

TAKE  
ME HOME

# FRASER COAST What's On

SEPTEMBER 2020 MONTHLY MAGAZINE

42

Inside this issue:

FEATURED STORY:  
A LIFE ON  
**THE SEA**

STRAWBERRIES  
THAT ARE FULL OF FLAVOUR

A CANADIAN  
INSPIRED FEEL

Over One Hundred and Forty  
**YEARS OF HISTORY**

ART EXHIBITION  
**HALLOWED  
GROUND**

**Millie Stell**



## URANGAN

LAT 25° 18' S LONG 152° 55' E

### SEPTEMBER

Time	m	Time	m
<b>1</b> 0229	0.75	<b>16</b> 0151	0.64
0808	3.21	0739	3.34
TU 1406	0.68	WE 1349	0.44
2031	3.73	2005	4.07
<b>2</b> 0303	0.73	<b>17</b> 0234	0.46
0842	3.25	0824	3.53
WE 1441	0.67	TH 1436	0.33
○ 2102	3.69	● 2047	4.14
<b>3</b> 0333	0.74	<b>18</b> 0315	0.35
0914	3.27	0909	3.65
TH 1514	0.70	FR 1524	0.32
2130	3.61	2128	4.08
<b>4</b> 0402	0.77	<b>19</b> 0355	0.32
0945	3.26	0954	3.69
FR 1545	0.77	SA 1610	0.42
2156	3.50	2210	3.90
<b>5</b> 0428	0.83	<b>20</b> 0433	0.40
1016	3.22	1040	3.64
SA 1616	0.88	SU 1657	0.62
2221	3.35	2252	3.61
<b>6</b> 0452	0.91	<b>21</b> 0510	0.56
1049	3.16	1129	3.52
SU 1647	1.03	MO 1748	0.89
2245	3.17	2338	3.26
<b>7</b> 0518	1.02	<b>22</b> 0551	0.77
1124	3.06	1226	3.35
MO 1722	1.22	TU 1850	1.18
2313	2.96		
<b>8</b> 0548	1.16	<b>23</b> 0034	2.90
1209	2.94	0640	1.02
TU 1805	1.43	WE 1333	3.19
2348	2.73	2010	1.39
<b>9</b> 0629	1.32	<b>24</b> 0149	2.63
1309	2.84	0751	1.23
WE 1907	1.62	TH 1454	3.11
		● 2144	1.41
<b>10</b> 0040	2.51	<b>25</b> 0317	2.53
0740	1.45	0921	1.30
TH 1429	2.82	FR 1618	3.16
● 2041	1.70	2304	1.27
<b>11</b> 0217	2.37	<b>26</b> 0442	2.63
0911	1.44	1039	1.21
FR 1549	2.92	SA 1724	3.31
2212	1.60		
<b>12</b> 0354	2.41	<b>27</b> 0002	1.08
1021	1.30	0544	2.84
SA 1656	3.13	SU 1139	1.06
2324	1.38	1814	3.45
<b>13</b> 0508	2.60	<b>28</b> 0046	0.91
1119	1.09	0631	3.05
SU 1751	3.39	MO 1226	0.93
		1854	3.55
<b>14</b> 0020	1.13	<b>29</b> 0124	0.80
0605	2.85	0710	3.21
MO 1212	0.85	TU 1308	0.83
1838	3.67	1930	3.60
<b>15</b> 0107	0.87	<b>30</b> 0157	0.73
0653	3.10	0745	3.32
TU 1301	0.62	WE 1344	0.78
1923	3.91	2002	3.60

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Outside Aquavue, Torquay

Every Saturday 7am to 1pm

bayconnect@hotmail.com

#### HERVEY BAY

##### NIKENBAH MARKETS

Hervey Bay Animal Refuge, Nikenbah- Dundowran Rd, Nikenbah

1st, 3rd & 5th Sun of the month 6am to 12noon

hbarpets@gmail.com

#### HERVEY BAY

##### URANGAN PIER PARK COMMUNITY MARKETS

Pier Park, Urangan (in front of Jetty)

Every Saturday 7am to 1pm

pierparkcommunitymarkets@gmail.com

#### HOWARD

##### HOWARD COUNTRY MARKETS

Howard Community Centre, Steley St, Howard

1st Sat of the month 7am to 12noon

info@howardcommunitycentre.org.au

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Please contact: What's On Fraser Coast on

**Ph 0467 303 171**

or email: [whatsonfrasercoast@outlook.com](mailto:whatsonfrasercoast@outlook.com)

DISCLAIMER: Markets subject to change due to COVID-19,  
school holidays, public holidays and weather conditions.



# OUT OF THE Shadows

Every year on September 10th  
- International World Suicide  
Prevention Day - Fraser Coast  
locals meet in the wee hours of  
the morning to attend the Out  
of the Shadows Walk.

We meet at the Apex Park on the esplanade and just before sunrise, we commence our walk to the Scarness Pier. As we walk, the shadows begin to lift and upon arrival at the Pier, the Sun rises and welcomes us to a brand new day. This in itself is symbolic for many. Depression and mental illness (diagnosed or not), forces its sufferers to be in a mental darkness, far more than those around them may realise.

The rising of the sun shows us another day is always ahead and we can step out of those shadows, with support and empathy from community, and understanding that many others care.

I myself, am a survivor of suicide. I lost my youngest son Jaie, 2 days after his 22nd birthday and the walk allows survivors like me to join ranks and share in the creation of hope for a future where mental illness and suicide are not taboo topics.

I founded Jaie's Journey to begin helping people at risk of or impacted by suicide and mental illness. Upon researching, training and studying in the sector of suicide prevention since Jaie's death, I'm now focused on sourcing supports and education/training which will build local communities resilience and abilities to recognise potential signs of suicide risk. Many people find it extremely difficult to reach out for help when they are in a mental health crisis.

My son did not live in vain and his death shall not be in vain either.

EVENT: Out of the Shadows Walk  
DATE September 10th - World Suicide Prevention Day  
WHERE: Apex Park - 304 The Esplanade walk to the Scarness Pier  
TIME: 5:15am meet  
DEPART: 5:40am  
DISTANCE: 800 metres

If this story resonates with you remember that you are not alone and that help is always available.

Lifeline - Crisis Support, Suicide Prevention – 13 11 14  
Mens Line Australia – 1300 789 978  
Suicide Call Back Service – 1300 659 467  
Fraser Coast Mates – [www.frasercoastmates.com.au](http://www.frasercoastmates.com.au)



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### What's On September

#### CONCERT

Wednesday 16th September

1:30pm

45 maximum capacity

#### RSVP ESSENTIAL

\$5 door entry

#### Luck Door Prize

Raffles, Afternoon Tea

# Contents

Fraser Coast Markets .....	2
Out of the Shadows.....	3
WOFC Index .....	4
Editor's Note .....	5
SEPTEMBER: Inside this Edition .....	5
FraserPop Presents: A Pinch of Pop Culture .....	6
Featured Story: A life on the Sea.....	7-9
A Canadian Inspired Feel .....	8
Rising Up .....	10
Photos: Paddle out for Whales.....	11
Strawberries that are full of flavour .....	12
Moments in Sports .....	13
Blandy's World .....	14
FX of Coffee: A Story of Resistance Part 3.....	14
SEPTEMBER: Calendar of Events .....	16-17
Dunga Derby News.....	18
Underrated but educated .....	18
Over One Hundred and Forty Years of History .....	19-20
Fraser Coast for Seniors.....	21
Fashion with Leah .....	22
St. Mary's Enjoy the Experience.....	23
Mak's Column: The Perpetual Motion Machine .....	24
Delve into Books - Cate Akaveka .....	25
Two great Charity Events Coming Up.....	26
Recipe of the Month: .....	27
Social Pics.....	28-30
Art Exhibition: Hallowed Ground .....	31



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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

After months of very little on the Fraser Coast Event's calendar, August was a whirlwind of activity!

Popular annual events Fraser Coast Wings & Wheels, Paddle Out for Whales, Maryborough Open Gardens, and the Fraser Coast Expo were given the green light to go ahead and were well attended given our current climate. Let's be honest – leaving contact details, sanitizing, and remembering to social distance is the norm now, and very little to ask for to enjoy these great events into the future.

The actual events themselves have not changed, just the process!

The Hervey Bay Chamber of Commerce also had their first chamber breakfast last month. This event was very well attended with hundreds of people in business wanting to reconnect enjoy breakfast and hear all about the 2020/21 Fraser Coast Regional Council budget.

After sell-out shows we said goodbye to the cast and crew of 'Infamous the Show', they have called Susan River Homestead home for the past five months after being grounded during the Coronavirus. They brought a great show and much laughter to the Fraser Coast, hopefully they will be back one day soon.

August also saw the Shift Empire Car Show, the Hervey Bay BBQfest, Culture Caf and several 'Dunga Derby by Rally for a Cause' events as the Dunga Derby departure date creeps ever closer.

There has been a lot to be optimistic about, the Fraser Coast is doing well. Let's keep up the great work, embrace the 'new normal' and get on with life.

Have a great SEPTEMBER!

Kim Parnell  
Editor/Owner

## Inside this month's edition!

We meet Marlene Stell, better known simply as Millie who at only nineteen years of age navigated a boat from Panama to Australia with her sister, and never left our shores. Now at twenty-four years old this remarkable woman is the Captain and Chief Engineer at **Pacific Whale Foundation**.

The excitement builds as Hervey Bay's newest restaurant prepares to open its doors. **'Black Bear'** will bring some unique flavours with a distinctly Canadian feel. Owner/Operators Dan & Steph have been busy behind the scenes renovating and working on the interior and design. They have big plans for the venue and share some of them with us.

We gain an insight into what it is like to own a strawberry farm when we chat to Dawn Eccles-Simkins, owner of **Strawberries on South**. There is nothing more delicious than a freshly picked, big, juicy strawberry straight from the farm.

**The Brennan & Geraghty's Store Museum** is one of only three store museums in the world with its own contents still intact. When you walk through the doors you are literally transported into the eighteenth century. Curator/Manager Ken Brooks has a wealth of knowledge about the history of the store and remains very passionate about preserving it. Ken also tells us about a new exhibition coming soon.

Enjoy!

*Kim Parnell*

Editor, What's On Fraser Coast

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# FRASER POP!

*Presents*  
**A PINCH OF POP CULTURE**



Photos by Kim Parnell

This September, the Diploma of Business students from Maryborough State High School are hosting two spectacular events. Saturday 12 September - FraserPop Presents: A Pinch of Pop Culture (9am – 4:30pm) and Moonlight Movie Night (gates open 6pm for 7pm start). These will be spectacular, with activities for everyone.

FraserPop is a one day event, a Market Day like no other, there will be lots to see - including medieval re-enactments, replica cars, jumping castles, special guest cosplayers and Rent-A-Rex, there is bound to be something for anyone and everyone!

Further to this, all things popular culture will be found at our amazing vendors and delicious food will be available as well. You can expect a wonderful time at our Mad Hatters Presents: Wonderland a high tea. Along with the rest of our activities, an online Cosplay competition will be held for you to show off your cosplaying talents and abilities!

To finish off the day we will be holding a Moonlight Movie Night on the school oval,

gates open at 6 pm for a 7pm start. Bring the family, a picnic rug and watch a movie under the stars for only \$5 per person. The food vendors will still be around for the night so you can grab some food and drinks to enjoy while watching the movie.

As per every event, A Pinch of Pop Culture will meet all COVID event requirements. Registration will be required for entry.

## ACTIVITIES AT A GLANCE

- Redback Garrison 501st Legion
- Rent-A-Rex
- Popular Culture Vendors
- Food Court
- Jumping Castles
- Medieval Re-enactment
- Special Guest Cosplayers
- Replica Cars
- Online Cosplay Competition
- Mad Hatters Presents – Wonderland
- ATM machines available
- FraserShop – replicas and dedication area
- And more



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Fraser Coast Delivery and Takeaway Services Facebook Group -  
Worked with many local, Australian and International clients -  
Based on The Fraser Coast**





## FEATURE STORY

By Kim Parnell

# *A life on the Sea*

**Marlene Stell, better known as Millie loves nothing better than the wind in her hair and the rise and fall of the ocean as she heads out for another day as Captain and Chief Engineer onboard Pacific Whale Foundation Hervey Bay.**

Being responsible for all things electrical as well as the engines and the plumbing systems is not everyone's cup of tea, but at only twenty-four years of age, this is where Millie really feels at home.

### **Tell us a little bit about yourself?**

I am originally from New Zealand. I grew up living on a Vineyard in Hawke's Bay with my parents and two sisters, I am the middle child. When I was ten years old my parents sold everything up and bought a boat so that became our new home.

We sailed around New Zealand then the South Pacific Islands. Eventually, after five years of sailing, we sold the boat in New Zealand and flew over to the states where I lived for the next four years. I was doing international deliveries when I was sixteen then left home when I was eighteen.

I learnt how to fix things with dad while growing up on the Vineyard, so when motorbikes and tractors used to break down, I would give dad a hand.

He always wanted a boy and he ended up with three girls instead, one of us had to step up!

### **Tell us about the famous crossing?**

When I was nineteen, my parents contacted me, I was in the Bahamas at the time - they had a boat in Panama, South America that they needed delivered to Australia.

Two days later I flew out of the Bahamas and into Panama, then caught a taxi early in the morning to meet my sister, we worked on the boat for a week to get it ready for the journey ahead. We scrubbed the hull, organised provisions and then set sail. During our four months at sea, we saw a lot of storms, luckily, we never encountered any Pirates!

We nearly lost our mast twice though in two separate storms, had a few rips in the sail, and experienced engine issues, but even though there were some scary moments we worked through them all and made it to Australia.

When we were in Niue, my sister and I were looking for a DIY boatyard anywhere on the east coast of Australia and Maryborough slipway popped up. So that was where we ended up.

I hold a record in two countries in Niue and The Palmerston Island in the Cook Islands for the youngest skipper to clear through customs into those countries.

When I was about 19, I started work on my first whale watching boat on the Fraser Coast, I had no idea about whales at the time as I had only ever seen one.

(Continued on page 9)





# A CANADIAN INSPIRED FEEL

Written by Kim Parnell



In these uncertain times, it has been great to see so many new businesses take shape and step out into the region. There is a feeling - amongst the uncertainty, of optimism, mateship, and hope.

One of those new businesses taking shape is a restaurant that is set to bring some unique flavours that are sure to tantalize the tastebuds and to leave you wanting more. Set to open this month, the Canadian inspired 'Black Bear' will not only be a delicious culinary experience but a visual one too.

The idea is the brainchild of Vinyard owner Mark Blackberry who has visited Canada and feels that there is a real market here for this kind of restaurant. The idea was then pitched to Dan and Steph from EAT, and MKR fame who have come on board as the Owner/Operators of this exciting venture.

Dan says, "We didn't need much convincing, we thought it was a fantastic idea and jumped on board one hundred percent. We look forward to providing a venue with an authentic Canadian feel, catering for all tastes for all to enjoy".

To fit in with the theme two eight-foot bears will take pride of place with one being mounted on the roof. A moose head called Knuckles adorns the wall and will overlook the diners. Also joining the line-up will be Justin Beaver who will create a centrepiece bound to get everyone talking. There will be lots of booth seating and the tabletops will be stripped back and stained to create a Canadian rustic feel. Ketchup, mustard, and maple syrup will sit on the tables in caddies to complete the look.

Steph says, "Think dirty, yummy loaded food, like flatbreads, wings, ribs, burgers and steaks, not something you will eat every day but when you eat it you will want to come back".

Dan and Steph are thrilled to welcome Grahame Bumford who joins the crew as head Chef and is touted as one of the best Chefs on the Fraser Coast. He comes with lots of accolades and awards and has great people skills which are always important when being a Chef.

The Black Bear will be a family-friendly place with a special Cubs menu designed for the little. There will be quirky things to keep the kids entertained along the way. Dan and Steph's daughter Emmy already is a huge fan of the place, especially during the construction phase!

The renovations will include an adult orientated section on the deck with a focus on the bar, kitchen, and pizza oven. If this doesn't sound amazing the best bit is that the kitchen is open until 11pm, with the venue closing at midnight, with live entertainment being played on the weekends. There will also be a retail section

within the restaurant with branded products like candles, rubs, sauces, and a clothing line, so as everyone can take a little bit of Black Bear with them when they leave.

Steph says, "We would like people to enjoy the ambience and to be able to say that they had a great night and that it didn't break the bank".

Black Bear will be opening in September and is located in Torquay Go to [www.blackbearhb.com.au](http://www.blackbearhb.com.au) to keep updated!

For EAT at Dan & Steph's lovers the much-loved restaurant will still be open for business and the popular duo will be seen there often.

Dan says, "We are very lucky to have the very capable Candice and Andy at EAT who have held the fort for us many times and are excited to step up to the plate".

Steph says, "The Pandemic has given us time to rethink our business, we have had the time to think past the pandemic, this has helped us to move forward and grasp the opportunities that come our way".







Crew member Jess McCabe and Marlene, (Millie), Stell

Article continued on page 9...

## How important is whale conservation and education?

We need to educate people about the effects and the dangers that are occurring with our marine life, this is why I am very proud to work for Pacific Whale Foundation and everything that they stand for.

When I was sailing to Australia, I was in the middle of nowhere, I had not seen land or another boat for thirty-seven days but yet in the middle of the ocean I was still seeing rubbish in the water, it was heartbreaking. There has been word that plastic has been seen in the Mariana Trench in the Pacific Ocean, eleven thousand metres down – we really need to look after what we have right now otherwise it will not be here for much longer.

## What do you enjoy doing in your spare time?

In my spare time, I enjoy scuba diving, kite surfing, paddle boarding, anything that involves the water. I love the adrenaline rush of new experiences, my favourite dive here is the Three Ships just off big Woody Island, I love night dives best. I have fallen in love with the Fraser Coast, it is the reason that I have stayed. It has been my first full-time home since I left New Zealand when I was ten.

## How has the whale season been so far?

The season to date has been amazing, we have had spectacular weather and the whales have been really inquisitive and very friendly.

To find out more or to book a whale watching tour go to [www.pacificwhale.com.au](http://www.pacificwhale.com.au)

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# RISING UP

By Kylie Nitz

**E**ach month as I sit and ponder the wonderful things forthcoming in our City, a wealth of ideas and flood of words come to the page. Hey I know, it is not a difficult task to get me excited about our future, our community and all the emerging activities that happen in our region lending towards me being a spillway of positivity and joy towards others, and this month is no different.

During August, many Senior residents ventured out to MADCOTA with some for the first time since March. They began their process of again becoming socially included with small events such as morning teas, silly bingo, and beetle drives. Groups began re-engaging with singing, indoor bowls, tai chi, ballet, and pool. Seeing their happy and relieved faces offered a sense of hope I personally had not experienced at the centre prior to our current restrictive times. Many of these activities will continue weekly and this month a concert will be performed at the centre. The concert has not been performed since February and so will be a celebration for all Seniors that attend. It promises to be a fun variety show.

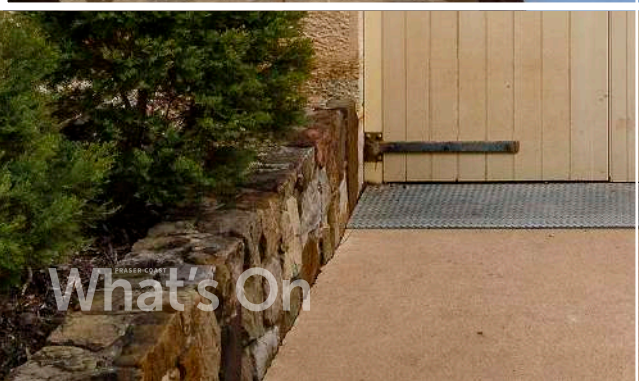
The date is confirmed! Fraser Coast Talent Time will take place on Saturday 17th October 2020 from 10:30am at Maryborough State High School's Murdoch Darling Centre on Sussex Street, Maryborough. The FCTT team has hit the news and social media calling for contestants as Auditions are now open. This inaugural event serves to discover talent from across the Fraser Coast, from Howard to Tiaro, from Brooweena to Fraser Island. To enter the auditions contestants simply video themselves performing their talent; whether that be singing in a band, dancing the latest hip hop, creating illusions with cards or contortionism, then send the video through via email or via wetransfer.com. The videos will be forwarded to the Judges who will score the performance. The top 20 semi-finalists will go on to compete in the heats. The winner of each heat will perform at the finals evening event. You can connect with the Facebook page [www.facebook.com/fctalenttime](https://www.facebook.com/fctalenttime) to stay up to date.

What an amazing job our very own Ginger Maryland has done with "Shopfront Showcase". Ginger used the time of shutdown to develop the concept, gain support, put in an action plan and move forward. Maybe you have seen some of her window-fronts filled with periodic costumes and art? Such a motivated community member who has brought joy to our CBD.

Now, the word on the street is that a few new businesses are opening in Maryborough. A new Chinese restaurant has opened and is receiving amazing reviews on Facebook and I have seen them recently advertising for more staff! The Maryborough Golf Club Chinese Restaurant offers dine-in or takeaway and kids eat free on Saturdays and; for all those crafty people, Station Square will welcome a new craft shop with everything from Dotz to socks; that's going to cause some excitement and generate more growth; and in the CBD, "MAD Providore" will soon open its' doors on Kent Street with a view to the City Hall Greens. Yes, the mother-daughter team has taken the next big step and are taking up the old residence of Robins Nest Café. They will cater to all those DELI lovers out there, ensuring a difference to what the larger chains supply, I personally cannot wait for that one.

It is exciting times with lots happening in the CBD, new enterprise coming, and the waterpark about to kick into full swing. We are a beautiful City; we are a strong progressive community and we are Rising Up.

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







# BLACK BEAR

Once upon a time an Aussie lumberjack with a love of all things timber and hearty foods came together with Dan & Steph who love a good sausage, to create a Canadian style bar & restaurant called **BLACK BEAR**

Transporting you to a wood cabin complete with bears, moose and a cheeky beaver, Black Bear isn't just a place to visit for a meal, it is an experience to be shared with family and friends. **469 The Esplanade, Torquay**



Blackbearhb



Black Bear Hervey Bay



Book Online: [www.blackbear.com.au](http://www.blackbear.com.au)



*Paddle Out for Whales - Hervey Bay*

*More photos page 29*

Photo Credit - Kim Parnell





# Strawberries

## THAT ARE FULL OF FLAVOUR



**Nothing beats the taste of a freshly picked strawberry, and nobody knows this better than Strawberries on South owner Dawn Eccles-Simkins. I paid a visit to the farm in Hervey Bay, last month to learn a little about strawberry growing and the process involved.** ~Kim Parnell, Editor

### **Tell us a little about your history?**

My husband and I come from a software development background in London - we had two small children at the time and decided that we needed a sea change. I needed more flexibility and a place for the children to grow. We bought the farm seven years ago even though neither of us come from a farming background, but we were sure that this was something that we could do. This place suits us perfectly as it has a job attached and the season finishes before the major school holiday's start.

### **What are some of the changes that you have made?**

One of the biggest changes was to enclose the whole strawberry patch in white mesh. We did this so as we can eliminate the use of insecticides - now our strawberries are completely insecticide-free. We work closely with a company called Bugs For Bugs and buy-in things like lady beetles and predatory mites to keep things that would otherwise damage the crop under control.

### **When is the strawberry season in Queensland?**

Here at Strawberries on South our strawberries come out a little later due to the variety of strawberry we choose to grow - we like them big and juicy and full of flavour. We start selling them in early June and go through to anywhere from September to November depending on the season and weather conditions. We do sell out very quickly with our best months being August and early September, depending on the weather.

### **Tell us about the Strawberry growing process?**

Our strawberry plants are bought in April and planted midmonth. We plant over seven thousand which is a relatively small number compared to bigger farms, but perfect for us. Our strawberries are hydroponic. Once the plant begins to flower it takes about a month to get a lovely ripe strawberry ready to be picked.

The strawberries get a little water three to four times a day, we mix the rainwater from our tanks with nutrient, this helps to produce our delicious strawberries. My parents Fred and Glad Eccles come out every couple of days to help with the picking.

### **What are the pests and diseases that you need to keep an eye out for?**

The big one we got hit with when we first took over was fruit flies, they were a huge problem. They will decimate the entire crop in no time at all. That was what pushed us to put up the mesh, this also had the extra benefit of keeping out moths, grasshoppers and caterpillars and anything else that tends to prey on green stuff.

### **What other produce is for sale?**

It varies season to season and week to week. We may have Chinese broccoli, pak choi, bok choy, cos lettuce, kale, beetroot, and silverbeet. We often have cauliflowers as well; they are a farm favourite.

**Orders** – The preferred method is via messenger on our Facebook page, or you can send us an SMS. We do sell out quite quickly so get in quick. When we are sold out, we put up a sign next to the road.

**To find out more about Strawberries on South find them on Facebook.**





## LIFE IS NOT A SELF HELP BOOK!

This is not how he wanted it to end. At 3am on a dirt track, Andrew Dower had fallen to the ground for the last time. Three times earlier in the night he had collapsed but managed to find the strength to keep going. The fourth was different. He was physically, emotionally and mentally drained. He had nothing left to give. As he lay there with his face in the mud he felt completely broken. This was not part of his plan. This is not how he thought it would end.

In September 2014 Andrew had set off to compete in the Glasshouse 100-mile ultramarathon. He was physically fit and mentally strong. What he would soon learn is that mental strength and mental preparation are two very different things. It would be the difference between him finishing the race and lying face down in mud with no strength to continue.

Andrew was 130 kilometres into the Glasshouse 100-mile ultramarathon and had been running for over 20 hours. With another 30 kilometres to run, he lay on the track and asked himself "why am I doing this"? He searched for a reason to stand up and keep going but he could not find one. It would take the intervention of a medical team to withdraw him from the race. Andrew reflected on that moment, "I thought my preparation was perfect, but I learnt the hard way that I was missing something. A reason why. Something to get me to the finish line".

What made this 'did not finish' result even harder for Andrew to come to terms with was why he first decided to race. For many years Andrew had been battling with depression and anxiety. After immersing himself in sport, he had started to turn things around, "I was winning my battle with depression and saw the finish line of this 100-mile race as my celebration".

At the time Andrew didn't realise the importance he had placed on the race and found himself spiralling back into depression very quickly. "I plunged into the worst days, weeks and months of my life. I found myself completely overwhelmed". His life was now reflecting that moment of the race where he fell to the ground, but now it was more serious; he was trying to find a reason to live. "I had to admit to my wife that suicide had taken over my thoughts".

In his first 100-mile attempt Andrew mistakenly thought he could do it on his own. That mindset would cost him finishing the race. He didn't make that mistake in his fight against depression and decided to seek support from his family, friends and a psychologist whom he would grow to trust and respect. With time and support Andrew grew stronger.

When he was strong enough, he decided to try the 100-mile race again. "I made the decision exactly one year out from the race and I spent that entire year doing everything I could to mentally prepare myself. Visualisation, reading books on mental toughness and immersing myself in the concept of pushing beyond the limits". Importantly, Andrew built a support crew that would help him leading up to the race and running the race.

At 11:06am on 10 September 2017, after 28 hours of torture, Andrew Dower crossed the finish line of the Glasshouse 100-mile ultramarathon. The difference for Andrew was his support. "Reaching the finish line was a journey that started a long time ago and from the beginning challenged me and stretched my comfort zone. With that said, like in anything, I could not have done it alone".

There is no race that better reflects the journey of a person battling depression than the ultramarathon. In life, when you are lying face down in the mud with no strength to continue, it helps to know that there are people who care and want to see you finish the race. Because life is not a self-help book.

**Stuart Taylor**

Podcaster & Writer – Future Champions Podcast Champions Podcast series. [www.ententesport.com](http://www.ententesport.com)



Recently we started a new segment in the MMM Big Breakfast called "What Cheeses me Off". The title is certainly nothing new as those who remember the good old days of Hey Hey It's Saturday will attest. The well-used title was too hard to pass up due to the fact that the segment was being sponsored by the newly renovated Cheesecake Shop. Perhaps if it were a local gastroenterologist taking up the sponsorship, we could have called it "What Gives me the S\*\*\*\*s".

Anyway, you get my drift, but what has really taken me by surprise is just how many wide and varied things get under our skin. Perhaps I should not really be surprised as, when we sit down and are honest with ourselves and really think about and write down circumstances that can "grind our gears", it begins to look like a copy of War and Peace which, by the way, contains 1225 pages.

Certainly, many of us are united in our emotions when confronted by situations that, I imagine we all face from time to time. Constantly missing green lights whilst driving or heading to the cupboard for a well-earned biscuit only to discover a couple of shabby crumbs in the bottom of the jar spring to mind.

It's no great surprise that the phone has rung off the hook as members of the fairer sex call in to voice their displeasure at the men in their house constantly leaving the toilet seat up and generally being a tad lazy when it comes to domestic duties. Lame TV shows, annoying commercials, people jumping to the front of a line, attempting to reverse out of a carpark in a shopping centre whilst people blatantly walk directly behind your car, people's misuse of the English language.

The list goes on and on, but there is one topic that is underlying and really cheeses many of my callers off and that is related to drivers and driving. A failure to follow road rules and general ignorance or disregard for other drivers has the potential to be much more serious. From speeding up when double lanes present to not indicating or yielding at roundabouts. I know we can all get "Cheesed Off" while driving so please, just remember the..... deep breath. Ahhhhhh, that's better.

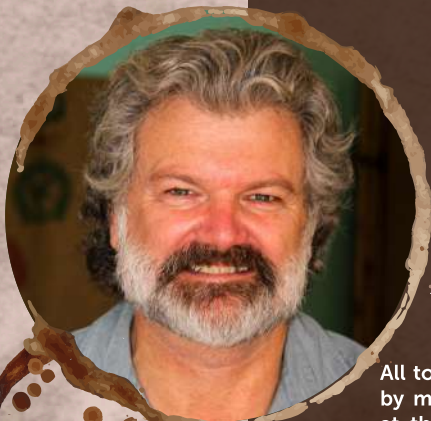
Listen to the Big Breakfast with Blandy on 103.5 Triple M – 6am weekdays.



## PART 3

# A Story of Resistance

By Andrew Sadler



All too often I find myself getting consumed by my own individualistic opinion, shouting at the TV or worse still the computer as I listen or read someone's opinion piece. It is then that I remember the old saying, "People generally don't want to hear your opinion, but their opinion coming out of your mouth."

It is at this point that I realise I'm doing the one thing that I have chastised people for, espousing their opinions without thinking them through. So in a vain attempt to re-assess my slanted thoughts and to bring this article back into line with the subject I was supposed to be writing about in the first place, COFFEE..... So now in a Shakespearean attempt to NOT take myself seriously here goes:

**Coffee, as magic as it appears, always has a personal perspective**  
**As we drive towards perfecting our brew with various technologies**  
**We risk the chance to lose ourselves and no longer become subjective**  
**As a Barista I should learn a lesson and work with what is in front of me and**

**forget ideologies**  
**Then maybe we will all remember to listen to the coffee's lovers conviction**  
**As family and friends enter my café to satisfy their eternal addiction**  
**With its extraction dark, mysterious, mellow and creamy**  
**It overloads the sensors, mouth, nose and memory**  
**I sometimes wonder how life could ever exist**  
**As addicted people from all over our planet converge and persist**  
**Like a religious preacher who comes forth without conviction**  
**To pray at our alter of the Church of Essential Caffeine Addiction**

So on that note, may you all enjoy your beverage of choice, try something different as you free yourself of the shackles of this pandemic and discover places you've always wanted to go within our great State and remember, if you are in need of the FX of Coffee there is only one place, ok so that's an unabashed plug but why not.

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# Stuart Taylor Hosts



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# Calendar of Events

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

## SEPTEMBER

**SEPT 2 (WED)**

**Hervey Bay Botanic Gardens Monthly Tour**

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

**SEPT 4 - 6**

**K'Gari 2020**

(For those who have registered)  
9am, Red Bike Adventures

**SEPT 4 & 18**

**Coloured Pencil Workshops with Kevin Rogers**

10am – 12pm

BYO your own equipment

\$2 per person

Maryborough Art Gallery

Call 4122 4408 to book

**SEPT 3 (THURS)**

**Moldovan Culture Caf**

10am to 12pm

\$5.00 per person

Bookings essential

Visit [www.hbnc.com.au/events](http://www.hbnc.com.au/events)

**SEPT 5 (SAT)**

**Kite Flying**

(First Sat of each month)

From 9am - Sports Precinct,  
Nikenbah

**SEPT 5 (SAT)**

**Beat's n Bites Launch**

3pm – 8pm

Seafront Oval, Hervey Bay

**SEPT 6 (SUN)**

**FATHERS DAY**

**SEPT 6 (SUN)**

**Father's Day Breakfast or Lunch**

Bookings essential

Arkarra Gardens Café Restaurant

**SEPT 10 (THURS)**

**Out of the Shadows Walk**

5,30am

Apex Park

**SEPT 10 (THURS)**

**World Suicide Prevention Day**

**SEPT 11 (FRI)**

**Business & Tourism Hervey Bay**

5.30pm – 7.30pm

The Dock Bar & Restaurant

**SEPT 12 (SAT)**

**FraserPop Presents – A Pinch of Pop Culture**

9am- Maryborough State High School

**SEPT 12 (SAT)**

**Low & Slow BBQ Masterclass**

10am / Bookings essential

Arkarra Gardens Café Restaurant

FRASER COAST

**What's On**

September 2020 **16**



**SEPT 12 – 13**

**Host at Home – Bay's  
Biggest Sleepout**

(find details on the Hervey Bay  
Neighbourhood Centre  
Facebook page)

**SEPT 14 TO OCT 12**

**Amazing Charity Challenge**

Narangba Neighbourhood Centre

**SEPT 18 (TUES)**

**September Cemetery Tour**

6.15pm – 8.30pm

Fee applies

Call the Society on

07 4123 1842 to book

**SEPT 19 (SAT)**

**Pancake Family Day**

Bookings essential

Arkarra Gardens Café Restaurant

**SEPT 20 (SUN)**

**Sunday by the Sea**

A market day with a nod to all their  
favourite events missed in 2020 /

10am – 4pm / Seafront Oval

[www.herveybayseafoodfestival.com.au](http://www.herveybayseafoodfestival.com.au)

**THROUGH TO SEPT 19**

**Art Exhibition – Bronzed  
Beauties – Various Artists**

From 10am daily

Gatakers Artspace

**THROUGH TO SEPT 19**

**Art Exhibition - Isolation  
Beetles – Kym Latter**

From 10am daily

Gatakers Artspace

**THROUGH TO SEPT 19**

**Art Exhibition – Alice  
– Catherine Reason  
MaCauley & Jenny McDuff**

From 10am daily

Gatakers Artspace

**SEPT 26 (SAT)**

**Magical Creatures  
Treasure Hunt**

9am - Bookings essential

Arkarra Gardens Café Restaurant

**SEPT 26 TO OCT 31**

**Hallowed Ground-Childers  
Visual Arts**

From 10am daily

Gatakers Artspace

**SEPT 26 TO OCT 31**

**New Art Exhibitions open**

From 10am daily

Gatakers Artspace

**SEPT 27 – OCT 2**

**Joey's Mini World Cup**

\*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](mailto: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

### Nailing the Final Third

Ahh September, time to spend our tax return, pack up our winter coats and rifle any ounce of motivation to carry us through to the final third of the year. Contrary to what we all may be feeling; we have all managed to make it through the first 9 months of 2020. Apparently, hours, days, and months have continued whilst we have all been attempting to navigate our way through the start of this year. Alas, we have no other option but to thrust ourselves into the final third.

Find me a soul that hasn't found this year confusing. For us, our expectations for 2020 were dramatically met with disappointment. This year has certainly not played out the way we initially and naively expected it to in January. When we pinned away on our vision board and wrote out our 2020 intentions together, our prospects were strong. Today, however, things look a little different. Despite this, some internal reflection enlightened us, and we now realise that perhaps certain goals that we once deemed crucial, no longer require such priority, and instead new goals and intentions have taken their place.

No longer do we believe that achievable goals should always be linear, but rather fluid. If we hold so much value on a certain figure or result, when things go pear-shaped it's so easy to just throw in the towel as these specific requirements seem so incredibly unreachable that they're almost irrelevant. When we provide the space for our goals to be flexible, we open the ability to manipulate them to suit the environment that we may be navigating.

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

So how do we make 2020 a little better? Well, start by lowering your expectations. Sounds a bit ridiculous and morbid, right? But disappointment comes from holding high expectations that are not met by reality, and this reality sure isn't too impressive. Whilst the uncertainty of many current situations will be carried through to this next chapter, we can have a shift in our mindset.

By dropping our expectations of making '2020 the best year yet', and simply just getting through these challenging times, an opportunity for internal growth can be uncovered. Growth, that might not have even come from achieving the utmost impressive goals.



## DUNGA DERBY NEWS



With only a matter of weeks to go until the cars roll out to head out on the 6th Annual Fraser Coast Dunga, teams are ramping up their fundraising efforts.

The Dunga Derby is a four-day car rally that is loads of fun with charity at heart. Fifty-five teams from the Fraser Coast, and their vehicles will take part from Coast to Country raising funds for Rally for a Cause to support the local community.

The funds assist families and individuals affected by life-limiting medical conditions, or those who have had their lives disrupted by circumstances beyond their control.

Last year I got to participate in the Dunga Derby for the first time and saw how the

charity also helped the communities that it visits. There is certainly a flow on effect. The Dunga Derby event has now raised over one million dollars that has gone back into our community – what a fantastic result.

**Dunga virgins, Adam and Deonnie Whitaker are excited to join Dunga veteran, Priscilla Howard on the road with new car 'Delilah', a good looking HJ Holden – 75 model, Kingswood.**

I caught up with Adam and Deonnie last month, (Priscilla was missing in action) and asked a couple of hard-hitting questions...ok, not that hard-hitting!

#### How has your team fundraising been going?

A little bit slow due to COVID, it was hard to organise during the period when we couldn't see each other. We had to cancel our main event at the time, but now have rebooked a Cocktail Party to unveil the car and raise extra funds for Rally for a Cause.

#### How much are you looking forward to the Dunga Derby this year?

I imagine there will be a lot of cleaning of hands and social distancing. Who knows some of the games may even incorporate that theme. We are all going to have a great time, but we will behave. The Fraser Coast will be joined by the Sunshine Coast's Dunga Derby this year so that's exciting. We hope that 'Delilah' makes the distance and that she doesn't end up on the Dunga Tow.

#### About the Event:

**Coastal Barbies and Ken  
– Presents the unveiling of 'DELILAH' Car 33#  
Come join us to celebrate with a Cocktail Party!**

**Date: September 12  
Time: 5pm to 10pm**

**Where: Avenue Café & Bar – 58 Torquay Rd**

**For ticket prices call 0407 280 406, or  
purchase at Pure Perfection, on the Esplanade  
or  
Avenue Café & Bar  
Strictly 18+ event**

**There will be live music, raffles and great prizes  
Limited tickets available**



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## OVER ONE HUNDRED AND FORTY YEARS OF HISTORY

Next time you are passing through Maryborough pay a visit to Brennan and Geraghty's Store Museum and see how the world once was. The store was first opened in 1871 and is filled to the brim with over 140 years of objects, products, and exhibits.

The grocery store museum is one of only three in the world with its contents intact, this makes the whole experience truly unique.

Curator and Manager, Ken Brooks looks after the museum with a small team of volunteers. The museum is more than a passion for Ken, he says, "You get to care for it, to know what is here and to understand objects and the stories that those who visit love so much".

### How did you become involved in this project?

I lived in the cottage next door many years ago and became involved in the restoration of the store. We opened as a museum in November 1990. I helped with all the detailed work including the documentation of the building and its contents. When the building was being restored, we had to remove all the collections - and put them into storage, then put them back after restoration. This was no easy task as every item had to be cleaned first before it went back on the shelf - that was over thirty years ago now.

The Coronavirus has made us strip our shelves once again and clean, wrap and store. In normal circumstances the cleaning process can take up to a year to get around the building at a leisurely pace. But this time we had to do it all at once which was very dramatic - it was a huge job.

### How do you move and clean items?

Firstly, every item in the collection has to be catalogued and has a particular spot on the shelf. We have over 320 shelves of objects, cataloguing helps us keep track of the items and helps us identify any that may be missing.

Anything with a paper label has to be brushed clean, anything without labels can be washed. A lot of dust settles on the bottles in particular over a long period of time. We also remove and replace all the shelf lining paper.

This time we were able to wash the outside of the building - normally we can't do a big exterior wash because we don't want the water to seep into the store and damage the collection.

(Continued on page 20)







(Continued from page 19)

### Tell us a little about the History of the building?

The store was opened in 1871 by Patrick Brennan and Martin Geraghty and traded through to 1972 when it was closed by Geraghty's youngest son George - he was eighty-eight at the time of closure. George had wanted to see the shop reach its 100th birthday - that was his wish and it came true.

He was known as the midnight grocer to many as he had a habit of delivering groceries after the shop was shut at 11 or 12 at night. Upon closure in the 70's a lot of the contents of the store were considered junk. It was thought of as a rundown wreck of a building full of old stuff.

We were lucky because the National Trust got involved very early on so the collection survived, it sat in the building for about fifteen years while funds were being raised, then restoration began in 1990.

The restoration turned out to be a massive rebuild. There was underfloor work that had to be done - we uncovered about 10,000 bits of broken crockery and china and glasses that had been thrown under the building as rubbish - all of this had to be documented.

The collection holds about 50,000 archival items and some of those items relate to the crockery and china remnants that were found. There is about 50,000 objects in the collection, so it is a monster of a collection to look after.

There is only one other grocery store museum in Australia with its own contents intact and only one other in the world.

### What is the oldest item in the collection?

We have a packet of tea from 1885, how one packet of tea survived we don't know, we think it was just left in a box and forgotten about during the 100 years of store trading.

There is very little from the 60's and 70's though. We think it may have been sold or given away after George died. The paperwork for that period disappeared too, it was probably destroyed well before The National Trust became involved.

### Are there any descendants of the family living in the area?

Yes, there are descendants that live in this area and throughout other areas of Australia, we keep in contact with some family members, a few visit us when they are passing through - after all this is their family store.

### Tell us about the new exhibition?

I am currently working on a 'Clean Exhibition', it will focus on brands, and cleaning products from the past that people will remember, as well as things that many won't remember. The exhibition is timely for what we are all experiencing right now.

The new exhibit will give us the opportunity to display items that have never been seen before.

One of the items that will come out is a rare 1920's Indasia Soap Shop Mirror it had conservation work done on it a number of years ago and it will be out on display for the first time.

If all goes according to plan the new exhibition will be ready by the end of August.

### When is the museum open?

The Museum is open Tuesday through to Thursday at this stage, from 10am to 3pm, with the last entry at 2pm. Follow the webpage link below for ticket prices and information.

The pandemic has obviously changed how we deal with visitors as the store is quite a confined space. We can only have a maximum of fifteen people at any one time inside the museum, but it really is a great experience for the whole family.

Brennan and Geraghty's Store Museum is a property of the National Trust Queensland

To find out more go to National Trust Queensland  
[www.nationaltrustqld.org.au](http://www.nationaltrustqld.org.au)





# FRASER COAST SENIORS

## 5 Tips for a Fuller, Healthier Life

In these unprecedented times, there is much that we can't control. But we can make it a priority to look after ourselves and our health both mentally and physically.

What improvements do you think that you can make?

### Look after your mental health.

Do crossword puzzles, read a book, write a letter. Take up a new hobby to help stimulate the mind. But more importantly – engage in the world around you. This will not just improve mental health but make you feel great.

### Keep up to date with your health checks.

Don't put off renewing prescriptions, having physicals, vaccinations, and dental check-ups. Keep on top of your health. Good health habits can make all the difference, make your health the number one priority.

### Healthy eating.

A well-balanced diet is an important part of staying healthy. Eating well lowers the risk of developing chronic or debilitating health conditions. What you put in your mouth also helps you stay energised and gets you through the day.

### Stay physically active.

If you are able, spend time with family – especially your grandchildren. They will make you feel younger and help you stay connected. Family really are the best medicine in the world. Exercise works wonders too. Go for a walk, play bowls, or join a sporting group.

### Embrace the changes.

As we age many things change. You may not be as fast as you once were, your skin may have lost its elasticity and doesn't bounce back, regular trips to the hairdresser to cover those greys is the new norm. But none of this really matters as it is who we are on the inside that is most important. Remember you can't stop the ageing clock, but you can choose how to live right now!



## What's On at the Hervey Bay Senior Citizens Club 28 Totness St, Torquay – Hervey Bay

Bookings essential – Phone 4128 4837 or  
text 040 896 9404.

### MONDAY

8.30 am to 11.00 am	Indoor bowls
9 am to 12 pm	500 cards
8.30 am to 11.00 am	Craft
11.30 am to 12.30 pm	Chair Pilates
1 pm to 1.45 pm	Chair Zumba
2 pm to 3.30 pm	Tai Chi

### TUESDAY

9 am to 12 pm	Chatty crafters
9 am to 10 am	Low Impact
10.20 am to 10.50 am	Free Walking
1.00 pm to 4.00 pm	Table Tennis
11.15 am to Midday	Walking Netball

### WEDNESDAY

9.15 am to 12.15 pm	Cards – Canasta/Hand & Foot
9 am to 10.00 am	Low Impact
10.30 am to 11.30 am	Exercise ballet
12.00 pm to 3.00 pm	Bowls
12.30 pm to 3.30 pm	500 cards
9.30 am to 2.30 pm	New sewing/quilters/craft - \$6 pp

### THURSDAY

9.00 am to 12.00 pm	Hand & foot and Pony canasta
9.00 am to 10.00 am	Floor yoga with Sharna
10.15 am to 11.30 am	Laughter Club
11.30 am to 12.30 pm	Line Dancing – Beginners
1.00 pm to 3.30 pm	Line Dancing – Leonie & Doug

### FRIDAY

9.00 am to 11 am	Line dancing with Bob
11.30 am to 12.30 pm	Chair Yoga
1.00 pm to 3.30 pm	Table Tennis
12.30 pm to 3.30 pm	Cards – to be decided
4.00 pm to 8.00 pm	Ballroom dancing

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# Fashion

## WITH LEAH



Photo Credit:  
Gypsies, Tramps &  
Thieves



Pocket



Hervey Bay Hat Co



Luxe Hervey Bay

### "For the Love of Local Fashion" Part 1

It is with a lot of pride and joy that I write this series of articles! Let's call it an ode to our local fashion boutiques, who continue to offer gorgeous pieces for our wardrobes to delight in!

I am a boutique shopper at heart, and so when I sniff out any of the local boutiques in town, well my heart just swells! So, in no particular order lets pay homage to some of these little jewels...

**Hervey Bay Hat Co.** A wonderful little hat boutique (down near the pier) owned by the lovely Tracey. Her boutique stocks some truly gorgeous head wear- both for men and women (and even the little bambinos!). Tracey thoughtfully selects designers and labels that appeal to all budgets- from Morgan & Taylor, Akubra, Barmah Hats, Stetson, Afro Blonde, and Scala just to name a few. I recently bought a men's leather flat cap and wore it to a formal event because... its fashuuuuun daaaaarling!"

**Luxe Hervey Bay.** A delicious little boutique (just a stone's throw from Hervey Bay Hat Co), owned by the loveliest husband and wife duo - Ashley and Kate Manley. With a focus on natural fibres and simple design, every piece from Luxe, aims to bring a little luxury into your everyday. Travelling the globe to hand source unique and distinctive pieces, Kate's simple and timeless style is shown through all of the collections she curates.

**Pocket.** It's almost criminal if you leave Hervey Bay without paying this little boutique and its gorgy owner a visit! The moment you step through its doors, you're welcomed by Jodie and her infectious smile and love for locals and their fashion. The space is delightfully filled with carefully considered pieces (from small aussie makers and creators) to create a beautifully simply life.

**Gypsies, Tramps & Thieves.** A wonderfully eclectic little boutique (opposite the Torquay Hotel) where one can push the boundaries within their wardrobe and find some truly unique treasures. Owned by Amanda, a delightfully warm and soulful human who makes you feel at home as soon as you walk in! Amanda handpicks her pieces by well-known and emerging Aussie designers and artisans with a focus on natural-fibre garments. What a little gem this boutique is!

The common trend that sets boutique shopping apart from all else, is that you will always be greeted with a warm smile and friendly service - one of the joyful parts of shopping in small locally owned boutiques.

Looking for a personalised styling session with me at any of these local treasures? I'm here to help.  
Drop me a line anytime xx

**0439 723 832**

leahharvestyling@bigpond.com

@leah.harvey.styling

www.facebook.com/leahharveymakeupandstyling

FRASER COAST

What's On

September 2020

22



# PROGRESSIVE TECHNOLOGIES

September is here and the final weeks of Term 3 2020 are approaching, the activities and occasions that have filled this term have been a source of enrichment for our students, who all welcomed the resumption of many events.

Our annual Twenty20 art exhibition was launched in an exciting new format this year, St Mary's College's focus on progressive technologies influenced the direction of the COVID safe event. It was decided that the exhibition would go virtual, giving the power to visit the gallery to everyone interested, anywhere in the world.

Visit the Virtual gallery at [www.artsteps.com](http://www.artsteps.com) and search for the "Twenty20" exhibition.

The Year 12 Formal was held Mid-August and was a beautiful event with all our leaders of the future in attendance.

Our annual TASTER DAY was filled with amazing Year 6 students from schools across the region. Our College leaders and senior students enjoyed showing these young visitors around the campus on such a fun filled day!

Don't forget this month we invite applications to our Year 7 2021 Scholarships program, Applications open on Monday September 7 2020 and close Friday 16 October 2020.

The Maryborough Technology Challenge (normally held in September) may have been cancelled for this year but our teams have continued their planning and strategies for next years challenge. Our College teams have proudly held top positions over many years – winners of the Queensland title - and our students dedication will continue along through to the next event in 2021.

Discover St Mary's College from the comfort of your device, watch our video tour or view the grounds with our virtual 360degree tour both are available on [www.smcm.qld.edu.au](http://www.smcm.qld.edu.au).

Principal tours are currently available to parents wishing to discover and explore our campus, to view the quality resources and progressive individual laptop program we proudly provide to our valued students.

**Book a Principals tour by calling the College Office  
Ph (07) 4190 2200**



HPV SuperSeries WINNERS 2019



St Mary's College Classroom fun



St Mary's College Taster Day 2020

# ST. MARY'S

COLLEGE MARYBOROUGH



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# The Perpetual Motion Machine

**My body clock had me wake up before 5am on my day off, as that's what happens to people who have done Breakfast Radio for over 13 years. I had set my new coffee maker to have a brew ready for when I got out of the shower. I filled my Yeti cup and headed out to the car. It was a very foggy morning in the bay, and I had no place to be. I just had this urge to explore. It led me to a place that has activity early in the mornings, the Marina.**

It's nice to see other early birds getting set up for their day ahead on the water or in retail and hospitality.

I started walking around and I saw a plaque I hadn't noticed before. It said: Captain Drew Gollan 1970-2009.

Wherever you are in this moment is exactly where you were meant to be, no matter how things seem to appear.

Looking over at all the boats through the fog I thought, that's exactly what I needed to read in this moment. I loved that quote and thought about who this man was.

In my research, I found out what a cool bloke he was. Drew apparently liked playing the guitar and singing silly songs (not unlike myself). It turns out we both have daughters with the same name too.

From what I have read of Drew, he was well-loved, and he loved life. His life was

unfortunately cut way too short, as he was a little younger than I am now.

I could imagine being a man of the sea and music fan, that my Dad Ian (who passed away in the last year) and Drew would be having a few schooners up at the big pub in the sky right now.

I wrote this for my Dad's eulogy, and I think it's fitting right here:

'The official definition of Perpetual motion is the motion of bodies that continues indefinitely. A perpetual motion machine is a hypothetical machine that can do work indefinitely without an energy source.'

The perpetual motion machine has always existed since people have.

It was sitting right in front of us.

**The answer is:**

**It is your spirit.**

**Even after the ticker stops tocking, it continues to work indefinitely without an energy source.**

**It's in the way that you laugh when you think about something a person has said to you.**

**It's in the way you remember something wise someone has said to you.**

**It's in the way someone has taught you a skill.**

**It's the music a person introduced you to.**

**It's in the way they made you feel when they showed love to you.**

**People like Ian and Drew will be perpetually with us always.**

**Go and make a difference my friends.**



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



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](https://facebook.com/XLCRBAND)

*Stay Safe*



# DELVE INTO Books

with Cate Akaveka

## "The Yield"

Winner of the Miles Franklin Literary Award for 2020, "The Yield" by Tara June Winch is a powerful and extraordinary novel.

In English, the yield refers to mankind reaping things from the land. In the language of the Wiradjuri yield (baayanha) is the movement or the space between things.

Albert 'Poppy' Gondiwindi has spent his life on the banks of the Murrumbidgee River at Prosperous House, on Massacre Plains. Knowing that he's close to death, Albert is determined to pass on the language of his people and everything that was ever remembered. He finds the words of his ancestors on the wind... and he begins to write.

August Gondiwindi is Albert's granddaughter who has been living on the other side of the world for ten years. When she learns of Albert's passing, she returns home for his burial and is wracked with grief and struggles with all the memories she'd tried to leave behind. Her homecoming is turbulent as she

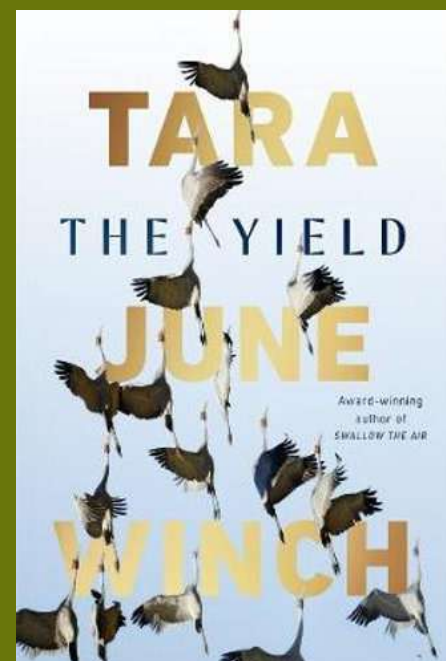
finds herself encountering the love of her family but also the news that Prosperous is to be repossessed by a mining company. Determined to make amends for her past, August endeavours to save their land - a quest that leads her to the voice of her grandfather and into the past, the stories of her people, and the secrets of the river.

**This book is about much more than regaining an almost lost language. There are odes to Bruce Pascoe's "Dark Emu," with pointed references to traditional Aboriginal landcare, farming and fishing technology and food preparation techniques.**

Tara June Winch's writing is moving and exquisite. While "The Yield" is the story of a people and a culture dispossessed, it is also a celebration of what endures and a powerful reclaiming of Indigenous language, storytelling and identity. If you only read one book this year, make it this one.



Cate Akaveka



## PROTECT YOURSELF AND THOSE AROUND YOU



Stay at home  
if you are sick



Wash your hands  
regularly



Cover your coughs  
and sneezes



Keep 1.5 metres  
away from others  
(as much as you can)



Avoid touching  
your face



Get tested if you  
have symptoms



# Two great Charity Events Coming Up



**Looking for some fun activities to do during the forthcoming school holidays? Well why not take on the Tour de Bay Amazing Charity Challenge and at the same time support a very worthy cause.**

For the past ten years, the Hervey Bay Neighbourhood Centre has conducted the Annual Tour de Bay Charity Bike Ride. However, with COVID-19 restrictions on the number of people gathering, organisers have come up with a 'side' event which they hope will attract families and groups.

The Tour de Bay Charity Ride will still go ahead, however, participants can do it in their own time and their own location. The drawcard to register is to go into the draw for a \$500 voucher from Bike Tech in Main Street. The breakfast has been replaced with a voucher for \$10 to try out The Wandering Teapot Tea Shack which is open and located in the Hervey Bay Community Centre.

**Visit: [tourdebay.com.au](https://tourdebay.com.au) to register**

The Amazing Charity Challenge is open to all ages as you can drive, cycle, walk, run or scoot the course. Along the way there are some fun activities and challenges. Participants are encouraged to take photos and send them to the Tour de Bay Facebook Group. Once you have registered and paid online you can collect your Challenge Kit from the Hervey Bay Community Centre from August 24th which features one booklet per group, some balloons to indicate what you are supporting and chalks to leave a kindness message – plus more details about the prizes available.

How does a family break at Kingfisher Bay Resort, which includes transfers and breakfast sound? Or a luxury stay for a family at Susan River Homestead who are also offer two 2 hour family horse riding experiences with refreshments. As well Rebel has three \$110 vouchers up for grabs and Snakes Alive and Australia Zoo both donating family passes. So plenty on offer to win, and lots of fun activities to participate in.

**Register: [www.hbnc.com.au/events/the-amazing-charity-challenge](https://www.hbnc.com.au/events/the-amazing-charity-challenge).**

## What's On at Arkarra



**Sunday 6th September: Father's Day** Join us for a relaxing Breakfast or Lunch in the gardens at Arkarra to celebrate Dad's special day. **Bookings please on [trybooking.com](https://www.trybooking.com)**



**Saturday 12th September: Low'n'Slow BBQ Masterclass** Our legendary masterclass is back again. Join us in the grande marquee at Arkarra for an informative day & learn the secrets of preparing a low'n'slow barbecue banquet, then sit down and devour all that we have cooked in an epic luncheon. **Book online at <https://www.trybooking.com/BGNPD>**



**Saturday 19th September: Pancake Family Day** at Arkarra Book now at **<https://www.trybooking.com/BKQUU>** for this very popular family day out at Arkarra.



**Saturday 26th September: Magical Creatures Kids Treasure Hunt** The great outdoors at Arkarra is the ideal venue for our popular kid's treasure hunt game. **Book now on <https://www.trybooking.com/BKQUV>**



**Saturday 3rd October: Street Food & Craft Beer Spectacular.** Featuring Pop up food stalls, Craft Beer, Bubbles & Cocktails Bar, Live music and a special Kids entertainment fun zone. **Book online at <https://www.trybooking.com/BKWNP>**

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# FROM THE *Kitchen*

With well-known local Chef  
- **Saul Collins**



Saul Collins

## Recipe for 6 people

**1.5 kg chicken thighs (size 14)**  
**120g bocconcini**  
**1 bunch Sage**  
**200g Prosciutto**  
**80ml Marsala**  
**100ml cream**

### Method

1. Butterfly and flatten each of the chicken thighs (Tip: lay clear wrap on the base and above the thighs prior to flattening to stop chicken sticking to the mallet).
2. Sprinkle the center of each with bocconcini and lay approx. 3 Sage leaves on top of the bocconcini. Season with sea salt and cracked pepper. Roll the thigh gently together and place to the side.
3. Lay an A4 sized piece of clear wrap on your bench and lay 2 pieces of prosciutto slightly overlapped in the center, place the loosely rolled thigh on top in the middle.
4. Wrap the prosciutto around the rolled chicken thigh. Then roll the thigh firmly with the clear wrap (Tip: it should look a bit like a short fat sausage) twist each end of the clear wrap tightly.
5. Repeat above for each Chicken Thigh.
6. Refrigerate all wrapped thigh's for 1hr.
7. Pre heat oven to 200c (fan forced).
8. Using a very hot, heavy cast iron skillet, remove the clear wrap from your Thigh parcels and pan fry for approx. 4 min turning them at the 2 min mark. Then place whole skillet into oven for 20min – 30 min or until cooked.
9. Remove from oven, put chicken parcels aside to rest, deglaze hot skillet with Masala and add cream, add salt and pepper to taste.

## Chicken Saltimbocca

### Parsnip puree

**4 large parsnip**  
**2 potatoes**  
**30g butter**  
**80ml Cream**  
**White pepper and salt**

### Method

1. Peel parsnips, and potatoes.
2. Chop all into 2cm cubes.
3. Boil all till soft.
4. Strain all and place into blender with butter, cream, pepper and salt.
5. Blend all until smooth and creamy.

### Pickled Beetroot and baby cucumber salad

**Fresh beetroot**  
**Baby cucumbers**  
**½ red onion**  
**Baby spinach leaves**  
**80ml vinegar**  
**2 tbs white sugar**  
**1 clove**  
**2 black peppercorns**  
**Olive oil**  
**½ Lemon fresh squeezed**

### Method

1. Mandolin the beetroot thinly, place in a heat proof bowl.
2. Create pickle mix: boil vinegar, sugar, clove, black peppercorns together until sugar dissolves.
3. Pour pickle mix over sliced beetroot (ensure slices are separated), let all sit until room temperature (if sealed and refrigerated, pickled beetroot will keep for weeks).
4. Quarter the baby cucumbers lengthways, thinly slice the red onion and place all into a salad bowl.
5. Wash the baby spinach leaves and add to the bowl.
6. Add lemon juice, 1tbs pickle mixture and a splash of olive oil to the bowl and mix all together. (adjust to taste).
7. To serve lay sliced beetroot on plate with salad alongside.





# Social Snaps

*Out and About on the Fraser Coast!*



Mekong Moon gets ready for takeoff



Loving the Steampunk fashion was Matthew Ginman

## Fraser Coast Wings and Wheels 2020

Photo Credit – Kim Parnell



Looking good in the Fether 1910 Brush Model E



The Doyle Family take a break from all the fun



Former RAAF Pilot Ross Parker with T-28B Trojan - Miss Stress



# Social Snaps

*Out and About on the Fraser Coast!*



***Paddle Out for Whales 2020,  
Torquay, Hervey Bay***

Photo Credit – Kim Parnell





# Social Snaps

*Out and About on the Fraser Coast!*



Catherine, Katherine,  
Pam, Felicia & Elizabeth

## *Hervey Bay BBQfest, Arkarra Gardens Café Restaurant*

Photo Credit – Kim Parnell



Steve Watts enjoys a  
liquid refreshment



Michael Klink with Head  
Judge James Park.



Head Chef at Arkarra  
- Ashley Schmidt



Shane Fell entertains



# Hallowed Ground

BY THE CHILDERS VISUAL ARTS GROUP

For 15 years now the Childers Visual Arts Group, whose members range from beginners to advanced artists, have met together every Thursday at the home of Alice McLaughlin in Apple Tree Creek.

Alice has a long history of teaching art and a flourishing arts practice of her own, and as the group's artistic director she teaches and mentors the members on their own individual journey of artistic endeavour.

Alice offers her knowledge and experience generously each Thursday at the art days and also holds weekend workshops throughout the year, encouraging each artist to broaden their outlook and develop their styles and skills.

Each year the group puts together an exhibition focussing on a word, phrase or idea that has been put forward. Each of us then decides what we want to express about the chosen theme and what medium we want to work with. This can be a painting or a drawing, or something hand-built in clay, or we may use any manner of objects and substances to put together a sculpture.

This year's theme 'Hallowed Ground' has challenged each artist to create an object or image that is tangible but also goes deeper into the personal, spiritual & cultural reasons why people might have a special place or space that they consider to be exclusive to themselves, another person or a community for sacred, or deeply personal purposes.

Most of the work for this exhibition has been done during our time of isolation at home due to the covid restrictions giving us time as artists to contemplate what we want to say through our creative process. Hopefully, the stories we tell will give the viewers of this exhibition a chance to think about what is really sacred to us as humans and needs to be preserved and what can we as communities, let go of in order to make a better world for ourselves.

**A world that could be called 'Hallowed Ground.'**

**'Hallowed Ground'**

**September 26 – Oct 31**

**Gatakers Artspace, Maryborough**



AliceMcLaughlin 'Uluru' acrylics



Ian Glenwright 'Stonehenge  
With Raven' oils



LesleyPerk 'Healing Circle'  
unfinished recycled materials



MarieBrowne 'Sunburnt Paddocks'  
acrylic & kiln fired glass



Chelle Bea Blake 'The Labyrinth'  
unfinished acrylic



CateVerney 'Standley Chasm' oils





# FRASER COAST What's On

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

**Kim Parnell 0467 303 171**