panic, then turn to the person beside you in the café and introduce yourself. Take a moment to reconnect, you may just be surprised you can do without technology for a moment in time when distracted by the interaction with another human being. Then happily go about your day in the knowledge you sparked a brain tremor caused through interactive communication.

That is surely a better way to do business than the offer of Online interactions with a program that is neither interactive nor personal. That's not to suggest that all businesses should follow this path. This is why we are individuals plotting our own experiences in life.

Not very often in one's life do we get a chance to right the wrongs of the past, perhaps this pandemic has presented us with such a time. Don't waste it!

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RISING UP

By Kylie Nitz

FINALLY, after all the turmoil of the past few months we are seeing some big bright lights. With every new stage of restriction-easing it is like Maryborough is being reborn. Projects to enhance our CBD have commenced, such as Ginger Maryland's "Shopfront Showcase"; events are back into planning and beginning to roll out again; cafes, clubs and pubs are back into the swing of things; and the children are excited and "showing up" to the resumption of their favourite sports.

Maryborough City Progress Association's sub-committee "Divine Dummies" is making headway with making our City Hall toilets a proud attraction, where heritage and quirky will combine in one show piece. Maryborough even made it into the Courier Mail with a write up about the dummies, now the whole state knows what we are up to!

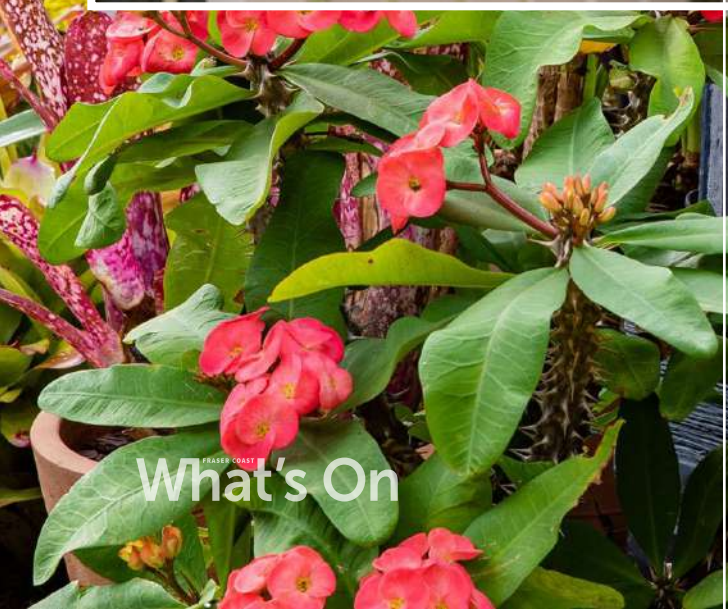
Maryborough Open Gardens 2020 is going ahead!! and for the first time ever will be run over the course of two days on the weekend of 28th and 29th August. This event demonstrates another example of how amazing our community residents are; simply getting on with the job and making things happen. This group of passionate, forward thinking residents have come together, accepted the reigns and are now working in a collaborative partnership with Fraser Coast Regional Council to ensure that this greatly anticipated annual event continues. Moving forward this year's Maryborough Open Gardens will be a community-based event coordinated by garden loving experienced volunteers. How exciting is that!

There is another exciting project bubbling away that is planned to take off in September, 2020. Maryborough City Progress Association, in partnership with Maryborough State High School, will present Fraser Coast Talent Time. The project is a "coming back" special and if the vision is achieved it has the potential to become an annual event.

So, what is Fraser Coast Talent Time? Well, we all know that we have amazing talent hidden in the region, from beach to the bush, and we aim to discover it all, well as much as possible. Singers, bands, dancers, magicians, street entertainers, you name it, we want to see it. We will invite individuals and groups of all kinds to show us what they've got through video auditions. Our judging panel will nominate the entrants that will go through to the heats. Heats will be run during daylight hours and audience spectators are welcome to join in for FREE, however maximum numbers must be maintained. At the end of a day of heats, we will have four finalists. Those finalists will go on to compete in an adult only (18+) finals event and have the chance to win \$1000, \$500, or \$250 thanks to our wonderful sponsors.

Why adults only you ask? Well this is where the party starts at Maryborough State High School's Murdoch Darling Centre. The finalists will entertain us all, a community permit bar will be operating, and food will be on service. There may even be a surprise Grand Finale. The inaugural finals event will be a pre-paid ticketed event, \$15 per person, with a maximum number of 160 tickets to be sold to ensure COVID-19 compliance measures. Think of this as our very own version of a one-day event of "Australia's Got Talent". This event will give the Maryborough State High School "Stage and Production" Certificate students a real life practical experience to go towards achieving their certificate completion, something they have not been able to have with all the recent event cancellations.

Interested parties should submit an expression of interest via email to: mcpai.fctt@gmail.com
Keep going Maryborough, we are still Rising Up.



What's On

BLANDY'S *World*

Tom Cochrane said, "Life Is a Highway" and he, was going to ride it all night long. Kiss spruiked the fact that they were going to "Rock and Roll all night and party everyday". Words obviously spoken by those under the age of 40.

It's interesting to look back and observe the times one was able to achieve such feats but it all gets a little blurry when you attempt to put your finger on the point when all this talk of hyper energy and excessive hedonistic activity became nothing more than unrealistic dribble. Ok so although, not all of us have ever had the desire to burn the candle at both ends, the point is, we physically could have.

Personally the thought of going out and carving up the dance floor all night with my best John Travolta (Saturday Night Fever) routine was never high on my list but ultimately, for a number of reasons, none of which I will go into here, I did witness the rising of the following days sun. These glory days of possible round the clock activities no doubt took place in a time when one could bend down without actually groaning coming back up and the process of moving from a seated floor to a standing position could be achieved without my face looking like someone had kicked me in the nether regions.

Don't get me wrong, I'm not ready for the scrap heap just yet but nobody escapes the cycle of life and while most of us take for granted our physical and mental abilities at the time, there comes moments in our lives when we stand back and observe the mental show reel of our younger days with pride.

I guess we all have choices and while youth as such, may have passed us by, hopefully we still have the ability and desire to keep moving and give our bodies the best chance of hanging in there for as long as possible. It's funny how things change. The mantra of Steppenwolf's "Born to be Wild" is ultimately replaced with "Born to be Mild". Anyway, time for green tea and a nice lie down.

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visit www.hbnc.com.au/events

We are opening our doors for the next Culture Caf, celebrating Japanese culture.
Sample Japanese cuisine, watch our audio-visual presentations and discover important cultural information.

Trivia Quiz prizes from The Wandering Teapot!



Virtual Culture Caf



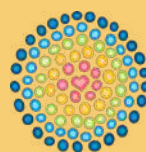
Our virtual Culture Caf's are still available on our website. There are four cultures available for you to explore:

- Romania
- Ethiopia
- Azerbaijan
- Cajun and Creole

Future Culture Caf's will continue to be available on our Virtual Page!

Hervey Bay Community Centre

22 Charles St, Pialba
07 4194 3000



**Hervey Bay
Neighbourhood Centre**
The Heart Of Our Community





Doon Villa Football
Club women's coach
- Sandii Barsby



Ava O'Connell



Judy Foster



ON THE SHOULDERS OF GIANTS

In the stillness hours of Friday morning 26 June 2020, many Australians woke in nervous anticipation. It was not to watch a game of football on the other side of the world, which is the custom for many sleep-deprived Australian football fans. Instead, it was to discover who would host the Women's World Cup in 2023.

One year earlier, there were nine bids from 10 different countries. As the FIFA delegates entered into the final stage, only the Australia/New Zealand bid, known as the 'As One' bid, and the Colombia bid remained. While the 'As One' bid received the highest score in the FIFA evaluation report, there was no guarantee for success. The sting from losing the Men's World Cup bid was still very real.

Those who cared to remember or struggled to forget, had visions of that failing bid invading their thoughts. Had the 'As One' Bid committee learnt from the failed Men's bid and the worst final presentation video in FIFA World Cup history? An animated kangaroo breaking into the FIFA Headquarters to steal the World Cup, then getting chased around Australia by a motorbike riding Paul Hogan. It was overproduced, underwhelming and had little to do with football.

The 'As One' bid committee's final presentation video was different. The setting was a typical football pitch somewhere in Australia or New Zealand. The sprinkler running, mis-matched chairs on the sideline, a volunteer marking fields and players arriving and getting ready. It was basic, underproduced and real. Beautiful in its simplicity.

The 'As One' Bid committee delivered the perfect campaign. Now it was time for the FIFA delegates to vote. The nervous wait. The FIFA spokesperson seemed to take an eternity to speak, "And now I can announce the host country of the FIFA Women's World Cup 2023, which will be Australia and New Zealand".

Judy Foster would have relished this moment. A life member of the Sunbury Football Club and Football Maryborough, she dedicated 38

years as a football volunteer to grow and develop the beautiful game. Fairness and equality for all was her motto and she strived for that aspiration.

In April 2019, Judy lost her battle with cancer, aged 73 and is deeply missed. While she didn't get to hear this announcement, members of her Sunbury football family know she would have been delighted. Sunbury life member Lyn Sawtell reflects, "her passion for the sport whether you were young, old, male, or female was what made Judy special".

Sandii Barsby had a sleepless night waiting for the decision. The Doon Villa Football Club women's coach and life member has been a passionate advocate for female participation in football. In May 2019, Sandii was named as a Football Australia Community Bid Champion along with 16 other Queenslanders. It is a position she took seriously, working with local clubs to build community momentum the bid. After the hard work, she was eager to share the great news with the Fraser Coast football clubs and thank them for their support. "This decision will highlight females playing elite football, which will motivate and encourage the next generation of Matildas". Players like Ava O'Connell.

Ava O'Connell, aged 11, plays football for Tinana Football Club and the BUCCS Football Academy. She has been playing football for seven years and dreams of playing for the Matildas. A gifted young footballer, she was excited to hear the news that the World Cup was coming to Australia, "My favourite player is Chloe Logarzo from the Matildas and I hope that I can go to Brisbane and watch them play in the World Cup".

If dreams do come true, Ava will represent Australia and be a part of a winning World Cup Matildas team. If she does achieve this level of greatness, it will be on the shoulders of the many female football pioneers like Judy Foster and Sandii Barsby.

Stuart Taylor

Podcaster & Writer – Future Champions Podcast Champions
Podcast series. www.ententesport.com



What's On Facebook and the Web?

By Kim Parnell

A gift that will get the conversation started

Most of us have that friend, acquaintance or even a family member that is into horror. They enjoy everything macabre, from their taste in movies to their fancy dress. Some will remember a few years ago a shop called 'Horror Closet' that was on Main St in Pialba. It was not a store for the faint-hearted as it sold skulls, body parts, masks, and lots of things with blood, there were some unique and weird creations within the walls and most of the products were created in store!



The Horror Closet may not have a physical shopfront anymore but still has a large online presence, with many weird and wonderful products for sale. To find out more check out their Facebook page at Horror Closet or call 0427 527 745.

One for beer lovers

Friday, August 7 is International Beer Day. This day is a celebration of all things beer-related and appreciates those that serve it as well as those that make it. We can thank the beautiful Santa Cruz, California for coming up with this great day. This event is now celebrated throughout the world in various ways. So, get in on the act by...



Gathering with friends to enjoy a beer.
Learning the beer-making process.
Coming up with your own 'beer' event.

However, you choose to celebrate don't forget to raise your glass to those who are responsible for creating your favourite brew.

An event coming up in September

If all goes according to plan for the organisers, a new event called Beats n Bites will be launching on September 5, from 3pm – 8pm at Seafront Oval in Hervey Bay. There will be live music, with popular band Soul City set to perform, and a variety of food stalls along with a licensed bar. So, leave the pets at home, grab a picnic rug or take along some chairs for a great night out. The event will then run on the first Saturday of each month. You can find the event on Facebook.

Entry is by a gold coin.



The newly formed Hervey Bay Kite Flyers was introduced here in Hervey Bay in April 2019 with a rapidly growing number of members and interested people within the local area. Kite flying is a low-cost hobby which offers great fun and enjoyment to all.

Regular fly days are held on the first Saturday of each month from 9.00am at the Sports & Recreation Precinct in Woods Rd Nikenbah. Hervey Bay Kite Flyers is associated with Kites Queensland which supports kite flying here in Hervey Bay.

Everybody is welcome to bring their own kites to fly or one can be supplied.

Children under 16 years of age must be accompanied by a parent or guardian.

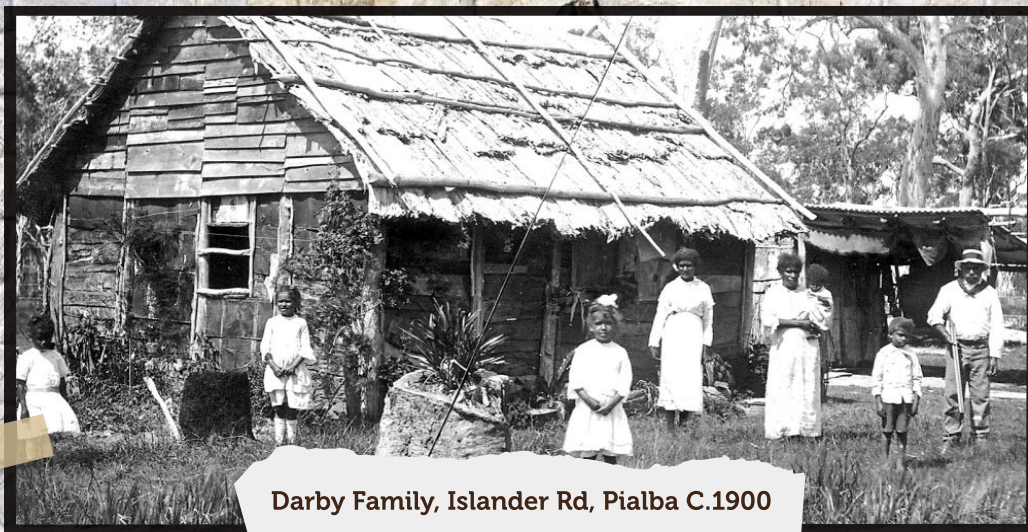
Contact: Malcolm White on 0412 308 710

Find us on [facebook.com/herveybaykiteflyers](https://www.facebook.com/herveybaykiteflyers)



OUR HISTORY

in Pictures



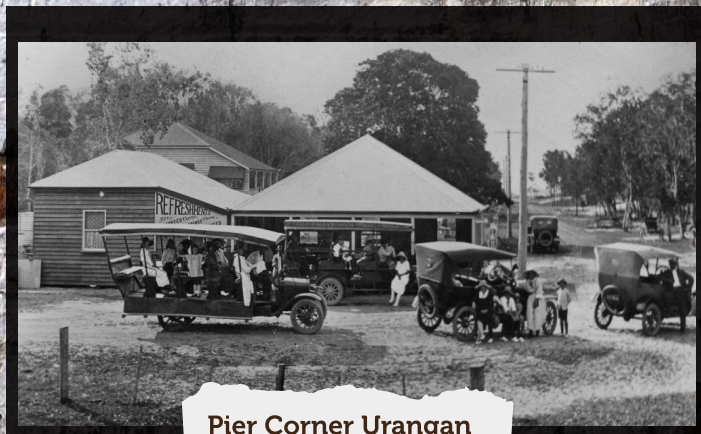
Darby Family, Islander Rd, Pialba C.1900



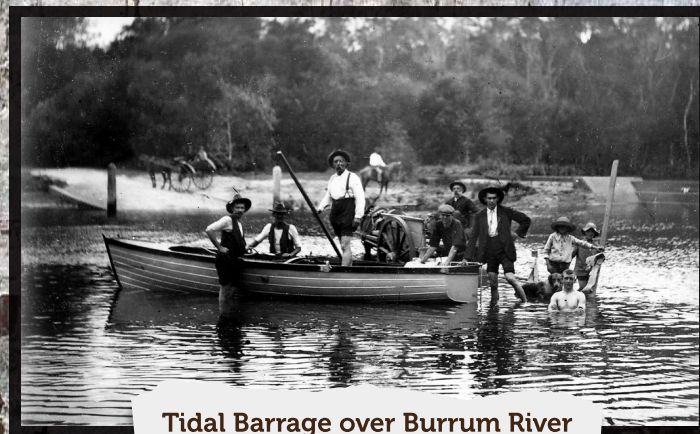
David Leishman showing the new board craze, Scarness Beach c.1950's



Now critically endangered specie.
Locally caught SAW fish



Pier Corner Urangan



Tidal Barrage over Burrum River

All photos are from the "Moments in Time" book available at the Hervey Bay Historical Village & Museum.



Calendar of Events

Brought to you by **What's On Fraser Coast**

AUGUST

AUGUST 1 (SAT)

Fraser Coast Wings & Wheels

Maryborough Airport
*time to be advised

AUGUST 1 (SAT)

Street Food For-A-Cause

12pm – 5pm
Arkarra Gardens Café
Restaurant
Bookings essential

AUGUST 2 (SUN)

St Mary's College Tours

Maryborough
10am – 2pm
Call 4190 2200 to book

AUGUST 2 (SUN)

Paddle Out for Whales

Sign on between 8am & 9am
Event at 9am – 9.30am
Ernie Organ Park
Torquay Pier

AUGUST 2 (SUN)

Dunga Derby Original Cruise Date Day Cruise

Beach House Hotel

AUGUST 4 (TUES)

Hervey Bay Defence Careers Information Session

6pm – 8pm
Oaks Resort & Spa
RSVP at www.defencejobs.gov.au

AUGUST 5 (WED)

Hervey Bay Botanic Gardens – tours resume

Guided tours, first Wednesday
of each month
10am – 11am

AUGUST 5 (WED)

Taster Day

8am
Bookings essential
St Mary's College,
Maryborough

AUGUST 6 (THURS)

Culture Caf

Experience Japanese culture
10am to 12pm
\$5.00 per person
Bookings essential
Visit www.hbnc.com.au/events

AUGUST 6-9

Infamous the Show Susan River Homestead Find them on Facebook

AUGUST 8- SEPT 19

Art Exhibition - Bronzed Beauties – Various Artists

From 10am
Gatakers Artspace,
Maryborough

FRASER COAST

What's On

August 2020 16

AUGUST 8 (SAT)

Shift Empire Car Show

6pm – 10pm

Kmart Tyre and Auto Service
Urraween

AUGUST 14-16

Fraser Coast Expo

8.30am

Maryborough Showgrounds
& Equestrian Park
(Find the event on
Facebook)

AUGUST 15 (SAT)

Hervey Bay BBQfest

From 9am

Bookings essential
Arkarra Gardens Café
Restaurant

AUGUST 15 (SAT)

Dunga Shakedown 2020

For more details go to
www.rallyforacause.org.au

AUGUST 21 (FRI)

Hervey Bay Jazz Club presents Galapago's Duck

7am – 10pm

Hervey Bay RSL
Bookings essential

AUGUST 29-30

Maryborough Open Gardens

Cost: Free

For more details go to www.maryboroughopengardens.net

AUGUST 30-31

Queensland Ballet Community Classes – Fraser Coast

The Brolga Theatre &
Convention Centre

***A full market list is on page 2**

**If you have an event to add for Septembers
edition please send through details to
whatsonfrasercoast@outlook.com**

***Please note**

All event details are correct at time of print. The current Coronavirus crisis has impacted events dramatically and as a result events can be cancelled, have time changes, or be rescheduled without our knowledge. What's On Fraser Coast takes no responsibility if this happens, we also take no part in organising any event listed. We offer this calendar as a free community service and in good faith.



Bean Beat

Espresso bar

SCARNESS 4124 0616
(Next to Beach House Hotel)

PIALBA 4128 4411
(At the WetSide Water Park)

Add us @bean.beat 

Underrated

BUT EDUCATED

Reframing Comparison Into Motivation

In 2020, it's almost 'the norm' to catch yourself absentmindedly succumbing to the scroll. You know the one? Those minutes that become hours, the cramped right thumb, and the inevitable hole of comparison that we begin spiralling into.

Being social animals, consciously or not, we instinctively compare ourselves to others. To varying degrees, we often measure a short novel's worth of aspects of our lives in relation to others; be it status, wealth, occupation, physical appearance, luck, intelligence, or the newest matching loungewear co-ord set. This destructive method of comparison, however, offers next to no benefit.

But comparison doesn't necessarily have to be the death of joy - it can be a powerful motivator, when consciously used as a tool for self-improvement. Call this 'reframing comparison', if you will. Reframing comparison instead allows us a way to look to others for motivational guidance, as opposed to simply feeling envious that we don't have a private jet to fly us to the Maldives at our every convenience. When we are stripped of emotional reaction, full of intent to learn and grow, with a genuine happiness to see others succeed, this is when true growth occurs.

We witnessed this ability to grow from others first-hand whilst completing our final years of high school. Two friends fortunate enough to share every single class together, combined with some unparalleled (and slightly over-the-top) expectations for our (redundant) OP results, pretty much sounds like the perfect recipe for some ripping-out-hair-extensions cattiness. Remarkably so, for us, this equated to some healthy accountability and the internal momentum to influence one

Underrated but Educated: The musings of Emily Jackson and Phoebe Tweddle and their experiences through the perilous journey of growing up.

another and bring out the best of ourselves. One person's success was not met with the insecurity of the other, it was met with the will to be better and to succeed in turn. We were able to achieve this cohesion by bringing conscious awareness to the comparison trap, paying attention to our feelings of envy, and instead channelling that energy toward ambition.

The success of others does not negate our own success, contrary to what our subconscious and the works of social media might suggest. Success is entirely subjective and there will be no shortage of it anytime soon, so next time you find yourself a victim of the scroll, seek inspiration, not self-deprecation.



Arkarra Hervey Bay Seafood Festival



Come along and join in the fun and enjoy our sensational Hervey Bay Seafood Celebration in the beautiful gardens at Arkarra on Sunday 9th of August from 11am until 4pm.

Featuring a wide variety of local fishermen's catch favourites, including Hervey Bay scallops, Fish'n'chips, seafood paella, crispy fried prawns, a Southern Seafood boil, buckets of prawns, and more.

Live Music on Stage featuring Sam Maddison
Kids Fun Zone, Craft beer, bubbles and cocktail bar

Tickets - Adults \$25, INCLUDES a Hervey Bay seafood tasting plate AND a beer, wine, or soft drink. Kids tickets \$10 each includes a kid's meal.

Book online only please at <https://www.trybooking.com/book/event?eid=626282>
Arkarra Gardens Café Restaurant



DUNGA DERBY UPDATE

Dunga Derby by Rally for a Cause are gearing up for a busy couple of months of fundraising and events, as well as getting their cars ready for the four-day Dunga Derby - this is the major fundraiser for Rally for a Cause each year. The adventure begins as 55 Dunga Cars and teams head out of Hervey Bay and head to the bush where they will experience lots of challenges and games before they head back again. Having been lucky enough to go on last years Dunga Derby I can vouch for the fun and laughter that will be had along the way, as well as some serious fundraising to assist Fraser Coast families in need.

Sunday, August 2 Dunga Derby Day Cruise

Today would have been the last day of the original Dunga Derby event for 2020, to celebrate some of the teams will be taking a cruise from Hervey Bay to Rainbow Beach. This will be a great lead up to the main event now taking place on 15-18th October.

The cruise starts at the Beach House Hotel and departs at 8.30am, with many stops along the way to visit various sponsors and Rally Partners and culminates in a BBQ lunch at the Rainbow Beach Sports Club.

Joining the Dunga Derby Day Cruise will be some of the Sunshine Coast Teams

Saturday, August 15 Dunga Derby Shakedown

The Dunga's will be put through their paces in a controlled and safe environment at the Maryborough Speedway Complex. Can the cars last the distance, this a great opportunity to find out before the main event. Held in conjunction with the Hervey Bay Motor Sports Association Inc it will be a ton of fun.

Event organiser Rachael Mirtschin is really looking forward to this event and says, "Come and be a passenger for a hot lap with a licensed driver from the Motor Sports Association for \$20 per person, it is sure to be a great experience".

Raffles will be held throughout the day and spectators are very welcome.
To find out more call Rachael on 0434 474 311 or email hbmsa@outlook.com.
Everything you need to know about these events and more is at www.rallyforacause.org.au.



I Love this Place

I love a feel-good story and I am glad that I can share one with you. Each day on the radio I chat with Ben from Channel 9 to find out what is happening locally in the news.

He told us a story about the Sandy Creek Centre, which is a camping ground that gets kids off the internet and teaches them handy bush skills.

According to the camp caretaker Ross, they aim to rebuild community in a natural environment and reconnect with the natural world, while helping kids understand their place in it as well as working out who they are as people.

It was originally an old logging camp in the 30's and 40's and was left vacant for the last 7-8 years until Ross came along.

They, unfortunately had their camp kitchen stolen. Yes, they took the bloody sink. Apparently this isn't the first time either. Owen from Advanced Tree Works heard about this and wanted to help.

He called up the radio station and I had a chat with him. Owen offered wood to rebuild the kitchen sink and \$2000 to help them out.

I made contact with Ross who runs the campground and told him. He was blown away by Owen's generosity and very appreciative. He said that the money will be used to put in a security system so that this sort of thing can't happen again and the camp will be safe.

This story really resonated with me. We have seen a lot of crazy things in the last 6 months and quite often the media concentrate on the world being a dangerous place, full of bad people and it sells subscriptions by focussing on one of our strongest instincts 'fear.'

The truth is, people can be awesome. We have some really wonderful people on the Fraser Coast who care about their community and are willing to lend a hand when needed.

I encourage everyone to be more like Owen, and I myself am trying hard to do the same more often.

If we all try that little bit harder, things will only be better for the future generations as they will learn from our example and build a better world.

Want to hear more from [Mak](#)
Listen from 6am weekday mornings to Hit 101.9



THE Recipe OF THE MONTH

by Kim Parnell

Porchetta



Dan & Steph are excited to have a new ebook out called, 'The Way We Eat'. The book contains 50 of their recipes that are suitable for the entire family. It's only \$18.99 & available from their online store at www.danandsteph.com.au. We have special permission to share one of the recipes with you.

Porchetta

1/4 cup Black olives
1/4 cup Capers
1/4 cup Pine nuts
1 tbs dried Parsley
1 tbs dried Thyme
1 tbs Fennel seeds
1 tsp Caraway seeds
1tbs Smoked paprika
150g Mortadella sliced thick
1.5kg - 2kg Boned out pork loin, (ask butcher), (pork belly)
3tbs Salt
1 tsp Pepper
2 tbs Olive oil

Chimmichurri
1 cup flat-leaf parsley, chopped
1/2 cup fresh mint chopped
2 Tbsps fresh oregano leaves
4 garlic cloves
1/3 cup olive oil
2 tbs white wine vinegar
1/2 tsp sea salt
1/8 tsp black pepper
1/4 tsp chilli flakes

Method

1. Score the skin of the pork loin about 5mm apart without cutting into the flesh and set aside.
2. Place all ingredients besides mortadella into a processor and blend to form a paste, roll your loin out skin side down and apply mix in a even layer over flesh side of pork, layer the mortadella to cover entire flesh side of loin on top of the paste mixture.
3. Roll up tightly, tie up with butcher's string and leave uncovered in the fridge overnight.
4. Preheat oven to 220c.
5. Bring the loin out of fridge and let rest for 30min to come to room temp, cover the loin in salt pushing it into the score marks in the skin then cover in olive oil, then a sprinkle of salt again.
6. Place porchetta onto a rack on a baking tray with water covering bottom of tray then place in oven and cook for 20 minutes. Once you have crispy crackle drop oven back to 150c and cook for 3 hours. Check at intervals; if the water has evaporated.
7. Leave to rest for 30 minutes before carving.
8. Chimmi - place all ingredients in a processor & blend well - season.

FRASER COAST SENIORS

Staying Socially Active

Seniors that maintain an active social lifestyle enjoy many health advantages. Social activities help you stay physically, mentally, and emotionally healthy. A few other benefits of staying socially active are:

A better outlook on life – Being connected to the community gives you a sense of belonging, it also puts you in a better frame of mind to face life's challenges and helps you to stay positive.

Reduces anxiety and depression – Getting out and about and meeting up with friends gives you the opportunity to talk and connect with others. This also makes you put things into perspective, especially when you are feeling down.

Improves self-confidence – Being part of something – whether it be through a group or friendship, and feeling like you are contributing does wonders for your self-confidence, you may feel valued and appreciated this in turn will make you feel great.

Increases your physical health – chances are that if you engage in lots of activity you will feel a whole lot healthier. Your blood pressure may have dropped, you may have more energy and you may feel stronger both in body and in mind.

Helps with mental sharpness – Enjoying stimulating conversation and engaging in friendly debates keeps the mind engaged, active and sharp. Playing board games or participating in sport are also great stimulants.

Explore the social clubs, workshops, or volunteering opportunities that abound right across the Fraser Coast and get socially active.



QLD SENIORS WEEK CELEBRATES 60 YEARS AND RUNS FROM AUG 15-23.

This year the majority of celebrations turn virtual due to the Coronavirus. To find out more go to www.qldseniorsweek.org.au.

Groups to Join



Maryborough Computer Users Group

We teach all aspects of computing - Laptops and Mobile Phones. With one on one teaching if required call 0410 403 814 to arrange.

All our teachers are very easy to understand with work certificates if needed.

We cater for beginners to advanced, with workshops across various topics, i.e. Card Making and photo restoration, this term we have a new workshop called 'How to care for Your Computer', ideas are always welcome.

Every Month there is a Workshop/Forum with many interesting subjects. We have Afternoon Tea and catch up with each other for a chat afterwards.

Regular barbecues are held throughout the year in our lovely pergola area.

Office Hours – Monday, Thursday,
Friday – 9am – 12pm.
Ph: 4123 5931

Or you can call our President on 0410 403 814
New Members are always welcome.

**We are located on the corner Sussex Street
and Farrell Street – Maryborough**

Keep your Independence with...

**SCOOTERS
& Mobility**
"All your independent living aids"

Brett & Heather Sugget
Ph: 4124 6433
2/42 Torquay Road, Pialba

We come to you! Sales & Service to the Fraser Coast

A silver motorized scooter with a black canopy and a black seat. It has four wheels and a steering handle. The background is a solid orange color.

Fashion

WITH LEAH

"The right bling is a thing!"

Are you a gold or silver wearer?

At the end of the day, you can wear whichever colour jewellery that appeals to you (and some days I do!), but ultimately one of them will suit your skin tone better. Which also comes down to some basic science - if you have a warm toned skin you will favour gold, copper, bronze, and pewters. If you've got a cool toned skin - silver, platinum and white gold will be your best friends! Some people don't fall into one or the other category, but instead balance in the middle. These people typically have olive to ebony skin tones and can wear both silver and gold without one necessarily looking better than the other against their skin. If you are one of these people, consider yourself lucky! Rose gold is another cool cat that is ultimately the best on warm tones gals, but all ye cool tones ladies can get away with it too! It's a win for us all!!

I can already hear my arty friends gasping "you party pooper Leah!" "Some days I just want to wear what I want to wear and get creative with it!" Now this is where I couldn't agree more! It is true, you'll have either gold or silver which will always be your best look, but this doesn't allow much room for creative flare and styling. Special occasion styling is the best example here. Within this realm comes fake tans, and glam makeup and hair which can alter your 'warm' or 'cool' tones dramatically.

Play up your choice of gold/silver hardware with special occasions as much as you like- it's the arena for it.

But, when it comes to your staple, day-to-day jewels, I highly recommend sticking to the one that suits you the best. This will always bring out the natural glow in your skin and the very best in your styling and overall look. It will compliment your skin better and just make you YOU!

0439 723 832

leahharvestyling@bigpond.com

[@leah.harvey.styling](https://www.instagram.com/leah.harvey.styling)

www.facebook.com/leahharveymakeupandstyling



FRASER COAST

What's On

August 2020 22

ENJOY THE EXPERIENCE

Welcome to August 2020, The gates of St Mary's College are open with students enjoying their return to a customary Term 3 and the resumption of activities and events that will further enrich their 2020 experiences, our Year 12 Formal, Debutante Ball, Coding competitions, Musical groups and sports teams are all gearing up for a busy and enriching month.

Late in Term 2 our College captains visited St Mary's Primary school to celebrate their 150 year anniversary, this school is proudly one of the oldest Catholic schools in Queensland!

And on campus our Year 11 Chemistry students are awaiting their results from participating in the National Titration Competition.

Cutting edge technology is continually making its way into our classrooms. Enriching students' education with the convergence of innovation and individual pathway goals. The value of understanding technology is recognised at St Mary's College with opportunities available through their 1:1 laptop program, STEM rooms, Technology Hub, dedicated Performing arts and cultural spaces.

Recently the College has worked with local producer David Pierson films to create an informative recorded tour of the campus, and developed a Virtual 360degree tour so guests can really live the experience of touring the grounds, both are available on www.smcm.qld.edu.au.

You are also invited to book a Principals tour by calling the
College Office Ph (07) 4190 2200



Celebration of St Mary's Primary 150 year Anniversary



Year 11 and 12 Film and TV Class



Year 9 Geography and Year 9 Food Studies

ST. MARY'S

COLLEGE MARYBOROUGH

DISCOVER Education with Exceptional Results



ENROL NOW

INNOVATIVE Excellence Program

Year 7 2021 Scholarships

HIGHEST OP Percentages in Fraser Coast

BEST Maryborough NAPLAN Results

ESTABLISHED 1:1 Laptop Program

WINNERS of multiple National & Local Technology awards

FOCUS on developing individual pathways for each student

Years 7 - 12

www.smcm.qld.edu.au

College tours available by appointment
(07) 4190 2200

SERVICE • COURAGE • JUSTICE

Vox Pop

As most of you know, I am passionate about the Fraser Coast. From its climate to its people, its events, the many cultures, and the history evident all around us. This month, I decided to ask an open-ended question to find out what others love about our region. – Kim Parnell

Question: **I love the Fraser Coast, because...**



"We have beautiful sunshine, great water and spectacular wildlife. I also like the relaxed local atmosphere".

**Chloe Ryan,
No fixed address**



"It is a chill place to live. I love our Esplanade and the beaches there is a great family-friendly environment too".

**Crystal Kederer,
Urangan**



"Our weather is perfect; we also have fabulous beaches. I particularly like Woodgate as it is nice and quiet".

**Kaitlyn Askew,
Childers**



"We have the greatest beaches; we have seen dolphins for the last three days just off the beach. We also have amazing weather".

**Matt Walsh,
Urraween**



"I have lived here with my family for most of my life. It is peaceful and a great place to bring up kids".

**Mikayla White,
Urangan**



"I love pretty much everything about it. We live in a beautiful environment full of great people, it is a great place to call home".

**Robby Staff,
Scarness**



Major Sponsor: **What's On**

We'll be back...

During the ongoing Coronavirus pandemic, we are following the Australian Governments' recommendations. Our monthly park events & in-hall concerts have been cancelled until further notice.

To keep up to date when we are able to re-commence Sunday in the Park, check out our Facebook page.



facebook.com/XLCRBAND

Stay Safe

DELVE INTO Books

with Cate Akaveka



Cate Akaveka

A Room Made of Leaves

A Room Made of Leaves is the internationally acclaimed author Kate Grenville's first novel in almost a decade.

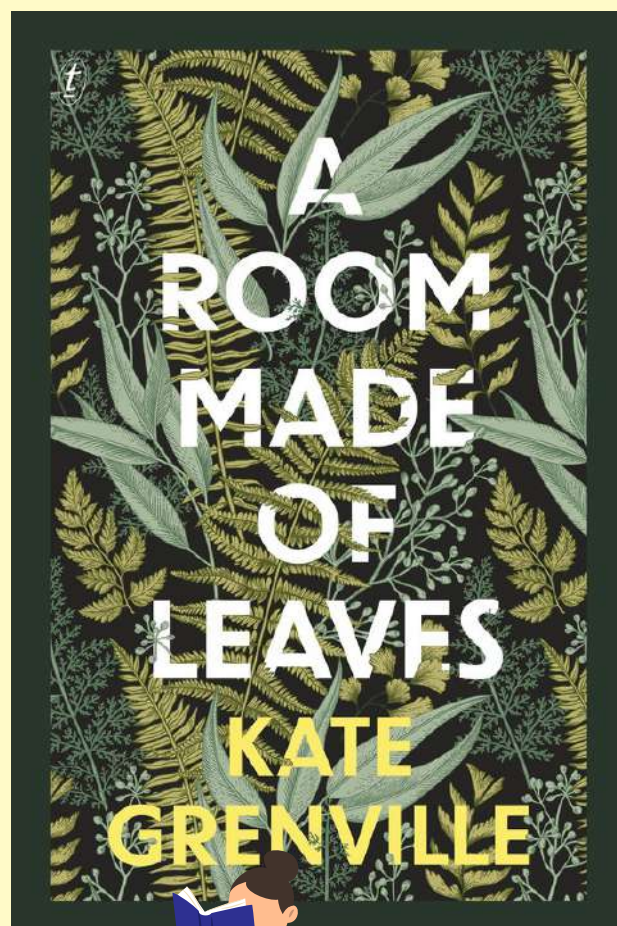
What if Elizabeth Macarthur, wife of the notorious wool baron John Macarthur, had written a shockingly frank secret memoir about her life in colonial Sydney? In her introduction Kate Grenville tells, tongue firmly in cheek, of discovering a long-hidden box containing that memoir.

Grenville's Elizabeth Macarthur is an intense woman, balancing a complicated life - marriage to a ruthless bully, and navigating her way in a society in which she is outwardly powerless.

Her memoir reveals the dark underbelly of a supposed genteel colonial society and upends the stereotype of the women of the era as being docile and accepting. Elizabeth subtly pushes back against social expectations, cultivating her own friendships in the colony and establishing a weekly salon. This leads to her meeting William Dawes, the colony's astronomer and engineer, who lives as a recluse on the edge of the settlement. It's this relationship that changes Elizabeth's life. Through Dawes, she experiences things she has never known and also meets several of the local First Nations people for the first time.

When Macarthur secures land in Parramatta, it is Elizabeth who steers the venture to success and it is her story that shines. The appropriation of First Nations peoples' land and the displacement of the local population hangs like a heavy cloud in the time of this novel, as it does still today. This story, told through Grenville's sharp lens, is one that will stay with the reader for a long time.

A Room Made of Leaves is a beautifully written work with a complexity of layers. At its heart, it describes the awakening of a young woman and the discovery of herself as someone she likes, even someone she admires.



AN INTIMATE BUSH CONCERT WITH *Touring Artists*



If you have ever attended an event with live music on the Fraser Coast, chances are you have heard The Hillbilly Goats perform. They are very different to any other act with their old-time mountain music, jaw dropping stage presence and a fantastic vibe that gets your toe tapping every time. I had a chat with them recently and asked about their music, and about the much-anticipated LIVE show coming up in September.

Tell a little about The Hillbilly Goats?

We are a 3pc "show" band specialising in old time mountain music. Featuring traditional "Appalachian" folk music combined with tap dancing, bones, big harmonies, regular instrument changes and plenty of stories on how the music was created by the Scots-Irish immigrants fiddle tunes mixing with the African banjo hundreds of years ago. The musical twist on traditional songs The Hillbilly Goats are renowned for with big harmonies and a heavy presence of hard fiddle and fast harmonica have seen them carving their own niche at major festivals across the country.

Who makes up the band?

Goat Boy – Bryce Wearne (Banjo, harmonica, drums, and vocals).
Goat Girl – Mahney Wearne (Double Bass, Bones, Tin Whistle, Tap Dancing, and vocals). Fiddle players – we have 3 awesome fiddle playin' backing vocal gals that share the role so that we can tour as much as possible... so they take turns on the road with us. This year the band were winners of the Golden Fiddle Award and were also the Golden Guitar Finalists for "Bleed Me Dry", by Bluegrass Recording.

How did these two achievements come about?

We are lucky enough to have received 4 Golden Guitar nominations in the last 5 years and it's an absolute honour to be recognised for our hard work, commitment, and dedication to the show. We believe that years of relentless touring has spread our reputation throughout the nation and it's the love and thanks we receive from our fans that fuels our progression. The Golden Fiddle Awards are a big deal each year in Tamworth and we were invited to be a part of this year's celebrations and were just amazed when they declared us "Best Band with a Fiddle" for Tamworth!

How many albums do you have out?

We have 4 albums specialising in Mountain Music and there is a whole lot of history on the songs and the evolution of the music inside the CD covers. Most of our tunes are our own arrangements of traditional folk songs amongst a handful of originals... keeping the story of the old-time musical alive is our passion.

Tell us about some of the more unusual percussive instruments that you play?

Goat Girl plays double bones made from the ribcage of a cow. This is one of the oldest instruments in the world dating back to the Ancient Egyptians. It's literally 2 rib bones in each hand played castanet style and can be compared to the spoons. Oh, and she has taps on her boots so clogging steps form part of the percussion onstage. Goat Boy tapes sewing thimbles to his banjo strumming hand and in between strums he hits cymbals and scrapes a washboard. He actually plays banjo, harmonica, and drums altogether at the same time!

Where are some of the more exciting places that you have performed, and what have been some of the gig highlights?

We play clubs and festivals most weekends in all parts of Australia and some of our larger festivals include Tamworth, Gympie Muster, Airlie Beach Festival, Woodford Folk, Port Fairy and Groundwater Country on Broadbeach. We also have been a part of the Cruisin Country Family since 2016 and travel to the South Pacific on a cruise ship with Australia's Biggest



Stars of Country entertaining thousands of fans aboard the Royal Caribbean. We're also lucky enough to be involved with Travelrite Music Tours so we've taken fans on a 2week NZ tour as well as Tasmania, Adelaide and Kangaroo Island.... we're also hosting a USA Music Tour of the Deep South for 47 of our fans. That's a 21-night tour down the East Coast including iconic music cities such as New York, Nashville, New Orleans, Memphis and heaps more... That tour is postponed to October 2021 due to travel restrictions at this time.

You guys even launched your own music event last year and will be running your second event in September. What can people expect?

That's right – it's called "The GAS" – Goats Acoustic Sessions and is a 3-day camping event for music lovers. Sep 25-27th. We used to live in FNQ and were partners in a very successful event up there that we ran for 7 years so we've had some practice. We ultimately wanted to create this one on our own and on our own property so that we can open our place to our fans and share some great acoustic musicians with you all. We ensure that it's a low volume, intimate bush concert and that all acts are high calibre touring artists with a big emphasis on "entertainment". No specific genre – just a lot of fun and quirk. We're all about engaging with the audience and keep our tickets limited so that everyone can have an intimate and up-close experience.

Tell us more about the event. How do people get tickets?

It's set on 86 acres just off the Maryborough-Biggenden Rd at Brooweena, and we've built a sound shell with off grid solar. With food stalls, market stalls, hot bush showers, port a loos and a dump point it's a great camping weekend with the bonus of national touring festival artists playing in your backyard. ... We open the gates to campers from 3pm Thursday so that you can settle in and setup camp before the music begins at Sundown on Friday. Guests are also welcome to stay Sunday night and join in a bit of trivia fun (Rock Quiz) with the musicians.

Tickets are limited to 250 and are available on trybooking
www.trybooking.com/BGXOE.

To find out more you can contact us on:

www.hillbillygoats.com.au
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Social Snaps

Out and About on the Fraser Coast!



Security evict the bartender...
not really, just joking around



Suka Omkara & Wolfe Hellwig
relax with a cold one

*One of the first venues to have LIVE music after
COVID – 19 restrictions were eased was the
Miners Arms Hotel at Torbanlea, with band 2EZ.*

Photo Credit – Kim Parnell



Torbanlea Hotel



The Reid family - Elga, Greg
& Alex enjoy the live music



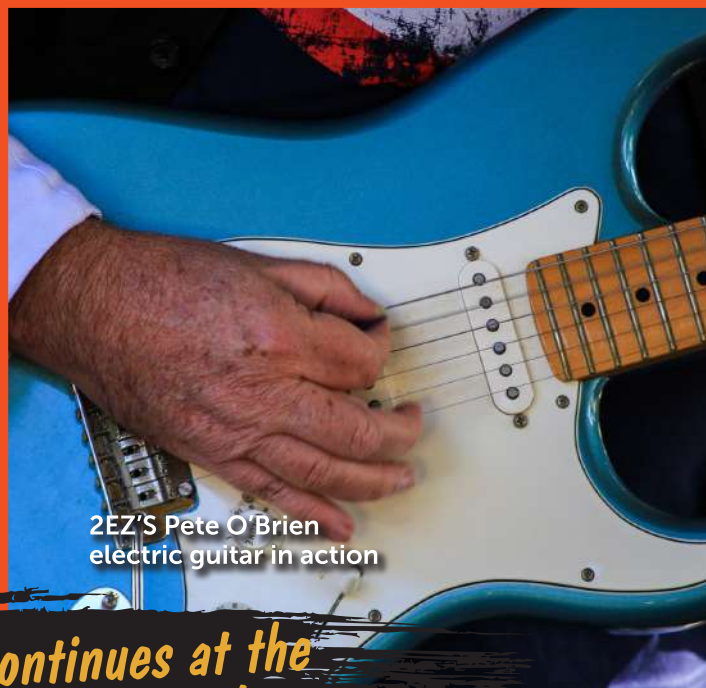
Maria Wilby raises her glass

Social Snaps

Out and About on the Fraser Coast!



2EZ were thrilled to be performing after lockdown



2EZ'S Pete O'Brien electric guitar in action

The great vibe continues at the Miners Arms Hotel, Torbanlea

Photo Credit – Kim Parnell



Maara Wade enjoys the atmosphere



John Charlton with pub owner John Grabbe have plenty of hand sanitizer



George & Helen Martin from Craignish stop in for a drink

Social Snaps

Out and About on the Fraser Coast!



Lady Crawford with Sir Crawford, aka Jordan



Conner Hume, aka Radovan is ready for action

Hervey Bay's Medieval Reenactment Group. The Guild of Arms and Artisans



Caleb Manthey, aka Vladislav steps back in time



David Clarke enjoys being part of the group



Dalton Hume, aka Vuk, looks the part



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